



THE TIMES OF INDIA

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TODAY'S EDITION

Winter is here, so is our guide on wellness essentials you should stock up for the season

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A student writes about how a camping experience can teach you valuable life lessons

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PV Sindhu loses in final of BWF World Tour

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STUDENT EDITION
MONDAY, DECEMBER 6, 2021



Will the existing vaccines work AGAINST OMICRON?

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REVISITING HISTORY

INDIA, B'DESH MARK MAITRI DIWAS



Maitri Diwas will be commemorated on December 6 to mark India recognising Bangladesh in 1971 in 18 other countries, the Ministry of External Affairs said.

During the visit of Prime Minister Modi to Bangladesh in March to attend the national day of Bangladesh, it was decided to commemorate the day as Maitri Diwas (Friendship Day).

Ten days before the liberation of Bangladesh, India had recognised Bangladesh on December 6, 1971. India was one of the first countries to establish bilateral diplomatic ties with Bangladesh.

Maitri Diwas is being commemorated in 18 countries around the world besides Dhaka and Delhi. These countries are Belgium, Canada, Egypt, Indonesia, Russia, Qatar, Singapore, UK, Australia, France, Japan, Malaysia, Saudi Arabia, South Africa, Switzerland, Thailand, UAE and USA, MEA said.



LEARNING WITH NIE: Looking back at how India helped build a nation...

The year 2021 marks the golden jubilee of the **MUKTIJUDDHO OR THE LIBERATION WAR**. Bangladesh's independence in 1971 not only gave Bangladesh its freedom from the clutches of oppressive East Pakistan but also changed the history and geopolitical scenario of South Asia.

Oppressive military action by the then west Pakistan's military led to a massive refugee and humanitarian crisis. The plight of the 10 million refugees did have an impact on the Indian government and prompted it to launch a retaliatory action against Pakistan. However, India's intervention was not only altruistic in nature, but was primarily based on realpolitik (a system of politics or principles based on practical rather than moral or ideological considerations).



An Indian Army officer holds the 'Swarni Vijay Mashaal'. It will reach Delhi on Dec 16

Bangladesh Liberation War 1971

POLITICAL IMBALANCE: In the 1950s the centralised Pakistani state was run undemocratically by a military-bureaucratic oligarchy dominated by West Pakistan. Under this system, Bengalis had no political say. But West Pakistan dominance was challenged in 1970 during general elections.



Pakistani Army abandoned arms at Shironani during war

LANDSLIDE VICTORY OF AWAMI LEAGUE: In East Pakistan, Sheikh Mujibur Rahman's Awami League had a clear overall majority, enough to become the prime minister. However, West Pakistan was not willing to let a leader from its eastern provincial wing rule the country.

CULTURAL DIFFERENCES: The then West Pakistan (present Pakistan), under the leadership of General Yahya Khan, started a brutal assault on the people of East Pakistan (present Bangladesh) who were demanding freedom because of the language and cultural differences between the two regions. After political negotiations failed, the Pakistani army started the crackdown.



Pakistani General Niazi signing the surrender documents in Dacca



Jawans hold aloft the Tricolour after capturing a West Pak bridge

OPERATION SEARCHLIGHT: West Pakistan kicked in Operation Searchlight across the whole of East Pakistan on March 26, 1971. This resulted in millions of Bangladeshis fleeing to India, mainly West Bengal, Assam, Meghalaya and Tripura.

West Bengal, in particular, was massively burdened by the onrush of the refugees and the state appealed to the then Prime Minister Indira Gandhi and her government for assistance for food and shelter.

INDO-BANGLA COOPERATION: With the subsequent bravery of the Indian Army coupled with the spirited fight put up by Mukti Bahini - the Bangladeshi guerrilla resistance movement - defeated the Pakistani forces.

DEFEAT OF PAK MILITARY: On December 16, 1971, Lt Gen Amir Abdullah Khan Niazi, the Chief Martial Law Administrator of East Pakistan and Commander of Pakistan Army forces located in East Pakistan signed the Instrument of Surrender.

Over 93,000 Pakistani troops surrendered to the Indian Forces and Bangladesh Liberation Forces, making it the largest surrender since World War II. The intervention brought a conclusion to the war in 13 short days and led to the birth of a new nation



The Omicron variant of the coronavirus has sparked fears that existing Covid-19 vaccines and treatment could be less effective against it. Here's what companies that make Covid vaccines and drugs have said:

MODERNA: CEO Stéphane Bancel has warned that Covid-19 vaccines are unlikely to be as effective against the Omicron variant. The company has said a new vaccine tailored for Omicron should be available as soon as March.

PFIZER-BIONTECH: "We think it's likely that people will have substantial protection against severe disease caused by Omicron," said BioNTech CEO and co-founder Ugur Sahin.

JOHNSON & JOHNSON: J&J said it was testing blood serum from participants in various trials to look for neutralising activity against the Omicron variant. It was also pursuing an Omicron-specific vaccine and would progress it as needed.

ASTRAZENECA PLC-UNIV OF OXFORD: AstraZeneca said it was examining the impact of Omicron on its vaccine, and is hopeful its combination drug would retain efficacy.

INDIA UPDATE: More Omicron cases detected

A 37-year-old man who arrived in Delhi from Tanzania has tested positive for Omicron, making it the first case of the new Covid-19 variant in the national capital and the fifth in the country. Meanwhile, a merchant navy engineer has tested positive for the variant of Covid-19 in Dombivli, Mumbai. Mumbai has 17 Omicron suspects, of which 13 are travellers and four their contacts, said a health official on Sunday. (At the time of going to the press).



Banksy street murals recreated in Milan's main train station



Travellers at Milan's main train station will this week be able to take a break among reproductions of murals by elusive street artist Banksy. 'The World of Banksy - The Immersive Experience' in the Mosaics Gallery, on the rail level of Milan's monumental Central Station, features reproductions of some of Banksy's best-known pieces, such as 'Nola', created in 2008 out of sympathy with the people of hurricane-battered New Orleans.

Banksy's street art has been recreated by young European artists and installed against backgrounds mimicking their original street setting. "When it was a brick wall, we made a brick wall, when it is a cement wall we made a cement wall, when they are dirty from time and pollution we made them dirty with special



effects," the show's curator, Manu De Ros, said. New works reproduced include 'Aachoo!!', depicting a maskless woman sneezing and knocking her dentures off. AP

WHO IS BANKSY? He is a pseudonymous England-based street artist. His satirical street art and subversive epigrams combine dark humour with graffiti executed in a distinctive stenciling technique

Tel Aviv Pips Paris To Be Priciest City



Residents of Israel's seaside metropolis Tel Aviv have for years complained of how expensive it is, with living costs taking a chunk out of their pay cheques. Now a new report affirms their dissatisfaction with the prices. Tel Aviv has emerged as the most expensive city to live in, according to the Economist Intelligence Unit, a research group linked to the 'Economist' magazine

1 Israel's financial and cultural epicentre on the Mediterranean Sea, previously ranked 5th-most expensive, has now surpassed other pricey places like Paris and Singapore. Paris, the previous holder of the title, tied with Singapore as second-most expensive, and

were followed by Zurich and Hong Kong in this year's report. 2 WHY IS IT THE PRICIEST? Tel Aviv is more expensive because it is the country's economic hub, with high paying technology jobs drawing talent from across the country.

WHAT DOES THIS MEAN FOR TEL AVIV: Tel Aviv is Israel's financial and cultural epicentre. It boasts a thriving high-tech scene, world-class restaurants and a stretch of Mediterranean beach lined by gleaming hotels and condominiums. Economists attribute the jump to a strong appreciation of the 'shekel' against the dollar.

Island turns into open-air lab for VOLCANOLOGISTS

FANCY GADGETS

They come with eagle-eyed drones and high-precision instruments. Aided by satellites, they analyse gas emissions and the flows of molten rock. On the ground, they collect everything from the tiniest particles to 'lava bombs' the size of watermelons that one of nature's most powerful forces hurl as incandescent projectiles.

SCIENTISTS FLOCK TO TOWN

Scientists from around the world are flocking to La Palma, one of Spain's Canary Islands in the Atlantic Ocean, to take advantage of a volcanic eruption happen-

ing just an hour's drive from an international airport and the safety of being able to work under the escort of military brigades. They are applying cutting-edge technologies to scrutinise a rare volcanic eruption from the land, the sea, the air - and even space.

UNDERSTANDING ERUPTIONS

As in the two dozen other major live eruptions across the planet, the ultimate goal on La Palma is to better understand volcanic eruptions: how they form, develop and, even more crucially for the islanders, how and when they end.



Why Canary Islands?

Volcanic eruptions are a one or, at most, twice-in-a-generation event in the Canary Islands archipelago near Africa. Some of the Canary Islands are still growing due to magma accumulating underneath and, as is happening in La Palma, by forming lava peninsulas beyond the coastline.



LEARNING SKILLS

Video games can teach

CHILDREN HOW TO SAVE AND BUDGET

Do video games level up kids' money skills and teach them personal finance lessons? Yes, but it largely depends on how parents talk with them about their online experience. Here are three conversations to have

HOW TO SAVE

Mark Mazzu, a former banker and stockbroker, uses the popular video game Minecraft to teach children how to save. In the game, players use chests to keep valuable items safe - much like a bank account. Using this example, Mazzu asks his students, "If you get 64 pieces of coal or cobblestone and you don't want to use all of the stuff you find, why don't you put 10 per cent away in a chest?"

HOW TO ALLOCATE FUNDS

Theme Park Tycoon, a game where players build and run an amusement park, can also teach money lessons. "There are a lot of actual business allocations that are not the sort of thing kids would get the chance to do in real life, unless they are running a serious lemonade stand," says Laura Vanderkam, author of 'Off the Clock'.

HOW TO BUDGET

"The money lessons can start even before the game is played. Kids have to consider how much the games cost and negotiate accordingly with their parents," says Jeff Haynes, a senior editor. Susan Beacham, founder of financial education company Money Savvy Generation, suggests having kids earn money or use their allowance to buy virtual currency for game-playing. Follow up afterward and ask if they think the cost was worth the benefit. This exercise will benefit kids. ^{AP}

WELLNESS

Things your skin needs in winter

Hot soup, socks and sun are great for winter. But, in this cold season, you must also show your skin some TLC. Here's a wellness guide to keep your skin healthy and happy



MAKE SWAPS, BUT THERE'S NO NEED FOR A COMPLETE RE-DO

While winter might require you to refine your regimen, it isn't necessary that you change everything. 'Listen' to what might be missing, and at the same time, pay particular heed to what the skin might be reacting to.

BE KIND TO DELICATE ZONES

Skin can be more sensitive than usual in the winter, so be gentle. Avoid excessive exfoliation (and remember to replenish right after), always pat your face dry versus scrubbing vigorously, and get rid of anything that has artificial fragrances (a tip not just for the winter, but all year round!). Don't forget to take care of your lips (since the area around our lips is especially fragile and susceptible to lip-lines), neck, hands and feet - these areas need extra nourishment too.

THERE'S MORE TO WINTER SKINCARE THAN JUST PRODUCTS

Spend a few moments massaging the products into your skin and get the blood flowing. Always do this using soft, firm upward strokes of your palms, or else metal applicators can help enhance the absorption of the products. If you've got indoor heating on, use humidifiers to prevent excessive dryness. And while you enjoy your tea and hot chocolate, do not dip your consumption of the humble yet mighty drink - H2O.

(With inputs from wellness guide and founder of a skincare brand - Surbhee Grover)

TNN

GARDENING

5 Kitchen garden ideas everyone should know



This space is different from the rest of the lawns and ornamental plant area - it's where you plant veggies, herbs, edible plants, medicinal and interesting flavouring plants. Let's take a look at some creative ideas on how to make your kitchen garden even better

EFFICIENTLY DIVIDING YOUR SPACE

Structured layouts play a very important role in making sure your garden space is efficiently utilised. Forming a system of raised garden beds and properly laid out pavements helps in systematically growing the plants and vegetables. You can also grow different plants in different rows, columns depending on your needs.

REMEMBER THE BASICS: THE 3RS

Kitchen garden is the perfect place where you can use your recycling talent to grow lots of veggies of your choice. You can save your money and scan your home for used containers and decorate it in quirky manners. You can do all sorts of other reusing, reducing, and recycling things that can facilitate your creativity and help you in making your garden productive and beautiful.

ORGANISATION MATTERS

Use of containers and pots always helps in organising your garden in the most healthy and efficient way. It helps you in lining the garden in the most desirable way, you can be as creative as you like and have multiple plants in one pot. This will also help in using small spaces and bringing out lots of plants.



CHOOSE COLOURFUL PLANTS

While you are getting a nutrition filled garden, it would help if they looked good too. Pick out beautiful looking plants that are colourful and bright, and this way you can have the best of both worlds. ^{TNN}

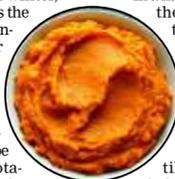
GOOD FOOD

5 SWEET POTATO RECIPES FOR GOOD HEALTH

Commonly known as shakarkandi, sweet potato is one of the popular vegetables that you can find in winter. It is a very filling food and is power packed with nutrients, not to miss the nice subtly sweet and smokey taste. Here are five recipes that will help you in using sweet potato in your regular winter diet

MASHED SWEET POTATOES

A go-to comfort food in winter, mashed sweet potato is the healthiest recipe you can enjoy with grilled chicken or cottage cheese or tofu. For making this dish, all you need to do is microwave the sweet potatoes for 15-20 minutes at high temperature. Once done, scrape the sides of the sweet potatoes in a bowl and mash them. Mix a little butter, maple syrup, cinnamon and a little sea salt in mashed sweet potatoes and serve warm.



and mash them in a large bowl. Melt ghee in a kadhai and roast the mashed potatoes in it until brown in colour. Afterwards, mix milk, jaggery and enough water to mix all the ingredients. Cook it until the water has evaporated and the shakarkandi mixture is dry. You can also add saffron-soaked milk to it to increase the flavour. Once dry enough, enjoy it hot with some dry fruits.

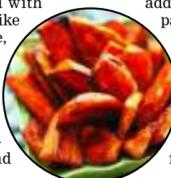


SHAKARKANDI HALWA

Begin the process by boiling sweet potatoes. Afterwards, peel

BAKED SWEET POTATO FRIES

If you have a thing for 'French Fries' here's the healthier version. Preheat the oven at 220 degrees C. While it's heating, peel and cut the sweet potato in fingers. Now, take a baking tray and grease it with olive oil generously. Next, take a small bowl and mix 1 tsp olive oil with chopped garlic, herbs like rosemary, thyme, oregano and even tarragon and your favourite spices. Throw the fingers in the tray and add this dressing over the fingers. Toss well and



FIBRE-RICH TREAT

Sweet potato is known to be nutrient-dense and is loaded with dietary fibre, antioxidants, and vitamin A & C and various minerals. This nutrition-rich root vegetable has a lot of health benefits, from improving blood-sugar circulation to protecting against different types of cancer!

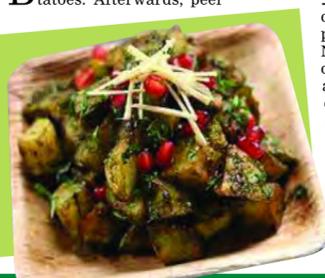
bake for 35 minutes. Sprinkle some salt and pepper over the fries and enjoy.

SWEET POTATO SOUP

Who wouldn't love a thick and warm soup in winters? To make this yummy soup, peel and dice the sweet potatoes in a bowl. Next, heat oil in a large pot and stir fry onion and carrot in it. Then add ginger, garlic along with paprika and red pepper. Now, add the diced sweet potatoes in the pan along with the vegetable broth. Mix well and cook for 20-30 minutes. Once done, let the mixture cool a little and blend all the ingredients to a fine paste until creamy. Transfer in bowls and garnish with fresh cream and black pepper powder.

SHAKARKANDI CHAAT

Boil the sweet potatoes. Once done, peel and cut into bite-size pieces in a mixing bowl. Add a little lemon juice, chaat masala, black salt and mix well. You can mix pomegranate seeds in it along with sev and enjoy it. It's the perfect snack for winter evenings.



REVELATION

STEREOTYPES THAT GIRLS DON'T LIKE COMPUTER SCIENCE STARTS EARLY

CHILDREN AS YOUNG AS age six develop ideas that girls are less interested than boys in computer science and engineering. These stereotypes can extend into the late teens and contribute to a gender gap in STEM courses and related careers.

WHAT THE RESEARCH SAYS...

New research from the University of Houston and the University of Washington explores the gender-based beliefs young children and teens hold about interest in STEM fields. They found that just over half (51 per cent) of children believed girls are less interested in computer science, and nearly two-thirds (63 per cent) said girls are less interested in engineering. In comparison, 14 per cent of children said girls are more interested than boys in computer science, and nine per cent said girls are more interested in engineering. ^{ANI}

