



THE TIMES OF INDIA

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TODAY'S EDITION

When should a child's anxiety levels start worrying the elders, and what are the red flags...

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Learn more about Decoupage art and create beautiful bottles to adorn your table

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Atletico, Liverpool make it to knockouts in Champions League

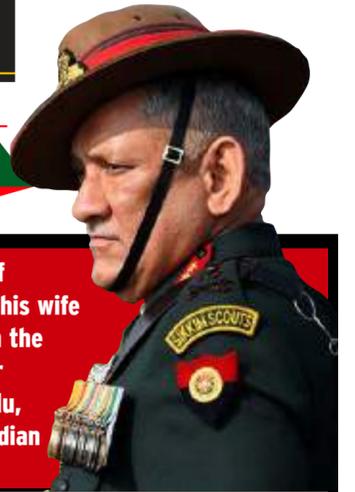
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STUDENT EDITION
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IAF CHOPPER WITH CDS RAWAT ON BOARD CRASHES

File photo/AFP



The copter carrying Chief of Defence Staff General Rawat and his entourage crashed in 'foggy conditions', killing the 13 people on board, the IAF said. One person survived the crash and is being treated at a hospital. "With deep regret, it has now been ascertained that Gen Bipin Rawat, Mrs Madhulika Rawat and 11 other persons on board have died in the unfortunate accident," the IAF said in a tweet. Rawat was appointed in late 2019 to the newly-created office that serves as the primary military adviser to the government.

Chief of Defence Staff General Bipin Rawat, his wife and 11 others killed in the helicopter crash, near Coonoor, in Tamil Nadu, on Wednesday, the Indian Air Force confirms

1 Along with General Rawat, his wife Madhulika Rawat, Brigadier LS Lidder, Lieutenant Colonel Harjinder Singh, Naik Gursewak Singh, Naik Jitender Kumar, Naik Vivek Kumar, Naik B Sai Teja, Havaladar Satpal and pilots were travelling in the chopper.

2 The Indian Air Force said that a Court of Inquiry has been ordered to ascertain the cause of the accident.



3 Gen Rawat's insights, perspectives on strategic matters were exceptional. His passing away has saddened me deeply, said Prime Minister Narendra Modi. AGENCIES

Expressing deep anguish over Chief of Defence Staff Gen Bipin Rawat's death, Defence Minister Rajnath Singh said his untimely demise is an irreparable loss to the armed forces and the country. Earlier, Singh visited the residence of Rawat and spoke to his daughter.



Singh said General Rawat had served the country with exceptional courage and diligence. "As the first Chief of Defence Staff, he had prepared plans for jointness of our armed forces," he said. "My heart goes out to the families of those who lost their loved ones," he added.

#techtrends this week

Instagram Says Parental Controls Will Arrive in March



Instagram will introduce its first parental controls in March as it faces pressure to do more to shield its young users from harmful content and keep them from overusing the product. Adam Mosseri, head of the app inside Meta, the parent company of Instagram and Facebook, said in a blog post that parents would be able to see how long their teenagers have spent time on social media and limit the usage. Teenagers will also be able to tell their parents if they have reported someone for a violation of Instagram's policies. Mosseri said Instagram is developing a slate of other tweaks for child safety. Its users will no longer be able to tag or mention teenagers who don't follow them.

WhatsApp enables disappearing messages by default for new chats

WhatsApp on Monday announced that its users will now have the option to turn on disappearing messages by default for all new chats. Meta-owned platform said that it is adding two new durations for disappearing messages: 24 hours and 90 days, as well as the existing option of 7 days. "When enabled, all new one-on-one chats you or another person start will be set to disappear at your chosen duration, and we've added a new option when creating a group chat that lets you turn it on for groups you create," WhatsApp said in a statement.

TOP 3 NEWSMAKERS

BULLY OR A BOSS LADY?

Kamala Harris branded a 'bully' who inflicts 'soul destroying criticism' on staff: The Post



US Vice President Kamala Harris has been branded a 'bully' who inflicted 'constant-soul destroying criticism' on her office staff in a damaging expose by a liberal newspaper, 'Daily Mail' reported. 'The Washington Post' piece - a result of interviews with 18 people connected to the Vice President of the United States - also alleges that she'd fail to read briefings they'd prepared, only to turn on them if she was subsequently criticised for being unprepared, the report said. The claims from staff who worked for Harris were published amid confirmed departures of two high level staffers, with two others who are said to be heading for the door too. "It's clear that you're not working with somebody who is willing to do the prep and the work," a former colleague told the 'Washington Post'.

BHAJJI AS IPL STAFF?

He is expected to officially announce his retirement from competitive cricket soon

Former India off-spinner Harbhajan Singh will be seen in a different avatar during next year's Indian Premier League as a key member of the support staff in one of the high-profile franchises.



The 41-year-old is expected to officially announce his retirement from competitive cricket some time next week and after that he will decide on one the offers he has got to be a part of the support staff of at least a couple of franchises. "The role could be that of a consultant, mentor or part of the advisory group but the franchise with which he is talking are keen to use his vast experience. He will take active part in also helping the franchise decide on their auction picks," an IPL source privy to the development told PTI on conditions of anonymity.

Merkel Bows Out After 16 Yrs

It's the 'end of an era' as the German woman leader served alongside four US presidents, four French presidents, five British prime ministers and eight Italian premiers



Angela Merkel was assured of a place in the history books as soon as she became Germany's first female chancellor on Nov 22, 2005. Over the next 16 years, she was credited with raising Germany's profile and influence, working to hold a tenuous European Union together and managing a string

While Merkel lacks a spectacular signature achievement, the centre-right Democrat came to be viewed as an indispensable crisis manager and defender of Western values in turbulent times

of crises and being a role model for women. Now that near-record tenure is ending with her

leaving office at age 67 to praise from abroad and enduring popularity at home. Her designated successor, Olaf Scholz, took charge on Wednesday. Merkel, a former scientist who grew up in communist East Germany, is bowing out about a week short of the record for longevity held by her one-time mentor, Helmut Kohl, who reunited Germany during his 1982-1998 tenure. AP

Santa Pause

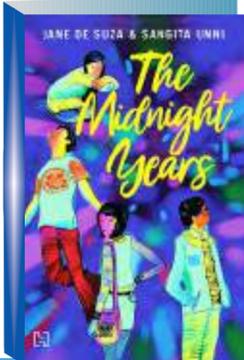
Sammy hanging up red suit after bringing joy to kids for 54 years!



He's been a professional Santa Claus for over 50 years, after initially being encouraged to dress up as St Nick by his mother. But now the time has come for Sammy Lee from East Belfast to hang up his famous red velvet suit for the last time this Christmas and pass it on to the next generation. The 74-year-old grandad has been spreading Christmas cheer throughout his local community for 54 years as a real-life Santa. Sadly, health problems mean Sammy will have to give up his cherished role after decades of bringing smiles to many faces, both young and old. Father-of-three, Sammy told the 'Daily Mirror' how his long-time and popular tradition all began. He said: "It started out as a wee gesture but then I got hooked seeing all the kids faces and the joy you'd bring to them. I was 20 at the time of the first year and playing in a resident showband at Starlight." Sammy's festive antics down the years haven't just been restricted to generations of family and friends as he has also made regular appearances in local schools and at Christmas charity events. "It all started from there and soon I was visiting the relatives every year, dressed up as Santa," added Sammy.

When should your child's anxiety worry you?

Anxiety is a word that you often hear in relation to mental health, and when it is associated with your teen you feel your stomach dropping and your thoughts racing



WHAT EXACTLY IS ANXIETY?

Anxiety is an unpleasant emotion that we all experience at times. It's a useful emotion to have as it prepares us for upcoming stressful events and also for otherwise dangerous situations. It is associated with faster heartbeat, excessive thinking, sweating, breathlessness, even nausea. However, there is, for each of us, a unique threshold for managing anxiety in a healthy way beyond which it becomes distress.

WHICH SYMPTOMS IN YOUR CHILD SHOULD ALERT YOU?

When you see your teen consistently panic or show avoidant behaviour at the thought of e.g. going to school or meeting friends, doing some task or even engaging obsessively perhaps in cleaning a space - it's time to sit your child down and have a direct focused conversation about what is bothering him/her. This also applies to situations of them blanking out before an exam or displaying any 'too much' behaviour like sleeplessness, emotional

outbursts, migraine or stomach ailments. When anxiety escalates even beyond these symptoms and reaches the point of thoughts of self-harm, then caregivers need to seek immediate professional support. This behaviour is also displayed through drastic shifts in food habits like counting calories to avoid weight gain or binge eating (e.g. Alisha's binge-eating and purging in 'The Midnight Years').



Jane De Souza (R) and Sangita Unni (L) are co-authors of 'The Midnight Years', published by Hachette India

HOW CAN PARENTS HELP?

Consciously and proactively building a safe environment where all stakeholders could have an open honest emotional conversation i.e. talk about their day, share happy and challenging moments and attempt to resolve challenges, becomes a step towards supporting your children's emotional needs. Often, as parents, we try to problem-solve, judge or minimise their experience when children share challenges, while all your child may be looking for is compassion, connection and empathy with their loved ones in a safe space. Negative emotions such as anxiety are okay and important to go through - it helps build resilience. However, when anxiety disrupts your child's daily life and functionality, then do treat it as a cause for concern and explore avenues of support.

"Is this the onset of the dreaded third wave we all have been fearing?" asks Shalini Srivastava, mother of two teens. "Yes, the one which will infect the kids," asks another. This is a common discussion thread among



all parents' groups across India. At a time when schools have finally started to open for physical classes, the news of the latest 'variant of concern' Omicron in India, is making parents panic, more so because while all of them are vaccinated, their children are still waiting for a Covid vaccine.

Dr S SENTHIL KUMAR, Consultant

Pediatric Intensive Care Unit, Meenakshi Mission Hospital & Research Centre, Madurai explains, "All viruses have a natural capacity to evolve continuously by making minor changes in their structure and functions by gene modifications known commonly as mutations. These mutations may be insignificant or significant enough for the virus to behave as a new variant with different properties. Sometimes these mutations can even make the virus less potent than the original virus. Alpha and Delta variants were the initial mutated variants, which were responsible for the previous waves of Covid. So, Omicron (B.1.1.529) is one such recently mutated variant of the

Dr C JAYAKUMAR, Professor & Head, General Pediatrics, Amrita Hospital, adds

We don't know much about this variant yet. From the information that we have, it is far more dangerous than the last two Covid variants. How this is going to cause pneumonia and other dangerous complications are yet to be discovered. So, till the time we get the correct picture of the nature of this virus, it is our duty that we protect ourselves and follow the guidelines issued by respective state and central governments. It is also very important to get both doses of the vaccine, the government soon can advise for booster doses also to be safe from the adverse effects. Certain vaccines are superior in preventing this Omicron variant, but we scientists and researchers are not yet sure about this fully and the



Manner Matters

Gym etiquette everyone should know

Whether you are an avid gym-goer or a newcomer, there are some common gym manners you should know before you step into a gym. Gyms don't always hand over a rule book when you join it, but you are expected to apply some common sense on your own. Here is a list of seven annoying habits people demonstrate in this space

NOT PUTTING EQUIPMENT BACK IN ITS DESIGNATED SPACE

This is the most common mistake many people make. They use the equipment and leave a disorganised mess behind them for the fitness centre employees to clean it. Whenever you use any gym equipment, put it back in the right place.



DROP WEIGHTS LOUDLY

No matter how long you have been working for or how exhausted your muscles are, you should never drop your weight on the ground loudly. Letting your weight bang loudly on the ground can disturb others. Moreover, it may lead to accidents. Slow down and place the weights gently.



TALK OVER THE PHONE LOUDLY

You are surrounded by people in the gym and you need to be mindful about it. Talking loudly on the phone is a big no-no. Nobody wants to be a part of your conversation. You should keep your phone on silent when you are in the gym. But if there is an important call and you need to take it at all costs then go out of the gym.

SOCIALISING A LOT

A gym is a place to work out, so one should concentrate on the same. While it might be fun to chat a bit with your friend exercising in the same gym, try to keep it minimal. If you stand in the middle of the gym and indulge in a long enough conversation, this will only disturb others.

SIT DOWN ON MACHINE WITHOUT USING IT

While it is important to take a short break between two repetitions, you should not stretch that rest period of 30 seconds to 10 minutes. Most of the people do intense exercise for 1 minute and then scroll through Instagram for 10 minutes before starting the next one. This attitude is not right. If your idea of a break is 10 minutes long then give someone else the chance to use the machine.

EATING IN THE WORKOUT AREA

The urge to have something to eat post-workout session is quite obvious, but do not do it in the gym. Everybody wants their surroundings to be clean and if you chow down in the gym you might be making the area untidy. It is also not safe to have food in the gym due to safety factors in the ongoing Covid era.

In the absence of Covid-19 vaccine for children in India, what should parents know about

OMICRON

Dr S Senthil Kumar says,

"From our experience from the previous two Covid waves, we know that children are not at higher risk and also the disease is usually mild when compared to adults. It's high time the public resorts to strict adherence of anti Covid measures in public spaces to prevent further lockdowns.

We need to wait for the nature of the progression of the virus to get a clear picture. But with aggressive vaccination coverage, the possibility of a third wave may either be delayed or even mitigated." The only way to protect yourself right now is to use a mask, which is more important now than ever before and the mask may be our vaccine for this Omicron variant, till the time our researchers and experts find out a way.



ARE CHILDREN AT HIGHER RISK FROM THIS VARIANT?



Dr Jayakumar adds,

"Advise your children strictly and educate them about the importance of wearing masks. Hand washing is also very important. And we have to avoid all crowding as Omicron is said to spread very fast through the air. All crowding has to be avoided. Children should take food in the class itself rather than in open spaces or in canteens. And the only thing we can focus on doing right now is to educate our kids on the virus and make them understand the importance of safety protocols to follow when they are in school."

alright. From conversations on mental health, queer identities, being a certain way, un-gendered clothing, breaking male-female stereotypes, social media has space for all. By being around people of their age, or surrounded by positive stories, kids get a chance to accept themselves, and strengthen the communication they have with their families.

IT CAN HELP THEM EXPRESS THEMSELVES BETTER

Back in the day, debates, speeches, events were considered the 'only' ways for a child to showcase their inner creativity and talent, even if in a limited realm. With the advancement of social media, kids today have a lot more scope to present and even hone their talent, express themselves in a way they deem fit, and even work around with a wider audience. Podcasts, fandoms, creative communities and many online courses grant kids the freedom to express themselves freely, as they like.

WHEN SHOULD YOU GIVE KIDS CELLULAR ACCESS?

Even with all the positive benefits, do remember that social media and phone use for the kids can be a tricky road to navigate, for there can be just as many negatives. With the times changing, kids today have access to phones a lot earlier than their seniors. Again, while it's a purely personal decision to make, it's important to assess your child's maturity, cognitive skills, sensitivity and problem-solving skills before giving them access. Coach them right, explain them the rules and children should also be taught about the ill-effects of excessive screen time to make gadget use safer.

SHOULD YOU MONITOR THEIR ONLINE PRESENCE?

This, again, can be a difficult decision to make. The important thing to keep in mind is trust. Snooping in on your kids' phone can also affect your relationship with them. A wiser stance would be to work out a deal where you allow them the freedom to have a separate online presence, not frequently check or snoop, but also be in the know of the online friends they talk to, the content they share online. Have a freewheeling chat with them to follow social media protocols, keep some sites off-limits, and tell them to be safe on the internet. For your own reassurance, consider using parental locks, or restricting usage where necessary.

4 brilliant ways social media use can benefit your kids

Facebook, Instagram SnapChat, Twitter or TikTok, kids today have a lot more options to connect with people than the previous generation. We often bat an eye when we think of letting kids be on social media.

While it's something that has become common today, parents are often sceptical about granting children phone access or letting them be on social media. Given the spurt of online trolling and abuse, social

media use amongst younger kids should be with precautions. However, if used correctly, social media can indeed act as a great tool in shaping your child's personality, hone skills and offer a lot of benefits.

IT HELPS THEM FORM GOOD FRIENDSHIPS

Friendships and peer relationships are important during the growing up years. While online abuse and cyberbullying can be associated with social media usage, getting connected online can actually be a good way for your children to form friendships, beyond the physical realm. It can also be a great way to make connections, if your child suffers from social anxiety and has trouble making friends IRL. As long as they continue to use social media for good, these platforms can be a great getaway for them to connect and know about different cultures, people, and build on a broader perspective.

SOCIAL MEDIA GIVES THEM ACCESS TO REAL ISSUES

If you are on social media, you would realise that the real issues and news often break



out of the digital space and getting online can actually offer children a good level of awareness and knowledge by exposing them to issues that matter and social networks from all across the world. For kids who are growing up in a digitally progressive world, being on social media can make them true citizens of the world. Kids and teenagers today are actually using these platforms to raise positive thoughts, counter bullying and raise awareness on issues that really matter.

IT CAN PROVIDE THEM SUPPORT

One of the greatest wins from being present on social media can be the acceptance and validation it can bring, and offer a sense of belonging. Believe it or not, while social media can be terrifyingly isolating at times and make one susceptible to pressures, it can also be the open space growing kids need and get to understand that what they are going through is