



THE TIMES OF INDIA

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TODAY'S EDITION

► Read the journey of sausages and much more, as we unravel the story of Hot Dogs, and how it got its name

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► A job of a teacher is not just about teaching students. An educator has to don many hats – guide, mentor, friend, etc., to keep students engaged

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STUDENT EDITION

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The box will also collect temperature measurements, ocean acidification data, data on land use, military spending, energy consumption and human population growth

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IN THE NEWS

IT'S NO 'DJOKE': Novak named ITF world champion for a record 7th time



Men's world number one Novak Djokovic has been named the 2021 ITF world champion for a record seventh time while women's number one Ash Barty has picked up her second crown, the International Tennis Federation (ITF) said. Djokovic, who finished the year as number one for a record seventh time, won the Australian Open, French Open, and Wimbledon, while he fell short at the Tokyo Olympics and the US Open final in his quest for a rare golden slam. The Serb was tied with American great Pete Sampras on six wins for the title first awarded in 1978. Barty, who won her first Wimbledon title this year and a bronze medal at the Olympics in mixed doubles, previously won the award in 2019.

A postage stamp for the Serbian poster boy

World No 1 tennis player Novak Djokovic has got a huge recognition from his country, Serbia, which has recognised his achievement by issuing a postage stamp – for mailing letters both nationally and internationally – which is a first for any athlete from the country. The artwork was done by Boban Savic, with references to some of Djokovic's greatest accomplishments, including his 37 ATP Masters 1,000 titles and 20 major triumphs

Earth is getting a 'Black Box' to hold humans accountable for climate change

In a remote part of Australia, a steel vault about the size of a school bus will record the Earth's warming weather patterns. It will listen to what we say and do. It will create an archive that could be critical to piecing together the missteps, its creators say, should humanity be destroyed by climate change. The vault, known as the Earth's Black Box, will be constructed in Tasmania, an Australian island state off the south coast. It will operate much like a plane's flight recorder, which records an aircraft's final moments before crashing. But the makers of this new black box – including data researchers from the University of Tasmania, artists and architects – say they hope it won't have to be opened.



WHY BLACK BOX

Scientists have warned that if they rise beyond a threshold of 1.5 degrees Celsius, or 2.7 degrees Fahrenheit, the risk of disasters like water shortages, deadly heatwaves and ecosystem collapse will grow immensely. (The world has already warmed by 1.1

degrees Celsius) The box's creators say, the back box will record leaders' actions (or inaction) by scraping the internet for keywords relating to climate change from newspapers, social media and peer-reviewed journals. It will collect daily metrics, including average oceanic and land temperatures, atmospheric carbon dioxide concentration and biodiversity loss

1 The vault – a 33-foot-long box made of 3-inch-thick steel – is not expected to be completed until the middle of next year. But creators say, they have already begun to gather information. Eventually, the data will be stored on a giant, automated, solar-powered hard drive with a capacity to collect information for about 50 years

2 Though the information can be found elsewhere, the creators insist, it is not stored for posterity in one immutable place

3 How future visitors will be able to retrieve the contents of the box also remains unclear. The creators say they are working on it. One option is to encode the contents in various formats, such as in script or binary code that would be unrecognisable. The creators say that if the planet is nearing cataclysm, instructions for opening the box would be etched on it on its exterior. The message can't be included beforehand, they say, because of the risk that vandals would attempt to crack it open

Climate change is one of the gravest threats humanity faces, scientists say. It is exacerbating economic and health inequalities, increasing the frequency and intensity of natural disasters and, as the United Nations has warned, threatens the world's food supply

Omicron-driven third wave in India likely to peak in Feb: Covid Supermodel Panel

The daily Covid-19 caseload in India that is currently around 7,500 infections is expected to increase once the Omicron starts displacing Delta as the dominant variant, informed members of the National Covid-19 Supermodel Committee and predicted the third wave in India early next year.

Vidyasagar, who is also the head of the National Covid-19 Supermodel Committee, said that India will have Omicron's third wave but it will be milder than the second wave. "The Third wave is likely to arrive early next year in India. It should be milder than the second wave due to a large-scale immunity present in the country now," he said. There will definitely be a third wave. Right now, we are at around 7,500 cases per day, which is sure to go up once Omicron starts displacing Delta as the dominant variant, he added. According to Vidyasagar, in the worst scenario, India will not have more than two lakh cases per day in case the third wave grips the country.



Cold wave grips northwest India. Delhi shivers at 4.6 degree Celsius



Severe cold gripped northern India, as the mercury dropped to near freezing temperature in Rajasthan's Churu on Saturday. As per the India Meteorological Department (IMD), cold wave to severe cold wave conditions have been prevailing in some parts of north Rajasthan and Punjab, while cold wave conditions prevail in isolated pockets over Jammu and Kashmir, Ladakh, Gilgit, Baltistan and Muzaffarabad, Himachal Pradesh, Haryana, north Rajasthan and north Madhya Pradesh. Churu has reported the lowest minimum temperature of -1.1°C followed by Amritsar at 0.7°C, Ganganagar at 1.1°C and Delhi at 4.7°C



According to the IMD, a cold wave is recorded when the minimum temperature is equal to or less than 10 degree Celsius at a weather station in the plains, and is 4.5 degrees to 6.4 degrees below the normal temperature for that period

'Spider-Man: No Way Home' fan frenzy continues, biggest superhero opening on Day 1 at ₹32 crore



Spider-Man: No Way Home' is smashing box office records in India. The movie registered a whopping ₹32.7 crore on its opening day and is going strong. According to Sony Pictures, the film's first day's gross earning stood at ₹41.5 crore. The third installment raked in 3.5 times more on its first day than its predecessor 'Spider-Man: Far From Home', released in 2019.

Interestingly, it is the highest among the superhero movies released in the last few years

BACHPAN KA PYAAR

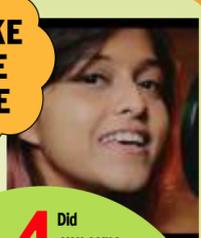


2 A 10-year-old boy's rendition of Badshah's song 'Bachpan Ka Pyar' took the internet by storm in July. Sahdev Dirdo was seen standing in a classroom in front of his teacher, as he sang the song with a straight face. The track gained popularity after Badshah posted a remix of Sahdev's rendition of 'Bachpan Ka Pyaar'

3

Sung by Sri Lankan singers Yohani Diloka De Silva and Satheeshan, the song generated a lot of buzz after it was released in May. Several renditions and dance versions of the song have gone viral, as people still continue to join the 'Manike Mage Hithe' trend. The song has been dubbed in many languages, including Telugu, Tamil, and Hindi

MANIKE MAGE HITHE



4 Did you come across Instagram reels where people stayed still for a few seconds to create a phone wallpaper-like illusion with the song 'Banna Re', by Chitralekha Sen and DJ Shadow Dubai, being played in the background? As soon as the chorus begins to sing, people did their favourite move to break the lock screen illusion. The trend required you to use the lock screen filter

IPHONE LOCK SCREEN

1

Music producer Yashraj Mukhate used a clip of Pakistani influencer Dananeer, whose 'Pawri hori hai' video went viral to compose the Pawri anthem of the year. In the video, Dananeer was seen enjoying in a hilly location in Pakistan, as she gave a glimpse of herself partying with her friends. Mukhate made a mashup video that went crazy viral, prompting desi netizens to groove to the pawri anthem

PAWRI HO RAHI HAI

YEAR IN REVIEW

Instagram trends 2021: Most popular trends that people couldn't ignore

ENTREPRENEURSHIP IDEAS

5 TIPS FOR STARTING YOUR OWN EDTECH

Edtech companies are being started at a staggering rate, even by very young people. "Students who are interested in coming up with their own start-up in this field must do their homework before they jump in," says Diwakar Chittora, CEO and founder of an edtech company - Intellipaati. The idea is to resolve an issue in education, transform education, be better than competitors, and ultimately change the face of education.



GET FAMILIAR WITH EDUCATION SECTOR

Proper learning and research about the education industry while continuous interaction with the edtech community will be a great step to understand the process easily and more transparently through meeting investors, collaborating and learning from influential entrepreneurs who have been in the same industry for long. With the internet, this ability to network is easier than ever. One needs to be familiar with different verticals of education catering to different courses in order to provide services in the market.

INVEST YOUR TIME AND ENERGY

If you are clear with the vision then, having a business plan written on paper is a good start. The growth of any business/company is slow whenever you start, and especially for edtech companies, so students need to be patient enough to let the business take off and wait until it provides some profitable returns. Adoption and usage has swelled and the demand for edtech solutions has grown at an extraordinary pace, fast-tracking the digitalization of education by five to ten years. Also, students should be ready to invest their absolute time and energy into the company not only in the beginning but through the process of building themselves in the market.

CAPITAL IS CRUCIAL

Raising money is one of the first things that an edtech startup needs to do. One should be well organised with the funds while starting a business, so it is very important for every entrepreneur to manage all financial aspects and prepare to help keep the business alive. Young students should invest with a stable amount in order to start young companies that are just in the development phase and it's equally important to have patience while investing your money as no business gives instant results.

BUILD A STRONG NETWORK

Business growth is very well dependent on your connections and confidence. Surrounding yourself with people who are inquisitive in nature, have good industry knowledge, are hard working, committed and driven towards their work can open various doors to broaden knowledge and experience for business growth. This must include going to conferences, attending events, parties and hence, building strong and healthy relations with your peers and competitors. It is important to stay connected while working in such an industry to a variety of personalities that can help developing and efficient working of edtech for students' betterment.

BE OPEN TO FEEDBACK & LEARN FROM YOUR MISTAKES

Students tend to make mistakes while starting an edtech company, but making mistakes teaches us what doesn't work and motivates us to develop new ways of thinking and acting. One should always work towards making the most from the feedback received from the customers, which allows people to throw light on things and perspectives which didn't get attention earlier. By TEAM NIE

FESTIVE FOOD

All things roasted for Christmas

What's a good Christmas week dinner without a hearty roast and puddings? We bring you some recipes to jazz up your roast dinner menu - from starters to desserts

Root vegetables roasted with herbs

Winters call for a platter full of root vegetables like radish, carrots, turnips, beetroots and sweet potatoes. To add a little crunch to the roast dinner, oven roast these vegetables. One of the simplest ways to make these is to wash, peel and cut the veggies diagonally, then add salt, ground pepper, herbs like rosemary, thyme, sage, brush it with olive oil and roast in the oven for 30 minutes.



Aubergine roast

Aubergine or brinjal is another vegetable that adds a unique flavour to the palate when roasted. It is one of the easiest dishes to make. Wash and cut the aubergines in the middle. Score the flesh with a knife so the veggie gets cooked through. Brush these pieces with salt-pepper and olive oil. Pop in the oven for 30-40 minutes. Once done, it can be topped with marinara sauce and cheese.



Sauce covered roasted cauliflower

Call it Gobi Mussallam or roasted cauliflower; this dish will add a lot of character to the roast platter due to the rich Mughlai sauce. This dish does take time to be prepared, especially the gravy sauce. First the cauliflower head is prepped by parboiling in hot water. As the vegetable dries off, Mughlai gravy is prepared. Once done, cover the entire cauliflower with the thick gravy and reserve some to serve on the plate. Roast it for 40-45 minutes until the cauliflower is dry, garnish with coriander and serve.



Roasted potato in assorted herbs and spices

They say potato is the most versatile vegetable, and it is true! For roasting too, one can explore many flavours. Depending on what goes best with other items of the dinner, potatoes can be roasted with herbed butter, or oil and assorted herbs. They can also be made the Indian way with cumin and black pepper or Aloo Tukki.



Pan roasted fish

A healthy and exciting option for non-veg lovers instead of meat. Like potatoes, fish also presents the cook with a lot of versatile recipes to choose from. Right from crispy almond butter crusted salmon, sole or basa fish to spice roasted pomfrets, mackerels and kingfish steaks. It is best served with mashed potatoes and lemon butter. TNN



WHY IS A HOT DOG CALLED SO? THE STORY BEHIND THE WEIRD NAME OF THIS COMMON FOOD

If there is one thing Americans love, it's the Hot Dog and ironically, it's a coveted part of America's national cuisine. It's the most popular snack of American cuisine, which has bacon added in the centre with cheese all around and lots of ketchup and toppings. Whatever be the toppings of this delicious snack, but it certainly doesn't have any dog meat in it. Whether you call it red hot, hot dog, weiners or frankfurters, it's a dish of simplicity where you will sausage covered in a simple long bun with some delicious toppings. Think of it as a long burger with sausage in it. This popular snack goes best with ball games just like hot milk and cookies go together.

There have been several theories and schools of thought behind the invention of this name. While most

FOOD



people believe that Hot Dog originated in Germany as early as 700 BCE. It is also believed that the first hot dogs were called 'dachshund sausages' and were sold by a German immigrant from a food cart in the 1860s in New York. And the very reason why these sausages were called

so is because of the fact that these sausages were quite thin & long, just like the canine breed. However, it was a Polish immigrant named Nathan Handwerker who in 1916 popularised this snack by selling them for half the price of his competitor. The reason behind 'Hot Dog'

THE STORY OF SAUSAGES

The early mentions of this amazing snack find that it was sold in white gloves by a street vendor so that there should not be a mess while eating. This is the only reason why it was called red hot earlier. But, after a while it got the street vendor worried and so took his brother-in-law's help (who was a baker) and used buns for keeping this sausage in between.

There is one more story about sausages and buns, which explains the fact why it came into being like this. It involved a man named Charles Feltman, who sold sandwiches in a cart. He was unable to completely fill up his cart, so he placed these hot dogs along with sandwiches on his cart. Afterwards, he heard about the 'red hots' and started adding bun to it so that they could also be held the same way as a sandwich. Thus, the result was what you call - 'Hot Dog' today.

MOST POPULAR EXERCISES OF 2021

FITNESS



After 2020 became (in) famous for being associated with the global pandemic, 2021 followed in its steps with the second and a more fatal wave of the same. The pandemic claimed several lives, clearly highlighting how fragile life is. The two years brought the world to a halt and made everyone realize the importance of health. Having a healthy body and mind can be priceless and cannot be taken away from you unlike wealth and riches. Eating well and exercising regularly are the principal and most basic steps to be taken towards a healthy and disease free lifestyle. With people locked up inside their homes and striving for healthier lifestyles, new exercise trends came into existence and became prevalent throughout the year.

HERE ARE SOME OF THE MOST POPULAR OUTDOOR EXERCISES THAT PEOPLE DID IN 2021.



OUTDOOR EXERCISES

2021 saw a large number of young deaths that took place because of heart attacks which was a matter of concern and forced us to look into what was wrong with the way we lived. Since 2020 inflicted upon us, a series of lockdowns and other restrictions including closed gyms and fitness centres, 2021 saw an increase in outdoor activities.



Belly Breathing

An excellent exercise that helps with the lung capacity, this form of breathing also strengthens diaphragmatic muscle. Breathing in through the nose and breathing out through the mouth with a hand or light weight on the stomach is how this exercise is done. Each time you breathe in, make sure that the inhalation is better than the previous time.



Alternate Nostril Breathing

Improving cardio vascular function and lowering heart rate, alternate nostril breathing is a great exercise that helps the lungs and the heart.



Running

A great way of keeping oneself active, fit and going, running was seen as the most preferred form of outdoor activity that people chose to do keep themselves healthy. Running not only is a great form of aerobic exercise that helps breathing, heart rate and stamina but it is also a great form of cardio-vascular workout and helps maintain heart health.



Walking

It has often been said that brisk walking is much better than running. As a form of exercise that puts pressure on the calves, brisk walking is much more effective since the feet remain in contact with the ground for a considerably longer period of time. Brisk walking also strikes a balance in the heart rate and breathing rhythm, thereby proving to be a great exercise overall.



Hiking

A long walk along the trails of nature or on long, winding roads is known as hiking. Mostly a holiday activity, hiking gained popularity as a physical activity in 2021 and was taken up by people in the very places they lived in. People found coming in contact with the outdoor surroundings, establishing a connection with nature and walking for long distances, together to be a great form of relaxation and rejuvenation for the body and the mind.



Breathing Exercises

Let us all address the elephant in the room, COVID-19 affected the lungs the most and the second wave in particular, saw an unprecedented oxygen shortage that claimed several lives. Breathing exercises to minimise damage in cases of emergency include proning, deep breathing and others that were used to stabilize people whose oxygen levels fell drastically leading to loss of lives or severe lung damage. Here are some exercises that gained popularity in 2021.



Lift up your right hand toward your nose, pressing your first and middle fingers down toward your palm and leaving your other fingers extended. After an exhale, use your right thumb to gently close your right nostril. Inhale through your left nostril and then close your left nostril with your right pinky and ring fingers. Release your thumb and exhale out through your right nostril. Inhale through your right nostril and then close this nostril. Release your fingers to open your left nostril and exhale through this side. This is one cycle. Repeat the cycle multiple times for up to five minutes and end with the left nostril.