



THE TIMES OF INDIA

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TODAY'S EDITION

Know all about the beautiful lantern festivals of the world. Also, check out healthy recipes and fitness tips

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A student tells why every day should be treated as a New Year with a new beginning

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India eye elusive series win as they take on SA in the second Test

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STUDENT EDITION
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Be useful: Musk to youngsters

Tesla and SpaceX CEO Elon Musk in an interview with artificial intelligence researcher Lex Fridman shared advice for students, such as reading books, avoiding becoming a leader, and helping. When asked what advice he would give to young people who want to do something big, Musk responded by saying "try to be useful". Musk mentioned that the young generation should do things that are useful to fellow human beings and to the world. "It's very hard to be useful," Musk stated, urging young people to "contribute more than you consume". He also advised students to read and develop their general knowledge so they know what's going on around the world.

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FLEX FUEL

The Centre has issued an advisory to automakers to start manufacturing flex-fuel and strong hybrid electric vehicles...



X-PLAINED

WHAT Flex-fuel vehicles have engines that can run on flexible fuel – a combination of petrol and ethanol, which can include up to 100 per cent ethanol. The extent of ethanol mixing decides the level of harmful emissions.

WHY such move: According to the government, this is aimed at drastically reducing the greenhouse gas emissions from vehicles, which in turn would

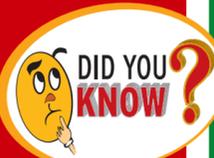
help India meet the emission targets it committed at the most-recent climate change conference in Glasgow in November last year. Secondly, the policy is expected to reduce the demand for petroleum products. India presently imports more than 80 per cent of its petroleum requirement, and this also represents one of the biggest outflows of money from the country. Thirdly, wide uptake of ethanol as a fuel is intended to create an additional revenue stream for farmers since these are manufactured from biowastes.

Countries who are already into it

1 Brazil is indisputably the world leader in the use of flex-fuel vehicles. The South American giant first experimented with this in the late 1970s and has backed it in a big way since the early 2000s. It is estimated that more than 80 per cent of Brazil's light vehicles and over half of its two-wheelers run on flex-fuel

2 Even the United States, which convulses into withdrawal symptoms at the mere mention of replacing fossil fuels, has a fairly high uptake on flex-fuel vehicles. Sweden, France and Ireland are other countries, which have high proportions of flex-fuel vehicles, while Germany's push is more in favour of replacing diesel rather than across the automotive market. A number of other countries are in different phases of shifting to flex fuels.

The use of ethanol as a fuel not only reduces tailpipe emissions, it also promises a boost to the agricultural value chain. Bioethanol is produced from agricultural waste and unprocessed products – from a wide variety of common crops like sugarcane, hemp, potato, and corn. Apart from creating another source of revenue for farmers, it could also help address other issues like agricultural waste management or even stubble burning



The more you talk to different kinds of people from all over the world, the more your mind will open. Talk to people from different walks of life and different industries and professions and skills

Elon Musk

Celeb talk

Education minister bats for reading culture, asks students to share reading list



Union education minister Dharmendra Pradhan has launched a 100-day reading campaign titled 'Padhe Bharat' in line with the National Education Policy (NEP) 2020, which emphasises on the promotion of joyful reading culture among children by ensuring availability of age-appropriate reading books in any language. Launching the campaign, the minister underlined the importance of reading habit that children need to develop to ensure continuous and lifelong learning. He said, the habit of reading, if inculcated at an early age, helps in brain development, enhances imagination and provides a conducive learning environment for children. Pradhan also stressed the need to create an enabling environment in which students read for pleasure and develop their skills through a process that is enjoyable and sustainable and which remains with them for life.

The 'Padhe Bharat' campaign will focus on children studying in nursery to Grade 8. The reading campaign will be organised for 100 days (14 weeks) from January 1 to April 10, 2022

The campaign aims to have the participation of all the stakeholders at the national and state level, including children, teachers, parents, educational administrators, etc

One activity per week per group has been designed with focus on making reading enjoyable and building a lifelong association with the joy of reading. The campaign has also been aligned with the vision and goals of the foundational Literacy and Numeracy Mission

The 100-day reading campaign will focus on Indian languages, including mother tongue, local, and regional languages

2022: Economy sets sail with growth hopes; pandemic, inflationary headwinds remain

After navigating the turbulent pandemic waves, the recovering Indian economy is now sailing through uncharted waters of rising coronavirus cases, spiralling commodity prices and spiking inflation though the lighthouse of sustainable growth remains visible. As 2022 begins, a raft of developments, ranging from Budgetary announcements to continuation of stimulus measures to monetary policy, will set the tone for the domestic economy, which is projected to grow more than 9 per cent in the current fiscal ending March 2022. The country's continuing massive vaccination drive and 'precaution' doses starting for select categories of people this month will provide a firewall against any steep spike in coronavirus cases amid the emergence of the Omicron variant.



Experts feel, the economy is expected to see a strong recovery in the coming months and even going past the pre-Covid levels unless the pandemic plays spoilsport

Get ready to pay...

MORE FOR ATM TRANSACTIONS: Starting today, customers who utilise all their free ATM transactions – limited to five per month from their own bank ATMs and three per month for other bank ATMs – will have to pay a higher transaction fee, which is now ₹ 21 per transaction.

MORE FOR YOUR OLA AND UBER RIDES: Fares on your rides from transport aggregators such as Ola and Uber will rise 5%, thanks to the imposition of GST on such services from January 1.

MORE FOR YOUR SHOES: While the 46th GST Council meeting on Friday deferred the hike in GST on textiles – from 5% to 12% – the hike in GST on footwear of any value, which was increased to 12% from 5%, came into effect from January 1.



THE SAME FOR YOUR FOOD, ORDERED VIA APPS LIKE SWIGGY OR ZOMATO ... despite these online food delivery platforms coming under the GST ambit. That's because only the compliance of deposit and raising invoice has been shifted to these food delivery apps – the GST was already being levied and collected by the restaurants from where the food was ordered.

5 sporting events to look forward in 2022

2022 promises to be another exciting year for sports fans, with various big events lined up over the course of the year that is set to see high-quality action...

FIFA WORLD CUP 2022

1 The world will assemble in Qatar, as the world's most-watched single-sport event – the FIFA WORLD CUP (FIFA WC), will take place in the Middle-East country. In a drastic change, the event will take place in November-December this time around rather than the usual June-July due to the hot weather in Qatar during those months. France will look to defend their title while the likes of Germany, England, Brazil, Argentina, Italy will be hot favourites to lift the trophy. The 2022 FIFA WC will take place from November 21 to December 18.

ICC T20 WORLD CUP 2022

2 Less than a year after the completion of the 2021 T20 World Cup in the UAE, the event will once again take place in 2022 in Australia. Aaron Finch and Co will look to defend their title on home soil, while India will aim to end a nine-year ICC trophy drought. The tournament is scheduled to begin on October 16, with the final set to take place on November 13 at the Melbourne Cricket Ground.

2022 COMMONWEALTH GAMES

3 The 22nd edition of the Commonwealth Games will take place in Birmingham from July 28 to August 8. This edition will mark the introduction of Women's cricket for the first time in what could be a landmark moment in the fight to make cricket an Olympic sport.



2022 ASIAN GAMES

4 Just a month after the completion of the Commonwealth Games, India's top athletes will head to another big multi-sport event – the Asian Games in the Chinese city of Hangzhou. The 19th Asian Games will take place from September 10 to September 25.

2022 WINTER OLYMPICS

5 Beijing will create history when it becomes the first city to host both the Summer and Winter Olympics. Despite a number of countries putting a diplomatic ban on the event, the world will converge in the Chinese capital from Feb 4 to Feb 20 for the 24th edition of the Winter Olympics.

CULTURE
CORNER5 MAGICAL LANTERN
FESTIVALS AROUND THE WORLD

Similar to Diwali in some ways, beautiful lantern festivals are a part of some cultures. Take a look at five of these festivities that celebrates light, hope and happiness



Loy Krathong and Yi Peng | THAILAND

These two bright festivals turn Thailand into a gorgeous wonderland, typically around November. While Sukhotoi, Chiang Mai, and Bangkok celebrate Loy Krathong and set off floating lotus baskets, full of candles, into the waters, Yi Peng is celebrated in the north, and it also takes place on the same day. During this time, sky lanterns are the highlight, which light up the sky, and are built of rice paper and bamboo.

1

Lantern Festival | HAWAII

The lantern festival celebrated in Hawaii is a peaceful ceremony that is held to pay tribute to those departed on Memorial Day. This event is held annually, on May 27, at Ala Moana Beach, where thousands of people unite to celebrate harmony amid adversity. Open to all, everyone can take part in this festival without paying anything. The ceremony starts with blowing the Hawaiian conch shell, which is followed by various musical performances. Once the ceremony ends, people release lanterns over the Hawaiian waters, with personal messages inscribed on them as an act of kindness and remembrance.

2



Pingxi Lantern Festival | TAIWAN

This lantern festival is a form of ancestor worship, and dates back to more than 100 years. On this occasion, people write their wishes on paper lanterns with a calligraphy pen, and release them into the night sky with the hope that their prayers will be answered by their ancestors. Do note that sky lanterns in Taiwan are only allowed to be released in Pingxi, as the mountains and local geography prevent the lanterns from flying too high.

3



Spring Lantern Festival | CHINA

This festival marks the last day of Chinese New Year, and dates back to more than 2000 years. Celebrated across the country, this festival also marks the first full moon night in the Chinese lunar calendar. Numerous activities are lined up for visitors, such as watching lion dance, lighting lanterns, eating tangyuan, and much more. Although lanterns are not released into the night sky in China, cities hang red and yellow glowing lanterns everywhere, which makes for a beautiful light show.

4



Full Moon Lantern Festival | VIETNAM

This Vietnamese festival takes place every month on the 14th day of the lunar calendar (the full moon night) in Hoi An. As per the records, the Vietnamese believe that releasing lanterns under a full moon will bring them wealth, health, and happiness. To celebrate this occasion, the entire city shuts off the electricity at around 8 pm, while the streets get illuminated by lantern lights. People also get together to release the small paper lanterns onto the river. What's more interesting is that tourists can even opt to hop on a traditional canoe to witness magical views of the lanterns on the water.

5

RECIPE

SPINACH SANDWICH
With Bean Dip

If you are looking for a quick fix for your hunger that is loaded with both nutrients and enticing flavours, here's a super healthy sandwich. It's delicious and is rich in green and colourful veggies



HOW TO MAKE

STEP 1: Wash and clean the carrot, avocado, onion, cucumber and red bell pepper. Once done, take a clean chopping board and chop the vegetables separately into fine pieces. Keep it aside until needed again.

STEP 2: Lay the bread slices on a clean surface (or tray) and spread the bean dip on one side of each bread slice. Over that, evenly spread mashed avocado.

STEP 3: Top it up with the chopped vegetables and cover it with the other bread slice. Secure the sandwich using a toothpick. Serve fresh. TNN



INGREDIENTS

- ◆ 4 bread slices
- ◆ 1/2 cup mashed avocados
- ◆ 1/2 small cucumber
- ◆ 1/4 cup bean dip
- ◆ 1/2 cup carrot
- ◆ 1/2 red bell pepper
- ◆ 1 cup spinach
- ◆ 1/2 onion

Note: Feel free to use multi-grain bread or any other bread of your choice

These common foods are damaging the climate!

Did you know your love for chocolates, avocados or meat delicacies are silently damaging the climate? According to a recent report presented at the United Nations summit, the General Assembly warns that "human beings have only 11 years left to prevent irreversible damage from climate change." This is because "food production is responsible for a quarter of all greenhouse gas emissions." Reducing carbon emission is not as easy as it sounds, but the change may begin from something as simple as tweaking the diet. Here's a list of common foods that are harming the climate

REVELATION

able for a quarter of all greenhouse gas emissions." Reducing carbon emission is not as easy as it sounds, but the change may begin from something as simple as tweaking the diet. Here's a list of common foods that are harming the climate

BUTTER



Butter is a staple for most of us, but did you know producing 12 kg of butter generates CO2 per kilogram. This is why this dairy-based popular product is the third most damaging food on the planet as compared to other dairy-based products.

PALM OIL

Even oil production can damage the climate in the long run. Palm oil produces around 6.3 kg of CO2 per kilogram of oil. Apart from that, this day-to-day staple has led to wide deforestation, ripping off the natural habitat. In fact, palm oil is used in huge quantities in the production of foods like ice cream, processed and packaged foods to even other essential household products.



CHICKEN

This will leave most chicken lovers disappointed, but eating this much loved bird can also lead to climate change by creating a carbon footprint. According to experts, lean and white meat produces 5 kg of CO2 per kilogram of food, which is comparatively less than red meat. But if you are planning to reduce your carbon footprint, then you must cut down on your intake.

WHAT'S THE SOLUTION?

It's simple. Massive production on a commercial scale of these foods has led to a detrimental impact on the climate. If we start consuming locally produced, artisanal and hand-made foods, the damage is definitely going to be less severe and the benefits of consuming such foods is countless.



CHOCOLATE

While chocolate is the most loved sweet indulgence around the world, the harsh impact of this sweet is absolutely bitter for the climate. Chocolate production has led to massive deforestation, which has paved the way for natural calamities. Apart from that, chocolate is one of the major GHG (greenhouse gases) contributors due to the milk powder it contains. So, if at all you are planning to sacrifice your love of chocolates for the planet, you can also go for dark chocolate, which is comparatively less climate damaging.

FARMED SALMON

According to experts, farmed salmon has a higher carbon footprint as compared to wild salmon due to the higher need of energy. As per a report published by the Norwegian University of Science and Technology, 1 kg of farmed salmon produces CO2 equivalent of around 2.5. The carbon footprint of salmon farmed on land also requires significantly more electricity than those farmed in open water bodies, this is high in case coal is used to generate electricity. TNN

FIVE EXERCISES THAT
BURN THE MOST CALORIES

FITNESS

MOUNTAIN CLIMBERS

Mountain climbers can be categorised as a complex movement as it involves the entire body. Start in the plank position, lift one leg and push it forward to your chest, then put that leg back into plank position and repeat this on the other side. If you start slowly and gradually increase your speed, it would almost feel like you are running. A high intensity workout, this works both sets of limbs and tones the abs.

1



Exercising goes much beyond the weighing scale and has other physical and physiological benefits, like being good for heart health, mental health, strengthening bones, maintaining

blood glucose levels and lifting your mood. However, shedding flab is one of the goals and that is important to stay healthy. Here are some workouts with maximum calorie-burning effects

SKATERS

This exercise involves jumping laterally while moving the arms in coordination with jumps. The jumping and great co-ordination of your arms and legs will escalate your heart rate and the use of a full body will definitely lead to burning of more calories.

2

JUMPING LUNGES

You start with one leg in the forward position and the other slightly backward, in the classic lunge position. Jump up and move the first leg back and the other leg forward, landing back in a lunge on the other side. This energetic movement increases muscle power by combining speed with force and going with full force in your movements will get your heart going.

3



BURPEES

A very intense full body movement, burpees tire you out very quickly. Start with standing with your arms by your sides and quickly lower yourself in a squat. Put your hands on the floor in front of you and jump with your feet back into the plank position. Jump your feet forward towards your hands and stand with your hands in the air. This movement works all your muscles including your quads, triceps, obliques, calves, abs and deltoids. Burpees can also be done with variations so that the movement becomes more intense.

4

JUMP SQUAT

A jumping version of the squat, this exercise adds to the effectiveness of squats and helps burn calories along with sculpting and reshaping your body. Start with your legs and hips apart, squat down and jump as high as you can then land back on your feet. Your arms will help in propelling you, helping you push back as you jump up.

5