



# THE TIMES OF INDIA

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TODAY'S EDITION

As teens get vaccinated in India, know all about the dos and don'ts recommended by health experts

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STUDENT EDITION

THURSDAY, JANUARY 6, 2022



SOARING OMICRON COULD LEAD TO MORE DANGEROUS VARIANTS, WHO WARNS



Soaring Omicron cases around the world could increase the risk of a newer, more dangerous variant emerging, the World Health Organisation warned on Tuesday. Meanwhile, the Centre has issued revised guidelines for home isolation of mild and asymptomatic patients, amid the surge in Covid-19 cases nationwide. As per the new guidelines, the patient under home isolation will stand discharged and end isolation after at least 7 days have passed from testing positive and no fever for 3 successive days, and they shall continue wearing masks. There is no need for re-testing after the home isolation period is over.

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## Alka Mittal becomes FIRST WOMAN TO HEAD ONGC

Spotlight



Oil and natural gas corporation (ONGC) director of human resources Alka Mittal on January 3 took over additional charge of Chairman and Managing Director (CMD) of the company, becoming the first woman to hold the post at the Maharatna company. She took charge from Subhash Kumar.

She is also the first woman to hold the charge of a full-time director at ONGC. Mittal is said to be the brain behind the company's 'People's Connect' initiative to facilitate knowledge sharing from superannuating employees to young professionals in the organisation

## Do children's books encourage gender stereotypes?

Books designed for children may be perpetuating gender stereotypes, a new study warns. According to researchers, who studied around 200 books, including the Harry Potter series, concluded that books with a male main character were more often about professions, whereas those with a female protagonist were about affection. 'Some of the stereotypes that have been studied in a social psychology literature are present in these books, like girls being good at reading and boys being good at math,' said Molly Lewis, lead author on the study.



1 The authors believe that gendered books read to children in early education 'could play an integral role in solidifying gendered perceptions in young children'

2 Books with a strong male or female protagonist were more likely to have gen-

dered language specifically targeted to their main character. Female-associated words focused on affection, school-related words and communication verbs, like 'explained' and 'listened'

3 Male-associated words focused more on profes-

sions, transportation and tools, with less of a focus on emotional needs. These books may be a vehicle for communicating information about gender, they added (Source: Daily Mail)

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## CBSE CAUTIONS STUDENTS AGAINST MISINFORMATION, ISSUES ADVISORY



Cautioning class X and XII students of misinformation being spread online, the Central Board of Secondary Education (CBSE) issued a public advisory on Tuesday, stating that the CBSE Term 2 Board Exam 2022 pattern has not been changed and will be the same as announced earlier by the Board. "It has been noticed that a few online media platforms are circulating incorrect information and confusing audiences, using expressions such as 'Breaking News' about major exam pattern changes in class X and XII Term 2 Board exams," the official notice read. The CBSE also clarified that the format for the term 2 exams will remain the same, as mentioned in circular number 51, dated July 5, 2021.

The Board has advised students and other stakeholders to only believe information that is available on its official website, [cbse.gov.in](http://cbse.gov.in)  
CBSE Term 2 Board Exams 2022 for classes X and XII are scheduled to be held in March-April, 2022

## NEWS IN CLUES

MIKE LAZARIDIS & DOUGLAS FREGIN FOUNDED WHICH FAMOUS SMARTPHONE MAKER IN 1984?

CLUE 1: John S Chen is its current chairman and CEO.

CLUE 2: Count 957, Pearl 8100, Curve 8300, Bold 9000, Storm and Z10 among its many phone models.

CLUE 3: Headquartered in Waterloo, Ontario, Canada, it was originally known as Research In Motion.

Answer: **BLACKBERRY.** Tuesday marked the final end of the road for the storied device that catapulted work into the mobile era, with the company shutting off basic smartphone functionality

## Forget about batteries! Now, a new TV remote that is powered through solar energy

Samsung may have the answer to bashing your TV remote against the coffee table to get the last remaining drop of power from the batteries. The tech giant has unveiled a new TV remote, called Eco Remote that harvests radio waves from nearby home routers as its energy source. It's also equipped with solar panels on the back, which can be charged by indoor and outdoor lighting, as well as USB-C as an additional charging option. Samsung said, its new Eco Remote will be included with all of its 2022 TVs, available in either black or white. (Source: Daily Mail)

Eco Remote will help prevent waste from about 99 million batteries over seven years, the firm said



### HOW DOES IT WORK?

1. TV remote converts radio waves from WiFi routers into energy
2. Solar panels on the back also keep the remote charged
3. The device eliminates the need for replaceable batteries

Source: Daily Mail

## Board aspirants should be jabbed before start of exams, says CISCE

Coinciding with the vaccination roll-out for 15-18-year-olds in several private schools, the Council for Indian School Certificate Examinations (CISCE) on Tuesday said all the ISC and ICSE examinees for 2022 "should be vaccinated before the start of the examinations". Several CBSE schools also started their vaccination drive for students from Tuesday. The pre-board vaccination mandate finds mention in a circular issued by CISCE chief executive Gerry Arathoon while saying vaccination is the "best protection" at this stage and it will ensure children's safety and protection when they attend classes, do practical work and appear for their semester 2 examinations. The examinations are likely to be in March.



## ISRO targeting Gaganyaan launch before Independence Day: Sivan

The Indian Space Research Organisation (ISRO), India's space agency, is targeting the launch of first of the two planned uncrewed flights under the Gaganyaan mission before Independence Day this year and the third lunar mission Chandrayaan-3 by "middle of the next year", said the chairperson Dr K Sivan. There is a directive to launch the first unmanned mission before the 75th anniversary of India's independence (August 15, 2022) and all the stake-holders are putting their best effort to meet the schedule. I am sure that we will be able to meet this target, Sivan said.



# OMICRON AND THE SILVER LINING

As one more year starts with the fear of an imminent even worse wave of Covid-19, the biggest opportunity for parents is in building optimism and hope in their children. Hope and optimism are powerful drivers of resilience. Resilience is one of the key attributes for success in life. This is why hope and optimism are critical traits that need to be instilled in children from an early age.



Active Parenting is about a) knowing what attributes and traits make children into successful adults and building them proactively and b) using every opportunity to build these attributes and traits. What can be a better opportunity to instill optimism and hope than the third wave of the Covid pandemic – Omicron wave – that is about to hit us. So what can all parents do to make this happen?

Parents need to role-model optimism. They need to learn to look at all the blessings they have – starting with the fact that even after two years of the pandemic, they are alive and so are the children – and be cheerful and optimistic in their interaction with their children.

They need to then help children count all the blessings they have and help them focus on the present and what they can do to improve the present.

They need to take the children through data available in trustworthy sites such as WHO, government sites of both India and others such as the UK and make them understand that Covid is by and large a mild disease. Also, every year, far more people die of other diseases than with Covid. Thinking of a problem rationally helps in improving optimism.

## BOOKS



- Focus the children on what is within their control and what they can do, such as wearing masks, sticking to Covid protocols, etc.
- Recount to them stories that highlight the power of human spirit. How an indomitable spirit and courage can conquer any difficulty in life.
- Explain to them that it is OK to be scared of the unknown, that true courage is in conquering fear; not in being without fear to begin with.



Ram G Vallath is an IITian, international life coach, motivational speaker and the best-selling author of 'Active Parenting: How to Raise Children with Boundless Potential'

## BOOK LOVERS

### A book a day keeps pesky kids at bay, says Twinkle Khanna



Actress-entrepreneur-author Twinkle Khanna often posts about the books she likes reading. Twinkle, who recently returned from her Maldives vacation with family, posted a cute picture of herself and her daughter Nitara spending some quality time reading together. Along with this picture from their vacation, Twinkle also shared a quick tip for parents to keep 'pesky kids' at bay!

Commenting about Nitara's love for reading, just like hers, Twinkle wrote, "She swats me down with that tongue that could double up as an electric mosquito racket and always has more questions than I have answers. My only respite is to thrust

a book in her hand so that her mind is occupied and her mouth is zipped up. Yet another reason to get them to read-A book a day keeps pesky kids at bay! #Fing #davidwalliams". Do you agree?

In the picture, Nitara can be seen reading best-selling author David Walliams' book 'Fing', which was published in 2019. 'Fing' is a funny story of "two perfectly nice parents and their unbelievably monstrous daughter", according to the book's blurb.

Twinkle has published three books so far, namely - a collection of her columns titled 'Mrs Funnybones', a short story collection 'The Legend of Lakshmi Prasad', and her debut novel 'Pyjamas Are Forgiving'.

## AWARENESS



# What parents need to know about COVID-19 vaccine for kids

Almost a year ago, coronavirus vaccination drive began in full swing for people aged 65 and above. Over time, adults 18 and beyond were prioritised for the same and many have received one or both the doses of Covid-19 vaccines. Finally now, after a year of worry and anxiety, parents breathe a sigh

of relief as their children are set to receive their first dose of vaccine shot. Teens falling in the 15-17 age groups are eligible for vaccination in the country from today (January 3). As per the guidelines issued by the Union Health Ministry "all those whose birth year is 2007" or before, shall be eligible for the vaccines.



### Which coronavirus vaccine is available for kids?

Health officials have announced that for now, the only vaccine option available for kids is Bharat Biotech's Covaxin. It has been granted approval for restricted use in an emergency situation in the age group between 12 and 18 years.

However, COWIN chief Dr RS Sharma had earlier said that children will have an option to choose between Bharat Biotech's Covaxin and Zydus Cadila's jab. Even though Zydus Cadila's Covid-19 vaccine ZyCoV-D received the Emergency Use Authorisation (EUA) from the drug regulator on August 20, it is yet to be launched in the country. It was

## SIDE EFFECTS

- Dr Vikas Taneja, HOD - Pediatrics, HCMCT Manipal Hospital, Dwarka, says that "extreme side effects or reactions from COVID-19 vaccines are extremely rare".
- "Some children might experience low grade fever, body aches for a day or two but it is really self resolving and as far as treatment, only paracetamol is required," he says.
- "In case, a child has a medical or family history of reaction to any vaccine in the past, then the parents should be more cautious and must inform this to the medical facility before the vaccination," the doctor adds further.



## IS 15-MINUTE OBSERVATION REQUIRED?

- Post Covid-19 vaccination, medical professionals recommend waiting at the vaccination centre for at least 15 minutes. This is to ensure the safety of people who may develop adverse reactions from the coronavirus vaccine. The waiting period allows the medical team to observe vaccinated individuals and treat them immediately, in case of any complications.
- The same applies to children, who will be receiving their Covid-19 vaccines. On being asked about the same, Dr Taneja says, "Yes, by the rules 30 minutes is the minimum time to observe if there are any side effects. So it should not worry the kids and their parents."

# TWO POSSIBLE WAYS TO PREDICT YOUR CHILD'S HEIGHT

## HEALTH



A person's height plays a very important role in the way he/she looks. Having a good height makes one look good and enhances the personality of an individual. Tall people have several advantages in life apart from their attractiveness. They are preferred in several lines of work and meet eligibility criteria easily. In professions of defence and glamour, height plays an important role. Even though it is not possible to get to know what height your child will attain after he/she grows completely, it can always be approximated

### FORMULA 1

Applying a simple formula to approximate the height of an individual is a great way to determine the height of an individual. This isn't a proven way but it can be tried to see if one gets the desired results. Add the mother's height and the father's height. Make sure that both the heights are in the same units of measurement, either in inches or in centimetres. Now add five inches to the sum if the child is a boy. If the child whose height you're calculating is a girl, subtract five inches from the sum. Divide the resultant number by two.

### FORMULA 2

Another popularly used method whose accuracy is not scientifically proven is to double the measurement of the height of the girl at the age of eighteen months. This can provide a rough idea of the height that the child can attain. For boys, doubling the height that they attain at the age of two years of age is used.



## REVELATION

### ACTIVE MINDS CAN DELAY DEMENTIA

Reading, writing or doing puzzles later in life may delay dementia by up to five years, a study found. It could be even beneficial to those in their 80s.

Scientists at Rush University Medical centre in Chicago, US, studies pensioners with dementia. They found those with the lowest amount of cognitive activity had developed it by age 89. But patients who had regularly played games or read books did not suffer the disease until 94. Researcher Robert Wilson said, "Our findings suggest it may be beneficial to start doing these things, even in your 80s, to delay the onset of Alzheimer's."

DAILY MIRROR

## GOOD FOOD

# 4 FOUR REASONS TO EAT SWEET CORN



A popular veggie available almost all year round and especially in winter, it has great health benefits in case you are unaware of its prowess

- It is a good source of minerals such as magnesium, phosphorus and potassium, which are all essential for a healthy body.
- Sweet corn contains vitamin A, which is necessary for the health of your eyes.
- It's rich in powerful antioxidants such as zeaxanthin, lutein and beta-carotene, which may help to lower the risk of cancer.
- You will get a fibre fix, which is needed for a healthy digestive system and regular bowel movements.

DAILY MIRROR