



THE TIMES OF INDIA

www.toistudent.com

TODAY'S EDITION

➤ How often do you find it difficult to say 'NO'? An expert shares tips on the ways to handle such situations
PAGE 2



➤ A young reviewer tells us why the movie 'Enchanted' helmed by Geselle, the protagonist is a must watch
PAGE 3



➤ Southampton leapfrog Brentford with 4-1 victory
PAGE 4



STUDENT EDITION

THURSDAY, JANUARY 13, 2022



An undersea fiberoptic cable, which provides vital internet connection and communications links between mainland Norway and the Svalbard archipelago in the Arctic Ocean, has mysteriously been put out of action. Notably, Svalbard archipelago houses the Arctic Vault that seeks to protect world's most-precious data for 500 years...

CLICK HERE: PAGE 1 AND 2

R-Day celebrations to take place with stricter restrictions

In the wake of the ongoing third wave of Covid-19 in the country, the Republic Day celebrations will take place with stricter restrictions than the ones imposed last year with the possibility of further reduction in the number of visitors allowed to witness the parade, said an official from the ministry of home affairs on Tuesday.



1 "The route of the parade will be shorter as similar to last year. The marching contingent will end at the India Gate C-Hexagon instead of Red Fort. The Rajpath that has been redeveloped under Central Vista has been opened between Vijay Chowk and India Gate for the rehearsal of contingent participating in the Republic Day Parade 2022," the official said

2 The official further informed that just like last year, the entry to the Republic Day parade will strictly be through invitation card, and added that children below the age of 15 years will not be allowed at the parade

3 The seating arrangements could further be reduced to 25,000 visitors allowed in the parade despite the seating capacity of one lakh spectators



Meanwhile, a contingent of five Central Asian nations (Kazakhstan, Kyrgyzstan, Tajikistan, Turkmenistan, and Uzbekistan), who will be the chief guests for the Republic Day 2022 celebrations, has arrived in Delhi to participate in the event

25 STUDENTS SELECTED FOR CENTRE'S VEER GATHA PROJECT, TO BE HONOURED ON JANUARY 25

As many as 25 students have been selected across the country under the Centre's Veer Gatha Project, who would be honoured in Delhi on January 25, informed the ministry of defence on Thursday. As per the ministry, many special programmes are being organised for the Republic Day under Amrit Mahotsav, and one of them is the Veer Gatha programme. Under this project, 25 students, also known as 'Super 25', are selected across the country. All these 'Super 25' students, who would be honoured on the eve of Republic Day, will be the special guests of the defence ministry for this year's Republic Day parade.

THE ARCTIC VAULT



WHAT

The Arctic World Archive (AWA), also referred as the Arctic Vault, holds a collection of valuable digital artefacts and unique information from more than 15 nations. The 250-metres-deep archival facility is set in the permafrost (any ground that remains completely frozen or colder for at least two years straight) of an Arctic mountain.

WHY

The AWA, a joint initiative between the Norwegian state-owned mining company, Store Norske Spitsbergen Kulkompani (SNSK), and very-long-term digital preservation provider, Piql AS, aims to preserve the world's digital memory of art, literature, and line of code for over 500 years. Established in 2017, the project preserves open-source software for the future generations by storing it in an archive built to last a thousand years. According to the project owners, the open-source data can be used by historians or future civilisations to understand the dawn of computing; the present.

HOW

It works: Believed to be one of the most geo-politically secure places in the world, its data collections are kept offline to protect from cyberattacks. The extreme cold conditions found in Svalbard create the ideal climate for long-term storage. The film reels are stored in a steel-walled container inside a sealed chamber within the decommissioned coal mine.

The first deposits were made by the National Archives of Mexico and Brazil, followed by other organisations, such as the Vatican library, the National Museum of Norway, the ESA, and other major global corporations

Some of the items deposited in the archive include:

- The high-resolution images of the Ajanta caves and the Bhagwad Gita
- Brazil's important historical documents from their national archives



Angelou becomes first Afro-American woman to feature on US coin

Maya Angelou, the author and activist, has become the first Black woman to appear on the currency of the US government, authorities announced on Monday. The coin is part of the African Women Quarters programme, which was signed into law in January 2021. The US Mint "has begun shipping the first coins", with Angelou's likeness on the American quarter, a 25-cent piece, the authorities said.

- The quarter has for the last 90 years shown George Washington, the first US president, on one side and an eagle on the other
- The new quarters show Washington on one side and Angelou on the other. The coins have been minted in Philadelphia and Denver



- The African Women Quarters programme directs the US Mint to issue quarters each year between 2022 and 2025, featuring five different women trailblazers, who have contributed to the country
- Poet, dancer, singer, activist, and scholar Maya Angelou was a world-famous author.
- She made a deliberate attempt to challenge the common structure of the autobiography by changing and expanding the genre. Her books centre on themes, including racism, identity, family and travel

WHO calls for new Covid-19 vaccines to combat emerging variants and prevent transmission

In the wake of the rapidly increasing cases of SARS-CoV-2 infections and the high transmissibility of the emerging variants of the novel coronavirus, the World Health Organisation has issued a statement calling for new Covid-19 vaccines two years after the pandemic began. "Covid-19 vaccines that have high impact on prevention of infection and transmission, in addition to the prevention of severe disease and death, are needed and should be developed," the World Health Organisation's Technical Advisory Group on Covid-19 Vaccine Composition (TAG-CO-VAC) said.



Quote unquote



'Compete and conquer' is the mantra of new India. Today's youth have a can-do spirit, which is a source of inspiration for every generation. It is the strength of the youth that India has marched much ahead in digital payments. Today, the youth of India are writing code of global prosperity. In fact, India is entering the golden age of the startup ecosystem boasting over 50,000 startups, out of which more than 10,000 startups were set up in the past 6-7 months amid the challenges posed by the Covid pandemic...I have full faith in the youth of the nation, and I am sure that they will take us to heights we haven't even dreamt of
Narendra Modi, PM, on the occasion of National Youth Day

OSCARS 2022 WILL HAVE A HOST AFTER THREE-YEAR ABSENCE

The 94th Academy Awards, scheduled to air on March 27, will be the first since the 2018 ceremony to have a host. According to Variety, Craig Erwich, president, Hulu Originals and ABC Entertainment, announced that the Oscars would return to a host (after three years without one) on Tuesday, during ABC's portion of the winter Television Critics Association virtual press tour. However, he didn't elaborate on who it might be. "It might be me," Erwich quipped, before toutting his confidence in Oscars executive producer Will Packer.

- Jimmy Kimmel served as the last host of the Academy Awards, having emceed the ceremony in 2017 and 2018
- Other hosts over the past decade included Chris Rock (2016), Neil Patrick Harris (2015), Ellen DeGeneres (2014), Seth MacFarlane (2013), Billy Crystal (2012) and James Franco/Anne Hathaway (2011)
- The Oscars went hostless in 2019



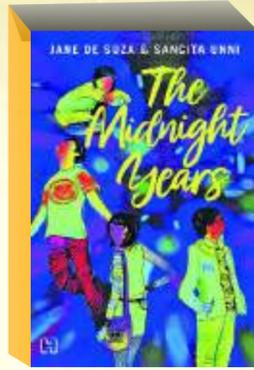
Entertainment

WHY CAN'T YOU SAY NO

We are social beings. It is human nature to want to conform and feel like you fit in with your group. This need is more exaggerated when you are a teen. The *Midnight Years* begins with a question from a brilliant youngster not quite part of the 'cool' party gang: 'Who decides what's cool?' Your identity is related to how accepted you feel by your peers. Behaving differently from the peer group is uncomfortable, saying 'No' to peers is almost like a survival threat. It's easier to say No to your parents because you take their acceptance for granted.

It's not helpful that nature has decided that fast-paced brain rewiring will happen in this stage of your life. The rational side of your brain (your ability to think

through choices and consequences) is still developing. It's easier to make impulsive or automatic decisions since that part of your brain is better developed. When the majority of people in your group lean in one particular direction but you intuitively feel differently, you are left confused. It is just simpler to follow whatever choices they make. Hence you succumb to the pressure of doing things that you don't really want to do. You say Yes when you really want to say NO.



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



HOW TO HELP YOURSELF

- 1 Listen to your gut instinct. Your body always knows what you really want. Pay attention to the discomfort. Practise conscious breathing to make it pass.
- 2 Plan and practise for possible pressure situations that may come your way. Journal and rehearse your lines to say No.
- 3 Hang out with people who understand you and support you in difficult times. That one friend you can count on, really helps.
- 4 Give yourself small incentives each time that you stand up for yourself.
- 5 Share your challenge with an adult you trust especially if it is dangerous.
- 6 Develop your sense of agency by volunteering or developing a new skill.

Remember, others who want to stand up to peer pressure could look up to your example. It's tough to say No, but if you are reading this, you're ready to take the next step.

CBSE RESULTS ROUND THE CORNER, SCHOOLS CLOSED:

Few tips to cheer up students



While schools have been ordered to close classrooms and go back to online teaching, students have mixed reactions to this. On one hand, they miss being in classrooms sharing jolly banter with friends, and on the other hand they are concerned about their health.

For students of CBSE class 10 and 12, the situation is something very different. These students had recently appeared for their board exams and are waiting for the results. This is the first time the Central Board of Secondary Education (CBSE) is holding annual board exams in two terms. The first term has already been held and the second term is subject to the prevailing condition of COVID-19 during March-April. For the first time, the CBSE is holding the exams in a multiple-choice format where students had to mark the answers in OMR sheets instead of writing it down. This explains why CBSE students are too excited and nervous at the same time for their results.

Students can be seen posting their concerns on microblogging platforms like Twitter and requesting the Board to announce an exam result date. The CBSE is yet to announce a result date.

So while, the CBSE decides the result declaration date, here are certain activities that can keep the students busy:



EXPLORE INTERNET: With online teaching, students have an easy access to internet and smartphones. So instead of idling the time away, students should utilise it to explore the internet. They can explore websites, and channels related to their hobbies and interests.

Meanwhile, CBSE students can check websites like cbseresults.nic.in, cbse.gov.in for result related updates.



JOIN A FREE ONLINE CLASS: After the onset of the pandemic, when teaching-learning shifted online, many organisations started giving courses and course packages free of cost. Students can join these courses and learn things absolutely for free. After all, extra knowledge does no harm.

SELF-STUDY: Be it pandemic time or before it, self study has always been the prime strategy of every student. Students should prepare a time table and give ample of time for self study. In this, they can either practice the older syllabus of term 1 or else can try to proceed with the term 2 new syllabus.

WATCH MOVIES: Though usually students are told to avoid TV, watching movies actually has proven benefits. Watch those movies which have an educational purpose, and those which would give you an insight on the things that interest you. For example, if you are someone who loves pets then watch movies like Hachiko, Beethoven.



WHERE ARE THOSE BORED KIDS AND THEIR PLAYGROUNDS?

Gone are the days, when kids used to pester their mothers to let them go outside to the playgrounds. The early evening time, from 4 pm till sunset, was the best time of the day for every child back in those days. Those calls from friends for the 4 pm match on the playground, the attempts made to sneak out from the house, the immeasurable laughs on the grounds and the small celebrations after winning a match have are no longer seen these days.

Nowadays, the focus of a child has shifted from gully cricket matches, to attending online classes for entrance exams. Kids are being conditioned to aim for tomorrow, without their knowledge.

Childhood should be random

Childhood is more about being unstructured so that there is always something to learn from others. That's why it's said that a child's mind is a blank slate. Whatever is written on it, remains forever.

The randomness that is associated with childhood, is of paramount importance as it helps the child to get exposed to innumerable things.

Modern life kills the randomness of childhood

Modern day lifestyle has put an end to this. The entire life of a child is decided by parents before the neonatal stage. The education, co-curricular activities, career choice, and everything else that a child should actually grasp from the real world, is fed through a systematic and planned strategy thus leaving no room for self analysis.

"Children need to develop a variety of skill sets to optimize their development and manage toxic stress. Research demonstrates

that developmentally appropriate play with parents and peers is a singular opportunity to promote the social-emotional, cognitive, language, and self-regulation skills that build executive function and a prosocial brain. Furthermore, play supports the formation of the safe, stable, and nurturing relationships with all caregivers that children need to thrive," says a research study conducted by the American Academy of Paediatrics.

Father's role in child development

Father's direct participation plays a bigger role in a child's development. In Indian families, more specifically, the role of a father is limited in comparison to a mother's role. Fathers are usually seen as disciplinarians. However, the participation of a father can have a tremendous impact on a child. "Early father engagement is associated with numerous positive child outcomes including cognitive development, emotional regulation, and fewer problem behaviors. Various fathering programs attempt to encourage father engagement through teaching fathers about young children's development and needs," says a study.



The wholesome approach to nurturing a child's childhood includes a number of aspects. As parents, one should emphasize on the importance of childhood instead of putting efforts to better the child for adulthood.

As noted self-help author Vraja Bihari Das, also known as Venugopal Acharya, has said, Childhood is the best of all the seasons of life, and the longer it lasts with happy memories, the stronger the emotional stability in adulthood.

9 breakfast recipes to make your kids' morning happy

GOOD FOOD

Of all the meals that we have during the day, breakfast is the most important one as it provides you energy to sustain the whole day. For kids, breakfast becomes the more important meal of the day as it refuels their bodies after sleep. Another reason why it is crucial is because it helps in shaping the kids' bodies and brains. About 20-30 per cent of youngsters miss meals, therefore a breakfast for them should be quick, easy, filling, and tasty. Here are some delicious recipes from nutrition expert Aditya Bagri.

WHEAT BRAN PANCAKES

Pancakes and waffles need not be unhealthy. Wheat bran, along with atta and oats, is a great substitute for maida. Just change the grain and add a lot more fibre and protein to your kid's breakfast. You can sweeten the batter with honey, jaggery, and bananas instead of sugar as well, along with some cocoa powder.



PEANUT BUTTER & WHOLEGRAIN TOAST

Easy peasy peanut butter and toast combo are great for kids. Be sure to use actual wholegrain toast and unsweetened peanut butter, topped with some bananas for sweetness. You can even sprinkle some honey or chia seeds for more crunch.

BANANA BERRY SMOOTHIE

This is the simplest sugar-free, on-the-go meal for kids, with a simple blend of bananas, berries, oats, and a dash of milk. Just blend all these fruits together in a blender and get a healthy start to your day.



CHOCOLATE MUESLI

Chocolate cereals are often laden with sugar. For older kids, muesli is a much better choice, laden with whole grains, nuts, berries and much less sugar. It gives energy for the whole day and needs no preparation time.



PUMPKIN-QUINOA PORRIDGE

Quinoa is a quick-cooking, gluten-free grain, and this breakfast porridge packs a punch of vitamin A. Boil one part of quinoa with two parts of milk of any type and let it cook for 10 minutes on a medium-low flame. Stir in some pumpkin, cinnamon, and a pinch of nutmeg and allow it to simmer. Top it with brown sugar, chopped nuts, or shredded coconut before you serve it.

BERRY YOGHURT PARFAITS

Layer high-protein Greek yoghurt with fresh berries and a sprinkle of granola for an easy and on-the-go meal. It is easy to make and healthy to have as the first meal of the day.



OVERNIGHT OATS

These are easy to prepare and way too healthy. Make them in mason jars the night prior, and let your child customise this dish with their preferred toppings. You need to mix about 1/4 cup (26 grams) of rolled oats and 1/2 cup (120 ml) of your choice of milk in a small mason jar. Garnish with nuts, shredded coconut, chia seeds, and dried or fresh fruits. As an alternative to cooking them, leave the jar in the fridge and allow the oats to soften overnight.

(WITH INPUTS FROM IANS)