



THE TIMES OF INDIA

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STUDENT EDITION

WEDNESDAY, JULY 28, 2021



TOKYO TALES

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“People of Northeast India know very little about sports right now. I will work to give recognition to the small state of Manipur by training youth, especially young girls”

MIRABAI CHANU, After arriving in New Delhi

Mirabai Chanu dedicates Olympic medal to India

Dedicating her victory to the prayers and love of Indians, Olympic Silver medalist Salkhom Mirabai Chanu said her dreams were shattered after the Rio Olympic, but hard work, dedication and encouragement by Prime Minister Narendra Modi helped in bringing the first medal for India from Tokyo. "I was able to win this medal because of the prayers and love of the people of India. I wish all young people, especially girls who have entered sports, to make the country proud. I dedicate my medal to the people of the country. I thank the PM and sports minister for encouraging me," said Chanu after returning to India on Monday.

Chanu's Silver Medal could get upgraded According to sources, China's gold medal winner Hou Zhihui is being tested by the anti-doping authorities. If Zhihui fails, Chanu could become the first Indian woman to win a Gold medal in weightlifting at the Olympics



13-year-old Momiji Nishiya wins first-ever Olympic women's skateboarding gold

Japan's Momiji Nishiya has etched her name in history, earning the first-ever gold medal in Olympic women's skateboarding in Tokyo. She won the event with a score of 15.26. "I didn't think I could win, but everyone around me cheered me on so I'm glad I was able to find my groove," said Nishiya, who gave the host nation a sweep of gold medals in the street event a day after Yuto Horigome won the men's event.

Only Marjorie Gestring, who was 13 years and 268 days when winning the women's 3m springboard diving at the 1936 Berlin Games, has secured gold in a summer Games at a younger age

INDIA @ TOKYO

- Air pistol mixed team qualification stage 1 (Manu Bhaker/Saurabh Chaudhary, Yashaswini Singh Deswal/Abhishek Verma) – Both pairs failed to qualify for the medal rounds
- Boxer Lovlina Borgohain one win away from a medal
- In hockey, India beat Spain 3-0
- Table tennis player Sharath Kamal loses to China's Ma Long in men's singles Round 3 match



Education JEE ADVANCED SCHEDULED TO BE HELD ON OCTOBER 3



Union education minister Dharmendra Pradhan has announced that the JEE (Advanced) 2021 examination for admission to the Indian Institutes of Technology (IITs) will be held on October 3. He further said that the examination will take place adhering to Covid-19 protocols.

- This year, IIT-Kharagpur is conducting the exam, which is the qualifying test for admission to the prestigious Indian Institutes of Technology (IITs)
- While the JEE-Mains is conducted for admission to the engineering colleges across the country, it is considered as a qualifying test for the JEE-Advanced
- In an effort to support the student community, the National Testing Agency (NTA) is organising the JEE (Main)- 2021 in four sessions
- Two of these sessions have already been completed in February (Session 1: from February 23 to 26 2021) and March (Session 2: from March 16 to 18). The April and May sessions were rescheduled
- The UGC NET December 2020 cycle examination scheduled for May 2021 was also postponed by the government in view of the Covid-19 pandemic

Booker Prize longlist unveiled

Kazuo Ishiguro, Rachel Cusk and Richard Powers are among the literary heavyweights in the running for the 2021 Booker Prize. Ishiguro, who won the British literary award in 1989 for 'The Remains of the Day', his novel about a butler who works for a Nazi sympathiser, was nominated this year for 'Klara and the Sun', which is about a 14-year-old girl who gets a humanoid machine companion to help relieve her loneliness. Ishiguro's novel will compete for the prize against Powers' forthcoming 'Bewilderment', about a widowed astrophysicist struggling to care for his 9-year-old son, and Cusk's 'Second Place', about a marriage that is disrupted when the wife invites a famous painter to stay.



BOOK

The Booker Prize is awarded each year to the best novel written in English and published in Britain or Ireland. This year, four of the nominated writers are American, and the 13 longlisted novels are notable for their diversity in topic and tone. The list also includes Maggie Shipstead's 'Great Circle', about a woman who devotes her life to flying and an actress set to play her on screen, and Francis Spufford's 'Light Perpetual', which follows the lives of five children after they are caught up in a World War II bombing raid

British Indian novelist Sunjeev Sahota on Booker Prize longlist: Indian-origin British novelist Sunjeev Sahota is also among the 13 authors longlisted for this year's Booker Prize for fiction for 'China Room'. His novel 'China Room' was chosen from 158 published in the UK or Ireland between October 2020 and September 2021. The 40-year-old, whose grandparents emigrated from Punjab in the 1960s, has been previously shortlisted for the 2015 Booker Prize for 'The Year of the Runaways' and is a winner of the European Union Prize for Literature in 2017

UNESCO adds 4 natural, 3 cultural sites to World Heritage List

Four natural sites and three cultural sites have been added to the UNESCO World Heritage List. The natural sites added are the four islands with rich biodiversity in Japan; a coastal area of geo-diversity and biodiversity in South Korea; part of the mountain ridge running down the Malay Peninsula in Thailand; and a corridor along the eastern coast of the Black Sea in Georgia. The three cultural sites are the Dutch Water Defence Lines; the Arslantepe Mound archeological tell in Turkey; and the Colonies of Benevolence in Belgium and the Netherlands.



Bihar is the goldmine of the nation

Yes, you heard it right. One of the country's poorest states, Bihar holds the country's largest resource of gold ore, more than traditional leaders. This revelation has been made by the union minister of mines, coal and parliamentary affairs in reply to a question in the Lok Sabha on Monday. The National Mineral Inventory data on gold resources in the country (including identified reserves), presented in Parliament shows that Bihar has a gold ore resource of a staggering 222.8 million ton (MT), or 42.21 per cent of the total gold ore resource available in the country. This is far more than Karnataka, the traditional seat of gold mining with its age-old Kolar Gold Fields. As per mines ministry data, Karnataka's gold ore resource is just half of that of Bihar at about 103.84 MT.



The surveyed gold ore deposits largely lie in Gaya, Rajgir and Jamui districts of Bihar

FACTOID

\$16 TN-\$35 TN

That's the cost the world has to bear due to Covid by 2025, according to McKinsey. The world is unlikely to ever reach global herd immunity, but it can contain the virus with a combination of vaccines, improved testing, and smarter quarantining, based on known outbreaks, rather than large, blunt lockdowns, McKinsey said in a report.

'OUR RELATIONSHIP WITH BOOKS HAS BECOME FRAGMENTED OVER TIME. IT USED TO BE A LOVE AFFAIR'

After working as an English teacher in Delhi for over five decades, post retirement, Jyoti Bisht has embarked upon a new journey to return to kids - her best friends as she addresses them - as an author this time, with a collection of short stories, 'Half Truths'. Know her story...

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Q From a teacher to an author, if you were to share your journey.

When I was working as a teacher, I never imagined I would be an author one day. I have always loved reading books but never thought of writing one. There was no such ambition. Teaching was the only thing I was passionate about. But it did lead me to narrating stories to children— anecdotes from my own life and experiences—which I found kept children more engaged than textbooks. This also made the children storytellers. When I retired from formal teaching, I missed these riveting interactions. This led to journaling my thoughts, and eventually gave birth to a collection of short stories 'Half Truths'.



Q Why did you choose to write short stories instead of a novel?

I find writing short stories a far more enriching experience, as each plot has to be gripping for the reader. Also, it is easy for an author to think afresh, as one moves from one chapter to the other. Also, writing short stories aren't as time consuming as one would have to invest days on writing a novel. Writing short stories appealed to me far more as it is quicker and carries a pace for both author and the reader.

Q How challenging is it to write short stories?

It is quite challenging because you need so many ideas. Also, you need to begin the story, take the plot to climax and end it quick. It can't have pages and pages of descriptive detail—a liberty that one has with a novel. Also, you need to really satisfy and tease the minds of the millennials because they have a short attention span. For me, the ending was often challenging, as each story had to have a riveting end for the reader to move to the next page—satisfied.

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to spend quality time alone. They look at parents glued to laptops and fail to fathom why should they be any different. Children mirror parents, so unless they are into books, and enjoy and read to them, they would not be able to appreciate. Also, only if a family engages in narrating stories and experiences to one another, will the child be able to express himself. Our relationship with books has fragmented over time. It used to be a long love affair. My interest in reading began with the 'Noddy' series that was read to us at bedtime in the dormitory of the boarding school. It became a habit and then, I couldn't wait to start reading books myself.

Q What would be your favourite chapter in the book and why?

Now, that's not a fair question. I think as the author of the stories, I should like them equally, as a parent loves all of his/her children. And mine is a big brood of 14! I liked bits and pieces of each one, as I developed them into their final stages. I loved 'Under the Banyan Tree' for the way it shaped up. It has the elements of a

TIPS FOR KIDS TO BE A GOOD AUTHOR

▶ Reading is important even to write. Why? It expands your imagination and the ability to narrate and keeps the listener gripped to your story.

▶ Make places, characters, emotions, situations as real as possible. When you write the story, be a part of it. And it will reach a destination.

▶ Keep your narration simple, even when the plot has twists and turns. Let the writing style be your own. Your individuality should be reflected on how you give birth to your characters.

▶ Lead your story to a great climax. A good end of the story often stays with us, even after the story is over.

▶ Being curious and sensitive to the various nuances of life is also important. The more we observe and understand life, the more relatable the story becomes.

▶ Above all, don't let the fantasy world come to an end. Keep it alive, weave stories in your mind and lose yourself in them once in a while.

ghost story and yet isn't exactly one. The end is my favourite. Now I won't say why because I don't want to give away the suspense. Same goes for 'The Ghost That Got Away'. 'Bhura' is another favourite because I love dogs. I enjoyed writing 'The Teacher and the Thief' as I found the protagonist endearing. The conversation between him and the other character of the story was fun to do. Then 'Patch in the Garden', 'Of Horses and Men' and 'The Tinkle of Anklets' gave me goosebumps even as I wrote them; I loved Kasturi's courage. Since the stories are all different, as their creator, I really cannot choose one. I leave it to the reader to pick his/her favourite.

Q How did you manage to get rid of a writer's block?

Since this is my first book, I didn't get a writer's block. In fact, stories kept chasing each other in my mind.

Q How do you define half-truth in life?

Our lives are made up of half-truths. My stories are drawn from the truths of my life: incidents, characters, situations.



Reading expands your imagination and the ability to write a good story

ON HOW TO WRITE WELL

5 DIY face masks to tackle SKIN ISSUES

Looking for simple and cost-effective ways to soothe your skin? Here are some home-made masks to combat various skin issues - from dryness and dullness to zits



1. FOR DRY SKIN

Take ½ banana and slice it into pieces and then do the same with ½ cucumber. Grind them both together and make a smooth paste. Add 2-3 tablespoons of rose water into the paste. And voila, your mask for treating dry skin is ready to be used.

2. FOR RADIANT SKIN

Take 2 tablespoons of unflavoured Greek yoghurt and add a pinch of turmeric powder and 1 teaspoon of tomato juice. Mix them all well and apply the paste all over your face and neck for 20 minutes. Wash off with cool water.



4. FOR YOUTHFUL SKIN

Place ¼ carrot in a grinder and add 2-3 teaspoons of milk. Grind both ingredients together into a smooth paste. Store the paste into a glass container and add 2 teaspoons of unflavoured yogurt and your pretty face mask is ready after mixing them all well.

3. FOR SUPPLE SKIN

Take 3 teaspoons of oats powder and add 1 tablespoon of rose water with a few drops of tea tree oil. Mix this pack well and use it thrice a week.



5. FOR ACNE-PRONE SKIN

Take 2 tablespoons of honey and add 2-3 teaspoons of apple cider vinegar with 1 tablespoon of rice powder. Mix them all, apply the pack all over your face and neck for 20-30 minutes and wash off with cool water. Use this face pack 3-4 times a week for best results. TNN



Wellness

HOW TO BUILD BETTER HEALTH HABITS AGAIN

Resuming - or beginning - healthier habits is a wonderful goal. But trying to get back to normal too quickly may be tough. Read on and know how you can do this the right way

Long months of pandemic life have brought about several changes to our physical and mental health, most of them avoidable. Surveys have reported undesirable weight loss or weight gain among adults, while a majority of people have seen their sleep patterns impacted.

Getting back in shape and building new habits is essential. Claudia Finkelstein, an associate professor of medicine at Michigan State University's College of Human Medicine, US, has some tips to help you get back in shape without hurting yourself in the process.

Attitude matters

It is vital to begin with an acceptance of your current state while you plan changes. You have to admit to yourself that you have gained or lost weight or are not as fit as before. But do so without any negative self-judgement.

Be realistic

Wanting to take care of oneself, rather than want-



ing to look a certain way is important. Set realistic, measurable goals. "I want to lose one kilo in a month", "I want to climb a flight of stairs without becoming breathless." Take things gradually rather than go 'all in all'. Seek medical guidance before starting any plans. Remember, there are weight-bearing, aerobic and stretching exercises. With each, begin at a level of comfort and go slightly further periodically. Chest or arm pain, dizziness are all signs

to stop. It's useful to get to know what it feels like to be a little sore from working hard but you should also be familiar with how it differs from pushing it too far.

Normalise sleep

Good sleep hygiene includes having a distraction-free, dark, quiet place to sleep. This may involve using a sleep mask, black-

out curtains or a white noise machine and having no TV in the bedroom. But if you find these steps unrealistic, do the little things - avoiding naps, sticking to a schedule, engaging in physical activity, avoiding late night dining and setting boundaries for caffeine consumption. If despite these measures, you face symptoms like inadequate sleep or excessive snoring, do consult a doctor. ✦



Healthy Life

Photo: THINKSTOCK