



THE TIMES OF INDIA

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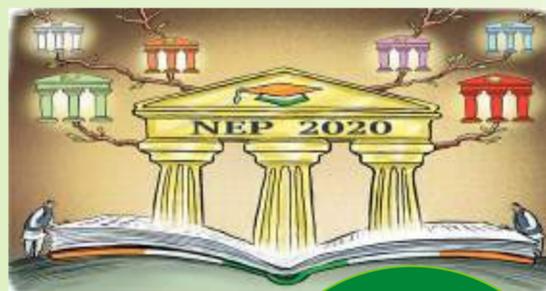
STUDENT EDITION



THURSDAY, JULY 29, 2021

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National Education Policy (NEP)



1 The NEP approved by the Union Cabinet in 2020 replaced the 34-year-old National Policy on Education framed in 1986, and is aimed at paving the way for transformational reforms in school and higher education systems.

2 Teaching up to class V in mother tongue or a regional language, lowering the stakes of board exams, a single regulator for higher education institutions except for law and medical colleges and common entrance tests for universities are part of the reforms in the NEP.

3 Replacing the 10+2 structure of school curricula with a

Prime Minister Narendra Modi will address the nation on July 29 on the completion of one year of "transformative reforms" under the National educational policy

5+3+3+4 curricular structure corresponding to age groups 3-8, 8-11, 11-14 and 14-18 years respectively, scrapping M.Phil programmes, and implementing common norms for private and public higher education institutions are among the other salient features of the new policy.

EDUCATORS SHARE THEIR VIEWS ON THE ROAD AHEAD PAGE 2

THIS DAY THAT YEAR

JULY 29

International TIGER DAY



Global Tiger Day or the International Tiger Day is celebrated every year on July 29 to raise awareness about the endangered big cat. The day was founded in 2010, when 13 tiger range countries came together to create Tx2, the global goal to double the number of wild tigers by the year 2022. This year's slogan/theme is "their survival is in our hands"...

FOR THE RECORD

According to the World Wildlife Fund (WWF), globally there are only 3,900 tigers left. 95% of the tiger population got extinct in the activities like poaching from the beginning of the 20th century



DID YOU KNOW? They are also called the 'Umbrella Species', as their conservation also conserves many other species in the same habitat

1. What a group of tigers referred to as?
 a) An ambush of tigers
 b) A growl of tigers
 c) A herd of tigers

other animals
 b) Tigers are known to roar before they attack
 c) Tigers mate all through the year

2) Tigers are known to exhibit some amazing traits that make it very different from its cousins like the lion, puma and other big cats. Which of the following is true?
 a) Tigers can imitate the call of

3) How loud is a tiger's roar. How far can the roar be heard?
 a) Three kilometres
 b) Four kilometres
 c) Five kilometres



ANSWERS

1. Answer: a, 2. Answer: a, 3. Answer: a

IN OTHER NEWS

Covid vaccination for adolescents may begin in August: Health ministry

The government is likely to start vaccinating adolescents between the ages of 12 and 18 against Covid-19 by next month. Union health minister Mansukh Mandaviya said in a BJP parliamentary party meeting on Tuesday. Trials for Bharat Biotech's Covaxin on adolescents are underway and results are expected to be released by September. Zydus Cadila has also included the data for children for their vaccine ZyCoV-D. Additionally, if the Pfizer vaccine also receives approval from the Centre, it could also be option.



CORONA UPDATE

Harappan-era city Dholavira inscribed on UNESCO World Heritage List



Dholavira, a Harappan-era metropolis in Gujarat, has been inscribed on the UNESCO World Heritage List, the organisation said on Tuesday.

Gujarat so far has three world heritage sites – Champaner near Pavagadh, Rani ki Vav in Patan and the historic city of Ahmedabad



Basavaraj Bommai sworn-in as 30th chief minister of Karnataka

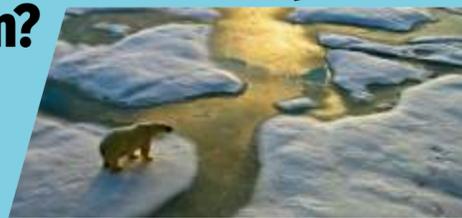
Basavaraj Bommai, a senior BJP leader was sworn-in as the 30th chief minister of Karnataka by governor Thaaawarchand Gehlot at Raj Bhavan on Wednesday. After taking charge, he announced a slew of measures to reach out to people, including a scholarship programme for children of agriculturists, on Wednesday at a cost of ₹1,000 crore.



POLITICS

Are you aware of solastalgia and doomism?

Rising temperatures have not only boosted the intensity or frequency of major storms and heatwaves, they have spawned rare or novel weather phenomena, accompanied by new more-or-less scientific names. 'Firenados', for example, occur when searing heat and turbulent winds rise above out-of-control forest fires in tornado-like columns. Similarly, the fire-induced, smoke-infused 'pyrocumulonimbus' clouds darkened Australian skies during the Black Summer of 2019-2020; or 'urban heat islands' in big cities run a couple degrees Celsius hotter than surrounding areas.



HOW DO HUMANS REACT TO ALL THESE GRIM TIDINGS?

Some slip into 'doomism', the understandable but useless idea that the 'Earth system', now a branch of science, is in a terminal nose dive. Others are suffering from a mental state known as 'solastalgia', which combines melancholy, grief and nostalgia for a world that seems to be slipping from our grasp. At the other extreme, the 'Greta effect' has given rise to a generation of uncompromising climate warriors inspired by the young Swedish activist, and known in Italy as Greta.



Deepika Kumari enters pre-quarter finals of archery individual event



Debutant boxer Pooja Rani enters quarterfinals

WHAT

Post lockdown due to coronavirus, many people are reportedly feeling anxious about leaving their homes. Called the Cave Syndrome, it is the fear of returning back to lives just like pre-Covid days, despite being fully-vaccinated, according to psychologists.

CAVE SYNDROME



TRENDING

WHY

According to experts, this condition may be due to the experience people have had while dealing with Covid-19, which has perhaps made them overestimate the risk and probability of harm that might come their way. It may be a result of a disconnect between people's risk appetite towards getting infected versus the chances of them being isolated and lonely.

TOKYO TALES



Sindhu makes it to knockout round

Rio Olympics silver-medallist in badminton, PV Sindhu entered the women's singles Round of 16 at the Tokyo Olympic Games on Wednesday, overcoming world No. 34 Cheung Ngan Yi of Hong Kong 21-9, 21-16 in her final Group J tie. Sindhu's better court coverage and her use of the angles was the key to her victory against the 28-year old Cheung, who lost her sixth consecutive career match to the tall Indian shuttler.

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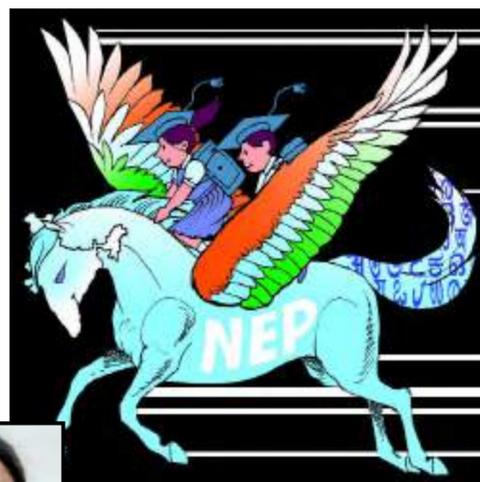
'NEP IS GUIDING PHILOSOPHY FOR CHANGING LEARNING LANDSCAPE'

says education minister Dharmendra Pradhan

As Prime Minister Narendra Modi addresses the nation on completion of one year of the new National Education Policy (NEP) 2020, Times NIE takes a look at how since last year to this year, the dynamics of education is evolving as per NEP guidelines. Union Education Minister Dharmendra Pradhan tweeted recently, "The NEP, 2020 is a guiding philosophy for changing the learning landscape, making education holistic and for building strong foundations for an Aatmanirbhar Bharat."

While last year was about the NEP announcement and its gradual roll out, now there will be analysis about the progress made so far on implementation of the policy and roadmap for projects in the pipeline.

The NEP is aimed at paving the way for transformational reforms in school and higher education systems. On NEP's first anniversary, educators across the country tell us about its implementation in their institution, the positives of the new reform and its challenges...



Higher education reforms outlined in the new NEP

1. Choice between three or four year undergraduate courses
2. Multiple entry and exit options in degree courses
3. Adding 3.5 crore seats in higher education institutions, which will now have a single regulator
4. Discontinuation of MPhil programmes
5. Fixation of fees

and Pedagogical Framework for Early Childhood Education (NCFECE) will be developed by NCERT.

National Initiative for Proficiency in Reading with Understanding and Numeracy (NIPUN Bharat) is getting ready. NEP has also suggested 4-year Integrated B.Ed. programme. So NCTE will be developing

new NCFTE. Then Teacher education curriculum will be designed and developed.

First task was to make all stakeholders aware about the NEP (both from School education as well as Higher Education). Though the policy document is only 66 pages, it expects many transformational actions on the part of the planners, especially Central and State governments. So, I would say that progress is step by step and is surely being made. All these steps will lead to better future for education in India.

Has the pandemic impacted the NEP and its implementation? Do you think the time is opportune to introduce a new education policy?

Pandemic has very strongly underlined the need for transformation in our education system, integration of technology, a 360-degree approach towards the process of learning (curriculum, pedagogy, assessment, and more importantly knowledge creation both for the benefit of self as well as society).

NEP aims to make education more effective and enjoyable both for the student and teacher.

PROGRESS IS STEP BY STEP AND IS SURELY BEING MADE

Dr Vasudha Kamat, member NEP Draft Committee, tells Sugandha Indulkar that the policy document is only 66 pages, but it expects many transformational actions on the part of the planners, especially Central and State governments

Has the NEP been implemented in schools? Are you happy with the roll out or could schools have done better?

NEP is being implemented in schools across India. The steps are gradual and the progress is steady. One cannot expect a total transformation within just one year, when one has to reach out to lakhs of schools across India. There are steps of implementation. First things first, NCF will be ready and more importantly National Curricular



DR VASUDHA KAMAT is the chairperson, governing board, consortium of educational communication (CEC), inter-university centre of UGC

Mind over matter Doomscrolling affects your mental health!

The coronavirus pandemic has deeply impacted all aspects of our lives. One such effect is doom scrolling or doom surfing. What exactly does the term mean? Let's find out



Wellness

What is doom scrolling?

The excessive use of screen while scrolling through predominantly negative news is called doom surfing/scrolling. It's common to find yourself swiping past page after page searching for more details about a disturbing or negative news piece.

Most of us can't stay away from constantly reading/watching news related to the pandemic and the crises people are going through. We keep checking dif-

ferent websites and news channels to get new pieces of information. You will be surprised to know that the phenomenon is nothing new. Our tendency towards negative bias inclines us to scan for negative news more as compared to positive news. But we all know that this is not good for our mental health. Here are few ways to reduce this habit and stay stress free.

Limit the time spent on social media

Smartphones have a feature where they can keep a record of the time you spend on each app. Keep track of this so that you are not lured into continuous use. Try to avoid scrolling before going to bed and right after waking up. The best way to do this is by keeping the phone away from your bed.

Keep track of your health

Regular exercising helps release neurotransmitters that have a feel-good effect. Yoga and meditation also help in de-stressing. Eat a healthy and balanced diet and avoid munching on sugar and salt laden junk foods while scrolling through your phone.

Practice mindfulness

Be mindful of any task that you are doing. Whether you are reading, writing or working out, you must pay full attention to the same. Make sure the news source you are reading from is genuine. Inculcate the habit of reading positive news, too, and share the same with your friends and family.

Try the STOP technique

If you are unable to control the scrolling, you can try the STOP technique. If you feel you have exceeded the screen time and are unable to control your fingers, say STOP loudly and give yourself a physical stimulus at the same time, which can be a tap on the hand. When you do this repeatedly, your brain will get trained that it's time to stop the current activity. ^{TMW}



Positive parenting

3 WAYS TO HELP SHY CHILDREN OPEN UP

Does your child find it hard to make friends or be a part of a group? Here are a few tips you can try to help them come out of their cocoon

LEAD BY EXAMPLE

1 Children learn to interact by mimicking what their parents do, so be conscious of how you behave when your child is around. Take time to explain to them what good and bad examples of behaviour. And walk the talk.

ROLE PLAY

2 Repetition is the mother of learning. Practise different situations with your child and come up with topics that they find interesting and like to talk about. Remember, the more you do it, the easier it will get.

APPLAUD THEIR SUCCESS

3 It's very important to encourage your child, even if the progress is slow. By giving them praise when they have achieved something, however small, you will give them the confidence to continue and tackle more difficult and complicated situations. ^{DAILY MIRROR}

Travel time with Pets!

Almost everyone is now coming out of the lockdown mode and meeting others and travelling with safety measures. If you are a pet parent, you may want to take along your pet too for your much-awaited holiday. Do that but with care and proper planning



Pets corner

TIPS FOR TRAVELLING WITH PETS

- Find an activity your pet enjoys, don't force them
- Keep your pet hydrated
- Carry along kibble for when your pet is hungry
- Keep a blanket handy for your pet to snooze on

Fun activities you can do with your pet while holidaying

Car rides, spa sessions, swimming (in private pool - Covid-19 is still around!), kayak or boat rides, trekking

QUIZ TIME (CURRENT AFFAIRS)

Q.1) Who was awarded the Lifetime Achievement Award on the 114th Rotary Day celebration of Vijayawada?

- A. Nori Dattatreyyudu
B. Gopichand
C. Balamuralikrishna
D. Balagangadhara Rao

Q.2) Where did the defence ministry approve the acquisition of more than 100 heavyweight torpedoes?

- A. Hyderabad B. Chennai
C. Mumbai D. Delhi

Q.3) SpaceX launched Israel's first moon lander, 'Beresheet', from

- A. Navdeep Singh Suri
B. Suryakant
C. Atmaram
D. Vir Singh

Florida. Its total weight is ____.

- A. 300 kg B. 585 kg
C. 600 kg D. 100 kg

Q.4) The 2019 edition of Medical Fair India (MFI) was held in

- A. Mumbai
B. Kolkata
C. New Delhi
D. Bangalore

Q.5) Who published the English translation of the poem 'Khooni Vaisakhi' by Nanak Singh on the Jallianwala Bagh tragedy?

- A. Navdeep Singh Suri
B. Suryakant
C. Atmaram
D. Vir Singh

ANSWERS

1. A) Nori Dattatreyyudu 2. C) Mumbai 3. B) 585 kg
4. C) New Delhi 5. A) Navdeep Singh Suri

