



THE TIMES OF INDIA

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TODAY'S EDITION

► It may be curtains down on Tokyo Olympics but children are carrying forward the baton of life lessons from athletes
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► India aim for better batting performance in second Test against England
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STUDENT EDITION
THURSDAY, AUGUST 12, 2021

NEWS BULLETIN



Landslide kills 2 in HP
Two persons were killed and over 40 others feared buried under the debris after a landslide trapped a bus and other vehicles in Himachal Pradesh's Kinnaur district on Wednesday, officials said. State Disaster Management Director Sudesh Kumar Mokhta said the rescue operation is on. The landslide occurred just before noon at Chaura village in Kinnaur. Himachal Pradesh Chief Minister Jai Ram Thakur told the state assembly that there are reports that 50-60 people are trapped under the debris, but the exact number was not known.

Bhansali's digital debut
Filmmaker Sanjay Leela Bhansali has joined hands with OTT streamer Netflix for his pre-Independence set series, 'Heeramandi'. Described as a passion project from the director, the series will explore stories of courtesans and the hidden cultural reality of 'Heeramandi', a popular dazzling district, during pre-Independent India.

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CHANDRAYAAN-2 QUANTIFIES H₂O-BEARING MOLECULES ON MOON

IIRS picks up signals of all major water-bearing molecules on the Moon



In a development that could take us close to quantifying water content on the lunar surface, an instrument aboard Chandrayaan-2, launched by the Indian Space Research Organisation (ISRO) in 2019, has managed to pick up signals of all major water-bearing molecules on the Moon, according to a paper to be published by the Indian scientists in 'Current Science' on Tuesday. The latest paper to which researchers from two ISRO institutions - Indian Institute of Remote Sensing (IIRS) Dehradun and SAC - contributed mainly showed how early results from analysing data from the more sophisticated spectrometer aboard Chandrayaan-2 managed to get a better picture of the water content on the Moon.

THE DATA SIGNIFIES
■ It tells the quantify of the water content on the lunar surface, which could be up to 800 parts per million at multiple locations
■ This discovery is important as water was thought to be present on the Moon only in the permanently-shadowed craters near the lunar south pole. Since it seems that water can survive in the lunar surface here, it implies water may be much more widely distributed across the lunar surface than previously thought.
■ DOES THIS MAKE THE PROSPECT OF HUMAN EXPLORATION OF MOON EASIER? According to Science Focus, now that we are seeing the possibility of some form of water in other regions, this means you improve your chances of finding water without risking your life or instrument going down into a hole, which may be less than -200° Celsius.

Union Minister Anurag Thakur will launch a nationwide programme of Fit India Freedom Run 2.0 on August 13



ARE YOU READY TO RUN FOR INDIA?

Union Minister of Youth Affairs and Sports Anurag Singh Thakur will be waving the green flag to the nationwide programme of 'Fit India Freedom Run 2.0' on August 13. There will be 75 physical events at different historical locations on launch day i.e., on August 13, 2021, informed the official release by the ministry. The Ministry of Youth Affairs and Sports as part of the celebration of AZADI KA AMRIT MAHOTSAV-INDIA@75 is organising the run. Subsequently, each week programmes will be held in 75 districts and at 75 villages in each district till October 2, 2021. Through this initiative, more than 7.50 crore youth and citizens will be reached to take part in the run.

As we celebrate 75 years of Independence, we must resolve for a fit and healthy India because only a fit and healthy India can be a strong India. So, I urge everyone to take part in the Fit India Freedom Run 2.0 and make it people's movement. - Anurag Thakur

FREE INDIA, FIT NATION
■ The aim is to encourage people to take up fitness activities such as running and sports in their daily lives and get freedom from obesity, laziness, stress, anxiety, diseases, etc.
■ Through this campaign, citizens will be given call to make a resolve to include physical activity of at least 30 minutes daily in their lives

Man's Best Friend Is CyberDog Now



Smartphone maker Xiaomi has dipped its toes in the field of robotics that is dominated by names like Boston Dynamics, with the announcement of CyberDog, a robotic version of the man's best friend. The CyberDog is Xiaomi's first quadruped robotic companion - it is open source, so devel-

The CyberDog can do things like backflips, respond to touch, identify human faces and postures, interact with master, among other operations. Developers can develop use cases and implement their own ideas. The CyberDog can also do things like backflips, responding to touch thanks to sensors, but it cannot give the furry experience

that a normal dog would. The Xavier NX platform produces 21 trillion operations per second (TOPS), allowing the dog to perform a wide range of actions, but most importantly, let it move swiftly and naturally, sensing depths to avoid obstacles and gauging an area. The CyberDog is also trained to identify human faces and postures, patting, smiling, among other things, allowing them to interact with the master.

FOR GEN Z, TEXT MEMES ARE TAKING OVER INSTAGRAM

Last month, singer Courtney Love, who is a keen observer of social media trends, posted a cryptic message on Instagram. "Lots of people don't understand Gen-Z," she wrote. "I think they're funnier than any other generation I've ever known." A growing ecosystem of Instagram accounts has embraced this text-heavy posting style, which has exploded in popularity among

Gen Z users during the pandemic. The trend has transformed Instagram into a network of microblogs and a destination for written expression. Nearly all feature screenshots of text on top of photos, made using the anonymous confessions app Whisper, or Instagram's 'Create' mode, which lets people design text posts on top of gradient backgrounds. The posts are also interspersed with uncredited images, viral videos and humorous content.

INDIA'S EYES IN THE SKY: GSAT1 IS READY



The Indian space agency early morning on Wednesday began the countdown for the launch of its GSLV-F10 rocket carrying the country's first Geo Imaging Satellite-1 (GISAT-1) renamed as EOS-03. The 51.70 metre tall weighing 416 ton Geosynchronous Satellite Launch Vehicle -F10 (GSLV-F10) is scheduled to blast off from the second launch pad at the Sriharikota rocket port in Andhra Pradesh on Thursday at 5.43 am. The rocket will be carrying the 2,268 kg earth observation satellite (EOS-03) or GISAT-1 and just over 18 minutes into its flight, the satellite will be placed at the geosynchronous transfer orbit (GTO). From the GTO, the satellite will be taken up to its final position firing its onboard motors, said India Space Research Organisation (ISRO). The GSLV is a three stage/engine rocket. The core of the first stage is fired with solid fuel and the four strap-on motors by liquid fuel. The second is the liquid fuel and the third is the cryogenic engine.

The GISAT-1 will be the country's first eye in sky or earth observation satellite to be placed in geostationary orbit

Paris raises 'French toast' TO MONSIEUR MESSI

Jorge Messi assured reporters at the airport that the deal was done. PSG teased it with a tweet. Messiland at Le Bourget airport, near Paris, wearing that shy smile and a T-shirt reading: "Ici, C'est Paris"

HE WILL WEAR NO 30
Messi, who will wear the number 30 in Paris, the number he had when he began his professional career at Barca, will be unveiled by PSG at a press conference at 11:00 am (0900 GMT) on Wednesday.

THE PRICE TAG
Winning that competition is all that matters to PSG and their Qatari owners and that is why they are paying Messi a reported 35 mn Euros/yr



Everything about the club matches my football ambitions. I know how talented the squad and the staff are. I am determined to help build something special for the club and the fans, and I am looking forward to stepping out onto the pitch...

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HAPPY INDEPENDENCE DAY INDIA

CELEBRATING INDIA, OUR WAY

Take a walk through history with us, as we tell you the Story of India like never before...

- EMERGING HEROES
- FORGOTTEN STORIES
- TERRIFIC TRIVIA
- QUIRKY QUIZZES
- INFOGRAPHS
- EXCITING EXPRESSIONS THROUGH ART
- SPEECHES
- INSPIRING WORDS
- BOOKS, MOVIES, MUSIC
- SYMBOLS OF INDIA
- SEPIA MEMORIES
- MONUMENTS
- ACTIVITIES, CRAFT & DIYS
- YOUR VIDEOS
- AND MUCH, MUCH MORE

SPECIAL WEEKENDER ISSUE
A week-long celebration of India's Independence starts on our website from Monday, August 9. Please do share it with your students.

SHARE YOUR STORIES
Celebrate India with us.
Tell us what makes you a proud Indian.
Can you describe India in 5 words or less?
Join the conversation on @toistudent on
Follow #DayWithTOIStudent

Children don't come with an instruction manual. Every kid has his own unique identity. They need different things, act differently and presume things differently. As a result, they need to be guided and raised distinctively. Parents can only try different parenting styles to see what works with their kids and what does not. Sometimes they may fail while other times, they may gain success. There is no set rule to raise a child. However, there are some principles of good parenting that may help to make more conscious decisions

THE BASIC PRINCIPLES OF GOOD PARENTING

THE STEINBERG PRINCIPLE

Based on the social science research of about 75 years, Laurence Steinberg, PhD, framed out the ten basic principles of good parenting, which was published in a book of the same name. Steinberg stated these principles are the foundation of good parenting. They can help encourage empathy, honesty, self-reliance, kindness, cooperation, and cheerfulness in kids; at the same time also prevent all sorts of child behaviour problems. They are not only helpful for parents, but for everyone who deals with children including coaches, teachers or babysitters. Here are Steinberg's ten principles:



ADAPT YOUR PARENTING TO FIT YOUR CHILD

Like we already said there is no fixed way to raise and nurture a child. All you can do is try different methods to see what fits your child's needs. You cannot try the same teaching or training method for your younger kid as you did for your older one. Try to understand what your kid needs, evolve and adapt your parenting style accordingly.

ESTABLISH AND SET RULES

If you want to instil good behaviour in your kid, you need to set rules from an early age. Clearly state what is acceptable and what is not. Also, tell them the consequences of breaking the rules and stay firm on them. They may find it difficult to adjust in the beginning, but it would help to shape their future.

FOSTER YOUR CHILD'S INDEPENDENCE

You cannot be there to protect and solve your child's issues every single time. That's why it is important to give them some freedom. This will help them develop a sense of direction and boost their confidence level. Controlling all their life decisions will only make them rebellious or disobedient.

WHAT YOU DO MATTERS

Kids learn from adults. They observe your every move carefully. The way you talk, the way you behave, the way you treat others or the way you act in times of crisis. If you want your kid to behave in a particular way, first you need to make changes in yourself. It is always better to ask yourself: "What effect will my decision have on my child?"

YOU CANNOT BE TOO LOVING

Every parent loves and adores their kid, but you need to set a boundary. There is no limitation to the warmth and affection you would have for your kid. The problem begins when you start to take other things lightly in the name of love. Leniency, lowered expectations or material possessions as a way to express love will only spoil your kids.

BE INVOLVED IN YOUR CHILD'S LIFE

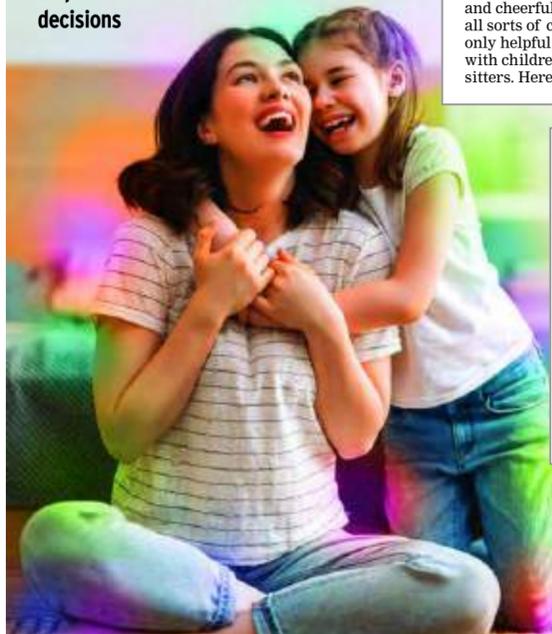
We understand that it might be difficult for you to manage home and work life together. There may be times when you would be more focused on work due to the approaching deadline, but that should not come in between you and your kid. Rearrange your priorities and be available for your child both mentally as well as physically.

BE CONSISTENT

Good parenting is not a one-day thing. You cannot enforce all the disciplinary actions one day for committing even the simplest mistake and forgo all the mistakes your kid makes the other day. You have to be consistent. Identify your non-negotiables as per the rules you have set for your child.

AVOID HARSH DISCIPLINE

Punishing your kid for breaking the rules is important. But be careful about the way you choose to do it. Punishment should be according to the mistake they have committed. Avoid physical punishment like spanking or slapping. Opt for healthy discipline strategies.



RECIPE

PLUM SHAKE

If you want to make a beverage that is as nutritious as it is delicious, try this recipe. From kids to grandparents, this plum shake will be loved by all

INGREDIENTS

5 plums
2 tablespoon honey
3/4 cup milk
1 teaspoon chia seeds

HOW TO MAKE

STEP 1: Chop the plum
Wash the plums properly and chop them. Collect the pulp into a bowl.

STEP 2: Blend ingredients
Add milk, chia seeds, honey and milk to a bowl. Blend the ingredients well to prepare a smooth mixture.

STEP 3: Pour and serve
Pour the blended shake into a glass and serve chilled. You can also add some crushed ice to your plum shake.



5 LESSONS EVERY CHILD LEARNT FROM WATCHING OLYMPICS

The Olympic season has just been wrapped up. While the country's finest sportspersons worked hard to bring home laurels and medals, the Tokyo Olympics 2020 were also a testament to a lot of valuable life lessons. While on one hand, kids got to sit in awe and probably be inspired to pick a sport of their liking, watching athletes from around the world engage competitively, this year's Olympics were also quite different. From athletes who have chosen to open up about losses and poor mental health, to the very spirit of sports which made competitors even share medals, there are quite a few life lessons children can learn from the four-yearly sporting event:

NOT ALL LOSSES ARE BAD

Medal-winning and celebrated gymnast Simone Biles won a lot of praise despite dropping from the event at the last moment, because of the mental health troubles she was going through. Like Biles, there are also many other sportsmen (and women) who have spoken up about the ordeals of athleticism, or life's challenges could throw at you. Many even spoke up about how losing matches feel, and how, even they have lessons to teach. This is an important lesson to imbibe in kids from an early age – not all losses and failures mean bad news. While we often teach kids to be the best at whatever they do, kids should also be taught that failures are often, the very stepping stones to success, and much like the Olympians, they too can bounce back and give their best to whatever they do.

GREAT WINS DO NOT COME EASY

A sporting event like the Olympics, which happens once every four years has a lot riding on it. The country's honour is at stake, competition from multiple talent pools – athletes who are best in their fields, and most importantly, high stress and sacrifices.

While we often cheer loud for every athlete who wins a medal – Bronze, Silver or Gold, it goes on to prove that great fights and wins do not come easy, and there's a lot of hard work that goes in. The athletes, train incredibly hard, do not give up and do not lose sight of the target. It's a great learning lesson for a child of any age to learn and to show how capable they are of excelling in whatever they do if they set their mind to it. Resilience and determination are key things to be taught to

kids from an early age and bear the most fruits.

THE VALUE OF TEAMWORK

Kids who engage in team challenges, or sports stand to learn a lot of important lessons. Similar is for kids who watch Olympics, for the athletes who do participate in these events are part of something greater than themselves. To bring home a laurel requires excellent communication, synchronisation, supporting one another and just like we have seen in some sporting events of late, how each person has their unique role to play while working together for the greater good.

INTRODUCTION TO NEWER SPORTS

Another unique benefit of introducing a child to the Olympics is just the sheer number of unique sporting events there are to offer, and the

THE JOURNEY MATTERS THE MOST

All athletes who do participate in the Olympics toil hard, practice for years, endure pressures and challenges along the way to give their best. Yet, not every athlete goes home with a medal. Even so, every participatory effort signifies something and it's the journey, and the hard work that goes in which counts the most, and not just the medal tally. This is an important reminder to teach kids that whatever happens, life is a long journey that doesn't just rely on the end result. There are a lot more stepping stones: growing, learning, courage, determination and integrity which can teach lessons more valuable than the medals.

incredible diversity of people participating in such events. More so, if your child likes sports, but doesn't feel he or she is doing well in a particular sport, exposure to athletic sports in Olympics can be a shining example of newer activities and sports they could try out. More so, as kids follow the Olympics, they also learn of more cultural values. It could teach them that not every person has their unique capabilities, and hiccups do not mean the end of the road.

TRAVEL & WILDLIFE

HEARD OF THESE TIGER SANCTUARIES IN INDIA?

Wildlife sojourns have their own charm and if it's about tigers, the fun part just gets better. India has a population of over 2000 wild tigers and imagine your luck if you get to spot these majestic species in their natural habitat. Here are some of best places to spot tigers in the country

Satkosia Tiger Reserve, ODISHA

The sanctuary was created in 1976 and was declared a tiger reserve in 2007. The place comprises the Satkosia Gorge Wildlife Sanctuary and the Baisipalli Wildlife Sanctuary. Situated in Angul district of Odisha, this is one of the lesser-known tiger sanctuaries of India.

Orang National Park, ASSAM

Situated on the banks of the Brahmaputra River in the Darrang and Sonitpur districts of Assam, the park was established as a sanctuary in 1985. Then in 1999, it was declared a national park. The Orang National Park is a perfect place to spot a Bengal tiger, Indian rhinoceros, elephants and wild water buffalo.



Kamlang Wildlife Sanctuary, ARUNACHAL PRADESH

The 50th tiger reserve in India, Kamlang sanctuary in Lohit district of Arunachal Pradesh, was established in 1989. The sanctuary is named after the Kamlang River flowing through the park. The place is rich in flora and fauna and serves as a natural habitat for tigers and snow leopards.

Bor Tiger Reserve, MAHARASHTRA

Set in the proximity to Hingani in Wardha District of Maharashtra, it was declared a

tiger reserve in July 2014. The reserve is spread over an area of 138.12 sq/km, which includes the drainage basin of the Bor Dam. The place is home to Bengal tiger, leopard, blue bull and chital, among other animals.

Bhadra National Park, KARNATAKA

Situated in Chikkamagaluru district of Karnataka, this national park is a protected region and tiger reserve as part of the Project Tiger in 1998. As per records, the park has around 33 tigers. Besides, elephants, leopards, wild boars, and black leopard, can be easily spotted in the region.

