

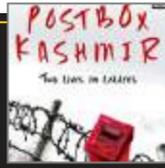


THE TIMES OF INDIA

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TODAY'S EDITION

NIE students interview the author of Postbox Kashmir, Divya Arya, on why she thought of having teens as the protagonists
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Do you have an opinion on what's happening around you? Check out what educators and your peers feel about it
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STUDENT EDITION

MONDAY, AUGUST 16, 2021



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1.5 CRORE INDIANS UPLOAD VIDEOS SINGING NATIONAL ANTHEM



More than 1.5 crore Indians from India and across the world have recorded and uploaded their videos singing the National Anthem, said the ministry of culture on Saturday. The ministry of culture created a programme to enable people to sing the National Anthem by August 15 and upload it on the website. People from all parts of the country, from all sections enthusiastically participated in this unique initiative. Children, senior citizens, youth, women shared pride. The ministry said that eminent artists, well-known scholars, top leaders, senior officers, soldiers, sportsmen to farmers, labourers, people with special needs, everyone came together and sang the National Anthem in one voice.

On July 25, Prime Minister Narendra Modi had given a clarion call to the people of India to sing the National Anthem together in Mann Ki Baat.

"Today I am calling from the Red Fort – Sabka Saath, Sabka Vikas, Sabka Vishwa and Sabka Prayaas, as everyone's efforts are very important for the achievement of our every goal" **Narendra Modi, PM**

ON 75TH I-DAY, MODI SETS GOAL for next 25 years



MAJOR HIGHLIGHTS

1 'Sabka Prayas' along with 'Sabka Saath, Sabka Vikas, Sabka Vishwas' building a new India

2 A National Hydrogen Mission to make India self-reliant in energy and make it a hub of export of green hydrogen

3 Bridge the gap between lives in villages and cities.

4 ₹ 100 lakh crore 'Gatishakti' initiative will be launched to for holistic growth.



5 Along with modern infrastructure, India needs to adopt holistic approach in infrastructure construction.

6 Work together for manufacturing world class products, using cutting-edge innovation and new age technology.

Women power

All Sainik Schools in the country will now be open for girls as well. At present, 33 Sainik schools are operating in the country. The PM said that two-and-a-half years ago, the maiden experiment of admitting girls in Sainik schools was carried out in Mizoram. The aim of establishing Sainik schools was to prepare the students from an early age for their entry into the Indian Armed Forces.

India has to march ahead with new pledges for the next 25 years, Prime Minister Narendra Modi said on Sunday, while addressing the nation on India's 75th Independence Day. "We have to ensure we meet our goal of building an Aatmanirbhar Bharat when we celebrate 100 years of India's Independence," Modi said. He also lauded doctors, nurses as well those involved in vaccine manufacturing and others involved in fighting Covid-19, and complimented India's Olympic contingent, which was present at the Red Fort, and said their performance encouraged the youth of the country.

AUGUST 14 WILL BE OBSERVED AS PARTITION HORRORS REMEMBRANCE DAY

The PM said a decision has been taken to observe August 14 as Partition Horrors Remembrance Day to honour the pain and sufferings faced by the people of India during the Partition

It's official. July 2021, the hottest month humans ever recorded



The month of July has been marked as the world's hottest month ever recorded, and it remains very likely that 2021 will rank among the 10-warmest years on record, a new data has revealed. According to new global data released by the US National Oceanic and Atmospheric Administration (NOAA), extreme heat is also a reflection of the long-term changes outlined in a major report released this week by the Intergovernmental Panel on Climate Change (IPCC).

1 The combined land and ocean-surface temperature was 1.67 degrees Fahrenheit (0.93 of a degree Celsius) above the 20th-Century average of 60.4 degrees F (15.8 degrees Celsius), making it the hottest July since records began 142 years ago

2 It was 0.02 degree Fahrenheit (0.01 of a degree C) higher than the previous record set in July 2016, which was then tied in 2019 and 2020.

3 The land-surface only temperature was the highest ever recorded for July, at an unprecedented 2.77 degrees Fahrenheit (1.54 degrees Celsius) above average, surpassing the previous record set in 2012

FOR THE RECORD

Asia had its hottest July on record, besting the previous record set in 2010.

Shakira, Naomi Osaka join hands WITH PRAJAKTA FOR CHARITY

Actor and YouTuber Prajakta Koli popularly known as 'MostlySane' will be representing India at Google.org, the charitable arm of Google. Prajakta will be joined by 28 other women leaders from diverse sectors and geographies such as artist Shakira, first US National Youth Poet Laureate Amanda Gorman, athlete Naomi Osaka, and Nobel Peace Prize winner Rigoberta Menchu Tum, among others.



The organisation is committing \$25 million in grants to non-profits addressing economic inequities faced by women and girls, as its next 'Impact Challenge'.

Impact Challenges are a way for Google to give money and support to non-profits with ideas for working toward solving problems. Past Impact Challenges have covered topics such as AI and climate change

For all you football lovers, Durand Trophy is set to kick off soon

Durand Cup, the world's third-oldest and Asia's oldest football tournament, is poised to make a comeback after a year's hiatus due to the Covid-19 pandemic. Sixteen teams from across the country, including four from the Indian Armed Forces, will vie for the top honours in and around Kolkata over a period of four weeks from September 5 to October 3. The 130th edition of Durand Cup is being organised with the support of the All India Football Federation (AIFF), IFA (West Bengal) and the government of West Bengal.



1 Named after Mortimer Durand, the Foreign Secretary of British India from 1884 to 1894, the prestigious tournament was first held in 1888 at Annadale in Shimla

2 The tournament was a conscious way to initially maintain health and fitness amongst the British troops which was later opened to civilians

3 Kolkata giants Mohun Bagan and East Bengal are the most-successful teams in the history of Durand Cup, winning it 16 times each

IN OTHER NEWS

TALIBAN FIGHTERS ENTER KABUL; HELICOPTERS LAND AT US EMBASSY

Taliban fighters entered the outskirts of Kabul on Sunday as panicked workers fled government offices and helicopters began landing at the US Embassy in the Afghan capital, further tightening the militants' grip on the country. In a nationwide offensive that has taken just over a week, the Taliban has defeated, co-opted or sent Afghan security forces fleeing from wide swathes of the country, even with some air support by the US military



A NEW IMPRINT TO TELL STORIES OF INDIA'S ARMED FORCES

On the occasion of the 75th anniversary of Indian Independence, Ebury Publishing and Vintage, a division of Penguin Random House India (PRHI) has announced the launch of a new imprint, 'Penguin Veer', dedicated to stories of and from the country's Armed Forces legacy. The new imprint that is expected to publish around three new titles annually, would debut its first list of books this year itself. Among Penguin Veer's upcoming publications will be Major General Ian Cardozo's '1971', and Kulpreet Yadav's 'The Battle of Rezang-La'.



COVID-19 MAY BECOME A MOSTLY CHILDHOOD DISEASE IN FEW YEARS

Covid-19 may behave like other common-cold coronaviruses in the next few years, affecting mostly young children who have not yet been vaccinated or exposed to the virus, claims a modelling study. The US-Norwegian team noted that because Covid-19 severity is generally lower among children, the overall burden from this disease is expected to decline as the SARS-CoV-2 virus becomes endemic in the global population. The study noted that such shifts have been observed in other coronaviruses and influenza viruses as they have emerged and then become endemic.



TIMES NIE TEENS INTERVIEW AUTHOR DIVYA ARYA

When intelligent, yet innocent, letters are exchanged between 2 young adults...

Most teenagers are dismissed by adults while discussing politics. It is never a dinner table conversation. What motivated you to draw your protagonists as teens talking about political life and its impact?

I would hope most adults didn't do that. This project has made me understand teenagers much better and I am so impressed by their honesty and clarity of thought. Teenagers may not engage with political developments the way adults do but they are deeply impacted by them. When I embarked on this journey, I wanted to acknowledge and understand that. Politics is not something that only happens in Parliament or election rallies. The political system decides who is in power, who makes decisions and what policies are implemented. Teenage lives are affected by all of this and I felt it was very important to first recognise that myself and then share it through my work. Secondly, teenage is a time when young people are forming opinions, informing themselves and open to different ideas. As they grow up, those ideas become more carved in stone. I was keen to see the outcome if a dialogue was opened between teens living in very different circumstances and observe the openness with which they might listen to each other's experiences.

How difficult has it been for you as an author to think and write as a teenager, and build a serious theme around their innocent universe?

I have not tried to write this book as a teenager. That would not be honest or authentic. Instead, I have written it as an adult with the lens of two teenagers. I have let their letters guide me about the concerns of their lives. They have posed questions to each other and in that sense chosen what issues matter to their lives. While they discuss their favourite music bands, their friends and family, they also talk about issues around safety, internet shut-downs, experience of Kashmiri students studying in the rest of India etc. I have helped provide

The protagonists of Postbox Kashmir are two teenagers who exchange their life stories from Delhi and Kashmir to each other. Looking at the book's premise, Times NIE approached teenagers from Delhi, **Sushiana Sondhi, class IX, Mother's International School and Inaya Gala, class VIII, Springdales, Pusa Road**, to pose questions to the author, Divya Arya, on how the characters of the novel were drawn and what made her take on such a sensitive subject

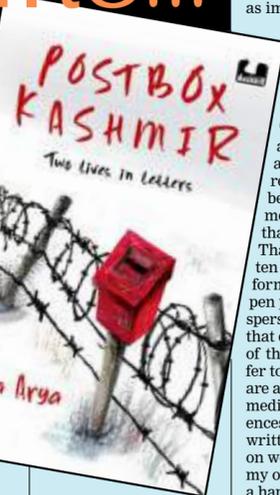
a context to those questions, to the political history of Kashmir and India. In the process their universe is untouched and their innocence is preserved.

aware of the world around me and started asking questions. It was the time when I moved on from reading about imaginary worlds. I didn't want to escape into a make-believe land of fiction, and became more curious about the world around me. For my parents, it was crucial at that time to get books and magazines that gave reliable information to help me understand different viewpoints and form my own opinions. In my book, I try to present a very important issue in our country to young people from their perspective. It is not about politics but how it impacts young people. It is about their life. There is a reason that the term 'young adults' was coined. It is the beginning of a time when innocence and intelligence come together to form sensitive human beings. I have no doubt that parents would like their children to become aware citizens.

Why were the protagonists girls? Why not boys?

You might have noticed yourself as you read and watch the news, and as many surveys and research has found, when reporters seek opinion they mostly reach out to men rather than women, boys rather than girls. Just ask yourself, isn't politics, army and violence always associated with men? Aren't such conversations assumed to interest boys more than girls. I want to break that stereotype. And want to highlight that the impact is felt by boys and girls alike. That said, I am not against male protagonists at all! And they always find a place in writing because men have traditionally held most of the important positions of power and have been key decision makers. Women, on the other hand, are

less visible despite playing other important roles in their families and in public life too.



As a journalist, I have consciously tried to bring a better gender balance in all my work because I believe that girls' viewpoints are as important as that of boys'.

Do you feel highlighting the geo-political situation in J&K through the relationship of pen pals is an accurate depiction of realities?

The girls are writing about their lives! So it is an accurate depiction of reality. There is no make-believe and in a way it is more intimate and honest than a columnist's opinion. That said, the book is written in a new and unexplored format. The letters that the pen pals write are interspersed with chapters by me that explain the background of the issues that the girls refer to. Letters, as we all know, are a personal and informal medium, and focus on experiences. The chapters I write are written by a journalist based on well-researched facts and my own reporting. I think it is a happy marriage of the two.

India is such a huge and diverse country. Why did you choose a girl from Delhi and a girl from J&K for the book? (Why not a girl from interior Bihar and a girl from Mumbai for example)

There are indeed so many realities that the young people still need to know. A poor girl's life and challenges would be very different from those of someone brought up in a metropolis, or a girl who is forced to earn without completing her education or being brought up by a single mother. This particular project was conceived when Kashmir was in the news for militant attacks. I thought this was such a

limited picture of the region for a young person who does not live in Kashmir, who only hears of Kashmir in the context of violence. What about the young people growing up there? What is their ordinary life like? There is so much more than the knowledge that textbooks give us about our country and what better way than have young people talk to each other.



SUSHIANA

You have introduced political genre among teens. Do you think parents would be comfortable with teens reading about sensitive issues?

I think teenage is a very important stage in a young person's life. It was for me. The time I started understanding myself more, became more

There is a reason that the term 'young adults' was coined. It is the beginning of a time when innocence and intelligence come together to form sensitive human beings

I have helped provide a context to those questions, to the political history of Kashmir and India. In the process, their (teens) universe is untouched and their innocence is preserved



INAYA

As you read the book, you will find so many men deciding the course of the country's history, and will be pleased that the letter writers bring a nice balance and fresh perspective

Caring for your SENIOR DOG with age-related issues

For us, our dogs will always be our babies but eventually, the day will come when they pant a little faster, walk a little slower and sleep more often. Our senior dogs can mimic the same problems humans face as they get older. Heart disease, vision problems, arthritis and diabetes are some common problems senior dogs suffer from. But thanks to modern medicine and advances in pet healthcare products, extending the lifespan of our dogs has become easier and more accessible. Incorporating healthy habits and food in the early stages of their life is helpful to them in their old age.



WHEN IS A DOG CONSIDERED SENIOR?

This depends on your dog's size and breed. For example - small dogs like Chihuahuas aren't considered to be seniors until the age of 10 or 12 but a Great Dane would reach old age by the age of 5 or 6. Apart from their size and breed, genetics, environment and diet also play a role in determining their life expectancy. Once they attain their senior status, you need to adopt a different routine and lifestyle for them. Here are some things you can do to help your senior dog.

FREQUENT VET VISITS

Visiting the vet at least twice a year is a must. Frequent check-ups from the vet can ensure early detection of any health conditions and ensure your pet is in perfect condition. Senior dogs are often prone to problems like hip dysplasia, arthritis, diabetes and cancer. Early detection of these problems can help their treatment.

MAINTAIN A HEALTHY DIET

Obesity is a common problem in senior dogs. Managing obesity-related issues along with the problems that come with old age can become arduous. Add these foods to your pet's diet to keep them healthy:

1. Foods high in omega 3s like fish and yolks
2. Bone broth to strengthen bones and provide joint support
3. Probiotics to help digest and absorb nutrients better
4. Fish oil or glucosamine

You can also consult a vet for a customized diet plan that would suit your senior dog's dietary requirements.

EXERCISE
Slowing down along old age is normal but being inactive is not. Encourage your dog to get a little exercise but be careful not to overdo it.



If you are looking for a lip-smacking snack to prepare at home, then Veg Nuggets are here to make your day. From classic brunch with your friends to a movie night, veg nuggets are the quirkiest and easiest snack option to munch on. They are filled with veggies and our all-time favourite cheese. What else do you need? Enough of chicken nuggets, it's time to embrace these delicious veg nuggets. If you haven't tried veg nuggets earlier, this is your sign to go to the kitchen right away and make some lip-smacking Veg Nuggets for your friends and family. You just need a handful of ingredients and you can make veg nuggets in a jiffy. If you are a vegetarian and want something which is similar to chicken nuggets, then you can easily make these nutritious veg nuggets. Pair them up with a dip or sauce of your choice and enjoy. You're surely going to love it.



INGREDIENTS OF VEG NUGGETS

1 serving	1/2 teaspoon roasted cumin powder	1/2 teaspoon minced ginger
2 large boiled, peeled potato	1/2 teaspoon garam masala powder	3 tablespoon chopped coriander leaves
1/2 cup boiled, peeled peas	1/4 cup vegetable oil	4 tablespoon corn flour
3/4 cup grated low fat mozzarella cheese	1 medium boiled, peeled carrot	1/2 teaspoon red chilli powder
1/2 teaspoon minced garlic	1 cup bread crumbs	salt as required
2 small chopped green chilli		

Veg Nuggets Recipe

STEP 1 MASH THE VEGGIES

Mash carrots, potatoes, and peas together. Add red chilli powder, cheese, chopped coriander leaves coriander powder, salt, and garam masala to the mashed veggies. Mix everything well.

HOW TO MAKE VEG NUGGETS

STEP 2 SHAPE THE NUGGET

In the mixture, add 3 tbsp of bread crumbs. Take some mixture and try shaping it into the shape of a nugget. If needed, add more bread crumbs.

STEP 3 PREPARE THE CORNFLOUR SLURRY

Mix 2 tbsp of cornflour in 1/2 cup of water. Dip the nuggets into the cornflour and then roll them over the remaining bread crumbs.

STEP 4 Heat oil in a pan and then add nuggets into it. Shallow fry them until they turn golden brown in colour. Once done, transfer them to an absorbent paper to remove excess oil.



Soapstone also known as Stealite or Kalchattis (in Tamil) is a magnesium-rich stone found in the earth. It's a natural, dense, yet soft stone, which is composed of the mineral talc and is rich in magnesium. Ayurveda says that food should not be overcooked, nor re-heated & should be consumed warm. Food cooked in soapstone cookware fulfills all the above-mentioned criteria and hence food experts also feel that it is one of the best cookware that one can use for cooking and serving purposes. Here's how and why.



What is Soapstone Cookware and why you should cook your daily meals in it

Can you use it immediately?

According to experts, soapstone cookware cannot be used immediately. Sandhya Iyer, who has been using this cookware for a decade says, "It takes 15-30 days to make it usable." Traditionally, to make it usable, the cookware is first greased with oil and turmeric powder in and out and then rice starch is added to it, and then it is boiled for a minimum of 10 days for a few hours daily to make it perfect for cooking purposes. This process changes the weight of the vessel and it's a sign that the cookware is ready to use. In modern space, you can do it using an oven too. To begin with, you need to wash the cookware in hot water and then wipe it with a cotton cloth. Next, generously grease it with olive oil and allow it to be absorbed for the next 24 hours. Next, place it in an oven and set the temperature at 350 degrees. Turn the oven off after 15 minutes and allow it to cool.

Is it safe to cook in soapstone?

While the food cooked in magnesium-rich cookware is 100 percent safe to eat, experts feel that this cookware comes with a tag of 'handle with care'. The soft stone calls for careful handling, because even a harsh hit with a ladle or spoon, can result in cracking of the vessel.

Good for acidic food

Cooking acidic food in soapstone cookware is ideal, as it helps dilute the acids and alkalis and make food healthier for consumption.

Helps avoid reheating of food

Interestingly, soapstone cookware can keep the food warm for 3-4 hours after cooking. Hence, you can easily skip the habit of reheating the food.

Keep nutrients intact

According to food experts, cooking food in soapstone cookware helps keep the nutrients intact. As per reports, it retains 98% nutrients of the food cooked in it.

Saves fuel and time

It has been found that soapstone absorbs heat faster and thus reduces the cooking time by 15 percent as compared to modern cookware. Also, it continues to cook food for 5-7 minutes even after switching off the flame, and thus saves fuel too.

