



# THE TIMES OF INDIA

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TODAY'S EDITION

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STUDENT EDITION

THURSDAY, AUGUST 19, 2021



## NEWS FROM KABUL



### ➤ TALIBAN TO GIVE SAFE PASSAGE TO CIVILIANS: WHITE HOUSE

The Taliban have agreed to allow 'safe passage' from Afghanistan for civilians hoping to join a US-directed airlift from the capital, President Joe Biden's national security adviser said on Tuesday. However, a time-table for completing the evacuation of Americans, Afghan allies and possibly other civilians has yet to be worked out with the country's new rulers.

"I fear for my Afghan sisters. We will have time to debate what went wrong in the war in Afghanistan, but in this critical moment we must listen to the voices of Afghan women and girls. They are asking for protection, for education, for the freedom and the future they were promised. We cannot continue to fail them. We have no time to spare."  
Malala Yousafzai

### ➤ TALIBAN VOWS WOMEN'S RIGHTS, SECURITY UNDER ISLAMIC RULE

The Taliban has vowed to respect women's rights, forgive those who fought them and ensure Afghanistan does not become a haven for terrorists as part of a publicity blitz aimed at reassuring world powers and a fearful population. But many Afghans remain sceptical and thousands have raced to the airport, desperate to flee the country.



# Talk, Talent, Taskmasters... Gen Alpha Is A Total Package Deal

12-year-old Aanjaneya Rao from Pune has proven to the Johns Hopkins Center for Talented Youth that India has no dearth of bright talent; 8-year-old Prasiddhi Singh, the recipient of Pradhan Mantri Bal Puraskar Award 2021, has vociferously expressed her views at the Harvard MUN on how the youth need to be 'impact creators'; and 10-year-old Vinusha, a TEDx speaker, has spoken about how age has nothing to do with fulfilling your entrepreneurial dream. The trio share their experiences with Malini Menon on how important it is for this Generation to be changemakers...

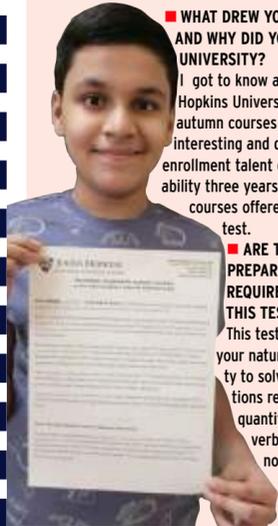
## 'I HOPE INDIAN HIGHER INSTITUTES ALSO TEST US ON OUR TALENT'

When 11-year-old Indian-American girl, Natasha Peri from New Jersey, was given 'one of the brightest' title by the Johns Hopkins Center for Talented Youth, her Twitter feed was filled with congratulatory messages with some even commenting, 'could a kid living in India have achieved this feat?' It happens so that Aanjaneya Rao, 12 yrs, from Pune just did that!

## YOUNG ACHIEVERS

## 'I BECAME THE YOUNGEST KEYNOTE SPEAKER OF HARVARD MUN'

Prasiddhi Singh became news when Prime Minister Narendra Modi tweeted how at the age of 7 yrs (in 2020), she could dream and execute such tall dreams, taller than the thousands of fruit trees she planted with her green thumb at various neighbourhoods to increase the biodiversity. Just days ago, the Harvard MUN had Prasiddhi as the keynote speaker



### ■ WHAT DREW YOU TO TAKE THE TEST AND WHY DID YOU CHOOSE A FOREIGN UNIVERSITY?

I got to know about the Johns Hopkins University's summer and autumn courses on the net. I found it interesting and decided to take the pre-enrollment talent exam, which tests your ability three years ahead of your age. The courses offered made me take the test.

### ■ ARE THERE PREPARATIONS REQUIRED FOR THIS TEST?

This test judges your natural ability to solve questions related to quantitative and verbal reasoning. There is no defined syllabus as such. However, books related to quantitative

### YOUR LEARNING CURVE:

It is true that universities in India do not offer courses like these for kids of our age group, but thanks to the online platform, students from any part of the world can now participate in foreign competitive exams and avail such courses. In fact, I hope that Indian higher institutes also offer such tests



and verbal reasoning come in handy. It's a time-bound exam in which you have to solve 55 questions in 22 minutes.

### ■ WHAT WORKSHOPS ARE YOU LOOKING FORWARD TO?

I am pursuing 'Excursions in Pre-Algebra' for Mathematics, 'Crafting the Essay' for English, and 'Honours Biology' for Biology.

### ■ WHAT WERE THE KEY POINTS THAT YOU HIGHLIGHTED AT THE HARVARD MUN?

I shared my journey as an 'impact creator' and how all the participants can be impact creators too. I stressed on the fact that if we can't do much, even showing gratitude can usher in positive change. We, children, may just be 1/4th of the population today but certainly can determine 100% of tomorrow. So, it's in our hands to create a better tomorrow.



### ■ WHY YOU SHOULD TAKE PART...

■ Excellence in the form of expertise drawn from the Directors from Harvard  
■ Opportunity to join a vibrant community of changemakers  
■ Interact with the brightest Gen Z diplomats in South Asia and, most importantly network with them  
■ It's a platform for students to advocate on issues they care about, identify solutions and work within their own means to bring about change

### ■ HOW DID YOU GET TO BE THE KEYNOTE SPEAKER?

Harvard MUN is a platform that brings together subject experts, thought leaders, and storytellers from different backgrounds and helps them connect with young people. Based on my awards and credentials, HMUN approached me to be a keynote speaker, and I felt really honoured.

## At TEDx, how I told my story of setting up my own bakery...

Vinusha MK, 10 yrs, calls herself as 'Chief Baking Officer', a title she is proud of donning on her cap, as she earned it while setting up the Four Seasons Pastry Shop in Chennai. Recently, as a TED speaker, she inspired other kids on why they should dream of a start-up, and work towards it if they have the passion for it. Vinusha shares her experience of being one of the youngest entrepreneurs of the country and how it feels to address TED audience

### ■ LEARNING CURVE AS TEDx SPEAKER

I learnt how to weave a story and avoid repetitions while narrating. I also figured that the story has to have uniqueness, ownership and authenticity for the audience to be hooked on to it. Your story should be a mix of happy, winning moments, sad moments, challenges, interspersed with some humour and life lessons. The talk although one-sided should



be relatable to all and a message of hope should reach the audience.

### ■ TIPS TO BE A TEEN ENTREPRENEUR

Don't hesitate in starting early. The biggest advantage of doing so is that you master skills like teamwork, networking, problem solving, critical thinking, innovation and self-discipline while on the job. Don't let challenges stop you; treat them as obstacles on the road to your goal.

## DON'T TRASH IT! LET'S MAKE ROBOT HELPERS: INDONESIAN VILLAGERS



A home-made robot designed by Indonesian villagers and scientists for fun has found a new use during the pandemic - bringing food, and hopefully a smile, to self-isolating residents who have contracted COVID-19. An eclectic assembly of household items like pots, pans and an old television monitor, it is now named the 'Delta robot' in a nod to the highly contagious variant of the coronavirus that has ripped through Indonesia. The robot's head is made from a rice cooker, and it is operated by a remote control with a 12-hour battery life. It is one of several robots made in Tembok Gede village, which has won a reputation for its use of technology.

THINKBOX

## WHY IS AUGUST 19 MARKED AS WORLD PHOTOGRAPHY DAY?

August 19 is observed as World Photography Day, aiming to inspire photographers across the planet to share a single photo with a simple purpose: to share their world with the world. Here is a look at photography over the years.

■ World Photo Day originates from the invention of the Daguerreotype, a photographic process developed by Frenchmen Louis Daguerre and Joseph Nicéphore Niépce in 1837.

■ On January 9, 1839, the French Academy of Sciences announced the Daguerreotype process.

■ The Daguerreotype wasn't the first permanent photographic image. In 1826, Niepce captured the earliest known permanent photograph known as 'View from the Window at Le Gras', using heliography.



■ The first durable colour photo was taken by Thomas Sutton in 1861.

■ As early as 1839, a selfie was clicked by American Robert Cornelius. Cornelius set his camera up, took the image by removing the lens cap and then running into frame. On the back he wrote "The first light picture ever taken 1839".

■ The first digital photograph was taken in 1957; almost 20 years before Kodak's engineer invented the first digital camera.

### THE WORLD GETS CLICKING

On August 19, 2010, the World Photo Day hosted its first global online gallery. Almost 270 photographers shared their pictures and people from over 100 countries visited the website. This marked the first official, globally reaching World Photo Day



### LV OPENS SHOP WINDOW FOR BTS

Louis Vuitton unveiled a shop window art showing suitcases designed by its global ambassador - BTS. Louis Vuitton is working on the

'Louis 200' project to celebrate the 200th anniversary of the birth of founder Louis Vuitton from August 4 to the second half of this year.

## SPACE...THE FINAL FRONT 'EARS'

THEY'RE sci-fi treasures to Klingon to...Star Trek fans will be able to bid for Mr Spock's famous ears when a 200-piece collection from the franchise to be auctioned next month.

The artificial lugs, worn by the Vulcan character made famous by Leonard Nimoy, are estimated to fetch up to £2,000 in the Prop Store's first online auction to feature original costumes, props and art from seasons one and two of 'Star Trek: Discovery and Star



Trek: Short Treks'. The ears are from Nimoy's own collection and proceeds will be donated in his memory to the UCLA Chronic Obstructive Pulmonary Diseases Research Programme.

# Fun ways TO BRUSH UP YOUR CHILD'S GK

General knowledge essentially allows your child to better understand and comprehend the many facets of the world and its functionality. Your child's general awareness will only be stronger if he/she can relate to various subjects parallelly, developing greater problem solving skills and interactivity. As a parent, you can instill information acquisition habits in your children and make the learning process fun too. Here are some tactics to encourage kids to improve their general knowledge

## CONSTRUCTIVE DISCUSSION ON VARIED TOPICS

A good interactive family discussion can help your child to share and imbibe knowledge and information. It's not enough to only gather information, it definitely needs sharing or a flow of ideas and even debates to sometimes rectify the myths and ensure that your child's general knowledge improves. You can host a quiz session with many rounds based on various disciplines of knowledge. In order to persuade your child to participate enthusiastically, you can even keep rewards and positions for such contests. These classes might assist your children in expanding their general knowledge and developing social skills, which can automatically fuel his/her participation in school or among friends.

## INTRODUCE THEM TO INFORMATIONAL MOVIES AND BOOKS



Insightful movies are an excellent audio-visual form for improving children's awareness through non-fiction content. Such colourful and engaging modes of learning are sometimes more appealing to children than traditional bookish approaches. If your child is immensely inclined towards a particular topic, you can introduce various movies regarding that genre. Encyclopedias can also be a good approach to inspire your youngster to learn more about a variety of topics. Emphasise more on making learning a continuous and never ending process, which will ultimately allow your child to be inquisitive about different things.



## TALK ABOUT THE WORLD BY INCLUDING VARIOUS GAMES

Remember the game called atlas or name, place, animal, thing? Such knowledge-based games can play a vital role in encouraging your child to learn more about the world. They include not just playing but also learning the names of countries and their capitals. You can also use the globe to locate a country or discover what information is available about that region in the atlas. This may aid in their knowledge retention process.



## EMPHASISE MAKING THE RIGHT USE OF TECHNOLOGY AND MEDIA

It is essential for a parent to consider how the media might be a valuable source of knowledge about the world to your child. Assist them in using technology and media in a way that allows them to enjoy the goodness of knowledge, whether it's on any platform, be it newspaper, television or internet. Do not forget to allow your child a set amount of screen time on a regular basis, on the condition that they use some of it to find new facts about the world on a daily basis. As kids mostly love to play games on the mobile or laptop, encourage them to play entertaining as well as learning-based games. Lastly, although reading a newspaper may appear to be archaic, it can still be a valuable source of general knowledge for any individual. Your child can work wonders if he/she gets into the habit of reading and analysing newspapers on a regular basis.

# Help your child DEAL WITH BURNOUT

PANDEMIC LIFE



ENCOURAGE CHILDREN TO SHARE THEIR EMOTIONS WITH YOU ON A REGULAR BASIS - THIS WILL HELP THEM RECOGNISE AND IDENTIFY THEIR EMOTIONS AND THEY WILL LEARN TO EXPRESS IT AND NOT BOTTLE IT ALL UP

Remote learning can harm your child's mental health if it is not regulated properly. People assume that if kids are at home they should be monitored all the time. There is little to no balance between their personal life and school life. If you are noticing that your child is more irritable, has changed sleep patterns and loss of appetite, is resistant against activities that used to interest them, has self-doubt and needs constant reassurance - there is a chance he/she is exhausted. So, what can you do to help children if they are struggling from work-induced fatigue? Here are few tips

## OPEN CONVERSATIONS

Anxiety can take your child away from their social life and make them withdraw from the world they are living in. So, it is important for you to be open to conversations and allow your child to talk to you freely. Reassure them and make them aware of the fact that nothing is more important than their health and well-being. You can encourage them to discuss why they are reluctant to do things that earlier brought them joy. This can be a start of a conversation that can help kids deal with difficulties they are facing and allow you to be a part of their journey.

## STAY ACTIVE

We know it is difficult to stay active when you are stuck inside your home. You can look for covid-19-friendly physical activities that can be done at home. It is important to stay active as it not only reduces stress but also improves our mood and increases our ability to focus. It is also necessary to get out of the house and stop looking at the screen.

## CREATE A ROUTINE

As discussed above, the lack of a balance between their personal and school life can be a reason for their emotional turmoil. So, it is important to create a routine and assign time to things other than work, activities and hobbies that are enjoyable and bring joy to their life. It is also important to schedule a time to take rest and give your body what it needs. It is important to note that the routine that they are making is flexible and allows them to take breaks whenever necessary without being a source of added anxiety.



## PLAN FAMILY GAME NIGHTS

Having family game nights and doing activities together can be a great source of happiness in your child's life. It can help your child get a grip on reality and understand that there are numerous things to focus on rather than just working all day. It also gives parents an opportunity to spend some fun time with their kids.

# 7 SCIENCE-BACKED REASONS TO READ MORE BOOKS



Books act as gateways to different lands, alternate universes and fantastical places. They help the readers visualise what they have never seen before or even thought about. In that sense, books are important because they help us expand our knowledge and imagination. Moreover, they serve as perfect companions on an otherwise boring day. So, no matter if you are a kid or an adult, reading books is important. Here are some reasons proved by scientific research that explains why reading books is good for us

## 1. READING CAN HELP YOU CHILL OUT

As per a 2009 research conducted at the University of Sussex, US, reading is the most effective way to overcome stress. It is even better than other ways to chill like listening to music, enjoying a cup of tea or coffee, or even taking a walk. As per research findings, it took the study participants just six minutes to relax once they started turning pages.

## 2. READING MAY ADD YEARS TO YOUR LIFE!

A daily dose of reading has the potential to increase your lifespan. A team at Yale University followed more than 3600 adults over the age of 50 for 12 years. They discovered that people who reported reading books for 30 minutes a day lived nearly two years longer than those who read magazines or newspapers.

## 3. IT INCREASES INTELLIGENCE

Reading a good book opens up a whole world of knowledge starting from a very young age. Exposure to vocabulary through reading leads to higher scores on reading tests and higher scores on general tests of intelligence for children. Plus, stronger early reading skills may result in higher intelligence later in life.

## 4. READING CAN BOOST THE POWER OF YOUR BRAIN

Not only does regular reading help make you smarter, but it can actually increase your brain power. Reading regularly improves memory function by giving your brain good exercise. With age comes a decline in memory and brain function, but regular reading may help slow the process, keeping minds sharper longer.

## 5. IT CAN HELP YOU SLEEP BETTER

Many sleep experts recommend establishing a regular de-stressing routine before bed to calm your mind and give a signal to your body that it's time to switch off, and reading can be a great way to do so. Also, bright lights, including those from electronic devices, signal to the brain that it's time to wake up. Reading your book under dim but sufficient light is advisable.

## 6. READING MAY MAKE YOU MORE EMPATHETIC

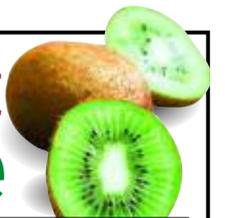
Getting lost in a good book can make it easier for you to relate to others. Literary fiction, specifically, has the power to help its readers understand what others are thinking by reading other people's emotions.

## 7. IT CAN HELP WARD OFF ALZHEIMER'S DISEASE

Reading puts your brain to work, which is a good thing. Those who engage their brains through activities such as reading, chess, or puzzles could be 2.5 times less likely to develop Alzheimer's disease than those who spend their time on less stimulating activities. Research suggests that exercising the brain may help because inactivity increases the risk of developing Alzheimer's.

## RECIPE

# Salty & sweet Kiwi Juice



Kiwi fruit is a nutritional powerhouse and is great for health. Juice it and reap the benefits. Here's the recipe

## INGREDIENTS

- 3 large kiwis
- Salt as required
- Water as required
- 2 tablespoon sugar
- Black salt as required

Kiwi is loaded with vitamin C and is good for gut health

## STEP 1: Peel kiwis first

Peel the kiwis and then scoop out the pulp. Transfer the pulp to a bowl.

## STEP 2: Blend all the ingredients

In a blender, add sugar, salt, kiwi pulp, and 4 cups of chilled water. Blend everything together.

## STEP 3: Garnish with black salt

Pour the juice into two glasses and then sprinkle some black salt. Mix to combine it well.



STEP 5: Your kiwi juice is ready  
Drop one ice cube and you are good to go. Enjoy the delicious taste and goodness of kiwi juice.

TNN