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## **CLICK HERE: WWW.TOISTUDENT.COM**

LISTEN TO HARRY POTTER: Celebs, 上 including Daniel Radcliffe, David Beckham and Dakota Fanning will take part in chapter-bychapter readings of JK Rowling's book, 'Harry Potter and the Sorcerer's Stone' on Spotify

#### HOW TO USE ONLINE RESPONSIBLY: TAKE A

https://toistudent.timesofindia.indiatimes.com/news /top-news/how-to-use-online-responsibly-take-apledge/51465.html

#### **9** 10 FITNESS LINGOS YOU SHOULD **OLEARN**:

https://toistudent.timesofindia.indiatimes.c om/news/lifestyle/10-fitness-lingo-youshould-know/51489.html

# **GET YOUR MIND MOVING!** With lockdown still in full swing, how about giving your mind a

workout too? While crosswords and puzzles have their place, there are many more that can keep your mind fresh and agile. Here are the best brain and memory boosting tips...

#### **PLAY ANTIQUES ROADSHOW:** Choose an everyday object - anything from a spoon to a hairband — and pass it around your family. Each person must come up with a story about the object. For example: What period of history is it from? Did it belong to anyone special? According to psychologists, a playful mental attitude enables flexible and creative thinking, so making fun games a part of

your routine will keep

your brain active.

MAKE A SHOPPING LIST: As you write, picture each item in your mind. Then put the list somewhere safe. Give yourself an hour, and see how many you can recall. Experts say the act of writing along with picturing the items, triggers your brain to remember them.

> MAKE YOUR OWN SONG: Sing along to your favourite song, but create your own lyrics. Don't actively engage the brain, instead let your creativity take over and see what happens. Research suggests that when we go with the flow and don't think too hard, we open the mind to new possibilities and generate fresh ideas



and take in the scene again. Use your senses this time, then go inside and write another paragraph. Compare the two descriptions-the second is more engaging because using all five senses makes it a 3D experience.

BECOME AN AUTHOR: Choose an animal, a song, a food, a country, a book, a piece of clothing and a flower, then turn them into a short story. Read the story a couple of times and put it to one side. Later in the day, recall the story and see what you can remember.

TELL A STORY: Use social apps to create a virtual storytelling group with friends and family. One person starts the story, then passes it on with everyone adding a few sentences to keep it going. Research in psychology suggests a strong link between spontaneous and controlled thinking and creativity. So any activity that combines thinking on your feet with logic, like continuing a narrative, gives the brain a workout.

minute, read the list aloudagain and again. Turn the paper over and relax for a minute. Then recount the numbers in sequence and write them on the back of the paper. Compare both lists and see how well you've done. There's scientific evidence that repetition helps the brain solidify connections used to recall memories and information. This also works for names and learning new skills.

**GET LOGICAL:** Write 10 random

numbers on paper. For one

PLAY GUESS WHO USING FACETIME Pick a famous person, then write down four words associated with them. Take it in turns to reveal the words to each other and guess who the person might be.

#### **TEAMS DON'T TAKE US LIGHTLY ANYMORE: MITHALI RAJ**





**STUDENT EDITION** 

THURSDAY, MAY 7, 2020

WEB EDITION

BEST

(Android, iPhone, iPad) **Called Positive Penguins, this** app developed by a Melbourne schoolgirl and her family, is a simple, interactive, educational tool that helps in understanding your emotions and experience them in a positive way. It also provides practical ways to understand and cope with these emotions and, change the way they think.

#### Breathe, Think, Do with Sesame

(Android, iPhone, iPad) Breathe, Think, and Do with Sesame app helps in dealing with frustrating situations using the "breathe, think, do" method. You will learn to take long, deep belly breaths to calm down, think of a few strategies to handle the problem, and then do those things.

#### **NEW WHATSAPP CHATBOT TO SPOT COVID-19 RELATED MISINFORMATION**

he International Fact-Checking Network (IFCN) has launched a WhatsApp bot, • with more than 4,000 debunked hoaxes, to fight COVID-19 misinformation. The Poynter Institute's Inter-





BRIEF



national Fact-Checking Network has launched its chatbot on WhatsApp.

#### **TECH BUZZ**

IFCN's bot has been built to address the challenge of misinformation, particularly during the COVID-19 pandemic, by connecting people with independent factcheckers in more than 70 countries and also with the largest database of debunked falsehoods related to the new coronavirus



#### **JAPAN AQUARIUM SEEKS VIDEO-CHATS FOR EELS**

Japanese aquarium, closed during the coronavirus outbreak, is asking people to make video calls to their eels so that the sensitive creatures remember humans exist and don't pose a threat. The Sumida Aquarium, housed in the landmark Tokyo Skytree tower, has been closed since the start of March and its animals have become used to a largely human-free environment during the two-month calm.

In a bid to reacquaint the eels with humans, the aquarium is setting up five tablets facing the tank housing the delicate creatures, with eel enthusiasts asked to connect through iPhones or iPads via the FaceTime app. Once the video calls start, people are supposed to show their faces, wave and talk to the eels

nouncing that she will release a prequel that explores the characters' love story from the perspective of vampire Edward Cullen. Called 'Midnight Sun,' the new book will chronicle Cullen's past and the time he first meets Bella Swan, a human high school classmate, who later becomes his wife. Earlier installments have been told from Bella's point of view.

uthor Stephenie Meyer has

thrilled fans of her best-sell-

Ling 'Twilight' novels by an-

Meyer's original four 'Twilight' books sold more than 100 million copies. They were adapted into a blockbuster film series released by Lions Gate Entertainment Corp that starred Robert Pattinson and Kristen Stewart

**WORLD LEADERS PLEDGE BILLIONS FOR VIRUS VACCINE RESEARCH** 

orld leaders, organisations and banks have pledged \$8 billion for research to find a vaccine against the new coronavirus, but warned that it is just the start of an effort that must be sustained over time to beat the disease. The funds, pledged at a video-conference, was held in response to the World Health Organisation's call for global collaboration to contain and defeat COVID-19. Notably absent from the event was US,

where more than 67,000 peo-

ple have died of coronavirus,

till date.



About 100 research groups are pursuing vaccines, with nearly a dozen in early stages of human trials or poised to start

India lightly anymore and come prepared before facing them.

> **SPORTS** Raj helped India reach final of the World Cup tournament on two occasions - 2005 and 2017 but the 'Women in Blue' suffered heartbreaks against Australia and **England respectively**

#### HIGH SCHOOL KIDS MAKING INSTA **YEARBOOKS IN US GETTING CREATIVE**



undreds of students in the US have created yearbook accounts on Instagram to celebrate their classmates' achievements and share memories and inside jokes. The pages are assembled from student submissions sent to the account administrators by direct message-portraits, post-graduation plans, quotes. Classmates comment on each post as a kind of signature.Matt Beiger, 18, a senior at Dunwoody High School in Dunwoody, Georgia, created a yearbook account for his high school a couple weeks ago. So far, they've featured more than 130 students on the account about a third of their class

> Have you created something on these lines? Please share at timesnie175@gmail.com

#### **Headspace: Guided Meditation**

( Android, iPhone, iPad ) This app uses common meditation techniques such as body scans, becoming aware of environmental sounds, breath awareness, breath counting, and more to establish a serene, aware space for the mind to rest.

#### Stop, Breathe & Think: Meditation and **Mindfulness**

( iPhone, iPad )

Stop, Breathe & Think is a free mindfulness and meditation app that encourages you to develop positive habits.

#### **DreamyKid Meditation App Just For Kids**

(Android, iPhone, iPad) This app is an easy-to-use meditation tool that include kid-friendly guided visualisations, affirmations, and meditations. Kids can listen to selections for promoting relaxation, falling asleep more easily, among others.

As race to develop vaccine for the treatment of COVID-19 gains momentum, the Food and Drug Administration (FDA) has granted emergency use authorisation to use remdesivir to treat the new virus.

An antiviral drug, remdesivir was developed by pharmaceutical giant Gilead Sciences, to fight the Ebola virus that struck the world in 2013. It was shelved as it was found ineffective. However, despite its initial failures, Remdesivir was later shown to be effective against both SARS and MERS, and is now being tested in new clinical trials as a potential treatment against COVID-19.



It obstructs the stage of replication, when the virus creates copies of itself in the body. In other words, the drug is able to inhibit the virus and prevent its further spread in human cells

According to experts, once the virus enters the human cell, it releases its genetic material, which in turn is copied using the body's existing mechanism- various human proteins, virus proteins, and their interactions come into play at every stage of infection.

### **CELEB TALK** It is important to focus on learning new skills during lockdown: Paes



ndian tennis great Leander Paes has stressed on the need to focus on learning new skills during the coronavirus-forced lockdown to keep oneself mentally and physically fit. Speaking at an Education Webinar for coaches, jointly organised by the All India Tennis Association (AITA) and the Sports Authority of India (SAI), Paes spoke on various topics including his junior days, transition to men's circuit, and the role mental fitness plays in tennis, among others.

The Webinar will also have a session of 'Coaching Young Children and Young People' by Kawaljeet Singh. Miguel Crespo from the International Tennis Federation will join as the guest speaker.

# 02

"Every flower is a soul blossoming in nature." GÉRARD DE NERVAL, FRENCH WRITER AND POET

# ACTIVITY

Rock the **TEST** 

**GEOGRAPHY** 

Theme: Africa

Want to boost your general

exciting test. Rest assured, it will really test you!

• Which of the following

knowledge? Take this

nity of Africa?

A: Zulu

B: Maasai

D: Lepcha

c: San Bushmen

## HAVE A VIDEO TO SHARE? SEND IT TO US

LEARN WITH OUR COVID-19 WARRIORS: Aditya of PP2, Kalpa School, Hyderabad, has a word of advice on how to keep oneself protected from the coronavirus. Lakshmi Prananthi of class XII, Delhi Public School, Nacharam, Hyderabad, speaks about the steps taken by her school to reach out to students amidst the pandemic outbreak. Go to www.toistudent.com to watch the videos.

Have a video on how to deal with this current lockdown? Send us 1) Clear videos 2) Of 2minute duration 3) With details (name, class and school) 4) At timesnie175@gmail.com

nours, to cover a dis- tance of 900 km one way. It completes one round trip at 1300 hours. Find the average speed of the train.	60 kphJeff borrows ₹ 7000 from Bob and plans turn this money 3 years at an inter- ate of 13% per m. How much money d Bob receive at the of 3 years?3 Manoj travels 3 km forward, turns left, and proceeds 4 km to reach school. What is his total displacement?A. 5 km, B. 7 km C. None of the above, D. 25km	wy ⊆ (۲) : 3: (۲) ⊇ 2 4 (4) : 4 (4) : 2 5 (4) : 2 4 3 (4) 3 (4) (4) 3 (4) 3 (4) 3 (4) 3 (4) 3 (4) 3 (4) 3 (4) 3 (4) 3	B: Equator C: Tropic of Capricorn	A: Zaire River B: Nile River C: Senegal D: Zambezi Q 3. Which is A: Congo River B: Orange River C: Zambezi River D: Nile River	frica?	Q. deserts is the largest   hot desert and the third largest   desert in the world after   Antarctica and the Arctic?   A: Sahara Desert   B: Kalahari Desert   C: Karoo Desert   D: Namib Desert   Q. 6. Tugela Falls, the sec-   0. ond highest waterfall   in the world, lies in which   African country?   A: Algeria B: S Africa   C: Sudan D: Tunisia
<section-header><section-header><section-header><text><text><text><text><text></text></text></text></text></text></section-header></section-header></section-header>	be overclocked?camera?A. X, B. U, C. H, D. HOA. iPhone XQ.2) Which of these processorsC. iPhone Xare made by apple?Q.6) WhitA. i7, B. 3750, C. Pentium, D. A12storage?Q.3) Which of these processors areA. SSD, B.server processors?Q.7) WhitA. Intel i9, B. Intel XEON, C. Intel Celeron,ram?	Xr, B. iPhone X 8 Plus D. iPhone Xs ich is the fastest type of HDD, C. SSHD, D. EMMC ch is the newest type of 8. DDR4, C. DDR5, D. DDR6 S	Defenestrate (verb): to throw (something or someone) forcefully through a window.Import expe of the The through a window.Synonyms: eject, expel.Import esca ed h simeExamples: estrated after he refused to give him aImport sime	n a hasty bid to ape, he <b>defenestrat-</b> nimself and ran. <b>iddharth Arun, class IX,</b> <b>Iver Oaks International,</b> <b>bool, Sarjapur, Bengaluru</b>	WUZZLES 1. RH PAS	S BY WOOD TOM 3 S BY WOOD TOM 3 S BY WOOD TOM 3 C ACE 17 DEUCE 17 DEUCE 17 TREY 3 SS 3 SS 3 C THE Weekly "Brain Breaker" RYE RYE

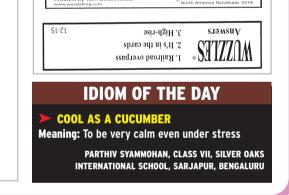
**FUN-ZONE** 



On his first trip to civilization, Jerry Giraffe claims he was attacked. Jerry says he was crossing a black trail when a creature with bright, shining eyes quickly approached. It let out a loud cry and then slammed into him with its hard skin. Before Jerry passed out, he noticed part of the creature was transparent, and other animals it had swallowed could be seen inside. What expla-nation does Slylock Fox have for the giraffe's experience?

Solution -- Jerry was hit by a car.





### **DOS AND DON'TS FOR PARENTS**

Due to Covid-19, the entire country is facing a challenging situation. As a counsellor, I am sharing some useful guidelines to be followed by parents for the benefit of their wards during this lockdown period.

S.F. AND COMIC KIDS

As parents you need to explain to your children about this virus and the steps to be taken to stay safe. Ensure they don't develop any panic or fear.

Try to spend quality time with the children by playing indoor games, watching good movies, or read stories to them. Keep them busy with yoga or exercise. You can join them to make it more funfilled.

Start some healthy discussion involving everyone in the family, keeping the topic interesting. Let the child decide the topic to make them feel involved.

Parents can share their own childhood stories, memories and experiences and can include even pranks they used to do. This will add some happy moments.

Encourage heart to heart talks with the adolescent child this will increase the bonding and attachment.

Children will be restless and cranky - parents have to be patient and avoid getting upset with them. Parents should learn to adjust with this adverse

situation

Encourage children to help the family members with the household chores and give care and company to their grandparents.

Praise their sense of responsibility and achievements even if it is a small one.

Guide the children regularly with their studies and help them overcome their fear for any particular subject by making it easier for them to grasp.

Help them develop a hobby. This is the time for them to explore themselves. Always praise their cocurriculum activities like paintings, crafts, cooking etc. It is a good stress buster, encourage it.

Make them follow a routine inculcate time management. Make them write more and emphasise on number skills

Peaceful, congenial and happy home atmosphere is suggested

Avoid any serious discussions or arguments in front of the children which might affect them emotionally. For children their parents are their role model so keep this in mind and live up to their expectations. Enjoy the togetherness for a happy tomorrow

STAY HOME STAY SAFE - Soumita Sinha, Psychologist cum

counsellor, Birla High School

# SCHOOL IS COOL Mother, Sweet **Mother of Mine**

Mothers are like a pool of refreshing Even now water in the scorching desert of life. They are the representatives of the Creator and they make life possible by their sheer presence. Embodiments of love and sacrifice, they are the reasons of our

existence. Unfortunately, I lost my mother nearly 20 years ago, but ever since I can remember, my mother was a strong individual. She raised me to be

emotionally, physically and spiritually like herself. My mother gave her all, and she reigned life in her own terms. Her indomitable spirit was infectious, and she, in her lifetime, had inspired many to live and survive in the midst of chaos like an absolute queen. She was the powerhouse of love and care who believed that every cloud has a silver lining. A brilliant school teacher, she was admired and respected for her simple way of living incorporated with intellectual thinking. Hard working, courageous, energetic, self-reliant, compassionate and independent - my mother was the true example of a self-made woman who survived and fought her way through all the odds, and emerged victorious in the race of life.

- Vijaya Chowdhury, Principal, BDMI



At 82

She shines on.... Though frail, emaciated and shrunk in size

Hats off to her courage to face life The way she does... To me that's my ma Serene, calm, stoical

The fragrance of her sari is embedded in my memory for times to come - Nupur Ghosh, Vice-Principal,

Mahadevi Birla World Academy

Maa....these three letters are not just letters to me, it's a montage of emotions. My mother has always been my source of inspiration and in-

spired me in all my good deeds. At times she used to be strict, but by heart was soft and kind. She has taught me to be very strong in every situation and to face it boldly. She had even sacrificed her job and

devoted her life for our well being. Her life lessons to remain honest, hardworking, be intolerant to any injustice, respecting elders, helping and caring for others has helped me to evolve not only as a strong and independent woman but

also a socially respectable person. every other day in the calendar I dedi-All that I am, I owe to my mother. It cate to the soul I love the most ... My mothis rightly said, "A mother's love is the er. catalyst that enables a person to achieve the impossible." Since you have gone to your heavenly abode your absence is felt in every breath, every moment and every day of my life. A part of me is lost and Mother, Mai or Madri - Whenever you I wonder if I will regain it. Though your utter these, unconditional love and in-

women they are today... absence is strongly felt, I believe that spiration follows. you reside within me and your blessings will always manoeuvre me to the right

- Nabnita Giri, Principal,

Mount Litera Zee School Howrah

course of my life. Love you Maa.

Motherhood signals so much happi-

ness that most women have been found

saying their happiest moment in life was

shares of being infused with a bundle of

varying emotions towards my mother

ranging from resentment to unparallel

Like any other child, I have had my

when their child came into the world.

The most beautiful bond we share is with our

of Mother's Day (May 10) Kolkata school

principals pen heartfelt notes to all their

mothers who inspired them to be the strong

mothers who gave birth to us. On the occasion

"Life is a challenge and you always have to fight for your dreams" is a saying from my mother which I always carry with me. Her strict discipline and self-re-



straint have rubbed off on me, making me the woman I am today. Whenever I have faced chaos, calm has been on her shoulders. I was an introvert for long. She started pushing me out of my comfort zone, making me realize the power to fulfil my dreams with my own hands. 'Never compromise on your honesty to seek false acceptance" she says. And till date, her teachings have never failed me.

As an outspoken animal rights activist, many adversities have tried to thwart her. But, they have never been able to even make a dent, let alone leave a stain on her efforts. Despite being above 65, she is the first to attend to an injured stray and feeds every single dog in our locality. Once I joked that the strays and her pet dog are more important to her than me. She promptly replied, "I am their mother too!"

Even now when a pandemic has broken our lives, her spirit is as strong as the bark of an oak tree. She buries herself in making masks with whatever she can lay her hands on. Her actions give me more hope for humanity.

As a child I admired her, as a teenager I rebelled and challenged her and now as my hair turns grey I bow in reverence to her for being the most important part of my life - my mother.

- Ambalika Chatterjee, Principal, St Xavier's Institution Ruiya





- Joyita Majumder, Principal,

Ruby Park Public School

uted to the best skills

on account of her rational parenting.

Today at the age of 81, I marvel at her

skills and energy level and only pray to

the Almighty to bestow on me some of

her unique qualities. Strangely, no mat-

ter how well we do in our lives, each of

us dwells in the shadow of a mother fig-

ure and I am no different. This day and