



# THE TIMES OF INDIA

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

**2 HOW TO USE ONLINE RESPONSIBLY: TAKE A PLEDGE**  
<https://toistudent.timesofindia.indiatimes.com/news/top-news/how-to-use-online-responsibly-take-a-pledge/51465.html>

**3 10 FITNESS LINGOS YOU SHOULD LEARN:**  
<https://toistudent.timesofindia.indiatimes.com/news/lifestyle/10-fitness-lingo-you-should-know/51489.html>

STUDENT EDITION

THURSDAY, MAY 7, 2020



WEB EDITION

## 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.

**SET THE SCENE:** Look out of your window. What do you see? Get a pen and paper, and describe the scene in a paragraph. Then give yourself a break. Next, go outside 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.

**GET LOGICAL:** Write 10 random numbers on paper. For one minute, read the list aloud—again 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 to recall memories and information. This also works for names and learning new skills.

**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.

## 5 BEST ANXIETY RELIEF APPS



### Positive Penguins HD (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.

### 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 includes kid-friendly guided visualisations, affirmations, and meditations. Kids can listen to selections for promoting relaxation, falling asleep more easily, among others.

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

The 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 International 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 fact-checkers 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

A 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 reacquire 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

## NEWS IN BRIEF

[CLICK HERE FOR MORE](#)

## SOON, 'TWILIGHT' PREQUEL BOOK. WRITTEN FROM VAMPIRE'S PERSPECTIVE

Author Stephenie Meyer has thrilled fans of her best-selling 'Twilight' novels by announcing 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.



### BOOKS

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

World 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 people 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

### FOR A CAUSE

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

India's women team ODI skipper Mithali Raj wants to add that elusive World cup trophy to her cabinet, before calling it quits. Raj has stated that constantly churning out good results against top sides has helped the team gain a solid reputation in recent times. According to her, teams don't take India lightly anymore and come prepared before facing them.



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

### SPORTS

## HIGH SCHOOL KIDS MAKING INSTA YEARBOOKS IN US



### GETTING CREATIVE

Hundreds 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](mailto:timesnie175@gmail.com)

**WHAT** 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.

**WHY** 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.

### EXPLAINED



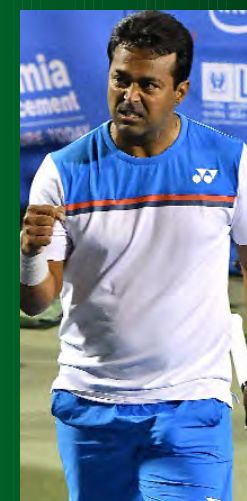
## REMDESIVIR

**HOW** 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



Indian 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.



