



THE TIMES OF INDIA

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THIS DAY: MAY 29

INTERNATIONAL DAY OF UNITED NATIONS PEACEKEEPERS: May 29 is observed as the International Day of United Nations Peacekeeping operations across the globe to pay tribute to all the men and women who have served and continue to serve in UN peacekeeping operations. It was first celebrated in 2003.

YOU KNOW

On May 29, 1953, Edmund Hillary and Tenzing Norgay reached the summit of Mount Everest, becoming first climbers to scale the highest peak in the world

WORD WATCH

LONGUEUR: Means a dull and tedious passage or section (as of a book, play, or musical composition). An early example of longueur used in an English text goes back to an 18th-century writer Horace Walpole, who wrote in a letter, "Boswell's book is gossiping; . . . but there are woeful longueurs, both about his hero and himself."

STUDENT EDITION

FRIDAY, MAY 29, 2020


WEB EDITION
Family Time

SHORT IS BEAUTIFUL

Check out these short films with your family online on YouTube

THE GATEKEEPER

Directed by Atanu Mukherjee (Hindi)

A manned railway crossing in the middle of nowhere, and its lone gatekeeper. The only moments of buzz in his life are the trains passing by, and the quantum of solace he finds in them. What if he tries breaking into that monotony with other ways? Comprising only two actors with no dialogues, this award-winning short film will make you value people that you otherwise take for granted

Photo: Representational image


AFTERGLOW

Directed by Kuashal Oza (Multilingual)

Through a non-melodramatic exploration of grief and death, this short film, quite nonchalantly, charts the events in the life of a Parsi woman, after the death of her sick husband. Perhaps it's the masterful way the filmmaker has captured every nuance that grows on you, but this film will remain in your mind for a long time

PAROKSH

Directed by Ganesh Shetty (Tulu)



Set in Mangalore, this short film by Ganesh Shetty tells a tale of a rural couple struggling with a noisy supernatural force that haunts their area every night. An epic thriller, the movie is gripping till the end.

COVID may create a 'LOCKDOWN GENERATION'



Photo: Getty Images

Economic fallout from COVID-19 is hitting young workers so hard that they risk becoming a "lockdown generation" scarred for life, the United Nations said. A study by the UN's International Labour Organisation pointed to the 'multiple shocks' young people now faced worldwide — losing work, education and training, income and the possibility of either finding or changing jobs. The impact is even worse for young women, many employed in fragile sectors, such as garment making and food services, it said, conjuring up the image of a generation stymied for life.

- More than one in six young people globally have stopped working since the new coronavirus hit, and those still in jobs have had their hours cut by nearly a quarter, it said
- About half of young students expect a delay in completing their studies; one in 10 expects not to finish at all
- In the long term, disrupted education and training could reduce opportunities and future earnings, and the collapse of businesses will mean fewer jobs on offer, the UN warned

India facing its worst recession in current fiscal: CRISIL

Photo: Getty Images

India's fourth recession since Independence, the first since liberalisation, and perhaps the worst till date, is here, CRISIL, the rating agency, said as it predicted the economy to shrink by 5 per cent in the current fiscal, courtesy coronavirus lockdown. "The first quarter (April to June 2020) will suffer a staggering 25 per cent contraction," it said in its assessment of India's GDP.

ECONOMY

In the past 69 years, India has seen a recession only thrice — in fiscals 1958, 1966 and 1980. The reason was the same each time — a monsoon shock that hit agriculture, then a sizeable part of the economy. CRISIL said the recession in the current fiscal (April 2020 to March 2021) is different as agriculture could soften the blow this time with a normal monsoon forecast

INDIAN ARMY MAJOR TO BE HONOURED WITH PRESTIGIOUS UN AWARD



An Indian Army officer and a woman peacekeeper, who has served with the UN Mission in South Sudan (UNMISS), and a Brazilian woman commander have been selected for the prestigious United Nations Military Gender Advocate of the Year Award (2019). UN chief Antonio Guterres described Major Suman Gawani and Brazilian Naval Officer Commander Carla Monteiro de Castro Araujo as "powerful role models."

This is the first time that the UN Military Gender Advocate award has gone to an Indian peacekeeper.

HONOUR

Created in 2016, the United Nations' Military Gender Advocate of the Year Award recognises the dedication and effort of an individual military peacekeeper in promoting the principles of UN Security Resolution, and working towards promoting gender equality in different parts of the world

FACEBOOK'S CATCHUP IS DIFFERENT FROM WHATSAPP

Social networking giant Facebook has launched another group calling app called CatchUp. The app, developed by Facebook's NPE Team (new product experimentation), is being tested in the US on iOS and Android operating systems. NPE apps are meant to be new product experiments, which means they are subject to change.


TECH BUZZ

- The app that allows its users to engage in group calling with up to eight members, tells its users when other users are available to talk
- It shows who all are available to talk on the basis of a user's contact list, and doesn't require anyone to have a Facebook account

NEWS IN BRIEF

CLICK HERE FOR MORE

HUMAN DESTRUCTION COULD WIPE OUT 50 BILLION YEARS OF EVOLUTION!


ENVIRONMENT

Yes, you heard it right. If a latest study is to go by, human activity is destroying more than 50 billion years of evolutionary history. According to a report published in 'Daily Mail', an ever-increasing human footprint with people encroaching on more of the planet, has led to the destruction of millions of species and their evolutionary heritage. The collective loss of evolutionary history from millions of different species led to the 50 billion years figure — almost four times longer than the age of the universe.

Researchers say many regions, home to the greatest amount of unique evolutionary history, are facing unprecedented human pressure. These include the Caribbean, the Western Ghats of India, and large parts of Southeast Asia. Using extinction risk data for around 25,000 species, the researchers also calculated the amount of evolutionary history — branches on the tree of life — currently threatened with extinction

FACTOID

50°C: The temperature recorded at Churu, Rajasthan, on Tuesday. This was the second-highest temperature recorded in the month of May in the last 10 years, according to IMD, Jaipur. The city had recorded 50.2 degrees Celsius on May 19, 2016, the meteorological department added

Locust attack: What does it mean for the economy


X-PLAINED
WHAT:

After Pakistan, India is battling the desert locusts in the states of Madhya Pradesh, Rajasthan and Uttar Pradesh. The locusts, which bred and matured in Iran and Pakistan's Balochistan, reached Rajasthan recently. It is expected to reach Delhi soon.

WHY:

Locust attacks in India usually last till November but this year the swarms stayed till February, which scientists believe was due to the climate crisis. Last year's extended monsoon, which began six weeks earlier in July in western India and lasted till November, produced natural vegetation for locusts to feed on and created ideal breeding conditions for them.

THE ECONOMIC IMPACT

Locusts can destroy standing crops and devastate livelihoods of people in the agricultural supply chain. Locust attacks could pose a threat to food security, the Food and Agricultural Organisation (FAO) has warned. In fact, according to the FAO, one square kilometre swarm of locusts, with about 40 million locusts, can eat as much food as 35,000 people in a day. The pests may also damage the nurseries of fruits and vegetables

WHAT ARE LOCUSTS

The desert locust is one of the 12 species of short-horned grasshoppers. Locust swarms can travel up to 130 km in a day, and each locust can consume about two grams of fresh vegetation that is equivalent to its own weight

A 'HOMECATION' this summer?

Thanks to the lockdown, homes have doubled up as schools, offices and fitness centres, if not more. With cancelled vacations and a deep desire to travel, 'homecations' might be the new way to unwind for the summers, feel experts. 'Homecation', a vacation at home that allows families to make memories by turning home gardens or backyard into a holiday destination, is becoming popular among the youngsters. So, get ready to have some homecation moments with your family and friends...

How to make it happening

For a fun homecation, take your elders' help, put up tents in your backyard, read adventure novels under a lantern-light, or add on a singing spree with your family. You could also make delicious sand-



wiches and summer coolers for a brunch picnic, play board games, and hear stories from your parents or grandparents. For a change, surprise your elders by recreating the atmosphere of a city or region you or your parents wish to go, or visit some cities virtually.

TIPS

- Turn off your phone. Let your friends know you are taking time off for your family, even if you are not leaving your home.

- Help your elders in knocking out any household chores, so they're not a distraction. It's hard to unwind, especially for your mom, if she is staring at a mountain of dirty laundry.
- Plan something special. Invite friends or family over via video call, relive your memories and enjoy your day with them.
- Take pictures. Like any other vacation, make sure to take lots of photos; post your pictures on social media, if you are into that or share your pictures with your near and dear ones.

'PHIR TERA TIME AAYEGA': Celebs unite for a lockdown song

Veteran singer Hariharan, along with various other artistes, have teamed up to release an anthem, 'Phir tera time aayega' to uplift the spirit of people in the time of the global COVID-19 pandemic.

The song features playback singers Roopkumar Rathod and Sunali Rathod, Mika Singh, Neeti Mohan and Ishaan Dutta, along with MasterChef Ranveer Brar, Sanjeev Kapoor, among many others. The song is written by Vinod Nair and composed by Hariharan, his son Akshay Hariharan and Immanuel Berlin. Led by Hariharan, the band call themselves, 'The SurViralists.'

With an interesting hip-hop rap section thrown in the middle, the song extols the gutsiness and resilience of the human race, all the while reaffirming faith in the never-say-die attitude

ENTERTAINMENT


WE ARE IN IT TOGETHER

Five ways parents & children can win in LOCKDOWN

With the novelty of home schooling wearing thin and the reality of not seeing school-mates hitting home, children across the country might be feeling more unsettled than enthusiastic. Parents are also under pressure, as the work emails, household chores and lesson plans mount up, taking the art of multi-tasking to a whole new level. That's why it's essential to have a coping strategy and Dr Dan O'Hare, an educational psychologist at the University of Bristol, has identified five key points to keep in mind.

Be stress-savvy

It's not just parents but also children who are likely to be feeling stressed in these tough times. Being able to spot the signs and symptoms is half the battle. "Firstly, adults need to be aware of their own stress responses and find ways to keep calm, whether through music, breathing exercises or other relaxation techniques. This will put you in a stronger place to recognise stress in children and find ways to support them," says Dr Dan O'Hare.

Signs of stress and anxiety are different for every child. It may manifest itself physically with headaches, loss of appetite, or wetting the bed. Some children may talk about their worries, while others might withdraw into themselves or appear more wilful. All of this is completely normal. The trick is to identify and help children recover. Look out for early signs.

Communication is key

Children turn to their parents for information and reassurance, especially when facing uncertainty, which makes having regular conversations vital. An advice for parents – it really is good to talk, even if you don't have answers to all their questions. It's important to explain that we just don't know at the moment and validate their emotions by saying you feel a bit scared too.

Plan together

Setting a routine and structure offers many benefits, especially if your child is involved. Having a plan and a predictable routine for the day can be very reassuring, as children, like adults, appreciate knowing what is going



to happen. Providing this source of security is particularly important during uncertain and unsettling circumstances.

Have fun together

If you're trying to replicate a full school timetable, go a little easier on yourself and your children. This simply isn't realistic or even desirable. Allowing yourself and your children to accept this can be a big weight lifted. It's absolutely fine not to be doing schoolwork for six hours a day and to avoid putting too much pressure on academic work. Building relationships, enjoying shared activities and reassuring children are equally important parts of the equation.

Think out of the box

Technology presents risks but also lots of opportunities to help children thrive in this challenging time. Parents can help children to manage and limit the amount of time they spend on screens (TV, smartphone, tablets) each day. Try to reach a sensible agreement while also recognising and exploring the great advantages of these technologies.

SOURCE: MEDICALPRESS.COM



READ TOGETHER

BACK TO NATURE

STORE WATER IN COPPER CONTAINER

Staying hydrated is the key to good health, especially in summer. But did you know that there are greater advantages of storing and drinking your water in a copper vessel? "For one, the novel coronavirus is believed to be least stable on copper surfaces, compared to plastic, glass and stainless steel," reveals nutritionist and author Neelanjana Singh. There are other health benefits, too, in this ancient way of storing water. Water kept in copper vessels keeps the body cool, even in warm summer months, and helps reduce the risk of getting sick due to heat and loo (heatwave induced by dry summer winds), according to health experts. So, ditch plastic for copper vessels in summer, and stay healthy.

– By Pallavi Shankar



SKIN HEALTH

GUARD AGAINST MASKNE

If you are experiencing acne breakouts on the chin, nose and cheeks due to repeated use of face masks, you are not the only one. Dermatologists say that friction of the mask against the skin, apart from heat, humidity and greater blockage of pores, are to blame. It might also cause rashes.



HOW TO TACKLE IT?

- Wash and disinfect your mask frequently or use a disposable one.
- Wash your face before and after wearing a mask.
- Remove the mask whenever it is safe or advisable.
- Don't overuse make-up products like foundation and lipstick before wearing a mask. Just clean your skin and keep it moisturised.
- Use a hydrating cream on your face and neck at night before going to bed, and use a bit extra on areas covered by mask. You will wake up to clean, soft and healthy skin in the morning.

EAT HEALTHY

BOOST IMMUNITY WITH AMLA

One food, which is cheap, easily available and can really help boost immunity, is amla. Amla, also called Indian gooseberry, owes this superfood status to its abundance in vitamin C that keeps cold and cough at bay. The Indian berry also has chromium that can help reduce bad cholesterol in the body and keep the heart healthy.

HOW TO INCLUDE IT IN YOUR DIET: Amla is easily available in the market and can be consumed in various ways. You can get packaged amla jam, *murabba* and pickles. But it's best to make something with amla at home as of now to avoid the risk of contamination in the current climate of Covid-19. Try this chutney recipe and enjoy the goodness and health benefits of this super berry.



CHUTNEY RECIPE: Chop 1 amla into small pieces and blend it with half-a-cup of chopped coriander and one fourth cup of chopped mint leaves. Add salt to taste. Refrigerate this chutney; you can use it for 3-4 days.

LEARN AND REVISE

VO C A B U L A R Y F O R S P E A K I N G

Yell/Shout/Scream/Shriek = Speak loudly

You might yell, shout, scream, or shriek if you are communicating with someone who is far away (usually yell/shout). He shouted at him to shut the gate.

Angry (usually yell, shout, or scream)

My boss yelled at me after I missed an important deadline.

Afraid or surprised (usually scream/shriek)

Amit shrieked when he spotted a cockroach in his bag.

In pain (usually scream/shriek)

Iyer screamed in pain when he accidentally closed the door on his finger.

Cheer = Yell/shout in a happy/excited way

Everyone cheered when Virat Kohli scored a fantastic century.

Whisper = Speak extremely quietly

He pulled her close, whispering softly in her ear.

Mumble = Say something indistinctly and quietly, making it difficult for others to hear.

My son mumbled an apology to my daughter after breaking her favourite toy.

Mutter/Murmur = Speak in a quiet voice

The difference between these two is that mutter is usually complaining and saying negative things, whereas murmur is neutral. A similar word to mutter is grumble, meaning to complain in a quiet, low-pitched voice.

Muttering to herself, she sat down on a chair. In our room we could hear the murmur of a distant brook (a small stream).

Whine = Complain in an annoying, high-pitched voice

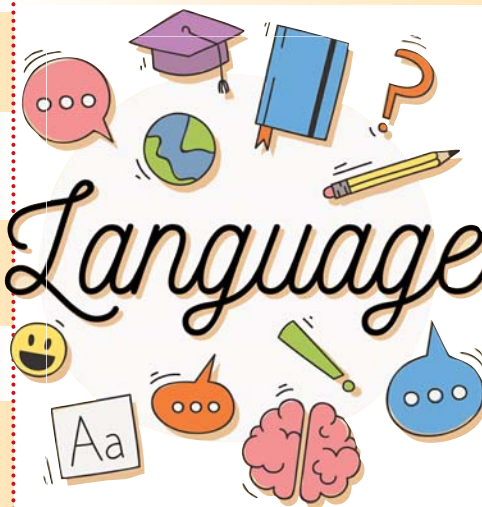
They come to me to whine about their troubles.

Ramble = Speak continuously for a long time with too many details or different topics

When the tour guide started to ramble about his home life, many of the passengers on the bus got very bored.

Chat = Have an informal conversation

Within minutes of being introduced they were chatting away like old friends.



Stutter/Stammer = Talk with continued involuntary repetition of sounds, especially initial consonants.

She stutters a little, so be patient, and let her finish what she's saying.

Gossip = Conversation or reports about other people's private lives that might be unkind, disapproving, or not true.

They spent the afternoon gossiping on the phone.

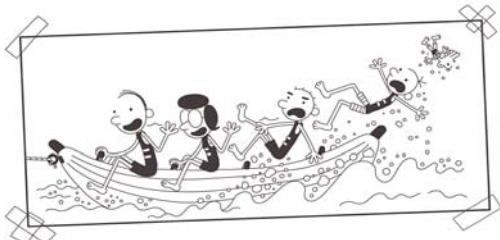
Snap at (Someone) = To speak or say something in an impatient, usually angry, voice.

Don't snap at me. What did I do?

FAVOURITE FAMILY PHOTO

Diary of a Wimpy Kid
THE GETAWAY

COLOUR IN THE HEFFLEY'S FAMILY HOLIDAY PHOTO



WHAT'S YOUR FAVOURITE FAMILY HOLIDAY PHOTO?

PASTE IT HERE!

SOME CREATIVE TAKEAWAYS

MAKE YOUR OWN MURDER MOST UNLADYLIKE BUNTING!



Instructions:

1. Cut along the dotted lines around the triangles
2. Get some string and attach the triangles along it at intervals (you can attach the bunting by carefully punching two holes in each triangle and threading through, or use mini wooden pegs)
3. String up the bunting across your store or window display.

FIND THE BOOKS

Puffin Wordsearch

Grab your Puffin pencil and circle all the books you can find!



puffin.co.uk