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STUDENT EDITION

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WEB EDITION

“We should present the traditional indoor games of India in a new and attractive avatar. We have to remember that our Indian sports are also local, and we have already pledged to be vocal for local —Narendra Modi, PM, on the need to promote traditional indoor games

FROM VIRTUAL TO REAL GAMES!



The rise in online gaming, coupled with the lockdown, courtesy the coronavirus pandemic has forced children to stay indoors. So, in order to encourage youngsters to go back to our traditional indoor games, PM Narendra Modi in his recent 'Maan ki Baat' urged local game makers and start-ups to rethink and repackage traditional Indian indoor games, and make them interesting for the youth. Here's why we need to revive our traditional indoor games...

Reduce the screen time

“It is imperative for us to innovate and provide options to unwind off-line, as children are glued to their mobile or laptop screen for multiple reasons, including shopping, playing games, surfing the net or chatting with friends, points out Padma Kumar, principal, SGVP, Ahmedabad. Moreover, “online games that children play today are addictive. They not only harm eyesight but also lead to obesity,” adds Sandeep Rathore, a physical education teacher.

TRADITIONAL INDOOR GAMES

THATTANGAL-EZHAKKAL: Played by two or more with seven stones, this game is about throwing one stone in the air and picking up the rest from the ground, and catching one in the air. The rule is that stones cannot be dropped.

PAGADAI: Played by 2-4 persons, the goal of the game is to bring all the six coins home before the opponent does. Cowries (dice) are used to move the six coins along the board; players can cut each other during the game.

AADU PULI AATTAM: Played by two people, in this game, one controls the tigers and the other the goats. The goats aim to prevent the tigers from moving into their territory.

LAKHOTI: In this game, the players are supposed to hit the selected target 'kancha', using their marble ball.

THE BIG Q: HOW CAN WE MAKE IT COMPETITIVE & RELEVANT

Game makers need to evolve and package the traditional games to compete with the virtual games, while still retaining their originality,” feels Avani Pandit, a class IX student of Apeejay School, Navi Mumbai. This can be done by fusing the traditional games with some of the modern ones, she adds. In fact, Mana Shah, a

class IX student of St Xaviers, Gandhinagar says, games like, “Snakes and Ladders can be made more relevant by adding learning skills to it.” Subjects on freedom struggle from our history books can be converted into a Snakes and Ladders game— a positive incident will take you up the ladder; a negative one will pull you down, she adds.

BENEFITS OF TRADITIONAL GAMES

► Improves hand-eye coordination and motor skills, develop sensory skills

► Helps in logical thinking, building strategy, concentration, basic mathematics and setting goals

► Environment-friendly, impart knowledge about our culture and history

► Suitable for all ages, so work as a bridge between generations
(Inputs by senior citizens V P Bharadwaj, Mansukhlal Parikh, and Sivan Rao)

COVID IS CLIMATE LESSON: GRETA

Teenage activist Greta Thunberg says the world needs to learn the lessons of the coronavirus crisis, and treat climate change with similar urgency. The Swedish campaigner, 17, said this would mean leaders acting “with necessary force”. Any “green recovery plan” will not solve the crisis. We have to act fast,” she added. Speaking on a Swedish radio show, Thunberg also dwelled on other

ACTIVIST SPEAKS

issues, such as racial equality, as championed by the Black Lives Matter movement. “People are starting to realise that we cannot keep looking away from these things. We cannot keep sweeping these injustices under the carpet,” she asserted.

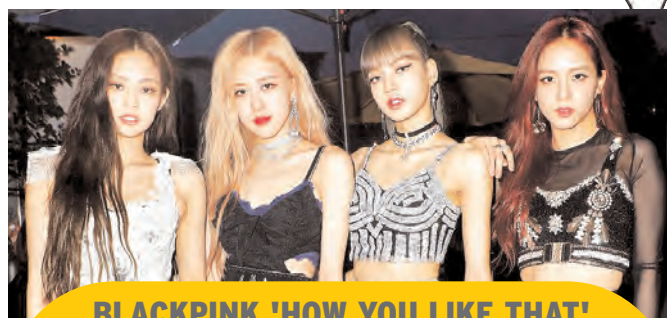
FACEBOOK TO CENSOR HATE SPEECH

In a major shift, Facebook has announced measures to address controversial comments on its site, including taking down posts that violate its hateful conduct policy. The social media giant will also “label” some less problematic speeches. The move came amid backlash from advertisers as well as its own staff over its failure to regulate provocative content on the platform. Coca-Cola, a major force in global advertising, was the latest to join brands that said they will cease buying advertising on Facebook.

TECH BUZZ

Facebook said it would expand its policies around hate speech and prohibit a wider category of hateful language. Even if a politician or a government official says it, if we determine that the content may lead to violence or deprive people of their right to vote, we will take it down,” Facebook CEO Mark Zuckerberg said.

NEWS IN BRIEF

[CLICK HERE FOR MORE](#)


BLACKPINK 'HOW YOU LIKE THAT' ROCKETS TO NEW YOUTUBE RECORD

South Korean girls group, Blackpink's newly-released, 'How You Like That' music video has blasted into the YouTube record books. The K-pop powerhouse group's new single had 82.4 million views in the first 24 hours

IN THE RECORD BOOK

of release on YouTube. It was the No 1 trending video on the platform as well. The view count topped the previous record-holders: BTS' 'Boy With Luv', featuring Halsey, which amassed 74.6 million views in the initial one-day period in April 2019.

► The 'How You Like That' video featuring Blackpink's Jisoo, Jennie, Rose and Lisa, is also on its way to become the fastest video in YouTube history to hit 100 million views, it had 94 million in the first 30 hours

► The 3-minute track, crafted for the group's global fanbase, combines lyrics in both Korean and English

FACTOID 2.5MN

People have downloaded the Chingari app at the time of going to print. Touted as the 'desi' choice to TikTok, it has been developed by Bengaluru-based developers, Biswatma Nayak and Siddharth Gautam. Interestingly, Chingari has become a household name in less than 15 days of its launch. The app, which also took to the top of the trending charts on the Google Play Store, is available in nine languages—Hindi, Bengali, Gujarati, Marathi, Kannada, Punjabi, Malayalam, Tamil and Telugu, other than English



MARGOT TO STAR IN FEMALE-CENTRIC VERSION OF 'PIRATES OF THE CARIBBEAN'

The 'Pirates of the Caribbean' are getting ready to set sail in a whole new direction, with Australian actress Margot Robbie geared up to star in a new version of one of Disney's biggest film franchises. Robbie, the star of 'Suicide Squad' will head a female-driven 'Pirates' movie, which is in the early stages of development, said sources.

It marks the latest bid by Hollywood to reimagine classic movies by casting women in the lead roles, including the 2016 reboot of 'Ghostbusters', starring Melissa McCarthy and 2018 comedy heist, 'Ocean's 8' that starred Sandra Bullock and Cate Blanchett

Based on a ride at the Disney's theme parks, the five 'Pirates of the Caribbean' movies, starring Johnny Depp as Jack Sparrow, have taken some \$4.5 billion at the global box office since 2003

INDIA BANS 59 CHINESE APPS OVER NATIONAL SECURITY CONCERNS

The Centre has banned nearly 59 Chinese apps, including TikTok, WeChat and UC Browser over national security concerns as India-China bilateral relations remain strained after the death of 20 Indian soldiers in the Galwan Valley clash with Chinese PLA troops in eastern Ladakh. The ministry of electronics and information Technology (MeitY) has issued a list of 59 Chinese apps that are now banned in the country.



SECURITY

The ministry received complaints from various sources, including several reports about misuse of some mobile apps available on Android and iOS platforms for stealing users' data in an unauthorised manner to servers, which have locations outside India

US varsities start rolling out plans for international students

Higher education in the US is in a state of flux, courtesy Covid-19. Most of the colleges are not sure what their campuses would look like when they reopen in August. According to Dhi-

EDUCATION

man Chattopadhyay, an asst professor at Shippensburg University of Pennsylvania, “Fall 2020” may be entirely online, or at best, hybrid”. This uncertainty is problematic for 1.1 mn intl students, including 250,000-plus Indians, currently enrolled in US varsities, he adds.

HOW UNIVERSITIES ARE GEARING UP

► Chattopadhyay says most of the highly-ranked universities (where Indian students usually land up) are going all out to ensure that their international students feel welcome and safe. ► The Ivy League giants, such as Harvard and public universities, like the Universities of Kentucky, Texas, Pennsylvania and the New York (SUNY) System, are providing housing, meals and other help to the students stuck on campus. ► The University of



California System, University of Pennsylvania, etc, have said that international students will be allowed to take all courses remotely for Fall 2020.

Diet tips for kids taking online classes

Celebrity nutritionist Rujuta Diwekar recently shared a list of food that should be given to kids and teens schooling from home. Here are some of them...

SEASONAL FRUITS FOR NOURISHING BODY: Have a banana, mango and other seasonal fruits everyday. You can also have fruits in the form of fruit shakes, such as mango milkshake, fruit smoothie,

etc. Fruit is a great filler to be enjoyed during class breaks.

RICE-DAL FOR LUNCH: Eat rice and dal with veggies for lunch or combos, such as rajma-rice, chole-rice, kadhi-chawal, and so on. Legumes are loaded with protein and are great for growing up kids to meet the nutritional demands of their body and mind.

VITAMIN B12 PUNCH WITH CURD AND RAISINS: Eating home-made curd with black raisins as a snack at any time of the day is a great idea. This combination is rich in Vitamin B12 and is also a great source of iron.

ROTI SABZI FOR DINNER: Dinner can consist of roti-sabzi, paratha and stir-fried seasonal veggies, jowar and veggies with dal, and so on. Wholesome meals are good for everyone, but more so for children as they are working hard completing their home work and juggling online classes that stresses their brain. It is also advisable to have early dinner - by 7 to 7.30 pm.

HALDI-DOODH FOR SOUND SLEEP: It is ideal for children to have a cup of haldi-doodh or gulkand milk before bedtime. Don't opt for a packet of chips or fizzy drinks, if you feel hungry.



Contest Alert!

Win, Win, Win!

5 STUDENTS GET COPIES
OF THE BOOKWHAT YOU
COULD DO**Draw your monster.** It could be a really spooky creature, an alien or just an idea that is disturbing you.WHAT YOU
GET**5 winners** will get a copy of this book delivered to their doorstep! And 15 drawings will be displayed here!

HOW

Send us your drawing/sketch at timesnie175@gmail.com along with your address. Subject: Karma Contest

ABOUT THE STORY: KARMA MEETS A ZOMBIE BY EVAN PURCELL

KARMA TANDIN IS A MONSTER HUNTER: All his life, Karma has defended his village from monsters and creatures and forces of darkness. He's not the bravest or the smartest kid, but he always tries to do what's right. When one of his classmates shows up to school as a zombie, Karma knows that he must stop him. After all, no one else can. But is this zombie really bad? Is he dangerous, or is he just under the thrall of some horrible spell? Karma and his friends must work together to solve this mystery, discover the magical secrets of their town, and hope they find the answers before they too become victims of the undead.

Prize courtesy: PENGUIN RANDOM HOUSE INDIA

MENTAL HEALTH

Three yoga practices to calm your mind



Pranayama

It refers to controlled breathing exercises like Kapalabhati, Anulom Vilom, Bhastrika, etc. Pranayama exercises help stimulate lungs and other organs, declutters mind, and induces calmness and restful sleep.

Surya Namaskar

From Ashtanga to Iyengar, there is not just one but many variations of surya namaskar. While surya namaskar is considered to be a great full body workout, it's also good for mental well-being as it eliminates negative thoughts.



Yoga is more than a fitness regimen. It is a philosophy and a way of life that is beneficial for mental health, too, and keeps conditions like depression, anxiety and other such problems at bay. Just be consistent with these practices and you will be able to beat negativity and stress

Hatha Yoga
Kriyas

This form of yoga involves many cleansing practices that leads to a clean body and mind. These



kriyas include Neti (cleansing of the nose), Dhauti (purification of the oesophagus and stomach), Trataka (concentrating on a candle/point). All of these practices lead to better focus and concentration and more productivity – physically and mentally.

TNN

(You can find online videos of these popular yoga practices)

FUN WITH MATHS

Credit: www.mathematicshed.com

ADD UP TILES

1	7	9	2	6	8
4	6	5	4	3	1
8	2	3	7	9	2
3	7	6	1	7	4
5	1	4	8	5	9
6	9	3	6	2	8

ADD UP TILES
All tiles are placed face down beside the board. Players take turns to choose a tile and cover two spaces on the board that add to the total on the tile. The tile can be laid vertically or horizontally. A tile card cannot be placed on top of another tile. When a player picks up a tile and can't find a place to lay the tile, the other player is the winner.

A game for 2 players

Add Up Tiles – Cut along the dotted lines.

8	4	10
11	14	5
10	6	14
17	11	9
7	12	9
3	10	10
10	15	6
16	11	7

RACING CARS
a game for 2+ players

Spread out the chosen cards face down outside the Game Board. Each player chooses a car and puts a marker on it. Decide who has the biggest number. The player with the biggest number moves their marker to the next space. Return the cards and mix them up. Repeat until one player reaches the FINISH.

Choose the set of cards for the skill that you want the children to practice.

26	81	30	64
56	47	72	17
33	91	27	55
63	71	97	38
84	49	13	77
21	68	41	52

Making Maths Fun: In this series, we will be sharing fun facts, puzzles and games that will help you practise your Maths! **HERE ARE A FEW GAMES TO GET YOU STARTED.**

A Fun Maths Fact: Dice can be used in so many different ways when it comes to math. Whether you're practicing multiplication facts or fractions, try creating your own math problems with the roll of the dice. You can create fractions, simple multiplication problems or even word problems using dice. This can also be a fun way to put together a homework assignment...

LET'S TALK

5 Animated Versions of Popular Movies That You Could Watch...

Animated movies have been becoming more and more realistic. From storyline to character personality, they provide us with things both kids and adults can relate to. An average animated movie has more screenwriters than a live-action film. However, there are some animation series that have been inspired by popular films. Here are few of the animation spin-offs.

Indian animated shows such as 'Golmaal Junior', 'Fukrey Boyz', 'Kid Krishi' and 'Little Singham' are a huge hit. Can you give us three reasons why animation is so popular.



Goodzilla!

'Godzilla' the series was a sequel to the 1998 Godzilla film, focusing on the last surviving member of the OG G's offspring, and was accepted by Godzilla fans with more warmth than the movie. The makers had to take their inspirations from previous TOHO films, which worked in its favour.

Adventure all right
'Bill and Ted's Excellent Adventure' series based on the movie of the same name, was a hit from the very start! Why? Keanu Reeves, Alex Winter, Bernie Casey, and George Carlin each lent their vocal talents to the show.

Law and behold
'Police Academy', the movie about bumbling law enforcement cadets was popular enough to spawn off 7 sequels, a live-action TV show, and this animated series called 'Police Academy the Cartoon Series'. Must watch.

Busted!
Despite a few barriers, the 'Real Ghostbusters' series in 1988 was a success, with animation lending itself incredibly well to the universe. It ran for seven seasons and even had a sequel/spin-off series with 'Extreme Ghostbusters'.

Krrish to the rescue...

The animated 'Krrish' franchise are fun films that are guaranteed to be a visual treat. The animated version begins with the childhood adventures of Krishna, who discovers that he can help people save the world.



List your favourite animated version of a film. Write to us at timesnie175@gmail.com

Grammar mistakes it is okay to make

1. 'SINCE' OR 'BECAUSE'

'Since' no more only refers to time; it is also used to indicate a cause, just the way 'because' is used. So, use it if that's the word you prefer. Another way to keep things clear is by putting a comma before you introduce your cause that starts with a 'since'. Take, for example, "I could not attend your wedding reception, since I had to go to my brother's anniversary celebration."

2. 'WHILE' OR 'ALTHOUGH'

Though these two words mean different things, they are being used interchangeably. Let's take example for both cases, when you cannot swap the two and when you can. Take, for example, "While I was always good at badminton, my brother wasn't." In this case, 'while' can easily be

replaced with an 'although' to become, "Although I was always good at badminton, my brother wasn't." Let's take another example, "While I was busy with my work, he entered through the door." In this case, if you use 'although' instead of 'while', it will change the meaning.

3. 'OVER' OR 'MORE THAN'

Historically, the usage of 'over' has been meant to indicate distance. However, recently, 'over' has come to be used to indicate numerical comparisons as well, just the way 'more than' is used. Take, for example, "I waited for over three hours for her to finish her work."

4. 'LIKE' OR 'AS'

Today, many are replacing 'like' with 'as'. Take, for example, "I did like you said." It can be easily written as, "I did as you said." Though traditional usage may

advice against it, it is being done today and is acceptable.

5. ENDING A SENTENCE WITH PREPOSITIONS

Prepositions mean 'to place before'. So, experts argue that words like 'off', 'on', and 'with' cannot be placed at the end of a sentence. However, grammarian Charles Allen Lloyd has called it a "groundless notion" which is not supported by textbooks. Take, for example, "Who are you going with?" It still makes as much sense as, "With whom are you going?"

Quiz time
MIXED BAG

Q.1) Which temples are well known for their Nagara style of symbolism and erotic figures and sculptures?

A. Aksardham B. Khajuraho C. Hampi D. Ajanta

Q.2) Which railway station was built by

1. B) Khajuraho 2. B) Chhatrapati Shivaji Terminus 3. C) Maharashtra 4. C) Pattadakal

Frederick William Stevens with inspiration from Victorian Italianate Gothic Revival architecture and traditional Mughal buildings?

A. Mountain Railways of India B. Chhatrapati Shivaji Terminus C. Delhi railway station D. None

ANSWERS

Q.3) Where are the Elephanta Caves situated in India?

A. West Bengal B. Sikkim C. Maharashtra D. Madhya Pradesh

Q.4) Which heritage site is famous for its Chalukya style of architecture?

A. Buland Darwaza B. Rani Ki Vav C. Pattadakal D. Sun Temple



CHEMISTRY

KNOWLEDGE BANK

PETN

Pentaerythritol tetranitrate (PETN), also known as PENT, PENTA, TEN, corpent, or penthrite is an explosive material. It is the

nitrate ester of pentaerythritol and is structurally very similar to nitroglycerin. Penta refers to the five carbon atoms of the neopentane skeleton. PETN is a powerful explosive material with a relative effectiveness factor of 1.66. When mixed with a plasticiser, it forms a plastic explosive. It is also used as a vasodilator drug to treat certain heart conditions.

