



THE TIMES OF INDIA

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1 DON'T MISS OUT: Online v/s classroom teaching which is better? Click here: <https://toistudent.timesofindia.indiatimes.com/news/top-news/online-vs-classroom-teaching-which-is-better/50786.html>. Don't forget to leave your comments

2 HOW TO INTERACT WITH EXTROVERTS
<https://toistudent.timesofindia.indiatimes.com/news/how-to/interact-with-extroverts/50731.html>

3 TUNE IN: Bonding over radio: Novelist Ruskin Bond narrates his short stories on AIR. The broadcast is available on Prasar Bharati's mobile app NewsOnAir at 7.10 am and 10.10 pm daily till May 15

STUDENT EDITION
MONDAY, MAY 4, 2020
WEB EDITION

Make physical activity part of your routine during lockdown

Yes, you heard it right. Don't compromise on your physical activity, even if you are unable to step out during these lockdown period. Infact, according to experts, it's important that people make whatever use of their environment they can and take the opportunities to keep the physical activity going. So, follow these recommendations to stay fit and healthy...



1 Take up a **health activity** along with your family. Encourage your parents and siblings to join you in yoga, dance, meditation, etc. It will keep

you agile and fresh.

2 Avoid continuous **screen time**. Break up extended sedentary periods every 30 to 60 minutes.

3 Keep your **bedtime and rising time** consistent.

4 Avoid using your **cell phone** before going to bed.

Q • What is your fitness regime? Share your workout routine along with your videos at timesnie175@gmail.com



Thunberg donates \$100,000 to support children

Swedish climate activist Greta Thunberg has donated a \$100,000 prize she won from a Danish foundation to the United Nations Children's Fund (UNICEF) for use against the Covid-19 pandemic, the world body said. "Like the climate crisis, the coronavirus pandemic is a child rights crisis," Thunberg, 17, was quoted as saying in the UNICEF statement. "It will affect all children, now and in the long term, but vulnerable groups will be impacted the most," she said adding "I'm asking everyone to step up and join me in support of UNICEF's vital work to save children's lives, to protect health and continue education."

Meanwhile, actor Priyanka Chopra has also joined hands with Greta and UNICEF for a campaign for kids' cause

SPOTLIGHT

Indians should work for 60 hrs a week for 2-3 yrs to fast-track economy: Murthy

Infosys co-founder Narayana Murthy has said that Indians should take a pledge to work for 60 hours a week for the next 2-3 years "so that we can fast-track the economy". He also urged the government to take steps to streamline the process. "The government should appoint a committee of well-respected and accomplished people to advise them on how to remove hassles for these businesses, like during economic reforms of 1991," he added.



WHAT TO DO?



BEGINNERS CODING

The following online coding courses can be ideal for beginners looking to pick up a new skill set, and even pros looking to add a new language.

WEB DEVELOPER BOOTCAMP, UDEMY: The web developer bootcamp course at Udemy is possibly one of the most comprehensive coding courses that you will find online, and on top of that, is available right now at a nominal fee. Through this course, even if you are a complete novice, you will learn how to code in HTML, CSS, Javascript and more. Some of the course's highlights include letting you build your own blog application, a browser-based game, animated apps, responsive webpages and more.

PYTHON FOR EVERYBODY, COURSERA: With Python being a core entity of data analytics, this free to access Coursera programme is actually one of the very best around. The course takes a novice user through the basics of Python semantics, as well as techniques such as database management, web scraping, data structuring and more.

LEARN FROM CELEBS

Geography classes by David Attenborough on BBC He will be hosting lessons on our planet's oceans, mapping the world, and why animals look the way they do

Spanish from Sergio Aguero Sergio Aguero, Manchester City's star striker turns his attention to numbers as he sets about getting kids across the country counting in Spanish on BBC

Force, the solar system etc by Prof Brian Cox Physicist Brian Cox will bring science lessons to life as he covers topics including the solar system, force and gravity.

FACEBOOK LAUNCHES MESSENGER KIDS IN 70 NATIONS, INCLUDING INDIA

Facebook has rolled out Messenger Kids globally, including India, adding in new opt-in features for parents to help their kids connect with their friends.

➤ Messenger Kids is a video chat and messaging app that helps kids connect

with friends and family in a parent-controlled space. Messenger Kids was first launched in the USA in 2017. ➤ Messenger Kids is compliant with the Children's Online Privacy and Protection Act (COPPA)

TECH BUZZ

MICROSOFT WORD CONSIDERS TWO SPACES IN SENTENCES AS ERROR

Microsoft Word has started flagging two spaces after a full stop as an error, settling the great space debate once and for all. First

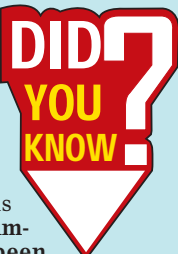
The debate goes back to the typewriter days when characters like "!" used to get the same space. It necessitated the rise of two spaces, after a full stop to make the differences prominent

WORDSWORTH

spotted by the University of Denver law prof Alan Chen, the change is being rolled out gradually across Microsoft Word.

YOUTUBE'S FIRST VIDEO WAS UPLOADED 15 YEARS AGO!

On April 23, 2005, an 18 seconds-long video was uploaded to YouTube. The clip titled 'Me at the Zoo' was shared by the site's co-founder Jawad Karim. The video shows Karim standing in front of an elephant exhibit at the San Diego Zoo telling the camera that the animals have 'really long trunks.' Although simple and short, the video has been viewed more than 90 million times since making its debut 15 years ago.



NEWS IN BRIEF

CLICK HERE FOR MORE

FEEL GOOD

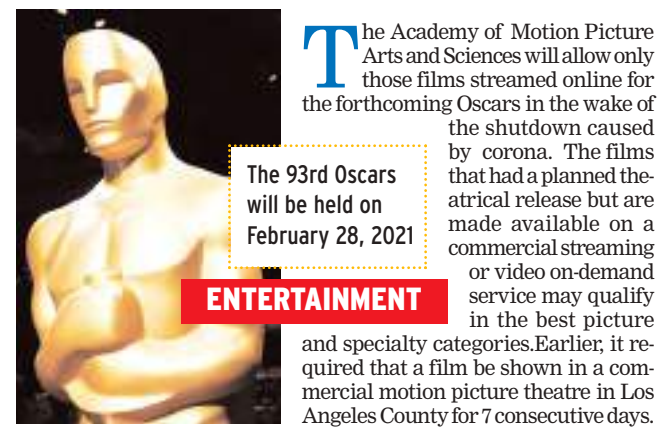


NASA TO NAME ITS FIRST MARS HELICOPTER AND CREDIT GOES TO A DESI GIRL

NASA's first Mars helicopter has a name now and the credit goes to 17-year-old Indian-origin girl Vaneesa Rupani. Rupani, a high school junior from Northport, Alabama, earned the honour of naming the helicopter after she submitted her essay into NASA's "Name the Rover" contest. Destined to become the first aircraft to attempt powered flight on another planet, NASA's Mars Helicopter officially named: **Ingenuity**, as suggested by Rupani.

NASA's Mars Rovers would be named 'Perseverance' based on a seventh-grader Alexander Mather's essay

COVID-19 EFFECT: ONLY STREAMED FILMS TO BE ELIGIBLE FOR OSCARS 2021



The Academy of Motion Picture Arts and Sciences will allow only those films streamed online for the forthcoming Oscars in the wake of the shutdown caused by corona. The films that had a planned theatrical release but are made available on a commercial streaming or video on-demand service may qualify in the best picture and specialty categories. Earlier, it required that a film be shown in a commercial motion picture theatre in Los Angeles County for 7 consecutive days.

The 93rd Oscars will be held on February 28, 2021

ENTERTAINMENT



SANIA MIRZA BECOMES 1ST INDIAN TO BE NOMINATED FOR FED CUP HEART AWARD

Indian tennis star Sania Mirza became the first Indian to be nominated for the Fed Cup Heart Award from the Asia/Oceania zone along with Indonesia's Priska Medelyn Nugrorho. Sania had recently made a comeback to Fed Cup after four years. The winners of the Heart Awards will be determined by online voting by fans which will go live on May 1 and will go on until May 8.

SPORTS

The Fed Cup Heart Award is an International Tennis Federation (ITF) initiative that rewards players for their commitment to the competition

FACTOID

\$2.5 MILLION

That's the price of one of the world's largest lunar meteorites, that will go for sale at Christie's soon. The moon rock, weighing over 13.5 kg, was probably struck off the surface of the moon by a collision with an asteroid or comet, fell on Earth and was found two years ago in the Sahara Desert.

Known as NWA 12691, it is thought to be the fifth largest piece of the Moon ever found on Earth. Approximately 30 different meteorites were collected by the researchers



MANNER WISE

Hello! NO TOUCHING



Social distancing in the times of coronavirus has forced people do away with the handshake greeting. Apart from namaste, three forms of contactless greetings are used in various parts of the world.

TIBET: A traditional greeting by the residents of the Himalayan plateau region involves sticking the tongue out. According to Tibetan folklore, a cruel ninth century king had a black tongue, so people stick out their tongues to show guests they are not like him.

ZAMBIA: The Kunda and Tumbuka ethnic groups use a traditional greeting that involves cupping their hands together and clapping a couple of times. They also say "mulibwanji (hello)" or "mwakabwanji (good morning)" along with it, depending on the time of the day. To convey more respect, they add a squat. The lower the squat, more the respect.

THAILAND: This form of greeting involves a Namaste with a bow of the head. If you want to convey more respect, then just bow deeper and place your hands higher. Chest level for usual greeting; face level for an elder or a superior. SOURCE: NG

MYTH BUSTER

'Holding your breath can help test for coronavirus'

MYTH: You will be Covid-19 free, if you are able to hold your breath for 10 seconds with no discomfort.

FACT: According to WHO, this is untrue and dangerous as well. Being able to hold your breath for 10 seconds or more without coughing doesn't mean you are free of coronavirus, or for that matter, any other lung disease.

Fears about the virus have prompted the spread of misinformation on how to know if you do have Covid-19. The most common symptoms of Covid-19 are dry continuous cough, tiredness and fever. The best way to confirm if you have the virus causing this disease is with a swab test.

Red, Orange and Green zone districts

X-PLAINED



WHAT

The government has updated the list of hotspots across the country, based on the cumulative cases reported and the doubling rate, after a secretary level meeting with the states.

HOW RED ZONES

These are areas reporting a large number of cases or high growth rates such as Mumbai and Pune, New Delhi or Indore in Madhya Pradesh.

ORANGE ZONES

Districts that do not have enough con-

firmed cases to meet the 'red zone', but are being seen as potential hotspots, are part of the 'orange zone'.

GREEN ZONES

A district will be considered under Green zone, if there are no confirmed cases so far or there is no reported case since last 21 days in the district. Therefore, a 'red zone' can potentially become a 'green zone' if no new cases are reported for 28 consecutive days.

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

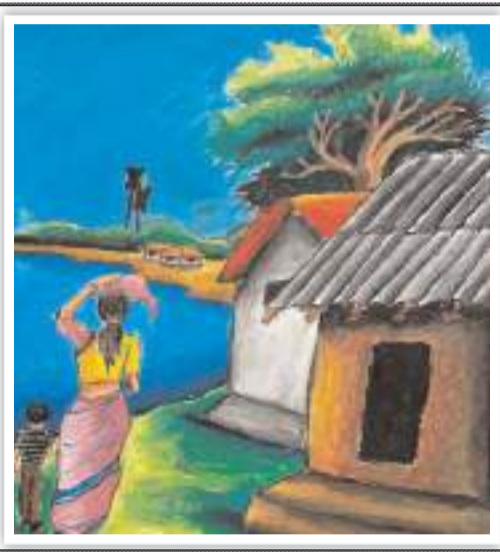
ACTIVITY

YOUR ART TEACHER SAYS...

WHY USE ART FOR SOCIAL SKILLS?

As an art teacher or a teacher who incorporates art into classes, I can tell you that children get a lot out of engaging with creative work. They can express their ideas and grow comfortable and confident with a wide variety of materials and modes of expression. Art can be therapeutic for many children, helping with stress relief and the management of difficult emotions. - Shweta Jha, art teacher, SNS

SOME PAINTINGS FROM OUR PAINTERS GALLERY



Aditri Sarangi, Class VI B, Mother's Public School Unit 1, Bhubaneswar



Saksham Saraswat, Class VIII, Vivek High School, Mohali

S V S Nikhita, Section V-C, PSBB Learning Leadership Academy, Bengaluru

NOW YOU CAN HELP MOWGLI



Activities by: <https://penguin.co.in>

FROM THE PRINCIPAL'S DESK

WHEN YOU CAN'T GO OUTSIDE, GO INSIDE!



'Inside Out' is an animated movie which is literally and metaphorically a roller coaster of emotions, making it an apt movie to be enjoyed during these trying times. Change is the only constant in life - that's what this crisis of COVID-19 has proved to the human race and reminded us that we are adaptable, resilient, creative and hopeful. In such tough times, it's important to be mindful and focus on our thoughts and build on what we can - relationships, skills, knowledge and the works.



The movie navigates us into the deep recesses of our mind, demonstrating how the emotions of joy, anger, sadness, have significant roles to play. Joyous and adventurous, it's a story of how feelings have feelings. This too shall pass my dearies! Hop on and explore your feelings while the world has hit the 'Pause' button.

Sonal Narang, Senior Vice-principal, Anand Niketan, Ahmedabad

BOOKS TO READ

Nitya.shukla@timesgroup.com

'The Colour of Magic' by Terry Pratchett

The first book in Pratchett's Discworld series introduces us to the land of Discworld. In this world, an inept wizard - Rincewind is helping a naive tourist - Twoflower BUT his luggage moves on hundreds of little legs.

once was called Sparrowhawk in his reckless youth.

'Artemis' by Andy Weir
Discover Artemis, the first and only lunar city that is home to eccentric billionaires and smugglers but resources are tight. The protagonist Jazz sees the chance to commit the perfect crime, with a reward too lucrative to turn down.



'The Hitchhiker's Guide to the Galaxy' by Douglas Adams

Arthur Dent, a human, is saved by Ford Prefect, a researcher for the revised Guide and an alien, just seconds before Earth is destroyed for a galactic freeway project.

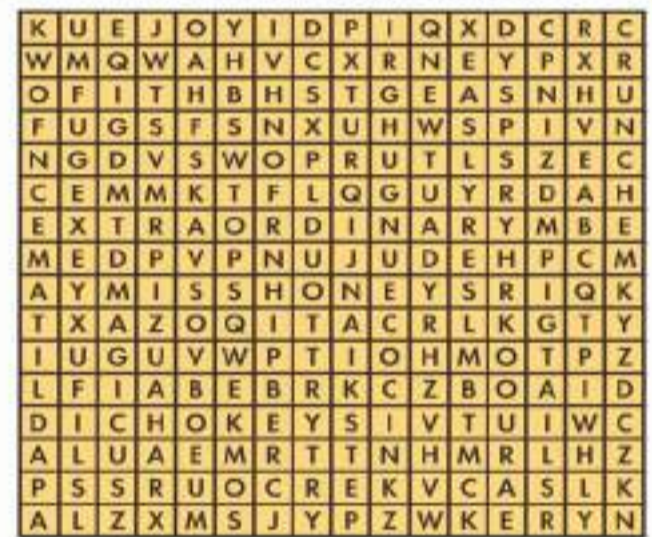
'A Wizard of Earthsea' by Ursula K Le Guin

The story of Ged, the greatest sorcerer in all of Earthsea, who was

PLAY WITH MATILDA

Matilda's Wonderful WORD QUIZ

MATILDA IS A WHIZZ WITH WORDS! Can you find all the words hidden in the word search below?



MATILDA CRUNCHM
HEWT MAGIC
MISS TRUNCHBULL
MISS HONEY
PICTAILS
EXTRAORDINARY

Activities by: <https://penguin.co.in>

LOCKDOWN DIY



1 PAPER-PLATE DREAM CATCHER: You will need yarn, paper plate, sharp pointed scissors, hole punch, pony beads and feathers. Cut out the centre of the paper plate. Use the punch to make holes around the inside rim. Measure out three feet of yarn and tie one end at a hole. Weave the yarn. On the last hole, pull the yarn through and then string a few pony beads.



2 PAINT YOUR OLD GLASS BOTTLES: You will need glass bottles, acrylic paints and brushes. Clean an old glass bottle thoroughly. Use acrylic paints in various themes, colours, styles, of artwork. Learn online regional art forms like Warli, Madhubani, Gond and replicate on glass.

3 MINDFULNESS MEDITATION: Lockdown can be taxing emotionally for kids and they might exhibit stress. Practicing mindfulness meditation can give them a jump start for accessing many benefits in the long run including developing positive traits.



FROM THE HOBBY CLASS

(PHOTOGRAPHY FOR AGES 5-10)

ACTIVITY IDEAS:

- **LEARN YOUR COLOURS** - Walk around the house or outside and look for things of a certain colour and photograph them.
- **STARTS WITH...** - find objects that start with a certain letter and photograph them.
- **YOUR NAME** - You could either find objects that start with the letters in your name. Alternatively, you can look for things that look like letters to make your name. It will be a very creative exercise.



(PHOTOGRAPHY FOR AGES 10+)

- **RULE OF THIRDS:** Basic compositional guide that has been used by artist and photographers alike for many years. Simply view your scene as if a tic-tac-toe board was over it. Place the subject on one of the intersecting lines.
- **LIMB CHOPS:** This is an important skill to know when



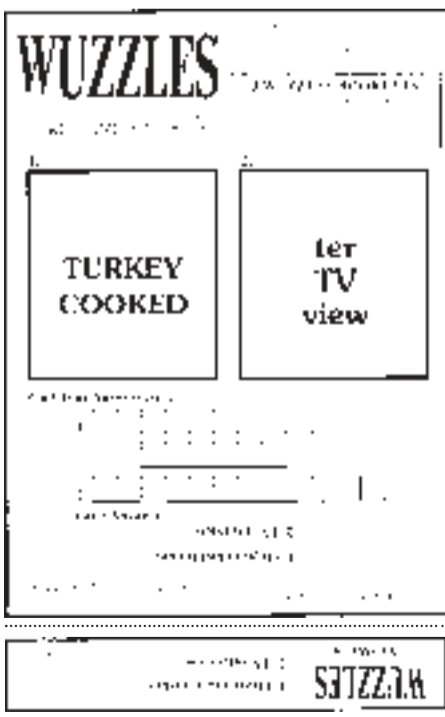
photographing people or animals. In short, don't crop your subject at all if the joint bends.

- **LEADING LINES:** This is a more advanced technique. Look for lines that will guide the viewers eye through the frame and lead them to the subject.
- **FILL THE FRAME:** If you have an interesting subject, don't be afraid to fill the entire frame with it.

■ **NEGATIVE SPACE:** Another powerful composition technique, this can create a dramatic look and really make the subject pop.

Class to be continued tomorrow.

WUZZLES



Quiz time

GENERAL KNOWLEDGE



Q.1) Grand Central Terminal, Park Avenue, New York City (NYC) is the world's ___.

- A. Largest railway station
- B. Highest railway station
- C. Longest railway station
- D. Busiest railway station

Q.2) Exposure to sunlight helps a person improve his health because ___.

- A. The infrared light kills bacteria in the body
- B. Resistance power increases
- C. Pigment cells in skin are stimulated to produce a healthy tan
- D. The ultraviolet rays convert skin oil into Vitamin D

Q.3) First Afghan War took place in ___.

- A. 1639
- B. 1839
- C. 1739
- D. 1869

Q.4) Federation Cup, World Cup, Allywyn International Trophy and Challenge Cup, are awarded to winners of ___.

- A. Cricket
- B. Volleyball
- C. Kho Kho
- D. Football

ANSWERS

- 1. A) Largest railway station
- 2. D) The ultraviolet rays convert skin oil into Vitamin D
- 3. B) 1839 4. B) Volleyball

FAMILY CIRCUS



"Wait a minute. 'Bone' doesn't rhyme with 'none.'"