

EDUCATION ALER

CBSE RESULTS BY JULY END: HRD min-

being made to declare the CBSE results by July-end

itself. Evaluation process has already begun for the

board exams and will continue to be held simultane-

ister Ramesh Pokhriyal has said that efforts are

ously with pending exams, he added.

SPACE

fter examining a dozen

types of suns and a

roster of planet sur-

faces, astronomers have de-

veloped a practical model—

an environmental colour 'de-

coder' — to tease out climate

clues for potentially-habitable

exoplanets in galaxies far

away. In their research, they

combine details of a planet's

surface colour, and the light

from its host star to calculate

a climate. For instance, a

rocky, black basalt planet ab-

sorbs light well and would be

very hot but add sand or clouds and the planet cools.

SCIENCE

PANDEMIC GROWTH: STUDY

SUMMER UNLIKELY TO CURB CORONAVIRUS

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WORD WATCH

• Means recent in origin, modern. It's been part of English since 1596. Its roots go back even further to ancient Greek. It is derived from the Latin word, neotericus, which also means recent.

The 1975: The 1975's, 22-track fourth studio album, is all set to come up in a strong form with a monologue from climate change activist Greta Thunberg. What follows is musicfrom raging rock to dreamy pop that proves why this British band continues to reach new heights with each album release.

react by loosening

their monetary poli-

cies- infusing more

money supply. This

is done by reducing

the interest rates.

DIFFERENCE BETWEEN

RECESSION AND

Depression is

defined as a severe

sion. Generally, when

an economy continues

to suffer recession for two

or more quarters, it is called as

depression. The level of

productivity in an economy

ENTERTAINMENT

falls significantly during a

depression.

and prolonged reces-

Increased spending by the

government and decreased

taxation are also considered as

good solutions for this problem

money into the

system, i.e, by

increasing the

TUNE IN

The Great

Depression

of 1929 is considered

to be the most clas-

sic example of a

nomic history

depression in eco-

WHAT IS A

RECESSION:

Recession is a

slowdown or a

massive contrac-

tion in economic

activities. A sig-

spending general-

ly leads to a recession

sion may last for some

quarters, thereby com-

pletely hampering

the growth of an

THE IMPACT: In a

recession, economic

indicators- GDP, cor-

porate profits, employ-

in the economic system

ments, etc - fall, creating a hole

HOW DO GOVERNMENTS HAN-

DLE RECESSION: To tackle the

menace, economies generally

economy

ITS TENURE: A slowdown in eco-

nomic activities during a reces-

nificant fall in

STUDENT EDITION

FRIDAY, MAY 22, 2020



WEB EDITION

irecommend

BILL GATES' 2020 SUMMER BOOK RECOM-MENDATIONS

'THE CHOICE' by Dr Edith Eva Eger

A deeplytouching and inspiring story of overcoming trauma and embracing life. In 1944, Eger (16) and her family were

CHOICE

sent to a death camp in Auschwitz, during the Second World War. While her parents were killed, Eger somehow survived unbelievable horrors, and post war she moved to the US, where she became a trauma therapist. "Eger's unique background gives her amazing insight, and many people will find comfort right now from her suggestions on how to handle difficult situations," Gates said.

'THE RIDE OF A LIFETIME'

by Robert Iger "This is one

of the best business books. I've read in several years," **Gates said** about former Walt Disney chief. In this

RIDE LIFETIME

book, Iger explains what it is like to be the CEO of a company, as large as Walt Disney, and shares the lessons he learnt in the process. "Whether you're looking for business insights or just an entertaining read, anyone would enjoy his stories about overseeing Disney during one of the most transformative times in its history," Gates writes.

GOOD ECONOMICS FOR HARD TIMES' by Abhijit V. Banerjee and Esther Duflo

Banerjee and Duflo's second book, 'Good **Economics for** Hard Times' was released in 2019, days after they won the

imes Nobel. The book focuses on the

Good

for

-coromics

policy debates, especially in wealthy countries; through their expertise in economics. "The book takes on inequality and political divisions by focusing on policy debates that are at the forefront in wealthy countries like the United States," Gates wrote.

Economic DISTRESS and social DISCONTENT will rise due to pandemic: WEF



conomic distress and social discontent will rise over the next 18 months unless there are efforts to manage the fallout of the Covid-19 pandemic, the World Economic Forum (WEF) has said. The report takes into account the views of nearly 350 senior risk-professionals, who were asked to look at the next 18 months, and rank their biggest concerns in terms of likelihood and impact for the world and for business

The fall out

The report took into account the near-term worries for the companies. They include, prolonged global recession, high unemployment, another outbreak of infectious disease and protectionism.

Need of the hour

The report also calls on leaders to act now against an avalanche of future systemic shocks, such as the climate crisis, geopolitical turbulence, rising inequality, strains on people's mental health, gaps in technology governance, and health systems under con-

IS THIS HOW X-MEN WILL JOIN MCU? he audience of the superhero fantasy movies has always wanted the 'Fantastic Four' and 'X-Men' to join hands and be presented as in the Marvel Cinematic Universe(MCU). If reports are to be believed, this wish of the fans might come true.

According to reports, MCU's 'Fantastic Four' and 'X-Men' will be primarily based on their Earth-1610 counterparts. John Krasinski and Giancarlo Esposito are in talks to portray the leading roles.

The buzz has it that Marvel is indeed moving forward with the multiverse strategy. It has been a component in its previous films, and will further be explored in 'Doctor Strange, in the Multiverse of Madness'. > As far as the casting of Krasinski goes, reports have been swirling that the actor is among the top choices for Reed Richards in the reboot of 'Fantastic Four'

DRIVE-IN CINEMAS ARE BACK



happy lot. They are now watching films from the comfort of their own car at a new drivecommodate up to 75 cars at a time. Tickets in cinema, created on the roof cost 180 dirhams (\$50) per vehicle, incluof Majid Al Futtaim's Mall,one sive of popcorn, snacks and beverages. However, children aged 3-12 and people over 60

TRENDING

role in the spread of other viruses and the flu, the study said a more important factor is the absence of a widespread immunity against COVID-19 > The spread of the virus seen in countries such as Brazil, Ecuador and Australia, thing, Kohli added. indicate that warmer conditions do little to halt the pandemic. Deepika Padukone curates

he higher summer tempera-

tures in the Northern Hemi-

sphere are unlikely to limit the

growth of the coronavirus, according to

a study. Though several statistical studies

have shown a correlation between cli-

mate and the coronavirus — the hotter

and more humid it is, the less likely the

virus is to spread, the findings re-

main preliminary, claims the study.

➤ While climate, particularly humidity, plays a

'WELLNESS GUIDE' Padukone says the past several weeks have not only been "exceptionally unusual", but also very difficult, with everyone facing the fear of uncertainty about the future. To share how she is nurturing her mental health amidst the pandemic, the actress has joined hands with Instagram for an initiative titled, 'Wellness Guide', as part of its global

MENTAL HEALTH

The 'Wellness Guide' keeps people inspired during these tough times, and is a new way to easily discover recommendations, tips and other content from your favourite creators, public figures, organisations and publishers on the social networking platform

month. "I am sure, we all agree ficult; uncertainty about the mental health, that the past several weeks future, loss of livelihoods, and and I hope you have not only been exception- the inability to be around fam- find them useful Mental Health Awareness ally unusual but also very difigure and loved ones, are just a too, she added.

few of the challenges facing us," Deepika said. Situations such as these often lead to or aggravate mental illness. I look forward to sharing with all of you some of the things I"ve been doing over the past several weeks to nurture my

Avoid banking scams on Whatsapp

With scammers on the rise, here are some tips to avoid banking scams

are still barred from such venues

BASICS: Don't share your PIN, bank-1 BASIUS: Don t share your anetin **OTP:** Do not share your one-time pass-

words on Whatsapp, no matter how small the amount might be. **NOWN NUMBERS** SAFETY TIPS

ONLY: Avoid unknown numbers. Do not download files from unknown sources; avoid interacting with sketchy looking numbers. It's better to block and report an unknown number.

4 DATA: Make sure you erase WhatsApp data from your mobile phone, if you're selling it. Ensure everything is erased, before handing it over to the third party.

PUBLIC: Avoid using WhatsApp on public wi-fi PUBLIC: Avoid using whatsapp on partial networks; use your mobile data—there's less chances of your phone getting misused.







KOHLI REVEALS CAREER-

ndian skipper Virat Kohli has revealed how a priceless advice from his father helped him in shaping up his career. During an ondian football captain Sunil Chhetri on Instagram, Kohli said, "my faher was very clear. He would say hat you have to study along with playing." Dad said, only when you can say, 'I am 200 per cent confident that I will be able o make a career out of this,' then only you can focus on that one

of the world's largest shopping malls. However, with social distancing mandatory in the UAE to curb the spread of corona, viewers will be limited to two persons per car at the open-air venue. The venue can ac-

Make a family tree together



 $_{
m I}$ elp children realise the importance of a family and make them learn to appreciate how special your family is, big or small, near or far, by creating a family tree together. Draw, paint, paste pictures and stick leaves. Get as creative as you can!

MEENAL ARORA, executive director, Shemrock Preschools & founder director, Shemford Group of Futuristic Schools

Learn a language, exercise together



y most favourite activities are: Exercise together - not only does it help you bond, stay strong and healthy, but also encourages you to compete against each other and push yourself to do more. Learn a language together - a parent and child can not only have fun learning a language together, but they can also push one another to continue with the class every day, in case one of them is not up to it. Me and my son have started learning Spanish!

ANUPAMA RAMACHANDRA, principal, DPS eCity, Bengaluru

Memory Matters



ighten the lockdown with this family activity that is mentally stimulating... One person secretly arranges ■15-20 small-sized objects on a tray. The articles could include a key, coin, stamp, button, etc. Cover the tray with a cloth and ask participants to gather around it. Remove the cloth for one minute, telling everyone to make a note of the things on display and ask them to write down items they remember.

SURYAKUMARI DENNISON, Teacher, Aavishkar Academy, Bengaluru

MOM & DAD PLEASE READ THIS!

Overexercise weakens your immunity

Immunity is the body's first and last line of defence and also your ticket back to normalcy in the present world. But do you know what it takes to build one?

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their homes for over a month now, there is a pressure building to stagger social distancing rules and eventually issue 'immunity passports'. Amid so much speculation and hypothesis, the only one word that gives hope is Immunity. Although doctors around over the world admit to still grappling with explaining the concept to most people. "There is no rocket science attached to a strong immunity. When we align the way we eat, sleep, think and move with nature, anything that is labelled as a disease or a condition tends to go away," says Luke Coutinho, Holistic Nutrition and Exercise Physiologist.

WHY IMMUNITY?

We are all endowed with three types of immunities. One is innate (or natural) – that we are born with. Yet we let our bodies weaken and fall prey to outside threats. Just as we plant more trees and clean our homes to disinfect our surroundings, we need timely vacuuming and re-

plenishing of our inner system become disrupted if it doesn't too. Immunity is everything have regular interactions with when it comes to prevention and healing, it is the body's first and

the natural world. This is why we should be focusing on boostlast line of defence. ing our immunity right now. It is your lifestyle that's either building a strong immune THINK DEEP, system or slowly or rapid-

SLEEP DEEP, **BREATHE DEEP** How did the world fall prey to one virus? Be-

cause we led a seden-

stress-driven life take

over our body's

defence mecha-

nism. Our im-

sun-deprived,

People are using fitness as a way to cope with the crisis. Great! But watch how much you exer-

ly destroying it.

RECOVER

WORK OUT AND

you take on the walking path **FOOD AS MEDICINE** or the treadmill actually boosts your white blood cells which Protein is a must. Research make you internally stronger. So, exercise is perfect for strengthening immunity. Yet don't go overboard. "Over-exercising reduces and weakens immunity. Training without 60 kg needs at least 40 gm the right nutrition and vitamin

levels in the body is dangerous found in eggs, mushroom and for immunity. Less is more

adds Coutinho. Keep your workouts short and powerful. Jumping exercises, walking, yoga, Pilates are fantastic immunity-boosting exercises, so are short runs and weight lifting. What's more? "Exercise is the best antioxidant supplement you'll get!" says Dr Anjali Hooda, clinical nutritionist.

shows that deficiency of highquality protein can result in depletion of immune cells, not letting the body make enough antibodies. "A person weighing

protein per day from nuts, pulses and veggies. Homemade dahi is the best bacteria and protein source and a great immunity food," says Dr Hooda. Get enough vitamin C (from citrus fruits) since it works as a great scavenger in the body, cleaning up all the mess. Vitamin D,

salmon and above all in sunwhen it comes to exercise," shine, is essential too.



Why should mom, dad and me do things together

tary,



illiam Shakespeare once said, "There's nothing either good or bad but thinking makes it so . . .

As the world is under lockdown, parents are home quarantined with their young ones. Some parents take this situation as a burden, whereas others enjoy this leisure time. The problem, however, nests in the abundance of energy the children have. There are a few activities to channelise their extra energy and vigour. These activities can be divided into three categories;

(i) Blithesome (ii) Creative and Inventive

(iii) Rehabilitative

The blithesome activities include Snake and Ladder, Jigsaw puzzle, Ludo, Carrom, Lego, Building Bricks, etc. which are the best

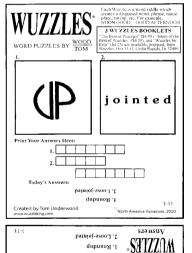
pastime for every age group. The artistic and creative activities engage children in "Learning while Playing". Spell-check, Letter writing to relatives, Calligraphy, Origami, etc. are some of the activities included in this category. **The** last category involves physical activities such as Yoga and exercises, rope skipping and helping the mother in household chores

MAM CHAND, school principal, Kendriya Vidyalaya, Indian Military Academy, Dehradun



Puffin Wordsearch

WUZZLES





Grow a herb garden with your parents



ne simple activity I can suggest to all children is to grow herbs and fruits. You can start with the humble spring onions, which are easy to grow and can eventually be kept in the kitchen itself - ready to be used in cooking.

Ask your mom to set aside tiny onions from among what you get at home for cooking. You can plant the tiny onions in little pots, sometimes even take-away containers. Keep these pots outside in sunny areas for the first 10 to 15 days. My pots are kept in the kitchen windowsill, where they get the morning sun. When the spring onions are big enough to be used for cooking, give the pots and leaves a good wash and let them sit in the kitchen.

SHYLINI SOANS, principal, New Age World School, Yelahanka, Bengaluru

Bird watching could be fun...

v mom and me have indulged in a unique activity, which gives us pleasure every single day. It is 'Bird watching' that keeps us happy. I get to see lot of birds like pigeons, mynas, crows and lot of colourful butterflies.



She also shows me newly blossomed flowers in the garden and we together water the plants every day. Why don't you do it too to utilise your free time?

M AKSHATH, UKG, National Model Senior Secondary, School, Coimbatore

Kite flying

he best bonding experience I had during the lockdown was figuring out how to fly a kite! Interesting thing is both Amma and me didn't know how to do it earlier. The process involved both of us craving some fresh air and I made a futile attempt at making a kite. It didn't fly, obviously. Several blogs and YouTube tutorials later, we finally figured out the aerody-



Secondary School, Coimbatore

Quiz for MOM and DAD

■ Which country was Herodotus referring to when he said: "There is no country that possesses so many wonders, nor any, that such a number of works that defy description"?

A) China B) Germany C) Egypt

Which leader was accused at the Rivonia Trial? A) Martin Luther King B) Subhas Chandra Bose C) Nelson Mandela

3 What was the pen name of William Sydney Porter? A) Mark Twain B) Oscar Wilde C) O' Henry

Who wrote the 'Srimad 4 Bhagavad Gita Rahasya' while he was jailed in Myanmar?

A) Bal Gangadhar Tilak B) Motilal Nehru C) Gopal Krishna Gokhale 5 The largest internal organ in the human body is?

A) Liver B) Heart C) Lung After whom is the chemical element with atomic number

102 named? A) Albert Einstein

B) Alfred Bernhard Nobel C) Isaac Newton



ANSWER: 1-Egypt, 2-Nelson Mandela, 3-0' Henry, 4-Bal Gangadhar Tilak, 5- Liver, 6-Alfred Bernhard Nobel