



THE TIMES OF INDIA

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EDUCATION ALERT

REMAINING CLASS X AND XII CBSE EXAMS TO BE HELD AT OVER 15,000 CENTRES: Union human resource development (HRD) minister Ramesh Pokhriyal has said the CBSE will hold the remaining class X and XII exams at over 15,000 centres across the country. The decision comes in a bid to maintain social distancing at schools during the exams to prevent the spread of coronavirus. Earlier, the board was slated to hold the exams at only 3,000 centres

INTO THE FUTURE

NASA ASTRONAUTS TO LAUNCH IN STYLE: SpaceX is slated to send two astronauts into space on Wednesday. This will mark the first attempt by a private company to send astronauts into orbit. NASA and SpaceX, on Friday, gave a 'go' for the Demo-2 mission. The crewmates—Douglas Hurley and Robert Behnken — took part in a dress rehearsal of pre-launch events. Stormy weather is likely to play spoilsport

WORD WATCH

INSTIGATE: Means to goad or urge forward; to provoke. Derived from the Latin verb, instigare, instigate stepped into English in the 16th century

STUDENT EDITION

WEDNESDAY, MAY 27, 2020



WEB EDITION

IRECOMMEND

PLACES TO SEE VIRTUALLY!



TRAVEL ALASKA: Travel Alaska's online portal, Travelalaskaonline, has recently launched its 'Alaska Will Wait For You' campaign, encouraging people to stay at home by opening up the wonders of Alaska via its website. Users have access to virtual vacations where you can live stream wildlife spots. You can also share a quiet moment with a brown bear of Katmai National Park.



BRYCE CANYON NATIONAL PARK: Bryce Canyon National Park in Utah may be closed, but you can still take a stargazing tour online through the Goggle Arts & Culture programme. It not only provides stunning visuals, but plenty of educational opportunities. The video is led by a tour guide, who answers your queries on many issues—from the origins of star constellations, to the geological structure of the park's famous stone pillars, and many others.

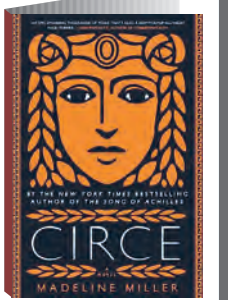


THE FLAM RAILWAY, NORWAY: You can experience one of the world's most famous railway journeys from the driver's point of view with a stunning 4k YouTube video. On their YouTube channel, the train slowly moves through incredibly mountain scenery, including raging waterfalls and enchanting woodlands.

IRECOMMEND

CIRCE by Madeline Miller

A spine-chilling fictional story that dates back to Greece, when Greek gods reigned supreme, is about Circe and her journey to become a powerful goddess, after being rejected by her father. While reading it, you may feel yourself transported back to the magical Greek era. SHUBHANGI SHARMA, class VIII, Ryan International School, New Delhi



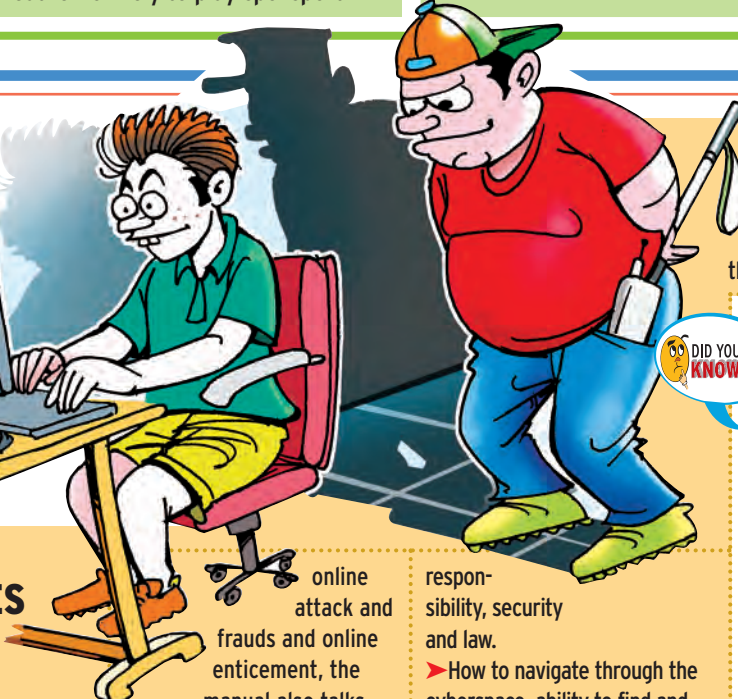
CBSE releases CYBER SAFETY GUIDE for students

From measures to deal with cyber bullying and stalking to digital rights, freedom and responsibilities, the Central Board of Secondary Education (CBSE) has come up with a cyber safety manual for students from classes IX to XII to ensure development of safe and healthy online habits among them. The manual, developed in collaboration with Cyber Peace Foundation, has also prescribed activities to assess the knowledge of students on the topics covered.

The manual has been prepared at a time when students have increased access to the digital world with classroom teaching suspended due to the COVID-19-induced lockdown, and teaching and learning activities being conducted online

THE GUIDELINES

Apart from covering cyber safety topics such as cyberbullying, including social exclusion, intimidation, defamation, emotional harassment, online sexual abuse, cyber radicalisation,



online attack and frauds and online enticement, the manual also talks about nine elements of digital citizenship — digital access, literacy, communication, etiquette, health and well-being, rights, freedom and

responsibility, security and law. How to navigate through the cyberspace, ability to find and select information, identifying fake news, opportunities and risks, caution against revenge pornography, hazards of providing sensitive information online,

how to report inappropriate content, are among the subjects addressed by the manual in detail



When an individual is constantly followed, watched or contacted through any electronic means, it is called as cyberstalking. In cyberstalking, the movement of the person is tracked, or persistent efforts are made to contact someone against their will through text, email, social media, or other digital platforms

TIPS FOR A HEALTHY MENTAL HEALTH

- Meditate once a day; it helps to release stress.
- Planning and time management is key

HEALTH

to your mental well-being. Get up and go to bed at the same time each day.

- Write things down, good or bad; it allows you to track your emotions.
- Talk it out. People aren't mind readers. Express your feelings, if you're struggling or need help. Masking your problems does not help.
- Practise using imagery to help you deal with a situation that is causing you anxiety.
- Don't take things for granted. Learn to appreciate your family and friends
- Don't let people with negative ideas drag you down. Try to take your own decisions.
- Never slag anyone off on social media. It's cowardly and a form of bullying.

(Shared by Jansin Turgut, Rugby league footballer)



KOBE BRYANT'S 'GEESE ARE NEVER SWANS' TO BE RELEASED POSTHUMOUSLY

GEESE ARE NEVER SWANS

CREATED BY KOBE BRYANT
WRITTEN BY EVA CLARK

BOOK

Vanesa Bryant has shared the first look of her late husband, Kobe Bryant's, new Young Adult book, 'Geese Are Never Swans'. To be released on July 21, the book is a collaboration between the sporting icon and psychologist Eva Clark. The book is about Gus, a swimmer and an Olympic aspirant, who must face his mental health issues in order to achieve his dreams. The 288-page story is the fifth book from Bryant, who previously collaborated with writers, including Wesley King, for the popular, 'The Wizenard Series.'

NEWS IN BRIEF

CLICK HERE FOR MORE

INTERSTELLAR ASTEROIDS FOUND HIDING IN PLAIN SIGHT

A new study has identified the first-known permanent population of asteroids originating from outside our solar system. The objects are believed to have been captured from other stars, billions of years ago, and have been orbiting our sun in disguise ever since.

SPACE

The first interstellar visitor, the asteroid known as 'Oumuamua', hit the headlines in 2017, when it was just passing through. The newly-identified asteroids, on the other hand, are thought to have been present almost since the birth of our solar system, 4.5 bn years ago in a star cluster, where each sun had its own planets and asteroids

CELEB TALK

IT'S VERY ESSENTIAL TO DO SANITISATION: SALMAN KHAN

Actor Salman Khan has stressed that "it is very essential to do sanitisation", which has assumed a great significance in the wake of the COVID-19 pandemic. The actor posted a video on Twitter and said, "I have launched my brand FRSH, and it is very essential to do sanitisation." Salman actively posts videos on his social media handles to raise awareness about the importance of social distancing during COVID-19 crisis.



ONE-YEAR-OLD CHEF SETS INSTAGRAM ON FIRE, GETS 1.4 MN FOLLOWERS

A tiny toddler known as 'Chef Kobe' has gained over 1.4 million followers on Instagram within months of opening the account as lockdown-hit netizens crave to watch short videos, featuring his antics in the kitchen. The handle, 'Kobe Eats', is managed by the parents of the toddler, who is all of one-year-old. 'Chef Kobe' likes "to cook, eat and explore in the kitchen," reads his bio.



His videos offer tutorials for all types of recipes— from butter chicken and naan to mac and cheese. Viewed by lakhs of people, the video has garnered over 6,700 comments

YOUNG ACHIEVER

WHATSAPP'S NEW FEATURE TO LET YOU ADD AND SHARE CONTACT DETAILS

If reports are to go by, messaging service WhatsApp is adding support for QR codes to make it easier for people to add contacts to their list. Currently only available in beta, the feature will allow users to display their own QR code to others and scan codes of other WhatsApp accounts. The QR codes can be revoked if users decide they'd rather not share their number with someone else anymore, the beta notes confirm.

The QR code contains your name and phone number. However, according to WABetaInfo, it can be revoked at any time to stop someone using it to add your details



TECH BUZZ

Like Snapchat, Instagram and Messenger, you can share a screenshot of your QR code on other platforms, or even via email to let others add you more quickly

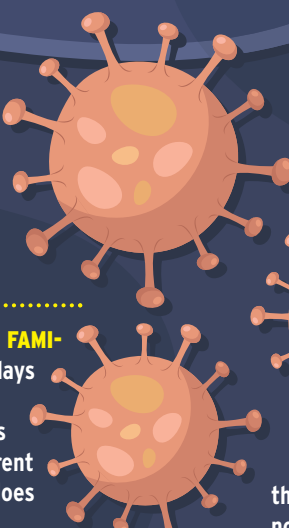
2020 WILL NEVER BE FORGOTTEN!

Here's why

1 FEAR OF BEING TOUCHED: In these scary times, we crave for love and affection. But thanks to social distancing, hugging our friends and family members is a big NO. It extends to avoiding touching other things as well

2 VIRTUAL CONCERTS: Since public gatherings are now risky and prohibited, musicians across the world are organising online music concerts to entertain fans

3 VIRTUAL PARTIES WITH FRIENDS & FAMILY No clubs, no DJ! Parties these days are happening over video calls. People are throwing Zoom/Google parties with friends and families. It's quite different from the normal in-person party, but it does make our weekends less lonely



4 CLAPPING AND RINGING BELLS/UTENSILS TO SAY THANK YOU! Not only in India, people across the world, including UK and Spain, clapped in unison, at the same time to show their appreciation towards the health care workers during COVID-19

5 WEDDING ON VIDEO CALLS The unique method was adopted due to coronavirus lockdown. Since marriages were fixed months in advance, some people didn't want to postpone them at all

6 ONLINE CLASSROOMS Since schools are shut, students wake up at 8 am and plonk themselves in front of their computer screens until noon, attending online classes one after the other.

IS THIS THE NEW 'FLYING' NORMAL?

Flight operations on selected domestic routes started on Monday, under strict safety

guidelines, after the Centre allowed multiple relaxations in the fourth phase of the lockdown. While hundreds of people

took flights back home, social media went abuzz with visuals of people seated inside flights wearing face shields. The crew members, too, were seen wearing them along with their hazmat suits. Some on the social media platform compared flights to that of hospitals. Some had serious concerns: what happens to the face shields and masks on dropping of oxygen level?



MANAGE ISOLATION ANXIETY

Find happiness in little things



Pallavi.shankar@timesgroup.com

Are you struggling with anxiety and negative thoughts in lockdown? Well, that's the story of every second person in the world...almost. Take solace in the fact that you are not alone and try to stay positive and happy by doing these things:

SOCIAL CONNECTION WEEKEND
Make sure you are not isolated from your near and dear ones in quarantine. Set 'my social time' aside every weekend and talk to your friends and family members in that time. When you talk, don't be formal and just talk your heart out. Wave to your neighbour who is walking the dog and exchange notes about the day and so on. "Social connections boost mental immunity: a warm smile and a pleasant greeting has the power to lift your mood and brighten your day," adds Nagpal.

KEEP A 'I'M GRATEFUL' DIARY
When you think that nothing is in your control and there is a dead end at the end of the road, think about things that you are grateful for and write them down. Read it after your done and even the next day and you may just feel better. "Journaling your thoughts and remembering things that you can still be grateful for gives you the strength to carry on with life, even if it's tough," says psychiatrist Jitender Nagpal.

SET ONE PRIORITY FOR THE DAY
Keeping one main task for the day that you can accomplish well and ticking it off by the end of the day will make you feel productive and worthy. Do this daily and see your confidence soar.



Be A Writer Write a **TINY TALE** on the following topic:

Take your favourite character from a book you have read, and place them in this coronavirus situation. What would they do? How would they act? How might they feel? You can write it as scene, or a diary entry by the character, or a story... BUT you have to adhere to the submission rules.

SUBMISSION RULES
Deadline: June 10, 2020. Entries post deadline will not be accepted.
Word limit: 200 words only because it is a Tiny Tale contest.
Plagiarism: Is a strict NO-NO.
Format: Only typed entries sent via email provided will be accepted.
Subject line in the email should say: My Tiny Tale
Submit to: TIMESNIE175@GMAIL.COM



LOCKDOWN DIY

Grow garlic in your balcony

This immunity boosting herb is easy to grow and can be done from just a few garlic cloves. Plant some cloves in the soil with the roots facing down. Garlic needs plenty of direct sunlight, so keep it in the sun all day. Once you notice new shoots appearing, cut them and your plant will produce a bulb. You can use the shoots in your soup, salad and curries for flavour and health.




Upon crushing, garlic produces a chemical called allicin that is a powerful antibiotic, especially for preventing and curing cold, cough, and flu!

HAVE YOU SEEN YET?

'Becoming' Review

A new Netflix documentary about Michelle Obama's life.

The film is being billed as a "rare and up-close look" at the former first lady's life. But, whereas the memoir offered a partial illumination of a woman who critics and admirers alike have tried to understand for years, the documentary feels more routine. It hits all the notes of a megastar choosing to share her life with the public: selective biographical moments and star-studded guest appearances, plus a healthy dose of motivational messaging about the virtues of education and the holistic ownership of personal narratives.




TEST YOURSELF

HISTORY MYSTERY

BRIHADISVARA TEMPLE

'Brihadisvara' is a Sanskrit word where 'Brihat' means 'great' and 'Isvara' means 'lord'. The temple located in the city of Thanjavur, Tamil Nadu, is dedicated to Lord Shiva. The city was created as a ceremonial bhakti centre. Built by a Chola dynasty king, it is one of the largest South temples in south India.

What tradition of Hinduism were Cholas a believer of?
Shaivism (Tradition in Hinduism where people worship Lord Shiva)



GROOMING GYAN

Heal rough elbows and knees


THE RECIPE: Use 1 tablespoon ground almonds with 1 teaspoon curd and a pinch of turmeric. Scrub this blend on your elbows and knees to remove dead and discoloured skin cells. Wash off with plain water. Then apply olive oil or coconut oil.

Daily tip for squeaky skin elbows
"While bathing, go easy on soap and give the knees and ankles a rub with a soft towel. Immediately after your bath, apply a lemon-turmeric cream while the skin is still damp," says Hussain.



MAKING A POINT

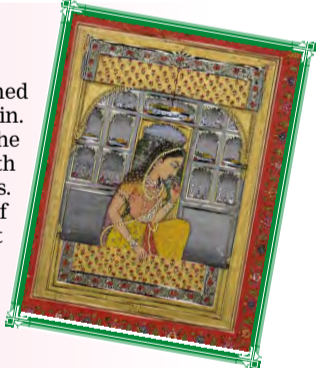
Translated: 'Come what may, my mother is there for me'. This painting is by PARTHIV DAS, class II, DPS Kalinga, BBSR



RANI PADMAVATI

In the portrait, the princess is adorned with jewellery and wears a veil of muslin. Above her, a rolled-up carpet, and in the background, there are niches filled with glass bottles, Chinese porcelain and fruit bowls. The landscape recalls the 'gangifa' game of Lucknow. The legend talks of this Rajput princess of Chittor who preferred to kill herself rather than becoming a slave of the brutal victor - Alauddin Khilji. **Source:** National Library of France, Department of Prints and Photography

What is this act of self-immolation by women in the Indian subcontinent to avoid enslavement by foreign invaders called?
Ans. Jauhar



WUZZLES

Each Wuzzle is a word puzzle which includes a designated word, picture, names, place, saying, etc. For example: **NOON (6:00) - GRASSHOPPER (INSECT)**

3 WUZZLES BOOKLETS
The Best of Wuzzles (84 pp), "Wuzzles for Kids" (84 pp) and "Wuzzles for Kids" (84 pp) are available, postpaid, from Wuzzles, New York, Central Region, IN 20000.

1. LADDER
2. L. RUN
L. RUN
L. RUN

Print Your Answers Here:
1. _____
2. _____

Today's Answers:
1. Top of the ladder
2. Trilal runs

Created by Tom Underwood
www.wuzzles.com

Quiz time

GENERAL KNOWLEDGE



Q.1) Which cricketer won the prestigious Polly Umrigar Award?
A. Virat Kohli
B. Jasprit Bumrah
C. Hardik Pandya
D. Rahul Dravid

Q.2) Which state has launched "K-RERA" to bring transparency in real estate sector?
A. Kerala

Q.3) Which country declared Fire Emergency in one of its states few months back?
A. Spain B. Brazil
C. Australia D. Canada

Q.4) Who among these is the Air Officer-in-Charge-Administration of Indian Air Force?
A. Birender Singh Dhanoa
B. Subroto Mukherjee
C. MSG Menon
D. Rakesh Kumar

ANSWERS
1. B) Jasprit Bumrah 2. A) Kerala 3. C) Australia 4. C) MSG Menon

FAMILY CIRCUS

WHO PUT TEETH MARKS INTO ALL THESE CHOCOLATES DADDY GAVE ME?

"Not me!" "Not me!"

