



THE TIMES OF INDIA

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Coping with post-COVID anxiety

Lockdown restrictions across the country may have eased, but the fear of getting infected with Covid still bores us. With vaccine remaining a far-fetched dream, fears about the outside world looms large. Here's few tips on how to deal with anxiety as we brace ourselves to face the world...

ACCEPT THE NEW LIFE

Please remember the world is dealing with a pandemic, and it may be there for a while. The sooner you accept it, the easier it will be to live with it. No matter whatever the situation is, the first step is to stop living in denial. Accept that there are a lot of things that are beyond our control.

ONE DAY AT A TIME

Try and avoid ruminating about the future, or planning for the days ahead; it may only lead to more anxiety. When things get overwhelming, focus on living in the present. Take each day as it comes.

POSITIVE COPING STRATEGIES

Take out some time every day to exercise, even if it is walking for 20-30 minutes. Physical activity leads to secretion of good hormones in the mind, thereby enhancing our physical and mental state. Do yoga. Meditation also helps to destress

AVOID COVID NEWS

Close monitoring of Covid cases on a daily basis can make you more anxious. Stay updated, but switch off the TV or online news sites after a while, and carry on with your daily duties.

SEEK HELP

If anxious thoughts are bothering you, seek your elders' help. Express yourself, talk to them about the things that are making you anxious. Read something light, chat with your friends or teachers.

Merriam-Webster to change the definition of racism



The American reference dictionary Merriam-Webster will change its definition of the word racism at the suggestion of a young black woman, who wanted it to better reflect the oppression of people of colour. Kennedy Mitchum, a graduate of Drake University in Iowa, contacted Merriam-Webster, which has published its dictionaries since 1847, to propose updating the term. Webster's editorial manager Peter Sokolowski said that the definition would be modified after Mitchum's request. The dictionary currently offers three definitions of racism, and Sokolowski said that the second definition touches on Mitchum's point.

WEBSTER'S DEFINITION OF RACISM

- A belief that race is the primary determinant of human traits and capacities, and that racial differences produce an inherent superiority of a particular race
- A doctrine or political programme based on the assumption of racism and designed to execute its principles
- A political or social system founded on racism, racial prejudice, or discrimination

STUDENT EDITION

FRIDAY, JUNE 12, 2020



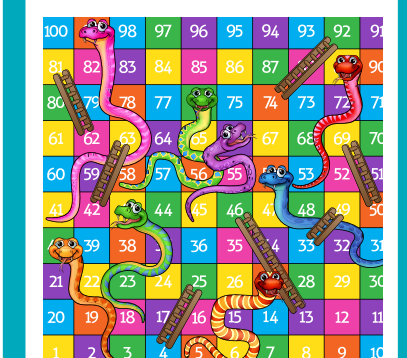
WEB EDITION

IRECOMMEND

PICK A CARD AND BE TRANSPORTED: BOARD GAMES FROM AROUND THE WORLD

MONOPOLY: NATIONAL PARKS EDITION

In this outdoor version of Monopoly, houses and hotels are camp sites and ranger stations. Instead of classic tokens like a car and a top hat, there's a bison and a ranger hat. Properties include parks such as, Denali, Acadia and Zion, a volcano, a geyser and activities like nature hiking, rock climbing, bicycling and river rafting



TOKAIDO

This game is all about the pleasures of the journey. It's also a way to learn a few Japanese words and traditions. It takes place "in days of old" on Tokaido, the storied road connecting Kyoto and Edo (modern-day Tokyo). Along the way, travellers visit hot springs; make donations at temples; buy souvenirs, such as wooden sandals (geta), musical instruments (like the shamisen) and Ukiyo-e prints; soak up countryside vistas; etc. As in life, the player who ends up having the richest experience wins

ISTANBUL

Make stops around a bazaar in Istanbul using a merchant and assistants to acquire and sell goods, such as fruit, spices and fabric. To win, be the first to amass a certain number of rubies (based on the number of players). Even better, let the places you visit in this imaginary bazaar (created using game tiles arranged in a grid) spark your interest in the real-life bazaars, mosques, palaces and tea-houses of the Turkish city

YOKOHAMA

Set in Meiji-era Japan, players are merchants in the fishing village of Yokohama. The goal is to prove that you're the most capable one by travelling the city to places, such as the silk mill, copper mine, fishing ground and tea plantation; fulfilling orders; learning foreign technology; and building shops. While this game may serve as a prompt to explore a compelling time in history, it's worth keeping in mind that setting up the many pieces takes time, as does learning the rules.

SOURCE: NYT

DESI SOCIAL APP CHINGARI GARNERS OVER 100,000 DOWNLOADS



TECH BUZZ

A Chingari user gets the opportunity to go creative with Whatsapp status, videos, audio clips, GIF stickers, and photos.

The app is available in multiple languages, including English, Hindi, Bangla, Gujarati, Marathi, Kannada, Punjabi, Malayalam, Tamil and Telugu

Indian social app Chingari has garnered more than 100,000 users and the number of subscribers is shooting up steadily. The custom-designed audio and video-based free social platform developed in 2019 by two Bengaluru-based programmers, Biswatma Nayak and Siddharth Gautam in their part time, allows a user to download and upload videos, chat with friends, interact with new people, share content, and browse through feed.

The difference between Chingari and TikTok is that the former pays a content creator on the basis of how viral the video becomes. For every video that you upload on the Chingari app, you get points (per view), which can be redeemed for money

RAMON MAGSAYSAY CANCELLED DUE TO CORONAVIRUS FEARS

A Philippine peace award has been cancelled this year due to the coronavirus pandemic, marking only the third disruption in six decades, for the annual prize regarded as an Asian Nobel. The Manila-based foundation that hands out the Ramon Magsaysay awards said, it has no choice, "as the Covid-19 pandemic has practically immobilised the world."



The awards were cancelled in 1970 due to a financial crisis. A disastrous earthquake in 1990 had also led to its cancellation. The award honours "greatness of spirit in selfless service to the people of Asia"

NEWS IN BRIEF

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MONSOON SESSION OF PARLIAMENT LIKELY TO TAKE VIRTUAL ROUTE

Parliament is exploring the option of holding the monsoon session through virtual participation of members, as plans of holding sittings of the Lok Sabha and the Rajya Sabha have hit a roadblock due to logistical constraints.

LIFE AFTER POST-COVID

Vice president M Venkaiah Naidu and Lok Sabha speaker Om Birla held a meeting with the secretary generals of both Houses and other officials to review the options available and the feasibility of holding a regular monsoon session, in which MPs are physically present. If social distancing norms are followed, the LS and RS can accommodate only a little over 100 members, the secretary generals informed the presiding officers of both the Houses.

FACTOID 49 MILLION

The number of people that are likely to fall into extreme poverty this year due to the Covid-19 crisis, according to the UN. Every percentage point drop in the global GDP would mean thousands of additional children will have stunted growth, warned UN chief Antonio Guterres, calling on countries to act immediately to ensure global food security. Even in countries with abundant food, there are risks of disruptions in the food supply chain

TWITTER BRINGS 'FLEETS' TO INDIA

Twitter will start testing its new feature 'Fleets' in India, which will allow its users to post content that disappears after 24 hours. India is the third market globally after Brazil and Italy where Twitter is rolling out this feature to test. "Fleets are for people to share their ideas and momentary thoughts. These posts disappear after 24 hours and have no retweets, likes or public comments," Twitter said. Followers can reply privately via direct messages to continue the conversation.

HOW IT WORKS

- To create a new Fleet, tap your avatar on the top left of your profile
- Start typing or tap a media icon to add photo/s or video/s and tap 'Fleet' to post
- People can see who's seen their Fleet by looking underneath a post. They can also tap on someone's avatar to see what the person has shared
- Alternatively, one can also find an account's Fleets by looking on their profile page



FIRST ARAB MISSION TO MARS DESIGNED TO INSPIRE YOUTH

The first Arab space mission to Mars, armed with probes to study the Red Planet's atmosphere, is all set to blast off from a Japanese space centre on July 15. Known as Al-Amal, which means 'Hope' in Arabic, is designed to inspire the region's youth, and pave the way for scientific breakthroughs, officials said. The unmanned project is the next giant step for the UAE whose colossal skyscrapers and mega-projects have made a mark on the world map.



- The UAE sent its first astronaut into space last year, and is also planning to build a 'Science City' to replicate conditions on Mars, where it hopes to build a human settlement by 2117

SPACE

SPORTS

Cricket's new pitch: VIRUS SUBS, SALIVA BAN

The International Cricket Council (ICC) has decided to allow substitutes if a player shows Covid-19 symptoms, while introducing a system of issuing two warnings per innings, followed by a five-run penalty for repeated use of saliva on the ball. "In line with concussion replacements, the match referee will approve the nearest like-for-like replacement," it said on Tuesday. However, the replacements will only be allowed in Tests and not ODIs and T20Is.

The new regulations are set to apply for the first time when England face the West Indies in the opening match of a three-Test series in Southampton, starting July 8.



THE NEW REGULATIONS

- If a player does apply saliva to the ball – a method employed to impart swing – the umpires will "manage the situation with some leniency during an initial period of adjustment for the players, but subsequent instances will result in the team receiving a warning", the ICC said. Two warnings will result in a five-run penalty to the batting side. If saliva is applied to the ball, the umpires will be instructed to clean it before play recommences.
- According to the other new regulations, recommended by the Anil Kumble-chaired Cricket Committee and ratified by CEC, neutral umpires will not be officiating in Tests for the first time, since 2002 as well. As part of its interim playing regulations to tackle the threat posed by the pandemic, home umpires would stand in all three formats

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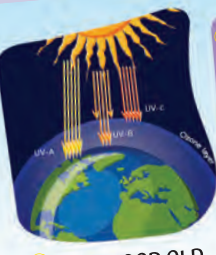
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Learn about Ozone!



OZONE LAYER IN DANGER!

Right now, there are many more factories, cars, trucks and buses around than ever before. Many of these emit harmful greenhouse gases, which damage the ozone layer. When too much these gases is present in the atmosphere, they cause the ozone layer to shrink, and make 'holes' appear in the protective ozone blanket that surrounds Earth. This allows the entry of harmful UV rays, which would have been removed by the ozone layer.

THE GOOD OLD OZONE LAYER

Ozone is a greenhouse gas. Apart from trapping heat from the sun's rays, ozone performs a very important function. It filters out harmful ultraviolet rays (UV-B) from sunlight before this sunlight reaches Earth's surface. Because ozone is lighter than other gases, it is found much higher and further away from the Earth's surface. It forms a protective blanket, called the ozone layer, against UV-B rays.

UV Radiation

Ozone layer

DID YOU KNOW?

If we are exposed to too many UV-B rays, we can get very sick. So it is very important that the ozone layer stays intact.

ANOTHER R-RESTORE

It is important to give back to nature what we take from it. So if we cut down a tree, we must plant another one in its place. But sadly, human beings take a lot from Earth and do not give enough back. We need to give land, water, forests and wildlife enough time to recover after we take things away. Otherwise, we could soon reach a point where we have no more clean water, not enough nutritious soil for plants to grow, and not enough food for ourselves.



RHyme TIME

Pebbles is writing a poem about recycling. Can you think of ten words that rhyme with the word **SAVE**?

SAVE



FREECYCLING

When we are done using some of our things, we can freecycle them. This just means letting go of items that are in good condition and giving them to people who might need them. In this way, many things can be used for much longer before they end up in landfills. Freecycling is not only simple, but is very rewarding too, as you can help someone in need while also contributing to the effort to reduce waste on Earth.

A GLOBAL IDEA

The Freecycle Network is an organization that has over 93,04,837 members all over the world. This is a network of people who believe in freecycling and who share what they don't need with each other by giving and getting things for free. Isn't that amazing?

You can read more about The Freecycle Network at <https://www.freecycle.org>.

DID YOU KNOW?

The world's longest garage sale is over 1000 kilometers long and stretches from Michigan to Alabama in the USA. It is held once a year. Imagine how much stuff gets recycled here!

Be an environmentalist

HOW CAN YOU FREECYCLE?

Here are some tips to get you started:

1. Look for freecycling groups near you or create one with your friends and family. It is important for the people involved to be located near each other. This will make it easier it is to exchange items because you won't need to travel long distances to transport the items.
2. Once you have formed a group, ask people to post descriptions and images of:
 - (a) what they are looking for
 - (b) what they would like to give away.
3. You can also use this group to find out if what you are planning to buy is something that someone wants to get rid of. You may just end up getting what you want for free!



HAVE A GARAGE GIVE-AWAY

You must have heard of garage sales. People in many countries have them to get rid of unwanted items that are in good condition. You can go a step further by having a garage giveaway. In your building, or school, plan a day on which you (and your friends) bring things from home that can be given away. Put up posters telling people about the giveaway, and spread the word by speaking to people in your neighbourhood. People who are interested will come by and take what they like.

WELLNESS MANTRA

3 steps towards better sleep in pandemic



Sleeping on time has become an issue for many with the loss of structure and proper time-table that people earlier had when they attended school, college and office. Tide with the times and follow these simple tips for restful snooze.

No late night snacking, please: Have early dinner and limit your snacking before bedtime as late night eating interferes with sleep. Avoid foods that can cause heartburn such as caffeine, tomatoes, chillies, and chocolates. **Don't use screen light before**

bedtime: Try to put the gadgets away when you go to bed. The blue light emitted from the screen can disrupt your sleep as it suppresses melatonin – the sleep-inducing chemical.

Read a book, don't consume coronavirus news: Reading a book lulls the body into sleep unlike consumption of coronavirus-related news that is likely to make you anxious and worried. Stick to some nice poetry or an interesting book before you hit the sack.

STAY HEALTHY

BOOST IMMUNITY with TULSI KADHA

Having a strong immune system is crucial in the current scenario of Covid-19. To boost your immunity, have Tulsi Kadha, which is a potent beverage because of its antibacterial properties. Here's the recipe:

INGREDIENTS
 > 4-5 tulsi leaves, > 1/2 teaspoon cinnamon powder, > 1/4 teaspoon black pepper



powder, > 1 inch ginger, > 3-4 raisins, > A slice of lemon or jaggery (optional)

HOW TO MAKE

1. Take a deep pan and add two glasses of water.
2. Now add tulsi, cinnamon powder, black pepper, ginger and raisins to the water. Stir the mixture and let it boil for 15 minutes.
3. Take off the flame and let cool for a while. Strain it in a glass with the help of a strainer.
4. You can add a small piece

of jaggery or a dash of lemon juice to make it flavourful. Have fresh.

WHY IT'S GOOD
 Black pepper acts as an expectorant, while tulsi, ginger and cinnamon have anti-inflammatory properties. Tulsi also has anti-microbial properties that helps in reducing respiratory conditions like cold, flu and cough.

GET GROOMING

Know about 60 second skincare rule?

There's a new beauty rule in town – the 60-second beauty rule. If you're wondering what this rule is, it's simple: wash your face with a cleanser for at least '60 seconds'. When you do this, the cleanser can work well in getting your skin rid of all the pollutants. If you don't wash your face for at least 60

seconds, the cleanser won't be able to do its job properly and will only get rid of surface impurities and the pores will remain clogged. What's more? This rule can be incorporated in both your day-time and night-time routines to keep your skin in good condition. This will also de-stress your skin.

To-do

INDULGE IN THESE WITH YOUR PARENTS

Design a rainbow and pin it on your window



Across the continent, families are designing and sticking rainbows on their window as a message of solidarity for everyone in their community during lockdown. So, why not give it a go and make one right away? It can be a painting, or in chalk on the drive, or even made of Lego. Get creative and spread some cheer for your neighbours!



Make a parody music video

Why not get the whole family involved in making a hilarious parody video to share with your friends and family? Or come together with your neighbour, at a two-metre distance of course, for a good old boogie in your balcony?

Take on a challenge

Lockdown has been the inspiration for many crazy challenges, many of which have been raising money for some fantastic causes. While you might not be up for running a marathon in your back garden, there are plenty of ideas out there to get you inspired. Why not try filming a danceathon or join in with a home bake-off challenge?



Paint rocks



Pebble or rock hunting for painted rocks was a huge success before lockdown. There are a few online groups like Love Rocks in Lincs that were into getting kids to hunt for beautifully painted stones hidden outdoors. While this might not be possible in lockdown, you can certainly get prepping for when lockdown lifts by painting rocks to transform them into animals or characters.

Have a virtual party

Just because you might not be able to physically be with your friends, doesn't mean you can't see them. Why not organise an online play date with your friends, and then have some fun games to play together.



Make a bird feeder



There are plenty of ways to make a bird feeder using items that can be found around the house. Coating a pinecone with a mixture of butter and seeds and hanging it on a tree using string is one easy option. You can also cut a hole in an empty milk container and decorate it.