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STUDENT EDITION

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WEB EDITION

GREENLAND ICE melting past 'tipping point': Study

The melting of Greenland's ice cap has gone so far that it is now irreversible, with snowfall no longer able to compensate for the loss of ice, even if global warming were to end today, according to researchers.

■ Eighty-five per cent of the surface of Greenland, an island of two million square kilometres, or four times the size of France, is covered in ice. ■ In the 1980s and 1990s, the ice cap lost around 450 billion tons of ice per year, which was compensated by snowfall, the scientists said, after analysing 40 years of data. ■ But the ice melt has accelerated this century, climbing to 500 billion tons, and it is no longer sufficiently replenished with snow. ■ The Greenland ice sheet is losing mass at accelerated rates in the 21st century, making it the largest single contributor to the rising sea levels.



THE IMPACT

➤ The melting ice actually causes more ice to melt, as the meltwater that collects on the ice sheet absorbs more of the sun's radiative force than snow and ice do – snow and ice reflect sunlight back into the space. ➤ In addition, the loss of ice exposes the permafrost, or frozen soil, which when thawed, releases powerful greenhouse gases into the atmosphere, trapping heat. ➤ Therefore, the melting ice is not just a symptom of global warming, it is also becoming a driver of global warming.



THE IMPACT

A latest study has shown that the ongoing accumulation of toxins associated with plastics poses a risk to our food safety and public health. However, the levels of plastics and associated chemicals we are exposed to in our diet, compared with other everyday activities has not been assessed

Join the campaign

Think big to fight the small

Tell us how you can reduce your plastic use; Please share your views, posters, videos or any other ways that can drive the campaign at toinie175@gmail.com

SHOCKING FACTS

1 We have been consuming plastics through our food, water or even breathing

2 Studies have shown that people eat, drink and breathe a minimum of 50,000 microplastic particles in a year

3 At least 300 million tons of plastic waste is produced every year, as per the data from 'Plastic Oceans'

Now, microplastics found in HUMAN ORGANS

Researchers have now found microplastic particles and even smaller nanoplastic particles in human organs, in the samples of lungs, spleen, liver and kidneys that were examined. Though the exact impact microplastics have on the human body is not fully understood, the new findings are cer-

tainly a cause of concern. Studies had established that the particles can be ingested by humans and animals, such as via drinking water, and pass through the gastrointestinal tract. The latest findings, however, are the first to show that they can also ACCUMULATE WITHIN HUMAN ORGANS, INCLUDING THE KIDNEYS, LIVER AND LUNGS.

- Microplastics are typically less than 0.2 inches (5 mm) across, but the so-called nanoplastic particles can be as small as a fiftieth of the width of a human hair
- Microplastics are found in many products, including synthetic clothing, plastic and cosmetics. These products easily enter the environment as waste, and add to the already existing plastic pollution



Share your thoughts with PM Modi

PM Narendra Modi has invited you to share your ideas on the topics, themes or issues you want him to address on the 68th episode of Mann Ki Baat. You may share your ideas at www.mygov.in; or dial the toll-free number 1800-11-7800 and record your message for the Prime Minister in either Hindi or English. You can also give a missed call on 1922, and follow the link received in SMS to directly give your suggestions to the Prime Minister.

The deadline to submit views is August 29, 2020. Mann Ki Baat airs on 11:00 am on August 30, 2020

WORD WATCH

BRAGGADOCIO:

Means empty boasting; a person given to arrogant boasting; arrogant pretension

The English poet Edmund Spenser originally created Braggadocio as a personification of boasting in his epic poem, 'The Faerie Queene'. As early as 1594, about four years after the poem was published, English speakers began using the name as a general term for any blustering blowhard.

BOOK LAUNCH

WE THE PEOPLE
ESTABLISHING RIGHTS AND DEEPENING DEMOCRACY by Nikhil Dey, Aruna Roy and Rakshita Swamy

We the People, the fourth volume in the Rethinking India series, published by Penguin, brings together a collection of essays that explores the process of germination and growth of the undisputed universal rights, enshrined in the Constitution of India.

PRIYANKA CHOPRA THRILLED TO SEE PRINTED PAGES OF HER MEMOIR 'UNFINISHED'

Actor Priyanka Chopra has announced that her much-anticipated memoir, titled 'Unfinished', has been printed, and will soon be released. 'The Sky is Pink' actor took to Twitter to share the news and expressed her excitement after seeing pages from the memoir printed on paper for the first time. "Finished. What an amazing feeling seeing these pages printed on paper for the first time! #Unfinished... coming soon! @penguinrandom," Chopra tweeted. Earlier, the 38-year-old had noted that every word from it comes from a place of "introspection and reflection" into her life.



BOOK

'Unfinished' will be a collection of personal essays, stories and observations by the actor, producer, singer, and UNICEF Goodwill Ambassador, Chopra

ZTE TO LAUNCH THE WORLD'S FIRST 5G SMARTPHONE

ZTE Corporation has announced that it will launch ZTE Axon 20 5G in China on September 1, 2020. The device will be the world's first mass-produced 5G smartphone, featuring under-display camera. The so-called 'under-display' camera is concealed entirely behind the phone's screen, with no need for any notches or small round 'hole-punches'. The design increases the amount of space on the smartphone display, which is usually taken up by the black spot at the top that houses the camera.

The new ZTE Axon 20 5G is rumoured to run on Android 10 and will come with a 6.92-inch (1,080x2,460 pixels) OLED display, according to a leak on a Chinese regulatory body, TENAA



Death Valley is no stranger to heat. Sitting 282 feet below sea level in the Mojave Desert in the southeastern California, near the Nevada border, it is the lowest, driest and hottest location in the United States. It is sparsely-populated, with just 576 residents, according to the most recent census.

Death Valley hits 55 degrees celsius, one of the highest temperatures recorded on Earth

In the popular imagination, Death Valley in Southern California, is the hottest place on the Earth. On Aug 16, it lived up to that reputation, when the temperature at the aptly-named, Furnace Creek reached 131 degrees Fahrenheit (55 degrees C), according to the NOAA weather prediction centre

NEWS IN BRIEF

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FACTOID 1.6 Crore

New debit cards have been issued by the banks between April and June of 2020, during the lockdown period. It is the second-highest over a quarter, since banks initiated the replacement exercise in 2018, said a report citing an analysis of the RBI data over the last two years

'Aquaman' sequel will have elements of horror, confirms director James Wan



Director James Wan has said that 'Aquaman 2', starring Jason Momoa, will feature a "little bit" of his love for horror. The 43-year-old filmmaker, who made his directorial debut with the horror film, 'Saw', further said, he will save the big scares for the DC film spin-off, 'The Trench'. In an interaction with his fans, ahead of his appearance at the DC FanDome, Wan said, "Just like the first movie had a touch of my horror sensibility in it, for the 'Trench' sequence, I would say, there will be a little bit of that in this one as well."

➤ Introduced in 2018, 'Aquaman, The Trench' are aquatic abominations, who tormented Aquaman and Mera (Amber Heard) during one of the most intense sequences in the film. Wan, also known for 'The Conjuring' franchise, will produce an animated 'Aquaman' mini-series for HBO Max

A PERMANENT SEAT FOR MS AT WANKHEDE?

Remember the towering six at the Wankhede Stadium in the 2011 World Cup final by MS Dhoni, which eventually made India the World Champions? Well, if reports are to go by, the seat where the famous sixer landed, is all set to be named after the man, who created history. In a letter to the Mumbai Cricket Association (MCA) apex council member; Ajinkya Naik said, a permanent seat in the Wankhede stadium would be a "tribute" and an "act of gratitude" to the former captain's contribution to Indian cricket. Naik suggested that the particular spot, where the ball landed, can be identified and dedicated to Dhoni. The former Indian captain announced his retirement from international cricket on August 15.

Several Indian cricketers are commemorated at the stadium, including Sachin Tendulkar, Sunil Gavaskar, Vijay Merchant, who have stands named after them.

■ Back in 1993, a seat at the Melbourne Cricket Ground (MCG), was painted yellow to commemorate Simon O'Donnell's 122-metre six for Victoria over New South Wales

■ In 2018, Ethihad Stadium in Melbourne painted the seat red to honour Brad Hodge, who smashed a 96-metre six, in his last match

■ New Zealand's Grant Elliot too has a seat named after him, when he hit Dale Steyn for a six, after the Kiwis entered the final of the World Cup in 2015



Aston Martin unveils 007 Editions of its Vantage and DBS Superleggera

Taking advantage of its close connection to the James Bond franchise, Aston Martin is set to launch two new limited edition cars to celebrate the curtain raiser of the latest 007 movie later this year. According to Daily Mail, Aston Martin's own 'Q' division, named after the famed gadget branch of Britain's secret service in the films, has created 007 Editions of the Vantage and DBS Superleggera to mark the release of 'No Time To Die' in November. Priced between £161,000 (₹1,59,69,307) and £279,025 (₹2,76,74,603) respectively, having a touch of Bond on your Aston Martin comes with a price rise of over 25 per cent.



CHIRAG SURANA
CBSE, COMMERCE, 98.4%

Study Plan: Work hard and don't worry about the outcome. This is exactly the mantra that I follow. The study plan that I opted for was quite basic, yet effective. I studied my chapters well, and revised as many times as possible, while for the practical subjects like maths and accountancy, the best thing to do is to practice, practice and practice. Apart from this, solving as many mock papers as you can before your exams is always a great boost.

Key Challenges: The key challenge that I faced was managing the studies of school and my entrance exams. But somehow with a predetermined plan, I managed to balance both.

Dealing with pressure: Pressure is something under which any of us can crack. But I kept reminding myself that I have learnt the subjects well and that I can do it. This helped me to keep calm and stay focused.

My Motivation: My parents, friends and all of my teachers were like pillar for me. They kept supporting me throughout this journey and they are the reason I was always highly motivated. I would especially thank my teachers, because it is they who taught me well and helped me whenever I had a doubt.

Balancing academics with ECA: Balancing academics with other activities is very essential to keep the mind and body fresh. Even during exams, I used to take small breaks to simply play something, or even exercise

Advice To Future Aspirants: My advice for the future aspirants would be that don't think about the outcome. Study hard, practice well, solve lots of papers and most importantly, believe in yourself.

Future Plans: I aspire to become a lawyer, and will be giving the concerned entrance exams in the near future.

**LAKSHMIPAT SINGHANIA ACADEMY (XII)****SABARNO SINHA**
CBSE, HUMANITIES, 97.8%

Study Plan: Throughout the year, I read and revised the chapters thoroughly. But once the Diwali break was over and a few months remained, I started studying subjects on a priority basis. I finished the entire syllabus of the subjects I found more difficult once and then started solving sample papers. If there were any available, I'd go through the question papers and marking schemes of the previous years to understand how to answer questions. My primary aim was to finish every book twice or thrice in the last three months and have enough practice so that I didn't have time management issues.

Key Challenges: I think the biggest challenge was to motivate myself to study. Many people came up with many techniques, such as studying intensively for 9-12 hours everyday to finish everything quickly or solving sample paper after paper. But I found these methods a burden and restrictive for me. So, I went back to reading slowly at my own pace without burning out. Another challenge that had been present before me was presentation. Even though I didn't have very illegible handwriting, I didn't leave lines or underline. I also had trouble finished the question paper. To tackle with this, I practiced sample papers in the last few months and went through marking schemes of past year board papers to get a hang of how concise and crisp the answers needed to be. In those three months, I was able to condition my hand to leave lines and underline without failing!

Dealing with pressure: Throughout the year, I tried keeping my scores consistent more than



focussing on who came first. In many subjects, there were those who performed better than me and I didn't have any problem with that. I am also to thankful for having parents who never pressurised me to perform well. They had faith in my method of studying and I wanted to live

up to it.

Motivating myself: I think more than anything else, it was the thought of my parents' faces, nervous and despondent, when they came to know that I had performed poorly, which motivated me. Other than this, my teachers inspired me throughout the year and gave me that extra push whenever I thought I was losing it.

Balancing academics with ECA: Both of my parents thought that it was best to stay indoors and study sincerely and focus on academics.

But I never believed in that ideology and LSA had built enough confidence in me to disprove it. In LSA, we had regularly participated in some activity or the other and yet, we found the time to study and score well. So even though I stayed home and studied for most of the days, I also went out for a movie or visit my friends and just chat about the pressure once in a while. I like to do things at my own pace without taking too much stress.

Thus, I studied just the number of hours that was necessary, not less or more. I think more than the number of hours I studied, it is this relaxation which helped me calm down and write my papers confidently in the examination hall.

Advice To Future Aspirants: Everyone has their own capacity and their own technique. Find out which one works best for you and adopt that for studying. You could learn by reading the text over and over again, jotting points every time you read, solving past year board papers chapterwise and topicwise and so on. There are innumerable techniques and an infinite number of combinations that can be used for study. Choose what you are comfortable doing. Always approach your teachers whenever you have a problem. They are your best guides and mentors. Above all, do not underestimate the board exams but

absolutely do not die of anxiety and negative anticipation. There is nothing worse than losing to yourself before the fight has even begun. Whatever marks you get and whichever college you get into, just remember that professors always want to teach and give back whatever they have taken. So, if you have the thirst to learn, you have nothing to fear.

Future Plans: I wish to pursue English literature and delve into the depths of the ocean whose surface is where I have lain all this while. I would also like to learn two foreign languages during this time, namely, German and Japanese. Primarily, I want to give back to the future generation whatever I have learnt of the discipline. I'd also like to explore foreign literatures and do some translation work. I also want to continue writing short stories, poems and plays. Some day, if I'm lucky enough, I'd like to publish all that I've written and will continue to write in the years to come.

UPASANA PANJA
CBSE, SCIENCE, 97.2%

Key challenges: The key challenge was time management, i.e. allotting time for each of the chosen subjects. I tackled this by preparing a proper study schedule according to the relative strengths and weaknesses in the subjects.

Dealing with pressure: I did not have any pressure of performance as such. Although at times I did feel pressurised by the expectations of certain elders around me I didn't let that have a negative effect on me.

Motivating myself: The school and my teachers motivated me.

Balancing academics with ECA: Simply tried my level best to maintain the time schedule although sometimes I slipped.

Advice to future aspirants: Study with love, do take breaks and hard work is the key.

My future plan: I wish to study medicine.

**SCHOOL TOPPERS SHARE SUCCESS MANTRAS****SHUBHAM AGARWAL**
CBSE, 99.4 %

Study Plan: I opted for a very simple study plan which was to study consistently throughout the year. I used to read whatever was taught in class in a week at least by the end of that week. This helped me follow what the teacher was teaching in class. This also took a lot of pressure off me in the months of January and February. Moreover I used to listen to what our teacher taught in class because I remembered things much more clearly when I hear them from my teacher. I never tried to mug up things but always understood it at depth and this helped me a lot before the board exams. I was the most interruptive kid in the class and love to interact with my teachers and peers and I never hesitated to ask about any doubts even if it is out of syllabus. I am very grateful to my teachers who patiently answered my questions in class and always motivated me to perform well. I wouldn't say that I studied a lot but yes I was very consistent (even an hour a day in the beginning months help a lot in the end).

Key Challenges: The key challenges I faced was to balance co-curricular with academics because I participated in a lot of competitions and sporting activities. Also being the house vice-captain I had to devote a lot of time to it. I was able to manage them because of the consistency I followed throughout the year and so I was able to participate in a lot of extracurricular activities even at the end of the year.

Dealing with pressure: I did not think much about the pressure to perform but just tried to get a good score according to my capabilities. I believe that the pressure to perform well is only helpful if it comes from the students themselves. My family has always been very supportive in this matter because they never put any pressure but left it upon me as to decide how and when I wanted to study. I reassured myself with the fact that even if I don't come first or second, these marks do not show my true capabilities, but that this is no reason to not work hard. I also took to activities like listening to music, playing football, etc. to lay off some pressure.

My Motivation: I motivated myself with the fact that if I don't study and don't get good marks I'll be dissatisfied with myself that I didn't perform according to my capabilities, but if I endure some hardships now, I will get the equivalent fruits of it later. I always kept in mind the long term results which my efforts would bear. I also tried to study the subjects I was interested in during the times I didn't want to study. Also I comforted myself with the fact that once the exams would get over I would be able to have a lot of fun.

Balancing academics with other activities: I believe that over the years I have inculcated an

**LAKSHMIPAT SINGHANIA ACADEMY (X)**

ability to balance academics and other activities very well. I try to focus on the task at hand rather than worrying about not doing other things. Good time management practices helped me to do both at the same time. The best advice I could give is to not delay any work but rather finish it once it's given so that you are not overwhelmed later. I am of the opinion that a student should not forego any extracurricular activities but try to balance both. Extracurricular activities served as a much needed escape for me and a time for doing something I truly like.

Advice To Future Aspirants: I would like to tell future aspirants that starting slowly with a clear mind is the best way to score good marks. If a student is able to consistently study throughout the year he/she would easily be able to score great marks. A student should not take too much pressure or start studying 5-6 hours a day in the beginning of the year but start slow and build up gradually. A student should clear all doubts, listen to the teacher in class and most importantly try to understand concepts as and when they are taught. It is always beneficial for someone to understand things instead of mugging up. I did not have to mug one thing over and over again which saved a lot of my time because once you understand something you don't forget it easily. Having good interaction in the class with the teacher as well as your peers would help a lot as it did for me. Also a student should have some time to relax where he can listen to music or pursue his favourite hobby after studying.

Future Plans: I am really passionate about science and engineering and am preparing for the JEE and IIT entrance exams. I plan to pursue mechanical or aerospace engineering there. Following that I wish to open my own company in these fields.

RISHABH AGARWAL
CBSE, 99.2%

Key Challenges: The key challenges were:

- Time Management
 - Studying social science since I did not have much inclination towards the subject.
- I tackled it by focusing more on social science and making a proper study plan.

Dealing with pressure: I dealt with the pressure by taking small breaks and focusing on competing with myself rather than others.

My Motivation: I motivated myself by thinking that it would help me choose subjects that I like and want to pursue in future.

Balancing academics with other activities: I used



to get up early in the morning so that I could utilise sometime for playing in the afternoon.

Advice To Future Aspirants: I would like to tell all the future aspirants that the hype created about the difficulty of board exams is a myth. One can easily score good marks with hard work and sincerity.

Future Plans: I aspire to become a software engineer or a data scientist in future.

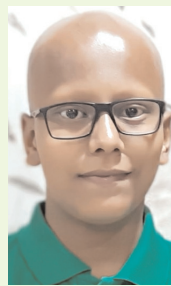
ISHAAN JAIN
CBSE, 99.2%

Study Plan: I did not make any long term plans or schedules to cover the syllabus. I set short, subject-wise goals. But I did not study in a very haphazard manner either. I completed one subject before starting another. Also, I did not study much during the one month break before the board examinations. I knew that if I exhausted myself then, I wouldn't be able to study at all during the examinations. Moreover, I had studied quite thoroughly for my pre-boards, and I still remembered a major portion of my lessons. During the entire month, I just revised topics from science and social science and practiced an hour's worth of mathematics daily. During the exams, I used to study around eight or nine hours a day. My target was to finish the syllabus around a day before the exam date. On the day before the paper, I would solve previous year's papers, sample papers and the revision sheets provided by the school.

Key challenges: The main challenge that I faced during my preparations was boredom. I had already studied for three exams in the past and reading the same old chapters over and over again is pretty boring. But I knew that I could not afford to skip any topic thinking that I already knew it, as one tends to forget the details over time, even if he/she retains the basic concept. To overcome this boredom, I used to take a lot of breaks and I spent my breaks in a variety of ways doing a variety of things, as I did not want my breaks to get boring as well.

Dealing with pressure: Honestly, there was no pressure for me. My parents were happy with whatever score I obtained as long as I was. My parents, teachers and friends were confident I would do well. The only pressure I faced was from myself. I wanted to break the school's record score of 98.2% in the class X CBSE examinations. But I don't think that pressure affected me or my preparation in any way.

My Motivation: Apart from mathematics, there was no subject that I could study for a long period at a stretch. I did take frequent breaks to



refresh and motivate myself to study. I used to go for walks, play with my friends, read or surf the Internet.

Balancing academics with other activities: It is true that I did not devote much of my time into studying. Apart from school, I used to finish my homework and revise whatever was done in the class. Whatever time was left was allotted for my synthesiser and chess classes. I also used to play a lot of outdoor games with my friends.

Advice to future aspirants: Just love what you do. Enjoy the journey, enjoy studying, collection information and always keep your goal fixed. It's all about an experience to sit for a public examination, fight with our fears and overcome our shortcomings. Be easy on yourself. I've seen many people determined to score well in their Class X board examinations, but the attitude they take towards studying is often both extremely difficult and impractical. Such students are very zealous at first. They spend all their time studying. They give up all extra-curricular activities, stop spending time with friends and stay inside all day. But this is a very inefficient method as it sucks up all the energy and enthusiasm within the first few months. The approach towards preparation should be lenient and easy at first. Pay attention to your classes and revise what is taught in school. You shouldn't face any problems while studying for your exams. Remember that the course isn't difficult, it just needs your attention. Also, your concepts must be clear as crystal. Though easy, the syllabus is vast and memorizing every word isn't a feasible option. With your concepts clear, you should face no trouble in retaining lessons. Add to these things a lot of practice in subjects like mathematics and physics and you'll be able to score well easily.

Future plans: I have taken science and would like to pursue engineering in my higher studies. The field of aerospace and aeronautics fascinates me, and I'm considering them as potential career options.

HARSH GHOSHAL
CBSE, 99%

Study Plan: I was regular with completing and submitting my homework assignments throughout. I took tuitions for mathematics thrice week and once a week for Hindi. The remaining subjects I studied mostly during the revision week and revised well the day before the assessment. Before the pre-boards, I engaged in intensive study, clearing any doubts and learning how to write question-appropriate answers by taking



my mother's help for English and the social sciences and my tuition teacher's help for Hindi, besides studying the revision notes given by our schoolteachers. I solved previous years' question papers before the boards both at home and at school and received constructive feedback, which helped me immensely.

Key challenges: One key challenge was to find time to study after completing homework assignments, but I put in about two hours of study daily after completing it. The other challenge was that I wasn't very interested in mathematics, but support and encouragement from my family and tuition teacher and regular practice (doing the same sums multiple times) and solving previous years' question papers helped me overcome this challenge.

Dealing with pressure: I studied to understand and cover the entire syllabus, targeting a score above 95% in the boards. Since I was thorough with the syllabus in all the subjects by the time of the pre-boards, there was less pressure during the boards.

My Motivation: I have performed well right from PS-I and have been awarded the GP in many classes. Therefore, I was confident of my ability to perform well. I focused on the task at hand, whichever topic I was studying. I motivated myself by looking at the larger picture of how success in the boards would take me nearer to my long-term goals.

Balancing academics with other activities: The main activity was participating in various selection rounds of the YES program. That also gave me confidence and a competitive feeling. I also participated in a quiz competition at school. At home, I continued to draw and paint, something that I have been doing since I was five, and also appeared for this year's fine arts exam in January. I also engaged in creative writing regularly, penning short stories and chapters of a novel that I later published on Wattpad. I also regularly read fiction, such as A Song of Ice and Fire and the Six of Crows series. These activities helped me relax and gave me the ability to stay focused while lessening the pressure for the boards.

Advice To Future Aspirants: Do study regularly and practice time management and writing question-appropriate answers by solving previous years' question papers. Do take a look at the revision questions and notes given by our schoolteachers. And finally, don't hesitate to participate in extracurricular activities even in Class X, as long as you can appropriately balance academics and extracurricular activities.

Future Plans: I intend to do a Masters/PhD either in English or in the social sciences from an overseas university. I will be working towards becoming a published author.