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STUDENT EDITION

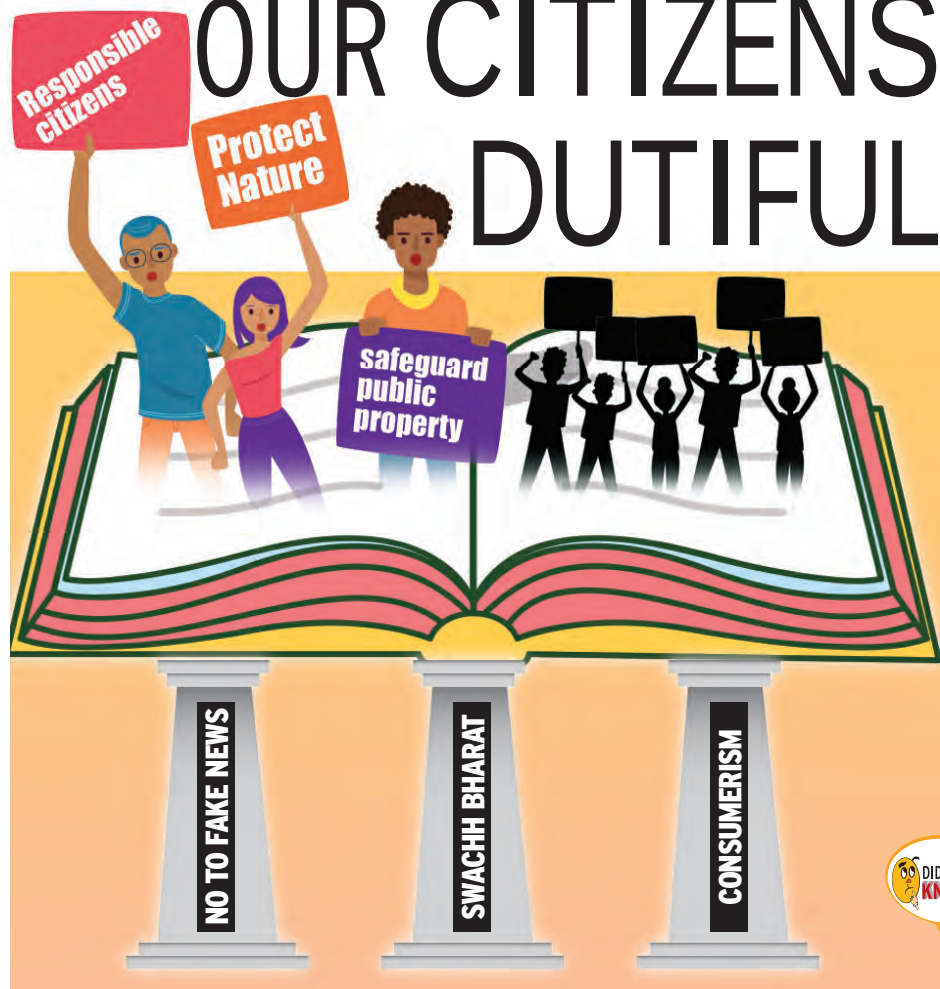
MONDAY, AUGUST 24, 2020



WEB EDITION

INCLUDE CHAPTERS ON CITIZENS' DUTIES IN SCHOOL BOOKS: CENTRE TO NCERT

TOWARDS MAKING OUR CITIZENS DUTIFUL



As public participation gains significance in the fight against coronavirus, the NCERT and state governments to include chapters on citizens' duties in school books. Union secretary, department of justice, Barun Mitra has said that the government has prepared course modules on citizens' duties as detailed in the Constitution, after some states

Children are the finest carriers of social messages as seen in the Swachh Bharat and 'No to Plastics' campaigns. The Centre has also started engaging NRIs on how they can perform citizens' duties abroad, and help the cause of the country

sent their inputs on the subject. "Rights flow only from the duties well performed. If each one amongst us performs our duty, everybody's rights would be automatically protected," he said. "Freedom without acceptance of responsibility can destroy the edifice of freedom itself. Rights and responsibilities must be balanced," he added.

HOW TO MAKE THEM EFFECTIVE

OFFER LESSONS ON HOW ETHICAL DECISIONS ARE MADE:

Set up situations in which students can apply these skills in solving the problems. Swagata Banerjee, teacher, BDM Intl, Kolkata

CREATE AN AWARENESS ON THE DUTIES:

Encourage children by setting an example, and participating in various activities, like keeping the surroundings clean. Support the students' for small role-plays and debates to create awareness about the rights and duties on issues, like cybercrime, hygiene, etc Ritu Sharma, educator, St Kabir School, Ahmed

LEAD BY EXAMPLE:

Teachers should set an example by practising what they teach the students. It will encourage the students to follow them in letter and spirit. Suryakumari Dennison, teacher, Aavishkar Academy, Bengaluru

TEACHERS SPEAK

EXPLAIN THE NEED OF THE DUTIES: It is imperative for both the teachers and the elders to explain the children on why a particular duty has been included in their curriculum. Mutual sharing of information between the kids and their parents, teachers and peers will go a long way in making them conscious citizens.

GEETA SAINI, teacher, HAL School, Lucknow

DUTIES THAT SHOULD BE INCLUDED

TO NOT TO INDULGE IN THE CIRCULATION OF FAKE CONTENT:

Since everyone is active on social media platforms, an awareness on not to spread fake content without verifying facts, should be included in our syllabus. Inayat Kapoor, class XII, Bhavan Vidyalaya, Panchkula

HYGIENE CONSCIOUS:

The spreading of an infection can stop with basic hygienic measures. It's our duty to drive a campaign on the importance of hygiene. Jobel Jiji Joseph, class XI, RCJPS, Kakkanad, Ernakulam

TO STAY ALERT: As a responsible citizen, we should remain alert of the happenings in our surrounding, and not fall prey to rumours. We should inform our parents, elders or police immediately, if we come across any suspicious activities. Sanya Sinha, class XII, MRISchool, Faridabad

STUDENTS SPEAK



Chapter IV of the Indian Constitution comprises the Fundamental Duties of citizens. Added to the Constitution by the 42nd Amendment in 1976, the concept was taken from the USSR Constitution. They are not justiciable, and are enshrined in the Directive Principles of State Policies

EDUCATION

Guidelines for enhancing students' learning unveiled

Union education minister Ramesh Pokhriyal has released the Students' Learning Enhancement Guidelines.



➤ The documents, such as Alternative Academic Calendar, PRAGYATA Guidelines, Digital Education-India Report, NISHTHA-Online, etc, are some of the initiatives that have been undertaken to maintain continuity in school education for children

➤ The NCERT has prepared Students' Learning Enhancement Guidelines for the present situation, and also for the post-pandemic situation

➤ The guidelines are suggested for three types of situations—Firstly, in which the students do not have any digital resources. Secondly, in which the students have limited digital resources available. Lastly, in which students have digital resources available for the online education

SPACE

CHANDRAYAAN- 2 COMPLETES A YEAR AROUND MOON, ADEQUATE FUEL FOR 7 MORE YEARS: ISRO

India's second lunar mission Chandrayaan-2 completed a year in the orbit around the Moon on Thursday, and all the instruments are currently performing well. There is adequate onboard fuel to keep it operational for about seven more years, space agency ISRO said.



➤ Chandrayaan-2 was launched on July 22, 2019, and was inserted into the lunar orbit on August 20, 2019

➤ Chandrayaan-2 mission was India's first attempt to make a soft landing of a rover on the uncharted South Pole of the lunar surface. However, the lander Vikram hard-landed in September last year

➤ India's first mission to the Moon, Chandrayaan-1, launched in 2008, had given clear evidence on the extensive presence of surface water, and the indication for sub-surface polar water-ice deposits

NEWS IN BRIEF

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MALALA TO START HER BOOK CLUB THIS OCTOBER

Activist, Nobel Laureate and author Malala Yousafzai is all set to start her digital book club in October 2020.

BOOK

Called 'Fearless', it will feature bold and inspiring women writers, who portray the world in a different perspective. Each month, Malala will select a book, which she'll read and discuss with her followers. The digital book club will be hosted by Literati

Some books written by Malala Yousafzai, include 'I Am Malala', 'We Are Displaced' and 'Malala's Magic Pencil'

MATT REEVES SHARES FIRST LOOK OF 'THE BATMAN' LOGO



Filmmaker Matt Reeves has unveiled the first look of the logo for his much-anticipated upcoming film, 'The Batman'. The 54-year-old director shared the official logo of the flick on Twitter. The new Batman film stars Paul Dano, John Turturro, Andy Serkis, Colin Farrell and Zoe Kravitz.

UNVEILED

➤ The poster, designed by DC's chief creative officer, Jim Lee, depicts the batsuit as worn by Robert Pattinson's Bruce Wayne in the film.

➤ The upcoming superhero flick will resume shooting in early September. Filming for the comic book adventure film was halted due to the coronavirus pandemic, when it was roughly seven weeks into the production



OLIVIA WILDE TO HELM FEMALE-CENTRIC MARVEL FILM

Actor Olivia Wilde has been signed by Sony Pictures to helm and develop a female-centric Marvel film for the studio. According to Variety, there have been speculations about Sony developing a movie around the character of Spider-Woman. Several Marvel comics have held the title of Spider-Woman with Jessica Drew in the 1970s. Besides Drew, Mary-Jane and Gwen Stacy have also been a part of the title.

MOVIES

➤ The new female-centric film will be bankrolled by Amy Pascal, and will be written by Katie Silberman, who had earlier written 'Booksmart'

➤ Wilde made her debut with the feature film, 'Booksmart'

➤ The film had released on May 24, 2020, and minted \$ 22 million

Samsung officially launches Galaxy Note 20 series globally

Samsung has launched its new flagship, phablet globally as the South Korean tech giant pins hopes on its latest device to drive mobile business amid the pandemic.

UNVEILED

The Galaxy Note 20 series has hit shelves in some 70 countries, including South Korea, the US, Britain and Thailand, according to Samsung. The new mobile devices will be available in 130 countries by mid-September.



➤ The Galaxy Note 20 series comes in two models—the standard Note 20 and the high-end Note 20 Ultra

➤ The 6.7-inch Galaxy Note20 was launched at the original price of ₹ 77,999, while the 6.9-inch Galaxy Note20 Ultra 5G is available for ₹ 104,999 in the country

DO YOU HAVE A GRATITUDE JOURNAL?

There has been plenty of talk about actor Sushant Singh Rajput's controversial gratitude journal that was posted online by his girlfriend Rhea Chakravarty. While the controversy over who has actually written the journal continues, it has brought the focus on writing gratitude journals. Here's more about this popular concept.

WHAT IS IT?

A concept widely used by psychologists across the world, a gratitude journal is a medium, where you jot down all the things you are grateful for. The idea is to make the person maintaining the jour-

nal **FOCUS ON THE POSITIVE THINGS IN LIFE.** No wonder, it has earned a place as a prominent approach to positive psychology. The maintenance of a gratitude journal is also believed to help relieve symptoms of depression and anxiety.

WHY IT WORKS...

According to clinical psychologist, Dr Piya Nandi, journaling can help depressed or anxious patients vent their bottled-up feelings, and also feel positive. "When you are journaling your thoughts, there is no one to argue with you or create a roadblock. You have a free-flowing mind to pen down your true feelings."

THE 'SILVER LININGS'

A reference to the concept of gratitude journaling is made by Anupam Kher's character (a psychologist) in the 2012 film, 'Silver Linings Playbook'. He advises his mental health patient, Pat Solitano (Bradley Cooper), to be grateful for life and attempt to see the good or silver linings, in all that he experiences

How about writing a gratitude journal and sharing with us at toinie175@gmail.com

Photo: Getty Images

SCHOOL TOPPERS SHARE SUCCESS MANTRAS

ANSHUMOHAN ACHARYA
ICSE, 98%

Study plan: I did not have any specific plan and went about studying my portions regularly. I always believed that hard work plus smart work is the key to success. I made my own notes and flow charts to boost my memorizing power and facilitate my revision.

Key challenges: One of the key challenges was boredom. Music was a great companion and it helped me to relieve stress and rejuvenate. With such a vast syllabus to cover, we all feel the shortage of time and so did I. So, proper time management with equal time slot for all subjects is what I worked on.

Dealing with pressure to perform: Neither did I consider studying a burden nor did my parents pressurize me to do so. The actual pressure built up a few months before the examination during which I had full support of my parents and teachers who were my morale boosters.

Motivating myself: Our dreams are our biggest sources of motivation. I always worked with dedication to chase mine and this kept me motivated throughout the year. Motivational talks by my parents and my teachers were a morale booster.

Balancing academics with ECA: I gave equal attention to co-curricular and fun activities which helped me to study with altogether new levels of comfort, besides rejuvenating me for another round of intense study.

Advice to future aspirants: Believe in yourselves and have confidence that you can very well do it. Never do something if you don't have your heart in it. Sincerity since day one should be the motto of every aspirant. There are no fixed number of hours one needs to study because every person has his own strengths and weaknesses.

Future plans: I have taken Science (MPC) in my class XI and my aim is to get an admission in IIT by clearing JEE



TRIBENI TISSUES VIDYAPITH

Mains and Adv. I want to become a Software Engineer.

SOUMYADIP BISWAS
ICSE, 98%

Study plan: Self study is very important to succeed in any exam. Mathematics and English Language requires a lot of practice and Physics requires a clear understanding of topics. All subjects have a very vast syllabus (especially History and English Literature) so I suggest students start studying properly from the very beginning of the session.

Dealing with pressure: You will surely face pressure but don't get depressed. Talk to your teachers, parents and friends to lighten your heart. Always be honest with yourself regarding your studies and results.

Motivating myself: Just close your eyes and imagine the day when your results will be out. Imagine that you have secured first rank in your school. This will fill your heart with so much happiness that you will start working hard. Also, think about how hard your parents are working for you, to give you a happy and comfortable life. This will surely motivate you to work hard.

Balancing academics with ECA: Students should maintain a fixed timetable for their self study. This allows them to balance their academics with other activities like playing outdoor games. Exercise and yoga keeps your mind fresh and body filled with positive energy.

Advice to future aspirants: Listen to your teachers as they can guide you the best and give your 100% in studies. Be focused in your studies and don't get distracted.

Future plans: My future plan is to get into Indian Institute of Technology in 2022. Physics is my favourite subject.



OISHIK BANDOPADHYAY
ISC, Science, 93.75%

Study plan: I always believe in detailed and thorough reading of the text books. I used to prepare a study routine every week and had practised Mathematics daily and studied English at least for one hour daily. I used to study Physics daily and Chemistry every alternate days. Besides, I solved test papers for Mathematics and English in the last two months which had really helped me a lot to boost my performance in the board exams.

Key challenges: The main challenge for me was to keep myself healthy and physically fit. For that I used to play cricket for half-an-hour everyday. Adequate sleep is also a factor for smooth study and maintaining mental fitness and I used to sleep for exactly seven hours in a day. I used to drink adequate water and had a healthy diet especially just before and during the board exams. I would take fruits like apples, bananas, oranges etc, almost everyday as prescribed by my principal sir which really helped me to remain healthy and fit during and before the board exams.

Dealing with pressure to perform: Yes, of course pressure will be there before the board exams no matter how well a student prepares. Moreover it increases as the exams approach. To deal with this, I used to meditate for around 15 minutes everyday. I listened songs and played the tabla, which helped me to deal with stress. Some days, at night, I used to spend a small amount of time on the roof of my house watching the moon and stars. Spending some time with my family also helped me to cope with pressure. My parents and school teachers too supported me a lot to help me deal with the same. Thoughts of MS Dhoni, my idol, and his ability to stay cool in the times of pressure also helped me a lot.

Motivating myself: My parents worked hard all day long for my betterment and helped me to motivate every time. My parents



are my motivation and my inspiration. I used to tell myself that I should study harder and harder than before and the soldiers of our country are also my inspiration who are ever ready to give up their life for our country. Whenever I was tired of studies, I thought of the struggling life of Dr APJ Abdul Kalam and also of Thomas Edison's success of inventing the electric bulb after failing 1000 times to attain it. I also wrote down the famous words of Swami Vivekananda on a piece of paper: "Arise, Awake and stop not till the goal is reached." and stuck it on the wall of my study room. I kept on telling myself that yes, I can also achieve success and that was how I kept myself motivated.

Balancing academics with ECA: I used to prepare a study routine every week. I used to set up a challenge of a chocolate that my father will offer to me if I could complete my study target by that week. When I studied, I kept the whole world out of my mind and concentrated only on it. I used to keep the mobile phone aside on silent mode during the hours of studies. I had set a time limit for internet surfing and for social media. Besides I had a daily target like, I would play the tabla and cricket if I completed a particular day's study target which helped me a lot to concentrate.

Advice to future aspirants: Read your textbooks thoroughly without leaving a line. Practise Maths daily at least for an hour and start solving the test papers, specially of Maths and English two months before the Boards. Set up a study target and routine every week and once you achieve the target, it would help you to gain enough confidence and satisfaction. Set up a time limit for other activities apart from studies. Study with enjoyment as books are the ones through which we can explore the world by sitting at a place, only by reading it. So, keep yourself healthy and fit and "Keep up your josh high!"

Future plans: I had dreamt from my childhood of becoming a software engineer in future. For that, I want to opt for BTech in Computer Science. I will master the art of computer programming and I have pledged to gift my country with some useful software which will help people in every aspect of life and help to make this world a better place to live in.

FOUNDER'S DAY CELEBRATIONS @Birla High School Junior Section



July 11 is traditionally an important day in our school calendar when students and teachers assemble to commemorate the birthday of late L N Birla, the founder of Birla High School, a visionary and a philanthropist who valued the importance of imparting value-based education to create independent, free thinking individuals who will combine service with excellence.

The headmistress ma'am's special address for the boys was viewed by all enthusiastically. Nursery students made special birthday cards and showed their love and respect by singing 'Happy birthday to you Sir'.

The students of class I celebrated Founder's Day by exploring the 'birth date' of our great founder. They drew and coloured the school building to express their love for the school.

A pledge was solemnly taken by the students of class II whereby they promised to carry forward the legacy of excellence. The high ideals of L N Birla were also discussed and incorporated in lessons taught in order to sensitize everyone positively.

Students of class IV B enthusiastically presented a special assembly on Founder's Day through a virtual platform. They proudly sang the school song and took a vow to carry forward his vision.

Though virtual, these activities added fun to the celebrations. It was a wonderful opportunity to showcase the incredible learning environment and connected community that we have developed in our short history.



CGHS celebrates VAN MAHOTSAV



The pandemic has resulted in what is effectively called the largest "work from home" experiment ever conducted in human history. It is indeed a turning point for the way people work and learn. While parents are relieved that their children are academically engaged online, there are institutions which believe in a close symbiosis between academic and non scholastic activities and they have further utilized this virtual platform. Calcutta Girls' High School is a prominent example. The school puts equal emphasis on creative pursuits because it believes that through these engagements children learn to express themselves in a positive and tangible way. The focus was towards building personal connect between the students and trees.

Van Mahotsav, a festival of tree plantation

ing year, when this day was celebrated unitedly by both students and teachers, this time the message of ecological conservation was spread virtually through various activities.

It was a day of fun filled activity for the students, to show their love and solidarity to Mother Nature, for her bountiful gifts to mankind. The session ranged from the primary to the senior sections. The little ones did craft activities on the theme 'Making a friend tree' and 'Lend a hand to save a plant'.

The middle school activities ranged from making headgear with fallen leaves to using waste material, starting from plastic bottles to jute ropes from old CD players to empty packets of food to make trees. Things which were to find place in the dustbin now occupy a place of prominence in their drawing rooms.



The children got engaged in other activities like tree making (using articles like bottles, chart papers etc), friendship bands (using ribbons and chart paper to show their solidarity towards protecting Mother Earth and symbolising their bond with nature), paper rangoli, (depicting the beauty of nature through the use of pulses, nuts etc), pot decoration etc.

The senior school had quiz contests, group discussion and public speaking on the topic "The present world situation under the onslaught of Covid-19 and its resultant lockdown has allowed nature to reclaim the space that was always hers" apart from craft activities.

The activities were a fruitful investment of time. CGHS proved that momentary joys even in dire circumstances often come through arts and collective expression, enabling the child to move to a vast space of our thought and imagination, a space which is otherwise neglected. Students got to inculcate a bond with and respect for nature.

COVID-19: CRONY OR CRIMINAL?

Can you recall those days when we had time
To prevent this wicked and dark abyss
From bringing about such a nightmare
To our mankind so Sinclair?
It's a devil named 'The Coronavirus',
A wretch that would not minus
Until its victim accepts defeat,

And is compelled to retreat.
But don't forget! Covid may be a villain,
Nevertheless, it's an outcome of our laxity,
It is undoubtedly a difficult terrain,
That is here to revenge inhumanity.
But dear Corona, this is a request to you:
Please don't hurt the innocent.
If you really care, don't be a buga-boo,
You are not omnipotent

Covid is nothing but a mortal woe,
Here to teach us a lesson;
A man-devouring mistletoe
Making a hell out of this heaven!
Hey Corona! Don't belittle
That you are a brutal resolute,
Do put down the demon you whittle
From this mankind parachute!
Sad to say, it is the humans who have
Refused to be Nature's friend...
And we are the ones who bluntly behave
With that friend who wants us to

mend!
And that is why the cosmos has adopted
The deadly Covid-19,
The one who has dynamically ended
This harmony and irony...
Please understand humans!
Covid is not the only faulty one,
But once WE have brought it to Earth
Only WE can exile it from this global berth...

- Ridhi Debnath Class VIII, Adamas World School