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# THE TIMES OF INDIA

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## CAP ONLINE CLASSES AT 2-3 HRS: HRD norms

Releasing the "Pragyata" guidelines for online classes, the Union HRD ministry has recommended a cap on daily sessions and their durations for different levels of school students. The ministry framed the guidelines, following

the concerns raised by the nide- parents on schools conlline ducting online classes, nion like regular schools,

#### EDUCATION

thereby increasing children's exposure to digital screens manifold, since the tions, which are easily read-

closure of schools from March 16, 2020, after the Covid-19 outbreak.The guidelines highlighted that "it is important to have presentations, which are easily read-

#### THE GUIDELINES

➡ According to the guidelines, the duration for online classes for preprimary students should not be more than 30 minutes; for classes I to VIII, two online sessions of up to 45 minutes each are suggested; for classes IX to XII, three should be four sessions of 30-45 minutes durations

It has also made specific recommendations based on the accessibility of digital resources across households – right from those with access

to 4G connections with laptop, smartphone and TV to those with no digital device

→ The HRD ministry has recommended eight steps of online or digital learning - plan, review, arrange, guide, talk, assign, track and appreciate. These steps guide the planning and implementation of digital education step by step with examples

The guidelines also talk of the

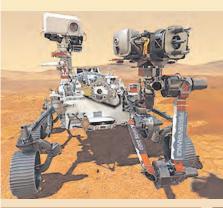
need of assessment, concerns while planning online and digital education, like duration, screen time, inclusiveness, balanced online and offline activities, level-wise modalities of intervention, including resource curation, level-wise delivery; physical, mental health and well-being during digital education

► The guidelines also urge parents, teachers and schools to take precautions on cyber safety and ethical practices

## Perseverance rover to search for life on Mars

ASA's most advanced Mars rover Perseverance will be launched from Earth on July 30, on a mission to

▲ N July 30, on a mission to seek signs of ancient microbial life, on what was once a river delta threemonths.



Should the SUV-sized vehicle touch down unscathed, it will start collecting and storing rock and soil samples, to be retrieved by a future mission and brought back to Earth in 2031 > Perseverance follows in the tracks of four rovers before it, which was first launched in the late 1990s > Together with satellite and surface probes, they have transformed our understanding of Mars, showing that the Red Planet wasn't always a cold and barren place  $\succ$  Instead, it had the ingredients for life as we know it: water, organic compounds and a favourable climate

Three countries - United States, China and the United Arab Emirates - are sending unmanned spacecraft to the Red planet in quick succession, in the most sweeping effort to seek signs of ancient microscopic life, while scouting out the place for

#### TIME TO TEST YOUR KNOWLEDGE ON MARS

future astronauts

1 Which is the only country on the planet to have successfully landed robots on Mars? a) USA b) Russia c) China

- 2 Which rover confirmed the the presence of complex organic molecules on the Red planet? a) Pathfinder b) Curiosity c) Spirit
- 3 On which crater of Mars will Perseverance land on February
- 18 2021? a) Jezero Crater **()** b) Aniak c) Yuty

ukesh Ambani, Chairman and Managing

Answer: 1A; 2 B; 3A

#### I RECOMMEND SITES FOR HANDS-ON SCIENCE

WEB EDITION

**STUDENT EDITION** 

FRIDAY, JULY 17, 2020

Check out the **Making Science Make Sense** website. This website has downloadable experiments, along with a fun-filled activity book, which will keep you entertained for hours.

**EXPERIMENTS** 

The **PBS Kids** site has a section called Zoomsci. In this section, there are experiments that are broken into different categories. Check out The Five Senses section, packed with experiments, all about smell, sight, touch, taste and hearing.



B The Discovery Channel's **Discovery Kids** is another site to bookmark and features science games, books and activities . Two activities perfect for summer, include growing your own fungus garden and becoming a bug detective!

#### ENVIRONMENT

Climate change will cause more extreme YOU'D RATHER GET A CORONAVIRUS VACCINE THROUGH YOUR NOSE

**CORONA UPDATE** 



SONU SOOD TO WRITE A BOOK ON HIS EXPERIENCES WITH THE MIGRANTS

#### wet, dry seasons: Study

The world can expect more rainfall as the climate changes. It can also expect more water to evaporate, complicating efforts to manage reservoirs and irrigate crops in a growing world, warns a new study. Examining the magnitude and variability of precipitation and evaporation and how much water will be available during the wettest and driest months of the year, researchers found that dry seasons will become drier and wet seasons will become wetter.



Most of the Eastern US, including all of South Carolina, has high precipitation that is well distributed throughout the year, researchers found. The region and others like it can expect greater precipitation and evaporation in both wet and dry seasons, according to the study. ► The greatest concern for such regions will be more flooding. The regions that will be hardest hit by climate change are the ones that already get slammed with rain during wet seasons and struggle with drought during dry seasons. They include, much of India and its neighbours- Bangladesh and Myanmar, along with an inland swath of Brazil, Africa, and northern Australia





Many microbes, including the coronavirus, enter the body through the mucosa – wet, squishy tissues that line the nose, mouth, lungs and digestive tract – triggering a unique immune response from cells and molecules there. Intra-muscular vaccines generally do a poor job of eliciting this mucosal response, and must instead rely on immune cells mobilised from elsewhere in the body flocking to the site of infection.

 Given the rapid spread of the coronavirus, some say, it makes sense to develop vaccines for the airway ctor Sonu Sood is all set to come up with a book recounting his experience of helping the migrant workers reach their hometowns during the Covid lockdown. The book will be published by Penguin India.



The past three and half months have been a kind of a life-changing experience for me, living with the migrants for 16 to 18 hours a day and sharing their pain. When I go to see them off as they begin their journey back home, my heart is filled with joy and relief. Seeing the smiles on their faces, the tears of happiness in their eyes has been the most special experience of my life, and I pledged that I'll keep on working to send them back to their homes until the last migrant reaches his village, to his loved ones



**MUKESH AMBANI IS THE 6TH** 

**RICHEST MAN IN THE WORLD** 

IN THE NEWS mbani's net worth of \$72.4 billion is higher than the combined net worth of India's next five billionaires-Azim Premji (\$16.9 bn), Shiv Nadar (\$15.8 bn), Gautam Adani (\$12.6 bn), Radhakishan Damani (\$11.8 bn) and Cyrus Poonawala (\$11.8 bn). Of late, Ambani, who owns 42% of RIL, has benefited from a flurry of investment into Jio Platforms Ltd

#### MEGHAN URGES GIRLS TO DROWN OUT ONLINE 'NOISE' WITH POSITIVITY

eghan, the Duchess of Sussex, has urged girls and women from around the world to drown out "painfully loud" negative online chatter with positivity. Addressing 40,000 teen girls and young women via video at the UN Foundation's 2020 Girl Up Leadership Summit, Meghan said that the generation she was speaking to, grew up with digital technology and knew online media better than anyone. "You understand that our online world has the power to affirm and support as much as it does to harm," she said. There will always be negative voices, and sometimes those voices can appear to be outsized; sometimes they can appear to be painfully loud. Your gut will tell you what's right and what's wrong, The hardest part is to chase your convictions with action **Bill Nye** is one crazy science guy! His website has experiments ranging from Life, Physical, Planetary and Space Science.

The **Exploratorium** is not only a great place to visit with the kids, but the website provides a lot of ideas you can do at home. A few activities include, glue-stick sunset, laser jello, ice balloons & much more!

**Cooking for science** fair/project ideas? **Science Bob** can be a great resource providing resources to get your child thinking of what they'd like to create

JUST LIKE THAT AIT NIMAR

## MAKE GRATITUDE A HABIT TO BECOME MENTALLY STRONG

#### nitya.shukla@timesgroup.com

n a recent article, Amy Morin, a psychotherapist, TEDx speaker and author of '13 Things Mentally Strong People Don't Do', has written that practising gratitude is the 'simplest and fastest way to build mental strength.' In fact, according to www.positivepsycology.com, when we express (and receive) gratitude, our brain releases dopamine and serotonin, the two crucial neurotransmitters responsible for our emotions, and they make us feel 'good'. They enhance our mood immediately, making us feel happy from inside.



#### BENEFITS

► According to Laurie Santos, a cognitive scientist, gratitude affects our interpersonal relationships. Multiple studies suggest that if you express gratitude to the people you care about, you can end up boosting those relationships.

That's not all! Harvard Health Publications reports that "gratitude is strongly and consistently associated with greater happiness. In fact, the simple act of writing down things that you are grateful has a range of benefits, including better sleep, suggests Greater Good Science Center of UC Berkeley

Photo: Getty images

#### HOW TO PRACTISE GRATITUDE THROUGH SIMPLE WAYS

**START A GRATITUDE JOURNAL:** Sonja Lyubomirsky, author of 'The How of Happiness' suggests that journaling is more effective, if you first make the conscious decision to become happier and more grateful. So make a decision, then write a gratitude journal, in which you log in the things/people you are thankful for.

Send small tokens, thank you notes or letters of gratitude to the people, who are important in your life; tell them why they are special to you

Show gratitude towards your parents, peers, elders and every other living being. Don't forget to share your experiences at toiniei175@gmail.com/timesmailnie175@gmail.com/

- **CREATE A COLLAGE:** Morin suggests that looking at pictures of people/things that you are thankful for, will serve as a great visual reminder of the good things in your life **CREATE A RITUAL WITH YOUR FAMILY:**
- Creating a unique ritual with your family can help you ensure that you practise it daily, feels Morin
- Just say a heartfelt 'thanks' to express your appreciation to avoid expressing only
- Uin your head. Appreciate the people
- around you, and thank them

02

It's not just a place where you get to learn Einstein's Theory of Relativity. It's also a place where you can think beyond the classroom. Hence we say, SCHOOL IS COOL!

## SCHOOL IS COOL

## TALES OF SUCCESS

#### Merit comes with determination, courage and persistence, all are qualities that need to be developed with practice

- Name: Tulika Padhi
- **Board:** CBSE
- School: DAV Public School,
- Nerul Percent: 99
- Stay motivated,
- focussed and confident. Clear all your doubts
- beforehand and make sure that you read the textbooks regularly, follow this and you'll surely ace the examinations.

#### Name: Pratiksha Kapoor

- **Board:** CBSE School: Don **Bosco Senior** Secondary
- School, Nerul Percent: 98
- Hard work alone can bring success. Listen to your
- teachers and parents, concentrate on what you want to achieve.



- **Board:** CBSE School: Omkar
- **English Medium** School, Dombivli **Percent:** 96.4
- To acquire a satisfactory score it



International School, Kandivali East

**Percent:** 98.8 **Continuous practice** and in depth understanding of the concepts along

with a good balance between study and play will keep stress at bay.

#### Name: Tec Narayan Brahmachari **Board:** CBSE



all the examinations.

It is essential to come out of your comfort zone and strive hard to score well, hard work as well as smart work is necessary to ace



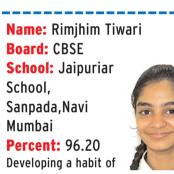


Prepare a timetable, follow it zealously. Trust your teachers and parents. Study regularly throughout the year. Keep your motivation levels at their highest.

#### Name: Sanchari Majumdar **Board:** CBSE

School: Apeejay School, Nerul, Navi Mumbai **Percent:** 97.2

To reach your goals, studying on a regular basis with sheer perseverance and focus is essential; managing your time efficiently is the key to achieve your dreams.



#### Name: Vanditha Pradeep



Kharghar Percent: 98.7

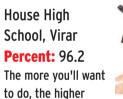
I express my respect, love and gratitude to my parents and teachers for their support and encouragement throughout my academic year. All of them deserve much more deep gratitude and love.

#### Name: Shreya Singh **Board:** CBSE School: Apeejay

School, Khargar **Percent:** 97.20 It's good to have ambitions but

expectations are toxic. Work towards your goal without any incentive of results. I express my gratitude to my school teachers and Principal Ma'am.

Name: S.D. Vidhula Board: CBSE School: Tree House High





**Board:** CBSE School: Apeejay School, Khargar

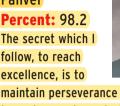


achievable goals, work towards them throughout the year. Follow your parents and teachers totally. I am thankful to Principal Ma'am.











maintain perseverance and devotion towards any element of life! One must concentrate on one's goal.



is important to have a good balance between sports, academics, good behaviour, and most importantly self-

) will be recognised as a (

has had to face unique challenges, with unparalleled

resilience and grace. As they go on their next

adventure, we know they will provide some inspiration

to make the world a better place... Times NIE spoke with

students from across India to know more...

**BATCH FROM** 

HELL AND BACK ....

ur batch has seen

switching to the old

many hardships:

boards system from CCE and

our Math paper leaking in

Could you ask for more?

the 10th; and the

pandemic in the 12th.

study.

Follow everything that your teachers tell you, obey your parents and you will see an amazing performance.

study is a must, no matter how many hours you put in. Consistent hardwork and mock tests help you ace the race!

you'll reach. So as long as you have the hunger for success, you will always have the power within you to achieve it.

2020 GOT THIS BATCH TOGETHER!

he class 12 batch of 2019-20 were attempting the Boards when the pandemic hit the world and all

hell broke loose. Did we complain? No. We waited

for our government to take tough decisions and we

welcomed what came our way. This batch will surely

be remembered for the grace and humility we have

all shown in accepting our grades and performance.

And I speak for all students across the globe who

We should always keep short-term and long-term goals. Work hard and be strong willed.

Reporting by Priyangshi Chakraborti and Abhijeet Krishnan

**KALYANI SREEJITH, KV** 

Pangode, Thiruvananthapuram

**LESSON FOR OUR BATCH - HEALTH BEFORE REPORT CARD** 

was disappointed after hearing that I will not be able to appear for two board exams. But as days went by, I realised my health and safety is of greater importance. Even though the reality is not honey-sweet, I am not heartbroken with the marking scheme that CBSE chose. The 2020 batch did learn a great lesson -



your health comes before your report card.

**BDM International** 

2020 - MOST PROACTIVE AND RESILIENT

#### **BATCH, EVER!** he Batch of 2020 has been

through what seems like a rollercoaster ride. From exam patterns being changed to not being able to complete even the board exams. But when you look at the larger picture, it has taught us one thing that this generation greatly needs - resilience. It has shown us students that no matter how tough the going gets, one must adapt to be



able to survive. Along with all the PSBBLLA, Bengaluru damage that this pandemic has

done to the world, it has become a boon too.

#### AS A BATCH GLOBALLY WE WOULD HAVE **MASTERED MANY TRADES... I HAVE!**

or us, the batch of 2020, it is the year that was supposed to decide the course of our lives where we would step out from the comfort zone of our school and graduate to college. We were nervous yet excited. Suddenly life seems to have come to a halt. I strongly feel that my worries and apprehensions are insignificant in front of such a huge global challenge. And on the brighter side, I have had all time in the world, what with my entrance exams postponed, the pressure has evaporated. I have played innumerable card games, guibbled with my brothers over board games and even tried to learn cooking - a feat I had previously

deemed impossible. Celebrating birthdays online is fun too.

A, Jayshree Periwal High School, Jaipur

**BATCH THAT LEARNT THE WORTH OF FREE-DOM AND SANITATION** 

he batch of 2020 seems to be the most unlucky. We were deprived of the fun that comes with the end of our schooling years. We were also desperately waiting for the holidays between our last exam and result day, but all went down the drain. Some students did not even get the chance to take their last exam and prove their true potential. Yet 2020 has had its share of excitement. We got to spend time with our families which we couldn't have in the usual scenario. We also got to know the worth

SUMMONED BY A VOODOO DOLL!

D

of freedom and sanitation - two extremely important things that make our life.

THE BATCH THAT WAS

Ne are going to make the most of it and always be that batch which proved to the world that when RASI, Doon calamity strikes, the International School, Dalanwala brave get stronger.

#### WILL ALWAYS REMEMBER THIS YEAR WITH MIXED FEELINGS

passed out from school this year.

or a class 12 student, 2020

transition year after years of hard work and patience. Ideally by July 2020, we had envisioned ourselves in our dream college, but instead we were left hanging with an indefinite status. On the brighter side, students preparing for entrance exams have got more time

MAITREYI ARWARI, B K Birla Mumba

mixed feelings about the situation. But nothing we cannot manage.

> challenge and did a good job too. As Generation Y, we have tackled the untoward situation in a valiant way keeping health and toh jahan hai'. This year has helped us to learn and understand how to cope with difficult situations. As brave warriors, we students have withstood whatever came our way. But we did

BHAVYA SOOD, AGDAV, Model manage ourselves.

BATCH OF 2020... MADE US **ALL BRAVE WARRIORS** 

> e are united globally. I see this year as a boon. The batch where all students embraced the unprecedented time with innovative measures. This year was and still is full of challenges blended with our adaptation and the zeal to survive. This batch

of students, with great rigour, energy and ambition faced the

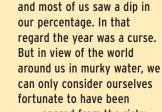
Town, New Delhi

crisis of our lives - not knowing if we are still school students or pass outs! The pandemic is unfortunate

our percentage. In that But in view of the world fortunate to have been

AVIT SOHAL, St John's High School Chandigarh

that



spared from the risky business of papers.



atch of 2020 is the talk of the town! Everybody from kids to elders show sympathy for us as we didn't celebrate our last moments of school life. It is indeed a ritual to celebrate the last year of school but COVID-19 had other plans. Our journey of 14 years ended unnoticeably. It happened so quickly that many

of us have not vet come to the realisation that our school lives have ended. Also, we the students of batch 2020, are facing the biggest identity

was supposed to be a



safety as our first priority. After all, 'jaan hai

not let adversity deter us from learning a lot about how to sustain and