



# THE TIMES OF INDIA

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STUDENT EDITION

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WEB EDITION

## NCERT updates CBSE CLASS XII SYLLABUS



**T**he National Council of Education Research and Training (NCERT) has revised a chapter in its class XII political science textbook to remove a portion on the separatist politics in Jammu and Kashmir, and add the abrogation of Article 370, which gave special status to the erstwhile state of J&K by the Centre on August 5, 2019. The NCERT has revised the chapter in the textbook, 'Politics in India Since Independence' for the academic session 2020-21. While the topic, 'Separatism and Beyond' has been deleted from the chapter, the abrogation of Article 370 has been included under the topic, 'Regional Aspirations'. The NCERT has also replaced the old map of Jammu and Kashmir in class XII political science textbook from this year.

### EDUCATION

**L**ast year on August 5, the Centre had revoked the special status granted under Article 370 of the Indian Constitution to Jammu and Kashmir, through an amendment in the Parliament, and also scrapped Article 35 A; the state was bifurcated into two union territories – Jammu and Kashmir and Ladakh.

## Plant-based MEAT products



### IS PLANT-BASED MEAT BETTER FOR THE ENVIRONMENT?

**E**xperts say moving away from livestock and poultry would reduce greenhouse gases. According to the International Livestock Research Institute, livestock farming used 45% of Earth's land surface and contributed to more than 18% of global greenhouse gases in 2011. A 2018 report commissioned by Beyond Meat, and conducted by the Center for Sustainable Systems at the University of Michigan, compared the environmental impact of making a 4-ounce Beyond Meat burger with a similar beef product. The findings: Beyond Burger generated 90% less greenhouse gas emissions, required 46% less energy, and had far less impact on water and land use than the beef burger. (SOURCE: NYT)

**WHAT:** Bollywood couple Genelia and Riteish Deshmukh have recently announced their plans to start plant-based meat products. Imagine meats. Plant-based meat refers to meat that is made purely from the plant extracts, but replicate the taste, smell and the sizzle of animal meat.

**TYPES:** According to experts, plant-based meat can be in the form of a burger patty, nuggets, or even crumbles and sausages.

### X-PLAINED

**HOW IS IT MADE:** According to Beyond Meat, one of the major companies competing in the plant-based meat business, plant-based meat products are made by layering in plant-based fats, binders, fruit and vegetable-based colours and flavours, using a process of heating, cooling and pressure to create the fibrous texture of meat.



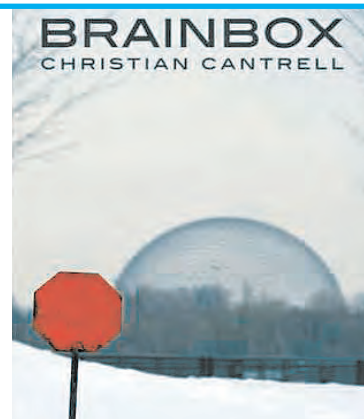
Are you ready to try the meatless 'meat' trend? Please share your views at [toiniet75@gmail.com](mailto:toiniet75@gmail.com)/times-nie75@gmail.com

## Christian Cantrell's 'Brainbox' to get sci-fi series adaptation

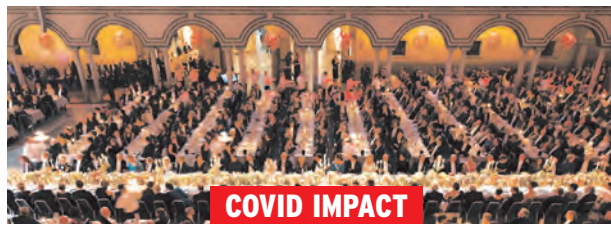
**A**uthor Christian Cantrell's short story, 'Brainbox' is set to be adapted into a science-fiction series for streaming platforms. The story takes place after a climate engineering experiment fails, and casts the planet into a sudden ice age. The world's most powerful nations are forced to

compete for the last remaining habitable regions, along the equator. As the surviving superpowers turn on each other, a young weapons specialist is brought in to create a revolutionary, self-replicating, artificial intelligence army that will transform the fate of humanity.

### BOOKS



## PANDEMIC SEES NOBEL BANQUET CANCELLED FOR THE FIRST TIME SINCE 1956



### COVID IMPACT

**F**ears over the coronavirus will see the Nobel prize banquet cancelled for the first time in over half a century. Swedish daily Dagens Nyheter has reported. Nobel Prize winners for 2020 will be announced but the banquet, which is always held on December 10, and normally draws around 1,300 guests, will not go ahead. "There are two problems. You can not gather that many people next to each other. And it is uncertain whether people can travel to Sweden to the extent they want," Nobel Foundation Chairman Lars Heikensten said.

- The last time the banquet was cancelled was in 1956, in protest against the Soviet Union's invasion of Hungary.
- It was also cancelled during the World War-I and II
- The prizes for achievements in science, literature and peace were created and funded in the will of the Swedish dynamite inventor Alfred Nobel, and have been awarded, since 1901

## RELEASE OF 'BROKEN HEARTS GALLERY' DELAYED INDEFINITELY



**S**ony Pictures has indefinitely delayed the release of the upcoming romantic comedy, 'The Broken Hearts Gallery' owing to the coronavirus pandemic. The forthcoming movie, produced by singer Selena Gomez, was earlier scheduled to hit the theatres on August 7. According to Variety, the production house has not yet announced the new release dates, however, they remain committed to open the film on big screens.

### ENTERTAINMENT

## NEWS IN BRIEF

CLICK HERE FOR MORE

### GRETA THUNBERG DONATES MILLION-EURO RIGHTS PRIZE TO GREEN GROUPS



**C**limate activist Greta Thunberg is set to donate one million euro (\$1.14 million) prize to the organisations focused on the environment and climate change. The 17-year-old Swede, who was named the winner of the inaugural Gulbenkian Prize for Humanity, said, "all the prize money will be donated

### FOR A CAUSE

through my foundation to different organisations and projects, who are working to help people on the front lines affected by the climate crisis and ecological crisis, especially in the Global South". Meanwhile, Thunberg and three other young climate activists have also launched an appeal to the EU leaders to "face the climate emergency", in an open letter signed by 150 scientists and a host of celebrities.

### THE CLIMATE ACTIVIST

- This is not the first time that Greta has donated her prize money to organisations and the causes she supports. In April, after winning the Human Act Award, she said, she would donate the \$100,000 prize money to the UNICEF. The Human Act Award matched Thunberg's donation with a further \$100,000.
- Since starting a protest outside the Swedish parliament in 2018, Thunberg has risen to global prominence, becoming the figurehead for a series of school strikes by children around the world

## NEWS IN CLUES

### Which planet has the longest day in our solar system?

- CLUE 1:** Like Uranus, it rotates in retrograde – the sun rises in the west and sets in the east
- CLUE 2:** It was the first planet beyond Earth visited by a spacecraft (Mariner 2 in 1962), and the first to be successfully landed on (Venera 7 in 1970).
- CLUE 3:** It is the second-brightest natural object in the night sky after the Moon.

**ANSWER: VENUS.** Scientists have identified 37 volcanic structures on the planet that appear to have been recently active – and probably still are today – painting the picture of a geologically-dynamic planet, and not a dormant world as thought. The research focused on ring-like structures called coronae, caused by an upwelling of hot rock from deep within the planet's interior, and provided compelling evidence of widespread recent tectonic and magma activity on the Venus's surface.

### 'GOOGLE'S BUILDING WORLD'S BEST EARTHQUAKE-TSUNAMI WARNING TECH'



**A**s a disaster management initiative, Google has been conducting an experiment using subsea fibre optic cables to detect earthquakes and tsunamis early. Google's CEO Sundar Pichai shared the update on the Google experiment through a recent tweet, stating how the experiment uses existing fibre cables to detect disturbances on the seafloor. According to Google, the technique can enable much faster detection of earthquakes and tsunamis.

## I RECOMMEND

### 5 THINGS EVERY STUDENT SHOULD TRY TO MAKE...

#### MELT-IN-THE-MIDDLE MUG CAKE

**E**very student needs to memorise a microwave cake recipe, which requires only a mug, five minutes of your time, and precisely no weighing of ingredients. Just whisk everything together in your favourite mug, drop a chocchie into the middle, microwave and ping! – you're ready to get stuck into chocolate heaven.

#### CLASSIC WHITE LOAF

**Y**our beginners' bread-making class starts here, with a simple sandwich loaf made from very basic ingredients in just 20 minutes plus baking. You can make big batches of this and freeze loaves, so that you know exactly what's going into your daily bread. Once you've mastered the basics, you can start experimenting with different shapes, sizes and add-ins.



#### FRYING PAN PIZZA

**G**ot a frying pan? Then it's time for a fakeaway. The easy dough for this pizza is made with flour and olive oil, and doesn't need kneading – just mix it together, roll it out, pop it in a frying pan and cook under a grill with your favourite toppings.

#### EASY PANCAKES

**P**ancakes are filling, frugal and fun to share. Step beyond lemon and sugar and make them sweet or savoury. Once you've whisked up the batter and flipped your first pancake, you'll realise how easy it is.

#### GARLIC BREAD

**S**ome things just taste way better when you DIY rather than order in or buy in a packet, and garlic bread is high on that list. It's super simple to make – not to mention cheaper – and once you've baked this beginners' recipe, you can try garlic bread nachos, cheesy garlic bread baked from a scratch, or garlic bread pizzas.

(Please try them under the guidance of your elders)

## Massive meteor shower 'hit Earth and the Moon' 800 mn years ago

**A**giant meteor shower bombarded the Earth and the Moon 800 million years ago, with more than 30 times the force of the asteroid strike that killed the dinosaurs, a new research has



revealed. Japanese scientists examined the images taken by the Kaguya lunar orbiter and found that an asteroid—at least 100 kilometres in diameter—broke up and plunged into the Earth-Moon System, having a profound impact on life on our planet.



➤ This strike, approximately 65 million years ago in what is modern day Mexico, is thought to have led to a mass extinction of more than three quarters of life on the Earth, including non-avian dinosaurs

➤ The shower 800 million years ago, struck the Earth just before the Cryogenian period, which saw an ice age between 720-635 million years ago

## Planning to visit a salon, gym?

### THIS IS WHAT DOCTORS HAVE TO SAY

**V**isit a gym or a salon, only if you are fit and healthy. Do carry your own sanitiser and tissue wipes to clean the chairs and gym machines before using them. It would be better, if you avoid such places during peak timings. Be it a personal trainer or a hairdresser, insist that they wear a face mask and sanitise their hands before serving you. Avoid spending more than half an hour in such surroundings. Try not to touch your face; wear a face shield when visiting a gym.

**DR. MANJUSHA AGARWAL,**  
Global Hospital, Mumbai

**I**n places, such as salons, gyms, restaurants and banks, there is a likelihood of physical contact with strangers, hence people have to take strict precautions. Before heading out, just ask yourself a few questions, such as whether you will be able to stay six-feet away from other people, whether those around you will be wearing a mask, or if the establishment that you plan to visit will be capable of strictly enforcing safety guidelines. Keep away from localities that have a large case load.

**DR TUSHAU PRASAD,**  
Wockhardt Hospital, Mumbai

### SAFETY MANUAL



# Elderlies feel the loneliest in the lockdown, FINDS STUDY



**T**he lockdown and stay-at-home orders have been hard. Furthermore, the isolation has also made people lonelier. A new study has now found that of all ages, the elderly population is at the most risk of feeling lonely, which is a cause of concern.

Elderlies fall under the high-risk category of falling sick because of their frail health and so, it's doubly important for them to stay indoors. However, that sadly means that access to recreational activities, parks, activity centres or even meeting their friends have been curtailed. For those living away from families, the pandemic is all the more stress-inducing. Here's more about pandemic-induced loneliness.

## HERE'S WHY THIS IS SCARY

Loneliness is troublesome for any individual. However, as you age, mental well-being becomes all the more important. Researchers say that loneliness and negative thoughts impact our quality of life, add to frail health and can even slow the body down. It has

also repeatedly been observed that social support and relationships are good to prevent mental deficits and cognitive decline. Staying isolated can also impact one psychologically. This is why it is said that one should regularly check up on seniors and elderlies.

## WHAT CAN YOU DO?

Elderlies make up for one of the most vulnerable categories in the pandemic. While it is not the safest for them to step out right now, there are certain things we can do to help them:

- ▶ Help them with their chores, running errands or picking up groceries.
- ▶ Check up on them regularly. If you can't visit them, call and talk to them.
- ▶ If you have old parents or grandparents living with you, involve them in some chores or keep them busy.
- ▶ Encourage them to start holistic or mindful exercises. Yoga can be a good option.
- ▶ Stock up on resources for them. Focus on using this time to bond with them. TNN

Let's Start A Campaign: How Can You Help The Elders Feel More At Home During Pandemic? Let Us Know at [timesnie175@gmail.com](mailto:timesnie175@gmail.com)

Photos: FREEPIK



## My writing habit...

I write and demonstrate my feelings in a big, spacious room, which is full of sunlight and brightness. This backdrop helps me to concentrate better and I come up with different ideas in this space. Sometimes, I lay down on the ground and think about what I want to write. Once an idea presents itself, I quickly pen it down in a diary. But my usual posture while writing is sit straight taking a pillow behind me and a writing pad on my lap. I write while my back is resting on the wall. When I begin something, I am totally consumed by it. I have very little scope for distraction in the room. So, I can take my time to finish whatever I have been working on. When I do accomplish what I started; I am jolted back to reality. My parents have to remind me that I haven't had my meals, not even taken my bath. Apart from a bottle of water, I don't let my mind wander elsewhere during the "peak" of my writing. My room where the sun shines happily...is my writing haven. Someday, I am going to come with a masterpiece – sitting right here.

HARSHA MUTHA, Dastur High School, Pune

## Love letter to Norwegian Wood

Dear Norwegian Wood,

Oh soulmate, how grateful I am to be yours for eternity. You came into my life as a beautifully covered package and as we grew closer, your smell, your pages have never failed to comfort me. I think I am falling in love with you. We have been together for weeks and months and each time I tried to put you down, I couldn't because I could never survive without knowing you better. I stared at your beautiful pages and you kept entertaining me with your anecdotes of Naoko and Toru. We have been to so many unknown places in Japan together. You introduced me to the world of Toru: his thoughts which were full of life, love and pain. Your abode was always close to my heart, sometimes beside my pillow or sometimes secure in my fingers. I have always loved the way you have been nicely carved and adorned with your semantics. Even when you were away from me, not a minute had passed without me thinking of you. Because we shared the perfect relationship in the world – of a book and of a reader...

Here's to an honest desire to never grow apart and share this magical and flawless bond that we have forever. With love,

BHAGYASHREE PRABHUTENDOLKAR, class X C, Thakur Vidya Mandir High School & Jr College, Kandivali, Mumbai

# Your Letters

We appreciate all letters coming to us. And we hope you continue to make us happy. Every letter, drawing, sketch, opinion and contest participation is read and acknowledged. THANK YOU! Keep writing



## SO MANY THINGS TO SAY TO OUR CORONA WARRIORS...

Doctors, nurses, other medical staff and everyone who is helping people around the world. I don't have any words to say "THANK YOU" for your immense contribution towards humanity. I would fail as a person if I didn't show my gratitude to you for your great sacrifice. Here I am, bowing to your patience and will to make things better again. When everything is settled and restored in this world, when you are free from your responsibilities and when you are happy, accept my gratitude with a smile. Yes, some heroes don't wear capes, we call them doctors. And we have witnessed that in 2020! We have a lot of things to tell our upcoming generations about your sacrifice.

PURVA GADE, SSRVM, Borivali East, Mumbai

## Talking of humans

Though it is a hard time for your ilk on this planet, I must say you have done well. But for me and my friends, this has been the best time for recovery. No, not from COVID-19 but a much more deadlier (man-made) disease called 'pollution'. I am happy with the progress my friends have made. My friend river Ganga is cleaner now, the Tree is having the time of his life. And my best pals, the animals... they are finally free to roam around the forests without encountering danger. It's a great time for us out here. I hope you recover from the virus too. But am hoping you understand our pain better now. Yours Dearly, The Nature

SHRESTHA SHARMA, Class VI, The Orbis School, Pune

## Quality time with family

During this lockdown, we all are stuck to our homes. But I see this as an opportunity to spend quality time with my family. I learnt many things from my family like: **Grandfather:** He talks to me about his childhood. By this, I can easily make out how things have changed with time.



**Grandmother:** She tells me lot of mythological stories. **Father:** He plays lot of games with me like chess. **Mother:** She has taught me some recipes. **Brother:** Me and my younger have mastered the art of skipping.

BHAAYVA GARG, VI A, Delhi Public School, Miyapur, Hyderabad.

## Quiz time

### CURRENT AFFAIRS

**Q.1) How many members does the Rajya Sabha have this year?**

- A. 100
- B. 245
- C. 150
- D. 300

**Q.2) Who became the first Muslim woman to be elected to the Virginia State Senate in the US?**

- A. Begum Jaan
- B. Jemima Jamal
- C. Noorjehan D. Ghazala Hashmi

**Q.3) What is the name of first non-AC local train with CCTV cameras in India?**

- A. Tejas
- B. Uttam Rake
- C. Uda Rake
- D. CCTV Rake

**Q.4) Who stormed off court at the end of the 1999 French Open and had to have her mother coax her back??**

- A. Billie Jean King
- B. Martina Hingis
- C. Chris Evert D. Tracy Austin

## ANSWERS

1. B) 245 2. D) Ghazala Hashmi 3. B) Uttam Rake 4. B) Martina Hingis



## KNOWLEDGE BANK

### Green apple

Green apple was first cultivated in Australia by Maria Ann Smith, which is why the variety is called Granny Smith apples. Said to be a hybrid between the French Crab apple and the Rome beauty, it originated in 1868. With a similar nutritional profile of ordinary apples, it stands out for being a healthier option – less sugar and carbohydrate, more fibre, protein, potassium, iron, vitamin K. However, red apples contain a significantly higher quantity of antioxidants.

## Japanese words that need to be part of English

Languages and cultures influence each other, and grow and evolve simultaneously. The Japanese culture fascinates and awes the rest of the world for its discipline and art. Its language reflects this, for it has many words for the nuances of social conduct or the facets of art that have no English equivalent. Here are a few words for thought.



**1 TSUNDOKU:** Many bibliophiles have already heard this word that refers to how some people buy books (or other reading material) with the intention of reading them but don't actually read them and let the book pile up in a stack in their homes.

**2 SHIBUI:** Shibui is a form of minimalist beauty. It's finding simplicity in understated and restrained things. It could also mean finding beauty in the details of simplicity. A simple white dress, a mattress on the floor rather than a big bed are examples.



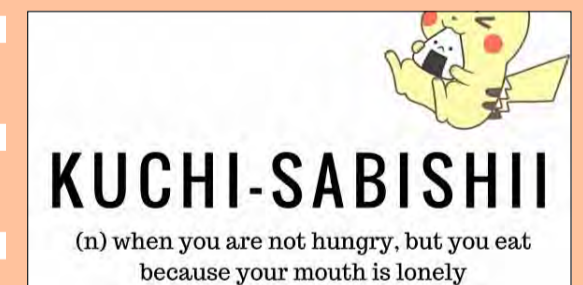
**3 KOMOREBI:** Komorebi refers to the sight of sunlight as it shines through the branches of a tree or trees. Anyone who loves the outdoors knows the beauty of the dappled light, especially during sunrise or sunset, and it would be nice to have a word for it.

**4 AKOGARE:** It is often translated online to mean yearning or longing, but it means something a little deeper. It's always in reference to a person but it doesn't have to be a longing. It involves longing as well as admiration or respect. It can mean longing to be like the person and not just for the person. For example, many amateur athletes feel akogare towards profession.

**5 OUBAITORI:** This word contains a beautiful thought which is illustrated in the way it's written. It has a design for four different trees that flower in the spring time. The word means one shouldn't compare themselves to others but appreciate their own beauty and worth and realise they don't have to be identical to another to be of value. The four trees named are: cherry, plum, peach, and apricot.



**6 KOGARASHI:** A cold wind that signals the early days of winter is called Kogarashi. It's literal translation is 'leaf wilting wind'.



**7 KUCHISABISHII:** Anyone who stress eats or can't watch a movie without popcorn or always chews gum has experienced Kuchisabishii. It translates to lonely mouth – and no, it does not have a romantic meaning. It's used to refer to the urge to eat, not because you're hungry, but because your mouth feels lonely.



**8 IRUSU:** This phrase refers to the act of pretending not to be home. We wonder if there's a term for ignoring your phone as well. TNN