



# THE TIMES OF INDIA

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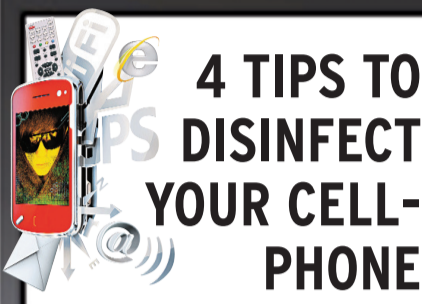
## WHAT'S HOT ON WEB

- 1** Meet author Neha Singh live today at 6 30 pm on <https://www.facebook.com/TOIStudent>
- 2** Start-up builds useful hi-tech camera to discover COVID-19 cases
- 3** How can we measure intelligence? Find out here and now
- 4** Remote learning tips - find out all about it and how to do it the right way
- 5** Websites and apps to read Ebooks. Check and learn - it's informative

STUDENT EDITION  
TUESDAY, MARCH 31, 2020

## WEB EDITION

### TECH TONIC



## 4 TIPS TO DISINFECT YOUR CELL-PHONE

Given the current scenario, it has become important to clean and disinfect your phones regularly. But, you cannot use the same soap you use to clean your hands to clean your phones. Apple, recently, stated that their phones can be cleaned with simple disinfectant wipes but there are a lot of cleaning agents you need to stay clear of

### USE TAPE TO CLEAN SAND AND LINT

Sand, lint and dust gets collected on the crevices of the phone. Use duct tape to get rid of all the dust; stick the tape over the ports and speakers and gently roll away.

### DON'T USE SOAPS TO CLEAN

While it's important to keep your phone disinfected, some cleaning agents like cleansers for clothes should never be used as they are harsh and can damage phones.

### WINDOW OR KITCHEN CLEANERS

It is not advisable to use household cleaning products on your phone. They strip the phone of protective coatings that protect it from the damage caused by oil and water.

### PAPER TOWELS

They seem to be the go-to for all kinds of cleaning, but using paper towels for cleaning phones can leave bits and pieces of paper on them and lead to scratches.

## CORONAVIRUS:

### Focus on MENTAL HEALTHCARE

#### IMPACT OF PANDEMIC FAR BEYOND PHYSICAL HEALTH

Unlike anything in living memory, Covid-19 has upended people's lives and stolen away old certainties. When a pandemic happens, the impact goes far beyond physical health. Divya Dureja, counselling psychologist, LGBT activist and TEDx speaker, sums up the story of a troubling 2020 so far: "On any given day, all of us wish to stay at home but now, since we have been asked to not go to work, we feel shackled." A pandemic's effect on mental health, even among those unaffected by it, could be bigger, doctors suggest. Anxiety, depression and fear are some of the most common symptoms that require attention, says Dr Nimesh Desai, director of the Institute of Human Behaviour and Allied Sciences. "For the generation in existence, this is the first such experience of a global pandemic. But it's important to take it well. Those who are able-bodied or able-minded have a responsibility to support the vulnerable ones, for example elderly, children, pregnant women and people with disability among others," he says. "The virus is omnipresent in our minds,"

#### WHEN virus takes a MENTAL TOLL

**AT-RISK**

- Older people and those with chronic diseases
- Children and teenagers
- Caregivers such as doctors and other health-care providers or first responders
- Those with mental health conditions, including problems with substance use

**Stress during an infectious disease outbreak can include**

- Fear and worry about your own health and of your loved ones
- Changes in sleep or eating patterns
- Worsening of chronic health problems

**Things you can do to support yourself**

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Make time to unwind. Try to take up some other activities you enjoy
- People with pre-existing mental health conditions should continue with their treatment and be aware of new or worsening symptoms

**FOR PARENTS**

- Reassure your child or teen that they are safe
- Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well

**FOR CAREGIVERS**

- Responding to Covid-19 can take an emotional toll on you. There are things you can do to reduce secondary traumatic stress (STS) reactions.
- Create a menu of personal self-care activities that you enjoy, such as spending time with friends and family, exercising, or reading a book
- Ask for help if you feel overwhelmed or concerned that Covid-19 is affecting your ability to care for your family and patients as you did before the outbreak

adds psychiatrist Praveen Tripathy. "Through overexposure to information, we are getting to see a lot of aggravated mental health cases."

#### CUT OUT NEWS OVERLOAD

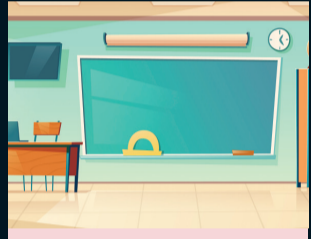
Among the counsel offered by mental-health professionals is, "To not let yourself be swamped with information. Stick to just one source of information; if you read a particular paper, read

that each day to stay informed. If you watch a channel, log on to that," advises Dr Tripathy. "People are sharing messages about taking scheduled drugs as self-medication - this is very damaging not just for mental well-being but for physical health too," he adds. "Now is a great time to do some deep cleaning of your house, read books, get some exercise, organise your belongings at home. Do things that you never have time for," advises Goyal.

## 5 Homeschooling tips for parents to teach kids at home

### 1 CREATE A PROPER LEARNING SPACE

Younger kids might not have their own room but that doesn't mean parents cannot create a learning space for them to make them feel like they are in home-school.



The learning space should be away from the TV and video games and you should keep mobiles away from there. Also, don't let your child eat at the study desk.

If your child already has a study desk, make it more organised as that is where your child will spend the majority of his/her daily time. When your child is studying in his learning space, he or she should know that the area is meant only for studying. This strict association of learning spaces being only for studying can be built during the Coronavirus lockdown and will come handy even in the future.

### 2 Make a daily routine for your kids

When children go to school, the majority of their time is spent in a proper schedule. During this Coronavirus lockdown, kids are unable to maintain a routine in their daily lives as they don't have to go to school. As a number one homeschooling tip, parents should ensure that they sit down with their kids and create their own routine to follow at



home. A proper routine helps a child's body clock adjust in a manner that their eating, sleeping, learning and playing times remain fixed. It's best if children are kept calm by creating an environment where they can follow the same pattern when they did were going to school.

### 3 DON'T SPOON-FEED YOUR CHILDREN

Since parents are not trained teachers (most of the time), they might not have the patience to teach children at home the right way.

Parents need to allow children to come up with solutions on their own and struggle with textbook problems to develop critical thinking skills.

Often, to save time, parents solve the answers in their children's notebooks and ask the kids to learn. But this doesn't teach them anything. So, don't take the fun out of learning!

### 4 FOLLOW THE PRESCRIBED CURRICULUM IN SCHOOL

Parents can coordinate with other parents of their child's classmates at school to better understand how others are homeschooling their children and which topics from which subjects they are tackling and teaching first.

## WIZARD'S CORNER

### Quiz time

#### MIXED BAG

Sattwik Indu, class XI, APS Barrackpore, West Bengal

Q.1) Switzerland celebrates 'Science Day' every year on 26th April, in honour of a renowned scientist who travelled to the country on the date in 2005. Who is he?

- Albert Einstein
- Stephen Hawking
- APJ Abdul Kalam
- Jagdish Chandra Bose

C. Ramaswamy



Q.3) Who is known as the 'Missile Woman of India'?

- Tessy Thomas
- Aruna Asaf Ali
- Madam Bikhaji Cama
- Sarojini Naidu



Q.4) Which was the first Indian city to get a UNESCO Heritage tag?

- Agra
- Kolkata
- Ahmedabad
- Mamallapuram

#### ANSWERS

1. C) APJ Abdul Kalam, 2. B) Dasgupta 3. A) Tessy Thomas 4. C) Ahmedabad

### GO FIGURE

Place the four numbers in the first, third, fifth, and seventh boxes and whichever operators you want to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

The operators:



EASY:  $\square \square \square \square \square \square \square = 13$   
 3 6 8 8

MEDIUM:  $\square \square \square \square \square \square \square = 11$   
 2 3 4 6

HARD:  $\square \square \square \square \square \square \square = 6$   
 6 7 8 8

SOLUTIONS:  
 Easy  $8 + 3 + 8 - 6 = 13$   
 Medium  $3 - 2 + 4 + 6 = 11$   
 Hard  $8 - 6 \times 7 - 8 = 6$

## 3 MOVIES TO WATCH THIS WEEK



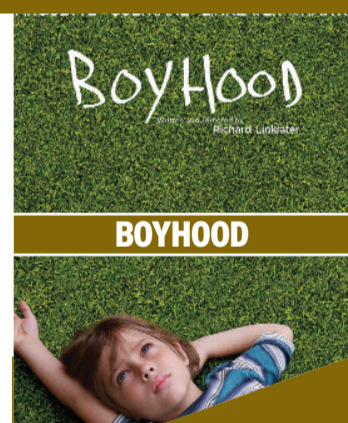
### DO THE RIGHT THINGS

With its carefully built complex narrative, Spike Lee's is a visceral movie about race in America that lends itself to new interpretations every time you watch it.



### CITIZEN KANE

'Citizen Kane' isn't just essential viewing because critics often agree it's the best movie of all time. It's a timeless story of greed and power.



### BOYHOOD

'Boyhood,' another Linklater film, was filmed over a period of 11 years to capture the life of a character growing up - his challenges, hopes and dreams.

## 3 BOOKS you must read this week

### Dancing the Charleston by Jacqueline Wilson

No one brings the past to life quite like the legendary Jacqueline Wilson and trust us, you'll be dancing your way through her latest dazzling historical adventure. Mona lives with her aunt - a dressmaker to the lady of the house - in a little cottage on the edge of the grand Somerset Estate. When Lady Somerset passes away and a new member of the family inherits the house, things change overnight for

Mona. Suddenly, she's spun into a world of beautiful balls, decadence, dancing... and secrets.

### Little Badman and the Invasion of the Killer Aunties by Humza Arshad & Henry White

Think James Bond in an alternate rapping reality where almost everyone and everything is bonkers! Humza Khan is the greatest 11-year-old rapper Eggington has ever known. He has big plans for his future, but there's just a teeny issue standing in the way between him and superstardom at the mo; all his teachers are disappearing

and everyone's aunts are taking over. Before he knows it, the aunts are taking over Humza's music, too - which means now it's OFFICIALLY personal! It's up to Humza and his friends to dig deeper and hunt for the truth behind these killer aunties.



### Artemis Fowl by Eoin Colfer

If you're looking forward to catching the highly-anticipated Artemis Fowl film in cinemas in 2020, then why not dive into the explosive misadventure that inspired it. You see, Artemis is a criminal genius and he's just discovered that fairies are real. Oh, but wipe images of cuddly, Peter Pan-style bedtime story genre from your mind, because this lot is anything but that. They are armed. They are dangerous. And when Artemis captures Captain Holly Short for her fairy gold, he meets the wrong elf. These fairies fight back as Artemis will learn. What follows is a great fight which is very engaging to read and know about.

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