



THE TIMES OF INDIA

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TODAY'S EDITION

Raised by a single mum, Namanbir, a student from Chandigarh, talks about why he invented an app called Shield for women
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An educator talks about why it is essential to adopt Babu's principles in today's world
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Top-seeds Daniil Medvedev, Pliskova roll to wins at Indian Wells
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STUDENT EDITION
MONDAY, OCTOBER 11, 2021



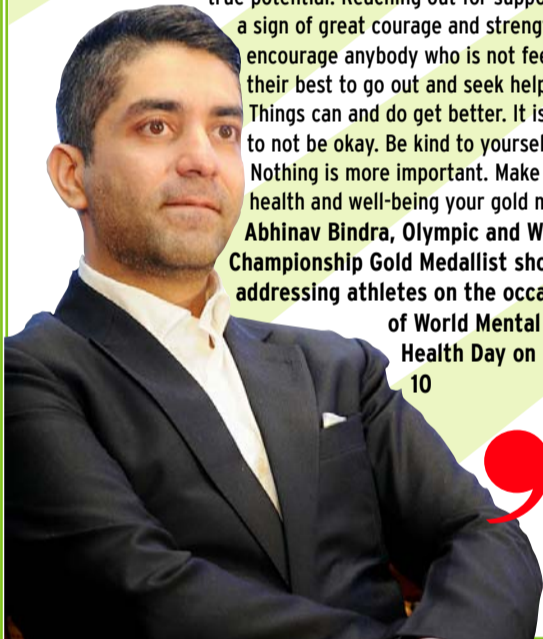
ANSHU MALIK

CLICK HERE: PAGE 1 AND 2



QUOTE UNQUOTE

Athletes are trained and socially-conditioned to channelise physical stress while silencing the mind, their feelings, and emotions. The sports industry has ended up prioritising medals over all else. The pressure to focus on the outcome can drive athletes towards developing a one-track mind, ignoring every aspect of their life other than sport, performance and winning. We must take better care of our sportspeople and create mental wellness programmes designed for athletes. Excellence has to be holistic. Prioritise your well-being – physical, emotional, and mental – to give yourself the best chance of realising your true potential. Reaching out for support is a sign of great courage and strength. I encourage anybody who is not feeling their best to go out and seek help. Things can and do get better. It is okay to not be okay. Be kind to yourself. Nothing is more important. Make your health and well-being your gold medal. Abhinav Bindra, Olympic and World Championship Gold Medalist shooter, addressing athletes on the occasion of World Mental Health Day on Oct 10



Spotlight

MUKESH AMBANI

JOINS BEZOS, MUSK IN WORLD'S EXCLUSIVE \$100 BILLION CLUB



Mukesh Ambani, Asia's richest person, has joined Jeff Bezos and Elon Musk in the world's most-exclusive wealth club with a fortune of at least \$100 billion. The chairman of Reliance Industries Ltd entered the rarefied group of 11 men, as his conglomerate's stock climbed to a record on Friday. He's now worth \$100.6 billion, according to the Bloomberg Billionaires Index, after his wealth increased by \$23.8 billion this year.

Since inheriting the oil-refining and petrochemicals businesses of his late father's empire in 2005, Ambani, 64, has been seeking to transform the energy giant into a retail, technology and e-commerce titan. His telecommunications unit, which started services in 2016, is now the dominant carrier in the Indian market

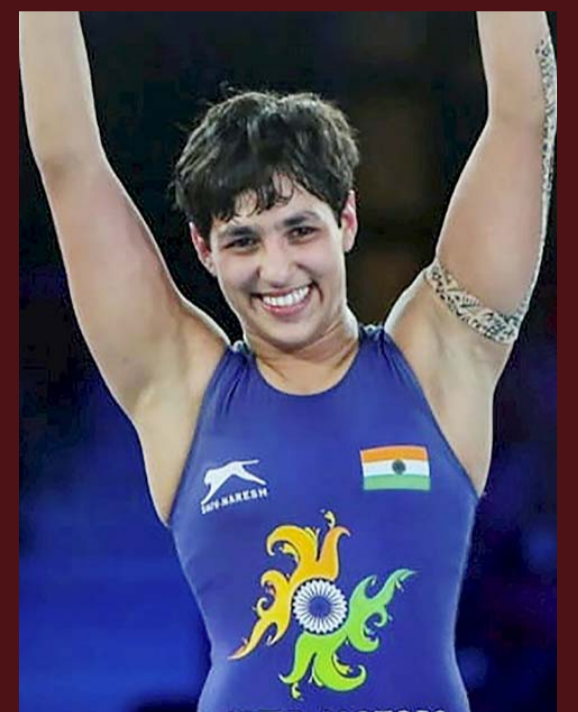
RICHEST INDIAN

1 Ambani, India's richest person since 2008, also topped the Forbes' 2021 list of the wealthiest Indians, followed by Gautam Adani, who is next on the list with a net worth of \$74.8 billion

2 The total worth of India's 100 richest saw a 50 per cent gain, from the previous year, according to Forbes

3 On the Forbes list, as many as 61 billionaires added at least a billion or more to their existing wealth, while more than 80 per cent of those on the rich list saw an increase in their fortunes

First Indian woman to win a silver medal in the World Wrestling Championships



Twenty-year-old Anshu Malik has scripted history, as she became the first Indian woman wrestler to win a silver medal in the World Championships. She lost her final bout 1-4 to two-time Olympic medallist Helen Maroulis at the World Championships in Oslo, Norway. Meanwhile, another Indian grappler Sarita Mor(59kg) also won a bronze medal for the nation.

■ Anshu, a cadet World champion and a junior World's silver medallist, was the third Indian to reach the final of the World championships after 2010 champion Sushil Kumar and 2018 silver medallist Bajrang Punia
■ Other Indian women grapplers who have won bronze medals in the past are Geeta Phogat (2012), Babita Phogat (2012), Pooja Dhand (2018) and Vinesh Phogat (2019)

IN OTHER NEWS

2 metres distance not enough without Covid-19 mask: Study



In a new study, researchers have warned that to prevent the spread of Covid-19 indoors, the two metres physical distancing guideline is not enough without masks. Wearing a mask indoors can reduce the contamination range of airborne particles by about 67 per cent, they said.



■ While most public health guidelines recommend physical distancing of two metres for people from different households, researchers say distancing alone is not enough to prevent the spread of Covid-19

■ While ventilation, a person's posture, and mask-wearing impacted the spread of the bio-contaminants significantly, the impact of age and gender was marginal, researchers found

■ Coughing is one of the main sources of the spread of airborne viruses from symptomatic individuals

JIM CORBETT PARK MAY BE RENAMED 'RAMGANGA NATIONAL PARK'

Jim Corbett National Park, a world-renowned tiger reserve in Uttarakhand, may be renamed as Ramganga National Park in the future. Union minister of state for forest and environment Ashwini Kumar Choubey hinted about the change in the name of India's first national park, which is spread over an area of about 521 km. He recently mentioned it in a museum guest book on his tour of the park.



If the Jim Corbett park's name is changed, it will not be the first time. The park, which was named Hailey National Park at its inception in 1936, was renamed after hunter-turned-conservationist Jim Corbett two decades later. However, for some time in between it was also named Ramganga National Park as the Ramganga, a tributary of the Ganges, passes through it

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SPORTS

Indian Olympic Association in talks with International Committee for 2036 Olympics

Indian Olympic Association (IOA) president Narinder Batra on Saturday said the organisation is in talks with the International Olympic Committee for a possible bid by India to host the 2036 summer games, and Ahmedabad's Motera stadium is the best venue for an opening ceremony. Olympic games can be hosted in three or four cities in India, and the IOA is in talks with the IOC about India's possible bid for 2036, Batra said. The chances of India getting the opportunity were bright, he added.

TOURISM

India to reopen for foreign tourists from October 15

The Centre has announced its decision to start issuing tourist visas to foreigners, starting from October 15, 2021. This decision was taken to boost inbound tourism to India. As per the ministry of home affairs (MHA), this will be applicable to foreign tourists who are travelling to India through charter flights. It also said that others who are coming in through regular flights will be permitted entry from November 15.



Inbound travel will commence with all Covid related protocols in place. These protocols issued by the ministry of health and family welfare, from time to time, must be followed by all the foreign tourists, as well as carriers carrying them into the country, and all the stakeholders at the landing stations



No time for the battery to die: Bond's Aston Martin GOES ELECTRIC

Daniel Craig may be saying goodbye as James Bond, but his iconic Aston Martin is about to be given a new lease of life, for an ultra-cool \$1 million. Bond actually drove a DB5, which features again in the latest Bond movie, 'No Time To Die'. But the DB6 is regarded by many as the epitome of British motoring style since it was first unveiled in 1965. In a modern twist, the DB5 and DB6 are now being retrofitted to reappear in limited numbers as electric cars. "For the women and men of tomorrow, this, electrified, is what you should be driving," said David Lorenz, CEO and founder of Lunaz, which specialises in making classic cars electric as the wheel of a DB6.

1 Lunaz, based near Silverstone, home of the British Grand Prix, is producing limited numbers of an electric DB6
2 Each electrified Aston Martin DB6 will undergo an exhaustive bare-metal restoration that Lunaz calls 're-manufacturing'

3 Technological upgrades include the latest brakes, suspension and steering, along with air conditioning and the electronic infotainment systems

4 The electric power-trains give the car a range of 255 miles

STUDENT INNOVATION



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I WISHED TO PROVIDE A 'VOICE' SHIELD to women in emergency situations: Namanbir

At the age of four, he lost his father and saw his mother single-handedly conquering various challenges at different phases of his life. It gradually turned him into a 'feminist son', as he proudly says it aloud, and talks about how he felt the urge to make single women in India safe—like his mom, who overcame various hurdles alone in this male-dominated world.

Namanbir Singh, a class X student of Tender Heart School, Chandigarh, started researching on what are the key areas that make women insecure and he found—lack of stability, inability to defend themselves when in emergency, a proper government support system for abandoned or single women—were some of the core concerns. As each day passed, and he saw his mom growing as a person and going from strength to strength, Singh says he was sure of what he wanted to do—build a voice recognition app that can secure single women in times of emergency by shouting out 'Help' or 'Bachao'. Talking to Times NIE, he explains how a very strong idea can lead to a revolutionary change.



TELL US HOW YOU STARTED WORKING ON THIS APP?

My mother inspired me to take up a woman's cause and this led me to the first step of researching. I studied extensively various issues faced by women and found that they felt most vulnerable when on a lonely street or in enclosed places or while travelling in a cab. At times of emergency, if they needed to call out, they had to rely on the power button or unlock their phones to request help from a trusted source, which took 2-3 seconds. This made me realise that in times of crisis, there is a possibility that one can't access the phone at all, and hence, the need for an app that can recognise when one shouts for 'help'. This led me to SHIELD—a voice recognition safety app for women. Then, came the next step, design and development. I used FIGMA, a collaborative interface design tool, for design and it took two weeks to develop the entire app in Android studio using Java and Kotlin.

IF YOU WERE TO ADVISE ADULTS ON TECHNOLOGY, WHAT WOULD IT BE?

I would tell them to use technology for good, but don't be so dependent on them that you become redundant. Make sure your brain can control technology and not the other way round.

WHAT ARE THE CHALLENGES?

When you are building an app on security, it should be foolproof. You have to think of all possible dangers and understand all things that a criminal can do. Hence, the purpose of SHIELD was that it should be quick in action and not dependent on a device. So, even if the assaulter takes your phone away, if it is within the range, then your voice of help can be recognised and an instant message will be sent to your kin. Initially, I thought of a WhatsApp message, but then that took more data and hence, I stuck to a message.

WHAT ABOUT DATA PRIVACY?

Yes, we took that into account, especially at a time when data theft is common. Hence, we added a feature called 'protection on', which means that only when this is working can the app use your microphone features. Also, if someone wants to set a timer on, then she can do so for the hours spent outside the house. We currently have 1,100 users and we hope more women get to know of this app.

IT'S TRENDING...

GlassHair effortlessly

Do you want to add extra shine to your hair? Straight out of Hollywood, #GlassHair trend has been a celebrity favourite on the red carpet. Frizz? No way! Blunt ends? Definitely no! Pale colour? Nope. Instead, you'll enjoy a shiny, smooth mane as this treatment makes your hair look healthy again.

Despite its name, this hair trend isn't about using glass to style your hair, so what is glass hair? It's the art of using products to give your hair a mirrored, glass-like surface that reflects light from all angles. Whether you have a long or short bob, the gloss finish will create a halo-like effect around your face!



HERE ARE FIVE TIPS TO ACHIEVE THE #GLASSHAIR LOOK

- For hair to shine beautifully, it needs to be in good condition and well cared for. The look will be impossible to achieve if your hair is dried out or frizzy.
- Your hair washing routine should include shampoo, conditioner and a hair treatment once a week.
- A fresh haircut also would do wonders. It's best to go for a hairstyle that is all one length since layers will cause the light to reflect differently, meaning the effect won't be as dramatic.
- It is best to use all products from one care line, as they are optimally coordinated with each other.
- Opt for products that smooth your hair, so you'll have no flyaways ruining your silky mane. Always remember to apply heat protection before styling.

Why Drinking Hot Tea Cools You Down

REVELATION

While you might be tempted to reach for a cold drink to help cool you down, surprisingly hot drinks such as teas and coffees may actually be more effective.

A study in 2012 by researchers from the University of Ottawa looked at the effect of drinking hot drinks on body temperature. The results revealed that a hot drink can cool you down, but only in dry conditions.

Speaking to the Smithsonian Mag, Dr Ollie Jay, one of the authors of the study, explained: "If you drink a hot drink, it does result in a lower amount of heat stored inside your body, provided the additional sweat that's produced when you drink the hot drink can evaporate."

Essentially, when you

ingest a hot drink, you start sweating more. If the sweat is able to evaporate, it actually cools you down, more than compensating for the added heat to the body from the fluid.



While sweating can be embarrassing, it's an essential bodily function to help keep us cool.

As the sweat evaporates from the surface of your skin, it removes excess heat by converting the water from a liquid to a vapour. However, in humid con-

ditions this cooling effect is less effective, so drinking hot drinks won't help to cool you down.

Dr Jay explained: "On a very hot and humid day, if you're wearing a lot of clothing, or if you're having so much sweat that it starts to drip on the ground and doesn't evaporate from the skin's surface, then drinking a hot drink is a bad thing."

"The hot drink still does add a little heat to the body, so if the sweat's not going to assist in evaporation, go for a cold drink."

Overall, the lesson learned is that in hot, dry conditions, drinking hot drinks will cool you down, but if you're in a humid location, it's best to stick to cold beverages.

Every family has a special way of celebrating birthdays. While some people prepare delicious kheer, others pamper the birthday boy or girl and their family and friends with sumptuous cakes and other delicacies. But are you aware of interesting culinary cultures from around the world? Here's a round-up of fun food traditions that will leave you drooling

Birthday food traditions FROM DIFFERENT COUNTRIES

CULTURE COOL

PRINCESS CAKE

Have you always been fascinated with princess stories and felt like one on your birthday? Then you will be amazed at this Swedish birthday tradition of preparing a Princess cake to add sweetness to celebrations. This beautiful cake is prepared with soft sponge cake, fruit jams, pastry cream, whipped cream and marzipan on a layer on the top to add an eye-grabbing touch to the cake.

BRIGADEIRO

In Brazil, birthdays are celebrated with delicious sweet balls known as Brigadeiro. These delicious sweets are prepared with condensed milk, butter, chocolate and covered with colourful sprinkles and nuts.



SWEET MOCHI CAKES

Japan is known for their healthy eating and the same can be seen in their birthday traditions as well! They make small bite-sized sweet Mochi cakes to celebrate the birthday rather than relishing a huge cake. These small rice cakes are made with sweet rice, soy flour and delightful stuffings like red bean paste.



OTO

Breakfast in bed is heavenly, but in Ghana birthdays are celebrated with a mouth-watering breakfast recipe known as Oto. Made with fresh locally produced yams, which are boiled, mashed with a melange of spices and seasonings like onions, salt, and powdered shrimp, Oto is served with hard boiled eggs. The addition of egg in this dish represents the transformation from childhood to adulthood.



VLAAI

In the Netherlands, the birthday tradition emphasises sharing and caring. So, they prepare a huge pie known as Vlaai, which looks like a huge tart made with a variety of fillings like berries, plums and apricots. This huge sweet treat measures around 26-31 centimeters in diameter!



LONGEVITY NOODLES

Chinese birthday traditions will leave you drooling, if you are a fan of noodles with eggs. According to Chinese culinary culture, birthdays are celebrated with a special noodle recipe known as the 'Longevity Noodles' made with wheat flour, eggs, soy sauce, veggies and oriental spices. This classic birthday recipe is symbolic of long life, and it is believed that eating these noodles brings a prosperous future.



SEAWED SOUP

It is a quintessential part of the South Korean culinary culture. The seaweed soup is especially prepared on birthdays; it isn't sweet, but its nutrient rich composition and delightful taste makes it a treat for the palate. It is believed in South Korea that eating healthy on this day brings a happy future.



SANDWICHES DE MIGA

Are you a fan of delicious sandwiches? Then this birthday tradition from Argentina will satiate your soul as well as palate. Yes, in Argentina a hearty sandwich named Sandwiches de Miga is prepared especially as a birthday treat. Layered with meats, eggs, cheese, tomatoes, green peppers, tuna, lettuce, butter and Miga, which is a special kind of thin, crustless bread, it is a hearty meal.



PAYESH

This Indian dessert is an inseparable part of the Bengali cuisine and is usually prepared on birthdays as a blessing for the bright future of the person whose birthday is being celebrated. Made with creamy milk, rice, ghee, jaggery and cardamom pods, this thick creamy dessert is rich and decadent.

