



# THE TIMES OF INDIA

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TODAY'S EDITION

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STUDENT EDITION

FRIDAY, FEBRUARY 12, 2021



WEB EDITION

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## MISSION MARS

### THE RACE BEGINS!

Two spacecraft from the United Arab Emirates (UAE) and China, respectively, reached Mars' orbit recently. Their successful entries into the Red Planet's orbit have raised a new hope among the scientists to unravel the mysteries of the Martian atmosphere...



**1** The United Arab Emirates' Hope spacecraft entered the Martian orbit on Tuesday, making it the fifth agency to successfully reach the Red planet's gravitational zone. With its three scientific instruments, Hope Probe will map a complete portrait of the Martian atmosphere and study its seasonal and daily changes.

Earth. In about three months, Tianwen-1 will attempt to send a landing capsule carrying a 240-kg rover in a rapid seven-minute descent on to a massive plain in the northern hemisphere of Mars, known as the Utopia Planitia. If the landing is successful, the solar-powered rover will explore the Martian surface for 90 days, studying its soil. It

will also seek signs of ancient life, including any sub-surface water and ice, using a ground-penetrating radar.

**3** Finally, on February 18, NASA will attempt to land its largest rover yet, an SUV-sized behemoth called Perseverance, in an ancient lake bed.

In addition to the new arrivals, six more orbiters are currently studying the planet from space. Three were sent by NASA: Mars Odyssey, Mars Reconnaissance Orbiter and MAVEN. Europe has two spacecraft in the orbit. India operates the sixth spacecraft, the Mars Orbiter Mission, which was launched in 2013



**2** On Wednesday, China's Tianwen-1 mission, an orbiter and lander, successfully entered the orbit around Mars, after a 6-1/2-month journey from the

### Big tech needs clearer laws on online speech: Nadella

VIEWPOINT



Microsoft Corp Chief Executive Officer (CEO) Satya Nadella said, social-media services like Facebook, Twitter and YouTube need clearer laws and rules to govern whether controversial accounts, like former US President Donald Trump's, have a place on their services, rather than being asked to make free-speech decisions themselves.

"Unilateral action by individual companies in democracies like ours is just not long-term stable, we need to be able to have a framework of laws and norms," Nadella said in a wide-ranging interview with Bloomberg Television's Emily Chang. "Depending on any one individual CEO in any one of these companies to make calls that are going to help us maintain something as sacred and as important as our democracy in the long run, is just no way, which at least I, as a citizen, would advocate for," he added.

**1** Microsoft doesn't currently run a consumer social media service, but it is among the cloud-computing providers that have been pulled into the debate over the de-platforming of certain individual voices, social-media accounts and entire apps, especially, following the violent pro-Trump riot at the US Capitol last month

**2** Some time back, Amazon.com Inc's cloud unit had pulled its hosting services from Parler LLC, a social network that touts itself as anti-censorship, and was popular among the conservative and extremist figures

**3** Apple Inc and Alphabet Inc's Google had in the past removed Parler from their app stores. The three tech companies' actions essentially took the service offline

**4** Similarly, Trump's account was banned from Twitter Inc, and remains suspended on Facebook Inc

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### Quote unquote

India and China have reached an agreement on disengagement in the north and south banks of Pangong Lake in eastern Ladakh. The Chinese troops will move back to Finger 8 and the Indian troops will pull back to the Dhan Singh Thapa post between Finger 2 and 3 of the north bank of Pangong Tso. There would also be a temporary moratorium on military activities, including patrolling the traditional areas



Rajnath Singh, Union defence minister, on the Indo-China stand-off

### KOO: THE DESI ALTERNATIVE OF TWITTER



In the midst of an ongoing scuffle between Twitter and the government over the blocking of tweets and accounts related to farmers' protest, an Indian app, Koo, is gaining a big push from the IT department in the country. In fact, the app has seen a substantial hike in the number of users in the last few days. It has already been installed by more than one million users and has received a 4.7 rating on the Google Play Store.

Koo, an Indian-made micro-blogging platform, was launched 10 months back as part of the AatmaNirbhar Bharat App Innovation Challenge. Available in English and some Indian languages, it works, looks like Twitter, and lets you express your thoughts on the platform. You can share your views, videos and follow other users on this platform



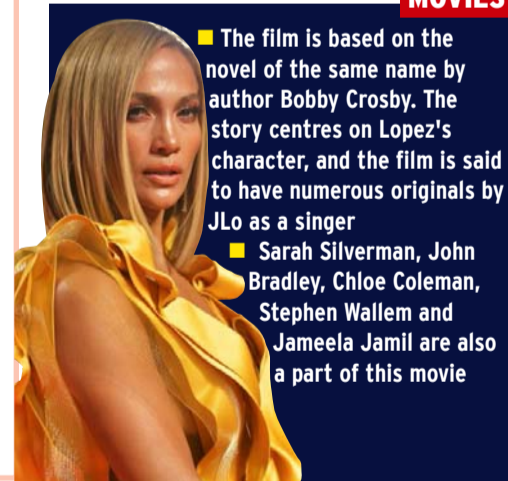
They're staging a Koo!

### Jennifer Lopez-Owen Wilson rom-com 'Marry Me' pushed to next year

The romantic comedy 'Marry Me', starring Jennifer Lopez and Owen Wilson, has been pushed off the 2021 release calendar. The film, originally slated for a release on May 14 this year, has now been scheduled for February 11, 2022, reports The Hollywood Reporter. The decision comes due to the uncertainty in the film exhibition business, with theatres still struggling to tide over the Covid impact.

MOVIES

The film is based on the novel of the same name by author Bobby Crosby. The story centres on Lopez's character, and the film is said to have numerous originals by JLo as a singer. Sarah Silverman, John Bradley, Chloe Coleman, Stephen Wallem and Jameela Jamil are also a part of this movie



### Michelle Obama teaming up with puppets for a kids' food show on Netflix

Former First Lady Michelle Obama is all set to launch a Netflix children's food show with a pair of puppets to bring a bit of light and laughter to homes around the world.

The new show, called 'Waffles + Mochi', launches on March 16, and will be "all about good food, discovering it, cooking it, and of course, eating it," the former First Lady posted on Instagram recently. The 20-minute episodes will combine live action and puppets, and



ENTERTAINMENT

Obama will be a series regular. The show centres on two best puppet friends, who dream of becoming chefs and travel across the world looking for ingredients and making dishes "alongside renowned chefs, home cooks, kids and celebrities"

In 2018, the Obamas signed a multi-year agreement with Netflix. Michelle released her Netflix documentary 'Becoming' in May. She is also the host of 'The Michelle Obama Podcast' on Spotify

### COCA-COLA TO SELL SODA IN 100% recycled plastic in US

Coca-Cola will soon begin selling sodas in completely recycled plastic in the United States for the first time, the beverage giant said. The initial items will be introduced this month in a group of states, including California and Florida, for items such as Coke and Diet Coke in 13.2-ounce bottles made from 100 per cent recycled plastic.



FOR A CAUSE

**1** The company, which has been named a top plastic polluter by a leading NGO, will distribute additional soda and bottled water items from completely recycled packages in select markets this month and later this year

**2** The US is the 19th market worldwide, where Coca-Cola will be selling items entirely made of recycled packaging, the company said on its website. The new measures amount to a 20 per cent reduction in the company's use of new plastic across North America, compared to 2018

**3** Coca-Cola has set a target of using at least 50 per cent recycled content in packaging by 2030

**DID YOU KNOW?** In December, the group, Break Free From Plastic placed Coca-Cola, along with PepsiCo and Nestle, as the world's 'top plastic polluters' for the third year in a row, and called on the groups to end single-use plastic packaging worldwide

Online safety conversations between parents and kids should become part of everyday life, just like conversations about 'stranger danger' or crossing the road, and they should start early, suggest cyber experts. Children are often exposed to devices from birth, even just observing their parents, so, parents should talk to their kids about online safety every now and then, they feel. Apart from teaching their wards on how to be cyber safe, parents also have a role to play in keeping themselves and others safe online. AMBER HAWKES, Head of Safety, Facebook, Asia Pacific, tells us how parents can navigate online safety for their young ones...

**1 STAY INVOLVED IN THEIR DIGITAL WORLD:** Spend time with your kids online. If your kids like playing video games, sit with them while they're playing. If your teen is on Facebook or Instagram, have a discussion about friending or following them. Talk to them frequently about who they are connecting with and what they are sharing. Let them know that they can come to you, if they see or experience something online that makes them feel uncomfortable

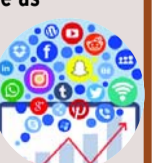
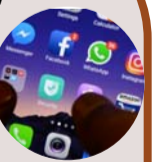


### How to keep kids safe online

**2 USE PRIVACY AND SECURITY SETTINGS:** Facebook, Instagram, WhatsApp and Messenger have settings to give people control over what they share, who they share it with, what they see, and who can contact them. Many of these are turned on by default for the minors, but parents should also run through the privacy and security settings regularly

**3 SET FAMILY RULES:** Agree as a family on the rules for using devices, accessing the internet and social media, and be clear on the consequences for violating these rules. Depending on the age of your kids, you may talk about more serious consequences (such as legal consequences) of sharing certain types of content, such as non-consensual intimate imagery

**4 LEAD BY EXAMPLE:** If you set a rule like 'no screen time after 8 pm' or 'no devices in the bedroom', you should try to follow this too



## MAKE A MARK WITH SAVVY FINANCE SKILLS



CLASS: XII - 2020-21

SUBJECT: ENTREPRENEURSHIP (CBSE)

Time Allowed: 3 Hours

Maximum Marks: 70

### GENERAL INSTRUCTIONS

- The question paper is divided into 5 parts. There is no overall choice in the paper.
- SECTION A has 21 objective questions carrying 1 mark each.
- SECTION B has 5 questions carrying 2 marks each. Answer may be within 50 to 75 words.
- SECTION C has 3 questions carrying 3 marks each. Answer may be about 100 words.
- SECTION D has 3 questions carrying 4 marks each. Answers may be about 150 words.
- SECTION E has 3 questions carrying 6 marks each. Answer may be about 200 words.

### SECTION-A

**Q1.** Sonia lives in Jharkhand near an industrial area where a lot of laborers work. She observed that despite of the pandemic, the laborers were not wearing masks. Later, she came to know that they were not having sufficient money to buy the masks to which she was very disappointed and thought of finding a solution to this problem. She came up with an economic idea of making masks from the small pieces of cloth available at home and sell it to them for only 3 rupees which cost her only 2 rupees. For this opportunity, she knew that she had a definite market for the masks as the labour force was big in number but wanted to be sure about the other requirements. State the other requirements from the following that can help Sonia make her idea a successful economic opportunity.

a. Attractive and acceptable rate of return.  
 b. Vision and Creativity  
 c. Intermediaries d. All of the above

**Q2.** John has a small shop where he sells woollen clothes. The demand is usually high right before and during winter, so he earns a really good profit at that time but during the off season he has to clear the stock for which he sold the woollens at a discounted price. He thinks that both the social and economic factors are being considered together by creating a demand in an off season for the woollens. State whether John's thinking is True or False.

**Q3.** After the invention of PlayStation 5, the developers are planning to develop a console with various features to make gaming experience easier, convenient and more fun. While evaluating the idea, they came across a very important point which was the realistic approach to implement the features in the console to make it better and ultimately understand its purpose through one of the measures of idea and opportunity assessment known as \_\_\_\_\_.

**Q4.** Disposing of the waste or any sort of emission needs to be discussed in which plan?

a. Production Plan b. Operational Plan  
 c. Business Plan d. Financial Plan

**Q5.** Sunaina works as a marketing head in a real estate firm. The firm is now coming up with a new luxurious housing scheme for which it is generating funds from its existing investors as well as new investors for which Sunaina has prepared an interesting entertaining slide show to explain the business plan to the in-

Paper set by Kanchi Shah, PGT- Entrepreneurship, Udgam School For Children, Ahmedabad



vestors. Name the format of the Business Plan used by Sunaina.

a. Elevator Pitch  
 b. A pitch deck with oral narrative  
 c. A written presentation

**Q6.** \_\_\_\_\_ idea can have an experiential process but cannot become an opportunity.

**Q7.** All those persons who are required to deduct tax at source or collect tax at source on behalf of IT Department are required to apply for and obtain \_\_\_\_\_.

a. TIN b. PAN c. TAN d. EPF


**Q8.** Shridhar wants to start his own venture of making sanitizer devices which takes UV Rays into consideration for sanitizing the small objects around. He discussed the idea with his father who told him to undergo an evaluation of the feasibility of the product before launching it into the market where he can understand the various aspects like demand, existing innovations etc. What exactly Shridhar should do?

a. Idea Opportunity Assessment  
 b. Market Assessment  
 c. Environment Scan

**Q9.** \_\_\_\_\_ pricing method doesn't take into account the competitor's actions and their effect on the pricing of the product which cannot prove to be good for the organisation.

a. Skimming Method  
 b. Penetration Method  
 c. Cost Plus Pricing Method

**Q10.** Identify the media used for advertising from the below picture.



a. Outdoor Advertising  
 b. Point of Sale c. Window Display

**Q11.** "Born Tough" is the Tagline of which of the following brand?

a. Range Rover  
 b. CEAT c. Bajaj Auto

**Q12. Match the following:**

Type of Merger	Name of the Companies
1 Horizontal Merger	A AT&T and Time Warner
2 Vertical Merger	B eBay and PayPal
3 Conglomerate Merger	C Frito Lay & Uncle Chips

a. 1-B, 2- C, 3-A b. 1- A, 2-B, 3-C  
 c. 1-C, 2-A, 3-B

**Q13.** Blackberry and Treo entered a merger with the aim of incorporating


cell phone capability and e-mail connectivity in one device. \_\_\_\_\_ was the core reason behind the merger.

a. Acquiring competency  
 b. Acquiring New Technology  
 c. New markets

**Q14.** Radhe optics is a local store in Ahmedabad that sells eye wear products. Their range of products included spectacles, sun-glasses and lens. Few years later they decided to expand the range and included various accessories and eye care products which were manufactured by EYE CARE FOR YOU which was a company based in Ahmedabad making eye care products. Both the companies joined hand and even started online consultations for their customers. Identify the form of expansion opted by both the companies.

a. Horizontal Merger  
 b. Product Extension Merger  
 c. Internal Expansion

**Q15.** Identify the company to which the following Logo belongs.



a. HDFC Bank b. HSBC Bank  
 c. DBS Bank

**Q16.** Which one the Following is given a legal protection and is a much wider concept?

a. Trade Mark b. Brand Mark  
 c. Both A and B

**Q17.** A company uses 900 units of an item per day and the order lead time is 4 days. What should be the level of inventory when a new order is to be placed again?

a. 27000 units b. 225 units c. 3600 units

**Q18.** Annual Consumption is 120 units, placing the order cost is rupees 20, purchase price is 100 rupees and the cost of holding is 12 rupees. Calculate the EOQ.

a. 40 units b. 20 units c. 60 units

**Q19.** The Gross working capital is rupees 2,01,000 rupees and the total current liabilities are 1,51,000 rupees. What is the total Current Assets?

a. 2,01,000 b. 50,000 c. 3,52,000

**Q20.** The reduced values of the intangible assets is known as \_\_\_\_\_.

a. Depreciation b. EBITDA  
 c. Amortisation

**Q21.** \_\_\_\_\_ is a managerial tool for control and reduction of costs, elimination of wastage and achieving better efficiency.

a. Break Even Analysis  
 b. ROE and ROI  
 c. Economic Order Quantity

### SECTION-B

(Answer the following in brief: 10 Marks)

### SECTION-D

(Answer the following questions in detail: 12 Marks)

**Q30.** Explain in detail the elements of Operational Plan.

**Q31.** Calculate the Break Even for the following

	A	B	C
Sales price (rupees)	30	45	60
Variable Cost (rupees)	15	30	20
Sales Mix %	30%	30%	40%
Total Fixed Cost- 50,000 rupees			

**Q32.** For a cosmetic product, an advertising company is preparing a commercial ad. The base is prepared after a lot of brainstorming keeping in mind the response the consumers would give. You are the creative head of the advertising agency so elaborate the various responses that you should bag for your cosmetic producing client.

### SECTION-E

(Answer the following in detail: 18 Marks)

**Q33.** You are a big tycoon of the Textile Industry. Explain giving examples how PESTLE Model affect your business.

**Q34.** While there are benefits of going public, at the same time additional obligations and reporting requirements on the companies and its directors means disadvantages. What are they, explain.

**Q35.** Asian Paints is India's leading paint company with a group turnover of Rs 193.50 billion. The group has an enviable reputation in the corporate world for professionalism, fast track growth, and building shareholder equity. The company's earnings before interest, tax, depreciation and amortisation (EBITDA) grew by 7.7 percent year-on-year to Rs 1,189.4 crore, and margin expanded 96bps to 21.94 percent in the December quarter - both better than analysts' estimates. Vertical integration has seen Asian Paints diversify into chemical products such as Phthalic Anhydride and Pentaerythritol, which are used in the paint manufacturing process. Today, the Asian Paints group operates in 15 countries across the world across four regions viz. Asia, Middle East, South Pacific and Africa. In Decorative paints, Asian Paints is present in all the four segments viz Interior Wall Finishes, Exterior Wall Finishes, Enamels and Wood Finishes. It also offers Water proofing, wall coverings and adhesives in its product portfolio. Asian Paints also operates through 'PPG Asian Paints Pvt Ltd' (50:50 JV between Asian Paints and PPG Inc, USA, one of the largest automotive coatings manufacturer in the world which is a vertical merger) to service the increasing requirements of the Indian automotive coatings market. The second 50:50 JV with PPG named 'Asian Paints PPG Pvt Ltd' services the protective, industrial powder, industrial containers and light industrial coatings markets in India. Asian Paints manufactures wide range of paints for Decorative and Industrial use in many countries of the world and has a promising future. Keeping in mind this article, answer the following questions:

**Q1.** Name at least four segments in which Asian paints diversify?

**Q2.** Define Vertical merger citing an example from the above article.

**Q3.** It takes place on intangible assets. Identify the term and define.

## Multiply work to get perfect score

PAPER SET BY AMITA PATWARDHAN, DON BOSCO ENGLISH SCHOOL BADLAPUR, MUMBAI

MOCK PAPER

**EXAMS R Fun**

SUBJECT: MATHS-1 (ALGEBRA) CLASS X, TOTAL MARKS: 40

**Q1) A) MCQ.** [4m]  
 1) Find the value of  $\begin{vmatrix} 5 & 3 \\ -7 & -4 \end{vmatrix}$   
 a) -1 b) 41 c) 1 d) -41  
 2) The roots of  $x^2+Kx+k$  are real and equal. Find k?  
 a) 0 b) 4 c) 0 or 4 d) 2  
 3) What is the sum of first 30 natural number?  
 a) 464 b) 465 c) 462 d) 461  
 4)  $n(A)=2, p(A)=1/5$  then  $n(s)=?$   
 a) 10 b) 2/5 c) 1/3 d) 5/2

**B) Solve the following.** [any four] [4m]  
 1) 70, 60, 50, 40, ...  
 $t1=□, t2=□, t3=□$ , Find 'd'.  
 2)  $x=5$  is root of  $kx^2-14x-5=0$  Find the value of k.  
 3)  $2x-y=4$ , If  $x=-2$ , find 'y'  
 4)  $\begin{vmatrix} 3\sqrt{3} & 9 \\ 2 & -4\sqrt{3} \end{vmatrix}$  Find the determinant.  
 5) Decide whether  $x=-1$  is root of  $x^2+4x-5=0$   
 6) If  $\alpha, \beta$  are roots of  $2x^2-4x-3=0$   
 $\alpha+\beta=□, \alpha \times \beta=□$

**Q2) A) Solve the following activity (any two).** [4m]  
 1) Draw the co-ordinates for equa-

tions  
 $X+Y=4; 2x-y=2$   
 $\begin{vmatrix} X & -1 & 6 & 1 & X \\ Y & 0 & 0 & 0 & Y \\ (X,Y) & 0 & 0 & 0 & (X,Y) \end{vmatrix}$   
 2)  $m^2-14m+13=0$   
 $\therefore m^2-\square m-\square m+13=0$   
 $\therefore m(m-\square)-1(m-\square)=0$   
 $\therefore m-\square, m-\square$   
 3) 5, 12, 19, 26  
 $t1=□, t2=□, t3=□$   
 4) Three coins are tossed sample points are  
 $S=\{\square, \square, HHT, HTH, \square, \square, THT, \square\}$

**B) Solve the following.** [any four] [8m]  
 1) If one die is rolled then find the probability of each.  
 i) number to upper face is prime.  
 ii) number to upper face is even.  
 2)  $\begin{vmatrix} 7/3 & 5/3 \\ 3/2 & 1/2 \end{vmatrix}$ , Find the determinant.  
 3) Solve  $3x-y-2=0; 2x+y=8$   
 4) Write the value of a, b, c by comparing given quadratic equations to the general form.  
 $2m^2=5m+5$

3) 3/2, 1/2, -1/2, -3/2 is a A.P Find the next two terms.  
 6)  $n(A)=26, p(A)=1/2$ , find  $n(S)$

**Q3) A) Solve the following (Any1).** [3m]  
 1) When one coin is tossed Sample points  $\{\square, \square\}$   
 $n(S)=□$   
 find probability of getting head.  
 $A=\{\square\}$ .  $\therefore n(A)=1$   
 $\therefore p(A)=□$   
 Find the probability of getting tail.  
 $B=\{\square\}$ .  $\therefore n(B)=□$   
 $\therefore p(B)=□$

2) One of the roots of  $5m^2+2m+k=0$  is  $-7/5$ . complete the following to find the value of 'k' Solution:  
 $\square$  Is the solution of  $5m^2+2m+k=0$   
 Put  $m=\square$  in the solution  
 $\therefore 5 \times \square^2 + 2 \times \square + k = 0$   
 $\therefore \square + k = 0$   
 $\therefore \square + k = 0$   
 $\therefore k = \square$   
 3) 3, 8, 13, 18 are in A.P. find  $30^{th}$  term  
 $a = \square, d = \square$   
 $\therefore n = \square$   
 $t_{30} = a + (n-1)d$   
 $\therefore t_{30} = 3 + (n-1) \times 5$   
 $\therefore t_{30} = \square$

**B) Solve the following (any2).** [6m]  
 1) 11, 8, 5, 2, ..... In this A.P which term is number -151?  
 2) A box contains 30 tickets, bearing only one number from 1 to 30 on each. If one tickets is drawn at random, find the probability of an event that the ticket drawn bears.  
 i) an odd number.  
 ii) an complete square number.  
 iii) multiple of 3.  
 3) solve the equation graphically.  
 $3x-y=2; 2x-y=3$   
 4) solve by formula method  
 $x^2+10x+2=0$

**Q4) Solve the following (any2)** [8m]  
 1) Solve by Cramer's rule.  
 $4m+6n=54; 3m+2n=28$   
 2) Out of 1900km 'A' travelled some distance by bus and other by aeroplane. Bus travels with average speed of 60km/hr and aeroplane 700km/hr. It takes 5 hrs to complete the journey. Find distance travelled by bus and aeroplane.  
 3) The difference between square of two numbers is 120. The square

of smaller number is twice. The greater number find the number.  
 4)  $10^{th}$  term and  $18^{th}$  term of A.P are 25 and 41, find  $37^{th}$  term.

**Q5) Solve the following (any one)** [3m]  
 1) In an auditorium with 27 rows. There are 20 seats in  $1^{st}$  row, 22 seats in  $2^{nd}$  row, 24 seats in  $3^{rd}$  row and so on. Find the number of seats in  $15^{th}$  row and also find total seats.  
 2) Find how many three digits natural number are divisible by 5.  
 3) A two digits number is formed with digit 2,3,5,7,9 without repetition. What is probability.....  
 i) an odd number  
 ii) a multiple of 5.  
 iii) a prime number.

These questions are meant for practice purpose only. Students are advised to check format, syllabus and marks for Board test papers with their teachers. Questions have been given by teachers and NIE is not responsible for them.

# DO YOU HAVE 'MOMMY BRAIN' too?



and often appear absent-minded. As per a study carried out by the University of British Columbia, motherhood has a permanent impact on the cognitive function. It can trigger brain growth and even lead to changes in the area responsible for social cognition or empathy. Studies study that these kinds of changes even take place in a father's brain.

## What leads to 'mommy brain'?

There is more than one factor that can lead to mommy brain. First and foremost is a demand for caring for the newborn for which you often have to sacrifice your sleep. This leads to brain drain, making you more absent-minded. Apart from this, pregnant moms undergo neurobiological changes in the brain during and after pregnancy, which impact their memory. Their priority is the newborn child, so the rest of the things become a little foggy. It is a normal part of pregnancy and with time, it just gets better.

Have you ever searched for your sunglasses only to realise that you are wearing it on the top of your head? Or walked in the room and felt clueless about why you are here. If this happens with you occasionally, you don't need to worry but if it is a regular occurrence, and you happen to be a new mommy, chances are you are experiencing 'mommy brain.'

## Understanding mommy brain

The term mom brain or momesnia is used to describe the spacey, sleep-deprived state when new moms tend to forget things

## What is it?

The term mommy brain might

# With increase in screen time, there is a rise in myopic children



## Digital eye strain is a reality

To understand the impact of screen time on children as well as adults, we spoke to leading eye surgeon and ophthalmologist Dr Rushad Shroff. "Children and even adults have reported increased watering, redness, irritation in the eyes during the pandemic. There is an increase in myopia among children. Since there is less exposure to sunlight, children are coming to us with refractive disorders."

Adult children should not be exposed to screen time more than 2.5 hours.

## Proper nourishment

Talking about the importance of diet, Dr Shroff recommends a healthy nutritional diet. Omega 3 fatty acids help greatly in treating dry eyes. "Take two tea-

## Slowing the damage

Talking about the concerning impact of increased screen time on eyes, Dr Shroff says, "Children who are attending classes online clearly have no escape but there are certain things that parents can do to minimise the harm. They need to understand that smaller and brighter screens are bad. They should make the children sit in a bright room, preferably with a desk-top or a laptop." He adds that children who are younger than two years should avoid screen time altogether. "Screen dependence at an early age can lead to development and speech delays. It tends to reduce their attention span and socialising pattern."

Dr Shroff recommends children as well as adults to ensure they have proper lighting coming from behind them while using screen; also their monitors should not have bright light, it should be medium. They should use blue light filters to prevent damage to eyes. Also, it is extremely important to follow the 20-20-20 rule where every 20 minutes, you take a 20-second break and look 20-feet away for 20 seconds.

spoons of flaxseed everyday; fish is also a healthy addition to the diet. Children should have a Vitamin A rich diet; they should eat soya, pulses, green leafy vegetables."

## The solution

While it may seem like an easy option to allow screen time to keep the children busy or keep their tantrums down, a lot of us are causing them more harm than we realise. Limiting screen time, ensuring a healthy diet, proper exposure to sunlight and focusing on eye health by making regular eye check appointments are all crucial for your well-being and also of your child.



The best way to deal with forgetfulness is to maintain a "to-do list". So, keep a notepad and pen around you and jot down the tasks for the day, next day, coming week and so on. It will keep you organised and stress free.

## How to deal with this...

Even though we know that little forgetfulness is a part of embracing motherhood, it becomes frustrating to forget important tasks at times. It is nothing serious or anything to worry about. You cannot escape from this side-effect of pregnancy, you can only try to deal with it in a better way. Here are a few tips that might help.

**MAINTAIN A TO-DO LIST:** The best way to deal with forgetfulness is to maintain a to-do list when you have to remember a lot of things. Keep a notepad and paper around you, so you can immediately take a note



when something important is to be remembered. You can also set an alarm or reminder in your phone for important tasks. This will help to keep you organised and you feel less pressured to remember every detail.

**GET PLENTY OF SLEEP:** Sleep deprivation is very common in the first few months after the delivery. Your sleep time actually starts depending on your newborn's sleep cycle. In the long term, it becomes tiring and grueling. Getting plenty of rest is important for the normal functioning of your brain and body. Plan your sleep cycle as per your little ones and try to get enough shut eye. The best thing is to ask for help from other family members.

**DON'T BE HARD ON YOURSELF:** It is normal to experience such changes and you are not responsible for it. So, do not engage in negative talk and blame yourself for being a little absent-minded. Have patience and plan your day well in advance to avoid any kind of last-minute chaos. Also, do tell yourself that you are doing your best and you are a great mom!

# Why kids should spend time with their grandparents

Many of us have fond memories of growing up with our grandparents – be it visiting them during vacations, enjoying special treats or listening to stories. They also make for the best babysitters! As more and more families go nuclear now, we tell you ways kids benefit by spending time with their grandparents.



## Children learn resilience

When kids know a lot about their family history and share emotional things with their grandparents, they are in a more resilient and sharper state of mind. They also appear smarter and mature than others. This is because when they learn of their family history and difficulty, they know how to bounce back and fight their battles.

## Kids turn out to be less ageist and more respectful

All parents want their children to turn out kind, loving and respectful. Staying close to their grandparents can be super helpful in this context. According to a study, kids who share a loving, helpful relationship with their grandparents are least likely to be disrespectful or ageist.

## Best for grandparents' health and well-being

Staying with grandparents is good for the kids but it works the other way too. In fact, grandparents who stayed in touch and took care of the kids add an average of five years to

their lives and are less likely to suffer from problems of loneliness, anxiety, etc.

## Promotes stability and growth

For growing kids, it is very important to have some kind of stability in an ever-changing environment. When kids have working parents, it can be hard for them to connect with them. Grandparents can help and fill in those shoes this way. It is also helpful for children of divorced couples or those who undergo a traumatic incident involving their immediate family.

## Kids learn familial and moral values

Primarily, it is the parents' job to instil good values and morals in their kids and teach them empathy and kindness but grandparents can be a bigger help in this matter. Acting as pillars of support, love and nourishment, they can teach them good stories, impart wisdom and morality and have a good influence in the little one's life.

Your child can help grow into a beautiful, respectful adult with a little help and plenty of love from their grandparents.

## QUIZ TIME

SURYAKUMARI DENNISON, teacher, Aavishkar Academy, Bengaluru

February is so called because of Febualia, an ancient Roman festival celebrated in spring. Februus (god of purification) is also named after that annual cleansing ritual and not, as one might expect, the other way round. Choose correctly!

1. Which month always ends on the same day of the week as February?  
A. August B. December  
C. October D. July

2. Which is a February zodiac sign?  
A. Aries B. Aquarius  
C. Leo D. Libra

3. What, traditionally, is the February birthstone?  
A. Amethyst B. Emerald  
C. Ruby D. Sapphire

4. Which country celebrates Independence Day on February 4?  
A. Bangladesh  
B. Myanmar  
C. Pakistan  
D. Sri Lanka

5. On what February date is the UN World Day of Social Justice observed?  
A. 20 B. 15  
C. 10 D. 5

Answers:  
1) C. October  
2) B. Aquarius  
3) A. Amethyst  
4) D. Sri Lanka  
5) A. 20

## KNOWLEDGE BANK (CULTURE)

### Aranmula Mirror

It is a hand-made metal-alloy mirror with GI tag. This front-surface reflection mirror which eliminates the secondary reflections and aberrations found in normal mirrors is made in Aranmula in Pathanamthitta district, Kerala. The alloy is a mix of tin and copper made in a ritualistic way by members of an extended family in Aranmula and linked to the Parthasarathy temple there.



## IDIOM OF THE DAY

### NECK OF THE WOODS

Meaning: A neighbourhood or nearby area; the area around where one lives.

## INDIA RARING TO GO



Virat Kohli

“We know India is going to come back hard at us. They are a very proud team with a great record. It's very important that we keep looking to find ways to get there all the time.”

**Joe Root,**  
England captain

I want to see commitment from Rohit Sharma and Ajinkya Rahane in the next match, that they should win or save the match.

**VVS Laxman,**  
former India cricketer

With Virat Kohli's captaincy under the radar, India will be looking to bounce back to winnings ways and level the series 1-1. A defeat in the second Test might inflict serious damage on India's chances of qualifying for the final of the ICC World Test Championship as the hosts need two wins in the remaining three games to make it to the summit clash

## ENGLAND SHOULD EXPECT INDIA TO COME BACK AT THEM: NASSER HUSSAIN

Joe Root's men came out with a "perfect performance" against India in the first Test, which they won by 227 runs at the MA Chidambaram Stadium, says former England captain Nasser Hussain. Hussain, however, believes that England should expect India to "come back at them" in the remaining matches of the four-Test series, the second of which begins from Saturday at the same venue.

"People were writing England off, saying this series could be 4-0 to India. No one really gave this side much of a chance. India had been on top of their game. Had won in Australia, Virat Kohli was back and India is a very difficult place to go and win in Test match cricket," wrote Hussain in his latest column for Sky Sports. "So, this

win for England has to be right up there, especially away from home. They put in the perfect performance. From ball one to the final delivery, it was outstanding. They now need to carry it on," he added.

India had lost the first Test in Adelaide against Australia in their last tour, which saw them getting bowled out for their lowest-ever Test total of 36. However, under the leadership of stand-in skipper Ajinkya Rahane, Team India registered a stunning comeback to win two of the remaining three matches against Australia and retain the Border-Gavaskar Trophy.

"England are going to have to expect India to come back at them," said Hussain. "India lost the first Test in Australia, when

they were bowled out for 36, but came back and won the series, while England might also lose the toss in the second Test and it will be harder. But they have done everything they can do so far," he added.

The 52-year-old further praised Root, who scored a brilliant 218 in the first innings and then followed it up with a quick-fire 40 in the first Test. Root, 30, has played 100 Tests scoring 8,507 runs with the help of 20 hundreds and 49 half centuries and is third on the list of leading run scorers for England. "Root sure is one of England's greats. He will probably end up breaking all records, he will probably go past Sir Alastair Cook's 161 Test matches and probably tally of runs as well," said Hussain.

## FIT AXAR SET TO REPLACE NADEEM

India could go for one change to their playing XI in the second Test against England starting Saturday with Jharkhand left-arm spinner Shahbaz Nadeem making way for fit-again all-rounder Axar Patel after his poor show in the series-opener in Chennai. India skipper Virat Kohli was open in his criticism of Sundar and Nadeem, both of whom didn't bowl good enough to put pressure on the

England batsman. While Nadeem is all but certain to be benched from the squad for the second Test, Sundar might also make way despite his impressive contribution with the bat in the series opener. "His primary job is to bowl off-spin where he was a bit of a letdown. If Axar comes in, he can bat at No. 7 and the management may look to try a wrist-spinner," a source told the Times of India.

## WOULD STU BELIEVE IT?



Stuart Broad

Has it crossed my mind to play both (Broad & Anderson) of them? Yes - they're both class acts. Things are working at the moment, but we do have to look after our players and I just feel very lucky we've an abundance of talent, that means we can do this if we want.

I'm not reluctant to change a winning team now if it's the best thing to do for the players, the team and their longevity. You run the risk of the result being different, but you could play the same team and the result would be different as we know India will come back hard at us.

We know we will have to do our prep because we've a fight on our hands in the next Test, but no, I'm not reluctant to change it because I think it's the best thing for us to do over a long period.

If Anderson does make way, he has at least left the bar impressively high for Broad.

**CHRIS SILVERWOOD,**  
England coach

Bowling hero Jimmy could make way for Broad as England weigh up benefits of rotation policy. Wicketkeeper Jos Buttler has already flown home to be rested, with Ben Foakes taking over the gloves

## 'ANDERSON IN THE BEST SHAPE OF HIS LIFE'

After their fabulous start to the series in Chennai, where Anderson's virtuoso exhibition of reverse swing "blew open" the path to a famous 227-run win, England coach Chris Silverwood says England still plan to rotate the squad for Saturday's sequel at the same venue. All-rounder Moeen Ali could be recalled to replace off-spinner Dominic Bess, while Stuart Broad (above), who sat out India's first home Test defeat in four years, is likely to get a gallop.

At 38, Anderson's fitness levels are impeccably high, but England have already nailed their colours to the mast of rotation for a year in which they will

play 17 matches, culminating in an Ashes tour of Australia, with a Twenty20 World Cup in India this autumn. On leaving out Anderson, Silverwood said: "It is hard, he's a class act. But you'll have to wait and see. Broady didn't play in the last game and we've many bowlers here who we could play at any given point.

Silverwood has not ruled out Anderson playing Test cricket into his 40s. There is no sign of his swing losing its venom, as his final-day double wicket maiden showed. "That's Jimmy's choice but he's in the best shape of his life and it hasn't gone unnoticed he's worked ex-

remely hard on his fitness," he said. "He's in great shape and bowling beautifully so as long as he's fit, strong, healthy and wants to play, then he throws his hat into the ring, doesn't he? "He blew the game open for us and it was quite remarkable to watch. When you see an over like that, it's inspirational."

England were not consulted on plans to allow up to 15,000 fans a day to attend the second Test. Spectators must wear face masks and maintain social distancing, while entry will be refused to anyone showing Covid symptoms. Silverwood said: "We've no concerns. We trust them to do it right."

## QUIZ TIME!

**Q1:** After Rohit Sharma, which Indian cricketer has smashed most sixes in T20 Internationals?

- a) MS Dhoni  b) KL Rahul   
c) Yuvraj Singh  d) Virat Kohli

**Q2:** After Muttiah Muralitharan, which Sri Lankan bowler has taken second-highest ODI wicket in the Asia Cup?

- a) Lasith Malinga  b) Ajantha Mendis   
c) Chaminda Vaas  d) Sanath Jayasuriya

**Q3:** Which team has made the lowest total against Sri Lanka in ICC Men's T20 World Cup history?

- a) The Netherlands  b) New Zealand   
c) Ireland  d) Hong Kong

**Q4:** Which grand slam tournament was not held in 2020?

- a) Australian Open  b) Wimbledon   
c) French Open  d) US Open

**Q5:** In 2016, who made the highest T20I score in the Asia Cup?

- a) Rohan Mustafa  b) Sabbir Rahman   
c) Babar Hayat  d) Rohit Sharma

**Q6:** Who was the 2020 French Open runner-up in men's singles?

- a) Daniil Medvedev  b) Dominic Thiem

- c) Alexander Zverev  d) Novak Djokovic

**Q7:** Sofia Kenin won the 2020 Women's Australian Open. Who was the runner-up?



Sofia Kenin

- a) Garbine Muguruza  b) Serena Williams   
c) Ashleigh Barty  d) Victoria Azarenka

**Q8:** Who won the 2017 NBA Rookie of the Year award?

- a) Luka Doncic  b) Ben Simmons   
c) Malcolm Brogdon  d) Ja Morant

**Q9:** Which Chinese athlete became the first person to win gold as both a player and a coach at the 2016 Rio Olympics?

- a) Zhang Changning  b) Lang Ping   
c) Zhu Ting  d) Yuan Xinyue

**Q10:** Who has made the highest score in ICC Women's T20 World Cup?

- a) Meg Lanning  b) Deandra Dottin

- c) Heather Knight  d) Harmanpreet Kaur

**Q11:** Who won the 2019 NBA Coach of the Year award?

- a) Mike Budenholzer  b) Nick Nurse   
c) Dwane Casey  d) Mike D'Antoni

**Q12:** How many Olympic medals has Romanian gymnast Nadia Comaneci won?

- a) Three  b) Five   
c) Seven  d) Nine

**ANSWERS:** 1 d) Virat Kohli  
2 a) Lasith Malinga  
3 a) The Netherlands 4 b) Wimbledon  
5 c) Babar Hayat 6 d) Novak Djokovic  
7 a) Garbine Muguruza 8 c) Malcolm Brogdon  
9 b) Lang Ping 10 a) Meg Lanning  
11 a) Mike Budenholzer 12 d) Nine