


THE TIMES OF INDIA

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TODAY'S EDITION


➤ Do your bit for the environment by signing up for Plastic Free July

PAGE 2




➤ Best laugh riots for a fun weekend **PLUS:** Books to fight pandemic procrastination

PAGE 3



➤ All you need to know about the sport of cycling


PAGE 4



STUDENT EDITION

SATURDAY, JULY 3, 2021

HEALTH



CLICK HERE: PAGE 1 AND 2

RETHINK

HEARD OF MOTTAINAI?

THE JAPANESE ECO-FRIENDLY PHILOSOPHY

In the spirit of Plastic Free July, we look at the concept of mottainai – loosely translated into Japanese as “what a waste”. This phrase conveys a sense of regret over waste and encourages people to reduce, reuse and recycle. Here's why its more relevant than ever

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As we grapple with the very real effects of climate change, one can look in to the past for some inspiration. A time when things were hand-crafted, resources were used and reused and nothing was inherently disposable. Our mothers found a way to repurpose even old socks and there were items passed down generations because they lasted for that long thanks to quality craftsmanship. Re-enter the Japanese concept of mottainai that has been around since the Edo period in Japan. Even despite the excesses during this time, many attribute that it was this concept that helped moderate society.

- Mottainai, a simple but powerful phrase, conveys the wasted opportunity of objects that have yet to reach their full potential.
- Want to throw a bag because a seam has ripped? Mottainai!
- Thinking of ridding yourself of last year's shirt? Mottainai!
- Soup bowl has a chip and needs to be thrown away? Mottainai!

DOCTRINE OF APPRECIATION

Despite all the wonderful ancient wisdom, Japan is the second largest per-capita generator of plastic waste in the world. Interestingly, the word was brought into everyday use and made famous by Kenyan environmentalist Wangari Maathai who introduced it as a slogan for environmental protection. The Japanese since 2009 have reconnected with the concept. In an interview to BBC, Tatsuo Nana, chief of the official

In Japan, mottainai is a crucial part of any child's education. In fact, 'Mottainai Grandma' is a famous Japanese children's book series by Mariko Shinju, that teaches kids to not be wasteful. In fact, the Mottainai Grandma book was published in Hindi and introduced to children in schools in New Delhi as a part of the Swachh Bharat Abhiyan

MOTTAINAI campaign shares that the NGO was launched following the visit of Maathai in 2005, with the aim of revitalising the concept. “She knew about mottainai and she was very impressed with the concept, because it expresses much more than a single word.”

Mottainai's potential power lies in its complex meaning, which draws on ancient Buddhist beliefs. The concept teaches us appreciation of all resources. It reminds of the transience of being and the constant change and further development associated with it.

TO PRACTICE MOTTAINAI

What marks the core of this philosophy is a sense of respect for fellow beings and nature. Here are five easy ways to practice it:

- TREASURE YOUR THINGS:** Mottainai treasures clothes and objects as it believes they hold a story. The idea is to treat everything you own well and with a lot of

Kintsugi or kintsukuroi is the Japanese technique of repairing broken pottery by filling the broken areas with gold-dusted lacquer. It is part of the larger philosophy of mottainai that tells you to not throw away without repairing it

care so that it lasts longer. If you respect what you won, you will make sure they last.


2 KNOW THE BACK STORY: While modern manufacturing makes it impossible for us to know who made our clothes and created our things, as reason why mottainai encourages you to shop directly from the artisans. Know where everything you own comes from to form a deeper connect with things.

3 'DO I NEED THIS?': Yes, this question is that the core of this philosophy. Even 'Mottainai Grandma' encourages children to ponder over this question before they decide on buying something.

4 PASS THINGS ON: Think of objects and clothes as a legacy you can pass on to the next generation. At an exhibition in Tokyo, a kimono passed down through generations had a quote that read: “There is life dwelling in it; the endless will and wishes of humans are delicately woven into each fiber.”

5 REUSE AND RECYCLE: This is what our grandmothers did. The modern-day disposable culture has made this go the way of the dodo. Japanese believe in possessing less to begin with, so that each object can reach its end of life gracefully. The have perfected repairing arts like kintsugi and sashiko to add beauty to broken and torn objects.

Mottainai that loosely translates to “why waste” is a philosophy that tells you to love and respect your possessions. It believes that only when you love and respect what you own – be it clothes or everyday objects – is when you will treat it well. And by taking care of it, you will make sure it lasts for a longer time and reaches its proper end of life



FOODS we think are HOT but are NOT

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SPICES: Spices need not always mean hot and spicy! Fennel, cumin, coriander seeds, cardamom, turmeric are all cooling spices. Coriander seeds are traditionally soaked overnight in cold/room temperature water and the water is taken the first thing in the morning to treat acidity or excess pitta (heat) in the body.

MANGOES: Mangoes grow and ripen during summer season because the antioxidants and various other micro-nutrients in it help the body to cope with the heat the season brings along. Hence, it cannot be heat producing by itself. Just soak it in water for minimum half an hour before consumption or mix with milk and have. It is for the same reason that raw mango chutney is made with cooling fennel and cumin seeds to counter its heating effects.

LYCHEE AND JACKFRUIT: Fruits and veggies of a particular season helps one to cope with the changes that season brings along. To make sure you stay hydrated in hot summers, include summer fruits like lychee and jackfruit in your diet.

FERMENTED FOODS: There is a common perception that fermented foods such as yoghurts, pickles, breads, fermented cheese are best avoided in summer as sour foods increase heat in the body and can lead to indigestion and heartburn. Experts, however, beg to differ. In the Eastern part of our country (Bengal, Assam

and Orissa) people traditionally cool cooked rice in water and leave it overnight. This fermented rice (called Pakhala bhaat) is then consumed in the morning. It is known to prevent heat strokes and stomach ulcer. Fermented foods restore proper balance of gut microbiota, eases digestion, and boosts immunity.

PEPPERMINT: and different mints are naturally cooling and you can feel and inhale their aromas from a distance. Summer herbs like cilantro, dill, mint have antioxidant and anti-inflammatory properties, they ease digestion and give relief from acidity and headaches that are common during the summer season. Some herbs change their properties in their different forms. Pudina (garden mint) is cooling when used fresh and heating when used in dry powdered form, so it used dried and stored for later use in other seasons.

— Inputs by Arti Gaur, practitioner of Ayurveda, yoga, Wicca, Pranik Healing & Mumun Ganerwal, Nutritionist & Fitness Consultant

A QUICK CHECKLIST

DATES: Fresh dates are cooling, sweet and demulcent (relieves inflammation)

SAFFRON: It is both cooling, pungent and sweet. It is an essential ingredient in thandai, kulfi and Chyawanprash

CHYAWANPRASH: Its base is amla, which is cooling. It also has herbs like sandalwood, agarwood which lend it cooling properties. Combine with cold or warm desi cow's milk to drink it

ONIONS: The quercetin in them has anti-allergen property and helps to deal with summer rashes

GHEE: On the contrary, ghee is cooling in nature, is anti-inflammatory and prevents heart burn and acidity.



WELLNESS

How to handle MONSOON MOODS

While many romance the rains, there are others who feel grumpy. Here's how to beat Seasonal Affective Disorder


Call your friends over for a hot cup of coffee: The best way to relax and enjoy the season is by calling over friends to your home for a hot cup of tea/coffee. Apart from chatting, you can also play board-games or organise a movie marathon. You automatically start being happy when you have people around you.

Go for a long walk: Clinical psychiatrist Mimrah Ansari says, “There's something energising about the rains. The cool weather instantly lifts your mood and you won't feel gloomy. It will also give you ample amount of time to think about yourself.” You don't have to go out on a brisk walk — a normal or slow-paced walk will work wonders. Make sure you have a pair of rain boots.

Brighten yourself up: The grey weather outside can really take a toll on your mind. To ensure that you stay happy and lively, try wearing something bright during this season. Colours like pink, blue, yellow, green, bright orange etc, instantly lift your mood.

Physical activity is a must: Says relationship counsellor Sauleha Shaikh, “The weather tends to make you lazy, and that, in turn, is a mood spoiler. This is why, you must invest half an hour of your time to exercising. You don't have to visit a gym for this. Simple exercises at home are enough. If you do not wish to do that, try dancing to peppy soundtracks, which will up your mood.”

Pamper yourself: Indulge in your favourite comfort food or in a self-care routine. Light some scented candles and drink a hot cuppa chai to beat the blues. TNN



Monsoon Special

Hello! Monsoon Skin

Skincare for transition from hot-to-humid weather

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Change is not easy on anyone including skin. With weather moving into the humid zone from dry heat (even if monsoon has not arrived in all of India), skin takes its time to adjust to different and fluctuating temperatures and increased humidity in the air. It can be tougher for teens who have transitioned into teenage from tweenage, leading to hormonal changes that sometimes results in acne and excessive oiliness of the skin. But like everything, there are solutions for these issues too.

EAT WELL

Your plate plays a crucial role in how your skin looks and feels. “Monsoon and even pre-monsoon time are tricky for the skin with humid air and the pollutants hanging low. But, some foods like the probiotics (curd, kefir, etc.), green veggies, apples, cucumber, banana, lettuce, watermelon and coloured capsicums helps in keeping the skin cool and free from pimples and blemishes,” explains Delhi-based dermatologist Dr Rinky Kapoor. She adds

that “using spices such as garlic, pepper, ginger, turmeric, coriander and jeera in your daily food, too, is especially good for this season. Also, food with good fats like chia seeds, whole eggs and nuts can combat the moodiness experienced by skin (read sudden zits, itchiness, greasy look) due to the on and off warm and cool weather.”

Include 4 servings of fresh fruits and veggies in your diet every day

BITTER IS BETTER

For those prone to acne and oiliness on face, trust the season's bounty of bitter veggies and fruits work towards healing your skin. Dandelion greens, bitter melon, bael fruit and jamun fight skin infections due to their high antioxidant power and purify blood

CHANGE YOUR ROUTINE

High humidity levels can make the skin look dull if it is already oily (which is how it is with majority of teens and even late teens). “Excess humidity can lead to frequent acne break-outs. Additionally, the sweat on your skin can catch pollutants and clog the pores making your skin susceptible to open pores and so on,” says Mumbai-based dermatologist Dr Madhulika Mhatre. What's the solution to these skincare challenges? “Change your skincare routine to adapt it to the transition period from heat to humidity,” she suggests. So, here's your firefighting plan to make



It's raining WORDS!

Sirimiri (n.) Origin: Spanish
Definition: A light rain; A fine drizzle; Stronger than mist but less than a shower

Rimjhim (n.) Origin: Sanskrit
Definition: The pitter-patter of a drizzle

Petrichor (n.) Origin: Greek
Definition: Pronounced PET-ri-kuhr, it means mild and pleasant scent of earth associated with the first rain after a dry spell

Serein (n.) Origin: French
Definition: Pronounced as suh-RAN, it's the fine, light rain that falls from a clear sky in the twilight hours after sunset or in the early hours of the night; Evening serenity

Mizzle (n.) Origin: Old English
Definition: Light rain or drizzle

Chrysalism (n.) Origin: Middle English
Definition: A state of tranquility of being indoors during a thunderstorm, listening to waves of rain pattering against the roof

Pluviophile (n.) Origin: Latin
Definition: A lover of rain; someone who finds joy and peace during rainy days



POSTCARDS

Mandu in Monsoon

Monsoon and Mandu — the ancient fort city situated in the Malwa plateau in Madhya Pradesh — have a deep connect as the city of ruins sees water as an integral part of design and theme. The monsoon winds here tickle and play hide-and-seek with the ravines and abandoned palaces.

This medieval city, once known by the names Mandavgarh and Shadiabad, is an architectural storehouse that encompasses ancient stone walls, darvazas, tombs, mosques and a caravanserai. The forgotten ruins of Rewa Kund still echo the love tales of Rani Roopmati and Sultan Baz Bahadur. It is till date one of the finest network of water supply that uses a great network of channels and terracotta and ceramic pipes. Jal Mahal and Jahaz Mahal comes to life with monsoon showers filling the adjacent waterbodies and the dusty lanes of history smiling all over again. The magic of water is unique to this place as not many historic cities have been conceived with water as a defining element of design. Mandu also sees the presence of Persian wheels that arrived here around 13th century to draw water from the wells.

Situated between two artificial lakes, Jahaz Mahal is a two-storied architectural marvel is so named as it appears as a ship floating in water. It was built by Sultan Ghiyas-ud-din Khalji



Why Panchkarma is a must in monsoon

Rains bring joy and a sense of relief but this is also the season when our body goes into Vata imbalance. The changing temperature, biometric pressure and dirty surroundings break down the body leading to routine diseases like cold, cough, flu, Malaria and more. Panchkarma cleanses the body, cools down the body temperature and brings a sense of purification. Panchakarma is a five-fold therapy; it is highly individualised based on the needs of the individual depending on the Ayurvedic constitutional type, doshic imbalances, age, digestive strength, immune status, and many other factors. This is a process used to clean the body of toxic materials left by disease, poor nutrition and environmental toxins.

According to Ayurveda, monsoon is considered to be one of the best times to undergo detoxification. During this season, the atmosphere tends to be mild, which makes it the ideal season for Panchakarma therapies. The body's pores open up and it becomes more receptive to healing

These channels define the nervous system, digestive system, gut and overall working of the body. They undergo physiological processes that aid in the removal of toxicity, absorption of nutrients, aids digestion and regulate proper working of the body organs and the systems. Through the various techniques like Swedana (Sweating to detoxify), Abhyanga (Infusion of herbal oils for nourishing and revitalizing), Pizhichil (Oil bath to reduce fatigue and stress), the Panchakarma Therapy works in miraculous ways to harmonise the body, mind, and soul. Accumulation of ama (toxin) is the primary reason for almost every disease and Panchakarma helps us get rid of ama.

— Dr Manoj Kutteri, expert at a wellness centre

Sign up for PLASTIC-FREE July

Since 2011, July has been celebrated as 'Plastic Free July' thanks to a global movement that has sought to inspire and challenge people to find solutions to one of the biggest planet polluters – plastics. Here's all you need to know about this month that started many on their zero-waste journey and created awareness against the not-so-fantastic plastic. And how you too can be part of this initiative

WHAT IS PLASTIC FREE JULY

Plastic-Free July is a global movement that is helping millions of people be part of the solution to plastic pollution – so we can enjoy a world free of plastic waste. It is a campaign to raise awareness of

"We don't need a handful of people doing zero waste perfectly. We need millions of people doing it imperfectly."
— ANNE MARIE BONNEAU, aka The Zero Waste Chef



TACKLE THE BIG 4

According to blogger Kathryn Kellogg from 'Going Zero Waste', a great place to start is with the **Big Four: plastic bags, water bottles, straws, and coffee cups**. These changes are all much easier than you think – it's just a matter of replacing your existing habits with new habits. Make it part of your daily routine to pack a tote bag, a reusable water bottle, a reusable straw, and a reusable coffee cup on any day where there's a chance you'll buy something or need a coffee.

By 2050, it is estimated there will be more plastic in the ocean than fish

HOW IT STARTED

Plastic Free July founder, Rebecca Prince-Ruiz visited her local waste sorting facility. Rebecca saw the amount of rubbish that was being sorted and realised the heart of the plastic waste and pollution problem was in the quantity of the rubbish. So she challenged her workmates: "I'm going to go plastic free next month. Who wants to join me?" And so it started.

WHAT DO PEOPLE DO

On Plastic Free July's website, people can take a pledge to participate in

In 2020, amid a global pandemic, Plastic Free July participants avoided a whopping 940 million kilograms of plastic waste. A huge amount of plastic that didn't end up in landfill or in our oceans!

BEYOND SINGLE USE

As you begin to master replacements for single-use items, take things a step further and look at other items you regularly buy that typically come packaged in plastic. For example: toothpaste, dish soap, ketchup, online shopping orders, lotion, and sponges. There's a plastic-free alternative out there for everything.



a variety of ways. You can pledge to observe the challenge for just one day, one week, the entirety of July, or for July and beyond. You can also pledge to reduce your plastic in a few different ways: you can avoid single-use packaging, you can avoid the "big four" (see box), or you can aim to go

completely plastic-free. Additionally, you can pledge to make these changes on a personal level, at your work, at your school, at an upcoming event, in your community, or anywhere else you are involved.

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Worldwide, about 2 million plastic bags are used every minute. And the average time that a plastic bag is used for is...12 minutes!

DO A PLASTIC AUDIT

"Unless someone like you cares a whole awful lot, nothing is going to get better. It's not."
— DR. SEUSS, writer in 'The Lorax'

To understand what changes you need to make, start with surveying your home and the amount of plastic that ends up being used or discarded. While this exercise may seem shocking at first, it will help you take decisive action and be a great motivation to continue doing so. Here's how to conduct a personal plastic audit

- 1 Set the time frame of the audit. While a month is ideal, a two-week frame may be more doable for your first time.
- 2 Collect all plastic waste (recyclable or not). Separate it from other waste. Look out for hidden plastic in paper cups, the top sheet in notebooks, wipes, teabags, toiletries etc. Save it all.

"The most environmentally friendly product is the one you didn't buy."
— JOSHUA BECKER, founder of Becoming Minimalist

- 3 Once your two weeks are done, sort the plastic waste, categorise it, note it all down and dispose of it properly.
- 4 Make it fun. Take a selfie with all the plastic you collected to inspire others.
- 5 This is now your list of problem areas. Based on this list, identify how you can change this.

TIP: Don't try to change everything in one go. Make sure the changes you are thinking of are easily doable by all members of the family

"If we want to move towards a low-polluting, sustainable society, we need to get consumers to think about their purchases."
— DAVID SUZUKI, environmental activist

HERE'S A CHECKLIST

■ Reusable produce bags, bringing your own container for takeaway food or using shampoo and soap bars are easy starting points for cutting down personal plastic

■ Replace cling wraps with fabric ones. The rotis will be fine in a cloth cover or even a beeswax wrap

■ Say no to plastic bags when out; request and insist on biodegradable food packaging when ordering out. This month, be vigilant as much as possible

■ Choose groceries in paper or cardboard packaging

TIP: To make a change, choose any of the following steps, but not all. Focus on changing one or two things during Plastic Free July

ing over plastic

■ Plan ahead and avoid buying pre-packed bread, rolls or baked goods

■ Celebrating? Learn how to make plastic-free decorations

■ Help people go plastic free by sharing your ideas on social media, or during meet-ups with friends

■ Switch to biodegradable bin liners or better yet, learn about composting

■ The big step: DIY your house cleaning and personal products. Or shop for eco-friendly products

"You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make"
— JANE GOODALL, primatologist and anthropologist

GET INSPIRED

Follow these accounts and websites to help you with ideas on how to go zero-waste

@rocket_science

Dr Anita Vandyke, MD is a rocket scientist and the author of two books about transitioning to a zero-waste lifestyle in '30 days: A Zero Waste Family' and 'A Zero Waste Life'. On her Instagram page she documents her zero-waste lifestyle habits.



@zerowastechef

Anne-Marie Bonneau can help you sort the plastic in your kitchen, one of the most wasteful rooms in homes.



people wanting to make small changes. A young fashion graduate,



Mrudula breaks down going zero-waste into bite-sized pieces.

@zerowasteadda

Pankti is an Ahmedabad based zero-waste practitioner and a slow-fashion advocate. Her account is a treasure trove of useful tips on how you can make the gradual transition to using plastic minimally.



"The world is changed by your example, not by your opinion."
— PAULO COELHO, writer

@ullisu.official

Run by Mrudula, the website, Instagram page and also a store is a handy guide for

on www.plasticfreejuly.org.

@pradeep_sangwan_

An environmentalist trekker who documents his zero-waste adventures at high altitudes.



What is so wrong with plastic bags?

Like all plastic, plastic bags too come from the same source: crude oil and like everything else manufactured from this non-renewable resource, its manufacturing emits considerable amounts of pollution, and the product is not biodegradable. In other words, it is difficult to produce, and nearly impossible to get rid of once produced. On land, plastic bags are one of the most common types of litter worldwide. Here's what's wrong:

- 1 Build-ups of plastic bags are notorious for causing blockages of local drainage systems in developing countries. The floods in
- 2 Bangladesh in 1988 and 1998, and frequent flooding in Manila can be attributed to blockages caused by this litter.
- 3 Plastic bags also pose serious health hazards as over time they leach toxic chemicals into water supplies. Plastic bags are difficult and costly to recycle and most end up on landfill sites where they take around 300 years to photodegrade. They break down into tiny toxic particles that contaminate the soil and waterways and enter the food chain when animals accidentally ingest them.
- 4 Plastic bags are now amongst the top 12 items of debris most often found along coastlines ranging from Spitzbergen in the north to the Falklands in the south. Animals and sea creatures are hurt and killed every day by these discarded plastic bags.
- 5 Add to that the enormous amounts of energy that's used every year in order

to manufacture these bags. The total amount of energy required to drive a car for one kilometer or 0.5 miles is the equivalent energy required to produce nine plastic bags.

6 The plastic bags are filled with toxic, harmful chemicals that include estrogen-like substances. Plastic has hormone-mimicking qualities, and the plastic products released chemicals that mimicked estrogen.



SHARE WITH US

Are you taking the Plastic Free July Pledge? Are you planning to reduce your plastic consumption? Have you identified an area of your life where you can cut down on plastic? Share your inspiring stories, findings or even failed attempts with us at timesnie175@gmail.com. Come, be the inspiration.

**MRS DOUBTFIRE**

Troubled that he has little access to his children, divorced Daniel Hillard (Robin Williams), hatches an elaborate plan. With help from his creative brother Frank (Harvey Fierstein), he dresses as an old British woman and convinces his ex-wife, Miranda (Sally Field), to hire him as a nanny!

SCHOOL OF ROCK

Overly enthusiastic guitarist Dewey Finn (Jack Black) gets thrown out of his bar band and finds himself in desperate need of work. Posing as a substitute music teacher at an elite private elementary school, he exposes his students to the hard rock gods he idolises and emulates—much to the displeasure of the uptight principal (Joan Cusack). As he gets his privileged and precocious charges in touch with their inner rock 'n' roll animals, he imagines redemption at a local Battle of the Bands.

**GROWN UPS**

A single man who drinks too much. A father with three daughters who he rarely sees. A guy who is overweight and unemployed. A hen-pecked househusband. A successful Hollywood agent married to a fashion designer. What do these five men have in common? They used to play for the same basketball team at school. Now their former coach has died, and they are reunited at his funeral. Will the group rediscover old bonds?

**SHE'S THE MAN**

Viola Johnson (Amanda Bynes) is in a real jam. Complications threaten her scheme to pose as her twin brother, Sebastian, and take his place at a new boarding school. She falls in love with her handsome roommate, Duke, who loves beautiful Olivia, who has fallen for Sebastian! As if that were not enough, Viola's twin returns from London ahead of schedule but has no idea that his sister has already replaced him on campus.

**ADDAMS FAMILY VALUES**

The members of the odd Addams Family are up to more macabre antics in this sequel. This time around, Gomez Addams (Raul Julia) and his wife, Morticia (Anjelica Huston), are celebrating the arrival of a baby boy. But



siblings Wednesday (Christina Ricci) and Pugsley (Jimmy Workman) are none too happy, and try their best to eliminate the infant. When nanny Debbie Jelinsky (Joan Cusack) appears to

COMEDY
Weekend

Laugh till you cry with some of the best classic comedies from Hollywood and Bollywood this weekend...



5 CLASSIC INDIAN COMEDIES YOU CAN NEVER TIRE OF...

The simplicity of Hindi movies made in the '70s to '90s still can't be matched. Here are a few...

GOL MAAL

Ramprasad works for Bhavani, who discourages his employees from pursuing any hobbies. Things take a hilarious turn when Bhavani catches Ramprasad at a hockey match, and he lies about having a twin.



editor to expose the scandalous activities of the rich, come across corruption by a builder and accidentally photograph a murder.

CHUPKE CHUPKE

Mischiefous botany professor Parimal Tripathi

**ANGOUR**

Two pairs of identical twins are separated following an unfortunate incident. However, years later, their lives intertwine, leading to confusion and misunderstandings.

**JAANE BHI DO YAARO**

Two photographers, who are employed by a newspaper

**ANDAZ APNA APNA**

Amar and Prem, who belong to middle-class families, compete to win over Raveena, a millionaire's daughter. Along the way, they run into a local



keep the kids in line, her presence leads to an unexpected treacherous twist.

A KNIGHT'S TALE

Peasant-born William Thatcher (Heath Ledger) begins a quest to change his stars, win the heart of a maiden (Shannyn Sossamon) and rock his medieval world. With the help of friends (Mark Addy, Paul Bettany, Alan Tudyk), he faces the ultimate test of medieval gallantry — tournament jousting — and tries to discover if he has the mettle to become a legend.

**DEATH BECOMES HER**

When a novelist loses her man to a movie star and former friend, she winds up in a psychiatric hospital. Years later, she returns home to confront the now-married couple, looking radiant. Her ex-husband's new wife wants to know her secret, and discovers that she has been



taking a mysterious drug which grants eternal life. The actress follows suit, but discovers that immortality has a price.

HONEY, I SHRUNK THE KIDS

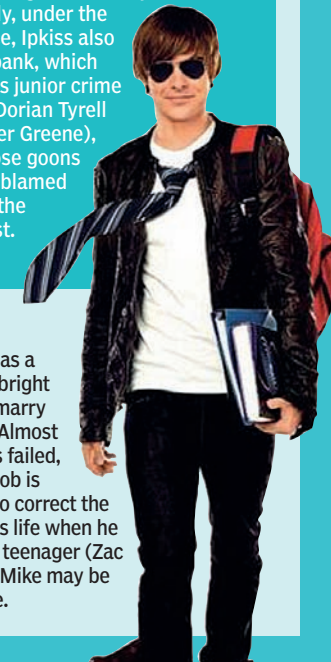
When kids sneak into inventor Wayne Szalinski's (Rick Moranis) upstairs lab to retrieve an errant baseball, his experimental shrink ray miniaturises them. When Szalinski returns home, he destroys the device, which he thinks is a failure, and dumps it in the trash, throwing out the kids along with it. The four children, now 1/4-inch tall, must survive the journey back to the house through a yard where sprinklers bring treacherous storms and garden-variety ants stampede like elephants.

**THE MASK**

When timid bank clerk Stanley Ipkiss (Jim Carrey) discovers a magical mask containing the spirit of the Norse god, Loki, his entire life changes. While wearing the mask, Ipkiss becomes a supernatural playboy exuding charm and confidence which allows him to catch the eye of local nightclub singer Tina Carlyle (Cameron Diaz). Unfortunately, under the mask's influence, Ipkiss also robs a bank, which angers junior crime lord Dorian Tyrell (Peter Greene), whose goons get blamed for the heist.

**17 AGAIN**

Mike O'Donnell (Matthew Perry) was a high-school basketball star with a bright future, but he threw it all away to marry his girlfriend and raise their child. Almost 20 years later, Mike's marriage has failed, his kids think he's a loser, and his job is going nowhere. He gets a chance to correct the mistakes of his past and change his life when he is miraculously transformed into a teenager (Zac Efron), but in trying to fix his past, Mike may be jeopardising his present and future.



FIGHT PANDEMIC PROCRASTINATION

Here's how you can get work done, if the phrase 'just do it' doesn't inspire you anymore

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don't have to go to school and college."

In the pre-Covid era, procrastination was as pretty as Scarlett O'Hara, who said: "After all, tomorrow is another day" in 'Gone With the Wind'. A little bit of delay was okay. Now we're doggedly staying up late at night in an act of 'revenge bedtime procrastination', waking up more tired and haggard; or cleaning the bathroom floor instead of answering work emails or studying in an act of 'productive procrastination'. Anything that can be done later is assigned to an imaginary 'tomorrow'.

It's not you, it's the pandemic

Welcome to the era of 'pandemic procrastination', a term that has become so popular that everyone's writing about it. According to reports, Covid-19 has resulted in an escalating mental health crisis. Writes psychologist Dr Yaser Dorri on www.newsnetwork.mayoclinic.org, "When people are fearful, stressed or depressed, they are more likely to procrastinate, and delay or postpone tasks and assignments." Delhi-based psychiatrist Dr Sanjay Chugh offers another explanation of Covid-19's impact on our tendency to put things off. According to him, the homebound-lockdown life meant 'the pressure to deliver felt away drastically' which worked against us. He says, "You became used to doing things in a more laid-back fashion... You started feeling that you have time... so, let me watch a show or chat or play some video games and do my task after some time. Except that when you started doing the task that you had procrastinated on, you realised that you have already run out of time or ideas. And then you think... let me do it tomorrow because tomorrow also I

Just beat it

Dr Chugh swears by the 'just do it' mantra. He says, "If you have to submit something a week from today then it is better to do it now, so that the next 6 days are free." However, if that doesn't work for you, try his 2-minute rule. "If I have to do something I tell myself I have 2 minutes to start doing it. Once that inertia has been taken care of, one gradually moves towards the completion of the task."

Hail #bookpower

As die-hard readers, we'll always tell you to pick up a book that offers science-based tools and strategies to counter procrastination. Here are some of them:



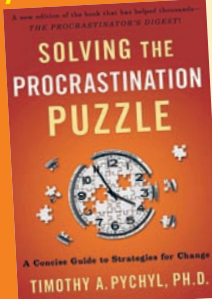
"Revenge bedtime procrastination" as defined by writer Daphne K Lee is the phenomenon in which people who don't have much control over their daytime life refuse to sleep early to regain some sense of freedom during late night hours. Productive procrastination is defined as organising your wardrobe instead of writing that report

'Chatter' by Ethan Kross

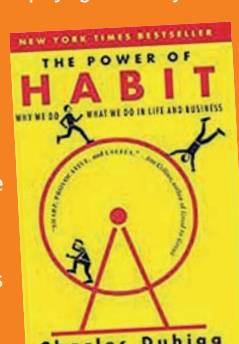
Listen to your inner voice, engage with it, but don't give in to all its suggestions, advises experimental psychologist and neuroscientist Ethan Kross in his book 'Chatter: The Voice in Our Head, Why It Matters, and How to Harness It'. His book is about our inner voice and its role in making and executing decisions that can help you understand why you'd rather get lost in social media or doomscroll against your better judgement; and how to avoid it.

**'Solving the Procrastination Puzzle' by Tim Pynch**

According to the psychology professor of Carleton University in Ottawa, procrastination is "not a time-management problem but an emotion-management problem". Understand the science of procrastination, and you'll know when your brain is playing tricks on you.

**'Still Procrastinating' by Joseph R Ferrari**

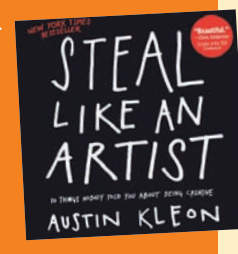
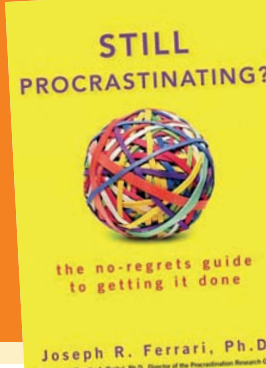
Unlike the gentle, almost cajoling language employed by Kross in 'Chatter', this one will feel like you are being read the riot act. Having researched procrastination for over 30 years, Ferrari has no patience for the decisional procrastinators — the ones who actively delay things for the temporary joys of instant gratification. That said, this book is full of practical tools, tips and strategies to get the job done before the deadline.

**'The Power of Habit' by Charles Duhigg**

Above all, the journey to becoming a non-procrastinator is about breaking one pattern or a habit and replacing it with another, which will set you free from the constant mental stress of keeping a project pending. This book is one of the best resources if you are keen to understand how to actively reprogram your brain by changing the definition of what it perceives to be a 'reward'.

'Steal Like An Artist' by Austin Kleon

At first take, this one probably doesn't look like it belongs in this list. However, this creative workbook is full of challenges that will motivate you to handle problems head on when you attempt them in under 10 minutes or less. Attempt one each day to start your journey.

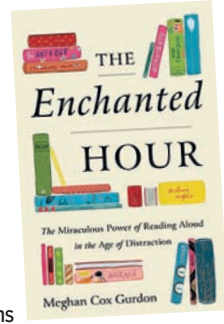


THE POWER OF READING ALOUD

Meghan Cox Gurdon in her book, 'The Enchanted Hour', reveals some of the benefits of reading out loud:

Ditch the phone

Where screens and technology divide people even when they are in the same room, sitting with a book in physical proximity brings benefits. Additionally, when someone reads aloud and someone else listens, their brains synchronise — the storyteller and the storyhearer are experiencing the same brain activity and release of neurochemicals. This process, known as neural coupling, was shown by US scientists using fMRI scanners at Princeton, and the study explains why reading with others can create a sense of unity and closeness.

**Start small**

Begin where you are and do it today. You don't need to read aloud for an hour, or a year, or forever. Pick up a book or a magazine or even a packet of breakfast cereal, and start reading to someone you love.

Have fun

Just read what's on the page and let the words cast their spell. Don't worry if you feel shy about reading out loud, lots of people do. Stick with it. If your listeners want to get up and move around, let them. Some people focus better when their hands are busy. There's no 'correct' way to read aloud, there's just your way.



Meghan Cox Gurdon



PEDALLING TO VICTORY

An eco-friendly mode of transport, a solid workout routine, or just a fun pastime, cycling is all of this and more, with competitive cycling drawing some of the greatest of athletes the world over. It is a sport that requires stamina, physical strength and will power to be the best. Here is a look at competitive cycling...

HISTORY

The first-ever international competitive cycling race was held in the year 1968 in Parc de Saint-Clud in Paris. Young 18-year-old James Moore, a British expat, won the 1200 metre race. The very next year, the first city-to-city race was held between Paris and Rouen. Having covered the 135 km (84 miles) in 10 hours 25 minutes, Moore was declared the winner of this tournament as well.

India's connection with competitive cycling dates back to the mid-1930s, when Jankidas Mehra not only introduced cycling as a sport in India but also put India on the world map when he took part in the British Empire Games in Sydney, Australia, in 1938. His passion for the sport helped Indian Cycling to be affiliated to the National Cycling Federation and then to the National Cyclists Union of England.

KINDS OF RACES

Road race: As the name suggests, the road race is held on open roads and highways, and is often a point-to-point or town-to-town race, or a combination of several point-to-point stages. For most of the races, the winner is decided based on who reaches the finish line first. Sometimes, it may also be held in a closed circuit which may involve several laps of the arena. In the longer tours, some stages involve a time trial, with riders being sent off at intervals, racing against the clock. The winner is then decided on the basis of the lowest cumulative time for all the stages.

Cycle specs: Road race bikes are sleek, lightweight, high-performance machines with a shorter stack height and longer reaches than other bikes.

Track cycling: Track cycling races take place on banked tracks or velodromes. An Olympic velodrome is made of wood. The particular track consists of multiple lines, starting with a wide blue line near the bottom, which helps separate the track from the infield warm-up area. Followed by a thin black line next to it indicating the shortest distance on the track. Above that is the red line which allows a person to pass the rider in front of them by moving to the right. Lastly, the blue line above the red, the area above that is a rest area for riders.

Cycle specs: The bicycles used in this type of race do not have brakes. Applying sudden brakes could result in a collision. Instead, the bicycles have fixed gears, so the speed is gradually slowed by shifting these gears.

Cyclo-cross race: Cyclo-cross events consist of several short laps of 3-4 km, featuring

various terrain like pavements, grass, hills, muddy roads, etc. The race that typically lasts a short time, is known for its lively atmosphere.

Cycle specs: Cyclo-cross bikes are lightweight with narrow tires and drop handlebars. They have basic gears, stronger frames and disc brakes.

Mountain bike race: Held on off-road terrain, a mountain bike race is usually categorised under extreme sports as it is often held over rough terrain, using specially designed mountain bikes. This sport requires high endurance skills, core strength, good balance, bike handling skills, and strong mental health. There are several different types of mountain bike races, like the Cross-Country, Downhill, Downhill Slalom.

Cycle specs: Mountain bikes are similar to most bikes but incorporate features designed to enhance durability and performance in rough terrain.

BMX: Popularly known as the sprint race, BMX is held on single-lap tracks consisting of a starting gate for up to eight racers, a groomed, serpentine, dirt race course made of various jumps and rollers and a finish line. The course is usually flat and is about 15 feet (4.6 m) wide and has large banked corners, which are angled inward, that help the riders maintain speed. The sport is very family-oriented and largely audience-driven.

Cycle specs: There are three types of BMX bikes: the true BMX bike, the freestyle bike and the dirt jumper or just 'jump' bike. The common feature for all of these is a sturdy, lightweight frame, and knobby tyres.

INTERNATIONAL CYCLING EVENTS

Tour de France, Giro d'Italia, and the Vuelta a España, are considered the Grand Tours of cycling

A look at some of the most competitive tournaments

Tour de France: The Tour de France is the world's most prestigious and most difficult race of all. Also known as La Grande Boucle, Le Tour or The Tour, the tournament attracts the best of the best riders from around the world. Staged for three weeks in July, the race has 21 stages. The Tour typically comprises 20 professional teams of 9 riders each. The race covers a distance of 3,600 km (2,235 miles), mainly in France. The racers navigate through the Pyrenees and the Alps, and finish on the Champs-Élysées in Paris. What makes the race formidable is that it has a number of climbs and downhill rides. The climb of Alpe d'Huez has become one of the most noted mountain stages.

Giro d'Italia: Known to be the second-toughest race after Tour de France, Giro d'Italia is regarded as a highly prestigious European multi-stage race. Like most Tours, each tour is 3 weeks long, with 21 stages and 2 days of break. It is predominantly held in Italy, but the route changes every year with the exception of some editions choosing another host country. The first person to win the Giro d'Italia was Luigi Ganna. Alfredo Binda, Fausto Coppi and Eddy Merckx have won the Tour five times each.

Vuelta a España: This is an annual multi-stage race held in Spain, but meanders into neighbouring countries. The race is held over 23 days in 21 stages. All the stages are timed. The rider with the lowest aggregate time is the leader of the race and gets to don the red jersey. The timings of each stage are compounded and added to the next stage. The points classification for the sprinters, the mountains classification for the climbers, combination classification for the all-round riders, and the team classification for the competing teams are what make this tournament most interesting. The route changes every year but primarily

passes through the mountain chain of the Pyrenees, and finishes in the Spanish capital, Madrid.

Paris-Roubaix: The one-day professional men's race starts from northern Paris and ends at the border of Belgium. Known as world classics, it is one of the oldest cycling events in the European calendar. Famous for rough terrain and cobblestones, the tour has gained names such as 'Hell of the north', 'Queen of the classics', over the years. Among the 20 sections of cobble roads, the most famous are Trouée d'Arenberg and the Carrefour de l'Arbre. Belgian cyclists Tom Boonen and Roger de Vlaeminck hold the record for the most wins of Paris-Roubaix. Philippe Gilbert from Belgium won the race for the most recent Tour help in 2019.

World Track Championships: Regulated by the Union Cycliste Internationale (UCI), the World Track Championships is an annual event comprising races from various disciplines and distances in track cycling. The current events include time trial, keirin, individual pursuit, team pursuit, points race, scratch race, sprint, team sprint, omnium and, for men only, the madison.

World Road Championships: Similar to World Track Championships, the UCI Road World Championships consists of events for road races and individual time trials, and a newly introduced mixed team relay. The one-day event for professional cyclists takes place annually. The winner is declared the World Cycling Champion and earns the right to wear the prestigious Rainbow Jersey for the entire year while taking part in road races or stage events.

The Olympics: Known as a core Olympic sport, cycling is one of the five sports that has been contested at every single Olympics game since its inception. Some of the categories

such as the 1,000m sprint and the 4,000m team pursuit have had a long history at the Olympics. While events such as Tandem have been dropped from the programme, others have been added recently: Omnium is a multiple race event in track cycling. There are currently four disciplines in Olympic cycling: track cycling, road cycling, mountain-bike and BMX, which is the latest addition to the Games. A total of 22 cycling events will be part of the Tokyo Olympic 2020.

Commonwealth Games Cycling: A main competition at the Commonwealth Games sports, cycling has been on the programme for every Commonwealth Games since 1934. All disciplines except Road Cycling is an optional sport. Cycling on the Commonwealth Games programme includes track and the mountain bike race, the latest addition to the event.

The Tour Down Under: Traditionally the inaugural event of the UCI, the Tour Down Under is Australia's greatest cycling event, with a rich history. Regarded as the most famous tournament of the southern hemisphere, the event comprises six stages. The route passes through beautiful beaches to classic vineyards, in the city of Adelaide and iconic South Australian regional towns. Usually held in the month of January, the event grabbed international headlines in 2009 when Lance Armstrong expressed his interest as part of his comeback.

UCI Cycling World Championships: Set to begin in the month of August of 2023, UCI Cycling World Championships is the newest major cycling event that has been added to the circuit. It is hoping to bring all the cycling world championships to one location. It will be held once every four years in the summer, predominantly the year before the Olympic Games.

MOST SUCCESSFUL CYCLING CHAMPS

EDDY MERCKX (Belgium)

Famously known as 'The Cannibal' for his merciless and aggressive approach on the tracks, Eddy Merckx is described as the greatest and most successful cyclist of all time. He dominated professional cycling for 10 years, and during this time, won every single major race on the pro calendar. He holds the record for 445 victories. We may never again see a cyclist who's capable of breaking his records.



BERNARD HINAULT (France)

With a total of 250 professional victories, 52 time-trial wins, 10 Grand Tour titles and five victories in cycling's one-day classics, Hinault is the only rider besides Merckx to win the green, polka dot and yellow jerseys (points, mountains and overall classifications) in the Tour de France. He was also the World Road Race Champion in 1980.



LANCE ARMSTRONG (US)

One cannot deny that despite being involved in doping scandals, what Lance Armstrong has achieved in our day and age is nothing short of remarkable. One may argue that his results are rigged, but Armstrong beat the best of the best, most of whom were also using performance-enhancing drugs. His seven consecutive Tour de France victories were the most by any cyclist. He also has a world championship to his name (1993) and won a bronze medal at the 2000 Olympic Games.



MARIANNE VOS (The Netherlands)

Vos is known as the best women's cyclist in the world. She is the world champion in every discipline, ranging from mountain biking to cyclocross. In cyclocross alone, she has won seven world titles. She is a three-time world race champion and also bagged the gold in the 2012 Olympics. Vos is considered the Eddy Merckx of women's cycling.



JANKIDAS MEHRA (India)

Born in the 1900s, Jankidas Mehra took up cycling as a hobby at a young age. He gradually succeeded in the sport and won many accolades in India. He broke 8 records between 1934-1942. He went on to become the sole Indian member of the panel that led the International Olympic Committee during the 1936 Olympic Games in Berlin. In 1946, he founded the Cycling Federation of India that began training Indians for international tournaments.

