



# THE TIMES OF INDIA

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Your Weekender

TODAY'S EDITION

► Listen well to learn a language. **PLUS:** Common grammar mistakes

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► Books and movies on the sweet art of doing nothing. **PLUS:** Podcasts for curious minds

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► The Indian contingent at Olympics has surely won our hearts

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STUDENT EDITION

SATURDAY, AUGUST 7, 2021



LATEST BUZZWORDS EXPLAINED

## GERIATRIC MILLENNIAL

The first time you hear the term "geriatric millennial" it sounds like an oxymoron. Sarcastic, even. But as you think more deeply about it, you realise how perfectly it describes so many of those around us. A geriatric millennial is someone born between the years 1980 and 1985. Geriatric millennials are a special micro-generation born in the early 1980s that are comfortable with both analogue and digital forms of communication. They were the first generation to grow up with technology like a PC in their homes.

The geriatric millennial term was popularised in a viral piece titled "Why the Hybrid Workforce of the Future Depends on the 'Geriatric Millennial.'" Written by Erica Dhawan, an author and "thought leader" who writes about modern workplaces, the piece says geriatric millennials "survived DailyBooth, Friendster and MySpace friendship rankings" yet feel "competent at the thought of creating a TikTok or a Clubhouse panel discussion."

Pics: Istock



- Indian Handloom dates back to the Indus Valley civilisation. Even in ancient times, Indian fabrics were exported to Rome, Egypt and China.
- The earliest looms date from the 5th millennium BC and consisted of bars or beams fixed in place to form a frame to hold a number of parallel threads in two sets, alternating with each other.
- As per the 4th All India Handloom Census (2019-20), there are 26,73,891 handloom weavers and 8,48,621 allied workers in the country.
- In the world of Indian Handloom, indigo happens to be one of the oldest dyes, that was made with plants. In India, blue indigo is the most prized possession, since India is a home of Indigofera tinctoria plant that produces an enormous amount of blue dye.
- Vast majority of the handlooms are located in the North Eastern Region (NER) of India, which accounts for nearly 65.2% of the total handlooms that are operational in the country.



- One of the oldest weaving arts, the Kalamkari fabrics flourished the most during the Mughal era. Today the fabric is well known for its block and hand painted designs.
- Though the Ikat art is woven across the country, it is most concentrated in Odisha. It is usually the members of the Bhulia and Meher community who for generations have mastered this weaving art.
- Bhagalpur is known for producing one of the finest silk of the country. The fabric is made from the tussar cocoons and is most famous in the form of Bhagalpuri sarees.

### SEASONAL FOOD

## Chug Some BROTH

MONSOON ILLNESS CALLS FOR SOME COMFORTING HOMEMADE BONE BROTH

Supriya.Sharma2@timesgroup.com

Like most other things, bone broth is a time-honoured food that has bounced back from ancient kitchens to join the long list of contemporary superfoods. Our grandma's magical brew is a cure for modern maladies. Americans are ordering cups of bone broth on the go instead of their daily lattes and have also created a band of "brothers" – ardent devotees of bone broth.

**Bone broth makes a killer post-run recovery drink. The nutrients are easily absorbed and the liquid is hydrating**



### SUPER BREW

Bone broth scores on three big health fronts – whole food, clean food and slow food. An ancient cure for common cold and influenza, it is way more powerful than anything else known to most. Broth helps heal and seal your gut, and promotes healthy digestion; reduces joint pain and inflammation and promotes healthy hair and nail growth, thanks to the gelatin in it. Celebrities, including Gwyneth Paltrow, and Salma Hayek, tout it as a cure-all to help you attain radiant skin, weight loss and shiny hair.

### HOW IS IT DONE?

Be it the French bouillon, the Italian brodo or Indi-

an Paya (trotters) soup, a warming broth has always been a medicinal soul food for societies around the world. It is essentially a warming, nourishing beverage made from meaty bones, veggies and herbs left to smoulder for hours (in some cases up to 72 hours) and then strained. Just remember: Hot broth can be a breeding ground for bad bacteria so it is advisable to cool it as quickly and efficiently as possible before diving into the bowl.

### WHY SO HOT?

People around the world still consume broth regularly as a cost-effective and highly nutrient dense food. Besides its amazing taste and culinary uses, broth is an excellent source of minerals and is known to boost the immune system. The long cooking process of broth breaks the bones down, releases nutrients and minerals, and makes nutrient-rich collagen, gelatin, and glucosamine easier to digest.



### TRY THIS



## Eight ways to ace your study time

### 1. ELIMINATE DISTRACTIONS

Close all those social media tabs, put your phone on airplane mode, isolate yourself and study in a clean, uncluttered space.

### 2. KNOW YOUR STRENGTHS

Each student has their own learning style. Some prefer mind maps, others memorise by writing. Use trial and error methods to find out which technique works best for you.

### 3. SET DEADLINES

Working without specific time limits can be highly unproductive. Definite deadlines help you track your progress and even puts pressure on you to do better. Make sure you set yourself realistic deadlines.

### 4. WORK WHEN YOU ARE ALERT

Listen to your body clock and notice when you yawn less. You will work your best when you are most alert. Don't drink cof-

fee to stay up, but work out your time-table for your most "awake" hours.

### 5. DON'T STRESS TOO MUCH

Every time you feel anxious and de-motivated, try to be realistic and consider several scenarios of what will happen if you succeed/fail in this particular task.

### 6. EAT HEALTHY & EXERCISE

Avoiding sugary drinks and junk food can significantly boost your performance as your blood sugar levels won't jump like crazy.

### 7. ASK FOR HELP

Ask people who have already done that assignment to share their tips or send you their notes. them in mind.

### 8. MOTIVATION IS THE KEY

You have to find motivation within. List 3 positive consequences of achieving your goal and stick to it.



### RETHINK



Bill Gates and Warren Buffet, two of the most successful people of our times sit and let their minds wander

## It is alright to have PANDEMIC BOREDOM

Rather than finding endless ways to deal with the listlessness attached to our present situation, it might be best to lean in to it

Supriya.Sharma2@timesgroup.com

You can't tell a bored man to go find something fun to do. He would if he could. He is on a quest for self-fulfilment. Something we are all seeking right now. Experts call it pandemic fatigue or pandemic boredom. "We still don't have an answer as to when will we get back to normal or will there ever be a normal or what the new normal is going to be like. So even if we have chores and social support, it is not enough to tide away this time," says Dr Sonal Anand, psychiatrist, Wockhardt Hospital.

### MODERN AGE SYNDROME

We are swaying between being bored and even more bored. The question is if boredom is really such a bad state to be in? The mod-

ern world has been chasing away boredom like the plague. Despite filling up our lives with innumerable devices for entertainment we are still 'bored' quite often. We are bored at home, at school, chronically bored at work, bored by paperwork, by the commute and by dull meetings. There is definitely an issue here. "When our brain is

stimulated by easy diversions it releases a reward neurochemical called dopamine and, in some ways, we have become addicted to the surge of this chemical rather than enjoying simpler everyday pleasures," says mental health expert Dr Shyam Bhat. So, it is the need for overstimulation that causes boredom. We dislike being alone with our thoughts and always in search of a new distraction. Something philosopher Bertrand Russell wrote about boredom in his book *The Conquest of Happiness* way back in 1930, "All these devices give us illusions of meaningful engagements. This mindless pre-occupation gives a shallow control."

### STOP FIGHTING IT

Embrace boredom and it won't feel so painful. Make it your new excitement. Let it give you an opportunity to add something new to your daily grind. "A good way to deal with this listlessness would be to follow a routine and make sure we plan something new at least once a week. Maintain a diary with the key notion of reinventing yourself. It could be something that was left unfinished, forgotten or even something brand new," says Dr Anand. You could also draft a procrastination list and finish pending tasks. A 2019 study shows boredom as an experience that can fuel productivity and creativity in people.

"Boredom is an important state of mind. The ability to cope with it is important so that we can deal with the

real feelings that are emerging from within us and also to allow ourselves to have creative thought. This pandemic is therefore a good time for us to cultivate the ability to be with ourselves a bit more, to learn how to enjoy our solitude," suggests Dr Bhat.

Go to pg. 3 for books and movies on the 'sweet art of doing nothing'

### NATIONAL HANDLOOM DAY

## The Yarn That Binds Us

In the world of handlooms, there are Madras checks from Tamil Nadu, ikats from Andhra and Odisha, tie and dye from Gujarat and Rajasthan, brocades from

Banaras, jacquards from Uttar Pradesh, Dacca from West Bengal, and phulkari from Punjab. In fact, India accounts for 95 per cent of the world's handwoven fabric. Yet it is not enough to sustain

the sector. Hence, we celebrate the National Handloom Day on August 7 every year to focus on this important part of Indian culture.



### A QUICK HISTORY

The Union Government declared 7th of August as the National Handloom Day in July 2015 with the objective of generating awareness about the importance of the handloom industry. August 7 holds a special significance. It was in 1905 on this day that the Swadeshi Movement acquired momentum. With the Bengal Partition, a formal proclamation came about at the Calcutta Town Hall that boycotted all foreign-made



goods. The idea was to concentrate and encourage local products. The government introduced the National Handloom Day to stimulate and acknowledge weavers and local artisans. This year marks the 7th edition of this important event. Here are 10 interesting facts about the Indian handloom:

- Handloom fabrics are woven by a person, not a machine. Some are woven from hand-spun (khadi) yarn, which is the softest cotton around.
- There are basically three different kinds of looms that weavers use manually. They are the pit looms, stand loom and frame loom.

### SELF-CARE



## FIX SUDDEN SKIN CRISES WITH FINESSE

A quick guide to handle unexpected beauty bloopers

**WHAT TO DO:** Don't lose heart and borrow some makeup from your mom or elder sister/cousins to conceal the mark. Here's help from a makeup expert: "On the big day, after moistur-

ising your face and neck well, wear some BB cream. Avoid foundation as blending it flawlessly is not an easy task for someone new to makeup. However, you do need a good conceal-

er to dab on the cut mark and after doing so, press it lightly with some translucent powder that matches your skin tone. You can apply the concealer on other imperfections of your skin too like dark circles or old acne marks for a flawless look. Make sure you finish your makeup with a bright lipstick like red, deep pink, burgundy – avoid pale

and soft colours like peach and soft pink as dark colours take the attention away from the flaws unlike lighter shades. Keep your eyes simple too with just kajal and eyeliner and you are good to go. Your blemish won't disappear but it will certainly look less prominent once you follow these tips."

– By makeup artist Anuj Dogra

### A ZIT POPS ON YOUR FACE BEFORE YOUR SISTER'S ENGAGEMENT PARTY

This is the biggest and the most common beauty crisis all of us have faced at some point of time or the other. So, it deserves special attention to know maverick ways for zapping the zit. **WHAT TO DO:** If the pimple is painful and shows a 'pus point', apply a clay based mask on the affected area and leave it on for 2-3 hours; it will help shrink the pimple. Alternatively, you can apply OTC creams containing



Salicylic acid or Clindamycin phosphate. ■ Dilute 3 drops of tea-tree oil in 2 tbsp of water. Soak a cotton swab in it and apply on the inflamed red dot. The antibacterial and anti-inflammatory properties of tea tree oil reduce swelling and redness.

■ Make an aspirin mask by grounding a single tablet of aspirin and mixing it in water to form a paste. Apply on acne and rinse off after 5 minutes (don't leave it on skin for a longer period as it's a medicine and not a cosmetic product); its anti-inflammatory potency helps shrink the acne pretty fast.

– By dermatologist Dr Jamuna Pal

# To speak well, FIRST YOU MUST LISTEN WELL



What do you think is the most common form of communication – speaking, listening, reading or writing? You might think it is speaking, but it isn't – it's listening. Studies have shown that listening makes up about 45% of the time people spend communicating, followed by speaking (about 30 per cent), reading (about 15 per cent) and writing (about 10 per cent). That's right: listening is the skill you will use the most in English, or any other language you learn.

Language learners generally learn four skills in the following order: **1. Listening:** When people are learning a new language they first hear it spoken. **2. Speaking:** Eventually, they try to repeat what they hear. **3. Reading:** Later, they see the spoken language depicted symbolically in print. **4. Writing:** Finally, they reproduce these symbols on paper.

## THE VERY BEGINNING

The first language skill that humans develop is listening. Scientists and doctors now can prove that babies inside their mothers' wombs respond to sounds such as soothing classical music, singing or humming by the mother, or loud noises. As a biological reality, listening occurs naturally by the baby even before birth. Once born, the baby responds to all kinds of sounds, and can sense the tone of voice by adults around him / her, such as calming, loud, or angry voices.

Listening is key to all effective communication. Without the ability to listen effectively, messages are easily misunderstood. As a result, communication

## TYPES OF LISTENING

■ **Active Listening** – It is a type of Listening wherein the listener is attentive towards what the speaker is saying. It helps in understanding the emotions, which the words are expressing. This helps in commuting your thoughts towards that person in a better way.

■ **Appreciative Listening** – It is a type of Listening where one accepts and appreciates the other person through what they say. It seeks to praise. Alternatively, listening to something for pleasure, such as music is also a type of Appreciative Listening.

■ **Critical Listening** – Critical listening is listening performed to evaluate, judge, form opinion about what is being said. The judgment includes assessing

strengths and weaknesses, agreement and approval.

■ **Discriminative Listening** – It is a type of listening where the listener discriminates between different sound and sights. Here the listener is trying to hear something specific.

■ **Deep Listening** – Deep listening occurs when you're committed to understanding the speaker's perspective. It involves paying attention to both verbal and nonverbal cues, such as the words being used, the speaker's body language, and their tone.

This type of listening helps build trust and rapport.

breaks down and the sender of the message can easily become frustrated or irritated. Many successful leaders and entrepreneurs credit their success to effective listening skills. If you develop good listening comprehension, the other skills will come, the speaking will come, even your grammar, your accuracy. All of these things will come if you have had so much exposure to the language that you understand it when it is spoken by a native speaker.

## NOT THE SAME AS HEARING

Hearing refers to the sounds that enter your ears. It is a physical process that, provided you do not have any hearing problems, happens automatically. Listening, however, requires more than that: it requires focus and concentrated effort, both mental and sometimes physical as well.

Listening is not a passive process. In fact, the listener can, and should, be at least as engaged in the process as the speaker. The phrase 'active listening' is used to describe this process of being fully involved.



# SOME COOL NEW IDIOMS

New idioms come along all the time, says Arnold Zwicky, adjunct professor of linguistics at Stanford University. There are several sources for idioms, but the big contributor is figurative language, especially metaphors. Here are some hot new favourites:

## SLIDE INTO DMS

If you're sliding into someone's DMs, you probably haven't talked to them before. More often than not, this phrase is used when someone's asking if they can talk to you privately, or when that person invites you to talk to them in DMs (direct messages).

## LEFT ON READ

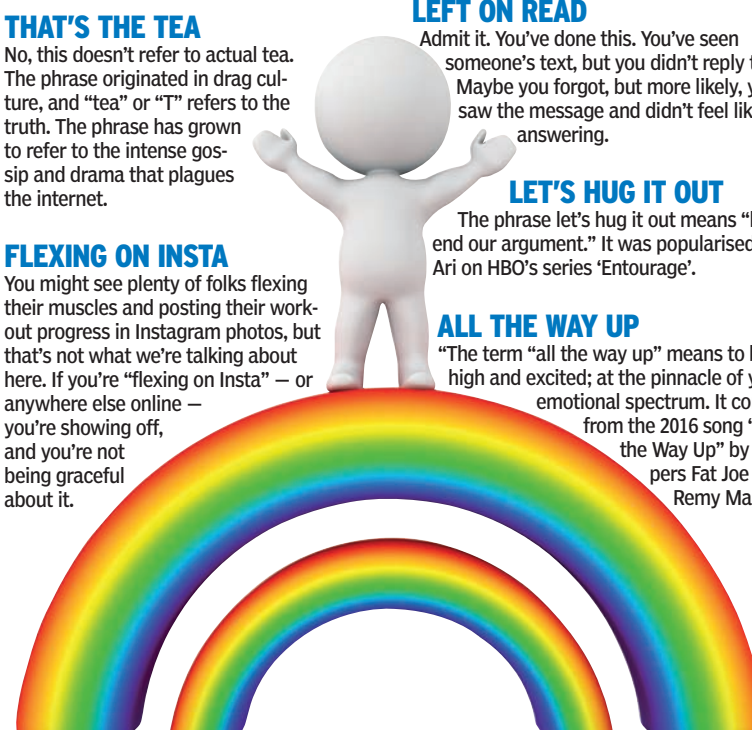
Admit it. You've done this. You've seen someone's text, but you didn't reply to it. Maybe you forgot, but more likely, you saw the message and didn't feel like answering.

## LET'S HUG IT OUT

The phrase let's hug it out means "let's end our argument." It was popularised by Ari on HBO's series 'Entourage'.

## ALL THE WAY UP

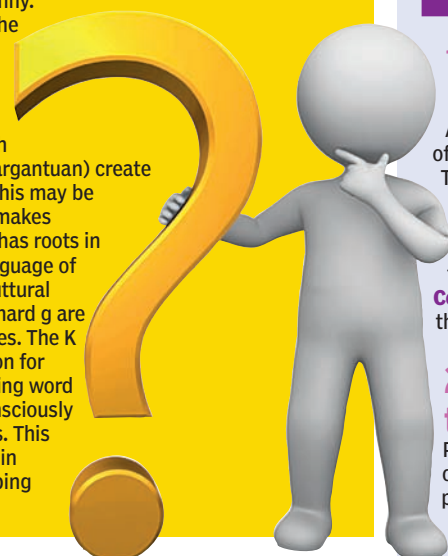
"The term 'all the way up' means to be high and excited; at the pinnacle of your emotional spectrum. It comes from the 2016 song 'All the Way Up' by rappers Fat Joe and Remy Ma.



## DID YOU KNOW?

# THE K RULE

Certain words have been suggested to be inherently funny. Words with the k sound (Cadillac, quintuplet) are perceived as the funniest, and words with a hard g (guacamole, gargantuan) create almost as many grins. This may be because much of what makes Americans laugh today has roots in Yiddish humour, the language of which includes many guttural sounds – and the k and hard g are as close as English comes. The K Rule is a good convention for naming things and making word choices that will subconsciously or subtly amuse readers. This tool is especially handy in crafting attention-grabbing titles or subheads.



## Queries relating to language skills

Do you find grammar confusing? Do you get stuck with words when writing a letter, an essay or a blog? Do you have a fear of public speaking? Or do you simply

want to improve your communication skills? Times NIE is here to help you to master the intricacies of the English language. Just shoot us your queries on [toinie175@gmail.com](mailto:toinie175@gmail.com)



# COMMON GRAMMAR MISTAKES

## 1. Overuse of adverbs

Adverbs – those words that often end in -ly – modify verbs. They're okay once in a while, but in excess they're an indicator of weak verb choices. Eg:

**Incorrect:** The boy ran really fast to catch the runaway ball.  
**Correct:** The boy sprinted to catch the runaway ball.

## 2. Too many prepositional phrases

Prepositions are those words that often come before nouns and pronouns to show direction, location, or time. Excessive prepositional phrases render your writing wordy. Whenever possible, simplify. Eg:

**Incorrect:** The caravan came over

the top of the hill.  
**Correct:** The caravan crested the hill.

## 3. Misuse of lie/lay

If you plan to place or put an object somewhere, such as a plate on a table, you should use "lay." If you intend to stretch out on a bed for a nap, you should use "lie." Eg:

**Incorrect:** He was laying on the couch.  
**Correct:** He was lying on the couch.

## 4. Run-on sentences

Run-on sentences, also known as fused sentences, occur when two complete sentences are squashed together without using a coordinating conjunction or proper punctuation. Run-on sentences can be short or long. Eg:

**Incorrect:** Lila enjoyed the bouquet of tulips John gave her on prom

night however she prefers roses.

**Correct:** Lila enjoyed the bouquet of tulips John gave her on prom night; however, she prefers roses.

## 5. Tautologies

Tautologies express the same thing twice with different words. In our example, the word "made" implies that Jack used his own two hands to create the pail. The prepositional phrase "with his own hands" creates a redundancy.

**Incorrect:** Jack made a water pail with his own hands for Jill.

**Correct:** Jack made a water pail for Jill.

— Grammarly.com

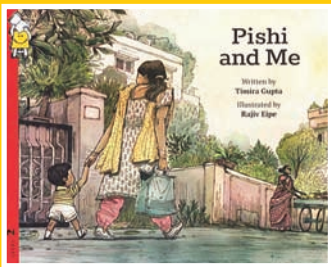


# When in Rome, speak as the Romans speak

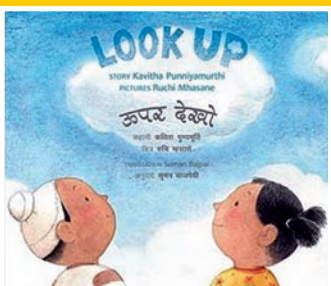
While you'll find plenty of English speakers in any of Italy's major cities, most Italians will appreciate you trying their language; you may even be surprised how many new friends it makes you as you mingle at aperitivo or linger in a bustling piazza. When you talk to people in their language they appreciate it and experiences open up to you that would not have been possible if you had been speaking English. Here are few words and phrases you must know before visiting Italy:

1. Hello: *Ciao* (informal); *Salve* (formal)
2. Goodbye: *Ciao* (informal); *Arrivederci* (formal)
3. Good morning: *Buongiorno*
4. Good evening: *Buonasera*
5. Please: *Per favore*
6. How much: *Quanto?*
7. How are you: *Come sta?*
8. How's it going: *Come va?*
9. Excuse me: *Mi scusi*
10. I'm sorry: *Mi dispiace*

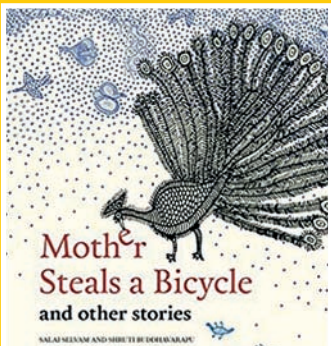
## IN BOOKS



**PISHI AND ME**  
by Timira Gupta and Rajiv Eipe  
Writer Richa Jha recommends this as one of her favourite Indian picture books. She says, "It's a book that makes me want to slow down, to look at everything that's around me, to sniff the clouds in the sky, to feel the soft, velvety monsoon moss and slurp the raindrops trickling down the leaves."



**LOOK UP**  
by Kavitha Punniyamurthi and Ruchi Mhasane  
Mimi and Gulu find all sorts of things when they look up at the sky.



**MOTHER STEALS A BICYCLE AND OTHER STORIES**  
by Salai Selvam  
Archana Atri, host of AA's Book Nerds, says, "In this book, the mother honestly narrates incidents from her fun-filled childhood, even if these sometimes showed her as breaking rules or stepping out of the boundaries of structured behaviour."



# La dolce far niente THE SWEET ART OF DOING NOTHING

The Italian proverb, which translates to 'pleasant relaxation in carefree idleness', is a worthwhile quest in the age of maximum productivity. All you have to do is simply be, and enjoy moments sans any goals

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Children's literature is full of characters left to their own devices. Whether it was Mary in Frances H Burnett's 'The Secret Garden' wandering about the great outdoors or Lewis Carroll's Alice ('Alice's Adventures in Wonderland') getting lost in a rabbit hole. Ask any adult in your life, and they too may recount such luxurious times where they had nothing to do after school hours. A far cry from the present scene when thanks to the pandemic, an average student/child's time is divided into structured zones. Often online classes at school are balanced with online extra curricular activities and digital entertainment which may not leave enough time for the simple stuff.

## WHY (NOT) DO NOTHING?

Merely asking that question sounds counterintuitive for harried parents trying their best to channel their children's energy into fruitful pursuits. "As kids we were left to fend for ourselves if we were bored," says Archana Atri, the super popular host of Delhi-based book club, AA's Book Nerds. Having run the club for over 11 years now, Atri is a firm believer of encouraging children to 'do nothing.' According to her, taking

(between 4 to 14 years old) to read and discuss books, ask questions and write their own stories. However, that may not always be the case. Sometimes her 'Nerds' don't want to do anything which is fine by her. For her, a bored child is not something to fear, rather an opportunity for him/her to learn to fend for themselves.

Atri adds that there are many authors who have highlighted the positive aspect of doing nothing. She says, "At our group discussion on Katherine Applegate's 'The One and Only Ivan', when I asked my Nerds to name the character or element they liked most in the book, one child said he liked Bob, because he just lay

"If kids are engaged all the time then how will they listen to their inner voice, create or imagine? Why are we demanding so much from ourselves when the pandemic has affected everyone?"  
— ARCHANA ATRI, runs a book club

around doing nothing. That's something we don't let children do – just 'be' and not necessarily 'do'. A couple of years later I saw online that Applegate chose Bob as the main character in her next book."

## STEP 1: UNPLUG

In our new normal, gadgets have become the most treasured household item with everyone gravitating 'online' to stay connected and entertained. As that continues, unplugging may be the first step to doing nothing. Children's author Richa Jha's quest to escape the lure of the digital world ended up in unique book 'Manic Panic' where a young girl helps her parents experience life outside the wi-fi zone. When asked who needs a bigger reminder to unplug: parents or students, Jha said, "A lot of what our chil-

"Unplug and engage children by getting them to see the beauty of a still moment, of nothingness, of letting go of constant visual stimulation"  
— RICH A JHA, children's author

dren do with their time throughout the day comes from what they have seen their parents do with theirs. So yes, the unplugging has to begin with the grown-ups. But with a big part of the world functioning pretty much through its parallel online track these days, it's no longer a question of whether one should or can. The focus shifts to how to strike a balance. And that balance comes only when we begin engaging with our children more through conversations and shared activities for them to find excitement in their gadget-free moments. Just unplugging is not enough. What we do in and with those moments is what matters".

## STEP 2: LOOK UP

There are plenty of other ways to invite 'La dolce far niente' into your life. A helpful hint comes from a poster (below) created by Tulika Publishers. Speaking about it, their manager of marketing and promotion, Aneesha Vijaykumar, said, "The pandemic



Originally created and published by Tulika Publishers, Chennai

## IN FILMS



**THE JUNGLE BOOK**  
Carefree and easygoing, Baloo taught us to appreciate the simple things in life, whether it's looking for ants under a boulder or picking out fresh bananas from a tree, as he sang: "Look for the bare necessities/the simple bare necessities/forget about your worries and your strife".



**MY NEIGHBOUR TOTORO**  
Featuring the titular Totoro, a gentle giant with a soft, plushy body, and fuzzy, rabbit-like ears, who is the embodiment of all the simple joys in life like fishing.



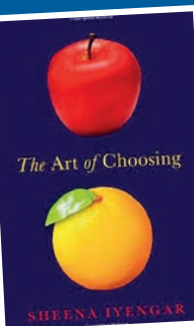
**THE LION KING**  
Timon and Pumbaa taught us 'Hakuna matata' the Swahili phrase meaning 'No worry(s)' that helped Simba (and us) to look beyond our troubles.

has disrupted the lives of children. They are not able to do many of the things they did before. This can easily lead to boredom and restlessness. So, we made a fun poster about all the things they can do at home. Being stuck inside can also be an opportunity to enjoy other pursuits they may not have thought about or had the time for, earlier."

**YOUR TAKEAWAY:** Doing nothing is quite doable. Maybe you whistle, meditate, stretch, lounge, or nap. Just as long as it feels natural instead of something that you 'should be' doing.

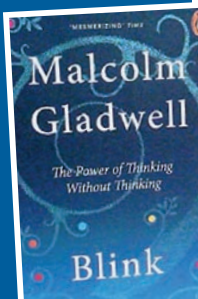
# The Book CLINIC

## WHAT TO READ IF...

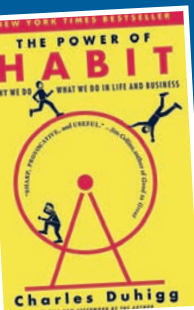


**You 'fear' too many choices**  
Chances are, the more choices, ideas and goals you have, the less likely you are going to pursue all of them. 'The Art of Choosing' by Sheena Iyengar is one of the best books that will help you understand (and get beyond) the paradox of choice.

**You 'overthink' everything**



Pick up 'Blink: The Power of Thinking Without Thinking' by Malcolm Gladwell. The world-renowned journalist and author suggests that often snap judgements (made within seconds) lead to better decisions than a more cautious, thoroughly planned approach. According to him if you feel unsure about what to do, trust your gut instinct and act upon the first thought that crosses your mind.



**You don't 'finish' things**  
Read Charles Duhigg's 'The Power of Habits' to teach yourself how to get into a habit of finishing things. For many starting something is easier than finishing it. The thing to remember is that com-

pleting a task works just like any other habit. You start small, figure out your cue to do a desired routine for which you get a reward.

Got a book-related query? Not sure what to pick up next? Email us at [toinie175@gmail.com](mailto:toinie175@gmail.com) with the subject 'The Book Clinic'.



## ENTERTAINMENT

# NO GUTS NO GLORY

Been watching the Olympics? Then you know champions are made, not born. And it often takes a super dedicated set of parent(s) whose blood, sweat, and sacrifice goes a long way to raise athletes who achieve global recognition. Here are a few films that chronicle their struggle



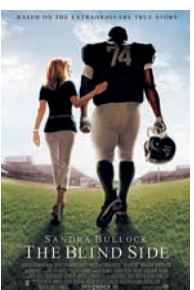
**KING RICHARD (2021)**  
The new biopic featuring Will Smith as Richard, the father of tennis stars Venus and Serena Williams, will be released later this year. This film will show the Williams' sisters in their younger years, but it is really the story of their father and the work he put in to help make them the champions that they are today. According to reports, Richard was a tough dad with many calling his methodology controversial. In fact, it's reported that he had written a 78-page plan for Serena even before she was born!

## DANGAL (2016)

Based on Mahavir Singh Phogat, the amateur wrestler who trained his daughters



Geeta Phogat and Babita Kumari to become India's first world-class female wrestlers. The film version starred Aamir Khan as Mahavir and Fatima Sana Shaikh, Sanya Malhotra, Zaira Wasim and Suhani Bhatnagar as the Phogat sisters (at different ages). The film chronicled Mahavir's story as he fought stereotypes to raise (and train) his daughters as wrestlers with plenty of tough love.

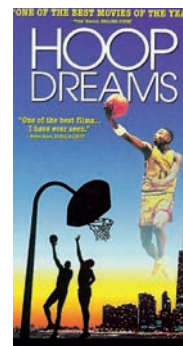


## THE BLIND SIDE (2006)

This is a semi-biographical account of Michael Oher who went on to become an offensive lineman for the Baltimore Ravens in the NFL. As a troubled youth, Oher was adopted into the affluent Tuohy family. Despite numerous setbacks, his adoptive mother, Leigh Anne Tuohy was able to help Michael fulfil his potential by providing guidance, encouragement and love.

## THE HAMMER (2010)

A coming-of-age drama based on the life of Matt Hamill, the first deaf wrestler to win a National Collegiate Wrestling Championship. Born deaf at birth, Hamill was introduced to wrestling by his stepfather Michael Rich, who was the head wrestling coach at his high school.



## HOOP DREAMS (1994)

It is called the 'Citizen Kane' of sport documentaries. A film crew spent five years in Chicago with two underprivileged schoolboys who pursue their dream to play professional basketball with their families. The three-hour film captures the struggle that had not been seen before.

# 8 PODCASTS TO SATISFY ALL KINDS OF CURIOSITIES



## Newsy Jacuzzi

Run by 8-year-old Leela Sivasankar Prickett who discusses everything from planes powered by 'water' to electric vehicles.



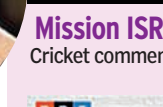
## Radiolab for Kids

Created by Lebanese-American radio host Jad Abumrad, the award-winning show runs family friendly content.



## The Unexplainable

**Disappearance of Mars Patel**  
'Stranger Things' for kids! An 11-year-old, Mars Patel and his friends solve a mystery.



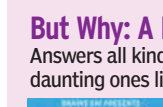
## Mission ISRO

Cricket commentator Harsha Bhogle traces the journey of the Indian space programme.



## Wow in the World

Latest news in science and technology in a way that's enjoyable for kids.



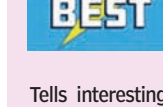
## But Why: A Podcast for Curious Kids

Answers all kinds of 'why' questions including daunting ones like 'Why is the sky blue?' or 'Who invented words?'



## Smash, Boom, Best

A family-friendly debate podcast in which a kid judges the outcome.



## The Past & the Curious

Tells interesting, little-known stories from history.

## TRENDING

# STUDY WITH ME VIDEOS

Study With Me videos on YouTube became popular in 2019 and peaked in 2020. According to Google Trends, these videos' popularity is on the rise once again. In India, students of Delhi, Telangana, Punjab, Kerala and Andhra Pradesh are top users...

## What are they?

Study With Me is a video format that has students streaming videos on YouTube of themselves studying for long periods of time. The videos are not vlogs, just raw clips of entire study sessions and may go on for hours. These videos are visually pleasing as they mostly feature beautiful views or sounds of rain, white noise,

good music, neatly arranged study materials laid out on spotless desks.

## Why are they popular?

Studying requires constant motivation, focus and staying in one place for hours which is not easy, especially during exam times. Watching a pre-recorded or a live video of influencers (in this genre) studying at a stretch works as a parasocial experience. Students like studying alongside such people as it helps them to stay motivated, and inspired. Inspect

any comments section of a 'study with me' video and one finds tons of viewers playing such videos during their personal study sessions.

## Where did it originate?

According to 'Vice,' this unique genre of



seems to have first gained traction in South Korea, but there are now prominent video creators across the world, including the United Kingdom, Argentina, and Singapore.

## Who is it for?

These videos are popular among university and high school students, remote workers at lonely workstations and people who simply dig all kinds of soothing ASMR.

## Where to start?

Youtubers like Merve, gussy studygirl, Monomen and the Strive Studies.

## LOST MEDAL,

## BUT WON HEARTS

The Indian contingent may not have won many medals at Tokyo 2020, but it cannot be denied that many of these champs did not go down with a whimper. They fought valiantly, often with injury and a sense of loss, to win the support and applause of our countrymen

## A LOOK AT SOME OF THEM



Photo: AP

## FOUGHT LIKE A TRUE SOLDIER

India's first super heavyweight boxer may have lost his quarterfinals match, but won many hearts including that of his opponent. Satish Kumar showed incredible vigour against Bakhodir Jalolov of Uzbekistan. He entered the fight with stitches for a cut above his eye and had multiple cuts on his chin. The 32-year old showed a never-give-up spirit. He was out-classed, but his performance gained him the respect of everyone.

## BOXING

## SPLIT HEARTS OVER THE SPLIT DECISION

Millions of Indians expressed grief and cheered for the champion MC Mary Kom, whose dream of winning a medal at the Tokyo Olympics remained unfulfilled. Mary was knocked out of the round of 16 after she fell 2-3 on a split decision against Colombia's Valencia Victoria. It was a bitter-sweet departure for fans rooting for her all along. All hopes were pinned on the supermom to win her second Olympic medal. But her claim of unfair judgment and exit left many fans heartbroken.



Photo: PTI



Photo: REUTERS

## TABLE TENNIS

## TOUGH MATCH FOR REIGNING CHAMP

Paddler Achantha Sharath Kamal may have bowed out of the Tokyo Olympics, but not before getting reigning Olympic champion Ma Long stressed out and on the defence during his third round singles match. The 32-ranked Kamal put up a spectacular fight, matching stroke for stroke, leaving everyone talking about how the scoreline did not justify what he actually did in the match. Earlier in round 2, Sharath overcame a sluggish start to comfortably beat Portugal's Tiago Apolonia.

## REBELLION PUTS PAID TO HOPE

Manika's impressive campaign in the women's singles came to an end with a 0-4 loss to 10th seed Sofia Polcanova in the third round. Batra and Polcanova exchange some great points to start the match. The Indian even tried to delay the inevitable by playing some quality long rallies, but it was the Austrian who prevailed against Manika. The star Indian player had stunned world number 32 the previous day, coming from behind to progress to Round 3. However, with her personal coach not granted on-court access, refusing help from the national coach cost her dearly.



Photo: AP

## FENCING

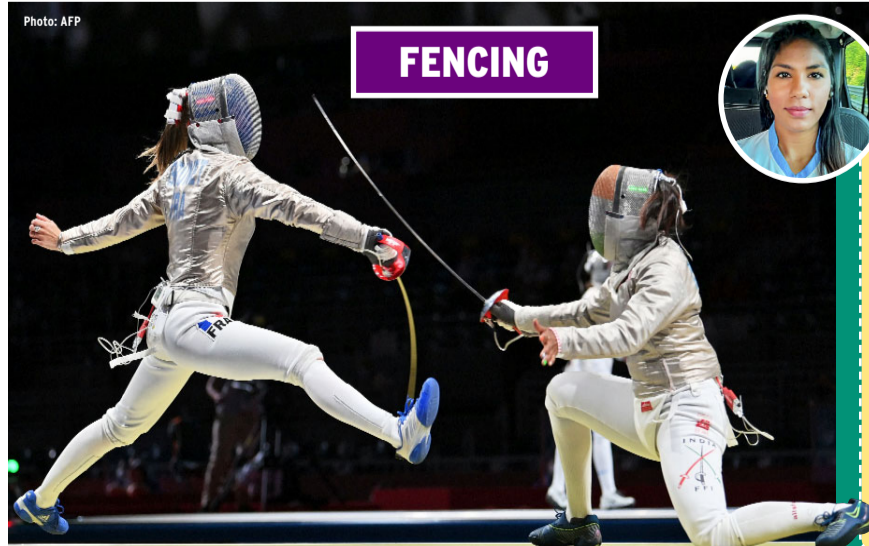


Photo: AFP

## A GIRL WHO SPARRED HER WAY INTO HISTORY

The 27-year-old Bhavani Devi was not only the first Indian to qualify, but she went on to become the first Indian fencer to win a match at the Olympics, with a victory over her Tunisian opponent Nadia Ben Azizi. But, in the next round, world number three and Rio semifinalist Manon Brunet of France cut her short. Her successful debut is expected to give a boost to combat sport in every nook and corner of our country.



Photo: GETTY IMAGES

## DISCUS THROW

## A THROW THAT FELL SHORT

Discus thrower Kamalpreet Kaur finished a credible sixth with a 63.70m throw in her first Olympics in a rain-interrupted final. The 25-year-old finished second in the qualifiers, but fell short in the finals. Competing without her personal coach, she seemed short on confidence. The World University Games in 2017 being her only international competition, she clearly lacked exposure. Besides, she was performing with her right shoulder heavily strapped, and pain in her knees. Kaur was on the verge of being eliminated, but fought back with a performance that equalled 2010 Commonwealth Games gold medalist Krishna Poonia's throw in the 2012 London Olympics.



Photo: PTI

## BADMINTON

## THE SPIRITED YOUNGSTERS

World No. 10 Satwiksairaj Rankireddy and Chirag Shetty were aware of the hardships they will face in their campaign. None of the matches were going to be easy. Not losing heart, the duo made a fantastic start in their first face-off against World No. 3 pair of Lee Yang and Wang Chi-Lin. In a match of dramatic rapid service exchanges, the motivated duo showed great character to win a nail-biter.



Photo: GETTY IMAGES

## MISSING THE BULL'S EYE

Atanu Das crashed out of the pre-quarterfinals losing 4-6 to Japan's Takaharu Furukawa. Das however impressed the most when he defeated the Olympic champion Oh Jin Hyek in the previous round. On the other hand, the World No. 1 Deepika Kumari's quest for an Olympic medal ended in heartbreak for the third time in a row. She became the first archer to qualify for the quarterfinals but surrendered to the Korean top seed An San in straight sets, as the archer misfired three 7s in a row after a perfect opening set of 30.



Photo: PTI

## ARCHERY

## EQUESTRIAN



Photo: AFP

## FALL AT THE HURDLES

Equestrian Foaad Mirza is the first equestrian from India to take part in the Olympics in over two decades. The 29-year old made an impressive debut in the Olympics, finishing 23rd overall in the individual eventing discipline of equestrian competitions at Tokyo. Mirza, away from home and based in Germany for training and competition during the pandemic, made an impressive start as he was placed ninth after the dressage section with a 28.00 penalty. He slipped to 22 in cross country round, having started late due to a technical issue. Yet at the end of the dressage, cross country, and jumping rounds, he, astride Seigneur Medicott, managed to squeeze into the top 25.