

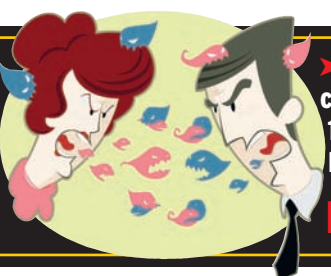
THE TIMES OF INDIA

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TODAY'S EDITION


➤ **Converse on politics without confrontation. PLUS: Handle awkward moments with grace**

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➤ **8 works of fiction that changed the world. PLUS: 12 movies to get you hooked to journalism**

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STUDENT EDITION

SATURDAY, OCTOBER 9, 2021

LATEST BUZZWORDS EXPLAINED

Finfluencer

Every day new kinds of influencers are coming up thanks to social media. In the already burgeoning influencer community, a new type of influencer is making waves – the finfluencer. A portmanteau of finance and influencer, a finfluencer is someone who attracts followers on social media by giving financial advice. Becoming a finfluencer can be highly lucrative too according to conversation.com. On TikTok the hashtag #FinTok has been viewed more than 340 million times.

According to an article in “Business Today”, a finfluencer is one who gives the ordinary investor information and advice on an array of financial topics such as stock market trading, personal finance and mutual funds. Their social media of choice is YouTube, where they post videos. In India too the finfluencers are on the rise with many posting in Hindi or a regional language or even ‘Hinglish’ to attract newly-minted investors from small towns. The popularity of these videos is explained by India’s low financial literacy rate of 27 per cent, according to the National Centre for Financial Education’s 2019 survey. So naturally, first-time investors, especially from far-flung towns and cities, are drawn to these finfluencers. Some of their most-viewed videos are “How to buy your first share” or “Get regular income from gold”. Some popular Indian finfluencers are Pranjal Kamra, Rachana Ranade, Asset Yogi and Grow.

Are you an INTELLECTUAL BULLY?

Most of us at some point may have indulged in the entitlement of superior knowledge to pull down others. Know how to stop being an intellectual bully or to counter one

RETHINK

Pallavi.Shankar@timesgroup.com

A high school student living in a buzzing metropolis, the usually bubbly Shreya Sharma*, 15, had stopped interacting with friends and became a recluse of sorts. She had also discontinued taking part in debates at school – something she used to love before. Her parents were clueless about what was wrong with her. A talk with her teachers and peers revealed she was not being physically bullied or cyberbullied either. A counselling session with a therapist revealed that Shreya had lost her confidence after being “intellectually bullied” by her best friend who, though otherwise nice to her, ended up making fun of her GK (general knowledge) and perspective on different issues time and again.

What Sridevi's character in the popular movie 'English Vinglish' went through because of her inability to speak or understand English is an example of intellectual bullying

Eventually, Shreya didn't have the courage to participate in debates and such other activities in school because she thought she wasn't 'good enough', 'smart enough', or 'articulate enough'. A young child's enthusiasm and developing social skills got a severe jolt after she was 'intellectually bullied' by a person close to her.

WHAT IS IT?

In simple words, “One person belittling another person for having less intelligence or knowledge overall or in specific subjects is intellectual bullying,” says psychiatrist Dr Sanjay Chugh. According to Urban Dictionary, it is, “A highly intelligent person who uses his/her intellect in a nasty superior manner.” This subtler but frequently sarcastic form of bullying is less talked about and less acknowledged than physical or cyber bullying. “But it is in any way no less damaging than other

forms of bullying and deeply affects the psyche of vulnerable young people,” adds Chugh.

ARE YOU ONE?

Some people are smarter with higher levels of IQ – they have more knowledge in certain streams and are faster at carrying out mental tasks – many of them then begin carrying the sense of entitlement to be dismissive and disrespectful to the sibling, peer or friend. All is well till you bask in the glory of your knowledge and celebrate it, but when you begin wearing that knowledge and entitlement on your sleeve and flaunt it to demean others, you become a bully. “Sometimes parents without realising it can encourage intellectual bullying by chiding their kid who gets lesser grades than the high grade getter or appreciate the one who got the medal in the GK quiz more than the less gifted child,” opines psychologist and etiquette guide Priya Warrick.

With parents and society's approval, the more knowledgeable or the smarter child starts thinking that he is superior to others and uses it in a mean way. This is what broke a happy Shreya – being laughed at by

someone whose opinion mattered to her and for knowing less than her more aware friend. If you have ever done that to your class-mate, friend, neighbour or sibling, you are an intellectual bully!

YOU ARE AN INTELLECTUAL BULLY, IF YOU...

- Gain some satisfaction out of making other feels inferior – for getting lesser grades or failing in a subject
- Avoid mingling with students in your class who are weak in certain subjects or sideline them even if they are interested in talking to you
- Only prefer to socialise with high achievers
- Look down on peers/cousins for having average communication skills in a specific subject (for instance, English) and make fun of their language
- Make fun of your peers' abilities or intellectual prowess and poke fun at them by labelling them as 'nerds', 'bore', etc., that is bullying too

ARE YOU BULLIED?

“While some bully out of a pure sense of superiority, others bully to feel better about themselves as they have low self-esteem issues or to boost their ego,” says Chugh. The sad part is that because intellectual bullying has got some validation in popular culture like movies, cartoons – where cracking mean jokes at those lesser than you in cognitive abilities – has been acceptable, the intellectual bully does not outgrow it with time (usually). However, if you think you are being bullied, here are ways to fight it: ■ Build your intellectual strength. When a person is being physically bullied, he is advised to build physical strength. Likewise, you need to work on your intellect to feel in control and confident,” suggests Chugh. “Start reading newspapers, books to increase your GK – it'll help strengthen your self-belief,” Warrick says. ■ Convince yourself that your self-worth does not come from things people say about you. ■ Take action and document the bullying; try to save a record of the comments if it was made online and take to the authorities concerned. ■ Recognise your own capabilities and qualities. Once you do this you won't remain susceptible to bullying. Bullies lose power over a self-assured you!

*Name changed to protect identity

Pics: Istock

NIFTY NIBBLES

A HANDY GUIDE TO HEALTHY SNACKING

1 CUCUMBERS are made up of mostly water and help you feel full, longer. An amazing low-cal food, they are great addition to any salad or when eaten raw. Half a cup of cucumber slices contain only eight calories. They have been used as traditional medicinal crops in India for a very long time since they are anti-inflammatory and rich in antioxidants. They are known to reduce risk of cardiovascular diseases as well as several cancer types, including breast, uterine, ovarian, etc. **SNACK TIP:** Cut fresh cucumbers into sticks and relish with homemade curd and dill dip.

2 MUSHROOMS are an incredible low-cal snack, no matter how you cook them. One cup cooked mushrooms contains only about 40 calories. Mushrooms are also low in carbohydrates, fat and sodium but high in water content and fibre. They are an excellent source of vitamin C and D, magnesium, iron and phosphorus and also high in protein (3 g in one cup). **SNACK TIP:** Saute mushrooms in olive oil and season with salt, pepper and rosemary.

3 NUTS & SEEDS are comparatively high in calories but when eaten in small amounts are very therapeutic since they contain unsaturated fats which protect the heart and are rich in vitamin E. Seeds like sunflower, pumpkin, flax are rich in fibre, and some are rich in Omega 3. On an average each contain 100 calories per ounce. **SNACK TIP:** Have a fistful of unsalted peanuts or 25 raisins or 10-12 raw unsalted almonds.

4 APPLES help in weight loss by increasing muscle mass. One apple is about 90 calories and is loaded with pectins which help in appetite suppression. Apples are also rich in vitamin A and C. **SNACK TIP:** Slice apples and heat in a microwave till they soften. Sprinkle cinnamon powder and crumble few digestive biscuits on top.

By Dr Anjali Hooda, MBBS, MD, obesity, metabolic medicine & clinical nutrition

WORLD MENTAL HEALTH DAY SPECIAL

You are not ALONE

FIVE CELEBRITIES WHO OPENED UP ABOUT THEIR MENTAL HEALTH TO INSPIRE PEOPLE TO SEEK HELP

PRINCE HARRY

In April 2017, the Prince told “The Telegraph” that he “shut down all his emotions” for almost two decades after the death of his mother, Princess Diana. It wasn't until he was 28 years old that he began to see a professional to address his grief. Now 37, and “in a good place,” Harry has encouraged others to open up: “The experience that I have is that once you start talking about it, you suddenly realise that actually, you're part of quite a big club.”

CHRISSE TEIGEN

In an essay for “Glamour”, the model opened up about her struggle with postpartum depression after the birth of her daughter took a toll on her mental and physical health. “It's such a major part of my life and so, so many other women's lives,” Teigen wrote about the common condition, which affects up to one in seven women in the US. “I'm speaking up now because I want people to know it can happen to anybody and I don't want people who have it to feel embarrassed or to feel alone.” She also shared her grief at suffering a miscarriage recently in the hope that more women share their stories of loss and urged people to be kind.

WAYNE 'THE ROCK' JOHNSON

“I found that, with depression, one of the most important things you could realise is that you're not alone,” he said on an episode of “Oprah's Master Class” in 2015. “You're not the first to go through it. You're not going to be the last to go through it... I wish I had someone at that time who could just pull me aside and [say], ‘Hey, it's gonna be OK.’”

DEMI LOVATO

“It's very important we create conversations, we take away the stigma, and that we stand up for ourselves if we're dealing with the symptoms of a mental illness... It is possible to live well and thrive with a mental illness,” she told “Variety”.

CARA DELEVINGNE

In an interview on “This Morning”, the model said that she used to feel guilty for being depressed. But after she realised she wasn't alone, she began to recover. “If you learn to love yourself and not give in to what other people think about you or not care what they think... you can achieve anything. And that's what I want to be for teenagers – not necessarily a role model, but someone who has gone through it and come out the other side.”

A day before World Mental Health Day (Oct 10), we tell you some INTERESTING MENTAL HEALTH FACTS

1 The global economy loses about US\$ 1 trillion per year in productivity due to depression and anxiety.

2 Mental, neurological and substance use disorders make up 10% of the global burden of disease and 30% of non-fatal disease burden.

3 1 in 5 young people (age 13-18) has or will develop a mental illness in their lifetime. Youth depression rates have risen from 5.9% to 8.2% since 2012.

4 Depression symptoms can impact performance in school and interfere with personal relationships. According to World Health Organisation, about half of mental disorders begin before the age of 14.

5 Many factors contribute to the development of a mental health condition, including life experiences (such as trauma or a history of abuse), biological factors, and family history of mental illness.

6 Rates of mental health workers vary from below 2 per 1 lakh people in low-income countries to over 70 per 1 lakh in high-income countries.

7 Common signs of mental health issues include: extreme mood swings, changes in eating habits, excessive worrying or fear,

8 Half of all mental illnesses show early signs before a person turns 14 years old, and 3/4 of mental illnesses begin before age 24.

9 Globally, it is estimated that 5% adults suffer from depression. People with severe mental disorders die 10-20 years earlier than the general population.

10 Almost 8 lakh people die by suicide every year; 1 person dies from suicide every 40 seconds. Suicide is the second leading cause of death in those aged 15-29 years.

The economic loss due to mental health conditions in India, between 2012 and 2030 is estimated at \$1.03 trillion, according to WHO. Nearly 80% of those suffering from mental disorders do not receive treatment for years, as per National Mental Health Survey

An Indian Psychiatry Society survey has noted that the pandemic affected mental health of 20% more people

In India, the government's total expenditure on mental health is about ₹600 crore, including ₹40 crore for flagship National Mental Health Programme (NMHP). The total number of mental health professionals (government and non-government) is 25,312 which means that the total number of mental health workers per 1 lakh is 1.93

WELLNESS

WRITE WAY

Chinese calligraphy is now being hailed as a great physical, mental and emotional healer

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Specialists from around the world have been conducting a number of scientific experiments on the effects of practicing the art of Chinese calligraphy. In fact, many research studies and medical reports in Mandarin speaking countries found Chinese calligraphy to be the number one activity for supporting longevity. Chinese calligraphy is also known as “the picture of the soul” or “the mind's image” because characters are being projected to the paper mentally. Buddhist calligraphers always talk about the “Chi” or life force flowing through paintings and to capture this chi is one of the highest goals of calligraphy. One learns to paint with the out

flow of breath, using not just the hand but the whole body. Calligraphy can be a form of meditation in action like Japanese tea ceremony.

PHYSIOLOGICAL EFFECTS

Apart from lowering the heart rate and blood pressure, calligraphy can also increase skin temperature, the pulse and activation of brainwaves. It is said when you are present, focused and engaged in calligraphic practice, one's blood pressure naturally normalises.

DEVELOPS OVERALL PERSONALITY

To develop a skill, particularly one that is visually recognisable gives a feeling of great accomplishment and satisfaction. One really has to practice regularly to get anywhere with the ink brush. Doing something that is engaging, creative and enjoyable daily is one of the best ways to develop as a person.

POSITIVE COGNITIVE EFFECTS

Calligraphy can help to strengthen the attention span and judgement on speed and accuracy, in turn helping to improve abstract reasoning, visual ability, spatial awareness and short-term memory.

BENEFITS OF CHINESE CALLIGRAPHY

- Increased concentration throughout the day
- Helps delay the degeneration of cognitive abilities such as short-term memory
- Reduces negative emotions
- Reduces stress
- Self-awareness
- Improves overall health
- Promotes longevity

MIND YOUR MANNERS

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READ UP FIRST

In a deeply polarised world, the conversation steers naturally towards the issues in the country and beyond – at your home, in Whatsapp family and friends' groups, in the park and so on. "In fact, political discussions are indicative of a healthy functioning democracy. Now, Indians of all age-groups, including teenagers are engaging in political discussions," says political and social commentator Santosh Desai. However, when such discussions turn into fights and unending arguments, it's far from healthy. To have a civilised talk on 'desh/duniya ki haalat', keep this manner manual handy. Remember, politics can be ugly but living rooms or even online conversations can be civil.

Interested in discussing politics – that's great. So, pull up your socks and read up – from reliable sources – such as national newspapers, journals and books. Besides news updates (those 2-liners coming online on platforms), you need to be acquainted with the historical events of the past and present of current political issues. Have an opinion on what happened in Afghanistan but unsure about the chain of historical events that led to Taliban forming the government? Read the history, expert opinion on the matter and different viewpoints to get a bird's eye view of the situation. The truth is that many just get into debates with half-baked or one-sided information. You can't debate rationally on a subject until

Get your news from reliable sources such as newspapers, websites, reputed TV channels. Don't form opinions from news and views circulating as Whatsapp forwards – that's usually fake news.

CONVERSATION ON POLITICS AND ETIQUETTE?

Yes, it's possible!

Don't know what to talk about and how to deal with confrontational conversation on political issues? Here's the know-how for navigating the tricky 'chit-chat' on national/international politics

DON'T WEAR YOUR POLITICAL ORIENTATION ON YOUR SLEEVE

You may have a fixed political orientation and that is all right. Perhaps your ideas on politics are influenced by your family's political or social ideology or have been shaped by your peer group. Young people, especially school students should try to understand things happening around them and cultivate their own opinion – these ideas and ideologies also evolve with time. So, take your own time – there should be no hurry to take sides. Above all, whatever be your thoughts on national or international politics, do not talk about it all the time, and don't force others to agree with you. Democracy is about different opinions existing together.

armed with an informed opinion formed after proper research and study by you.

TOP TIP

MAKE THE DINNER TABLE A NO-POLITICS ZONE

If you're hosting an event and want to set early boundaries about what you expect from your guests, inform them ahead of time that when the group sits down to eat, all 'left leaning or right leaning talk' is off the table. Tell your guests beforehand, "I want us to concentrate on each other and on topics that are fruitful and positive rather than differing opinions on politics that may affect the sweetness of our relationships."

LISTEN, EVEN IF YOU DISAGREE

Courtesy is crucial. "Listen attentively to the people you are having a conversation with, with the goal of understanding their thoughts. Allow them to express their beliefs, even if you disagree with others," advises etiquette expert Sunaina A Hak. It's important to know what people in your family and friends circle think about political matters – let them express. It will help increase your awareness and you may also pick up a few social skills in the process. You don't have to agree or disagree!

AVOID SWEEPING STATEMENTS

Don't use words and phrases that could come off as condescending or are absolutes, such as 'should' or 'shouldn't', 'always' and 'never', "Don't you think..." (because if they did think that way, you two probably wouldn't be arguing), and other such judgmental phrases.

DON'T FEEL OFFENDED

Give your opinion only as an opinion. Say, "I think this is so," or, "This is my view," because your conversation companion may be better informed about the subject than you are. Besides, where it is a matter of feeling, do not expect others to feel the same about an issue, and don't get upset if people close to you think differently than you do.

SIDE STEP

If the conversation on politics is getting heated up,

smoothly steer the topic towards more palatable fare, such as the weather, an upcoming event, food – or anything that doesn't

involve politics. No, it's not awkward to do that, it's fine and even the right thing to do to diffuse any tension created by people's arguments.

KEEP YOUR COOL

No matter what you're discussing, try to keep your cool. Getting agitated in a political debate of sorts can spoil your as well as others' mood. When that happens, take a step back from whatever you're discussing. Remember – you're not going to change the world or solve the problem you're talking about right there in the moment. So, why let it get under your skin? A discussion should remain that – a discussion.

WORK THIS OUT... MANNERFULLY!

10 social situations and pick the right way around it

1. You are invited to a friend's house and you don't like what they are serving for dinner. What do you do?

- Tell your friend you changed your mind
- Tell the mom you don't eat their food and ask if she could fix something else
- Call home and ask your mom to bring you food
- Eat the food, as much as you can handle, and say nothing about the food

Answer: D. In the melting pot world, one has to be mindful of all cultures and their nuances.

2. Your grandmother sends you some money for your birthday in a nice card. What should you do?

- Call her and thank her
- Spend the money and next time you see her, tell her how you spent it
- Send her a thank you note
- Tell your mom or dad to tell grandma thanks

Answer: C. While you can call her too, a written note is more thoughtful.

3. If you are eating at a restaurant, when is it OK to start eating your food?

- When your parents have their food in front of them
- When everyone has their food
- As soon as you get it
- When your parents say you can eat

Answer: B. In any group eating situation, start eating only after everyone has been served.

4. How should I accept a compliment?

- Say "thank you"
- Say "oh, I really messed up, but thanks"
- Give reasons why you don't deserve the compliment
- Say nothing

Answer: A. Many of us fumble when it comes to accepting compliments but when someone is complimenting you just accept graciously with a thank you.

5. Who should you hold a door for?

- Nobody
- Your friends
- Anyone older than you
- Anyone behind you or is disabled

Answer: D.

6. You find out your new friend belongs to a different religion than you. What is OK to say to your friend about his religion?

- Tell him you think some parts of the religion are "weird"
- Ask questions about the religion and its traditions
- Tell him he should come to your temple
- He might not be a good friend – he's too different

Answer: B. A healthy curiosity to learn new cultures and understand them is always welcome. Never be disrespectful but listen to learn.

7. You go to dinner with your parents at a fancy restaurant. Which fork do you use?

- Ask the server, because this is a hard thing to figure out
- Watch your mom or dad to figure it out
- It doesn't really matter
- Start from the outside and work your way in

Answer: A. Most fine dining establishment will have an informed staff who are always happy to help.

8. Your parents are not able to come to the phone, but you take a call for one of them. What do you do with the message?

- Jot it down on a scrap of paper and leave it on the kitchen counter for them
- Remember to tell them the message
- Send them a quick email or text with the given information
- Write the message out and put it in an agreed upon spot, like a kitchen bulletin board or near the phone

Answer: D. Always fix a place in the house to leave messages.

9. When is the right time to pick your teeth after a meal?

- As soon as you can get hold of a toothpick
- As soon as you can get to a bathroom
- When you leave the restaurant
- As soon as you leave the table

Answer: B. It's best to do this behind closed doors.

10. Your sister wants to play princesses, but you'd rather play Operation. What is the polite thing to do?

- Say, "Forget it!" and storm off
- Remind her that you've played twice, and you'd rather do something else
- Bribe her
- Stay for one last game, then ask her to play Operation with you

Answer: D. Always take the middle path. Also set a time limit to how long you will play.



Queries relating to Etiquette

Etiquette is the customary code of polite behaviour in society. Social situation and the way we live, even etiquette, is ever changing. For instance, who would have thought that one would need a whole new set of classroom rules in 2019? If you have a question on the new rules of engagement in a post-covid world, a relationship dilemma or just a query regarding writing a thank you note, write in to us toinie175@gmail.com with the subject line ETIQUETTE.

THE RULEBOOK

How to handle AWKWARD MOMENTS

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Fact: Nobody's perfect. Yet another fact: Everyone messes up sometimes. More fun fact: chances are you'll encounter an awkward moment at least once (or more) in your life. It could range from the super embarrassing "Your zip is open" moment to the consternating accidental burping in a class. It could be forgetting someone's name, body odour or bad breath or just spinach stuck in your teeth. However mortifying the situation seems at that moment, this too shall pass, says etiquette and grooming coach Konkona Bakshi.

AWKWARD ATTACKS

"You have to remember not to sweat the small stuff," she says. "The key is to stay poised while tackling someone who's experiencing an awkward situation or even if you are stuck in one." What works

is positive body language. Her advice? Just approach the person with a

smile, a little friendly touch and an even tone of voice telling them what is wrong. "Gender rules apply. Unless

you are good friends and share a different equation, a man telling a woman that there's a lipstick stain on her teeth or a woman telling a man his fly is open is generally not a good idea," she notes.

But different situations call for different tacks. Image consultant Sheena Agarwal says, "When caught in an awkward moment, accept the flub and apologise than try to wriggle your way out." Gaffes like burping, food getting stuck in the teeth are natural, so one can just say "excuse me" and get away with it.

HOW TO CORRECT

While getting out of an awkward situation is easier, approaching someone who made a gaffe is easier said than done. Directly approach a person if you share a friendly equation. None of the conversations

have to be confrontations. Agarwal says that if you are at the receiving end, make sure you tackle the situation gracefully. She says, "Never point out such irregularities in a place where it might get embarrassing for anyone. And if someone does correct you, just thank the person for checking you and move on."

MANNER BORN

FIVE MANNER RULES AND HOW THEY STARTED

Have you ever heard that you should never wear white after Labour Day? Or you have learnt that people remove their hat as they enter a building, but you're not sure why? Here are five origin stories

REMOVE YOUR HAT WHEN ENTERING A BUILDING

Back in the day when folks walked around dusty dirt roads or industrial cities with soot in the air, the hat caught a lot of grime. If you didn't remove it, it would fall on the floor in the room. Back then it made sense to remove the hat and leave it on a rack in the entryway or cloakroom to prevent this from happening. **Current status:** Continues as is but as a mark of respect.

DON'T WEAR WHITE AFTER LABOUR DAY

There are a couple of theories about why people didn't wear white after Labour Day, one of them being the temperature. Since lighter colours tend to reflect heat and darker colours absorb heat, it made sense many years ago, before buildings were climate controlled. Another theory is that well-wheeled people during the Industrial Revolution made it a tradition to change out their summer wardrobes to heavier, darker fabrics, simply because they could. **Current status:** Not applicable.

PULLING A CHAIR OUT FOR THE LADY

High society women once wore such restrictive clothing that they were unable to sit at a table without assistance from the gentlemen they were with. Now that women wear less constrictive clothing, they don't need this type of help. **Current status:** Still considered a nice gesture to assist someone who is disabled or overwhelmed with packages or children.

NEVER POINT YOUR FINGER OR STARE AT SOMEONE

Some ancient cultures considered it rude to point to someone because it directed evil spirits toward the subject. Staring was often considered giving someone the "evil eye." **Current status:** Although these myths have been dispelled, most still consider finger pointing and staring rude.

USE A SEPARATE FORK FOR YOUR SALAD, ENTRÉE, AND DESSERT

You might wonder why you don't use the same fork for your salad that you use for your entrée. After all, it creates extra work for the person who has to wash the utensils and put them away. The thought behind this was that you might not want the flavour from your salad dressing to transfer to your meat or potatoes that are served later. It's crass to lick your fork or wipe it on a napkin, so you are given separate forks for the salad, entrée, and dessert. **Current status:** Still continues as proper dining etiquette.

DRESS ETIQUETTE

How to wear SNAZZY SOCKS



IF YOU LIKE IT, GO FOR IT: So you want to try the new colourful socks trend? The first rule is to be convinced that you want to try it out. Because this is a fun look that requires you to go crazy with colours – bright pink, neon green or crazy patterns. So if you do it half-heartedly you will not commit to the look.

MIND THE CLASH: Sometimes, clashing designs get distracting after a while. Always see how the socks pair with what you are wearing. If you have checked pattern outfit, striped socks might clash. Pick what complements and not clashes unless it's a style stir that you are planning to create.

ADJUST THE CONTRAST: It's best to wear colourful socks with a staid outfit. It would live up the whole look.

WHAT TO MATCH: Aim for a simple match – match your socks to a your tie, belt or your pocket square.

CONSIDER THE SHOE: One way to narrow down your sock choices is to consider the footwear you wear. If it's black shoes, any bright colour socks will go. Mostly warm colours like yellow and reds will go well with brown shoes. And for sneakers, you can go as funky as possible.

MISMATCHED MUCH: The mismatched sock trend is quite popular right now. To do it successfully, make sure there's a method to the madness. Both socks should be of the same colour family, there should be some commonality (one can be stripes and other a zig-zag in the same colour), should be of the same material and definitely the same length.

Traditional dressing rules say that socks should always match your pants and create a seamless transition. But the colourful socks trend turns this age-old rule on its head

8 WORKS OF FICTION THAT CHANGED THE WORLD



This week, we were inspired to explore the subject of change while watching Swedish activist Greta Thunberg chide world leaders — saying the last 30 years of climate action had amounted to “blah, blah, blah” — at a youth climate summit in Milan. Inspired by her, we look at a few books, and some characters from books who stood out as saviours of people and the world at large

CHARACTERS

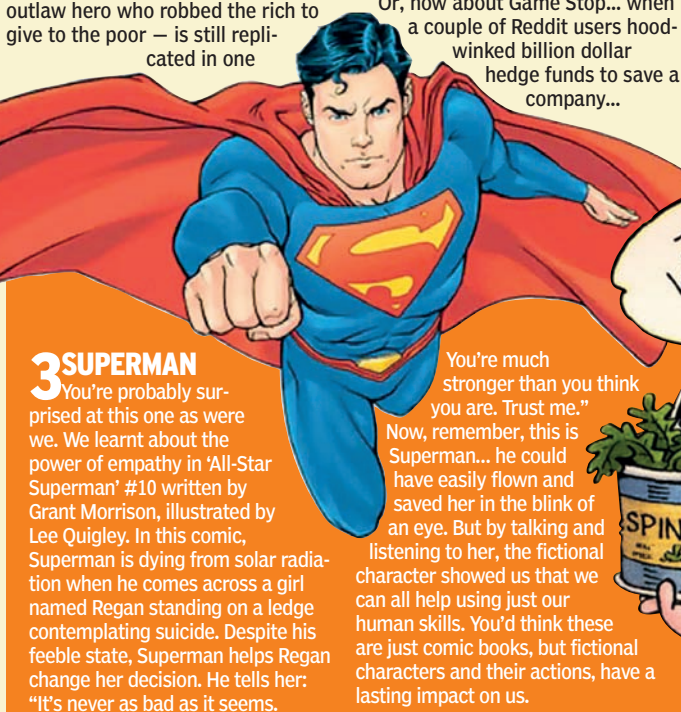


1 SPIDER MAN
One of the greatest things Spider Man gave us was the timeless proverb: “With great power comes great responsibility”. Spider Man realises this the hard way early in his life when he refuses to use his super-hero power, resulting in the death of someone he is close to. Becoming Spider Man isn't just about wearing a fancy costume, whipping about the city or fighting villains. It's about being nice and helpful in daily life without feeling the need to take a picture or to document it on social media. Spider Man taught us that our actions have power. If you are the head boy or head girl in the student council then you have to ensure that your actions are in tune with the students you represent.



2 ROBIN HOOD
The ‘Merry Adventures of Robin Hood’ — that told the story of an outlaw hero who robbed the rich to give to the poor — is still replicated in one

form or other. Robin Hood was a working man's hero and became popular in the late-Medieval period. He was adept at archery and sword fighting, but it was his mission to help the poor that continues to appeal to people, and in the stories we tell. For example, you may never have heard of Dr Ozel Clifford Brazil, who embezzled money to fund college education of 18,000 students from Los Angeles' (US) low income areas. Or, how about Game Stop... when a couple of Reddit users hoodwinked billion dollar hedge funds to save a company...



3 SUPERMAN
You're probably surprised at this one as we were. We learnt about the power of empathy in ‘All-Star Superman’ #10 written by Grant Morrison, illustrated by Lee Quigley. In this comic, Superman is dying from solar radiation when he comes across a girl named Regan standing on a ledge contemplating suicide. Despite his feeble state, Superman helps Regan change her decision. He tells her: “It's never as bad as it seems.

You're much stronger than you think you are. Trust me.” Now, remember, this is Superman... he could have easily flown and saved her in the blink of an eye. But by talking and listening to her, the fictional character showed us that we can all help using just our human skills. You'd think these are just comic books, but fictional characters and their actions, have a lasting impact on us.

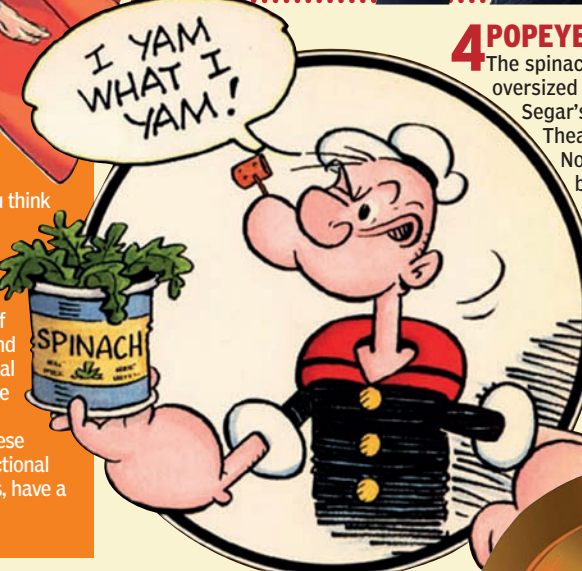
5 KATNISS EVERDEEN

The protagonist of ‘The Hunger Games’ survives whatever the system throws at her, and stands up to fascism. Celebrated as a feminist role model, who helped millions of girls realise their inner strength, Katniss is more than a movie icon. Her three-fingered salute, used in ‘Mockingjay’ as a signal of rebellion, has reportedly become a rallying symbol among pro-democracy protesters around the world.

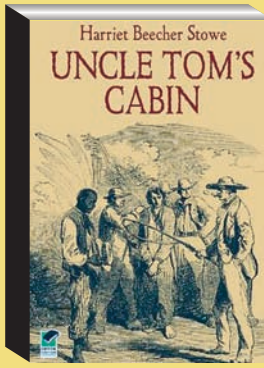


4 POPEYE

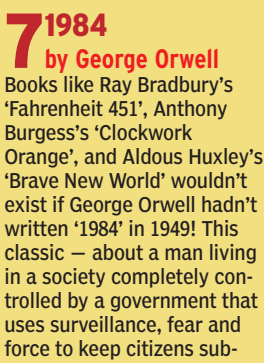
The spinach-eating sailor with oversized arms debuted in EC Segar's comic strip ‘Thimble Theatre’ on January 17, 1929. Not only did he go on to become the strip's most popular character, but is now considered to be one of the greatest comics — and cartoon — characters of all time. Popeye was an unexpected success having helped to increase American consumption of spinach by a third!



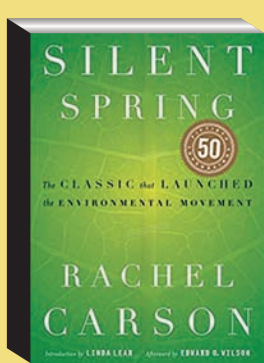
BOOKS



6 UNCLE TOM'S CABIN
by Harriet Beecher Stowe
When Abraham Lincoln greeted Harriet Beecher Stowe, he is reported to have said, “So you're the little woman who wrote the book that started this great war.” Stowe met Lincoln in 1862, a decade after she wrote ‘Uncle Tom's Cabin’, the second-best selling book of the 19th century after ‘The Bible’. The story of Uncle Tom, an African-American slave, brought the horrors of slavery to the attention of the public on a personal level for the first time, causing an uproar. The novel greatly furthered the abolitionist cause in the north, increased tensions with southern slaveholders and, as Lincoln suggested, possibly even helped tip the US into civil war.



7 1984
by George Orwell
Books like Ray Bradbury's ‘Fahrenheit 451’, Anthony Burgess's ‘Clockwork Orange’, and Aldous Huxley's ‘Brave New World’ wouldn't exist if George Orwell hadn't written ‘1984’ in 1949! This classic — about a man living in a society completely controlled by a government that uses surveillance, fear and force to keep citizens subdued — launched the dystopia sub-genre. It gave us terms like ‘Big Brother’, ‘doublethink’, ‘thoughtcrime’, and ‘2 + 2 = 5’, which are still commonly used today.



8 SILENT SPRING
by Rachel Carson
Did you know Rachel Carson was revered as a science writer because she was able to deftly transform research copies into something that the general public could read? Her seminal 1962 book, ‘Silent Spring’, told the real-life story of the decline of bird population across US (as they ingested DDT, a synthetic pesticide which was being used widely to control mosquitoes and others insects). Carson reported that birds that ingested DDT laid thin-shelled eggs that broke prematurely in the nest, resulting in marked population decline. ‘Silent Spring’ caused a stir, and many credit it with launching the modern environmental movement.

ACE IN THE HOLE, 1951

Summary: With flaws that outweigh his talent, reporter Chuck Tatum (Kirk Douglas) bounces across the country, from job to job. Winding up in New Mexico, Tatum

Lesson learnt: This movie depicts the beginning of media's demand to sensationalise someone's misery to grab eyeballs



gets work from the local newspaper, but finds that there's not much in the way of pressing news. However, when Tatum catches wind of a treasure hunter (Richard Benedict) trapped in a mineshaft, he turns the story into a media sensation. His unscrupulous tactics ultimately comes back to haunt him.



ALL THE PRESIDENT'S MEN, 1976

Summary: Two reporters and rivals working for ‘The Washington Post’, Bob Woodward (Robert Redford) and Carl Bernstein (Dustin Hoffman), research the botched 1972 burglary of the Democratic Party Headquarters at the Watergate apartment complex. With the help of a mysterious source, code-named Deep Throat (Hal Holbrook), the two reporters make a connection between the burglars and a White House staffer. Despite dire warnings about their safety, the duo follows the money all the way to the top.

Lesson learnt: Watch this movie to understand how investigative journalism works. A classic.

12 MOVIES TO GET YOU HOOKED TO JOURNALISM



THE POST, 2017

Summary: Katharine Graham is the first female publisher of a major American newspaper, ‘Washington Post’. With help from editor Ben Bradlee, Graham races to catch up with ‘The New York Times’ to expose a massive cover-up of government secrets that spans three decades and four US presidents. Together, they must overcome their differences as they risk their careers — and freedom — to help bring long-buried truths to light.

Lesson learnt: No civil society can function unless media fights for freedom of press, especially, under mounting political pressure.

NETWORK, 1976

Summary: Veteran news anchorman Howard Beale (Peter Finch) discovers that he's being put out to pasture — he's angry. After threatening to shoot himself on live TV, instead, he launches into an angry televised rant, which turns out to be a huge ratings boost for the UBS network. This stunt allows ambitious producer Diana Christensen (Faye Dunaway) to develop even more outrageous programming, a concept that she takes to unsettling extremes.



Lesson learnt: You'll get to see how TRP (Target Rating Point), that decides profits for a network, often comes at the cost of quality journalism, and pricks people's conscience

CITIZEN KANE, 1941

Summary: When a reporter is assigned to decipher newspaper magnate Charles Foster Kane's (Orson Welles) dying words, his investigation gradually reveals the fascinating portrait of a complex man, who rose from obscurity to staggering heights. Though Kane's friend and colleague Jedediah Leland (Joseph Cotten), and his mistress, Susan Alexander (Dorothy Comingore), shed fragments of light on Kane's life, the reporter fears he may never penetrate the mystery of the elusive man's final word, “Rosebud”.



Lesson learnt: The quasi-biographical film is based on American media barons William Randolph Hearst (father of yellow journalism) and Joseph Pulitzer

BROADCAST NEWS, 1987

Summary: A highly-strung news producer finds herself strangely attracted to a vapid anchor-man, even though she loathes everything he personifies. To make matters worse, her best friend, a talented but not particularly telegenic news reporter, is secretly in love with her.



Lesson learnt: This story focuses on journalists rushing to keep pace that TV requires, often at the cost of their personal life and desires

SHATTERED GLASS, 2003

Summary: Young hotshot journalist Stephen Glass (Hayden Christensen) puts on a good show for his adoring editor, Michael Kelly (Hank Azaria), but admits deep insecurities to his fellow writer, Caitlin Avey (Chloë Sevigny). When Glass begins turning in outrageous stories, his popularity skyrockets, but rival journalist Charles Lane (Peter Sarsgaard) becomes suspicious as to their factual accuracy, and eventually discovers that Glass has been fabricating many of his sources.



Lesson learnt: A story about honour and integrity of a reporter, this movie is about the pitfalls of fabricating news to get headlines

THE PAPER, 1994

Summary: Henry Hackett (Michael Keaton) is an editor at the ‘New York Sun’, a tabloid facing financial cuts. His pregnant wife, Martha (Marisa Tomei), pleads with him to get a more respectable job so he can spend more time with his family. Hackett is considering an offer from another paper, with fewer hours and higher pay, when he gets his hottest story in years. When this scoop leads to a burst of violence and a conflict with his new boss, Alicia (Glenn Close), he faces a startling moment of truth.



Lesson learnt: The film depicts a hectic 24 hours in a newspaper editor's professional and personal life, giving us a glimpse of the professional and personal turmoils that editors go through every day



Lesson learnt: An interviewer has to be both hard-hitting and compassionate to get candid answers from powerful people trying to use media as their personal PR machinery

FROST/NIXON, 2008

Summary: In 1977, three years after the Watergate scandal that ended his presidency, Richard Nixon (Frank Langella) selects British TV personality David Frost (Michael Sheen) to conduct a one-on-one, exclusive interview. Though Nixon believes it will be easy to mislead Frost — and the latter's own team doubts that he can stand up to the former president — what actually unfolds is an unexpectedly candid and revealing interview before the court of public opinion.

SPOTLIGHT, 2015

Summary: In 2001, editor Marty Baron of ‘The Boston Globe’ assigns a team of journalists to investigate allegations against John Geoghan, a priest accused of molesting more than 80 boys. Led by editor Walter Robinson (Michael Keaton), reporters Michael Rezendes, Matt Carroll and Sacha Pfeiffer, interview victims and try to unseal sensitive documents. The reporters make it their mission to provide proof of a cover-up of sexual abuse within the Roman Catholic Church.



Lesson learnt: Bringing about significant societal change requires courage, risk-taking, and a willingness to upset powerful people and institutions

GOOD NIGHT AND GOOD LUCK, 2005

Summary: When Senator Joseph McCarthy begins his foolhardy campaign to root out Communists in America, CBS News impresario Edward R Murrow (David Strathairn) dedicates himself to exposing the atrocities being committed by McCarthy's Senate “investigation”. Murrow is supported by a news team that includes long-time friend and producer Fred Friendly (George Clooney). The CBS team does its best to point out the senator's lies and excesses, despite pressure from CBS' corporate sponsors to desist.



Lesson learnt: This movie is about a few newsmen who risk sponsors cancelling contracts, to ask tough questions to a politician, whose propaganda was stripping citizens of their fundamental rights

THE GOLDEN GENERATION OF SPORTS

A bunch of teenagers has been lighting up the sports arena with sparkling performances and feats that evoke a sense of pride and wonder. We list a few who have been hitting the headlines over the last few years

SAURABH CHAUDHARY, 19 | PISTOL

Saurabh's list of achievements has no bounds. The UP boy won gold in 10m air pistol at the Youth Olympic Games in Buenos Aires. He participated in the Youth Olympic Games, 2018, in Argentina, and won gold. He won three golds in the Asian Airgun Championship in 2018, becoming the youngest Indian shooter to do so. In February 2019, he won the gold medal at ISSF World Cup, and in April 2019, he participated in Mixed Team 10m pistol with Manu Bhaker and won gold at ISSF World Cup in Beijing. In May, he won gold and broke the world record and junior record in 10m pistol ISSF World Cup in Munich. In January 2020, he won a gold at the 63rd National Shooting Championship in men's 10 metre air pistol.

SHOOTING



DIVYANSH PANWAR, 18 | AIR RIFLE

This Jaipur lad has been making waves in the world of shooting. He won two gold medals at the 2018 ISSF Junior World Cup in 10m air rifle and the mixed team event. He won four gold medals at the 2019 ISSF World Cup in the 10m rifle and the other three in mixed team 10m rifle events. At the 2018 ISSF World Shooting Championships in Changwon, Panwar also won bronze in the 10 metre air rifle junior mixed team event.



MANU BHAKER, 19 | PISTOL

Hailing from Haryana, Manu Bhaker won two gold medals at the 2018 ISSF World Cup, making her the youngest Indian to win a gold medal at the competition. She bagged the gold medal in women's 10m air pistol event at the 2018 Commonwealth Games when she was 16. Manu is also the first shooter from India and the first female athlete from India to grab a gold medal at the Youth Olympic Games. In February 2019, she won the gold medal in the 10m air pistol mixed team event at 2019 ISSF World Cup in Delhi. In May 2019, she qualified for the 2020 Tokyo Olympics in the 10m pistol event via a fourth place finish at the Munich ISSF World Cup.

EMMA RADUCANU, 18

Known as one of the greatest prodigies in recent times, Raducanu made her WTA Tour debut in June 2021. As a wild card ranked outside the top 300 at Wimbledon, she reached the fourth round in her first major tournament. At the US Open two months later, Raducanu became the first qualifier in the Open Era to win a Grand Slam singles title. She has a career-high WTA ranking of world No. 22 and is the current British No. 1. Raducanu is the first British woman to win a Grand Slam singles title since Virginia Wade in the 1977 Wimbledon Championships. She is considered a baseline player, known for her powerful, flat groundstrokes, and aggressive return of serve.



TENNIS

CORI "COCO" GAUFF, 17

Fondly called as Coco, she is one of the greatest tennis prodigies from the US, and is currently ranked World No. 19 by the WTA. Gauff won the United States Tennis Association Clay Court National 12-under title in 2014. In 2017, she took second place at the U.S. Open Girl's Junior Championships. The next year, she became the junior champion at the French Open. After receiving a wild card entry to Wimbledon Juniors in 2019 when she was 15, she defeated five-time Wimbledon champion Venus Williams in the first round of the championship. During 2019, Gauff also reached the third round of the US Open. She won her first singles title in Austria's Litz Open that year, becoming the world's 9th woman ever to achieve this feat.



LEYLAH FERNANDES, 19

She is a classic example of a wunderkind. With a career-high WTA ranking of No. 28, Fernandez won her first WTA title at the 2021 Monterey Open. The Canadian teen finished runner-up at the 2021 US Open playing against Emma Raducanu. She defeated three of the top-seeded players to reach the final of the tournament.

KOMALIKA BARI, 19 | ARCHERY

Jamshedpur teen Komalika Bari, is only the third Indian player to win the world title at the Tata Archery Academy's Cadet World Youth Archery Championships. She currently ranks 67th place in the recurve women's category. She won three golds in the 2021 and 2019 World Archery Youth Championship; two individual and one team event. She participated in the World Cup Stage 1 Guatemala and has won two golds in two team events in 2021 alone. Komalika is one of the most promising young athletes in India. She is currently a part of the Indian Archery Women Team and is considered as the next Deepika Kumari of India.



NOOR AHMAD, 16

Aged 14, he walked into the ground with his unconventional bowling skills that put the batsmen in a dilemma. That's Noor Ahmad. The Afghan teen who played in the 2019 U-19 Cricket World Cup, showcased a brilliant performance striking 22 wickets, 13 of which were against India. The magnificent bowler who honed his ability of spinning both ways reached IPL's radar, becoming the youngest player to appear in the auction. He was named in the Afghanistan ODI Squad at just the age of 16! A young talent like him is sure to make a huge mark for his country.



NASEEM SHAH, 18

The Pakistani fast bowler has created a huge name for himself with his pace levels, discipline in length and ability to swing the ball. He shot to fame while representing the Pakistan U16 team and also played for the U19 side. At the age of 16, he got his maiden Test call-up for the tour of Australia. Pakistan, having produced fast-bowling greats like Wasim Akram, Shoaib Akhtar and many more, has another remarkable player in the making. With the right grooming, he can achieve great heights.



MASON GREENWOOD, 19

The English footballer who plays as a forward for Premier League club Manchester United, and the England national team, is the youngest scorer in the European competition. He is the first player born in the 2000s to score for the club and the fifth United player to make 100 appearances before turning 20. So far, he has scored 32 goals in 114 appearances in all competitions.

FOOTBALL



EDUARDO CAMAVINGA, 18

Real Madrid's latest addition, midfielder Eduardo Camavinga was signed on a six-year contract from French side Stade Rennes for 30 million euros. He came through the ranks of local club Stade Rennes, making his first team debut in Ligue 1 aged 16. He won the French Cup with Stade Rennais FC in the 2018-19 season. Camavinga is the youngest player to represent the French national team since Rene Gerard in 1932.

PEDRI, 18

Pedro González López, known as Pedri, is a Spanish professional footballer who plays as a central midfielder for La Liga club Barcelona and the Spain national team. Known for his creativity, vision and passing skills, Pedri is regarded as one of the most promising young footballers in the world. He is also a recipient of the Young Player Award UEFA Euro 2020.



CRICKET

SHAFALI VERMA, 17

The Indian star needs no introduction. She is a young batting talent in continuous form, winning several matches for India back-to-back. She made her debut in 2019, aged 15, becoming the youngest cricketer to play in a Women's T-20 game, and the youngest Indian to represent her country in all formats. She has played over 33 matches already and scored over a 1000 runs! Shafali's biggest strength is her fearless nature of gameplay. In her Test debut this year, she eased her way to a brilliant 96 and currently holds the number 1 spot in T20 rankings. She is undoubtedly a young masterclass with huge potential.

