



THE TIMES OF INDIA


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Your Weekender

TODAY'S EDITION

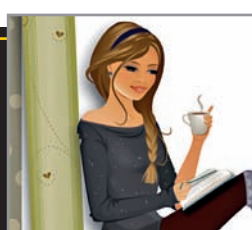
➤ Exercise the power of positive vocabulary. **PLUS:** Brush up your language etiquette

PAGE 2




➤ Modern retellings of classics in movies. **PLUS:** 10 retellings of literary characters

PAGE 3



➤ Triumph of the will: A look at inspiring stories from Tokyo Paralympics

PAGE 4



STUDENT EDITION

SATURDAY, SEPTEMBER 11, 2021

THE TIMES OF INDIA

LATEST BUZZWORDS EXPLAINED

RE-ENTRY ANXIETY

Is the resumption of everyday life around you making you anxious? Are you fretting about stepping out again? Are you constantly on edge when you are out in a post-pandemic world? This feeling of stress or worry about returning to normal life after the restrictions caused by COVID-19 is termed as re-entry anxiety. It refers to fear that can accompany letting go of the safeguards that protected us during the pandemic and our re-entry into a world that has been changed by the virus. This fear can manifest as a reluctance to switch back to pre-pandemic practices, such as going to large in-person gatherings without a facemask. Or it can be feelings of unease, sadness, or uncertainty. Everyone experiences re-entry anxiety differently. For some it's joining back work, for others it can be meeting friends, while some might balk at going to a restaurant. Re-entry anxiety can range from a manageable level of concern to more intense feelings of panic. If you find yourself feeling a little less enthusiastic than you thought you'd be as you re-enter the post-pandemic world, you may be experiencing this. Deep breathing and mindfulness can help overcome basic level of re-entry anxiety. But if you experience mood changes – including anxiety or depression – that you can't seem to manage on your own or it is hampering your day-to-day functioning, know that it's time to seek professional help.

Remembering 9/11

The most powerful quotes to mark the 20th anniversary of the fateful day – September 11, 2001 – where almost 3,000 people lost their lives during the attacks at the Twin Towers, Pentagon and aboard United Airlines Flight 93

"Even the smallest act of service, the simplest act of kindness, is a way to honour those we lost, a way to reclaim that spirit of unity that followed 9/11." **BARACK OBAMA** in a 2011 radio address

"It was the worst day we have ever seen, but it brought out the best in all of us." **Senator JOHN KERRY**

"If we learn nothing else from this tragedy, we learn that life is short and there is no time for hate." **SANDY DAHL**, wife of Flight 93 pilot Jason Dahl

"For me and my family personally, September 11 was a reminder that life is fleeting, impermanent, and uncertain. Therefore, we must make use of every moment and nurture it with affection, tenderness, beauty, creativity, and laughter." **DEEPAK CHOPRA**, life coach

"What separates us from the animals, what separates us from the chaos, is our ability to mourn people we've never met." **DAVID LEVITHAN**, writer

"September 11, 2001, revealed heroism in ordinary people who might have gone through their lives never called upon to demonstrate the extent of their courage." **GERALDINE BROOKS**, journalist

"When Americans lend a hand to one another, nothing is impossible. We're not about what happened on 9/11. We're about what happened on 9/12." **JEFF PARNES**, founder of New York Says Thank You



From breathwork to sleepcasts, the pandemic has given rise to interesting health trends



and monitoring your gadget time. Be aware of how your electronic device use affects you. Observe your energy level, sleep quality, and peace of mind. If you notice improvement by limiting EMF, then consider small changes to support your wellbeing.

BLUE MIND

If you're seeing red, feeling angry, anxious, and stressed, try Blue Mind. "Blue-mind" describes the mildly meditative state we fall into when near, in, on or under water. Research has proven that spending time near the water is essential to achieving an elevated and sustained happiness. Practitioners like to ask people, "What's your water?" This essentially means "What's the first water you think of and what's the water you dream about and long for?" These questions make people contemplate their relationship with water. Vacationing near water is considered to grow blue mind. Is that why Maldives was so popular among the swish set during 2020-21?

DOPAMINE FASTING

This "feel-good-escape" and "act of balancing" method has people abstaining from addictive sources like tech, coffee, food, or alcohol for a week (or even for a month) to revitalise their mind and recharge their body. Dopamine is a chemical in the brain. So when you feel good about abstaining from addictive behaviours and focus on self-enhancement, it releases a chemical in the brain which plays a huge role to make you feel motivated, calm and satisfied.



FIVE WELLNESS Trends From THE PANDEMIC

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BREATHWORK

If there's anything the COVID-19 health scare made us appreciate it was our breath. While breathing techniques are common in yoga, breathwork became a wellbeing buzzword with more people adopting this ancient practice of utilising the breath to find peace and calm in the present moment. The breath is the single most convenient, accessible, and transformational wellness tool. And the best bit? Anyone, anywhere can use breathwork.

SLEEPCAST

Move over podcasts, here come sleepcasts. Basically a neo-

gism used to describe a podcast containing sounds and voices that are designed to give you a good night's sleep. Sleepcasts have become an effective tool in fostering sleep – preferred over white noise machines

and playlists as they fill the silence, but don't quiet our minds. These recordings combine ambient noise, visualisations with a silky, smooth voice that guides you through meditation staples like breathing exercises. In fact, they are usually written by professional writers.

EMF AWARENESS

We are all hooked to our gadgets more than ever now. Many studies show that constant bombardment from electromagnetic fields (EMFs) and low-level radiation from gadgets can't be good for humans. The EMF awareness went on an overdrive during the pandemic with people advocating new EMF-blocking materials



RICE ABOVE WHITE

Weightwatchers are trading milled and polished white rice for red, black and brown varieties. Here's why...

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Evolved eating patterns are slowly doing away with the whites on your plate and adding more hues to it. Colour means nutrients, colour means antioxidants, colour means fibre. And the latest food item to turn tints is rice. Studies support the fact that eating whole grain rice varieties such as red and black rice is healthier than the good old white. Black rice, an Asian staple that's always been part of Northeastern cooking in India, is making a huge comeback and so is the nutty-flavoured red rice in risottos and black rice sushi.

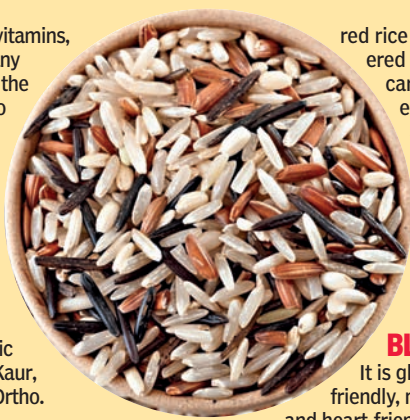
MAKE THE SHIFT

White rice is good but not the best. It is milled and polished. The refining process

strips white rice of iron, vitamins, zinc, magnesium and many other nutrients. And yes, the super healthy bran is also missing! "Too much of short grain white rice, the sticky varieties, have a higher glycemic index that tend to spike the sugar levels in the body. In comparison, brown and red rice are both rich in fibre content and have a lower glycemic load," says Dr Taranjeet Kaur, senior nutritionist, AktivOrtho.

RED HOT

Not all white rice is unhealthy. An exception is whole grain and white long grain basmati rice that's low in glycemic load and is nearly equivalent to brown rice in these terms. Basmati rice is also contains high amounts of vitamin B, copper and magnesium, which helps in controlling the blood sugar levels



BLACK IS BACK

It is gluten-free, gut-friendly, natural cleanser and heart-friendly. The Asian basic, also called Chak-hao in Manipur, is popping up at supermarkets all over the world as the superfood to get hold of. The bran hull of black rice, which is the outermost layer of the rice grain, contains one of the highest levels of the antioxidant anthocyanin found in any known food. "Black rice is lower in calories but higher in protein content as compared to brown, red or white rice. Its antioxidant content is almost six times higher than other varieties of rice," confirms Dr Kaur.

Are you drinking your water right?

- According to Ayurveda, intake of water that is naturally treated by sunrays or moonlight has calming soothing effects on the mind and is good for the heart.
- Ayurveda suggests that drinking water should be stored in copper or silver vessels since they help to charge the water and that helps in balancing all the doshas.
- Intake of cold water not only quenches thirst in the heat but also helps in treating nausea and is recommended for any condition where pitta dosha is elevated.
- On the other hand, hot water helps in stimulating appetite, improves digestion, is good for the throat, respiratory system

and kidneys. Boiled and cooled water is lighter to digest.

In certain conditions of the abdomen and also in monsoons and winter one has to consume water in moderation.

Water must be taken like air, slowly and steadily. This is why Ayurveda suggests having water while sitting down and



SUN CHARGE YOUR WATER

A potential way of absorbing sunlight energy is by drinking sun-charged water. You can make sun-charged water by putting a glass jug of clean, filtered drinking water in the sun for 5 to 8 hours. You would then drink or use that water within 24 hours. Sun-charged water may also be useful for anti-bacterial, anti-fungal, or anti-viral purposes and can be ingested or applied topically to the skin.

not standing. Drinking at a fast rate may lead to lack of oxygen in the wind and food pipe, this could give rise to heart or lung issues.

How well do you know 'THE FAMOUS FIVE'?

September 11, 1942 was when Enid Blyton's first Famous Five book – "Five on a Treasure Island" – was released. And one of the best-selling children's series ever (with over 100 million sold) was born. Here are some interesting facts about the book and its creator

The series features the adventures of a group of young children – Julian, Dick, Anne, Georgina (George) and her dog Timmy. The majority of stories take place in the children's school holidays. Each time they meet they get caught up in an adventure, often involving criminals or lost treasure.

The scene is usually set close to George's family home at Kirrin Cottage, such as the picturesque Kirrin Island, owned by George and her family in Kirrin Bay. George's own home and various other houses the children visit or stay in are hundreds of years old and often contain secret passages or smugglers' tunnels. The settings are almost always rural and enable the children to discover the simple joys of cottages, islands, countryside and sea shores, as well as an outdoor life of picnics, bicycle trips and swimming.

Blyton intended to write only six or eight books in the series, but owing to their high sales and immense commercial success she went on to write 21 full-length novels, as well as a number of other series in similar style.

By the end of 1953, more than six million copies had been sold of the Famous Five series. Estimates say that more than two million copies of the books are sold each year, making them one of the best-selling series for children ever written. Blyton's publisher, Hodder & Stoughton, first used the term "The Famous Five" in 1951, after nine books in the series had been published. Before this, it was referred to as The Fives' Books.

Blyton had revealed that the character George (Georgina) was based on herself because of her fearless nature and her fiery temper.

George character has become a reason for many discussions on gender identities. George often gets cross



when anyone calls her by her real name and she loves it when somebody calls her George or mistakes her for a boy. George sometimes takes this to the point of asking that her name be prefixed with Master instead of

Miss. Various references have been made to what meaning should be read into this. More modern readers have interpreted that George had gender dysphoria, but Hugo Rifkind, writing in "The Times", suggested that Blyton's conservatism meant that was not likely to have been intended.

The books have been criticised for being repetitive, with repeated use of stock elements such as unfriendly people and secret passageways. Blyton wrote fast and could finish a book in a week.

On 17 June, 2020, English Heritage, a UK-based charity, updated its online description of Blyton and her work to include some "uncomfortable aspects". It states: "Blyton's work has been criticised during her lifetime and after for its racism, xenophobia and lack of literary merit".

Born in East Dulwich in 1897, Blyton briefly worked as a teacher and governess until April 1924, when she began writing children's stories, books, poems etc. She wrote over 700 books and 4,500 short stories, selling more than 600 million copies globally. While the whole "Cancel Blyton" sentiments comes every year, many people have stood by her work to be viewed as a product of its time.

THE FIVE

- JULIAN is the oldest of the five, cousin to George and elder brother to Dick and Anne. He is tall, strong and intelligent as well as caring, responsible and kind. He's the leader of the group
- DICK has a cheeky sense of humour, but is also dependable
- Georgina aka George is a

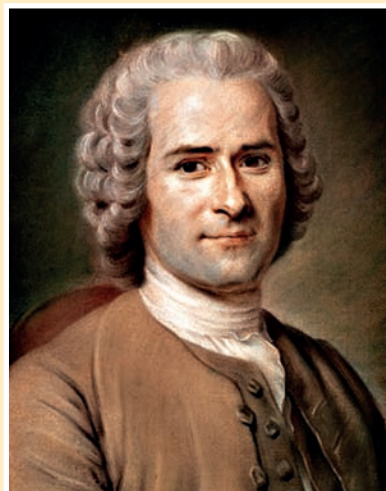


tomboy. She is headstrong and courageous and has a hot and fiery temper

- Anne is the youngest in the group, and generally takes care of the domestic duties
- Timothy Alias Timmy is George's faithful dog. He is a large, brown mongrel whom George adopted after finding him abandoned on the moors as a puppy. He is friendly, clever, and loyal to the children

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The humankind is a complaining lot. We used to crib about what's not right even in a pandemic free world. Now that we are in the middle of it all, we have every right to complain and be unhappy about so many things. However, must we be grumpy all the time? Well, all of us have a neighbour/relative/friend who does negative talk at the drop of a hat. Sample: "I am telling you – the world is coming to end." Or "My History teacher always points out my mistakes. I hate her and I think she hates me!" It's no brainer how toxic these casually uttered negative words and sentences are. "A person's speech – the words spoken – are an indicator of their mental well-being. A person with a bitter or resentful mind will use negative words for all kinds of situations," says Priya Warrick, psychologist and etiquette coach. So, choose your 'words' wisely.



POSITIVE WORDS ARE USED BY ORATORS AND SPIRITUAL LEADERS

Encouraging words can be healing – they can comfort and uplift people. It is precisely one of the main reasons why spiritual speakers gain cult status by holding mass sermons for their followers. What do they actually offer – solutions? No. They offer encouragement and hope with the help of their eloquent vocabulary and positive words. In fact, spiritualists across the world believe that positive speech is a weapon against disease and hardships. History is replete with examples of great orators who started and powered freedom movements by motivating people with their speech. Mahatma



Gandhi's famous 'Quit India' movement slogan and other soul stirring speeches inspired people to join the freedom struggle against the British rule in India. Similarly, other iconic leaders and even philosophers have challenged the imagination of the masses with their slogan and what are slogans – strong, motivating words that are potent enough to change the course of history. French philosopher and author Jean-Jacques Rousseau's slogan of 'Liberty, Equality, Fraternity' had a deep impact on the French Revolution. On the other hand, French queen Marie Antoinette's insensitive sentence, "If they don't have bread, let them eat cake," made her extremely unpopular during the French Revolution and is remembered even now for the ignorance and nonchalance of the ruling class towards the challenges faced by the poor people of the era. The verdict is clear – words can make or break you. In the above-mentioned instances, both positive and negative words are now enshrined in the pages of history.



CHEERFUL LANGUAGE ATTRACTS GOOD PEOPLE/SITUATIONS

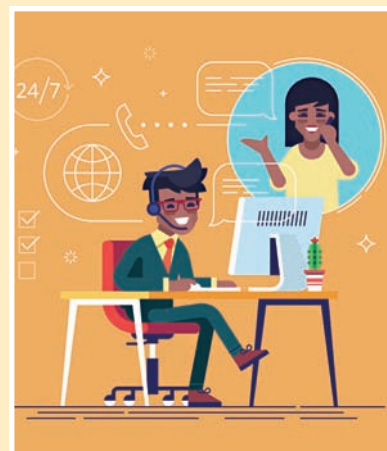
Talking positively will give you the right attention – in school, college, home, etc. It will win you friends and you will be in the good books of your seniors, teachers – you name it. It does not mean you have to 'sweet talk' always and not call a spade a spade.

But "Putting positivity in your speech will subconsciously lead to positive action and make people trust you more," assures Warrick. Good words lead to good thoughts and vice versa – when you say good things, you

attract goodness and positivity – both in personal as well as professional life.

STEER CLEAR OF NEGATIVE VOCABULARY

Words that people casually utter such as: "Oh, I really hate apples" or "Look at how happy that celebrity couple looks in their wedding picture. They must be faking it." Many say these things without meaning any harm and don't even realise that strong words like 'hate' or 'fake' are not meant to be used so casually. A UK research has shown that positive language can change your brain in a healthy way and negative language can block the brain's de-stress mechanisms. According to the study, well-meaning words such as 'peace,' 'love' and 'compassion' strengthen areas of the brain's frontal lobes and promote cognitive function. So, if you have felt particularly exhausted on a given day, check if you have used a lot of negative words throughout the day!



HAPPY WORDS CAN SOOTHE AND HEAL

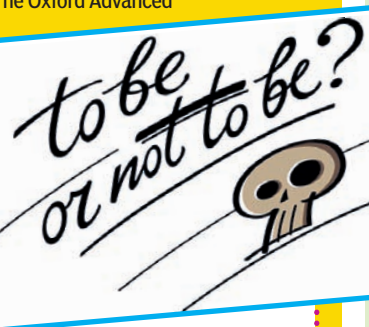
It is said that using good language can build your reputation and attract happiness. On the other hand, if you speak negatively about other people or even yourself, you tend to absorb that negativity that leads to bitterness and frustration. "Speak politely and with humility and you will receive the same in return. By speaking arrogantly and using rude language, you can spoil your relationships and even career prospects," advises psychiatrist Jitendra Nagpal. For instance, complimenting someone over their achievements will boost the person's mood and doing so will earn you goodwill of the person who may be willing to help you if you require it in the near or far future.

FUN WITH WORDS

The TAUTOLOGY TRAP

Tautology is nothing but repeated use of words or phrases that have a similar meaning. Simply put, it is saying the same thing twice. The Oxford Advanced Learner's Dictionary

defines Tautology as: "A statement in which you say the same thing twice in different words." In other words, tautology is unnecessary repetition. Occasionally, tautology can help to add emphasis or clarity or introduce intentional ambiguity. But, in most cases, it's best to choose just one way to state your meaning and eliminate the extra verbiage. The key to a good writing style that avoids redundant expressions is to develop your knowledge of what words really mean, checking in a dictionary whenever you aren't completely sure.



Some tautology examples, spoken or used by us in our everyday lives:

- Are these supplies adequate enough?
- In my opinion, I think that...
- To reiterate again
- Close proximity
- Forward planning
- I made it with my own hands for you
- The plumber fixed our hot water heater

LANGUAGE ETIQUETTE

POLITE WORDS AND PHRASES

We all know that if we want things to be done whether in our personal or professional lives, it pays to be polite. One doesn't get far by being rude or impolite. Different cultures have different ways of tackling politeness. There are a few polite expressions that are frequently used in the English language and it is important for learners to know how to use them correctly and in the right context.

HOPE (verb)
Used in polite statements

SEEM (verb)
Used when you want to say something in a

more careful or polite and less direct way

RESPECTFULLY (adverb)
Used for showing that you are being polite

PERHAPS (adverb)
Used as a polite reply to someone when you do not completely agree with what they have said

I'D/WE'D BE DELIGHTED (phrase)

Used for politely accepting an invitation, or agreeing or offering to do something

NO DISRESPECT (TO) (phrase)

Used before you say something that might offend someone, to show that you

do not intend to offend them

DO YOU MIND? (Phrase)

Used for getting someone's permission to do something. This can either be polite, impolite, or humorous. If someone says it in a loud way, they are showing that they are angry or annoyed

I TOOK THE LIBERTY OF DOING SOMETHING (phrase)

Used for telling someone that you

have done something without their permission but you hope that they approve of this

EXCUSE ME (phrase)

Used for politely getting someone's attention

SORRY TO BOTHER YOU... (phrase)

Can be used as a polite way of interrupting someone when you'd like their attention.



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 toiniet175@gmail.com



Exciting new words you should know

WORDSCAPE



ANGLOSPHERE

English-speaking countries considered collectively (the United Kingdom, the United States, Canada, Australia, and New Zealand, and Ireland).

AWEDDE

Overcome with anger, madness, or distress; insane, mentally disturbed.

BIGSIE

Having an exaggerated sense of one's own importance; arrogant, pretentious, conceited.

CONTACT TRACING

The practice of identifying and monitoring individuals who may have had

contact with an infectious person.

HIR

Used as a gender-neutral possessive adjective (his/her/hir watch). In later use often corresponding to the subjective pronoun ze (he/she/ze wears a watch).

MENTIONITIS

A tendency towards repeatedly or habitually mentioning something (esp. the name of a

person one is infatuated with), regardless of its relevance to the topic of conversation.

SLOW-WALK

To delay or prevent the progress of (something) by acting in a deliberately slow manner.

PUGGLE

A dog cross-bred from a pug and a beagle; such dogs considered collectively as a breed.



What if Cinderella wanted to be a CEO?

Or, Cruella DeVil was not the kind of devil you thought she was?
Modern movie retellings of classics are steering perceptions of good, bad and ugly women in a completely new direction. And it's a good thing...

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You don't need to think about the question posed in the headline for too long. Just watch the recently-released 'Cinderella' starring Camila Cabello. An all-out entertainer; it has a Cinderella whose desires run far beyond attending a ball and getting the prince, or everything we've been told so far in the fairy tale. Modern retellings of old classics are not a new trend as far as movies or books (see article below) are concerned.

Right now, let's concentrate on a few movies released in the last few years that show us women protagonists in an entirely new light. Some would say: why change classics when you can create new characters? The simple answer would be creative liberty. An even more straightforward one would be: well, why not? But the one that possibly could be more convincing is that every character in literature is open to interpretation to everyone who reads it.

Here's a bit of background...
In the last few years, fandoms have created a

far larger space online for people worldwide who interact and talk about their favourite books, movies and characters. Whether it's on Twitter, Facebook, YouTube or Reddit, heated debates, persuasive arguments, and various perceptions of stories and characters in fiction has made the current generation look at old stories in a new way.

Hence, when Cruella breaks the fourth wall to talk to the audience in the film 'Cruella', you sit up and take note. Something has changed. Cruella DeVil's portrayal so far has been primarily one-dimensional – evil and hilarious. The recent film talks to the girls and audience of today.

Here are a few lines to give you an example of what the film stands for: Cruella: "I guess you were always scared, weren't you, that I'd be a psycho..." Hmm? That explains all the 'tone it down, try and fit in' stuff. Love me into shape, I suppose was the plan. And I tried, I really tried... But the thing is, I'm not sweet Estella, try as I might. I never was. I'm Cruella, born brilliant, born bad, and a little bit mad."

Another film with women protagonists that was a hit with critics and audience alike was Greta Gerwig's 'Little Women', which came out in 2019. Now, you would think what could be new in a book that has been loved by women worldwide because of its

strong protagonists? By all means, reread the book, watch the early 90s hit movie version starring Susan Sarandon as Marmee. It's good. But Gerwig's adaptation will feel more familiar to today's audience. The candour in her version of the March sisters will win you over – to the extent that you may forget Louisa May Alcott published 'Little Women' in 1868.

'Stories we tell about women and girls'

In a 'New York Times' interview of Gerwig, writer Amanda Hess says: "...the film is less an update than it is an excavation – a kind of literary investigation of the characters, and their writer, and what they all really wanted. The result is a meta tale that cracks open the world of 'Little Women' to make a larger point about the stories we tell about women and girls. Reading the novel again as an adult, Gerwig, who is 36, was struck by how modern its dialogue felt once she brushed away the dusty surrounding material. 'Things were jumping out at me that I felt like I'd never heard before,' Gerwig said, 'like Marmee telling her daughter Jo: 'I am angry nearly every day of my life.' Sound familiar?"

Here's a dialogue from the film by the protagonist Jo

March, played by Saoirse Ronan: "Women, they have minds, and they have souls, as well as hearts. And they've got talent, and they've got talent, as well as just beauty. I'm so sick of people saying that love is just all a woman is fit for."

In the same vein, when the new Cinderella, whose passion is to be a fashion designer, sees most shops in her village named 'So and So Sons', she is disappointed. She tries but is told off by everyone. She's made fun of. "A woman businesswoman, eh?" followed by laughter is all that she hears. But the smirks don't bother her. She tells the prince she shouldn't have to choose between love and her passion. But let's not get into the details. I don't want to spoil the movie plot. But you get the drift, right?

PS: For more on modern retellings of old classics, see: 'The List with a Twist' and '10 Retellings of Classic Literature Characters' on this page



Happy Birthday Roald Dahl

Born on September 13, 1916 the beloved British novelist gave us amazing nuggets of wisdom through his books and characters which can bring comfort even today. Here are some of them...

On resolving indecision

"I will not pretend I wasn't petrified. I was. But mixed in with the awful fear was a glorious feeling of excitement. Most of the really exciting things we do in our lives scare us to death. They wouldn't be exciting if they didn't."

— Danny the Champion of the World

On beauty

MASTER OF WORDS
DID YOU KNOW THE POPULAR AUTHOR INVENTED MANY DELIGHTFUL WORDS?

- **Giganticus**: Something that is grand and spectacular
- **Scrumdiddlyumptious**: It is used for describing food which is utterly delicious
- **Huggybee**: A term of endearment which means as warm as a hug and as sweet as honey
- **Chuckle**: When someone is chuckling and gurgling both at the same time while laughing
- **Horriquest**: A blend of the words: horrible and disgusting

"A person who has good thoughts cannot ever be ugly. You can have a wonky nose and a crooked mouth and a double chin and stick-out teeth, but if you have good thoughts they will shine out of your face like sunbeams and you will always look lovely."

— The Twits

On hard work
"Never do anything by halves if you want to get away with it. Be outrageous. Go the whole hog. Make sure everything you do is so completely crazy it's unbelievable..."

— Matilda

On handling criticism
"I understand what you're saying, and your comments are valuable, but I'm gonna ignore your advice."

— Fantastic Mr Fox

On the power of magic

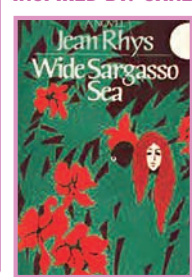
"...And above all, watch with glittering eyes the whole world around you because the greatest secrets are always hidden in the most unlikely places. Those who don't believe in magic will never find it."

— Billy and The Minpins



WIDE SARGASSO SEA

by Jean Rhys
INSPIRED BY: 'JANE EYRE'

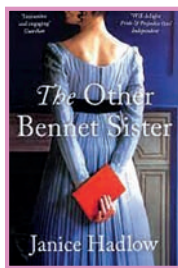


This feminist retelling of 'Jane Eyre' gives us the other side of the story, told from the point of view of Bertha Rochester. The book details the life of Antoinette Mason (known in 'Jane Eyre' as Bertha), a West Indian, who marries an unnamed man in Jamaica and returns with him to his home in England. Locked in a loveless marriage and settled in an inhospitable climate, Antoinette goes mad and is frequently violent, till her husband confines her to the attic of his house at Thornfield.

THE OTHER BENNET SISTER

by Janice Hadlow
INSPIRED BY: 'PRIDE AND PREJUDICE'

What if Mary Bennet's life took a different path from the one laid out for her in 'Pride and Prejudice'? What if the frustrated intellectual of the Bennet family, the marginalised middle daughter, the plain girl who takes refuge in her books, eventually found the fulfilment enjoyed by her prettier, more confident sisters? This is



A THOUSAND SHIPS

by Natalie Haynes
INSPIRED BY: 'THE ODYSSEY', 'THE ILIAD', 'THE AENEID' AND MORE GREEK MYTHS

From the Trojan women whose fates now lie in the hands of the Greeks, to the Amazon princess who fought Achilles on their behalf, to Penelope awaiting the return of Odysseus, to the three goddesses whose feud started it all, these are the stories of the women whose lives, loves, and rivalries were forever altered by the long and tragic Trojan War. This book is a woman's epic, powerfully imbued with new life.



10 RETELLINGS OF CLASSIC LITERATURE CHARACTERS



Have you wondered what happened to the quiet sister, Mary Bennet, in 'Pride and Prejudice'? What if Bertha Rochester in 'Jane Eyre' was driven mad because of societal expectations from a woman in her era?

the plot of 'The Other Bennet Sister', a debut novel with exactly the affection and authority to satisfy Austen fans.

BELZHAR

by Meg Wolitzer
INSPIRED BY: 'THE BELL JAR'

Jam Gallahue would still be at home in New Jersey with her sweet British boyfriend, Reeve Maxfield, had he not been dead. Instead she's at The Wooden Barn, a therapeutic boarding school in rural Vermont, living with a weird roommate, and signed up for an exclusive, mysterious class called Special Topics in English. A journal-writing assignment leads Jam to Belzhar, where the untainted past is restored, and Jam can feel Reeve's arms around her once again. But there are hidden truths on Jam's path to reclaim her loss.

THE HOURS

by Michael Cunningham
INSPIRED BY: 'MRS. DALLOWAY'

This novel by Michael Cunningham won the 1999 Pulitzer Prize for Fiction. The book concerns three generations of women affected by the classic novel 'Mrs. Dalloway'. In Richmond, 1923, author Virginia Woolf is writing and struggling with her own mental illness. Mrs Brown, wife of a World War II veteran, who is reading 'Mrs. Dalloway', plans her husband's birthday party. In 1999 New York City, Clarissa Vaughan plans a party to celebrate a major literary award received by her good friend and former lover, the poet Richard, who is dying.



'Mrs. Dalloway' and struggling with her own mental illness. In 1949 Los Angeles, Mrs Brown, wife of a World War II veteran, who is reading 'Mrs. Dalloway', plans her husband's birthday party. In 1999 New York City, Clarissa Vaughan plans a party to celebrate a major literary award received by her good friend and former lover, the poet Richard, who is dying.

CRESS

by Marissa Meyer
INSPIRED BY: 'RAPUNZEL'

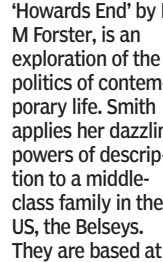
In this third book in Marissa Meyer's bestselling 'Lunar Chronicles' series, Cinder and Captain Thorne are fugitives on the run, now with Scarlet and Wolf in tow. Together, they are plotting to over-

throw Queen Levana and prevent her army from invading Earth. Their best hope lies with Cress, a girl trapped on a satellite since childhood who's only ever had her netscreens as company.

ON BEAUTY

by Zadie Smith
INSPIRED BY: 'HOWARD'S END'

This novel by British author Zadie Smith, loosely based on 'Howards End' by E M Forster, is an exploration of the politics of contemporary life. Smith applies her dazzling powers of description to a middle-class family in the US, the Belseys. They are based at a fictional college called Wellington, where



SHE'S ALL THAT

FROM: 'PYGMALION', GREEK MYTHOLOGY

When high school jock Zach is dumped by his queen-bee girlfriend, he makes a bet with his friends to take geeky Laney and make her prom queen. What he did not bet on was falling in love with her.



CLUELESS

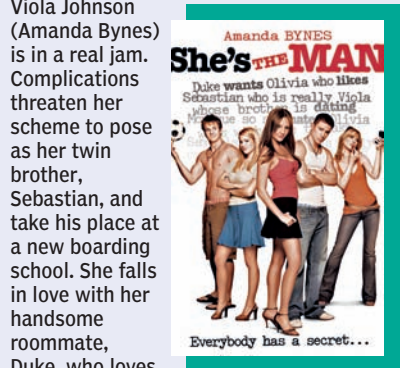
FROM: 'EMMA' BY JANE AUSTEN



Cher (Alicia Silverstone) is a rich high-school student who is learning to cope with adolescence and its problems. She also helps a new student gain popularity, and in the process, discovers her own feelings for someone.

SHE'S THE MAN

FROM: 'TWELFTH NIGHT' BY SHAKESPEARE



Viola Johnson (Amanda Bynes) is in a real jam. Complications threaten her scheme to pose as her twin brother, Sebastian, and take his place at a new boarding school. She falls in love with her handsome roommate, Duke, who loves beautiful Olivia, who has fallen for Sebastian! Confused enough? There's more to follow...

10 THINGS I HATE ABOUT YOU

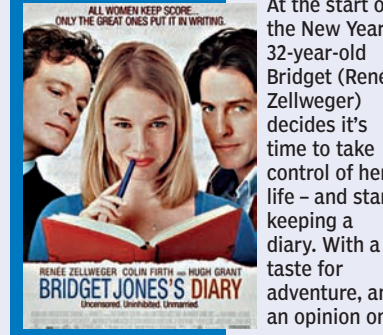
FROM: 'THE TAMING OF THE SHREW' BY SHAKESPEARE



Kat Stratford (Julia Stiles) is quite abrasive to most of her fellow teens, and doesn't attract boyfriends. Unfortunately for her younger sister, Bianca (Larisa Oleynik), house rules say that she can't date until Kat has a boyfriend, so strings are pulled to set the dour damsel up for a romance. Sound familiar?

BRIDGET JONES'S DIARY

FROM: 'PRIDE AND PREJUDICE' BY JANE AUSTEN



At the start of the New Year, 32-year-old Bridget (Renée Zellweger) decides it's time to take control of her life – and start keeping a diary. With a taste for adventure, and an opinion on every subject, she's turning the page on a whole new life.

A KNIGHT'S TALE

FROM: 'THE CANTERBURY TALES' BY GEOFFREY CHAUCER



This quasi-medieval adventure comedy-romance film written, produced, and directed by Brian Koppelman, starred Heath Ledger as a peasant named William Thatcher. He begins a quest to change his stars, win the heart of a woman, and 'rock' his medieval world!

earthy African American Kiki, abstract-and-English-Howard, and their three searching children seen the picture of modern liberal success. Yet in spite of their outward harmony and privilege, all are eagerly pursuing private agendas.

MEG & JO

by Virginia Kantra
INSPIRED BY: 'LITTLE WOMEN'

Meg and Jo is the story of the eldest March siblings, though Beth and Amy also appear. Though it takes place in our contemporary world, it still has the feel of 'Little Women'. In this 'New York Times' bestseller, Kantra captures the heart of the characters, and the essence of the original story, perfectly.



IF I'M BEING HONEST

by Emily Wibberley and Austin Siegemund-Broka
INSPIRED BY: 'THE TAMING OF THE SHREW'

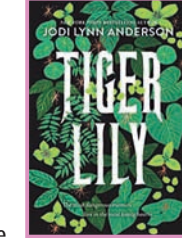
High school senior Cameron Bright is smart and mean. She's the queen bee at her private school – beautiful, talented, and notorious for her brutal honesty. So when she puts her foot in her mouth in front of her crush, Andrew, she fears she may have lost him for good. In an attempt to win him over, Cameron resolves to 'tame' herself, much like Katherine in Shakespeare's 'The Taming of the Shrew'.



TIGER LILY

by Jodi Lynn Anderson
INSPIRED BY: 'PETER PAN'

In the forbidden woods of Neverland, Tiger Lily falls under the alluring Peter Pan's spell. She will risk everything to be with him. But Tiger Lily soon discovers that the most dangerous enemy can live inside even the most loyal and loving heart. From the 'New York Times' bestselling author, this novel is a bewitching story of romance between a fearless heroine and the boy who wouldn't grow up.





TRIUMPH OF THE WILL

Overcoming adversity is tough. To look beyond a handicap, and excel at an international level for the country, amidst the toughest of competitors, takes more than just training and practice. Will power, determination and the hunger to beat all odds to triumph is what sets these athletes apart. A look at a few who made their mark at the Tokyo Paralympics...

PRAVEEN KUMAR - THE BOY WHO JUST GOOGLED IT

Unlike others, Praveen Kumar credits his entry into para-sports to Google. The high jumper, who won a silver medal in the Tokyo Paralympic Games, used to spend hours together googling high jump videos. Although volleyball was his first love, he happened to participate in a high jump contest under the able-bodied athletics competition. He later found out about the sports for the physically-challenged through Google. The 18-year-old who competed in his debut Paralympics set a new Asian record with a 2.07m jump.



Photo: GETTY IMAGES

PRAMOD BHAGAT - THE INVINCIBLE SHUTTLE

Pramod Bhagat handed India its first Paralympic gold in badminton, in men's SL3 singles. His journey towards being a great athlete began in 2002. Pramod, who was struck by polio when he was five, took part in a district-level tournament, in the able-bodied division, at 14. He managed to defeat all the able-bodied players in contention to be crowned the champion. After this fete, coach SP Das guided him into the world of para-sports.



Photo: GETTY IMAGES

Photo: GETTY IMAGES

AVANI LEKHARA - DOUBLE TREAT

Double Paralympic medalist Avani Lekhara took up shooting after reading Indian Olympic gold medallist Abhinav Bindra's autobiography. After a fateful car accident in 2012, the teen sustained spinal cord injuries which left her wheelchair-bound. In 2015, she took up shooting because her father was persistent. Today, Avani is the first Indian woman to win two Paralympic medals in a single Game.



Photo: GETTY IMAGES

YOGESH KATHUNIYA - THROW OF FAITH

From being a naughty child to being fully paralysed, to finally winning a discus throw silver from a wheelchair in the F56 class, Yogesh's journey has been inspiring. Doctors had almost given up when Yogesh was diagnosed with a rare neurological disease. But his mother, Meena Devi, kept faith. Continuous treatments, and physiotherapy led to partial recovery. At college, athlete Sachin Yadav and Asian medallist Neeraj Yadav guided him towards para-sports. Starting off in standing category, he did not make much headway, but the wheelchair gave him the impetus he needed to get rolling.



Photo: GETTY IMAGES

SUMIT ANTIL - SHIFTING GEARS DID THE TRICK

After losing his left leg below the knee in a motorbike accident in 2015, life changed for this aspiring wrestler. After healing, he got his prosthetic leg from the Artificial Limb Centre in Pune. In 2017 Antil shifted discipline and started training in javelin throw, in Delhi, and competed in several national and international championships. On August 30, 2021, Antil scripted history when he broke his own world record thrice. He won the gold with a world record throw of 68.55m in F64 class at the Tokyo Paralympics 2020. Antil however, feels it was not his best and the competitors around had made him a little nervous.

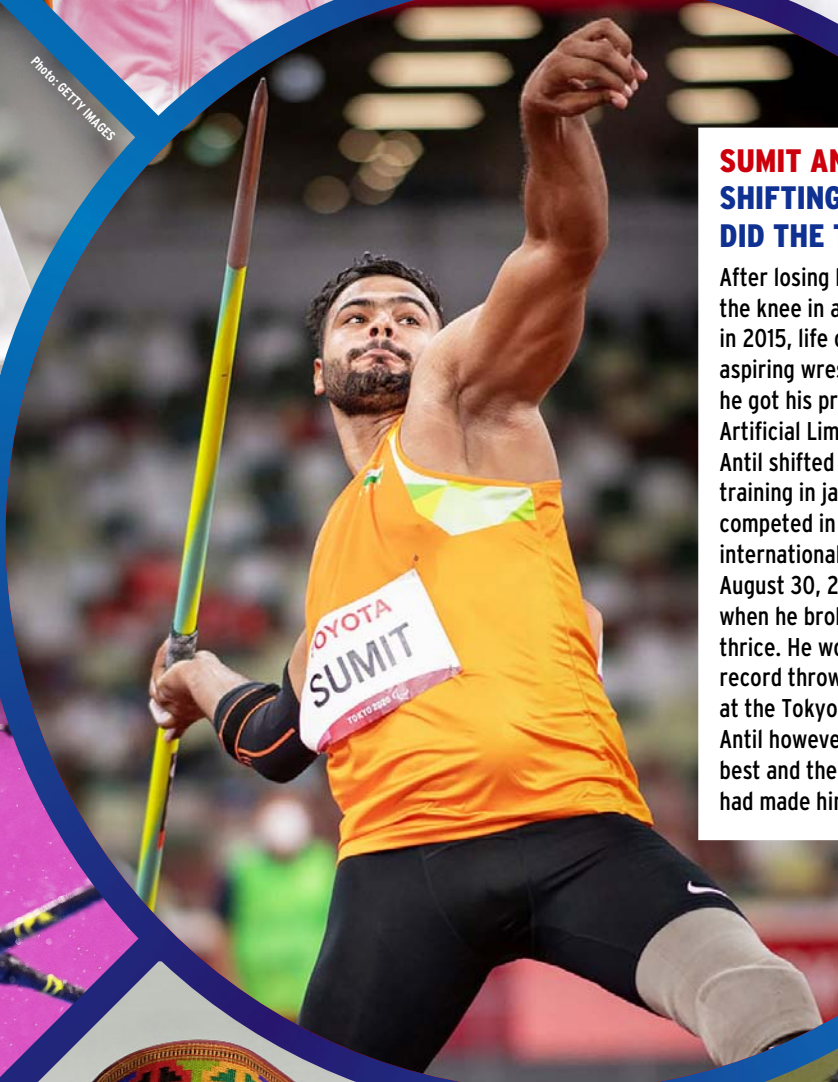


Photo: PTI

HARVINDER SINGH - FOCUSED ON HIS TARGET

A bronze in archery at the Paralympics is no mean feat. At the age of one, the medicine he was administered for dengue fever led to an adverse reaction and his legs stopped functioning. Coming from a modest farmer family, life was not easy with an impairment in his left leg. The 2012 Olympic Games acted as the catalyst for him to take to sports. At the 2018 Para Asian Games, he was ready to hit the mark. But 20 days before D-day, he lost his mother. He took the blow in his stride and won a gold medal. Since then he has kept his focus on the target.



Photo: ANI

DEVENDRA JHAJHARIA - THRICE SUCCESSFUL AND STILL MOTIVATED

Jhajharia is the only Indian to have won two individual gold medals at the Paralympics, at 2004 Athens Paralympics and at Rio in 2016. He lost his left hand when he was 8, after accidentally touching a live electric cable. That didn't stop him from channeling his energies to excel at javelin throw. What makes the 40-year-old's efforts incredible is his ability to keep balance and achieve the speed needed for throws with one arm. With Covid-19 disrupting practice, he had to settle for silver in F46 class in Tokyo.



Photo: ANI

MANISH NARWAL - KICKED ADVERSITY TO HIT BULLSEYE

The 19-year old shooter shot a total of 218.2, Paralympic record, to claim gold. Manish has a congenital impairment in his right hand due to which he cannot raise it. This put paid to his dream of becoming a footballer. However, his left arm was enough to hit bullseye and clinch the gold, in mixed 50m Pistol event. Narwal's triumph was all the more sweet because from being on the verge of elimination he fought back with remarkable composure and bagged the gold. He also overcame disappointment of losing in the P1 category, despite topping the qualification.



Photo: PTI

SUNDAR SINGH GURJAR - TWO-PRONGED BATTLE

Till 2015, Sundar was an able-bodied competitor, even training with the likes of Neeraj Chopra. But at 25, life took a cruel turn when he lost his left hand after a tin sheet fell on him. He fought back, and qualified for the 2016 Rio Paralympics, only to be disqualified because he reached the call room a few seconds late. He was left battling loss of a limb and suicidal thoughts. But he had his coach Mahavir Saini and others to thank for pulling him back on track and transforming his life, to win the javelin bronze in F46 class at Tokyo.



Photo: ANI

OTHER MEDAL WINNERS

KRISHNA NAGAR - men's badminton singles - **GOLD** | **NISHAD KUMAR** - men's high jump - **SILVER** | **MARIYAPPAN THANGAVELU** - men's high jump - **SILVER** | **SUHAS YATHIRAJ** - men's badminton singles - **SILVER** | **SINGHRAJ ADHANA** - Shooting mixed 50m pistol - **SILVER**, men's 10m air pistol - **BRONZE** | **BHAVINA PATEL** - table tennis women's singles - **SILVER** | **SHARAD KUMAR** - men's high jump - **BRONZE** | **MANOJ SARKAR** - men's badminton singles - **BRONZE**