



THE TIMES OF INDIA

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Your Weekender

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STUDENT EDITION

SATURDAY, JUNE 12, 2021



LATEST BUZZWORDS EXPLAINED

Doxxing

Doxing or doxxing is the act of publicly revealing previously private personal information about an individual or organisation, usually through the Internet.

Methods employed to acquire such information include searching publicly available databases and social media websites (like Facebook), hacking, and social engineering. Doxing may be carried out for various reasons, including online shaming, extortion, and vigilante aid to law enforcement. It's a neologism that has evolved over its brief history. It comes from a spelling alteration of the abbreviation "docs" (for "documents").

While the practice of revealing personal information without one's consent predates the internet, the term doxing first emerged in the world of online hackers in the 1990s, where anonymity was considered sacred. Feuds between rival hackers would sometimes lead to someone deciding to "drop docs" on somebody else, who had previously only been known as a username or alias. "Docs" became "dox" and eventually became a verb by itself. Doxers aim to escalate their conflict with targets from online to the real world, by revealing information, which includes home addresses, workplace details, phone numbers, etc. Of late celebrities, politicians, and journalists are amongst those who have been doxed, making them suffer from online mobs. Interestingly, doxing is not considered illegal in spite of all the harm it can cause as long as the information obtained lies within the public domain and was obtained legally. Because doxing is a relatively recent phenomenon, the laws around it are constantly evolving and are not always clear cut.



"It's utterly impossible for me to build my life on a foundation of chaos, suffering and death. I see the world being slowly transformed into a wilderness, I hear the approaching thunder that, one day, will destroy us too, I feel the suffering of millions..." — FROM ANNE'S DIARY

Seek hope by taking tips from the philosophy of Logotherapy, which is rooted in the future, unlike the 'staying in the present' and 'taking each day at a time' way of living. To understand how to make it work for yourself, here's the drill...

RETHINK

Build your HOPE Muscle

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Adivya Singh*, an MBA second year student got admission in a prestigious management institute after years of hard work and careful planning, not to mention that it wasn't a cakewalk for his middle class family with a modest income. Before Singh could even see his dream campus, Covid-19 struck and the rest is easy to imagine. When education became remote and restricted to students' homes, it affected the aspirations, enthusiasm and career plans of zillions of students. Hope becomes a casualty of sorts in such a scenario and what is needed then are emotional workouts to reclaim it. One such mental health doctrine is 'logotherapy',

"Suffering builds character. Don't surrender to it, rather, make it toughen you up to reach your life purpose and meet your goals!"
— PRIA WARRICK, psychologist

which is about finding purpose in life when things around you are seriously shaky. It's about braving the present day challenges for a better future – for fulfilling your deepest ambitions.

LOGOTHERAPY'S ORIGIN AND RELEVANCE

The doctrine of survival according to

which you motivate yourself to be hopeful isn't typically new. It has been around since centuries but it got a legit term – 'logotherapy' – when decades ago a young Austrian neurologist and psychiatrist Viktor Frankl managed to survive the unspeakable horrors of Holocaust in his years at different concentration camps in Germany. He lost his family in the terrible years of Hitler's rule in Germany. While many didn't survive the brutality of those camps, Frankl did so and later realised that the difference between those who survived the experience and those who didn't was mainly one – a

sense of purpose. This came to be known as logotherapy.

Frankl could make it alive because of his desire and will to complete a manuscript he had been working on for some time and this 'purpose' gave him the courage to fight all odds and eventually get

Multiple studies have found a link between meaninglessness and depression. Without a purpose, people fill the void in their life with sadness, boredom and negative preoccupation

adding, "When there is a lack of purpose, the mind becomes weak." It's also important to remember that in the face of a life changing loss or backbreaking hardships, implementing 'small changes' may not help in a substantial way. For instance, if you advise a depressed student who missed a chance to study abroad because of the challenges of the pandemic to feel better by cultivating a new hobby, it may just skim the

surface and not motivate him in a way that matters. So, what can be done in such situations? Take a leaf from the life of Frankl, who survived the physical and mental torture at concentration camps by occupying his mind with vivid thoughts of completing his book. "Find a purpose that has a deep meaning in your life," advises Warrick.

(*Few names have been changed to protect identity)

popular book 'Man's Search for Meaning', which is about his experience and survival techniques in what was known as death camps. The book details extensively the power of purpose.

PURPOSE = MOTIVATION = HOPE

So, is it purpose that gives people the will and strength to go on despite their hardships or losses? "Yes," says psychologist Pria Warrick,

Hope is not limited to picture positivity. It is a habit that needs hard work to stay



GOOD TO KNOW



ROUTES TO SUSTAINABLE FASHION

Looking to being more sustainable in your fashion choices? Know that there are many ways to do that

1. Buy better

When you are buying the next time, think about your choices and buy better. When you say buy better in sustainable fashion, you mean buy high quality products that are likely to last longer. Go for timeless designs and not trendy pieces. Because trends fade, classics remain. **TIP:** Pick classics like a black dress, pants or a white shirt. Add statement accessories like a scarf, pin to make it trendy.

know at the end of the line there's a faceless garment worker who might not be getting fair wages. **TIP:** Always check labels to find out #whomademy-clothes.

4. Ethical & fair

Buying ethical and fair means only going for established and proven ethical shopping brands. **TIP:** Before shopping from a sustainable brand, ask questions about their practices and certifications.

5. Recycle, repair

Thanks to an online celebration of the culture of repair, tears and mends in clothes are no longer something to be ashamed of. **TIP:** Upcycling is also a part of this but it's a skill that needs to be learnt as wrong methods can lead to more wastage.

6. Rent, swap

There's a reason why occasion-wear rental is on an all-time high. Most of have these clothes in our closet that have been worn once for an occasion and never to be seen again. Renting your clothes for a function is great way to save your closet space and money. **TIP:** Most clothes that you wear for a formal function are rarely worn twice. Borrow from friends and family.

1 On June 12, 1942 Anne Frank received a present for her 13th birthday – a diary. Her father had taken her to pick out the red, checked autograph book on 11 June. Her first words were: "I hope I shall be able to confide in you completely, as I have never been able to do in anyone before, and I hope that you will be a great support and comfort to me."

2 Anne was the daughter of a Jewish industrialist, Otto Frank and was born in 1929 as Annelies Marie Frank at Frankfurt, Germany. Her father was a German businessman who served as a lieutenant in the German army during the First World War. But amid rising anti-Semitism and Nazi persecution of Jews, Otto moved his family to Amsterdam in the autumn of 1933.

3 Otto ran a company called Opekta that spices and pectin used in the manufacture of jam. On 5 July 1942, Margot received an official summons to report to a Nazi work camp. Her father was having none of it so the next day the Frank family went into hiding, moving into a secret annex in the offices of Otto's company, where they hid for 2 years.

4 Anne passed much of the time reading writing in her diary. She started each entry with the words "Dear Kitty", an imaginary friend. For all its passages of despair, the diary is essentially a story of faith, hope and love in the face of hate. On 15 July 1944 Anne wrote: "It's difficult in times like these: ideals, dreams



The Story of the World's Most Famous Diary

It was on June 12, 1942 that Anne Frank was gifted her diary, and she made the first entry two days later. The rest, as they say, is history



1944 after hearing a call on the radio for people to save their war-time diaries in order to help document the suffering of the Nazi occupation once war was over.

7 The Franks were taken to Auschwitz concentration camp in Poland. Mother Edith passed away there while Anne and Margot were transferred to the Bergen-Belsen camp in the winter of 1944. Here the sisters succumbed to typhus – just a few weeks before the camp was liberated by British forces.

8 Following the arrest of those in the annex, Anne's diary was retrieved by Miep Gies, one of the trusted friends who had helped the Franks. Gies gave the diary to Otto in July 1945. Otto eventually gathered the strength to read it. He was awestruck by what he read and later had it published. "There was revealed a completely different Anne to the child that I had lost," he wrote in a letter. "I had no idea of the depths of her thoughts and feelings."

9 The first version of Anne Frank's diary "Het Achterhuis" was published in The Netherlands on June 25, 1947. The Diary of a Young Girl since has been translated into as many as 70 languages and has sold more than 30 million copies.

(Clockwise from left) Anne and her sister Margot's tombstone at Bergen-Belsen; a commemorative stamp; with her friends (right); Otto Frank with secretary Miep Gies; Anne at School and the famous book

SELF-CARE

Rice for your face?

HOW DOES IT WORK?

Rice water soothes the skin. It contains antioxidants that restricts elastase, a compound that causes damage to elastin in your skin. It also tackles inflammation and cures pimples. Cosmetologist Bharti Taneja says that rice has excellent anti-ageing properties when applied to skin. "It revitalises and protects the skin from sun damage. It comes loaded with antioxidants that fight free radicals and give you a more youthful-looking skin. It helps in skin brightening too," she adds. It's considered a mild exfoliator, making it ideal for daily use.

HOW TO USE IT?

Usage of rice water is originally an ancient recipe made popular by Japanese. Dr Nivvedita Mahandru, naturopath, notes that the discovery of rice as a beauty treatment began recently with the popularity of South Korean skincare regimen. She advises preparing rice creams, serums, toners, scrubs for everyday use that can be refrigerated for 10-15 days. Her pick is a rice-water toner for night-care routine that can give you a blemish-free skin. You can use fermented rice water to remove dandruff. Take milk cream and cooked rice with water, aloe gel, rose essential oil, mix and apply every day as a night cream. Mahajan suggests freezing diluted rice water in an ice tray and using these to soothe mosquito bites, redness and eczema. **TNN**

ACTIVATED RICE WATER
Soak rice for 30 mins or boil rice and then strain the water. Store in a spray bottle and refrigerate. Spritz it to refresh and revitalise your skin or use as a hair conditioner. Use it as a last rinse – leave for 10 minutes and then wash with water.

RICE FACE MASK
Mix 1 tsp rice powder, 1 tsp besan, a pinch of turmeric and a few drops of milk. Apply and let it dry. Gently scrub and wash off.



PETS

DOG DELIGHTS

Keep these in mind before bringing home a dog

ARE YOU COMMITTED?

Dogs are here to be with you. The average dog has a life span of around 12-13 years and so, you need to be sure of the commitment you are giving to the dog. You have to give them your time.

WHAT BREED?

Before you decide on a dog, be sure to research the different breeds of dogs. It's wise to get a dog that suits your home environment. Factor in your living situation – small house or big, joint family, open areas around the house, etc.

WHAT COST?

Besides the dog food and pet accessories, visits to the vet need to be factored in. Dog rearing is not cheap.

ANY GOOD VETS?

It's important to have a veterinarian and an animal hospital nearby because you never know when your dog would need a vet.

CAN YOU PET PROOF?

Make sure your dog lives in a pet-friendly space in your home. Don't keep any dangling cords and be sure to check if balconies are wired off for puppy's safety.

CAN YOU TRAIN?

It's going to take time. Your dog will need efficient training to be a good kid. There are multiple tutorials on the internet that will help you. You have to dedicate time every day to train your pet. **TNN**



HAPPINESS WORDS

from around the world

HOPPER and CROCKY bring 10 untranslatable words spreading joy and well-being that the world could really do with right now...

A lecturer at the University of East London, Tim Lomas specialises in a field known as positive psychology, the study of what makes human beings happy. In 2015, Lomas started the Positive Lexicography Project, a crowdsourced treasury of global terms of well-being. With the help of far-flung strangers on the internet, he's since mined 140 languages to come up with a whopping 1,200 words. Each has its own unique shades of meaning not fully captured in English translation. He argues that engaging with these "untranslatable" terms can help us imagine, and ultimately experience, more types of well-being.

1 Shinrin-Yoku (Japanese): Forest bathing (or shinrin-yoku) broadly means taking in, in all of one's senses, the forest atmosphere. Not simply



a walk in the woods, it is the conscious and contemplative practice of being immersed in the sights, sounds and smells of the forest.

3 Tarab (Arabic): Musically induced ecstasy or enchantment. In Arabic, this sense of losing yourself in the music is called Tarab.

2 Fjaka (Croatian): The sweetness of doing nothing. In a world that prioritises the ability to multitask above all else, not trying to check the next item off your to-do list can seem overindulgent or even counterproductive. But if you do manage to surrender your whole mind and body to not doing anything at all, it can feel almost euphoric. Croatians call this all-encompassing relaxation fjaka.



Though the specific songs, emotional reactions, and reasons behind those reactions may vary from person to person, being moved by music is a universal experience — even babies sometimes cry when they hear certain songs.

4 Charmolypi (Greek): It is a mixture of the words "happiness" and "sadness". Thus, charmolypi is a feeling that combines sorrow and joy. It does not simply mean having mixed feelings about something, however. The feelings are integrated, in that joy springs from right in the middle of sorrow.

5 Sprezzatura (Italian): It's "studied carelessness," a character of effortlessness. Whether it pertains to fashion, leadership style, or charm, it's an inherent grace that makes the complex or difficult look — appear to be — simple. Sprezzatura is an Italian word that first appears in Baldassare Castiglione's 1528 *The Book of the Courtier*, where it is defined by the author as "a certain nonchalance, so as to conceal all art and make whatever one

does or says appear to be without effort and almost without any thought about it".

6 Orka (Swedish): Completing a task isn't always just about having enough physical energy for it — you also have to care enough to actually expend that energy. You might have orka to throw a surprise birthday party for your best friend, but you might not have orka to study for a quiz that probably won't affect your final grade.

7 Flâner (French): Perhaps one of the most Parisian of all French words, the verb "flâner" was defined in the 19th century by the Paris literary crowd. It refers to the art of leisurely strolling the streets of Paris without any goal or destination simply for the pleasure of soaking up the city's beauty. These aimless pedestrians are known as "flâneurs."

8 Merak (Serbian): The Serbian word merak is a wonderful little word that refers to a feeling of bliss and the sense of oneness with the universe that comes from the simplest of pleasures. It is the pursuit of small, daily pleasures that all add up to a great sense of happiness and fulfillment.

9 Mir (Russian): Mir is a short and beautiful word that holds two very different, yet equally important meanings in modern Russian: "World" and "Peace."



10 Fika (Swedish): Fika means 'a sociable coffee break', but it's no coffee break as we know it. Fika is an opportunity to 'pause and reconnect each day'.



5 Fun facts about the ENGLISH LANGUAGE

1. "E" IS EVERYWHERE!

The most common letter in English is "e". According to 'Readers Digest', "In an analysis of all 240,000 entries in the Concise Oxford English Dictionary, editors found that the letter E appears in approximately 11% of all words in the common English vocabulary, about 6,000 more words than the runner-up letter, A. What's more: E is the most commonly struck letter on your keyboard, and the second most popular key after the space bar. It's one-third of the single most-used word in English — "the" — and appears in the most common English noun ("time"), the most common verb ("be"), in ubiquitous pronouns like he, she, me, and we, not to mention tens of thousands of words ending in -ed and -es.

3. A WORD FORMED BY JOINING TOGETHER PARTS OF EXISTING WORDS IS CALLED A "BLEND" (OR, LESS COMMONLY, A "PORTMANTEAU WORD").

Many new words enter the English language in this way. Examples are "brunch" (breakfast + lunch); "motel" (motorcar + hotel); and "guesstimate" (guess + estimate). Note that blends are not the same as compounds or compound nouns, which form when two whole words join together, for example: website, blackboard, darkroom.



5. SHAKESPEARE GAVE US 1,000 NEW ENGLISH WORDS

English language would not be the same without William Shakespeare. The Bard invented over 1,000 words, which he incorporated into his writing. Just some of the fantastic words and phrases invented by this famous poet include: ■ **Addiction:** Being psychologically or physically dependent on something, usually a drug. ■ **Bedazzled:** Blinded by something incredibly wonderful. ■ **Cold-blooded:** Either an animal with cold blood (like a reptile) or a way to describe someone who's cruel and indifferent to emotion. ■ **Swagger:** To walk in a way that shows you're boasting or disrespectful. ■ **Break the ice:** To relieve the tension or silence in a conversation by talking.

2. THE LONGEST WORD YOU CAN MAKE USING ONLY FOUR LETTERS IS "SENSELESS."

The letters B, A, and N can spell BANANA, which is six letters long, and the letters S, E, and D can spell SEEDED, which is six letters long. The longest words with no repeated letters are "dermatoglyphics," "misconjugately," and "uncopyrightables" (but we're probably not going to use any of those words in a sentence anytime soon!).

4. THERE ARE NINE DIFFERENT WAYS TO PRONOUNCE 'OUGH' IN ENGLISH.

This sentence contains all of them: 'A rough-coated, dough-faced, thoughtful ploughman strode through the streets of Scarborough; after falling into a slough, he coughed and hiccoughed.'



WHAT IS AN OXYMORON?

An oxymoron is a figure of speech, usually one or two words, in which seemingly contradictory terms appear side by side.

This contradiction is also known as a paradox. In speech, oxymorons can lend a sense of humour, irony, or sarcasm. The word is derived from two ancient Greek words: oxys, which means "sharp," and moronos, which means "dull" or "stupid."

Some common examples:

- Stiff drink
- Black light
- Clearly confused
- Genuine fake
- Same difference
- Friendly fire
- Virtual reality
- Controlled chaos
- Freezer burn
- Silent scream
- Terribly good
- Wise fool
- Close distance

Some examples of oxymoron in literature:

"I do here make humbly bold to present them with a short account of themselves..." Jonathan Swift

"The bookful blockhead, ignorantly read, / With loads of learned lumber in his head..." Alexander Pope

"He was now sufficiently composed to order a funeral of modest magnificence..." Samuel Johnson

"O nothing of nothing first create! / O heavy lightness, serious vanity! / Misshapen chaos of well-seeming forms! / Feather of lead, bright smoke, cold fire, sick health!" William Shakespeare, *Romeo and Juliet*, Act 1, scene 1

"It was the best of times, it was the worst of times..." Charles Dickens, *A Tale of Two Cities*

IMPERFECT PERFECTION

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 toinie75@gmail.com



LANGUAGE QUIZ

1. What do you call a native of Kenya?
2. What is the official language in Kosovo?

3. Which weekday is domingo in Spanish and dimanche in French?

4. What is another word for wall painting or mural?

5. What does the Latin proverb - Errare Humanum est - mean

6. What word is used in Hawaii both to greet and to say goodbye?

7. Which is the world's second largest French-speaking city?

8. What is the meaning of the Arab word Habibi?

Answer: 1. Kenyan 2. Albanian 3. Sunday 4. Fresco 5. Err is human 6. Aloha 7. Montreal Canada 8. Sweetheart

GAME FOR SOME FUN?

Word games: Games offer a break from tedious work, but not a break from learning.

There are thousands of language games to make education fun. Expand your children's vocabulary with word games. It can be as simple as pointing out items at home or during a road trip e.g. "I am now mixing the butter into the batter" or "Tall buildings are also called skyscrapers". You might even give the definition or share background information about these words. Games like Scrabble, Twenty Questions, Pictionary or a round of Charades also encourage vocabulary development and communication skills.

Jokes: Telling age-appropriate puns also help foster good humour and creativity in children. This encourages wordplay and imagination. You can read through kid-friendly joke books and take turns telling witty stories. Avoid being too critical of their gags, speech, or articulation.

Riddles: Riddles are fun ways to use words and paint pictures of scenes or situations. Read or say riddles aloud to each other and explain to your children the different definitions of a



single word e.g. school as in a place of learning or school as in a group of fish to help them understand the riddle better.

Rhymes: The repetitive chanting, reading, writing, or hearing of rhymes promotes good listening skills and memory retention, aside from developing speech. You can also let your children tell you about their favourite toys using rhyming words.

Storytelling: Sharing stories — whether real or make-believe — can provide a good bonding time with your children while helping develop their communication skills. Exchange stories about daily events. Broaden their

Fun activities that help develop language learning in children

imagination with fantastical stories and let their creativity grow as you make up stories about anything and everything around them.

Songs: Aside from harnessing their musical abilities, songs also help children learn new words. Lyrics have a sense of rhyme and rhythm so it will be easy and entertaining for them to sing along.

Tongue twisters: Tongue twisters are an excellent and fun way to teach children correct pronunciation and enunciation of words. It is a fun way to train their tongue to pronounce words. Start with simple ones and work your way up.

CENTER STAGE, 2000

A dozen adolescents have begun their training at the renowned American Ballet Academy, where they encounter tremendous physical and mental stress while vying for a coveted spot in a celebrated dance company.

WHITE NIGHTS, 1985

When his plane makes an emergency landing in Siberia, ballet dancer Nikolai



Rodchenko (Mikhail Baryshnikov) is recognised as a defector and brought into custody. Returned to Leningrad and reunited with his former love, aging prima ballerina Galina Ivanova (Helen Mirren), Nikolai meets American dancer Raymond Greenwood (Gregory Hines), who defected to the Soviet Union during the Vietnam War but has secretly grown disenchanted. Together, they plot an escape to the American consulate and freedom.

SAVE THE LAST DANCE, 2001

Sara (Julia Stiles) is moved from a small Midwestern town to the south side of Chicago when her mother dies in a car accident, and must live with her father. She soon falls for an African American teenager (Sean Patrick Thomas) at her new



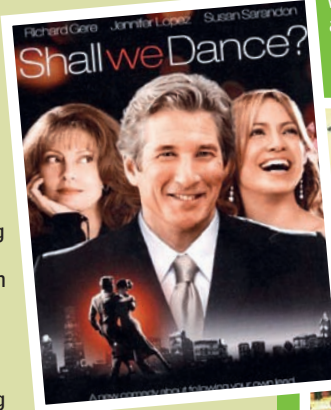
LEARN To Tap your FEET This SUMMER

These movies will show you how to dance away your blues

high school and he has less than an idyllic past. They share a love for dance, and together, they tackle the problems that go with an interracial relationship.

SHALL WE DANCE, 2004

Despite having a great career and a loving family, lawyer John Clark (Richard Gere) is missing something in his life as he meanders listlessly from day to day. On his commute back home one night, Clark notices a stunning woman (Jennifer Lopez) in a dance studio and decides on a whim to join a class for ballroom dancing. While Clark finds a new spark in his life, his wife, Beverly (Susan Sarandon), grows suspicious of his frequent absences, since he decides to keep his dancing a secret.



STEP-UP, 2006

Tyler and Nora meet at Maryland School of the Arts, where Tyler works as a janitor. They fall in love and encourage each other to follow their passion for dance and fulfil their dreams.



TAKE THE LEAD, 2006

When internationally renowned dancer Pierre Dulaine (Antonio Banderas) takes a teaching job in a New York City public school, he meets ridicule from the street-wise students, who scoff at the notion of ballroom dancing. Far from being discouraged, he melds their hip-hop moves



with his classical style, helping them create a dance form and, in the process, becoming their mentor.

FOOTLOOSE, 1984

Moving in from Chicago, newcomer Ren McCormack (Kevin Bacon) is in shock when he discovers the small

Midwestern town he now calls home has made dancing and rock music illegal. As he struggles to fit in, Ren faces an uphill battle to change things. With the help of his new friend, Willard Hewitt (Christopher Penn), and defiant teen Ariel Moore (Lori Singer), he might loosen up this conservative town. But Ariel's influential father, Reverend Shaw Moore (John Lithgow), stands in the way.

HAPPY FEET, 2006

Unlike other penguins,



Mumble is a gifted tap dancer, which earns him the wrath of the elders of his clan, who send him in exile. Mumble then befriends the Amigos, who help him rediscover himself.



BILLY ELLIOT, 2000

The life of 11-year-old Billy Elliot, a coal miner's son in Northern England, is forever changed one day when he stumbles upon a ballet class during his weekly boxing lesson. Before long, he finds

himself in dance, demonstrating the kind of raw talent seldom seen by the class' exacting instructor, Mrs Wilkinson.

STRICTLY BALLROOM, 1992

This romantic comedy is about the dreams of youth and ultimate fulfillment. It tells a story of love and conflict of two young people fighting for artistic freedom against a repressive regime.



THE BLACK WIDOW IS ALSO SUPER SOLDIER, LIKE CAP!



As the movie releases in a less than a month, let's find out about the superpowers of Natasha Romanoff, aka, The Black Widow, as portrayed in the comic books. Did you know that Natasha Romanoff has done a fair bit of fighting in the Second World War too? In fact, it was in this war that she first met Captain America and Wolverine! Here's what happened in the comic books...

Natasha Romanoff was born in the Soviet Union as Natalia Allanovna Romanova. Her exact parentage is unknown, but there are rumours that she is related to the late Romanov dynasty – the former rulers of Russia. Orphaned as a child, she was rescued during an attack on Stalingrad by a man named Ivan Petrovitch Bezukhov, who looked after and trained her.

As she grew older, Natasha caught the attention of the KGB, and was recruited into their ranks. During World War II, Natasha was kidnapped by the Hand (supervillain), who sought to make her a brainwashed master assassin. This is when she was rescued by Steve Rogers (Captain America) and Logan (who would later become Wolverine).

After the Second World War, Natasha progressed into the Black Widow Programme, where young girls like her were conditioned to become sleeper agents. Trained at a facility called the Red Room, Natasha was also enhanced with the Soviets' version of the super-soldier serum, gifting her with peak human strength and stamina, resistance to disease and slowed down her ageing process considerably.

In the movie version though, this part has been eliminated. On screen, the Black Widow is a deadly one-woman fighting force. An expert in many forms of martial arts, she is also a skilled gymnast, a highly-trained super spy, and is among the greatest covert assassins in the world.



12 ON 12

A clinical psychologist's path for a meaningful life

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Ever since he published the global best seller '12 Rules for Life: An Antidote to Chaos' in 2018, clinical psychologist Jordan Peterson (born June 12, 1962) has become a worldwide enigma. A psychology professor at the University of Toronto, a YouTube and podcasting sensation, Peterson's story-based self-help manual lays down a set of simple principles that can help us live a more meaningful life. Each of the following rules are actually essays in his book which is addressed to young people. For a better understanding, we recommend you read the book in its entirety. Meanwhile...

1) Stand up straight with your shoulders back

Peterson wrote that accepting responsibility for your actions is tough when you're slouching or sprawled out on the floor. He says research has shown that physical stature, even a small muscle movement, affects your emotions. For example, gradually making a sad face can make you feel sad! (Not that we encourage you to try this one out). Similarly, by standing upright with your shoulders back and your feet shoulder-width apart, one exudes confidence and shows willingness to take meaningful action. Don't believe us? Try doing this for a minute, right now.

2) Treat yourself like someone you would be responsible for helping

Advocating a 'patient' approach for oneself as it fosters self respect, Peterson writes that you are important to yourself as much as other people. And by that extension, you must treat yourself kindly. For example, if you are taking fantastic care of your pets or family or friends, but not taking your meds on time, then that's not right.

3) Make friends with people who want the best for you

This one is simple yet deceptive. One can have lots of good friends but whether

they are well meaning or toxic is another matter. A good friend will demand you to be the best version of yourself, and push you to be responsible and accountable for your goals.

4) Compare yourself with who you were yesterday, not to who somebody else is today

This one finds additional adaptability in the age of social media, in which your news feed seems to only feature shiny, happy people living fulfilled lives. Peterson writes that comparing yourself to others builds anger, resentment and self-loathing, which undercuts your sense of self and what you value. That's why you should strive to be better every day, even if it is 1% at a time.

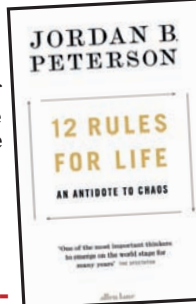
5) Don't let your children do anything that makes you dislike them

To prepare them for the real world, Peterson believes parents must raise kind children, which requires them to instill good values, and not tolerate ill-behaviour as it may set them up for failure in later life. He

suggests teaching values like 'Never use violence unless in self-defence' instead of superficial ones like, 'You must always be in bed by 7 pm'.

6) Set your house in perfect order before you criticise the world

In other words, take stock of



where you are. The idea is not to live in a perfect world, rather one should be willing to introspect deeply upon his/her life or choices to avoid making mistakes in the future.

7) Pursue what is meaningful (not what is expedient)

Ever put off an important activity that you know you should do to pursue some form of short term gratification? You are not alone. There is a procrastinator in all of us who does not want to suffer. But Peterson says everyone is going through some adversity and his idea of a good life is one filled with meaning.

8) Tell the truth; at least, don't lie

Paying attention to your words, not lying to yourself or others sounds easier said than done. At best, Peterson's advice is: gently lean into the idea. Telling small lies weakens, and ultimately prevents you from pursuing the goals that you set for yourself.

9) Assume that the person you're listening to might know something that you don't

Extolling on the benefits of listening without premature judgment can help you build strong, genuine connections with another person. Set aside your ego for this one, he says.

10) Be precise in your speech

According to Peterson, if you avoid looking deeply into a problem you are facing in hopes that it'll go away... you're wrong. It won't but it may cause doubts and uncertainties to amplify until you end up thinking that you are a catastrophic failure. Which is why, you should try being precise in your speech.

11) Do not bother children when they are skateboarding

In this point, Peterson says that one must let their children simply be as they naturally are instead of rushing in to mollycoddling them or being excessively stern.

12) Pet a cat when you encounter one on the street

In this point, Peterson is drawing an analogy with nature. For him, petting a cat is akin to paying attention to the little things which can make up for the suffering that adversity brings us.



THIS WEEK, THAT YEAR

On June 12, 1963, Joseph L Mankiewicz's ambitious project, the film 'Cleopatra' was released. It was the highest-grossing film of 1963, earning box-office of \$57.7 million in the United States and Canada, and one of the highest-grossing films of the decade at a worldwide level. However, it initially lost money due to its production and marketing costs of \$44 million. It received nine nominations at



Cleopatra, the young Queen of Egypt, to resist the imperial ambitions of Rome. The film achieved notoriety during its production for its enormous cost overruns and production troubles, which included changes in director and cast, a change of filming locale, sets that had to be constructed twice, lack of a firm shooting script, and personal scandal around co-stars Taylor and Burton. It was the most expensive film ever made up to that point and almost bankrupted 20th Century Fox.

QUIZ

- "We accept the love we think we deserve." Which young adult book carries this quote?
- In the 'Divergent' series, which faction wears red and yellow coloured garments?
- Cassandra Clare's 'City of Glass' is part of which fantasy YA series?
- John Green's best-selling novel 'The Fault in Our Stars' was made into a movie. Can you name the two lead actors?
- Who wrote 'The Twilight series'?
- In the 'Golden Compass', each character has a companion. What are these companions called?
- Who is lead character in the book 'The Maze Runner'?
- Who is the heir of Slytherin in 'Harry Potter and the Chamber of Secrets'?
- Who killed Kronos in the end of 'The Percy Jackson' series?
- Who wrote classic YA novel 'The Outsiders'?

ANSWERS

- 'The Perks of Being a Wallflower' by Stephen Chbosky
- Amity faction
- 'The Mortal Instruments' series
- Shailene Woodley and Ansel Elgort
- Stephanie Meyer
- Daemons
- Thomas
- Tom Riddle
- Luke
- S E Hinton



Photo: AFP



NAOMI OSAKA'S WITHDRAWAL



Japanese tennis star Naomi Osaka withdrew from the French Open earlier this month after she was fined and threatened with disqualification for not fulfilling mandatory media commitments, after a first round victory. The four-time Grand Slam champion has since revealed that she experiences “huge waves of anxiety” before speaking to the media and has suffered long bouts of depression since the US Open in 2018. “Here in Paris I was already feeling vulnerable and anxious so I thought it was better to exercise self-care and skip the press conference,” she said. Her withdrawal and the backlash that followed churned up a maelstrom of reactions, and brought to the fore the disturbing fact that mental wellness and emotional problems are not taken as seriously as physical injury. The Japanese player has now announced her withdrawal from the Berlin WTA grass court tournament, casting doubts about her participation in the Wimbledon and possibly the Tokyo Olympics too.

IT'S OK TO BE NOT OK

The conversation surrounding mental health has never been frank and open. A large number of sportspersons have battled anxiety and depression but few have spoken about it in their heyday. That many of them take time off from the game to focus on their mental well-being throws light on the pressures they face.

Tennis player Naomi Osaka's recent withdrawal from the French Open, citing anxiety over facing the press, will hopefully make the world take a kinder view of how debilitating mental health issues can prove to be for sports personalities

SACHIN TENDULKAR

Sachin Tendulkar is undoubtedly one of the greatest modern-day batsmen. He has played 200 Tests, and scored 100 international hundreds. His ODI career spanning 22 years, 91 days is the longest in cricket history. Understandably he faced constant pressure to perform, and revealed he combated anxiety during his long career. He would have sleepless nights before the match and for him, a match used to start much before he stepped on to the field. The master blaster had sleepless nights for 10-12 years.



Photo: GETTY IMAGES

How he dealt with it

The veteran batsman resorted to doing common activities like watching TV, shadow batting, and playing video games at odd hours of the night to distract himself. Preparing the morning tea, and ironing his clothes, helped him

calm his nerves ahead of a game. He followed the drill even during the last match he played for India. He believes that there is nothing wrong with having mental health issues and urged everyone to acknowledge their problems at the earliest so that a solution can be found as soon as possible.

VIRAT KOHLI

During India's tour of England in 2014, Kohli went through a rough phase with the bat in the Test series. Registering scores of 1, 8, 25, 0, 39, 28, 0, 7, 6 and 20 in five Tests and averaging 13.50 in his 10 innings, he had a disastrous tour. During an interview for a podcast later, he says he went through a tough phase during that tour and felt like the 'loneliest guy in the world' as he wasn't able to give his best performance. Despite supportive people in his life, he felt alone and opted for professional help to deal with the depression.



Photo: GETTY IMAGES

How he dealt with it

Known to be one of the best batsmen in modern cricket, Kohli strongly believes mental health issues cannot be overlooked as they can destroy a per-

son's life. He is a strong advocate for seeking professional help to deal with the issues, and that is exactly what he did to overcome depression. This helped him bounce back like the true champ that he is. He went on to slam 692 runs in the Test series against Australia in the same year.

Sports stars who battled mental health issues

MICHAEL PHELPS

Swimmer Michael Phelps has won 28 Olympic medals, 23 of them gold. Despite the success and accolades, Phelps struggled with depression and anxiety for years, beginning in 2004. He had at least half a dozen depression spells, mainly after each of the Olympics he com-



Photo: GETTY IMAGES

peted in. In 2014, things really came to a head. He would lock himself inside a room for days and found himself feeling suicidal. That was when he finally checked himself in for treatment. He continues to seek therapy to this day. “Many people don't understand how debilitating mental illness truly can be, and even more than that, how common it is, yet people are afraid to have the serious discussions about it,” he was quoted as saying in an interview.

How he dealt with it

As an athlete, having always been taught that he cannot show weakness, he is now thankful that he can ask for help. He gets a lot of support from his family, including his little children who understand that he is not feeling okay sometimes and needs to be by himself. He has said on several platforms that it is important to seek professional help, emphasising that it is often a life-long struggle. He talks about his depression on various panels to spread awareness, and is happy when people come up to him and talk about their struggles. He believes the chance to help people deal with their struggles is better than winning any gold medal.

PV SINDHU

Pusarla Venkata Sindhu is arguably the most prolific Indian badminton star of the 21st century. She is the first Indian woman to win a silver medal at the 2016 Rio Olympic Games, and gold at the 2019 BWF World Championships. She rose to a career high World ranking of no. 2 in April 2017. At the Rio Olympics, Sindhu defeated Tai Tzu Ying, disposed of the second-seeded Wang Yihan and Japanese star Nozumi Okuhara in the quarter-finals and semi-finals, respectively, but ultimately lost to Spain's Carolina Marin in the final. Sindhu revealed that she was out of action for six months just before the Olympics qualification in 2015, which led to depression. “When I had a stress fracture in 2015, I had pain but didn't tell anyone. I had a stress fracture. It was really bad,” Sindhu said in an online session.

How she dealt with it

“Over the years, I have learnt that my mental fitness is as important as my physical fitness,



Photo: TOI

if not more. I attribute a lot of my own wins and improvement to my focus on mental strength and mindset,” she has said.



Photo: GETTY IMAGES

ANDRE INIESTA

Andre Iniesta disclosed he felt like 'he could not take it anymore', battling depression following the sudden demise of his friend Dani Jarque in 2009. The loss of his friend impacted him to such an extent that he felt his passion for life hit an all-time low. The midfielder struggled with his mental health right before the 2010 World Cup.

How he dealt with it

Iniesta was able to seek professional help to get out of this situation. Iniesta did not lose his spark for football, as he went on to win the World Cup for Spain that year. He scored a goal against the Netherlands in the final, a goal which he dedicated to Jarque.

SARAH TAYLOR

“I was incredibly lonely”, stated Sarah Taylor in an interview explaining the state of her mental health during her stint as an international cricketer. Sarah is fondly known as one of the most gifted wicket keepers in cricket history. That naturally added pressure on her shoulders. In 2016, the two-time World Cup champ took a year's hiatus from the game to deal with her anxiety. Three years later, she helped England to a World Cup victory. She hung up her boots at the age of 30, when she realized her anxiety levels were impacting her game. She says she dealt with feelings of loneliness and anxiety through the last five years of her international career.

How she dealt with it

Taylor feels the first step in dealing with mental health issues is to speak up. She credits her former Sussex and England team-mate Georgia Elwiss for making her realize that she needed help. Sarah currently works as a life coach and is supports Sussex's on-line mental health and wellbeing platform, a first for a professional sports club. She aims to help people combat anxiety and spread the message that, ‘they are not alone’.



Photo: GETTY IMAGES

SERENA WILLIAMS

Former World No.1 Serena Williams is an American tennis player who revolutionised women's tennis with her powerful groundstrokes. Her 23 Grand Slam singles titles are more than any other tennis player during the open era. Serena took a brief hiatus from tennis after motherhood and returned to the court in March 2018. Battling postpartum depression after the birth of her daughter in 2017, she failed to win any tournament that year, though she reached the finals at Wimbledon and the US Open. At the US Open, Serena was penalised a game after arguing with the chair umpire over a code vi-

olation. That was not the first time she had battled mental health issues. According to her autobiography, depression kept her sidelined from tennis for half of 2006. Nearly a year later, she took to Instagram to acknowledge that she was still having difficulties.

How she dealt with it

Serena revealed that she consulted a therapist after the 2018 US Open final. She says it helped her open up about her problems. As powerful as it can be to talk with friends and family about depression, sometimes mental health professionals can offer important additional guidance, she believes.



Photo: REUTERS

RAFAEL NADAL

One of the greatest ever male tennis players, Rafael Nadal of Spain, has won a record 13 career French Open championships, and his total of 20 men's singles Grand Slam titles, and is tied with Roger Federer for the most in tennis history. Nadal has also won 36 ATP Masters 1000 men's singles titles, an all-time record shared with Novak Djokovic and Nadal's 13 French Open titles are a record at any tournament. Known for being one of the most mentally tough players on tour, he revealed that after suffering a back injury and undergoing surgery in 2014, he returned to the game with serious doubts about his ability to even compete at the highest level, and suffered overwhelming anxiety. Nadal revealed in an interview in 2017 that he has struggled significantly with anxiety. “I had much anxiety and couldn't control the pressure,” he said. It prompted him to take a hiatus from the sport he so loves.

How he dealt with it

Uncertain of himself and his game, Nadal said he had to talk himself through everything. He says it's difficult to ex-

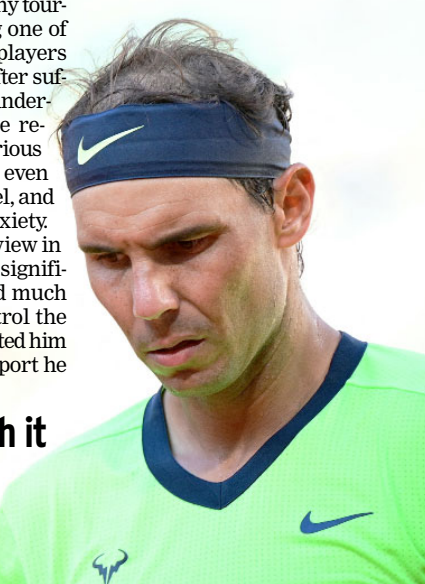


Photo: AFP

plain how he felt, and how that worry negatively impacted him. Nadal revealed he had to reiterate to himself to keep going in the wake of the anxiety. “It's difficult to explain these things,” he said at the event. “I came back home and said to myself: you won almost everything, why are you nervous? I asked myself that same question every day.”