


TODAY'S EDITION

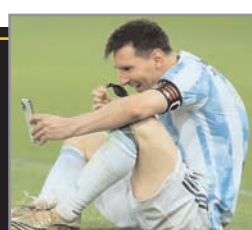
➤ On World Emoji Day, know all about the "world's fastest growing language"
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STUDENT EDITION

SATURDAY, JULY 17, 2021

LATEST BUZZWORDS EXPLAINED

PLOGGING

Bored with the same old workout at the gym? Fed up of being trapped inside? And you are also keen to save the planet? Then you must try out "plogging". A global fitness craze in 2019, this activity combines jogging with the noble enterprise of cleaning up the streets, countryside and beaches – where you are walking or jogging. The practice started sometime in 2016 in Sweden and is a portmanteau of Swedish verb plocka meaning pick and noun jogging, plogging describes the activity of going for a gentle run whilst simultaneously stooping down to pick up the copious bits of plastic, paper and non-degradable rubbish that are an all-too common blot on today's landscape.

It's the brainchild of Erik Ahlström, who after relocating to Stockholm from a small ski-resort in northern Sweden, was shocked by the amount of rubbish he could see when cycling to work. Realising that the same bits of trash could remain on the road for weeks, he got into the habit of picking them up, gradually incorporating this into his exercise routine. As others began to join in, the idea eventually spread, leading to organised events across the country, and plogging was officially born. To plog, you don't need much – you basic running gear, a rubbish bag and a pair of gloves. Social media has played a big part in spreading plogging's appeal, most new participants taking inspiration from what they've seen online. Plogging is now taking place in every continent, and more than 40 countries are represented in an official online "Plogga" group, many of which have hosted major plogging events.

Source: Macmillan dictionaries.com

CLICK HERE: PAGE 1 AND 2

#GOALS

I BELIEVE, THEREFORE I AM

Celebrities who believe that positive affirmations worked for them

JIM CARREY, actor
Long before he was this successful superstar, he had already started believing he will get here someday. His thoughts and affirmations were so strong that he got to exactly where he wanted to be. He says that nothing in this world happens without a thought and intention behind it. He imagined his success and constantly believed in it.

DENZEL WASHINGTON, actor
The Oscar winner and star of many great movies, Washington says he is indebted to affirmations for his skyrocketing success. He got over a drinking problem and all mental health problems that were holding back his mind and body from achieving greater things with the help of his positive mindset.

JENNIFER LOPEZ, singer/actor
The megastar says that her day is incomplete without at least 15 minutes dedicated to affirmations. She has always said that it's affirmations that have brought in success for her and it is what helps her stay grounded.

OPRAH WINFREY, media mogul
From poverty to becoming one of the world's wealthiest women, Winfrey is one of the biggest believers and supporters of a positive mindset. Time and again she has said that without affirmations, she would not have accomplished all that she has.



RETHINK

POSITIVE AFFIRMATIONS: Why do they work and how to use them?

Have you ever told yourself you are not good enough or you are bad at something? Most of us have, a reason why positive affirmations are for you. Here's how you can use them to build better self-esteem

WHAT ARE POSITIVE AFFIRMATIONS?
Positive affirmations are described by the "Psychology Dictionary" as brief phrases, repeated frequently, which are designed to encourage positive, happy feelings, thoughts, and attitudes and challenge negative or unhelpful thoughts. Some say affirmations sound like "wishful thinking". What you can think of them as exercises for your mind and outlook. What you repeat to yourself over and over again rewires your brain and has the potential to become your reality.

IS IT PROVEN?
The practice and popularity of positive affirmations are based on widely accepted and well-established psychological theory.

WHAT POSITIVE AFFIRMATIONS DON'T DO?
■ They won't cure anxiety or depression
■ They don't work without practice. You have to use them regularly to rewire your brain.
■ They don't seem to work equally well for all people. Affirmations seem to ironically work the best for people who already have great self-esteem

SOME OF THE DIRECT BENEFITS OF POSITIVE AFFIRMATIONS ARE:
■ Increase in positivity
■ Increase in self-confidence
■ Improvement in self-esteem
■ Control of negative feelings such as frustration, anger, or impatience
■ Resilience to stress (which leads to better health)
■ Improved productivity
■ Improved academic achievement
■ Increased ability to overcome a bad habit
■ Help in achieving goals

One of the key psychological theories is self-affirmation theory. So, yes, there are empirical studies based on the idea that we can maintain our sense of self-integrity by telling ourselves (or affirming) what we believe in positive ways. There is MRI evidence suggesting that certain neural pathways are increased when people practice self-affirmation tasks. According to positivepsychology.com "affirmations are designed to encourage an optimistic mindset. And optimism in itself is a powerful thing. In terms of reducing negative thoughts, affirmations have been shown to help with the tendency to linger on negative experiences."

HOW TO PRACTICE?
While there's no hard or fast rules whether to practicing affirmations but experts say to get the maximum benefits, it's best to have a regular practice and make it a habit. To do that...
■ Start with 3 to 5 minutes at least twice a day. Upon waking up and getting into bed, for example. Using an existing habit or action as a cue makes it much easier to form the new habit.
■ Repeat each affirmation about 10 times. Listen to yourself saying it, believe it to be true. "Breathe" into the affirmation.
■ Ask a trusted loved one or a coach to help. Listening to someone else repeat your affirmations may help reinforce your belief.
■ Combine it with other positive thinking techniques. For instance, affirmations work well alongside visualisation.
■ Be patient. It may take some time before you notice any changes. Stick with your practice!

WHERE TO GET THE AFFIRMATIONS FROM?
First, come up with your own. Second, google it. Third, buy an affirmation card deck. The usual benefits of those are the visually appealing design (which encourages you to use them more often). Fourth, try some apps like ThinkUp or Unique Daily Affirmations. Fifth, you can check box below.

FOR TEENS
■ I am a quick, capable learner
■ I believe in all my capabilities
■ I am unique and beautiful
■ I was born strong, and I grow stronger every day
■ I choose to rise above the hurtful things that come my way

FOR KIDS
■ I am loved
■ I am creative
■ I am kind
■ I am brave
■ I'm going to learn lots today because I am capable

FOR STUDENTS
■ When I get a bad grade, I am motivated to do better
■ I am determined and I aim for the stars
■ By putting in time and effort, I can accomplish what I set out to achieve
■ I appreciate my school, teachers, and classmates as they all play a role in helping me grow to be a better person
■ Even on days when I don't make much progress, I am constantly learning



Are you infusing your water right?

A great way to step up your water and minerals intake, detox waters are worth it if done right...



Supriya.Sharma2 @timesgroup.com

Looks like our good old H2O is the latest one to enter the swish club. A glass of plain drinking water doesn't make the cut anymore. Throw in some diced fruits, few sprigs of greens or a dash of citrusy goodness... and your water is fit to drink.

What's the buzz about?
Flavoured water is basically a more appetising way to consume more water, and more water-soluble vitamins and minerals. "A great benefit of infusing water with fresh fruits, herbs, and spices is that you can get added nutritional benefits. Lemons, lime, oranges, grapefruit and berries all are excellent sources of vitamin C. Fresh ginger and fresh mint are both refreshing flavourings as well as good for upset stomachs," says nutritionist Manjari Chandra.

It aids weight loss
But only as much as drinking plain water would. "Any flavoured water made at home by infusing fruits and herbs is as effective in assisting weight loss as just plain water. It is well known that consuming more fluids and replacing your smaller snacks with water or other fluids like a fresh lime or buttermilk helps you cut off unnecessary calories, reduce food consumption and result in weight loss," says Chandra. They help detox since most of these waters have natural, mild diuretics like cucumbers or lemon.

Make your own elixir
Squeezing a lemon isn't the same as letting whole lemon wedges infuse in the water. "Flavoured waters serve different purposes. For cooling you could add cucumber and peppermint with a dash of honey; for water retention you can add cumin, fenugreek seeds and ajwain (boil, strain and cool this one); for better digestion you can add ginger, lemon, honey and cayenne pepper," says Jia Singh, a nutritionist.

The process is simple –
1 Drop ingredients in the bottom of a pitcher or fruit infuser bottle.
2 Cover with ice about 1/2 way through then fill to top with water.
3 You can refill the container 2-3 times before it begins to lose flavour.
4 Add sliced fruits, herbs or spices, and chill.
5 Some fruits work better than others. Berries break down faster than citrus fruits.
6 For stronger flavoured water, prepare it a day ahead and keep it in the fridge overnight before drinking.
7 Avoid any fruit that's bruised or overripe, or herbs that don't look fresh.

Each bottle of packaged Vitamin water may contain up to two big tablespoons of unhealthy crystalline fructose



How to make your CLOTHES LAST

A GUIDE TO KEEP YOUR CLOTHES LOOKING GOOD

WHY DO CLOTHES BLEED?
Clothes bleed and fade as dyes disappear from clothing fibers. Whether the cloth is overdyed to look stellar in the store or the dyes aren't well-set, or the wrong dye type was used on a fabric, dye loss can create a challenge to keep clothes looking just-from-the-store new.

Some dyes transfer colour when they rub against another surface. Others leach when fabric gets wet. Also, chemicals can release or bleach colours, as can ultraviolet light. A clue as to whether clothes are more likely to bleed and fade is on the product label. If you see warnings such as "colour may wash off," "do not use harsh detergent," "wash before wearing," or "use cold water," chances are those hues may bleed. Also, synthetic fabrics retain colour better than natural fibers, such as cotton or wool, for example.

WASH WELL
1 Separate lights and pastels from dark-colours and wash similar colours together.
2 Turn clothes inside-out to reduce friction that leads to fading on the outside. Try and give gentle hand-wash to delicate clothes, especially tops and Ts, this also helps the garment from losing its shape.

HANDY HINTS
3 Wash heavy fabrics apart from more delicate ones and zip all zippers to reduce friction.
4 Wash in cold water, which keeps fibers closed, trapping dye inside. Warm water opens fibers. Using cold water also saves money and energy.
5 Wash clothes using a gentle setting – its easier on your laundry than regular cycles.
6 Don't overfill your washer or pack clothes into the washer. Not only will they come out cleaner, clothing also will be exposed to less friction.

7 Add 1 cup of vinegar to the rinse cycle or one-half cup salt to the wash to help hold in colours. You can also use colour-catcher sheets, which trap extraneous dyes during the wash cycle to prevent bleeding. These are easily available online.

8 If line drying, remove clothes as soon as they are dry to minimise UV exposure. Try to dry your cottons and satins in shade, especially during summer or harsh sun. Always turn clothes inside out while line drying, this will save the colour-loss on the outer side of the garment.

9 In most cases, clothing will stop releasing dye after a few washes. But its best to continue using these tips to minimise bleeding and fading.

10 Finally, treat your silks well. Always iron and stack your silks inside out and keep them wrapped in muslin cloth or plain white cotton dupatta, sheet or butter paper this helps prevent clothes from unnecessary moisturisation or discolouring too. TMW

■ Even while stacking, be mindful of clothes that bleed in your wardrobe, especially during monsoon. Keep them stacked with similar coloured clothes or at least away from whites and pastels.
■ Use camphor pots or porous pouches in your closet. You can also keep some dried neem leaves, naphthalene or bag of salt to keep the closet smelling good and moisture free



Types of Teas

All tea comes from one plant called *camellia sinensis*. But not all teas are the same. We spill the tea on tea

"TRUE" TEAS
There are actually only a few tea types that carry the label of "true" tea. Each of these teas is made from the same tea leaves, technically called the *Camellia sinensis* plant. They are:
Black tea is the most common type of tea accounting for up to 85% of total tea consumption in the western world.
Green tea is "unoxidised" tea. The leaves are heated soon after picking in order to destroy the enzymes that cause oxidation. This type of processing preserves a high level of antioxidants, vitamins, and minerals.
Oolong tea is semi-oxidised, so the leaf is allowed to sit for maybe 2-4 hours, before being heated up to half oxidation. The amount of oxidation affects the flavour and appearance of the tea.
White tea is the least processed of all teas. Only the unopened buds and young leaves covered in silver fuzz are used, and they are merely withered and dried.

Pu-erh tea is a special type of tea that comes from the Yunan province of China. It is made out of tea plucked from wild tea trees rather than cultivated bushes and the leaves go through microbial fermentation by pressing the raw leaves together and then storing them for maturity.

FLAVOURED TEAS
Flavoured teas are created by adding flowers, herbs, fruits, and other natural flavours to black, green, or oolong teas. Some of the more common types are:
Earl Grey is the most popular flavoured tea in Britain. It is prepared by adding bergamot, citrus fruit to black tea.
Jasmine tea is tea infused with the aroma of jasmine blossoms. It is the most popular scented tea in China. It is usually made with green tea, but white, oolong, and black teas are also used.
Masala Chai is black tea mixed with traditional Indian spices like cardamom, cloves, cinnamon, and ginger.

HERBAL INFUSIONS (TISANES)
In addition to the above, herbal infusions from other plants are also sometimes referred to as tea, although not to the purists. The correct term for any non-tea beverage is tisane or just herbal infusion. Examples include chamomile, peppermint, rooibos, etc. There are fruit teas, flower teas and leaf teas that come from leaves of non-tea plants. teapeople.co.uk



HELLO, I AM
EXPLORIA.
HAVE YOU EVER USED AN
EMOJI WHILE TYPING A
MESSAGE? OF COURSE YOU
HAVE. HERE'S ALL YOU NEED TO
KNOW ABOUT THE WORLD'S
FASTEST GROWING
LANGUAGE...

"Where words fail, emojis speak" — Anon

SATURDAY, JULY 17, 2021

WHAT IS IT

World Emoji Day (WED) started in 2014 and is the brainchild of Jeremy Burge — an emoji historian and founder of

Emojipedia (an emoji reference web-site) — according to CNBC. The New York Times' reported that Burge created this on July 17

"based on the way the calendar emoji is shown on iPhones" as that shows the date of July 17 when you use an emoji for calendar. As of 2020, the majority of major platforms had switched to show July 17 on this word, to avoid confusion on World Emoji Day. For the first WED, he told 'The Independent': "there were no formal plans put in place" other than choosing the date.

'The Washington Post' suggested in 2018 that readers use this day to "communicate with only emoji."

All emoji are made with Unicode, but they all look different on different platforms, from Apple and Android to Facebook and Twitter

2020 WORLD EMOJI AWARDS

On July 17, the Awards for the best emojis for 2021 will be revealed. The categories are: 'Most Popular New Emojis', 'Most Anticipated Emojis', 'Most 2021 Emoji', and 'Lifetime Achievement'. Every year new emojis get approved, but these awards assess how they were received. In 2019, 398 new emojis were approved, a large number mostly due to the skin tone variations for the various people holding hands. Emojipedia has analysed which of the emojis became most popular. Around 19 million tweets were assessed in this sample, over the period of July 1-9, 2020. This award is for the most used emoji out of the ones approved in 2019.

Most Popular New Emoji: 1st place: White Heart; 2nd place: Yawning Face, and 3rd place: Brown Heart (**Runners up:**) Otter and Pinching Hand **Most Anticipated Emoji:** The most anticipated emoji of 2020 according to a tally of user votes is Smiling Face with Tear. This was voted by Transgender Flag and Pinched Fingers.

Most 2020 Emoji: The two emojis that are the 'most 2020' of the set are: Microbe and Raised Fist (Dark Skin Tone).

ARE EMOJIS CONFUSING?

A 2016 study illustrated the huge misunderstandings that can happen when people use emoji: from the meaning to the emotion, misinterpretations are extremely common. Most of the confusion in understanding seems to arise with the face emoji. Since the appearance differs across platforms, that too can add to the confusion. Here's a handy guide on how to keep your emoticons in check:

1 Upside-down smiling face:

Means silliness or playfulness, but best used when you have to convey sarcasm.

2 Scared face:

According to the creators, this face is supposed to mean "screaming in fear."

3 Sleepy face:

This emoji is technically called the "sleepy face" emoji, but is more commonly used to represent weariness, illness or a cold.

4 Hug emoji:

Jazz hands? The hug emoji looks pretty confusing. Use it for good news. Many people use it with a condolence message, that just looks wrong as the face is too happy.

5 Tasty food:

Although this looks like someone is teasing you, it's actually meant to indicate something delicious.

6 Unamused face:

It's often called the "side eye emoji," and can be used to indicate annoyance, disapproval, or skepticism.

7 Grimacing face:

Feeling embarrassed, nervous, awkward? Just post this face.

8 Hushed face:

This is for a little surprise, good or bad. Though its often used for looking confused, which is actually this.

9 Triumph:

This emoji can be misconstrued as anger or annoyance! It does look it.

10 Pouty Face:

This is a "pouty face". But it looks more like a really angry one and like someone who is really annoyed.

THE FASTEST GROWING LANGUAGE

The tiny, emotive characters represent the first language born of the digital world, designed to add emotional nuance to an otherwise flat text. Emoji is the fastest growing language in history. A UK survey found that the number of Brits turning to colourful symbols over text to communicate has risen, with 62% claiming to use emoji more than they did a year ago. Emoji use has increased rapidly since Apple added the emoji keyboard to iOS in 2011. In August 2013, the word 'emoji' was officially added to the Oxford English Dictionary with the definition being "a small digital image or icon used to express an idea or emotion." And in 2015, Oxford Dictionaries even declared an emoji to be the word of the year: "face with tears of joy," otherwise known as "crying laughing." Unicode's official library of emojis is updated every year. According to The Unicode Consortium there are 3,304 official emojis with 150 varieties of smiley faces and emotions, as well as 1,837 different emojis of people and the body. Nearly 200 new emojis are approved each year.

"Emoji is the fastest growing form of language ever, based on its incredible adoption rate and speed of evolution. As a visual language emoji has already far eclipsed hieroglyphics, its ancient Egyptian precursor, which took centuries to develop"

— VYV EVANS, linguistics professor, Bangor University

Books On Emojis

"EMOJI DICK"

by Fred Benenson

Herman Melville's American classic "Moby Dick" was the first to be written fully in emojis, thanks to Fred Benenson. The 736-page is the first full book written in modern emojis and has 10,000 sentences, each of which has been translated three times by an Amazon Mechanical Turk worker. The results were

voted upon by another set of workers, and the most popular version of each sentence was selected for inclusion in the book. It took over eight hundred people approximately 3,795,980 seconds to create this book. Benenson has also written "How to Speak Emoji", which may help you communicate completely in emoji.

"BOOK FROM THE GROUND"

by Xu Bing

Xu Bing is an internationally acclaimed artist whose work has been shown and collected

by museums and galleries all over the globe. According to reports, Bing spent seven years assembling materials, editing, and arranging thousands of pictograms to complete the book. Many readers have said that this simple book can be universally understood. Anyone who has learned the icons and logos of emojis and modern life can understand it.

emoji PRIDE & PREJUDICE
#epictales #tinytexts
#bridged #emoticons #nostalgia #nostalgia

"EMOJI PRIDE AND PREJUDICE: EPIC TALES IN TINY TEXTS"

by Jane Austen, Katherine Furman, Chuck Gonzales

One of the world's most unforgettable love stories gets a modern retelling in text and emojis.

"THE EMOJI CODE: LANGUAGE AND THE NATURE OF COMMUNICATION"

by Vyvyan Evans

Vyvyan Evans is a language expert, digital communication technologist and author. In the book he explores human capacity to communicate; the role of emojis in the expression of emotion in digital communication and sheds light on the future of international communication.

"SEMIOTICS OF EMOJI"

by Marcel Danesi, Paul Bouissac

Professor Marcel Danesi, an internationally known expert in semiotics, branding, and communication, explores the world of emojis and answers questions like "are emojis making us dumber".
— Nitya.Shukla@timesgroup.com

CAN I GET AN EMOJI MADE?

Yes, the next batch of emoji will depend on what people design and submit for consideration to Unicode. Anyone can submit a proposal to add a new emoji! Visit unicode.org/emoji/proposals.html to submit your proposal and figure out the modalities of how to get it approved. Unicode requires a prototype of the emoji, an explanation of how and why people would use it, and what its addition would mean for the greater emoji language. In 2017, researchers from the Johns Hopkins Bloomberg School of Public Health and the Bill & Melinda Gates Foundation proposed an emoji mosquito as a way to better describe mosquito-borne illnesses like malaria and Zika. Unicode approved the mosquito, along with 156 other icons, in early 2018.

Emojis transcend language as we know it, towards a global culture and form of communication. We don't all speak any one language — except emoji

Some of the most-requested emojis include an afro, a bagel and hands making a heart. Emojipedia tracks requests by popularity for the year

DID YOU KNOW

- 95 % of Internet users have used emojis
- Over 10 billion emojis are sent every day
- Roughly 36% of all Instagram posts contain between one to three emojis

WHO INVENTED EMOJIS

While the Egyptians are responsible for creating hieroglyphics (which could be argued as the first true emoji), in the tech world there were emoticons. For the most part, these came of age as the :-:) and :-(and 8-D of chatroom conversations in the 1990s. They were early netspeak: for sarcasm you could add :-:) at the end, or share your ambivalence with the \(")/.

According to "The Wired", the first emojis were created in 1999 by Japanese artist Shigetaka Kurita. Kurita worked on the development team for "i-mode," an early mobile internet platform from Japan's main mobile carrier, DOCOMO. Kurita wanted to design an attractive interface to convey information in a simple, succinct way. So he sketched a set of 12- by 12-pixel images that could be selected from a keyboard-like grid within the i-mode interface, then sent on mobiles and pages as their own individual characters. Kurita's original 176 emoji — now part of the permanent collection at New York's Museum of Modern Art — had more symbols than faces. It was the beginning of a new visual language. Emoji quickly

became popular in Japan, as rival mobile companies copied DOCOMO's idea. And as mobile computing continued to explode throughout the mid-2000s, companies outside Japan, like Apple, saw an opportunity to incorporate emoji on other platforms. In 2007, a software internationalisation team at Google decided to lead the charge, petitioning to get emoji recognised by the Unicode Consortium, a nonprofit group that works sort of like the United Nations to maintain text standards across computers. Unicode accepted that proposal in 2010, in a move that would soon make emoji accessible everywhere. In other words: Emoji had become too popular to ignore. Unicode's blessing was a way to maintain standards and for legitimising emoji as a form of communication.

If used in the right way, emojis can add tone, context, and personality to plain text messages

Emoji use differs between men and women. Apparently, women are 11% more likely to use emojis that represent joy and men are 35% more likely to use emojis that represent fear. Studies show that women are 16% more likely to use emojis compared to men

THE GREAT EMOJI POLITICISATION

The year 2014, according to "The Wired" was the year of "The Great Emoji Politicisation." Online discussions at the time were highly focused on how emoji did — or rather didn't — represent the vast amount of people from different cultures using them. Everything ranging from food to flags to



PICS: ISTOCK

■ Since 2017, Apple has used each World Emoji Day (WED) to announce upcoming expansions to the range of emojis on iOS

■ On WED 2015, Pepsi launched PepsiMojis which included an emoji keyboard and custom WED Pepsi cans and bottles

■ In 2016, Sony Pictures Animation used the day to announce T J Miller as the first cast member for "The Emoji Movie" — which however tanked at the box office

■ Google released "a series of new emoji that are more inclusive of women from diverse backgrounds"

■ Emojipedia launched the first World Emoji Awards in 2017

■ London's Royal Opera House on WED 2017, took to Twitter to play the "Guess the Opera through Emojis" game and presented 20 operas and ballets in emoji form

■ The Empire State Building was lit in "emoji yellow" for WED in 2017

■ A Guinness World Record was attempted in Dubai on this day in 2017 for the "largest gathering of people dressed as emojis"

family units was being discussed and criticised. Emoji representing food (depicting traditional cuisine from more places other than Japan and the US), flags (the Israeli flag vs Palestinian flag), ethnicity and headgear (hijab, turban, etc), religious symbols came about in the year 2015, which Emojipedia declared as "the year of Emoji diversity."

Some of the more notable inclusions are women portrayed in various professions, like "woman detective," or "woman firefighter," to food options representing different cultures, religious symbols, headscarves and garments, synagogues to single parents. In 2015 Unicode took its first big step toward diversifying emoji by introducing the option to change the skin tone on people emoji. Most recently, Unicode has taken steps toward creating gender-neutral emoji, emoji that represent people with disabilities, and other symbols to represent the full spectrum of emoji users.

THE FUTURE OF EMOJI

The Unicode Consortium considers new emoji every year. In 2017, mythical creatures (mermaids, genies, elves, and vampires), food (pie, sandwich, broccoli, takeout), animals (dinosaur, hedgehog, giraffe, zebra), and faces (starstruck, mindblown, shhning, and expletive-spouting angry face) were added to the language. There was a woman cradling a baby, a woman wearing a hijab, and three new gender-neutral options to represent people at all ages. In 2018, a new set of emoji gave the icon gray or red hair, and cultural symbols like a mooncake and a nazar amulet were added. Most recently, emoji additions include symbols for deaf people, people in wheelchairs, and couples with mixed genders and skin tones.



In 2019, 'laughing with tears of joy' and 'blowing kisses' were the most popular emoticons on various social media platforms

THE ART OF TIME TRAVEL

A new film about fighting aliens in the future inspired us to look back at the origins of time travel



Nitya.Shukla@timesgroup.com

Thanks to 'The Tomorrow War', time travel is once again in vogue. Starring actor Chris Pratt, the film is about time travelling soldiers who oscillate between 2050s and 2020s to figure out how to annihilate a futuristic human-killing alien race. While the film has received mixed reviews, it has made the idea of time travel part of our conversations yet again.

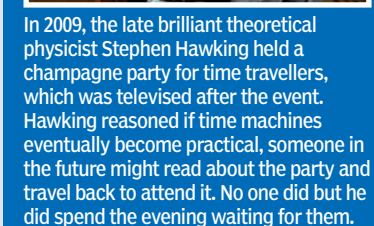
Why we love time travel...

Whether one zips off to the past or future, time travel gives us an opportunity to think about whether things could be done differently. Ever since author H G Wells ('The Time Machine') popularised the idea in 1890s, travelling to alternate time zones and dimensions has served as a genre-transcending narrative in all forms of storytelling. Secondly, the rules of the time machine or loop are creative and crucial. Finally, time as a player forces the character to confront the impact of possibly "changing the future". There would always be implications if a time traveller who arrives from the

future to tell us how to cure a deadly plague before it begins.

So where did it all begin?

Mythology has many stories of time travel. 'Mahabharata', the ancient Sanskrit epic poem compiled around 400 BC, has one of the earliest known instances of time travel. It has a story about King Kakudmi who seeks a suitable husband for his daughter Revati. The duo travels to the home of creator god Brahma to seek his advice. They have to wait as the god listens to a 20 minute song. After the song finishes Brahma explains to them that time works differently in this realm. On Earth,



In 2009, the late brilliant theoretical physicist Stephen Hawking held a champagne party for time travellers, which was televised after the event. Hawking reasoned if time machines eventually become practical, someone in the future might read about the party and travel back to attend it. No one did but he did spend the evening waiting for them.

In popular fiction

One of the earliest known books that featured time travel is Washington Irving's 1819 tale 'Rip Van Winkle', a short story about a man who falls asleep on a mountain side and wakes up 20 years later. In 1843, Charles Dickens' 'A Christmas Carol' told the tale of a miserly businessman who, when visited upon the spirits of the past, present and future, learns to be kind. However, it was HG Wells' 'The Time Machine' — published in 1895 — about an inventor who creates a time machine that popularised the concept. Wells is also credited with coining the term 'time machine' — a term we are all familiar with today.

In children's books...

The element of time travel has featured in some memorable stories from the recent past. Here are some of our favourites:

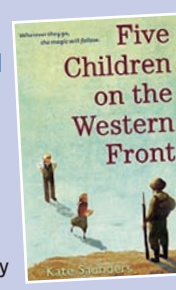


HARRY POTTER AND THE PRISONER OF AZKABAN
by JK Rowling
In Hogwarts' magical world, time travel is considered highly dangerous and yet it is Hermione who teaches us how to be effective. In the book, she was given a time turner to help with her huge study load. Ultimately, she, Harry and Ron use it to save Sirius Black and Hagrid's pet hippogriff, Buckbeak, from certain death.



A WRINKLE IN TIME
by Madeleine L'Engle
A young girl and her brother set out on a quest to find their missing scientist father. He was working on a mysterious project called a tesseract which is a wrinkle in time — a wormhole or a portal from one part of the universe to another.

FIVE CHILDREN ON THE WESTERN FRONT
by Kate Saunders
The award-winning story features ancient creatures that allows children to travel in time.



THE TIME WARP TRIO
by Jon Scieszka
A mysterious object known as 'The Book' allows three boys to

travel through time and space.

WARP (WITNESS ANONYMOUS RELOCATION PROGRAM) SERIES



by Eoin Colfer
About the adventures of Riley, who is living in Victorian times and working for the FBI, and must travel through time to catch an assassin.

TOM'S MIDNIGHT GARDEN

by Philippa Pearce

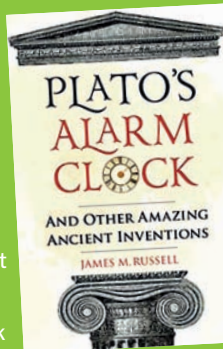
A grandfather clock transports Tom into a garden that once belonged to the house he lives in. Here, he meets and befriends Hatty, a girl from another time.



#Trivia time

James M Russell's 'Plato's Alarm Clock and Other Amazing Ancient Inventions' is full of interesting observations about the origins of everyday objects including wigs, calendar, alarm clock, umbrella, locks and keys, cutlery, adhesives and anaesthetics. Here are some stories

■ Calendars existed during the Bronze Age, but an archaeological finding from Scotland suggested that they were in use much before that. The site at Craithes Castle, in Aberdeenshire, contained a series of 12 pits, which show the phases of the moon and monitor lunar months.
■ The oldest lock comes from the ruins of Ninevah, the capital of ancient Assyria. It worked on the same principle as the locks of ancient Egypt, in which pins inside the lock are lifted into a recess by the key, removing the obstruction to opening the door.
■ The first wigs came into being as ancient Egyptians were obsessed with cleanliness. They washed themselves several times a day and saw being hairless as clean and civilised. They wore wigs to keep the sun from burning their scalps. They were made of either natural or artificial hair, and were held in place by beeswax and resin.



SPORTS AND MUSIC FILMS YOU MAY NOT HAVE HEARD OF.. BUT ARE WORTH A WATCH



Jack Pitman wrote in 'Variety': 'Chariots of Fire', which weaves the stories of two former British track aces who both won major events at the 1924 Paris Olympics, is about the will to win and why."

NADIA

Nadia is a 1984 made-for-television biopic directed by Alan Cooke about Olympic gymnast Nadia Comaneci, the first person to score a perfect 10. As a young child, the Romanian gymnast was discovered by domineering gymnastics coach Béla Károlyi. Károlyi and his



wife Márta trained Comaneci in their gymnastics school for eight years. Comaneci eventually became a world champion gymnast. In 1976, at the age of 14, she became the first woman to ever score a perfect 10 at the Olympics; she ended the competition with seven 10s, three gold medals, one silver, and one bronze, and became an instant celebrity in Romania and around the world.



BODYLINE

'Bodyline' is an Australian 1984 television mini-series which dramatised the events of the 1932-1933 English Ashes cricket tour of Australia. The title refers to the bodyline cricketing tactic (also known

as fast leg theory) devised by the English cricket team during their 1932-33 Ashes tour of Australia.

SENNÀ

This 2010 Asif Kapadia documentary charts the astonishing Formula 1 career of the charismatic and controversial Brazilian racer, Ayrton Senna, also, tragically, the final decade of his life. Dan Jolin wrote for the 'Empire': "Senna's maverick nature, and the battles it caused, form the thrust of Kapadia's film, and it results in some astonishing moments, such as Senna's devastated reaction to the death of Ratzenberger and the hospitalisation of Rubens Barrichello during that fateful weekend in Imola, San Marino, which ironically inspired Senna to recreate the Grand Prix Drivers' Association to improve track safety, mere hours before his own death." (There hasn't been an F1 fatality since Senna's.)



AMADEUS

This 1984 American period biographical drama film directed by Miloš Forman — adapted by Peter Shaffer from his 1979 stage play 'Amadeus' — is not just one of the greatest music movies to be ever made, it's one of the all-time best movies you can ever watch. Film critic Roger Ebert wrote:

"Amadeus" is not about the genius of Mozart but about the envy of his rival Salieri... The most moving scene in the movie takes place at Mozart's deathbed, where the great composer, only 35, dictates the final pages of his great 'Requiem' to Salieri, sitting at the foot of the bed with quill and manuscript, dragging the notes from Mozart's fevered brain. This scene is moving not because Mozart is dying, but because Salieri, his lifelong rival, is striving to extract from the dying man yet another masterpiece that will illuminate how shabby

Salieri's work is. Salieri hates Mozart but loves music more, and cannot live without yet one more work that he can resent for its perfection."

GREENBOOK

This 2018 film is the story of a White man and a Black man — the latter a pianist, bonding on a road trip through the Deep South in the early 1960s. The thing about 'Green Book' is not a lot of people know this movie is about music, racial tension and a grand road

trip. Peter Travers wrote in 'Rolling Stones': "Simplistic? Maybe. But in a time when our nation is more divided than ever, the movie offers the possibility of redemption." Travers wrote further, "(Mahershala)



Ali is superb at finding the buried rage in a refined artist challenging fellow Americans who never accepted the abolition of slavery... (Viggo) Mortensen is terrific, having beefed up by 30 pounds to play this bruiser with a Bronx honk and the dazed realisation that his fists can't change a damn thing."

A HARD DAY'S NIGHT

This 1964 drama/musical documentary film is directed by Richard Lester, starring the English rock band The Beatles. Bob McCabe wrote in 'Empire': "A Hard Day's Night", shot in glorious black and white, captures post-war Britain as it was about to move into colour. James Bond had already given us the bait, but The Beatles and the way they made the world dance



to one tune did the rest. More than anything, this film captures their (the band's) genuine need for each other. And then, of course, there's the songs."



QUEEN: DAYS OF OUR LIVES

This 2011 documentary by Matt O'Casey is about the life and times of the rock band Queen — told in two parts: part one was the 1970s. In part two, the 1980s and beyond. "Told through archival footage and interviews with two of the band's principal members, guitarist Brian May and drummer Roger Taylor (bassist John Deacon has quietly refused to participate in any of the band's recent activities since retiring a few years ago), 'Queen: Days of Our Lives' is a compelling overview of the classic band's career," says 'Indiewire'.



THE PIANIST

This 2002 war drama by Roman Polanski is about war, hatred, genocide, and music. The film is based on the autobiography of Wladyslaw Szpilman, who was playing Chopin on a Warsaw radio station when the first German bombs fell. Roger Ebert wrote about the film: "The title is an understatement, and so is the film. Roman Polanski's 'The Pianist' tells the story of a Polish Jew, a classical musician, who survived the Holocaust through stoicism and good luck." Adrian Brody won an Oscar in the Best Actor category for his stupendous performance.



TRIUMPHS AND TRIBULATIONS

Victories and trophies are as much about practice, discipline and team work as they are about missed chances, stumbles and falls; they are as much about failures, disappointments and heartbreaks as about emotions and dreams that come true. Here are some significant moments from the high-action week that was...

COPA AMERICA



A CONSOLING HUG

Messi finally had the Copa America title in his bag, as Argentina beat Brazil 1-0, on July 10, 2021. It was a sweet triumph after having lost three Copa America finals and the 2014 FIFA World Cup final. When his dear friend Neymar, in tears, came to congratulate him after the match, Messi consoled him with a long tight hug even as he kept his celebrating teammates away. Messi and Neymar were teammates at FC Barcelona.

Photo: AP



Photo: AFP

A FINE MESS(I)

Argentina captain Lionel Messi is thrown into the air by teammates after winning the final match against Brazil at the Maracana Stadium in Rio de Janeiro, Brazil.

Messi was all smiles as he settled down on the ground after the match to talk to his wife after winning the final.



Photo: GETTY IMAGES

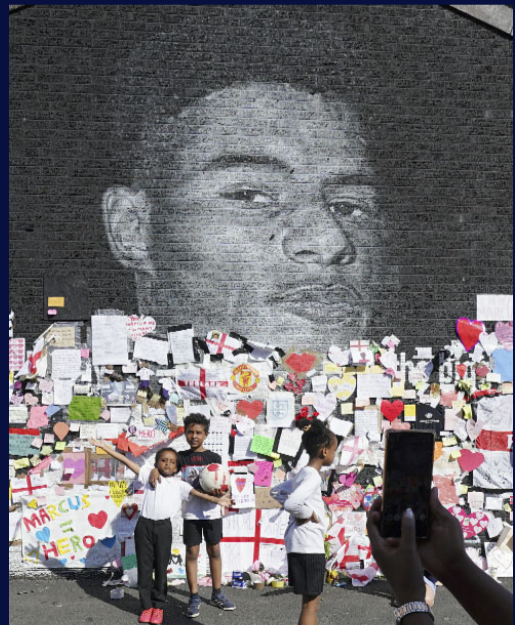
EURO 2020

CUP GOES TO ROME

Fans gathered in large numbers to greet the Italian team as they drove through Rome on an open-top bus, the trophy aloft. Italy won the Euro 2020 by beat England 3-2 on penalties. This is their second Euro title.



Photo: REUTERS



SUPPORT FOR RASHFORD

Messages of support poured in at a mural of Manchester United striker and England player Marcus Rashford, in Manchester, England. The mural was earlier defaced with racist graffiti in the wake Rashford missing a penalty at final match against Italy.

Photo: AP

SPORTING SPIRIT UP IN FLAMES

Hundreds of fans without tickets broke through security barriers to get into Wembley Stadium in a bid to watch the European Championship final between England against Italy, leading to chaos and a stampede in which several people were injured. A large crowd of fans engaged in unruly behaviour at Leicester Square in London, throwing bottles around as it became the unofficial fan zone for the event. Hours before the match, glasses were thrown into the air, trees were ripped up, bottles were thrown at windows.

Photo: GETTY IMAGES

WIMBLEDON



Photo: GETTY IMAGES

AN EXCITING CLIMB

After winning the Women's Singles final match against Karolina Pliskova of The Czech Republic at the Wimbledon, an excited Ashleigh Barty emulated her Australian tennis icon Pat Cash. She clambered up the grand stand to reach her team in the players box. Midway through she realised she had no way to get there and took the stairs, eventually.



HOW SWEET IS THE GRASS

Novak Djokovic beat Italian dynamite Matteo Berrettini to earn a sixth Wimbledon and a record-levelling 20th Grand Slam title. It was a history-making win. The celebrations on the Centre Court were frenzied. Djokovic fell to his back before standing arms aloft, soaking in the acclaim of 15,000 fans. He then sat down to pick a blade of grass, that he chewed on. Later, the champion handed over his racket to a young member in the audience.

Photo: GETTY IMAGES

THE HIGH CHAIR

Wimbledon history was made when Marija Cicak became the first woman to umpire the men's final. Wimbledon is the last of the Grand Slams to have let a woman officiate in the men's final. The Australian Open men's final in 2007 had Sandra de Jenken in the chair.



Photo: AP