



THE TIMES OF INDIA

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Your Weekender

TODAY'S EDITION

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STUDENT EDITION

SATURDAY, JUNE 19, 2021

THE TIMES OF INDIA

5 FATHER'S DAY FILMS



MRS. DOUBTFIRE
After finalising a divorce, a loving father creates a rather wild plan to spend more time with his kids - by pretending to be a nanny. You can even try the Indian take on it: 'Chachi 420'.



THREE MEN AND A CRADLE
Three New York bachelors find themselves forced to act as babysitters after they find an abandoned baby.



FINDING NEMO
Isn't Marlin the clown fish the best dad? It's a rhetorical question because he is. He travels 1,500 miles to find his son.



BIG FISH
A fantastical tale where fact meets fiction in the classic style of Tim Burton. It's about a son trying to wrap his head around his father's over-the-top tales to find the truth.



THE LION KING
This coming-of-age cartoon (or live-action now) masterpiece will take you back to your childhood as you watch Simba honour the memory of his late father, King Mufasa.

CLICK HERE: PAGE 1 AND 2

Famous people on being dads, how it has changed them and what they think is the role of a father

BARACK OBAMA, former US president

"As fathers, we need to be involved in our children's lives not just when it's convenient or easy, and not just when they're doing well - but when it's difficult and thankless, and they're struggling. That is when they need us most. In the end, that's what being a parent is all about - those precious moments with our children that fill us with pride and excitement for their future, the chances we have to set an example or offer a piece of advice, the opportunities to just be there and show them that we love them. We pass on the values of empathy and kindness to our children by living them. We need to show our kids that you're not strong by putting other people down - you're strong by lifting them up. That's our responsibility as fathers."

MATT DAMON, actor

"The only way I can describe it - it sounds stupid, but - at the end of 'How the Grinch Stole Christmas', you know how his heart grows like five times? Everything is full; it's just full all the time."

IDRIS ELBA, actor

"More than anything you have to make time to be with your children. It's something I battle a lot because of my career, because as much as it's nice to be busy and working, ultimately children don't raise themselves. You've got to be there to help them and guide them."

PRINCE WILLIAM, British royal

"I'm a lot more emotional than I used to be. I never used to get too wound up or worried about things. But now the smallest little things... you well up a little bit more, you get affected by the sort of things that happen around the world or whatever a lot more, I think, as a father, just because you realise how precious life is."

WILL SMITH, actor

"I feel that the greatest gift that I can give my children is the freedom to be who they are. Jada and I are very serious about finding what they are, and encouraging them to be what they are, because you can never be happy being what you're not. As a parent, if it's an oak tree, I want it to grow as an oak tree. I'm not going to try to force it to be an apple tree."

CHARLES KETTERING, inventor

"Every father should remember one day his son will follow his example, not his advice."

June 20 is celebrated as Father's Day. Essentially an American holiday, it's now observed all over the world. Always considered a second fiddle to Mother's Day, it is now coming into its own with more stay-at-home and single dads. Brush up

on some facts on this day



1 While listening to a Mother's Day sermon in 1909, the idea of Father's Day suddenly struck Washington resident Sonora Dodd. She wanted to honour her father, William Smart, a widower with six kids. Residents of her town, Spokane, embraced the idea and by June 19, 1910 the first Father's Day celebration happened.

2 Decades later, in 1966 President Lyndon Johnson designated the third Sunday in June as Father's Day. President Richard Nixon signed the public law that made it permanent in 1972.

3 Männertag, celebrated 40 days after Easter, is Germany's twist on Father's Day. Instead of breakfast in bed, men pile wagons high with beer and set off on long jaunts through town.

4 In Thailand, the king's birthday also serves as National Father's Day. The celebration includes fireworks,

speeches, and acts of charity and honour.

5 Though it is not a public holiday, it is celebrated with gusto in countries such as Argentina, Belgium, Brazil, France, Germany, Japan, New Zealand, Norway, and India although on different dates. In Spain and Portugal fathers are honoured on St. Joseph's Day on March 19. In Australia, it's the first Sunday in September.

6 Father's Day or Fathers' Day? Though Dad petitioned for the holiday to be written as "Fathers' Day," US Congress used "Father's Day."

7 One of the earliest cards for a father dates back roughly 4,000 years. Elmesu, a Babylonian youngster, carved a card out of clay to "wish his father good health and long life."

8 No one knows the exact origin of the word "dad". It is estimated that it began around the late 15th century and is derived from baby talk, as in many languages "dada" refers to a baby's acknowledgement of father.

Rose is the official flower of the day - wear red on your lapel if he's alive and white otherwise

5 FICTIONAL DADS



ATTICUS FINCH in 'To Kill A Mockingbird' by Harper Lee
The absolute acme of model fatherhood. Atticus Finch has moral fibre, is dignified, brave, loyal and kind - traits that any child would wish to see shine in their dad.



JEAN VALJEAN in 'Les Misérables' by Victor Hugo
Even if the heroic and noble Jean Valjean was not a biological father to Cosette, but his actions demonstrate that it takes more than just fathering a child to be a real dad. A tale that puts him through many hardships, yet he never shies away from doing the right thing.



ARTHUR WEASLEY in 'The Harry Potter Series' by JK Rowling
Arthur Weasley is not your officious dad. He leaves the parenting to his wife Molly while he's always full of jokes and a pat on the back to encourage his seven children.

HORTON in 'Horton Hatches The Egg' by Dr Seuss
Being a parent takes hard work, persistence and patience. It is not an easy job. But Horton has shown that he has all of that and more. In this book he tends to a bird's egg amidst great ridicule and peril. A wonderful, magical tale of care and love.



WILLIAM SMITH in 'Danny, The Champion of The World' by Roald Dahl
This children's classic by Dahl has the most interesting father. William operated a service station and garage and raised his son Danny in a gypsy trailer. Danny even says: "My father, without the slightest doubt, was the most marvellous and exciting father any boy ever had."

Nearly 95 million Father's Day cards were given last year in the United States, making Father's Day the fourth-largest card-sending occasion



RETHINK

How you can find YOUR PURPOSE

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It's a process that requires you to build strength from within and most importantly understand yourself better. Finding a purpose is looking within and seeing what matters to you the most - it's like a workout for the mind for which you need some ingredients such as the following:

1. Build self-discipline: Priya Warrick, a Delhi-based psychologist opines, "Self-discipline is important: When there is a structure to your daily life, you can find some me-time and ask yourself crucial questions like how you can re-plan things to further your career, other life goals and so on. If you are stuck in a depleting routine where you are struggling to eat even your meals on time, then time for self-introspection won't happen."

2. Look for Inspiration: Psychiatrist Samir Parikh suggests, "Look around for stories of inspiration: How people are being responsible for their families and friends, how new businesses have flourished even in such challenging times."

3. Fight self-pity: "It's tough for young people to handle rejections and disappointments as this generation has lived in more abundance and comfort compared to previous ones. But one

must learn to manage setbacks by steering clear of constant negative self-talk that leads to self-pity," says Warrick.

4. Build acceptance: Basically the power to accept what isn't in your control and move on. "Don't personalise the stumbling blocks in your path in the current situation. For example, if a student feels hopeless about missing the chance to study abroad and the like, he/she can take solace from the fact that they are not alone in this journey of unpredictability and not having their plan work out," adds Parikh. Work on an alternative plan and make it your 'mission motivation'.

5. Follow a value system: It should be something that will help you find meaning in life. Of course, this will differ from person to person. But everyone is capable of self-realisation and finding meaning in life through it. Find your meaning your way. Your meaning may be different from your cousin or your friend's meaning.

6. Create a safe space: "Meaningful human connection is the best way to stay hopeful," emphasises Parikh. Stay away from frivolous friendships and invest in ones that give you a 'safe space' to share your highs and lows - where you can inspire each other to better your life in difficult situations.



SELF-CARE

THE TRESS STRESS

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Apparently 12% of women are destined to have experienced abnormal hair loss by age 30 as per statistics. And it's a number that is growing due to the pressures of modern life. But making matters much worse and converting strands into fistfuls is a new reality - the Covid-19 hair loss. We are all stressed and one of the unintended victims of this stress is fast becoming our hair.

Causes of hair loss

Dr Rinky Kapoor, cosmetic dermatologist, says, "These times are tough on everybody. Nobody and nothing ever prepared the world for this situation. Everything about this pandemic has increased the stress levels." This psychological stress can cause telogen effluvium. "In the last few months, more and

more patients are coming in, complaining of losing hair at an accelerated rate and fear they are going bald. Telogen effluvium is the most common type of hair fall related to stress but we have also had patients coming in with Trichotillomania (urge to pull one's hair) and alopecia areata," adds Dr Kapoor.

Survival mode

When the body is under stress, it goes into a "conservation type mode," shifting the hair cycle so that more strands get pushed into the resting phase, leading to more shedding. In this state, the body's resources are diverted to core essential activities needed for survival and away from such activities as good skin blood flow, growth, and reproduction. With severe stress, hair follicles prematurely enter a phase of

WHAT CAN PREVENT HAIR LOSS

- Exercise
- A well-balanced diet with lots of protein
- Eat foods rich in iron and omega 3 like dark or unprocessed cocoa powder, flaxseeds, chia seeds, pumpkin and sesame seeds, almonds and walnuts
- Precondition hair with organic coconut & hibiscus oil
- Use a hydrating shampoo that is sulphur and paraben free

growth arrest called telogen, which is shortly followed by hair loss, one of the first signs of stress. Now shedding of hair can itself cause a lot of stress, making it a vicious cycle.

Dial up self-care

While it affects everybody, shedding hair is a bigger issue with women than men. And the care has to start early at a young age - because that sets the foundation for later. Explains Dr Geeta Grewal, an anti-ageing, beauty and wellness expert, "Women have a lot on their plate right now with more housework in the absence of maids, office work and kids' online classes.

Meditation is a good way to get into self care mode and build yourself stronger from within."

LATEST BUZZWORDS EXPLAINED

15-MINUTE CITY

It's a new term in urban planning that is resonating with a wide range of people. It means a city that is designed so that everyone who lives there can reach everything they need within 15 minutes on foot or by bike. The 15-minute city requires minimal travel among housing, offices, restaurants, parks, hospitals and cultural venues. Each neighbourhood should fulfil six social functions: living, working, supplying, caring, learning and enjoying.

The 15-minute city is gaining significant traction politically and in planning circles. First, the 15-minute city

is a simple enough concept that it resonates with a wide range of people. It was used as a cornerstone of Mayor Anne Hidalgo's successful reelection in Paris, France, in 2020. While automobiles may be accommodated in the 15-minute city, they cannot determine its scale or urban form. Based on automobile travel, most metropolitan areas may be 15-minute cities. Instead, the 15-minute city is defined by its ability to provide access to all human needs by walking or bicycling for a quarter hour or less.

These cities are more sustainable as the need for transportation is minimised

-and therefore the reduction in fuel mitigates global warming. Human-powered transportation, which improves health and well-being, is promoted. The benefits are greater than one compact neighbourhood alone could provide. The convenient location of services, accessible by multiple modes, saves time and improves quality of life. Cities that are looking to implement this planning are: Paris, Barcelona, Melbourne, Ottawa, New York and Copenhagen.



HOW INTERNATIONAL YOGA DAY STARTED

The idea of International Day of Yoga was first proposed by **Prime Minister Narendra Modi** during his speech at the UN General Assembly (UNGA), on September 27, 2014. Thereafter, a draft resolution on 'International Day of Yoga' was introduced by India's Ambassador to UN, Asoke Kumar Mukerji. The draft received support from 177 nations, the highest number of co-sponsors for any UNGA resolution. Thereafter, the United Nations proclaimed June 21 as the International Day of Yoga. June 21 was picked as the day of Yoga as its the longest day in the summer solstice.

United Nations Organisation designated International Yoga Day in 2014 on public demand that occurred on a large scale. International Yoga Day celebrations occur in India, USA, Canada, Europe, the Middle East, China, Australia, and some other countries of South Asia including Pakistan

'YOGA FOR WELL-BEING'

The theme for International Day of Yoga 2021 is 'Yoga for well-being'. Recognising the important role of Yoga, in the psycho-social care and rehabilitation of Covid-19 patients in quarantine and isolation and much more was a reason why this theme was chosen. The theme signifies the importance of yoga in the holistic health of every individual. The message of yoga in promoting both the physical and mental wellbeing of humanity has never been more relevant. A growing trend of people around the world embracing yoga to stay healthy and rejuvenated and to fight social isolation and depression has been witnessed during the pandemic. The **World Health Organisation mentions yoga as a means to improve health in its Global Action Plan** on physical activity 2018-2030: more active people for a healthier world.

BACK IN THE DAY

Yoga is around 6000 years old physical, mental, and spiritual practice that originated in India and was famous in many religions including Hinduism, Buddhism, and Jainism for several thousand years. It kept changing and developing over time and then came the 19th century AD. Western colonisers started taking interest in this practice during the 19th century and started promoting it in Europe. Swami Vivekananda enjoyed remarkable appreciation in the eyes of the West when he travelled to Europe and then the USA as a yoga teacher.



Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit, which means to join or unite, symbolising the union of body and consciousness



5 UNUSUAL YOGA STYLES

■ **Dog yoga:** Doga offers mutual health benefits for both humans and their fluffy friends by encouraging mind and body healing in dogs the same way it does in humans.

■ **Air yoga:** Yoga, but in the air, with the help of soft fabric hammocks suspended from the roof. Aerial yoga benefits the same way as yoga but because of the freedom of the hammock, you can move your body in deeper positions.

■ **Snowyoga:** Forget hot yoga, try 'Snowyoga' that combines yoga with snow sports like skiing and snowshoeing. It was developed by Mohawk Mountain ski resort in Connecticut.

■ **Stand Up Paddle Board aka (SUP) Yoga:** Swapping your yoga mat for a paddle board to practise traditional yoga on water.

■ **Goat yoga:** Caprine vinyasa, or more popularly termed 'goat yoga' originated on a farm in Oregon in 2016, and was the brainchild of farm owner Lainey Morse who found comfort in spending time with her goats.

All I Fail Yoga!

June 21 (Monday) is the seventh **International Day of Yoga** - a day instituted by the United Nations in 2015 to celebrate the gift of yoga and its numerous benefits. The aim is to spread awareness among the masses about the importance of yoga and its effects upon human health. Yoga, though originated in India, has become a global practice and the Day is celebrated the world over. Here's all you need to know about this ancient practice and the 'new' Day instituted to celebrate it

TYPES OF YOGA

There's not one type of yoga but at least **11 types** which are in practice. Some of the popular ones are Vinyasa, Asthanga, Hatha, and Iyengar. **Vinyasa yoga** is often considered the most athletic yoga style and was adapted from ashtanga yoga in the 1980s. **Hatha yoga** gets its name from the Sanskrit term "hatha" - an umbrella term for all physical postures of yoga. Hatha yoga is best for beginners since they are usually paced slower than other yoga styles. **Iyengar yoga** was founded by BKS Iyengar and focuses on alignment as well as detailed and precise movements. **Ashtanga yoga** or sanskrit for "Eight Limb path" was started by Patahbi Jois of the Mysore School. It's physically demanding and definitely not for a beginner. Bikram or **hot yoga** is practiced in a sauna-like room - typically set to 105 degrees and 40% humidity. A latest and popular entrant is **Yin yoga** - a slow-paced style of yoga with seated postures that are held for longer periods of time. Yin can also be a meditative yoga practice that helps you find inner peace.

YOGA IN INDIA THROUGH THE AGES

Maharishi Patanjali is a

saint who is believed to have lived some time during the 2nd century BCE. He is known for his treatise on yoga, entitled "Patanjali Yoga Sutra". There are 196 Yoga Sutras. There are 84 classic yoga asanas. The asana is just one of the **8 limbs of yoga**: Yama (attitudes toward our environment), Niyama (attitudes toward ourselves), Asana (physical postures), Pranayama

(restraint or expansion of the breath), Pratyahara (withdrawal of the senses), Dharana (concentration), Dhyana (meditation) and Samadhi (complete integration). The first known appearance of the

word "yoga", with the same meaning as the modern term, is in the Katha Upanishad, composed around fourth to third century BCE. Paramahansa Yogananda was an Indian yogi who taught

According to the Guinness World Records, the title of world's oldest yoga teacher was given to Ida Herbert in 2012, who remained an active yoga teacher till the age of 96 years

Start 'Em Young

6 REASONS WHY YOGA IS GREAT AT A YOUNG AGE

It is **noncompetitive**: Yoga at an early age encourages self-esteem and body awareness with a physical activity that's noncompetitive. Yoga teaches kids that their bodies are different; different bodies do different things and all of them are okay.

All-round development: Physically, it enhances their flexibility, strength, coordination, and body awareness. In addition, their concentration and sense of calmness and relaxation improves.

Finding your inner power: When children imitate the movements and sounds of nature, they have a chance to get inside another being and imagine taking on its qualities. When they assume the pose of the lion (Simhasana) for example, they experience not only the power and behaviour of the lion, but also their own sense of power. When they stretch like a dog, balance

like a flamingo, breathe like a bunny, or stand strong and tall like a tree, they are making a connection between the macrocosm of their environment and the microcosm of their bodies.

Calms you down: We tend to think that kids "have it easy," and that they don't feel stressed, but this simply isn't true. Kids are stressed out by their schoolwork and peer relationships. Practicing yoga helps kids to understand and manage their emotions better.

Teaches self regulation: By paying attention to our minds and bodies, we look inward to better understand our thoughts and feelings. Practicing yoga helps kids to understand and manage their emotions better.

Focus better: We live in a world of distractions. More and more these days, kids seem unable to focus on anything for any decent length of time. Yoga can help with that. It teaches kids to be present, and to concentrate and focus on their breathing.

FAMOUS YOGA GURUS IN INDIA

There are around millions of yoga teachers around the world and a healthy number is joining the ranks each day but there are only a handful of great gurus.

Tirumalai Krishnamacharya Yogi who also founded hatha yoga. It's said that he could control his own heartbeat.

Swami Sivananda was a trained doctor who founded Sivananda School of Yoga that combines hatha, karma and master yoga and with a great dose of humour.

BKS Iyengar was the founder of the Iyengar yoga and a former disciple of Krishnamacharya. Even at 95 years of age, he could hold a headstand for 30-minutes.

K Pattabhi Jois fine-tuned popularised the ashtanga vinyasa method. It's his method that hooked people in the West to the yoga practice including names like Madonna and Gwyneth Paltrow.

Maharishi Mahesh Yogi was known for developing the Transcendental Meditation technique. He was the spiritual leader of The Beatles at the height of their popularity.

Paramahansa Yogananda promoted Kriya Yoga (a spiritual form of yoga) in the west.



DID YOU KNOW?

- The word 'yoga' was first mentioned in the Rig Veda, written approximately around 1500 BC or before!
- Yoga can cause injuries. Yoga is like a double-edged sword, if not practiced correctly, you could injure yourself. Always find a good teacher and exercise caution
- Yoga has over 84 asanas listed in Yogasutras to choose from
- Lord Shiva is considered the progenitor of yoga, the first yogi or the Adiyogi. Lord Shiva had imparted the wisdom of yoga to seven individuals who came to be known as Saptarishis and were tasked with spreading it throughout the world

Kriya Yoga (a more spiritual form of yoga) to millions around the world.

KEEP YOUR YOGA MAT CLEAN

Yoga mats absorb all the sweat, oil, and grime that they're exposed to. That means they can become dirty, smelly, and even contaminated with germs quickly, especially after a hot yoga class or particularly sweaty asana session. The fungi and bacteria that are responsible for athlete's foot, plantar warts, staph infections, and ringworm, among others, are commonly found on yoga mats since they thrive in warm, dark, moist environments.

To disinfect your mat, add warm water and a few drops of dish soap into a spray bottle. Spritz your mat with the solution then scrub it firmly with a microfibre cloth. Don't be too vigorous with your scrubbing though, since you want to keep the naturally sticky nature of your mat intact. Rinse off your mat with warm water and allow it to air dry.

SAVASANA IS MOST IMPORTANT POSE

And the most challenging. Most people skip the corpse pose or savasana - done usually at the end of a session. Savasana is a pose of ultimate relaxation, which is why it is so difficult for many of us to release into the pose. While in savasana, you have to calm the mind and body. You allow your body to de-stress and return to its natural state. Your body also cements the effects of your yoga practice, processing and remembering the information it needs. It's considered the ultimate form of rejuvenation, healing, and relaxation. Yogis will tell you that if you don't end your practice with a savasana for at least 5 quiet minutes with no movement, your one-hour on the mat prior is wasted.

ILLUSTRATION: ARYA PRAHARAJ



Star Wars: Episode IV - A New Hope

RELEASED: MAY 25, 1977
BOX OFFICE: WORLDWIDE GROSS \$775,512,064

George Lucas' epic saga is one of the highest-grossing and oldest film franchises that pulls audiences to theatres all over the world. Its fanbase is forever-growing, and with each film, its popularity and myths (and memes) have only spread far and wide across all corners of the world.



Jurassic Park

RELEASED: JUNE 11, 1993
BOX OFFICE: WORLDWIDE GROSS \$1,032,020,521

Creature feature has always been a huge pull as summer blockbusters in Hollywood as far as traditions go. But this Steven Spielberg movie broke all records worldwide at the time of release. Talk about meeting, actually surpassing, gigantic dinosaur-size expectations!

The Dark Knight

RELEASED: JULY 18, 2008
BOX OFFICE: WORLDWIDE GROSS \$1,004,934,033

This Christopher Nolan middle film from his Batman trilogy took the superhero trope to a very dark place; unforseen in mainstream media, especially at that time. We have come a long way since but Heath Ledger as Joker is simply unforgettable.



Raiders of the Lost Ark

RELEASED: JUNE 12, 1981
BOX OFFICE: WORLDWIDE GROSS \$390,133,212

The Steven Spielberg film that introduced Harrison Ford as the famous archaeology pro-



fessor going on an epic adventure can be watched with as much interest even now.

Ghostbusters

RELEASED: JUNE 8, 1984
BOX OFFICE: WORLDWIDE GROSS \$295,743,767

When Peter Venkman, Raymond Stantz and Egon Spengler lose their jobs as scientists, they start an establishment called



Ghostbusters to fight the evil ghosts lurking in New York City. This is a quintessential fun summer movie you never want to miss.

Top-rated summer BLOCKBUSTERS

As the sun shines brighter, stay cool indoors and watch some of the biggest and 'hottest' blockbusters of all time with friends, family this weekend...



Pirates of the Caribbean: The Curse of the Black Pearl

RELEASED: JULY 9, 2003
BOX OFFICE: WORLDWIDE GROSS \$654,264,015

Director Gore Verbinski's vision of a mad pirate couldn't have been played by anyone else with as much elan as Johnny Depp. This summer bonanza is still unforgettable.



The Avengers

RELEASED: MAY 4, 2012
BOX OFFICE: WORLDWIDE GROSS \$1,518,812,988

Let's just say the expectations from this movie was so massive from audiences worldwide that even as people prayed they wouldn't be disappointed, anxiety levels rose up close to its release. People went out of the cinema halls only to book the next show of the same movie again.

around the world when he embarked on a journey with a donkey to rescue Princess Fiona from a vile lord and regain his swamp.



Top Gun

RELEASED: MAY 16, 1986
BOX OFFICE: WORLDWIDE GROSS \$356,830,601

The movie that made Tom Cruise the worldwide superstar must be watched once again as the world awaits its sequel, 'Top Gun: Maverick', this year.



Independence Day

RELEASED: JULY 3, 1996
BOX OFFICE: WORLDWIDE GROSS \$817,400,891

The first movie that comes to mind while thinking of a summer blockbuster is Roland Emmerich's epic blockbuster, where aliens invade Earth. That US President's speech by Bill Pullman is still one of the best scenes as far as Hollywood films go. And then there's Will Smith in all his comic and action glory.

— Sources: ew.com, boxofficemojo.com



Loki can lift Mjolnir!

The graphic novel version of superheroes and supervillains are more fascinating than movie/TV versions simply because they cover far more than the audio-visual medium. They have been around for decades. Fret not, here are some fascinating facts about Loki that

haven't happened in the movie or TV versions. Yet.

Loki is immortal!

Though the MCU version Loki was killed in 'Avengers: Infinity War', and got another chance to be alive as the events unfolded in 'Avengers: Endgame', the comic book version Loki can't really die. Mainly because his name does not appear in the 'Book of Hel'. And what is that? It's a book about a place called

Hel with one 'l'. It's a region of Niffleheim (one of the Nine Realms) that serves as the home of the dead. That's why Loki can always return to the living world. He can also...

... Lift Mjolnir

Oh yes, just as you were getting used to the idea of Captain America lifting, or shall we say worthy of, Mjolnir, here's a shocker. So can Loki, and he has in the comic books. He has wielded the all-powerful hammer in one instance when

the character had his personality and traits inverted, becoming worthy of picking up the weapon. He has also lifted it in 'Thor #4'.

Allspeak!

Loki's Asgardian upbringing gives him access to the Allspeak ability. What does that mean? It allows the God of Mischief to speak to and understand the speech of any other living creature.

Not an Asgardian

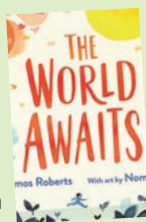
In the MCU, Loki does not know that he is actually a Frost Giant. But in the comics, he's fully aware of his origins, the fact that he is not a true Asgardian.

New this June

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The World Awaits

An inspiring manifesto for any 5+ reader finding it difficult to be locked in since last year. When a little boy does not want to get out of bed to face the day, his older brother helps him realise his extraordinary 'potential', which is defined in the book as 'an amount of positivity and goodness that we could add to the world if we only try'. A comforting read.



Gopi's First Box of Learning

Following the success of Sudha Murthy's bestselling 'Gopi Diaries', which featured Gopi, the adorable dog who 'takes care' of his family, 'Gopi's First Box of Learning' is more of a learning companion for super young learners. It's best for parents who'd like to introduce their children to exploring concepts, activities, and learning.

Nida Finds A Way

Documentary filmmaker, writer and teacher, Samina Mishra has written many children's books, before including 'Shabana and the Baby Goat', 'My Friends in the City', 'My Sweet Home' and '101 Children's Books We Love!' (as a coauthor) among others. Her latest, 'Nida Finds A Way', a great read for 7-9 year olds, is about a determined young girl Nida. Whenever she wants to do something new, her father says

'NO'. Why is he so scared despite knowing that there's no growing up or learning without trying new things?



A Pinch Of Magic

A well-known name in the space of children's literature, Asha Nehemiah has penned picture books, stories and novels including 'Mrs. Woolly's Funny Sweaters', 'The Grand Chapati Contest', 'Granny's Sari', 'The Adventures of Mooli' series 'The Mystery of the Secret Hair Oil Formula' and 'The Village With A Long Name'. In 'A Pinch Of Magic', we encounter the adorable Veena and her aunt Malu, who were seen previously in Nehemiah's 'Trouble With Magic'. This time aunt Malu has broken her special pinching spoon without which her herbal medicine business will close. And the only person who can make a pinching spoon is nowhere to be found.



The Box in the Woods (Truly Devious #4)

'New York Times' bestselling author

Maureen Johnson teams up with her best creation, amateur detective Stevie Bell, who is ready to venture out of the Ellingham Academy to investigate a mystery. Bell gets a strange email from a camp owner who complains of mysterious things that are happening at the camp and the threatening messages he's been getting. Bell accepts a job as a camp counsellor, and enlists her friends Nate, Janelle, and Vi to help. For readers above 9, this sounds like an afternoon well spent.

And That Is Why

An illustrated collection of retellings from Manipuri mythology with storytelling steeped in their rich cultural traditions, this one is a delight from the start. These stories of mythical gods, magic, heroes among others that have been told by Manipuri elders to their children and grandchildren,

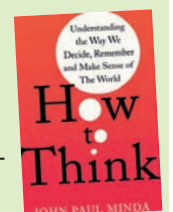
now open up a new world to English readers. The author, L. Somi Roy is an accomplished filmmaker, author, cultural conservationist and curator with many more accolades to his name. Also noteworthy are the beautiful illustrations by Sapha Yumnam.

The Artist's Way: A Spiritual Path To Higher Creativity

Since it was first self-published by prolific writer Julia Cameron in 1992 to help people with artistic creative recovery, 'The Artist's Way' has gone on to attain an almost cult-like following. The book's superfans include filmmakers, actors and writers who swear by its creative process, including Martin Scorsese, Elizabeth Gilbert, Tim Ferriss, Reese Witherspoon, Alicia Keys and Kerry Washington. One of the central ideas of the book is the practice of writing 'morning pages', i.e., writing three pages of longhand. Since '92, the book has been translated into 40 languages and has sold five million copies to date. If you are willing to give it 12 weeks, this book can help you discover your innate creativity. Don't miss it.

How To Think: Understanding the Way We Decide, Remember and Make Sense of the World

Dr John Paul Minda, who teaches psychology at the University of Western Ontario, Canada, and previously authored 'The Psychology of Thinking' has been studying the mind and brain for over 20 years. His latest, 'How To Think...' is especially useful read for those who are aspiring to study psychology or neuroscience or artificial intelligence in the future. Learn how your brain works, and how it thinks, learns, remembers, decides, makes choices, and experiences the world.



SHOULD YOU READ A SUMMARY BEFORE THE BOOK?

Nitya.Shukla@timesgroup.com

A growing list of readers are increasingly investing or subscribing to book-summarising apps, websites, and videos. And for a good reason. A short summary outlining the book, its key ideas/lessons, can help you make an efficient decision, save you the time and energy you'll spend on reading one. It also helps you discover hundreds of books that you may not feel compelled to read entirely. Sometimes, understanding a book's basic tenets suffices. While none of them can replace books or reading one, there is some value in it for you. Reading or listening to a book summary is a brain-stimulating activity. Scrolling down your social media feed for hours, is pretty much one-way content consumption - zombie-style. Here are a few suggestions:

ment in your life immediately.

FOUR MINUTE BOOKS

This one has grown from a one man operation to a solid writing team that offers four-minute summaries of books since 2016.

STORYSHOTS

A finalist at UN's global awards, this app/website has been praised as one of the world's best learning apps. Read a book or watch an animation... there's plenty of learning to be done.

BOOKLET - MISSION MAKE INDIA READ

A homegrown alternative which was started by avid reader Amrut Deshmukh, who started as The Booklet Guy, where he used to share summaries of books that he read with his friends.

Try a summarising app or video with this caveat. Book summaries do tend to work better for the non-fiction genre which includes science, pop science, history, memoirs among others as it is easier to identify and separate the points they are trying to make

BLINKLIST

Condenses a book into a set of 'blinks' which are the summaries of the book (or its chapters) presented as vital lessons which mostly take about 10 minutes to read.

GETABSTRACT

It has over 20,000 text and audio summaries. As part of their #nextgenleaders initiative, their student starter pack for verified students offers 5,000 summaries for their personal development. You can also print the PDF of the summaries.

INSTAREAD

Like Blinklist, it offers 15-minute summaries of non-fiction books. They also offer access to articles from publications like the 'New York Times' magazine.

READING GRAPHICS

Best for visual learners as it offers infographic summaries which is a unique learning alternative.

(FLASH)BOOKS

If you are looking for actionable stuff, this is it. This summary site offers actionable advice that you can imple-



BADMINTON DECODED

A GAME THAT PUT US ON THE OLYMPIC MAP

Badminton is a racquet sport played on a court, divided by a net. The players hit a shuttlecock over the net, from one side to the other. The objective is to hit the shuttle into the opposite side in such a way that it lands on the court before the opponent is able to hit it back. When the players hit the shuttle from one side to the other, with neither of the two allowing it to touch the ground, it is called a rally. Badminton can be played as 'singles', with one player on each side, or 'doubles', with two players on each side.

SCORING

Matches generally follow a best-of-three games format.

A point is won if the shuttle or birdie hits the ground in the opponent's half of the court.

Every time the shuttle hits the net, passes through it or from under it, the opponent gets a point.

If a player hits the shuttle twice with the racket, the opponent gains a point.

A point is scored on every serve. For a serve to count, the shuttle has to be hit diagonally across the court, from below the waist.

The side that wins a rally gets the point and gets the next serve.

The side reaching 21 points first wins that game.

The side winning a game serves first in the next game.

If the scores are tied at 20-all, then the side that gets two clear points ahead of the opponent wins the game.

If the score extends to 29-all, then the side that scores 30 points first wins that game.

EQUIPMENT

Racquet: This is the most basic equipment that a player needs. It has an oval or isometric frame, or head, with netting. The netting is what comes in contact with the shuttle. A shaft holds the head on the handle, the part where the player grips the racquet. The Badminton World Federation (BWF) has laid out specifications on the length and width of the string. It also specifies the length of the racquet as a whole, which is also called the frame. The part of the net that is the best point for contact with the shuttle is called a 'sweet point'. The weight of the racquet determines the swing power, flexibility and maneuverability. The weight ranges from 70 grams to almost 180 grams.

Shuttlecock: The shuttlecock is made of 16 overlapping feathers threaded and glued in a circle on to a cork head to form an overall conical shape. The head is made from the bark of the cork tree or softwood, and is covered with leather. It is designed to be aerodynamically stable while in flight. The weight of the shuttlecock is capped at 5.50 grams. The altitude, humidity, and temperature of a location can alter the performance of the shuttle.

Net: The net divides the court into two sides. The net is 30 inches wide and is strung across

the court at a height of 5 feet. A 3-inch white edging on the net ensures it is clearly visible. The length of the net is 17 feet for singles and 22 feet for doubles matches.

Shoes: Badminton players have to move around the court constantly and this puts a lot of pressure on their forefeet. They need to wear shoes that cushion their feet. The shoes should also be designed to hold the players' body weight, so that they can shuffle around the court without slipping.

Grips: Grips, which sit on the handle, give the players traction while holding the racquet. Most players prefer towel grips over rubber ones as they absorb sweat better. Players also use grip powder, made out of magnesium carbonate hemihydrate. It keeps the hands from getting too sweaty and slippery.

The court: Badminton is often casually played in the outdoors. However, competitive matches are played on indoor courts. The court, for singles matches, measures 17 by 44 feet. In a doubles matches the width extends to 20ft. The court is divided into sections with the service area clearly demarcated. A central line divides the court in width as well.

INTERVALS

When the leading score reaches 11 points, players get a 1 minute interval.

Between each game, there is a 2 minute interval.

In the third game, players change sides when the leading score reaches 11 points.

TERMINOLOGY

Center or Base Position - Location in the center of the court to which a singles player tries to return after each shot.

Clear - A shot hit deep to the opponent's back boundary line. The high clear is a defensive shot, while the flatter attacking clear is used offensively.

Drive - A fast and low shot that makes a horizontal flight over the net.

Drop - A shot hit softly and with finesse to fall rapidly and close to the net on the opponent's side.

Flick - A quick wrist and forearm rotation that surprises an opponent by changing an apparently soft shot into a faster passing one; used primarily on the serve and at the net.

Fault - A violation of the playing rules, either in serving, receiving, or during play.

Balk - Any deceptive movement that disconcerts an opponent before or during the service; often called a 'feint'.

Carry - An illegal tactic, also called a sling or throw, in which the shuttle is caught and held on the racquet and then slung during the execution of a stroke.

Hairpin Net Shot - Shot made from below and very close to the net with the shuttle rising, just clearing the net, and then dropping sharply down the other side. The shuttle's flight approximates the shape of a hairpin.

Halfcourt Shot - A shot hit low and to midcourt, used effectively in doubles against

the up-and-back formation.

Kill - Fast, downward shot that cannot be returned; a 'putaway'.

Let - A legitimate cessation of play to allow a rally to be replayed.

Net Shot - Shot hit from the forecourt that just clears the net and drops sharply.

Push Shot - Gentle shot played by pushing the shuttle with little wrist motion, usually from net or midcourt to the opponent's midcourt.

Smash - Hard-hit overhead shot that forces the shuttle sharply downward. Badminton's primary attacking stroke.

Wood Shot - Shot that results when the base of the shuttle is hit by the frame of the racquet. Once illegal, this shot was ruled acceptable by the International Badminton Federation in 1963.

Alley - Extension of the court by 1/2 feet on both sides along the length for doubles play.

Back Alley - Area between the back boundary line and the long service line for doubles.

Backcourt - Back third of the court, in the area of the back boundary lines.

Baseline - Back boundary line at each end of the court, parallel to the net.

Center Line - Line perpendicular to the net that separates the left and right service courts.

Forecourt - Front third of the court, between the net and the short service line.

TOP PLAYERS INTERNATIONAL

Women: Carolina Marin | Wang Yihan | Li Xuerui

Ratchanok Itanon | Tai Tzu-Ying

Men: Lee Chong Wei | Cheng Long

Lin Dan | Viktor Axelsen

TOP PLAYERS NATIONAL

Women: Saina Nehwal | PV Sindhu | Jwala Gutta

Aparna Popat | Ashwini Ponnappa

Men: Prakash Padukone | Pullela Gopichand

Kidambi Srikanth | Parupalli Kashyap

HISTORY

An early form of the sport was played in ancient Greece. In Japan, a similar game called Hanetsuki was played in the 16th century, while in the West a game called battledore (racquet) and shuttlecock was played. British officers posted in Poona revived the game and it came to be called 'Poona' during the 18th century.

The sport was definitively launched in 1873 at Badminton House, Gloucestershire, owned by the Duke of Beaufort. During that time, the game was referred to as 'The Game of Badminton', and the game's official name became Badminton. The regulations were

drawn up in 1887. In 1893, the Badminton Association of England formulated rules. In 1899, the world's first All England Open Badminton Championships was started.

The International Badminton Federation (IBF) (now known as Badminton World Federation) was established in 1934 with Canada, Denmark, England, France, the Netherlands, Ireland, New Zealand, Scotland, and Wales as its founding members. India joined as an affiliate in 1936. The BWF now governs international badminton and develops the sport globally.

OLYMPICS

Badminton first appeared as a demonstration sport at the Olympic Games in 1972, and as an exhibition sport in 1988. It became a full-medal

sport at the 1992 games, with men's and women's singles and the doubles competition. The mixed doubles was introduced in 1996. PV Sindhu won a silver medal at the 2016 Rio Olympics for India. Earlier, Saina Nehwal won a bronze at the 2012 Games in London.

IMPORTANT TOURNAMENTS

Olympic Games | BWF Championships

Thomas/Uber Cup | Sudirman Cup

All England Open

Para-Badminton World Championships

Photo: GETTY IMAGES

PV Sindhu

Srikanth Kidambi

Photo: TOI