



# THE TIMES OF INDIA

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**Your Weekender**

**TODAY'S EDITION**

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**STUDENT EDITION**

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**THE TIMES OF INDIA**

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**NORTH**

**SNEAK PEAK:** A magical setting pulled straight out of the dog-eared pages of Rusty's child-lit. Nag Tibba is your quickest passport to the mighty Himalayas from Delhi. Meaning the Serpent's Peak, it is the highest peak in the lower Himalayas of Gharwal. The base for this adventure is Landour, the quaint cantonment above Mussoorie, adored for its cobbled pathways and giant deodars. You could do Nag Tibba in two ways — as a first time trekker looking for a warm-up trek before you attempt a full-blown one — this is a good sneak peak. Or as a cool camper.

**OH FISH:** Fresh water trout sautéed in butter and garlic adorn your food plates in the charming little hamlet called Jibhi in Tirthan Valley. Modest accommodation, gentle forest walks, fishing outings to nearby Gushaini and riverside picnics is what your day looks like in this laid-back stopover before your trek to Jalori Pass. Tirthan has become quite a rage with Delhiites off late. Spend leisurely days sunning in a hammock at one of the comfy homestays and wind up the trip with a quick stroll in the sweeping meadows above Jalori or by camping at Seroyul Lake.

**TRAVEL**



## TAKE ME HOME, COUNTRY ROADS

Winters are the perfect time to plan road trips. We bring you exciting getaways across the country, pick the one closest to you



**WEST INTO THE WILD:** Next time you plan to drive to Goa from Mumbai, drive through Chorna Ghat. A delight for ecologists, biologists and trekkers, Chorna Ghat is the wild side of Goa. The enthralling hillock is surrounded by Goa, Maharashtra and Karnataka and has fantastic sights to behold, like the Lasni Temb peak and Twin Vajra waterfalls. A part of the Mhadei Bio Region in the Sahyadri Range, Chorna Ghats is gorgeous in any season. Other than the 'must do' waterfall trek, the region is great for bird watching and organic farm tours. So plan a visit now... just one thing though. While driving to the Ghats can make for a joyous ride, make sure that your vehicle has fog lights in place since the route can be densely fogged, especially early morning.

**BLOOMING VALLEY:** An overnight road journey from Mumbai, Kaas Plateau is a perfect getaway for Mumbaiers. Situated 25 km west from Satara in Maharashtra, the plateau is now a reserved forest famous for over 850 different species of flowering plants, the Kaas Lake and, of course, the beautiful terrain. If you're lucky you might see Kaas in full bloom. Weekends mean big crowds in Kaas, so register on the official website in advance. They have a rule to limit the crowd to 2,000 per day.

**SOUTH BRITISH GEM:** A great change from the commotion of Ooty, Red Hills is an untapped zone in the Nilgiri Biosphere Reserve. Located at a short distance of 28 km from Ooty, it is a beauty ringed by a never-ending array of mountains and green finery. Red Hills, so named by the British, in remembrance of a similar area in England, has eight pristine lakes. A ramble of the whole area will take you around the spectacular Emerald and Avalanche lakes and the surrounding hills of the Silent Valley and Makuti National Park. A quick trip to the nearby village Avalanche is recommended.

**EAST SOULFUL STOP:** Gently swaying palm fronds, the distant roar of crashing waves and a deserted beach, Gopalpur's charm lies in the fact that it is virtually tourist free. If a languid holiday is what you are looking for, you won't be disappointed. From an obscure little fishing village, Gopalpur became a prominent trading port during the days of the Raj. Set your phone for an early morning wake-up call and head out to the beach. Watch the sun's rays sweep the sea with glittering rays. For the adventurous, a trip to the lighthouse is a must.

Pics: Istock

## WORLD TELEVISION DAY

### All hail the TELEVISION

A day before World television Day (November 21), we share some interesting facts about the good ol' TV

On December 17, 1996, UN General Assembly proclaimed 21 November as World Television Day. The reason was to mark the major role that television has come to play in our lives. Television continues to be the single largest source of video consumption. Though screen sizes have changed, and people create, post, stream and consume content on different platforms, the number of households with television sets around the world continues to rise.

In recognition of the increasing impact television has on decision-making by bringing world attention to conflicts and



threats to peace and security and its potential role in sharpening the focus on other major issues, including economic and social issues, the United Nations General Assembly proclaimed 21 November as World Television Day (through resolution 51/205 of 17 December 1996).

World Television Day is not so much a celebration of the tool, but rather the philosophy which it represents. Television represents a symbol for communication and globalisation in the contemporary world. On 21 and 22 November 1996 the United Nations held the first World Television Forum, where leading media figures met under the auspices of the United Nations. That is why the General Assembly decided to proclaim 21 November as World Television Day.

Assistant of inventor John Logie Baird, William Taynton was the first human face to be aired on television. He was offered two shillings and a six pence every week to just sit in front of the TV transmitter.

The Late Late Show airing since 1962 and The Tonight Show airing since 1954 are the longest-running talk shows in the world.

The first TV advertisement to be broadcast was in New York on July 1, 1941. The ad lasted a total of 20 seconds. TV ads cost \$9 at the time.

There was no TV broadcaster until 1987 in Iceland. In 1907, television was identified as a term in English and the abbreviation TV came into being in 1948.

The world's first ever High Definition television system started in 1936 in the UK. The first colour TV set was produced by Westinghouse in March 1954. Sony Watchman was the world's first pocket television introduced in 1982. The first remote was developed in 1950 by Zenith.

An average American kid between the age of 5 and 13 watches 13,000 deaths on TV in a year. It is believed an average person spends ten years of their life in front of TV sets watching television.

The day recognises the role of television in the process of decision-making. TV was thus acknowledged as a major tool in informing, channelling and affecting public opinion

The Super Bowl has a television viewership of 114.4 million in the US. A 30 second commercial on the Super Bowl cost a company 2.7 million dollars back in 2008.

**#GOALS**

## THAT ONE ADVICE

CELEBS ON COUNSEL THAT HELPS THEM EVERYDAY

**DO WHAT MAKES YOU HAPPY, AND LET THE REST TAKE CARE OF ITSELF**

**LEONARDO DICAPRIO, actor**

In an interview with The Telegraph DiCaprio said: "I've been very lucky to have achieved a lot of the things that I dreamt of achieving as a young man. But, at the end of the day — and I truly believe this — it is not about achieving great wealth or success, because they don't bring happiness ultimately. They really don't. What matters is whether or not you've fulfilled the idea of having led an interesting life, whether you've contributed in some way to the world around you."

**CONTRIBUTE YOUR IDEAS**

**TINA FEY, writer/actor**

Don't be afraid to contribute your ideas. — Tina Fey

In her memoir "Bossypants," Tina Fey lists rules she learned for improvisation. One of the rules, "not only to say yes, but YES, AND" can also be extended to other aspects of life. "To me, YES, AND means don't be afraid to contribute," Fey writes. "It's your responsibility to contribute. Always make sure you're adding something to the discussion. Your initiations are worthwhile."

**LEAVE YOUR COMFORT ZONE**

**SHONDA RHIMES, TV writer and producer**

In an interview to NPR, she said: "My oldest sister said to me, 'You never say yes to anything.' And by that she meant I never accept any invitations... All I did was go to work and come home... Once I sort of realised that she was right, I was going to say yes to all the things that scared me, that made me nervous, that freaked me out, that made me think I'm going to look foolish doing it. Anything that took me out of my comfort zone I was going to do it, if asked to do it."

**DON'T BE AFRAID OF FAILURE**

**BEYONCÉ, singer**

In a video for her self-titled album, Beyoncé explained how she dealt with loss and learned from it. "The reality is, sometimes you lose. And you're never too good to lose, you're never too big to lose, you're never too smart to lose, it happens. And it happens when it needs to happen. And you have to embrace those things."

**UNDERSTAND FEAR**

**CHRIS PINE, actor**

In an interview with Men's Health UK, the Star Trek actor said: "Fear runs our lives. It doesn't matter who you are. You have to understand your relationship with fear. Whether you're scared of getting into a relationship or taking the new job or a confrontation — you have to size fear up."



**COLLABORATE**

**AMY POEHLER, comedian/writer**

In a speech to graduating seniors at Harvard in 2011, Amy Poehler said: "What I have discovered, is this: You can't do it alone. As you navigate through the rest of your life, be open to collaboration. Other people's ideas are often better than your own. Find a group of people who challenge and inspire you, spend a lot of time with them, and it will change your life."

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**HEALTH**

## BEDTIME MANNERS FOR A GOOD SLEEP

A wind-down routine before bedtime is a must not just for toddlers but for adults too...

dimmed and gadget use avoided for at least one hour prior to bedtime.

**SOUNDS RIGHT?** High intensity sounds can cause arousals

**TO NAP OR NOT TO NAP** As we lose hours of our sleep, snoozing while travelling or short power-naps during the breaks often becomes a habit. But studies have shown that sleep is best obtained in a single and continuous block. Frequent naps may hamper a restful night's sleep

**LAY OUT YOUR CLOTHES** You can help your body recognise that bedtime is looming by setting routines and repeating them each night. If people establish regular nightly routines, they can help their brain shift into sleep mode. Start with laying out your pajamas, brushing your hair or your teeth.

(periods of wakefulness in sleep) resulting in poor quality of sleep causing fatigue, tiredness during the day. For instance, intense traffic noise causes increased cortisol levels resulting in poor sleep. So, what content you watch or listen to before sleeping is also crucial. Soothing chants or symphonies are recommended before you hit the bed.

**A heavy meal or spicy snack too close to bedtime can leave your digestive system working overtime hampering sleep. Also avoid fluids before bed**

**FIX THE LIGHTS** As it starts getting dark outside, your body releases the chemical melatonin which peaks at 2-3 am. It automatically makes you sleepy, only if it receives the right cues from your environment. Any kind of light that interferes with the secretion of melatonin, causes a delay in sleep onset and poor quality slumber. Gadgets, phones, iPads, all emit a blue light which has a maximum impact on melatonin secretion. Thus lights in the bedroom should be

**AVOID STIMULANTS** Substances high in caffeine (coffee, tea, colas and chocolate) or nicotine (cigarettes) act as stimulants and interfere with the ability to fall asleep. They are best avoided 4-6 hours before bed. Also, contrary to common belief, alcohol will relax and induce sleep only initially. In the long run, it actually interrupts the quality of sleep, keeping you from getting the deep, restorative REM sleep.



**WORD WISE**

## That funny feeling

Ever experienced a feeling but can't find the right words to describe it? Borrow some from this list...

**SIRVA VIGAD**

**USE WHEN YOU HAPPY CRY**

Ever been caught by a friend or family member while you are wiping away tears. And you don't know what to tell them? Because you are not crying because you are sad or nothing has happened to make you cry, use this Hungarian term which means crying because you are happy. The emotion is a mix of joy and sorrow, experienced by crying or tearing up.

**DÉPAYSEMENT**

**USE WHEN YOU ARE TRAVELLING AND NOT FEELING AT HOME**

This French word can mean "disorientation," but particularly means that outsider feeling that you get when you travel to new places. It can hit you suddenly when your physical surroundings are new.

**DEFINING OUR FEELINGS**

help us better regulate our emotions and weaken negative emotions. Lexicographers are helping fill this void by studying new languages

**BESCHAULICH**

**USE WHEN YOU HAVE A HEART-TO-HEART**

This German word is a feeling of living a simple life. Ever have a quiet evening, pensive and introspective conversations amid tranquil surroundings and how it results in a positive, peaceful mental state? Well that's when you feel beschaulich.

**DEMÖDALEN**

**USE WHEN YOU GET A DEJA VU**

Ever felt that everything you've thought of has been done before?

**CHRYSLISM**

**USE WHEN THERE'S A STORM BREWING OUTSIDE**

Don't you love that cosy indoor feeling when you are in a blanket, sipping chai while outside there's a storm brewing. Turns out there's a word for this: chrysalism coined by John Koenig, is the tranquility and peace that you feel when you're indoors during a thunderstorm.

**WYTAI**

**USE WHEN YOU ARE FEELING DISCONNECTED**

Coined by Koenig, this one describes the feeling you have when you reflect on modern society and find it absurd. It could be anything from day-to-day existence like drinking milk, thinking about the whole act of wearing clothes, feeling wytai makes you reconsider our present practices.





## MANNER MANUAL

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It is not uncommon to read stories of abuse of domestic staff in the newspaper often enough. That it happens in educated and affluent homes is shocking and shows that we need to really understand that helpers, be it a delivery boy or the cleaner in your home, are people who provide service at a price, like any other job. So, they deserve the same respect you would give to a bank staff for helping you with bank work and the like. They are not 'servants' – the popular term used around the world and more so in status quo class conscious societies like India – is outdated and we need to address them as our 'helpers'. It's crucial to start looking at them in a new light – as people equal to you – not less.

**Don't scream at your helpers if they are not following Covid appropriate behaviour (wearing face masks, maintaining social distancing and washing/sanitising hands). Tell them firmly that they need to follow these rules for their as well as your safety**

### ADDRESS HELPERS RESPECTFULLY

Use terms such as 'bhalaiya', 'didi', 'uncle' 'aunty' for domestic helpers at your home and, also for cab drivers, waiters, cleaning staff in malls, etc. "Remember, the tone and inflections of your voice conveys to a person how you feel about him/her. Talking down and calling helpers 'servants' is part of a feudal mindset that is obsolete and has no place in a modern and civilised society," opines etiquette expert Pria Warrick.

### POLITENESS IS NON-NEGOTIABLE

Basic manners like saying 'thank you' and 'sorry' should extend beyond parents and teachers to your helper as well. When they bring you food or do some work for you,



## Do you give due respect TO YOUR HELPERS?

Being nice to the people who help at your home with cooking, cleaning or driving your car should be a given. Except that it isn't always the case. Here is an etiquette guide that tells you how to be empathetic and not just sympathetic to your helpers



### SHOULD I GIVE A TIP OR GIFT TO MY HELPER ON SPECIAL OCCASIONS?

"It is surely nice if you can give something to your regular helper on his/her birthday or Diwali/New Year – favourite food or knick-knacks work. The gift can be expensive or simple – that's up to you," says Warrick.

make sure you thank them for it. It also doesn't hurt to be polite: ordering them around for things you can easily do is improper behaviour. Screaming or shouting at them is, of course, a big no. In fact, correct your other family members, too, if you notice them behaving rudely with a helper.

### BE EMPATHETIC

Home-related technology that is part of our day-to-day work such as microwave, washing machine, vacuum cleaner, etc. may be a novelty for your domestic help who come from a different socio-economic background. So, do not scold a helper if he/she is taking time to adjust to these gadgets. Explain to them how to use these things and encourage them to take your help if they are confused about the functioning of a gadget. Similarly, "Things like food safety know-how and other hygiene rules need to be explained to your helpers if they have

migrated from a remote village to the city for work," advises psychiatrist Dr Jitendra Nagpal.

### DON'T MAKE FUN OF THEIR LIFESTYLE

Do keep in mind that your helpers' way of living is different from yours. In some cultures, especially in rural areas, people eat rice/roti three times a day, and your domestic help or the society floor cleaner may be used to this pattern of eating. So, while you are munching a sandwich with a milkshake in the evening, you may notice your nanny enjoying a plateful of rice with pickles. Seems odd? Well, that's the lifestyle he/she is used to, so, it's improper to laugh at their eating pattern or choice of clothes or way of talking, which may perhaps not be as polished as your conversational skills.

### SHOW COMPASSION FOR A SICK HELPER

Your driver, gardener or laundry person is as vulnerable to health issues as the rest of the society, especially in the time of Covid. When some helper is unwell, be compassionate and offer medicines and other help. If there is a 24/7 helper at your place, do ask your parents to take him/her to a doctor. Help them with the Covid vaccination process if they require help. And until the helper recovers (from any disease), manage your work and help your parents too in finishing household chores.

### APPRECIATE EFFORT

Appreciation of a job well done is a huge motivation for everyone including people who take care of messy and no-so-easy everyday tasks at your place. For instance, if your driver has ensured your timely arrival at a party despite the chaotic traffic, thank him. Ditto for the pizza delivery boy who gets you your favourite food at odd hours. Thank him/her with a smile and ask if they want some water.

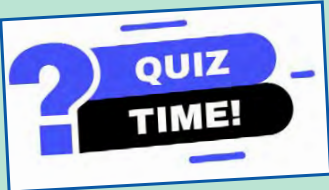
## THE GENERAL ETIQUETTE QUIZ

10 social situations and ways to tackle them

1. In a group of people, if you are trying to indicate a specific person to someone else, what's the appropriate way to do that?

- a. Point  
b. Open-handed gesture  
c. Yell their name  
d. Show them a photo

**Answer:** B. You can certainly point at things, but you must never point at people. It gives the impression that they are being talked about, and people usually assume it's in a negative way. Gesturing with an open palm is more welcoming and positive in nature.



2. In this day and age, is it OK to have your phone on the table during a dinner?

- a. If you're with close friends b. If you're eating at home c. No d. It certainly is

**Answer:** C. Having your phone out on the table, even in this age where people are addicted to their phones, shows that you care more about what's happening in your phone than the present company and the dinner.

3. When visiting someone, is it imperative that you call them first?

- a. You can just show up. b. There's no etiquette on that c. Not if you know they're home d. You bet

**Answer:** D. People like to be prepared for people to come over. You wouldn't want someone to just show up while you still had your curlers in, now would you? Give the person a chance to get presentable.

4. How long should dinner guests wait before responding to a formal invitation?

- a. They should respond immediately b. A few days c. A week d. Less than five days is rude.

**Answer:** D. Engraved or written invitations must be answered and put back in the mail immediately, but if it was a telephone invite, the call must be returned right away. Don't expect to get out of it, either. Only death, serious illness or an extremely unforeseen accident will excuse you.

5. Are candles appropriate on the table for a luncheon like they are for a dinner?

- a. Only if they're unscented b. No c. Yes, but only one d. If the hostess chooses to have them

**Answer:** B. A luncheon is a much more casual event than a dinner. The whole point of candles is to bring light to the room and table when there is no daylight. But since luncheons are during the day that renders candles useless.



6. What should you do if you're walking with someone who runs into someone they know and greets them?

- a. Greet them as well b. Stay behind c. Keep walking d. Move the conversation along. You've got places to be.

**Answer:** A. It's just polite to greet the person your companion has greeted. Don't wait to be introduced, as that might never happen and then you look awkward just standing there not knowing who the person is.

7. In letter writing, is using big words, wordy descriptions and flowery vocabulary a sign of elegance?

- a. For certain occasions b. Depends on who's writing it c. Yes, it is d. No

**Answer:** D. Writing a letter should portray simplicity and come from a natural place. If language is used that is not normal for the writer, it comes off as forced and like they're trying too hard to be something they're not.

8. How should one set the table for dinner when no guests are expected?

- a. Everyday plates and flatware b. The same as if guests were coming c. It doesn't need to actually be set d. With just the basics

**Answer:** B. Emily Post clearly states that whether or not guests are coming for dinner, the linens should be spotless, the silver should be at its most polished and the service must be impeccable. Each place setting should be set as well, even if people aren't sitting there.

9. If a person applies perfume, should he/she apply enough to make sure it can still be sensed in the evening?

- a. She can reapply b. That's the idea c. Not at all d. Only if they have an event that night

**Answer:** C. Carry your perfume with you or a small bottle of it in your bag. Reapply only if you have an event in the evening. Never apply so much perfume that it can still be smelled into the evening. The appropriate amount will wear off sometime throughout the day.

10. Which hand should you be coughing and sneezing into?

- a. Left b. Right c. It doesn't matter d. Neither. You should do it into your elbow.

**Answer:** A. The right hand is considered the social hand, the one you'll be shaking hands and waving with. The left hand is considered the personal hand and the one you use for coughing, sneezing, scratching, etc.

### Queries relating to Etiquette

Etiquette is the customary code of polite behaviour in society. Social situation and the way we live, even etiquette, is ever changing. For instance, who would have thought that one would need a whole new set of classroom rules in 2019? If you have a question on the new rules of engagement in a post-covid world, a relationship dilemma or just a query regarding writing a thank you note, write in to us [toimie175@gmail.com](mailto:toimie175@gmail.com) with the subject line ETIQUETTE.

## GOOD TO KNOW

## ADOPT AN ATTITUDE OF GRATITUDE

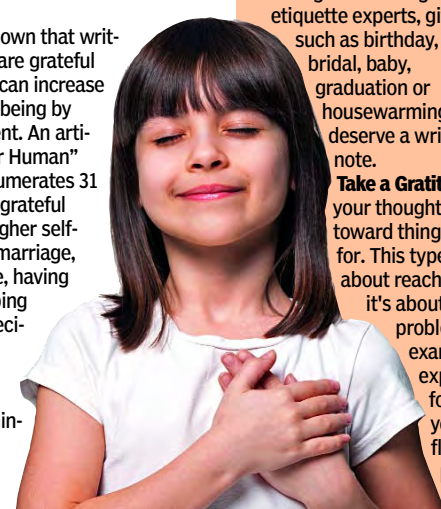
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Scholars, spiritual leaders, and scientists throughout history have deliberated on gratitude. Is it the same as being thankful? No, it only begins there. Small joys and freedoms that we took so much for granted suddenly seem like the greatest gifts in post-Covid era. Today, most of us feel grateful for being alive, healthy and near our loved ones. We are grateful for the outdoors, the sunshine and the blue skies. We have a newfound respect for nature and the joy it brings us.

With Thanksgiving around the corner, we must soak in this renewed spirit of gratitude and be thankful for the good food, good health and good people in our lives. Embrace your own gratitude practice today, to feel the beneficial effects in many areas

of your life.

Studies have shown that writing down what we are grateful five-minutes a day can increase our long-term well-being by more than 10 percent. An article by "The Happier Human" about gratitude enumerates 31 benefits to being a grateful person including higher self-esteem, a happier marriage, being more likeable, having better health, sleeping better, improved decision making and increased productivity. All that just for spending five minutes a day jotting down a few things we appreciate.



## GRATITUDE ETIQUETTE LIST

**Write personal notes:** The gold standard of appreciation will always be a handwritten thank-you note; there's nothing like receiving a card or letter with a heartfelt message. According to etiquette experts, gifts – such as birthday, bridal, baby, graduation or housewarming – deserve a written note.

**Take a Gratitude Walk:** Notice your thoughts and veer them toward things you are grateful for. This type of stroll isn't about reaching a destination; it's about creative problem solving. For example, you might express gratitude for your family, your home, or the flowers you are passing in the park. Keep

adding things to your list. If you are comfortable, you can even say all the things you are grateful for out loud.

**You've got mail:** For colleagues and coworkers, an email or text for a lunch treat, work-related help or a last-minute act of kindness is certainly acceptable as long as your gratitude is evident.

**Practice gratitude rituals:** Some people say grace before a meal. Pausing in gratitude before eating doesn't have to be religious. It's a simple habit that helps us notice and appreciate the blessing of food on the table. **Recount the best of the day:** At bedtime, describe what was best about her day. **Volunteer:** Find organisations in your community with volunteering options. **Turn it around:** When faced with a challenge, find the silver lining by asking: "What did I learn from this?" "Is there something I can be grateful for?"



## ASK THE EXPERT

## My daughter's friend is mean to her



**Q** My daughter has a friend who continues to try to pull her down. She will talk ill about her to others, say mean and hurtful things to her and is generally very insecure if she sees her bonding with anyone else. Her behaviour affects my daughter deeply. What's the right way to intervene in this situation or should I even interfere?

**A** Hi, thank you for writing to us. I completely understand how unsettling this situation may be for you. I gather your daughter's friend is quite insecure and perhaps even possessive about her friendship with your daughter and hence is using inappropriate ways to keep other friends away from your daughter so she can have her all to herself.

You are right: interfering directly between the friends doesn't seem like a great idea but since this behaviour disturbs your daughter as well, it's important to have a conversation about it with your daughter and see if she would like your support in coping with this in a better way. Ignoring the situation and not bringing it up, can psychologically impact her in the long run.

### HAVE A HEART-TO-HEART

Firstly, have a heart-to-heart talk with your daughter to know how she truly feels about all this and if she is willing to talk about it to her friend in order to make this relationship better instead of toxic or hurtful. It's difficult when a child tells you that a friend is saying hurtful things about them. However, if it happens on a regular basis, it's important to take the issue seriously and make sure your daughter knows what to do or say if her friend continues with the same behaviour. Assess your daughter's points of view, feelings,

expectations and methods deployed to make the friendship healthier. Offer suggestions if she is receptive, else connect her to a counsellor or a therapist who can help her map her emotions as well as the emotional dependency, in a better way.

Let her answer these questions: Has she tried communicating her feelings to her friend? Has she expressed to her friend that making other friends doesn't mean that she won't value her? Has she tried to put her friend's insecurity to rest through a compassionate approach? Has the friend been hurt by something she did, perhaps unintentionally?

What are the ways in which this friendship can be made better?

Ask your daughter to have a chat with her friend, particularly, about her behaviour without bringing up any baggage or judgement of her own. Perhaps, the past experiences of her friend have caused her to be insecure in her friendship. As a parent, don't take sides but do let your daughter know that it's important to address the issue.

In case, your daughter is determined to make this friendship work, ask her to honour herself as well as her friend in the process. She should inform her friend, politely, that she is crossing the line, whenever the friend is mean, toxic or nasty. A simple, "Do you realise that what you are doing is quite hurtful?", goes a long way in making things better. Getting reactive not only makes the situation worse, but also disturbs one's peace of mind.

As a parent, be patient and understanding and let the children work it out themselves. Let them learn from their mistakes and guide them when needed. Keep your cool at all times but do not hesitate to step in when necessary, such as if one of them is getting hurt emotionally by the other friend's words or actions. Allow your daughter to take ownership for her decision and facilitate whatever is needed in the process. Use this as an opportunity to enable your daughter to master emotions, relations, communication and most importantly instil self love and self worth! Tolerating mean behaviour to save a friendship is never wise; enabling others and finding healthier ways to thrive in a friendship is what is truly needed. If your daughter tries it all and is still unable to leave a positive impact on the friend (who refuses to change her mean behaviour), then perhaps it's best for your daughter to distance herself from her for a while. **TNN Expert:** Dr. Chandni Tugnait, MD (Alternative Medicines), psychotherapist, life coach

## DRESS ETIQUETTE



## 10 Tie Rules for EVERYONE

A tie is a powerful accessory, it is one of the first things people notice when you dress up or suit up. But be it for school or otherwise, there are some rules to tie-wearing...

**1 Right tie for the right occasion:** Ties have to be picked according to the occasion. If it's formal pick solid ties in colours like as dark blue, burgundy, dark green. For a fun day out, pick polka dots, knit or paisley ties.

**2 Invest in quality:** A high-quality necktie will always stand out from a cheap tie. Also ties really last a long time, so investing in a good one will hold you in good stead.

**3 Mind the length:** A tie should always end at the center of the belt buckle when you stand upright. A simple touch overlooked by many.

**4 Avoid improper width:** The days of big, fat, wide ties are over. The general rule for the right tie width is – not too wide, not too narrow. But the width actually should be proportional to your body type, your dress shirt, and your suit lapel width. Simple.

**5 Don't forget the necktie dimple:** Simply put, the necktie dimple is the telltale sign of a professional who knows how to wear a tie. A well-dimpled necktie can make a great first impression in business situations as well as social occasions.

**6 If going casual, pick a slim tie:** If you're wearing a tie as part of your casual outfit, go for a slimmer tie instead of the wider ones. You'll look much more fashionable this way.

**7 Avoid a short-sleeve shirt with a tie:** If you want to stay looking professional and confident, stick to long-sleeve shirts when wearing ties. Avoid wearing a short sleeve shirt with a tie, unless are a student and it's part of your uniform.

**8 Avoid crowded prints:** Avoid mixing too many patterns or prints together when it comes to your suit, shirt, and tie combination. A good rule of thumb is to keep it to a max of two patterns. If you're wearing a patterned suit, wear a solid shirt and a patterned tie, or if you're wearing a solid suit, you can wear a patterned shirt and a patterned tie.

**9 Knot it right:** The tie's knot should be big enough to cover the collar band and top button behind it. If it doesn't, the knot has probably been tied too loose.

**10 Let it be subtle:** While a tie is a small detail that can enhance your look, make sure it's not the centre of attention. Let it complement, rather than stand out.



**PITCH PERFECT, 2012**

The Barden Bellas are a collegiate, all-girls cappella singing group thriving on female pop songs and their perfect looks. After a disastrous failing at last year's finals, they are forced to regroup. Among the new recruits is freshman Beca, an independent, aspiring DJ with no interest in the college life. Can they win?

**SUNSHINE ON LEITH, 2013**

This film is based on the sensational stage hit by the same name, featuring music by pop-folk band 'The Proclaimers'. It follows the stories of Davy and Ally, who have to re-learn how to live life in Edinburgh after coming home from serving in Afghanistan.

**LOVE, SIMON, 2018**

Everyone deserves a great love story, but for 17-year-old Simon Spier, it's a little more complicated. He hasn't told his family or friends that he's gay, and he doesn't know the identity of the anonymous classmate that he's fallen for online. Resolving both issues proves hilarious, terrifying and life-changing.

**BILLY ELLIOT, 2000**

The life of 11-year-old Billy Elliot, a coal miner's son in Northern England, is forever changed the day he stumbles upon a ballet class during his weekly boxing lesson. He finds himself emulating the dance moves, demonstrating the kind of raw talent seldom seen by the class' exacting instructor, Mrs Wilkinson. With a tart tongue, Mrs Wilkinson's zest for teaching is revived when she sees Billy's potential.

**BABE, 1995**

Gentle farmer Arthur Hoggett (James Cromwell) wins a piglet named Babe (Christine Cavanaugh) at a county fair. Narrowly escaping his fate as Christmas dinner when Hoggett decides to show him at the next fair, Babe bonds with motherly border collie Fly (Miriam Margolyes) and discovers that he too can herd sheep. But will the other farm animals, including Fly's jealous husband Rex, accept a pig who doesn't conform to the farm's social hierarchy?

**LITTLE MISS SUNSHINE, 2006**

The Hoover family — a man (Greg Kinnear), his wife (Toni Collette), an uncle (Steve Carell), a brother (Paul Dano) and a grandfather (Alan Arkin) — puts the fun back in dysfunctional by piling into a VW bus and heading to California to support the daughter (Abigail Breslin) in her bid to win the Little Miss Sunshine Contest. The sanity of everyone involved is stretched to the limit as the group's quirks cause epic problems as they travel along their interstate route.

**TOOTSIE, 1982**

New York actor Michael Dorsey (Dustin Hoffman) is a talented perfectionist who is so hard on himself and others that his agent (Sydney Pollack) can no longer find work for him. After a soap opera audition goes poorly, Michael reinvents himself as actress, Dorothy Michaels, and wins the part. What was supposed to be a short-lived role turns into a long-term contract, but when Michael falls for his castmate Julie (Jessica Lange), complications develop.



# 20 FEEL-GOOD FILMS

## To cheer you up

What does 'feel-good' mean? And why do we need it so often?

The dictionary definition of 'feel-good' is: "relating to or promoting an often spurious sense of satisfaction or well-being". But we don't need to be technical about it. We all know what 'feel-good' films, music or books are... they make us feel happy, uplift our souls, and most

significantly, 'feel-good' works of art give us hope.

In a 2013 study titled: 'The Pursuit of Hopefulness: Operationalising Hope in Entertainment Media Narrative' — published in Routledge journal 'Media Psychology' — author Abby Prestin presented the findings of research into the effects on audi-

ences of underdog characters in the entertainment media. The study demonstrated that feelings of hope are associated with benefits for psychological and physical well-being. In short, do not underestimate the power of feel-good films to lift your mood and help you move into a positive frame of mind.

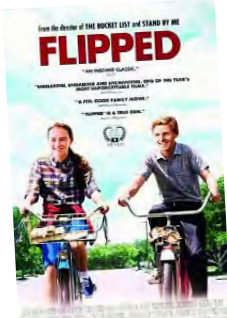
Recent research has further pointed out that media, as an uplifting and elevating medium, could be a powerful means of generating hope; which we all need in plenty right about now. So, without any more delay, here's a list of feel-good films to help you get into a cheerful mood.

**THE LEGO MOVIE, 2014**

Emmet (Chris Pratt), an ordinary LEGO figurine who always follows the rules, is mistakenly identified as the Special — an extraordinary being and the key to saving the world. He finds himself drafted into a fellowship of strangers who are on a mission to stop an evil tyrant's (Will Ferrell) plans to conquer the world. Unfortunately for Emmet, he is hopelessly — and hilariously — unprepared for such a task, but he'll give it his all nonetheless.

**FLIPPED, 2010**

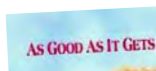
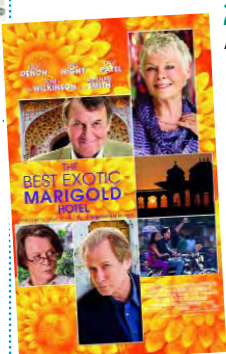
When they meet in second grade, Juli Baker falls instantly in love with her neighbour, Bryce Loski. Bryce, however, does not feel the spark. From that day forward, he (Callan McCulliffe) tries hard to keep his feelings hidden and unpredictable Juli (Madeline Carroll) at bay. After six years, she begins to feel that she was wrong about him being the love of her life. Unfortunately, that is just about the time that Bryce begins to think he was wrong about Juli, too.

**MRS DOUBTFIRE, 1993**

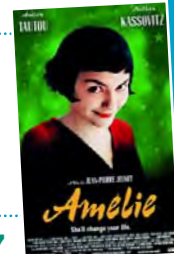
Daniel, a divorced actor, disguises himself as Mrs Doubtfire, an ageing female Scottish housekeeper, in order to work in his ex-wife's house and spend more time with his children.

**THE BEST EXOTIC MARIGOLD HOTEL, 2011**

A few British retirees (Judi Dench, Maggie Smith, Bill Nighy) decide to outsource their retirement to exotic — and less expensive — India. Lured by advertisements for the newly-restored Marigold Hotel and imagining a life of leisure in lush surroundings, they arrive and find that the Marigold is actually a shell of its former self. Though their new home is not quite what they had imagined, the retirees find that life and love can begin again when they let go of their pasts.

**AS GOOD AS IT GETS, 1997**

Melvin Udall (Jack Nicholson) is an obsessive-compulsive writer of romantic fiction who's rude to everyone he meets, including his neighbour Simon (Greg Kinnear), but when he has to look after Simon's dog, he begins to soften and, if still not completely over his problems, finds he can conduct a relationship with the only waitress (Helen Hunt) at the local diner who serves him.

**AMELIE, 2001**

Despite being caught in her imaginative world, Amelie, a young waitress, decides to help people find happiness. Her quest to spread joy leads her on a journey where she finds true love.

**PADDINGTON 2, 2017**

Settled in with the Brown family, Paddington the bear is a popular member of the community who spreads joy and marmalade wherever he goes. One fine day, he spots a pop-up book in an antique shop — the perfect present for his beloved aunt's 100th birthday. When a thief steals the prized book, Paddington embarks on an epic quest to unmask the culprit before Aunt Lucy's big celebration.

**MY NEIGHBOUR TOTORO, 1988**

This acclaimed animated tale by director Hayao Miyazaki follows schoolgirl Satsuke and her younger sister, Mei, as they settle into an old country house with their father and wait for their mother to recover from an illness in an area hospital. As the sisters explore their new home, they encounter and befriend playful spirits in their house and the nearby forest, most notably the massive cuddly creature known as Totoro.

# "We all are saddled with our inner demons and anxieties, whether we show them to the world or not"

Actor-filmmaker Jugal Hansraj's children's book tells youngsters how to get past their anxieties and fears...

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Jugal Hansraj, who made his cinematic debut as a child actor in Shekhar Kapur's 'Masoom' (1983) — and gained fame later for roles in 'Papa Kehte Hain' (1996) and 'Mohabbatein' (2001) — is back in a new avatar: a children's book writer. His book, 'The Coward and the Sword' is about Prince Kadis, an anxious and shy 16-year-old heir to the fictional Kingdom of Kofu that is ruled by heroic King Rishso. It so happens that Kofu is at odds with the Kingdom Molonga ruled by Rishso's distant cousin, who is plotting to go to war to settle family grudges. As the story progresses, we learn that the bitterness between the two kingdoms has lasted for centuries due to a mystical sword that will only glow in the hands of a true fighter. In this scenario, Kadis must overcome his inner demons to establish peace between the two kingdoms. For Hansraj, the essence of the story is contained in a phrase he heard years ago, 'A sword is useless in the hands of a coward'. In this interview, he speaks about what inspired him to tell this story, and what lessons he wants his readers to learn. Excerpts:

**What is 'The Coward and the Sword' about?**  
It's a coming-of-age story about a shy and timid prince dealing with his anxieties. When confronted with an issue much bigger than him, he is forced to face his fears and dig deep within to find courage. With the help of a few friends, and armed

with his noble ideals, he sets out on a mission to change the destinies of the kingdoms of Kofu and Molonga.

**We learned that the birth of your son inspired you to write this story, which you finished during the lockdown. Did Covid impact the way you told the story? If so, how?**

Yes, the birth of my son did inspire me to write this story. Apart from that, my study and practise of Nichiren Buddhism also inspired me deeply to write something filled with positivity and encouragement

for our readers. When I re-read this quote as part of my Buddhist study by 13th-century Japanese Buddhist reformer Nichiren Daishonin: 'A sword is useless in the hands of a coward', it inspired me. And this story started to form in my mind. I had begun the writing process way before Covid-19, but due to the pandemic, I found a lot of time on my hands. I could complete the manuscript faster than I expected. The pandemic itself didn't alter the story or plot but it did give me time to concentrate and focus on completing my manuscript in the best way possible.

**How is writing for children different from telling/relating a story to an adult?**

A story is a story, whether for young readers or for adults. As a writer, I endeavour to write it and get my thoughts across in the most engaging way possible. Having said that, young readers have shorter attention spans because they are exposed to so much media nowadays, so I definitely kept that in mind while writing. I made sure to not bore them with too many details, to leave some things to their active

imaginings and to keep my story moving forward in the most interesting and exciting way possible.

**Who is 'Kadis' for you? Rather, through Kadis, what do you want to communicate to your young readers?**

Kadis is a little bit of me and a little bit of every teenager, I suppose. Having gone through my teens and seen others around me, and even as grown-ups, I noticed that we all are saddled with our inner demons and anxieties, whether we show them to the world or not. What I want to communicate is that with our own inner resolve, we must learn to face our issues and problems head-on and not run away from them. Only by doing so can we awaken our highest potential. Even if the problems don't go away, we can learn to deal with them and get on with life.

**What are your favourite books and movies you'd want young readers to see/read?**

I would definitely encourage the young generation to develop a love for reading. Unlike in films, where everything is shown to you, reading a book can create our own version of the world the book takes us to, thereby firing our imaginations and our creativity within. I've been a voracious reader since childhood, so my favourites are too many to name. Young readers should pick up books about whatever excites them. There's no right or wrong way to enjoy reading — just read whatever fires your imagination, whether fiction or non-fiction. There's so much to learn about the world and books help to do that in the most fun way possible.

What's interesting is to then see the movie versions of some of the great books they have read. It's such an interesting experience to see the world you've read about and imagined in a certain way come alive in a different way through someone else's imagination.



# Let's talk about METAVERSE

**Why now?**

Mark Zuckerberg recently rebranded Facebook as 'Meta, Inc.', expressing his faith and conviction in Facebook's new destiny in the growing metaverse. He defined the metaverse as an online universe that combines virtual life with real life. As per Zuckerberg, the metaverse will help users experience a perceived-as-real version of participation in practically anything that they can imagine. He envisions this as a better future via a redesigned internet that will dramatically advance internet applications in social media, healthcare (including telemedicine), education, commerce, and entertainment.

**What's interesting about it?**

Interestingly, the term 'metaverse' was coined in 'Snow Crash', a 1992 science fiction novel in which humans interact with each other in three-dimensional virtual space as avatars. In the book, the Street, a 100-meter-wide road that spans the whole 216-kilometer circle of a featureless, black, perfectly spherical planet, is how Neal Stephenson's metaverse appears to its users.

**What's a metaverse?**

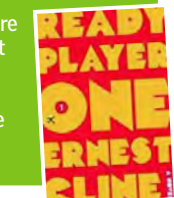
The term 'metaverse' can be characterised as a metaphor for a genuine world that mixes the perceived and the actual, since the mind can't detect the difference between virtual and real without using human intelligence and expertise. Individual interpretation manifests itself in the metaverse. The definition of the metaverse and its applications are still developing.

**WILLIAM GIBSON**

A cyberpunk science fiction masterpiece that ranks with '1984' and 'Brave New World' as one of the most powerful visions of the future of the twentieth century.

**READY PLAYER ONE**

by Ernest Cline  
The plot is set in a dystopian future in 2045, and it follows protagonist Wade Watts on his quest for an Easter egg in a global virtual reality game, which would allow him to inherit the game creator's riches — if he found it.

**IN FILMS AND BOOKS****TRON**

Although Disney's early '80s adventure inside a computer mainframe is remembered more for its graphics than for its plot, it remains one of cinema's most inventive explorations of a metaverse-type setting.

**THE MATRIX**

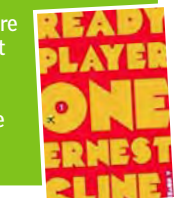
The film envisioned a future in which reality observed by humans is actually the Matrix, a simulated world constructed by sentient machines in order to dominate the human population — while their body heat and electrical activity are exploited as an energy source.

**OTHERLAND**

by Tad Williams  
Otherland is a thrilling journey through a creative metaverse, transporting you to strange, terrifying, and magnificent places as well as familiar ones like 'Alice in Wonderland', Middle Earth, and Jurassic Park. The story spans four large novels and investigates the fate of youngsters who are trapped in these virtual worlds.

**NEUROMANCER**

by William Gibson  
A cyberpunk science fiction masterpiece that ranks with '1984' and 'Brave New World' as one of the most powerful visions of the future of the twentieth century.





## BASKETBALL DECODED

# HOOPING SUCCESS ON THE COURT

*Basketball is a fast-paced game that generates a lot of excitement among the audience. We help you understand the game better*

## KNOWING THE GAME

Basketball is a team sport in which two teams of five players each try to score points by tossing a ball through the opponent's hoop or net, also called a basket. The players must also try to prevent the opposing team from shooting the ball into their hoop. The ball is taken across the court towards the basket by passing or dribbling. If a player puts two hands on the ball, then the player is no longer allowed to dribble. At this point, a player must either pass or shoot.

The team with the ball is called the offense. The opposing team, called the defense, tries to steal the ball, deflect passes, and garner rebounds to take possession of the ball.

When a team makes a basket, they score two points and the ball goes to the other team.

A regulation basketball court in international games is 28 meters long and 15 meters wide. Most courts have wooden flooring. A half-court line divides the court into two equal sides.

## BASKET

The basket is a steel rim 18 inches in diameter with a net attached. This basket is affixed to a backboard that is 6 by 3.5 feet. There is one basket at each end of the court at a height of 10 feet above the court. While variations in the dimensions of the court and backboard are possible, it is considered important for the basket to be of the correct height – a rim that is off by just a few inches can have an adverse effect on shooting. The net must check or hold the ball momentarily as it passes through the basket to aid the visual confirmation that the ball went through. This checking also slows down the ball just enough to ensure that the ball does not go too far when it rebounds after touching the floor.

## SCORING

There are three ways to score points

If a shot is successfully scored from outside of the three-point line, three points are awarded.

If a shot is successfully scored from inside of the three-point line, two points are awarded.

If a team is awarded a technical foul, they receive between one and three free shots. For each shot scored, one point is awarded.

## RULES

Player substitutions can be made at any time and there is no restriction on the number of substitutions made.

If a team wins possession back in their own half, they have 10 seconds to get it into their opponent's end or a foul will be called.

An attacking team has 24 seconds from gaining possession of the ball to shoot at the basket.

After the shot is taken, the clock is restarted for another 24 seconds.

All fouls that are committed throughout a game are accumulated and when a certain number is reached, the umpire will award a free throw, or more, depending on the nature of the foul.

## HISTORY

The sport was invented in 1891 by Canadian-American gym teacher and professor of physical education James Naismith. He sought a vigorous indoor game to keep his students at the International Young Men's Christian Association Training School fit during the long winters. On the suggestion of Frank Mahan, one of the players from the original first game, the name 'basketball' was decided upon in early 1892.

The first official game was played in New York, on January 20, 1892, with nine players.

In 1946, the Basketball Association of America (BAA) was formed. The first professional game was played in Toronto, Ontario (Canada), between the Toronto Huskies and New York Knickerbockers on November 1, 1946. FIBA (International Basketball Federation) was formed in 1932 by eight founding nations: Argentina, former Czechoslovakia, Greece, Italy, Latvia, Portugal, Romania and Switzerland. In 1989, FIBA allowed professional NBA players to participate in the Olympics for the first time.

## TERMINOLOGY

**Air Ball:** The ball misses the hoop and backboard entirely.

**Assist:** A pass that sets up a score.

**Backboard:** The surface to which the basket is mounted.

**Blocked Shot:** A shot deflected on its way to the basket.

**Charging:** An offensive player fouls by illegally contacting a stationary defense player.

**Chest Pass:** A chest-to-chest pass with both hand.

**Fast Break:** A rush down court to beat the opponent to the basket.

**Foul Line:** The line 15 feet in front of the backboard paralleling the end-line from which free-throws are shot.

**Free-throw:** A free shot taken from the foul line awarded to a player whose opponent committed a foul.

**Free-throw Lane:** Also called 'the key', the area designated for free-throws – 12 feet wide and running from the baseline to the free-throw line.

**Free-throw Line:** The foul line.

**One-and-one:** A bonus free-throw is awarded when the opponent accumulates too many fouls in a half; the free-thrower takes a shot and if a basket is made, gets a second free-throw.

**Rebound:** Gaining possession of the ball after it bounces off the backboard or rim on a missed shot.

**Traveling:** Also known as 'walking', a violation in which the ball handler takes fewer than two steps without dribbling, or holds the ball while changing or moving the pivot foot.

**Turnover:** When a team loses possession of the ball.

**Zone Defense:** A defender carefully guards an area.

## MAJOR TOURNAMENTS

**Basketball World Cup, Olympic Games**

**American Tournaments:** NBA and Argentine League LNB

**European Tournaments:** Euroleague, Italian League, Spanish ACB League

South American Champ, Asian Championships, African Championships

## TOP INTERNATIONAL PLAYERS

Giannis Antetokounmpo | Kevin Durant | Kobe Bryant | LeBron James | Stephen Curry

## TOP INDIAN PLAYERS

Sat Prakash Yadav | Satnam Singh | Vishesh Bhriguvanshi | Akilan Pari | Amritpal Singh