



THE TIMES OF INDIA

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Your Weekender

TODAY'S EDITION

> A handy manner manual for the online world
> The origin stories of some etiquette rules

PAGE 2



> Coming-of-age books and films
> Best quotes from children's literature

PAGE 3



> India's first-ever Olympic medal winners. PLUS: Current hopefuls at Tokyo

PAGE 4



STUDENT EDITION

SATURDAY, JUNE 26, 2021



LATEST BUZZWORDS EXPLAINED

SLEEPCAST

Move over podcasts, here come sleepcasts. Basically a neologism used to describe a podcast containing sounds and voices that are designed to give you a good night's sleep. The years 2020-21 have pushed sleep at the forefront of wellness – making sleep tech, hygiene and rituals all the more important. Enter sleepcasts. Popularised by meditation apps like Calm and Headspace, sleepcasts offer a tour of a dreamy landscape, with voice actors as guides, providing details in soft, comforting tones. Most sleepcasts are set in the evening or at night, and many involve water – lagoons, rain, rivers, ponds, oceans. Sleepcasts have become an effective tool and are preferred over white noise machines and playlists as these fill the silence, but don't quiet our minds. These recordings combine the element of white noise and music and add meditative techniques like breathing exercises and guided visualisation. Most sleepcasts have strange and surreal stories because it weaves a dream-like ambience so that you feel like you are in one. In fact, they are usually written by professional writers and poets. Sleepcasts make you feel like you are in a bubble, floating through a serene setting, the perfect place to fall asleep.

Pics: iStock



SELF-CARE

LAUGH YOUR WAY TO GOOD SKIN

Bad moods can affect your skin negatively. Here's how you inner feelings can leave a mark on your skin

New studies have shown that your daily dose of laughter can help you to rejuvenate your skin. Too many negative emotions not only affect your body but also the appearance of your skin. Here's how negative emotions can impact your skin...

STRESS

Our skin is an immediate stress perceiver and a target of stress. If you're under stress then there are chances that your face will age rapidly. Stress is one of the main reasons behind production of cortisol hormone, which in turn taxes every organ, blood vessels become more fragile, new skin cells don't form as quickly, and cell turnover may eventually slow by half. Stress eating can further spell doom for your skin. Stress causes constriction of tiny blood vessels causing deficiency of blood supply and nutrition and hydration.

ANGER

Anger makes your facial muscle tense and that over time leads to fine lines. Anger also affects the skin's own rejuvenation and healing effect. A study published in the journal 'Brain, Behaviour, Immunity', researchers found that healing and cell turnover took four times longer in angry people as compared to those who had control their temper. People who get angry often possess high intensity of cortisol that inhibits the production of collagen.

DEPRESSION

Long-term depression has disastrous effects on skin, because the chemicals associated with the condition can prevent your body from repairing inflammation in cells. These hormones affect sleep and that comes out in the form of baggy, puffy eyes and a dull or lifeless complexion.

FEAR

When you feel threatened or in danger, the brain's first reaction is to signal the adrenal glands to release epinephrine, better known as adrenaline. As a result, heart rate increases, rushing blood to the body's big power muscles.

— Expert: Dr Geeta Grewal, cosmetic surgeon and wellness expert

WHAT KEEPS ME MOVING

Workout motivation from your favourite celebs

"Be patient with your body"

ARJUN KAPOOR, actor

I have seen that if you are patient your body reaps results, if not today then tomorrow or the next day. You just have to keep at it every day without stopping. My advice? Invest in an expensive home gym! The moment you feel your body is asking you to give up, just think about the hard-earned money that you have put up for the gym and you are set! ^{TNN}

"Commit in public"

MILIND SOMAN, runner, model

Commit in public so that you can't back out. Hashtag your activities on FB if that motivates you. Also find a buddy with similar interest because it does help to have someone by your side when you are testing yourself. ^{TNN}

"Never give up" MICHAEL JORDAN, basketball legend

If you're trying to achieve, there will be roadblocks. I've had them; everybody has had them. But obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it.

"Set realistic goals"

BHUMI PEDNEKAR, actor

I took up this challenge of shedding some kilos not because I wanted a job but because it was taking a toll on my health. There were roadblocks on the way. At one point I was so demotivated that I felt like letting go. But that was momentary. It was the challenge I had made to myself that kept me going. I had set very realistic targets that helped me towards my goal. A fitness tracker or any accessory to remind you of your schedule is a good motivator. ^{TNN}

"You have to find what suits you"

HENRY CAVILL, actor

"A lot of working out today is, 'Let's make it an easy fix.' Do this, and do that, and you've got 60-second abs. My own personal approach to training is, I'm learning year after year after year and applying it and finding what fits and suits me best for my lifestyle. It's been a long process. Now that I'm fit again, I think I've found a comfortable balance, which is enjoyable because we all like to go out for drinks and have pizza and have dinners and all the nice things in life, and not being a complete gym psycho."

VIA 'MEN'S JOURNAL'

"We [as women] have to own our health"

MICHELLE OBAMA, writer

"It's [health] one of these things that no one can take from you. When it comes to our health as women, we are so busy giving and doing for others that we almost feel guilty to take that time out for ourselves. I think for us as women, many of us, we have a hard time putting ourselves on our own priority list, let alone at the top of it. If we don't have our act together as women, as mothers, as grandmothers, we aren't going to be able to get our kids on track." ^{VIA PEOPLE}



MICHELLE OBAMA



BHUMI PEDNEKAR



HENRY CAVILL



ARJUN KAPOOR



MILIND SOMAN



In an age of free-from diets, it is imperative we tried going sugar-free at least once. Find out if it helps...

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Amongst the many other things that the modern 'processed' lifestyle has endowed us with, sugar rush is one of them. "Sugar is addictive. You eat sugar and you have a feeling of euphoria and then suddenly you don't feel good and crash out. Then you reach for more. Urban population is consuming 20-30% more sweet stuff than about a decade ago," says Manjari Chandra, consultant therapeutic nutritionist.

The American Heart Association recommends about 36 grams of sugar per day for men and no more than 6 tps or about 25 grams for women. While, it may sound like a reasonable amount, what one needs to factor in is the 'hidden sugar' that goes into your system through almost everything you eat in a day – from breads, pastas, sauces to fat-free yoghurts. So, weaning off sugar completely isn't realistic. What, perhaps, is more feasible is an experimental sugar detox to reset sugar cravings and eating habits.

THE RIGHT WAY

Sugar eating is an addiction. Many scientific studies have

shown that sugar intake lights up the same areas of the brain as cocaine, hence its addiction is very strong. "Giving up sugar is not easy, but it can be done if other sources of food that provide indirect glucose to the brain are had in reasonable quantities," says Dr Anjali Hooda

WHAT IS SUGAR DETOX?

It is an abstinence from sugar in all categories. But do it in stages.

- Start with stopping direct sugars. Like table sugar, sweets, beverages like colas, even honey and jaggery
- Then remove processed food. Like packed cereal, all spreads, jams, sauces and dressings and all bakery and confectionery such as bread, cookies, rolls and buns
- This diet also bans starchy vegetables such as sweet potato and sugar-rich fruits like mangoes, bananas and grapes

No matter how many bland cups of green tea you drink, the fact remains that you're still consuming way more sugar than your ancestors did

TRIVIA TIME



The movie franchise made stars of Daniel Radcliffe (centre), Emma Watson (right) and Rupert Grint

CALLING ALL POTTERHEADS

On June 26, 1997 the first Harry Potter book – 'Harry Potter & The Philosopher's Stone' – was released and a cultural phenomenon was born

1 On 'Pottermore', she revealed that early in the creative process, she came up with names for 40 Hogwarts students in Harry's year. Harry's name references his leadership qualities and is the middle-English version of "Henry", a name popular among English kings. "Ronald" comes from Old Norse "Rögnvaldr" – a title for a ruler's adviser. Hermione is from Shakespeare's "The Winter's Tale".

(Clockwise from left) JK Rowling after she was made a Companion of Honour by the Duke of Cambridge; movie poster for the first book; and Harry Potter Hogwarts Acceptance Letter auction



2 In 2017, on Twitter, the writer revealed that she first wrote down the words – Gryffindor, Slytherin, Ravenclaw, and Hufflepuff – on the back of an airplane vomit bag.

3 You might think that Herbology plants are all made up words but in a 2003 interview with CBS, Rowling revealed "the plants come from a compendium called 'The Complete Herbal' by Nicholas Culpeper.

4 Edinburgh, Scotland, where Rowling resides, provided a ton of inspiration for the series. The capital city is like a mini-Potter world with Gothic architecture, cobblestone streets, and narrow passageways.

5 You know you are doing something right, when the master of horror writing is freaked out by your villain. In his review of "Order of the Phoenix", Stephen King wrote: "The gently smiling Dolores Umbridge, with her girlish voice, toadlike face, and clutching, stubby fingers, is the greatest make-believe villain to come along since Hannibal Lecter."

6 Rowling studied Classical languages and mythology – a reason why many of the spells and even Hogwarts motto is in Latin. The school motto – "Draco dormiens nunquam titillandus" means "Never tickle a sleeping dragon".

7 Harry Potter is available in basically every language. The books have been translated into 80 different languages – recently, Scots, a language spoken by 90,000 people.

8 When she invented Dementors, Rowling drew from her past experiences with depression. In an interview with Oprah Winfrey, she shared that Dementors are based on the "hollowed-out feeling" of depression different from sadness.

9 Arthur Weasley was supposed to die in "Order of the Phoenix" but she changed her mind. In a 2007 interview to "Today" she said: "I think part of the reason for that is there were very few good fathers in the book."

10 To prevent early leaks of "The Deathly Hallows," publisher, Bloomsbury, gave the book some quirky code names like "Edinburgh Potmakers" and "The Life and Times of Clara Rose Love

Draw your experience

Creativity can support your mental health and art therapy is something you need to add to your self-care routine

WHAT IS ART THERAPY?

Art therapy is very similar to talk therapy – a space to explore psychological and emotional challenges with a therapist – but with the addition of creative techniques such as drawing, painting, collage, colouring, or sculpting. But it's more about the process than your final product. The best bit: any form of creative expression can help you relax. Here are some simple activities which can be done:

POSITIVE AFFIRMATION BOTTLE (all age groups): You need a plastic bottle, pompoms, glitter and some food colour or just regular paint. Add all the craft material in the bottle and fill the bottle with water. Encourage the child to say one positive thing about himself or herself for each pompom added to the bottle. It can be positive affirmations, things grateful for or what made them happy.

MANDALA ART (for age 4+): The circular forms and wide range of creative expression on offer with this type of drawing and colouring can create a relaxed, meditative setting. This can be very calming and help ease stress and anxiety.

MASK MAKING (for age 7+): The mask-making activity offers children an opportunity to explore their various personas. You could ask the child to create a mask that represents how they see themselves with everyone and another one that represents how they actually feel within. Do not judge their work.

POSTCARDS (for age 5+): If someone has hurt them, this exercise can help them. Give the child a blank postcard and ask them to draw a picture to represent how they feel on the front of the card and write what they would say to that person. This activity can create self-awareness and also help the child release the pain they are holding.

TYPES OF ART THERAPY

- Painting
- Collaging
- Digital Art
- Photography
- Textiles



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As you enter teenage and are eligible to have your own social media profile (and Instagram is even planning to come up with a service just for under 14), knowing some unwritten rules but ones that are synonymous with good manners is pretty much important. Here are a few tips to keep in mind to understand the nuances of 'courteous communication' when you are texting, posting, sharing...

HAVE SENSIBLE, WORK-ABLE ONLINE NAMES

Whether it's your first Facebook account, your gmail or your Snapchat, make sure you keep decent names – and as real as possible. Silly names like funnyboy15, cutegirl or bandraboy in all likelihood won't be taken seriously. It can also be embarrassing if your family members or teachers/principal happen to see a funny or inappropriate id or profile name. **Social media is an open, omnipresent world – work towards making a good impression.**

KEEP IT CLEAR

"Communicate clearly and with clarity on any form of social media – Whatsapp and LinkedIn to Instagram – whether you are posting something on your handle or discussing career plans with your friends. Any ambiguity in communication may lead to misunderstanding."
— SUNAINAA A HAQ, etiquette guide

SAY POSITIVE THINGS

The golden rule is to not say anything online that you wouldn't say to someone's face. If you have issues with someone, it's always better to discuss it in person rather than ranting or venting online. Cryptic posts, too, are an immature form of communication and should be avoided. If you have to clear the air with a friend/cousin/sibling you are having issues with, sort it out on your personal chat or through phone calls or just let it be. But don't make it your top cryptic post for the world to see and speculate.

The golden rule is to not say anything online that you wouldn't say to someone's face



A MANNER MANUAL for the online world

Social media, video calling, online learning and interactions are potential spaces for etiquette faux pas. Here's a netiquette guide that might help

DOUBLE-CHECK BEFORE SENDING

Before you hit 'send', re-read everything to check the length, language and tone of your message: the ones littered with slang or bad language make a very poor impression. In case you end up sending something incorrect by mistake, quickly

Don't chat with your family members or call someone on phone (after keeping the audio on mute) during a video meet. It's bad manners. Plus, if the mute is 'unmute' by mistake and you are having a personal conversation, it may land you in a very embarrassing situation.

choose the 'edit' option and rewrite it. You should follow this even while replying or thanking a message.

KEEP SECRETS

In the online universe - photos, texts, and videos can be posted, copied, downloaded, and

Photoshopped before you can blink your eyes. If someone has shared a secret with you on your personal WhatsApp or the like, don't forward their messages to your other friends. Respect the privacy of people – the way you would want yours to be respected. This is especially true in the current scenario of calling people out online. Desist being part of the online mob mentality.

BE KIND

Be it the WhatsApp screen, your Facebook, or even your online class chatbox, speak kindly to people, even the ones you don't really know much or for that matter strangers too. Do try and remember that what looks like a screen is a channel of online communication with people and hiding behind a screen and trolling people (including celebs) is bad behaviour and shouldn't be done. Besides being rude, it can also get you in trouble as legal complaints can be made against people indulging in abusive language or threats. **NOTE:** Don't share your personal details such as phone number, address, Aadhar card number, bank account number with a stranger trying to connect to you online. There is a lot of scamming on social media and you have to be very careful to stay safe.

ONLINE IS FOREVER

Online communities act as platforms for teens to connect with their peers irrespective of their geographical location, school, interests, etc. But the use of passwords and

ETIQUETTE RULES FOR VIDEO CALLS/MEETS FOR VIDEO CALLS AND MEETS, TOO, SOME FINESSE IS REQUIRED. HERE ARE FEW MUST DOS:

- Join the call on time and test out your tech beforehand.
- Mute the audio when you are not talking, unmute when you are!
- Pay attention, please. Yawning is impolite, so is looking bored and disinterested.
- Keep your backdrop clean. An untidy background or bad lighting looks bad on screen.
- Dress up well for formal meetings like work/school meets, wedding functions, graduation ceremonies and so on.
- In an all-video meet, don't keep your video off - that's rude. In an audio-only chat, don't keep your video on.

privacy settings do not guarantee security of data. There are many instances where images shared on social media have been misused. So, connect carefully and share with caution.



How well do you know BASIC EVERYDAY MANNERS?

Q1. When you sit down to dinner and there's a cloth napkin, you place it:
A. In your lap
B. On your head
C. Tucked under your chin
Answer: A. Only really young children should tuck the napkin in their shirt and under their chin.

Q2. If you need to excuse yourself during the meal, your napkin should be placed:
A. On your plate
B. On your chair
C. Take it with you
Answer: B. When you have to leave your chair for taking a call or going to the washroom, place your napkin on your chair. Never take it with you, especially to a restroom.

Q3. When you meet someone and are saying hello, do you look:
A. At their new shoes
B. At the next person you are going to meet
C. At the person you are meeting at that point
Answer: C. Look at their face and make sure to make eye contact. Smile and look them in their eyes and say something nice like: "It's a pleasure to meet you."

Q4. When eating bread you should
A. Butter the bread first
B. Break off a small piece, butter it and then eat it in small bite sizes
C. Eat it like it's a sandwich
Answer: B. Because it's much nicer to eat small bites.

Q5. When you're setting the

table:
A. The drink glass goes on your right
B. The drink glass goes on your left
C. The drink glass goes in the middle of your plate
Answer: A. The drink glass goes on your right, just above the knife. Remember: ELDR: Eat left; drink right. Or the "b" and "d" system to remember where to place our drink and our bread plate.

Q6. When you're at the dinner table and you need to blow your nose you should:
A. Quietly blow it into your napkin
B. Ask to be excused and go to the restroom to blow it
C. Use your neighbour's napkin because you want yours to be clean
Answer: B. It's not a good idea to blow your nose at the table as others might get disgusted by the sound. You should also excuse yourself if you are coughing a lot.

Q7. If you burp at the dinner table you should:
A. Laugh out loud because it's funny
B. Apologise and really mean it
C. Ask everyone

Q8. Your masi just gave you a really nice shirt for your birthday. You should:
A. Write her a thank you note
B. Don't say anything because you don't like it and being honest would hurt her feelings
C. Call her up to thank her or send her an email because she'll get it right away
Answer: A. Write her a thank you note within three days of receiving the gift. Use a nice, clean sheet of paper or a notecard. The message doesn't have to be long but write something specific about the gift and how you will enjoy it. Nowadays an email also works.



PANDEMIQUETTE

DO I NEED TO WEAR MY MASK WHILE RUNNING?

Face masks have become a normal part of our lives, and we understand that we must wear them anytime we're out in public. But when you mix in running or walking (or any outdoor exercise like hiking or biking), the answer about when to wear one isn't always clear. The solution is simple: it depends where you're at. First of all, each state and city may have a different mask-wearing rule. Read up the news on what applies to you. As a general rule, wear a face mask when you're running or walking in an area where physical distance is hard to maintain. If you're going to be passing people or weaving in and out of crowds and others around you, better to have your mask on. But if you're running in a sparsely populated area where you are unlikely to come in close contact with anyone else, you can do without a mask. But carry one along with you and pull it up when you see people approaching.

It's important to know that exercising while wearing a mask can affect performance. Because it is going to decrease your airflow, making it a little harder to breathe. This will impact your performance or pace. This means that you might have a harder time catching your breath if you're running with

WHAT TO LOOK FOR IN A RUNNING FACEMASK

- Don't pick fabric that's likely to get sweaty as a wet mask is less effective at filtering out pollutants and viruses
- Pick tactical fabric masks that use the moisture-wicking fabric, but it shouldn't be too thick or restrictive
- Search for running-specific masks or ones that are marketed as suitable for outdoor athletic activities. You'd be surprised at the options available now
- A running mask should fit snug but not tight
- Keep your running mask clean and at least have 2-3 in rotation
- If you run long-distance, bring two masks with you to switch out half way

a face mask. While exercising outdoors don't double-mask but invest in a good-quality N-95 mask (see box). You might also feel more fatigued faster than you normally would. Because of this, you might need to modify the intensity of your workout. But like a fitness routine, the more you do it, the more you get used to it. Safety first – always.



“My 10-year-old son doesn't like his grandparents!”

Q: My 10-year-old son doesn't want to spend time with my parents and it gets pretty embarrassing for me. He says that he gets bored at their place and avoids meeting them. How should I handle this situation?
A: From what you have shared seems like you are very disturbed with the way your son has been feeling about your parents.

However, I would like you to understand that children, nowadays, do not like to meet relatives, extended families unless and until the family has children of their age with whom they can interact or play. That is the major reason behind your child's boredom. In this case, you must explain the importance of grandparents to your son – both maternal and paternal grandparents are equally important.

You can further elaborate by saying that he will miss out on the time spent with them, the wisdom they have to offer and the kind of experiences they have had. Try to help your parents find common things that interest both your parents and your son so that they can have fun while having amicable discussions. I'm certain their bond will develop into a beautiful relationship over a period of time. **TM**
— **Dr Rachna Khanna Singh, HOD of Holistic Medicine & Psychology, Arteris Hospital, Gurgaon**



TRIVIA TIME

Tipping Your Cap

Though in India hats are not so common, tipping your cap or hat as a form of greeting is still quite prevalent in the West. Just like the handshake was to ensure that the other person is unarmed, removing one's headgear has a similar origin. Knights would flip up their visors as a display of friendliness and good faith.

Pulling Out a Lady's Chair

In the olden days, high society women wore such restrictive and elaborate clothing that they would need help from the gentlemen to sit down. In fact, most of the little chivalrous acts like opening doors or walking on the inside of the road exist thanks to the elaborate outfits of women.

A Man Should Always Pay

This has a fairly simple reason for its existence: the very fact that back in the day it most men had careers and women didn't. Even if they did, the jobs were not as high-paying as men's. So logically, men were



How and when did we start the practice of CLINKING GLASSES?

AND MORE SUCH ORIGIN STORIES OF ETIQUETTE RULES

expected to pay. However, this is one rule that has gone the way of the dodo.

Clinking Glasses for Toasts

It seems that men in the olden times always erred on the side of caution. From handshakes to tipping hats to clinking glasses were originated so that they can trust the other person. When they used to clink glasses it was an actual thump that would spill a bit of your beverage into your neighbour's glass. It was a way to ascertain that you aren't being poisoned. The other, less sinister explanation is to ward off evil spirits (they thought resided in alcohol) as they felt they didn't like the bell sounds glasses made.

Why R.S.V.P.?

Short for French phrase Répondez S'il Vous Plait, which means "respond if you please", became a staple of high society's invitations in the 18th and 19th centuries all over England because French was considered a classier alternative to English. Even though by 1845 French lost its sheen, the RSVP practice stayed.

— Sources: The Spruce, Mental Floss

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 **toinie175@gmail.com** with the subject line ETIQUETTE.



Films

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**Super 8**

In 1979 Ohio, several youngsters (Elle Fanning, Joel Courtney, Gabriel Basso) are making a zombie movie with a Super-8 camera. In the midst of filming, the friends witness a horrifying train derailment and are lucky to escape with their lives. They soon discover that the catastrophe was no accident, as a series of unexplained events and disappearances soon follows. Deputy Jackson Lamb (Kyle Chandler), the father of one of the kids, searches for the terrifying truth behind the crash.

Boyhood

The joys and pitfalls of growing up are seen through the eyes of a child named Mason (Ellar Coltrane), his parents (Patricia Arquette, Ethan Hawke) and his sister (Lorelei Linklater). Vignettes, filmed with the same cast over the course of 12 years, capture family meals, road trips, birthday parties, graduations and other important milestones.

**The 400 Blows**

For young Parisian boy Antoine Doinel (Jean-Pierre L aud), life is one difficult situation after another. Surrounded by inconsiderate adults, including his neglectful parents (Claire Maurier, Albert Remy), Antoine spends his days with his best friend, Rene (Patrick Auffray), trying to plan for a better life. When one of their schemes goes awry, Antoine ends up in trouble with the law, leading to even more conflicts with unsympathetic authority figures.

Little Women

In the years after the Civil War, Jo March lives in New York and makes her living as a writer, while her sister Amy studies painting in Paris. Amy has a chance encounter with Theodore, a childhood crush who proposed to Jo but was ultimately rejected. Their oldest sibling, Meg, is married to a schoolteacher, while shy sister Beth develops a devastating illness that brings the family back together.

**Spirited Away**

In this animated feature by noted Japanese director Hayao Miyazaki, 10-year-old Chihiro (Rumi Hiragi) and her parents (Takashi Nait , Yasuko Sawaguchi) stumble upon a seemingly abandoned amusement park. After her mother and father are turned into giant pigs, Chihiro meets the mysterious Haku (Miyu Irino), who explains that the park is a resort for supernatural beings who need a break from their time spent in the earthly realm, and that she must work there to free herself and her parents.

Stand By Me

After learning that a stranger has been accidentally killed near their rural homes, four Oregon boys decide to go see the body. On the way, Gordie Lachance (Wil Wheaton), Vern Tessio (Jerry O'Connell), Chris Chambers (River Phoenix) and Teddy Duchamp (Corey Feldman) encounter a mean junk man and a marsh full of leeches, as they also learn more about one another and their very different home lives. Just a lark at first, the boys' adventure evolves into a defining event in their lives.

**Empire of the Sun**

Jamie Graham (Christian Bale), a privileged English boy, is living in Shanghai when the Japanese invade and force all foreigners into prison camps. Jamie is captured with an American sailor named Basie (John Malkovich), who looks out for him while they are in the camp together. Even though he is separated from his parents and in a



COMING-OF-AGE

Films and Books

What does coming-of-age really mean? Ever felt like your heart is bursting with feelings but you aren't sure why, or what those feelings are all about? Congratulations. You are possibly coming of age. As a genre of literature or film, these works focus on the growth of a protagonist from childhood/teen/adolescence to adulthood.... Coming-of-age stories tend to emphasise on dialogue or internal monologue. Here are some movies to watch and books to read that will help you understand yourself better if you are going through a phase where you can't exactly put a finger on why you feel like crying all the time, or you have a lot of rage but don't know why, or why no one around you understands what you are going through...

hostile environment, Jamie maintains his dignity and youthful spirits, providing a beacon of hope for the others held captive with him.

**Almost Famous**

Set in 1973, it chronicles the funny and often poignant coming of age of 15-year-old William, an unabashed music fan who is inspired by the seminal bands of the time. When his love of music lands him an assignment from 'Rolling Stone' magazine to interview the up-and-coming band Stillwater – fronted by lead guitar Russell Hammond and lead singer Jeff Bebe – William embarks on an eye-opening journey with the band's tour, despite the objections of his protective mother.

Man in the Moon

Maureen Trant (Emily Warfield) and her younger sibling Dani (Reese Witherspoon) share a strong connection, but local boy Court Foster (Jason London) threatens to throw their bond off balance. Dani and Court meet first and have a flirtatious rapport – but when he meets Maureen, he falls hard and they begin a passionate affair. The new couple try to keep their love hidden from Dani, but she soon learns the truth, disavowing her sister. But a heartbreaking accident later reunites the girls.

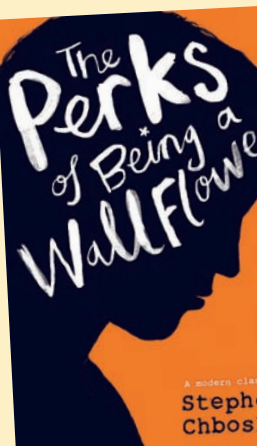
**That Thing You Do**

Wily band manager Mr White helps a small town band achieve big time success when they release a Beatles-style pop song in 1964. Pennsylvania band, the Oneders become a sensation after their drummer breaks his arm, and is replaced by jazz enthusiast, Guy Patterson, who injects something a bit different into their music.

Books

The Cat Ate My Gymsuit by Paula Danziger

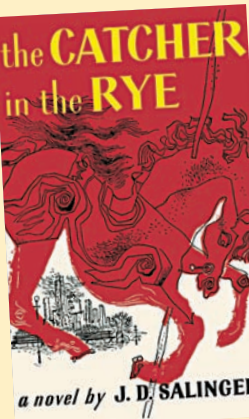
This masterpiece by Paula Danziger about the struggles of chubby girl in middle grade will resonate with anyone who has ever felt like an outsider. Marcy's parents don't get her, but thankfully her favourite teacher, Ms Finney, does. So when she gets fired, Marcy overcomes all odds, and herself, to fight the decision.



whose transition from adolescence to adulthood is one aspect of the story. We call it the book version of a butterfly emerging from a cocoon.

The Perks of Being a Wallflower by Stephen Chbosky

Watching Charlie emerge from the shadows of childhood trauma and transform, from a self-described 'wallflower', aka introverted teen with mental health issues, to a person who is finally ready to live life fully is what makes it such a satisfying read. According to Wikipedia, author Stephen Chbosky spent five years to develop (and publish) 'The Perks of Being a Wallflower'. This story is not just about high school, it is about a multi-layered characters with deep life experiences

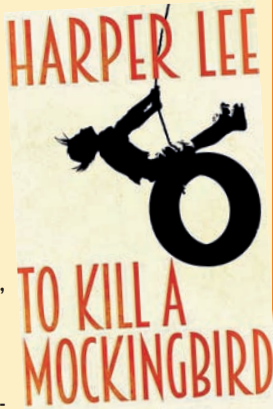
**The Catcher in the Rye by J D Salinger**

Despite being a target of censorship when it was first released, 'The Catcher in the Rye' would go on to become a classic; many works that followed were subject to unfair comparisons. In 2005, it featured in 'Time Magazine's' list of the 100 best English-language novels written since 1923 and ranked 15 on the BBC's survey 'The Big Read'. In 2013 'The Atlantic's' Maura Kelly wrote 'Must Every New Coming-of-Age Novel Be the Next Catcher in the Rye?' to

address how reviewers, readers end up comparing works of fiction about young people to J D Salinger's classic. Salinger's protagonist Holden Caulfield became an icon for teenage rebellion on account of his resentment towards the adult world, despite his naivete.

To Kill a Mockingbird by Harper Lee

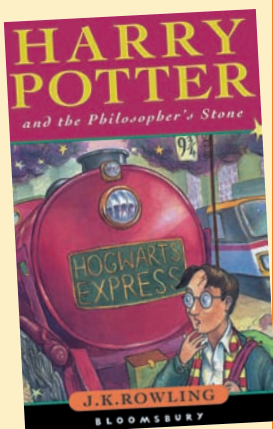
The importance of doing the right thing, coming of age, and maturity are some of the key themes in Harper Lee's seminal book which was set in Macomb, Alabama. Moreover, one could easily relate to the Finch siblings, Jim and Scout who started off as typical, selfish and slightly ignorant kids. However, with the help of their father Atticus, Scout and Jem experience growing up, gaining maturity and begin to have a voice, develop their opinions and thoughts.

**The Fault in Our Stars by John Green**

John Green's story about two teens whose journey into adulthood is marred by cancer is an important work in this genre that is anchored in the process of transition. And in this case, their transition into adulthood is not promised. All their 'teen' experiences including personal growth, maturity, rebellion, understanding of societal norms happens while they face their own impermanence. As a result, the story ends with both the characters developing bigger, fuller philosophies on living and loving which remain with the reader.

Harry Potter series by J K Rowling

None of us could have known the journey we were about to undertake when we opened the first page of the 'Harry Potter and the Sorcerer's Stone'; or what to do when it ended with 'Harry Potter and the Deathly Hallows.' Through seven books, this epic coming-of-age series introduced us to Harry, Ron and Hermione, whose experiences in love, friendship, courage, principles and determination helped them grow into mature adults.

**The Secret Life of Bees by Sue Monk Kidd**

This story about 14-year-old girl's quest to find the truth about her late mother weaves in her journey to selfhood, her experiences in racism, black culture, patriarchy. When she leaves the town on a lone ride to seek the truth she is helped by three black bee keeper sisters who offer her a safe haven, love, faith, knowledge and the opportunity to mature into the young woman she is meant to be. When she finally finds out the truth, Lily displays tremendous emotional maturity. She understands her mother's actions and forgives her. She also learns to forgive herself and what it means to love oneself.

WISDOM ON YOUR FINGERTIPS

Some of best quotes from children's literature that apply to us all.



1. "It is only with the heart that one can see rightly. What is essential is invisible to the eye."
THE LITTLE PRINCE BY ANTOINE DE SAINT-EXUP RY



2. "You're braver than you believe, stronger than you seem, and smarter than you think."
WINNIE-THE-POOH BY A A MILNE



3. "Sometimes you have to lie. But to yourself you must always tell the truth."
HARRIET THE SPY BY LOUISE FITZHUUGH



4. "The greatest secrets are always hidden in the most unlikely places."
CHARLIE AND THE CHOCOLATE FACTORY BY ROALD DAHL

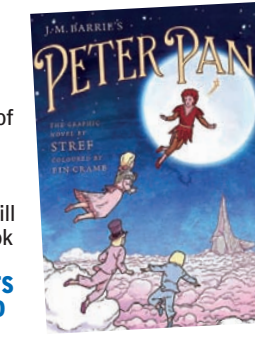


5. "There is no place like home."
THE WIZARD OF OZ BY L FRANK BAUM

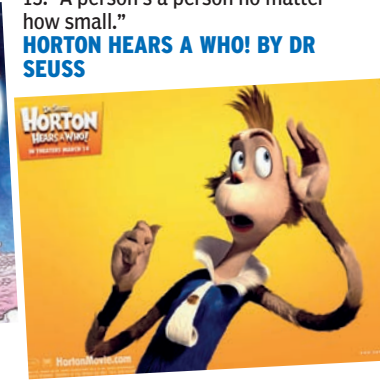


6. "The more that you learn, the more places you'll go."
I CAN READ WITH MY EYES SHUT! BY DR SEUSS

7. "If more of us valued food and cheer and song above hoarded gold, it would be a merrier world."
THE HOBBIT BY JRR TOLKIEN



8. "All the world is made of faith, and trust, and pixie dust."
PETER PAN BY JM BARRIE



9. "If you have good thoughts they will shine out of your face like sunbeams and you will always look lovely."
THE TWITS BY ROALD DAHL

10. "The more he gave away, the more delighted he became."
THE RAINBOW FISH BY MARCUS PFISTER

11. "Grab a chance and you won't be sorry for a might-have-been."
WE DIDN'T MEAN TO GO TO SEA BY ARTHUR RANSOME

12. "Isn't it nice to think that tomorrow is a new day with no mistakes in it yet?"
ANNE OF GREEN GABLES BY LM MONTGOMERY

13. "A person's a person no matter how small."
HORTON HEARS A WHO! BY DR SEUSS

'80s music trivia



Q. How old was George Michael when he wrote the song "Careless Whisper"?
A. 17

Q. What do the following artists have in common: Linda McCartney, David Sylvian, and Nick Rhodes?
A. They are all amateur photographers.

Q. Part II of the song "Another brick in the wall" Pink Floyd is about which subject?
A. School

Q. What is the most successful album of INXS so far?
A. Kick



Q. Which former Metallica member formed his metal band? And what was the band's name?
A. Dave Mustaine – Megadeth

Q. Which singer started the song 'Do they know it's Christmas' by the Band Aid?
A. Paul Young

Q. Which rapper featured on the song "I feel for you" by Chaka Khan?
A. Melle Mel

Q. In 1984, director Jonathan Demme make a documentary about "Stop making sense" – the last major tour of which band?
A. Talking Heads

Q. The Scandinavian band, A-ha achieved their greatest success in mid-80s with their album Hunting High and Low. Where are they from?
A. Norway

Source: welovequizzes.com

AIMING FOR GOLD

Olympics 2020: Expectations from the Indian team heading for the Tokyo Games are running high. But our history at the Games shows that our medal tally have been few and too far apart. Here is a look at the first-ever Olympic medals that we have won in various disciplines

Shooter Manu Bhaker is slated to bring home the medal at the Tokyo Olympics

Photo: GETTY IMAGES

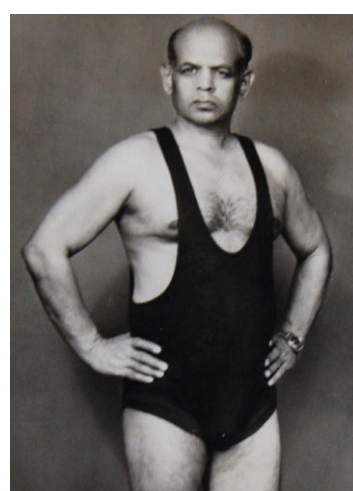
WRESTLING

KHASHABA JADHAV
Bronze - 1952 Helsinki

Shouldering down a win: India's first individual Olympic medal was won by Khashaba Jadhav, who clinched a bronze during the 1952 Games. Jadhav had earlier participated in the 1948 Olympics at London, where he finished 6th. At the Helsinki Games, he won the first three bouts with ease before losing two in a row against Azerbaijan's Rashid Mammadbeyov and Shohachi Ishii of Japan to settle for the bronze medal.

Subsequent wins:

Yogeshwar Dutt - Bronze - 2012 London
Sakshi Malik - Bronze - 2016 Rio de Janeiro



SHOOTING

RAJYAVARDHAN RATHORE | silver - 2004 Athens

Aiming for the medal: India's first medal in shooting came in the year 2004 when Rajyavardhan Rathore bagged a silver at Athens. Since then shooting has come a long way, with Indians having excelled in the discipline. Having been in peak form, the 34-year-old Rathore bagged a silver in the men's double trap. This was India's first-ever individual silver at the Olympics. This is one discipline where India has seen renewed success.

Subsequent wins:

Abhinav Bindra - Gold - 2008 Beijing
Vijay Kumar - Silver - 2012 London
Gagan Narang - Bronze - 2012 London

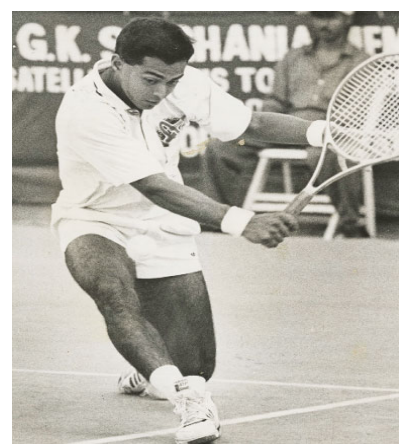


TENNIS

LEANDER PAES
Bronze - 1996 Atlanta Games

Rallying for a win: He is the first Indian and only tennis player to have competed in seven Olympic Games, from 1992 to 2016. Having captured a series of doubles titles, with long-time playing partner Mahesh Bhupathi and later with a series of Czech partners, he has in his kitty several ATP titles, apart from the US Open, the French Open, Australian Open and the Wimbledon doubles titles. At the 1996 Atlanta Olympics, he beat Fernando Meligeni to win the bronze medal, the first Indian to do so in the sport.

Subsequent wins: none



Photos: TOI

WEIGHTLIFTING



KARNAM MALLESHWARI
Bronze - 2000 Sydney Games

Clean go with the weights: 'The Iron Lady' became a household name in India after winning a bronze medal at the Sydney 2000 Olympics. She lifted 110kgs in the 'snatch' and 130kgs in the 'clean and jerk' categories to total 240kgs, earning her the honour. A severe back injury prompted her to call it quits after the 2004 Athens Olympics. She is the first Indian woman weightlifter to have won gold at the World Championships.

Subsequent wins: none

BOXING

VIJENDRA SINGH
Bronze - 2008 Beijing

Opening up the ring: The year 2021 marks the 70th year since Indian Boxing champions have been performing on the international stage. India has been a regular feature at the Olympics since 1948, but the sport picked up interest among Indians recently; predominantly after two Indian boxers won Olympic medals. Since then India has been a force to look out for in

boxing at the Asian and Commonwealth Games in the last few years. Vijendra Singh delivered the first-ever Olympic medal in the 2008 Beijing Olympics, competing in the middleweight category. He had a good run throughout the tournament, but lost the semi-finals against Cuba's Emilio Correa and settled for the Bronze medal for India. He has since turned professional.

Subsequent wins:

Mary Kom - Bronze - 2012 London



BADMINTON

SAINA NEHWAL
Bronze Medal - 2012 London

Shuttling through to victory: In the early 2010s, the Indian badminton squad rose to great heights, all credit to the success of some of the highly talented players from India. The country has since then clinched two Olympic medals in badminton in the last decade. Saina Nehwal, India's badminton champ who put India back on the map, won the first-ever badminton Olympic bronze medal for the country during the 2012 London Olympics. In the women's singles semifinals, she lost to top-seed Wang Yihan in straight sets. All hope was not lost, as she took on her opponent Wang Xin for the bronze medal match. However, Xin gave a walkover from the match due to an injury, handing India the first-ever medal in badminton at the Olympics.

Subsequent wins:

P V Sindhu - Silver - 2016 Rio de Janeiro



Photo: GETTY IMAGES

MEDAL HOPEFULS AT THE 2020 TOKYO OLYMPICS

One hundred is the number of sportspeople in the Indian contingent taking part in Tokyo Olympics this year. More contestants are expected to qualify for the Games with several other events lined up globally. India will be sending its most promising players to compete at the Games, in the hope of winning maximum number of medals

ARCHERY

The archery team that India is sending to Tokyo is among the strongest ever. After a disastrous show at the 2016 Rio Olympics followed by a tentative ban by World Archery, the Indian archers are back and ready to create history. The men's team safely secured a berth during the 2019 World Championships. In the individual events are Deepika Kumari and Atanu Das, who bagged gold at Archery World Cup Stage 1 in April. The biggest medal prospect for us, is the newly introduced mixed-team event which will see a combination of our strongest performing duos.



Deepika Kumari

BOXING

This year, India has sent a total of nine boxers, five men and four women, to Tokyo. Over the years, India has successfully produced some of the most predominant boxers in the world. Several of them are currently dominating the world rankings. Amit Panghal is ranked World no.1 in the 52kg and India's favourite boxer Mary Kom is ranked no. 3 in the 51kg category. Considering the good form of all the boxers and medal-winning performance in the Asian Boxing Championships, Indian boxers have the potential to bring home multiple medals.

HOCKEY

At the Rio Olympics, the men's team was knocked out in the quarterfinals against Belgium, while the women's team, who had qualified for Olympics for the first time in 36 years, couldn't cross even group stages. But this time, both teams could prove dangerous at the Tokyo Olympics. Ranked number 4 internationally, the men's team has a better shot at a medal, going by their phenomenal performances at the FIH Hockey World Tour. India has not tasted Olympic success since 1980, but this year looks promising for the 41-year-old dream to come true.



The women's team

SHOOTING

After successful stints at the 2004, 2008, and 2012 Olympics, Indian shooters' performances stalled at the 2016 Rio Games, returning home without any medal. Since 2018 though they seem to have found their form, with the likes of Manu Bhaker and Saurabh Chaudhary clinching medals at almost every ISSF World Cup. The team won 30 medals at the 2021 ISSF World Cup. Most members are ranked one or two currently. Going by the team's consistent performance, it is almost certain that India will win medals at this Olympics. We will have to wait to see how many.



Rahi Sarnobat

BADMINTON

Despite two consecutive successful performances at the Olympics, India has only sent a four-member team to Tokyo. Due to a disruptive world badminton calendar, performing stars like Saina Nehwal and Kidambi Srikanth failed to qualify for the Games. India's biggest hope is PV Sindhu, who is placed seventh in the Road to Tokyo rankings. She is expected to convert her silver to gold. With steep competition, only time will tell if she is able to repeat her success at the World Championships 2019 and outwit her opponent.



PV Sindhu

MARY KOM



Mary Kom

WEIGHTLIFTING

Unlike earlier, this time, the 26-year-old Mirabai Chanu will be the only Indian representing the sport at the Olympics. With a total of 4,13,36,172 points in the Women's 49kg weight division, Chanu is expected to be seeded second at the Games. With North Korea withdrawing from the Olympics, it is most likely to be a clash between Chanu and the lifter representing China in the 49kg category. A silver medal at Tokyo is a sure shot, but Chanu is determined to do better than the defending champions from China and claim gold.



Mirabai Chanu