



# THE TIMES OF INDIA

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Your Weekender

TODAY'S EDITION

Celebrating International Everest Day (May 29) with some trivia and facts

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What makes 'Top Gun' a cult classic? PLUS: Four kinds of regrets and how they help

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A look at the moments from IPL before Sunday finals

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STUDENT EDITION

SATURDAY, MAY 28, 2022



LATEST BUZZWORDS EXPLAINED

## SPOKEN WORD

Spoken word refers to an oral poetic performance art that is based mainly on the poem as well as the performer's aesthetic qualities. Though considered a form of poetry, it's a more modern interpretation of the art form. Think of minstrels and performers in the King's courts of yore and how they recited and performed at the same time – spoken word is like that with a modern-day twist. It focuses on the aesthetics of recitation and word play, such as the performer's live intonation and voice inflection. It's a catchall term that includes any kind of poetry recited aloud, including poetry readings, poetry slams, jazz poetry, and hip hop music, and can include comedy routines and prose monologues.

Spoken word has become a popular tool for the millennial and Gen Z to express themselves on stage. Mostly rooted in social justice, this art form is often used to convey important or controversial messages to society. Such messages often include raising awareness on topics such as: racial inequality, anti-bullying messages, body positive campaigns, etc. Slam poetry competitions often feature loud and radical poems that display both intense content and sound. Some spoken-word poems go viral and can then appear in articles, on TED talks, and on social media such as Twitter, Facebook, and Instagram.

The 'poetryfoundation.org' describes it as "a broad designation for poetry intended for performance". Related to slam poetry, spoken word may draw on music, sound, dance, or other kinds of performance to connect with audiences. See Murdoch Burnett, Kevin Coval, and Cristin O'Keefe Aptowicz for examples of spoken word performers. India has a bustling spoken word scene especially in the big cities like Mumbai, Bengaluru, and Delhi. Among Indians, Ankita Shah, Priya Malik, Aranya Johar, Simar Singh, Qais Jaunpuri, Yahya Bootwala, Diksha Bijlani and so many more have turned their angst into performance and are ruling the stage and the internet.

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### WHAT'S TRENDING



## HANDCRAFTED FLAVOURS

Think of hand-rolled gnocchi, freshly brewed coffee or home-baked cereals! Home chefs and small entrepreneurs are canvassing for artisanal fare

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He grinds the coffee beans and brews it right in front of you as you decide between a Vietnamese Ca Phe Suda, a Costa Rican blend or a good ole' Italian mocha. The teas at his stall are also made-from-scratch and come in interesting versions – khada masala

blend, pudina and adrak special, choco cinnamon iced chai and more. Delhi-based graphic designer-cum-chaiwala Jiten Suchede's makeshift tea stall called Jugmug Thela serves 'artisan' tea and coffee in 12 secret variations – a break from the monotony of coffee chains!

**CREATE & CONSUME**  
Be it tea, coffee, pastas, meat, beer

(read microbreweries) or breads, artisan/artisanal is the new catchphrase on the culinary map. While artisan teas are meticulously hand tied, rolled and sewn into rosettes, food buffs are also rolling and shaping pastas like linguine, ravioli and lasagna at home now!

Artisan food refers to handcrafted foods that are made in small amounts and often handed down through generations, using high-quality

ity and unprocessed ingredients. They are a great way to know where your food is coming from – artisanal cheeses from cows milked by hand, not machine; artisanal jams and preserves from fruit grown on small farms without pesticides and bread that is crafted in an indigenous bakery, rather than mass produced.

### CAFFEINE FIX

"A lot of coffee shops have opened in India but most dole out powder mixes to the consumers. Very few serve coffee the way it is served in the regions where it traditionally comes from. I wanted to change this," adds Suchede who uses coffee beans from an organic farm in Kerala and also imports beans from best producers in Vietnam and Costa Rica. Some of the bestsellers at his mobile kiosk are Spanish cortado, Greek frappe and Indian Arabica.

Talking of coffee artisans, an Army wife seeking some direction, created a brilliant business module that she could operate from wherever her husband got posted to – homemade coffee liqueur! Alpina Parmar, an ex-marketing professional, gave different spins to an old family recipe of liqueur till she arrived at the best version. "It is a medium bodied liqueur made from vanilla and coffee beans from South India. It is cheaper and tastier compared to the better known brands and the best thing is that it's not mechanically made," says Parmar. What's even better? The potion comes in recycled bottles and a part of the money raised from the sales goes into a cancer hospice.

### WHY EAT ARTISANAL?

Today handmade is a big thing, but we have to understand that handmade products can't be made beyond a point. Handmade means slow, small and authentic. It will lose its purpose, if rapid scaling up will be done. Artisanal means an artist sitting behind and making it slowly just by using hands. Here are some reasons why artisanal food is better:

- 1 Artisans can keep traditions alive by going beyond the mass-produced norm with the best ingredients and old-world methods.
- 2 Usually, artisanal products are made on a small scale and have a very limited shelf life as compared to factory-made products so they need to be consumed fresh.
- 3 The trend stems from the increasing health-conscious eating – particularly among millennials – as well as growing awareness of the ugly side of mass production.
- 4 Artisanal products are created according to a traditional recipe. Meaning there are very few, if any, modern ingredients like preservatives, colourants, sweeteners, thickeners or other chemicals.
- 5 It is traceable or is made from traceable ingredients. Establishing provenance is a key aspect of artisanal food.
- 6 Artisanal means low 'food miles' – produce and ingredients are usually sourced locally and don't travel far to the point of purchase. This results in lower transport emissions, fresher produce.

### THE BREAD-WINNERS

Breaking the vicious cycle of mass produced white and brown breads, a small scale bakery in Mumbai is dishing out scrumptious warm loaves of crusty European breads.

Spearheaded by husband-wife duo Aditi and Sneha Jain, The Baker's Dozen does only artisan wheat breads that are high on protein and very low on fat. "We have French breads loaded with flax and sesame seeds, the famous four grain German bread with pumpkin, sunflower, sesame and flax seeds and of course the Italian focaccia and ciabatta. We use no preservatives and use all locally grown ingredients, except the olives that come from Spain," says Aditi.

Baked in small batches rather than on a vast assembly line, artisan bread differs from prepackaged supermarket loaves in many ways. It uses very basic ingredients, can include a variety of flavours like onions, bell peppers, olives, herbs, cheese and most importantly, doesn't use preservatives. Nira Singh – a Delhi-based restaurateur flew down a bread specialist all the way from the UK to train her in the sourdough technique. "Andrew Whitley runs a famous company Bread Matters on the border of England. He specialises in sourdough special, the tastiest, most digestible and nutritious bread possible. The recipe makes use of organic wild flour and involves no colours or preservatives at all," tells Singh. A slow-ageing bread, it's no accident that sourdough has come to define the artisan baker's craft.

### SELF-CARE

## GET RID OF BODY ACNE

Beauty guru Shahnaz Husain tells you how to fight this quintessential summer problem

Body acne is one of the numerous ills that heat brings. Heat and perspiration clog pores all over your body, but breakouts are most common on your chest, back, buttocks, where the skin is rich in sebaceous and sweat glands. Acne is a multifaceted problem. Certain hormonal elements and androgens present in your body might impact it. Use these bathing tips.

### AVOID HOT BATHS

Hot water is highly damaging to all skin types. It scalds and peels the skin, causing it to overproduce oil and become irritated, resulting in outbreaks. Since water is hot in the summer owing to rising temperatures heating metal pipes, go for a bucket bath with cold water. Adding cooled water or ice to your bath water is another option.

### USE NEEM LEAVES

Neem is an anti-microbial that destroys a wide range of contaminants and germs. To reap the advantages, boil crushed neem leaves, filter them, place them in a container, and add them to your bath water. Once the water has cooled, take a bath with it to rinse off your soap. It will treat current breakouts and prevent new ones while also relieving irritation. Remember not to eat it since neem may be poisonous in large doses.



### MOISTURISE

Many people avoid moisturising in summer. But you can switch to a non-oily moisturiser because you still require water-based hydration. The absence of moisture causes the skin to produce oil in excess causing blocked pores, which contributes to body acne. The trick is to use a lotion or gel-based product that is designed for oily skin. Use moisturisers with shea butter, cucumber, and aloe vera are naturally hydrating.

### EXFOLIATE ONCE A WEEK

Dead skin cells come to the surface to create space for new skin cells as part of the cell turnover process. But dead skin does not always shed on its own. They can clog your pores and cause acne if you don't remove them. Exfoliating can aid in the removal of dead skin cells. It will also help you get smoother skin. Don't exfoliate your skin more than once a week.

### TRY A BODY MASSAGE

A besan (gram flour) and chandan (sandalwood) body pack is both cleansing and refreshing. To make this, combine sandalwood paste, gram flour, and freshly brewed green tea that has been allowed to cool. Spread the mixture to the afflicted region and wait for it to dry. Then, in the shower, wash it off.

### WEAR LOOSE FABRICS

Wearing loose, non-irritating clothes that allow your skin to breathe is another way to keep body acne at bay. Tight garments can trap dirt, germs, and oils, causing blotches to appear. For example, wool, nylon, and spandex might irritate the skin even more, whereas cotton apparel is a superb option.

Remain hydrated by drinking plenty of water and consuming a healthy diet. Also, maintain your skin by avoiding squeezing and digging when blemishes appear. Consult a dermatologist if you're can't control your body acne

### TRIVIA TIME

## WORLD NO TOBACCO DAY

May 31 is World No Tobacco Day and this time the theme is "Tobacco: Threat to our Environment"

- 1 With an annual greenhouse gas contribution of 84 megatons carbon dioxide equivalent, tobacco industry contributes to climate change, reduces climate resilience, wasting resources and damaging ecosystems.
- 2 Around 3.5 mn hectares are destroyed for tobacco growing each year and it contributes to deforestation, especially in developing world.
- 3 Deforestation for tobacco plantations promotes soil degradation and "failing yields" or the capacity for the land to support the growth of any other crops or vegetation.

4 Curing of tobacco requires massive amounts of firewood. According to Central Tobacco Research Institute, production of Flue-Cured Virginia tobacco is about 3000 lakh kg. As per a highly conservative estimate, 8 kg of wood is required for curing of a kg of tobacco. It is estimated that 24,000 lakh kg of wood is burnt every year for this.

WHEN: May 31  
STARTED IN: 1987  
BY: World Health Organisation  
WHY: To draw attention to tobacco epidemic and the preventable death and disease it causes



**IN NUMBERS**  
600,000,000 Trees chopped to make cigarettes  
84,000,000 Tonnes of CO2 emissions released into the air raising global temperatures  
22,000,000,000 Litres of water used to make cigarettes

- 6 Cigarette butts comprise 30-40% of items collected in annual coastal/urban cleanups. Cigarette filters are made of cellulose acetate, which is a form of plastic, resistant to biodegradation. When discarded carelessly, it leaches out toxic chemicals and over 4,000 poisonous chemicals.
- 7 Smoking globally emits nearly 2.6 billion kg of carbon dioxide and 5.2 billion kg of methane each year.
- 8 In 2019, 42 lakh cigarette butts were collected on beaches and waterways globally, making them the world's second most common type of litter after food wrappers.

### FOOD TREND

## Purple Punch

HAWKER FRUIT TO HAUTE CUISINE... JAMUN TAKES THE BIG LEAP

In the summer season, local markets see a spillover of jamun and one cannot deny its good effect on the palate when served with a dash of rock salt. But ever imagined a four-course meal inspired by this little purple powerhouse? Endowed with a delightful astringency that finds mention in ancient Sanskrit medical scriptures, Jamun is now gracing gourmet menus too.

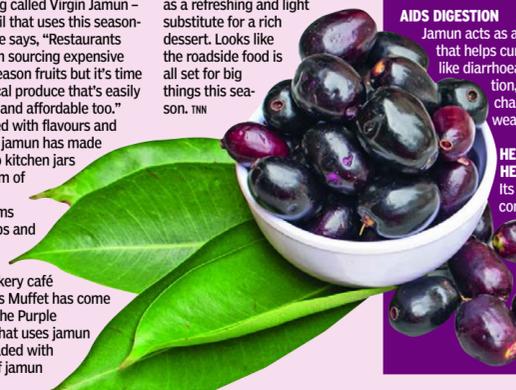
### WHIPPING IT UP

Jamun's colour can stain both tongue and memories, but it has never been a table fruit. But now chefs are using the humble black plum in new avatars. Chef Ruchira Hoon uses jamun pulp for sorbets with yoghurt and a little bit of black salt to enhance the flavours. Chef Neeraj Rawoot

curates exotic salads with jamun and fine cheese. Mixologist Mahendar Manne has concocted something called Virgin Jamun – a mocktail that uses this seasonal fruit. He says, "Restaurants have been sourcing expensive and off season fruits but it's time to use local produce that's easily available and affordable too."

Loaded with flavours and nutrition, jamun has made its way to kitchen jars in the form of juices, wines, jams and syrups and more. Delhi-based bakery café Little Miss Muffet has come up with The Purple Mousse that uses jamun and is loaded with chunks of jamun

while Chef Anas Qureshi's creation Frozen Jamun Yoghurt with a hint of honey and mint serves as a refreshing and light substitute for a rich dessert. Looks like the roadside food is all set for big things this season. TNN



### MORE REASONS TO EAT JAMUN

#### PURIFIES BLOOD

Rich in iron, jamun boosts haemoglobin

#### GOOD FOR DIABETICS

Its low glycemic index slows down the accumulation of sugar and lipids in the blood

#### AIDS DIGESTION

Jamun acts as a coolant that helps cure ailments like diarrhoea, indigestion, etc in changing weather

#### HEALTHY HEART

Its potassium content prevents respiratory disorders like asthma

#### RICH IN MINERALS

Rich in calcium, iron, magnesium, and vitamin C this dark seasonal produce keeps the nervous system healthy

vents all sorts of cardiovascular disorders, hypertension, and strokes

**HEALTHY GUMS & TEETH**  
Vitamin C and antibacterial properties of jamun help you attain healthy gums

**RICH IN ANTIOXIDANTS**  
The dark ones contain an antioxidant anthocyanin that protects the body from bad effects of free radicals

#### FIGHTS RESPIRATORY PROBLEMS

Even the bark is helpful as consuming boiled water with jamun bark in it helps treat respiratory disorders like asthma

# THE STORY OF EVEREST

ON INTERNATIONAL EVEREST DAY (MAY 29), LET'S RECOUNT THE UNFORGETTABLE FEAT OF 1953 - AND ALSO LAMENT THE CONTAMINATION OF THE ROOF OF THE WORLD

Located at the border between Nepal and China in the Himalayas, Everest is a mountain that has accumulated many names over the years. Its Nepali name, Sagarmatha, translates as 'the Head in the Great Blue Sky', the Tibetan word Qomolangma means 'Holy Mother', while the English name comes from the 19th-century British Surveyor General of India, Sir George Everest. At 8,849 meters (29,032 feet), it is considered the tallest point on Earth.

## THE HISTORY

International Everest Day was observed for the first time on May 29, 2008, the year Sir Edmund Hillary died. History was created on this day 68 years ago when Hillary, a 33-year-old beekeeper from New Zealand and his Nepalese-born guide Tenzing Norgay climbed Mount Everest. The pair snapped some

**"If it is a shame to be the second man on Mount Everest, then I will have to live with this shame"**

TENZING NORGAY



## THE MOST ASCENTS

**Kami Rita**  
This legendary Sherpa has scaled Mount Everest more times than anyone — 26 ascents (the last one on May 8, 2022), including two in one week in 2019 — and has also summited K2, Cho-Oyu, Manaslu, Annapurna and Lhotse. He was born in the same village as Norgay and made his first ascent in 1994. He had said in an interview: "I treat every climb with the same sincerity as the first. I believe breaking records is just a by-product."

Nakuri in Uttarakhand, India, she was born in a rural working-class family and was one of seven siblings. Though conservative society of that time didn't even allow women to go to school, let alone become a mountaineer, she succeeded against all odds and scaled the world's tallest peak in 1984. In 1985, she led an all-woman team to Mount Everest. Pal has received numerous honours for her accomplishments, including the Padma Shri in 1986, the Arjuna Award in 1994, the National Adventure Award, and the Padma Bhusan in 2019.



completed the trek for the ninth time, setting a new world record for summits of Everest by a woman.

## THE OLDEST

**Yuichiro Miura**  
At 80, most of us would be considering the retired life but not this Japanese mountaineer. In 2013, Miura summited Everest at the astonishing age of 80 years and 224 days and reclaimed the record from Min Bahadur Sherchan, who had beaten Miura's 2008 record by climbing Everest in that same year at the grand old age of 76 years 340 days.



Tamae Watanabe, in 2002, she became the oldest woman to

## THE FIRST INDIAN GROUP

Led by Avtar Singh Cheema

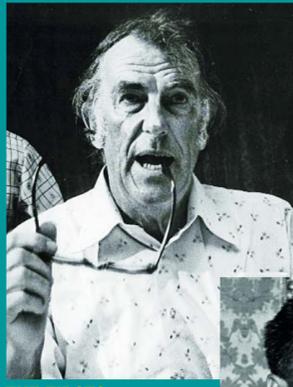
The first Indian man and sixteenth person in world to climb Mount Everest. Cheema led the group of 8 as part of the third mission undertaken by the Indian Army in 1965 to climb Mount Everest after two failed attempts.



Cheema, M S Kohli and Sherpa Nawang Gombu successfully summited the peak on May 20 followed by Sonam Gyatso and Sonam Wangyal on May 22. C P Vohra and Sherpa Ang Kami were the next to set foot on the peak on May 24. H P S Ahluwalia, H C S Rawat and Phu Dorje climbed the Everest on May 29. Former Indian Mountaineering Federation (IMF) president H S Chauhan had once said in an interview that this achievement set the tone for adventure sports in India.

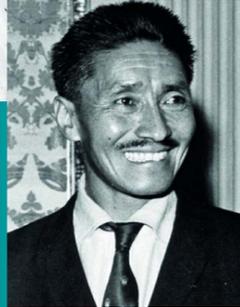
**"I feel sorry for today's climbers trying to find something new and interesting to do on the mountain, something that will get both the public attention and the respect of their peers. Up and down the mountain in 24 hours, a race to the top — what will they think of next?"**

EDMUND HILLARY



## THE FIRSTS

**Sir Edmund Hillary & Tenzing Norgay**  
Hillary and Norgay summited Everest in 1953, paving the way for a slew of climbers. Hillary, a former beekeeper from New Zealand, joined the Everest reconnaissance expeditions on 1951 and 1952 and went all the way in May 1953. In the 1960s, Hillary returned to Nepal to aid the society's development. He built 17 schools, clinics and hospitals. Two airstrips were constructed that brought in more mountaineers and tourists — all at the cost of deforestation. A concerned Hillary then persuaded the New Zealand government to help Nepal protect its pristine forests.



Sherpas traditionally treated the Himalayas as sacred — building Buddhist monasteries at their base, placing prayer flags on the slopes, and establishing sanctuaries for the wildlife that included musk deer, monal pheasant, and Himalayan partridge. Gods and demons were believed to live in the high peaks, and the Yeti was said to roam the lower slopes. For these reasons, the Sherpas traditionally did not climb the mountains.

## THE GEOLOGY

Everest and its surrounding peaks are part of a large mountain mass that forms a focal point, or knot, of this tectonic action in the Great Himalayas. Information from global positioning instruments in place on Everest since the late 1990s indicates that the mountain continues to move a few inches to the northeast and rises a fraction of an inch each year. Everest is shaped like a three-sided pyramid. The three generally flat planes constituting the sides are called faces, and the line by which two faces join is known as a ridge. The North Face rises above Tibet, the Southwest Face rises above Nepal and the East Face — or Kangshung (Kangkung) Face — also rises above Tibet. Glaciers cover the slopes of Everest to its base. Glacial action has been the primary force behind the heavy and continuous erosion of Everest and other Himalayan peaks.

## THE CHALLENGE

At a height of almost 8,850 meters (over 29,000 foot), Everest is the tallest mountain in the world when measured from sea level. Given its altitude, one of the main barriers to overcome is the low oxygen levels, with air pressure at the peak a third of what it is at sea level. Climbers need time to adjust and usually carry supplemental oxygen above 8,000 m, else they risk altitude sickness and even death. Another difficulty is the icy weather, which can lead to frostbite if

mountaineers expose their bodies to the cold for too long. This is why the area above 8,000 meters elevation on Everest is called the "death zone." Climbers who spend long periods in this region can develop altitude sickness and even brain swelling. Climbers are not able to digest food well (and often find eating unappealing), they sleep poorly, and their thinking can be confused. These symptoms are manifestations of oxygen deprivation (hypoxia), which makes any effort difficult and can lead to poor decisions. Climbing Everest requires a lot of experience in mountaineering, as well as a certificate of good health, equipment, and a trained Nepalese guide. The Sherpas have valuable experience

in mountain climbing. Most climbs would be impossible without their logistical help and knowledge.

## THE NEGLECT

Today, Everest is so overcrowded and full of trash that it has been called the "world's highest garbage dump." As popularity of the climb has increased, there have been more "traffic jams" as climbers spend too much time in the death zone waiting for their chance to go to the summit. The dead are often left where they perish because the effects of altitude make it nearly impossible to drag bodies off the mountain. Those ascending pass through an icy graveyard littered with remnants of old tents and equipment, empty oxygen canisters, and frozen corpses. No one knows exactly how much waste is on the mountain, but it is in the tons. All that waste is trashing the natural environment, and it poses a serious health risk to everyone who lives in the Everest watershed.

Even Edmund Hillary scorned the apparent trivialisation of the pursuit during the 50th anniversary celebration of his climb in 2003, when he witnessed hundreds of so-called mountaineers drinking at base camp. The Sherpas have been instrumental in environmental protection efforts, cleaning up waste that litters the mountainside to ensure its beauty is preserved for the future. While the ongoing Covid-19 pandemic restricted tourists from visiting popular travel destinations, the climbing community in Nepal made the most of this tourism lull by coming forward and cleaning Mount

Everest. Though Sherpas and other hill people (Sherpa came to be applied — erroneously — to all porters) tend to outperform their foreign clients, they typically have played a subordinate role in expeditions; rarely has one of their names been associated with a pioneering route on Everest.

**"Why climb Mount Everest? Because it's there."**

GEORGE MALLORY

# THE GREATEST CLIMBERS EVER

evidentiary photographs and buried offerings in the snow. They also surveyed the area for signs of George Mallory and Andrew Irvine, two climbers who disappeared in 1924.

Attempts to climb Mount Everest began in the 1920s, with various expeditions led by the British. While several climbers made it close to the summit, it wasn't until 1953 during the ninth expedition that this feat was finally accomplished by the duo. They were part of a British expedition led by Col. John Hunt. Also along for the trip was a filmmaker to document their progress and a writer for 'The Times' and very importantly, a physiologist. They reached the summit at 11.30 am, but the world came to know of their achievement only on June 2, the day of Queen Elizabeth II's coronation. Conquering the monolith ultimately earned Hillary a knighthood and Norgay Britain's esteemed George Medal for courage.

## SACRED PEAK

To commemorate their achievement, Nepal decided to celebrate International Everest Day every year on May 29. International Everest Day is a chance to celebrate this amazing natural wonder and the intrepid adventurers who have braved the climb. On this day, a series of memorial events and processions take place in Nepal's capital Kathmandu and the Everest region. The day is also a crucial annual event for Nepal's mountain tourism. It is not just in honour of the climbers, but also the magnificent mountain itself. Everest is particularly special in Nepalese and Sherpa culture as a sacred spot. Sherpas treat Chomolungma (meaning 'Mother of the World') with the greatest of respect and make offerings to the mountain as part of a puja ceremony before attempting climbs. Living in close proximity to the world's highest mountains, the

**"I have not conquered Everest, it has merely tolerated me"**

PETER HABELER

Each year, nearly 800 people attempt to scale Mt Everest, but some climbers are greater than others as they have etched their names in the history books. We feature 10 such names



## THE FIRST WOMAN

**Junko Tabei**  
The first woman to reach the Mount Everest on May 16, 1975, Junko Tabei from Japan braved all odds, got buried in an avalanche, lost consciousness for six minutes, came out alive from under the rubble, and 12 days later reached the summit to make history. Tabei not only became the first woman to conquer the Seven Summits in 1992, she also climbed Mt. Fuji in Japan and Matterhorn in the Swiss Alps. A braveheart, she formed the Ladies Climbing Club in 1969 in Japan to encourage women mountaineers.

## MOST SUMMITS BY A WOMAN

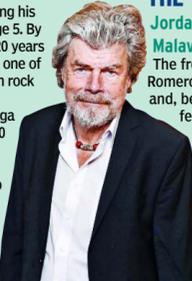
**Lhakpa Sherpa**  
Sherpa climbed Mt. Everest nine times, the most summits by a woman. Most of the time, Lhakpa Sherpa spends her time shuttling between her job as a dishwasher at her local Whole Foods and her home in Hartford, Connecticut, where she raises her three children. However, once a year, the 44-year-old single mom saves up enough money to fly back to her native Nepal and climb Everest — and in May 2018 she successfully



climb Everest at the age of 63 years and 177 days. In 2012, Japanese climber Watanabe broke her own record by summiting Everest again at the age of 73 years and 180 days.

## FIRST WITHOUT SUPPLEMENTAL OXYGEN

**Reinhold Messner**  
Born in 1944 in Italy, Messner began climbing in Italy's Dolomites, reaching his first summit at age 5. By the time he was 20 years old, Messner was one of the best European rock climbers. After



climbing Nanga Parbat in 1970 with his brother Günther, who died during the descent, he advocated that Mount

Everest should be climbed without the use of supplemental oxygen or by what he called "fair means". The use of oxygen, he reasoned, was cheating. On May 8, 1978, Messner and climbing partner Peter Habeler became the first climbers to reach the summit of Everest without bottled oxygen, a feat that some doctors thought impossible since the air is so thin and that climbers would suffer brain damage.

## THE YOUNGEST

**Jordan Romero & Malavarth Purna**

The fresh-faced American climber, Romero climbed Everest in 2010 and, believe it or not, achieved the feat when he was just 13 years, 10 months and 10 days old. Malavarth Purna became the youngest female to climb the highest mountain when she summited it in 2014 when she was just 13 years and 11 months old.

## FIRST FEMALE AMPUTEE

**Arunima Sinha**  
Indian mountain climber Arunima Sinha is the world's first female amputee to scale Mount Everest, Mount Kilimanjaro (Tanzania), Mount Elbrus (Russia), Mount Kosciuszko (Australia), Mount Aconcagua (South America), Mount Denali (North America) and Mount Vinson. She's also a national level Volleyball player. In 2011, she was pushed from a running train by robbers that led to the loss of her right leg and caused multiple fractures of the spinal cord. In 2015, she was honoured with a Padma Shri.

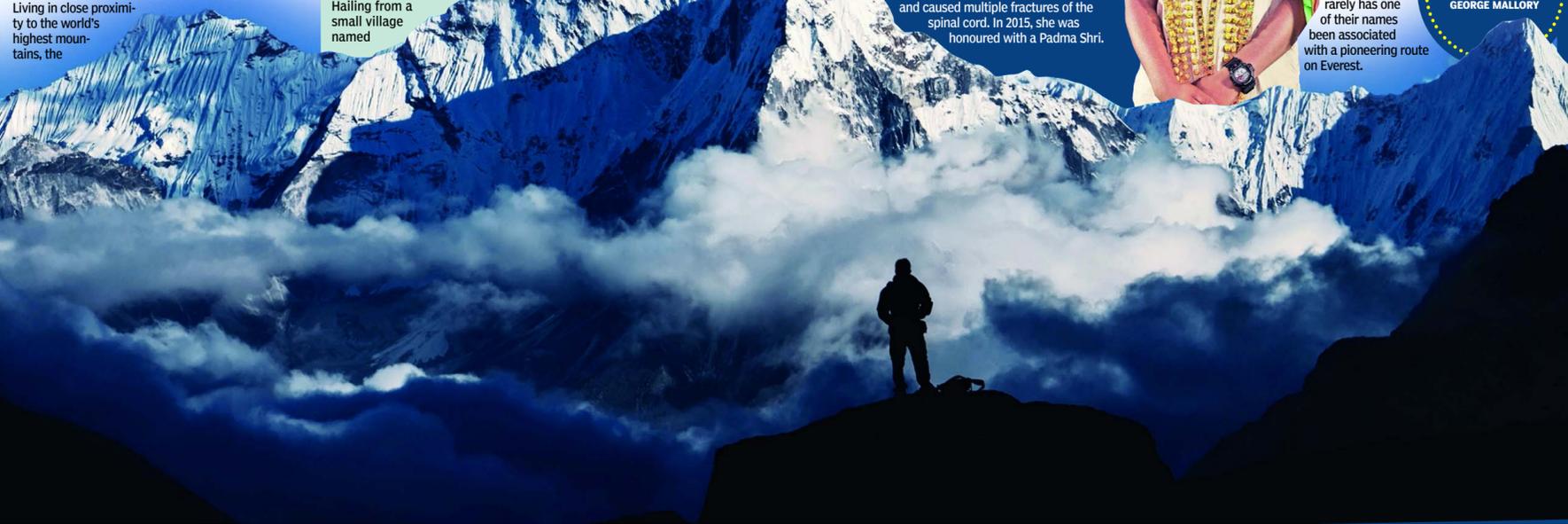


## FIRST INDIAN WOMAN

**Bachendri Pal**  
Born on May 24, 1954, Pal made history by becoming the first Indian woman to climb Mount Everest. Hailing from a small village named

**"The special forces gave me the self-confidence to do some extraordinary things in life. Climbing Everest then cemented my belief in myself"**

BEAR GRYLLES



"There's one great script that hit my desk that I didn't change at all, and that was 'True Romance'."  
Tony Scott

# CRUIS(E)ING TO CULT STATUS AT 36!

If reviews are to be believed, 'Top Gun: Maverick' is a "superior sequel" to the cult classic 1986 film 'Top Gun', that made Tom Cruise an overnight global star and Hollywood's most successful and dependable actors till date. Before buying the tickets to the latest installment, let's find out what made 'Top Gun' such an iconic film

Haimanti.Mukherjee@timesgroup.com

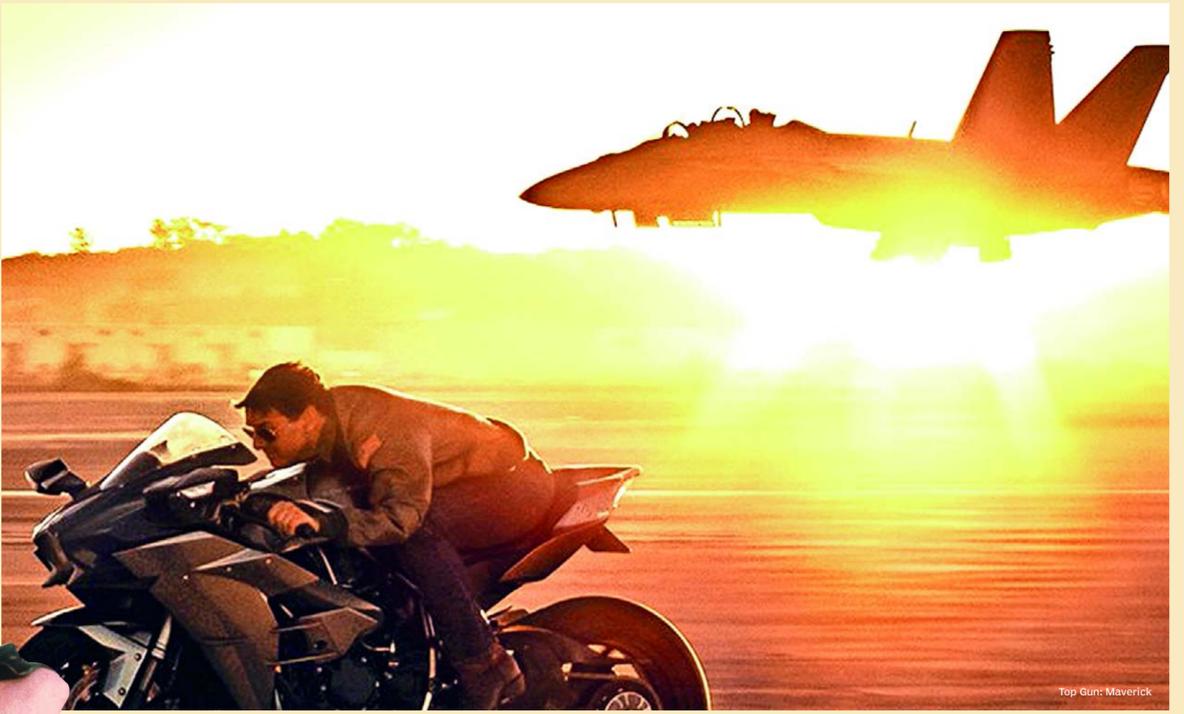
The Ray-Ban aviators. Let's start with some oomph before moving on to other reasons that has catapulted 'Top Gun' to a pop culture iconic status since its release on May 16, 1986. Here's a fact. In the early 1980s, Ray-Ban, once an incredibly popular brand of sunglasses, were selling only 18,000 pairs a year. By the end of the '80s ('Top Gun' released in 1986), the brand was selling millions of pairs all over the world. That was the power of the film, and its protagonist, Pete 'Maverick' Mitchell, played by Tom Cruise.

The 1980s was a time of style and extravaganza. That decade belonged as much to Gordon Gekko for whom greed was good (watch 'Wall Street') as it did to Maverick, who loved to fly into the danger zone. Those were the days of hedonism in the US after the debacle of Korea and Vietnam.

Writes Megan Garber in 'The Atlantic' about the film's appeal: "Top Gun' also gives us the gift of its volleyball scene, the narratively expendable but spiritually crucial affair in which

Mav and Goose join Iceman and his flying partner for some sweaty sets on the beach... the delightful 'Great Balls of Fire' sing-along; the multiple locker-room scenes featuring extremely brawny men; And then Mav and Goose, striding in their flight gear, uttering a line so transcendently prosaic that it tips over into poetry: 'I feel the need-the need for speed.'"

Americans wanted to love America again. And the late Tony Scott, an adver-



Top Gun: Maverick

tisement guy and an equally deft filmmaker, understood the appeal of an arrogant navy pilot, who refused to listen to orders, played by his own rules, become the villain... only to rise like a phoenix and be the hero in the end. Add tension as well as camaraderie between rival pilots, a best friend plot and a love story between a trainer and a pilot in the mix, and what

## TOP GUN '86 TRIVIA

1. The real Top Gun School imposes a \$5 fine to any staff member that quotes the film.
2. Anthony Edwards is the only actor who didn't vomit while in the fighter jets.
3. Val Kilmer did not want to be in this film, but was forced to by contractual obligations. However, it became one of his most iconic roles in his career.
4. The character portrayed by Kelly McGillis is based on Christine Fox, a civilian flight instructor the producers met on a visit to Miramar while doing research to prepare for the film.
5. The tension between Maverick and Iceman isn't just down to good act-

- ing, Tom Cruise and Val Kilmer kept their distance from each other and never socialised.
6. Tom Cruise had to wear lifts in his scenes with Kelly McGillis. Cruise is 5'7" (1.70 m) while McGillis is 5'10" (1.78 m).
7. All of Maverick's stunt flying in the film was done by Scott Altman, who later went on to become an astronaut.
8. Meg Ryan and Anthony Edwards started dating after filming concluded.



Anthony Edwards and Tom Cruise in 'Top Gun' (1986)

else can you have but a winner.

It was a time for heroes to rise in America. And no one rose to megastardom, within and beyond the shorelines of the US, like Cruise did with this film.

Here's another fact. "Top Gun" wasn't entirely a work of fiction. The movie

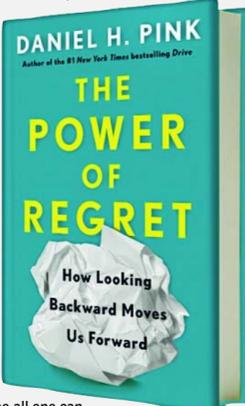
was actually inspired by an article in 'California Magazine' which detailed the day-in-day-out life of the US Naval Air Station at Miramar in San Diego, which is where the US Navy Strike Fighter Tactics Instructor programme, also known as Top Gun, was located... until 1996.

# How to Use Your REGRETS FOR GOOD

In his book, 'The Power of Regret: How Looking Backward Moves Us Forward', author and journalist Daniel H Pink identifies four kinds of regret experienced by people all over the world; and how this commonly misidentified emotion can help us to live better

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How often have you heard the phrase, 'No regrets'? It's a pretty popular, right? Like exactly the kind of philosophy one needs to imbibe to thrive. A quick Google search can tell you there are many takers for the 'No regrets policy' - defined by the 'The Oxford Dictionaries' as "an approach that involves erring on the side of caution and planning well in advance". In the play 'The Ride Down Mt Morgan', author Arthur Miller wrote, "Maybe all one can do is hope to end up with the right regrets." In the latter part of the '90s, British singer Robbie Williams crooned something similar. "No regrets," he sang, "they don't work" pleading us to never let regret define our actions. Cut to 2022, and it's time to turn the whole notion of 'No regrets' on its head. In the brave new post-Covid world of 2022, journalist and author Daniel H Pink is boldly proclaiming the idea of no regrets as 'nonsense'.



American attitudes about regret ever conducted, Pink created the World Regret Survey and spent 18 months collecting, and studying regrets from all over the world. From the data he received from over 19,000 people from 105 countries, writing about their experience, Pink found something amazing ...

## PEOPLE REGRET NOT TAKING ACTION

While speaking to www.npr.com, Pink said that the regrets of inaction outnumber regrets of action 2:1 - which increases as people age.

Simply put, "action" regrets, like marrying the wrong person, or taking a wrong job, can be undone - you can think about such actions as "at leasts". For example, many people who felt they married the wrong person would say, "At least I have these great kids." With regrets of inaction, that's impossible.

## THE 4 KINDS OF REGRET

According to the data Pink analysed,

regrets tend to cluster into four different types:

### Foundation regrets

**In a nutshell:** From not doing the work.  
**For example:** Not doing the work to create a stable life like not saving money for retirement or not exercising/eating right to take good care of your body.

### Moral regrets

**In a nutshell:** From

doing the wrong thing  
**For example:** Bullying someone, or choosing to be unkind. "I was stunned by how many people regretted bullying people younger in their life, and marital infidelity," Pink said.

### Connection regrets

**In a nutshell:** From not reaching out  
**For example:** One of the

largest categories of regrets, this regret is all about relationships - family, friendships, romantic and beyond. It comes when people drift apart, but neither tries to connect for fear it's awkward. Pink said reaching out is "very rarely as awkward as people think, and it's almost always well-received."

### Boldness regrets

**In a nutshell:** From not taking chances.  
**For example:** Opportunities to study abroad or leaving a dead-end job or subject because it was easier to play it safe.

### REGRET IT RIGHT

According to Pink, there's something to learn from the four types of regrets. To live a fuller life, work on Pink's three-part strategy:

inward, outward and forward.

**1 Look inward:** How do you speak to yourself? Are you cruel? Then you have to reframe how you think about your regrets and practice self-compassion.

**2 Look outward:** Air your emotions by sharing as it helps you unburden. Pink says we can make sense of regret through talking or writing.

**3 Move forward:** Every regret carries a lesson. Pink suggests creating distance to help yourself process. Some ideas could be to start with the following questions:  
 ■ Refer to yourself in third person and ask, "What should she/he do?"  
 ■ Confused between two choices? Imagine living in 2032, calling your 2022 self, then ask yourself about your choice. For example, "Should I buy the blue top or the green top?" OR, "Should you call that friend you fought with?" Your 2032 self will put things into perspective, very quickly because in the future you wouldn't care!

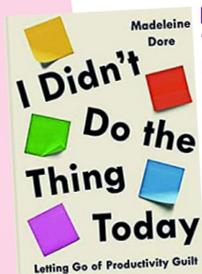
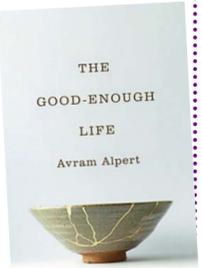
# You've got PERMISSION

Move beyond the packed schedules that cause you to be so busy you don't have time for fun. That's not a good way to live! Read these books to let go of some of your 'busyness' while giving yourself the permission to relax

## THE GOOD-ENOUGH LIFE

BY AVRAM ALPERT

A Princeton University lecturer explains how our quest for greatness leads to stress and anxiety, damaged relationships, political and economic inequality, and environmental disasters. His solution is to move beyond greatness to establish a society where everyone flourishes.



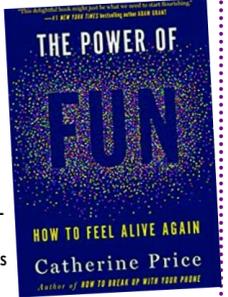
## I DIDN'T DO THE THING I SHOULD HAVE DONE TODAY: LETTING GO OF PRODUCTIVITY GUILT

BY MADELEINE DORE  
An inspiring call to take a break from the all-consuming productivity that is spurred by comparisons to others, aspirational routines of successful people, and unrealistic notions of what can be accomplished in a day. This one will help you let go of perfection and embrace the joyful messiness and unpredictability of life.

## THE POWER OF FUN: HOW TO FEEL ALIVE AGAIN

BY CATHERINE PRICE

Who said that having fun can lead you to greatness? The author of 'How to Break Up with Your Phone' makes the case that, far from being frivolous, fun is actually critical to our well-being - and shows us how to have more of it.



# EYE-CATCHING MOMENTS!

The funny, the awkward, the crashes and stumbles during matches are what make a contest a full-on entertainer... more so with the IPL. Here is a look at the myriad moods and moments from the tournament as it goes into the finals this Sunday

**ALL GOOD, MATE:** Chennai Super Kings' Dwayne Bravo gets some affection after dismissing Kieron Pollard of Mumbai Indians during the match at Dr D Y Patil Sports Academy in Mumbai on May 12, 2022.

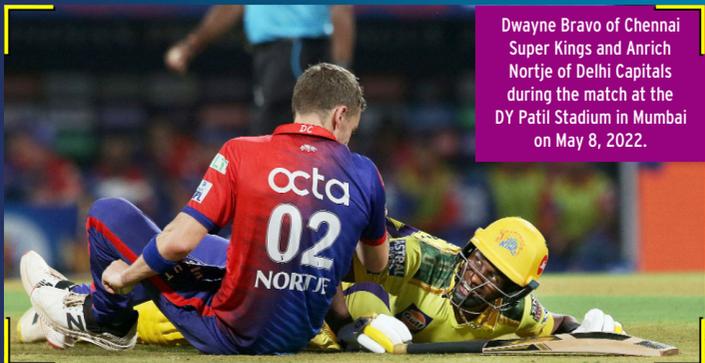


Photo: ANI

**AND THEY TUMBLE DOWN:**



Shimron Hetmyer of Rajasthan Royals during the match against Punjab Kings, at Wankhede Stadium in Mumbai on May 7, 2022.



Dwayne Bravo of Chennai Super Kings and Anrich Nortje of Delhi Capitals during the match at the DY Patil Stadium in Mumbai on May 8, 2022.



Delhi Capitals captain Rishabh Pant during the match against Chennai Super Kings, at the D Y Patil Stadium in Mumbai on May 8, 2022.



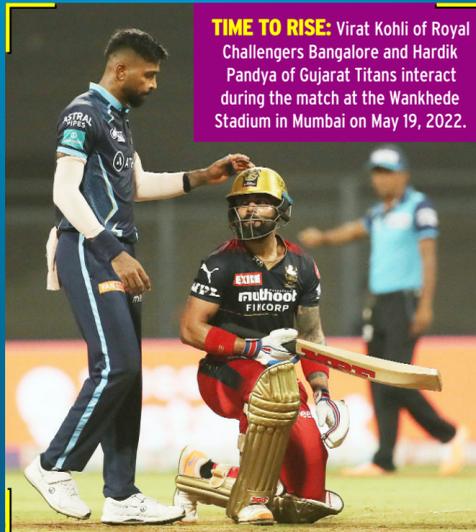
**THE PERFECT HEADER:** Chennai Super Kings skipper M S Dhoni gets into warm-up mode before the start of the match against Rajasthan Royals, at the Brabourne Stadium (CCI) in Mumbai on May 20, 2022.



**BROTHERS IN ARMS:** Gujarat Titans captain Hardik Pandya, and Krunal Pandya of Lucknow Super Giants shake hands after a match between their teams at the MCA International Stadium in Pune on May 10, 2022.



**THE BHANGRA CELEBRATION:** Harpreet Brar of Punjab Kings breaks into a dance in celebrations during the match against Sunrisers Hyderabad, at the Wankhede Stadium in Mumbai on May 22, 2022.



**TIME TO RISE:** Virat Kohli of Royal Challengers Bangalore and Hardik Pandya of Gujarat Titans interact during the match at the Wankhede Stadium in Mumbai on May 19, 2022.



**UP IN THE AIR:** Washington Sundar of Sunrisers Hyderabad leaps into the air during the match against Punjab Kings, at the Wankhede Stadium in Mumbai on May 22, 2022.



**PHOTO OP TIME:** Yuzvendra Chahal of Rajasthan Royals and Kuldeep Yadav of Delhi Capitals engage in some fun before the start of the match at the DY Patil Stadium in Mumbai on May 11, 2022.

Photo: PTI