



THE TIMES OF INDIA

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Your Weekender
TODAY'S EDITION

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STUDENT EDITION

SATURDAY, AUGUST 28, 2021


LATEST BUZZWORDS EXPLAINED
NEW TRAVEL DICTIONARY
VOLUNTEERCATION

A holiday spent doing volunteer work within your country.

PEACE TOURIS

Travelling to places which are important because of their commitment to peace, often because they are the location of a previous conflict or war like Berlin Wall Memorial and the Hiroshima Peace Park.

SPREAD BOOKING

The practice of booking several holidays to different places, with the intention of cancelling all but one of them before the date of travel. It's apparently a new way of managing "lockdown risk" by keeping fingers in multiple holiday pies.

SLOW MAP

A map that shows the best walking routes between different places.

HALF-TOURIST

 Someone who travels to a different city or country and spends part of the time working remotely while they are there. Similar: **Schoolcation**, a family holiday during which the children receive online schooling.

VACCINATION

As vaccines slowly become the golden ticket to international travel, a vaccination is that long-overdue, well-deserved and no-expenses-spared holiday being planned for the minute you are properly vaccinated and deemed 'safe' to travel. A note to those first-out-of-the-gate vaccinationers, (part of) the world is your oyster.

TRAVEL BUBBLE

No, it's not a transparent orb you roll around the world in a la Bubble Boy – rather, it's an agreement between cooperating countries that allows for citizens to travel freely between the nations, in the hopes of kick-starting tourism and helping economies rebound.

#GOALS

It's Chic to REPEAT!

You know what's the most sustainable outfit? The one you already own! Repeating your clothes is the best way to be fashionable sustainably. Here are some celebrities who follow this maxim

SONALI BENDRE

Recently Sonali Bendre posted a picture of her wearing a Rohit Bal jacket from her collection that was at least 20-years-old. She wrote in her Instagram post (@iamsonalibendre): "Some things age better... I'm talking about my jacket here. I wore this beautiful jacket from @rohitbalofficial at least 2 decades ago..." She tagged it as #reuse and #reusevolution.

KATE MIDDLETON

One would assume a Royal Duchess to have a rotating wardrobe of elegant choices to avoid getting caught in the same outfit twice. But Kate Middleton, does not shy away from recycling her designer looks.

MEGHAN MARKLE

Before stepping back from her royal duties, Meghan Markle was no stranger to repeating outfits herself. In an age of disposable fashion, her choice to recycle her looks was a great nod to sustainability.

CATE BLANCHETT

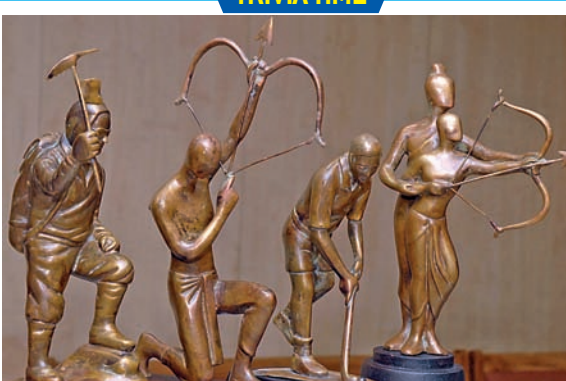
Blanchett cherishes her designer creations. In a 2018 interview with 'The Hollywood Reporter', she said, "Particularly in today's climate, it seems wilful and ridiculous that such beautiful garments are not cherished and rework for a lifetime".

JOAQUIN PHOENIX

While male celebrities are known to repeat their clothes (and they are less judged for it too), 'The Joker' star wore the same Stella McCartney tuxedo for the entire award season in 2020 as an attempt to reduce waste and promote sustainability.

TIFFANY HADDISH

In 2018, comedian and actress, Tiffany Haddish made headlines for repeating a halter-neck Alexander McQueen dress four times. When asked about recycling the look, Haddish told W magazine that her \$4,122 dress was the equivalent of a down payment on a car or medical bill: "So, even though everyone says I shouldn't wear the dress in public again, I'm wearing it."

TRIVIA TIME


Time to get SPORTY!

August 29 is observed as National Sports Day in India. Here's all you need to know about this day

1 National Sports Day on August 29 is to commemorate the birthday of Indian hockey legend Major Dhyana Chand (pic right). He was born on this date in 1905 in Prayagraj, formerly Allahabad. Major Dhyana Chand was the captain of the Gold medal-winning Indian hockey team at the Berlin Olympics in 1936.

2 Major Dhyana Chand Singh is arguably the greatest hockey player of India and was known world over as 'Wizard of Hockey'. After getting a basic education, he joined the Indian

army as a soldier in 1922. And started playing hockey under his supervisor Subedar Major Tiwari.

3 Due to his outstanding performance in his game, he was promoted to 'Lance Naik' in 1927, and in 1932 to Nayak and Subedar in 1936 when he was Captain of the Indian hockey



Olympic Games of 1936, he was selected as the captain of the Indian Hockey team. In his career spanning from 1926-48, he scored more than 400 international goals in his career, and nearly 1,000 goals in all.

5 In 1956, he has been awarded the Padma Bhushan Award, which is the third-largest civilian award in our country. To honour this true legend, the

team. Later on, he went on to become Lieutenant-Captain and was promoted to Major.

4 He was the part of the three-time Olympic gold medalist Indian Hockey Team. At the Berlin

There was a rumour that Dhyana Chand's stick was tampered with as once the ball came to him, it only parted after scoring. They broke his stick in Holland to check if there was a magnet inside; in Japan they decided it was glue; in Germany, Adolf Hitler, it's said, even wanted to buy it

Government of India decided to celebrate his birthday as the National Sports Day since 2012. **6** National Sports Day is celebrated extensively at the national level. It is organised every year in the Rashtrapati Bhavan and

the President of the country; it gives National Sports Awards to the respective winners. Under the National Sports Award, players and coaches are honoured with many other awards – Major Dhyana Chand Khel Ratna Award, Arjuna Award, and Dronacharya Award (lead pic).

7 The primary objective of National Sports Day is to raise awareness about the value of sports and staying physically active in everyday life. Following the first celebration of the day, the government has embraced the occasion to unveil a number of sports-related initiatives, like the Khelo India movement.

SKIN WORTHY OR TALL TALK?

But is this trend good for all or just hype? Pune-based

dermatologist Dr Madhur Basude says: "Many people are swearing by caffeine oil or DIY coffee oil as they see people talking about it on social media or spot their favourite celebrities using it. For the uninitiated,



Wake up and smell THE COFFEE!

The brown beans can do more than generate a generous amount of froth in your morning beverage mug. It has a good reputation for doing nice things to your skin too. Read on to know more...

caffeine oil is available online or even at a local beauty store. In fact, you can make it at home too. It is believed that high amounts of Vitamin

E and other essential nutrients present in the coffee can soothe and moisturise your skin along with reducing the puffiness of the eyes and face and tightens pores. This is true to an extent, in the sense that it works on some people but may not work for everyone and results

SELF-CARE


vary from person-to-person." So, don't follow this trend (or any other beauty trend) blindly. Do your research, understand your skin type and use caution. Caffeine can dry out the skin if used excessively, so check with a wellness expert and get to know about the right amount to be used.

BEST WAYS TO USE IT

Good quality caffeine oil is a safe way to get the goodness of coffee. "Take a generous amount of caffeine oil and massage it on the desired area and wait until the oil is absorbed. Wash off after a few minutes. However, be-



Caffeine, when applied topically as facemasks or oil, constricts blood vessels, and reduces inflammation and puffiness. It also tightens and brightens the skin, which is why it's a prime ingredient in many eye creams

fore using it, do a patch test on your skin and wait for 30 minutes to check for any side effects that may include redness, burning or itching – in which case you should not use it. Also, don't go overboard and use the quantity only as recommended by the expert," advises Basude.

WELLNESS EXPERT AND AROMATHERAPIST BLOSSOM KOCHHAR'S DIY COFFEE RECIPES

Bye Bye puffy eyes: Mix ground coffee with warm water, dip cotton balls in it and apply on the puffiness of the eye area for 8-10 minutes. It will reduce the inflammation of the delicate under eye skin and make it appear calm and fresh.

Teens, treat your acne: For those with stubborn acne, try this recipe: Mix 3 teaspoons of coffee with 1 tablespoon of gram flour, 3 teaspoons of honey, 2 teaspoons of aloe vera gel and 2-3 drops of lavender essential oil. Apply the pack on your face for 15 minutes and rinse off with normal water.


FITNESS

HOW TO MEASURE YOUR FITNESS LEVEL?

The truth about fitness level is that no one size fits all, and a slim body is definitely not a criterion to evaluate it. To get a more accurate result, here are five things you must measure.

STAMINA

Stamina is the mental and physical ability to perform an activity for an extended period without getting tired and even feel energetic after the session. While playing sports and running marathons, stamina is crucial to complete the game or the race.

How to improve it: To build stamina, limit your recovery time while exercising. Increase repetitions and the intensity of your workout – slowly.

FLEXIBILITY

It is defined as the ability of a



joint or muscles to move in a wide range of motion. Being flexible helps you carry out your day-to-day activity with ease without injuring yourself.

STRENGTH

Having strong muscular

strength can protect your joints from injury. It can contribute to better balance and reduces your risk of falls.

How to improve it: Performing bodyweight exercises and lifting weight is the best way to increase muscular strength.

POSTURE

Maintaining a good body posture helps to improve your

BALANCE

Could you balance your body weight on one leg for a minute? If the answer is no then you need to work on it. Balance is defined as the body's ability to prevent falls during a particular exercise and maintaining the centre of gravity for support.

How to improve it: All exercises that strengthen your lower body and core can help. Try walking uphill or bodyweight exercises.

personality and also keeps your bones and joints in optimal alignment. They reduce the tear and down of the muscles and ligaments.

How to improve it: Practise yoga and strength training exercises to improve your posture. Also, pay attention to your posture through the day while walking and sitting and correct it.

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According to a report by the World Economic Forum, there is a growing interest in climate-friendly foods. From readymade snacks to algae, cacti and grains, food options in the future are likely to be more climate friendly. According to it, the easiest way to eat responsibly is to start with sustainable snacks. It says, look for snack providers who are investing in recyclable packaging, carbon offsetting and a shortened supply chain, so as to reduce the impact of transportation while keeping ingredients fresh and preserving their flavour, to explore all the climate benefits of these products.

START AS LOW AS 10 PER CENT

A study by the University of Michigan (US) suggests substituting 10 per cent of one's daily caloric intake from processed meats for a mix of fruits, vegetables, nuts, legumes and select seafood could reduce your dietary carbon footprint by one-third while also allowing people to gain 48 minutes of healthy minutes per day. The study which analysed over 5800 foods and ranked them by their nutritional disease burden to humans and their impact on the environment was recently published in the journal "Nature Food".

When it comes to plant-based foods, chocolate is among the highest GHG (greenhouse gas) emitters. One kilogram of chocolate produces 19 kg of GHGs. On average, emissions from plant-based foods are 10 to 50 times lower than animal-based types



TRY NEW FOODS

With the world population predicted to increase to almost 10 billion people by 2050, the recently published "Future 50 Food Report" has identified 50 new types of food that people should eat more. The foods have been chosen because they are nutritious, have a lower impact on our planet than animal-based foods, are more affordable, accessible and taste good. The list includes some interesting choices:

ALGAE: The shining new star in the world of unusual superfoods is attracting a new culinary fan base given its carbon-negative profile. High in vitamin and antioxidants content, algae contains essential fatty acids and has a meat-like, umami flavour that makes it an ideal replacement for meat.

CACTI: An integral part of the Mexican culinary tradition, cacti comes in many edible varieties and contains high amounts of vitamins C and E, carotenoids, fibre and amino acids.

ADZUKI BEANS: Packed with antioxidants, protein and high levels of potassium, B vitamins and fibre. The small brownish red beans require less water than many other crops and can produce high yields, even on dry land. Currently enjoyed in Japan and other parts of Asia.

QUINOA: Hailed as the complete protein as it contains all nine of the essential amino acids. It is gluten-free and contains an exceptional balance of protein, fat, minerals and vitamins.

WILD RICE: Deliciously nutty, toasty and earthy with a chewy texture, wild rice is actually the seed of a semi-aquatic grass that grows wild in North American lakes and rivers. It's easy to digest, is a source of a variety of valuable minerals and contains more protein, zinc and iron than white rice.

4 WAYS TO MAKE YOUR DIET MORE ECO-FRIENDLY

1. EAT LESS MEAT

A 2016 systematic review shows that following a diet low in animal products has the biggest impact on the environment of any dietary change, reducing greenhouse gas emissions and land use up to 70 to 80 per cent, and water use up to 50 per cent. Look for more sustainable animal-based protein from fish, poultry, eggs and cheese.

2. REDUCE FOOD WASTE

According to a 2019 UN report, household food waste in India is about 68.7 million tonnes a year. "If we want to get serious about tackling climate change, nature and biodiversity loss, and pollution and waste, businesses, governments and citizens around the world have to do their part to reduce food waste," says executive director of the UNEP Inger Andersen.

3. BUY LOCAL FOOD

Buying locally produced food reduces greenhouse gases from transporting food long distances. Buying local also means cutting down on ultra-processed foods, and encourages cooking at home with whole foods more often. Local food also gives more nutrition because less transit time means fewer nutrients lost. It also puts money back into your community and helps farmers preserve land, water and biodiversity for future generations.

4. REDUCE KITCHEN GARBAGE

The kitchen is one place where much of our trash is generated. Buy (and remember to bring!) reusable grocery bags and produce bags. In fact invest in reusable like bottles, cups, straws, silicone bags (not ziplocks) and beeswax wraps instead of plastic wrap. Cut back on packaging by buying wholesale dals, rice and more. There are many alternatives now available. Seek them out.

EAT RIGHT TO SAVE The Planet

About one-third of the global greenhouse gas emissions comes from the world's food systems, according to UN Food and Agriculture Organisation. A reason why there's an interest in sustainable food development. Here's your to-do list



IN THE NEWS

How many BAGS is too many BAGS?

A recent article in "The New York Times" stated that we are reeling under a "cotton tote crisis". What started as an environmental solution has become part of the problem. Cotton bags are the low-hanging fruit that all brands pluck to bolster their "go green" credentials. Nearly all brands have shifted to using a cotton tote to give a nod to a "planet-friendly mind-set".

It now turns out that cotton totes may not be that earth-friendly? An organic cotton tote needs to be used 20,000 times to offset its overall impact of production, according to a 2018 study by the Ministry of Environment and Food of Denmark. That equates to daily use for 54 years — for just one bag. Plus cotton is a water-intensive crop and with one of the most exploitative labour practices. Plus there's no method to dispose a tote in an environmentally low-impact way — as it can't be composted at home. And if your tote is printed then it usually uses a PVC-based dyes that makes the bag unfit for recycling.

What is the solution? Brands need to restrict use. And consumers just need to refuse.



GO GREEN



How to be a sustainable PET PARENT?

Do you know that there are greener options available for all your fur babies' needs? Here's where you can make the switch

PICK THE POOP UP

Do you let your pooch's doo-doo just lying around thinking it's completely natural? Stop that. The problem is dog faeces can carry disease and pollute waterways so pick up your pet's poop. When it comes to poop picker-uppers, use compostable bags. There are more options than ever before for bags that will actually decompose, such as bags made from plants and other materials.

PET FOOD PACKAGING

Pets eat a lot of food and this means a lot of packaging too. Look for packaging that can be recycled. But even then very few places in India have easily available

recycling options. Try cooking your pet food at home — there's nothing more sustainable than that.

SUSTAINABILITY CERTIFICATIONS

Certifications on the packaging for pet food, toys, accessories, etc. can help you quickly identify ingredients or materials that have met rigorous sustainability criteria. Many brands now carry the certifications up front.

TOYS

Dogs, like little kids, are constantly putting things in their mouths so it's best to look for toys

made from non-toxic materials. Many companies now are making eco-friendly pet toys from recyclable or recycled materials, or earth-friendly fabrics like hemp and other natural fibers. Really try to limit toys made from plastic which can end up in landfills where they'll never decompose. And since dogs tend to get bored easily of toys, consider donating gently used toys to your local animal rescue. Don't get your pet a digital toy as they use a lot of plastic and generates e-waste. How about you make your own from old T-shirts or consider a toy swap with friends who have pets.

What more can you change

- 1 Shift to eco-friendly dog beds that don't use poly-fills or synthetic fabrics but natural fabrics like hemp
- 2 Get eco friendly dog treats that use natural and organic components. A popular pick nowadays is chewy churpi cheese made from yak milk
- 3 Go for sustainable cat litter made with corn, grass, or wood
- 4 Go for dog collars and leash made from materials like bamboo or use fabric/reusable material
- 5 Pick ceramic and stainless steel food bowls. Now you also have bamboo bowls
- 6 Opt for eco friendly dog grooming with items made of natural and organic components that are safe for both pets and the planet. Pick bamboo brushes for brushing their coat
- 7 Use eco-friendly pet cleaning products that don't use chemicals. Or make your own using white vinegar and baking soda



SAVE THE DATE

WHAT: WORLD CLEANUP DAY
WHEN: SEPTEMBER 18, 2021

WHAT'S IT ABOUT: World Cleanup Day is an annual global social action programme aimed at combating the global solid waste problem, including the problem of marine debris. It is coordinated by the global organisation Let's Do It! World, the headquarters is located in Tallinn, Estonia.

World Cleanup Day is celebrated with litter cleanup and waste mapping activities spanning every time zone. Environmental cleanup events are held in nearly every country until

WORLD CLEANUP DAY

concluding near the international dateline in Hawaii and American Samoa. World Cleanup Day is held over the course of a 24-hour period. The aim is to raise awareness of the mismanaged waste crisis by mobilizing all spheres of society to participate in cleanup actions. Individuals, governments, corporations and organisations are all encouraged to take part in cleanups and to find solutions to tackle mismanaged waste.

There are numerous organisations that facilitate and host World Cleanup Day events globally. CAN I CONTRIBUTE: Check worldcleanupday.org to know about the activities happening in your area, if at all. You can also read up about how to organise a cleanup event in your area.

THE LIST

PODCASTS FOR THE PLANET!

SUSTAINABABBLE

A delightful comic podcast about the environment for and by the confused! Don't take it lightly though. The presenters tackle big environmental issues, untangle confusing environmental concepts and policies, while also exposing examples of greenwashing.



BIG CLOSETS SMALL PLANET

with Michael Schragger
This environmental podcast explores the problems of the fast fashion and the fashion industry. Features plenty of inspiring people who are trying to implement more sustainable solutions in the fashion world.

WILD VOICES PROJECT

This podcast is about the people who are saving nature in the fields of conservation, film, photography and environmental justice.

Wild Voices Project



HOW TO SAVE THE PLANET

Discusses popular stories from the climate movement and breaks down often-complex issues, like environmental racism, eco-anxiety and fracking. Hosted by journalist Alex Blumberg and scientist and policy nerd Dr Ayana Elizabeth Johnson.

THINK SUSTAINABLY

Bite-sized snippets of larger issues in under 20-30 minutes. This podcast focuses on sustainability and the overall impact of consumption.



JANE GOODALL: THE HOPECAST

Featuring Dr Goodall who speaks with influencers, leaders from business, policy and NGO industries about how to make the world a better place. Also, highlights the work of the Jane Goodall Institute, including its community-led conservation work, captive welfare, and science & technology for conservation and youth empowerment.

GLOBAL GOALS CAST

Empowers listeners by sharing the inspiring stories of individuals, companies and organisations working to achieve a more sustainable world.



SHARE WITH US

Have you adopted a new green routine that is working for you? Have you managed started a green initiative in your neighbourhood? Maybe you just want to write about your green hero? Or a new book that you think helps you go green? Share your stories with us at timesnie175@gmail.com

20 YEARS OF THE LORD OF THE RINGS

“All we have to decide is what to do with the time that is given to us”

Why every dialogue from the LoTR trilogy hit me harder this year while re-watching them...



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Hope and despair goes hand in hand. It may be difficult to see it when we are in the midst of a crisis but in hindsight, we realise even in our darkest moments, we had far more courage within us than we thought. The courage to pull ourselves out of our



“Peter Jackson, the New Zealand director who masterminded this film (and two more to follow, in a \$300 million undertaking), has made a work for, and of, our times. It will be embraced, I suspect, by many Tolkien fans and take on aspects of a cult. It is a candidate for many Oscars.”
— Roger Ebert, late legendary film critic

despair. The courage to see the bigger picture and take baby steps towards the light. The courage to see hope.

It's been 20 years since the first film, 'The Lord of the Rings: The Fellowship of the Ring', of the epic fantasy trilogy released. It's a classic good versus evil story. And one of the best movies in the history of Hollywood to send out the message of hope and perseverance; qualities we can all hold on to right now.

It's tradition in my family to watch a few movies every year. The 'Lord of the Rings' trilogy tops the list. Last year was unprecedented due to the pandemic and the lockdown. Somehow, we all trained our minds to think that this year will be better.

But India's second wave was devastating, and we all reached a tipping point. Whether an adult or a child, to lose hope came naturally to us for the months of March and April especially. Now, there are talks of the third wave. Maybe it's inevitable, maybe it's not. Time will tell.

But this year, while watching the trilogy, every dialogue, every emotion hit a lot harder. One particular scene hit me like a ton of bricks.

to see such times. But that is not for them to decide. All we have to decide is what to do with the time that is given to us.”

All three films have moments that will make you smile and cry. And every dialogue will seem universally applicable to everything that we all are feeling at the moment. Here's another example from the second part of the trilogy, 'The Lord of the Rings: The Two Towers'.

Frodo Baggins: “I cannot do this, Sam.”

Samwise Gamgee: “I know. It's all wrong. By rights, we should not even be here. But we are. It's like in the great stories, Mr. Frodo. The ones that really mattered. Full of darkness and danger, they were. And sometimes you did not want to know the end. Because how could the end be happy? How could the world go back to the way it was so much bad had happened? But in the end, it's only a passing thing, this shadow. Even darkness must



QUIZTIME FOR NERDS

1. Who directed the 'Lord Of The Rings' trilogy?
2. How many rings of power were made?
3. In which mountain was the Master Ring made?
4. Who took the ring after The Dark Lord had been defeated?
5. Who finds the ring after Isildur?
6. Frodo, the protagonist, belongs to which mortal race?
7. What does the inscription on the One Ring say?
8. Which forest does Saruman order the Orcs to cut down?
9. What is the name of the ruins where the Nazgul stab Frodo?



10. Who are the nine people in the fellowship of the ring?

Answers:

1. Peter Jackson;
2. Three for the elves, seven for dwarves and nine for men;
3. Mount Doom;
4. Isildur;
5. Gollum;
6. Hobbits;
7. One ring to rule them all, one ring to find them, one ring to bring them all and in the darkness, bind them;
8. The Fangorn Forest;
9. Weathertop/ Watchtower of Amon Sul;
10. Aragorn, Boromir, Legolas, Gimli, Gandalf, Frodo, Samwise, Merry and Pippin.

Frodo Baggins: “What are we holding on to, Sam?”

Samwise Gamgee: “That there's some good in this world, Mr Frodo ... and it's worth fighting for.”

These are just two examples from the three films that won the world's heart. Adapted from JRR Tolkien's magnum opus, and directed by Peter Jackson, it's not for nothing that 'The Lord of the Rings' is the go-to movie for a lot of people when everything seems hopeless. This film reminds us why we must go on, try harder and push ourselves to see the light. Because one thing is certain, whether in fantasy, fiction or reality. Darkness is never forever. Darkness cannot exist without the promise of light ahead.

DESPERATELY SEEKING SILENCE

Can the deliberate pursuit of silence be the antidote to maladies borne from living in a loud world full of constant interruptions? We explore the answers in science and books

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It takes time to recover from a distraction, suggests research in the field of Interruption science — an interdisciplinary scientific study concerned with how interruptions affect human performance. In her study, Gloria Mark, who studies digital distraction at the University of California found that it takes 23 minutes and 15 seconds to return to the original task after an interruption. Possibly that's why advice on any form of digital detox almost always includes turning notifications off on one's smartphone. This is hardly effective since we live in a super connected world, always on, over communicating world. There is a cognitive interruption happening every 11 minutes (roughly) in the form of news, email, chats, music, podcasts and endless TV shows/series. And what happens when from being interrupted? Your attentional resources are exhausted leaving you struggling to focus. Then there is the matter of 'actual' noise. Studies of human physiology have shown that constant noise has a detrimental effect on humans. When you hear something, sound waves that vibrate in the bones of the ear are transmitted to cochlea which converts it into electrical signals that alerts your brain to 'respond', triggering the release of stress hormones like cortisol. We've all been in situations where construction activities in the neighbourhood have left one irritable and unable to focus on anything. And if all this still sounds like made up hogwash designed to convince you to somehow read more books, consider this: Silence sells. Almost everyone these days is investing in a good pair of noise-cancelling headphones. It'll help you manage the external stimuli, but how does one begin to manage the world that lives in your mind?

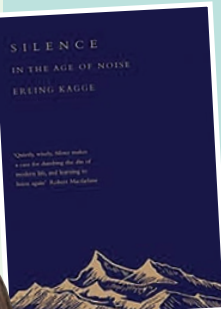
What do the gurus say?

There is reward in deliberately seeking out moments of silence and taking a break from the information overload, constant stimulation, and the fast-paced life. In her column, 'An Ode to Silence,' clinical health psychologist Amy Sullivan,

wrote that silence offers opportunities for self-reflection and daydreaming, which activates multiple parts of the brain. She says, “We can use calm, quiet moments to tap into a different part of the nervous system that helps shut down our bodies' physical response to stress.” This in turn, she notes, helps one to cultivate mindfulness — the recognition and appreciation of the present moment. The greats, literary or otherwise, knew this of course, and have reminded us time and again. For example, one of Lao Tzu's (the ancient Chinese philosopher) most popular saying is “Silence is a source of great strength.” In his books, Serbian American inventor Nikola Tesla observed that “the mind is sharper and keener in seclusion and uninterrupted solitude.” He said that “No big laboratory is needed in which to think. Originality thrives in seclusion free of outside influences beating upon us, cripple the creative mind. Be alone, that is the secret of invention; be alone, that is when ideas are born”. Linking silence to creativity American poet and intellectual Adrienne Rich said, “The impulse to create begins — often terribly and fearfully — in a tunnel of silence. Every real poem is the breaking of an existing silence.”

How to build a chamber of silence

Blaise Pascal, the 17th-century French mathematician and philosopher famously noted, “All the unhappiness of men arises from one simple fact: that they cannot sit quietly in their chamber.” In line with that spirited quote here are some fantastic reads that you can look up. Consider gifting it to the adults in your life who can't seem to go anywhere without their smartphone.



SILENCE: IN THE AGE OF NOISE

by Erling Kagge

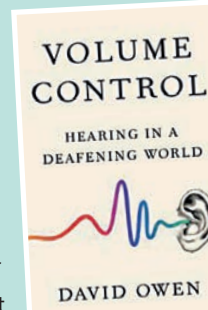
The Norwegian writer and explorer was the first person to complete the “three poles challenge”, reaching the north pole, south pole and the summit of Everest. His book extolling the value of

silence has been translated in over 37 languages. “Shutting out the world is not about turning your back on your surroundings,” he writes, “but rather the opposite: it is seeing the world a bit more clearly, staying a course and trying to love your life.”

VOLUME CONTROL

by David Owen

Can you remember the last time you stepped in a mall, restaurant which were quiet and not 'bustling.' In this book the author



HOW TO DO NOTHING: RESISTING THE ATTENTION ECONOMY

by Jenny Odell

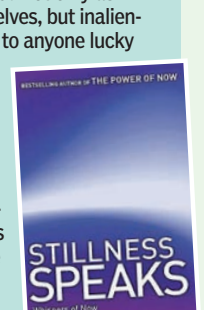
Writing on the dangers of Big Tech's exploitation of the “attention economy,” Odell writes that “solitude, observation and simple conviviality should be recognised not only as ends in and of themselves, but inalienable rights belonging to anyone lucky enough to be alive.”



STILLNESS SPEAKS

by Eckhart Tolle

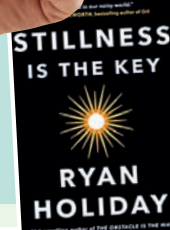
With over 16,604 ratings and 738 reviews Eckhart Tolle's tome enables one to understand, accept and embrace stillness and silence to realise their true potential.



STILLNESS IS THE KEY

by Ryan Holiday

The popular blogger and influencer writes that there is a world of benefits to be gained from practicing stillness which is essential to thinking clearly.



STORIES TO READ IN UNDER ONE HOUR

Everyone including parents, doctors, teachers, librarians, us and google constantly touts and reiterates the benefit of reading books which you may ignore. But the science doesn't lie. Researchers at Emory University's Center for Neuropolicy have found that reading a narrative can cause changes in the brain. It says that the activity of reading heightens the connection between the left temporal cortex of the brain — the area associated with language reception — is heightened. Reading not only refreshes your brain but is also a stress reducing activity that increases your capacity for memory. Start now with these shorts reads!



THE NOSE BY NIKOLAI GOGOL

A satirical short story of a St Petersburg official whose nose leaves his face to live its own life.

THE CURIOUS CASE OF BENJAMIN BUTTON BY F FITZGERALD

A baby born in 1860 begins life as an old man and proceeds to age backward.

SECOND VARIETY BY PHILIP K DICK
Explores the consequences of human propensity for playing God.

THE CALL OF THE CTHULHU BY H P LOVECRAFT

An old manuscript unleashes the great priest Cthulhu, from his dark house in the mighty city of R'lyeh under the waters, for him to rise and bring the earth again beneath his sway.

A VERY OLD MAN WITH ENORMOUS WINGS BY GABRIEL GARCÍA MÁRQUEZ

First published in 1955 it falls within the genre of magic realism and is included in the book 'Leaf Storm and Other Stories'.



WHY MEDITATE!

According to Light Watkins, author of 'Bliss More: How to Succeed in Meditation Without Really Trying' daily meditation helps to generate happiness from the inside out. Sit on the floor or sofa, wherever you are comfortable, and close your eyes. Make no effort to control the breath; just breathe naturally. Focus on how the moves with each inhalation and exhalation. way for 10 minutes. Numerous studies have shown that meditation has health and wellbeing benefits. A new scientific review of 18 studies by Coventry University found it may even change the activity of our genes, reversing the damaging effects of chronic stress on the body.



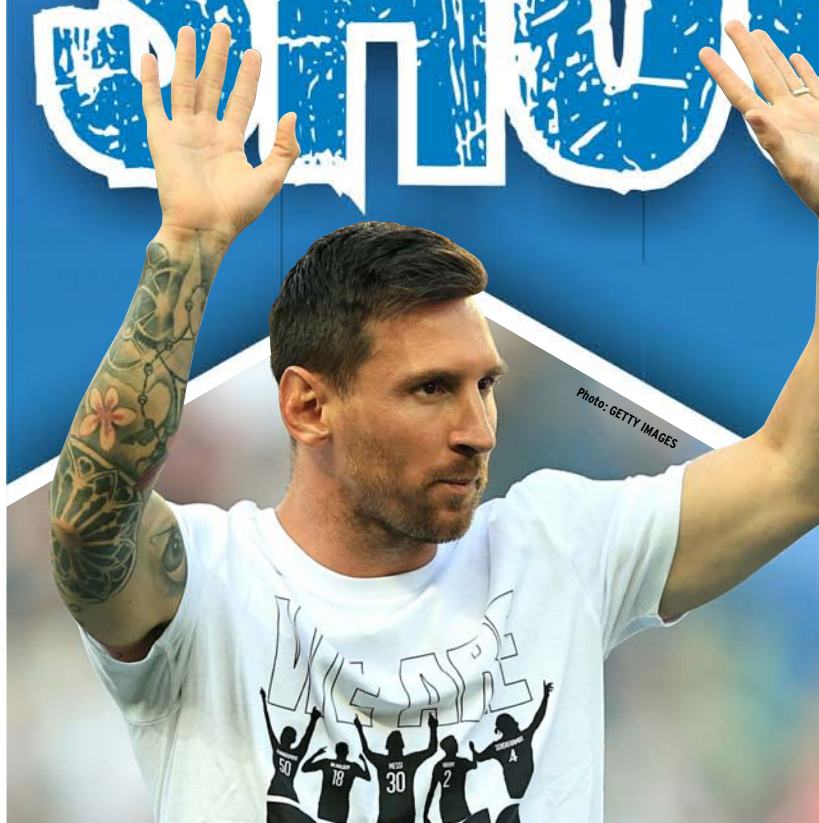
THE WONDER OF STILLNESS: MEDITATION FOR CHILDREN: A PRACTICAL GUIDE FOR PARENTS AND TEACHERS

by Michelle Carroll, and Caroline Kilbitt

A practical guide for parents, teachers, carers, family and friends to help children deal with the stress and challenges of our busy and fast changing world.

SHOCKING moves

Scenes of a tearful Messi bidding goodbye to his boyhood club Barcelona broke the hearts of millions of fans. Football transfers over the years have always led to speculation, tears, heartbreaks, and a sense of disappointment in some cases. Here's a look at some transfers that made for top headlines around the globe

**LIONEL MESSI**

Barcelona to Paris Saint-Germain - 2021 | free transfer

Watching Messi play in a jersey that is not Barcelona's is unthinkable, but it is now a reality. Lionel Messi's transfer to Paris Saint-Germain — which was completed in a matter of days — was actually 10 years in the making. Since making his senior debut with Barcelona in 2003, Messi has played 778 games and scored 672 goals. As per reports, he wanted to stay at the club and even accepted a 50 per cent salary cut to sign a new contract. But it looks like Barcelona couldn't even afford that.

**LUÍS FIGO**

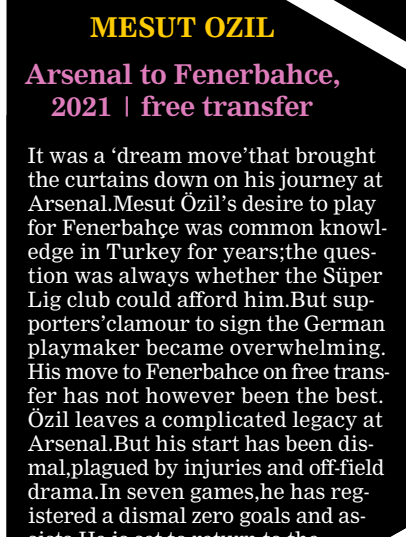
Barcelona to Real Madrid - 2000 | € 62 million

Figo was the captain of Barcelona and was considered the best player during his 5 years with the club. Figo had a buy-out clause in his contract, essentially allowing him to go to any club that could meet the financial demands set by him. Real Madrid swooped in and activated that clause while Figo did the rest, turning his back on his fans and teammates and deliberately switching to arch-rival Real Madrid at a record transfer fee of € 62 million made headlines at that time.

**NEYMAR JR**

Barcelona to PSG, 2017 | 222 million euros

Weeks of rumours and speculations preceded the much-talked-about transfer of Brazil forward Neymar to Paris Saint-Germain from Spanish club Barcelona for a record transfer fee of 222 million euros (\$270 million) in 2017. The club had been chasing the superstar for years, and the previous transfer season, it seemed like he was all set to join. But a shock announcement saw him continuing at Barca, with his release clause going up from € 190m to € 222m. But PSG wanted him and got him.

**MESUT OZIL**

Arsenal to Fenerbahce, 2021 | free transfer

It was a 'dream move' that brought the curtains down on his journey at Arsenal. Mesut Özil's desire to play for Fenerbahce was common knowledge in Turkey for years; the question was always whether the Süper Lig club could afford him. But supporters' clamour to sign the German playmaker became overwhelming. His move to Fenerbahce on free transfer has not, however, been the best. Özil leaves a complicated legacy at Arsenal. But his start has been dismal, plagued by injuries and off-field drama. In seven games, he has registered a dismal zero goals and assists. He is set to return to the games soon and it remains to be seen if he will have a controversial free tenure.

**LEWANDOWSKI**

Borussia Dortmund to Bayern Munich, 2014

| Free transfer

Robert Lewandowski was one of the world's top strikers at Borussia Dortmund. So it was no surprise that Bayern pursued the 25-year-old, ensuring he joined them. He was Poland's 2011 and 2012 Footballer of the Year. With 65 goals in 115 Bundesliga appearances, and 26 assists, he was indeed the star at Dortmund. His current contract with the German club extends till 2023. Though the prolific goal scorer is happy at the club, the 33-year-old is seeking a new challenge and wants to move to another top-notch European club before he turns 35. Bayern Munich has valued him at more than £100 million.

**FERNANDO TORRES**

Liverpool to Chelsea, 2011 | £50m

He was the most prolific goal scorer and the fastest player in Liverpool history to score 50 league goals. After 4 years at the club, he left for Chelsea for a record transfer fee of £50 million. It made him the most expensive Spanish player in history. The striker claimed the days preceding the move were tough for him, after all that he had gone through at Liverpool. But his true happiness lay in being at Chelsea, a team he placed at the "top-most level", and the kind of team he wanted to play for.

**SERGIO RAMOS**

Real Madrid to Paris Saint-Germain - 2021 | Free transfer

A Real Madrid legend, Sergio Ramos has won several Champions League trophies for the club and provided the team with the much-needed experience in the competition. Sergio, known to be the man who scores late goals, left the club because he was late to agree to his contractual negotiations. The club told him 'the offer's expired'. Nevertheless, it will be interesting to see fierce rivals Ramos and Lionel Messi playing alongside each other for PSG in the years to come.

**CRISTIANO RONALDO**

Real Madrid to Juventus - 2018 | € 112m

Having scored 450 goals and winning countless major team and individual honours during nine years at the club, Cristiano Ronaldo was a Real Madrid icon. And that is why this was a transfer that no one believed could be possible. But Juventus splashed out a club-record of € 112m to sign Ronaldo. Adding to that, a move to a league that had declined massively from its inception seemed improbable. But Ronaldo made the move and he has unsurprisingly scored goals galore in Turin.

HOW TRANSFERS WORK

Every year, millions of dollars are spent on the world's top football clubs buying out the best players for the coming seasons. But how does it work? Football players sign contracts with various clubs for a fixed time period of up to five years. If a player decides to leave the club before their contract ends, the new club pays a sum as compensation to the old club. This is known as a transfer fee. FIFA regulations have allotted two annual periods in a year during which clubs can buy in players and this is known as transfer windows. Not just the player but also their agents, the club and all their lawyers must bring out a new contract after the transfer is finalised. Players must undergo medical examinations and if that reveals previously undetected injuries, it can affect the size of the transfer fee.

**JAMES RODRIGUEZ**

Real Madrid to Everton, 2020 | Free transfer

In a deal that was termed one of the most difficult and weird, not the least because the pandemic played havoc with the transfer season, James Rodriguez joined Premier League club Everton on a free transfer (two-year deal) from Real Madrid in September 2020. Though the move reunited the Colombian with manager Carlo Ancelotti, Rodriguez has found it difficult to adjust to life in Premier League, and Everton is reportedly releasing him this summer. Atletico Madrid could be his next destination.

**DAVID BECKHAM**

Manchester United to Real Madrid, 2003 | € 35 million

Seventeen years ago, the icon of British football and the most popular footballer of his time, David Beckham ended an era by leaving Manchester United to join Spanish side Real Madrid, the most successful club then. Beckham's stellar career in United under Alex Ferguson had reached a point where the Ferguson pointed out that brand Beckham was becoming bigger than the club. The transfer fee was around € 35 million. Beckham retired in 2013 after playing against Barcelona superstar Messi in an El Clásico.

TRANSFER SPECULATIONS 2021

Erling Haaland to Chelsea

Paul Pogba to Paris Saint-Germain

Harry Kane to Manchester City

Kylian Mbappe to Real Madrid

Cristiano Ronaldo to Manchester City