



THE TIMES OF INDIA

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Your Weekender

TODAY'S EDITION

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STUDENT EDITION

SATURDAY, APRIL 30, 2022



NUTRITION

The 'SUPER' in your SUPERFOOD

What makes certain foods superior to others? What makes turmeric or acai berries so sought after? Hidden within foods such as turmeric, tomatoes and a variety of berries are active compounds called mesonutrients that might play a big role in making these foods so good for you. These nutrients are stellar for better health, skin and longevity. Simply put, mesonutrients are the super nutrients in superfoods.

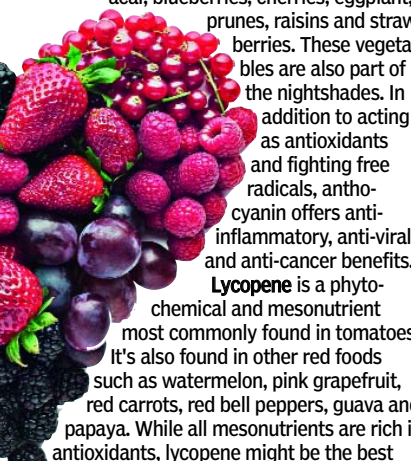

HERE ARE OUR TOP 4

Curcumin is the active ingredient in turmeric, and when you look at all the research, it's the curcumin that delivers the anti-inflammatory and anti-ageing benefits that the super-spice is famed for.

Lutein in green leafy and yellow-coloured fruits and vegetables helps protect your central vision and assists in fighting age-related eye diseases. Lutein-rich foods are spinach, mustard, kale, carrots, broccoli, egg yolks, peppers, avocados, cherries and papaya.

Anthocyanin is the pigment that give red, purple, and blue plants their rich colouring. It is found in berries, red onions, kidney beans, pomegranates, grapes (including wine), tomatoes, acai, blueberries, cherries, eggplant, prunes, raisins and strawberries. These vegetables are also part of the nightshades. In addition to acting as antioxidants and fighting free radicals, anthocyanin offers anti-inflammatory, anti-viral, and anti-cancer benefits.

Lycopene is a phytochemical and mesonutrient most commonly found in tomatoes. It's also found in other red foods such as watermelon, pink grapefruit, red carrots, red bell peppers, guava and papaya. While all mesonutrients are rich in antioxidants, lycopene might be the best source of antioxidants for neutralising harmful free radicals.



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CLICK HERE: PAGE 1 AND 2

Have you heard of time famine? Maybe you can make time work for you rather than against you

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Nothing has increased our daily workload than staying at home. Professionals and students alike have been forced to create time zones for all the activities that need to be packed in a day. So much so, you can't let the ball drop – there's home, work, school, fitness schedule, online tutorials and what not battling for your attention. A reason why app-based services have become so popular. This is what professor Ashley V Whillans called in her 2017 research, "time-saving purchases".

The 2017 research, "Buying time promotes happiness", led by Whillans (a Harvard professor of social psychology) concluded that investing in time-saving services can lead to greater happiness. It describes these purchases as whatever you can use to buy free time for yourself such as paying for household chores, hiring an errand boy to post



your mail, or do your grocery online. The study found that despite rising incomes, people around the world are feeling increasingly pressed for time – which undermines wellbeing, and results in reduced happiness, increased anxiety, insomnia, and was a critical factor in rising obesity rates.

RETHINK

USE TIME WELL

Life coach, and author Seema Giri notes that when it comes to time management, it's not about how many hours you have but how you are using those hours. "Today, it's

TIME-SAVING PURCHASES

Time-saving purchases are anything that helps you save time for yourself from your to-do list. These are easily delegated tasks or chores like house cleaning, running errands, driving, etc

exhorts us to overcome the discomfort of saying "no" to some things and plan and prioritise. Life coach Peyush Bhatia says, "If you are unable to manage your tasks in 24 hours, you are bound to feel anxious and stressed."

Time stress can actually have serious health repercussions. When you feel time pressure, the tack is to reframe the goals so that they are less competitive with each other. Or identify activities that satiate multiple goals at once. Giri calls this time blocking. She explains, "Rather than setting time of 30 minutes here, one hour there – group your activities to projects, and block chunks of time to get the work done. Identify when you're most productive and sched-

TIME TO RECLAIM TIME

Pics: Istock

TIMES WASTERS

Writer Hugh Culver wrote a blog on '13 shocking ways we waste time'

- 2.34 hrs on checking email
- 35 mins on deciding what to eat
- 16 mins on what to wear
- 7 mins thinking about exercise
- 37 mins on Facebook
- 27 mins on other social media accounts
- 40 mins on YouTube
- 1 hr in meetings
- 4 hrs on watching television
- 96 mins on surfing non-work related websites
- 171 mins on checking your smartphone
- 90 mins in daily interruptions (such as someone asking questions)
- 2 minutes – spent reading this list

important to measure how effective you are in saving time rather than managing time by checking off a long to-do list," she says. Whillans claimed she suffered from time famine – a term that came into being in 1999 to describe the universal feeling of having too much to do but not enough time to do it in.

BUY TIME

Think of yourself as a leader, and ask questions like: how are you leading yourself in your career and life? How would you like to use your time? This gives you more ownership over your time. The sheer volume of time-management advice out there

ule your most creative or critical work during that time." Her one tip: block off time for planning, a day for annual planning; an hour for monthly and weekly planning.

STRETCH YOUR TIME

A 2012 study published in 'Psychological Science' by behavioural psychologist and Stanford University professor Jennifer Aaker found that genuine experiences of awe can help to alter your perception of time and boost your life satisfaction. The ideal way of managing time is to be purposeful. Manage your use of technology so that it does not overflow into your time. Discipline and commitment will win you mastery over your day.



It's MAY DAY

Tomorrow (May 1) is International Workers' Day but it's also a day full of interesting happenings. We take you around

1 May Day, also called Workers' Day or International Workers' Day, commemorates the historic struggles and gains made by workers and the labour movement world over. Most countries observe it on may 1 while the United States and Canada observe it on the first Monday of September and call it Labour Day.

2 It started in 1889 when an international federation of socialist groups and trade unions designated May 1 as a day in support of workers, in commemoration of the Haymarket Riot in Chicago (1886) when labour unions in the United States decided to go on a strike demanding that workers should not be made to work for more than 8 hours a day. Just three days after the strike began, a blast occurred in Chicago's Haymarket Square leaving many dead. To honour them, the International Socialist Conference declared May 1 as a day designated for labourers. Even though it started in the US, five years later, the US President Grover Cleveland became uneasy with the socialist origins of the day and decided to make the first Monday of September as the official Labour Day.

3 In Europe, May 1 was historically associated with rural pagan festivals but very soon the modern association was adopted by almost everyone. The erstwhile Soviet Union and the Eastern Bloc countries. May day became a big deal as they thought it would encourage workers in Europe and the United States to unite against capitalism. They would stage high-profile parades, including one in Moscow's Red Square presided over by top government and Communist Party functionaries.

4 In Germany, Labour Day became an official holiday in 1933 after the rise of the Nazi Party. Antithetically, a day after Germany passed a ruling that abolished all free unions.

5 On May 1, 1923, the first May Day celebration was organised in Chennai by the Labour Kisan Party of Hindustan. This was also the time when the red flag was first used in India. May 1 is also celebrated as 'Maharashtra Day' and 'Gujarat Day' as the two states attained statehood on this date in 1960.

6 With the breakup of the Soviet Union and the fall of communist governments in eastern Europe in the late 20th century, May Day


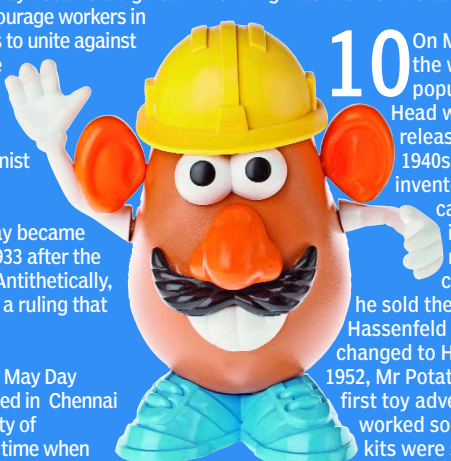
celebrations lost their sheen. Now, many countries do celebrate the day as a public holiday and host picnics and parties and sometimes demonstration and rallies are carried out in support of the workers.

7 Other days celebrated on May 1 are: World Laughter Day, Therapeutic Massage awareness Day, Global Love Day, National Purebred Dog Day, School Bus Drivers Day, National Lemonade Day, National Executive Coaching Day, National Mother Goose Day, New Home Owners Day, School Principals' Day and Lei Day (spring festival in Hawaii). All these are mainly American traditions that are not really institutionalised.

8 It was on May 1, 1930 that the "planet" Pluto was officially named. The name was thought of by an 11-year-old British girl, Venetia Burney. She suggested to her grandfather that the new world get its name from the Roman god of the underworld and her grandfather passed the name on to Lowell Observatory. The name also honours Percival Lowell, whose initials are the first two letters of Pluto.

9 On May 1, 1931, the Empire State Building opened. In fact, President Herbert Hoover was the one who first turned on the lights of the building. At the time, the Empire State Building was the world's tallest skyscraper.

10 On May 1, 1952, one of the world's most popular toy, Mr Potato Head was officially released. In the early 1940s, Brooklyn-born toy inventor George Lerner came up with the idea that was rejected by most companies. Finally, he sold the idea for \$5,000 to Hassenfeld Brothers (later changed to Hasbro). On April 30, 1952, Mr Potato Head became the first toy advertised on TV that worked so well that over 1mn kits were sold in the first year! The iconic American toy was in news recently when Matilda Walden of UK assembled a Mr Potato Head in 5.69 seconds, breaking the record for fastest time to assemble the toy for the first time in ten years. In fact, assembling Mr Potato Head has become one of the most established (and coveted) Guinness Records' titles.



PET CARE

Is your dog eating a SUMMER SPECIFIC DIET?

Your furry friends feel the heat as much as you do, maybe even more. A reason why it's time to make their diet summer ready

The summer season brings with it sumptuous mangoes, long days, lemonades and pool parties but it also brings days that are too hot to handle. Enjoying the fruits of summer is great but have you ever noticed that your diet and appetite changes during the summers? The same thing happens to your dog too! This summer season, cool your pet down with these foods, which are great to be consumed during the hot weather.

WATERMELONS

Watermelons are 90% water and hence they make an ideal summer food for all pets. They are super hydrating, packed with potassium and vitamins like B6, A and C. But always remember to remove all the seeds from the watermelon before letting your pet eat. Watermelon seeds can cause intestinal blockage and hence can be harmful for pets.

CUCUMBERS

Cucumbers contain vitamins like B1, B7, C and K along with copper, magnesium and potassium. This is the perfect snack for your pet during the summers especially if they need to lose a few kilos. The carbohydrates content and sugar level in cucumbers is very low and that makes it guilt-free and a healthy snack!

COCONUT WATER

Coconut water is completely safe for your pets, it is full of electrolytes, calcium, potassium and Vitamin C and helps with a cooling effect on your pet and serve as a great source of hydration too! If your pet is unwell, you can dilute the coconut water with 25% of water to make it easier for your pet to drink.

YOGHURT AND BUTTERMILK

Buttermilk and yoghurt are a must-have for the summers. The cool bacteria solve a lot of problems related to heat. The lactic acid bacteria present in yoghurt and buttermilk are beneficial for your pet's gastrointestinal system. It is also a natural probiotic and keeps the gut healthy and safe.

MANGOES

Ripened mangoes minus their seed and outer peel are completely okay for your fur babies. Mangoes are rich in vitamins like

BLUEBERRIES

Blueberries are rich in nutrition and loved by most pets! Blueberries are high in fiber and vitamin C and low in fat, they also help in increasing antioxidants in the blood. Since they are low in calories and sugar they make a perfect feel good treat for the summers!

GINGER

Ginger is highly soothing for your pet's stomach and has anti-inflammatory properties. You can add ginger in the frozen treats you make for them or in coconut water. Adding ginger to your pet's diet can help in keeping your pet's tummy cool.

ICE CREAM

Pets can be given an occasional scoop of vanilla ice cream or mango slush, but not frequently as most pets can't handle lactose. Check for pet-friendly ice cream.



HEALTH

WORKOUT YOUR SLEEP ISSUES

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Movement is important for our overall health, the quality and duration of our sleep, and it helps to increase blood flow and oxygen delivery to the brain, which is great for brain health.

MOVE ENOUGH TO SNOOZE ENOUGH

Exercise is important for sleep in a number of ways. Regular exercise, particularly in the morning or afternoon, can impact your sleep quality by raising your body temperature a few degrees. Later in the day, when your internal thermostat drops back to its normal range, it can trigger drowsiness and help you drop off to sleep. The American Association of Sleep Disorders has actually come out and said that exercise is an effective way to treat sleep disorders. Exercise has been shown to increase low wave sleep. This is your deep restorative sleep phase.

THE TAKEAWAY:

1. Just move. Incorporate 20 min of exercise, whichever form you prefer, in your daily routine. The keywords are consistency and moderation.
2. Functional exercise: Try to incorporate strength training into your exercise

times per week.

ROOT CAUSE OF BRAIN FOG

We all have our dull, unproductive days, especially after a night of poor sleep. Yet we turn to stimulants to help us feel brighter and focus better. The question we really need to ask ourselves is — Is it more stimulation that we need to help us focus more since we're as inundated with stimulation all day long! Our brain health really depends on good sleep and not on stimulants that can actually send our neurotransmitters in a tizzy and affect brain health.

THE TAKEAWAY:

1. Balancing your blood sugar is one of the most impactful things you can do for your brain and sleep. To keep your sugar under control eat whole, real foods, mostly veggies, with a serving of healthy fats and quality protein.
2. Start screen time at

least an hour after waking up and turn off an hour before bed.

REFRAME YOUR MIND

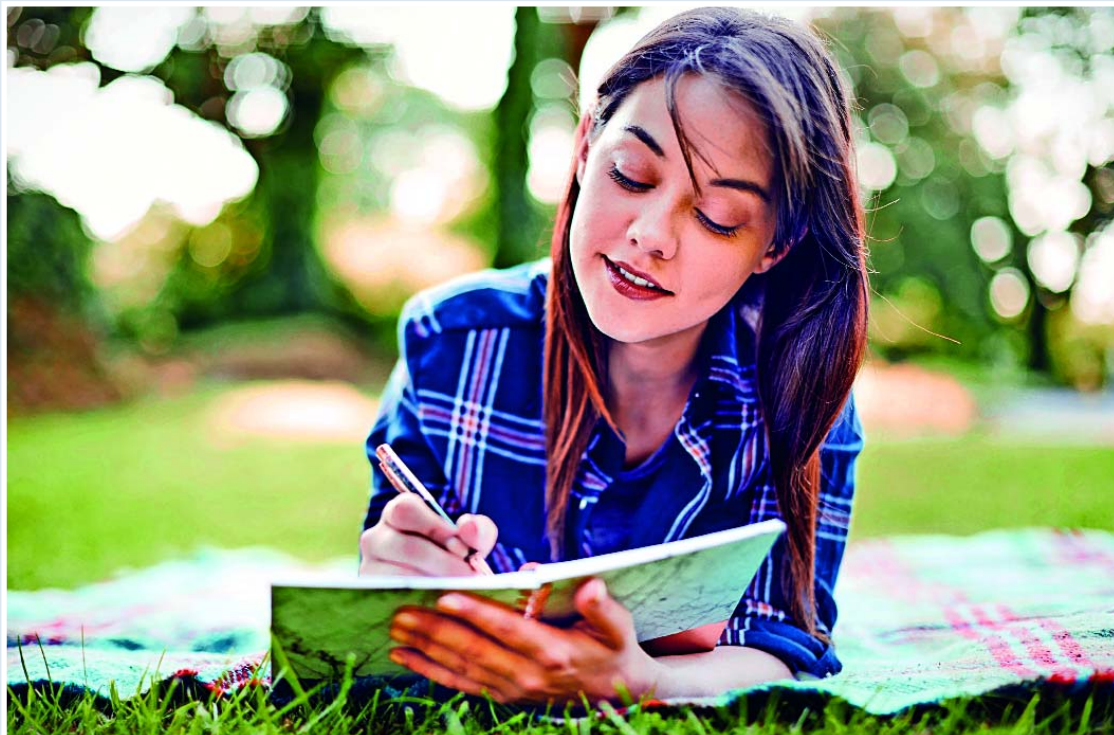
One of the most impactful things that affects neurotransmitters, other than medicines, is stress. Yes, the elephant in the room. We are all stressed in some way or the other but experiencing constant stress and focusing on the negative impact can raise your cortisol levels, cause anxiety, depression, weight gain, brain impairment, and of course, sleep issues. Try and reframe our stress?

THE TAKEAWAY:

1. Breathing ritual. Practice it before bed. Pro tip: Try 4-7-8 technique. Breathe in through your nose for 4 counts, hold for 7, and breathe out through your mouth for 8, repeat.
2. Start journaling. Keep a notebook by your bed.
3. Practice gratitude. Write down the things you are grateful for.



SELF CARE



- What really worked today/ this week?
- What tasks never seem to get done?
- Was there something you didn't get time to do?
- Is there an upcoming event or special occasion?

Organising the dump

With brain dumping, the actual removal of these mind tangles isn't the problem. It's processing them. You can look at your list, identify what is stressing you out, and make definitive plans to tackle those problems. See if any patterns jump out at you on the initial read through. Are certain thoughts related to each other? Is a specific topic on your mind more than anything else? Decide on a system of marking these related thoughts (underlining, starring and circling all work well). Then, use the patterns as headings to reorganise everything else on a second sheet of paper. However, your brain dump doesn't have to be so task oriented. You can just as easily write down a lot of things on your mind with no particular action plan or specific category.

It helps with anxiety

There are many coping skills which are helpful for managing anxiety. Brain Dumping is a step above a coping skill. It is a technique. It involves removing the "over thinking" thoughts from your mind and placing them somewhere else. This can help you live more freely throughout each day as the things that are troubling you are being resolved. It is similar to cleaning out and organising a closet. The reason it will help your anxiety is because part of anxiety is the problem of too much unresolved clutter in your mind. When we get things out of our heads onto paper, many magical things happen. For example, we can:

- Reduce anxiety about forgetting things
- Acknowledge thoughts that have been bothering us
- Discredit or eliminate unnecessary thoughts or tasks
- "see" what's been on our mind
- Prioritise what needs to get done
- Distinguish between things that we can control and things that we can't control.

DECLUTTER YOUR MIND WITH BRAIN DUMPING

FOR THOSE OF YOU WHO STRUGGLE WITH HAVING A MILLION THOUGHTS SWIRLING AROUND YOUR HEAD AT ONCE

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A brain dump is exactly what it sounds like—it's a way of getting (or dumping) all of those things cluttering your mind out of your head. An idea popularised by David Allen's wonderful book *Getting Things Done*, it's about physically moving thoughts and ideas from your head onto a piece of paper or a digital document.

How to get started?

This process involves waking up in the morning, getting out your journal or

notebook, and writing anything in it that comes to mind. This is a sort of free-floating, free association process of jotting down anything and everything that is in your mind. If you wish, you could further divide your thoughts into – random, to-do, gratitude, priority etc. In essence, your brain feels satisfied that the problems are being acknowledged, categorised, and removed. Here are some brain dump prompts you could use:

- What have you been worried about?
- What do you keep forgetting to do?
- What would make you really happy?
- Did something go wrong with your day/week?



GOOD TO KNOW



ODOUR MEMORY

New research reveals that odour alters how memories are processed in the brain

Does the aroma of fresh pine take you back to your childhood hill holidays? Or your heart starts to race when you step into a doctor's office? Now, researchers from Boston University's Center for Systems Neuroscience reveal just how much power scents have in triggering the memory of past experiences — and the potential for odour to be used as a tool to treat memory-related mood disorders.

Scientists believe that smell and memory are so closely linked because the anatomy of the brain allows olfactory signals get to the limbic system very quickly. Experts say the memories associated with smells tend to be older and thought about less often, meaning the recollection is very vivid when it happens. The sense of smell is closely linked with memory, probably more so than any of our other senses. Those with full olfactory function may be able to think of smells that evoke particular memories; the scent of an orchard in blossom conjuring up recollections of a childhood picnic, for example. This can often happen spontaneously, with a smell acting as a trigger in recalling a long-forgotten event or experience.

A 2010 study published in 'The American Journal of Psychology' found that memories associated with smells were not necessarily more accurate, but tended to be more emotionally evocative. Typically, the most salient odours are ones that are infrequently experienced, so when they are smelled they have a specific association. They often are ones that were initially experienced at a younger age. The close physical connection between the regions of the brain linked to memory, emotion, and our sense of smell may explain why our brain learns to associate smells with certain emotional memories.

THE PROUST PHENOMENON

■ In the beginning of the well-known 1919 novel titled *Swann's Way*, the author Marcel Proust describes how the flavour of a madeleine cake dipped into a cup of tea caused a vivid memory of when the author's aunt Leonie would prepare this sweet snack in the same way on Sunday mornings of his childhood. Since its publication, researchers have utilised this literary anecdote to describe the way in which odours can vividly trigger autobiographical experiences as a "Proust phenomenon."

■ The Proust effect refers to the vivid reliving of events from the past through sensory stimuli. Many of us are familiar with those special moments, when you are taken by surprise by a tiny sensory stimulus (e.g. the scent of your mother's soap) that evokes an intense and emotional memory of an episode from your childhood. Compared to



the science of memory deficits, little is known about the physical and sensory pleasures of remembering.

■ Many different psychological studies have investigated the Proust phenomenon in human subjects, which has led to a number of findings confirming that odour-cued memories trigger a much more emotional response as compared to those triggered by visual or verbal cues.

WHAT'S NEW

HEARD OF Waking Rest?

This new wellness trend has got everyone talking. Here's how you can practice it

In a letter published in 2019 in the journal 'Sleep' titled "Exercise, Nutrition, Sleep, and Waking Rest?", the writers made a compelling case for the practice of waking rest. So much so, the Internet picked the potentially viral term and it was all over the social media in 2020. In 2009, the National Sleep Foundation made the case for sleep as the third piece of the puzzle for sustaining mental and physical health and wellbeing, along with exercise and nutrition. In fact, the pandemic made the case of sleep even stronger as a key factor affecting health and wellbeing. However the writers of the article psychologists and academics – Amanda Lamp, Maxwell Cook, Rhiannon N Soriano Smith, Gregory Belenky – put forth "waking rest" as the fourth piece of the puzzle.

A CRISIS OF MENTAL HEALTH

The letter said: "In our fast-paced society, there is always something keeping us perpetually in 'go' mode. This constant state of activity may be playing a major role in the mental health and sleep problems... In addition, one in three US adults and two in three US youth report less than the recommended amount of sleep per night, with 30% of the general population reporting poor sleep and insomnia... Is it possible some of our sleep problems come from a lack of making space during our days for waking rest?"

WHAT IS WAKING REST?

The writers classified waking rest as a period of quiet, reflective thought that allows the brain time to consider and process whatever arises spontaneously. It can be 5 to 20 minutes once a day or as many times as you feel the need. It is a time with no focused thought or anything that requires mental effort and definitely no distractions like watching television and engaging in social media.

While studies on waking rest are limited, there are many studies that do shed light on the cognitive benefits that can occur by allowing the brain time to consolidate and process information it is receiving. Additional human studies have shown that the same neurophysiological rhythms found in sleep are present

during wakeful rest. This wellness practice helps you disengage from anything that can possibly affect your mind in any way. So while you may indulge in washing your clothes, cleaning your apartment, you're not allowed to mentally engage in anything.

HOW TO PRACTICE IT

It begins by you keeping aside your urge to check your phone as you wake up and dedicating at least 2-3 minutes to your thoughts. You must do nothing at first and let your thoughts take the lead. Do not try and fight it, rather indulge in the most simple, mundane tasks that do not need any mental engagements. This is how you can practice 'waking rest' at its best. The writers suggest that waking rest can be indulged in as many times as the person feels like. Their ideal setting is an area where the participant feels safe, comfortable, and can remain uninterrupted by outside influences. What you can do is: memory consolidation, reflecting on past experiences, thoughts about the future, and any other pressing thoughts a person keeps. Much like meditation, the idea is to let thoughts arise, take any direction and not force any idea or the way you want it to go. Think stream of consciousness journaling but in your mind.

Waking rest can be incorporated during periods of insomnia or if you just need some mental rejuvenation



COGNITIVE DEVELOPMENT

HOW MANY TOYS SHOULD A KID HAVE?



Study underscores why fewer toys is the better option when it comes to development and creativity in children

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We think that the more toys kids have, the more occupied they will be, but it turns out that quite the opposite is true. Another research shows that kids own an average of 238 toys, but play with less than 5% of them! Kids don't need piles of toys to be happy. In fact, too many toys can actually be detrimental to children's ability to play. Kids are naturally good at playing and using their imaginations. But too many toys often distract them and prevent them from using and developing their creativity and imagination. When children have fewer toys, they find ways to use them in creative ways. Here are some reasons why fewer toys are better for children:

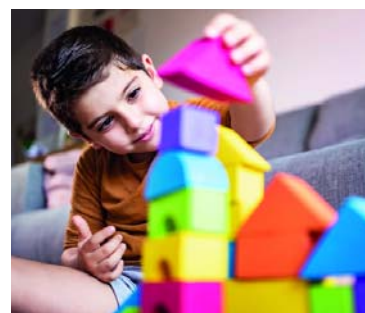
Encourages deeper, more focused play: Too many toys can easily overwhelm kids. Just like too many choices can be overwhelming for adults.

Gives experiences an upper hand: Research backs up the notion that parents should invest in activities over material goods. Cornell University psychologist Thomas

Gilovich found that people look back on experiences with more satisfaction than they do on their material purchases.

Helps develop longer attention spans: When too many toys are intro-

duced into a child's life, their attention span will begin to suffer. A child will rarely learn to fully appreciate the toy in front of them when there are countless options still remaining on the shelf



behind them.

Makes kids more resourceful: In education, students aren't just given the answer to a problem; they are given the tools to find the answer. In entertainment and play, the same principle can be applied. Fewer toys causes children to become resourceful by solving problems with only the materials at hand. And resourcefulness is a gift with unlimited potential.

Teaches perseverance: Children who have too many toys give up too quickly. If they have a toy that they can't figure out, it will quickly be discarded for the sake of a different, easier one. Kids with fewer toys learn perseverance, patience, and determination.

Raises intentional consumers: We live in a time of excess consumerism, often showing up very obviously with toys. Overflowing toy bins and playrooms leave the house a mess, and kids endlessly wanting the next latest, greatest toy. By purposely choosing to have fewer toys, you help teach your kids to become intentional and conscious consumers.

THE MARSHMALLOW EXPERIMENT

In the 1960s, a Stanford professor named Walter Mischel began conducting a series of important psychological studies. During his experiments, Mischel and his team tested hundreds of children — most of them around the ages of 4 and 5 years old — and revealed what is now believed to be one of the most important characteristics for success in health, work, and life.

The experiment began by bringing each child into a private room, sitting them down in a chair, and placing a marshmallow on the table in front of them. At this point, the researcher offered a deal to the child. The researcher told the child that he was going to leave the room and that if the child did not eat the marshmallow while he was away, then they would be rewarded with a



second marshmallow. However, if the child decided to eat the first one before the researcher came back, then they would not get a second marshmallow.

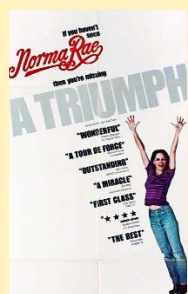
The children who were willing to delay gratification and waited to receive the second marshmallow ended up having higher SAT scores, lower levels of substance abuse, lower likelihood of obesity, better responses to stress, better social skills as reported by their parents, and generally better scores in a range of other life measures.

Mischel says the kids who delayed gratification were able to do so because they knew how to wait. Kids will devise fine ways to distract and entertain themselves, but when we fulfil every need right away, they lose the opportunities to do so.

WEEKEND WATCH

May 1 and 3 are International Labour Day and World Press Freedom Day, respectively. Here are 5 movies to understand both concepts

INTERNATIONAL LABOUR DAY



NORMA RAE (1979)
AGE GROUP: 8+
Norma Rae (Sally Field) works at the local textile mill, where the pay is hardly commensurate with the long

hours and lousy working conditions. But after hearing a rousing speech by labour activist Reuben (Ron Leibman), Norma is inspired to rally her fellow workers behind the cause of unionism. How will it play out?

THE MEASURE OF A MAN (2016)
AGE GROUP: 8+
Thierry is unemployed. At the age of 51 and after almost two years of small humiliations in a search for work, he



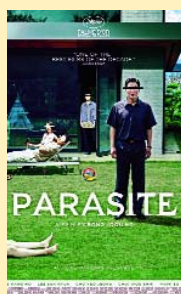
starts a new job that soon brings him face to face with a moral dilemma. More than anything else, this French film deals with feelings of dehumanization that is closely attached to lack of work in a modern society.



NORTH COUNTRY (2005)
AGE GROUP: 12+
Single mother Josey Aimes (Charlize Theron) is part of a

group of the first women to work at a local iron mine in Minnesota. Appalled by the constant stream of insults, sexually explicit language and physical abuse, Josey — despite being cautioned against it by family and friends — files a historic sexual harassment lawsuit. Will she win?

PARASITE (2019)
AGE GROUP: 13+
The struggling Kim family sees an opportunity when the son starts working for



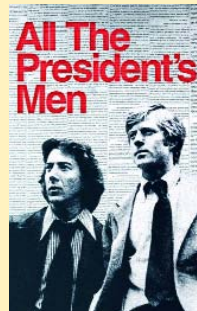
the wealthy Park family. Soon, all of them find a way to work within the same household and start living a parasitic life. This movie displays the unequal society we live in, where people without money aren't given the opportunities to succeed in life.

ROMA (2018)
AGE GROUP: 10+
Cleo is one of two domestic workers who help Antonio and Sofia take care of their four children in 1970s Mexico City. Complications soon arise when Antonio suddenly runs away with his mistress and Cleo finds out that she's pregnant. It's a movie about a woman's struggle against all odds to earn a livelihood to provide for her child.



WORLD PRESS FREEDOM DAY

ALL THE PRESIDENT'S MEN (1976)
AGE GROUP: 7+
Two green reporters and rivals working for 'The Washington Post', Bob Woodward (Robert Redford) and Carl Bernstein (Dustin Hoffman),



research the botched 1972 burglary of the Democratic Party Headquarters at the Watergate apartment complex. With the help of a mysterious source, code-named Deep Throat (Hal Holbrook), the two reporters make a connection between the burglars and a White House staffer. Despite dire warnings about their safety, the duo follows the money all the way to the top.

THE POST (2017)
AGE GROUP: 7+
Katharine Graham is the first female publisher of a major American newspaper, 'The Washington

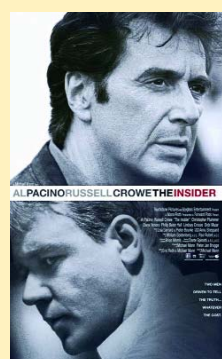


Post'. With help from editor Ben Bradlee, Graham races to catch up with 'The New York Times' to expose a massive cover-up of government secrets that spans three decades and four US presidents. Together, they must overcome their differences as they risk their careers — and freedom — to help bring long-buried truths to light.



GOOD NIGHT AND GOOD LUCK (2005)
AGE GROUP: 7+
When Senator Joseph McCarthy begins his foolhardy campaign to root out Communists in America, CBS News impresario Edward R. Murrow (David Strathairn) dedicates himself to exposing the atrocities being committed by McCarthy's Senate "investigation".

THE INSIDER (1999)
AGE GROUP: 12+
After seeking the expertise of former Big Tobacco executive Jeffrey Wigand (Russell Crowe), seasoned TV producer Lowell Bergman (Al Pacino) suspects a story lies behind Wigand's reluctance to speak. As Bergman persuades



Wigand to share his knowledge of industry secrets, the two must contend with the courts and the corporations that stand between them and exposing the truth.

SPOTLIGHT (2015)
AGE GROUP: 13+
In 2001, editor Marty Baron of 'The Boston Globe' assigns a team of journalists to investigate allegations against a priest accused of molesting more than 80 boys. Led by editor Walter Robinson (Michael Keaton), reporters Michael Rezendes (Mark Ruffalo), Matt Carroll and Sacha Pfeiffer interview victims and try to unseal sensitive documents. The reporters make it their mission to provide proof of a cover-up of sexual abuse within the Roman Catholic Church.



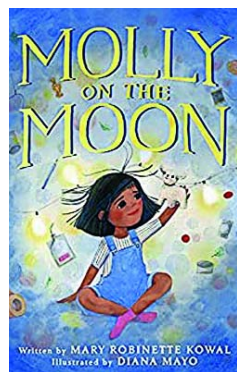
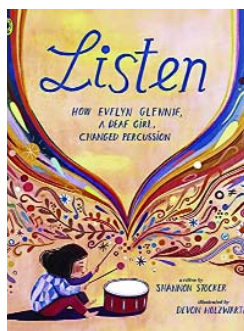
MICRO REVIEWS

READ THIS NEXT

YOUNG READERS

LISTEN: HOW EVELYN GLENNIE, A DEAF GIRL, CHANGED PERCUSSION BY SHANNON STOCKER

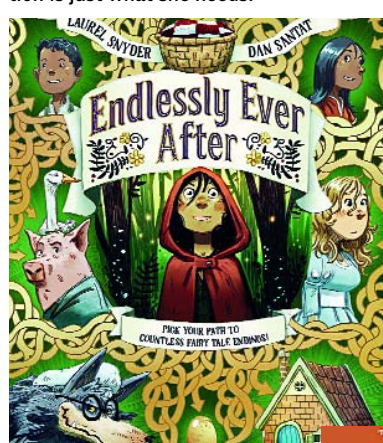
A wonderful story about the life of Evelyn Glennie, the award-winning deaf, solo Scottish percussionist. As a child, Glennie learnt piano and clarinet and enjoyed playing music. However, when she went deaf at the age of eight, she was told she couldn't continue with music. A music teacher, on the other hand, believed in her and taught her how to listen through experiencing sound. The rest is history. If you've never heard of Evelyn Glennie, we'd encourage you to watch her 2007 TED Talk or a video of her playing xylophone. A fantastic addition to any classrooms.



MOLLY ON THE MOON BY MARY ROBINETTE KOWAL AND DIANA MAYO

For her picture book debut, Mary Robinette Kowal, the award-winning science fiction novelist, worked with a NASA astronaut which accurately depicts how life on moon would differ from

life on Earth. 'Molly on the Moon', beautifully illustrated by Diana Mayo, is the story of two siblings adjusting to their new lunar home. While Molly was able to pack a toy, there's none for her younger brother. Initially hesitant to share, Molly gives in eventually, learning that when it comes to play, her super active imagination is just what she needs.



ENDLESSLY EVER AFTER: PICK YOUR PATH TO COUNTLESS FAIRY TALE ENDINGS! BY LAUREL SNYDER AND DAN SANTAT

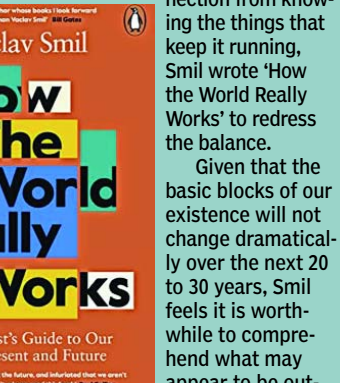
This hilarious, creative choose-your-own-adventure picture book of broken fairy tales will delight any young fan of the genre as it puts the power of storytelling in the hands of the reader! Award-winning artists Laurel Snyder and Dan Santat turn a collection of famous tales into an ever-changing, exciting, laugh-out-loud choose-your-own-adventure picture book in which you can uncover a sleeping maiden, waste away in a sticky licorice cage, find the gold at the end of a wild goose chase, or maybe (just maybe) save yourself — and the day!

MATURE READERS

HOW THE WORLD REALLY WORKS: A SCIENTIST'S GUIDE TO OUR PAST, PRESENT AND FUTURE BY VACLAV SMIL

No one can be expected to comprehend everything in a world as complex as ours. However, there are limits to which one may be excused, according to scientist and energy expert, Vaclav Smil. It is inexcusable, in his opinion, that the majority of us are unaware of the fundamentals of modern life and the technologies that keep us all alive. It's not all rocket science, he says. "Knowing how wheat is grown or how steel is made isn't the same as asking someone to understand femtochemistry."

Concerned about the world's disconnection from knowing the things that keep it running, Smil wrote 'How the World Really Works' to redress the balance.



Given that the basic blocks of our existence will not change dramatically over the next 20 to 30 years, Smil feels it is worthwhile to comprehend what may appear to be outdated technologies. For example, majority of our electricity is still generated by steam turbines, which were designed by Charles Parsons in 1884, or gas turbines, which were first commercially deployed in the late 1930s. Even the most cutting-edge technology, such as artificial intelligence, electric automobiles, 5G, and space tourism, rely heavily on fossil fuel-based turbines, says Smil. An interesting read for senior students and teachers!



WHO IS MAN-BAT?

For years now, Man-Bat has developed a reputation for being one of Batman's most complex villains. Could he succeed the Riddler as the supervillain in 'The Batman 2' — starring Robert Pattinson as the Caped Crusader? A quick primer...

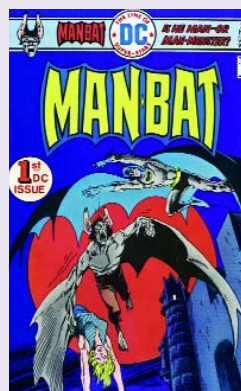
- Man-Bat first appeared in Detective Comics #400 in 1970, and has since appeared in a slew of comics, games and television shows.
- The Man-Bat was originally human. He was Dr Kirk Langstrom, a scientist specialising in the study of bats. He creates an extract that gives humans bat-like sonar. Langstrom tests it on himself because he is going deaf. It succeeds but has a horrifying side effect: it gradually changes him into a grotesque humanoid bat-like monster.
- Man-Bat first battles with Batman when he tries to steal the chemicals needed to reverse his change, but his control over the new animalistic tendencies coming from his bat-like state is shaky, and Batman is forced to overpower him so that the antidote can be administered.
- Langstrom refines his serum later, allowing him to retain his human intelligence while in bat form and controlling his transitions. As Man-Bat, he works as a detective and independent criminal fighter for a while. Eventually, however, his

- instability returns and he is left unable to control his transformations.
- As a super villain his powers include superhuman strength, speed and senses (vision, hearing and smell). He can fly using artificially generated leather wings and navigate through air by way of echolocation (just like a bat).
- Man-Bat joined a team of super villains (the Secret Society of Super-Villains) in the 'Forever Evil' storyline, where he worked with the likes of Scarecrow, Poison Ivy, Mr Freeze, and more. As an anti-hero, Man-Bat has been a part of Task Force X, the Suicide Squad, in the Injustice universe.
- Having first appeared in the Batman's universe in the 1970s, Man-Bat's character has undergone several story arcs and changes. While he



starts out as a super villain, he becomes more of an anti-hero in the later storylines. He was even forced by Talia al Ghul, one of Batman's best female villains, to create an army of Man-Bat operatives for the 'League of Assassins' storyline.

- Despite the change he does not get a good end. In one of the storylines, Man-Bat/Langstrom's wife, Francine is subjected to the same serum that transforms her into a villainous creature. Francine transforms into the She-Bat — and much like her husband — loses herself to the creature's personality. Despite being good people who tried their hardest to not only cure themselves but also use their Man-Bat curse to help people, they don't get a happy ending. In the 'Batman Beyond' comics, Francine lived with an advanced form of Parkinson's disease. In one of the storylines, Man-Bat allows himself to be taken prisoner to pay for his crimes of the past and becomes a model citizen of Blackgate.



OFF THE BEATEN TRACK

When players call it quits, not all of them turn their back on the sport. While many return as coaches and managers, there are some who set new records. A look at women who have pitched themselves into uncharted territory to begin a new innings...

NITA AMBANI | IOC MEMBER

She is the first Indian woman to be selected as a member of the International Olympic Committee (IOC).

Playing background - Although she was never associated with active sports, she took great interest in the IPL after she became the co-owner of the Mumbai Indians team.

Big Moment - After becoming the first Indian woman member of the IOC, Nita Ambani has been lauded for being the driving force behind the vision of India's successful bid to host the 2023 IOC session for the first time since 1983. She, along with Olympic gold medallist Abhinav Bindra, IOA president Narinder Batra and sports minister Anurag Thakur, presented India's proposal for the hosting rights at the 139th edition in Beijing.

Current status - She is actively involved in advancing youth sports in India and aims to revolutionise school and college sports in India and provide a platform for student-athletes to build a career in sports.



SHIVANI MISHRA | CRICKET UMPIRE

She is an ACC-affiliated Level 3 Coach, Level 2 Umpire, and ICC-affiliated Match Referee. She has officiated cricket matches as an umpire in Qatari local matches.

Playing glory - She was an ICC Asia coach educator.

Big moment - She was the first female to umpire in a T20 international men's match. She was also the first Asian woman to be a part of the ICC Development Panel for umpires.

Current status - She is currently based in Qatar and works with the Qatar Cricket Association.



G S LAKSHMI | CRICKET UMPIRE

Her rise to glory from a cricketer to a match referee has been nothing less than stellar. She created history in 2018 when she became the first woman match referee to officiate a men's ODI. She is also the first woman on the ICC International Panel of Match Referees.

Playing glory - Lakshmi began playing cricket in Tata Nagar and went on to play for her state in domestic cricket for 18 years. She was a right-handed batswoman and right-arm fast-medium outswing bowler.

Big moment - GS Lakshmi created history as the first female match referee to oversee a men's One-Day International in the opening match of the third series of the ICC Men's Cricket World Cup League 2 in the United Arab Emirates.

Current status - Lakshmi is a match referee, and recently umpired a match between Australia and England for the Women's World Cup 2022 final.



VIOLET PALMER | BASKETBALL REFEREE

She is revered as the first female official to reach the highest competitive tier in any major US professional sports league. This California born basketball referee retired from active officiating after a stellar 19-year career and 919 NBA games in her pocket.

Playing glory - She played point guard on the 1985 and 1986 NCAA Division II women's championship teams at her college, Cal Poly Pomona in California.

Big moment - On October 31, 1997, Palmer made history when she officiated the NBA season opener between the Vancouver Grizzlies and the Dallas Mavericks, in British Columbia, Canada, thus becoming the first woman to achieve such a feat.

Current status - Violet is currently the coordinator of Women's Basketball Officials for the Pac 12 Conference, the West Coast Conference (WCC), the Western Athletic Conference (WAC), and the Big Sky Conference.

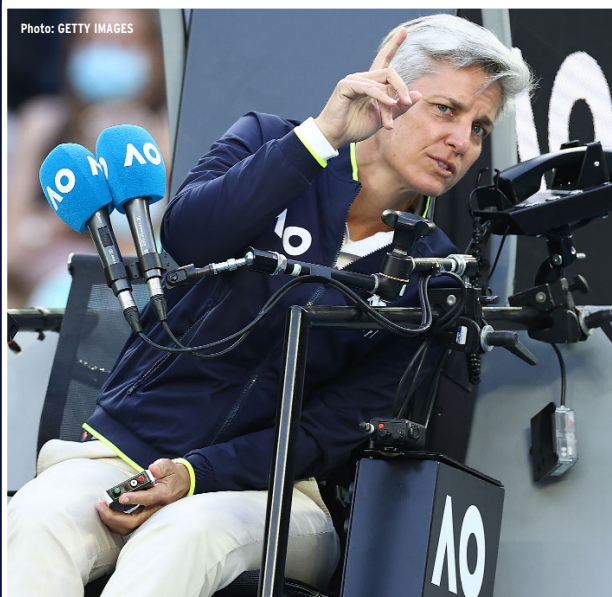
MARIJA CICAK | TENNIS UMPIRE

She is a 43-year-old from Croatia, a gold badge chair umpire, and a member of the WTA Elite Team since 2012. She was the chair umpire for the 2014 Wimbledon Women's Final. She also officiated the women's singles gold medal match at the 2016 Rio de Janeiro Olympics.

Playing background - Cicak began competing in Tennis competitions when she was 12 years old.

Big moment - She made history by overseeing the 2021 Wimbledon men's final between Novak Djokovic and Matteo Berrettini on Centre Court at Wimbledon, thus becoming the first woman to umpire the Wimbledon men's singles final since the Grand Slam event debut in 1877.

Current status - Marija is a WTA Gold Badge chair umpire.



CAROL POLIS | BOXING REFEREE

After marrying a part-time professional boxing referee, she went from being a nervous spectator to a professional boxing judge. From the year 1973 to 2009, she refereed 143 professional boxing contests, including many world championship ones.

Playing background - Growing up, Carol Polis enjoyed tennis, swimming, and cheerleading. She took to boxing referee after 1971.

Big Moment - Polis is the first woman in the sport's history to become licensed to judge professional boxing fights.

Current status - After retiring from her career as a professional boxing judge in the year 2009, Polis has become an author and has published a book titled 'The Lady is a Champ'.



STEPHANIE FRAPPART | FOOTBALL REFEREE

A 3-time recipient of the IFFHS World's Best Woman Referee, this 1983-born French football referee is a well-known face in the list of FIFA International referees and has refereed several high-profile matches.

Playing glory - Stéphanie Frappart played football in Herblay-sur-Seine and at CS PIERRE-LENE. Most of the time she played in midfield. At the age of 18, she said goodbye to her playing career and devoted herself to becoming a referee.

Big moment - She made the headlines when she became the first woman to officiate a UEFA Champions League match in 2020, between Juventus and Dynamo Kyiv. She is also the first woman to officiate a men's FIFA World Cup Qualifier, in a match between the Netherlands and Latvia.

Current status - She is Enlisted with the FIFA International Referees and is still continuing in this profession.



BIBIANA STEINHAUS | FOOTBALL REFEREE

This 1979-born former German football referee is a 4-time recipient of the IFFHS World's Best Woman Referee, was ranked as a UEFA women's elite category referee and is a trained police officer with the rank of Chief Inspector. She is the first female referee in German men's professional football.

Playing glory - Before becoming a referee, Steinhaus played as a footballer for SV Bad Lauterberg.

Big Moment - She became the first female referee to officiate a German Supercup game when treble winners Bayern Munich beat Borussia Dortmund on September 30, 2020.

Current status - After announcing her retirement from active refereeing in 2020, Bibiana currently works as a video assistant referee.

CLAIRE ANTONIA POLOSAK | CRICKET UMPIRE

The first woman to officiate a men's ODI and a men's Test match, this 1988-born Australian cricket umpire has become a regular face at ICC tournaments, standing as an on-field umpire at the 2018 and 2020 Women's T20 World Cup and 2022 Women's Cricket World Cup.

Playing background - Although she never had the opportunity to play cricket, she always had a passion for it. Before choosing to umpire as a profession, Claire was a high school science teacher.

Big moment - Polosak created history when she became the first female match official in a men's Test match when she took up the fourth umpire's role in the third Test on India's tour to Australia in 2020-21.

Current status - She is an umpire by profession and is enlisted with the ICC panel of umpires.

