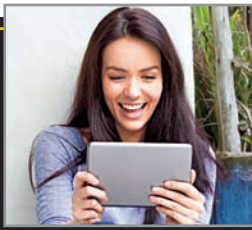




# THE TIMES OF INDIA

[www.toistudent.com](http://www.toistudent.com)
**Your Weekender**
**TODAY'S EDITION**

➤ Learn the art of appreciation. **PLUS:** 30 manners checklist for young ones  
**PAGE 2**



➤ A book on how to breathe better. **PLUS:** Six Marvel heroes that deserve more credit  
**PAGE 3**



➤ We frame some of the most inspiring moments from the Olympics  
**PAGE 4**


**STUDENT EDITION**

SATURDAY, AUGUST 21, 2021


[CLICK HERE: PAGE 1 AND 2](#)
**LATEST BUZZWORDS EXPLAINED**

## Revenge TRAVEL

The activity of travelling and going on holiday more than usual as a reaction to not having been able or allowed to do so for a period of time. It was first noticed in news reports when outlookindia.com talked about this worrying post-Covid first wave trend on August 15, 2020. The article said: "Revenge travel is this sinister buzzword that has been doing the rounds in the last few months to describe the angry and bottled-up demand for travel that many of us are currently feeling. But is revenge as sweet as we'd like? The jury is still out on that." Revenge travel or tourism refers to the phenomenon wherein people wish to break free from the mundane routine that has caused the "new normal" to develop in the wake of the coronavirus crisis. It also stems from a circumstance that has been described as "lockdown fatigue" or exhaustion that escalates on account of monotony. In simpler terms, people are tired of following the same routine day after day.


**RETHINK**

## Are you suffering from COMPASSION FATIGUE?

Compassion fatigue is a secondary traumatic stress (STS) characterised by a gradual lessening of compassion over time. We all could be victims to this new-age malady



Nupur.Amarnath@timesgroup.com

50 tabs open in our mental browsers and we are about to crash.

The year 2022 is only four months away. And somehow we are all witnessing this passage of time that may be the new normal. In his last episode of 2019 for his now defunct Netflix show "Patriot Act", comedian Hasan Minhaj talked about managing the 24-hour depressing news cycle around us. He said: "We are exposed to all the news, all the time, which makes us feel like we need to care about everything – all the time... But we can't possibly care about all of them – all the time. It's like we have

**STOP DOOMSCROLLING**

2020 gave us a new term – doomscrolling. Basically an act of spending an excessive amount of screen time devoted to the absorption of negative news. And we get it from our phones and our timelines. Trauma therapist Ruchita Chandrashekar has seen this fatigue building up in the younger demographic (that is consuming information at a breakneck speed). "The exhaustion you feel at the exposure to other's

pain is real. It's accompanied with a feeling of doom – you are pre-occupied with what's happening, are prone to mood swings, and are wracked with guilt for not doing enough," she says.

**RECLAIM ME TIME**

A feeling of secondary stress in the consumer of news has been proven in many studies. Delhi-based psychiatrist Dr Shobhana Mittal notes, HOW you consume information is a reason why people are feeling more burdened. "A big chunk of information is reaching us through our smartphones, that are often accessed during 'leisure time' from a personal space (like one's bedroom), at a personal time (say at bedtime), when one has his/her guards down. None of us are emotionally prepared to see stressful content at such a time," she adds. Most social media content can be graphic, and the comment section is negative.

**EMPATHY EROSION**

Some signs that you are veering towards this fatigue are: feeling fearful, developing a tendency to wander off and showing escapist traits. A recent research from the University of Michigan and the University of Rochester Medical Center found that empathy among students has declined by more than 40% compared to the late 1970s. Dr Amit Sood, in his book, 'The Mayo Clinic Guide to Stress-Free Living', says, "We are inundated with graphic images of unimaginable suffering of millions. We can fathom the suffering of a few, but a million becomes a statistic that numbs us."

**YOU ARE SUFFERING FROM COMPASSION FATIGUE IF YOU ARE...**

- Feeling burdened by the suffering of others
- Blaming others for their suffering
- Isolating yourself
- Sensing loss of pleasure in life
- Finding it difficult to concentrate
- Not sleeping well
- Experiencing physical and mental fatigue
- Bottling up your emotions
- Getting more nightmares
- Feeling hopeless or powerless
- Frequently complaining about your work or your life
- Overeating
- Not taking care of yourself
- In denial
- Beginning to receive a lot of complaints about your work or attitude
- To see where you fall on the compassion satisfaction/fatigue continuum, take the Professional Quality of Life (www.proqol.org) questionnaire developed by Dr Beth Hundall Stamm, one of the world's leading experts on compassion fatigue

— Psychology Today

**LOG OFF**

Being invested in the news cycle remotely is unpaid, unaccounted labour that takes up your time and mind space. The best way to deal with it all is to switch off. Use an app to lock your phone away and do some recreational activity that preferably doesn't involve a screen. Life coach and author Simrun Chopra says, "Stay with something you have read or watched for five minutes to process it better. When you read something, focus, stop, think it over, and once you've truly consumed it, move on." List out your personal strengths, journal, seek therapy to build up your "emotional endurance".

Chopra's survival tips: no notifications, dedicated time for phone use and designated verified sites and select news sources to manage information overload. As Minhaj says... it is FOCUS that will save you.

**TRIVIA TIME**

## THE DAY THE MONA LISA WAS STOLEN



On August 21, 1911 the world's most famous painting went missing. Here's what happened

Reams of paper and ink have been spent over the years on decoding the Mona Lisa, identifying who she was and deciding what her enigmatic smile signifies. Also why she has no eyebrows! Leonardo da Vinci's Mona Lisa, also known as La Gioconda, is the most famous painting in the world. But would it still have been so famous if it didn't go missing on the night of August 21, 1911? Apparently no. Before its theft, the "Mona Lisa" was not widely known outside the art world. Vinci painted it in 1507, but it wasn't until the 1860s that critics began to hail it as a masterpiece of Renaissance painting. Here is a chain of events...

from the walls for cleaning or photography, so passersby took little notice of the blank space where the portrait was usually located.

Most believed that professional thieves could not have been involved because they would have realized that it would be too dangerous to try to sell such a famous painting. A popular rumor in Paris was that the Germans had stolen it to humiliate the French.

**The Mona Lisa is only enigmatic because of Leonardo's sfumato technique – that smokey, smudgy blur where you can't see how the smile ends at each corner, so that it simply tails away, unresolved**

An Italian painter and decorator slipped out of the cupboard in the Louvre where he had been hiding all night, sneaked up to the 'Mona Lisa', unframed her and left the building apparently unseen. The culprit, Vincenzo Peruggia, was a handyman who had worked for the Louvre to install the very same protective glass cases he had ripped from the Mona Lisa.

For more than a day, the Louvre's staff had no clue that the Mona Lisa had been stolen. The museum's paintings were often removed

that turned out to have been stolen from the same museum. The poet Guillaume Apollinaire was also brought in for questioning.

Every major newspaper in Europe covered the story, and every story was illustrated with a reproduction of the painting. Millions of people who might not have seen it, might never even have heard of it, soon became experts on Leonardo's stolen painting.

**Today, the world's most recognisable painting remains in the Louvre, where it hangs in a climate-controlled box protected by bulletproof glass. It receives some 8 million visitors each year**

After a weeklong shutdown, the Louvre re-opened to mobs of people, Franz Kafka among them, all rushing to see the empty spot that had become a "mark of shame" for Parisians.

After making off with the painting in August 1911, the 29-year-old had stashed it in his home in a wood trunk with a false bottom. As a former Louvre employee, he was questioned about the theft on two separate occasions, but police never considered him a serious suspect. Peruggia kept the Mona Lisa hidden for two years while he waited for the heat to die down.

One of the first suspects was Pablo Picasso. The painter had nothing to do with the crime but immediately tried to dispose of some statues

Peruggia finally made an attempt to sell his "treasure" to a Florentine art dealer in 1913 who reported him to the police. After a brief tour through Da Vinci's homeland, the Mona Lisa was finally returned to the Louvre in January 1914.

While Peruggia was eventually forgotten, his daring heist only made the Mona Lisa more famous. At least 120,000 people went to see the painting in the first two days after it was returned to the Louvre. Art lovers and critics launched into fresh speculation about its subject's mysterious smile, and it was referenced in countless cartoons, advertisements, parodies, postcards and songs.

**GOOD TO KNOW**

## Fascinating Facts ABOUT ONAM



Onam is the official state festival of Kerala; this is when the state's art and culture is on full display. The festival, this year, ends on August 23 with Thiruvonam (the most important day) falling on August 21. Here are some fascinating facts that make this festival so special.

1 Onam is a secular festival, which means it is celebrated by people from all castes and communities, i.e., irrespective of their religion. It festival marks the homecoming of Asura King Mahabali. Onam is also a 10-day festival.

2 To welcome the King, people make pookalam or flower rangoli in their homes.

3 During this festival, one witnessed a huge variety of cultural events such as Vallam Kali, Pulikkali, Thumba Thullal, Onavillu, and much more. Traditional dances, such as Kummattikali, Thiruv-athirakali, and Kathakali are on display. While Thiruvathirakali is a dance by women around a lamp.

every household, known as Sadya. The



- FIVE ONAM TERMS**
- **Pookalam:** The flower rangoli
  - **Kasavu:** The iconic Kerala zari that blends with offwhite on saris and mundus (men's lungi)
  - **Sadya:** Onam feast
  - **Pulikkali:** A dance performed by men dressed as tigers
  - **Onam Ashamsakal:** The way you wish Happy Onam to a Malayali

meal is served on a plantain leaf, and one can expect more than 26 varieties of food to be served.

5 A number of traditional games are played, such as Attakalam, Kayyankali, Kutukutu, Talappanthukali, and Ambeyyal. However, these games are now only played by a few, and are almost a lost art in cities due to the physical nature of these games. TNN

**GO GREEN**

## Is your skincare planet-friendly?

Nupur.Amarnath@timesgroup.com

Just like in fashion, there's a movement underway towards green beauty practices that add a glow of goodness to your face and a sheen to your soul. Dermatologist and aesthetic physician Dr Pallavi Sule says that one of the simplest ways to cut plastic from your skincare is to be mindful of the packaging. "Try buying products packed in recycled plastic and paper. Reuse and refill products. Avoid tiny bottles. Recycle."

Other than packaging, dermatologist Dr Simal Sooin suggests switching over to a washable facial cloth made out of muslin for your face cleaning and not use single-use wet wipes or cotton pads. Her other suggestions: go for



make-up brushes crafted from sustainable products like bamboo; and apply home remedies.

**USE LESS, GLOW MORE**

Beauty YouTuber Jovita George talked about paring down your

**HOW TO GREEN UP**

- Use less water
- Use bar soap. It's less packaging; you can use it entirely and there's no bottle to throw away. You can also use bar shampoo
- Use even the last drop. Invest in a beauty spatula
- Use less make-up. Spend more time on a good skincare
- Store products well. With proper storage, products will last longer
- Use home cures. India is a treasure trove of home cures
- Ditch that packaging. A lot of boutique brands now offer easy pickups of empty bottles
- Buy local

beauty closet to counter the hoarding mentality. In a viral video, George says that hoard-

ing products can actually create a spiral of buying. The idea is to use less but more effective products. Edit your beauty closet with things that you actually use and need. Pick few but more multi-purpose, multi-correctional products that add less waste to the system. Look for 2-in-1 products like a lip and cheek stain.

Sule says, "The need of the hour is sustainable beauty regimens and skincare. Use natural, organic and plant-based skincare formulations that are also better for your skin." A pro tip that works: when changing your skincare to more earth-friendly picks, first switch the commonly used items like body wash, shampoo, and lotion – it'd make more impact. Be aware, but also be sensible and practical.

# Let's APPRECIATE Each Other

A SIMPLE GUIDE ON HOW TO SHOW YOUR APPRECIATION TO PEOPLE AROUND YOU

Pallavi.Shankar@timesgroup.com

Should we make sure to appreciate people who live with us, work with us, study with us or help us in some way or the other? Isn't being nice to each other enough? Actually, no. "The deepest principle in human nature is the craving to be appreciated," said psychologist and philosopher William James. So, appreciate we must – through words, gestures, body language. We can help you in mastering this crucial art with some simple tips.

## WHY APPRECIATION MATTERS?

There must be days when you feel a certain gratification after cleaning your room's soiled window and letting the sunshine in. Appreciating others is similar to this process – it is the 'sunlight' that clears the grime and nourishes social and personal connections and makes them stronger. People around you connect better with you when they feel genuinely valued through words and gestures that praise their efforts. This is precisely why we need to appreciate our parents, teachers, friends, and helpers more and more. Here's more

about appreciation that is an art as well as etiquette.

## ACKNOWLEDGE OTHERS' UNIQUE QUALITIES

Everyone has special qualities and the best way to appreciate a person is by recognising their uniqueness. See what is special in people who are a part of your life. When your mom makes your favourite sandwich, tell her she is a great cook and how much you love the delicacies she rustles up for you. "If your best friend has this knack of inspiring you in a way that no one else can, tell him/her how much it means to you. This recognition, coupled with warm compliments will cement your relationships," advises psychiatrist and counsellor Dr Jitendra Nagpal.

## PRAISE IN PUBLIC

There is a saying: "Appreciate in public, criticise in private." If you remember and act upon this wise adage, your life will be a lot sorted. For instance, if you are the captain of your high school soccer team and you notice your fellow mate working hard for a 'goal', acknowledge it when others around

## HOW TO APPRECIATE YOURSELF

While it is important to appreciate others, using some of it for yourself too will do wonders for your well-being. Confused how you can do that? Here are some ideas:

■ **ENJOY YOUR PASSION:** Do the things you enjoy without feeling guilty. If you like your music class more than your Maths class, you don't have to be apologetic about it. You may have a flair for music and it's alright to be passionate about things other than academics.

■ **BE KIND TO YOURSELF:** Try your best to achieve all you aspire for, be it good grades or a medal in the drama competition. But don't beat

yourself up if you miss the medal, because 'learning' is more important than 'winning.'

■ **ACKNOWLEDGE YOUR EFFORTS:** If you have done something well, take pride in it. Being humble is a great quality but there is no harm in basking in the glory of your achievements (minus the bragging, of course).

■ **RESPECT YOURSELF:** It means valuing yourself for who you are, despite your flaws. It's trusting yourself, loving yourself, thinking for yourself and taking your own decisions. Last but not the least, accept yourself and don't compare yourself to others.



can also hear you praising your friend. Public recognition of good work is a reward in itself. It is a social motivation that encourages people to go that extra mile and give their best.

## THANK PEOPLE FOR THEIR KINDNESS

Whenever anyone displays a kind gesture towards you, do not forget to say 'thanks'. A simple 'thanks' with a smile can mean a lot to others and is a great mood booster. It takes very little effort but gives a lot. It will also make you feel nice besides giving you the reputation of being an empathetic person.

## DO SPECIAL THINGS

Utilise special days and occasions like birthdays and anniversaries to show your appreciation to people who matter. "But doing something special need not be limited to big occasions. Sometimes people need it the most when they are having a bad day," advises Nagpal. Surprise your friend by giving him/her a muffin during lunch break. A pleasant surprise makes people feel worthy and happy.

## ENCOURAGE OTHERS

Appreciate other people's good qualities and encourage them to hone it. When the domestic worker does a good job of cleaning up your room, do tell him/her that their contribution in your life is immense. Such praise from time to time is necessary to motivate people – it also makes them feel relevant. Interestingly, studies have shown that appreciation also increases your own self-esteem by boosting the feel-good hormones in your mind.

## WRITE A NOTE

Take the time to write a handwritten note to someone who has helped you in some way. When you do so, be specific – avoid being generic as that shows indifference and lack of involvement. But if you describe something specific, your note becomes personal and valuable. Example: "You lent me your notes just a day before the Geography exam. Thank you, for your generosity." For more: Read story on 'thank you notes' below. Now that you know so much about the art of appreciation, go ahead and indulge in it and see the world around you become a happier place.

## PETS AND YOU

# Responsibilities of a new PET PARENT

Taking care of a pet is an arduous task and comes with many responsibilities. Here's what you have to be ready for...

**FIX A TIME FOR PLAY EVERY DAY:** Pets are lovable companions who need your attention. You should be able to have a fixed time and schedule where you can spend happy moments with them. Being a busy parent doesn't work well for pets.

**REGULAR EXERCISE:** If you are a pet parent, you have to allot a certain time period for your pet's exercise. Some pets need more playtime than others and regular walks to the playground or streets are very necessary for the pets' growth.

**KEEPING THEM SAFE AND SECURE:** Your pet relies on you to keep them safe. And so, it's your responsibility to keep hazardous things out of reach from them, keep them in a safe and comforting environment. Keep all harmful household items in an enclosed area, out of their reach. In all, just keep them safe!

**PROPER TRAINING AND SOCIALISING:** At the ripe age of 3 to 4 months, pets, especially dogs should be trained to be good canine citizens. Leaving them poorly trained will not only result in unwanted accidents but will also cause a ruckus in your home. Your pets also need to be socialised with other breeds so that the fear and anxiety slowly wears off their personality.

**PICK UP AFTER YOUR PET:** When your pet goes for walks or to play outside, they are bound to leave their droppings. And so, you should always pick up after your pet. Carrying old newspaper and plastic always helps. Not only is it unpleasant for others to see, step on or have a nasty smell around, but it's your responsibility to keep your surroundings clean.

**A HEALTHY DIET:** You can't just give your pets the food you eat. They have a restricted, balanced diet that supports their immune system and helps them grow in the right proportions. You can consult a veterinarian to understand better what food works best for your pet.

**LOVE:** Your pets love you from the bottom of their heart. And it is only fair if you return their love to them. Pet them by the ear, rub their bellies and praise them when they are being good. Give them plenty of love and make them feel treasured and special. **TNN**



## ASK THE EXPERT

# "My 11 year old daughter is always overwhelmed these days"

My 11-year-old daughter feels very confused and overwhelmed these days. She tells me she can't explain why she feels so. She says it feels like she is not the same happy person anymore. I don't know how to help her.

Most kids have days where they feel sad, lonely or they don't want to do their daily activities. There are many reasons why children go through such mood swings. While one can owe these changes to puberty, there are a couple of other factors that may contribute to such changes such as school related issues, home environment, social changes, physical changes etc. Although this is a common change we see in most children, if you feel your child seems persistently sad or hopeless and it is affecting her day-to-day life, then we need to give it some attention. Some of the steps you can take are:

- Talk to your daughter about her feelings. Ask her about how her day was in school or anywhere else and try to figure out if there were any events that might have bothered her.
- Further, the basics for maintaining good mental health include a healthy diet, enough sleep, exercise and positive connections with other people at home or at school.
- Talk to and listen to your child with love and support. Encourage her to share her feelings.
- Help your daughter look at problems in a more positive way.
- Avoid pressurising her with respect to academics or any activity at the moment, if at all you do.

■ Keep a check of the environment at home. Avoid any fights, arguments or disagreements in front of her, and till whatever extent it is possible try to maintain a happy environment at home.

■ Talk to a Professional therapist. They may recommend psychotherapy which involves counselling to help with emotions and behaviour. **TNN**

— Expert:  
Dr Rachna  
Khanna Singh,  
psychologist



## PANDEMICQUETTE

# FIVE DIGITAL RULES TO FOLLOW

## THE GOLDEN RULE

This is simple: be polite and treat others how you want to be treated, even online. Don't blurt out your grievances on a public platform – virtual class or social media. Seek them out instead.

## BE KIND

Encourage kids to censor their messages and posts to be sure they are not sarcastic, negative, or rude. They also should be aware enough to not share or discuss rumours or

gossip. Talk to your children about cyberbullying so that they are able to identify this behaviour if it happens to them and also stop themselves if they feel they are indulging in it.

## RE-READ BEFORE POSTING

Teaching kids to slow down and think about their posts, comments, texts, and e-mails is crucial. They need to realise that once they press send, there is no way to take back their words. Encourage them to always read their messages, comments several times to see if they could be misinterpreted or if they come off sarcastic.

## ONLINE FUNNY IS TOUGH

A joke – even if goodhearted – can get lost in the digital world. Kids need to realise that being funny online is very

hard. The reason being that the person on the other end cannot see their facial expressions or hear their tone of voice. A joke can easily come across as being rude and people can get hurt.

## AVOID DIGITAL DRAMA

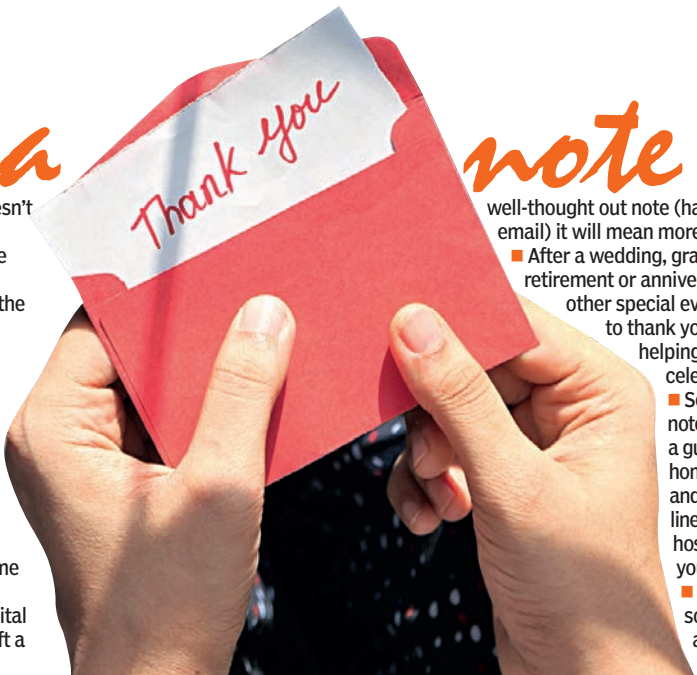
Teach children not to indulge in digital drama. All digital communication are "in-the-moment" communication. And while it's a connect in current world, you should know when to exit a conversation, especially if it's getting rude or mean. Teach kids that no good will come from sending a nasty response or making a negative comment.

## HOW TO...

# Write a Thank you note...

Writing a thank you note doesn't need to be difficult or time consuming. Here's a simple formula that works for any occasion:

- Express your gratitude and name the gift or action you received.
- Write a sentence or two about how you benefited from the gift or actions.
- Conclude by mentioning the next time you hope to speak to or visit with the other person.
- Handwritten vs. Email: Handwritten thank you notes are ideal, but it's now considered acceptable to send an email for a time sensitive occasion.
- While a text too suffices in the digital world but if you take time out to craft a



- well-thought out note (handwritten or email) it will mean more to the receiver.
- After a wedding, graduation, retirement or anniversary party, or other special event, it's customary to thank your guests for helping you celebrate.
- Send a thank you note when you've been a guest in someone's home. Be appreciative and honest and add a line on what their hospitality meant to you.
- Send a note when someone gives you a special gift.

## QUICK READ

# MANNER CHECKLIST

A QUICK LIST OF BASIC 30 MANNERS KIDS MUST KNOW BEFORE AGE 10

1. Saying "please" and "thank you." It shows gratitude.
2. Making introductions. Always introduce yourself to adults who come visit, and introduce friends to each other.
3. Covering your mouth when you sneeze or cough.
4. Not picking your nose in public.
5. Greeting visitors and say goodbye to them.
6. Asking for things instead of reaching for them.
7. Knocking on doors before entering a room. Especially the bathroom door!
8. Responding when an adult asks how you are. And follow up with "How are you?"
9. Not interrupting when grownups are talking.
10. Saying "Excuse me" when you need to interrupt a conversation.
11. Saying "Excuse me" if you bump into someone.
12. Not using electronics at the dinner table. Parents need to set this example.
13. Sitting attentively through plays, movies, and musical performances.
14. Washing your hands before meals.
15. Not commenting on personal appearance.
16. Holding doors open for others.
17. Silent burping. Followed by an excuse me.
18. Offering to help adults if they need it.
19. Giving a genuine apology when needed.
20. Asking to be excused at the end of a meal.
21. Using good table manners when eating. And chew with mouth closed.
22. Having a positive attitude.
23. Shaking hands. A firm handshake makes a good impression.
24. Returning items after borrowing them.
25. Avoiding bad language.
26. Sharing.
27. Giving compliments.
28. Doing tasks for adults without complaining.
29. Writing thank-you notes when you receive gifts.
30. Doing for others what you want them to do for you.

Source: theedadadvocate.org



## WRITE TO US

Etiquette is the customary code of polite behaviour in society. And it is ever changing. For instance, who would have thought that one would need a whole new set of classroom rules in 2019? If you have a question on the new rules of engagement in a post-covid world, a relationship dilemma or just a query regarding writing a mail, write in to us [toinie175@gmail.com](mailto:toinie175@gmail.com) with the subject line ETIQUETTE

# New BOOKS to READ

Nitya.Shukla@timesgroup.com

## JUAN HORMIGA

by Gustavo Roldán

The Barcelona-based Argentine illustrator and painter comes from a family of storytellers. 'Juan Hormiga', originally published in Spanish is now available in English. We urge you not to miss this whimsical story of an ant called Juan Hormiga. He is different, but not because he is the only red ant among thousands of black ants.

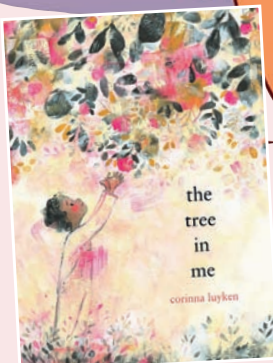
Juan likes to nap, clocking six or seven naps a day instead of working industriously, collecting food or digging tunnels like 'normal' ants do. Yet his colony mates don't mind, because Juan is also an amazing storyteller. He regales them with stories of his grandfather's adventures of a world beyond the anthill. How can anyone possibly work when Juan is telling such wonderful stories? One day Juan decides that he isn't satisfied with telling his grandfather's stories or napping. He decides to seek his own adventure.

After he's been gone for hours and hours, his mates start to worry as a big rain-storm is headed their way. Fantastic illustrative work aside, Juan Hormiga affirms the joys of sharing stories, and of creating your own stories. You could also read Roldán's 'El Erizo', the story of a hedgehog who needed an elephant's help getting an apple off a tree.

## THE TREE IN ME

by Corinna Luyken

Artist and author Corinna Luyken draws on the intimate connection between humans and trees in this poetic reflection inspired by the mindfulness teachings of Vietnamese monk Thich Nhat Hanh. Through exquisite illustrations of children



interacting with nature, the author likens us humans to trees and the worlds of imagination, creativity that we carry with in ourselves. She writes, "The tree in me is strong. It bends in the wind, and has roots that go deep... to where other roots reach up toward their own trunk-branch-crown and sky." The book features vivid illustrations in spring-like colours (plenty of pinks and neons) offering a sensitive portrait of the strength within each of us, and how nature nourishes us.

## CLASH

by Kayla Miller

This is a middle grade version of the film 'Mean Girls'. Everyone loves Natasha, the new girl in sixth grade and everyone wants to be her friend. Olivia is no different! She'd love to be friends with the 'coolest' girl everyone wants to hang out with. However, Olivia and Natasha want to hang out with Olivia's friends! It makes her wonder if she is the



one getting squeezed out from her friends' groups. There's plenty of excitement and drama in this one exploring friendships, the new mean kid, bullying and more.

## JUMP WRITE IN! - A SCRAPBOOK OF CREATIVE WRITING

by Sandhya Rao

Invite your younglings to find their own writing adventure. This book, with several creative prompts, encourages readers to turn into writers. It's simple, ask them to dream up an idea, and this book will help them turn it into a play or a story. There are no rules!



## LET'S GO TIME TRAVELLING AGAIN - INDIANS THROUGH THE AGES

by Subhadra Sen Gupta

Go back in time to understand peo-

ple's lives through history. The award-winning author takes a deep dive into how professions shaped history, culture, art, politics and society (and vice-versa). The book features quirky comic book illustrations by artist Tapas Guha.

It brings alive tales of the past. Filled with interesting trivia and information about the India's ancient civilisations, kingdoms and people, this an excellent reference book for history buffs.



## A PANDEMONIUM IN PAKSHILA

by Kalpish Ratna

Ishrat Syed and Kalpana Swaminathan, writing together as Kalpish Ratna, address

environmental conservation, and living in harmony with the natural world in this book. Justit and Anil, the excluded squirrel, solve a mystery and trap a villain in the climax in this story.



# Do you know how TO BREATHE?

Breathing never required a tutorial, so why the ridiculous question? Turns out there is a wrong way to breathe. Science journalist James Nestor shows how it harms our health in his book 'Breath: The New Science of a Lost Art'

**B**efore you start, do a quick check. Are you breathing through your nose or mouth? Kudos if it was the nose and if not, it's time to focus. Mouth breathing isn't just 'uncool', it is profoundly unhealthy for our bodies, according to 'Breath' author James Nestor.

## THE EXPERIMENT

He speaks from experience, having subjected himself to breathing only through his mouth as part of an experiment with Dr Jayakar Nayak, chief of rhinology research at Stanford's Otolaryngology Head and Neck Surgery Center. This experiment was part of the research he undertook to write 'Breath'.

## THE ILL EFFECTS OF MOUTH BREATHING

Within 10 days of blocking his nose with silicon plugs and breathing only through his mouth Nestor's blood pressure rose by 13 points, inducing the first stage of hypertension; his heart rate varied wildly, showing his body to be in a state of stress; his pulse rose and blood oxygen levels dropped. Nestor reported that he struggled with mental fog and snored for hours each night, developing obstructive sleep apnea. According to Nayak, when people breathe through their mouths, it impacts our skeletal

behaviour' by Yosh Jefferson said that children whose mouth breathing is untreated may develop long, narrow faces, narrow mouths, high palatal vaults, dental malocclusion, gummy smiles, growth and academic issues.

## OLD WAYS AND NEW

An average human takes about 25,000 breaths per day yet it's possible that we are going about it wrongly. In his book, Nestor traces the history (spanning millions of years) of how humans have to come to lose the ability to breathe properly. It is why, he says, we are suffering from a variety of maladies including snoring, sleep apnea, asthma, autoimmune disease and allergies. As part of his research Nestor spoke to pulmonologists, scientists and anthropologists. He also inspected human skulls in the catacombs of Paris finding proof that centuries of bad breathing patterns has resulted in narrower mouths and airways and people's teeth no longer fitting in.

## BREATHE BETTER

That said, it's never too late to start breathing better. Whether you are an asthmatic, an ultra marathoner, or prone to anxiety, the first

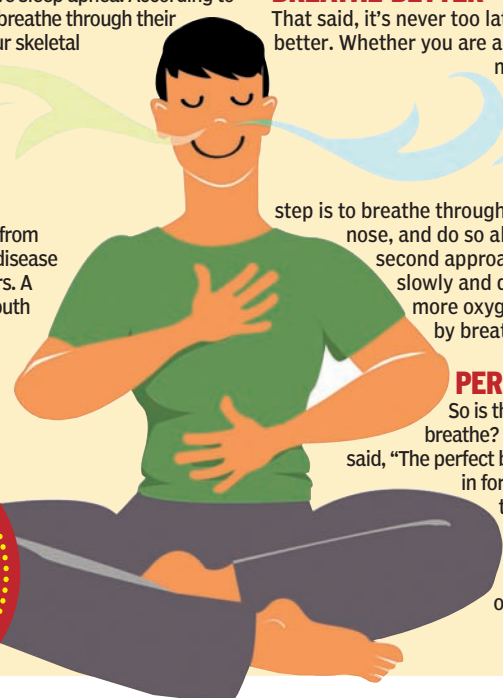
structure. The impact varies wildly, from causing periodontal disease to metabolic disorders. A 2010 study called 'Mouth breathing: adverse effects on facial growth, health, academics, and

step is to breathe through one's nose, and do so all the time. The second approach is to breathe slowly and deeply. The body gets more oxygen by breathing less, by breathing slowly.

## PERFECT BREATH

So is there a right way to breathe? In an interview Nestor said, "The perfect breath is this: Breathe in for about 5.5 seconds, then exhale for 5.5 seconds. That's 5.5 breaths a minute for a total of about 5.5 litres of air."

**DID YOU KNOW**  
Since its publication last year, 'Breath' has become an international bestseller, translated in 30 languages



# 6 MARVEL HEROES WHO DESERVE MORE CREDIT

## WARPATH

James Proudstar, known first as Thunderbird and then as Warpath, first appeared as the second Thunderbird in 'New Mutants' #16 (June 1984). An Apache Native American, Proudstar possesses mutant superhuman strength and speed.

## STRONG GUY

Strong Guy is the alias of Guido Carosella first appeared in 'New Mutants' #29 (July 1985). Guido's mutant powers were triggered in childhood when an incident with schoolyard bullies and being hit by a bus ended in his body becoming disproportionately large and over-muscled, separating the already withdrawn boy even further from his peers.

## KA-ZAR

Kevin Plunder is the second character to bear the Ka-Zar name. He was created by writer Stan Lee and artist Jack Kirby, and first appeared in 'The X-Men' #10 (March 1965). Kevin Plunder is an athletic man with no superhuman powers. He utilises a unique style of hand-to-hand combat shaped by years of surviving in the Savage Land. He developed great skills in hunting, trapping, fishing, foraging, and general survival in the wild. He can also communicate with some animals.

## NOVA

Nova (Richard Rider) appeared historically as the star of his own series, and at other times, as a supporting character in team books such as 'The New Warriors'. He is a member of the intergalactic police force known as the Nova Corps, for which he gained superhuman abilities, including enhanced strength, flight and resistance to injury. Nova derives his powers from an energy source called the

Nova Force which all Nova Corps Centurions wield.

## ADAM WARLOCK

Adam Warlock, originally known as Him or Adam, made his earliest appearances were in 'Fantastic Four' #66-67 (September 1967 and October 1967) and 'Thor' #163-166 (April-July 1969). He was created by Stan Lee and Jack Kirby and significantly developed by Roy Thomas and Jim Starlin. In all of his incarnations, he possessed superhuman strength, speed, durability, stamina, agility, and the ability to manipulate cosmic energy for energy projection, flight, recuperation (e.g., creating a cocoon for self-preservation and regeneration), and immortality (although he can be killed, he cannot truly die as Death cannot claim his soul).

## X-23

Laura Kinney (born X-23; codename Wolverine) is most commonly in association with the X-Men. The character was created by writer Craig Kyle for the 'X-Men: Evolution' television series in 2003, before debuting in the 'NYX' comic series in 2004. Laura was apparently the clone and later adoptive daughter of Wolverine, created to be the perfect killing machine. Her primary mutant ability is an accelerated healing factor that allows her to regenerate damaged or destroyed tissues with far greater speed, efficiency, and finality than ordinary humans are capable of. Injuries such as gunshot wounds, slashes, and puncture wounds completely heal within a matter of seconds. She is highly trained in the use of long range weapons and explosives and is a formidable hand-to-hand combatant.

# ALL YOU NEED TO KNOW ABOUT THE LEGEND OF SHANG-CHI

Before we watch the movie, 'Shang-Chi and the Legend of the Ten Rings', let's find out about the character



**A** renowned criminal sired a child who he raised as his heir to an insidious secret society. He named him Shang-Chi, which translates to 'rising and advancing of the spirit'. The boy, raised in a hidden, ancient fortress in China, became adept at a multitude of martial arts and philosoph-

ical disciplines, completely unaware of his father's evil pursuits. That changed when as a young man, Shang-Chi found himself tasked by the secret society to assassinate an old enemy of his father's. During the mission, he came into contact with a venerable British secret agent named Smith. The man taught him all about the outside

## His superpower

Shang-Chi's training instilled not only wisdom in him, but also forged him into a living weapon – an unbeatable martial arts master. He's known for his expertise in all forms of fighting, especially hand-to-hand combat. Shang-Chi's ability with weapons like swords, staves, nunchaku, and shuriken is also unmatched.

## His nature

A natural athlete as well as peace-loving and composed, Shang-Chi is a level-headed individual, who has made practising meditation and inner-cleansing into an artform. His use of chi, or internal energy, aids him in combat as well as commanding his emotions in tense situations. This pronounced calm even allows him to dodge bullets!

— Sources: gamesradar.com, marvel.com

## Comic book background

Shang-Chi made his debut in 1973's Special Marvel Edition #15. Created by Steve Englehart and Jim Starlin (who created Thanos), Shang-Chi was inspired by the Chinese-American character Kwai Chang Caine from the TV show 'Kung Fu', which Marvel previously sought to license. He was originally envisioned as the heroic son of now-archaic pulp villain Fu-Manchu.



# UNIQUE WORDS FOR BOOK LOVERS

...that we found in the Merriam-Webster dictionary

## ABIBLIOPHOBIA

The fear of running out of things to read.

## BALLYCUMBER

Coined by writer Douglas Adams, "One of the six half-read books lying somewhere in your bed."

## BIBLIOPHOBIA

Created in 1957 by H L Mencken for people who read too much.

## BIBLIOGNOST

One who has comprehensive knowledge of books.

## BIBLIOPHOBIA

One who steals books.

## BIBLIOLATER

One overly devoted to books.

## BIBLIOPHAGIST

An avid or voracious reader.

## BIBLIOPHOBIA

A dealer, especially, in rare or curious books

## BIBLIOSMIA

An unofficial term for the aroma of a book.



## 'Rona (n)

A new colloquialism to refer to the coronavirus, 'rona is the hip way of referring to the virus. The word itself is often accompanied by the grammatical article "the," perhaps to give it more of a flair.

## BOOKARAZZI

Slang for someone who takes photos of their books and posts them online.



# INSPIRING MOMENTS

Records, failures, jubilation, disappointment, injuries, health scares, protests and camaraderie... the Tokyo Olympics had them all in good measure. Above all, the spirit of sportsmanship prevailed. Here's a look at some milestone moments from the Games

## ↑ SHARED HAPPINESS

### Mutaz Essah Barshim and Gianmarco Tamberi

'Can we share the Gold?' asked Qatar's Mutaz Essah Barshim, a moment that melted hearts across the globe. Mutaz and Italy's Gianmarco Tamberi competed together for an hour but neither bested the other. The moment the answer came back 'yes', Tamberi jumped into Barshim's arms and lost control of his emotions. Together on the podium hand in hand, the athletes sent a strong message of sportsmanship and love.



Photo: PTI

## ↑ SIX 10s AND MORE

### Quan Hongchan

China's 14-year-old diving star Quan Hongchan, competing in her first Olympics, has already attained the title of 'perfection'. The first two of her dives received a unanimous perfect score of 10 in the 10-metre platform event. In a third dive, she earned six 10s and one 9.5 and with that, it became clear she was the winner. She laughed and smiled when her coach lifted her in the air, cheering for her.

Photo: REUTERS



## ↑ PULLING OFF A SUPERMAN

### Karsten Warholm

Those who witnessed Norwegian Karsten Warholm and Rai Benjamin of the US fight it out, breaking the 400m hurdles world record, should consider themselves fortunate. When Karsten crossed the finish line first, he looked at the clock and screamed in disbelief. He had broken his own world record by a mere 0.76 seconds. It justified his act of tearing his track vest open like Superman.

## → RAISING VOICE FOR OPPRESSED

### Raven Saunders

Showing solidarity with the oppressed, US shot-putt silver medalist Raven Saunders crossed her arms above her head in the shape of an X, as she stood on the podium. In doing so she became the first Olympian to break Rule 50 of Games which bars competitors from protesting on the podium. She said it represented the "intersection where all oppressed people meet".



Photo: GETTY IMAGES

## ↑ A PROMISE TO MOTHER (LAND)

### Ryo Kiyuna

Holding a photo of his mother, the young karateka stood on the podium, fulfilling a vow he made to Japan: to win gold. The three-time world champion Ryo Kiyuna's gold in men's kata took social media by storm for two reasons: he's a native of Okinawa, where karate originated centuries ago; and for the framed photo of his mother, who died two years ago.

Photo: GETTY IMAGES



Photo: GETTY IMAGES



Photo: GETTY IMAGES

## ↑ UNMATCHED MEDAL HAUL

### Emma McKeon

The Australian 'most successful swimmer' cemented her name as the most decorated sportswoman at the Tokyo Olympics. McKeon bagged a total of 4 golds and 3 bronze medals, bringing her career haul of medals to a total of 11.



Photo: REUTERS

## → FROM FALL TO FAME

### Sifan Hassan

Dutch distance runner Sifan Hassan had just entered the final lap of the 1,500-meter qualifying race, when suddenly, the runner in front of her fell, bringing her down as well. With 11 runners ahead of her and a huge gap to cover, Hassan stood up to continue running. She passed five of the fastest runners in the race to pull off a near-impossible win. She went on to win a bronze in the final.

## → SPRINT INTO RECORD BOOK

### Indian men's 4x400 meters relay team

The Indian men's 4x400m relay team comprising Muhammed Anas Yahiya, Noah Nirmal Tom, Arokia Rajiv and Amoj Jacob failed to qualify for the finals by a whisker. But while doing so they created a new Asian record clocking 3:00.25. Anchored by Amoj Jacob, the team finished fourth in heat 2 and sprinted straight into the history books.



Photo: GETTY IMAGES

## ← A MARATHON SEQUENCE OF TITLES

### Eliud Kipchoge

Eliud Kipchoge (Kenya) created history by becoming the third man in the world to win consecutive marathon titles. The world record holder clocked 2 hours, 8 minutes, 38 seconds to win gold in the Tokyo Olympics marathon. His victory margin of 80 seconds was the biggest since Frank Shorter's win in the 1972 Munich Games. Kipchoge now has four Olympic medals overall, having also taken 5,000m silver in 2008 and bronze in 2004.

Photo: GETTY IMAGES



## ↑ A WELL-DECORATED TRACK

### Allyson Felix

Five Olympics, 10 medals. When Allyson Felix won a bronze medal in the individual 400-metre race, she broke the record for the most Olympic medals by a female track and field athlete. She also became the most decorated US athlete in track and field history after winning the gold medal in the 4 x 400-meter relay. With this, the star has won 10 Olympic medals and competed in five Olympics.