



THE TIMES OF INDIA

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Your Weekender

TODAY'S EDITION

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STUDENT EDITION

SATURDAY, JULY 24, 2021



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#GOALS

Self-care advice FROM THE STARS

"SLEEP"
ARIANNA HUFFINGTON, media mogul
Huffington is a firm believer in sleep. In fact, she is a sleep evangelist. After passing out from exhaustion in her office and breaking her jaw, Huffington began to adopt better sleep habits and took to sharing them with the world. She believes we're in a sleep deprivation crisis and espouses a series of strict rules for better self-care through better sleep.

"GET TOGETHER"
AVA DUVERNAY, director
DuVernay looks outward to other women to boost her mental health, hope and enthusiasm. During the 22nd Women in Hollywood Awards, she reminded the female attendees that, "We also blossom because we nourish one another. We focus on her—the woman sitting right next to you. We focus on us. It's equally as important."

"TAKE CARE OF YOURSELF"
SERENA WILLIAMS, tennis legend
The greatest athlete of all time, Williams, applies discipline and care to her self-maintenance routine too. "I think self-care is very important to prioritise in life. When you make time for yourself,

"LOVE YOURSELF"
TRACEE ELLIS ROSS, actor
"I've always worked out and been active and it's one of the ways I care for myself: along with meditation, baths, eating beautiful things that make me happy, being silent and being with friends and family. Self-care is one of the active ways that I love myself. When you can and as you can, in ways that feel loving, make time and space for yourself," Ellis Ross wrote on Instagram.

"PRIORITISE YOU"
BEYONCÉ, singer
The singer said in an interview to "Parade": "We have to care about our bodies and what we put in them. Women have to take the time to focus on our mental health — take time for self, for the spiritual, without feeling guilty or selfish. The world will see you the way you see you, and treat you the way you treat yourself."



you feel like the best version of you and that extends into other facets of life. My self-care routine varies— whether I'm trying a new product or staying loyal to my feel-good classics like coconut oil, I always carve out moments to tend to myself and nurture my body."

SELF-CARE



Pics: Istock

learn to brush your teeth and use the washroom and continues throughout your growing up years in the form of various daily tasks you learn to do independently. Apparently these small accomplishments decide the kind of person you become later in life.

Self-care is just as important as academics for growing, developing kids. Even small acts of self-care and self-help can decrease stress, improve relationships, and promote wellness of the body and mind. It's up to parents or guardians to teach their children how to

KINDS OF SELF-CARE

- Emotional self-care, such as self-talk, weekly bubble baths, saying "no" to things that cause unnecessary stress, giving yourself permission to take a pause, or setting up a weekly coffee date with a friend.
- Physical self-care, such as prioritising sleep, adopting an exercise routine you can stick with, choosing healthy and nourishing foods over highly processed ones.
- Spiritual self-care, such as attending a service, spending time in nature, meditating, incorporating acts of kindness into your day, or keeping a gratitude journal.

prioritise their mental and physical health, especially during uncertain times like these. Help children schedule self-care breaks/check-ins regularly.

SELF-CARE IS A LIFE SAVING SKILL

July 24th marks International Self-Care Day, and puts a spotlight on the need to care for oneself. Let's find out how important it is for children to do self 'check-ins'...

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First things first. Self-care is not synonymous with self-indulgence or being selfish.

Self-care means taking care of yourself so that you can be healthy, you can be well, you can do your job, you can help and care for others, and you can do all the things you need to and want to

accomplish in a day. The need and buzz around self-care is obvious, says Paula Gill Lopez, PhD, an associate professor and chair of the dept. of psychological and educational consultation at Fairfield University in Connecticut. "We have an epidemic of anxiety and depression," she says. "Everybody feels it." Yet, is self-care something only adults feel and need? Not at all. Self-care starts at kindergarten when you

WHO defines self-care as: "the ability of individuals, families, and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider"

FITNESS

INTUITIVE EXERCISE IS MORE FUN

If you find yourself dreading your workout, it's a sign that you're probably not engaging in forms of movement that makes you or your body happy. Intuitive training — also known as auto regulatory training — is fairly simple: You look to your body for signs on what you should be doing, and how hard you should be working, and when. Research says people are more likely to stick to intuitive fitness programmes since it gives them authority, less guilt and scope to indulge.

WHAT IS IT?
Intuitive movement (IM) is an extension of the intuitive eating

framework originally created by Evelyn Tribole and Elyse Resch. Much like intuitive eating, IM is a radically different approach to moving our bodies compared to what diet culture may have taught us. The philosophy behind intuitive movement: listen to your body's cues to figure out what kind of movement or exercise would make you and your body feel good in that moment. To get started with IM, ask yourself: "What does my body need today?", "What type of movement do I feel like doing?", or "What type of exercise would be most beneficial?".

HOW TO TRAIN?

Learning to pick up on your body's cues takes practice and a willingness

to notice subtle changes in mood, coordination, balance and heart rate variability. Pain, fatigue, lack of focus and low biofeedback scores, indicate you should proceed with caution and stick closer to your known limits. As your intuition and body awareness improve, so will your workouts.

Have a variety of workouts at your disposal and pick and choose based on how your body's feeling. When choosing workouts or physical activities, find something do consistently. The best exercise programme should be centered around the areas of your life that you want to improve and enjoy. Using three basic principles of strength & conditioning (S&C):

Specific: The exercises, workouts you do should reinforce your paths to completing the goal.

Progressive overload: Consistently pushing your body a little bit past its physical state, just enough to help it adapt.

Progression: Taking exercise to a new challenging level.

IM is flexible, not rigid, and gives you the space to explore what feels good to your body

SKIN SENSE

BUSTING SKINCARE MYTHS

CELEBRITY DERMATOLOGIST DR JAMUNA PAI SETS THE RECORD STRAIGHT ON SKINCARE

PINCHING ACNE FOR IMMEDIATE RELIEF

It may seem tempting and also give a temporary relief from the bumps. But it tends to leave permanent scars behind.

USING TOOTHPASTE ON ACNE TO DRY IT OUT

Toothpaste has a different pH than the pH of our skin. It can change the pH of the skin, making it sensitive. It may also cause irritation and rashes.

ONE SIZE FITS ALL SKINCARE

Skin care ingredients have to be customised as per each one's skin type. It is not advised to adapt to a skin care product simply because it was effective for your kin.

USING SUNSCREEN WILL PREVENT MY SKIN FROM GETTING A TAN

Tanning is a self-protective mechanism of our body where it pushes our melanin (pigment giving cells) to the surface of the skin, in order to absorb the harmful UV rays of the sun.

Sunscreen does not prevent tanning, but in fact helps to protect the skin from the UV rays.

COPY PASTING DIY SKINCARE

As a country, we Indians have always had faith in 'Grandma's kitchen formulas' for skincare. Now with the pandemic,

the DIY skincare has seen an increased demand. People have been trying out these DIY skincare masks. These ingredients and masks, however good, are repeated and copied from one skin type to another without

knowing if it is good for their skin type. Skin care ingredients do not remain the same for all skin types. One may be allergic to one of the ingredients from the mask. Best to check with an expert and always do a patch test.

MEN DON'T NEED CARE

For plenty of men, the concept of skincare has merely been vocabulary. However, skincare is equally important for men as it is for women.

LATEST BUZZWORDS EXPLAINED

MAIN CHARACTER SYNDROME

It's described as a situation wherein people think of themselves as being the top-billed star of the feature film that is their regular lives. "Main Character Syndrome" or MCS exists only in the overactive minds of the Internet's many self-identified protagonists. If you have ever acted out to a song thinking you are in a film or felt like you are the main character of a movie while being in a similar situation, what you had at that moment is known as main character energy. It's a TikTok trend that got popularised during the pandemic. Many call it a coping mechanism. Bored teenagers took to the app to escape the monotony of quarantine with ironic parodies of themselves as the stars of the show, or "main characters," in mundane scenarios set to indie guitar music.

MCS is not to be confused with impostor syndrome, which causes you to persistently doubt yourself and feel like a fraud. People who have MCS think life is a movie and embrace the memes that encourage this outlook, saying things like: "you have to start romanticising your life." But MCS is not recent. Yes, social media has fuelled it and has helped us build a character that resonates with followers — and many of the videos, posts make us the hero of our own stories, but the thought is as old as the time when the first people gathered around campfires. We are all performing. We all crave some confirmation that, yes, our lives are a little less ordinary. It's about unashamedly yearning to be noticed.

An article in "Evening Standard" says that while narcissism exists on a spectrum, MCS is not harmful as: "A degree of self-love is healthy, natural and necessary for establishing self-esteem and self-worth. Manipulating your image and

creating a fake story online can be creative and fun escapism." Got main character energy? Cool, but don't go overboard.

Happy birthday, Alexandre Dumas!

One of the most widely read French authors, Dumas is the man behind two of the all-time greatest classics: "The Count of Monte Cristo" and "The Three Musketeers". On his birthday, we learn more about him

1 Dumas' father was a Haitian-born French general who was the son of a French nobleman and a slave from Haiti which was then a French colony. Many of his characters are based on his father — the first Black man to ever be promoted to general in a European army at the time.

2 Dumas was born in 1802 in northern France. His full name is Dumas Davy de la Pailleterie, but he changed it to simply Alexandre Dumas when he was older. Dumas is an homage to his grandmother's last name.

3 Dumas began working as a scribe for the future King Louis Philippe, the duc d'Orléans, when he moved to Paris in 1822, and he soon moved on to writing books and plays. He wrote and put on his first play when he was 27 years old.

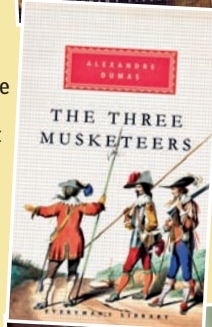
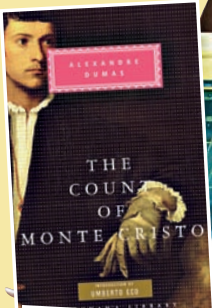
4 He penned 100,000 pages over his lifetime! This included plays, novels, articles and a few travel books.

5 He worked with ghostwriters — someone who writes material for someone else, and is usually not credited. He even got into conflict with one of his ghostwriters, Auguste Maquet who wanted co-author credits. Maquet went so far as to sue Dumas and take him to court. However, Dumas still refused to put Maquet's name on his novels, choosing instead to pay him a large settlement.

6 Alexandre Dumas' son is also a celebrated writer. Sometimes, the word père is added to Alexandre Dumas' name. This is because his son, Alexandre Dumas, fils (fils means son in English), was also a celebrated writer. Dumas, fils was born in 1824, and in 1831 Dumas, père legally recognised him as his son. He is most well known for the novel, La Dame aux Camélias (The Lady of the Camélias in English).

7 Like many great French authors, Alexandre Dumas is buried in the Panthéon in Paris. The Panthéon is a massive mausoleum located in the Latin Quarter in Paris. Dumas wasn't originally buried in the Panthéon. This changed in 2002 when French president Jacques Chirac had a ceremony to celebrating the fact that he would finally be laid to rest where he belonged. Next to other authors like Victor Hugo and Émile Zola.

8 "The Count of Monte Cristo" was published with its title misspelled. When it was originally published, and through to the 1850s the title spelt Cristo as Christo. In 1846, a correction was made but the corrected copies overtook the erroneous ones only by 1860.





Reconnect with friends MANNERFULLY!

Meeting up with your friends after a long gap must be exciting, right. As you say, 'finally, let's meet', brush up on your etiquette because it's more relevant than ever in a world that has become vulnerable and sensitive after the pandemic took over our lives

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As you get back to the world of real life socialising — slowly — there may be hiccups you wouldn't ever have thought were possible. Life in isolation has changed people in many ways — for

some the changes may be physical — for others psychological. After all, how can we remain completely unchanged after witnessing a life and routine changing pandemic. So, while you embrace a semblance of normalcy by meeting people in person, be mindful about your manners. Check these suggestions by experts.

NO NEGATIVE COMMENTS ON PHYSICAL APPEARANCE

Your friends after months of less activity (in the absence of the busy physical routine of school) may have gained some

weight. Or someone who recovered from Covid-19 may have lost a lot of weight. It's normal to notice each other's appearance after reconnecting in person after a long enough time. However, when you see your pals, try your best not to make 'casually careless' remarks such as, "Oh, you look so skinny, I couldn't recognise for a minute!" or "You badly need a haircut. You used to look so well groomed earlier." These seemingly harmless comments can hurt your friend fighting the pandemic weight gain or another one who hasn't been able to groom himself/herself with as much enthusiasm as in pre-corona times. "Complement each other about simple things that can make you both smile, or a group laugh together. For example, teens grow tall fast and would have in the last 1.5 years. Saying something like, 'Wow, you are so tall now' can be very encouraging, even if it's an obvious occurrence in the life of growing up teens and teens," suggests etiquette expert and psychologist Priya Warrick.

BE READY TO ACCEPT CHANGES IN PERSONALITY

Your best friend after months of quarantine life may have lost her chirpiness and is perhaps more serious now. So, you may feel different to meet a slightly different her when you were looking forward to seeing her usual happy-go-lucky self. It would be understandably disappointing. But do conceal your dismay and just try to have fun in these changed circumstances by exchanging notes on things you used to talk about earlier or even new things. Psychiatrist Dr Sanjay Chugh opines: "In the current tech savvy world, people could, thankfully, connect over video calls and a plethora of chatting options that social media provides, so it wouldn't be tough to pick from where you last left on your Zoom

Accept over talkativeness (the person may have been wanting to talk in person for a long time) or silence (maybe he/she went through a loss of career plan or a family member due to coronavirus and has become less talkative)

call and converse with ease." Of course, being more mindful is the need of the hour, because after what people have gone through in the second wave of Covid-19, to expect the exact pre-2020 attitude from your close ones, may lead to sadness. It's also not wise to keep saying things like, "How little you talk now." Smile at each other, enjoy a nice meal and whether you talk less or more, be happy that finally you are able to meet friends.

INTROVERTS WHO ARE STRUGGLING TO COMMUNICATE...

"Many children who are introverts were happy enough in isolated life as they are not typically comfortable socialising. If you are one of them, prepare yourself a bit before meeting friends. Some conversation starters are: 'What were your best moments in the last 3-4 months?', 'What did you cook last weekend (many people took a lot of

interest in cooking and learnt new recipes)?' and so on," advises Warrick. Make sure your conversation starters are non-controversial topics like movies, favourite foods, music, and even old days in school. It's best to avoid controversial topics like religion and politics in a deeply polarised world, especially when you are reconnecting with friends after months.

EXTROVERTS CAN TRY TO 'LISTEN' MORE!

This category is always the life of a get together and they felt clamped and claustrophobic in the stuck-at-home life of the ongoing pandemic. "You may want to talk non-stop after meeting your friends and classmates and being expressive comes naturally to extroverts. However, make sure you listen as well when conversing with your friends as everyone should get a chance to talk/express their feelings. Besides, listening is as big a part of communication as talking," says Warrick. Listen to each other and let the conversation flow naturally. Isn't it amazing to just sit down and chat — without pressing any keys!

Maintain social distancing when you meet friends — choose each other's homes over crowded eateries and follow safety norms. Do not also make fun of people who are hyper-conscious about cleanliness after the pandemic struck. People can have different approaches to fighting the pandemic — but, wearing a face mask and hand cleanliness is non-negotiable!



CHECK YOUR GLOBAL ETIQUETTE IQ?

BEHAVIOUR AND CUSTOMS VARY GREATLY FROM COUNTRY TO COUNTRY.
TAKE OUR TRAVEL ETIQUETTE QUIZ TO FIND OUT

Q1. In which country is the 'thumbs-up' gesture deemed an insult?

a. Australia, b. Mexico, c. Iran
Answer: C. In Iran, this gesture is known as 'bilakh', which means 'sit on this'.

Q2. Which flower should you never give to anyone in Germany, unless at a funeral?

a. Carnation, b. Orchids, c. Rose
Answer: A. Carnation. Interestingly these flowers are the official flowers of Mother's Day in US.

Q3. What should you do when handed a business card in Japan?

a. Take the card with both hands and read it carefully. b. Put it straight in your pocket. c. Take the card with one hand and immediately offer a handshake.
Answer: A. In Japan, it's considered an insult if you don't take time to read the business card handed to you.

Q4. Where in the world is it unlucky to present a clock as a gift?

a. China, b. India, c. Ethiopia
Answer: A. In China, giving a clock symbolises running out of time.

Q5. What country has a job nicknamed 'pushers', whose sole responsibility is to push more people onto train carriages during rush hour?

a. Russia, b. Japan, c. Venezuela
Answer: B. In Japan, they are called Oshiyas and their job is to ensure every passenger has boarded and does not get caught in the doors.

Q6. Where in the world is pointing conducted with lips rather than index fingers during a conversation?

a. Germany, b. Nicaragua, c. Iceland

Answer: B. Finger pointing is considered rude in Nicaragua. So during conversation, people pucker up their lips and direct it forward or to the side to whatever they want to point out, inconspicuously.

Q7. In what country is it considered offensive to ask for salt to add to your food?

a. Morocco, b. Egypt, c. Nigeria
Answer: B. In Egypt, adding salt to your food is taken as an insult to the host, as Egyptians take it to mean that you are repulsed by the taste of the meal served to you.

Q8. In what European country is everything eaten with a knife and fork?

a. Greece, b. France, c. Norway
Answer: C. In Norway, they eat everything, even open-faced sandwiches, with a fork and knife. The fork is held with the left hand, upside down, and the knife is held in the right hand used for cutting, aiding in balancing, and transferring the food onto the fork.

Q9. In which two countries is giving sharp objects to friends or colleagues a big no-no?

a. India & Pakistan, b. China & Netherlands, c. Belize & Belgium
Answer: B. In China, it means you want to cut or break ties with them and in the Netherlands, it is considered unlucky.

Q10. In which country is it considered rude and greedy to arrive on time?

a. Switzerland, b. Venezuela, c. Australia
Answer: B. In Venezuela, it is more polite to arrive 15 minutes late.

Q11. In what country is slurping your food considered a great compliment

to the chef?

a. China, b. Uzbekistan, c. Russia
Answer: A. In China, making the slurping noises while eating food is encouraged.

Q12. In what African country is inviting someone out and expecting them to pay for themselves considered rude?

a. Ghana, b. Kenya, c. South Africa
Answer: A. In Ghana, asking a person to a social event implies that the person offering the invite will be paying for everything.



Q13. In what country has the sale of chewing gum been made illegal?

a. Japan, b. Switzerland, c. Singapore
Answer: C. Yes, you won't be able to find chewing gum in Singapore. One of the objectives of the ban was to prevent vandals from using spent chewing gums to disrupt Mass Rapid Transit (MRT) services.

Q14. In what European city can you get fined for feeding pigeons?

a. Krakow, Poland, b. Venice, Italy, c. Lisbon, Portugal
Answer: B. Venice passed this law to control the burgeoning number of pigeons blamed for spreading filth and ruining the city's glorious facades and monuments.

Q15. In this country, flowers should only be given in odd numbers. Where is it?

a. Bolivia, b. Portugal, c. Ukraine
Answer: C. Ukrainians also avoid giving flowers that are yellow. And when invited to dinner one should bring a gift.

"My daughter loves being applauded. Is it a healthy habit?"

Q: My daughter loves being applauded, especially in her online classes. She likes telling her teachers that she is ready with answers or has done her homework beforehand. Sometimes it appears boastful. Is this a healthy habit?

A: From what you have shared, I understand that you are coming from a place of concern and care for your child, and want her to be more humble.

We all like to get appreciated and there is nothing wrong with that. For children too, it is very natural to want that extra dose of appreciation. And to get that, children go to different extents, boasting being one of the most common.

Further, boasting is not only normal but also healthy. According to leading child psychologists, children in their formative years are developing a sense of self, and the kind of feedback they get during these years

plays a large role in shaping their identity. However, too much of anything is not good and thus, what needs to be understood is where this behaviour is coming from. There can be many reasons:

1. They have been brought up in a loving environment and therefore have a high need for the constant positive feedback.
2. They are not receiving enough/any appreciation from their parents.
3. They might be imitating someone.
4. They might be in an environment where winning is all that matters.

Another thing is that many times, kids are not aware that boasting can also hurt their friends' feelings. However, if your child is deriving pleasure from doing something better than other kids, then responses as a parent can also teach them a valuable lesson.

If you find yourself gloating on any occasion, or any other adult in her vicinity is doing so, try and cut down on the behaviour. Help them develop empathy by asking her how she would feel if others did the same. Lastly, encourage her to see that it

feels good to give compliments as well.

— Dr Rachna Khanna Singh, HOD, Holistic Medicine, Artemis Hospital, Gurgaon



PANDEMIQUETTE

HOW TO GRACEFULLY TURN DOWN IN-PERSON INVITATIONS

Do you know it's okay to say "No" to social gatherings during the ongoing pandemic. But even if you do, it's not that easy to refuse. There's an easy way to work around it.

ARE YOU SAYING "YES" TO PLEASE THE OTHER PERSON?

Many people feel guilty for declining

DO YOU KNOW THE RISKS?

Being indoors has been tough and adjusting to this life has been harrowing for everyone. During this pandemic, there are so many things that seem out of your control. But the one thing you can control is the number of risks you are taking on a day-to-day basis. While you want to meet people and socialise, the decision to attend a social gathering is a personalised one and depends on whether or not you:

- Are high risk for a more serious case of COVID-19
- Live with someone who is high risk
- Interact with people as part of your job, as you can be a carrier
- Are generally a risk taker
- Live with someone who is also comfortable with you taking the risk

Considering and determining your comfort level ahead of time, as well as your household's comfort level helps you make the decision.



HERE'S A SAMPLE TEXT

"It's great to hear from you! I miss seeing you, but I'm avoiding in-person gatherings due to COVID-19 right now. How about we plan a virtual hangout soon? I definitely miss hanging out with you!"

the invite. And frankly, during the pandemic everyone knows you can't have any other plan. So people feel conscious on what reason to give for declining. No matter how someone may — or may not — react to your response, what you shouldn't do is agree to something you're uncomfortable with just to make the other person happy. The right decision is the one that's best for both your physical and mental health.

HOW TO SAY "NO"

1. **Be upbeat.** Declining an invite doesn't have to be negative. Start with: "It's great to hear from you!" And end with: "I definitely miss hanging out with you!" If it's a text, use emojis to brighten it up.
2. **Keep it short and sweet.** Craft a concise and polite response: "While I'd love to see you, I'm avoiding in-person gatherings due to COVID-19 right now."
3. **Keep it honest.** Don't make an excuse of a fake plan. As the person can try and offer to adjust the time/date for you and you might have to eventually say "yes" simply to cover your dishonesty.
4. **Suggest an alternative way to hang out.** How about suggesting catching up over a Zoom call or a chat over the phone.

— Source: houstonmethodist.org/blog

Queries relating to Etiquette

Etiquette is the customary code of polite behaviour in society. Social situation and the way we live, even etiquette, is ever changing. For instance, who would have thought that one would need a whole new set of classroom rules in 2019? If you have a question on the new rules of engagement in a post-covid world, a relationship dilemma or just a query regarding writing a thank you note, write in to us toinie175@gmail.com with the subject line ETIQUETTE.



MULTIVERSE 101

What's a multiverse? What can we expect from it? And far more on the topic...



Now that TV series 'Loki' has ended with a definitive future path opening into the multiverse, we can safely say that Marvel's next phase — the upcoming films — will delve deep into the multiverse madness, which is also the name of the next Doctor Strange film: 'Doctor Strange in the Multiverse of Madness'. The multiverse is going to be a part of almost every Marvel superhero film from here on. So, let's understand a bit about what it's all about. The most basic question that comes to mind is...

WHAT IS A MULTIVERSE?
It's the collective term for all parallel dimensions and timelines in existence. A large variety of these universes were originated from another due to a major decision on the part of a major character, as we recently saw in 'Loki'. Some may seem to be taking place in the past or future due to differences in how time passes in each universe. Often, new universes are born due to time travelling; another name for these new universes is an 'alternate timeline'. Earth-616 is the established main universe where the majority of Marvel books and movies take place.

NATURE OF THE MULTIVERSE
The Marvel multiverse is protected from imbalance by the Living Tribunal — an extremely powerful humanoid cosmic entity, who is one for the entire multiverse. It may act to prevent one universe from amassing more power than any of the others or from upsetting the cosmic balance in some way. It is only overseen by One-Above-All, an omnipotent entity said to have created the Marvel Multiverse.

MULTIVERSAL WAR
Eons ago, a variant of He Who Remains in the 31st Century discovered the multiverse as other variants had also made the discovery. Making contact with each other, the variants made peace until other variants, notably Kang the Conqueror, had the idea to conquer other universes. This eventually led into the Multiversal War where each variant fought each other for dominance. However, He Who Remains came upon contact with Alioth, taming and weaponising the creature to end the war, which led to the subsequent creation of

the Time Variance Authority (TVA).

SORCERER SUPREME
Agamotto became the first Sorcerer Supreme to detect the presence of other dimensions. He dedicated his life to protecting the Earth realm from extra-dimensional threats using magic.

ATTACK ON THE SANCTUMS
We have also been introduced to the mul-

FIRST RECORDED CONTACT
It was by Doctor Jason Wilkes, a scientist working at Isodyne Energy. He had said: "Zero matter is always drawing energy into itself. It'll always be the coldest object in the room because it is literally devouring any nearby energy." During the 1940s, scientists began experimenting with nuclear energy; during one such experiment performed by Isodyne Energy, a rift was created where a substance dubbed Zero Matter entered this dimension. Eventually, the scientists Whitney Frost and Jason Wilkes became infected with the substance. Frost actively sought more of the Zero Matter and reopened the rift; however, Wilkes entered the opening. Upon his return, he described his experience in another dimension outside the Earth realm. Since then, we have seen a glimpse of the multiverse in the first two Ant-Man films. Remember, Hank Pym giving Scott Lang the Ant-Man Suit he had used in the past? In a mission with Hank, his wife Janet shrunk into a subatomic size in order to disable a bomb, and she was lost in the Quantum Realm, another dimension where time and space become obsolete notions.

tiverse in the film 'Doctor Strange'. Kaecilius and his zealots launched a campaign to save the world by offering it as a tribute to the entity Dormammu. After tapping into Dormammu's dimension for power, Kaecilius and the zealots attacked the London and the Hong Kong Sanctums. Kaecilius' plan was to break down the mystical shields that protect Earth from the Dark Dimension. But Doctor Strange was able to reverse the destruction after brokering a deal with Dormammu, turning Kaecilius and the zealots into Mindless Ones.

TIME HEIST
In 'Avengers: Endgame', the Avengers travelled the Quantum Realm using Time-Space GPSs to enter different points in alternate timelines in order to retrieve Infinity Stones. However, Nebula accidentally became entangled with an alternate version of herself and made an alternate Thanos from an alternate 2014 timeline aware of the Avengers' plans. The rest you know.

THE MULTIVERSE EXPANDS
In the last episode of 'Loki', both Loki and Sylvie were conflicted whether He Who Remains was telling the truth. While Loki tried to stop Sylvie from attacking, Sylvie kills He Who Remains. Immediately, the multiverse expanded and several timelines began to branch off the Sacred Timeline and off each other in infinite proportions.

— Source: Wikipedia, marvelcinematic-universe.fandom.com

SPORTS

stories that you must read

TRIUMPH: THE UNTOLD STORY OF JESSE OWENS AND HITLER'S OLYMPICS
by Jeremy Schaap
A remarkable behind-the-scenes story of a defining moment in sports and world history.

MAKING MAVERICKS: THE MEMOIR OF A SURFING LEGEND
by Frosty Hesson, Ian Spiegelman
Affecting and poignant, 'Making Mavericks...' is a celebration of Hesson's determination to live with joy and purpose, and his desire to help others do the same.

HOPE SOLO: MY STORY
by Hope Solo
Soccer sensation and Olympic gold medalist Hope Solo tells the story of her challenging journey to become a world famous goalie.

RAFA
by Rafael Nadal, John Carlin
In this memoir Rafael Nadal reveals the secrets of his game and shares the inspiring personal story behind his success. Written with award-winning journalist John Carlin.

PELÉ: THE AUTOBIOGRAPHY
by Pelé
The world's greatest footballer now gives us the full story of his incredible life and career.

Source: Goodreads

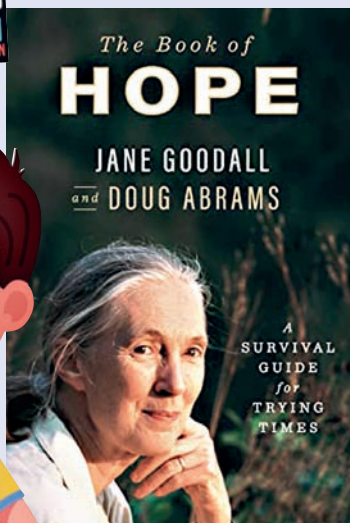
DARING TO BE ORIGINAL

'Prospect' magazine recently unveiled its list the world's top 50 thinkers. We look at some of the accomplished women from the list who are world-class authors, directors and thinkers

Jane Goodall
On July 14, 1955, primatologist Jane Goodall arrived at the Gombe Stream Reserve in Tanzania to begin her study of chimpanzees in the wild. She would go on to research them for the next 60-plus years. Initially, she believed chimpanzees to be nicer than human beings,



however, that changed. She is quoted to have said, "During the first ten years of the study I had believed that the Gombe chimpanzees were, for the most part, rather nicer than human beings. Then suddenly we found that chimpanzees could be brutal — that they, like us, had a darker side to their nature." The 87-year-old Goodall is the world's foremost expert on chimpanzees having established the Jane Goodall Institute in 1977, and has been hailed as global leader in the effort to protect chimpanzees and their habitats. Her latest book, 'The Book of Hope: A Survival Guide for an Endangered Planet' has been appreciated by the likes of Greta Thunberg.

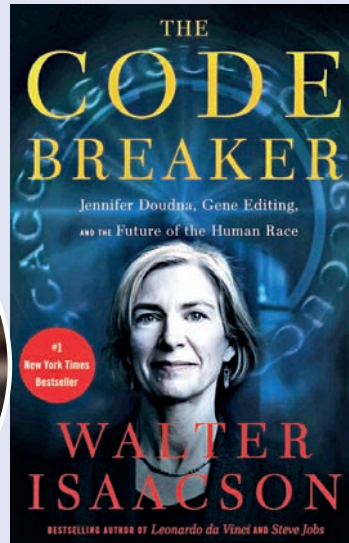


INSURGENT EMPIRE
ANTICOLONIAL RESISTANCE AND BRITISH DISSIDENT
PRIYAMVADA GOPAL

Priyamvada Gopal
The Indian-born public intellectual is a Professor of Postcolonial Studies in the Faculty of English at the University of Cambridge — and a writer. A world class author, Gopal has authored three books including 'Literary Radicalism in India' (2005), 'The Indian English Novel' (2009) and 'Insurgent Empire: Anticolonial Resistance and British Dissent' (2019), which traces the history of anti-colonial struggles around the world. An expert of colonial resistance, Gopal is one of few academics who openly challenges the legacy of the British empire continuously which often gets her in trouble.



Jennifer Doudna
Jennifer Doudna is the Nobel award (2020) winning biochemist who co-discovered CRISPR gene-editing technology. Her life and work were the subject of the biographer Walter Isaacson's 'The Code Breaker'. Ever since, it has been discovered, the moral implications of gene



editing is a hotly debated subject among scientists. But Doudna engages with the issues head-on, and has been weighing in on where the technologies should — and shouldn't — go next. According to Isaacson, gene-editing is the third great wave of innovation, in which humanity is taking control of its evolutionary future.

CHLOÉ ZHAO
THE CHINESE DIRECTOR DAZZLED WITH HER FIRST TWO FEATURES, AND PICKED UP AWARDS AT CANNES.
Zhao became the first Asian woman and second woman ever to win Best Director at the Academy Awards. "My entire 'Nomadland' company, what a crazy, once-in-a-lifetime journey we've all been on together," Zhao said. The ace filmmaker also made a statement by walking the red carpet in a pair of white sneakers. According to reports, Zhao looks set to become one of the great all-time directors.



UNDYING SPIRIT IN

NOTION

The 16th Summer Paralympic Games are scheduled to be held in Tokyo from August 24 - September 5. The Paralympic Games comprise multi-sport international meets, in which differently-abled athletes compete in a range of games. Here is all that you need to know about the Games...

THE FIRSTS

The term Paralympics combines the Latin word 'para' (meaning next to, along or beside) with the word Olympics. This is because the Games are held alongside the Summer and Winter Olympics.

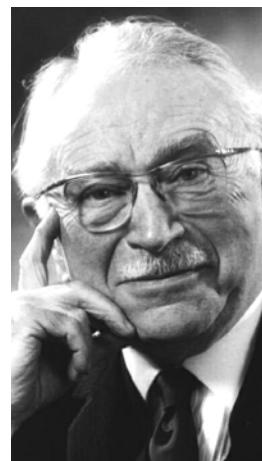
The first Paralympic Games took place in Rome, in 1960, featuring 400 athletes from 23 countries. Since then,

they have taken place every four years. In 1976, the first Winter Games in Paralympics history were held in Sweden, and as with the Summer Games, have taken place every four years. Since the Summer Games of Seoul, Korea, in 1988, and the Winter Games, in Albertville, France, in 1992, the Games have been held in the same cities as the Olympics.

HOW THEY STARTED

On July 29, 1948, the first competition for wheelchair athletes was held. Participating in it were 16 servicemen and women injured in World War II. This was the Stoke Mandeville Games, organised by Dr Ludwig Guttmann. It coincided with the opening ceremony of the 1948 London Olympic Games.

Way back in 1888, Berlin had the first sports club for the deaf. After World War II, other sports clubs for injured soldiers sprung up. In 1944, at the request of the British Government, Dr. Ludwig Guttmann opened a spinal injuries centre at the Stoke Mandeville Hospital in Great Britain. Soon



rehabilitation sports evolved into recreational, and then competitive sports.

CATEGORIES

There are six broad Paralympics categories: amputee, cerebral palsy, intellectual disability, wheelchair, vision impairment, and 'others'. The amputee

category is defined as one where the athlete has lost at least one major musculoskeletal joint; the ankle, knee and elbow are common examples.

THE SYMBOLS



Three Agitos

The Paralympic symbol has three Agitos encircling a central point. Agito is Latin for 'I move'. The symbol represents the athletes constantly moving forward, and inspiring the world with their performance. It also reflects the Paralympic motto 'Spirit in Motion'. The red, blue and green are colours that find representation in most national flags globally.

Someity

The mascot for the Tokyo 2020 Paralympic Games is a robot with pink ichimatsu-patterns, a checkered cape and tactile cherry blossom-shaped antennae. The name comes from 'someiyoshino', a kind of cherry blossom in Japan. Someity's name also echoes the English phrase 'so mighty', representing the strong spirit of the athletes, who overcome obstacles to compete. Mascots were first created for the Arnhem 1980 Paralympic Games. Since then, each of the Games have had its own mascot.



Hand fan

The Paralympic emblem features a hand fan in a circle, in a checkerboard pattern. The design, in blue, is an expression of elegance and sophistication symbolic of Japan.

Each of the Paralympic Games has its own emblem. Apart from the name of the event, it also has distinctive elements that give the event an identity.



Flame festivals

The Paralympic flames will be lit in multiple locations in Japan and Great Britain, the birthplace of the Paralympics, in what are known as flame festivals. These will travel through Japan starting August 12, 2021. On August 20, the flame from Stoke Mandeville, Great Britain and Japan will become a single flame, and the relay will continue. It will culminate at the opening ceremony at the main venue, the New National Stadium, on August 24.

United by Emotion

The motto of the Tokyo 2020 Games emphasises the power of sport to bring people from diverse backgrounds together so that they can compete and celebrate while setting aside their differences.

Paralympic athlete and president of the National Paralympic Committee Marie-Amélie Le Fur runs during a training session at the Jean-Leroy stadium of Blois, Center France. Le Fur is part of the French official team for the Tokyo Paralympic Games



Wheelchair basketball



Canoe sprint



Wheelchair rugby



Badminton

THE SPORTS

Currently, there are 28 Paralympic sports approved by the Olympic Committee. The two newest sports making their debut at the Tokyo Games 2020 are Badminton and taekwondo. Archery, athletics, boccia, canoe sprint, cycling, equestrian, football 5 a-side, goal-

ball, judo, powerlifting, rowing, shooting, sitting volleyball, swimming, table tennis, triathlon, wheelchair basketball, wheelchair fencing, wheelchair rugby, and wheelchair tennis are the other sports that are part of the movement.



Cycling



Swimming



Sitting volleyball

RELATION TO OLYMPICS

Since its inception, the relationship between the Paralympics and the Olympics has grown to a large extent. Both events returned to the arena at the same time during the Beijing Games 2008, and ever since then, both the events are better linked than ever before.

Their relationship will continue to get stronger in the future, all credits to a co-operation agreement signed by the IOC and IPC. The agreement ensures that both events will be held in the same city until the 2020 Games. As per the

agreement, the country bidding for the Olympics will have to agree to host the Paralympics as well. Some mutually agree that the Olympics and Paralympics could be hosted as one festival, with all athletes being referred to as Olympians. Practically speaking, further collaborations of the two events could lead to a drop in the opportunities for athletes with a disability compared to their able-bodied counterparts. Only now are we realising the power and value the Paralympic movement possesses.

DID YOU KNOW

Until the Paralympics came along, athletes with disabilities sometimes competed in the Olympics. In 1904, American gymnast George Eyser won three gold medals in just one day, with an artificial leg.

Hungarian fencer Pál Szekeres won a bronze medal at the 1988 Summer Olympics. He was disabled in a bus accident and then went on to win three gold medals and three bronze in wheelchair fencing at the Paralympics. He is the only athlete to have won medals at both Olympics and Paralympics.

