

TODAY'S
EDITION

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STUDENT EDITION

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2022 Please Be Good

As Oprah Winfrey famously said: "Cheers to a new year and another chance for us to get it right." New year, new hope. Because what is a New Year, if not a new beginning, a fresh start. For a lot of us 2022 is the year of hope, of a time when we may be saying bye to the dark clouds of the last two years. We ask students and teachers to share what they are hopeful for in the New Year and the one lesson that they will carry forward from 2021 into the new turn around the sun. So, on the first day of 2022, here's all you need to kickstart the year with a dollop of hope, oodles of joy and a shot of positivity

Pics: Istock

FOR BETTER HEALTH



NISHTHA KHURMI, class VI-B, Meridian School, Kukatpally, Hyderabad

One lesson that we learned in 2021 is that health is really wealth. We can buy many things from money but health can't be bought. A healthy life also makes our mind healthy. Our eating habits, sleeping habits, regular exercise and a diet full of nutrients make us healthy from body and mind both. This lesson will definitely be our resolution for 2022 to make it better and prosperous so that no virus can affect us like before."



A RETURN TO OPTIMISM

SEEMA RAMESH, teacher, TOC H Public School, Ernakulam

We look forward to 2022 being peaceful, tranquil and soothing. I believe that somewhere human beings lost the feeling of optimism. Man is a social animal and social distancing made him emotionally insecure. But let us keep aside worries and fears because I'm sure that 2022 has a lot in store to make us feel jubilant. Let us work together to get back the joy that we lost somewhere on the way."



A TIME TO HEAL

MANINI SHAH, class X, Udgam School, Ahmedabad

After the 2 unpredictable years, I hope this year brings lots of abundance, positivity, love, health, wealth, prosperity and heals every single person who has been through some or the other thing. In 2022, I am looking forward to grabbing all the possible opportunities that may come in my life. I want to be consistent at things because consistency is the key to success. I would like to approach this year by being happy, having confidence, believe in myself, love myself a little extra every day, study, exercise, read a book, chill, socialise but also spend some time, heal, and make memories."

TO BE CONSISTENT

PLASMON DHAL, class X, Apeejay School, Bhubaneswar

The year 2021 has been quite an adventurous year for me. It made me realise that starting something or having talent doesn't help. The cardinal aspect is 'Consistency'. This does help in succeeding. I look forward to being consistent in 2022 and hustle towards accomplishing my ultimate goal and especially enjoying the process."



FILL GAPS IN TEACHING

PRABJOTH BHAL, Primary Classes Coordinator, Gitanjali Devashray, Hyderabad

The social interaction gap our students suffered due to the pandemic needs to be filled. Teaching subjects will help them pass tests in school but I feel we need to prepare our students for the future and to help them do so I plan to hone their digital literacy, communication and collaboration skills. This pandemic has served as a teacher for me so I decided to be a student and learn from this adversity. Whenever I got overwhelmed with technology and the mechanics of online teaching I stepped back and reconnected with my intention – my passion for learning. It reminded me that sometimes teachers need to be students."

START WITH POSITIVITY

ABAHAN ROY, class XI, Apeejay School, Park Street, Kolkata

Again we are the end of this year carrying many experiences and events which made few stronger and few weaker. But we all know that the time doesn't wait for anyone so I am looking forward to the next year with more positivity to deal with the challenges which are unexpected with the times."



TO BRIDGE THE VIRTUAL GAP

AARTI PATIL, principal, Sadhu Vaswani International School, Pune

I am hopeful to connect with my students in a physical classroom. I am hopeful to see cheerful happy innocent souls back in our lives. I am hopeful that each one will turn out to be a better human being after going through a series of trials during the pandemic. I am looking forward to leaving the past in its place and a brighter future which will help us to bridge the virtual gap."



ADAPT TO CHANGES

ISHITA BASU, senior teacher, La Martiniere Girls' College, Lucknow

As an educator, 2021 taught me to always be ready to adapt as change is the only constant. While the world came to grips with the New Normal, we continued with teaching over various platforms because our prime concern always remained the welfare of our students. For 2022, I would wish everyone good health and the power of discretion to appreciate the value of knowledge and relationships around us. I hope to see a safe zone where children can play and study without fear."



LET GO OF NEGATIVE PEOPLE AND HABITS



URMILA JITHESH, class XII, Bhavan's Vidya Mandir, Elamakkara, Ernakulam

Letting go of people, things or habits that bring you distress is something that 2021 taught me. We should let go of anything that makes you feel poorly of yourself. In trying times like these, surround yourself with things and people that make you happy and blanket you with wholesomeness."



THE RETURN TO NORMAL

KAVITA MARWAHA, History teacher, Vidya Valley, Pune

I am hopeful about life coming back to normal for everyone, in every section of society. We missed the laughter, the get-togethers, the fun trips to market places and most of all, the company of our friends and dear ones. I look forward to making these bonds stronger again. The one lesson 2021 has taught me is that love and support of family members is the most important to survive any situation. We were able to overcome this situation with the mental and moral support of friends and family. I have learnt to live in the present and enjoy every small moment instead of waiting for larger moments. We don't know what tomorrow has in store for us – so, enjoy the present to the fullest."



TIME FOR COMPASSION

RAJAT JAIN, class XI, DPS Rohini, Delhi

Last year witnessed the most brutal phase of the Covid-19, taking away the lives of over 50 lakh Indians. The lesson I learnt during this time of uncertainty and loss is that it's humanity, sympathy and generosity that defines us as human. No matter what, we must compassionately look out for one another with all that we have."



LIVE TO THE FULLEST

ADITYA DOLUI, class XI, Apeejay School, Park Street, Kolkata

One important lesson that this year has taught me is "We must turn our aspirations into our descriptions". For all we know we don't have forever to live. So living to the fullest at any given moment is what we should aim for, to try to enjoy each second.... for it is all we have for now."



SMILE THROUGH CHALLENGES

KHEWA MALHOTRA, class XI, Carmel Convent School, Chandigarh

2021 as a year was a rollercoaster. A year where we went through tough parts yet smiled as though everything was fine. A year filled with pain, sorrow, hurt, anxiety and depression, there were times it just didn't feel right, times where it felt like we should give up. But life has its ways of making us strong. This year taught me that no matter the hardships, if you just look in the right direction and calm yourself down by simply breathing and distracting yourself, your problems would have solutions. We can smile when facing a challenge if we believe in ourselves that we won't back down."



BETTER TIME MANAGEMENT

RAKSHIT DUBEY, class X, Zebur School for Children, Ahmedabad

2021 was the year where we found some normalcy. It taught me to adjust to changing time, with hybrid modes and new changes. It taught me to find time to take up new hobbies. Time management and being patient were the key mantras of living in 2021 and dealing with the challenges, and this is what I plan to take along as I move into 2022. In 2022, working on managing time, finding new skills, and working on weaker sides will be the key highlights."



The New Year celebrations continue online. For more students and teachers quotes, check www.toistudent.com



A RETURN TO BETTER HEALTH

PADMJA LIMAYE, teacher, Fr Agnel's, Vashi, Navi Mumbai

I truly want 2022 to be a year which brings back good health for one and all – people, organisations, industry, education sector, flora and fauna and every creation on this planet. I sincerely pray for the good health of all of these. In the past two years the world has suffered more than ever. I pray that the coming year brings joy to everyone."



ADAPT TO EVERY SITUATION

VARADA SHENDYE, class X, SSPM's Sri Sri Ravishankar Vidya Mandir, Borivali (E), Mumbai

The year 2021 taught me to adapt to every situation that comes up in my life. This year has observed many changes in various fields, especially education. It taught me to accept whatever I have and to consider the positive sides of everything. Doing this, ultimately, gave me the strength and courage to keep walking ahead."



10 cool ways to celebrate New Year at home

We have just said hello to New Year and it's the first week of 2022, somewhere sunny, somewhere snowing. Whichever place you stay in, welcome the year in special ways, despite cancelled parties and new rules and restrictions due to the Omicron threat outside. How can you make up for it? We give you ten exciting ideas to welcome and enjoy new beginnings in the

comfort and safety
of your home sweet home

1. GO FOR OUTDOOR PARTIES

Gather your friends from neighbourhood in your backyard or housing society park and have a bonfire to sit around it and share laughter and some toasty snacks with each other. It's easy to mask up in the cold – so, don't forget to wear it in the excitement of meeting your buddies. Just be sure to stay six feet apart and don't hug anyone except for your own family. **Add more fun:** To add more flair to this get together, get some biodegradable paper lanterns and let them soar high like your hopes on the first weekend of the year.



2. 'WHAT I LEARNT IN LOCKDOWN' BRUNCH

Most people tried their hand at learning a new recipe in lockdown and quarantine life. Some one started baking while another learnt a complicated desi dish. You can have a Quarantine Special Sunday brunch at your home with each family member preparing one dish they learnt while staying at home in 2020 and 2021. Take pictures when the table is set and chomp on as you set more food goals.



3. HAVE A COSTUME PARTY

Getting ready in fun costumes for New Year party or parties at home isn't as exciting perhaps as doing this fun activity outside at fancy restaurants and malls. But hold on for the sake of safety and set up a costume party in your living room. You made it through two difficult years – 2020 and 2021 – celebrate life and live it up.



4. ORGANISE MOVIE MARATHON

Set up a watch party event with friends over the weekend for binge watching previous sequels of Spidey movie. Pop the popcorn, dim the lights, and start streaming. Since most movie releases went straight to the small screen or a streaming site this year, it's time to catch up on those you missed.

8. SET UP A RESOLUTION WALL

Write down your resolutions on a wall that you have made especially for the purpose rather than putting it all in a notepad or virtual diary. Try to cover a range of baskets – things like education, career, health, friendships, family, fashion, self-care – and have it at a place where you can see it daily to get inspired. **ADD MORE FUN:** This should be done in the first week of the New Year to add an inspirational vibe to your home. Get, set, go.



5. LOOKING BACK WITH SCRAPBOOKS

Buy scrapbooking material and put together your favourite moments of 2021. Have each person in your family be in charge of a page to make it interesting like picking a favourite memory from each month and the like. Make the whole scrapbook fit a theme such as black and red, retro or whatever you fancy. It's a great way to get creative and look back on all the incredible memories you made and pore over it while enjoying the first week of 2022.

6. ONLINE MUSIC FEST

Time to bring out the rockstar in you! Get some like-minded musician friends to compose something or their own. Turn it into a band and sing away at sunrise, sunset – from your balcony, porch, garden.



9. VOLUNTEER THIS YEAR

If you're able to, try volunteering locally at food banks, nursing homes or animal shelters. Giving back to those in need is a great way for new beginnings. Call in advance, as some volunteering opportunities may have paused due to the ongoing coronavirus spread. Do your research and spend your 2022 in a way that is not typically about party but what really warms up your heart.



10. HAVE A FAMILY PICNIC IN SUN

It could be your garden or a green space near your home. Enjoy family time with good food and beverages, laughter and jokes, sunshine and love – shared in nature. Such places are away from the maddening crowd that is not safe any more.



STUDENT SPEAK



I WANT TO BE SAFE, YET CELEBRATE BY...

Having a small celebration with family at home, nothing too fancy, just spending time with each other as a new year begins. Sometimes even the quiet has its own beauty and joy, especially when the infectious Omicron outside is threatening us with a third wave.



AARYA BHANUSHALI, class XI, Thakur college of science and commerce, Mumbai

LOOKING FORWARD TO A VIRTUAL MOVIE PARTY

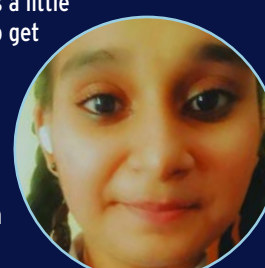
Using modes of online communication to host a virtual event with my friends where we can watch movies and documentaries is what I plan to do this new year weekend. Thankfully, my classmate is my neighbour so, maybe we could have a party of two at my place too.



CHANDAN GADNAYAK, class X, St Teresa School, Indrapuram, Ghaziabad

POTLUCK MEAL WITH FRIENDS WILL BE FUN

I have invited my friends from neighbourhood for a weekend meal, but there is a little twist. I have asked them to get a separate dinner of their own so that we can have a potluck. I am also arranging few fun games along with a small New Year gift to make it more memorable. This is better than going to crowded restaurants.



V NIKHILASREE, class X, Atkinson Senior Secondary School, Vijayawada

SAFETY IS MY PRIORITY

Just when we thought everything was under control and corona would ultimately go away now, the cunning virus formed another mutation to torture us more! But this is here the real test begins, if we get frustrated now and stop following the guidelines, the war against corona would be lost again. So, let's not lose our hopes and enjoy New Year parties through virtual celebrations. I plan to video call my friends and we can have a virtual meet, discuss our new resolutions and ways and means to put them in action.



SOHAM ROY, class X, BDM International, Kolkata

MOST-AWAITED EVENTS OF 2022

THE 94TH ANNUAL ACADEMY AWARDS

that will honour the best films between March 1 and December 31, 2021, is scheduled on March 27. This will be the first time since 2018 that the ceremony will be held in March to avoid clash with the Winter Olympics!



THE HORTICULTURAL EXHIBITION FLORIAD 2022 EDITION, is a once-in-a-decade event that starts on April 14 in the Dutch city of Almere. It will platform various topics under the banner of 'growing green cities', with countless pavilions, a greenhouse complex and a rich art/culture programme.

THE ICC WOMEN'S CRICKET WORLD CUP 2022 will see some of the world's best women cricketers from eight cricketing nations. The Indian team will go up against Pakistan in their first match!

WIMBLEDON, scheduled from June 27 to July 10, will hopefully see the tournament's return of the queue – when fans eager to secure same-day tickets pitch tents outside the venue. It is a popular practice that was suspended because of the pandemic in 2020.



THE XXIV 2022 OLYMPIC WINTER OLYMPICS will be hosted by Beijing, from February 4 to 20, and is the first Winter Olympics to be held in China. However, it has become one of the most controversial Games in history with major powers announcing a diplomatic boycott.

LET'S CELEBRATE IN SMALL NUMBERS

For new year house parties, only a few people should be invited, and hand sanitisers and masks should be compulsory. Social distance should be maintained, too, to have fun in a safe way. I will not be a part of public gatherings and enjoy a home party with limited number of people.

RADHIKA CHOPRA, class X, Father Agnel School Vashi, Navi Mumbai



BARBECUE IN THE BACKYARD

My parents have set up a barbecue in our backyard for the weekend party and I will help them to decorate fairy lights in the fence, to make it look more attractive. My cousins will come and we will play cards and games. It will be a small but beautiful celebration with family.

KRISHNA PERIWAL, class X, Balaji Highfields School, Visakhapatnam



PARTY MONEY WILL GO TO THE NEEDY

The beginning of something is always exciting. And when it comes to the start of a New Year, everyone's spirit is soaring. This year, I'm going to meet all my friends and family. BUT! Through video calls only. Plus, the money saved with virtual parties can be donated to the needy.

VARUNI PULLELA, class X, Tatva Global School, Hyderabad



HAPPY NEW YEAR

HERE ARE THE BIGGEST RELEASES – BOOKS AND MOVIES –
TO LOOK FORWARD TO IN 2022

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It's been a tough few years. We have watched some big releases through the second half of 2021, but the third wave is looming, and precautions are being taken worldwide to curb the spread of Omicron. However, after a gap of almost two years, quite a few blockbusters have announced their release dates. There are quite a few big book releases this year too. Though the release of books haven't been affected as much as movies, this year we will probably see a few eagerly-anticipated releases. Let's find out...

SUPERHEROES

All's going splendidly well with our superhero world, with a slew of films ready to release. From 'Batman' to 'Batgirl', 'Doctor Strange and the Multiverse of Madness' to 'Black Panther: Wakanda Forever', not to forget 'Thor: Love and Thunder', 'Aquaman and the Lost Kingdom' and the movie, 'The Flash', superhero fans have a lot to look forward to...

POTTERMANIA ALL OVER AGAIN

'Fantastic Beasts: The Secrets of Dumbledore' by director David Yates, who made the last four Harry Potter films, will release this April. To be fair, 2022 may well be called 'The year of Harry Potter', yet again. At least the first quarter. In fact, stay put as the premiere of 'Harry Potter 20th Anniversary: Return To Hogwarts', airs today!

A retrospective show commemorating 20 years of the release of author J K Rowling's 'Harry Potter and the Philosopher's Stone', this show paves the way for the year's biggest book event: the 25th anniversary of the release of the first book. When it was released in 1997, 'Harry Potter and the Philosopher's Stone' had an initial run of only 500 copies. Who knew this book would go on to sell over 500 million copies, a bestselling book series, which would be translated in over 80 languages, get a film franchise, countless spinoffs and a theatre productions. Potter publisher, Bloomsbury, has planned a year-long celebration campaign for all Potterheads sworn to mischief and magic. A special 'silver edition' illustrated by Jonny Duddle of the first book that set the Potter saga rolling will be released in January. In February, Bloomsbury will celebrate the biggest ever 'Harry Potter Book Night' with a 'Magical Journeys' themed celebration.

OTHER BIG RELEASES

On the movie front, there are two huge Tom Cruise releases set for 2022. The sequel of 'Top Gun' that made Cruise into the megastar he is today, 'Top Gun: Maverick' releases this year. 'Mission: Impossible 7', the latest one from another of Cruise's biggest franchises also releases this year. Then comes director James Cameron's 'Avatar 2', and actor/director Kenneth Branagh's version of 'Death on the Nile', one of Agatha Christie's most famous murder mysteries.

On the book front, David Walliams, the supremely funny children's author known for belly-tickling stories, including 'Fing', 'Gangsta Granny' and 'Bad Dad', will kickstart 2022 with a brand-new picture book, 'Marmalade'. It's about an adorable baby panda born with "dazzling orange fur" and his journey to self-discovery. With over 25 titles, Walliams is counted among the most influential children's authors in the world, having sold millions of books that have been translated into 55 languages. 'Marmalade', Walliams' ninth picture book

— and his second collaboration with award winning illustrator Adam Stower — is going to be just as inventive and charming as his other titles.

Another treat that promises to brighten the spirits of beginner readers is the return of one Mr 'Hungry Caterpillar'. Eric Carle's 'Hungry Caterpillar's First Winter' features the popular character and his friends exploring the magic of winter. Bringing inspiration to this mix of books is Malala Yousafzai. The Nobel Prize laureate becomes the 26th hero to be featured in Brad Meltzer and Christopher Eliopoulos's NYT best-selling 'I am' picture book biography series which has covered luminaries including Walt Disney, Mahatma Gandhi and Marie Curie.

Watch out for 'She Persisted: Oprah Winfrey' by Renée Watson and Chelsea Clinton. Illustrated by Alexandra Bolger, the book — part of the 'She Persisted', the #1 'New York Times' bestselling series created by Chelsea Clinton — is about women who stood up, spoke up, and rose up against all odds.

For fans of spy fiction, screenwriter-turned-author Stuart Gibbs is releasing 'Spy School Graphic Novel'. This is a graphic novel based on the first book in his 'New York Times' bestseller 'Spy School'. Illustrated by Anna Sakar, 'Spy School' promises to help you figure out if a nerd is cut out to become a secret agent.

GO 'DESI'

The biggest blockbusters from Indian cinema in 2022 would be 'RRR', by 'Bahubali' director S S Rajamouli. Akshay Kumar has two big releases this year: 'Prithviraj' and 'Ram Setu'. The Aamir Khan Khan-Starrer 'Laal Singh Chadda' (official remake of 'Forrest Gump'), which was 20 years in the making, will be out this April. Another big film of 2022 is the Ranveer Singh-starrer 'Jayeshbhai Jordaar', which is about a Gujarati man who believes that men and women should have equal rights.

Indian publishers too are gearing up to serve up the best of stories this year. The first on our watchlist is the effervescent, prolific author Ruskin Bond who will kickstart 2022 with 'The Enchanted Cottage'. Illustrated by Sucharita Sengupta Suri the story promises to serve up hills, drama, human relationships with an undercurrent of the supernatural.

Ashok Banker's super boy spy, Arun Gond, is off on an action-packed adventure this year. Using his superior brains Arun solves magical mysteries and defeats dastardly villains, whether it's in the forests of Kerala or the White House!

For anyone who aspires to build a library for themselves or their children, 'The Greatest Library in the Galaxy', written by Himani Dalmia, and illustrated by Priya Kurian, is the story inspired by the true story of the pioneering and visionary approach of Bandana Sen, the Indian librarian who created monumental reading spaces in schools all her life. Another release that promises to be inspirational is 'When Mommy Was a Little Girl' by India's best authors who revisit their childhood to tell stories of how they were as little girls. Adding brevity to the girl power genre this year will be 'The Gutsy Girls Of Science' by Ilina Singh, which will present the inspirational stories of Indian women in science.

Finally, we will also be watching out for actor/children's author Tilottama Shome's 'The Kailash Temple at Ellora' in the 'Magnificent Monuments' series.



"At the end of the day, we must go forward with hope and not backward by fear and division."

JESSE JACKSON

NEW YEAR SPECIAL

Happy
New Year
2022

PICS: ISTOCK

HEALTH & WELLNESS



STARTING A MOOD DIARY

Have you considered starting a mood diary? Well, according to UK based insurance firm BUPA, it's another wellbeing trend set to surge in 2022. Similar to general diaries, a mood diary is focused on your emotions and will help you improve your mental health. Simply put, it's a great way to record how you feel and why.

BIOME BOOSTING

Research has shown that your gut microbiome — the bacteria inside your digestive system — can influence your brain, and your moods. Kefir, kombucha, tempeh, sauerkraut, kimchi... these words will rule menus and kitchens. Get your prebiotics and probiotics right.

AGE OF NOOTROPICS

Mental health is big right now. Just like the body improves with proper nutrition and exercise, so can the brain with proper brain training techniques and mental nutrition — known as nootropics. Curcumin, ginseng, caffeine and bacopa are some natural brain boosters one can bank on.

SNACK THAT

A food habit judged unhealthy is becoming the most exciting genre. With kale and sweet potato fries, savoury desserts, nuts & seed mixes and grab-and-go yoghurts — the snacking scene will change this year. According to market intelligence firm Mintel, millennials are more likely than any other generation to snack four times a day.

PLANT-BASED EVERYTHING

Growing awareness about health and nutrition research with plant-rich

TEA TIME

A morning cup to energise your immune system and a bedtime brew to lull you to sleep, teas formulated for stress management, pain relief and anxiety are growing in demand. The world needs their tea as a functional, meditative food that can rise up to meet the challenges of modern life. Functional foods are foods that offer health benefits beyond their nutritional value.



diets, environmental impact, and food waste amongst others, find more people opting to eat plant-rich meals. Recent studies have shown that choosing plant-rich has less of an impact on energy, land and water resources than meat-based diets.

STRESS IS THE NEW SLEEP

Tracking wearables sleep and number of REM hours have been popular the last few years. Sleep wellness and

sleep hygiene earned cult status. It is time to track stress now. In 2022, a growing number of wearables will be tracking stress and helping us do something about it. Some leaders in the health-tech space — including Garmin, Samsung Health, Whoop — have previously tracked stress levels using heart rate data. But the newest wearables, coming to market, track stress in new exciting ways.

GREEN LIVING

Houseplants, particularly succulents, have been having a moment for years now, but plant decor is about to get a lot more interesting thanks to millennials who are searching for ways to take it up a notch and cover walls, staircases and even ceilings with plants and flowers. They're inspired by "biophilic design," which is about intertwining nature with our surroundings. Also being around greens help manage stress.

FITNESS

TAKE YOUR GYM FOR A WALK

Your couch is your workbench, office stairs your cross trainer and neighbourhood park your outdoor fitness zone this year. Taking the gym out of the gym is a trend worth celebrating in the New Year.

HYBRID FITNESS

Home gyms are being kitted out but this doesn't mean people don't crave the social aspect of working out in the same room with like-minded people. Therefore, we expect to see people occasionally visiting in-person classes in 2022 where they can socialise as well as keep fit at home. While people may love being part of a gym thanks to having all the equipment they could ever need, they also love chatting and being so-

cialable, as well as having other people around to provide motivation.

NICHE WORKOUTS

New interesting, niche fitness modules will emerge in the new year. Read weighted hula hoop, stroller fitness, reverse running, trapeze classes.

REST AND RECOVERY

Our nervous systems have been on overload for the last 18-plus months. Many people have not had the time or perhaps the space to fully process this ongoing pandemic. Yoga nidra, yin yoga, restorative yoga and meditation practices allow the time and space to rest, so that we can give our bodies and brains a break to weather this incredible storm.

BREATHWORK

The importance of good breathing is top of our priority list as we head towards 2022. Breathwork involves specific breathing techniques that help to open up the lungs and better equip the mind, body, and soul to deal with stress. Breathwork techniques include:

- **Deep Abdominal Breathing** — to experience full breath capacity to encourage the body to relax.
- **4-7-8 Breath** — where you inhale for 4 counts, hold the breath for 7 counts, and then exhale 8 counts to give focus and to help still a busy mind.
- **Alternate Nostril Breathing** — to help balance the body and mind.
- **Holotropic Breathwork** — an even more advanced technique, which usually requires the assistance of a trained breathwork professional, to breathe on the inhale and exhale without pause.

FORECASTING

2022

Even though many believe that time stood still in the last two years and are eager to write off 2020-21 as blip years, but life adapted drastically. The year 2022 will reflect those changes and bring in newer trends and fresher ideas. On the first day, we tell of what is going to rock this year in health, fitness, wellness, style and more

FASHION & BEAUTY

SLOUCHY CHIC

Big jackets, loose pants, oversized tops — after a brief and short-lived revival of fitted clothes, 2022 will again be about loose and anti-fits. Fashion pundits were expecting a return of the fitted silhouettes after things started normalising but now have backtracked to the 2020 loungewear ethic as it seems the new year is not going to start on a very optimistic note given the new variant.

SKINIMALISM

Beauty closets and routines will shrink in 2022. While 2020 and 2021 were the year of skincare and self-care, the buzz in '22 is going to be on simplified beauty. People will go for minimalist approach to beauty and skincare with one-size-fits-all products that work on two-three skin issues. Less will definitely be more in skincare.



SKIN NUTRITION

The 'inside outside' approach will rule in 2022. Basically more people will pay attention to what they put inside their bodies for a better skin than what they put outside. Skin diets will become more common and so will skin supplements. People are now focused on their skin's underlying health, and not just its superficial appearance.

GREEN FASHION

Sustainability has already been a big fashion conversation in the pandemic years, this will get further pushed as the Gen Z — fashion's growing clientele — demands better from its brands. From natural fibres, water-efficient production technologies, more sustainable fibres, thrift, to better packaging, the young shoppers are demanding more sustainable option in all things fashion.

CLOTHES AS INVESTMENT

Continuing the sustainability sentiment, shopping trendy clothes will see a bit of a dip in 2022. Shoppers are seeking longer-lasting, well-made clothes that will stand the test of time and can be matched and paired with multiple outfits. Mindful shopping will be the buzzword for this year. Also, this sentiment is fuelled in part by a sluggish economy and lesser disposable income. So people are likely to make well thought out buying decisions.

MICROBIOME SKINCARE

Move over prebiotic and post-biotic skincare, 2022 is the year of microbiome skincare. Just like the gut microbiome is focus for body health it is the same for skin. The Google Trend searches for 'microbiome skincare' have grown by over 5000 per cent in the last 12 months. For 2022, trend forecasting agency WGSN predicts fermented beauty will play a big part in this. Big in Japan and Korea, fermented ingredients have the potential to boost our barriers, plus the naturally occurring bacteria prolong the shelf life of formulas. The skin microbiome is the billions of bacteria, fungi, and viruses that comprise the skin microbiota. The human skin has 1 billion microbes (bacteria) per square centimeter and that natural bacteria maintains the skin's immunity and prevents pathogenic growths. Essentially, the more strains of bacteria you have, the healthier your skin is. Harsh hygiene like over exfoliation and use of heavy soaps on the skin strips away this healthy bacteria. Microbiome skincare protects these while giving your skin some gentler care.

GUA SHA & FACE YOGA

Using massage therapy and exercises that stimulate the muscles, skin, and lymphatic system will be in demand. Face Yoga is a technique designed to soften and relax your face muscles to help alleviate tension and stress. Gua Sha stones are used to complement Face Yoga as a tool used to relieve tension, sculpt skin, and increase circulation.



GOING GREEN

MORE POWER TO ELECTRIC VEHICLES



While not many know that September 9 is World EV (Electric Vehicle) Day, it is all set to become more popular as more people are opting for a greener way to travel. India seeks to achieve its vision of 100% electric vehicles by 2030. The bigger issue will be to overcome the challenge of sourcing electricity from renewable sources to charge vehicles.

CARBON OFFSETTING

Carbon offsetting means making up for the emission of CO2 or other greenhouse gases to the atmosphere. A carbon offset occurs when a company or organisation funds carbon-offset projects that remove greenhouse gases from the atmosphere or prevents some greenhouse gases from being released. It can be as simple as planting trees, or more complicated like investing in carbon capture technology. While sustainable companies are already doing their bit, expect to see a rise in this practice.

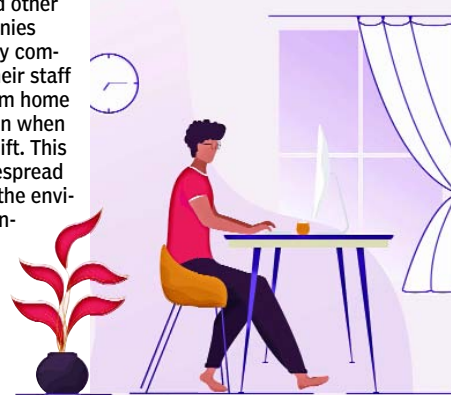
SUSTAINABILITY

Be it in fashion or beauty, sustainability is the way forward. Thanks to Gen Z, sustainable products are one of the top sustainability trends. More than any other generation, Gen Z is aware of climate change, loss of biodiversity, and the responsibility they

must try and fix these issues. Research suggests that 54% of these young adults think a company's environmental and social efforts are very or extremely important when considering whether to purchase a service or a product. So, what types of consumer products can you expect to see going sustainable? Our prediction is food, fashion, and lifestyle products.

WORK FROM HOME TO STAY

The work-from-home lifestyle is one of the more unconventional sustainability trends, but it's surprisingly effective. Started as a necessity but WFH actually turned out to be good for the environment. Major companies like Twitter, Shopify, and other tech companies have already committed to their staff working from home fulltime even when lockdowns lift. This means widespread benefits to the environment generally from less consumption.



PUSH FOR RENEWABLE POWER

In the Glasgow Climate Pact, 197 countries adopted the phasing down of the use of unabated coal and subsidies for fossil fuels. That can be achieved, to a large extent, on the back of retiring coal power plants and by increasing the share of renewables in the energy mix. More investments will flow for the setting up of solar, wind and other renewable energy facilities.

BE A CLIMATE WARRIOR

If there's one resolution you want to adopt for this year, make it to be a climate warrior. Adopt greener ways, search for alternatives and try to minimise your waste generation.