



THE TIMES OF INDIA


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Your Weekender

TODAY'S EDITION

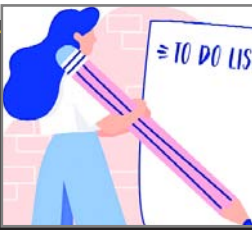
➤ Morning manners for early risers
PLUS: Help a friend with body odour

PAGE 2




➤ Michael Schur's witty guide to moral ethics
PLUS: Youngest Oscar winner & nominees

PAGE 3




➤ Aware of the F1 rule changes? We got you covered

PAGE 4



STUDENT EDITION

SATURDAY, APRIL 2, 2022



CLICK HERE: PAGE 1 AND 2

STAY

GROUND

When was the last time you walked barefoot on grass? Maybe that's what you need to stay fit

Supriya.Sharma2@timesgroup.com

What are the best sources of antioxidants that immediately come to mind? Blueberries, green tea, dark chocolate? How about walking barefoot? Researchers say that our lifestyles, including wearing heavy-soled shoes, working indoors and travelling by car have cut down our earth-body connections and this may be responsible for increased levels of chronic illness. In urban centres, we are fast losing touch with the Earth and its healing properties. Everything is so sanitised that there's no room for 'raw' and 'natural'.

Grounding or Earthing therapy stems from this reality. It has been seen that connecting yourself with the Earth's natural energy, by walking barefoot on sand, grass, dirt or rock can lessen long-lasting pain, tiredness and other illnesses that plague so



many of us. In short, the moment your bare feet or skin comes in close contact with the Earth, free electrons are taken up into the body. These electrons are nature's biggest antioxidants and aid in neutralising body's harmful free radicals.

thus breaking down the insomnia cycle. Apart from refining sleep patterns, the process of grounding helps in reducing chronic pain, aids in recovering respiratory issues, arthritis, reduces hypertension and improves blood pressure.

also very high in magnesium levels.

Indoor Earthing: In case you are not able to or don't want to spend time outdoors you can always get some of the similar results even by staying indoors. There are a multitude of products that will make earthing easy. An earthing mat can be placed under your arms or below your feet while you are working on a computer to decrease the number of electric and magnetic fields that you are being exposed to. There are also special grounding blankets and socks available in the market. A grounding mat mimics the electric current of the earth and allows a person to bring the experience into a home or office.

Emotional Earthing: Earthing also affects emotional health. If you have aches,

OTHER WAYS



Eating right: Try to consume as many fresh vegetables as you can, particularly root vegetables growing under the soil that carry sturdy earth energy. These will be foods like potatoes, sweet potatoes, carrots and ginger. Other grounding foods include avocado, mango, papaya, grapes, olives, berries, coconuts, figs, melons. Vegetables include green beans, eggplant and yams. For flavouring, use warming spices such as ginger, nutmeg, garlic, cinnamon, cumin, coriander and cloves.

Taking a salt bath: Salts comprise natural healing components just as water does, so when you combine them in a warm tub, you take cleansing to a spiritual level. Additionally, salt baths are similar to ocean swimming, which is one of the exceptional ways to ground yourself.

Get dirty: Working with soil or clay helps in grounding. Simply touching earth helps. Gardening, in fact, is a wonderful grounding activity!

— Inputs from fitness expert Shalini Bhargava

you are bound to be stressed mentally. If you do away with your irritation, the pain stops, you feel better, and the energy returns. It has also been researched that grounding recovers mood, diminishes stress, and soothes the mind.

BIG DATA

Big data refers to data sets that are too large or complex to be dealt with by traditional data-processing application software. Data simply refers to the quantities, characters, or symbols on which operations are performed by a computer, which may be stored and transmitted in the form of electrical signals and recorded on magnetic, optical, or mechanical recording media. Big Data is a collection of data that is huge in volume, yet growing exponentially with time. It is a data with so large size and complexity that none of traditional data management tools can store it or process it efficiently. Examples of Big Data are the New York Stock Exchange that generates about one terabyte of new trade data per day. Even Social Media is big data as statistics show that 500+terabytes of new data is generated on the databases of social media site Facebook every day.

Big Data can be in the form of structured (like an employee database), unstructured (results of a Google search) or semi-structured. Big Data has five main characteristics: Volume; Variety; Velocity, Veracity and Variability. It is very much in demand now as Big Data brings in multiple benefits, such as businesses can use it to create strategies a reason why social data is so much in demand. It can create a better customer service as it enables to read and evaluate consumer responses. It can lead to better operational efficiency. The size and number of available data sets have grown rapidly as data is collected by devices such as mobile devices, cheap and numerous information-sensing Internet of things devices, aerial (remote sensing), software logs, cameras, microphones, radio-frequency identification (RFID) readers and wireless sensor networks.

FOOD

COOL IT WITH COLD BREWS

The obvious rescuer in summer months, Frappuccino is being replaced with lighter and healthier cold coffee and tea brews



SMOOTH TOUCH

The simple technique of dissolving tea or coffee in cold water or room temperature overnight to be used as a cold beverage is among the most popular trends around the globe right now. To begin with, cold brew coffee and tea are not to be confused with iced tea or iced coffee. Some of the best cold brew teas are white tea, green tea and roasted oolong tea. They are smoother and rounder on the palate. This style of brewing is a slow extraction process to bring out the true flavours of tea. Since cold brew tea or coffee is made by a steeping process for a long duration, it extracts the flavours slowly and has a really good impact on taste. Hot brewing, on the other hand, can scorch the tea or coffee and result in bitterness.

made from brain-boosting mushrooms and herbs like dandelion root! So, bye bye lemon+honey+warm water, super coffees are the super sip to start your day with. Most of these coffees replace sugar and milk with superfoods. Here are the latest super coffees:

RECIPE FOR A COOL CUPPA: One has to leave coffee or tea bags in a jar at room temperature water overnight. Next morning you sieve it and keep it in your freezer and serve on the rocks.

■ **Bulletproof Coffee:** Claimed to be a lasting energy boost or performance enhancing shot you need first up in the morning, it is supposed to suppress hunger and is spoken of as a replacement for a carbs-heavy breakfast! All you need to do to make this 'high fat coffee' at home is add 'grass-fed' butter or ghee or coconut oil to your morning cuppa.

■ **Mushroom Mocha:** Mushroom with coffee! We wouldn't like to comment on the taste of this combination. But for fans, this equal parts mix of mushrooms and coffee extracts is being spoken of as nothing short of an elixir. It is supposed to regulate blood sugar levels and mushrooms also counter the acidic effect of coffee.

■ **Coffee Broth:** Just fancy combinations such as a turmeric latte with cinnamon, almond milk, vanilla paste and ginger and a coffee banana smoothie with oats and chia seeds!

HEALTHIER BET

Lower astringency and caffeine content has made cold brews popular and healthier. Cold brew, which is made by steeping coffee grounds in cold water for typically an entire day, is less acidic than regular coffee. This means it can be easier on the digestive system, particularly for people who struggle with heartburn or a sensitive stomach, explains Joan Salge Blake, author of Nutrition & You.

ENTER 'SUPER' COFFEES

You have so far bought basics like flour, sugar, water, milk, coffee and bread, but in 2022, look for products that are pumped up with multiple nutrient boosting add-ons. Boosted coffees are big. The world is trying to find more caffeine-free Zen in their cups. Hence, coffee alternatives

SELF-CARE

GRANNY knows best

Beauty hacks all Indian grandmothers swear by

Like every year, this new year also brought in a lot of resolutions that we promised to keep. One such common resolution was pampering our skin and while there is a huge possibility that we have done absolutely nothing towards it. But there is something about grandma's tips that create a sense of credibility one could always fall back upon. One can easily follow tips which are simple and easy.

kind of weather you are facing you can decide how many times you must wash your face.

DRINK LOADS OF WATER

I cannot emphasize this point enough. One thing that you cannot skip upon is drinking 3 litres of water each day regardless of the weather. Water is a boon sent from heaven just for your skin. Drinking water can help you flush out toxins which clear all the pimples and bumps from the surface of your skin. Trust me when I say this: water can bring a revolutionary change for your skin. **Pro-tip:** Do not confuse sugary drinks for water. Sugary drinks in no form are equivalent to water and in no way should be used to replace it.

HAVE A SKIN REGIME

Even if it just includes washing your

face and moisturising it have a skin regime. Having a skin regime is similar to having a balanced diet for your skin.

USE UBTAN

Grandmothers during their times did not have a plethora of beauty products that we have today. One of the easiest and oldest tricks from grandma's bag of good looks is: **Besan curd pack:** Just mix some besan (gram flour) along with 2 tsp of curd and 1 tsp of honey. Mix it thoroughly and apply it evenly on your face. Once it has dried out, use some rose water to scrub it out from your face. **Eat healthy:** 'you are what you eat'. It's as simple as it sounds. All that caffeine that you think your body needs to keep you awake is eventually going to take a bad toll on your skin. In fact, whatever you eat has a direct impact on your skin.

SLEEPING BEAUTY

The consequences of your bad lifestyle habits are quite evident on your skin if you don't improve. Having a sound sleep of 8 hours is the least one could do to have a healthy and glowing skin. Avoid having an erratic sleep pattern and do not let your work create a lot of stress for you either.

MOISTURISE

Many men and women skip moisturiser just because their skin is oily. Having oily skin doesn't mean you don't need to moisturise. It simply means you need a moisturiser which is more forgiving on your skin. For dry skin, moisturise with coconut oil can be your best bet.

— Expert: Dr Nirupama Parvanda, dermatologist & founder Zolie Skin Clinic



FITNESS

Take that, MUSCLE CRAMPS!

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We don't completely know why muscles tighten up involuntarily. Whether it's a charley horse in the middle of night or a back spasm while doing a house chore, muscle cramps just come unannounced and don't leave easily. While exercise-associated muscle cramps are the most frequent condition during sports, muscle cramps can result in continuous, involuntary, painful, and localised contraction of an entire muscle group, individual single muscle, or select muscle fibers.

POSSIBLE CAUSES

Exercise, electrolyte imbalances, nerve compression, and diminished blood supply to the muscle. Exercising without properly warming up the muscles can lead to cramps. Dehydration and low levels of electrolytes such as magnesium, potassium, or calcium can cause cramps. Some research shows that deficiencies in nutrients like vitamin D, and certain B could be the reason. People with neurological conditions get muscle cramps more easily and so do those taking certain medications, like diuretics, that can cause both dehydration and mineral imbalances. But randomly drinking sports drinks does not help.

FOOD FOR SORENESS

Since many muscle cramps are related to electrolyte imbalance, foods that are high in electrolytes, like potassium, can be helpful in preventing them. And we aren't just talking about bananas. The same goes for sodium. Here are our favourites:

1 Foods like avocados, potatoes and leafy greens, also pack a potassium punch.

2 Get your sodium from unprocessed foods like Himalayan rock salt, feta or cheddar cheese, beetroot, celery, carrots, pesto, smoked meats and fish and olives.

3 Calcium plays a crucial role in skeletal and smooth muscle contraction, including in your heart and blood vessels. Have dairy, pink salmon, dark, leafy greens, nuts and seeds and fortified tofu.

4 Tank up on melons! They have loads of potassium, a good

OTHER THINGS THAT HELP

1 **Stretch** — Engage in light stretches that are focused around the major and minor muscle groups that are cramping. A physio or exercise physiologist can help guide you on the best stretches.

2 **Massage** — Lengthening the cramping muscle by using gentle massage may help reduce the duration and severity of the cramp.

amount of magnesium and calcium, a little sodium, and a lot of water.

5 Taking ginger post intense exercise can reduce muscle soreness and improve muscle recovery. Also turmeric is great for muscle healing and recovery.



MANNER MANUAL



MORNING ETIQUETTE FOR EARLY RISERS

BELIEVE IT OR NOT, THERE'S A RULE BOOK FOR WAKING UP EARLY TOO AND IT WILL HELP YOU START YOUR DAY ON A GOOD NOTE

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Now that almost all schools are reopening, you students have to become larks (morning bird), even if you were in the owl (night bird) mode of sleeping late at night. Whether you get into this 'back to pre-pandemic life' mode happily or with a frown, be mindful about some manners so that your early morning schedule does not give grief to those in your family and neighbourhood.

SHUT ALARM RIGHT AWAY

If you set your alarm for an hour before anyone else wakes up at home, shut it as soon as it rings. Your elder



sibling or the next door neighbour may be studying late into the night and it will disturb their morning sleep if your alarm goes off and you keep sleeping. Remember, early birds got to hit the stop button without delay.

MAKE YOUR BED

"It is one of the most important and basic life skills that children need to learn and make a part of their morning regimen. Besides, it sets the tone of the day and inculcates discipline in an individual," suggests psychologist and etiquette expert Priya Warrick. If your parents organise the room together in the morning, pitch in and help. It will help

CAUTION, MORNING COMMUNICATION

- Calling someone on the phone (unless in cases of emergency) before 9 am is bad manners. If there is something you need to communicate really early, text rather than calling.
- Talking on the cell phone loudly when you are getting down the stairs in the morning is avoidable. Keep your tone low.
- Don't push your friends/classmates to participate in conversation if they want to be quiet. Some people are not too keen to talk much in the morning – respect their choice.

the work done faster and will earn you brownie points from your family too.

LOUD MUSIC NOT COOL AT DAWN

"Whether you like to sing in the shower or listen to music to kickstart the day, keep the volume low," says etiquette guide Sunaina Haq. Babies and elderly people in your building/housing society will not appreciate your taste in music and singing talent when they are getting some quality sleep.

ARRANGE CLOTHES/BAG THE NIGHT BEFORE

Organise your school uniform, belt, shoes, and your books at night. "Last minute shuffling of drawers and closets in the early hours creates a commotion and irritates people who are sleeping or have just woken up," advises Haq. Using the blender for a long time to make your favourite smoothie is not a great idea either. Stick to a breakfast that doesn't involve noisy cooking.

FOLLOW BUS STOP RULES

You may be taking the morning school bus to reach your destination. Make sure you follow basic niceties, which means, getting into the queue to board the bus/van, not bullying juniors at the bus stop and sitting on your seat rather than jumping all around the place. It is also always nice to greet people with a polite 'Good Morning'.

RELATIONSHIPS

PICS: ISTOCK

Is your child THE BULLY?

Signs to watch out for and ways to respond

Parents are always concerned about their child's well-being. They are always hoping and praying that their kids are safe and out of trouble. That said, bullying is often one of the biggest concerns for most parents. But often we're so focussed on seeing our children as the victim, we fail to identify the aggressor in our kids. What we must also try to understand is the psychology behind a bully. What makes a child or a person people in the first place? This does not mean that you take improper measures to discipline your kids, rather help them open up to you and understand why they are indulging in such violent behaviour. To do so, let us look at some of the triggers.

THE REASON WHY CHILDREN BULLY

Experts believe children who are bullied and those who bully are both subject to mental and behavioural issues such as anxiety, stress, sleep difficulties, depression and lower performance at school or elsewhere. Therefore, as important as it is to know if your child is a victim of bullying, it is as important to understand why

another child chooses to become a bully in the first place.

According to an official US website stopbullying.gov, bullying is linked to a state of power imbalance, which is why the victim of the bully is often younger, weaker and smaller than the bully. The bully wants to feel secure, wants to maintain their superiority and feel supported, which is why they choose to resort to aggression.

Another reason could be their need to have

control over situations and over people. They're always under a perceived threat, the feeling of being challenged and opposed, which is why they resort to aggression so as to curb all the competition.

As per experts, bullying can also be a result of a domino effect, meaning a child who has himself or herself been a victim of bullying becomes a bully, mimicking the actions of his aggressor.

Bullies often seem strong, powerful and in control, but they're also fragile and vulnerable. They may have been subject to familial problems and issues that may have subjected them to violence in the family realm. This could have led to unresolved traumatic experiences.



WHAT PARENTS CAN DO

As a parent, it may be difficult to gather information about everything that's happening around you, but you can always aim at creating a safe, secure environment for your child. Having said that, here's how you can prevent raising a bullying child. ■ Create a safe, positive space at home. ■ Always strike conversations that are productive and make a child feel important and heard. ■ Educate your child about bullying and tell them why it is wrong. ■ Talk about healthy competitions and explain to your child about the differences in opinions. ■ Teach them kindness and compassion.

HOW TO RESPOND?

If you find out that your child is a bully, do not

react, rather respond with solutions and guide them to become better human beings. Here are ways you can respond to your kid's actions. ■ Let the information sink in, process it and give yourself time to reflect on why this must be happening. ■ Communicate with your child, and make sure to let them do most of the talking. Respond with kindness and warmth rather than reacting with aggression. ■ Once you figure out the root of the problem, why it has happened, amend changes. Talk to your child about how he or she can alter their ways. Let them understand why their behaviour could damage another person. ■ Resort to productive and meaningful consequences. You do not have to be harsh, but must follow through. ■ Continue monitoring their behaviour and see that you have things under control.

MANNER CHECKLIST

8 ETIQUETTE Lessons From THE ROYALS

1. How to say hello

Say hello with a kiss — and a firm handshake. Duchess Kate Middleton follows local customs when it comes to greeting people. But a cheek kiss (right to left cheek) is with friends and close acquaintances, and a firm handshake is for everyone else.

2. How to exit a car

Exit the car with a "swivel and pop." The idea is to always exit gracefully. To do this like the Royals, sit as close to the door as possible, then place both hands behind you as you turn with ankles and knees together to place your feet outside the car. Finally, stand and exit with a quick "pop".

3. How to hold a handbag

Hold your handbag in your hand. Duh! A lady always holds her clutch in front of herself with both hands. You'll never see the Royals tuck their purse under the arm or put it on the ground at dinner. While sitting, slip it between your back and the back of the chair.

4. How to sit

Heard of the "Duchess Slant." Posture is everything for the royals, which is why they always sit straight up with an egg-width distance between the back and the seat. The chin is parallel to the floor. Keep your legs stay together with a slight lean — this prevents people from seeing up your dress.

5. How to fold a napkin

Fold your napkin in half, with the

crease facing you. At dinner parties, Kate and other royals wait to place their napkins in their laps until the hostess does. When you need to wipe your hands or mouth, wipe inside the fold so the mess doesn't get on your clothes.

6. How to hold your tea cup

Hold your tea in a pinch. That means pinch your thumb and index finger together, then rest your middle finger under the handle. For coffee, use a loop, which means your index finger goes through the handle, too.

7. How to eat

Your knife stays in your right hand, your fork in your left. Even when you're taking a bite. You should also put food on the backside of the fork to eat, take three bites, then rest. When you're done eating, lay your silverware diagonally across the plate.

8. What not to say

Social anthropologist Kate Fox, author of "Watching the English: The Hidden Rules of English Behaviour", has studied the linguistic quirks of the upper classes, and identified a list of verbal do's and don'ts when speaking to a royal. The words are posh (for obvious reasons), pardon (sorry or what are preferred), perfume (royals wear a favoured scent), tea (evening meals are dinner or supper), lounge (it's a sitting room or a drawing room), toilet (lavatory or loo are preferred), and finally 'mum and dad'!

— Source: various websites



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.

How to Help A FRIEND Who Has BODY ODOUR?

Telling someone that they stink is obviously a manner minefield even if the person suffering from body odour is a friend. Understandably, many people are reluctant to take on this difficult conversation. They would rather resort to sending an anonymous note or maybe just leave a stick of deodorant at their desk. But while that is easy on you, for anyone at the receiving end this is more humiliating than a direct conversation.

This is a sensitive topic as some people are nose blind to their own smells, so many a times they are unaware of the problem. Here's how you can tackle it:

TALK IN PRIVATE

Bring up the topic with your friend privately without anyone being present. This is not a confrontation. It's just two friends talking. Focus on how you are friends and you have his/her best interests in mind. Don't keep talking about the issue instead offer suggestions. Assure them that the conversation will remain completely confidential and make sure it does.

WHAT TO SAY

Say: "Hey, I'd like to talk to you about a touchy topic. And I hope if the situation were reversed

that as my friend, you would bring up something similar with me too. Are you aware that you have body odour?" It's best to have a short preamble and then get into the problem immediately. Don't beat around the bush.

Or use this: "I want to discuss something that's been bothering me and I don't want to offend you." And get straight to the point.

AFTER THAT

The hard part is now over. Discuss it like pals. The person may get angry but usually they will see merit in what you are saying and will come back to thank you.

END ON A POSITIVE NOTE

For any sensitive conversations, it is always best to end with a positive statement like, "Thank you for understanding and I hope this doesn't affect our relationship."



ASK THE EXPERT

MY DAUGHTER IS A PEOPLE PLEASER

Q My daughter takes a lot of time to open up. And even when she opens up, she is always trying to please people. Even in her friend's group, she always agrees with what others say even if she doesn't feel that way. How can I help her be her own person?

A It is understandable that as a parent you would want your daughter to grow up to become a person with her own mind, who can judge situations and make her own choices without any outside influence. However, children go through phases where they find themselves closer to their friends and peers rather than their parents. They also believe their friends to understand them more and hence trust their decisions and choices. In other cases, children feel pressured to accept and go with their friends' choices in order to fit in.

While this is not uncommon, it is important to make sure your daughter is able to speak for herself, and this

can only happen when you speak with her, not as a parent but as a friend. Making her

understand that she as an individual is unique, valued and loved and that her choices matter will make her more confident in going after what she wants, even if it is against her friends' wishes.

People often tend to care about others' happiness over their own, when they do not feel confident in themselves. While confidence comes with time, make sure you groom your daughter in ways that helps her shine and feel stronger. This can happen by helping her pursue hobbies and tasks she is passionate about. People often tend to be most confident when they enjoy what they are doing and are good at it.

While we understand that it is not easy to always understand your child especially when you feel they are not opening up to you, one should also keep in mind that children often need their own time and space to trust their parents. So make sure you are there for her when she needs you but are not over asserting yourself in her life.

EXPERT: DR. RACHNA KHANNA SINGH, HOD - HOLISTIC MEDICINE, ARTEMIS HOSPITAL, GURGAON, RELATIONSHIP, LIFESTYLE & STRESS MANAGEMENT EXPERT



SHOULD YOU BE A GOOD PERSON?

(also why)



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Ever lied to your friend and said you liked their outfit when you hated it? In 'How To Be Perfect: The Correct Answer To Every Moral Question', author Michael Schur – creator of comedy gold including 'The Office', 'The Good Place' – offers a witty guide in moral ethics

WHY BE GOOD?

We get it. Reading about why you should read a book about ethics, and being a good person sounds like a boring task. Plus, isn't 'being' a good person who does his/her bit – helping out, recycling, or just generally being nice – enough? However, if you've watched Schur's 'The Good Place' – a series about a group of dead people struggling in the afterlife to become better – you'll know that being good, for the sake of just being good and not expecting any sort of rewards (in cash, kind or karma), may not be as soul-satisfying as it is played out to be.

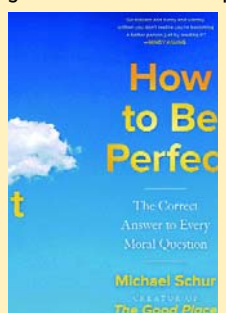
WHO IS MICHAEL SCHUR?

As the brilliant writer behind the successful series including 'The Office' (US version), 'Parks and Recreation', and 'Brooklyn Nine Nine', you can be assured to expect plenty of laughs and giggles, even if you are reading about a fairly serious subject. Schur created 'The Good Place' which ran for four years before debuting as an author with 'How To Be Perfect'. We recommend you watch the series besides reading the book, as both will help you

answer important questions, aka, moral dilemmas that plague your life for no reason.

WHAT MORAL DILEMMAS DO I HAVE THEM?

We'll hazard a guess and say yes. Think of the time you lied to your best friend saying you liked their outfit but secretly hated it. Should you have been honest and risked hurting his/her feelings or told yourself that a white lie is okay? We all face moral dilemmas every day while trying to be a good person. In case you think you still don't, a sampling of the questions Schur promises to answer in the book is a good trailer on what to expect. In chapters



like, 'I just did something unselfish. But what's in it for me?' or 'I screwed up. Do I have to say I'm sorry?' or 'Oh, you brought a new iPhone? That's cool. Did you know that millions of peo-

ple are starving in South Asia?' Schur deftly highlights the things we struggle with. He draws on 2,500 years of philosophical schools of thought (ancient and new) from around the world and applies it to everyday situations. Think of it as a dummies' guide about leading an ethical life, sans the aggressive tone of self-help books that tell you how you are doing everything

wrong. The book offers a humorous and thought-provoking ride about what it means to be a decent (ie, ethical) human being, and how difficult it can be to achieve in a complex world full of difficult decisions and moral pitfalls. He hits the nail in the head with 'moral exhaustion'.

WHAT IS 'MORAL EXHAUSTION'?

Besides learning about ancient philosophers like Aristotle and Socrates, and current ones like John Stuart Mill, Jeremy Bentham, Pamela Hieronymi and Peter Singer, Schur will help you learn about concepts like Virtue Ethics, Deontology, Utilitarianism, Contractualism, Ubuntu, and Existentialism. All of this knowledge is leading up to helping you recognise and develop critical thinking skills and the idea of 'moral exhaustion'. Schur invented this term to help you understand how being good can be pretty demanding in daily life. It's not you alone who worries about the moral implications of buying something frivolous because it makes you happy instead of donating cash to save lives? Ever wondered whether you should feel joyful when people are suffering elsewhere? Us too! To cut a long story short, take the time to read this book which may just help you unburden woes you didn't realise you were carrying all along, like that one time you didn't trash the plastic bottle.



TRY THIS THOUGHT EXPERIMENT

The book will also introduce you to interesting thought experiments that will develop your critical thinking, reasoning skills and logic.

THE TROLLEY PROBLEM

English philosopher Philippa Foot is credited with introducing this version of the trolley problem in 1967, though another philosopher, Judith Thomson of the Massachusetts Institute of Technology, is credited with coining

the term 'trolley problem'. It goes like this:

"You're driving a trolley, and the brakes fail. On the track ahead of you are five construction workers who will be smooched by the runaway trolley – but there's a lever you can pull that

will switch the trolley on to another track, on which is one construction worker. Should you do nothing, allowing five people to be killed? Or should you pull the lever, killing one person?" Now, what do you do?



TATUM O'NEAL: Best Supporting Actress 1974

At 10 years old, O'Neal became the youngest winner ever in a competitive category for playing Addie Pray, a pint-sized con artist selling 'Bibles' to unsuspecting widows during the Great Depression in 'Paper Moon'.



MARLEE MATLIN: Best Actress 1987

Marlee Matlin barely uttered a word in her film debut – but her poignant performance as a troubled, young deaf woman spoke volumes. At 21, she became the youngest – and first deaf – Best Actress winner in Oscar history in 'Children of a Lesser God'.



HALEY JOEL OSMENT: Best Supporting Actor nominee 2000

Haley Joel Osment achieved star status in M Night Shyamalan's supernatural hit, 'The Sixth Sense', opposite Bruce Willis and fellow Oscar nominee Toni Collette.



PATTY DUKE: Best Supporting Actress 1963

Patty Duke was 16 when she re-created her revelatory stage role as Helen Keller in the 1963 film adaptation of 'The Miracle Worker'.



ANNA PAQUIN: Best Supporting Actress 1994

Anna Paquin was an 11-year-old Oscar winner for Jane Campion's 'The Piano' opposite Holly Hunter.



TIMOTHY HUTTON: Best Supporting Actor 1981

Twenty-year-old Timothy Hutton's performance as a tortured teenager, struggling with guilt over the accidental drowning death of his older brother, made Hutton the youngest actor ever to win Best Supporting Actor for 'Ordinary People'.

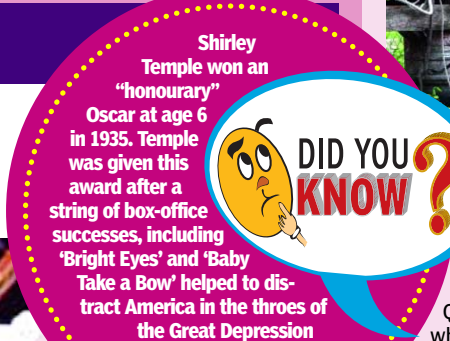
YOUNGEST OSCAR WINNERS AND NOMINEES

NOW THAT THE OSCARS ARE OVER, LET THIS WEEKEND BE ABOUT THE OUTSTANDING PERFORMANCES OF CHILDREN AND TEENS

SPECIAL MENTION

ADRIEN BRODY: Best Actor 2002

The 29-year-old actor, Adrien Brody, made history as the youngest Best Actor winner ever at the 75th Academy Awards for his haunting performance in 'The Pianist'. To date, Brody, now 48, is the only actor under 30 to take home the top trophy.



Shirley Temple won an "honourary" Oscar at age 6 in 1935. Temple was given this award after a string of box-office successes, including 'Bright Eyes' and 'Baby Take a Bow' helped to distract America in the throes of the Great Depression



MARY BADHAM: Best Supporting Actress nominee 1963

For a while, 10-year-old Mary Badham was the youngest nominee for Best Supporting Actress for her performance as Jean Louise 'Scout' Finch in the 1962 film adaptation of Harper Lee's novel, 'To Kill a Mockingbird'. (Then 10-year-old Tatum O'Neal came along, won the Oscar and knocked her off the record books in 1974.)



QUVENZHANÉ WALLIS: Best Actress nominee 2013

Quvenzhané Wallis was only 5 when she auditioned for her first acting gig – even though the minimum age to be considered was 6 years old. She eventually beat out 4,000 other hopefuls for the role in 'Beasts of the Southern Wild' (2012). She is the first African-American child actor – as well as the first person born in the 21st century – to garner an Academy Award nomination.

JUSTIN HENRY: Best Supporting Actor nominee 1980

Justin Henry nabbed a starring role in the 1979 divorce drama 'Kramer vs. Kramer' at the age of 7, with no prior acting experience. He was 8 when he was nominated for a Best Supporting Actor Academy Award for his tear-jerking role opposite Dustin Hoffman

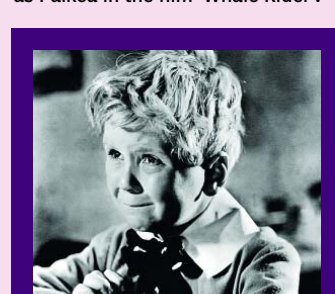


and Meryl Streep, becoming one of the youngest actors ever nominated.



KEISHA CASTLE-HUGHES: Best Actress nominee 2004

In 2004, Keisha Castle-Hughes, then 13 years old, became the youngest actress ever – and the first millennial – to be nominated for a Best Actress Academy Award for her role as Paikea in the film 'Whale Rider'.



JACKIE COOPER: Best Actor nominee 1931

At age 9 years, early Hollywood child star Jackie Cooper is still the youngest nominee for the Academy Award for Best Actor. Best known for his tearjerk performance in 'The Champ', Cooper actually garnered his 1931 Oscar nod for the little-known 'Skippy'.



HAILEE STEINFELD: Best Supporting Actress nominee 2011

Her 'True Grit' performance nabbed her a Best Supporting Actress Oscar nomination in 2011 when she was just 14. You may have recently seen her in 'Hawkeye', the Marvel TV series.

ACE THAT TO-DO LIST

If you have a huge list full of goals to achieve, you may find yourself running out of time given that so many things (projects, school and social media) are vying for your attention. One of the easiest ways to ensure your important tasks are done starts with thoughtful preparation and prioritisation. In a podcast, Todd Henry – author of 'Herding Tigers', 'The Motivation Code' and 'Louder Than Words' – offered a simple 10-minute strategy for optimising your calendar and creating mental bandwidth for serious, creative work. He recommends:



Start the day with this question, 'What is my biggest goal today?'

Doing this allows you to work backwards and create a plan of attack, ensuring that you spend your time wisely in high impact ways. Henry points out that defining the problems you need to solve will not only help you become more focused but will also prime you to seek creative solutions for the problems you need to solve.

Block time for deep work

If you don't guard your time, distractions will rush in to fill the vacuum. Respect the appointments you set with yourself.

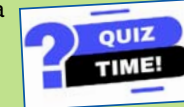
At the end of the day, ask yourself 'What would have to happen for me to say, 'Today was a success?'

Henry said, "Time is the currency of productivity, especially for creative professions." So make sure your day leverages your skills, fulfils your values, and is packed with tasks or people who energise you.



Which book has THIS QUOTE?

- "Young people get the foolish idea that what is new for them must be new for everybody else too. No matter how unconventional they get, they're just repeating what others before them have done."
- "You are a wonderful creation. You know more than you think you know, just as you know less than you want to know."
- "Seaward ho! Hang the treasure! It's the glory of the sea that has turned my head."
- "Terror made me cruel."
- "We were the people who were not in the papers. We lived in the blank white spaces at the edges of print."
- "Life appears to me too short to be spent in nursing animosity or registering wrongs."
- "You forget what you want to remember, and



- you remember what you want to forget."
- "It sounds plausible enough tonight, but wait until tomorrow. Wait for the common sense of the morning."
- "It's much better to do good in a way that no one knows anything about it."
- "It's the possibility of having a dream come true that makes life interesting."

ANSWERS: 1. Yukio Mishima, 'After the Banquet' 2. Oscar Wilde, 'The Picture of Dorian Gray' 3. Robert Louis Stevenson, 'Treasure Island' 4. Emily Brontë, 'Wuthering Heights' 5. Margaret Atwood, 'The Handmaid's Tale' 6. Charlotte Brontë, 'Jane Eyre' 7. Cormac McCarthy, 'The Road' 8. H G Wells, 'The Time Machine' 9. Leo Tolstoy, 'Anna Karenina' 10. Paulo Coelho by 'The Alchemist'



RACING TOWARDS SAFETY

The 2022 F1 season ushered in all-new car designs and rules after the biggest-ever overhaul in regulations in a bid to make races more safe. The changes will create a more level-playing field, bringing in more unpredictability, competitiveness and excitement to the race

GROUND-EFFECT FLOOR: The 2022 cars have two long underfloor tunnels which create a downforce or 'ground effect', meaning there is more suction on the underside which keeps the car closer to the ground. The concept was popular back in the 1970s and '80s.

1

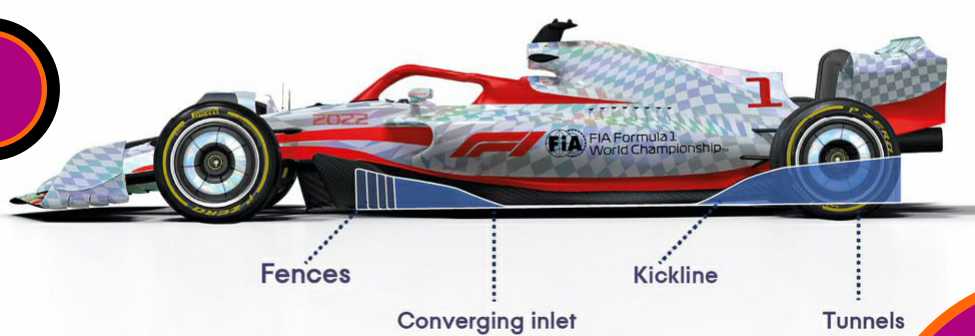


Photo: Motorsport Technology

REAR WING: The curved rear wings have got 'rolled tips' to create a rotational airflow. This will result in an invisible mushroom-like wake on the rear, which effectively means the air will rise higher before it diffuses. So, cars following close behind get to drive through 'cleaner air'.

DRS
 Top Rear Wing
 Pylons
 Single Exhaust Tailpipe
 Beam Wing
 Skirt-like Brake Ducts

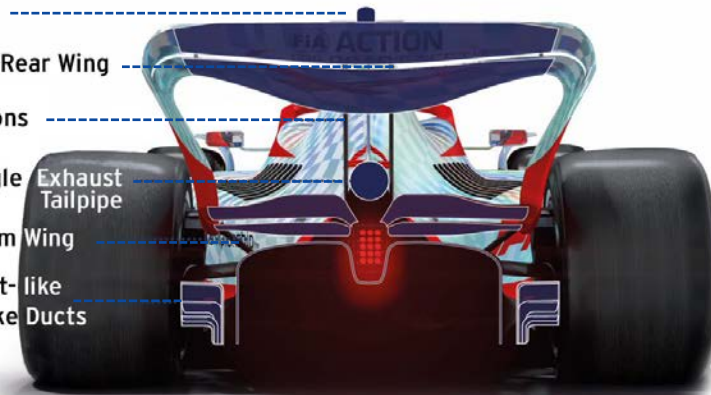


Photo: F1.com

CHANGES IN CAR

The simplified, new-generation cars with their strikingly new looks will have aerodynamic features. The focus has shifted from the wings to the floor of the car

FRONT WINGS AND NOSE: The new cars have an all-new front wing shape. These not only look great, but the completely new parts have been designed with an 'anti-outwash' function. This means it stops sending airflow outwards. Instead it generates consistent downforce and ensures control of the front wheel wake.

2



Photo: The-Race.com

THE TYRES: The cars will have bigger 18-inch tyres, up from 13, to aid better handling of the cars.

Secondly, rules regarding type blankets to heat the tyres have changed too. Teams can only heat the tyres to 70 deg c, down from 100 degrees for front and 80 deg c for rear tyres, earlier. Drivers will need

a different approach for the colder tyres. These tyres will allow longer stints and closer racing. It will reduced the number of pitstops. This rule is part of FI's ongoing sustainability programme as less heating will mean a lower carbon footprint.

Winglets have been added to help direct air away from the rear wing.



Photo: Motorsport.com

CHANGES IN RULES

1 AERODYNAMIC TESTING RESTRICTIONS: Up until now, teams had no restrictions on the number of wind tunnel test runs they could carry out, and computational fluid dynamics (CFD) hours they could use. This helped teams gain crucial seconds in the race. But it was also hugely expensive. New restrictions cuts the time each team gets for wind tunnel testing and CFD.

2 SLIDING SCALE TIME: The team finishing seventh in the constructors' championship – the benchmark team – will get 100% of the permitted aerodynamic testing time, while higher placed teams will get progressively 5% lesser time. Lower placed teams will consequently get more time. So, the first placed will get 70% of the aerodynamic testing time, while

the 10th place will get 115% time.

3 BUDGET CAP: Another move aimed at an even playing field has been a cap on budgets. The 2021 cap of \$145million was cut to \$140m this year. However, with number of races being increased from 21 to 23, the cap has been fixed at \$142.4m. This cut can impact bigger teams as they will have a lower budget for car development, race operations and component manufacture.

4 A NEW WEEKEND FORMAT: The season has seen an increase in number of races. To lessen the burden on the teams, a three-day race week has been adopted

for non-sprint events, down from four-day race weeks. This has been made possible by shifting practice sessions to Friday afternoons, with media duties on Friday morning. The immensely popular pit lane walkabouts will be done away with.

5 MANDATORY PRACTICE OUTINGS FOR ROOKIES: With teams focused on race preparations, rookie drivers rarely get the opportunity to practice on the track, get familiar with cars and basically prove themselves. To increase their chances, it is now mandatory for a team to allow a 'third driver' to take part in the practice sessions on at least two occasions. Each team must use a driver who has

started no more than two Grand Prix. They can use the same driver twice, or two different drivers for one session each.

6 SPRINT RACES: Three sprint races will be held at Emilia Romagna Grand Prix at Imola, the Austrian Grand Prix at the Red Bull Ring and the Brazilian Grand Prix at Interlagos.

Sprint points this season will be given to the top eight, as against the top three last year. The first placed on the race will receive eight points, the second seven points and so on. The scorer in the eighth place will get only one single championship point. If a driver were to win two races and pick up the fastest lap on a Sunday, he could earn 34 points.

WHAT HAS NOT CHANGED

ENGINE DESIGN: F1 has had the current hybrid engines for over eight years. However, due to the focus now on sustainably fuelled 2026 hybrid engine, it has been decided to put a freeze on engine design changes.



Photo: AP