



THE TIMES OF INDIA

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Your Weekender

TODAY'S EDITION

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STUDENT EDITION

SATURDAY, DECEMBER 11, 2021



HEALTH

BERRY GOOD

Eating foods according to the season has been a cornerstone of Indian ancient food philosophy. It preps you for the changes that the season brings along. Amla, the Indian gooseberry is a winter berry that has been linked to good health since thousands of years and rightly so.

BENEFITS

1. It is antioxidant rich, much more than the foreign counter parts like goji berry, acai berry or blueberries. And anti-ageing too.
2. It has anti-microbial, anti-bacterial and anti-inflammatory properties. Hence, is effective against infections and allergies.
3. Its skin is rich in fibre called pectin and that's why acts as a colon cleanser.
4. Effective against asthma and bronchitis
5. It helps in detoxification of liver
6. It is heart protective
7. An immunity booster

USAGE

1. Amla juice: 30 ml of fresh amla juice as a shot everyday
2. Amla pickle or murabba: Pickle can be eaten with meals or murabba as first thing in the morning. Fermentation adds up to its nutrients
3. Amla chutney: Can be had with meals
4. As chayanaprash: Amla is an important constituent of the much hailed chayanaprash. 1 tsp of chayanaprash with milk at bedtime will help boost your immunity in winter season
5. As Amla jam: An Ayurveda preparation called Amalaki rasayana and consisting of amla pulp and juice can be had during summers and winters both.

GO FOR FESTIVE CLEANSE

With non-stop celebrations planned all the way up till New Years, it is important to give your body a mid-festive detox...

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Two months of festivals, weddings and sunny brunches is going to leave you stuffed with lard and toxins. Now why cart all this junk to the next year? Flush it out in the middle of the celebrations with at least one full body cleanse. Do any one (and only one) of the following...

FAST FLUSH-OUT

Fasting means giving the body rest. You take a break from eating and the body uses the conserved energy to do other functions better such as healing old wounds and removing built-up toxins. A fasting cleanse helps to detoxify the blood and lymph systems, while also releasing toxins from organs such as the colon, kidneys, bladder, lungs, and sinuses. To maximise the clean-up act, it is important to break the fast slowly. Stick to light vegetable soups and fruit purees on the first day,



move to whole grains and lean protein on the second and resume to a normal diet only on the third day.

CLEAN EATING

Clean eating is all about eating anti-inflammatory foods packaged in their most natural and nutrient-rich state. When we eat processed, non-organic, low nutrient foods we create a very

acidic, inflamed and nutrient-deficient environment inside us that doesn't support health and healing. To flush out festival toxins from the body go on a clean eating cleanse that involves eating only fresh, unprocessed foods, while cutting out all refined sugars, flours and fattiest foods. Do this for 4-5 days at least.

Rosemary is a powerhouse herb! It is antibacterial, anti-fungal, antiviral, and has a profound decongesting effect on the liver. The liver can become congested with toxins from an unhealthy diet of processed food, alcohol, and overeating of sugars and fats

DETOX POSES

A little gentle exercise, such as yoga, Pilates or a relaxed dip in the pool, might help you to sweat out some of those party pollutants. Don't work out too hard because you're probably quite dehydrated. Good old Sun Salutation (Surya Namaskar) tones your inner organ ring (liver, pancreas, spleen, and kidneys), stretches your low back and hamstrings, strengthens your abdominal muscles and develops upper body strength.

SMOOTHIE SENSE

A delicious recovery drink is all you need to recharge your system for the next round of festivity. Drink loads of green smoothies. A hydrating and anti-inflammatory smoothie works wonders on your tired, achy body. They are delicious and have lots of fibre to help your bowels cope with the clean out.

SPICY RINSE

Coupling a healthy organic diet with the use of cleansing spices is a mild yet effective way of vacuuming the body. They boost function of the lymphatic system and skin, which further the cleansing act. Spice up your diet with cleansing spices that are also extremely liver-friendly like cinnamon, oregano, turmeric, cumin, cilantro, fenugreek, ginger, fennel, cayenne pepper, black pepper, clove, parsley and rosemary.

Pics: Istock



TREND ALERT



How to have a GREEN CHRISTMAS?

Did you know that globally we throw away 25% more trash between Thanksgiving and New Year's Day than any other time of the year? Have a holiday season that will be kinder to the environment

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Having a sustainable or a more eco-friendly Christmas is easier than you think. Just like making better choices during Diwali added a green sheen to your festivities, with a little mindfulness even Christmas and the party season can be painted green. In fact, globally there's a move towards greener festivals. In a newsreport, Michelle Owens, founder of campaigning group Small Business Britain, says that some consumers are now deciding to move away from heavy Black Friday-style discounts and are seeking value, and not just goods at any price – because that price might be the environment. So is going green that tough. Not really?

SHOP LOCAL AND SMALL

This is the time for flea markets and small corner shops. Attend a flea in your area, usually advertised in local RWA groups or in the newspapers. Discover smaller, local at-home creators here like a local baker or neighbourhood crochet lady.

THRIFTY BUSINESS

This is the time of circular economy. Buy something pre-owned and pre-loved. Thrift is not a bad word now. In fact, it can earn you bragging rights on social media. And it's not just clothes, books, appliances, home décor – there's a thrift for everything now.

GET A POTTED TREE

The Woodland Trust in the UK says the most environmentally friendly Christmas tree is one with roots – pot in the garden and bring in every year

BUY LESS STUFF

Do you know what is the most sustainable option in the world? Not buying at all! Don't stock up just because it's Christmas. Invest in experiences instead – tickets to a good show, staycation or just some classes. Think over your purchases and your gifts.

RETHINK WRAPPING

While paper wrap is compostable, anything shiny, glittery or metallic is not. Avoid plastic wrapping. Ribbons are reusable but not recyclable. Avoid any plastic decoration on your gifts. Use twine to wrap up a gift and add a paper cutting of holly and berries. Also the Japanese have a wrapping technique called the Furoshiki that uses a scarf or a piece of cloth to wrap a gift. Tip: Avoid using tape as by not using tape, you can make sure the person can save and reuse the wrapping.

CREATE SOMETHING

Not everything has to be store-bought. Create something. If you knit, maybe make a sweater or scarf. Or a wall hanging or painting for a wall. Also you're your own holiday cards.

GO 'BATTERY-FREE'

According to the EPA, about 40% of all battery sales occur during the holiday season. Discarded batteries are an environmental hazard. Even rechargeable batteries find their way into the waste stream eventually.

'RE-GIFTING' IS OKAY

People always discuss about the etiquette behind re-gifting. There's no debate. It is okay. If you receive something you don't need, you can pass it on. It goes without saying that re-gifting has to be done with care so as to not offend the original giver. So, don't give it to someone who knows the original giver.



FITNESS

5 POST PANDEMIC FITNESS THAT ARE HERE TO STAY

The pandemic gave us many new fitness trends, here are some that will survive in the new "normal"

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VIRTUAL FITNESS

Even with gyms attracting record numbers, COVID-induced home exercise habits will live on, with 80 percent of gym members planning to continue using digital workouts post-pandemic in addition to live workouts.

Mixing thrilling live workouts at the gym with the convenience of digital workouts at home is what is helping people to stay more active. Also, free online workouts on Instagram or Facebook are a great way to keep members motivated.

INTERMITTENT EXERCISE

Whether it's because of working from home, childcare responsibilities or a busy schedule, people have been finding time to work out whenever they can, even if that's just 10 minutes here and there. Bite sized workouts that can be squeezed in a busy schedule and gives us

FANCY HOME GYMS

With so many more people enjoying the convenience of working out from home, the home gym is now more popular than ever. People are stocking their home gyms with simple fitness accessories, like adjustable dumbbells, resistance bands and jump ropes, while affluent customers are expected to create customized, fully equipped home gyms replete with items like high-end treadmills, stationary bikes, row machines, and workout mirrors.



small bouts of activity are going to stay.

FITNESS COMMUNITIES

The concept of community is more important than ever in the post-pandemic world. The lockdown has encouraged many people to lean on their fitness communities. Group fitness classes, both online and offline, help to nurture a sense of community. So we have Pilate's groups, runner's communities and yoga meet-ups.

MIND-BODY WELLNESS

Over the course of the pandemic, people have become interested in combining exercise and mental relaxation to relieve stress. Fitness enthusiasts are looking for ways to promote physical and mental well-being in unison rather than two separate activities. With health at the forefront of our minds, people will continue to focus on holistic wellbeing. In fact, conversations around the mind-body connection have accelerated by 103%, as more people think about their overall health and fitness

TRIVIA TIME

Call of the Mountains

December 11 is International Mountain Day, celebrated every year to bring awareness about the threat they face

Mountain conservation is the key factor for sustainable development and is part of Goal 15 of the Sustainable Development Goals instituted by United Nations. Here are some interesting facts about the day and about mountains.

The theme of International Mountain Day 2021 is "Sustainable Mountain Tourism". Sustainable tourism in mountains can contribute to creating additional and alternative livelihood options and promoting poverty alleviation, social inclusion, as well as landscape and biodiversity conservation. It is a way to preserve the natural, cultural and spiritual heritage, to promote local crafts and celebrate many traditional practices.

Mountain tourism attracts around 15 to 20 percent of global tourism. In mountains, the restrictions of the pandemic have further

compounded the vulnerabilities of mountain communities. This crisis can be seen as an opportunity to rethink mountain tourism and its impact on natural resources and livelihoods and to manage it better.

The 2020 theme for IMD was "Mountain Biodiversity" and focussed on the rich biodiversity of mountains and the threats they face. In 2019, the theme was "Mountains Matter for Youth" and focussed on how the young can become active agents of change.

The formation of IMD dates back to 1992 when Agenda 21 "Managing Fragile Ecosystems: Sustainable Mountain Development" of Chapter 13 was adopted at the United Nations Conference on Environment and Development. The UN General Assembly declared 2002 as the UN International Year of Mountains and from 2003, December 11 was instituted as International Mountain Day. The Food and Agriculture Organisation of the United Nations (FAO) is the coordinating agency for the day.

It is celebrated in various ways. According to fao.org, you can organise safe, socially distanced activities, including virtual presentations and events, photo and art competitions, and hikes. You can send in your plan to the IMD event you are planning at info-IMD@fao.org so they can publish it on the IMD website. Or join the conversation on social media using the hashtag #MountainsMatter.

If you are wondering why mountains, did you know that 15% of the world's population lives in the mountains? Ninety per cent of the world's mountain dwellers live in developing countries.

They cover around 27% of the earth's land surface and more than half of humanity relies on mountain freshwater for everyday life as mountains provide up to 60-80 per cent of the world's freshwater. Some of the world's largest cities, including New York, Rio de

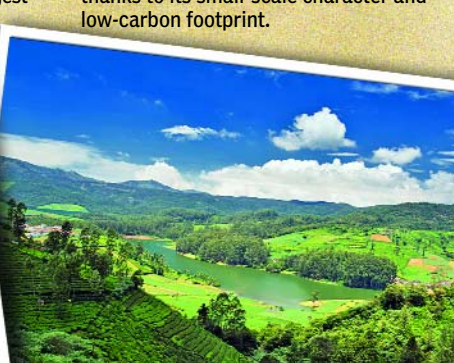
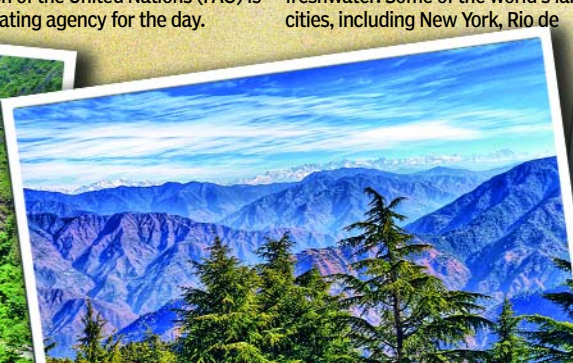
Janeiro, Nairobi, Tokyo and Melbourne, are dependent on freshwater from mountains.

Mountains host about half of the world's biodiversity hotspots and 30 per cent of all key biodiversity areas. Their unique topography, compressed climatic zones and isolation have created the conditions for a wide spectrum of life forms. Mountains are home to many endangered species. Many of the world's most important crops and livestock species originate in mountains. Mountains also indirectly benefit billions of people living downstream.

Mountains have a key role to play in providing renewable energy, especially through hydropower, solar power, wind power and biogas. Hydropower currently provides around a fifth of all electricity worldwide.

Mountains contribute to food and nutrition security by providing land for crops, grazing for livestock, watercourses for inland fisheries, and non-wood forest products such as berries, mushrooms and honey. Of the 20 plant species that supply 80 per cent of the world's food, six originated and have been diversified in mountains: maize, potatoes, barley, sorghum, tomatoes and apples. Mountain farming is inherently "green" thanks to its small-scale character and low-carbon footprint.

Mountain products and services have great potential to improve livelihoods and boost local economies



MANNER MANUAL

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The world is still in the middle of a pandemic – on the one hand there are dipping numbers in Covid cases and on the other hand is a new variant we still don't know much about. In this conflicting scenario, the New Year is knocking at our doors with the hope of a better tomorrow. While you get ready to welcome the year 2022 with a 'real party', brush up on party appropriate etiquette.

This new framework of etiquette is different from pre-Covid times behaviour and has at its core the idea of caring for each other's health and respecting others' space and personal safety concerns.

ARE YOU HOSTING?

It's not easy to plan a party when the guest list is to be limited (as per Covid norms in different states). The dilemma of who to include in a tight list might be daunting to many. However, there are ways to manage it without some of your friends or relatives feeling left out – because people do feel bad when they don't make it to the 'Only 50 or 100' guest numbers. If you are not able to include all your friends in the party list, make sure you call and tell them how important and loved they

TIME TO BRUSH UP YOUR PARTY MANNERS

for NEW YEAR CELEBRATIONS?

To meet or not to meet is every other person's dilemma. If you are attending a big bash – check this manner manual

are and you would love to have them all at your place if it wasn't for the pandemic. Invite the ones you can't invite in person on Zoom – yes, partying digi-



tally is just not the same but at least you have the option of including many without worrying about social distancing. Do also understand as a host that some or

WHAT IF SOMEONE WANTS TO SHAKE HANDS?

If someone stretches out their hands for a handshake, what do you do! Don't shake hands – make it a non-negotiable rule. Refuse politely by saying your hands are dirty. Don't feel pressurised to shake hands. A polite no with a smile is fine. Go for good old namaste, hello/hi from a safe distance.

Inputs by etiquette guide and psychologist Priya Warrick

perhaps many may not be comfortable attending your New Year's event even after getting an invite. So, you can draw two lists – A and B – A is for people in your inner circle and B is for those who are relatively less close but are important, nevertheless. Invite all the people from the A list and if some of them can't make it or refuse to come over due to Covid threat, you can include some from the B list in your final list. Alternatively, you can call all

the A list people in person and the B list on Zoom – if you think you can work it out and it won't lead to bruised egos!

YOU CAN CHECK VACCINATION STATUS

It's really okay to ask your friends/extended family if they are double vaccinated (most people in urban areas are). Clarity on this front is crucial and you can say to the person you are checking the vaccine status with that it's for their benefit too as you really care for them and wouldn't want them to be exposed to any health risks.

SOCIALISING BEHAVIOUR?

For those who have

DOS AND DON'TS FOR PARTY ETIQUETTE

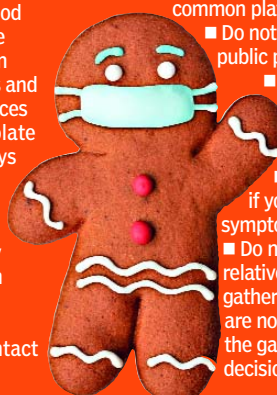
DOS

- Serve food in a place with proper distancing measures
- Keep the number of guests to a minimum and sync with the government guidelines
- Use disposable crockery and paper tables
- Promote good hand hygiene
- Socialise in open lawns and bigger spaces
- Self-isolate for 14 days before meeting friends and family and inform people you might have come in contact with, if you

discover symptoms of Covid-19 after attending the party

DON'Ts

- Avoid handshake at all costs
- Do not plan gatherings in small, constricted areas
- Do not share food items from one common plate
- Do not remove your mask in public places to click pictures
- Do not share personal belongings like makeup, accessories, eatables, and so on
- Do not attend gatherings if you are experiencing any symptoms of Covid or flu
- Do not pressurise friends/relatives into participating in gatherings or celebrations. If they are not comfortable in attending the gathering, respect their decision



HOW TO SAY NO?

No is a tough word – isn't it, but it needn't be so. You can say NO to a party invite – just do it politely. Many people feel guilty about refusing a party invitation and end up making excuses and giving lengthy explanations about why they cannot make it to the party. However, do remember that the pandemic is still on and that itself is an explanation. So, worry not and convey your reservations about opting out of the party honestly.

of your conversation is naturally affected. But try not to get into the temptation of sitting too close to friends and talking. Another important rule during mingling to be followed is to not talk too much about Covid-19 – how the numbers have dipped, or the cases are rising in Europe and so on. Talk about your lives, weather, children, parents, your herb garden, etc. – the point is to make polite conversation. When you are meeting for New Year, it's a happy occasion and talking about light fun things will be enjoyable.

ETIQUETTE FOR FOOD

The host should make sure to have sneeze guards on food items. There should also be ample sanitisers, face masks and hand gloves for serving food. If the food is being served by catering, the staff should be well masked and wearing gloves (also, go for double vaccinated staff).

decided to attend a party or more parties, staying on guard is a must. If you are wearing a mask and maintaining social distance, then the quality

CHECKLIST

30 ETIQUETTE RULES EVERYONE MUST KNOW

Etiquette is not just about how to sit and eat or use a spoon well, it's about everyday living.

Here are 30 manners all of us must follow as a routine

1 Offer your seat: If you're in perfectly good health, offer your seat to anyone who is either in poor health or pregnant.

2 Let your server come to you: Never yell or wave your hand at a waiter while dining. Be patient, or politely get their attention when they pass by.

3 Always tip: Tipping is essential for certain employees to make a decent income. Leave a tip as a token of your gratitude whenever possible, even for services like a haircut or dog grooming.

4 Use the three golden words: That is "Excuse Me", "Please" and "Thank you" as and when appropriate. Use this even among family and friends.

5 Use a coaster: Spilling isn't the only way to make a mess with your cold beverage. Nobody should have to wipe up your water rings from their table.

6 Smile: At the cashier. The bank teller. Your friend. Even if he or she doesn't smile back.

7 Hold the door: For the person behind you and someone does that for you, say "thank you!"

8 Step outside to answer calls: Sometimes you have to take the call in a public space or office. But always step outside to have a conversation.

9 Be kind: Cranky salesperson? Nasty driver? You have no idea what's going on with that person right now. It could be anything from bad news at

home or just a bad day. Don't be nasty. As bad behaviour perpetuates the cycle.

10 Make eye contact: When you are talking to a person, look at them.

11 Cough or sneeze into your elbow: All the more important now than ever.

12 Handwrite thank-you notes: It's a small gesture that can make someone's day.

13 Be punctual: We're all busy, so please stop making people wait.

14 Clean up after your pet: Pet parents, you have to do it. It's just plain icky to leave it.

15 Always RSVP: And as soon as you get the invite.

16 Ask before posting: Not everyone wants to be all over social media. Tagging and posting people even if they are your friend's has to be done with their permission.

18 Firm handshake: Develop a firm handshake and stand and make eye contact when you do it.

19 Don't eat smelly food in a public space: Even if you have to carry pungent food like onions, garlic or pickles, eat it in a break room and not in a closed confined space.

20 Dress for the occasion: Following a dress code says that you respect the occasion, host and the place. Don't wear a party dress to a wedding or PJs to a grocery store.

21 Wash your hands: After using the bathroom, coming back from a public space – and especially post-pandemic make it a habit to wash as often as you can after coming from public spaces.

22 Ask permission to use someone's first name: Yes, it's all super-casual nowadays but it's never wrong to use a title until you know what the person prefers.

23 Clean up after yourself: At home, school or even at a friend's or a relative's house.

24 Push your chair in: When you leave the table, push back your chair.

25 Be a good dinner guest: Certainly, if you have a food allergy, you can mention it ahead of time. But if you don't like collard greens or don't do carbs, don't announce it in front of everyone and expect your host or hostess to make you a special dish.

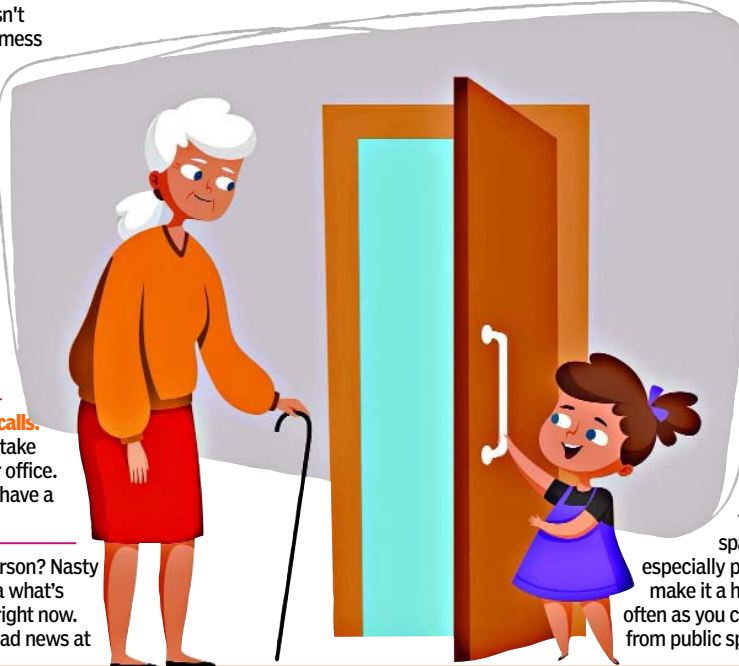
26 Stay home when you're sick: No one is going to give you brownie points for spreading a flu, especially in a post-pandemic world. It's okay to take a day off.

27 Knock: Before you enter a closed room, always knock, even if it's your child's room.

28 Silence your smartphone: Especially at the movies and even in any auditorium. And stop crinkling that candy wrapper loudly or make chomping noises as you gobble the popcorn.

29 Help someone who's struggling: The next time you see someone straining to reach something on the highest shelf at the grocery store or for a library book, help him/her out!

30 Return calls: If someone takes the time to leave you a voicemail or you have missed a call notification, don't just sit on it. Take that time out to call him or her back.



ASK THE EXPERT

My friend's son misbehaves with my daughter

Q: I met this mom at my first born's play school. Both our kids were in the same class and we all became pretty close. It's been five years since and we are still going strong. Our kids are in second standard now and 'growing up', curious about things. Her son, I can see is a little more curious than kids of his age. The other day we were going to a friend's party and her son kept on throwing himself on my daughter in the backseat. My daughter was constantly asking him to sit straight yet he continued doing it. I just didn't feel right about it. Then he started making jokes about private parts. I don't want to ruin our friendship but I am a little wary of my daughter spending time with her son.

A: Considering the friendship spans over five long years, you must be sharing a good rapport with your friend. Express your concern with her in person, preferably, and not telephonically. It's seen that in such relationships, friends start treating each other's kids as their own. Let your friend know that you are concerned and wish to help her to improve her son's social behaviour. Chances of falling apart will be taken care of by this approach.

In the given episode, taking a proactive stand and issuing a firm 'NO' is suggested. Our kids look up to us to safeguard them. Keeping quiet during such times breaks their trust in our problem solving skills and shows us as a non-assertive role model.

Also, keep your response balanced. Use it as an opportunity to talk about pro-social behaviours, gender-sensitive talks and appropriate language about private parts etc. Be careful of what they watch on internet and television, and avoid all sorts of sexual content in the media.

However, use technology to your aid by carefully picking up YouTube videos on topics of your concern. You can expect your kid to ask questions around sexuality, periods, pregnancy etc., and answer them as per age appropriateness. I am sure talking and setting firm rules on what is expected and what is not will be helpful. TNN

— Expert: Praggatti Rao, educational and behaviour psychologist, Gurugram

CAN YOU ACE THIS ETIQUETTE QUIZ?



1. When dining prior to going to the theatre, is it okay to be fashionably late?

a. That's preferred b. Not at all c. You can arrive between the hour and the half hour d. Most people arrive late

Answer: B. You are to arrive on the hour, no exceptions, when dining before a show. If not, you possibly hold everyone up from getting to the theatre on time. That is also not appropriate. If you have a habit of being late, you won't even be invited.

2. What happens if you are seated next to someone you don't like at dinner?

a. Ask to be moved elsewhere b. Just talk to someone else c. You still must talk to them d. Kick them under the table. **Answer:** C. This is a hard and fast rule of etiquette. If you are seated next to someone at dinner, you must talk to them no matter what your relationship is with them. It's for the hostess's benefit that you are cordial and put your differences aside.

3. When a visitor is told that the lady of the house is "not at home", what does that actually mean?

a. A polite way of saying she's in the bathroom b. She is angry with whoever is trying to see her c. She isn't home d. She's not seeing visitors.

Answer: D. If you go knocking at someone's door and the maid or housekeeper says the lady is not at home, it often means that she just doesn't want visitors. Another way of saying it is that she is not receiving.

4. When hosting breakfast or a luncheon, should you adorn your table with candles?

a. By request only b. Only if they are unscented c. Candles are appropriate at every

meal d. Never **Answer:** D. The whole point of candles on the table is to give some light when the daylight is lost, so putting them on your breakfast or lunch table just doesn't make sense. The table setting for lunch and for dinner is actually entirely different altogether.

6. Which of the below forms of introductions should never be used?

a. "This is my daughter." b. "Mrs. Jones, do you know my mother?" c. "Mr. Jones, shake hands with Mr. Smith." d. "I'm introducing you to Mr. Jones."

Answer: C. Telling someone to shake the hand of the person you're introducing is highly presumptuous and not at all encouraged in societal etiquette. Assuming a friendlier relationship than you have with someone is a no-no.

7. When is it OK to introduce one person to a big group of people?

a. Only in casual situations b. At formal parties c. Anywhere there are more than 50 guests d. It's up to the host or hostess.

Answer: A. You would never take a guest up to a table of 10 people and introduce them. It is the hostess's job to take the guests around individually to each guest.

8. What's the difference between a garden party and afternoon tea?

a. It's outside b. There's no difference c. Who you invite is different d. A garden party has to be for a special occasion.

Answer: A. An afternoon tea that takes place outside is simply called a garden party. A tent is usually kept on hand in the event of rain, but it can be just as casual or as formal as you want it to be.

9. How many steps are there to determining an item's worth?

a. Four b. Zero c. One d. Three **Answer:** A. The first step is to determine its usefulness. Then, you ask yourself if it has beauty of form, line and colour; is it suited for where it's placed, and finally, if it didn't exist, would anyone miss it?

10. How many courses does a formal dinner consist of, and no more?

a. Five b. Eight c. Twelve d. Four **Answer:** B. The eight courses are hors d'oeuvre, soup, fish, entree, roast, salad, dessert and coffee.

— Source: zoo.com, emilypost.com

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 toiniel75@gmail.com with the subject line ETIQUETTE.



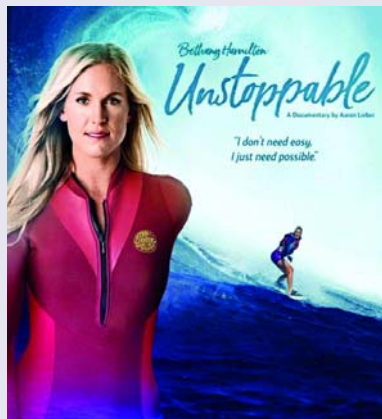
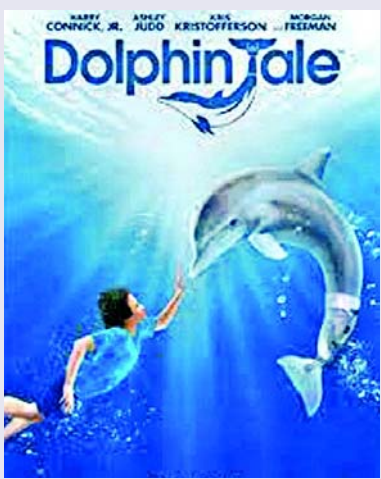


PIXIE HOLLOW GAMES

This is a 30-minute television special broadcast. Based on the Disney Fairies franchise, the film features the voices of Mae Whitman, Lucy Liu, Raven-Symoné, Megan Hilty, Angela Bartys, and others. In this film, Tinker Bell and the other fairies of Pixie Hollow in Never Land take part in an Olympic-style competition. 'Pixie Hollow Games' is based loosely on JM Barrie's 'Peter Pan' stories.

DOLPHIN TALE

This 3D family drama directed by Charles Martin Smith, is based on a book of the same name. It stars Harry Connick Jr, Ashley Judd, Nathan Gamble, Kris Kristofferson, Cozi Zuehlsgaard in her film debut, and Morgan Freeman. The story goes like this... Sawyer manages to save a dolphin from a trap but it loses its tail while being rescued. Sawyer, with the help of a doctor, embarks on an ambitious project to give the dolphin a prosthetic tail.



BETHANY HAMILTON: UNSTOPPABLE

One of the most accomplished athletes of her generation, Bethany Hamilton, became a surfing wunderkind when she returned to the sport following a devastating shark attack at age 13. As she continues to chase waves, she also now tackles motherhood.

KINDNESS SOOTHES OUR SOUL

December 10 is celebrated as Human Rights Day across the world. Let's watch a few films that have highlighted universal problems faced by people all over the world, to understand how we can offer solutions as we grow up...



KINDNESS IS CONTAGIOUS

This must-watch documentary is an engaging, feel-good story that compiles research, statistics, anecdotes, and theories about the effect of good deeds. Featuring the author of the book-turned-film, 'Pay it Forward', Catherine Ryan Hyde, the documentary illustrates why being nice pays off – through interview subjects from all walks of life, who recount the nicest thing anyone did for them.



IMBA MEANS SING

This is a character-driven, heartfelt story of resilience and the impact of education. The film follows Angel, Moses and Nina, from the slums of Kampala, Uganda, through a world tour with the Grammy-nominated African Children's Choir. The film is stunningly shot and told through the children's perspectives on their one-shot journey from poverty to education.

WADJDA

Wadjda, a 10-year-old girl, lives in Riyadh and wants to buy a bicycle in order to beat her friend, Abdullah, in a race. But Wadjda's mother refuses, fearing repercussions from the Saudi society. This superlative first feature by Haifaa Al Mansour is a poignant tale about the weight of societal pressure bearing down on women, namely Wadjda's mother at home and her headmistress at school.



MOST VALUABLE PLAYERS

This is a 2010 documentary film directed and produced by Matthew D Kallis and written by Christopher Lockhart, about The Freddy Awards, an annual awards ceremony recognising outstanding high school musical theatre. Lockhart was inspired to make the film after watching clips of a Freddy Awards production on YouTube. Kallis and Lockhart acquired over 300 hours of source material over four months, and the results are outstanding.



THE HATE U GIVE

Starr Carter is constantly switching between two worlds – the poor, mostly black neighbourhood where she lives and the wealthy, mostly white prep school that she attends. The uneasy balance between these worlds is soon shattered when she witnesses the fatal shooting of her childhood best friend at the hands of a police officer. Facing pressure from all sides of the community, Starr must find her voice and decide to stand up for what's right.



DEAR DUMB DIARY

'Dear Dumb Diary' is a series of children's novels by Jim Benton. Each book is written in the first person POV of a middle school girl named Jamie Kelly. In this movie, Jamie, an imaginative middle school-aged girl, pours out her innermost thoughts in her cherished diary. She has a knack for getting into trouble even as full-blown musical numbers fill her daydreams.

DR SEUSS: THE LORAX

This is a 3D computer-animated musical comedy based on Dr. Seuss' children's book of the same name. Twelve-year-old Ted (Zac Efron) lives in a place virtually devoid of nature; no flowers or trees grow in the town of Thneedville. Ted would like to win the heart of Audrey (Taylor Swift), the girl of his dreams, but to do this, he must find that which she most desires: a Truffula tree. To get it, Ted delves into the story of the Lorax (Danny DeVito), once the gruff guardian of the forest, and the Once-ler (Ed Helms), who let greed overtake his respect for nature.

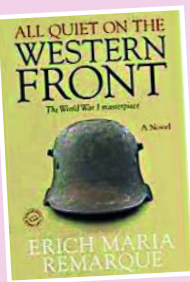


BOOK ADAPTATIONS

You Can't Miss!

Take the time to read some of these books before you watch their film versions!

Nitya.Shukla@timesgroup.com

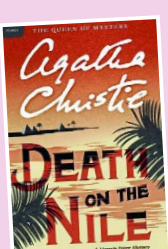
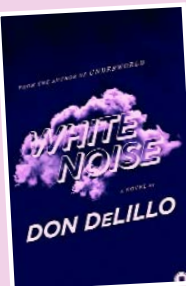


ALL QUIET ON THE WESTERN FRONT

Based on author Erich Maria Remarque's 1929 classic 'All Quiet on the Western Front' – which explored the life of a World War I veteran living in Germany – the book is based on the author's experiences as a soldier. It related the experiences of German soldiers grappling with the mental and physical effects of the War. Upon returning home from the front, they felt detached from civilian life. The book sold 2.5 million copies in 22 languages in its first 18 months in print; and has already been adapted twice – in 1930 to an Academy Award-winning film, and in 1979, to a TV film. Since its release, the phrase 'all quiet on the Western Front' has become a colloquial expression meaning stagnation, or lack of visible change, in any context.

WHITE NOISE

A winner of the US National Book Award for Fiction which was included in 'Time Magazine's' list of 'Best English-language Novels from 1923 to 2005', 'White Noise' is considered to be Don DeLillo's breakout novel. This is a work of postmodern literature, narrated in first person by protagonist Jack Gladney, a professor who made his name by pioneering the field of Hitler studies. Obsessed with the inevitability of death, Jack begins to unravel when an unexpected train crash results in a deadly toxic gas spreading over his town.



DEATH ON THE NILE

It's finally here. After being shelved a few times, the Gal Gadot-starrer will be released in February 2022. Actor Kenneth Branagh returns as the famous Belgian detective Hercule Poirot in this sequel to the 2017's 'Murder on the Orient Express'. As for the story, Detective Poirot's vacation is rudely interrupted by a murder on a luxury cruise on the Nile River. To solve the mystery, Poirot must first figure out the secrets his fellow vacationers are hiding.

MRS. 'ARRIS GOES TO PARIS

Published in 1958, author Paul Gallico's much-loved novel is about a cleaning lady, Ada Harris, in the 1950s. When Harris falls in love with a haute couture dress by Christian Dior, she decides to go to the House of Dior, in Paris, to purchase an evening gown of her own. In her quest for the dress, Harris gambles everything and is supported by many kind-hearted characters who help her reach her goal. This comical story with a poignant twist was the first story in a series with subsequent titles 'Mrs. 'Arris Goes to New York' (1960), 'Mrs. 'Arris Goes to Parliament' (1965), and 'Mrs. 'Arris Goes to Moscow' (1974). The film adaptation is of the first story will be called 'Mrs. Harris Goes to Paris'.

PETER PAN

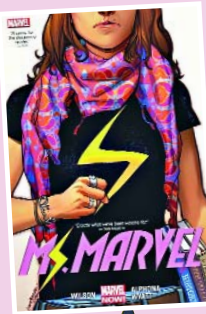
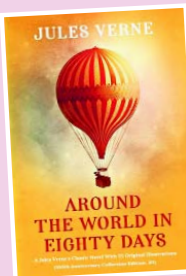
Despite numerous adaptations, J M Barrie's tale about a free-spirited, mischievous young boy who can fly and never grows up never gets old!

This time, the tales receives a live-action spin set to stream. The movie will focus on Wendy (Wendy) is the timeless tale of a young girl, who, defying her parents' wishes to attend boarding school, travels with her two younger brothers to the magical Neverland. There, she meets a boy who refuses to grow up, a tiny fairy and an evil pirate captain, and they soon find themselves on a thrilling and dangerous adventure far, far away from their family and the comforts of home." Read the book before you watch this one!



AROUND THE WORLD IN EIGHTY DAYS

Phileas Fogg, a well-known adventurer, embarks on an 80-day expedition around the world with his sidekick, Passepartout. The adaptation will also feature Abigail Figg, a journalist who accompanies the men to document their exploits.



MS MARVEL

Kamala Khan, a 16-year-old teen who loves superheroes, struggles to fit in until she develops powers of her own. Now she's set to model her persona after her favourite hero, Carol Danvers.

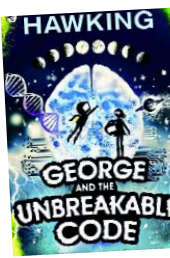
STEPHEN HAWKING



On December 11, 2013, British physicist Stephen Hawking won the \$3 million Fundamental Physics Prize, the most lucrative academic prize in the world. But that's not all, he was a gifted writer who made physics fun for us all. These are some of our favourites...

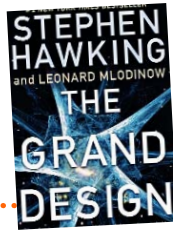
George and the Unbreakable Code

Written by Hawking and his daughter, Lucy, this was an illustrated children's book series to explain secret keys to the universe to younger readers. The books deal with complex topics including the Big Bang.



The Grand Design

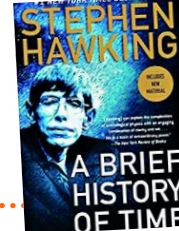
Hawking said this 2010 book co-written with American physicist Leonard Mlodinow, was intended to address important unanswered questions such as why there is a universe and whether the universe needed a creator and designer. Hawking said his thinking had been influenced by significant



advancements in physics that had followed publication of 'A Brief History of Time'.

A Brief History of Time

Hawking explains complex cosmology to people without a scientific background. He discusses the forces that created the universe and the laws which govern it.



THE ANTICIPATION OF THE HOLIDAY SEASON CAN BE A DAMPNER IF IT'S INTERFERING WITH YOUR STUDIES, EATING OR WELL-BEING GOALS. HERE'S HOW TO STICK TO YOUR PLAN

How to make GOALS STICK

Go micro

Don't know what you want but definitely know what to avoid? Try micro-resolutions as written by 'Small Move, Big Change' by author Caroline L Arnold. For instance, writer and editor David Allan decided to eliminate one unpleasant behaviour each month – like avoiding sweets or not saying the word 'like', and noted the effect on himself and his family. Not sure where to start? Try waking up an hour earlier and going to bed an hour earlier; or writing things down; or trying something new every month.

Take baby steps

Another way to make change stick is to start specific (and small). Say you decided to eat an apple every day for lunch or snack or decided to study every day. Now, eating better and exercising more are all nice ideas, but they are too general and don't give you a plan of

action. People often think they lack motivation when the problem is really a lack of clarity, according to author James Clear in his book, 'Atomic Habits'. "The simple way to apply this strategy to your habits is to fill out this sentence: I will [BEHAVIOUR] at [TIME] in [LOCATION].", writes Clear. If you want to eat better, be specific: Resolve to add a fruit or vegetable to your lunch every day, limit fast food to once per week, or have dessert once a week.

Enjoy the process

The reason we end up ditching goals is because they are unattainable and make you miserable. Now goals can be hard, but they can be something you enjoy (despite the hardship). Hate apples? Don't pick one. Instead eat a fruit you like. Hate running? Don't commit to a marathon just because everyone is doing it. That's the advice of Gretchen Rubin, author of 'The Happiness Project'. Rubin hated meditating, so she stopped doing it. It's okay to experiment and stop doing things you don't like. "Know who you are, and who you're not," she said.



MOHAMMAD AZHARUDDIN v England, 1984

Three hundreds in his first three Tests that is a feat that has not been matched so far.

He played his first Test against England in 1984-85 at Eden Gardens, in Kolkata, scoring 110 in his first innings. He came to be known as a batting genius and cemented this label when in 1990, he scored a century off just 87 balls and notched up 121 against England at Lord's. At his prolific best, he scored 1278 Test runs against England, which included 6 hundreds, and 1215 runs against Sri Lanka, with 5 hundreds.

His highest Test score of 199 came against Sri Lanka at Green Park, Kanpur, in 1985.

Five of his centuries were made at Eden Gardens, Kolkata, at a whopping average of 107.50.

He scored a hundred in his last Test innings in 2000.

He played 99 Tests and scored 22 centuries, apart from 7 in ODIs and 54 in First Class cricket.

He held the record for the fastest hundred, maximum runs and most catches in ODIs.



Photo: GETTY IMAGES

PRAVEEN AMRE v South Africa, 1992

A hundred on debut on foreign soil under difficult conditions, against a tough side. He achieved this feat with his 103 against South Africa at Durban in 1992-93. Amre played just two seasons between 1992 and 94, before being dropped.

A prolific scorer in domestic cricket, his 246 for Rest of India against Bengal is still the highest by any batsman in the Irani Trophy.

In the 1989-90 Duleep Trophy, he scored 106, 240 not out and 113 in the three matches he played.



Photo: GETTY IMAGES



Photo: GETTY IMAGES

SOURAV GANGULY v England, 1996

When former captain Sourav Ganguly scored a century on Test debut against England at Lord's in June 1996, he became the 10th Indian player to score a 100 on debut. He was only the third player to score a 100 on debut at Lord's.

He went on to score 16 Test centuries and 22 centuries in One Day International (ODI) matches. He also became the third batsman to make a century in each of his first two innings, with a score of 136 in the next match.

His highest score of 239, a double century, was made against Pakistan in 2007 at Bangalore.

He made centuries against all Test cricket playing nations except South Africa and West Indies.

His centuries have been scored in fourteen cricket grounds, including eight outside India. He scored 99 on two occasions.



VIRENDRA SEHWAG v South Africa, 2001

He became the 11th Indian batsman to score a 100 on Test debut, with 105 runs against South Africa in 2001. He also went on to form a 220-run partnership with Tendulkar.

In 2008, he recorded the fastest triple century in international cricket (300 off 278 balls) and highest score by an Indian in Test cricket (319) against South Africa in Chennai.

In December 2009, he recorded the fastest 250 by any batsman (in 207 balls against Sri Lanka) in Mumbai.

He is one of four batsmen in the world

to have surpassed 300 twice in Test cricket.

In March 2009, he smashed the fastest century by an Indian in ODI cricket, off 80 balls.

In December 2011, he hit his maiden double century in ODI cricket against West Indies, second after Sachin Tendulkar. His score became the highest individual in ODI - 219 off 149 balls.

He has scored centuries (100 or more runs) on 23 occasions in Test cricket and in 15 One Day International (ODI) matches.

ANNOUNCING THEIR ARRIVAL WITH A 100

105 off 171 balls, 13 fours and a couple of sixes. A half century in the second innings. These were the figures the flamboyant yet elegant Shreyas Iyer registered on his Test debut in the recently-concluded two-match series against New Zealand. In doing so, he became the 16th Indian batsman to score a century on debut, and 112th player overall, joining a list of legendary players. We take a look at some iconic cricketers and their debut stats...



SURESH RAINA v Sri Lanka, 2010

He is the first Indian player to hold a century in all three formats of the game. In 2010, his maiden century on his Test debut was against Sri Lanka and it remains his only century in Test cricket.

Raina's 101 against South Africa at the 2010 World Twenty20 in West Indies was the first by an Indian.

He scored his maiden ODI hundred against Hong Kong.

His knock of 100 against England on 2012-13 at Cardiff was nominated to be one of the best ODI batting performance of the year by ESPNcricinfo.

In the opening game of IPL 2019, Raina became the first batsman in the history of the league to score 5000 IPL runs.

He is the second after Chris Gayle and first Indian player to hit 100 sixes in the IPL.

SHIKHAR DHAWAN v Australia, 2013

He made his Test debut against Australia in Mohali on March 14, 2013. He scored the fastest century ever on Test debut, off 85 balls, breaking the long-held record of Gundappa Viswanath, who had scored 137 runs against the same opposition at Kanpur in 1969.

In June 2018, against Afghanistan, Dhawan became the sixth batsman, and the first Indian to score 100 before lunch on day one of a Test.

In August 2013, he recorded the then-second-highest individual score in a List A - 248 runs off 150 against South Africa A.

In 2018, in the 4th ODI against South Africa in Johannesburg, he became the first Indian and ninth overall to score a century on his 100th ODI.

Six of his 17 ODI centuries have come in ICC tournaments.



ROHIT SHARMA v West Indies, 2013

Rohit Sharma made his Test debut during the 2013-14 home series against West Indies and became the 14th Indian to score a century on debut. He scored another in the next match.

He scored three centuries in the home series against South Africa in October 2019, notching up his career-highest score of 212 in the third match. He also became the first batsman to score two centuries in a match on his first appearance as an opening batsman.

Seven of his 8 Test centuries have been scored on Indian grounds and the lone overseas century has come against England.

He is the only player in the world to have scored 3 double centuries in ODI, with the highest individual ODI score of 264 against Sri Lanka at Eden Gardens, Kolkata in 2014.

He has so far scored 8 Test centuries, 29 ODI centuries. His four T20I centuries is the highest by any batsman. In all three formats, he has scored at 31 different cricket grounds, including 17 overseas.



PRITHVI SHAW v West Indies, 2018

When Prithvi Shaw notched up a 99 ball 100 on his debut Test match against West Indies in October 2018, he became the youngest batsman to make Test century on debut for India (18 years and 319 days) and the 15th Indian overall to achieve the feat.

Hailing from Mumbai, this precocious child prodigy created a bit of a stir in the Indian cricketing fraternity when he scored an unprecedented 546 in Mumbai's Harris Shield at a mere age of 14 years.

He made centuries on debut in both Ranji Trophy (2016-17) and Duleep Trophy (2017), previously achieved only by Sachin Tendulkar.

He led the Indian U-19 side to victory in the 2018 Junior World Cup in New Zealand scoring 261 runs at an average of 65 with 2 fifties.

He has played 5 Test matches, 6 ODI and one T20I.



Photos: TOI

THE FORERUNNERS: These were among the early cricketers who scored centuries | Tests on debut

LALA AMARNATH v England 1933 | **DEEPAK SHODHAN** v Pakistan 1952 | **ARJAN KRIPAL SINGH** v New Zealand 1955 | **ABBAS ALI BAIG** v England 1959 | **HANUMANT SINGH** v England 1964 | **G VISHWANATH** v Australia 1969 | **SURINDER AMARNATH** v New Zealand 1976