



# THE TIMES OF INDIA

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

➤ Know more about the Great Smog of London, 1952 **PLUS:** Fight environmental toxins

**PAGE 2**


➤ Time for some wedding movies **PLUS:** Hacks to make people listen up

**PAGE 3**


➤ Decoding the sport of ten-pin bowling

**PAGE 4**

**CLICK HERE: PAGE 1 AND 2**

## RETHINK

that you become frozen with inaction. That is overthinking.

### ARE YOU AN OVERTHINKER?

It's normal to get too "in your head" sometimes. But chronic overthinking can start to interrupt your sleep, work, relationships, health, or other aspects of your everyday life. Overthinking usually falls into two categories: ruminating about the past or worrying about the future. To know if you are one, answer this: Are you missing a deadline because you are constantly worrying? Or you are losing sleep over a decision? Being unproductive is the hallmark of overthinking.

### HOW TO STOP

While adults can handle overthinking with simple tools of mindfulness, journaling and recognising patterns, children tend to overthink about disappointments at school or frustrations over class work. To help children learn to live in the present rather than overthink about the future or the past, here's what parents can do:

#### ■ Find out what's bothering them

Keep a clear line of communication open with the child. Ask them what's happening at school, class, friends and around them. This will tell you

### IS OVERTHINKING A MENTAL DISORDER?

Overthinking is not a recognised mental disorder all by itself. However, research has found it's often associated with other mental health

#### conditions, including:

- Depression
- Anxiety disorders
- Obsessive-compulsive disorder (OCD)
- Post-traumatic stress disorder (PTSD)

In addition it may lead to physical health symptoms such as:

- Headaches
- Fatigue
- Digestive issues like nausea or diarrhoea
- Difficulty sleeping

you're your child is worried about. Sometimes just the fact that they can share what's going on is enough to lighten their mental load. And while they are sharing, don't interfere. It's enough to listen.

#### ■ Not everything is okay

When our children worry about something, we usually say it's okay or it'll be okay. Don't be dismissive. Because what is trifle to you, may not be the case with the kids. Listen without judgement, no matter how simple or petty you think the matter is.

#### ■ Find solutions

After you are done listening, provide solutions. A good way to quell worrying in kids is to equip them on how to deal with challenging situations. Offer to help them come up with a solution and this doesn't mean you fix the

Pics: Istock

# Stop being an OVERTHINKER

The pandemic created a problem of anxiety and overthinking. Here's how to stop the spiral

We all know people who overthink seemingly simple decisions. It could be deciding what to order for dinner or just sitting on online purchases debating things for days. Chances are, you consider yourself an overthinker.

But are you? Overthinking is when you dwell or worry about the same thought repeatedly. Overthinkers tend to get paralysed by their worries and may struggle to make decisions or take action. Now, most of us take a long time to come to a decision over the big questions: picking school, switching careers, buying a car, etc. But sometimes you might find you're turning almost every thought over and over in your mind. You may be dwelling on even tiny choices and wondering "what-ifs" so much



Overthinking is not the same as being stressed or worried about a specific circumstance. Only if it's interfering with your daily life or wellbeing, it's overthinking

## #GOALS

# PARENTING ADVICE FROM THE CELEBS

### "Give them space"

**JADA PINKETT SMITH**

"Staying out of kids' space can teach them to be responsible for their own decisions and mistakes. We have to give them some freedom to be who they are."

### "Love them 60%"

**KAJOL**

In a recent interview, the actress, says that rather than loving or smothering kids with absolute love, parents must work to strive a healthier, friendly relationship with kids. "You're definitely not going to love your children all the time. If you manage 60%, you have a fantastic relationship with them"

### "Talk about failure"

**TWINKLE KHANNA**

Actor, author, film producer and parent, Khanna said in an interview to Vogue India: "We teach our children to study hard, to strive to succeed, but do we teach them that it's okay to fail? That there is no stigma in seeking help? Our Indian culture is based on worshipping our parents. We grow up listening to words like respect, obedience and tradition. Can we not add the words communication, uncon-

tional love and support to this list?"

### "Don't dictate to them"

**AISHWARYA RAI BACHCHAN**

In an interview Bachchan said: "I'm not here to dictate to her or choose a life for her. I'm here to be her mom in a way which I'm discovering on a day-to-day basis. I just want to see her happy, healthy and grow to be a secure person."

### "Treat them as equals"

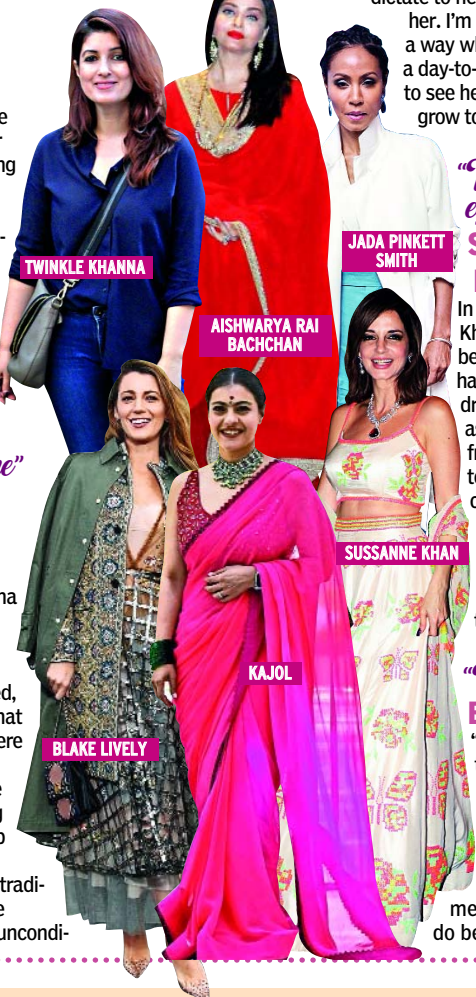
**SUSSANNE KHAN**

In an interview to 'Vogue', Khan said: "From the beginning, Hrithik and I have believed that children need to be treated as equals and as your friends. You do not have to be rigid with your child. Let him follow his own path — whether it is career he wants to take up or what religion he wants to practice."

### "Take feedback"

**BLAKE LIVELY**

"I think it would be the greatest thing in the world to have a comment box in your home. I want to do it with my kids. The kids could leave comments on what you could do better."



# ORGANIC BINGE IN KUMAON

Farm-fresh, additive-free and packed with nutrition – Kumaoni food is one of the healthiest regional finds. Go explore this winter...

Supriya.Sharma2@timesgroup.com

In times of farm-to-table concept restaurants and growing faith in organic produce, rustic regional foods are your best bet. Then what could be better than spending a week trailing traditionally clean, nourishing foods in a land that's known to be almost 95 per cent organic. There are kitchen gardens at every winding turn and a sautéed green veggie on every menu. Predominantly vegetarian, Kumaon food is vivid with recipes passed down from generations of pastoral, pesticide-free living.

### GOING WITH THE GRAIN

Kumaon is home to a range of protein-rich lentils, a mind boggling variety of greens and fortifying cereals, many of which you wouldn't have

### HEARTY HALTS

■ While most homestays and resorts have local Kumaoni dishes, try the real stuff at a local's house or have a local cook for you

■ Visit farmer's markets to pick seasonal fruits like kafal, khumanis, rhododendron syrup, some rare condiments and local veggies like black potatoes (found only in Kumaon)

■ Visit local dhabas for items like aloo ke gutke, a dish of pahari potatoes tempered with regional spices

■ Pick fiddlehead ferns enroute to Almora, wild colocasia leaves, local big cucumbers and pahadi sweet radishes.



ever heard of. Hemp came to Kumaon way before it became a new-age superfood and so did alternative grains like ragi (finger millet) and buckwheat. The native gluten-free jhingora rice could well be your answer to quinoa and pahari herbs like jakhiya and gandheri, the much-needed addition to your spice rack. Chapatis in the region are mostly made from calcium-rich ragi or madua, as they call it, and high-fibre buckwheat, and enjoyed with dollops of ghee and jaggery. Ghee helps in digesting the coarse grains. Another unique ingredient that's native to Kumaon is bhanga or cannabis seed or hemp seed. Toasted and roughly ground, this power-packed seed is often added to curd and chutneys.

### PULSE-ATING PUNCH

Looking for heritage grains and pulses? Well, Kumaon can throw up great finds at you. From mandua (black wheat), Jhingora rice and wajon (similar to barley) to kala bhatt (black soya bean), bhura bhatt (brown soya bean) and gahat (rust brown lentil), the land is teeming with nutrition! Gahat dal, a dominant household dish, is medicinally proven to cure kidney and bladder stones.

Most of the food is cooked to keep the body warm and the digestion smooth, around the year. So, choose the dishes on the menu wisely on your vacation. Keep in mind the altitude and the cold/pleasant climates you are traveling in. "For instance, chaulai leaves are warm and spinach and ugal leaves are cold. Bottle gourd is lukewarm and good for the stomach.

Jumbao, a local herb, is a medicine for joint pain and has a very warming effect on the body. Barley products are cold, wheat neutral and Mandua warm, so on and so forth," tells Saxena.

## FOOD

## SELF CARE

# Hand it over

How to pick the right handwash in winters while ensuring you stay protected?

While regular handwashing is the need of the hour, the skin on our hands is delicate and loses moisture easily, making

our hands prone to skin irritation, and dryness. That's why one must switch to a handwash that protects hands from germs while ensuring the hands remain soft and

well-nourished in the season of dryness. So, the next time you go to pick a handwash, look out for these attributes:



**GERM PROTECTION:** Germ protection is the most basic ask when it comes to a handwash. Look for ones that are high on that quotient.

**MOOD ELEVATING FRAGRANCE:** Scent has a significant impact on our mood.

The fruity, flowery and oil-based extracts in a handwash can lend these fragrance notes to the handwash and help in mood upliftment and positivity.

**NOURISHMENT:** A good handwash not only protects hands from germs and cleans the impurities but also leaves our hands feeling soft and moisturised. Always pick a handwash that has hydrating properties that will not only keep your hands clean but will make them soft and supple too.

**REJUVENATION:** Indulging in a handwash with fragrance compositions can promote an active mood state, allowing us to feel refreshed and invigorated. The act of lathering up foam, to massage hands can serve as a quick 'perk me up' for someone or it could mean a minute of solitude giving one short moment of self-reflection, either way this could be the much needed 'me' time. That's not all, the process of handwashing also helps in uplifting one's mood, leaving one feeling relaxed. Our hands are hands-down one of the most significant part of our body and it's important to keep them optimally clean, protected from germs, hydrated and nourished. **TNN**

## HEALTH

# ARE YOU JUICING IT RIGHT?

**Wake up potion:** Drink fruit juices mostly in the first half of the day, or at the start of your day as it provides the complex carbohydrates to fuel energy. For the later part of the day, drink juices that are less sweet, like partial or full green juices. In fact, experts feel fresh juice should ideally be consumed on an empty stomach to let the vitamins and minerals go straight to your bloodstream. Having fiber or a meal already in your tummy prevents that from happening.

**Familiarity is good:** If you are a novice to the

world juicing, start with fruits you enjoy eating. This way, your body would already be familiar with the taste of the juice. Initiate with the more common produce which is easier on your stomach — carrots, apples, oranges or watermelons. They are gentle on the tummy and mild for your taste buds.

**Rotate your greens:** Variety is the spice of life, and it's key for juicing correctly and safely. When you consume the exact same variety of green leafy vegetables, your

body is always getting the same nutrients.

Each variety of plant will give you different nutrients, minerals, and antioxidants. So, remember to rotate the greens (kale, spinach, mustard greens, dandelions) in your juice to prevent build up of oxalic acid (which can affect the thyroid gland) and provide a balanced amount of different vitamins and minerals for your body.

**Thorough cleaning:** Try to use organic produce for more nutritional density

and to avoid pesticides and genetically modified foods. If you can't get organics, make sure you wash the veggies and fruits thoroughly with a vegetable wash and avoid anything that is known to be heavily sprayed or cannot be peeled.

**Don't let it sit:** Fresh juice contains a great amount of raw food enzymes and vitamins, many of which are easily lost as the juice sits. To store juices for 'later', carefully pour the juice into a thermos flask, or an air-tight glass jar while the juice is still cold. Fill the juice to the brim, leaving very little space for air as the oxygen in the air can oxidize the juice.

**It's not water:** Many juices help keep you hydrated, clean your colon, lower your blood pressure and cholesterol levels. But it is still important to drink enough water each day.





# ALL ABOUT THE GREAT SMOG OF LONDON

## ENVIRONMENTAL HISTORY

On Dec 5, 1952, an unusually thick fog which contained toxic pollutants descended on London. It lasted five days and caused thousands of deaths and was hence named 'The Great Smog of London'. Here's a look at how the great smog changed our lives

The Great London Smog descended on the British capital on December 4, 1952, caused by a combination of air pollution and weather conditions. The haze lingered for nearly four days, bringing the city to a halt and resulting in hundreds of deaths due to the toxic air and lack of visibility. While London had had terrible air quality since the 13th century, the Great Smog of London is considered one of the worst air-pollution catastrophes in history. The terrifying occurrence brought the health implications of air pollution to the attention of the government and the general public, as well as spawning some ground-breaking studies and regulations. It was responsible for the passage of the Clean Air Act of 1956.

### PEA-SOUPERS

Even before the Great Smog, London had suffered from air pollution for a long time. In 1871, 'The New York Times' immortalised it in an article which referred to London as a place "where the population are periodically submerged in a fog of the consistency of pea soup". Consequently these small

Imagine the smog so thick that you can't see your feet as you walk through it; so impenetrable that it blots out the sun; so toxic that it stings your eyes and leaves you gasping for breath



### SMOG STATS

**92%**  
More than nine out of 10 of the world's population - 92% - lives in places where air pollution exceeds safe limits

**4th**  
Fourth-largest threat to human health, behind high blood pressure, dietary risks and smoking

**6.5 million**  
Estimated 6.5 million deaths worldwide from air pollution-related diseases in 2012

**94%**  
Almost all deaths (94%) linked to air pollution occur in low- and middle-income countries

**\$225 billion**  
The study by the World Bank and the Institute for Health Metrics and Evaluation (IHME) calculated the economic cost of air pollution

Source: World Health Organisation



HAZY PICTURE: The annual Delhi smog shrouds the Red Fort

fogs began to be called 'Pea-soupers'. The 'London fog' was described as thick and often yellowish, greenish or blackish fog that contained soot particulates and poisonous gas sulphur dioxide.

### WHAT CAUSED IT?

According to some historians, the killer smog was created by the British government's decision to export high-quality coal while using lower-grade sulphurous coal for domestic purposes. The smoke from burning this coal in household fires to warm up during the bitterly cold winter, along with the city's numerous coal-fired power plants, factories, and cars, resulted in the thick smog. Later, British studies said that the fog caused the deaths of more than 12,000 people of all ages.

### FOG OF DEATH

Despite its lethal nature, the exact cause and nature of the fog remained a mystery. In 2016, an international team of scientists from China, US and UK recreated the fog in a lab in 2016 to understand what turned the fog into a killer. The study's authors said that sulfate was a big contributor to the deadly London fog. Turns out that coal burning produced sulphur dioxide, which converted to sulphuric acid thanks to nitrogen dioxide (another co-product of coal burning). According to the studies' authors, these sulphuric acid particles mixed with the larger particles of the natural fog. Once the natural fog lifted, the acidic particles remained. The killer fog led to the passage of the Clean Air Act in 1956 by the British Parliament and is considered the worst air pollution event in European history.

## QUICK TIPS

# ENVIRONMENTAL TOXINS AND HOW TO TACKLE THEM



We are surrounded with toxins in our everyday lives. There are pollutants, or toxicants, in the air, drinking water, and food. Environmental toxins could be lurking in spaces you least suspect them to be in, like in your toys or the brand new piece of furniture in your house, in your cookware, cosmetics, food packets, or your cleaning agents. Although on a daily basis, your liver, kidneys, large intestine, lymphatic system, and sweat glands work to reduce the body burden, or buildup, of these environmental contaminants, it is important to consciously adopt ways to detox.

### WAYS TO LIMIT EXPOSURE

Toxins are omnipresent but you can still dodge them by making some smart lifestyle

choices. Here's a quick checklist:

#### 1. DIETARY CHOICES

- Eat clean and fortified food. Limit or eliminate non-organic produce (herbicides and pesticides) and dairy (hormones and antibiotics), increase your dietary fiber consumption and support your natural defences with supplements like glutathione, milk thistle, vitamin C, whey protein, and certain B vitamins.
- Buying local, fresh and organic produce when possible can help decrease your exposure to pesticides and herbicides. Consulting the "2020 Clean Fifteen and Dirty Dozen" lists can help you make healthier choices when choosing your produce.
- Choose cooking methods that are low-heat and that allow animal fats to drip away, such as steaming.
- Drink filtered water. Using a water filter can help remove toxins found in your water,

such as fluoride, heavy metals (e.g., mercury, copper, cadmium), pesticides and herbicides, pharmaceutical residues, and volatile organic compounds (VOCs).

- Go BPA free. Replace all plastic dinnerware and storage jars with stainless steel or glass. Make the switch from plastic cups and water bottles to reusable glass or stainless steel alternatives. Choosing a reusable option will also decrease waste, so it's good for your health and the environment.
- Avoid high-fructose corn syrup and rice syrup (As) and processed foods containing BHT, BHA, benzoate, sulphites, and artificial colourings and sweeteners.
- Limit exposure to cigarette smoke. Out of over 7000 chemical compounds found in cigarettes, at least 69 have been identified as carcinogens.

#### 2. HOME IMPROVEMENT

- Filter air in your bedroom and office using filters, ionisers or plants (airborne toxins).
- When it comes to household cleaners, try making your own. It's easy, inexpensive, and, in most cases, you can make them with everyday ingredients you have at home like baking soda, vinegar, and citric acid.
- Cover or replace older foam furniture and consider removing old carpets and padding (PBDEs).
- Remove shoes you've worn outside when entering your home.

#### 3. PERSONAL CARE

- Give your personal care products a makeover. Make sure to read labels for red flags like parabens and phthalates every time you pick up a shampoo, deodorant or detergent.
- Choose composite over metallic dental fillings. Avoid having two different metals (e.g., mercury and gold) in your mouth.

## WORD WISE

# YOUR NEW GREEN GLOSSARY

Newer terms and words keep getting added to the environmental lexicon and here's your chance to brush up on them

### CARBON PRICING

According to some economists, it is an elegant method to combat climate change. Simply increase the cost of emissions created, and people will be more motivated to consume less oil, coal, or gas and switch to greener energy sources. Of course, in practice, it's more complicated.

Carbon pricing can be done in two ways. A carbon tax, which is usually merely a flat tax levied on oil, gas, and coal, is the most basic. Carbon taxes exist in countries such as Canada and Sweden, albeit these laws often include exemptions and loopholes. Furthermore, politicians are frequently hesitant to levy a

carbon price that is large enough to have a meaningful impact on behaviour because they fear voter backlash. A cap-and-trade system is one in which the government establishes an overall pollution cap and gradually tightens it over time. Large polluters must obtain licences for every tonne of CO<sub>2</sub> they emit, and the quantity of permits available diminishes over time, raising the price.

### ESG

American investments in ESG enterprises (the letters stand for environmental, social, and governance) increased by 42% to \$17 trillion between 2018 and 2020. Sustainable and responsible investing now accounts for more than a third of all investment assets in the United States. But what kind of business is eligible for this honour? Now there is little agreement on what ESG implies. It is debatable whether a firm should be required to follow all three principles. What if an equipment company prioritises its employees over fossil fuel sector supplies? What if a renewable energy firm engages in unethical labour practices? Should both businesses be allowed to use the label? What say?

### GEOENGINEERING/CLIMATE INTERVENTION

Carbon removal is also known as geoengineering, which is the purposeful alteration of the atmosphere's composition. However, the term geoengineering is also used to describe something completely different: injecting aerosols into the stratosphere to reflect more of the sun's energy back into space (also known as solar geoengineering or solar radiation modification), which scientists believe could reduce global temperatures quickly and cheaply but only temporarily, as a stopgap measure until the world can reduce emissions. The concept is quite controversial. Even if such a programme were to operate, no one knows what impact it would have on different parts of the globe. Even basic research into solar geoengineering is seen as a moral hazard by many, as it increases the chance that society may incorrectly infer that reducing greenhouse gas emissions is no longer required. The response has been so strong that some proponents of geoengineering research have begun to refer to the research as climate intervention.

# HOW WELL DO YOU KNOW SUSTAINABLE FASHION?

A new study from Stand.Earth, a supply chain research firm, found that a number of large fashion brands are at risk of contributing to deforestation in the Amazon rainforest, based on their connections to tanneries and other companies involved in the production of leather and leather goods. The need of the hour is sustainable choices in fashion. Here's a quick quiz on the basics of sustainable fashion. Check out how much you can score on the style points

#### 1. What percentage of total global greenhouse gas emissions are produced by the fashion industry?

**a.** Less than 1% **b.** 5% **c.** 10% **d.** 15%

**Answer:** C. The fashion industry is responsible for 8-10% of global greenhouse gas emissions. If it does not accelerate its response to climate change, by 2030 it will produce twice the volume of emissions required to align with Paris Agreement global warming targets.

#### 2. The fashion industry contributes to environmental degradation in which of the following ways?

**a.** Deforestation **b.** Desertification and degradation of soil **c.** Loss of biodiversity **d.** All of the above

**Answer:** D. The fashion industry contributes to all of the above. Deforestation occurs when land is cleared for grazing animals that produce leather, wool, and other animal products. Deforestation and overgrazing can cause desertification and soil degradation. With this habitat loss and pollution from production, the fashion industry causes a loss of biodiversity as well.

#### 3. How many liters of water does it take to make 1 pair of jeans?

**a.** 52 liters **b.** 476 liters **c.** 1,028 liters **d.** 3,781 liters

**Answer:** D. It takes 3,781 liters of water to make one pair of jeans, from the production of the cotton to the delivery of the finished garment to a store. Textile manufacturing uses 20% of the world's clean water each year.

#### 4. What percentage of clothing is recycled?

**a.** 50% **b.** 33% **c.** 10% **d.** Less than 1%

**Answer:** D. Less than 1% of clothing is recycled. The repurposing of textiles is often incorrectly referred to as recycling. They are actually reused by being broken down and made into new products, often insulation or stuffing materials.

#### 5. What does greenwashing in fashion refer to?

**a.** Washing clothing in environmentally friendly ways **b.** Claims of environmental sustainability by a brand that are false or

misleading **c.** Using natural fabric dyes **d.** Lying to people around you that something you bought was secondhand when it wasn't

**Answer:** B. Greenwashing refers to claims of environmental sustainability by a brand that are false or misleading. The International Consumer Protection and Enforcement Network (ICPEN), a global network of consumer protection authorities, recently swept websites for greenwashing. They found that as many as 40% of environmental claims could be misleading customers.

#### 6. Which of the following fabrics releases microplastics when it's washed?

**a.** Polyester **b.** Cotton **c.** Linen **d.** Silk

**Answer:** A. Polyester, along with other synthetic fabrics, releases microplastics when it's washed. It is estimated that textiles produce 35% of the microplastic pollution in the oceans worldwide, which totals over 2 million tons of microfibers that enter the oceans each year.

#### 7. Which statistic about garment factory workers is incorrect?

**a.** Fashion is the 2nd biggest contributor to modern slavery **b.** Garment factory workers in Bangladesh earn approximately \$95 per month, yet the living wage is \$443 **c.** 170 million children are engaged in child labour, much of which is textile and garment production **d.** None of the above

**Answer:** D. All of the above are correct statistics about garment factory workers. The 2018 Global Slavery index found that garment manufacturing was the 2nd biggest contributor to modern slavery, the first being the production of technology. In order to keep the fast fashion cheap for Western consumption, Bangladeshi garment factory workers earn a low wage of approximately \$95 per month, far lower than a living wage. Many workers are also victims of forced labour, estimated by the International Labour Organisation to be 170 million children.

#### 8. What is the average number of times a woman wears an article of clothing?

**a.** Over 30 times **b.** 20-30 times **c.** 7-10 times **d.** 2-5 times

**Answer:** C. According to a study of 2000 women by the UK charity Barnardo's, a garment is worn only 7 times on average before it is discarded. In the past 15 years, clothing utilisation has decreased by 36%, creating more pollution and waste.

#### 9. Which of the following is not an example of shopping sustainably?

**a.** Buying new clothing to match seasonal trends **b.** Shopping at thrift stores **c.** Buying few, high-quality items that will last **d.** Picking garments made from natural fibers like cotton

**Answer:** A. Buying new clothing to match seasonal trends is not an example of shopping sustainably. Shopping at thrift stores, buying few, high-quality items, and picking garments made from natural fibers are all examples of ways to shop for clothing in a sustainable way.

#### 10. Instead of throwing out unwanted clothing and contributing to textile waste, what can you do instead?

**a.** Donate them to charities and shelters **b.** Repurpose them as rags **c.** Repair or alter them into something wearable, like cutting jeans into shorts **d.** All of the above

**Answer:** D. All of the above are good alternatives to throwing out unwanted clothing. Just because a piece is no longer your size or style doesn't mean it won't be someone else's, and there are so many ways to upcycle your old clothes into something new!

— Source: earthday.org





# Time for some Wedding Movies...

With the wedding season in full swing, let's watch some movies that follow the madness before, and on, D-day

## HOLLYWOOD

### 27 DRESSES

Perennial bridesmaid Jane (Katherine Heigl) always puts the needs of others before her own, making her the go-to gal whenever someone needs help with wedding plans. But when Jane's younger sister Tess (Malin Akerman) snags the man (Edward Burns) Jane secretly loves, Jane finds herself questioning her role as a wedding junkie for the first time.

### MY BIG FAT GREEK WEDDING

Everyone in the Portokalos family worries about Toula (Nia Vardalos). Unmarried at 30, she works at her family's Greek restaurant. After taking a job at her aunt's travel agency, she falls in love with Ian Miller (John Corbett), a teacher who is tall, handsome and definitely not Greek!

### MAMMA MIA

Donna (Meryl Streep), an independent hotelier in the Greek islands, is preparing for her daughter's wedding with the help of two old friends. Meanwhile Sophie, the spirited bride, has a plan. She secretly invites three men from her mother's past in hope of meeting her real father and having him escort her down the aisle on her big day.

### THE WEDDING PLANNER

When Mary Fiore, a wedding planner, is rescued by the handsome Steve Edison, she believes that she has found her true love. Things get out of control when she learns he is her client's fiancé.

### THE WEDDING SINGER

Robbie, a wedding singer, meets Julia, a waitress, at a reception and the two hit it off. He soon learns that she is engaged to another man, who treats her like garbage, and must stop their wedding.

### FATHER OF THE BRIDE

George Banks (Steve Martin) and his wife, Nina



### CRAZY RICH ASIANS

Rachel Chu is happy to accompany her longtime boyfriend, Nick, to his best friend's wedding in Singapore. She's also surprised to learn that Nick's family is extremely wealthy and he's considered one of the country's most eligible bachelors. Thrust into the spotlight, Rachel must now contend with jealous socialites, quirky relatives and Nick's disapproving mother.

have been planning every aspect of their future weddings, including choosing the same destination: New York's famed Plaza Hotel. But when a clerical error causes a clash in wedding dates, Liv and Kate discover their inner demons – with their life-long friendship as a possible casualty.

### FOUR WEDDINGS AND A FUNERAL

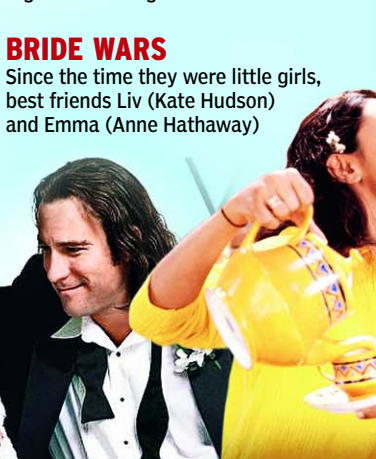
Lovable Englishman Charles (Hugh Grant) and his group of friends seem to be unlucky in love. When Charles meets a beautiful American named Carrie (Andie MacDowell) at a wedding, he thinks his luck may have changed. But, after one magical night, Carrie returns to the US, ending what might have been. As Charles and Carrie's paths continue to cross – over a handful of nuptials and one funeral – he comes to believe they are meant to be together, even if their timing always seems to be off.

### MY BEST FRIEND'S WEDDING

Julianne is shocked when she learns that her best friend, Michael, is soon getting married. Overcome with a surge of mixed emotions, she makes up her mind to sabotage his wedding and make him her own.

### BRIDE WARS

Since the time they were little girls, best friends Liv (Kate Hudson) and Emma (Anne Hathaway)



## BOLLYWOOD

### NAMASTEY LONDON

On a trip to India, Jasmeet's father forcefully marries her off to Arjun. However, when they return to London, Jasmeet announces her intention of marrying her boyfriend, Charlie Brown.

### BAND BAAJA BAARAAT

Shruti and Bittoo, two youngsters from Delhi, start a wedding planning enterprise called Shaadi Mubarak. However, their professional relationship is jeopardised when Shruti falls in love with Bittoo.

### MONSOON WEDDING

A BAFTA-winning film about a father, Lalit Verma, trying to marry off his daughter, Aditi, in the traditional manner. Aditi is having second thoughts, while her cousin Ayesha, 17, is just beginning to realise boys are attracted to her, and her other cousin, Ria, has a shocking revelation. Her brother though just wants to dance.

### HASEE TOH PHASEE

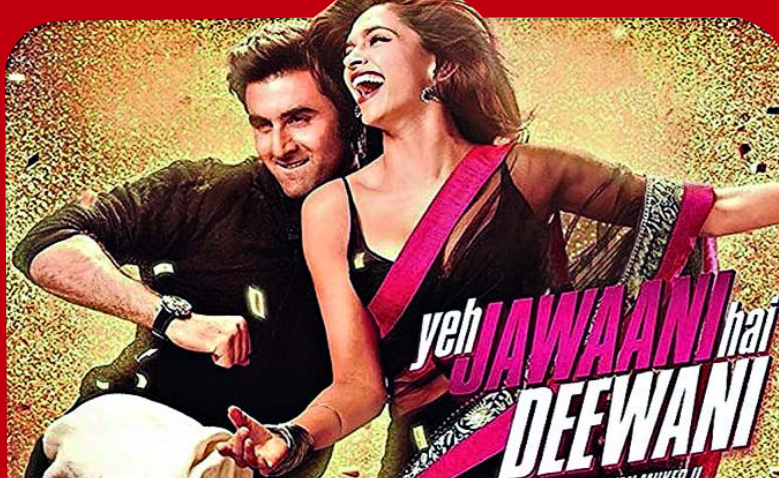
Nikhil is a struggling businessman who thinks he is in love with his girlfriend, Karishma, and wants to marry her. But he ends up falling in love with her smart, geeky and quirky sister, Meeta.

### HUMPTY SHARMA KI DULHANIYA

A girl from Ambala, Kavya Pratap Singh, is about to get married to an NRI. When she visits Delhi to shop for her trousseau, she meets Humpty Sharma, a carefree man, and falls in love with him.

### SAATHIYA

The film follows the trials and tribulations of a



### YEH JAWAANI HAI DIWANI

Kabir and Naina meet during a trekking trip where she falls in love with him but refrains from expressing it. They soon drift apart but end up meeting at a friend's wedding.

follows her to India to win her and her father over.

### HUM AAPKE HAIN KOUN..!

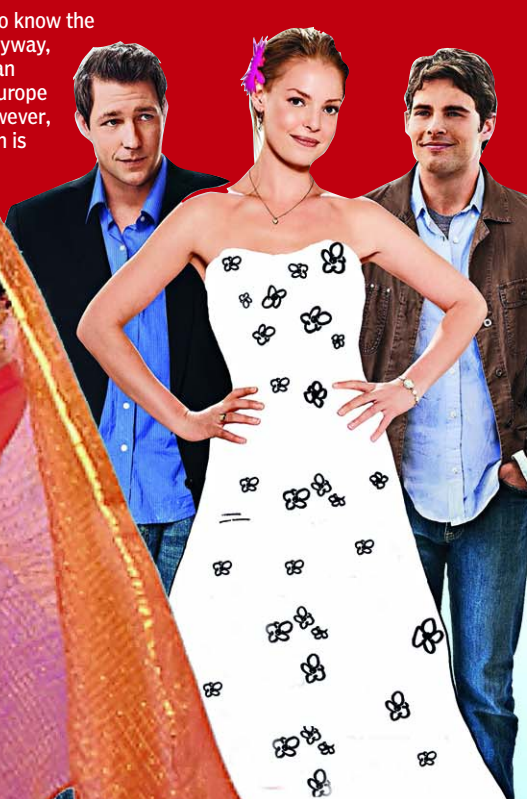
Again, do you really want to know the story? Here it goes, despite you all watching it some 100 times... When Prem meets his brother Rajesh's sister-in-law, Nisha, the two fall in love. However, fate has other plans...

### SHUDDH DESI ROMANCE

A commitment-phobic Raghu absconds from his wedding and meets Gayatri, who soon becomes his live-in girlfriend. Later, Raghu bumps into Tara, the girl he left at the altar who slowly falls for him.

### DILWAALE DULHANIYA LE JAYENGE

Frankly, do you even need to know the story to watch this one? Anyway, here it goes... Raj and Simran meet during a trip across Europe and the two fall in love. However, when Raj learns that Simran is already promised to another, he



## HACKS TO MAKE PEOPLE SIT UP AND LISTEN

A carpenter has special implements to work on different parts of a bookcase. Musicians have certain keys and stops that they play around with to produce harmonies and pleasing effects. So it should come as no surprise that one of the most important tools you have at your disposal is your voice. And yet, so often, people ruin perfectly good speeches by paying too little attention to their delivery.

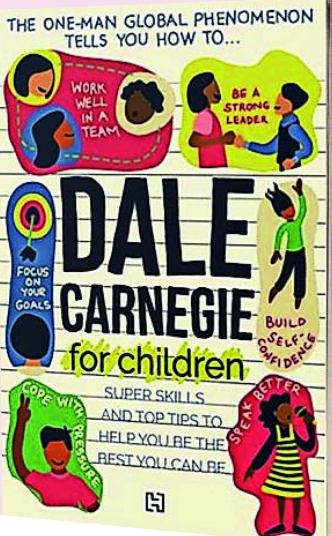
If you strike the same note on a piano over and over again, you will notice how irritating the sound gets the more you do it. This should give you some idea of the displeasing, jarring effect monotony has on the ear. Monotony means 'of the same tone' but can also more broadly mean a lack of variation. The dictionary defines 'monotonous' as being synonymous with 'wearisome'. That is putting it mildly. It is maddening.

The monotonous speaker not only drones along at the same volume and pitch of tone but also always uses the same emphasis, the same speed, the same thoughts – or dispenses with thought altogether. If you

have ever sat through a lecture during which the speaker read from their notes with no emotion or expression, you know very well what the effect of monotonous speech can be. There is a reason why students have for centuries been known to fall asleep during such lectures!

Variety gives pleasure, and so, variation in the way we speak is the only way to avoid boring your audience and putting them to sleep. Good speakers use many tools to build their argument, play on the feelings of their audience, and shape what they think and believe. But... you must practice, practice, PRACTICE. If no one else will listen to you, listen to yourself – you must always be your own best critic, and the severest one of all. People are always saying you should speak naturally, but sometimes, being natural may be the same thing as being monotonous. So, be natural – and improve on your natural gifts.

Excerpted from Dale Carnegie for Children, with permission from Hachette India. Read the book for more tips, hacks and advice on how to build self-confidence, work well in a team, be a better public speaker, be a strong leader, cope better with pressure and more.



## ZADIE SMITH'S 10 RULES OF WRITING

In 2010, 'The Guardian' approached a number of well-known authors and asked them to share their rules of writing. A decade later, Zadie Smith's list continues to be the favourite. An amazing combination of the practical, the philosophical, and the poetic, Smith's list offer solace to anyone who loves writing and struggles to find the time in the age of information/social media overload

1. When still a child, make sure you read a lot of books. Spend more time doing this than anything else.
2. When an adult, try to read your own work as a stranger would read it, or even better, as an enemy would.
3. Don't romanticise your 'vocation.' You can either write good sentences or you can't. There is no 'writer's lifestyle.' All that matters is what you leave on the page.
4. Avoid your weaknesses. But do this without telling yourself that the

5. Leave a decent space of time between writing something and editing it.
6. Avoid cliques, gangs, groups. The presence of a crowd won't make your writing any better than it is.
7. Work on a computer that is disconnected from the internet.



8. Protect the time and space in which you write. Keep everybody away from it, even the people who are most important to you.
9. Don't confuse honours with achievement. Tell the truth through whichever veil comes to hand – but tell it.
10. Resign yourself to the lifelong sadness that comes from never being satisfied.

## NEW BOOKS TO READ

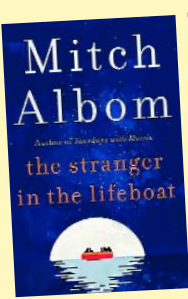
MAKE YOUR DECEMBER INTERESTING WITH THESE LATEST RELEASES...

### A HISTORY OF INDIAN ADVERTISING IN TEN-AND-A-HALF CHAPTERS

by Ritu Singh



Advertising in India has provided us with plenty of laughs and life-changing moments in the last century or so. Whether it was enticing our tastebuds with catchphrase like 'Hungry kya?' or telling men that 'they could aspire to be fair and handsome'. In a nutshell, it has filled our lives with amusing moments, unforgettable characters, inter-brand squabbles, ingenious insights, virtual lures, and jaw-dropping conflicts. This book documents the best case studies in non-business-like anecdotes from Indian advertising throughout history – the hits, misses and the forbidden. An interesting read!



### THE STRANGER IN THE LIFEBOAT

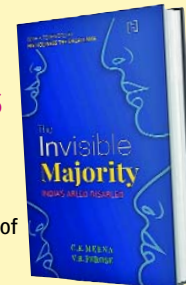
by Mitch Albom

The best-selling author of seven consecutive number one 'New York Times' bestsellers, including 'Tuesdays with Morrie', is back with a story of hope and faith. In 'The Stranger in the Lifeboat', a group of shipwrecked passengers pull a strange man from the sea who claims to be 'the Lord'. He says he can only save them if they all believe in him.

### THE INVISIBLE MAJORITY: INDIA'S ABLED DISABLED

by CK Meena and VR Ferose

An engrossing collection of stories from inspirational



humans, who did not let disability stop them from achieving their dreams. Take the case of Ummul Kher who cracked the IAS exam to join the civil services despite the sixteen fractures and eight surgeries caused by brittle bone disease. Or the story of homemaker Smrithy Rajesh, who was determined to educate her child affected by autism and ADHD while also forging a career path for herself. The book meticulously records and amplifies the unique, vivid voices of persons with disabilities – navigating a wide range of themes with ease.

### THE AGE OF AI AND OUR HUMAN FUTURE

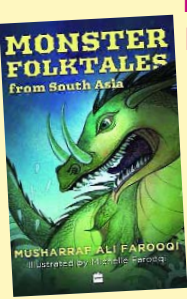
by Henry A Kissinger, Eric Schmidt, Daniel Huttenlocher

From defeating human grandmasters at chess, to discovering a new antibiotic to powering jets, artificial intelligence or AI-powered devices and systems are transforming our lives at breakneck speed. Who's to say what will survive when AI is touted to

change our relationships with knowledge, politics, and the societies in which we live. In 'The Age of AI', three leading thinkers, Henry A Kissinger, Eric Schmidt, Daniel Huttenlocher, come together to discuss the role of artificial intelligence. In doing so they create a roadmap to the future wherein AI will undoubtedly be one of the stars.

### The Age of A.I.

Henry A. Kissinger  
Eric Schmidt  
Daniel Huttenlocher



### MONSTER FOLKTALES FROM SOUTH ASIA

by Musharraf Ali Farooqi

Musharraf Ali Farooqi captures the monster lore from South Asia's different regions and the heroic men, women and children, who defeated these monsters in this collection of folktales. Expect fire demons, a cannibal giant and sea monsters. Farooqi is the founder of the interactive storytelling programme Storykit, and his books include 'The Merman and the Book of Power: A Qissa'.





# KNOCK 'EM THOSE REAL TEN PINS

Few people know that ten pin bowling has been a competitive sport for some decades now. Here is a look at the game and how the ten pins fall...

## KNOWING THE GAME

Ten pin bowling is a precision sport that requires not just skill and control, but a touch of flourish as well. It is a sport in which a player rolls a ball down an alley with the intention of knocking down as many of the ten pins arranged at the other end as possible, to score points. The skill lies in rolling the bowling ball down the wooden or synthetic lane for maximum impact. The pins are arranged evenly in four rows in an equilateral triangle, generally done by an automated device or machine. The player holds the ball by three holes in the balls, using three fingers. The player scores points based on the number of pins knocked down.

## SCORING

Each game consists of ten rounds, also called frames. A player gets two chances to bowl in each frame. Each pin downed earns the player one point. So if on the first bowl 3 pins are knocked down and 5 in the next, the score for that frame is 8. At the end of ten frames, the final score is calculated. The player with the highest score wins the game.

**Strike**  
If a player knocks down all the 10 pins in the first bowl of a frame, it is considered a strike. The player gets 10 points, and a chance to bowl two more times. The scores from the next two balls are added to the 10 points. So if the score is 7 points in the next two balls, the strike is worth 17 points.

The seven points are also individually counted for the frame, so the score for the two frames together is 24 points.

**Spare**  
If a player knocks down a few pins with the first ball and all the rest with the second, it's called a spare. This earns the player 10 points and the score from the next ball. If a player gets 5 pins in the next ball, the spare is worth 15 points.

The 5 points are also counted additionally for their own frame.

**Extra ball** - In the final frame of the game, if a strike or spare is scored, the player gets an extra ball.

The maximum score a player can earn in a game is 300.

## EQUIPMENT

**BALL:** The balls are made of solid non-metallic composition, usually polyurethane. In the past they used to be made of hard rubber. They have a smooth surface and a maximum circumference of 27 inches. The weight of each ball varies, but no ball can be more than 7.2 kgs. A player can pick a ball weight to suit individual needs. The balls have three holes drilled into them, for gripping with the fingers. The way the finger holes are arranged determines how a ball moves on the lane.

**LANES:** The game is played indoors on wooden or synthetic lanes that are around 62 feet in length and 42 inches in width. The surface is perfectly flat, and is coated with lacquer or plastic-type material to keep it smooth. It is marked with a foul line, past which the player may not slide when delivering the ball.

**PINS:** The pins are 15 inches tall and arranged in a triangle formation with a pin at the head of the formation facing the bowler. The pins are aligned to be 12 inches apart from each other. The pins have a laminated wood core covered by a plastic coating. The weight of each ranges between 1.5 and 1.7 kg.

**SHOES:** Bowling shoes are typically made out of leather and rubber. The soles of the shoes act much like the bowling lanes themselves: they are both made to be super slick. Wearing slick shoes helps the player slide while they are bowling.

## TERMINOLOGY

**The Approach:** The approach is the area that a player stands to prepare for the throw. This is simply the flooring that the player stands on while bowling.

**Foul:** A foul is determined when a player crosses the foul line while bowl. The foul line separates the approach and the lane.

**Gutter:** A gutter is a pit running along each side of the lane. If a ball enters the gutter instead of going towards the pins, it is deemed a 'gutter ball'.

**Perfect Game:** Twelve strikes in a row is a perfect game and totals 300 points.

**Open Frame:** An open frame is a turn with a score of zero points.

## NOTABLE TOURNAMENTS

World Tenpin Bowling Championships

WTBA World Championships

PBA World Championship

European Bowling Tour

European Tenpin Bowling Championships

BTBA National Championships

Commonwealth Tenpin Bowling Championships

Asian Tenpin Bowling

Championships

In India, Tenpin Bowling is administered by the Bangalore-based Tenpin Bowling Federation of India. It holds national championships for men and women in the junior and senior categories.

## NOTABLE PLAYERS

### INTERNATIONAL

Chris Barnes

Bill O'Neil

Jason Belmonte

Kelly Kulick

Shannon O'Keefe

Liz Johnson

### INDIAN

Shaik Abdul Hameed

Shabbir Dhankot

Aishwarya Rao

Dhruv Sarda

Shoumick Datta

Sabeena Saleem

Suchetana

Suchentana Mohanta

Aakash Ashok Kumar

Kishen R

## HISTORY

The origin of bowling games is still obscure. British anthropologists have discovered bowling balls in Egyptian graves dating around 3200 B.C. Some historians also claim that it originated in Germany in around 300 A.D. A place in Southampton, England, claims to be the oldest bowling lawn, in operation since 1299 and still in use.

In 1895, prominent bowling leaders gathered at New York City to form the American Bowling Congress (ABC) which began standardising rules for the bowling game. Today, the International Bowling Federation regulates the World Tenpin Bowling Association, which administers the game. In 1916, Women's International Bowling Congress (WIBC) was also formed.

In the 2000s, the World Ranking Masters began to rank players of Pan American Bowling Confederation, Asian Bowling Federation (ABF), and European Tenpin Bowling Federation.