



# THE TIMES OF INDIA

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Your Weekender

TODAY'S EDITION

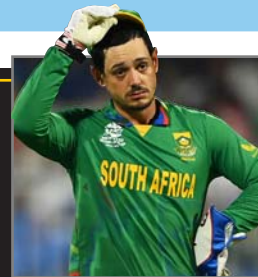
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STUDENT EDITION

SATURDAY, NOVEMBER 27, 2021



SELF-CARE

## DO AWAY WITH DRY SKIN

Easy tips by celebrity dermatologist DR JAMUNA PAI on how to tackle winter dryness



The chill of winter is back in the air with bouts of dryness, allergies, itchiness and redness on our bodies. So how does one tackle this beauty hitch with a smart move? Whilst we usually depend on just moisturisers and creams, we completely ignore other elements that can also help to beat winter dryness and other skin issues. Here's what you can do...

- 1 Use natural moisturisers to pamper the skin like butter, olive oil, coconut oil and honey rather than chemical moisturisers.
- 2 Ditch cosmetics that lead to dryness like matte lipsticks, powder blushes etc. Add tinted lip balms and hydrating foundation to your cosmetic bag. Opt for cream base blush and hydrating mist to lock skin's softness.

"Emollients and deep moisturisers should ideally be applied within the first five minutes of taking a shower, and best used twice a day. With the constant sanitising of hands, frequent use of hand creams is essential. Oil massages with cold-pressed oils greatly help in over-coming skin dryness. Use of sunscreen is mandatory even in winter. Use a lip balm with an SPF"

- 3 Discover homemade toners and scrubs. Dry skin would do better with a mask made of a few lemon drops with milk powder and glycerine. Apply once a week.
- 4 Use Aloe Vera gel for dry and patchy skin as it has deep moisturising properties and helps to draw moisture from the atmosphere to the skin.
- 5 Besides topical products, a few oral supplements also help combat the dryness. These include collagen, sodium hyaluronate, antioxidant agents like beta carotene, zinc and selenium. Oral supplements of essential fatty acids like Flaxseeds, Primrose oil, cod-liver oil and omega 3, 6, 9 supplements in diet can help. But consult an expert before taking these.

You can tell if your gur is pure by its colour. Ideally the colour should be dark brown, yellowish colour may indicate chemical treatment

anaemia by ensuring a normal level of red blood cells in the body. **WEIGHT LOSS:** Jaggery is surprisingly effective as a weight loss agent. This is because it is a rich source of potassium, a mineral that helps in the balance of electrolytes as well as building muscles and boosting metabolism. Potassium also helps in the reduction of water retention, which helps in managing your weight. — With inputs from Manjari Chandra, senior nutrition consultant

CATCH UP

## Brush up your BEAUTY BUZZWORDS

Heard of clean beauty or vegan beauty? Or even natural beauty? Well, they are not inter-changeable. We help clear the air on these new terms

### CLEAN BEAUTY

Just like clean eating, this term is used when brands use no processing, added chemicals and is mostly plant-based. Safe for people and the planet, clean beauty products usually consider human and environmental health while picking their ingredients and deciding the processes.

A 2008 study by Organic Consumers Association in US found undisclosed carcinogenic petrochemical ingredients in more than 40% of products tested that claimed to be natural

### GREEN

Green has become an umbrella term for anything that does no harm to the environment. As a consumer, if a brand says they are green, take that with a big bag of salt. Green washing or pretending to be more eco-friendly than they are is the biggest scam companies pull. This is a wishy-washy term

### ORGANIC

This is one space where beauty products have started getting certified. According to USDA, personal care products that use at least 95 percent organic will bear an official seal. In India, there are 10 certified

organic beauty brands carrying certificates from Ecocert and USDA. The government has a National Program for Organic Production (NPOP) that certifies organic beauty brands. These certifications are expensive, so many smaller brands just label it as organic. Read up more about the brand and its certifications before indulging.

### NON-TOXIC

Did you know that there's no way to regulate who uses labels like clean, organic or cruelty-free on their packaging? Why? Because no standard agency has yet defined how brands can use these terms

When a beauty product is labelled non-toxic, it means that the ingredients have not been shown to cause adverse health effects in what levels they are being used. But in clean beauty space, non-toxic also means that it doesn't use any ingredient that's been deemed toxic at any dose by a third-party resource like the European Union or Environmental Working Group.

### SUSTAINABLE

Similar to green but more trustworthy, it means that the ingredients and the packaging itself should not be harmful to the planet. Beauty products can wreak havoc on the water systems because of what they contain and many conventional products use petroleum jelly and are packaged in plastic. Truly sustainable ingredients are ethically sourced and proven to be safe for the environment.

### VEGAN

A beauty product is vegan if it doesn't contain any animal by-products or ingredients sourced from animals. Common non-vegan ingredients found in clean beauty products include beeswax, honey, lanolin, and tallow. But vegan doesn't mean clean, sustainable or green. A product can be vegan and still contain chemical ingredients of concern.

### CRUELTY-FREE

HEALTH



## ALKALISE YOUR BODY

To make it less acidic and less prone to disease

Supriya.Sharma2@timesgroup.com

It is easy to get lost in the whole health-food terminology. One major factor in determining the healthfulness of a food can be by looking at it from an alkaline or acidic point of view. The more alkaline, the better.

### WHAT IS ALKALINE BALANCE?

In order for your blood to effectively act as a medium of oxygen and absorb vital nutrients, your body's pH (potential of hydrogen) balance needs to be maintained. This equilibrium is essentially the body's alkaline-acid balance, which is ensured by healthy kidneys. Our packaged-food living makes us consume too much acid apart from already acidic dairy, grains, meats, and sugar. This puts too much load on the kidneys and they start accumulating the acid in our tissues. It also means that the body's mineral reserves such as calcium, sodium, potassium, and magnesium can run dangerously low. One needs to minimise acid generation by eating more alkaline foods.

Chewing is an easy first step to make your food alkaline. Chew 30-40 times a bite. Be careful not to overeat

### BALANCED EATING

All foods have the ability to change your normal pH levels. The body does not stay in the fluctuating state of "too acidic" or "too alkaline" for long since it is always striving for stability. Acidic foods are the culprit, but one can't and needn't just eat alkalising foods. It's advised to opt for a balance of 80% alkaline-forming food and 20% acid-forming food. An easy way to accomplish this is to make fruits and vegetables the main part of each meal. "Good fats like avocado, nuts, ghee and coconut oil are better than saturated fats. Processed animal protein, wheat and some grains increase the pH of the body, so servings shouldn't cross more than two a day," adds Dr Sangwan.

### GO ALKALINE...

- **Wake-up potion.** The body is naturally acidic in the morning as it cleanses itself overnight. Consume a high-quality, alkaline drink in the morning. For more alkaline effects, add some apple cider vinegar to it.
- **Sprout it out.** Add more sprouts to your daily diet. They are extremely alkalising and supercharged with nutrients
- **Go for a brisk walk** or some other form of exercise daily. Exercise helps eliminate acid waste from your body. But don't over-exercise. It can increase the pH of the body
- **Skip sugar-laden food.** Sugar is one of the most acidic foods we consume. You need a lot of water to wash out daily sugar
- **Leafy greens** are the most alkaline foods and also rich in vital micronutrients. Eat lettuce, collard greens, spinach and broccoli for best results, the darker the better



You can't tell acidic from taste. Many people think of lemons as acidic, while they are actually alkaline

### WHY YOU SHOULD CARE?

The pH of our body is 7.4 and anything that alters it will make the body's immune defense go down and opens up the door for diseases.

"Sodium and sugar rich diets from processed foods can cause an upheaval in pH and lead to a disturbing health condition called acidosis," adds Dr Sangwan. Dr Robert Young, in his book "The pH Miracle", says, "Health depends on an internal alkaline environment. He discusses the importance of regulating your body's acid/alkaline chemistry and how it can result in weight loss, increased stamina and strength, and a stronger immune system." Mind you, it's not just the food that can cause an acidic environ-

GOOD TO KNOW

## TOO GUR TO BE TRUE

A BRONCHODILATOR, BLOOD PURIFIER, GUR OR JAGGERY IS THE PERFECT WINTER SWEET

Jaggery is a great winter dessert that not only gives satiety, minus the negative effects of eating sugars, but also helps fight cold, improves respiratory health and is a rich source of micronutrients. Get your gur fix for sweetness, warmth, health and nutrition. Here's why: **CLEANS LUNGS:** Jaggery is one of the best natural cleansing agents for the body. It efficiently cleans the respiratory tract, lungs, intestines, stomach and food pipe. This is why jaggery is highly recommended for people working in heavily polluted areas such as factories or coal mines. Being rich in iron, it is used as a natural remedy to fight anaemia and boost blood count that in turn will improve blood circulation and also boost the respiratory system. Due to its anti-

### KINDS OF JAGGERY

- **Sugarcane:** The colour of this jaggery ranges from golden brown to dark brown. It is made by boiling the juice of sugarcane. Its physical state varies from amorphous solid to viscous granular liquid
- **Date Palm:** Golden brown or dark brown colour, the sap of date palm is boiled to make date palm jaggery. It is an amorphous solid, granular to a clear red liquid
- **Palmyra:** Off white or pale yellowish white, sap of Palmyra palm is boiled to prepare this jaggery. It is an amorphous solid
- **Toddy Palm:** This jaggery is golden brown in colour. It is made by boiling the sap of toddy palm. It is also an amorphous solid

allergic properties, it keeps allergens away from lungs that lead to serious wheezing and coughing episodes.

### TREATS FLU-LIKE SYMPTOMS:

Jaggery is loaded with antioxidants and minerals such as zinc and selenium, which in turn help prevent free-radical damage and also boost resistance against infections. Fight symptoms of a cold and cough with the help of gur. All you need to do is mix it with warm water and drink up, or even add it in your tea instead of sugar to reap the benefits. **BLOOD PURIFIER:** One well-known benefit of jaggery is its ability to purify the blood. When consumed on a regular basis and in limited quantities, it cleanses the blood. **PREVENTS ANAEMIA:** Jaggery is rich in iron and folate which help in preventing

TRIVIA TIME

On November 27, 2013, Disney's 'Frozen' released becoming the highest grossing animated movie ever

## CAN'T Let it Go

- 1 Anna is the first Disney Princess to ever duet in a song with a villain.
- 2 Elsa is the oldest of all Disney Princesses. Most of the princesses are 16, including Merida, Ariel, Aurora, Moana, and Mulan, whilst Jasmine is 15 and Pocahontas and Rapunzel are 18. Tiana and Cinderella are both 19 and Belle is 17. And at 23, Hans is the youngest villain.

Animators needed to animate hundreds of snowflakes. To get the look just right, they had best snow experts to help them

Frozen is one of Disney's most successful films ever, making over a billion dollars worldwide.

- 3 Elsa was originally going to be the villain, until the creative team realised the power of "Let it Go". The mean Elsa had blue spiky hair and a coat made from living weasels.
- 4 Josh Gad who plays the part of Olaf improvised most of his lines.
- 5 The song 'Let it Go' was written in just a day. It has since been recorded in 41 languages. It's also the first Disney song to hit the top ten in the Billboard Hot 100 since 'Colours of the Wind' from 'Pocahontas' in 1995!
- 6 'Frozen' is loosely based on the Hans Christian Andersen's tale 'The Snow Queen'. Walt Disney had been considering an adaptation of that tale since the 1940s. The



lead characters, Hans, Kristoff, Anna, Sven are a tribute to Hans Christian Andersen.

animators had to create a software program called Tonic for the effects of Elsa's hair. Animators also created a snowflake generator to create 2000 different snowflake shapes.

It was Disney's first animated feature film by Disney to be directed by a woman — Jennifer Lee. Lee wanted to make a film about female friendship and sisterhood, instead of pitting them against each other to win the prince. Lee has also directed 'Frozen II'.

Idina Menzel has played two Disney Princesses. In the film 'Enchanted', she plays Nancy, who marries Prince Edward.

A live reindeer was brought into the studio to make sure they properly captured and depicted the look of Sven. Using real-life models is quite a common technique at Disney which has been used ever since their very first films like Snow White. Sometimes the animators themselves step in as models.

With 4,20,000 strands of computer generated hair, Elsa has 15 times more strands than Rapunzel. In fact, Disney





## WORD WISE

## GAMAN

## MEANING: DIGNITY DURING DURESS

"Gaman" literally translates to "patience, perseverance and tolerance" and refers to enduring difficult situations with self-control and dignity. It is part of Zen Buddhist teaching, and it is a strategy of remaining resilient and patient during hard times and is characteristic of emotional maturity.

## SHIKATA GA NAI

## MEANING: ACCEPTANCE AND LETTING GO

Also can be used as "Sho ga nai", this Japanese phrase means "it cannot be helped" or "it is what it is" and nothing can be done about it. It's not a way to give up or feel hopeless, instead it's about acceptance. The term refers to the concept of accepting that which we cannot change and moving on.

## YUUGEN

## MEANING: BEHOLDING BEAUTY IN THE UNSEEN

Translated literally as "mysterious profundity" it refers to profound awareness of the beauty of the universe that surpasses explanation with words. It refers to the inner beauty we can feel towards an object, person or a place, even though it may not be beautiful in the literal sense of the word. It's all about the emotions something evokes in you.

## MONO NO AWARE

## MEANING: THE PATHOS OF THINGS

An ephemeral feeling, "mono no aware" might be literally translates to "the pathos of things." It is feeling an empathy toward things and the general space around you but in a fleeting manner. It is about having an awareness of impermanence and feeling sentiments such as wistfulness at what has been. Again it is not a negative term but a deeper feeling than nostalgia that makes you appreciate ever-constant change and the reality of life. Some refer to it as the "the 'ahh-ness' of things".

## KANSO

## MEANING: ELIMINATE CLUTTER AND EXPRESS THINGS SIMPLY

The Japanese are pioneers of minimalism. Kansa is the art of paring down and getting rid of clutter. It's all about organisation and cutting out the chaff so that you mind is



# 10 JAPANESE WORDS THAT CAN TEACH YOU ABOUT LIFE

Lexicographers are delving deep into languages other than English to find new words and phrases to describe indescribable feelings, emotions and ways of life

free to focus on the needful.

**FUKINSEI**  
MEANING: USING ASYMMETRY TO ACHIEVE BALANCE

The idea of controlling balance in a composition via irregularity and asymmetry is a

central tenet of the Zen aesthetic. The enso ("Zen circle") in brush painting, for example, is often drawn as an incomplete circle, symbolising the imperfection that is part of existence. Balanced asymmetry is a big concept in design. It helps you connect with nature in a more spiritual way as

nature by its very nature is uneven.

## SHIZEN

## MEANING: NATURALNESS

This is living with the absence of pretense or artificiality. In the social media world, ever wondered why we are more drawn



scending the conventional. This principle describes the feeling of surprise and a bit of amazement when one realises they can have freedom from the conventional. This is for you to not become a slave to routines or if routines bore you. Being spontaneous helps with creativity and inspiration.

## SEIJAKU

## MEANING: ACHIEVING A STATE OF TRANQUILITY AND ENERGISED CALM

Imagine being in a garden with no sound and distractions – that is the feeling of seijaku. It is a state of "active calm" and stillness basically meaning that you are calm but not sleepy. It can be achieved through meditation and being mindful and connected to your emotions.

## YOHAKU-NO-BI

## MEANING: BEAUTY OF EMPTY SPACE

The beauty of space left empty in works of art, is called yohaku no bi. This is a concept borrowed from Chinese landscape ink paintings, where clouds, mist, sky, and water would often be left unpainted. The empty space sparks the imagination of the viewer, challenging them to imagine the unseen. It is appreciating the beauty of what is implied, understated and unexpressed.

towards people who seem authentic. It's probably shizen. Remember that you don't have to be perfect, and there's no need to pretend to be something you're not.

## DATSUZOKU

## MEANING: FREEDOM FROM HABIT OR FORMULA

It's escape from daily routine or the ordinary and is all about tran-

The Japanese are pioneers of minimalism. Kansa is the art of paring down and getting rid of clutter. It's all about cutting out the chaff so that you mind is free to focus on the needful

## GRAMMAR GYAN

# CHOOSE RIGHT

The space between two words can make a big difference. Know when to use the right word and when to put in the space

## Everyday or Every Day

One is strictly an adjective and the other is an adverbial phrase

## HOW TO USE

■ The adjective "everyday" means routine, ordinary, or commonplace. It's frequently paired with the word "occurrence" to describe something mundane. It is used before noun like "everyday activity" or an "everyday habit."

■ "Every day" is an adverbial phrase – a group of words that functions as an adverb – that means each day or daily. It's used to refer to repeated actions or occurrences. It follows the verb it modifies, such as we "exercise every day" or "brush teeth

every day".  
**EXAMPLES:**  
**Everyday:** When you're feeling low, even

everyday chores seem challenging.  
**Every day:** We have to make our bed every day.

## Sometime, some time or sometimes

The words are related in meaning, but they're used in different ways.

## HOW TO USE

■ "Sometime" is an adverb meaning at an indefinite or unstated time in the future; as an adjective, it means occasional or former. The expression "some time" means "a period of time." The adverb "sometimes" means "occasionally, now and then."

■ To use "sometime" as an adverb, employ the term when you mean occasional, as in:  
■ In "some time", "some" is an adjective describing the noun, "time".  
■ "Sometimes" is actually a compound word but holds a different meaning.

**EXAMPLES:**  
**Sometime:** "He's a full-time bartender and sometime actor."  
**Some time:** "I fear that it will be some time before he is able to deal with his memories of the war."  
**Sometimes:** "Sometimes, Dan likes to sleep with his boots on."

## Anytime and Any Time

If you're trying to choose between the words "any time" and "anytime", it's interesting to note that just a century ago, you wouldn't have even had a choice. Back then, any time people

wrote, they always used the two-word version. There was no "anytime".

## HOW TO USE

■ Written as two words, "any time" is a noun phrase that means "at no particular time" or "any amount of time". It indicates that something will probably happen soon, but an exact time can't be stated.

■ The word "anytime" is a contraction known as a casualism, which is the result of the informal usage of a grammatically incorrect word becoming widely accepted. "Anytime" is an adverb meaning "whenever" or "without a doubt".

**EXAMPLES:**  
**Any time:** The package is due to arrive at any time.  
**Anytime:** The boxer said that he

could defeat his opponent anytime.

## Anyone or Any one

One is an indefinite pronoun and the other an adjective phrase.

## HOW TO USE

■ The indefinite pronoun "anyone" refers to any person at all, but not to any particular individual. "Any one" is an adjective phrase that refers to any single member of a group of either people or things and is commonly followed by the preposition "of".

■ A similar distinction applies to "anybody" vs. "any body" as well as "nobody" and "no body".

**Tip:** When trying to distinguish between "anyone" and "any one", simply swap with "anybody" vs. "any body" or even antonyms, such as "nobody" vs. "no body". The difference between these words is the same grammatically as the distinction between "anyone" and "any one".

**EXAMPLES:**  
**Anyone:** "Did anyone of you see a lost dog?" the frantic woman asked.  
**Any one:** Choose any one of the books to read.

— Sources: thought.co, grammarly.com, Merriam-webster.com

# 4 WAYS TO LEARN A LANGUAGE FAST!



It might sound like an impossible task, but according to language experts, you can learn basic communication skills in weeks and master the basics of a foreign language in several months. Here are some sure shot ways:

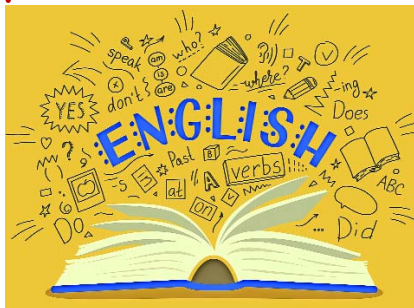
**Make language learning a daily habit:** For language learning, simply setting daily reminders in your online calendar works wonders. The routine is the actual behavior that you perform in response to the cue. When you start, make the routines easy – things like opening your language app, or revising 5 words from your last lesson. These routines may sound insufficient, but because they are so easy you will be making it almost impossible to fail.

**Immerse yourself with free resources:** It has never been easier to learn a language fast without actually travelling to a country where it is spoken. This is because there are now tons of free reading and listening resources that you can access online. Use them to immerse yourself in the language every day. In terms of format, radio and podcasts are great when you have at least an intermediate level, but TV and films are preferable

at the start. This is because the images provide you with context that helps you understand the language.

**Speak from day one:** This is understandable as it takes confidence to try to speak a new language. But if your goal is to be able to speak at a conversational level, you should start practicing from day one. The more mistakes you make, the faster you will gain feedback and improve. The free option is to find native speakers to converse with. Another option is to go to group classes.

**Test yourself:** Knowing that you plan to take a test is a great way to motivate yourself to learn faster. Try to regularly test yourself in little ways. If you're learning from a textbook, take practice tests or complete the exercises at the end of each chapter. You can also play online games or take online tests. Online practice tests can be found in almost any language, including French, Spanish, Japanese and German.



An indefinite pronoun is a pronoun that refers to an unspecified or unidentified person or thing. It's vague rather than specific, and it doesn't have an antecedent

## FUN LEARNING

# SURPRISING BENEFITS OF TONGUE TWISTERS

Every year on the second Sunday in November, International Tongue Twister Day celebrates this alliterative sequence of words that are both fun and challenging to say. It's also a day to learn some new tongue twisters. Neurologists and linguists suggest that tongue twisters are a significant exercise in activating your brain's performance. Tongue twisters are a sequence of words or sounds that are usually alliterative (meaning the first consonant is repeated) and are difficult to pronounce quickly and correctly. Tongue twisters are funny, but they can also help you with your pronunciation and speaking. They are a type of diction or

articulation exercise, which helps you learn to speak clearly.

## BENEFITS OF TONGUE TWISTERS:

**They enhance memory:** You will not be able to say a tongue twister well if you do not learn it by heart. It is an infallible trick to be able to pronounce it well.

**Exercise vocalization:** Children will have to make an effort to properly vocalize each phoneme, but they will do it without even realizing it, and in a fun way. It's like a kind of speech therapy, but wrapped up in laughter.

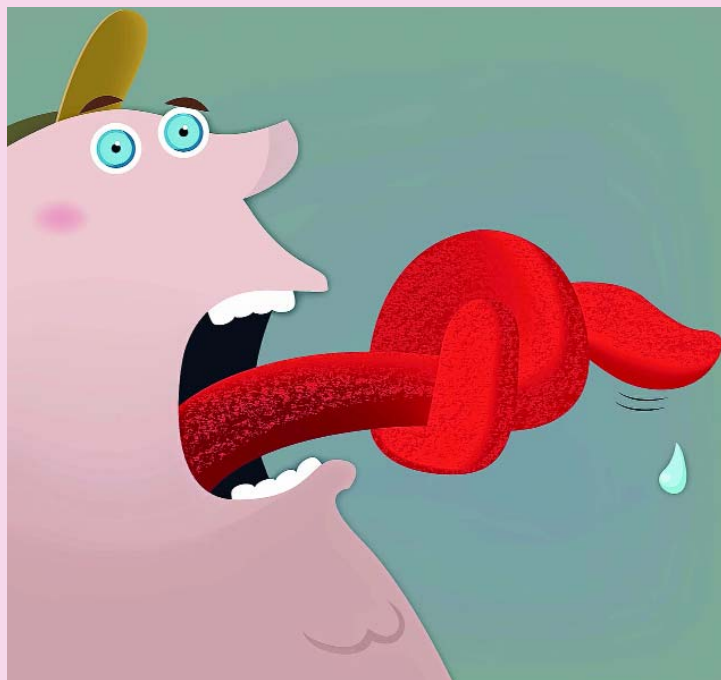
**Muscle strength:** They strengthen and stretch the muscles involved in speech. This muscle exercise leads to

clearer pronunciation, clearer speech patterns, and helps rectify some of the hardest sounds for you.

**They are a great warm up:** Even if you're a native speaker or you've mastered English pronunciation, tongue twisters are a great warm-up exercise before you make a presentation, speak in public, teach a class, lead a meeting, act, and more!

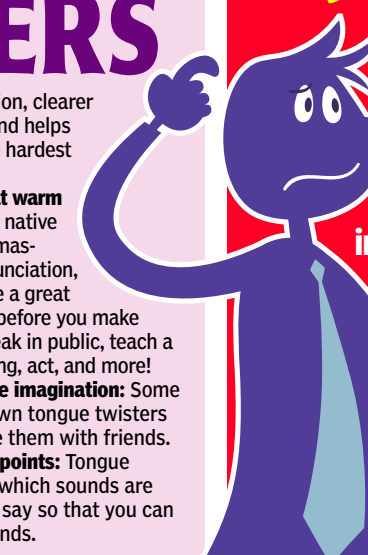
**They encourage imagination:** Some kids invent their own tongue twisters to be able to share them with friends.

**Tell your weak points:** Tongue twisters highlight which sounds are difficult for you to say so that you can work on those sounds.



# Queries relating to language skills

Do you find grammar confusing? Do you get stuck with words when writing a letter, an essay or a blog? Do you have a fear of public speaking? Or do you simply want to improve your communication skills? Times NIE is here to help you to master the intricacies of the English language. Just shoot us your queries on [toinie175@gmail.com](mailto:toinie175@gmail.com)





# AGATHA CHRISTIE

## For Beginners

Which books should you start with? Which books should you read when you are well-versed with Christie's world? Let's find out...



Whether you starting with crime queen Agatha Christie's books, or you want to gift or recommend books to one of the younger members of the family, it's essential to begin with the right books that open the world of Christie's works of fiction, and introduce the basics. It doesn't matter whether it's a Miss Marple mystery or a Hercule Poirot one, there are certain books that need to be read before others. It's easy to straight go for the ones we have heard about the most: 'The Murder on The Orient Express', 'Death on the Nile', 'The Mirror Crack'd from Side to Side', 'The Pale Horse' etc; but that would not do you jus-

tice. It's important to understand two of Christie's protagonists well before starting with what people call the "more famous of the author's books". Let's navigate Christie's world in a simple way that keeps the mystery fan in you on your toes – the books that gradually take you to the more famous of Christie's works.

Begin at the beginning... As cliché as it sounds, it's always the best way to know the lead character, and get introduced to her/his world, and the peculiar and particular, traits of the sleuths who solve murders.

### MISS MARPLE MYSTERIES READ THEM IN THIS ORDER...

#### 1. THE MURDER AT THE VICARAGE, 1930

When a despised magistrate is found shot to death in the library of the local vicarage, his wife and her lover, a portrait painter living on the church grounds, both confess to the crime. Miss Marple's keen powers of observation clear both of them of the crime, but other suspects abound.

#### 2. THE BODY IN THE LIBRARY, 1942

Dolly Bantry calls upon her old friend Miss Marple when the strangled corpse of an unknown blonde girl is found in the library of her home, Gossington Hall.



### 3. A MURDER IS ANNOUNCED, 1950

The residents of Chipping Cleghorn are astonished to read an advert in the local newspaper that a murder will take place the following Friday at 7:30 pm at Little Paddocks. A group gathers and at that precise moment, and the lights go out and then there's a shot fired!

### 4. 4:50 FROM PADDINGTON, 1957

Miss Marple investigates when an old friend of her witnesses a murder aboard a passing train. Did she really see a murder? Or, was it something else?



### 5. SLEEPING MURDER, 1976

The owner of a seaside villa, Gwenda, is plagued by strange feelings about its past soon after moves in. Odd things started to happen. Despite her best efforts to modernise the house, she only succeeds in dredging up its past.

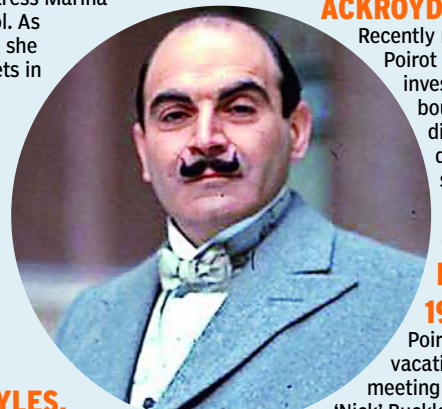
### 6. THE MIRROR CRACK'D FROM SIDE TO SIDE, 1962

Miss Marple investigates the murder of Heather Badcock, who consumed a poisoned cocktail at a party thrown by American film actress Marina Gregg, Heather's idol. As Marple investigates, she discovers dark secrets in Marina's past...

### HERCULE POIROT MYSTERIES READ THEM IN THIS ORDER...

#### 1. THE MYSTERIOUS AFFAIR AT STYLES, 1920

On the morning of 18 July, the household at Styles Court wakes to the discovery that Emily Inglethorp, the elderly owner, has died. She had been poisoned with strychnine. Arthur Hastings, a soldier from the Western Front staying at this country manor as a guest on his sick leave, ventures out to the nearby village of Styles St Mary to enlist help from his friend Hercule Poirot.



### 2. THE MURDER ON THE LINKS, 1923

Hercule Poirot and Captain Hastings travel to Merlinville-sur-Mer, France, to meet Paul Renaud, who has requested their help. Upon arriving at his home, the Villa Genevieve, local police greet them with news that he has been found dead that morning. Renaud had been stabbed in the back with a knife and left in a newly dug grave adjacent to a local golf course.

### 3. THE MURDER OF ROGER ACKROYD, 1926

Recently retired Hercule Poirot (David Suchet) investigates a neighbour's murder and the disappearance of the deceased's adopted son.

### 4. PERIL AT END HOUSE, 1932

Poirot and Hastings vacation in Cornwall, meeting young Magdala 'Nick' Buckley and her friends.

He is persuaded that someone is out to kill her. They meet all of her friends at her home called End House. Though he aims to protect Nick, a murder happens that provokes Poirot to mount a serious investigation.

### 5. DUMB WITNESS, 1937

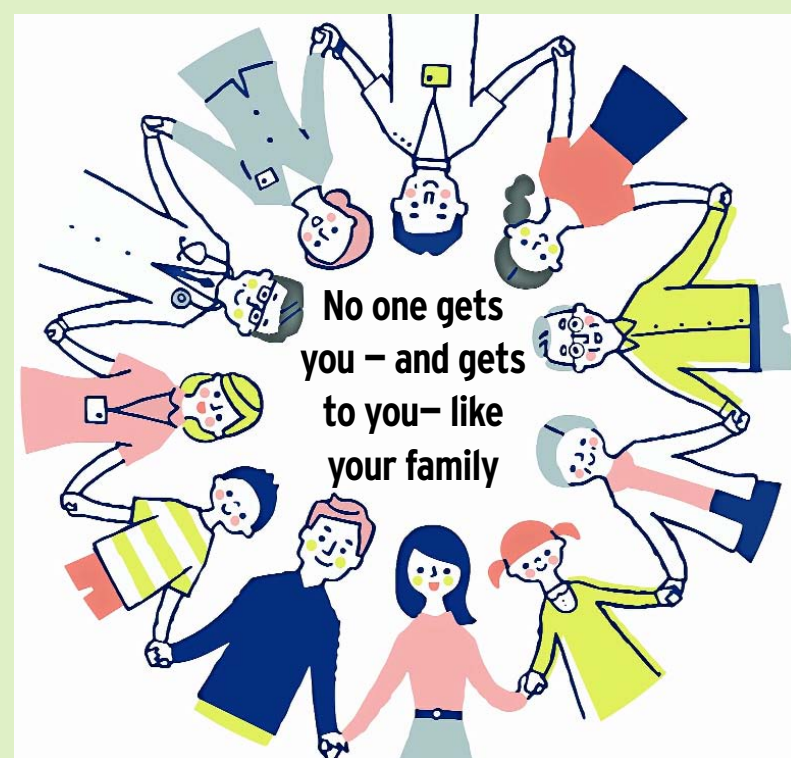
Emily Arundell, a wealthy spinster, writes to Hercule Poirot in the belief she has been the victim of attempted murder after a fall in her home in Berkshire. However, her family and household believe she actually fell by accident, after tripping over a ball left by her fox terrier Bob.

### 6. THE A.B.C. MURDERS, 1936

'The ABC Murders' is about the adventure of Hercule Poirot in solving a serial murder case. He is accompanied by his friend Hastings. The story starts when Poirot shows a letter from the murderer to Hastings. The killer challenge Poirot to stop him.

PS: Read 'Death on The Nile' and 'Murder on the Orient Express' after you've read all the above-mentioned books.

## FAMILY SAGAS

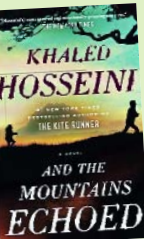


No one gets you – and gets to you – like your family

One of the most endearing scenes at any family wedding are a few senior members attempting to chart a family tree to help the younger generation understand the familial roots. A family tree is the visual representation of a family structure. Family stories are key ways for communities to stake a claim to their history and culture. A study of one's family can reveal the rich personal histories that bind us, our migratory patterns, and often also reveal multi-generational secrets and mysteries. No wonder the world of literature loves big families. It gives the author a chance to create a huge cast of characters over a long period of time, enabling them to plant family mysteries; unveil flaws that are passed down from ancestors to descendants; and slowly unravel secrets held tight for generations. Multigenerational sagas also use storytelling as a way to bring new and diverse voices to the literary world. With the wedding season on in gusto, here are some amazing stories about family dramas to feast on:

### AND THE MOUNTAINS ECHOED by Khaled Hosseini

Khaled Hosseini's third novel spans several generations and alternates between Afghanistan and the West while grappling with many of the same themes of his earlier works: parent-child relationships, the past and Afghanistan's cycle of trauma and sadness.



### HER MOTHER'S MOTHER'S MOTHER AND HER DAUGHTERS by Maria José Silveira

Five hundred years of Brazilian history, right from the time of tribes to present day society is narrated through the perspective of women. This novel, translated from Portuguese, is quite a literary feast to indulge in.

### KINTU by Jennifer Nansubuga Makumbi

'Kintu' is set in the Buganda Kingdom (present day Uganda) in 1750 and follows the cursed blood line of the Kintu clan. A sprawling exploration of tribes, customs, infiltration of Christianity, adverse effects of a patriarchal society on men, superstitions and relationships.

### ONE HUNDRED YEARS OF SOLITUDE by Gabriel Garcia Marquez

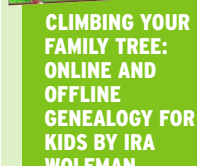
Often named as one of Marquez's best works, this sweeping family epic is set in the fictional land of Macondo and traces the history of the Buendia family. The book is a landmark in the magical realism genre. It



### BOOKS THAT HELP YOU MAKE A FAMILY TREE



**ME AND MY FAMILY TREE BY JOAN SWEENEY**  
Provides a simple family tree concept that can be built upon later.



**CLIMBING YOUR FAMILY TREE: ONLINE AND OFFLINE GENEALOGY FOR KIDS BY IRA WOLFMAN**  
For middle schoolers, this book talks about the kinds of documents that will be most helpful in constructing a family tree.



**MEMOR YOUR WAY BY THE MEMOR ROUNDTABLE**  
Shows teen readers all the different ways you can explore your ancestry.

plays between the ideas of solitude and the need for love.

### THE HOUSE OF SPIRITS by Isabel Allende

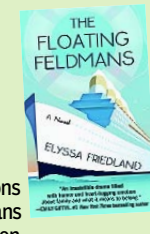
One of the finest magical realism family sagas ever written is Allende's 'The House of Spirits'. Set in an unnamed Latin American country, the novel follows three generations of the Trueba family with the backdrop of the political tensions in the country.

### COME, MY BELOVED by Pearl S Buck

A family saga that begins with billionaire David MacArd's decision to start a seminary in Bombay, India, which impacts his family for the next few generations. Follow David, his son, grandson and great granddaughter as they navigate their lives on courses charted not by choices but by destiny.

### THE FLOATING FELDMANS by Elyssa Friedland

A light-hearted, contemporary version of a family saga set on a cruise. Three generations of Feldmans converge on a cruise ship to celebrate the birthday of their matriarch.



## SNOWY DECEMBER WATCHES

THERE ARE SOME FILMS MADE FOR WINTER VIEWING WITH A CUPPA IN HAND

### THE CUTTING EDGE, 1992

Stuck-up figure skating whiz Kate Moseley (Moira Kelly) is denied a gold medal at the 1988 Olympics after a fall. As Kate drives off partner after partner, her coach, Anton (Roy Dotrice), must quickly find her a new one in order to be ready for the next Olympics. Enter arrogant former Olympic hockey player Doug Dorsey (DB Sweeney), who briefly encountered Kate years before. Reluctantly, teaming up, Kate and Doug's icy rapport begins to thaw, resulting in a chemistry both in and out of the rink.

### FORCE MAJEURE, 2014

This Swedish dramedy deals with the fall-out after a father behaves less than bravely when his family appears to be in danger during a ski holiday. During a vacation in the French Alps, Tomas runs away leaving his wife to protect their children when an avalanche strikes. However, this incident threatens his relationship with his family.

### WINTER'S TALE, 2014

One night in early 20th-century New York, master thief Peter Lake (Colin Farrell) breaks into a Central Park mansion – and quickly has his heart stolen by its occupant, Beverly Penn (Jessica Brown Findlay). Unfortunately, their love is star-crossed; she is dying from consumption, and he is marked for death by his demonic former mentor, Pearly Soames (Russell Crowe). Peter battles the forces of time and darkness to save Beverly, even as Pearly does

everything in his power to defeat Peter.

### MIRACLE, 2004

When college coach Herb Brooks (Kurt Russell) is hired to helm the 1980 US men's Olympic hockey team, he brings a unique and brash style to the ice. After assembling

### LITTLE WOMEN, 2019

In the years after the Civil War, Jo March lives in New York and makes her living as a writer, while her sister Amy studies painting in Paris. Amy has a chance encounter with Theodore, a childhood crush who proposed to Jo but was ultimately rejected. Their oldest sibling, Meg, is married to a school-teacher, while shy sister Beth develops a devastating illness that brings the family back together.

### SNOW DAY, 2000

Tale about a family's snowy day. Dad is a TV weatherman who tries vainly to get people to listen to his predictions, mum is a stressed businesswoman without child-care for her toddler, and their eldest son is obsessed by the prettiest girl in the school. However, school is closed and his ten-year-old sister decides to sabotage the snowplough and extend the fun for another day.



## What is Nanopunk?

**Definition:** A sub genre of science fiction, nanopunk is defined by a world where nanotechnology is the predominant technology used.

**Setting:** Nanopunk novels can be of two types: one that examines the risks of nanotechnology and have a dark,

dystopian feel. The second may highlight its many advantages and offer an optimistic outlook.

**Who wrote it first:** Linda Nagata was one of the first writers to feature nanotechnology at the centre of the story. Her 'Tech Heaven' (1995) is a futuristic thriller in which the medicinal uses of nanotech are under examination.

**What to read:** Neal Stephenson's 'The Diamond Age'; Michael Crichton 'Micro'; Kathleen Ann Goonan 'Queen City Jazz'; Richard K Morgan's 'Altered Carbon' and more.

**Lead image:** A still from the series 'Altered Carbon' based on Richard K Morgan's book.



## TROUBLE READING?

If you read a page every minute for 10 minutes every day, you'll have read 3,650 pages or 12 300-page novels at the end of the year! This technique is helpful for anyone who wishes to make a change in their life. Make no attempt to reinvent the wheel.

Studying the behaviours of successful people is the easiest way to achieve anything you want. Every day, read at least ten pages, and choose a personal development book to read.





# UNBRIDLED FLOURISH

The pressure of steering a team to victory can affect the performances of the best of players. With Virat Kohli giving up his T 20 captaincy, we take a look at some top cricketers who flourished, and even went on to set records, after stepping back from the top post

**Sachin Tendulkar, India**

## TAKING CHARGE

In August 1996, at age 23, Sachin Tendulkar was made the captain. In the semifinals of the 1996 World Cup, where India was defeated, Tendulkar emerged as the tournament's top run scorer, with 523 runs. Sachin served as the captain of the Indian team between 1996 and 2000, before passing on the baton to Sourav Ganguly. He felt his batting was getting affected due to the pressure of leadership. He had said, "I want to concentrate on my batting because I could not get the performance that I wanted to put in for the team."

## POST CAPTAINCY

**2003 World Cup** - Tendulkar helped his team advance as far as the finals. Though India was defeated by Australia, Tendulkar, who averaged 60.2, was named the Man of the Tournament.

**December 2005** - Scored record-breaking 35th century in a Test series against Sri Lanka.

**Mushfiqur Rahim, Bangladesh**

## TAKING CHARGE

Considered the most successful Test captains of Bangladesh, Mushfiqur Rahim's journey has been nothing but splendid. He took charge in all three formats in September, 2011, at the age of 24, when Bangladesh cricket was going through a rough phase. He was the Man of the Match in his first match as captain. He captained the side in 34 test matches, with 7 wins, 18 losses, and 9 draws. As white ball captain, he won 11 ODIs, and 8 T20I. After a stint of 2 years, he passed up the ODI and T20 baton and retained Test captaincy till 2018. Bangladesh Cricket Board president Nazmul Hasan had said, "We want best batting service from Mushfiqur. We want him to concentrate on his batting, want to free him from pressure."

## POST CAPTAINCY

**November 2018:** Became first wicketkeeper batter to record two Test double centuries, surpassing legendary wicketkeeper-batters Adam Gilchrist, Kumar Sangakkara and MS Dhoni, against Zimbabwe.

Finished innings on 219\*, highest individual score by a Bangladesh batsman in Test cricket.

Faced 421 balls spending 589 minutes at the crease during the innings, a record for a Bangladesh batsman in a Test innings.

**2019** - Became third Bangladeshi batsman to score a century in World Cup, during 2019 Cricket World Cup.

His 102\* in 97 balls helped Bangladesh reach their highest ODI score of 333/8.

**February, 2020:** During Zimbabwe tour of Bangladesh, scored an unbeaten 203 runs, becoming the only Bangladeshi batsman to score three double-hundreds in Test cricket.

**December 2020:** Included in the Wisden's Teenage Riot Test XI (a team of greats who started young).

**May, 2021:** Became the first and the only Bangladeshi player to win 150 international matches, after scoring 125 and helping his side win the second ODI and series during the Sri Lanka tour of Bangladesh.

## TAKING CHARGE

Mohammad Nabi was the captain of the side from 2013-2015. Afghanistan played the 2014 Asia Cup, their first ever major international ODI tournament, the 2014 ICC World Twenty20 and 2015 Cricket World Cup. They defeated Bangladesh in just their fourth match against a Test nation. He resigned as captain in April 2015 due to poor form.

## POST CAPTAINCY

**2015** In bilateral ODI series against Zimbabwe, he scored his maiden ODI century and 223 series runs. Named player of series. Afghanistan won the series 3-2, the first time an associate team had beaten a full member in a bilateral series.

**2016** - ICC World Twenty20 - declared Man of the Match in wins against Hong Kong and Zimbabwe.

## TAKING CHARGE

Shoaib Malik was captain of the Pakistan national cricket team from 2007 to 2009. After Inzamam-ul-Haq's resignation as the captain post the 2007 World Cup, Malik was one of the names considered for captaincy, along with Younis Khan and Mohammad Yousuf. He was a popular choice and was backed by Pakistan's coach Bob Woolmer and former skipper Imran Khan. At 25, he became the fourth-youngest captain of Pakistan. Younis Khan took over as captain in January 2009 after Malik's step-down following his poor performance against Sri Lanka. He was criticised by the coach and the manager for his inefficient leadership and described as 'a loner, aloof and involved in his own little world'.

**Shoaib Malik, Pakistan**

## POST CAPTAINCY

**2017** - Was integral part of Pakistan squad that was crowned champions of the ICC Champions Trophy 2017 by defeating India.

**September 2017** - Became the highest run-scorer in T20I for Pakistan.

**April 2018** - included in the Rest of the World XI squad for the one-off T20I against the West Indies, to be played at Lord's on May 31, 2018.

**July 2018** - Became the first Asian batsman to score 2,000 runs in T20Is and third overall.

First player to play 100 T20Is in the world.

**August 2018** - During 2018 Caribbean Premier League tournament, he became the fourth batsman to score 8,000 runs in T20s.

**June 2020** - Was named in the 29-man squad for Pakistan's tour to England during the COVID-19 pandemic.

**October 2020** - In 2020-21 National T20 Cup, became the first Pakistani batsman to score 10,000 runs in Twenty20 cricket.

**2021** - Scored the season's joint-fastest fifty in the 2021 ICC T20 World Cup.

**Mohammad Nabi, Afghanistan**

**June 2007** - Became first player to record 15,000 runs in one-day international (ODI) play.

**2010** - Named International Cricket Council (ICC) Cricketer of the Year.

**November 2011** - became the first batsman to score 15,000 runs in Tests.

**December 2011** - Double century against South Africa, becoming the first man in history to record 200 runs in a single ODI innings.

**March 2012** - Scored his record-setting 100th international century, (51 in Tests and 49 in ODIs) in ODI against Bangladesh.

**2012** - Retired from ODI

**2013** - Retired from Test cricket and IPL team Mumbai Indians.

## TAKING CHARGE

In 2014-15, at the age of 25, Steve Smith became Australia's 45th Test captain, filling in for the injured Michael Clarke in three Tests. The extra responsibility did not hamper his run-making. He became his country's leading run scorer in their triumphant 2015 World Cup campaign and he became captain in all three formats. Smith had a successful stint as the captain of Australia between 2014 and 2018. However, he was stripped of his captaincy and banned for 12 months over his involvement in a ball-tampering scandal. Tim Paine took over as captain since vice-captain David Warner too had been suspended.

## POST CAPTAINCY

**July 2019** - In the first Test of 2019 Ashes series in England, Smith scored centuries in both innings. It was his ninth and tenth Ashes centuries and his 24th and 25th overall.

Became the first-ever Test batsman to score ten consecutive 50+ scores against a single opponent (England).

**Feb-March 2020** - Was top scorer at 45 in first T20I match against South Africa in Johannesburg, helping Australia to a total of 196, winning by 107 runs.

**2021 first ODI** - During India's tour of Australia, in a 108-run partnership with Aaron Finch, Smith scored hundred off 82 deliveries, the third fastest by an Australian. Finished with 105 off 86 balls.

**Second ODI** - Second century off 82 deliveries in a 136-run partnership with Marnus Labuschagne. Awarded Player of the Match

Australia won the series 2-1. Smith was awarded Player of the Series.

**November 2020** - Nominated for Sir Garfield Sobers Award - ICC Cricketer of the Decade, and Test Cricketer of the Decade.

**Jan 2021** - scored his 27th Test century during India's tour of Australia.

**August 2021** - Smith was named in Australia's squad for the 2021 ICC Men's T20 World Cup.

In Super 10 round against England, took a catch, a wicket bowling and effected a run-out, almost causing a major upset. England won by 15 runs.

**March 2018** - 2018 Cricket World Cup Qualifier against West Indies, became first bowler for Afghanistan to take 100 wickets in One Day Internationals (ODIs).

**June 2018** - Made Test debut against India

**2019** - Won Man of the Match in first T20I against Ireland. In the third match, bowled an economical 0-28(4) to win Man of the Match and Series.

**2019** - Cricket World Cup - took 200th international wicket in a match against Pakistan. Finished as leading wicket-taker, with ten dismissals in nine matches.

**Sept 2021** - Named captain for T20 World Cup.

Quinton De Kock was appointed South Africa's white-ball captain in February 2020, at the age of 27. He took them to a home series win over Sri Lanka, though his own form suffered, scoring just 28 runs in two Tests, a home series whitewash at the hands of England, and then defeat in Pakistan, scoring just 46 runs in 4 innings. De Kock served as both the white ball and red ball captain of the team between 2020 and 2021 before passing on the baton to Temba Bavuma and Dean Elgar as the White and Red ball captains, respectively. On him being relieved from the role before the Pakistan series in April 2021, Cricket South Africa director Graeme Smith said, "It was felt that the burden of leadership was just too much for a person or a player like Quinton. We wanted to free him up." The clear focus was on De Kock the player, and getting him back to his destructive best.

## TAKING CHARGE

**Quinton De Kock, South Africa**

## POST CAPTAINCY

**April, 2021** - Scored century in 2 ODIs and 1 halfcentury in Pakistan's tour of South Africa

**June, 2021** - South Africa Tour of West Indies - Scored 237 runs in 3 test innings, at an average of 118.50, including 1 century and 1 halfcentury. He was adjudged the Player of the Series.

He also scored a massive 255 runs in 5 T20 matches at an average of 51, scoring 3 half centuries.

**July, 2021** - scored a century in the lone ODI he played during South Africa's tour of Ireland.

**September, 2021** - scored 153 runs, with two halfcenturies in his pocket in the T20 series during South Africa's tour of Sri Lanka. Adjudged Player of the Series.

Photos: GETTY IMAGES