

# THE TIMES OF INDIA

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**TODAY'S EDITION**

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**STUDENT EDITION**

SATURDAY, OCTOBER 23, 2021

**TRIVIA TIME**

## EINSTEIN'S 'THEORY OF HAPPINESS'

Since when did we start looking for only celebrity foodstuffs to fill our kitchen racks? Well, ever since the whole 'superfood' bug bit us

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As American author and columnist Susan Maushart puts it, "The whole superfood thing — the notion that certain edibles contain powers and abilities far beyond those of mortal fruits and vegetables — has only been with us for about 15 years. The truth is, the superfood designation has never carried much weight with food scientists. They have pointed repeatedly to the lack of empirical goodness around most of the claims for superfoods."

**THE REAL PICTURE**

Dr Anjali Hooda Sangwan, consultant, Obesity, Metabolic Medicine & Clinical Nutrition says, "No foods are actually categorised as superfoods by USDA or FDA, these are terms used to market a certain food item and items not available easily or sourced from different geographical locations. Scientifically speaking foods rich in vitamin C, vitamin E and beta carotene should be considered better than others in same category." Basically anything nutritionally dense can be superfood.

**THE EXOTIC QUOTIENT**

A food needn't always be alien sounding to earn the super title. These foods are considered exotic because a lot of them are unavailable to the common man. For instance, goji berries are considered



# The super in 'SUPERFOOD'

exotic in India but not in China where they grow in abundance. Similarly, Chia seeds are from another continent therefore considered rare in India. "We have a barrage of superfoods all around us in legumes, spices, vegetables and oils. We just don't know how

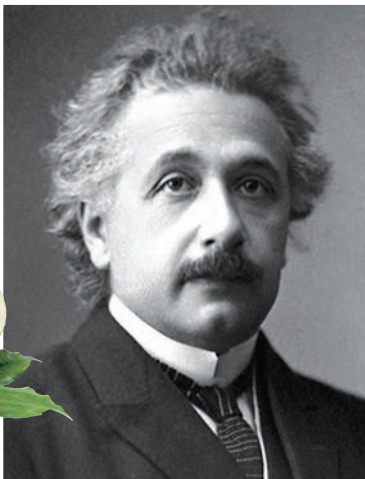
to market it like the West does and don't have enough research to put something in the spotlight. Why go all gaga after quinoa when we have amaranth, why overdo olive oil when our mustard is so good and why overspend on goji berries when there is amla," argues clinical nutritionist Ishi Khosla.

**GET A BALANCE**

Did you know that eating too much quinoa could actually give you a lot of unwanted flab? Too much of anything is bad holds true for these edible superstars. Don't increase your super quotient at the expense of a balanced diet. "The goal is to eat a variety of foods, include all the food groups, in the right amounts as a part of a healthy diet," says Khosla. Just blend it in. Introduce superfoods gradually into your diet without making any major alterations. Alternate your oils, greens, nuts and grains. Mix them in your salads, juices and smoothies.

**EAT INDIAN**

- **Kokum:** This fruit, found in Western Ghats, is cardiogenic, reduces tumours, alleviates pain, is high in vitamin C, low in fat and calories, low in sugar
- **Soursop:** Also known as thorny custard apple in tropic India, soursop is touted to be a miracle cancer-killing super fruit
- **Amaranth:** It's a protein powerhouse. At about 13-14%, it easily trumps the protein content of most grains, contains more than three times the average amount of calcium and is also high in iron, magnesium, phosphorus, and potassium
- **Buckwheat:** Despite its name, buckwheat is totally unrelated to wheat and is an awesome gluten-free superfood that is inexpensive. It has lipid-lowering properties, betters your blood sugar control and lowers risk of diabetes
- **Moringa:** Native to India, moringa has been used worldwide to combat malnutrition. There are 13 species of moringa, of which the drumstick tree is the most widely cultivated. It is a nutritionally complex whole food naturally abundant in vitamins, minerals and amino acids



This is among his lesser-known theories – the life truth that Einstein jotted and handed to a bellboy in Tokyo in 1922 in lieu of a tip! It was auctioned for a whopping \$1.56 million on October 25, 2017. Here's what it said...

1 Albert Einstein is, of course, world famous for coming up with the theory of relativity, which in many ways changed our conception of time and space. Other than Physics, Einstein had offered many a pithy and poignant opinion on topics from love to government and god. In 1922, he handed a small handwritten note to a bellboy in Tokyo that explained how to live a happy life. This came to be widely known as Einstein's "theory of happiness."

2 It was written on a piece of hotel stationery at the Imperial Hotel in Tokyo. Einstein was there on a lecture tour and had just heard about his Nobel Prize win. Not having any change to tip the bellboy, he wrote down some words of wisdom, prefacing that the piece of writing could be worth more than a tip one day. Indeed, the payday came to the nephew of the bellboy who ended up with the note that was sold for \$1.56 million at an auction in Jerusalem.

3 "What was in the note? Einstein wrote: "A calm and modest life brings more happiness than the pursuit of success combined with constant restlessness." He also wrote another short note on a second sheet, saying "Where there's a will, there's a way." That paper sold for \$250,000.

4 The auction was carried out through Winner's Auctions and Exhibitions in Jerusalem. They had estimated that the notes would fetch about \$5,000 and \$8,000.

5 According to 'The New York Times', the bellboy happened to be at the right time at the right place. Einstein had heard about his Nobel win just recently, informed by a telegram. He was overwhelmed by wellwishers and was trying to write down his thoughts when the bellboy came. It was certainly fortuitous for the boy that Einstein didn't have any cash on him as "he decided to make the most of his new exalted status."

**WHAT'S TRENDING**

# Awesomeness of AWE WALKS

LONESOME WALKS WITH A SENSE OF AWE IS A WAY TO ENHANCE THE ALREADY HEALTHY PRACTICE OF WALKING

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That walking alone can enhance your mood, increase your circulation, and help you sleep better is well proven fact backed by numerous studies. Forest bathing — the Japanese practice of mindfully engaging all five senses while immersed in nature — is recommended as a complimentary strategy to reducing stress, depression, and anxiety. And now, according to a new study, finding awe during a stroll can also be beneficial.

**AWE YOU SURE?**

You know what we're talking about if you've felt goosebumps while watching a sunset, or while gazing at the majestic Taj Mahal or felt chills while watching someone you care about receive an award. For most, simply watching the sunrise early morning or watching a sunset feels nothing short of awe-inspiring — a trend finding social media cred now with people sharing their sunset photos on their Instagram.

According to researchers, 'awe', is mainly a good emotion that you experience when you're in the presence of something so immense that you can't immediately comprehend it. According to psychologytoday.com, the state of awe is a paradox. You feel smaller even as you connect to something bigger/larger than yourself. It's like feeling like a speck of dust in the universe — you feel humbled by your smallness, yet at the same time you feel bigger than life itself.

**HOW AWE WALKS CAN CHANGE YOU**

Nature often inspires awe. An "awe walk" is a stroll during which your focus is purposely directed outward rather than inward. So you're not worried about the looming deadline, the incomplete project, homework, or concerns about the coronavirus. According to a study published in the journal 'Emotion' on September 21, a frequent dosage of astonishment can increase happy moods.

**WHAT'S NEW?**

A group of researchers led by Virginia Sturm, an associate professor of Neurology and Psychiatry at the University of California, San Francisco, tracked 52 healthy seniors over eight weeks to see how they responded to awe walking. The participants were divided into two groups: control and experimental, with the latter being given instructions to discover something awe-inspiring based on two criteria: physical vastness and novelty. Researchers recorded participants' emotional responses before, during, and after the walk, and asked them to take selfies before, during, and after the walk, as well as complete a daily mood survey. Dr Sturm explained: "One of the key features of awe is that it promotes what we call 'small self', a healthy sense of proportion between your own self and the bigger picture of the world around you."

**OTHER WAYS TO BE AWED**

through a deep forest, nature typically inspires awe. You can experience it by looking at a cityscape, listening to music, or absorbing a work of art that transports you to a lovely place. It may make you feel little (in a good way), reminding you that there's something bigger out there, and you'll feel more connected to others as a result

Whether it's seeing the sunrise over the ocean on a deserted beach or taking a long hike through a deep forest, nature typically inspires awe. You can experience it by looking at a cityscape, listening to music, or absorbing a work of art that transports you to a lovely place. It may make you feel little (in a good way), reminding you that there's something bigger out there, and you'll feel more connected to others as a result

## SELF-CARE

### A DETOX IS SAID TO DRAIN THE TOXINS OUT OF THE BODY AND THE LATEST TREND IS TO...

## Try a FOOT DETOX

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A detox today has become as necessary as eating and breathing healthy. We encounter toxins everywhere, in the water we drink, the air we breathe, our beauty products and our common home products. Toxins accumulate in our liver and colon and also contribute to ageing. Therefore detoxifying becomes the priority because or body's natural detox methods like breathing, sweating, are not able to keep up with the contamination around.

The latest is foot detox. A foot detox is believed to be the best detoxifying method because feet are rich with nerve endings and sweat glands. Even soaking your feet in hot water can calm down the body, reduce swelling, and improve

overall health. Experts claim that a good foot detox can burn calories too but there is little scientific evidence to prove that food detox helps in weight loss. However, it is proven that foot detox does remove the harmful chemicals from the body and makes the body more alkaline so that the harmful organisms are destroyed. There are many different ways that you can do a foot detox:

- A FOOT DETOX CAN**
- Balance body's pH
  - Reduce swelling
  - Improve mood
  - Relieve stress
  - Burn calories
  - Improve heart health
  - Balance blood sugar
  - Destroy harmful microorganisms



**FOOT SOAKS:** A simple way of soaking feet in water with some Epsom salt and essential oils. Keep the feet immersed in water for 15 minutes and then gently dry them and massage with some moisturiser.

**FOOT MASKS:** You can get over the counter foot masks or go to a spa for a customised foot mask. These masks are applied on the feet for a few minutes and then washed off. A foot mask can soften your skin, remove the toenail fungus, and also help with athlete's foot.

**FOOT SCRUB:** Foot scrubs should be done on a regular basis. They help in removing dead skin and kill feet odour. **FOOTPADS:** Food pads are specially designed to make the feet sweat. This process is believed to pull out the toxins from the body.

**ACUPRESSURE BASED TECHNIQUES:** Acupressure techniques apply pressure to the specific points on the feet and encourage relaxation.

**IONIC FOOTBATH:** These are special footbaths that help by sending an electrical current in a tub of water. The water ions divide and create negative oxygen ions and these neutralising particles draw the toxins out of the body.

"I have no special talents. I am only passionately curious" - ALBERT EINSTEIN

## RETHINK

### A term that took effect in 2013, it's the reason why groupies are more effective than selfies

# Heard of The CHEERLEADER EFFECT?

The cheerleader effect, aka group attractiveness effect, is the cognitive bias which causes people to think individuals are more attractive when they are in a group! Fictional character Barney Stinson played by Neil Patrick Harris in the popular television series 'How I Met Your Mother' first coined the phrase in November 2008.

### GOOD-LOOKING GROUPS

Interestingly, in a case of fiction inspiring science, behavioural researchers Drew Walker and Edward Vul in 2013 decided to test this out. Across five studies, participants rated the attractiveness of male and female faces when shown in a group photo, and an individual photo, with the order of the photographs randomised. The people photographed got higher scores for their group photos. The effect occurs to the same extent with groups of four and 16 people. Walker and Vul proposed that this effect arises due to the interplay of three

cognitive phenomena: The human visual system takes "ensemble representations" of faces in a group and perception of individuals is biased towards this average. Average faces are more attractive, perhaps due to "averaging out of unattractive idiosyncrasies". When all three of these phenomena are taken together, the individual faces will seem more attractive in a group, as they appear more similar to the average group face!

### USING THE EFFECT

An article in 'The Atlantic' examined the effect to actually try and see how the 'cheerleader effect' can be used in social situations. Abigail Fagan wrote: "One key explanation of the so-called Cheerleader Effect is that people switch from internal to external evaluation standards." Importantly, research on the Cheerleader Effect has focused on evaluating unknown faces flanked by unknown faces. This

corresponds to any situation where we make a first impression. When it comes to first impressions, faces benefit when they're flanked by less attractive faces.

It is most useful in posting on social media. Fagan writes: "It is a well-known marketing practice that we typically encounter low-budget products, such as cheap watches, presented side by side, whereas

The basic idea of "cheerleader effect" is that our asymmetries tend to "average out" amid a group of faces

luxury goods are presented separately. Similar practices are relevant for self-marketing on social media. You appear more attractive in a selfie with other people than in isolation, as long as the others are equally or less attractive." Key points: The more attractive you are, the less you'll gain from this effect. Second, it won't work if other people in the frame are more attractive.





# INDIA AND COP26:

## A brief history

With COP26 starting in a few weeks in Glasgow, let's take a look at a brief history of COP, what events lead to its establishment and how India's plans to shake things up in the field of renewable energy

BY INVITATION



MEGHA GUPTA

Between October 31 and November 12, leaders from more than 190 countries, including India, will meet in the UK at the 26th Conference of Parties (COP 26) to discuss climate change and ways to fight it. The very fact that there have been 26 COPs, shows just how pressing a problem

Wildlife is endangered. The more we understand climate change, the more we realise how dangerous it can be for all of us.

### WE NEED TO STEP UP

To battle it, the UNFCCC recommends that countries reduce their

greenhouse gas emissions through measures like avoiding the use of fossil fuels like coal, increasing forest cover and investing in renewable energy. But this is easier said than done. Most countries run on electricity and most electricity continues to come from fossil fuels. That's why, they need fossil fuels to develop. However, the problem of climate change has become even more serious and IPCC reports, including its 2021 report, have repeatedly raised alarm bells.

That's why countries are trying to power their growth by generating electricity from renewable sources like the sun, wind and water. India has been at the

In 1988, a dedicated body of scientists was set up to study human-induced climate change, its impact on the planet and ways to address it. This was the Intergovernmental Panel on Climate Change (IPCC).

climate change is for our world. Human activities like burning fossil fuels and cutting down trees have been filling up the atmosphere with heat-trapping greenhouse gases like carbon-dioxide for hundreds of years. However, it was only in the 1980s that the world began to get really worried about global warming and climate change. Many countries were fighting heatwaves and droughts. Fires broke out in the Amazon rainforest... something was going terribly wrong with the planet.

### HOW IT STARTED?

In 1988, a dedicated body of scientists was set up to study human-induced climate change, its impact on the planet and ways to address it. This was the Intergovernmental Panel on Climate Change (IPCC). Shortly afterwards, in 1992, over 100 countries met at Rio De Janeiro, for the first Earth Summit to discuss climate change and ways to tackle it. In the aftermath of the summit, they signed an international environmental treaty – the United Nations Framework Convention on Climate Change (UNFCCC). All the countries that have signed the convention are members of the COP.

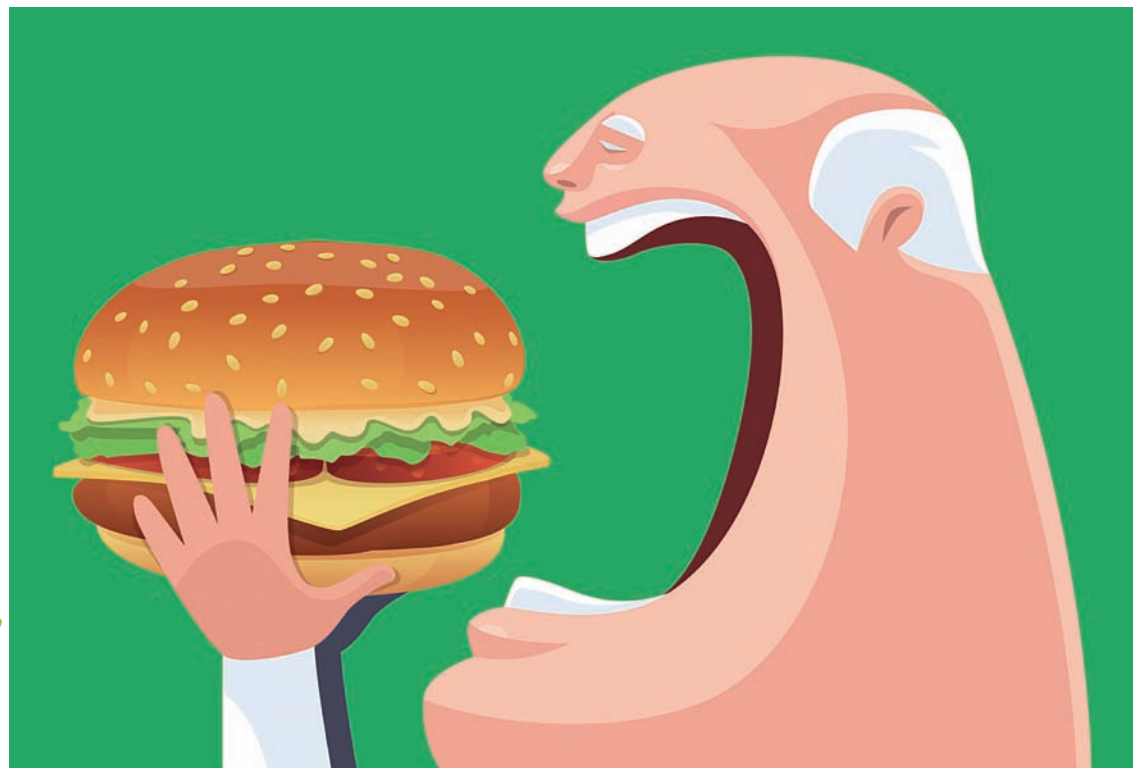
India has been part of the COP since the very beginning. As a country with a large coastline and millions of poor people, it is among the worst-affected by climate change. Rising temperatures melt glaciers and raise the sea-level which threatens coastal areas. They lead to extreme weather events like heatwaves, droughts, floods and cyclones that destroy lives. People lose their homes. Farmers lose their crop. Fishermen find it hard to fish. Diseases break out.

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**DID YOU KNOW?**  
When compared to pre-industrial levels, the Paris targets would result in warming of well above 3 degrees by 2100. If we keep doing what we're doing, temperatures will continue to rise!

draw power, at COP26. Will India succeed in its plans to battle climate change? How will this affect our development? The answers will evolve through our lifetime.

— The writer is the author of 'Unearthed: An Environmental History of Independent India' (Penguin, 2020)



## Let's talk about... REDUCETARIANISM

Thanks to the documentary 'Meat Me Halfway', 'reducetarianism' is the latest buzzword – described as the practice of eating less animals and dairy products for the sake of better health for themselves and the planet

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### SO WHAT IS IT?

Reducetarianism is the consumption of less meat (red meat, poultry, and fish), less dairy, and fewer eggs. This practice offers an easier alternative to the only meat vs no meat kinds of diet that may not appeal to all.

Reducetarianism – which includes vegans, vegetarians – is basically anyone who cuts down on animal products in their diet. The word was coined by activist and film maker Brian Kateman around 2015 when he edited and published 'The Reducetarian Solution: How the Surprisingly Simple Act of Reducing the Amount of Meat in Your Diet Can Transform Your Health and the Planet.' Later he also started the Reducetarian Foundation (RF) in 2017.

### WHY REDUCE MEAT IN YOUR DIET

According to RF, consuming less animal products lowers your risk of heart disease and some cancers, minimises your carbon footprint and the suffering of farmed animals, and even helps to alleviate global food and water shortages. In this scenario, meat includes chicken, turkey, and duck, fish, lobsters, and other crustaceans, beef, veal and pigs. On their FAQ page, RF cites the United Nations' Food and Agriculture Organisation study which suggested that the meat industry contributes for roughly 20 per cent of worldwide greenhouse gas emissions. Methane – which has a global warming potential of more than 20 times that of carbon dioxide – is produced in large quantities by animal waste.

RF isn't alone though. Over the years there have been many studies that have called for lowering the consumption of animal and dairy products and how that may benefit the planet. According to Kateman, our world and its inhabitants are suffering as a result of factory farming, which is responsible for 15 per cent

A 2018 study published by the University of Oxford found that cutting meat and dairy products from your diet could reduce an individual's carbon footprint from food by up to 73 per cent. According to it, a vegan diet was the "single biggest way" to reduce your environmental impact on earth. If everyone stopped eating these foods, they found that global farmland use could be reduced by 75 per cent, an area equivalent to the size of the US, China, Australia and the EU combined

of global greenhouse gas emissions and 80 per cent of all antibiotics used in the United States. He dreams of a world where everyone eats more plant-based foods. Rather of preaching an all-or-nothing attitude, the reducetarian movement promotes little dietary modifications that add up to a big effect in the world.

Animal farms and processing facilities require a large amount of land to run, and the animal agriculture business is directly responsible for much of the Amazon Rainforest's deforestation due to rising demand for growth. Clearing land in Brazil to raise chicken feed, for example, has resulted in the destruction of over 3 million acres of rainforest. According to RF, animal agriculture is responsible for around 30 per cent of global biodiversity loss due to the effects of deforestation, pollution, and climate change.

### HOW TO BE ONE?

You can start by eating meat/animal products, but in a lower quantity than you are used to. Remember your friend who went on and on about the benefits of 'meatless Mondays'? They're a 'reducetarian'. And it is good for health. RF cites the American Heart Association which says eating less meat improves your health by decreasing your chance of heart disease, certain types of cancers, strokes, diabetes, and many other chronic illnesses. Some of the ways one could start is by practicing: Meatless Mondays, Vegan Before Six, Weekday Vegetarian, Go Vegetarian or Vegan.

# GREEN BEATS THE BLUES

WATCHING NATURE SHOWS HAS HELPED PEOPLE OVERCOME ANXIETY AND INDOOR BOREDOM IN THE LAST ONE YEAR

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Long-standing research shows that chronic TV watchers and news followers have elevated fears because the events they observe start to seem as if they are happening outside their front door, especially seismic events such as the COVID-19 pandemic. Fortunately, scientists have also figured out an antidote for this paranoia: watching nature documentaries! According to a new study done for The Real Happiness Project by a team of researchers at BBC Earth and the University of California, Berkeley, it was discovered that watching "nature documentaries" was one of the best types of TV shows to boost your mental health.

### HOPE IN THE FACE OF CRISIS

Last year, researchers at the University of Exeter published a study that shows these programmes can counteract the boredom associated with being isolated indoors during Covid-19. Consisting of 96 participants, research leads induced feelings of boredom to the participants under laboratory con-



ditions, then introduced scenes of an underwater coral reef through three different means: on the television, through a virtual reality (VR) headset using 360-degree video, and with a VR headset using computer-generated interactive graphics. All experiences contributed to less feelings of sadness, negativity and boredom, but watching nature documentaries through virtual reality headsets goes one step further. According to the study, this method directly resulted in increased happiness and enhanced the feeling of connection to the natural world of all participants.

### MINDFUL ENTERTAINMENT

Other than just being mindful of the types of media we consume on a regular basis – avoid too much chronic, negative, and catastrophic information – and how it impacts our mind, we must make an earnest effort to see more green. Scientists have amassed a body of research that shows exposure to natural green spaces such as parks, woodlands, mountains, and beaches has healing properties on your mental and physical health and well-being. It reduces anxiety and rumination and lowers depres-

sion. Living in greener urban areas is linked to lower incidences of heart disease, obesity, diabetes, asthma, mental distress, and mortality rates.

### HUMAN-ANIMAL CONNECT

To see the majestic blue whale spout or adorable dolphins catch their prey stirring up ring-shaped plumes of mud with their tails, reinstates the emotional exchanges between humans and animals and also our connect with the outside world. Another study shows that you don't need to have ready access to nature to experience its positive effects. Seeing it in any form is enough to provoke joy. So, whether it's learning about the way the cuttlefish masks its movements across the sea floor, or how a lion combats a pack of wild dogs in wilderness, we see metaphors for our own behaviour in that of wild animals.

Be mindful of the types of media you consume on a regular basis – avoid too much chronic, negative, and catastrophic information. Make an earnest effort to see more green





"I have never played a role in which someone's dark side shouldn't be explored."

— Daniel Craig

# How DANIEL CRAIG changed BOND forever...

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Some time during the promotion of 'Spectre', actor Daniel Craig's fourth Bond outing, he was asked by a journalist whether he'll do another Bond film. His answer was he'd rather die. A media frenzy ensued. Social media was on a roll. And the powers that be went on an overdrive to undo the damage done to the image of mega blockbuster Bond franchise, with a careless and thoughtless comment.

On hindsight though this was possibly the closest that Craig, the actor, had ever come to mimicking the character he'd been playing – off-camera. In one statement to the press, possibly because of a tired body and mind, Craig epitomised the devil-may-care attitude that is quintessentially Bond. A rebellious British government agent, often careless with feelings or the consequences of his actions, James Bond, has over the years become the spy we love to love; and also, love to hate.

## AN ICON RE-IMAGINED

For someone who came in with as much bad press as possible, Craig's Bond in the last 15 years has had the maximum impact on the character's growth – a hitherto unseen phenomenon to audiences worldwide.

He may have been as cold as Sean Connery's Bond, as playful and romantic as Roger Moore, or as fierce as Pierce Brosnan, with those deep blue piercing eyes, but Craig's Bond also went where no Bond had gone before. Even if it were a 5-second scene, we saw Craig's version of Bond accepting that he's broken, shedding tears, struggling to keep the mask of coldness for too long.

For a franchise that's rooted in tradition, and with a set way of doing things, it was difficult after the 1990s to depict a Bond without encompassing any of the socio-cultural changes that new millennium brought about. Post Noughties Bond could not be trapped in the Cold War era stereotypes, when things were definitive.

So, hardcore Bond fans may have complained over the last decade as to why the character Q, the gadget su-

perhero — who arms Bond with the snazziest of instant-kill technical equipment — didn't play a larger role. Craig's answer was that he was far more concerned with the evolution of the character, exploring his moral dilemmas, rather than "just the gadgets advancing with the times".

Blasphemous for hardcore fans? Possibly. But somewhere deep down the producers and Craig agreed that formulaic scripts were a thing of the past.

That is why you see stereotypes turned on its head as Daniel Craig emerges out of the sea instead of a Bond girl in a bikini in 'Casino Royale'. You also hear Bond saying the three words that you never thought you'll hear any Bond express: "I love you". Using just his eyes (read acting skills), Craig's Bond flinched, took severe

The 25th Bond movie, 'No Time To Die', is also Craig's swansong for the billion-dollar franchise. In the last 15 years (and 5 movies), the English actor has changed the way we perceive the suave MI-5 agent. Here's how...

body blows (got shot by his beloved British government), stood still — even if for a second — to express despair, feel every loss, and then move forward, carrying the exhaustion, and the burden of being a spy, with him.

This Bond raised has the bar significantly; almost to the point of no return. From here on, whichever direction the Bond franchise takes, some things have forever changed.

Much like the world around us right now where most things are uncertain, whether political or social, Craig's vision of Bond that he set out to change in the last decade, was truly ahead of its time. In hindsight, we will all see that.



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Author RL Stine has been terrifying and enchanting young readers all across the world for more than 30 years – having penned over 330 novels. In that time, his 'Goosebumps' series has sold millions of books and inspired a television show, computer games, a zone in a theme park, and a film starring Jack Black as Stine (the sequel is expected to release soon). As if that wasn't enough, the genius



author has created yet another series promising to make Halloween deliciously frightful. Stine's 'Just Beyond' is a hair-raising eight-episode OTT series based on the author's series of graphic novels by the same name. It focuses on a reality 'just beyond' what we know in real life. The series tackles important topics, like bullying, peer pressure, and teen worry even as characters encounter mysterious witches, ghosts, aliens, and parallel universes. Here's a look at why Stine works, globally.

## Humour in horror

Stine's first horror novel for teenagers called 'Blind Date' topped the Publishers Weekly list. In an interview with 'Collidor', Stine had said, "The secret is that I never plan to be scared. That wasn't my goal. I always was funny. I did a humour magazine for teenagers for 10 years, called 'Bananas', and I wrote about a hundred joke books. I was always funny. So, when I got switched over, which is a long story, and started being a scary guy, I had to bring the humour with me because that's my main interest, really." That's why in 'Goosebumps' and 'Fear Street', every



# STINE'S SPOOKTOBER

Have you ever wondered why 'Goosebumps' series author RL Stine is such an integral part of Halloween celebration every year? Read on to find out...

chapter end is a punchline. This is how Stine spawned a generation of readers. His horror stories were not tragedies, they were episodic and ended (mostly) on a funny note.

## He doesn't really want to scare you

If you grew up reading Stine's stories, you know you can expect to be spooked in a good way, with a happy endings. Stine calls himself a careful, conservative writer

who doesn't really want to scare kids (even if his editors tell him to make it scarier). He once said, "My thinking is that these books are entertainment. I'm very careful to keep reality out of it. The real world is much scarier than these books. So, I don't do divorce, even. I don't do drugs. I don't do child abuse. I don't do all the really serious things that would interfere with the entertainment."

When writing for young readers, Stine's one rule is that it can't be too realistic. It's

## STINE'S WRITING RULES

- One of the biggest rules in writing horror is that the audience has to know what's happening can't happen in real life; it's fantasy, he makes it scary but he steers clear of real world stuff.
- In his Masterclass, Stine said that writing shouldn't be something you slave over. It should be fun. He 'hates' serious writers who think writing is hard, or can only write in a quiet room.
- He doesn't want kids to write from the heart! In an interview, the author poo-pooed authors who tell kids to write from the heart because they will never write again! He said, "I say to kids, 'I've written 330 books, not a single one from my heart. Not one! They're all written to entertain an audience. That's it.'"

important to him that his readers know his stories are fantasy and can't really happen. That said Stine did once write a book with an unhappy ending which didn't go down well with the audience. In 'Best Friend', one of his 'Fear Street' books, Stine ended the story with murderer going scot free. He got innumerable queries as his audience couldn't accept the end. He ended up writing a sequel to finish the story.

## Stine just wants you to read more

In an interview, Stine once offered an explanation to why his young audience gravitated to his scary stories. "I talked once to a child psychologist in LA, and he told me he had a patient, this girl, who came every week, and all she did was recite 'Fear Street' plots to him. And he thought this was her way of dealing with all her fears, going through these books. You're having all of these horrible things happen, but you're still safe in your room, reading."

# 10 MOVIES TO WATCH THIS HALLOWEEN

Kids are often protagonists in the best horror movies. You may have heard about 'The Omen' and 'The Exorcist' too many times. Here are some others...



## THE BABADOOK

Amelia, who lost her husband in a car crash on way to give birth to Samuel, struggles to cope with her fate as a single mom. Samuel's constant fear of monsters doesn't help her cause either, which makes her friends become distant. When things cannot get any worse, they read in a strange book in their house about the 'Babadook' monster that hides in the dark areas of their house!



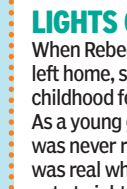
## MAMA

On the day that their parents die, sisters Lilly and Victoria vanish in the woods, prompting a frantic search by their Uncle Lucas (Nikolaj Coster-Waldau) and his girlfriend, Annabel (Jessica Chastain). Five years later, miraculously, the girls are found alive in a decaying cabin, and Lucas and Annabel welcome them into their home. But as Annabel tries to reintroduce the children to a normal life, she finds that someone – or something – still wants to tuck them in at night.



## THE SIXTH SENSE

Young Cole Sear (Haley Joel Osmont) is haunted by a dark secret: he sees ghosts. He is too afraid to tell anyone about his anguish, except child psychologist Dr Malcolm Crowe (Bruce Willis). As Dr Crowe tries to uncover the truth about Cole's supernatural abilities, the consequences for client and therapist are a jolt that awakens them both to something unexplainable.



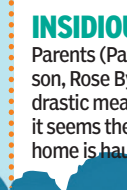
## LIGHTS OUT

When Rebecca (Teresa Palmer) left home, she thought that her childhood fears were behind her. As a young girl growing up, she was never really sure of what was real when the lights went out at night. Now, her little brother Martin (Gabriel Bateman) is experiencing the same unexplained and terrifying events that jeopardised her safety and sanity.



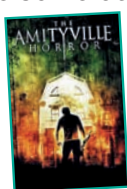
## LET ME IN

Owen leads a lonely life and is bullied by his peers at school. He happily befriends Abby, his new helpful neighbour, without being aware that she is hiding a secret from him.



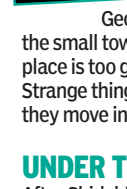
## INSIDIOUS

Parents (Patrick Wilson, Rose Byrne) take drastic measures when it seems their new home is haunted and



## THE AMITYVILLE HORROR

When George Lutz (Ryan Reynolds) and his wife, Kathy (Melissa George), find a beautiful new house in the small town of Amityville, NY, they think the place is too good to be true. It turns out it is. Strange things start to happen soon after they move in.



## UNDER THE SHADOW

After Shideh's building is hit by a missile during the Iran-Iraq War, a neighbour suggests that the missile was cursed and might be carrying malevolent spirits. She becomes convinced a supernatural force within the building is attempting to possess her daughter Dorsa, and she has no choice but to confront these forces to save her daughter and herself.



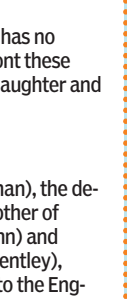
## THE OTHERS

Grace (Nicole Kidman), the devoutly religious mother of Anne (Alakina Mann) and Nicholas (James Bentley), moves her family to the English coast during World War II. She awaits word on her missing husband while protecting her children from a rare photosensitivity disease that causes the sun to harm them. Anne claims she sees ghosts, Grace initially thinks the new servants are playing tricks but chilling events and visions make her believe something supernatural has occurred.



## THE RING

It sounds like just another urban legend -- a videotape filled with nightmarish images leads to a phone call foretelling the viewer's death in exactly seven days. Newspaper reporter Rachel Keller (Naomi Watts) is sceptical of the story until four teenagers all die mysteriously exactly one week after watching just such a tape. Allowing her investigative curiosity to get the better of her, Rachel tracks down the video and watches it. Now she has just seven days to unravel the mystery.



# 10 BOOKS TO INTRODUCE KIDS TO HUMOUR & HORROR



## FUNNYBONES

by Janet & Allan Ahlberg

A big skeleton, a little skeleton and a dog skeleton venture out one night to find someone to scare, but everyone is in bed so they amuse themselves by scaring each other.

## THE VERY HUNGRY CATERPILLAR'S HALLOWEEN TRICK OR TREAT

by Eric Carle

Our favourite hungry caterpillar is getting into the Halloween spirit. He's on the hunt (again) for some tasty treats. Can you help him count all the different creatures

and find the treats?

## HOW TO AVOID WITCHES

by Roald Dahl & Quentin Blake

They have ordinary jobs, live in ordinary houses and wear ordinary clothes. That's what makes them witches so hard to catch!



## THERE'S A WITCH IN YOUR BOOK

by Tom Fletcher & Greg Abbott

A grumpy little witch has thrown a magic spell at you. If you can capture it, you can use your finger wand to make magic yourself.

## THE DANGER GANG

by Tom Fletcher & Shane Devries

Franky can't wait to move to his new town. But everything changes after the storm, when strange green lightning and powerful thunder crash down on the town.



## DAISY AND THE TROUBLE WITH VAMPIRES

by Kes Gray

It's Halloween and Daisy is going trick-or-treating for the very first time. In the dark, in the fog, and with a vampire!

## THE WITCH'S VACUUM CLEANER

by Terry Pratchett

Imagine a war between wizards, a rebellious ant called 4179003, and a time-travelling television!

## SPOT'S SPOOKY FUN

by Eric Hill

It's Halloween and all of Spot's friends are dressed up. Helen's a fairy, Steve's a clown and Tom's a pirate. But what does Spot want to be?



## DANGER REALLY IS EVERYWHERE

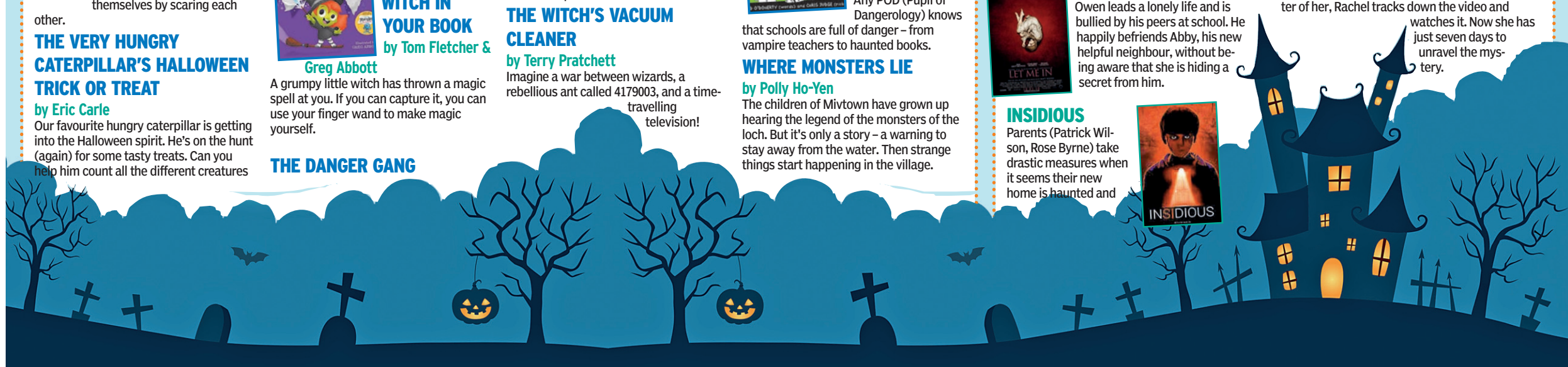
by David O'Doherty

Any POD (Pupil of Dangerology) knows that schools are full of danger – from vampire teachers to haunted books.

## WHERE MONSTERS LIE

by Polly Ho-Yen

The children of Mivtown have grown up hearing the legend of the monsters of the loch. But it's only a story – a warning to stay away from the water. Then strange things start happening in the village.





# MAKE OR BREAK

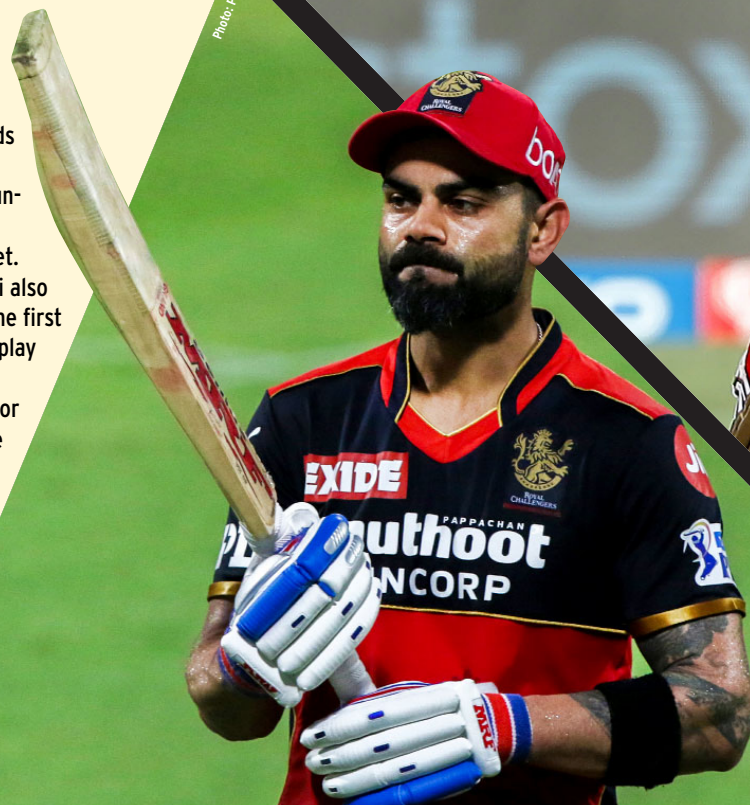
## RECORDS GALORE

The 2021 edition of the Indian Premier League was sheer entertainment. Chennai Super Kings won their fourth title comfortably beating KKR. Some of the games went right down to the wire, while the claim to the fourth spot remained a mystery till the last minute. Let us look at some of the major records made and broken during the course of this season of IPL...

### VIRAT KOHLI - 10K RUNS AND COUNTING

Royal Challengers Bangalore captain, Virat Kohli, became the first Indian player and fifth overall to complete 10,000 T20 runs. He achieved this landmark while opening the batting for RCB against Mumbai Indians, a match that RCB went on to win. The 32-year-old, who is all set to step down as RCB captain, has scored runs at an average of 41.61 with the help of five hundreds and 73 fifties. His highest individual score is 113.

Kohli's former RCB team-mate Chris Gayle leads the list of highest run-getters in T20 cricket. Virat Kohli also became the first player to play 200 IPL matches for one single team.



### KL RAHUL - FAST RUN ACCUMULATOR

KL Rahul is one of the many players who were bought at the mega auction in 2018. He has delivered consistently. The Punjab Kings' captain became the first Indian to score 500 runs in four consecutive seasons, with a stunning average of 62.60. He is the second IPL player, after David Warner, to achieve this feat. He also became the fastest Indian to score 3000 runs in IPL, a milestone he achieved in his 80th IPL innings. Had he reached play-offs, he may have been the leading run-getter.



### MS DHONI - 300 CAPS

MS Dhoni became the first to captain 300 T20 matches. 'Thala', as he is fondly called, achieved this feat as Chennai Super Kings captain in the final of the IPL 2021 against Kolkata Knight Riders (KKR). He further led his team to a fourth IPL title victory. Having captained teams for CSK and Rising Pune Supergiants earlier, he has won every major T20 trophy, including IPL, CL T20, Asia Cup and T20 World Cup.

Daren Sammy is a close second with 208 matches.



### HARSHAL PATEL - MOST IMPRESSIVE DEBUTANT

Royal Challengers Bangalore pacer Harshal Patel claimed his maiden Purple Cap with a total of 32 wickets in the 2021 edition of the Indian Premier League. With that, the death bowling specialist broke Jasprit Bumrah's record by becoming the Indian bowler with the most wickets in a single IPL season. Harshal played an integral part in RCB's qualification for the playoffs in his debut season with the franchise. Harshal proved his worth in their first match of the season by taking a fiver against the five-time champions Mumbai Indians. His extraordinary performance also consisted of a hat-trick which he claimed against the Mumbai Indians in the second half of the season. Harshal broke Dwayne Bravo's record by claiming 32 scalps in three matches. Bravo took 18 matches to set the record.



### RISHABH PANT - YOUNGEST CAPTAIN

At 24 years and six days, Delhi Capitals' Rishabh Pant added another feather to his cap as he became the youngest captain to lead a team in the IPL playoffs. He is also the fifth youngest to lead an IPL team, after Steve Smith, Virat Kohli, Suresh Raina, and Shreyas Iyer. He made his captaincy debut against Chennai Super Kings, as a wicketkeeper-batsman for DC, and attained the top job when former captain Shreyas Iyer suffered a shoulder injury. He was picked over players like Shikhar Dhawan, Steve Smith, and Ishant Sharma to lead the team. In the qualifier 1 against CSK, Rishabh's counterpart M S Dhoni, at 39, was the second oldest captain in IPL play-offs. The oldest captain in play-offs was Rahul Dravid, back in 2013.



### SANJU SAMSON - FIRST TON AS CAPTAIN

Rajasthan Royal's newly-appointed skipper Sanju Samson started his captaincy journey in the IPL 2021 with a blazing century. His 54-ball century, makes him the first player in the history of the Indian Premier League to score a hundred on debut as captain of a side. This is Sanju Samson's third overall century in IPL. In his first match as captain, he scored 119 runs off 63 balls with 12 fours and seven sixes. It is the highest individual score by a captain in an IPL innings, and breaks the record of Shreyas Iyer's unbeaten 93 for Delhi Daredevils against Kolkata Knight Riders in 2018.



### UMRAN MALIK - THE INDIAN FLASH

In the match between Sunrisers Hyderabad and Royal Challengers Bangalore, Hyderabad team pacer Umrans Malik clocked 153kmph on the speed gun. It is the fastest delivery in the IPL 2021 season, and had both his skipper Kane Williamson and RCB captain Virat Kohli gushing over his pace. On his IPL debut a couple of days before, Malik had clocked 151.03 kph. Since then, the 21-year-old lad from Kashmir has been making headlines with his pace- leaving batsmen facing his deliveries uncomfortable on the pitch. He was roped in as a replacement for T Natarajan, who had tested positive ahead of Hyderabad's encounter against Delhi Capitals on September 22. Previously, KKR player and New Zealand pacer Lockie Ferguson held the record for the fastest delivery, clocking 152.75 kph.

### DWAYNE BRAVO - 550 WICKETS

Dwayne Bravo and T20 records go hand in hand. The CSK all-rounder 'Champion' became the first bowler to take 550 wickets in T20 cricket.

He is also the first bowler to take 300, 400, and 500 wickets in T20 Cricket. Coming into the match, he was chasing the record of Lasith Malinga, who is the highest wicket-taker in the history of IPL. Bravo achieved this feat in the Qualifier 1 match of IPL 2021, which was played between Chennai Super Kings and Delhi Capitals. The second-highest wicket-taker in T20s is veteran South African spinner and his fellow CSK teammate Imran Tahir with 420 wickets from 334 games.

