



THE TIMES OF INDIA

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Your Weekender
TODAY'S EDITION

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STUDENT EDITION

SATURDAY, SEPTEMBER 25, 2021


SAVE THE DATE
World Smile Day
ON: Friday, October 1, 2021

In 1963, Harvey Ball, a commercial artist from Worcester, Massachusetts created the smiley face. That image went on to become the most recognisable symbol of good will and good cheer on the planet. Concerned about the over-commercialisation of his symbol, and how its original meaning and intent had become lost, he initiated the World Smile Day in 1999 – a day dedicated to smiles and kind acts.

WHAT TO DO: "Do an act of kindness. Help one person smile!"

LATEST BUZZWORDS EXPLAINED

VOICE SHOPPING

The activity of buying things online by talking to a smart device such as a phone or voice-controlled speaker. The voice commerce revolution gained ground during the pandemic thanks to devices like Amazon's Echo and Google's Home. In the US, voice commerce is already getting more popular than e-commerce with nearly 50% of all searches being voice searches by 2020 and Voice Shopping is estimated to reach \$40 Billion in US by 2022. With over 8 billion voice assistants projected to be in use worldwide by 2023, and over 51% of voice assistant users using them for online shopping, it's said that the next revolution is voice commerce.

Quite simply, voice commerce is the ability to purchase things online using just your voice and a compatible smart device, such as your phone, tablet, or smart speaker (connected to the internet). Just like you check the weather with Siri or Alexa, you can browse an online store's catalogue, ask questions, get product ratings, check their availability and pricing, and place your order – all without having to browse the web or stopping to use your device with your hands. However, it comes with a challenge because it does not involve visuals. So, customers stick to more mainstream products like food, low-cost electronics, and home ware, which don't need visual research.

Pics: Istock


WORLD HEART DAY SPECIAL

Healthy at HEART

Sept 29 is World Heart Day and it is not reserved for adults alone. Docs believe it is equally important for kids and teens to build strong and healthy hearts. Here's how...

Supriya.Sharma2@timesgroup.com

Heart health is not an adult domain as many feel. After all, the foundations of healthy heart habits need to start at an early age. The pandemic-induced lockdown has in fact created a crisis of obesity all across and especially with children – and obesity is a primary driver of heart health. A 2020 US-based study found early signs of hardening of the arteries (atherosclerosis) in 7% of children between ages 10 and 15 years, and the rate was twice as high between ages 15 and 20.

According to the American Heart Association, all children older than 2 years should follow a heart-healthy diet, including low-fat dairy products. And those with family history of obesity, abnormal blood fats, or cardiovascular disease have to be particularly careful. Here's what you can do for a healthy heart.

LEARN TO READ NUTRITION LABELS: Elevated cholesterol is one of many risk factors for heart disease, but sifting through all the information and recommendations can be overwhelming. If a food has a label, check to make sure that any fats are the unsaturated kind.

EAT A HEART-FRIENDLY DIET: Substitute unsaturated or trans fats for saturated fats. Saturated fats are primarily found in meat and dairy products, as well as tropical oils like coconut and palm oils. Unsaturated fats are found in nuts, avocados, and oils like olive and canola. Processed foods, like crackers and doughnuts, contain hydrogenated oils and are high in trans fats, so limit those. Add more fiber to your plate instead.

GET OUTDOORS: Being active on a regular basis helps strengthen our hearts. Stronger hearts pump blood more efficiently, which can help lower blood pressure. Outdoor activity is a great way for kids to stay active, and most kids don't get enough outdoor playtime on a regular basis. Make it your goal to get outside once a day, and don't let cold weather deter you.

GET PROPER SLEEP: It is important for 13-18 year olds to get eight to 10 hours of sleep each night. Taking steps like removing all screens from the bedroom (yes, that includes phones) can make it easier for kids to get the rest they need – for now and later.

DON'T TRY TO TAKE ON TOO MUCH: Limit your activities to the most important ones and give those 100%. Overextending yourself can lead to stress, frustration, or exhaustion. **PAY ATTENTION TO YOUR MOODS AND FEELINGS:** Don't assume your negative thoughts or feelings are just part of being a teenager. If you're worried about something, ask for help. **DON'T EXPOSE YOUR KIDS TO CIGARETTE SMOKE:** Ban smoking in your house and car. Don't take your kids to places where people smoke cigarettes. If you smoke, quitting smoking can help you and your kids.

KNOW MORE

Get a sense of smell with perfume facts

The pandemic-induced lockdown has created a crisis of anxiety with everyone feeling a bit unnerved because of the new normal.

One of the major trends that gained ground during this time was the rise of aromatherapy and use of smells to instill a sense of wellbeing. Here are some interesting facts about perfumes:

BRAIN CONNECT

The olfactory cortex – that deciphers smells – is located in the temporal lobe of the brain, which processes all kinds



of sensory input. It is also part of the limbic system, which is also has the amygdala – linked to our emotional responses and memories. That is why a smell can bring back memories and emotions.

MEANING OF PERFUME

The word perfume comes from the Latin word 'per fumum' which literally translates as 'through smoke'. The Romans and Arabs refined the art of making and wearing perfume 2500

years ago. Emperor Nero would hold lavish feasts with rose and jasmine oil pouring through the fountains and being wafted into the air.

THE FIRST PERFUME

The world's first recorded chemist, who was also a perfume maker, is a woman named Tapputi. She lived in Babylonian Mesopotamia around 1200 BCE. It is said that she developed and recorded methods for scent extraction. The first actual 'factory' dedicated to the production of perfumed oils dates back 4000 years on the island of Cyprus. The Egyptians were the first to make it a part of their culture 3000 years ago.

ATTENTION TO NOTES

Every perfume contains different notes that decide the scent.

These notes are in three different layers called base, top or head, and middle or heart notes.

PICK CONCENTRATION

Fragrances come in four different levels of concentration. **Parfum:** Highest concentration and can last an entire day. **Eau de parfum:** A level lower and can typically last about six hours. **Eau de toilette:** Has to be reapplied during the day. **Eau de Cologne:** The fourth and lowest fragrance concentration which will go away on two hours.

HOW TO APPLY

Perfume is actually activated by body heat this is why you should apply perfume on your skin at the main pulse points. Do not rub your wrists together as this will alter the molecules of the perfume and will result in the fragrance smelling different.

#GOALS

Not LOGGING in

It's hard to imagine anyone not being on social media. But here are 10 celebrities who swim against the tide

DANIEL RADCLIFFE

The Harry Potter star has never been tempted enough to enter the 'Chamber of Social Media'. Radcliffe said during an interview that it would be crazy and unhealthy to read comments about himself online. He said that if he had done so, we might be waking up to read the paper every day and find stories of the actor picking fights with random strangers who criticised him.

RANBIR KAPOOR

Probably the only Indian actor of his generation who refuses to be on social media, Kapoor is in no hurry to follow his girlfriend Alia Bhatt who is super active on Instagram. Despite rumours that he's there secretly, he has never shown any inclination towards also being social media famous.

EMMA STONE

The 'Cruella' actor confessed to Jennifer Lawrence in a conversation they had that it would not be a positive thing for her to have to deal with everything that happens on social media. In this regard, she mentioned that if people can put up with the comings and goings of the digital world, well that's great for them, but she has no intention of taking part in that sort of thing.

KRISTEN STEWART

While she mentioned that she is not entirely against the immediate communication offered by social media, the star said how complicated the interaction is, which can just as well result in something beautiful or in the opposite.

SAOIRSE RONAN

The 'Lady Bird' star thinks that having a presence on social media requires a lot of work and is a very stressful thing to keep up with. She noted that going in and posting phrases about how she feels or what's going on with her is something people think they need, but actually it's none of their business.

EMILY BLUNT

Emily Blunt describes her job as an actress primarily as an activity meant to persuade people that she's someone else. That's exactly why she believes that if she reveals too much about her personal life on social media, her work could suffer from it.

DANIEL CRAIG

Playing Her Majesty's secret agent in the James Bond movies taught Craig the powers

of discretion. In an interview he said he prefers to deal with his status as a celebrity by staying home and keeping his feet on the ground at all times.

CATE BLANCHETT

The Oscar winner has said in the past that social media is a genuinely powerful way of building new communities but she believes that being there is like being in an elementary school playground. It divides people and generates some not-very-positive feelings that later invade your life.

GEORGE CLOONEY

All these years and Clooney is not interested in being on social media. His POV: "People do not need to know what a celebrity thinks all the time." In fact, he thinks that doing that could possibly put the celebrity in question in harm's way. He also believes that posting inappropriate content in these spaces could cost an actor his career and it'd be hard to disagree with him on that point.

SAIF ALI KHAN

While his partner Kareena Kapoor Khan joined Instagram after all these years, Saif Ali Khan has kept his distance.

In a recent interview, the actor confessed: "I don't read (troll comments)... I can google myself and start checking out what I said when and then I read something I don't like and it spoils my mood." He feels that social media is a "dangerous" place, and added that "anonymity" on such platforms allows people to get violent.


GET IT RIGHT

Are you having your salad right?

We all know a salad is health and wellbeing tossed in a bowl. But how to get that right balance, proportion, colour and flavour out of your crunchy meal is a question that still daunts most of us. Here are some basics...

1 Think outside the bowl! Give up on predictable staples like chickpeas and sprouts and spruce up your salad with new entrants every week. Go for fresh herbs, beet slices, avocado, goat cheese or power-packed pumpkin seeds. This will not only keep you interested in the salad regime but also pack in different nutrients and flavours.

2 Darker the better. Not all salad greens are equally healthy. Iceberg lettuce is crunchy and attractive but not very high on the nutrition. Go for darker leaves instead, like baby spinach, rocket leaves, red and green leaf and Romaine lettuce or kale as they pack in more vitamins and minerals. These wonders

may help protect you from heart disease, diabetes, and even cancer.

3 Don't fall for crunch. Adding those crispy noodles or croutons to your Thai or Asian salad might up the yummy quotient but it doesn't favour your waistline. Croutons are made from processed white bread, which equates to empty carbohydrates and high calories. Walnuts or water chestnuts are a much healthier way to get the crunch you want.

4 Eat salad for dessert. There's an ongoing debate about when to have your salad...before or after the meal? Well, they have it after aperitifs and main course in Italy and France. Not bad, say health experts since salad improves digestion after a long and heavy meal. If your after-dinner snack is high in fat, it can lead to indigestion. Salad is lighter and less likely to affect the quality of your sleep.

5 Don't pile on mindlessly. Keeping the ratio right in a salad is a key thing. Try to take up about three-fourths of your plate with greens, so you'll have less room for high-calorie stuff.

6 Munch before a run: Salad in the morning helps your body rehydrate and provides enough antioxidants and slow burning carbohydrates perfect for a run.


TRIVIA TIME

To Daughters, With Love

September 26 is Daughters Day, a day to celebrate the girl child

Every year Daughters day is celebrated all across the globe to celebrate and appreciate daughters. While different parts of the world celebrate it on different dates, in India it is on the 4th Sunday of September. In some countries it is celebrated on October 1, and World Daughters Day is September 28. In addition, there is a National Sons and Daughters Day celebrated August 11. This year Daughters Day falls on September 26.

WHAT IS IT?

National Daughters Day or just Daughters Day is a day to celebrate the gift of daughters. This is a day to cherish our daughters. It is celebrated to make your daughter feel special and wanted. It's a day to show them affection by sending wishes, gifts, flowers.

WHEN DID IT START?

It was around the early 2000s in India

SIMILAR DAYS

- International Day of the Girl Child: October 11
- Sisters Day: First Sunday in August
- Siblings Day: April 10
- Princess Day: November 18
- National Sons and Daughters Day: August 11


HOW TO CELEBRATE

Take your daughter out to dinner, to the park or play a board game – just spend quality time with them. Share words of encouragement and wisdom. Put your pics up on social media with the hashtag #NationalDaughtersDay. Make your daughter feel special on this day and tell them how they enrich the life of the family.

WHAT'S NEW



TEAMWORK AND COMMUNICATION SKILLS

The freedom of outdoor learning offers children the chance to form their first meaningful friendships, sharing experiences and playing together.

foster a child's holistic development. Students build interpersonal skills like teamwork, communication, cooperation, and problem-solving. They also build spatial and motor development. Unlike traditional indoor school, forest schools do not have tests and assignments, but students are praised for skill sharing.

CHILD-LED LEARNING

Letting students explore for themselves what things they find attractive or seem interesting to them. Students can make a long list of activities such as observe flowers, play in bare soil, follow some insects, dig in the garden, climb trees, and many more.

BETTER HEALTH

Such schools would solve other problems such as childhood obesity, reduce the time children spend daily in front of a screen, and let them develop skills they would not find in a physical or virtual classroom.

FOREST SCHOOLS are here to stay

The pandemic has revived the Scandinavian trend of outdoor classrooms and it is good news for the planet too!

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Ask your parents and they will tell you how as kids they remember attending art classes outdoors in the school lawns when the weather permitted. No one would deny how the atmosphere of the classroom instantly changed after settling down in the open environs. This is the main focus of the phenomenon known as forest schools with outdoor classrooms, compost toilets and hand-crafted yurts! Bespoke forest schools — or outdoor learning hubs — are just one of the new trends to emerge from the pandemic in many countries. Thanks to this new wave, contagions have been controlled without postponing classes. Instead, they have taken place in outdoor environments such as parks, courtyards, or even pedestrian streets.

WHERE DID IT ALL START?

Forest kindergartens have been around for decades. Forest Schools originated in Scandinavian countries such as Denmark, Finland and Norway in the 1950s, and were inspired by Scandinavian values of open-air living and open-air education. The first outdoor learning school was introduced in the UK in 1993 by a group of nurses from Bridgewater College in Somerset. There is evidence that forest kindergartens boost brain development and academic performance, as well as reduce symptoms of ADHD.

RAISING ECO WARRIORS

While parents may be interested in outdoor schools as a way to limit exposure to COVID-19, many parents say the benefits go beyond the pandemic. Forest schools lead students down a trail of self-exploration and environmental exploration. Forest schools eradicate classroom walls, they take learners into real-world settings and supply them with enthusiasm and respect for nature. This is of the utmost importance when educating students in a time of climate change threats, plastic pollution and a need for sustainable practices.

HANDS-ON EXPERIENTIAL LEARNING

Forest schools are based on hands-on learning to



QUIZ TIME

Test your EQ (Environment Quotient)

- Who coined the word 'ecology'?
- What are saprophytes?
- Who are ethologists?
- What are terricolous animals?
- What are arboreal animals?
- Who is known as the father of evolution?
- What is the safe level of noise intensity for humans?
- Which country is popularly known as 'land of the windmills'?
- What is the instrument used to detect earthquakes?
- What do pandas eat primarily?
- Name the species of penguins that featured in the film 'Happy Feet'. **Hint:**

- They live in Antarctica.
- When is World Wetlands Day observed?
- Name the largest freshwater lake in Northeast India.
- Which area in Indonesia has been designated as the area with the greatest concentration of marine biodiversity on planet Earth.
- American author Herman Melville's novella 'Enchanted Isles' consists of ten philosophical 'Sketches' on a group of islands. Which island was his inspiration?
- What is Sick Building

- Syndrome or SBS?
- In which year was the Environment (Protection) Act was enacted in India?
- When is Earth Day celebrated?
- Which book is credited with helping the world to become more environmentally aware?



- Which Indian state is on its way to building India's largest man-made forest?

ANSWERS: 1. Ernst Haeckel; 2. Living beings that feed on dead or decayed organic matter; 3. Scientists who study the behaviour of wild animals; 4. Animals that live in the soil; 5. Animals living in trees; 6. Charles Darwin; 7. Up to 80 decibels; 8. The Netherlands; 9. Seismograph; 10. Bamboo; 11. Emperor Penguin; 12. February 2; 13. Loktak Lake; 14. Raja Ampat, Indonesia; 15. Galapagos Islands; 16. A condition in which the occupants of a building experience acute health or comfort-related effects that seem to be linked directly to the time spent in the building; 17. 1986; 18. April 22; 19. Silent Spring by Rachel Carson; 20. Chhattisgarh

BY INVITATION SRINI & SUBHASHREE

PICS: ISTOCK

How to achieve ZERO-WASTE LIVING

Authors Srini and Shubhashree who wrote '(Im)perfectly Zero Waste: A No-Nonsense Guide to Living Sustainably in India' and 'The Everyday Eco-Warrior: 110 Easy Tips for a Zero-Waste Life' explain the basics of how to start your zero-waste journey

WHAT IS SUSTAINABLE LIVING AND HOW DO I START?

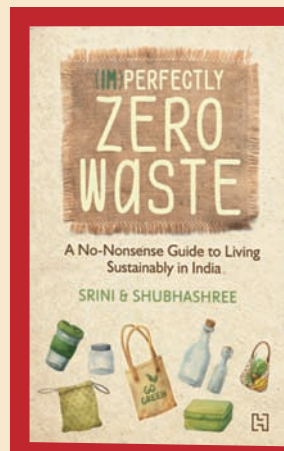
Sustainable living refers to living in such a way that we only consume resources that are renewable or can be regenerated, as much as possible. When we talk about a system, it is something that can continue indefinitely, in a way that it does not destroy or cause harm to other life or resources on our planet.

HOW DO WE APPLY THIS TO OUR LIVES?

Let us take a look at our day and see patterns of consuming and discarding. For instance, we wake up in the morning and brush our teeth - what happens to the toothpaste tube and toothbrush once their life is over? We toss them out, and most likely, they end up in a garbage dump or water body somewhere. Our cities and towns are choking with garbage already. Instead, what if the toothpaste tube could be refilled, and the toothbrush bristles could be replaced once they wear out? THAT is what we call sustainable living! We have a delicious meal, but what happens to the waste (peels and scraps) we generate from preparing the meal? If they are turned into compost instead of being thrown out, with plastic and other packaging, they are being reused to nourish the soil instead of rotting under a landfill.

WHERE TO START?

We hear you! This idea of living sustainably can get overwhelming if we don't know where to start. The simplest would be to start by separating our waste into different categories - wet waste (from the kitchen), paper waste, plastic waste (for simplicity we will not include Hazardous and Sanitary waste here). Once you start segregating and setting aside the dry waste, you get a sense of how much waste you generate in a month. You will also get an idea about what is the most common type of dry waste that you generate. For example, it could be milk packets, online order packaging waste or food delivery packaging waste. Once you are aware of this, instead of managing the waste, it's a good idea to reduce the waste



NICE! TELL ME MORE

The trick is to start with simple steps (look for ideas below), so that with every little win, you feel a little encouraged, and are motivated enough to continue. When you step out of the house, make a habit of carrying your own water bottle, handkerchief and maybe a couple of spoons in your bag, so that you don't have to rely on disposables. Or when you're out and ordering a drink, ask for it without the straw and the tissue. Simple things, but they can add up (just the way these little bits of waste add up to giant landfills.) The Everyday Eco-Warrior is a book filled with 110 simple, actionable steps. The best time to get started is now!

India generates the most waste globally, and that's expected to increase substantially by 2050. In fact, research says that by 2048 India may well be the largest waste contributor in the world. To do something about our waste problem is imperative, but the starting point is debatable. The quest to achieving a zero-waste lifestyle (and in this zero is the perfect number) includes many practices including waste segregation, recycling, plogging, community drives and more. So what's the first step?

GOOD TO KNOW



What is seed BOMBING

And why are we talking about it now?

WHAT IS IT?

According to www.mygov.com seed bombing is the technique of planting trees by embedding organic seed balls in the ground. Also known as aerial reforestation this style of reforestation can be used to introduce vegetation in any land by throwing or dropping seed balls in the ground.

WHERE IS IT TESTED?

The blog adds that the best time to execute this process is the rainy season and that seeds planted through

TRY IT

- Wash and dry seeds but still maintain the moisture, which is essential for germination
- Make a paste of soil and cow dung in a 3:1 ratio
- Slowly add water and roll the mixture into little balls
- Collect seeds of various medicinal plants and fruits
- Press seeds into the mixture balls and roll again
- Let the balls dry in the sun
- Once dry, they are ready for 'bombing'

this procedure have a success rate of 50%. In an IANS report, Kamlesh Gururani, project head of the Reliance Foundation said that they have been seed bombing forests of Uttarakashi for three years now and which appears to have grown. The campaign, which started in 2017, has now spread to the entire state, including Dehradun, Tehri and Nainital.

WHAT IT ACHIEVES?

One of the biggest advantages of seed bombing is that it ensures that food for wild animals is available in the forest itself, thus negating the need for them to attack the farms. IANS, mygov.in

Uttarakhand villagers have been 'seed bombing' their forests since 2017 to protect crops from attack by wild animals which had caused many human casualties and injured cattle

BOMBS AWAY! Seed bombs ready for dispersal



BIG LITTLE IDEAS

START SMALL

The more waste you throw out, the more it impacts our planet: the greenhouse gases emitted from the waste adds to global warming, plastic finds a way to our oceans and reusable items end up in landfills. Let's talk about a few low impact changes that you may start with

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- Your plastic toothbrush adds to the world's plastic woes. According to a 2019 'National Geographic' report, every toothbrush that's been produced since the 1930s still exists on the planet. Once discarded they end up in trash, and have been found in the stom-

achs of unsuspecting birds or sea creatures who mistake it for food. To avoid being part of the problem, switch to a bamboo toothbrush from a plastic one. The handle can have a second life as a plant stick or be used in arts and crafts.

- Did you know that 80 billion plastic shampoo and conditioner bottles are ditched every year worldwide? Switching to shampoo or soap cubes will

help you curb the number of plastic bottles you end up discarding. Plus, you could always cut off a little piece of your shampoo bar rather than bring the entire thing on your trips.

- Is there a zero-waste store nearby? Why not bring your containers when you go shopping? You can stock on essentials by visiting zero-waste shops. As far as possible, ditch plastic packaging and look out for products in paper, cardboard or glass, which are more recyclable than plastic.

Teabags are made from natural plant fibres, but many are held together by a plastic sealant to avoid breaking when boiling water is poured. If possible, convince your family to buy loose leaf instead or biodegradable packaging.

Follows the 5 Rs:

- Refuse** things you don't need (especially freebies and single-use items).
- Reduce** the number of things you buy.
- Reuse** repurpose and repair items

On average 21-34 billion plastic beverage bottles end up in the ocean every year

rather than throwing them out. Recycle what you can. Rot: Compost whatever is biodegradable.



5,000,000,000 plastic bags are used every year. They last up to 500 years

SHARE WITH US Are you taking an environmental challenge? It can be trying to go plastic free, reducing packaging waste or increasingly reusables. Are you planning to reduce your plastic consumption? Have you identified an area of your life where you actively go green? Planning to start an eco drive in your neighbourhood? Share your inspiring stories or your own green ways with us at timesnie175@gmail.com. Be the inspiration.

Watch Out FOR THESE FILMS

The last quarter of 2021 promises some exciting new flicks to watch out for. Some are based on books while others are based on award-winning musicals and best-selling franchises...



BIRDS OF PARADISE

Adapted from the 2019 novel 'Bright Burning Stars' by A K Small, 'Birds of Paradise' is about two best friends who are aspiring ballet stars at a dance school in Paris. When the body of a student is found in the dorm just before the start of their final year, Marine and Kate begin to ask themselves what they would do to win the ultimate prize: to be the one girl selected to join the Opera's prestigious corps de ballet.



DEAR EVAN HANSEN

Based on the epic coming-of-age stage musical (and book by the same name),

VENOM: LET THERE BE CARNAGE

Directed by Andy Serkis, the sequel features Tom Hardy as the investigative journalist trying to negotiate an accord with his symbiote, and Woody Harrelson as the evil character Carnage. According to reports, a test screening of the film was carried out in London following which numerous viewers took to Twitter to warn the future audiences to 'not miss the credits' at any cost. Excited?

this movie is about a teen with social anxiety – it shapes his personality throughout the musical. Evan Hansen embarks on a journey to find the acceptance and love he has been lacking in his life, and along the way he discovers the consequences of risking it all for the chance to be heard. The film has been directed by Stephen Chbosky who directed 'The Perks of Being a Wallflower' earlier.



THE ADDAMS FAMILY 2

In this upcoming sequel to the 2019 film, Morticia and Gomez, tired of their children skipping family dinners for more 'scream time', plan for a family vacation with Wednesday, Pugsley, Uncle Fester in their haunted camper. Morticia and Gomez hope a miserable family vacation on the road with sights like Niagara Falls and the Grand Canyon is all they need to bring back the family together.



I'M YOUR MAN

Could you live with an anthropoid

robot designed to be your ideal match? This German science fiction film tells the story of a scientist who participates in a three-week trial with a humanoid robot programmed to make her happy. Actor-turned-director Maria Schrader, who last handled the breakout miniseries hit 'Unorthodox', tells a story about one woman learning to come to terms with her greater potential.

DIANA: THE MUSICAL

It's been 24 years since she died in a car accident, yet Princess Diana's life continues to inspire storytellers. The film was initially conceived as a musical and had nine previews before the pandemic forced Broadway theatres to close. Set in 1981, it follows the late princess as she prepares to marry into the royal family. The musical promises to tell us a "different story".

ETERNALS

Now that it's been cleared that the film will explain why the all-powerful race of eternal beings 'let' Thanos destroy half of the Universe, we can hardly wait for the film to arrive. All eyes are on director Chloé Zhao – who created history by becoming the first female Asian American director to win an Oscar for 'Nomadland' earlier this year. 'Eternals' is set to fit within the wider MCU mythology by tying the core set of superheroes to a series of major events throughout history (not just the Avengers).



THE LOST DAUGHTER

For her directorial debut, Maggie Gyllenhaal chose to adapt author Elena Ferrante's novel of the same name. While on a holiday, a woman finds herself obsessing over another woman and her daughter, prompting memories



of her own early motherhood to come back and unravel her.

A BOY CALLED CHRISTMAS

A live-action adaptation of Matt Haig's book which reimagined the story of Father Christmas. A young boy sets off into the snowy white north in search of his father.



DUNE: PART ONE

The internet is abuzz with chatter about the biggest film of the year, which brings author Frank Herbert's complicated sci-fi myths to the silver screen. Adapted by director Denis Villeneuve, 'Dune: Part One' is the first of a two-part film and features Timothée Chalamet as Herbert's gifted protagonist, Paul Atreides, entrusted with the protection of the most vital element in the galaxy.

AUTHOR B'DAY

The wondrous world of TS ELIOT

T S Eliot was an English poet, publisher, playwright, and literary critic. He is known as the most important English poet of the 20th century. Born an American, he was naturalised as a British subject in 1927. His most famous poem is 'The Love Song of J Alfred Prufrock'. Other poems include 'The Waste Land', 'The Hollow Men', 'Ash Wednesday', 'The Journey of the Magi' and 'Four Quartets'. He was awarded the Nobel Prize in Literature in 1948.



Famous Quotes

"Humour is also a way of saying something serious." "Some editors are failed writers, but so are most writers."

"Poetry is not a turning loose of emotion, but an escape from emotion; it is not the expression of personality, but an escape from personality. But, of course, only those who have personality and emotions know what it means to want to escape from these things."

Q1 Who wrote 'To Kill a Mockingbird'?

Q2 What was the nationality of Edward Munch, painter of 'The Scream'?

Q3 Which American playwright wrote 'Death of a Salesman'?

Q4 Which New Zealander won the Booker Prize for 'The Bone People'?

Q5 Which Tolkien novel was the first to feature Bilbo Baggins?

Q6 What name is given to poetry that does not have a metrical form?

Q7 Who wrote 'The Water-Babies'?

Q8 What colour was the whale

in 'Moby Dick'?

Q9 Who wrote 'The Railway Children'?

Q10 Who wrote the children's fantasy 'Charlie and the Chocolate Factory'?

Q11 What is the collective name for Athos, Porthos and Aramis?

Q12 What was the name of the donkey in 'Winnie the Pooh'?

Q13 Which eccentric fictional nanny was created by P L Travers?

Q14 Who wrote 'The Old Curiosity Shop'?

Q15 In the Robert Louis Stevenson novel, who is Dr Jekyll's alter-ego?

QUIZ TIME!

Answers: 1) Harper Lee 2) Norwegian 3) Arthur Asher Miller 4) Keri Hulme 5) The Hobbit 6) Free verse 7) Charles Kingsley 8) A white albino whale 9) Edith Nesbit 10) Roald Dahl 11) The Three Musketeers 12) Eeyore 13) Mary Poppins 14) Charles Dickens 15) Mr Hyde

AN INTRODUCTION TO MYSTERY FOR KIDS

Recommended reading age: 5-8 years old
THE LONDON EYE MYSTERY



by Siobhan Dowd

When Ted and Kat watched their cousin Salim get on board the London Eye, he turned and waved before getting on. After half an hour it landed and everyone trooped off – but no Salim. Where could he have gone? How on earth could he have disappeared into thin air? Since the police are having no luck finding him, Ted and Kat become sleuthing partners despite their prickly relationship.

THE DEDUCTIVE DETECTIVE

by Brian Rock, illustrated by Sherry Rogers

Someone stole a cake from the cake contest. Who could it be? Twelve animal bakers are potential suspects but Detective Duck uses his deductive reasoning skills to 'quack' the case. After all, the thief left hairs behind so the thief wasn't a bird. Follow along as he subtracts each suspect one at a time to reveal just who the culprit was. This clever story will have children of all ages giggling at the puns and the play on words.

NATE THE GREAT SERIES

by Marjorie Weinman Sharmat and Andrew Sharmat, illustrated by Jody Wheeler



'Nate the Great' is a series of more than two dozen children's detective stories written by Marjorie Weinman Sharmat featuring the eponymous boy detective, Nate the Great. Sharmat and illustrator Marc Simont inaugurated the series in 1972 with 'Nate the Great', a 60-page book. Join the world's greatest detective as he solves the mystery of the missing word! Perfect for beginning readers and the Common Core. The long-running chapter book series will encourage children to problem-solve with Nate, using logical thinking to solve mysteries.



When can you start reading CRIME FICTION?

There's nothing like a good mystery to make children and teens understand the complex world of adults. Start early.

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As much as we all loved a good mystery in our childhood, at times, parents are sceptical about introducing their children to murder mysteries. What exactly is the right age to introduce 'murder' to kids? Will a young mind be able to grasp it? When the world around us is in such utter chaos, why should kids be introduced to more complexity? The answer to the last question is: Exactly for that reason. Complexity cannot be avoided, and children understand grey far better than we think they do. What they need help with is processing emotions that they possibly can't grasp fully. Curiosity is inbuilt in children who are growing up and

starting to understand how people function, how emotions work.

Neuro-psychiatrist Dr Sanjay Chugh believes children should start early with detective stories, like Arthur Conan Doyle's 'The Adventures of Sherlock Holmes' or Agatha Christie's body of work. "Detective stories are very fascinating at a younger age for a reason. A child's mind is very dynamic as compared to adults, and between the ages of 8 to 18, their brains are in a stage of rapid development. When they are exposed to a good mystery, it helps in the development of the brain, especially in improving their analytical skills. They grasp mysteries faster than adults."

Also, sleuthing comes naturally to children. You must remember your childhood when parents asked you not to do something, and you got more curious? So, you possibly hid under the table to listen to

put into a van by a mysterious-looking man.



THE MONA LISA MYSTERY

by Pat Hutchins

Class 3 of Hampstead Primary School are off on a school trip to Paris! Morgan is the first to spot the bearded man in the black Citroen car, cruising behind their school bus, and feels sure he is following them. The plot thickens when a second mysterious bearded man appears on the ferry

SOME OF ARTHUR CONAN DOYLE AND AGATHA CHRISTIE NOVELS TO START WITH...

Hercule Poirot mysteries by Agatha Christie

- Mysterious Affairs at Styles
- Death on the Nile
- And Then There Were None
- Murder on the Orient Express
- Hercule Poirot's Christmas

Sherlock Holmes mysteries by Arthur Conan Doyle

- A Study in Scarlet
- The Sign of Four
- The Hound of the Baskervilles
- The Speckled Band
- The Greek Interpreter

Miss Marple mysteries by Agatha Christie

- Greenshaw's Folly
- A Caribbean Mystery
- The Blue Geranium
- The Mirror Crack'd from Side to Side
- A Pocket Full of Rye

what adults talked about... it works the same way even with your kids. While reading a book on mystery, the child is encouraged to develop independent thoughts, as s/he is also trying to figure out in his/her head who could be the culprit/killer.

Also, since most Arthur Conan Doyle and Agatha Christie novels deal with psychology and logical deduction, it helps young minds to develop a healthy curiosity.

Mystery novels pay attention to details. When you finally get the answer to 'whodunnit', you always feel like you are the detective. That's more or less how adults learn to navigate through lives. Reading mysteries from an early age makes young minds ready to explore the uncharted territory, or to think laterally, to find answers. Such skills come handy at a later stage in life – in academics as well as professional life.

boat. Soon, Class 3 find themselves entangled with a group of art thieves intent upon stealing the Mona Lisa!



THE RACEHORSE WHO DISAPPEARED

by Clare Balding & Tony Ross

Life is slowly getting back to normal for Charlie after her reluctant racehorse, Noble Warrior, won the Derby and saved her family from financial ruin. But drama soon returns to Folly Farm when thieves break into the farmyard in the dead of night and kidnap Noble Warrior!

Recommended reading age: 8-12 years old

MURDER MOST UNLADYLIKE

by Robin Stevens

It's 1934. When Daisy Wells and Hazel Wong set up a secret detective agency at Deepdean School for Girls, they struggle to find a truly exciting mystery to investigate. But then Hazel discovers the body of the Science Mistress, Miss Bell – but when she and Daisy return five minutes later, the body has disappeared...



THE YOUNG MAGICIANS AND THE 24-HOUR TELEPATHY PLOT

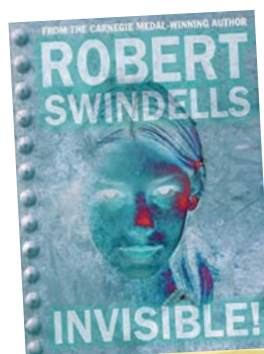
by Nick Mohammed

Follow Alex, Jonny, Zack and Sophie as they use their amazing real magic skills to get to the bottom of an impossible-seeming crime. The gang are away at a magic convention when they discover that someone is trying to poison the president of the Magic Circle! The secret society is stumped – but can our intrepid illusionists get to the bottom of who's the culprit?

JULIAN, SECRET AGENT

by Ann Cameron

Secret agents Julian, Huey, and Gloria are already heroes. They have rescued a dog and saved a toddler from drowning. But what they really want is to nab a real-live bank robber. Just when it looks like they might catch the crook, the police chief steps in. The supersleuths find that they



are the ones who are in trouble!

INVISIBLE!

by Robert Swindells

Creep around, unseen? Listen in to other people's conversations? Twins Carrie and Conrad, and their friends Peter and Charlotte, do all these things when a new girl at school shows them her secret: how to make yourself invisible. It's exciting and fun, but it can also be dangerous.



SCALING

THE DISCIPLINES

There are three disciplines in sport climbing: speed, bouldering and lead.

Speed climbing

Two climbers race each other as they climb a 15m wall set at a 95 degree angle. The aim is to get to the top first. A climb usually lasts around 5 to 8 seconds. Contestants use a safety rope.



Photo: AP

Bouldering

Athletes get a specified time to scale a number of routes on a 4.5m wall. Each route has a varying level of difficulty and pose different challenges – such as overhangs or holds just large enough for the fingertips. Climbers have to plan their moves as they go higher, so they can decide which hand and foot to place next, and where. When they grab the final hold at the top of a route with both hands, then they are deemed to have finished that route. The aim is to finish as many routes as possible within the time limit. At the Olympics, the time fixed is 4 minutes. If a climber falls on a route, he or she can attempt to climb it again. Safety ropes are not allowed.



Lead

Climbers attempt to reach as high as possible on a wall that is more than 15m in height, within a specified time. At the Olympics, they get six minutes. As they climb, they attach their safety ropes to pegs, or quickdraws, that are present along the route. The quickdraw that their rope is attached to at the end of the specified time, is taken as the height to which they have climbed. Climbers do not get a second attempt and have to plan their ascent carefully. If more than one climber reaches the same height, then the one who took the least time is declared the winner.

* In lead and bouldering, each climber gets to see the wall only a few minutes before their turn. It is only then that they can examine the wall and plan their strategy. This is done to prevent giving them an advantage from watching other contestants climbing.



Photos: GETTYIMAGES

HEIGHTS OF COMPETITION

The sport puts to test the strength, flexibility and skill of an individual. Physical and mental capabilities, endurance, climbing skills, coupled with good planning and decision making, make for winners



Sport climbing, a discipline that made its debut in the Olympics this time, requires athletes to scale steep vertical walls with just their bare hands and feet. The walls have hand and foot holds of different shapes and sizes, fixed at varying angles. Minimal equipment are allowed while competing. Let's find out more...

EQUIPMENT

Shoes

The shoes used in sport climbing have very soft soles and good grip. They prevent sliding while climbing. They are extremely tight, often causing climbers' toes to curl up. This helps them cling on to the holds.



Harness

Sport climbing harnesses are built with minimalist design features, like fewer gear loops. This makes the harness lighter and allows the climbers to push harder. They have thinner leg loops and waist belts.



Climbing Rope

The rope is central to the safety system in climbing. Generally, a rope that is light, yet durable is preferred as it is easier to handle; and serves the purpose of keeping the climber safe. It has to be able to take all the wear and tear involved in climbing.



Quickdraws

These are clasp-like clips that connect the bolts on the wall to the rope. They help to allow the rope to run freely. They form the backbone of the climbing rack. They are often used to build anchors. The firm clipping feel of the quickdraws gives climbers the confidence to pull back to their full extent, to be able to move upward.



TERMINOLOGY

Anchor: A point on top of a climb that has fixed bolts or removable protection.

Beta: A specific step-by-step description of a climb or a sequence that is provided by a guide book or is gathered from a fellow climber.

Cam: A mechanical, spring-loaded piece of climbing protection which fits into cracks and holes in a rock wall. It helps secure a section of rope in the event of a fall.

Crimp: A small ledge where climbers crimp their fingers, bending them to put pressure on knuckles with a tight grip

Crux: The hardest part of a climb. The crux can appear anywhere along the climb. The crux may even be in the first part of the climb.

Gaston: A climbing technique where the fingers face inward, like trying to pry open elevator doors from the middle.



TOURNAMENTS: The most widely known international competitions are administered by the International Federation of Sport Climbing

The Climbing World Championship | The Climbing World Cup | The European Championships | Sportroccia | Rock Master | Sport climbing at the World Games | Melloblocco | The IFSC Climbing World Youth Championships | The IFSC Climbing European World Cup