



# THE TIMES OF INDIA

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Your Weekender

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STUDENT EDITION  
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LIVE WELL

## 5 Japanese ways to ace new normal

Move over ikigai and wabi-sabi, there are more Japanese terms vying for our attention and redefining lifestyle concepts



It was almost a decade ago that wabi-sabi - which celebrated 'imperfections as perfection' - became a common phrase in the wellness circles. Before people could grasp its true meaning, in came ikigai - loosely translates as your true purpose or the reason you wake up every morning. While wabi-sabi and ikigai are more relevant than ever, the pandemic has brought in new Japanese ways of life to the fore. These practices of well-being, goal setting and achieving inner peace are more relevant than ever. And the best bit: its genius lies in its simplicity.

### HARA HACHI BU

**What it means:** 80% fullness  
**What it isn't:** A dieting concept  
Hara Hachi Bu is the practice of eating until you are 80% full. The Japanese believe that this allows your body the space it needs to digest more efficiently, and in turn, lowers your

risk of cardiovascular diseases, cancer and other age-related diseases.

**How to practise:** Choose smaller bowls and plates, eat slowly and mindfully. It will take at least 20 meals to settle in.

### KAIZEN

**What it means:** Small but important improvements  
**What it isn't:** An HR practice  
Kaizen is all about continuous improvement. Instead of focusing on large goals that may seem unobtainable, Kaizen helps us see where we can change our daily habits to continually improve the quality and processes of our actions. This makes change much more achievable.

**How to practise:** Start small. For instance, to

### SHUKANKA

**What it means:** Forming new habits  
**What it isn't:** Poor cousin to Kaizen  
It's the practice of developing positive habits until they become second nature. Shukanka is not about reaching an end goal, but instead about adding processes to your life that will make you happier in the long run. If done right, it will become a life-long practice that helps you to balance your workload, check in with how you are feeling and keep doing things that are in line with your goals and values.

**How to practise:** Create lists of things that you want to accomplish on a daily or weekly basis, and hold yourself accountable to completing them.

### YUIMA-RU

**What it means:** The circle of people  
**What it isn't:** A cult  
The concept centres around the idea of showing unity, compassion and sincerity towards people, no matter what racial, cultural or societal differences there may be. The practice also refers to having a strong circle of positive influence to help support you through any personal difficulties.

**How to practise:** Detach yourself from the idea that each of us is 'different' and focus on the similarities. Surround yourself with positive energy and love.

### JIRIKI

**What it means:** The power of self  
**What it isn't:** An esoteric concept  
Jiriki comes from Japanese Buddhism and helps us to see that the only thing standing in the way of true liberation is ourselves, and if we can tap into our own strength and truth, we can use our own efforts to reach nirvana. Jiriki asks us to use meditation to connect with our own power.

**How to practise:** Develop a dedicated meditation practice, using yoga or self-administered massage, etc.

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## #GOALS LEARNING from the LEADERS

Great leaders don't tell you what to do, they show you how it's done. Here's what you could learn from icons of our time

### INDRA NOOYI, 64

Former chairman and CEO, PepsiCo; consistently ranked among the world's 100 most powerful women  
Indra Nooyi was 50 when she took over as PepsiCo's CEO in 2006, proving that age is just a number. She follows the 5 Cs model for leadership: Competence; Confidence; Communication skills; Compassion pointed to your true values; and Compassion.

**She said:** "The one thing I've learned is: don't lie to the people. Don't tell your people one thing when the reality is something different."

**You learn:** The courage to tell the truth is non-negotiable. A heart-centred leader embraces openness and honesty.

### JEFF BEZOS, 56

Founder, CEO, Amazon; world's richest person since 2017  
Jeff Bezos is tech world's philosopher-CEO. He uses what he calls a "regret-minimisation framework". He always thinks of himself at the age of 80 and wonders about what he could have done differently.

**He said:** "If you want to be inventive, you have to be willing to fail."

**You learn:** Failure is a learning. Bezos regards stumbles as normal, as long as you learn something useful.

### JACINDA ARDERN, 40

PM, New Zealand  
Given her effective handling of the pandemic, she is called the most popular female leader in a century.

**She said:** "Do you want to be a leader that looks back in time and say that you were on the wrong side of the argument when the world was crying out for a solution?"

**You learn:** A leader takes tough decisions as people look at them for answers, but they must choose well.

I want to be a good leader, not a good lady leader

### In life don't react, always respond

### SUNDAR PICHAI, 48

CEO, Alphabet Inc (Google), on Time's 2020 'Influential' list  
When Sundar Pichai replied to a 7-year old girl who wanted to work at Google - he won hearts and the internet. That is his leadership style - a nurturer.

**He said:** "As a leader, a lot of your job is less about trying to be successful (yourself), and is more about removing roadblocks for them (people you work with) so that they can be successful."

**You learn:** A real leader helps others in the best way possible to achieve their goals.

### ARIANNA HUFFINGTON, 70

Global wellness ambassador  
A successful businesswoman, she turned away from the quest for money and power towards holistic living to become a wellness guru and sleep evangelist.

**She said:** "Your energy and your time are scarce resources, learn to prioritise."

**You learn:** Sometimes, deciding what you want to spend time on or with can lead to success. If you are stuck, drop it and think afresh.



Invention by its very nature is disruptive

## RETHINK DECENT IS THE NEW SMART

Here's why

These are rage-filled days. The lockdown and isolation is getting to us all - whatever our age. We are letting off steam far more than dealing with most things with patience. We can, however, make a few changes in our reaction pattern to be more at peace with ourselves. And it all starts with simple steps in decency.

### WHAT IS 'DECENCY'

Oxford Dictionaries defines 'decency' as "honest, polite behav-

our that follows accepted moral standards and shows respect for others". The key word here, in our times, is "accepted moral standards" as it has gone through a sea change in the age of social media. When everyone around us is angry, aggressive, or feels tall by pulling others down, it becomes difficult to exercise self-control. But being smart is all about being self-responsible or check one self before things go out of hand. And its not that difficult. Here are some ways to practise 'decency' everyday...

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1 'Please' and 'thank you' must be second nature and flow freely.



4 Make your own bed, clean your own room, wash your own dishes... make yourself self-sufficient in every way possible.

5 Never show off. Be it your knowledge or clothes or anything else. Few things are more vulgar than the need to display your privilege.

2 Confound him/her. If someone has managed to make you angry, play it smart. Let your tone be polite and firm when you answer.

3 Keep your phone aside and talk to family, friends. Pay attention to the person talking to you.



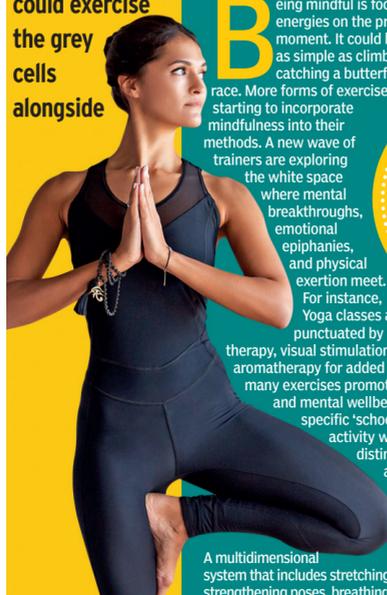
6 Do not be mean. There's nothing remotely smart about taking a jibe at someone. In fact, it establishes you as a bully and an insecure person.



7 The intelligent thing to do is to think rationally, and answer. If it's online provocation, let it go. People are mostly looking for a reaction. Don't fall into that trap.

## STAY FIT

Why just exercise the body when you could exercise the grey cells alongside



## GET STRONGER... INSIDE OUT

Being mindful is focusing all your energies on the present moment. It can be something as simple as climbing a tree, catching a butterfly or a cycle race. More forms of exercise are starting to incorporate mindfulness into their methods. A new wave of trainers are exploring the white space where mental breakthroughs, emotional epiphanies, and physical exertion meet.

For instance, Yoga classes are punctuated by sound therapy, visual stimulation, and aromatherapy for added effect. While many exercises promote physical and mental wellbeing, there are specific 'schools' of physical activity with a more distinct mind-body approach...

Mind-body interventions help to not only improve your body function and overall health but also the nervous system. These exercises work on the endocrine and immune system

### YOGA

A multidimensional system that includes stretching and strengthening poses, breathing exercises, and

meditation practices. Yoga Nidra, also known as dynamic sleep, prompts the body to relax deeply while the mind remains inwardly alert. Studies have shown that Yoga Nidra helps in anxiety and depression as well as hormone regulation.

### TAI CHI

A Chinese system of physical exercises that is believed to facilitate the flow of Qi (life force) in the body, promoting good health and vitality. Tai Chi utilises movements that are opposites: softness and strength, forward and backward, action and calm. Tai Chi exercise consists of a series of graceful movements with deep and slow diaphragmatic breathings performed while standing.

### QIGONG

Arguably, the original stress reduction tool because it dates back to a time before Lao Tzu, Patanjali, or even The Buddha. It is an Asian practice using movement, affirmations, breathwork, visualisations, and meditation to improve the flow of Qi, restore internal harmony, and restore the practitioner's harmony with nature.

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## 5 fun money games for kids

### Get set...Save!

**What:** A game of saving between siblings or cousins  
A little sibling rivalry, a lot of saving. For this savings competition, get siblings or cousins to start their piggy banks and make them grow through various ideas. Set a time for review.

### Coin Caterpillars

**What:** An addition game with coins  
Use different coins and arrange them on a paper as caterpillars. Draw legs and antennae. Now ask your kid to add up the coins. This activity teaches young children basic addition, how to recognise different coins.

### Sell some lemonade

**What:** Set up your lemonade stand  
An oldie but a goody, setting up a lemonade stand is an excellent way to teach kids how to earn their money.

### Pretend Spend

**What:** A good ol' game of pretend  
Young kids love pretend games. So get them to create some pretend money with proper denominations. Give them ₹ 500 of the money and a flyer from a store with different prices. Tell them to spend their money. After that review the purchases and discuss budgeting, spending and wants vs needs.



## DIG IN

## Lockdown Bowls

Quarantine made simple 'one pot meals' the showstoppers

From mini pancake cereal bowls to soupy ramen pots, bowl meals are fuss-free, economical and comforting. Here are the top 5 you can easily whip up at home...

### Glow Bowl:

Beauty bowls give your skin the much-needed glow. Blueberries, spicy watercress, tangy oranges, creamy avocado and crunchy walnuts - all work together to give the skin a burst of nutrients and a youthful healthy glow. The idea is to select simple, plant-based foods that are known to nourish the skin.

### Macro bowl:

Macrobiotics is about balancing ourselves with the natural world. Get the balance back by building your own macro bowl. Macrobiotic bowls hit all your macronutrients: carbs, protein and fat in one go. A well-balanced macro bowl should have 1/3 grains, 1/2 mixed veggies, 1/5 protein, and a bit of fermented foods.

**Buddha bowl:** Named after the traditional nested Buddha bowls or Oryoki that are used exclusively by Buddhist monks, these food bowls are linked to a meditative form of eating. Put as many colours and nutrient-dense foods as possible. Also, raw food works well in these bowls.

### Acai bowl:

The antioxidant-rich berry has been heralded for centuries as a healing, immune-stimulating, energy-boosting fruit and now it has landed in your breakfast bowl. These nutritious bowls of breakfast cereals, fresh and dried fruit, and of course, acai, the sweet tropical fruit low in calories, have taken 'bowling' to another level.

### Poke bowl:

Meaning 'slice and cut', poke bowls are composed of sliced or diced meat and fish accompanied by sweet and chilli peppers, and vegetables served together. Why poke? Because it is fresh, low-cal and globally-influenced food at affordable prices.



# IDIOMS ABOUT HEALTH

Hi friends! We are **HOPPER & CROCKY**. If you feel 'a bit under the weather' remember to take all necessary precautions and soon you will feel 'as fresh as a daisy'



Photos: Getty Images

## FOR GOOD HEALTH

### Alive and kicking

**Meaning:** To continue to live or exist and be full of energy.  
**Example:** She said she'd seen him last week and he was alive and kicking.

### On the mend

**Meaning:** Recovering after an illness or injury.  
**Example:** He suffered a heart attack last week and thankfully he is on the mend.

### Full of beans

**Meaning:** Lively; in high spirits.  
**Example:** She's full of beans this morning.

### Right as rain

**Meaning:** Be perfectly fit and well.  
**Example:** Take this medicine and you'll feel right as rain in a few days.

### Pull through

**Meaning:** Get through an illness or other dangerous or difficult situation.  
**Example:** Dylan was very ill for a while but in the end he pulled through.

### On the road to recovery

**Meaning:** The process of becoming healthy again.  
**Example:** The doctor said you're on the road to recovery but you need to keep resting.

### Feel on top of the world

**Meaning:** To feel hale and hearty.  
**Example:** I have been feeling on top of the world since I topped the school.

### In the pink of health

**Meaning:** To be in perfect condition.  
**Example:** John recovered from his surgery in less than 10 days, and is now in the pink of health.

### Picture of health

**Meaning:** One who is or looks especially healthy, robust, or full of vitality.  
**Example:** I can't believe there's anything seriously wrong with him - he's the picture of health.

### Recharge one's batteries

**Meaning:** To take a break, relax to gain one's energy after an exhausting time.  
**Example:** A day of staying home and listening to music should recharge my batteries.

### As fresh as a daisy

**Meaning:** Healthy and full of energy.  
**Example:** After a good night's sleep I'll be as fresh as a daisy.

### Hale and hearty

**Meaning:** In robust good health.  
**Example:** It's true that she was in the hospital a few weeks ago, but she's hale and hearty now.

### New lease of life

**Meaning:** A person who has a new lease of life has a chance to live longer or with greater enjoyment or satisfaction.  
**Example:** Moving closer to his children has given him a new lease of life.

### Up and about

**Meaning:** If someone is up and about, they are out of bed or have recovered after an illness.  
**Example:** Judy was admitted in a hospital for a week, but she's up and about again.

### Vim and vigour

**Meaning:** If you are full of vim and vigour, you have lots of vitality, energy and enthusiasm.  
**Example:** After a relaxing holiday, my parents came back full of vim and vigour.

### You are what you eat

**Meaning:** Your health is connected to your eating habits.  
**Example:** To stay fit, you must eat less junk food and more vegetables. After all, you are what you eat.

### Safe and sound

**Meaning:** To be unharmed or safe from danger.  
**Example:** Make sure everyone is safe and sound after the earthquake.

## FOR SICKNESS

### Go viral

**Meaning:** To quickly and widely circulate on the Internet, as of a video, picture, or post.  
**Example:** I just can't believe that video of our puppy lounging on a pool float went viral!

### Under the weather

**Meaning:** To feel unwell.  
**Example:** I'm feeling a bit under the weather - I think I'm getting a cold.

### Break out in a cold sweat

**Meaning:** To perspire from fever or anxiety.  
**Example:** I usually break out in a cold sweat when I have to make a speech.

### Get a Charley horse

**Meaning:** To develop a cramp in the arm or the leg.  
**Example:** The swimmer got a charley horse while he was swimming.

### Green around the gills

**Meaning:** To look sick.  
**Example:** My colleague was looking a

little green around the gills when he came to work today.

### Have foot-in-mouth disease

**Meaning:** A habit of unintentionally saying foolish, tactless, or offensive things.  
**Example:** The man has foot-in-mouth disease and is always making some tactless remark.

### Nothing but skin and bones

**Meaning:** To be very thin or emaciated.  
**Example:** The young man was nothing but skin and bones when he returned from the long camping trip.

### Be out of sorts

**Meaning:** To be slightly ill or slightly unhappy.  
**Example:** I've been feeling tired and achy - generally out of sorts.

### Rub salt in (someone's) wound

**Meaning:** To deliberately make someone's unhappiness or shame or misfortune worse.  
**Example:** Losing was bad enough, watching them receiving the trophy just rubbed salt into the wound.

### Out cold

**Meaning:** Unconscious, to have fainted.  
**Example:** The patient was out cold because of the anaesthesia before he entered the operating room.

### Black out

**Meaning:** To lose consciousness, to faint, to pass out.  
**Example:** The football player blacked out after being hit by the other player.

### As sick as a parrot

**Meaning:** Very disappointed.  
**Example:** He was sick as a parrot when his team lost the match.

### Frog in one's throat

**Meaning:** Difficulty in speaking because of a cough or sore throat.  
**Example:** Conducting today's workshop was so difficult. I had a frog in my throat all day.

### Racked with pain

**Meaning:** When someone is suffering from severe pain, they are racked with pain.  
**Example:** The soldier was so badly injured that he was racked with pain.

### As pale as a ghost

**Meaning:** To look extremely pale due to fear.  
**Example:** After the nightmare, I woke up as pale as a ghost.

### Ill at ease

**Meaning:** To feel worried or uncomfortable.  
**Example:** She looked ill at ease when she had to do speak in public.



**At death's door**  
**Meaning:** Very near death.  
**Example:** The sales manager was at death's door after his heart attack.

**Bitter pill to swallow**  
**Meaning:** An unpleasant fact that one must accept.  
**Example:** Losing the election was a bitter pill to swallow for the candidate.

**Black-and-blue**  
**Meaning:** Bruised, showing signs of having been physically harmed.  
**Example:** My arm was black-and-blue after falling down the stairs.

# QUIZ TIME

Of the given options, choose the one that best expresses the meaning of the given word

1. A song sung at burial  
(A) Ode (B) Dirge (C) Ballad (D) Hymn

2. Member of a band of robbers  
(A) Thief (B) Pirate (C) Dacoit (D) Brigand

3. One who does not care for literature or art  
(A) Primitive (B) Illiterate (C) Barbarian (D) Phillistine

4. Design made by putting together coloured pieces of glass or stones  
(A) Relief (B) Mosaic (C) Tracery (D) Oleograph

5. A dramatic performance  
(A) Mascot (B) Mosque (C) Mask (D) Masque

6. A person who opposes war or use of military force  
(A) Pacifist (B) Fascist (C) Narcissist (D) Fatalist

7. Yearly celebration of a date or an event  
(A) Centenary (B) Anniversary (C) Jubilee (D) Birthday

8. Custom of having many wives  
(A) Monogamy (B) Polygamy (C) Matrimony (D) Bigamy

9. The arguments of the lawyer of the accused were so persuasive that the judge acquitted him.  
(A) Logical (B) Clever (C) Convincing (D) Eloquent

10. The guests were offended by his uncouth manners.  
(A) Awful (B) Wasteful (C) Undesirable (D) Ungracious

11. The army has laid out an entire web of secret agents to detect the surreptitious activities of the enemy.  
(A) Foppish (B) Hostile (C) Intriguing (D) Secret

12. A fourteen-line poem  
(A) Ode (B) Ballad (C) Sonnet (D) Hymn

13. Ready to believe anything  
(A) Credulous (B) Incredible (C) Credible (D) Incredulous

14. Incapable of being approached  
(A) Inadmissible (B) Irresistible (C) Inaccessible (D) Illegal

15. Something that causes death  
(A) Dangerous (B) Fatal (C) Brutal (D) Horrible

## CHOOSE THE ALTERNATIVE WHICH BEST EXPRESSES THE MEANING OF IDIOM/PHRASE

1. Eat one's hat  
(A) To be hungry (B) To be disheartened (C) To be surprised (D) To be unfair
2. A case in point  
(A) An illegal act (B) A thorough study (C) An opposition (D) An example
3. A plum job  
(A) An easy and pleasant job (B) A low paid job (C) A secret job (D) A tedious job
4. Fifth wheel  
(A) an indispensable person (B) an inexperienced person (C) an extra and unneeded person (D) a stubborn person
5. Walk on eggs  
(A) be extremely doubtful (B) be extremely hurt (C) be extremely careless (D) be extremely cautious
6. In Dutch  
(A) In a native place (B) In trouble (C) In a foreign country (D) In a secret relationship with someone
7. Study animal  
(A) Someone who categorises animals (B) Someone who pet animals (C) Someone who studies hard (D) Someone who hate animals
8. Crow over something  
(A) To exchange things (B) To write about someone (C) To imprison birds (D) To boast about something

## ANSWERS

1. B
2. D
3. D
4. B
5. D
6. A
7. B
8. B
9. C
10. D
11. D
12. C
13. A
14. C
15. B

1. Ans. (c) Eat one's hat: A humorous action that one will allegedly take if something very unlikely happens; to be surprised.
2. Ans. (d) A case in point: an instance or example that illustrates what is being discussed.
3. Ans. (a) A plum job: an easy and pleasant job that also pays well.
4. Ans. (c) Fifth wheel: an unneeded extra, a

## ANSWERS

1. superfluous person or thing.
2. extremely cautious about your words or actions.
3. Someone who studies very hard or very often.
4. To brag or boast about something.

# Be Informed to Inform

## Master The Art Of Public Speaking

Motivational speaker **STEFAN SWANEPOEL** believes that like so many other things in life, speaking skills can be taught, enhanced, and perfected. Poor lines of communication or a bad presentation can lead to lost opportunities. Here are **FIVE** tips from him:

### MAP OUT THE MESSAGE

1 Think through what you want to say and identify the two or three key messages you want listeners to retain. Then, put those into a logical sequence. Keep the message condensed and easily understandable. The way to get a message across at work is to narrow it as much as possible. The more focused it is, the better employees will grasp it. Your primary objective is to inform and educate the audience; to do this, focus on the content, but don't get too hung up on the delivery.

### SPEAK FROM THE HEART

2 Take possession of the room. People are giving you their time, so make it worth their while. It isn't enough just to know what you're talking about; You have to believe in it. Don't say "I wasn't planning on talking with you today" or that you didn't have time to prepare. Be humble, sincere, and controlled in your approach. Don't conduct a word-by-word recitation of your speech. Connect with your audience through constant eye contact and vocal modulation that allows your emotion, commitment, and determination to naturally shine.



### BE PREPARED

4 I was very nervous the first time I spoke in front of a crowd. I felt unprepared and overwhelmed with the audience's perception of me and my speech. Though my recollection of the talk itself is sketchy, one impression sticks with me: I never wanted to feel that vulnerable in front of an audience again. Never wing it. Develop your own style, and don't try to copy someone else's. Collect all relevant information and come in prepared. If you show confidence, your audience will feel it too.

### USE VISUALS

3 Never underestimate the value of showing visual elements that reinforce your points. According to the US Department of Labour, people remember 65% of information they retain through a combination of visual and oral communication. Display the graphs, videos, and images that best convey your message. Visuals bring your words to life and improve the chances that your message will be committed to memory.

### ZONE IN

5 You've prepared the talk - now it's time to prepare the speaker. Don't stay out late the night before or eat unfamiliar foods. Dress appropriately; get to the venue on time, and ease into the surroundings. Feel comfortable with the stage, the room, and the audience. In the final hour before your talk, don't change a thing. Public speaking isn't difficult. It's uncomfortable the first few times, because people are looking at you, listening to you, and hoping to learn something from you. You don't want to let them down, so don't. SOURCE: BUSINESS INSIDER

## 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)





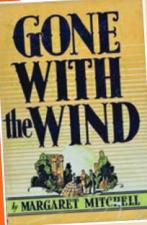
ROLE REVERSAL

It's impossible to think of anyone in 'Pretty Woman' except Julia Roberts. But when director Garry Marshall was writing the script, he had '80s teenage superstar Molly Ringwald in mind. She was also sent the early script, which she rejected. Jennifer Connelly aged 19, and Winona Ryder, 18, auditioned too, but Marshall thought they were too young for the role. It finally went to 21-year-old Julia Roberts. The rest, as they say, is history. Oh, and if you aren't familiar with Ringwald, she plays Archie's mother in 'Riverdale'. Ringwald is best known for three of the biggest hits of 1980s: 'The Breakfast Club', 'Sixteen Candles' and 'Pretty In Pink'.

Not quite 'Gone with the Wind'

3 things that carry on from the book

Scarlett O'Hara: A feminist heroine who did not accept societal conformities. Though many would deem her to be selfish and manipulative, she struggled through war, bad marriages, and starvation and found a way to survive. **Tomorrow is another day:** Even if you have not read the book, you've probably heard this phrase. It is the last line of the book in which Scarlett says: "Tara, Home, I'll go home, and I'll think of some way to get him back. After all, tomorrow is another day."



An unforgettable title: The title was taken from the poem 'Non Sum Qualis eram Bonae Sub Regno Cynarae', written by Ernest Dowson, English poet and novelist. "I have forgot much, Cynara! gone with the wind/Flung roses, roses riotously with the throng/Dancing, to put thy pale, lost lilies out of mind."

Happy Birthday SERENA WILLIAMS

Born on September 26, 1981, the iconic American tennis player has won 23 Grand Slams. Read these books to know the legend...

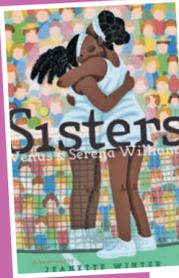


EPIC ATHLETES: SERENA WILLIAMS BY DAN WETZEL AND SLOANE LEONG

An inspiring biography of the most celebrated women's tennis player by acclaimed sports journalist Dan Wetzel. Read the life story of the athlete and trail-blazer who smashed through records and racial barriers, one serve at a time.

SISTERS BY JEANETTE WINTER

Before they were famous tennis stars, Venus and Serena Williams were sisters with big dreams growing up in California. This book elucidates what it means to share the same passion with your sibling.



BOOK-TO-FILM  
STEP ASIDE  
Sherlock,  
Enola's  
GOT THIS

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If you like Millie Bobby Brown or Sherlock Holmes, you are in for a treat this weekend. The 'Stranger Things' actress stars in the film 'Enola Holmes,' as Enola – a brilliant teenage sleuth who happens to be the younger sister of Sherlock and Mycroft Holmes. But you probably know this already if you have read the mystery series. If not, we suggest you start off with the 'The Case of the Missing Marquess'. But first, meet the titular detective, who has long been a female literary icon in the reading circles since 2006.

So who is Enola?

Enola Holmes is a fictional character created by American author Nancy Springer. Beginning 2006, Springer wrote a series of six young adult novels about Sherlock and Mycroft's teen sister growing up in the country, away from the stifling environment of Victorian-era England. Their mother, Eudoria (played by Helena Bonham Carter), is a fiercely independent, enigmatic woman, who home-schools Enola in science, literature and martial arts. The pair use their stately mansion as playgrounds to practise archery, play tennis, read books and conduct all sorts of disastrous experiments.



Above all, Eudoria teaches Enola to 'think for herself', which was rare by societal standards for little girls in 1880.

Did you know that a 'coming-of-age' story is called a Bildungsroman in literary criticism? It's a German word that loosely translates to 'education novel'

...Then?

On her sixteenth birthday, Enola awakens to discover that her mother has disappeared. This results in her much older brothers, Sherlock (Henry Cavill) and Mycroft (Sam Claflin), returning to take care of her and the estate. Both are horrified to discover their little sister is quite rough around the edges (no hat, no gloves or concerns about manners) and far from interested in being sent to a finishing school. Naturally, our clever and spirited heroine, unexcited about the prospects of finding a husband or fitting in genteel society, runs away to find her mother. En route, she meets a fellow runaway, the Viscount Tewksbury (Louis Partridge), who appears to be the target of a murder plot. The two mysteries continue along parallel tracks, as Enola makes a mad dash to solve them. This feminist heroine, and coming-of-age comedy will make you smile, and reinstate your faith in the adage, 'where there is a will, there is a way'.

PROFILE  
The Emmy-nent  
ZENDAYA

At 24, not many of us can speak of the self-assurance that Zendaya has been radiating since she forayed into the limelight. Of a mixed heritage (her mother is Scottish-German while her father is African-American), she created history by becoming the youngest woman to win 'best actress in a drama series' at the Emmys and the second black woman to win after Viola Davis in 2015 for 'How to Get Away With Murder'.

This was no mean feat. After all, she was nominated against stalwarts like Jodie Comer, Sandra Oh, Laura Linney, Olivia Colman and Jennifer Aniston. She turned out to be the giant killer but if you have followed Zendaya off the limelight, she's known as someone who slays, albeit softly – be it her style or her statements. Here are some little-known facts about the inspirational 'girl of the moment'.

HARRY POTTER IS 'SELF-CARE'

In 2019, she admitted to watching 'Harry Potter' movies at least once a day. In an interview to 'InStyle' in 2019, she said when it comes to self-care she finds it hard to sit and meditate, so she re-watches the 'Harry Potter' films. "People say I'm crazy...It's just calming to me, so that's my thing." Bottom line: Find your own ways to unwind.

SHE WANTED TO BE A TEACHER

Zendaya has said many times that if she wasn't an actor, she'd be a teacher. Both Zendaya's parents, Claire Stoermer and Kazembe Ajamu Coleman, are teachers, so she was introduced to the profession

SHARING THE DEETS

- Zendaya Maree Stoermer Coleman, 24
- Her name is derived from the Shona name Tendai, meaning "to give thanks", and part of it is parental innovation
- Started off as a child model and backup dancer and then joined the Disney Channel, known for 'The Greatest Showman'; 'Spider-Man: Homecoming' and its sequel, 'Spider-Man: Far from Home'
- She is also a singer and released her singles 'Swag It Out' and 'Watch Me' in 2011, the latter a collaboration with Bella Thorne

at a young age. In fact, her mother was honoured as a local hero in Oakland, California, for her work bringing Shakespeare and the arts to students. Her father worked at her grade school as a PE teacher. In a 2016 'Teen Vogue' interview she said: "It instilled within me a true appreciation of and devotion to the importance of education."

SHE IS POLITICALLY VOCAL

Among the crop of "woke" young stars, she is one of the most vocal. She uses her Instagram (79.4 mn followers) platform to support Colin Kaepernick, uses awards platform like Teen Choice Awards to motivate the youth and also can clap back on comments. She put Giuliana Rancic in place after she commented on her dreadlocks in 2015 on Oscars red carpet. But she's not a renegade. In a 'Vogue' 2020 article, she said: "I keep thinking, is there a way I can help with this, through art? I mean, obviously, I've got a platform, but I also don't just post whatever. You've got to listen to people. Talking is important. But walking the talk is important, too."

Sources: Vogue, Insider, Washington Post



TECH IT AWAY



VIRTUAL REALITY

Online is the present and will be the future. Traversing the virtual space though needs a few pointers. These are a few sites to help you learn new things.

MAKE MATH YOUR BUDDY

This site uses a simple approach: 'learning by doing' to get us hooked to mathematics. From hands-on equipment and interactive virtual activities, the site chosen by Google, is known for its accelerator programme that puts start-ups on a fast path to growth. Math Buddy is an equally successful home-learning math programme, with a repository of interactive activities.

GET THE CODE

Why not get students to master tech by learning coding at an early age? From starting your own website to building an app, this is one place to get initiated into knowing the language of the medium.

E LEARNING

Free, fun, curriculum-based primary education for children across the world is the mantra behind this website run by an NGO. From sessions on various subjects, like math, science, environment skills, computer skills, health, language arts to life skills, students can opt for their grade and start their learning. There is a section for parents and teachers as well on how to use the online course material offline. It answers queries parents may have about any subject.

TRIVIA TROVE

Get your trivia fix. With sections on science, non-fiction, fiction and activities, students and parents will love spending time here. There's a section on story reading, book reviews, poems and folktales too.

DOPPLEGANGERS

Melissa Benoit and Blake Lively may as well play twins in a movie because they do look like twin sisters. The similarities don't end there. Lively is just a year older than Benoit, 31, and they both got their first big break on TV. It was 'Gossip Girl' that made Lively an overnight sensation. Benoit got her big break in 'Glee', and then as the lead in and as 'Supergirl'. Also, silly as it may sound Benoit was married for a few years to her 'Glee' co-star, who goes by the name of... wait for it: Blake Jenner! Past life connection?

Wordplay

REVERSE MONTAGE: Montage is the technique of selecting, editing, and piecing together separate sections of a film to form a continuous whole. Reverse is when you start from the end and go to the beginning.

KNOW THE DIRECTOR

Why Nolan loves to play with time?

"Cinema has this amazing ability to change and manipulate people's feelings about time while they're watching a film.... I've tried to grab a hold of what in most films is a subtlety. It's there but the audience isn't particularly conscious of it"  
— Christopher Nolan, director



Perhaps it's our fascination with time, or maybe it's the way British-American director Christopher Nolan manipulates the concept of time that plays with all our emotions to the extreme. As we await the release of 'Tenet' in India (it has released in the US) — his latest film, where he has once again manoeuvred the time continuum to blow our minds in new ways. Let's find out how time was weaved into all the films that you may have watched without realising the subtlety with which Nolan made his audiences fall literally into his creative time loop. We will start with

the film that made him an overnight star, 'Memento'...

Memento

Have you heard of the phrase "the beginning is the end"? That's what happens in a nutshell in 'Memento'. Very few have used reverse montage (see the Wordplay section) this well to solve a mystery. The movie deals with the "literal loss of memory and figurative loss of time," says writer Emily Zelter in 'Observer'.

Insomnia

A detective, played by Al Pacino, literally can't fall asleep unless he solves a mystery of the death of a teenage girl.

Batman Begins

Origin stories are quite mainstream today. When 'Batman Begins' came out in 2005 though, beyond comic book fans, the larger audiences got to go back in time to watch how and why Bruce Wayne was trained by Ra's al Ghul to become Batman.

The Prestige

Two fiercely competitive magicians obsessed with outdoing one another spend al-

most their entire lives feeding into their egos and pain, realising too late how little time we have in this world to be happy with the ones who love us.



Inception

It's a complicated storyline where all characters often find themselves in the architecture of their own dreams. They always need a 'kickstart' or a jolt to be brought back to reality. But then, what is reality?

Dunkirk

Zelter further notes in the 'Observer' article, "In 'Dunkirk', Nolan overlays a personal fear of the loss of time with a historical one. The events of Dunkirk really happened — time really was running out for the men involved — and his approach is anything but subtle. As the British and Allied soldiers remain trapped on a French beach, surrounded by Germans, there is an actual ticking clock present in Hans Zimmer's ominous score."

Tenet

Nah...you really wouldn't like us to spoil all the fun, would you?



# Superstars

From Virat Kohli to Chris Gayle, a look at the IPL 'record-holders'

\* The figures mentioned in the story doesn't include the IPL 2020 matches.



Most consecutive wins as captain

**GAUTAM GAMBHIR**

The former Kolkata Knight Riders and Delhi Capitals (formerly Delhi Daredevils) skipper holds the record of registering the most consecutive wins as captain in the league. He led KKR to **10** back-to-back victories across two seasons (2014 and 2015).



Highest run-scorer

**VIRAT KOHLI**

The poster-boy of Indian cricket, Virat Kohli has the most number of runs under his belt in the competition. With a tally of **5412**, Kohli has scored runs at an average of **37.84** for Royal Challengers Bangalore. He has 5 centuries and 36 fifties to his name in the IPL in a total of 177 matches



Most wickets in a season

**DWAYNE BRAVO**

The CSK all-rounder has clinched the most number of wickets in a single season when he dismissed as many as **32** batsmen for the Super Kings in the 2013 season. He had a strike-rate of 11.7 in the season and conceded only 15.53 runs per wicket.



Highest wicket-taker

**LASITH MALINGA**

The Sri Lankan pacer remains the most prolific bowler in the Indian Premier League with **170** scalps to his name. He will sadly miss out on the 13th edition of the league. Despite his absence, however, Mumbai Indians remain one of the favourites to clinch the title.



Fastest fifty

**KL RAHUL**

The current Kings XI Punjab captain is undoubtedly one of the superstar players in the league. He holds the record of scoring the fastest fifty in the competition. Rahul achieved the landmark for Punjab in the IPL 2018 season against Delhi when he hit **51 off 16 balls**.



Most Sixes & Fastest hundred

**CHRIS GAYLE**

The big-hitting West Indian continues to wreak havoc with the bat despite being 40 years old. He has a total of **326** sixes to his name over his stint with three franchises (KKR, KKR and RCB) in the IPL. He has taken 124 innings to reach the figure. The Universe boss also holds the record for hitting the fastest hundred of IPL in the 2013 season for the Royal Challengers. Gayle had reached the three-figure mark in 30 balls against Pune Warriors.

## UEFA MEN'S PLAYER OF THE YEAR NOMINEES

The three players who received the most points overall following the conclusion of the voting are:



Kevin De Bruyne

**Kevin De Bruyne (Manchester City)**  
Europe's leading assist provider, laying on a record-equalling 20 assists and 13 goals in the Premier League. Find out more about his season here.



Robert Lewandowski

**Robert Lewandowski (Bayern)**  
Scored 55 goals in 47 games as Bayern won the treble, including a competition-leading 15 in the UEFA Champions League. Find out more about his season here.

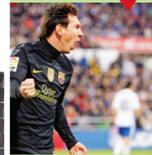


Manuel Neuer

**Manuel Neuer (Bayern)**  
Missed a solitary game of Bayern's treble-winning campaign, keeping six clean sheets in the UEFA Champions League. Find out more about his season here.

### THE REST OF THE TOP TEN

**4** Lionel Messi (Barcelona) 53 votes



**8** Thiago Alcántara (Bayern) 27 votes



**9** Joshua Kimmich (Bayern) 26 votes



**10** Cristiano Ronaldo (Juventus) 25 votes



**5** Neymar (Paris Saint-Germain) 53 votes



**6** Thomas Müller (Bayern) 41 votes



**7** Kylian Mbappé (Paris Saint-Germain) 39 votes



### The other award shortlists

- Women's Player of the Year: Bronze, Harder, Renard
- Men's Coach of the Year: Flick, Klopp, Nagelsmann
- Women's Coach of the Year: Cortés, Lerch, Vasseur
- Women's Goalkeeper of the Season: Bouhaddi, Endler, Paños
- Women's Defender of the Season: Bronze, Goessling, Renard
- Women's Midfielder of the Season: Gunnarsdóttir, Marozsán, Popp
- Women's Forward of the Season: Cascarino, Harder, Miedema
- Europa League Player of the Season: Banega, Bruno Fernandes, Lukaku

### WHAT IS THE UEFA MEN'S PLAYER OF THE YEAR AWARD?

For this award, players in Europe, irrespective of nationality, have been judged in regard to their performances over the whole season in all competitions - both domestically and internationally - at either club, or national team level.

### HOW WERE THE PLAYERS SHORTLISTED?

The shortlist of three players was selected by a jury comprising the 80 coaches of the clubs that participated in the group stages of the 2019/20 UEFA Champions League (32) and UEFA Europa League (48), along with 55 journalists selected by the European Sports Media (ESM) group, one from each of UEFA's member associations.

## TEST YOUR KNOWLEDGE

### GRAMMAR QUIZ | Theme: Prepositions

**Q1.** Most people agree that kindergarten contributes \_\_\_ the child's mental development.

**Q2.** Since Anita was a year younger than her friends, she had a hard time keeping \_\_\_ with them.

**Q3.** In most countries, children start the primary school \_\_\_ the age of six.

**Q4.** Although he studied hard, he couldn't succeed \_\_\_ getting a high score in his test.

**Q5.** There are different sets of language learning sets available \_\_\_ all age groups.

**Q6.** All candidates are looking forward \_\_\_ the announcement of our test scores.

**Q7.** Since I will be busy \_\_\_ my homework and prepare

\_\_\_ the exam tomorrow, I don't think I will be able to go out tonight.

**Q8.** The students walk five kilometers to school, so they need to get up very early \_\_\_ the morning.

**Q9.** Since our school was next to our house, I used to come home \_\_\_ lunch time.

**Q10.** I was born \_\_\_ the 23rd \_\_\_ April, so there is no school when it's my birthday.

**Q11.** Some people are very keen \_\_\_ working in a team, but some others don't like depending on others.

**Q12.** Everyone hopes to get a \_\_\_ job with prospects \_\_\_ promotion, but not many people

manage to do so.

**Q13.** He made \_\_\_ a story when he was late for the first class, but the teacher didn't believe him.

**Q14.** He came \_\_\_ a very old letter written by his grandmother to his grandfather while he was looking \_\_\_ an old photo for his research paper.

**Q15.** My daughter won first place in a poetry competition - I'm so proud \_\_\_ her!



ANSWERS: 1. to, 2. up, 3. at, 4. in, 5. for, 6. to, 7. with, 8. in, 9. at, 10. on, 11. on, 12. of, 13. up, 14. across, 15. of