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STUDENT EDITION



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ON PAGE 3: Is Becky Sharp a hero or a villain? PLUS: Lessons from 'Kiki's Delivery Service'

ON PAGE 4: Common sports injuries, causes and how to bounce back...

WHAT'S NEW?

LATEST BUZZWORDS EXPLAINED

Ever heard of... Cottagecore?

IN SHORT: It's a word that has been around since 2017 but the pandemic has brought it to the fore. **WHAT:** Simply put, cottagecore is an Internet aesthetic that celebrates a return to traditional skills and crafts such as foraging, baking, pottery, embroidery. The look and feel is similar to other aesthetic movements such as grandmacore, farmcore, goblincore, and faeriecore. The idea is to create "an aspirational form of nostalgia" as well as an escape from stress and trauma. **IN NEWS:** Earlier this year, 'The New York Times' did a detailed article on cottagecore calling it a reaction to hustle culture and the advent of personal branding. 'The Guardian' calls it a "visual and lifestyle movement designed to fetishise the wholesome purity of the outdoors". **WHY NOW:** Mass quarantining in response to the COVID-19 pandemic gave more momentum to it as people started using it to create a return to simpler time on their social media. It emphasises simplicity and the soft peacefulness of the pastoral life as an escape from the dangers of the modern world. Classic themes eschew digital connectedness in favour of a connectedness to nature. **HOW YOU CAN USE IT:** Click pics of gardening, wild flowers, rustically set tables, imperfect woodwork, pictures in the #goldenhour, linen-sheets, peasant dresses, scarves. Keep the filter soft and warm.

Pics: Istock

RELATIONSHIPS



HOW THE LOCKDOWN AFFECTED FRIENDSHIPS... AND IT MAY HAVE A LASTING IMPACT

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This too shall pass. Sure. But the pandemic is going to leave its impact on everyday life – including our friendships. Doomsday much? Not really. In a paper in the 'Royal Society Journal', Prof Robin Dunbar of University of Oxford, wrote about the ways

HUMAN FRIENDSHIPS

Just like primates form strong social bonds to protect from predators and rivals, humans too tend to form groups of closest friends. And those bonds require a great deal of maintenance. Behavioural experts note that maintaining and nurturing human friendships actually requires a face-to-face meeting (regularly if not daily), time and cognitive capacity. For the first time, many people are forming new friendships with people on their street and in their community. Dunbar predicts that when we re-emerge, some of our more marginal friendships might be replaced by some new ones.

FUNNELLING

A survey carried out by social scientists in France, during the highly-restrictive lockdown there, brought out the term "relationship funnelling". Put simply, while some friendships were prioritised and even strengthened through care and increased communication, other more marginal connections just "fizzled out". The

good bit? Our closer, valued friendships are likely to survive this period.

DIGITAL MEDIUMS

Lower satisfaction with the quality of digital social contact is now being associated with higher loneliness. Research is now linking it to the human need to be hugged as it releases pleasure-boosting endorphins.

A recently published study in the 'Journal of Experimental Psychology' states: "Perceiving gentle touch as human appears to promote pleasure possibly because this serves to reinforce interpersonal contact as a means for creating and maintaining social bonds." Bottom line: we all need one big hug.

Human friendships actually requires a face-to-face meeting regularly, time, and cognitive capacity

HOW TO PROTECT YOUR FRIENDSHIPS

Group activities: The best bit about humans is that they can fill in the pleasure gaps with other activities. So now is the time to get together and sing, dance, eat over video-call dinners and laugh together (a reason why online comedy shows are seeing a big boost).

Remember important dates: Remember how you and your friend used to catch up and make plans for birthdays? Do that now. One thing that this lockdown has made us all learn is new ways to still celebrate each other. Remember important dates of your friends, make calls, type out a message, use of social media, get on a video call and have a virtual celebration.

Let them know you are thinking of them: Make an extra effort to tag them on social media, send a no-agenda message, share some reading material or a video link or just call. Tell them you are thinking of them. It might sound too small, but it will bring a smile on your friend's face. **Fix calls:** With all the

at-home life and chores, you may be at home but constantly

'ON'. Many people put calling a friend on the backburner. Make it a point to fix a call weekly or twice a week.

Value their emotions: Patience is short and tempers are running ragged. Sometimes, your friends might lash out at you, but know where the real anger is coming from. Be there for them and hear them out, each time.

Keep it simple: Don't try too hard. Distance doesn't mean that things will not work out between you two. Just keep the connection and channels of communication open to keep it going.

Give them space: At some point you might feel, you are making all the effort but your friend isn't responding the way you expected them to. Know that it's alright. Give them time but be consistent.

Times are unprecedented and people are dealing with it in their own way. But now is the time, we need our friends more than ever. And this too shall pass. **TNN**



HEALTH

Are you getting LOCKDOWN NIGHTMARES?

Many people are sharing stories of vivid dreams under #pandemicnightmare

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Deirdre Leigh Barrett, assistant professor of psychology at Harvard Medical School, conducted a 'dream' survey in April this year. It confirmed that incidences of vivid dreams has increased as the virus has spread around the world. This is not new. Studies have shown that events like 9/11 changed the way people dreamed for a time, making their dreams more intense and vivid in the days after the attacks. Barrett, in a video on BBC, says that any big life change creates a lot of emotional upheaval and that makes our dreams more vivid. A US-based survey by 'YouGov' found that nearly 1 in 3 people are remembering more dreams. Google searches for weird and strange dreams has spiked, and searches for the question 'why am I having weird dreams lately?' has tripled.

reasons for these dreams. Barrett's research noted that most of the people are sleep-deprived. Also a lot more of us are catching up on sleep and that is the single strongest correlate with dream recall. Scientists claim that we are dreaming more because we are sleeping longer. A lot of people are waking up without alarm clocks, so their final REM sleep period of the night is probably longer than it normally would be. Also, our morning routines are more relaxed, which means we probably have more time to stop and think about the dreams we've just woken up from. Emotions for a lot of people may be higher over this period. Stress has also been found to make us have more nightmares.

HOW WE SLEEP

A night sleep is made of several stages: first, we get drowsy; we move into light, then deep sleep. This is non-rapid eye movement (non-REM) sleep. After an hour, we move to rapid eye movement (REM) or deep sleep. Both REM and non-REM sleep are vital for the brain. Dreaming is a side effect of our brain sorting through and processing memories.

While existing anxieties can not be wished away, practising sleep hygiene has become more imperative than ever. Barrett suggests that you can programme dreams by imagining a positive scenario before you go to sleep, or by placing a photo or other pleasant objects on your nightstand to view as the last thing before turning off your light. People have reported getting better sleep after meditative rituals, breathing exercises and listening to nature's sounds before sleeping.

SLEEP MORE, DREAM MORE

There are several



RETHINK

5 WAYS TO BOOST BODY IMAGE

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A healthy body image is a must. Easier said than done?

Actually no, says psychiatrist Dr Sanjay Chugh despite the fact that people come to him for body image issues "day in and day out". He says that among all other problems this one is easy to overcome if you set your mind to it. Here's why. According to the CBT model, body image is constructed of four elements: how YOU see your body, how YOU feel about your body, how YOU think about your body, how YOU behave towards your body. The part that can fix this problem is YOU. A few pointers to help...

something mean about your body and the way you look, be sure that those feelings are coming out of people's own insecurity. They try to make themselves feel better by making someone else feel small. Don't let them do that to you.

BEAUTY IS DIVERSE For a long time, faces and bodies (women and men) staring out of magazines, billboards were all similar. Things have started changing. Believe in that change. We weren't all made the same because then there would be no beauty. Beauty lies in diversity.

NEVER COMPARE It's difficult to resist in the age of social media. But comparing yourself to anyone else is the worst compliment you can give to yourself.

BE KIND TO YOURSELF While talking to yourself, looking at the mirror, don't say anything that you wouldn't say to a loved one. Treat yourself with the same graciousness that you would extend to people you love.

FIND YOUR HAPPY SQUAD Be around people who lift you up, make you laugh, want to see you happy. People who want to see you happy are your natural endorphins. They won't let you criticise yourself to the point of despair.

#GOALS

ON RACISM "Even the ugliest of viruses can exist in places they are not welcome. Racism exists, but it is not welcome here. Because we are not immune to the viruses of hate, of fear, of other. We never have been. But we can be the nation that discovers the cure."

ON THE ROLE OF POLITICIANS "We need to make sure we are looking at people's ability to actually have a meaningful life, an enjoyable life, where their work is enough to survive and support their families."

ON CORONAVIRUS "The worst case scenario is simply intolerable. It would represent the greatest loss of New Zealander's lives in our country's history. I will not take that chance. The government will do all it can to protect you. None of us can do this alone."

ON HER BABY DAUGHTER "I hope that she doesn't feel any limitations. That she doesn't have any sense of what girls can or can't do. That it's just not even a concept for her."

"Leadership is not about necessarily being the loudest in the room"

Eight quotes from New Zealand Prime Minister Jacinda Ardern bound to inspire you

One of our favourite leaders in power, Jacinda Ardern, the Prime Minister of New Zealand, got elected for a second term with a major victory. From being the youngest woman in office, to becoming the first world leader to give birth as a PM, and having the most effective track record in fighting the COVID-19 epidemic in her country, Ardern, for now, seems like she can't do any wrong. Here are some words of wisdom from one of the best leaders of our generation.

ON DOING THE RIGHT THING "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?"

ON POLITICS "I really rebel against this idea that politics has to be a place full of ego and where you're constantly focused on scoring hits against one another. Yes, we need a robust democracy, but you can be strong, and you can be kind."

ON BEING STRONG "One of the criticisms I've faced over the years is that I'm not aggressive enough or assertive enough, or maybe somehow, because I'm empathetic, it means I'm weak. I totally rebel against that. I refuse to believe that you cannot be both compassionate and strong."

ON FUTURE "I hope for little girls and boys that there is a future where they can make choices about how they raise their family and what sort of career they have, which is based on what they want and what makes them happy."

Time for some #seasonselfcare

The changing weather now requires you to rethink your skin/hair rituals for better wellbeing

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Diy skincare is hardly a novelty in India. Mom and grandma skincare recipes from kitchen ingredients have been the staple of Indian beauty regimens. While shelves became more populated with branded buys, the pandemic has put the

spotlight on home-based skincare like never before - thanks to the 'saving' mentality, more time at hand and the fear of buying anything from "outside". Also, the changing weather is giving rise to #seasonselfcare.

FRUITS ON YOUR FACE The delicious autumn wind is a welcome change after a long spell of

Mustard oil is rich in fatty acids and its regular application keeps the skin healthy and free from seasonal dryness and itchiness



warm weather in most parts of India, except that it leads to dehydrated skin. Aromatherapist and beauty expert Blossom Kochhar suggests using fruits on skin to combat the onset of dryness. Here are her fruity recipes:

AVOCADO MILK FACE PACK For: Dry skin Avocado is great for giving optimum hydration to dry and dehydrated skin. It has vitamins and minerals that nourish the skin, so people with dry skin, meet your new best friend. To make a

pack, mash one avocado into a pulp, add 1 tsp milk cream and 2 drops neroli oil in it. Apply the pack on your face for 15-20 minutes. Rinse off with lukewarm water and follow up with a moisturiser or face cream.

PAPAYA LEMON LAVENDER SKIN SOOTHER

For: acne-prone and combination skin Papaya is excellent for removing dead skin cells. Make a pack by squashing 2 tbsp papaya, add 1 tsp milk powder, and mix well. Add a squeeze of half a lemon and 1 drop of lavender essential oil to the pack. Apply on your face and neck for 15-20 minutes and rinse off with water. Your skin will become smooth after one use. Once-a-week application will keep your skin healthy and radiant.

BODY UBTAN Take 5 tsp gram flour or besan, add 1 tsp turmeric powder and 2 tsp mustard oil. Mix well to make a thick paste. In the shower, use this paste to scrub your body for 5 minutes. Leave it on for 5 more, and wash off with lukewarm water. **The Benefits:** Unlike soap or body wash, the ubtan cleanses the skin of all dirt and grime without drying out the skin, and makes it supple for a long time, even if you skip using body cream after your bath. It also keeps body acne at bay and brightens the skin. The best part is that it is gentle enough to use every day (if you can spare 10 extra minutes), or twice a week.



SPACE WORLD

Here's the latest space exploration, innovation and astronomy news from across the globe

USA

UK

CHINA

FRANCE

GERMANY

JAPAN

USA

NOKIA WINS NASA CONTRACT TO PUT 4G NETWORK ON MOON

⇒ NASA has awarded Nokia of the US \$14.1 million to deploy a 4G cellular network on the moon. The grant is part of \$370 million worth of contracts signed under NASA's "Tipping Point" selections, meant to advance research and development for space exploration.

⇒ "The system could support lunar surface communications at greater distances, increased speeds and provide more reliability than current standards," NASA said.

ALL FOR LUNAR BASE

NASA Administrator Jim Bridenstine in a live broadcast said that the space agency must develop new technologies for living and working on the moon if it wants to realise its goal to have astronauts working at a lunar base by 2028.

SPAIN

SPACE TOURISM TO BECOME A REALITY IN SPAIN

⇒ Spanish company Zero 2 Infinity will launch its stratosphere travel program in 2021, when it promises to take tourists 32 kilometers above the surface of the Earth in a specially designed balloon.

THE BALLOON EXPERIENCE

A typical predawn flight would take several hours to reach maximum altitude, so that passengers could enjoy seeing the sun rise against the blackness of space and see the curvature of the planet Earth. Luckily, the balloon would not need to get anywhere near the 62-mile (100 km) altitude that marks the official edge of space for its riders to enjoy stellar views.

FRANCE

PLUTO'S MOUNTAINS ARE SNOW CAPPED BUT NOT LIKE EARTH'S

⇒ An international team led by CNRS (French National Centre for Scientific Research) scientists have found that the snowcaps on the mountains of Pluto are very much different from the snowcaps on the mountains of Earth.

⇒ They determined that the 'snow' on Pluto's mountains actually consists of frozen methane, with traces of the gas being present in Pluto's atmosphere, just like water vapour on Earth.

⇒ Pluto's atmosphere is rich in gaseous methane at altitudes. As a result, it is only at the peaks of mountains high enough to reach this enriched zone that the air contains enough methane for it to condense. At lower altitudes, the air is too low in methane for ice to form.

ABOUT PLUTO

Pluto was discovered in 1930 by Clyde Tombaugh. It's primarily made out of ice and rock. It is relatively small even when compared to Earth's Moon, being one-sixth of the moon's mass, and one-third of its volume.

INDIA

INDIAN TEAM STUDIES 8,000 GALAXIES, STAR FORMATION COULD CEASE IN 2BN YRS

⇒ The upgraded Giant Metrewave Radio Telescope (near Pune) helped a team of astronomers to calculate the amount of hydrogen gas that contributed to star formation in the universe 10 billion years ago. It has also concluded that there is just enough hydrogen gas available to support star formation for another two billion years.

STAR FORMATION

Stars form from an accumulation of gas and dust, which collapses due to gravity and starts to form stars. The process takes around a million years.

UK

'ANOTHER UNIVERSE EXISTED BEFORE THE BIG BANG'

⇒ Before the Big Bang brought about the universe we know, there was another universe and black holes could be proof of its existence, claims Nobel prize winner Sir Roger Penrose. He won the Nobel Prize for Physics for a paper that used Albert Einstein's Theory of Relativity to prove black holes exist and explain how they form.

BLACK HOLES

Black holes are so dense and their gravitational pull is so strong that no form of radiation can escape them - not even light.

GERMANY

GERMANY LAUNCHES SPACE JUNK TRACKING SYSTEM

⇒ German Defense Minister Annegret Kramp-Karrenbauer inaugurated Germany's Air and Space Operations Center (ASOC) to track space junk using a prototype sky-scanning radar. ASOC - part of the German Luftwaffe's (Air Force) facilities serving NATO - will initially have 50 experts, growing to 150 by 2031.

SPACE JUNK

More than 5,00,000 pieces of debris or space junk are tracked as they orbit the earth. The space debris all travel by speed up to 17,500 mph, which is fast enough for a relatively small piece of orbiting debris to damage a satellite or a spacecraft.

CHINA

CHINA'S MARS PROBE FINISHES DEEP-SPACE MANEUVER

⇒ China's Mars probe Tianwen-1 recently carried out a key deep-space maneuver about 30 million kilometers away from Earth.

⇒ The elaborately designed maneuver was intended to "adjust the flight route to enable the spacecraft to fly accurately toward the preset point where the vehicle is expected to be captured by Mars' gravity at the beginning of 2021.

TRYST WITH MARS IN FEB

Tianwen-1, China's first independent Mars mission, was launched on July 23. It was designed to complete orbiting, landing, and roving in one mission. The probe will reach the Red Planet around February 2021.

AUSTRALIA

AUSTRALIA SIGNS NASA'S ARTEMIS ACCORDS

⇒ Australia is among the first partner countries to join NASA on international cooperation with the signing of the Artemis Accords. At the 71st International Astronautical Congress (IAC) held virtually, NASA

Administrator Jim Bridenstine announced that Australia will join NASA in going back to the Moon safely and sustainably through the signing of the Artemis Accords.

THE ARTEMIS ACCORDS

The Artemis Accords are grounded in the Outer Space Treaty of 1967 and establish a practical set of principles to guide space exploration cooperation among nations. They aim to increase the safety of operations, reduce uncertainty, and promote the sustainable and beneficial use of space.

JAPAN

UNDERSTANDING STELLAR FLARES EXOPLANETS

⇒ A new study now states that sunspots, which are darker, cooler patches on the Sun, can reveal more about the conditions for life on exoplanets. An international research team led by Shin Toriumi at the Japan Aerospace Exploration Agency looked at sunspots at a low resolution, which resulted in a simulated view of distant stars. This might help understand stellar activity and the condition for life on planets orbiting other stars.

WHAT ARE SUNSPOTS AND SOLAR FLARES?

Sunspots are dark, planet-sized regions that appear on the "surface" of the Sun. They appear dark because they are cooler than other parts of the Sun's surface. The temperature of a sunspot is still very hot though—around 3,593 degrees Celsius!

The magnetic field lines near sunspots often tangle, cross, and reorganise. This can cause a sudden explosion of energy called a solar flare. Solar flares release a lot of radiation into space. If a solar flare is very intense, the radiation it releases can interfere with our radio communications here on Earth.

WHAT IS FANTASY FICTION?



Johnny Depp as the Mad Hatter in Tim Burton's Alice in Wonderland

It's a genre that uses magic (or other supernatural phenomena) as a primary element of plot, setting or theme. It's different from science fiction and horror as it steers clear of technological and macabre themes.

Elements/motifs that feature frequently in this genre include magical powers, supernatural beings, talking animals, journey or quests and magical inter-dimensional characters that travel between worlds.

FANTASY FICTION COMES IN THREE CATEGORIES: First is a typical fantasy world as seen in 'The Hobbit'. Another that begins in the real world then moves into a fantasy world, like in 'Alice in Wonderland'. The third is set in the real world but one that contains elements of magic as seen in the 'Harry Potter' series.

Read: J.R.R. Tolkien's 'The Lord of the Rings' or 'The Hobbit', Lewis Carroll's 'Alice's Adventures in Wonderland', Neil Gaiman's 'American Gods', and Frank Herbert's 'Dune'

DOPPELGANGERS

KIERNAN SHIPKA AND MCKENNA GRACE

Even 14-year-old McKenna Grace (pic. left) is surprised by how much she resembles the younger version of actor Kiernan Shipka. After someone pointed this out on her Instagram, she agreed the resemblance is uncanny. While Shipka, after finding fame as a child actor in 'Mad Men' is now known for playing the lead in 'Sabrina: The Teenage Witch', McKenna, who also started out as a child actor at the age of six, is slowly yet steadily making her mark in Hollywood. She started out as Jasmine Bernstein in the Disney XD sitcom 'Crash & Bernstein' and 'The Young and the Restless'. You will also remember her from films like 'Gifted' and 'The Haunting of Hill House'.



Is BECKY SHARP a hero or a villain?

To answer that we must ask some more questions. The best answers lie in as many questions we can ask about iconic characters, and hence, ourselves

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What do you think of a social climber? The phrase is almost always used to describe an unflattering quality, and still used in the 21st century mostly to describe women who are ambitious and want to climb the social ladder either by marrying into "high society" or cunningly pushing their way forward to break every ceiling that ever existed. William Makepeace Thackeray's most famous character is undoubtedly Rebecca 'Becky' Sharp, the protagonist of 'Vanity Fair', the book (1847-48) that Thackeray said "has no heroes and no happy ending". Here's why delving deep into Becky Sharp is necessary for every teenager and young-adult, in any century.

What does 'heartless' mean?

Thackeray's Sharp has been analysed over the last two centuries by critics and readers/audiences alike. Mostly, sprightly and witty, Sharp has not been forgiven by a lot of us for not truly loving the man she married, or not caring enough about her

best friend, who showered her with kindness when she had nothing. But the heart is guided by a lot of emotions, not just love. Growing up poor, an illegitimate daughter of an artist and an opera singer, Becky didn't have a childhood; she just had one dream that guided her heart: "I want tomorrow to be better than today." In 1815, a woman without the advantage of birth could only claw her way into 'high' society and be seen, respected and counted. Let's not judge too harshly.

Every failure is a stepping stone...

The thing about Becky Sharp is that you can't defeat her indomitable spirit. As you go through the book, you will see her win big, lose bigger; but is she daunted? No. She is even more determined to make her mark. With every step she takes, she proves all her detractors wrong.

To be human...

The biggest lesson we learn from Becky Sharp and 'Vanity

Fair' is that life doesn't have a happy or sad ending. It's a bit of both. With all that is thrown our way, what we make of it depends on us. The risks we take, and the opportunities we leave behind, define us. And err, we will, whether our heart is

guided by love or ambition, or anger or despair...



Olivia Cooke as Becky Sharp in a 2018 televised version of 'Vanity Fair'



Three things KIKI'S DELIVERY SERVICE will teach you about growing up

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Directed by the legendary filmmaker Hayao Miyazaki, 'Kiki's Delivery Service' (1989) was made by Studio Ghibli - a Japanese animation studio famous for its incredible anime films including 'Spirited Away', 'My Neighbour Totoro' and 'Princess Mononoko'. Based on Japanese author Eiko Kadono's bestselling 1985 book by the same name, 'Kiki's Delivery Service' is a feel-good, coming-of-age film about Kiki, a young witch, who at age 13 has to leave her home for a year to begin her solo witch training. Eager and excited Kiki, accompanied by Jiji (her talking cat), flies off on her broomstick lands in a beautiful seaside town that she decides will be her new home.

FINDING YOUR WAY IN THE WORLD

The optimistic, hopeful Kiki quickly establishes a 'flying' delivery service

transporting packages all over the town. However, the excitement of early days wits away quickly and she is faced with the demands of daily life's drudgery. Kiki struggles. The hardships of moving to a new town catches up with her as she feels homesick, friendless and miserable at being perceived as a 'suspicious' outsider. This probably echoes the story of any first-timer, who has had to leave home for higher studies or work; or change schools or neighbourhoods or shift to a different city. Leaving something behind and establishing a new identity takes a lot of guts and effort but success is yours if you persist. Through a gentle and slow narrative arc, we see Kiki learn about



A meditative masterpiece, the movie is a visual treat and features plenty of shots of characters thinking, watching and wondering... a far cry from the frenzy that inhabits most children's entertainment

herself, and find her place in this world.

THE REAL VILLAIN IS SELF-DOUBT

Yes, there are plenty characters who are mean to Kiki but they aren't set on ruining her existence. Instead, Kiki's story offers a tremendous insight into life's real villain: self-doubt that wrecks us from within on a daily basis. As is well known, mental health issues have only multiplied during the Covid-19-induced lockdown globally. Alone at our work/study-at-home stations, we are assailed by negative thoughts that make us feel like we're nobodies, or that others are laughing at us, or that our friends aren't available when we need them. Kiki believes so when other kids who invite her to hang out with her 'look at her funny'. Watching this movie will remind those facing something similar that many of your worries may not be as serious as you perceive them. Got a grudge or a doubt against someone? Reach out, talk it out. Don't let that inner critic tell you that you are 'less'.

DO MORE OF WHAT INSPIRES YOU

This visually rich film with every perfect frame tells you that you should do things that inspire you, and not be swayed by whether you think you're good or bad at it. All of us have a gift and when we practise more of it, we feel powerful and happy. For Kiki it was flying but when she feels that she is failing her delivery service (because of a botched order or two) she loses the ability to fly. After a few rough patches, and some introspection thanks to her artist friend, Ursula, Kiki finally realises she flies because it makes her happy. This suggests that through discovering self-confidence and doing something that makes you happy, you can thrive at what you set out to do.

CHARACTER OF THE WEEK

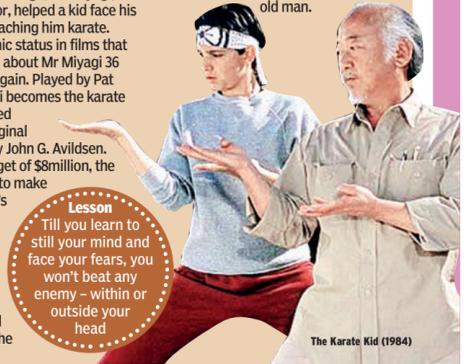
Mr Miyagi

Karate Kid, 1984

"Never put passion in front of principle, even if you win, you'll lose"

Thirty six years ago, Mr Miyagi, a quiet janitor, helped a kid face his fears by teaching him karate. Such was his iconic status in films that we will be talking about Mr Miyagi 36 years from now again. Played by Pat Morita, Mr Miyagi becomes the karate teacher to a bullied student in the original movie directed by John G. Avildsen. Made with a budget of \$8million, the film would go on to make \$100million. That's possibly why Avildsen trusted in Sylvester Stallone's story of 'Rocky', which he would direct next. Many called 'The Karate Kid' the

precursor to 'Rocky'. Mr Miyagi though stays in our heart still because it's not just karate but life lessons that Danny LaRusso learns from him, and what stands out in the story is the beautiful friendship between a boy and a wise, old man.



The Karate Kid (1984)

Lesson
Till you learn to still your mind and face your fears, you won't beat any enemy - within or outside your head

AUTHOR PROFILE: TANAZ BHATHENA

The author is known for writing inspiring young adult stories

She debuted with the highly acclaimed 'A Girl Like That' (2018), an eye-opening novel about a free-spirited girl living in present-day Saudi Arabia. The book featured in multiple best book lists of 2019, including Seventeen, PopSugar, Canadian Children's Book Centre. Her next was 'The Beauty of the Moment' (2019), which told the story of a smart, driven teen girl falling in love with a rebel. This book won the super prestigious 2019 Nautilus Gold Award for Young Adult Fiction.

In 2020, Bhatena released 'The Wrath of Ambar Book 1: Hunted by the Sky', a young adult fantasy duology set in a world inspired by medieval India. Speaking about the book, Bhatena said she was inspired by historical non-fiction - especially Ruby Lal's 'Empress', a book about Nur Jehan. It led to a research spree on strong Indian women throughout history, including Chand Bibi, Razia Sultana, and the Attingal Rangis of Kerala. Bhatena's short stories have appeared in various publications: 'Blackbird', 'Witness', and 'Room'.
Credit: Photo by Nettie Photography



MUSIC THERAPY

Have you ever wondered why the whole world knows the song 'Happy Birthday to You'? It's the most recognised song in the English language according to the 'Guinness Book of World Records'. In second place is 'For He's a Jolly Good Fellow'. 'Happy Birthday to You' dates back to 1893, but was originally called 'Good Morning to You'. It was written by two sisters living in Kentucky - Mildred and Patti Smith Hill. The melody to 'Good Morning' is the same melody we use today, but its copyright expired in 1949.

book donated to the library in the 1950s. The old manuscript was discovered by the librarian, James Procell, while digging through a dusty filing cabinet. The first known combination of the melody and lyrics to 'Happy Birthday' appeared in 1912. But that combination wasn't formally registered for copyright until 1935. The song has been translated into at least 18 different languages. The list includes Arabic, Dutch, French, German, Hebrew, Indonesian, Irish, Italian, Korean, Lithuanian, Mandarin Chinese, Norwegian, Portuguese, Spanish, and Tagalog.

HAPPY BIRTHDAY TO YOUUUUU



— Source: Digitalmusicnews.com

"I don't care what I look like, I do care of how people think of me"

MILLIE BOBBY BROWN

At 16, actor, producer, singer and youth icon, Millie Bobby Brown has already been declared as 'Time' magazine's '100 most influential people' (the youngest person ever to be included in the list) and is also the youngest ever Goodwill Ambassador of UNICEF.

Born in Malaga, Spain, Brown is an English actor. On her move to Hollywood, she mastered the American accent so consummately that many people think she is from the US. She is the third of four children.

PACKS A PUNCH

Millie Bobby Brown is a trained boxer and a

musician too. She was cast in small roles in 'Once Upon a Time in Wonderland', 'Modern Family' and 'Grey's Anatomy'. After losing out on the role of Lyanna Mormont in 'Game of Thrones', she almost gave up acting, but things changed drastically when she got the part of Eleven in 'Stranger Things'. It's a whole new story now. Apart from starring in 'Enola Holmes', she was one of two producers of the film released on a streaming platform a month ago.



Bella Ramsey got the role of Lyanna Mormont that Millie Bobby Brown had also auditioned for; (top) Brown as Eleven in 'Stranger Things' - her breakout role

AWARD LIST

Brown has been chosen twice as a nominee in People's Choice Awards, five times at Screen Actor's Guild Awards, which she has won once. She has been nominated for Emmy twice.

HER STYLE

The '80s Americana fashion is her favourite style, but she carried street style, punk, graphic, or sophisticated looks with equal ease.



MOVIE TRIVIA

What was the first movie sequel ever made?

The Fall of a Nation', Thomas Dixon Jr's follow-up to D.W. Griffith's 'Birth of a Nation', is widely considered as the first film sequel. However, some argue that 'Fall...' isn't a true sequel to 'Birth...', as it doesn't follow a similar story or include any of the same characters. Using those additional criteria, Rudolph Valentino's 'Son of the Sheik', which followed from 'The Sheik' five years earlier, would be the first sequel. If we include short films, a Danish Sherlock Holmes series from 1908-1910 predates even the Griffith/Dixon films.



COMMON INJURIES

It's simple - if you play a sport, you're bound to get hurt. Let's take a look at some of the common sports injuries along with possible causes and recovery strategies



Neymar of Barcelona reacts to an injury



Serena Williams

SHIN SPLINTS

CAUSES: "Shin splints" is a generic term for shin pain (usually on the inside of the shin) but is correctly termed 'Medial Tibial Stress syndrome or MTTs. It is mostly caused by inflammation of the muscles and their attachments to the shin bone (Tibia). Shin splints may occur when the intensity of working out is increased from normal level, wearing worn-out shoes or by jumping or running on hard ground. Normally has a biomechanical trigger.

SYMPTOMS: Pain to touch the region, occasional swelling, and soreness to jog and walk, are most of the common symptoms of shin splints. If a patient is suffering from this pain, he can have a dull, aching pain on either side of the shinbone or in the muscles.

Sportspersons affected: Monica Seles, Grant Hill, James Kirtley

LOWER BACK PAIN

CAUSES: Usually lower-back-pain affects runners, cyclists, golfers, tennis, and baseball players. Bulging discs, back spasms, stress fractures sciatica are some types of lower-back pain. Improper training techniques, weakness (especially of the core muscles) and poor preparation is the most common reason for sports-related back pain. A slightest discrepancy in leg length can also cause back pain in runners as well as poor lower limb biomechanics or inadequate footwear.

SYMPTOMS: Back pain which can be mild or severe, or periodic or chronic. Usually associated with some muscle spasm which restricts movements such as bending or straightening and is often painful to sit as well.

Sportspersons affected: Andre Agassi, John Terry

RUNNER'S KNEE

CAUSES: Knee injuries comprise about 55 per cent of all sports injuries. Not only runners, but it can strike any athlete like a cyclist, footballer, volleyball players, and others. It is often caused by weak quadriceps, tightness of some other related muscle groups, imbalances around the knee, poor pelvic control incorrect or worn shoes, and overtraining.

SYMPTOMS: Knee pain below the kneecap and on the sides of the kneecap, particularly with deep knee bend or prolonged sitting, and swelling in the knee are some of the symptoms. Often noticed on climbing stairs.

Sportspersons affected: Serena Williams, Danielle Slaton, Pavel Bure

ACHILLES TENDONOPATHY

CAUSES: Achilles Tendonopathy is a very common injury among runners and people involved in sports that require a lot of jumping. This is an inflammation of the Achilles tendon which is the attachment of the calf muscle to the heel bone the Achilles tendon, is a very strong tendon but not very flexible and hence prone to micro-tearing which results in inflammation. Poor foot biomechanics also a major contributor and incorrect footwear.

SYMPTOMS: Acute symptoms include pain at the back of the ankle, just above the heel especially whilst trying to raise up onto toes, occasional swelling.

Sportspersons affected: Shaquille O'Neal, Brandon Jennings

ANKLE SPRAIN

CAUSES: When the foot accidentally turns inwards, it stretches and tears the ligaments on the outside of the ankle. Ankle sprains are almost inevitable in sports that involve specific foot movements such as jumping, turning quickly and running.

SYMPTOMS: Immediate pain at the site with swelling over outside of ankle. The injured area becomes tender and feels unstable.

Sportspersons affected: Tillakaratne Dilshan, Serena Williams

EXPERTS SPEAK

Major injury areas for cricket players are predominantly lower back, knee/shin and shoulder. One also sees high incidences of fatigue related muscle injuries to the major muscle groups of the calf, hamstring and groin. Hand/finger fractures too are common because of the hardness of the ball. Although there are several triggers to the injury but the major underlying reason is under-preparation. This leads to muscle fatigue and consequentially to injury.

JOHN GLOSTER on cricket injuries (Former physiotherapist Indian cricket team. Current physiotherapist for Rajasthan Royals IPL franchise)

The immediate treatment to most of these injuries is by following the RICE protocol - Rest, ice and compression, and elevation. One must seek advice of a specialised doctor for further treatment and rehabilitation. While the recovery period of some injuries may span from a few days to weeks, other injuries like meniscal tear, cruciate ligament tear, or focal cartilage defects may require a surgical treatment.

DR SHIRISH DUTT MISHRA on treatment of sports injuries (senior consultant orthopaedic surgeon)

*PRICE AND RICE are protocols in sports injuries. They stand for Protection, Rest, Ice, Compression and Elevation.

SHOULDER IMPINGEMENT

CAUSES: Any sport that involves a lot of overhead movement may result in shoulder impingement. Shoulder injuries are most common in tennis, swimming, weightlifting, baseball, and volleyball. They are mainly caused due to overuse of the shoulder, which can strain the rotator cuff. Usually comes about because of poor shoulder and scapular muscle control which therefore puts excessive pressure onto the shoulder joint and its associated supporting tendons (the rotator cuff).

SYMPTOMS: Pain, weakness, stiffness in the shoulder are some of the common symptoms.

Sportspersons affected: Roger Federer, Maria Sharapova, Andy Roddick.

MUSCLE PULL

CAUSES: Muscle pulls are very common and can happen to any athlete. Small tears occur within that lead to a strain when muscle is stretched too far or exceeds its tensile load. Inadequate warm up exercises, muscle fatigue, lack of flexibility, and muscle weakness can cause all kinds of athletes to pull a muscle.

SYMPTOMS: Pain in the muscle area on applying pressure, stretch or load, swelling or inflammation, weakness, soreness and redness in severe cases.

Sportspersons affected: Alexandra Stevenson, Rafael Nadal



Sachin Tendulkar

TENNIS ELBOW

CAUSES: One develops a tennis elbow when the forearm is overused by repetitive movements in sports like tennis, golf and badminton. These are the muscles that pull the wrist back. The tendons of the forearm that insert into the side of the elbow region tend to inflame that result in acute pain.

SYMPTOMS: Pain on the outermost part of the elbow when it is touched or wrist or fingers are moved backwards. The pain may worsen and radiate down the arm by activities such as turning a door knob, and grasping or lifting heavy objects.

Sportspersons affected: Sachin Tendulkar, Jim Vanek



Maria Sharapova



Rafael Nadal