



# THE TIMES OF INDIA

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STUDENT EDITION

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YOUR HANDY GUIDE TO AT-HOME FESTIVITIES

SELF-CARE

## MINIMAL yet special

What are the grooming trends in this subdued year? Many people learnt self-care at home and embraced minimalism. A peek into beauty trends that emerged during the pandemic

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BASIC IS IN

Wear good skin along with confidence – is the beauty mantra of the year. But it's the celebratory season and in your skincare DIY, add a touch of luxury by including festive and skin friendly ingredients like dried rose petals, rich oils, ground almond and so on. You can also make your organic kajal at home with cow's ghee. Check out Yami Gautam's kajal recipe with 'ghar ka ghee' on her Instagram post: "All you need is 50 ml ghee and a silver lamp or an earthen diya, one long thick cotton wick and one earthen/copper plate. Now, pour the ghee into the lamp and place the cotton wick inside it. Once the wick has settled, simply light the lamp. Place the plate on top of the lamp to



Yami Gautam recently shared a DIY kajal recipe

I-GOT-TO-LEARN BANDWAGON

Girls learnt to tweeze their brows and at least once you tried a at-home haircut. Tweens and teens, please don't try to cut your hair all by yourself. Take help from a parent or a sibling like the actor Kriti Sanon whose sister, Nupur, chopped her long tresses. However, you can see YouTube videos of how to cut your hair, blow dry, etc. to be more aware about these grooming chores and also to achieve a certain degree of independence.



## NEW IDEAS The gift of GREEN

From thoughtful care packages and homespun goodies to frugal and environment friendly gifts, celebrate the spirit of 'giving' this season

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In the midst of all these unprecedented physical and mental changes, it is very important to invest in strengthening relationships and fostering community among everyone in our lives. What better way to do that than by reaching out to the loved ones with gifts that can add more meaning to life right now. The times call for more homemade hampers, charitable donations, secondhand goods, experiences, time, and more. Here are some ideas...

**FRUGAL GIFTING:** There's been a cultural shift to declutter our homes, people are spending their hard-earned money on experiences instead of stuff – and some people just don't need a physical gift. So what do you buy for someone who says they don't want anything (and means it)? Don't waste money on a gift that will create unwanted clutter. Book them an experience like a birding trip, a farmcation or just an exclusive rendezvous with friends and family.

**POTTED HERBS:** When gifting someone with a plant you have to ensure they have somewhere to put it considering some city dwellings may not have the space. Potted herbs fits in this case particularly because they require little space and very little maintenance. On top of their aesthetic value, the scented ones like rosemary, sage and basil can be natural air fresheners.

**SOW THE SEEDS:** Tree seedlings are wonderful gifts, especially for those who have a garden or a backyard. Purchasing tree seedlings on sale or from tree nurseries is very affordable and if planted, it's a huge plus to the environment.

**WASH IT OFF:** Soap nuts are recent discoveries that serve a better purpose than the commercial laundry detergents which are highly unkind to the environment. Give someone an eco-friendly gift of soap nuts that are 100% biodegradable.

**SECOND HAND FASHION:** For those of us wanting to reduce carbon impact, try thrift shopping this season – it's easier on the wallet and the planet. Many thrift stores are set up as charities so by supporting them you are doing double the good.

**SELF LOVE JOURNAL:** Self-love is everything. It allows us to connect with our inner magic, and has the

power to make us feel inner peace and pure joy, but it can be hard to find time to show ourselves love when the stresses of day-to-day life take over. This is exactly why the Self-Love Journal was created. It will help you to check-in with yourself, set challenges for healthy growth, plan nourishing meals and practice self-care activities.

**ZERO WASTE STARTER:** Everything you could possibly need for going down the path to zero-waste is right

here. Utensils and straws you can use instead of plastic. A reusable non-plastic water bottle. A net bag for your produce at the store. Bamboo toothbrushes. Beeswax food wraps for your perishables. This is particularly useful if you know someone who

wants to be more sustainable, but has no idea where to start. **REUSE, RECYCLE:** Bring out your creativity by recycling old waste items as gifts. You could use leftover glass bottles, light bulbs and other waste products and create personalised gifts for your friends. Decorating old bottles with paint and making an installation or lampshade out of bottles is one such option.



CARE PACKAGES

We're making a case to re-embrace the care package. Life has been tough and everything from lockdown pantry essentials, stress busting wellness items to self-care beauty products are welcome. Put together a curated care shipment with a heartfelt hand-written note.

mentioned quantity, you will get 2 cups of powder. 3. In a kadai, put half of the ghee and add the powder and fry for few minutes. 4. In another vessel put the batter and roll it into tikkis. 4. Cook on a cast iron pan with coconut oil. 5. Serve hot with mint, coriander chutney.

**Lentil halwa**  
Ingredients: Green gram dal - 1 cup; Urad - 2 tsp; Poha - 4 tsp; Powdered jaggery - 2 cup; A2 cow ghee - 1/4 cup; Water - 6 cups  
Method: 1. Dry roast both dals and poha separately till it become light brown. 2. Cool it and powder it in a mixer. Sieve it. For the

**Dal tikki**  
Ingredients: 1/2 cup yellow moong dal (soak for 7/8 hours); 1/4 cup sattu; 2 tsp onions (finely

chopped); 1 tsp chilli powder; 1/4 tsp ginger grated; 1/4 tsp grated turmeric; 1/2 tsp garlic paste; 2 tsp flax powder; 2 tsp sesame seeds; 2 tsp coriander; Pink salt to taste; Cold pressed coconut oil for tikki  
Method: 1. Cook the soaked dal in a pressure cooker, let it cool down. 2. Add the remaining ingredients and mix well. 3. Divide the batter and roll it into tikkis. 4. Cook on a cast iron pan with coconut oil. 5. Serve hot with mint, coriander chutney.

cover it completely. Let the lamp burn overnight. Once the ghee has burnt out, you will see a black residue at the bottom of the lamp. Well, this is your homemade kajal made from scratch." This kajal is healthy for your eyes.

**INTRODUCE A NEW RITUAL**  
Festive times are apt for starting a new self-care ritual. This autumn/winter, ditch the chemical laden body wash and add a nourishing homemade body wash to your skincare regimen. Here's a luxurious body wash recipe by wellness expert Suparna Trikha: "Add 2 tsp ground masoor dal, 2 tsp almond powder, 2 tsp besan, half cup of Indian rose petals, 3 tsp full fat milk and 2 tsp sandalwood powder. Mix well for 3-4 minutes until consistency is thick (don't add water). Apply this ubtan all over your body and keep it for 15 to 20 minutes. Just let the grainy ubtan dry and fall off from the body naturally; aggressive scrubbing is to be avoided. Follow up with a quick shower with lukewarm water. Your skin will be soft and hydrated after using these rich ingredients on your body." Including this body wash once a week in your self-care regime will keep your skin healthy, allergy free and glowing.

LUKE COUTINHO, holistic lifestyle coach - integrative medicine



## THE YEAR OF DIY Diwali

While many believe that Diwali 2020 has lost its sheen, purists feel that this back to basics is what festivals were all about – family, warmth and at-home sweets and decorations. In fact, Pinterest has reported a surge in searches for mithai recipes, home decoration ideas like diyas, rangolis and flowers, and gift ideas. Here are 10 ideas to add more sheen to your celebrations...

**1 Create your own:** From mithais, snacks to décor, make your own.

**2 Borrow your clothes:** How about repurposing mom's old sari as a vest for your brother and a skirt for you. Or organise a swap among cousins.

**3 Use plants:** With the fresh air going the way of the dodos (yes, it is virtually extinct), what better to do this year than use your plants for décor. Add fairy lights around it.



**4 Use fabrics:** Want to do up a corner without changing much, add a fabric as a throw or on the wall. Or make a no-sew tent.

**5 Use flowers:** Use flowers in pots, as floating arrangements and flower rangolis. Nothing says Diwali than a heady mix of genda phool, rose, rajnigandha and assorted posies.

**6 Set a festive table:** We all have that fancy crockery and cutlery that your mother has squirreled away for the 'guests will come' occasions. Take it out for the Diwali lunch or dinner. Ask your mom for an old silk sari that you can fashion into a tablecloth.

### SMALL IS WARM

Just because everything is on a small scale now doesn't mean it has to lack in warmth. Use technology to add in more people just like a Zoom wedding. Get on family calls and dress up in your Diwali finery for the call with an apt background created using fairy lights. Tag and celebrate on social media – you'd be surprised how much fun that can be

**7 Organise indoor games:** Can't have a Diwali party – organise video-call games with cousins that's bound to ensure some fun.

**8 Deploy mirrors:** One quick way to add shine to a space is to get mirrors. Get mirrors in various shapes and sizes to illuminate your house.



**9 Make Diwali cards:** Ask your parents about the joys of receiving an old-fashioned card – and handmade is even better. Like Christmas holiday cards, you can even dress in your Diwali finery and send it as a card for your friends.

**10 Make your own idols:** How about making your own idols out of clay to add a handmade touch.

### WHY DIY THIS SEASON...

When celebrating this season, go as DIY as possible. The year 2020 has been tough for everyone – emotionally and financially. When you go for handmade items as gifts or make cards, it shows that you care more. Use material from around the house and cobble together something that shows you put in time and effort. And now is the time to show people that extra warmth and care that only handmade can bring.

A great gift is to give something that does away with some toxic element in your loved one's house. Think terrariums, beeswax candles and meditative artwork... the list is endless. Gifts for a cause are designed to do good, whether they are made with more environmentally-friendly ingredients or support business practices that give back. Each handmade clothing, pair of shoes, or candle is a tangible celebration of an artisan's skills and creativity. Here's to more fun and less stuff!



### HEALTHY BINGE

## CHOOSE homemade

Festivals are a great time for the entire family to come together and participate in making homemade sweets and snacks like laddus, chaklis, savoury items, etc. It's also a great way to involve kids into cooking so as to cultivate healthy eating practices. Here are two easy recipes:

**Lentil halwa**  
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Method: 1. Dry roast both dals and poha separately till it become light brown. 2. Cool it and powder it in a mixer. Sieve it. For the



mentioned quantity, you will get 2 cups of powder. 3. In a kadai, put half of the ghee and add the powder and fry for few minutes. 4. In another vessel put the batter and roll it into tikkis. 4. Cook on a cast iron pan with coconut oil. 5. Serve hot with mint, coriander chutney.

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# RESET YOUR BODY

RE-ESTABLISH A HEALTHY EQUILIBRIUM POST BINGEING

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All that happy excess — in the form of carbs, fat, salt, sugar, and alcohol — can leave you feeling bloated, tired, hungry, and guilty. Give your body a sense of steadiness. Use a well-measured reset plan to balance your body.

### STEP 1: Hydrate

First step post heavy bingeing is to rehydrate the system with water. Drink vegetable and fruit juices. Juices detoxify your body from the inside out at a complete metabolic and cellular level. "Apart from drinking fruit and veggie juice, try not to eat too much animal fat and stick to eating fish or low-fat poultry. Lean meats will give you the protein you need to provide the sustenance and nutrition that your body needs while it's working to get rid of toxins," says Amreen Shaikh, dieti-



### STEP 2: Balance

When we detox, we normally resort to excessive diet control and extreme exercise plans. Both these adverse measures may be counterproductive. "Going on a complete detox — no carbs, very low carb, and very low fat diet is an attempt to compensate for the extra calories consumed," says Manjari Chandra, nutrition consultant.

Sudden fasting and reduced food consumption is known to alter the production of hormones such as insulin, cortisol and thyroxine. Adds Chandra, "Exercising with a vengeance may also not help as it may result in injury and muscle pains/joint pains jeopardising your regular activity routine." Research shows that physical activity above a certain threshold can trigger an increase in ap-

### RESET PLAN

- 1 Eat smaller, regular, disciplined meals to ensure hormones such as thyroxine, insulin are released in the right amount.
- 2 Eat wholesome food including sufficient carbs, low fat and proteins and fibre.
- 3 Eat easy to digest and simpler food such as soups, smoothies, khichri, porridge, steamed snacks such as idli, dhokla and seasonal salads and fruits.
- 4 Ensuring a good supply of gut healing

petite and more calories eaten; decrease in resting metabolic rate.

### STEP 3: Sleep over it

"The most important thing you can do to regenerate and reset your body is sleep. During a food or alcohol induced hangover, your internal organs are working overtime trying to get your body back to where it should be and resting provides it with the energy to do so," suggests Shaikh. Even if you have a busy day ahead, or responsibilities, try taking a nap for a least a few hours.

probiotic and prebiotic foods such as yoghurt, buttermilk, tofu, fermented food such as kimchi, kombucha would repair the gut. 5 Eliminating processed, packaged foods will heal the digestive tract and reduce weight gain from an inflamed/leaky gut. It also eliminates excess fat, salt and sugar. 6 Eating enough of Indian carminative spices such as fennegreek, asafoetida, cinnamon, turmeric, jeera, and black pepper will have the dual benefit of improving metabolic rate, promoting digestion and result in weight loss. 8 First recover post indulgence before starting exercise. Start with leisurely walks.



### NO WASTE DIWALI

- 1 Light up your home and your loved ones' with LED lights, an easy way to make your holidays more sustainable. They are more expensive up front, but they last longer and use far less electricity than traditional lights. That means less materials in landfills in the long run, and less energy consumption.
- 2 Gift rice paper lanterns and flowers instead of plastic balloons. You can also try your hand at making paper lanterns for decoration. Note: Always light paper lanterns in an open space and under adult supervision.
- 3 Use decor elements that can be composted the next day like flowers and paper. Avoid plastic.
- 4 Use up leftovers. Eat them for lunch, incorporate them into a new recipe, reserve a night specifically for leftovers or freeze them for later.
- 5 Lookout for disposables and avoid using them. For instance, plastic plates, one-time wax diyas, plastic glasses all end up in trash. Avoid adding these to your festivities. Also support local by buying from local vendors.



# HOW TO ACE GROUP DISCUSSIONS?

Some people have the gift of the gab and feel confident while holding a conversation with anyone. Such people also tend to ace in Group Discussions (GDs). However, majority get cold feet while communicating to a crowd or to an important group of people. Group Discussions (GDs) are often challenging since they compel every participant to be opinionated, expressive and win the discussion. Group Discussions are becoming increasingly common as entrance exam criteria to get selected in premium B-schools demand that you qualify in the GD round. So here are some tips to conquer everyone...



Hi friends. We are **HOPPER & CROCKY**. Though, there are no hard and fast group discussion rules but following points should be kept in mind...



Practice is fine, but being spontaneous gets you brownie points

Practice may make you perfect. However, in GDs points are given to spontaneity and passion. If any topic looks over researched and the point you raise looks staged, you could just be losing out. Hence, it is essential that while you research the topics to factually validate your point, do not memorise lines and blurt it out.

You are as good as your project to be. Grab the chance for the last say too...

A moderator is assessing your soft skills too. Hence, if someone makes a rude remark, the manner in which you steer the conversation in a composed, yet assertive manner towards a logical talk earns you respect and the seat! When there are loud voices echoing in the room, remember, even quietness at the right time carries weight. Source: MensXP.com

## Grab initiative, after the moderator's nod

Initiative here means being the first one to jump into the discussion after the moderator's go-ahead. However, do wait for the nod, as most students accidentally tend to begin immediately after the topic is introduced without waiting for the 'begin' command. GDs are short, timed events. Individual taking the lead can immediately establish his or her point. Taking initiative also suggests that you are confident about yourself and

## Win the argument, don't be argumentative though

Being loud and aggressive will not help. Even if the discussion gets heated up, assert your point with clarity but don't shout, making you look like a habitually argumentative person. GDs are aimed at evaluating your soft skills, convincing ability, self-confidence and conviction power. They are not aimed at evaluating your confrontational, verbal capacity. If you find a participant trying to engage you in a meaningless banter or challenging your viewpoint without any rationale, try to stay calm and correct his stance in a simple, factual manner that exposes the hollowness of his arguments.

## Be precision personified

You cannot afford to quote various examples and detail instances from the past.

## Positivity matters the most

A positive body language can help immensely. GDs pack-in the contestants and those exuding self-confidence usually tend to overrule others. Any sign of

nervousness can be your undoing here. Even if you don't have sufficient knowledge to tear through the discussion, use some humour to win a few points.

You have to pick your words and state your thoughts. Keep your sentences short, make your point and counter the challenging perspective quickly.

## Read, research, refer

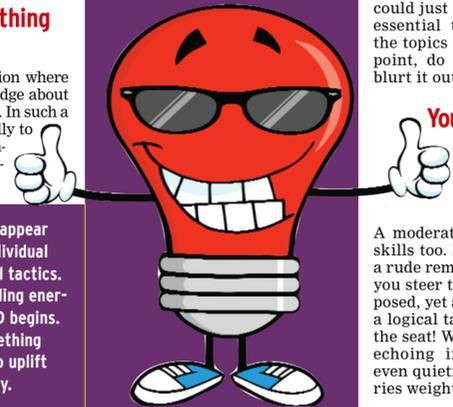
It is important that one reads a lot of literature on various topics, researches interesting points and some facts that he can refer to during the GD. Newspapers, magazines, journals are good material to know about topics, but at the end, have your own perspective.

## What if you know nothing about the topic?

There could emerge a situation where one doesn't have any knowledge about the topic given for discussion. In such a situation, first, listen carefully to the viewpoints of other members and then use the information to make your point.

## Include others

Keep an eye out for those who do not say anything and take the opportunity to ask them for their opinions. This will gain you both assessors' appreciation and other group member's gratitude.



## 7 WORDS to avoid WHEN WRITING

### 1. Totally, completely, absolutely, literally

These words don't add information to a sentence. For example, "The box was completely full of clothes" reads the same as, "The box was full of clothes."

### 2. Definitely, certainly, probably, actually, basically, virtually

Again, these words don't add information. If the sentence makes sense without these words, remove them.

### 3. Rather, quite, somewhat, somehow

A movie doesn't have to be "rather dull", it can just be "dull".

### 4. That

It's superfluous most of the time. Open any doc-

ument you've got drafted on your desktop and find a sentence with 'that' in it. Read it out loud. Now read it again without that. If the sentence works without it, delete it.

### 5. Very

Accurate adjectives don't need qualifiers. If you need to qualify it, replace it. Very is

intended to magnify a verb, an adjective, or another adverb. What it does is makes your statement less specific. If you're very happy, be ecstatic. If you're very sad, perhaps you're melancholy or depressed.

### 6. Amazing

It's time to retire the word 'amazing'. There are so many alternatives. Pick any — wonderful, incredible, star-

ting, marvellous, astonishing, astounding, remarkable, miraculous, surprising, mind-blowing, staggering, bewitching..

### 7. Just

It's a filler word and it makes your sentence



## How to write a vivid physical description

Vivid description is writing which makes you feel as if you are standing there, right there where the author has just described something. Vivid description appeals to the senses — eyes, nose, ears, skin, etc.

**IN 'THE PRINCE AND THE PAUPER', MARK TWAIN PAINTS A WORD PICTURE OF KING HENRY VIII USING DESCRIPTIVE LANGUAGE:**

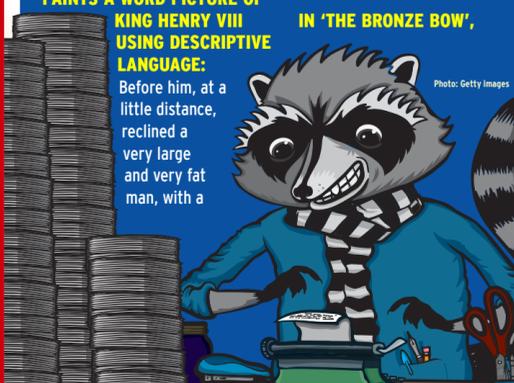
Before him, at a little distance, reclined a very large and very fat man, with a

wide, pulpy face, and a stern expression. His large head was very grey; and his whiskers, which he wore only around his face, like a frame, were grey also. His clothing was of rich stuff, but old, and slightly frayed in places. One of his swollen legs had a pillow under it, and was wrapped in bandages. This stern-countenanced invalid was the dread Henry VIII.

**IN 'THE BRONZE BOW',**

**ELIZABETH GEORGE SPEARE DESCRIBES A YOUNG ROMAN SOLDIER:** When he straightened again, the Roman was pulling off his helmet, revealing crisp fair hair. He wiped the back of his hand across his wet forehead where the metal had left an uncomfortable-looking crease. With a shock, Daniel saw that he was very young. The beardless cheeks and chin scarcely needed a razor.

**HERE DICKENS DESCRIBES THE BOASTFUL, SELF-IMPOR-TANT MR. BOUNDERBY** He was a rich man: banker, merchant, manufacturer, and what not. A big, loud man, with a stare, and a metallic laugh. A man made out of coarse material, which seemed to have been stretched to make so much of him. A man who was always proclaiming, through that brassy speaking-trumpet of a voice of his, his old ignorance and his old poverty.



## DID YOU KNOW

■ Posing a question and then immediately answering it yourself is called sermocination.

■ The proper name for cutting your own hair is self-torsorialism.

■ The opposite of Deja vu is jamais vu, the unnerving feeling that something very familiar is actually completely new.

■ Hogwash is literally kitchen scraps used to feed pigs. The first writer to use it to mean 'nonsense' was Mark Twain.

■ Shakespeare used the word armgant in 'Antony & Cleopatra'. No one knows for sure what he wanted it to mean.

■ There are over 200 artificial languages that have been invented for books, television, and movies, including 13 distinct languages in the Tolkien universe.



## 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



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## IDIOMS AND PHRASES QUIZ

### 1 What is the meaning of 'To make a clean breast of'?

- a) To gain prominence
- b) To praise oneself
- c) To confess without of reserve
- d) To destroy before it blooms

### 2 What is the meaning of 'To keep one's temper'?

- a) To become hungry
- b) To be in a good mood
- c) To preserve one's energy
- d) To be aloof from

### 3 What is the meaning of 'To catch a tartar'?

- a) To trap wanted criminal with great difficulty
- b) to attack or oppose someone too strong for one
- c) To meet with disaster
- d) To deal with a person who is more than one's match

### 4 What is the meaning of 'To drive home'?

- a) To find one's roots
- b) To return to a place of rest
- c) Back to the original position
- d) To emphasise

### 5 What is the meaning of 'To have an axe to grind'?

- a) A private end to serve
- b) To fail to arouse interest
- c) To have no result
- d) To work for both sides

### 6 What is the meaning of 'To cry wolf'?

- a) To listen eagerly
- b) To give a false alarm
- c) To turn pale
- d) To keep off starvation

### 7 What is the meaning of 'To end in smoke'?

- a) To make completely understand
- b) To ruin oneself

- c) To excite great applause
- d) To overcome someone

### 8 What is the meaning of 'To be above board'?

- a) To have a good height
- b) To be honest in any business deal
- c) They have no debts
- d) To try to be beautiful

### ANSWER:

- 1- c), 2- b), 3- b)
- 4- d), 5- a), 6- b)
- 7- b), 8- b)



"Goals on the road to achievement cannot be achieved without discipline and consistency."  
DENZEL WASHINGTON, actor

# Why INSIDE OUT is a must-watch for all

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## THE STORY

Riley, 11, moves from Minnesota to San Francisco, and isn't happy about it. Her five fundamental emotions, Fear, Anger, Joy, Disgust and Sadness, are struggling to adjust to changes. What's unique about this animated film is that her five emotions are the main characters of the film.

## SAY WHAT?

In Riley's head is a headquarter (HQ) that's sending signals as to whether Joy, Sadness, Fear, Disgust or Anger rules her mind.

This control room is actually present in all of our minds, whatever our age. And as often as we struggle with our feelings, looking for that ray of sunshine

called happiness, Riley, too, goes through a roller-coaster of emotions trying to find Joy. And avoid Sadness. But Fear and Anger, Disgust... all take over her mind. What happens then?

## CRITICS SAID...

AO Scott's 'New York Times' review of the film encapsulates the movie's message pretty well. "...the

insistence on happiness has its discontents. As a manager, Joy is focused above all on controlling and containing Sadness... That's a pretty powerful metaphor for repression, of course, and 'Inside Out' turns a critical eye on the way the duty to be cheerful is imposed on children, by well-intentioned adults..."

Ann Hornaday wrote in 'The Washington Post': "As fabulous as the vocal performances are in 'Inside Out', it's the clever writing and lush visuals that catapult it to greatness, from how ingeniously the filmmakers illustrate the inner workings of the human mind to amusingly on-point

glimpses into the emotional HQs of Riley's parents."

## THE MESSAGE

It's not just now, in our lockdown phase, but at any point of time, we all — children, teen, adults — have the tendency to focus so much on joy and being happy that we often brush our other emotions aside. We even define certain emotions, like sadness, anger, fear, disgust, as negative. But are they? The point is none of us would know what happiness is unless we have truly felt the whole gamut of emotions in our hearts.



## DOPPELGANGERS

### Keira Knightley and Natalie Portman

British actor Keira Knightley and Israeli-American actor Natalie Portman look so alike that they are often mistaken for one another not just by fans but even people within the industry. Knightley had said in an interview people have chased her down in airports, thinking she's Portman. "I feel quite sorry for her because she must get chased a lot because it's happened like five times where someone's been like, 'Natalie! Natalie!' And I'll sign and take a picture as Natalie," Knightley said in an interview.

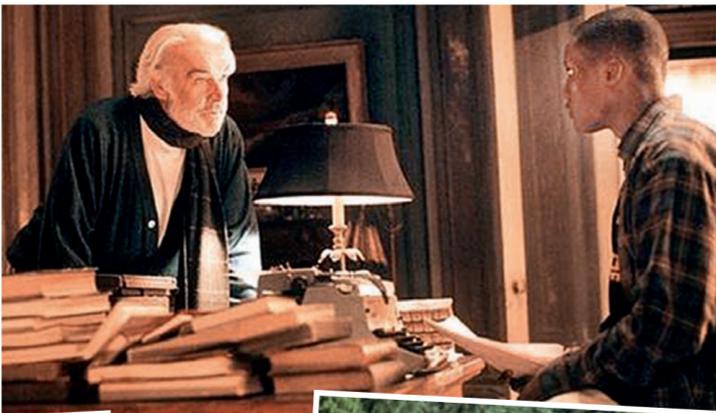


# Connery Beyond Bond

3 Sean Connery movies to watch as a tribute to the great actor who died this week

## THE LEAGUE OF EXTRAORDINARY GENTLEMEN

This 2003 film was the final live action role for Sean Connery, who announced his retirement from acting three years later. Loosely based on the eponymous comic series by Alan Moore and Kevin O'Neill, the film has Connery playing Allan Quatermain, the protagonist and adventurer of H Rider Haggard's 'King Solomon's Mines'. The story is simple enough. A group led by Quatermain is trying to thwart a group of terrorists from destroying the world. The unusual part of the comic and the film is that all its protagonists and villains are famous characters by famous writers: Jules Verne, H. G. Wells, Bram Stoker, Sir Arthur Conan Doyle, H. Rider Haggard, Ian Fleming, Herman Melville, Oscar Wilde, Robert Louis Stevenson, Edgar Allan Poe, Gaston Leroux, and Mark Twain... Actor Naseeruddin Shah plays Captain Nemo in this film.



## FINDING FORRESTER

In this 2000 Gus Van Sant film, Sean Connery is exceptional as a reclusive writer, who helps a Black teenager, brilliant in academics and sports, to come out of the shackles of societal prejudices. Jamal Wallace, played by Rob Brown is invited to attend a prestigious school attended by the rich and famous. Facing prejudice and judgement, from students and teachers alike, he gets angry and disillusioned. But at the same time, Jamal also meets William Forrester, an eccentric man who lives in his neighbourhood, and will change his life forever...

## INDIANA JONES AND THE LAST CRUSADE

Sean Connery plays protagonist Indiana Jones' father in this third installment of Steven Spielberg's super-successful adventure film franchise. In this film, Indiana goes in search of his father, adventurer Henry Jones,



who has gone missing trying to find the Holy Grail. A thorough entertainer from the beginning to the end, Connery is a treat to watch as the cantankerous old man at loggerheads with his son, even as they are both chased by villains.

## #DIDYOUKNOW



- #1 Barbara Cartland wrote 723 novels during her career and is referenced in the Guinness World Records for publishing the most novels in a single year. It is estimated that Cartland sold over 750 million copies of her work, but that figure has been disputed.
- #2 Dr. Seuss aka Theodor Seuss Geisel published over 60 books throughout his career which have since sold around 600 million copies.
- #3 Georges Simenon was a prolific Belgian author, who wrote over 400 novels. He created Jules Maigret, a detective featured in over 75 of his novels. Estimates put his book sales around 700 million.

## ICONIC COSTUMES

### AUDREY HEPBURN, BREAKFAST AT TIFFANY'S

In this classic adaptation of Truman Capote's novella 'Breakfast at Tiffany's', the city of New York and the clothes worn by Audrey Hepburn are equally big as characters. The film follows a young socialite (Hepburn) as she falls in love in New York City. Among the many famous outfits throughout the film that allude to her high-class status, it is the black dress in the opening scene that stands out. Heralded as a pinnacle of 20th century fashion, Hepburn's Givenchy dress had set a trend for what we know today as LBD or the Little Black Dress.

## ROLE REVERSAL

Before becoming a superstar Jennifer Lawrence had auditioned for the role of Bella Swan for the 'Twilight' series. The role eventually went to Kristen Stewart (pic right). Lawrence said though she didn't know about the huge fan following of the Twilight book series, or anticipated the huge hit the movie had the potential to become — which it did — she felt disappointed at not landing the role at that time.



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## THE ICKABOG BY J K ROWLING

Releasing November 10, 2020  
In May 2020, British author J K Rowling began posting a chapter every week from 'The Ickabog', an unpublished work to entertain her young (and restless) fans stuck at home due to Covid19 lockdown. Now, 'The Ickabog' is to be released this month as a book. Set in the mythical land of Cornucopia, 'The Ickabog' is about a legendary monster whose story is used to scare children and keep them from wandering in the marshes. According to 'The Guardian', Rowling will donate the royalties from this book to charities hit the hardest by the coronavirus.

## ENOLA HOLMES: THE CASE OF THE MISSING MARQUESS BY NANCY SPRINGER

Re-releasing November 10, 2020  
If you loved watching 'Enola Holmes' starring the inimitable Millie Bobby Brown, then we urge you to read the book that inspired the film. Created in 2006, Nancy Springer's fictional character Enola Holmes is the 14-year-old (younger) sister of an already famous Sherlock Holmes. In 'The Case of the Missing Marquess', Enola investigates the mysterious disappearance of her mother. There are currently six books in the series, all written by Springer from 2006-2010.

## THE BOOK OF MYTHICAL BEASTS AND MAGICAL CREATURES BY STEPHEN KRENSKY

Releasing November 15, 2020  
Behind every magical

# HOT STUFF

The literati world is abuzz with news of some of the biggest titles releasing this November. From Barack Obama's highly-anticipated memoir to Brandon Stanton's 'Humans' to J K Rowling's 'The Ickabog', there's something for everyone

or mythical creature is an origin story. For example, the narwhal tusks may have something to do how the legend of how unicorns came to be; or how dinosaur bones are at the heart of stories of dragons.

Stephen Krensky, a prolific (over 100) author of picture books, explores the history behind some of the world's most mysterious fictional animals, and the cultural folktales of their origin. A beautifully-illustrated compendium for kids aged 7 to 9. Pick this book up if you are obsessed with where goblins, trolls, giants, elves, leprechauns and dragons.

## GRANDPARENTS' BAG OF STORIES BY SUDHA MURTY AND PRIYA KURIAN

Releasing November 9, 2020  
One of India's favourite granny and children's author Sudha Murthy is back with yet another goody bag of stories. 'Grandparents Bag of Stories' is a sequel to her earlier bestseller 'Grandma's Bag of Stories', and marks her 70th birthday. The 20 stories featuring "tales of kings and jungle, fun and adventure in the time of coronavirus" have been written for

children who have found themselves at locked at home for the major part of this year without school or holiday plans.

## HOME BODY BY RUPI KAUR

Releasing November 17, 2020  
The Canadian poet, author and illustrator Rupri Kaur, who shot to fame by sharing short visual poetry works on Tumblr and Instagram, is releasing her third book, titled 'Home Body'. The book is a collection of poetry that embraces change, and is a 'love letter to oneself.' In an Instagram post Kaur said: "I wrote while getting help. I wrote while getting better. I wrote on days I couldn't make it out of bed. On days I rejoiced in the company of friends. I wrote when I hurt and when I cried when I found laughter again..."

## A PROMISED LAND BY BARACK OBAMA

Releasing November 17, 2020  
The biggest book of 2020 is by former American president Barack Obama. He writes about his tenure as the president of the United States (from 2009 to 2017) in 'A Promised Land'. The two-part book project documents the former president's campaign and early years in the White House. According to news, the publisher is printing 3 million copies!

## HUMANS (HUMANS OF NEW YORK) BY BRANDON STANTON

Releasing November 10, 2020  
Pick this book if you follow 'Humans Of New York' creator Brandon Stanton, or any of HONY offshoot photoblogs on social media. This is the award-winning photo blogger's biggest book yet and it looks at heart-touching human stories of people from 40 countries, including Iran, Iraq, Pakistan, India and Israel.



From left: J.K. Rowling, a still from the film 'Enola Holmes', and Barack Obama

# WHO'S THE GOAT?



Now that the 2020 Grand Slam season is done and Rafael Nadal is tied with Roger Federer at 20 major championships, the most for a man in tennis history, followed by Novak Djokovic at 17, some might be tempted to rekindle the conversation about who is the **"Greatest of All-Time" (GOAT)**

## 'All three are GOAT'

Trying to come up with a consensus pick is silly – especially now, when the Big Three are still active – and, more to the point, unnecessary.

Why insist on choosing one when we should appreciate, admire and elevate all of them? Two weeks before Nadal trounced Djokovic 6-0, 6-2, 7-5 to earn a 13th trophy at the French Open and catch Federer in the Slam

standings, Serena Williams was asked to assess the significance of such an achievement. Williams owns 23 major singles trophies, the most by anyone in the professional era and second to Margaret Court's all-era standard of 24.

"You can't compare two people that are equally great. Roger – I mean, he's Roger Federer. I think that says enough. So, you know, it's like, I don't understand why people want to pit, 'Who's this? Who's that?' They both have spectacular careers that 99% of people can only dream of. ... Every single credit and every single thing that they get, they absolutely deserve it," Williams said. "I'm a big fan of both, to be honest."



Photo: REUTERS

## Their skills and personalities offer something for everyone

"They all play different. They all love their different surfaces, different conditions. Novak is still obviously in reach for the Slam count, as well," American pro Jack Sock said. "You can't really put your finger on one guy. ... They're all GOATs in their own way."

**1** Federer's serve and his net game stand out; he's been best on Wimbledon's grass.

**2** Nadal's lefty forehand and court coverage stand out; he's been best on the French Open's red clay.

**3** Djokovic's return and backhand stand out; he's been best on the Australian Open's hard courts.



These three guys showed throughout their career (what) great champions they are, no matter the conditions, no matter the atmosphere, no matter anything. They are able to sustain everything and to fight through difficulties, which is a great virtue of champions.

Marin Cilic, 2014 U.S. Open winner



Photo: REUTERS

## TITLES AT EACH MAJOR EVENT

	AUSTRALIAN OPEN	WIMBLEDON	U.S. OPEN	FRENCH OPEN
<b>DJOKOVIC</b>	8	5	3	1
<b>FEDERER</b>	6	8	5	1
<b>NADAL</b>	1	2	4	13

## HEAD-TO-HEAD RECORD

### All meetings:

Djokovic v Federer:  
**Djokovic leads 27-23**

Djokovic v Nadal:  
**Djokovic leads 29-27**

Federer v Nadal:  
**Nadal leads 24-16**

### Grand Slam meetings:

Djokovic v Federer:  
**Djokovic leads 11-6**

Djokovic v Nadal:  
**Nadal leads 10-6**

Federer v Nadal:  
**Nadal leads 10-4**

## MOST WEEKS AS WORLD NUMBER ONE

Federer: **310**

Djokovic: **290**

Pete Sampras: **286**

Ivan Lendl: **270**

Jimmy Connors: **268**

Nadal: **209**

## MOST ATP TITLES WON

Connors: **109**

Federer: **103**

Lendl: **94**

Nadal: **86**

Djokovic: **81**

## Other questions for tennis fans to ponder in 2021

1. Can Williams, 39, remain healthy enough to continue to contend for Slam success?
2. Which of the young recent women's major champions – Iga Swiatek, 19; Bianca Andreescu, 20; Sofia Kenin, 21; Naomi Osaka, 22; Ash Barty, 24 – will emerge as the best?
3. Can U.S. Open champion Dominic Thiem, 27, separate himself further from the upcoming stars?
4. Will someone else – Daniil Medvedev, 24; Alexander Zverev, 23; Stefanos Tsitsipas, 22; Andrey Rublev, 22; Denis Shapovalov, 21; Casper Ruud, 21; Felix Auger-Aliassime, 20; Jannik Sinner, 19 – be the next to break through?



Photo: REUTERS