



THE TIMES OF INDIA

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TODAY'S EDITION

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STUDENT EDITION

SATURDAY, FEBRUARY 6, 2021



GOOD TO KNOW

HUES WHO

Unleash the power of chromo or colour therapy by understanding these seven colours that represent seven chakras

RED

The root chakra located at the base of the spine is represented by red. The chakra has to do with our connection with the Earth.

ORANGE

The sacral chakra located 2 or 3 inches below the navel is represented by orange. This chakra is said to be associated with reproduction, kidneys, adrenals and happiness.

YELLOW

The solar plexus chakra is associated with liver, pancreas, digestive system, gallbladder, empowerment and wellbeing. It is located between the navel and sternum.

GREEN

The colour represents the Heart chakra. It's associated with heart, lungs and immune system, energy, nervous system, mental focus, compassion and empowerment.

BLUE

The chakra is associated with thyroid and metabolism and also with a peaceful expression.

INDIGO

The third eye chakra is located between the eyebrows. It is associated with the pituitary gland and pineal gland. It influences our sleep cycle, clarity, wisdom, self-esteem and intuition.

VIOLET

The crown chakra that is located on top of the head. It is associated with clarity, dreams, spirituality, sleep cycles, dreams, pineal gland and light sensitivity.

DID YOU KNOW that chromotherapy is an alternative therapy, it is done by shining an appropriate colour on the particular area of the body. It aims to improve your overall health and mood

Spring' up YOUR HOME



Clean the clutter

Start prepping the home by cleaning the clutter. It's called springcleaning, isn't it? Get rid of all the winter woollies and quilts. Take stock of any décor accents you need to change or add now to welcome the new season.

Colour up

Spring is nothing without colours. Add colour to your home. Some simple ways are to add a rug or go old-school with a

Just by incorporating yellow and green in your décor, you can make any space ready for the happy season

your balcony or your garden. Tip: You can repurpose old saris/dupattas to make your table runners or covers.

Create a chai corner

Before the onset of the hot Indian sum-

mer, get most of the 'good' weather. Create a nice little corner in your balcony, terrace or garden. You can pick and choose the size but what you'd need is good seating, a table and décor accents, especially plants. You can also use old broken cups as planters in this corner.

Bring flowers home

Place flowers in every corner to get the spring feel. There are various contemporary décor that you can follow: using vintage milk bottles as vases, breaking down one bouquet into singular arrangements or simply interspersing artificial flowers with real flowers. Go whimsical with your flower décor and avoid an overtly perfect arrangement. Tip: Using wildflowers is a great way to update a flower arrangement. From craspedia to lavender, even just baby's breath (known as filler flowers) use unusual flowers for your posy.

Do up the walls

If you can't wallpaper it, get some spring feel with floral painting or collages. You can even hang a tapestry in spring colours or add a few shelves to put some spring-inspired curios. You can get wall decals too. Tip: Frame a huge monstera leaf in a clear glass base or create a décor piece with flowers embedded in resin for your walls.



HOGGING THE LIMELIGHT

According to a North American tradition, if a groundhog does not see his shadow after emerging from his burrow on Groundhog Day (February 2), spring will come early; if he sees his shadow, winter will last for 6 more weeks. In the US, the most famous such prognostication is held at Punxsutawney town (pronounced "punks-uh-taw-nee") in Pennsylvania state. The tradition began during the Middle Ages in Europe, when it was believed that badgers and bears interrupted their hibernation to appear on this day. The Punxsutawney event started in 1987. This year, the groundhog Punxsutawney Phil spotted its shadow, predicting another month and a half of winter. However, Phil is not always right. The 1993 film 'Groundhog Day' catapulted the reticent rodent to instant fame.



SPRING CLEAN YOUR SYSTEM

In Chinese medicine, spring is liver and gallbladder season. Detox with these foods

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Soon the sun will be warming you from the outside, and your body will call for something different than coffee. According to traditional Chinese medicine, spring is liver and gallbladder season. Just as buds and plants are getting ready to reappear, our bodies want to regenerate as well. "Spring energy is all about moving upward and outward, opposite of the contractive direction of winter that pulls our energy inward for storage," says Sandra Lanshin,



acupuncturist and Chinese herbalist. According to nutritionist Ritika Samaddar, "With spring, it's the start of the new annual cycle. Change in weather, harvest season, even change in digestion happens. Spring brings a dip in appetite

and cravings, good time to lose weight." Here are some liver-friendly foods:

Leafy munch:

Diuretics, sometimes called water pills, help rid your body of salt (sodium) and water. Cabbage, made up of 92% water, is a natural diuretic that can help expel excess fluids from the body, so you can't go wrong by filling up on this water-based food.

Juicy kick: Fresh pineapple is not only sweet and delicious, but it also aids in detoxing the body, thanks to the presence of bromelain, a powerful digestive enzyme. This enzyme has been proven to aid in digesting protein, breaking down fats, and reducing inflammation.

Go green: Load your diet with microgreens, which are loaded with micronutrients as compared to the

REARRANGE YOUR PANTRY

The first foods you see are often the first foods you grab to eat. Rearrange your pantry by pushing the food with refined carbs and added sugars like cookies or candy at the back

Go nuts: Include nuts like almonds in your daily diet. Studies have proved that almonds help in reduced central adiposity (belly fat) and waist circumference.

Bitter bite: Bitter foods have cleansing properties for your blood and liver. They cut through that "stuck" feeling and ease congestion. Eat them both cooked and raw. A few options are rocket leaves, radicchio, bitter melon, daikon radish, and dandelion greens. **Beet it:** Beets activate liver enzymes which helps break down and absorb healthy fats and fat-soluble nutrients like vitamin E.



The liver works hard to process the food you eat, the cosmetics you use, the air you breathe and even those angry emotions

To know how to build the bridge of trust, here are some clever tips

Can you negotiate well WITH YOUR PARENTS?

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CASE STUDY 1
PROBLEM: You want to extend your curfew time by a couple of hours on your best friend's birthday.

SOLUTION: Bring the evening train/bus schedule with you to show your parents how you intend to get back home. Share your friend's phone number with them so that they are assured of your safety. Talk to them about your planning for the event/party and tell how many more hours do you need as an extension.

CASE STUDY 2
PROBLEM: Your curfew is 7 pm. Post-negotiations, your parents extend it to 8.30 pm. But you want to return at 10 pm. Should you push further?



SOLUTION: No. As a family member, by now you are well aware of the boundaries set by your family. And each family is different in what's permissible. A 1½ hour extension is a fair enough deal. It's futile to compare it if your friend's family is different. You have to manage and operate within your family's boundaries. And also negotiate within those.

Life as a tween or teen is hardly easy - it's that phase of life when you get some power but feel powerless too compared to adults. As an individual, you crave for more freedom - to make your own choices, to spend more time with friends, to have more access to the Internet, to have more pocket money and so on. The above case studies are examples of how to react in two different situations. These are ways to make sure your elders respect your desires and aspirations. Never easy, but not impossible either, if you play your cards right.

PLAN YOUR CONVERSATION

Is talking to your parents is on your mind. It

could be ask them for more access (than usual) to the Internet or a new mobile or to join a soccer class. Look for the right time to talk. Choose a time when they are relaxed and not in the rush. Mention what you would

NO TANTRUMS, PLEASE

Make sure you don't resort to a shouting match to get what you want. Talk firmly for sure but losing temper while putting forth your demands will only show you in a poor light. There can be times when you face setbacks in a parent-child negotiation. You may mess up and not stick to your word. However, setbacks once in a while are normal and part of the journey towards adulthood. If you end up making a mistake by not being able to keep your end of the bargain, apologise sincerely to your parents. In all likelihood, you will be forgiven and your family will not hold a couple of your 'deal breaks' against you.

like to talk about and suggest a time of the day or week. This approach will make your parents take your 'need to talk' seriously.

BE PREPARED

"Learn the art of negotiation, which needs assertiveness and when you do that with parents, you need clarity along with realisation of pros and cons of whatever you are asking for," suggests psychiatrist Dr Sanjay Chugh.

BUILD CREDIBILITY

Once you have promised your family that you will be back home by a certain time, stick to it. Reaching late and not keeping your promise will undermine your credibility. "Remember, with more liberty comes more responsibility. If you misuse your relaxation the first time, you lose credibility," says Chugh. Ditto for other post negotiation promises made by you like cleaning up your room. Build credibility and this will pave the way for more freedom in future.



9 WORDS AND PHRASES that are actually right

HOME IN

If you're nearing a particular target or objective, and you say you're "honing in" on something, this would make a language expert cringe. The standard expression is to "home" in, not to "hone." As a verb, "home" means to return to one's place of origin from a far distance, like the aptly-named homing pigeon. People began using "home in" in a figurative sense in the 1950s, according to the Merriam-Webster, and within 10 years, people were already misusing "hone" for "home". But the "home in" remains the more popular variant of the expression, and the dictionary advises you to use it if you want to avoid criticism.

HANGED

"Hung" is the most common way used to turn "hang" into past tense. "Hanged" sounds incorrect – and in most cases it is. But there's one context when "hanged" is the proper way to inflect the word "hang," and that's when you're talking about executing someone by hanging. The reason for the distinction is that the word comes from two distinct Old English words – hon and hangian – that eventually fused together, according to the Online Etymology Dictionary. So, to recap: Christmas decorations are hung, while criminals are hanged.

LITERALLY

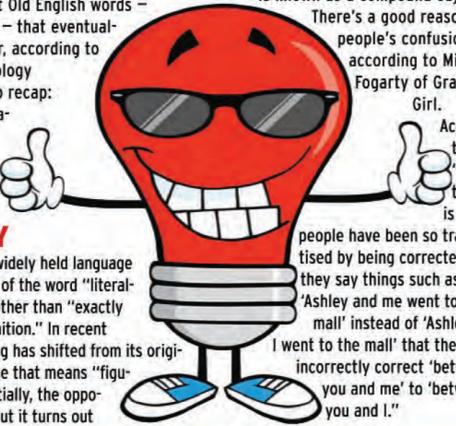
One of the most-widely held language peeves is the use of the word "literally" in any sense other than "exactly according to definition." In recent years, the meaning has shifted from its original meaning to one that means "figuratively" – essentially, the opposite in meaning. But it turns out

that development isn't nearly as recent as most people think. "Literally" has been used to exaggerate for hundreds of years in English, including by esteemed authors like Charles Dickens, Charlotte Brontë, F. Scott Fitzgerald, and James Joyce. According to the Merriam-Webster, the practice dates back to at least 1789, and in 1909, the dictionary noted that the word is "often used hyperbolically; as, 'he literally flew.'" So there's nothing wrong, uneducated, or even new about using "literally" for hyperbolic effect – people have been doing it for centuries.

BETWEEN YOU AND ME

Did you know "between you and I" is hyper-corrected? In language, a hypercorrection occurs when someone incorrectly applies a grammatical rule in an inappropriate context, usually to appear more formal or educated. For example, "seldom" is an adverb, but some people hypercorrect it to "seldomly." In the case of "between you and I," it should really be "between you and me." That's because the pronouns "you" and "me" form what is known as a compound object.

There's a good reason for people's confusion, according to Mignon Fogarty of Grammar Girl. According to her, the theory is that people have been so traumatised by being corrected when they say things such as 'Ashley and me went to the mall' instead of 'Ashley and I went to the mall' that they incorrectly correct 'between you and me' to 'between you and I.'



HI FRIENDS. WE ARE HOPPER & CROCKY.

Here are nine examples of English words and phrases that sound wrong, but simply aren't

ANOTHER THINK COMING

If you think the common expression is "you've got another thing coming," well, you've got another think coming – that's right, the popular expression actually uses the word "think," not "thing." That's according to the Oxford English Dictionary, and NPR, which tracked down some early uses of the idiom from the 19th century. "Chicago thinks it wants a new charter. Chicago has another think coming," one example cited by NPR read. "Think" eventually changed to "thing" due to enough people misinterpreting the expression, and today "thing" is the more likely word to appear in print.

MATHS

Don't be alarmed by the curious s at the end of math – it's just the standard way British people shorten "mathematics." It's not entirely clear why Americans began saying "math."

FISHES

Your English school teacher may have taught you that the plural of "fish" is just "fish." And they were right – mostly. Some scientists break from tradition and distinguish different species of fish with the word "fishes."

MOUSES

"Mice" is the classic plural of "mouse" you've known and loved, but that all changed with the dawn of the computer age. Nowadays, most dictionaries list "mouses" as an acceptable plural for a computer mouse. That said, some writers sidestep the controversy altogether and just say "mouse devices."

PLEADED

Another verb with a tricky past tense is "plead." Most people say "pled," following the patterns of bleed and bled, speed and sped, feed and fed, and lead and led. Although most dictionaries acknowledge the popularity of "pled," they'll also note that "pleaded" is the preferred form among most experts. While saying someone "pleaded" guilty may sound clunky, data show that it's much more popular than "pled" in the courtroom.



Source: Business Insider

5 steps to improve COMMUNICATION SKILLS



Good communication involves proper listening and speaking skills. In the age of virtual connections, organic communication is faltering. This article shall guide you in being an excellent communicator

1. OBSERVE YOURSELF

Self-awareness is the foundation of good communication. By inculcating greater awareness about your verbal and non-verbal communication skills, you will be able to isolate areas that need improvement. Start by watching the way you speak or react to commonplace situations and understand the motivation behind your actions. This will bring out your strengths and weaknesses.

2. LEARN FROM OTHER PEOPLE

Human beings are born to emulate others and it is by emulation that they can improve upon or learn new skills. Find a communicator whom you admire. It can be your colleague, your best friend or anyone else. Observe their communication style closely. Studying others will help you identify key traits and select appropriate methods of communication. Watching speakers on television will let you pick up helpful tips.

3. TRY DIFFERENT COMMUNICATION STRATEGIES

Having picked up skills, you need to practise them regularly. Imitating what you see is also a good practice to follow. Study different mannerisms, speaking styles and inculcate them into

your speaking technique. With a host of strategies available, find out the one you're most comfortable with and put them to use.

4. EXERCISE YOUR SKILLS

Practice makes perfect. Without practising your verbal, physical and written communication skills, you will never be able to improve upon them. Identify your weaknesses and work on improving them. Whether it's public speaking or low comprehension skills, practising will boost your communication skills. You can try reading text aloud, speaking to yourself in the mirror and keeping a creative journal to document your progress.

5. BUILD YOUR CONFIDENCE

With improvement in communication skills, one also needs to pay special attention to improving confidence. Having a realistic measure of the situation will allay your fears and let you express yourself in a better way. The lack of confidence tends to turn down the effectiveness of any communicator. Confidence is an integral part of effective communication, which allows one to have a better control over the situation and communicate in a better way. Bad communication can adversely affect interpersonal relationships. Hence, follow the above steps to build your skills.

IDIOMS ON WEATHER

STEAL SOMEONE'S THUNDER

MEANING: To garner the attention or praise that one had been expecting or receiving for some accomplishment, announcement, etc.
EXAMPLE: My brother is the star athlete of our high school, so no matter what I succeed in, he's constantly stealing my thunder.

COME RAIN OR SHINE

MEANING: No matter the circumstances.
EXAMPLE: I will stand by you come rain or shine, you are my best friend.

A STORM IN A TEACUP

MEANING: A disproportionate reaction of anger, concern, or displeasure over some minor or trivial matter.
EXAMPLE: If you ask me, these



protests are nothing but a storm in a teacup that's been stoked by a media campaign of misinformation.

ANY PORT IN A STORM

MEANING: In an emergency any solution will do, even one that wouldn't normally be acceptable.
EXAMPLE: That horrible hotel was a case of any port in a storm as we couldn't find any place to spend the night.

A STORM IS BREWING

MEANING: There is going to be trouble or an argument.
EXAMPLE: Everybody is getting on John's last nerve with all these questions. A storm is brewing.

AS RIGHT AS RAIN

MEANING: To feel well, alright.
EXAMPLE: I took some medicine before I went to bed and the next morning I was as right as rain.

CHASE RAINBOWS

MEANING: Waste time trying to achieve something impossible
EXAMPLE: He thought he could convince the boss to appoint him as the new manager, but in fact he was chasing rainbows.

HEAD IN THE CLOUDS

MEANING: Having unrealistic or impractical ideas, daydreaming
EXAMPLE: I don't believe it's possible for me to ever have a serious conversation with you, you always have your head in the clouds.

RAINING CATS AND DOGS

MEANING: Raining heavily.
EXAMPLE: They cancelled the football game because it was raining cats and dogs.

LIGHTNING FAST

MEANING: extremely fast.
EXAMPLE: I don't think we can keep up with him, he's got a lightning fast bike.

TRAVEL: a verb used to show when someone goes from one place to another.
Example: I like to travel a lot, I've been to every continent!

TRIP: A noun that denotes a visit to a new environment, usually for a short amount of time.
Example: We had a fantastic trip to the Alps, but it was cold!

JOURNEY: The amount of travelling required to reach a destination.
Example: It was a long journey, it took 6 hours!

TOUR: Travelling to many different places during one trip.
Example: We took a tour of

Travel Vocabulary

Italy, we visited Milan, Rome and Florence. It was great!

VOYAGE: The same as journey, but an older word.



Example: The pirates went on a long voyage looking for treasure.

CRUISE: As a travelling noun, it means to travel on a boat in which you also sleep and stay.
Example: It's like a resort on water. We took a luxury cruise to the Caribbean, it was amazing.

CROSSING: The process of travelling across a body of water, usually a short trip.
Example: The crossing from England to France is much longer by boat than by plane!

EXCURSION: A short journey or trip, especially one taken for leisure.
Example: They went on a brief excursion to the coast.

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 master the intricacies of the English language. Just send us your queries on

toinie175@gmail.com

"I am building a fire, and every day I train, I add more fuel. At just the right moment, I light the match."

MIA HAMM, American soccer player and two-time gold medalist

UNFORGETTABLE ROBOTS IN FILMS

Some made us fall in love with them, some scared us, but robots have always fascinated audiences the world over. Here are six cinema creations we will always remember...

R2D2 (Star Wars)

R2-D2 is a fictional character in the 'Star Wars' franchise created by George Lucas. He has appeared in 10 of the 11 'Star Wars' films till now. At various points throughout the course of the films, R2-D2, an astromech droid, is a friend to C-3PO, Padmé Amidala, Anakin Skywalker, Leia Organa, Luke Skywalker, Obi-Wan Kenobi, BB-8, Rey and D-O. R2-D2 and his companion C-3PO are the only characters to appear in every 'Star Wars' film, with the exception of 'Solo: A Star Wars Story' (2018). English actor Kenny Baker played R2-D2 in all three original 'Star Wars' films. However, Jimmy Vee also co-performed the character in some scenes.

C-3PO (Star Wars)

C-3PO, short for Cyborg 3 protocol, is also an android in the 'Star Wars' franchise, who appears in the original trilogy, the prequel trilogy, and the sequel trilogy. Built by Anakin Skywalker, C-3PO was designed as a protocol droid intended to assist in etiquette, customs, and translation. He often boasts that he is "fluent in over six million forms of communication". Along with his astromech droid counterpart and friend R2-D2, C-3PO provides comic relief within the narrative structure of the films, and serves as a foil. Anthony Daniels has portrayed

the character in 11 of 12 'Star Wars' cinematic films, including 'Rogue One' and the animated 'The Clone Wars'. C-3PO and R2-D2 are the only characters to appear in all of the films except 'Solo: A Star Wars Story'.

Bumblebee (Transformers)

Bumblebee is a fictional robot superhero in the many continuities in the 'Transformers' franchise. The character is a member of the Autobots, a group of sentient self-configuring modular extra-terrestrial robotic lifeforms. In most versions, Bumblebee is a small yellow Volkswagen Beetle. The character is named after the bumblebee, a black-and-yellow striped bee that inspired his paint scheme. Bumblebee appears in most of the series and later becomes the main protagonist in 'Transformers: Robots in Disguise', 'Bumblebee', and 'Transformers: Cyberverse'. Bumblebee is the mascot of the Autobots faction, who constantly strives to prove himself in the eyes of the other robots—especially his leader, Optimus Prime. This often causes him to take risks that put him in danger.

Optimus Prime (Transformers)

Optimus Prime, known in Japan as Convoy, was created by the 'Transformers' franchise. He is a Cybertronian, a fictional extra-terrestrial species, who can turn into self-configuring modular robotic life forms (e.g.: cars and other objects). Optimus Prime is a synergistic blend of biological evolution and technological engineering. In almost every version of the mythos, Optimus is the leader of the Autobots, a faction of Transformers who are rivals of the Decepticons, the villains. He is defined by his strong moral character and is almost always portrayed as the primary hero of the story, opposing the evil Deception leader Megatron. Over the history of the 'Transformers' franchise, Optimus has been portrayed by a variety of actors, such as Peter Cullen, Garry Chalk, Neil Kaplan, David Kaye and Jake Tillman. He is considered an icon of popular culture.



Pics: Istock

Terminator (The Terminator)

'The Terminator', released in 1984, directed by James Cameron and starring Arnold Schwarzenegger as the Terminator, catapulted both the director and the actor to immense fame and gave them legendary status in the pantheon of sci-fi films ever made in the history of Hollywood. Schwarzenegger as the Terminator, is a cyborg assassin sent back in time from 2029 to 1984 to kill Sarah Connor (Linda Hamilton), whose son will one day become a saviour against machines in a post-apocalyptic future. The Terminator topped the US box office for two weeks. The film's success led to a franchise consisting of several sequels, a television series, comic books, novels and video games. In 2008, 'The Terminator' was selected by the Library of Congress for preservation in the National Film Registry as "culturally, historically, or aesthetically significant".

A.I. (A.I. The Artificial Intelligence)

'A.I. Artificial Intelligence' (also known as 'A.I.') was directed by Steven Spielberg. The screenplay by Spielberg and screen story by Ian Watson were loosely based on the 1969 short story 'Supertoys Last All Summer Long' by Brian Aldiss. Set in a futuristic post-climate change society, 'A.I.' tells the story of David (Haley Joel Osment), a childlike android uniquely programmed with the ability to love. He is adopted as a test case by a Cybertronics employee (Sam Roberts) and his wife (Frances O'Connor). Though he gradually becomes their child, a series of unexpected circumstances make this life impossible for David. Without final acceptance by humans or machines, David embarks on a journey to discover where he truly belongs, uncovering a world in which the line between robot and machine is both vast and profoundly thin.



The wealthiest SUPERHEROES

Emma Frost - Net Worth \$1-3 billion

As chair of the board and CEO of Frost International, a multi-billion dollar electronics conglomerate, Emma Frost has considerable financial resources. The reformed telepath now helps lead the X-Men with her psychic powers — and her enormous fortune. According to estimates online, even though there is no specific figure placed on her wealth, her liquidated holdings were to fund the X-Men's island base for the foreseeable future.

Tony Stark aka Iron Man - Net Worth \$12.4 billion

Tony Stark, aka Iron Man, was born with a silver spoon in his mouth. While he invested his billions into saving the world, Stark also built himself a fine sea-side mansion, as also a sparkling headquarters for the Avengers in New York. Interestingly, while 'Forbes' ranks Stark's wealth ahead of Batman, the publication lists

OZYMANDIAS - NET WORTH \$7 BILLION

Born as Adrian Veidt, the villain in chief of the 'Watchmen' franchise, Ozymandias has quite a few notable achievements: He's the smartest man on Earth, is in peak physical fitness (enough to catch a bullet, literally), and runs a ruthless business enterprise with criminal efficiency. In fact, he was so confident of his ability to make billions that at the age of 17, he gave away his entire fortune to charity. He then started all over again, and went into business by selling toys modelled on himself.

Stark Industries' revenue (\$20.3 billion) as less than that of Wayne Enterprises.

T'Challa aka Black Panther - \$90 trillion

Black Panther is not only the first Black superhero in a mainstream comic book series, he's also the richest. While other superheroes may derive their wealth from business or commercial interests, T'Challa has his own country. And not just any country, but the kingdom of Wakanda, home to the entire world's reserves of vibranium, the most

precious and strongest metal in the Marvel Comic Universe. According to the comic books, it retails for close to \$10,000 per gram, giving the country more than \$90 trillion worth of vibranium reserves, giving T'Challa a net worth that's \$10 trillion more than the entire real world's GDP.

Bruce Wayne aka Batman - Net worth \$9 billion

'Forbes' estimates Bruce Wayne aka Batman's net worth to be in the region of \$9.2 billion, while the Bruce Enterprises is said to have an annual revenue of \$31.3 billion. All pretty cool, especially, for someone whose superpower is money. Spiderman can spin a web; He-Man is the strongest man in the universe; Batman? He has cool cars. But it's perhaps for the best. The future of the world depends on Bruce Wayne's money, considering Ra's Al Ghul is literally immortal and himself is worth \$ 1 billion.

Charles Xavier aka Professor X - Net Worth: \$3.5 billion

The founder of the X-Men and Xavier's School for Gifted Youngsters is worth \$3.5 billion according to Fantomex, who tried to extort Xavier (New X-Men #129). You'd think the same person who can read everyone's mind might have a little bit more money on hand, but Professor Xavier seems to have bigger priorities than acquiring cash.

DIALOGUEBAAZI

Here are 10 inspiring quotes from children's films...

- "It's not until you lose everything that you truly appreciate everything."
- "Belle, 'Beauty and the Beast', 1991
- "To live. To live would be an awfully big adventure."
- Peter Pan, 'Hook', 1991
- "Nobody but me is gonna change my story."
- Matilda, 'Matilda', 1996
- "Never look back, darling. It distracts from the now."
- Edna Mode (pic. right), 'The Incredibles', 2004
- "Ohana means family, family means nobody gets left behind. Or forgotten."
- Stich, 'Lilo and Stich', 2002
- "Oh yes, the past can hurt. But, you can either run from it or learn from it."
- Rafiki (pic. below), 'The Lion King', 1994
- "Love is putting someone else's need before yours."
- Olaf, 'Frozen', 2013
- "It takes a great deal of bravery to stand up to your enemies, but a great deal more to stand up to your friends."
- Professor Dumbledore, 'Harry Potter and the Philosopher's Stone', 2001
- "Sometimes the right path is not the easiest one."
- Grandmother Willow, 'Pocahontas', 1995
- "A man who never made mistakes never made anything."
- Frank Heffley, 'Diary of a Wimpy Kid', 2012

Source: bamni.co.uk

OLYMPIC THEME SONG

A list of the best theme songs as the Tokyo Games approaches...

- 'Olympic Hymn' by Spyridon Samaras, 1896
- The Olympic Hymn was the first music composed for the Olympic Games and is the official Olympic anthem. It was first sung at the 1896 Olympics in Athens.
- 'Bugler's Dream' by Leo Arnaud, 1968
- This is the music that many Americans would associate with the Olympics because of its use by US TV networks in their coverage of the Games. The piece was commissioned for a music album called Charge!
- 'Olympic Hymn' by Leonard Bernstein, 1981
- This version was written by Bernstein. The lyrics were written by German author and poet Günter Kunert, and it was performed at the height of the Cold War between the Moscow 1980 and Los Angeles 1984 Games.
- 'Olympic Fanfare and Theme' by John Williams, 1984
- Legendary composer John Williams wrote this piece for the opening ceremony of the 1984 Los Angeles Olympic Games. Its triumphant fanfare and majestic strings have been associated with the Olympics ever since.
- 'Javelin' by Michael Torke, 1994
- This vibrant piece was commissioned by the organisers of the 1996 Atlanta Olympics - the centenary games. It premiered in 1994 in Atlanta by the Atlanta Symphony Orchestra.



Sympathy is an odd thing: you lose friends and respect when you seek it for yourself, but seeking it for someone else can make you rich and famous. Successful storytellers — both writers and filmmakers — know this. That's why almost all famous stories across the world have sympathetic plots. 'The Ramayana' and 'The Mahabharata' are among the best examples of sympathetic plots. At every twist in the tale, they force you to take sides sympathetically. Fast-forward to our age and you get 'Harry Potter'. In fact, 16 of this year's 20 topgrossing Hollywood films are "complete sympathetic tales," writes Manvir Singh, a PhD candidate at Harvard University's department of Human Evolution Biology, in the magazine 'Aeon'. If you are planning to write a blockbuster, you could use these hints from Singh's essay, 'Orphans and Their Quests'.

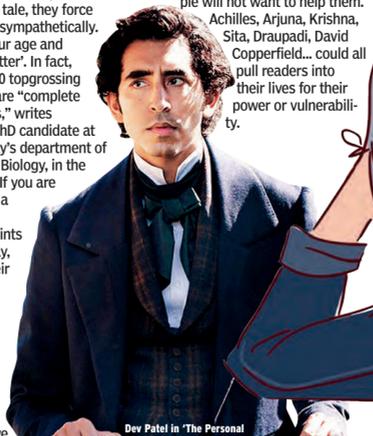
HERO'S USP

Remember, you are seeking sympathy. If your hero/heroine does not have an instantly attractive

How to write a BLOCKBUSTER

A four-step guide to the most successful, time-tested storytelling style

feature (powers or appearance), people will not want to help them. Achilles, Arjuna, Krishna, Sita, Draupadi, David Copperfield... could all pull readers into their lives for their power or vulnerability.



Dev Patel in 'The Personal History of David Copperfield'

MAKE THEM UNFORTUNATE

"The quickest way to an audience's heart is to kill off one or both of your character's parents," says Singh. Rama loses his father, so do the Pandavas. Oliver Twist is a street urchin; Harry Potter is a "doorstep baby". The audience should feel a strong urge to help your hero/heroine. So, make them needy. Pile misfortune, if you must, because people love it. For example, Peter Parker (Spider Man) is an orphan, and then he loses Uncle Ben, too.

PUT HURDLES IN THEIR WAY

It could be demons, monsters, cruel step-parents, difficult bosses... "If you need someone to pay attention, tell them about a person who has difficulty getting what they want," says Singh. Why do problems elicit sympathy? Perhaps, because we are a problem-

7 BASIC PLOTS

Late British journalist Christopher Booker reviewed 450 stories, spanning films, plays, novels, ancient epics and fairy tales. He organised them into his book, 'The Seven Basic Plots' (2004):

- Overcoming the monster ('Dracula'; 'Theseus and the Minotaur')
- Rags to riches ('Aladdin and the Enchanted Lamp'; 'The Ugly Duckling')
- The quest ('Aeneid'; 'The Lord of the Rings')
- Voyage and return ('Alice in Wonderland'; 'Goldilocks and the Three Bears')
- Comedy/romance ('Emma'; 'Some Like It Hot')
- Tragedy ('Fauts'; 'Romeo and Juliet')
- Rebirth ('Beauty and the Beast'; 'The Frog Prince')

solving species always curious about how others solve their problems.

BE SMART

Your protagonist's adventures are the glue that holds your story together. Let them run into hurdles, but not endlessly. Eventually, the audience expects them to succeed. That's why they are keen to help. Reward them for their sympathy with a taste of success.

Photo: GETTY IMAGES



Sakshi Malik, who won a bronze medal at the Rio Olympics in 2016, became the first woman wrestler from India to win an Olympic medal

GREATEST OLYMPIC MOMENTS

With the Olympic Games in Tokyo around the corner, let's take a look at the top Indian athletes who made us proud at the world's greatest sporting event

1 FIRST GOLD IN HOCKEY AFTER INDEPENDENCE

August 12, 1948, will always have a special place in India's sporting history. It was on this particular day that the country won its first-ever gold medal at the Olympics as an independent nation. The Olympics were held in Britain. Before the historic triumph, India had won three gold medals at the Olympics but all of them came under the rule of the British Empire. Indian men's hockey team regis-

tered a historic triumph over Great Britain by 4-0. Free from British Raj, those 11 men united a whole nation and gave them a proud moment to celebrate. Balbir Singh, who made his Olympics debut in the same edition, stole the show with his impeccable show throughout the tournament. He scored two goals in the final. The other two scorers in the final were Tarlochan Singh and Pat Jansen.

2 JADHAV, FIRST INDIVIDUAL ATHLETE TO WIN A MEDAL

Long before Leander Paes, Abhinav Bindra, Sushil Kumar and Vijender Singh, who became the nation's darlings, a certain wrestler by the name of Khashaba Dadasaheb Jadhav had fought financial hurdles and government ignorance to bring home a bronze medal. At the 1952 Helsinki Games, Jadhav, hailing from Goleshwar a village in Maharashtra, won bronze in the bantamweight cate-

gory. What makes his success remarkable is that his calls for monetary help to finance his trip to Helsinki were met with rejection from all quarters. However, the principal of Rajaram College, where Jadhav studied, came forth with the necessary help and as per historical accounts, mortgaged his house to arrange the funds for his former student.

3 INDIA'S FIRST INDIVIDUAL OLYMPIC MEDAL IN 44 YEARS

The bronze medal around Leander Paes' neck marked India's first solo Olympic medal in 44 years. It also doubled the Olympic medal for the Paes family as Leander's father Vece, former Indian hockey midfielder, won bronze during the 1972 Olympics in Munich. His world ranking was 126 at that time and he was a wildcard in singles. Leander defeated Brazil's Fernando Meligeni 3-6, 6-2, 6-4 before losing to eventual winner and America's Andre Agassi 6-7, 3-6. In an interview to TOI, Paes recalled that he would have won the men's doubles medal long back in 1992 at the Barcelona

Games along with his mentor Ramesh Krishnan had he reached the semi-final. Paes and Krishnan had lost to the Croatian pair of Goran Ivanisevic and Goran Prpic 6-7, 7-5, 4-6, 3-6. "I could have clinched my maiden Olympic medal at Barcelona itself partnering Ramesh. We were in the quarter finals playing against Ivanisevic and Prpic. We were up 4-3 in the third set and if we had won that match we would have won an Olympic medal there itself. Till that time the Olympics had the provision of awarding losing semi-finalists the bronze, which we could have won," he said.

4 MALLESWARI BECOMING FIRST WOMAN TO WIN A MEDAL

Hailing from Andhra Pradesh, weightlifter Karnam Malleswari became the first Indian woman to win an Olympic medal (individual/team) at the Olympic Games. The year was 2000, the venue, Sydney, where she lifted 110 kg in the snatch and 130 kg in the clean and jerk for a total lift of 240 kg. Later, Malleswari stated that she was disappointed on missing out the gold medal. To this day, she maintains

that gold was in her grasp. According to her, a miscalculation on the part of her coaches had Malleswari lift 137.5 kg in her last attempt to be in the gold medal contention. However, she failed. Even if she had lifted 132.5 kg, she could have won gold. "I had practised lifting that amount of weight (137.5) too, but it was sheer bad luck that I wasn't able to pull it off on that day," said Malleswari in an interview in 2012.

5 RATHORE CLINCHES SILVER AT 2004 ATHENS OLYMPICS

The Indian contingent went into the Athens Olympics with more hope than a real shot at glory. After just a solitary bronze in the previous Olympics of 2000, not much was expected. But the talented Rajyavardhan Singh Rathore had other ideas as he became independent India's first silver medalist at the Athens Olympics 2004 in the double trap shooting event. In an interview to TOI, Rathore said: "I remember that

after two rounds I was number 13th. There was one more round to go. All through the buildup to the Olympics, I had been number one or number three in the world. So I had proven to myself in the run-up to the Olympics that you are among the best in the world. So I told myself that there is no reason for you to be out of the top six. I shot a brilliant third round and I jumped to the 5th spot and that is how I got into the finals."

6 BINDRA WINS HISTORIC GOLD AT 2008 BEIJING OLYMPICS

The Indian flag rising high, in all its glory, and an Indian athlete on top of the podium, brimming with pride — the sight of Abhinav Bindra winning India's first ever gold medal at Olympics still gives us goosebumps to this day. It had never happened before for India, and it hasn't happened after, till now at least, that an individual has won a gold for the country at the global extravagant event. Bindra was tied with Finnish shooter Henri Hakkinen heading into his final shot. Bindra scored his highest of the finals — 10.8 while Hakkinen shot 9.7

to settle for the bronze medal. It marked the start of a revolution in Indian sports — it is no coincidence that 10 of the country's 28 medals came since Bindra's remarkable feat. It took 100 years to win the first 18 and eight years to win the next 10. The shooter had missed a near second Olympic medal in the Rio Olympics 2016. Apart from Abhinav Bindra, Sushil Kumar and Vijender Singh bagged bronze in men's freestyle wrestling and boxing events, respectively. It was the first time in the history of Olympics that India won three medals.

7 2012 - INDIA'S MOST SUCCESSFUL OLYMPIC OUTING EVER

It was India's most successful Olympics in terms of total medal tally, having won a total of six medals (2 silver and 4 bronze). Wrestler Sushil Kumar won a silver medal, his second Olympic medal, in the men's freestyle 66kg event. Yogeshwar Dutt won bronze in the men's freestyle 60kg event. Saina Nehwal became the first Indian athlete to win an Olympic

bronze medal in badminton women's singles after her opponent retired from the match after an injury. Boxer Mary Kom settled for bronze in the women's flyweight category. India also won two medals in shooting. Vijay Kumar won silver in men's 25m rapid fire pistol event, while Gagan Narang had to settle for bronze in the men's 10m air rifle event.

8 SINDHU & SAKSHI SAVED INDIA THE BLUSHES IN 2016

Three unassuming women became the redeemers for India at the Rio Olympics in 2016. Defying all odds and showing killer instinct, PV Sindhu, Sakshi Malik and Dipa Karmakar, became the unlikely heroines and saved the country's pride from returning empty-handed for the first time since Barcelona 1992. The trio notched a few firsts for In-

dia; Sindhu, at 21, became the youngest to win an Olympic medal, a silver which was never achieved in badminton; and Sakshi's bronze was also a first for women's wrestling. India's first female gymnast Dipa went on to miss a bronze by 0.15 points but her clean finish in the high-risk Produnova vault won the hearts of a nation.

Abhinav Bindra's gold inspired a new legion of sports stars



Photo: TOI



On 19 August in 2016, PV Sindhu became the first Indian shuttler to win Olympics silver medal

Photo: TOI



Sushil Kumar has the distinction of being the first Indian to win two individual Olympic medals

Photo: GETTY IMAGES