

APP UNIVERSE

Turn to Smartphone de-addiction apps

A collection of new apps in Google's Digital Wellbeing Experiments platform intends to help you find a balance with technology

All these apps are a mix between reminders of our addiction to our smartphones and self-administered tests to control usage. The idea is that, by showing real-time data, users might understand when it's appropriate to back away from their screens and take a break. With these new apps, you can control or alter your addictive smartphone usage.



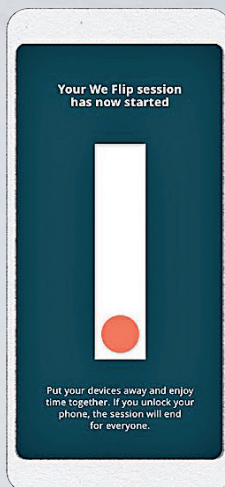
UNLOCK CLOCK

This app helps you consider your technology use, by counting and displaying the number of times you unlock your phone in a day. However, this won't appear as an app when downloaded from the Playstore. You can find it in your Live Wallpaper library. It's pretty useful.



POST BOX

Post Box helps you minimise distractions, by holding your notifications until a time that suits you. Choose how often you'd like the notifications to be delivered. When they arrive, they will be neatly organised for you to go through.



DESERT ISLAND

It helps you find focus, by challenging you to go a day with only your essential apps. Just pick the apps that are most important to you, then give it a go for 24 hours.

You may find Desert Island pretty interesting as it asks you if you can go 24 hours with only the essential apps

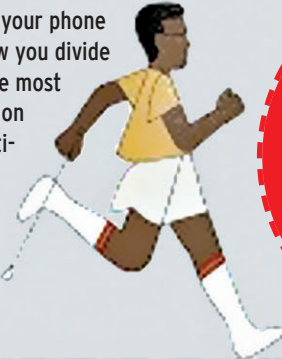
WE FLIP

This app enables you to switch off from technology as a group, to spend quality time together. Just wait for everyone to join, then flip the switch together to begin your session. If someone in the group unlocks, the session will end, and you will be able to see how you did.

SOURCE: IN.PCMAG.COM

MORPH

It helps you stay focused, by adapting your phone to what you are doing. Think about how you divide your time and choose the apps that are most important to you in each mode. Based on time or place, your phone will automatically adapt - giving you the right apps at just the right time.



One of the rudest thing a person can do is to invite someone for lunch and then have his/her eyes glued to the smartphone on and off

PAPERPHONE

It helps you have a little break away from your digital world by printing a personal booklet of the key information you'll need that day. The app lets you choose what it includes such as favourite contacts, maps and then prints them directly to a sheet of paper. Customisable 'paper apps' like recipes, phrase-books and notepads let you get things done or unwind in a focused way.



EXPERT SPEAK

Q My uncle's family has recently shifted close to my home and they invite me regularly for their food stall outings in events in the locality. While I am very fond of them, I don't always like to hang out with them at their stall on weekends as I have to compromise on my me time. How can I politely ask him to stop asking me to attend?

- A Hassled Teen

A. Hi, it's a pretty common situation. I feel for you. Check my tips - they will help you manage this sticky situation.

BE HONEST: Explain your feelings to your uncle as clearly as possible. "I am so happy that that you are following your passion, but I just have week-



ends where I can streamline some things and relax. So I may not always be able to make it to the events where you are putting up your food stall." He may feel bad or he may really understand why you said so. But you have to take a chance to safeguard your me time - don't be guilty about it.

ATTEND IF POSSIBLE ON SOME DAYS: It's a good idea to attend some of your uncle's key events because ignoring a close relative completely is not the right thing to do. Maybe, you could attend it once a month or once in two months depending on your convenience. This way you will enjoy whatever time you spend at your uncle's food stalls without feeling pressurised. Good luck. Have fun.

By Sunaina A Hak, etiquette guide

LIFE SKILLS

TWO MINUTES TO LIFT YOUR MOOD

You don't need big changes to lift your mood. Turn around your hectic day in a jiffy with a few quick tricks...

Flip through photos

When you are feeling down, pick your childhood albums or take out your school picnic album. It may actually make you feel happier than a square of chocolate. Researchers at UK's Open University found this after they examined how much people's moods rose after looking at personal photos. The study says viewing your old or new happy pictures makes people feel 11 per cent better. It's easy too, isn't it?

Inhale calming scents

Fill your indoor space with vanilla or



Massage your hands

The act of massaging your hands with oil or cream and rubbing them instantly lifts your mood. Hands and wrists have your pulse points. Happiness is just a tight squeeze away. According to Matt Hertenstein, associate professor of psychology, DePauw University (Indiana, US), even 10 minutes with a massage therapist (or a generous friend) will light up your brain's reward centre, get the oxytocin flowing, and have a big effect

WATCH A FUNNY VIDEO

A hearty laugh produces a chemical reaction that instantly elevates your mood. When stress builds up or you feel you may snap, make yourself giggle by watching a funny video clip online.



TIMES LIFE

lavender essence. In an Austrian study, researchers wafted the smell of lavender for people. The group felt less anxious, more positive, and calmer when compared with participants not exposed to any fragrance.

Chop vegetables

Yes, you heard that right - this is a therapy. According to Andrew Weil, MD, an integrative medicine expert, after a particularly emotional and stressful day, the act of chopping vegetables creates something wonderful - this process neutralises the negative mental state in no time. So, if you have had a long and tough day, chop some pumpkin or carrots to feel in control.



MANNER WISE

Public Transportation Etiquette

Have you ever been on a bus or train and had to listen to someone chatting endlessly on his/her cell phone? Have you ever been pushed to the side in a metro by rude passengers? Make it a point to not be 'that' person



Watch your backpack

Remove your backpack from your back so that when you turn around, you don't knock someone over. You should also not place a bag on the seat next to you when you are on a crowded bus/train. Put it on the floor, or if you don't want it to get dirty, place it on your lap so others can sit.

Follow traffic rules

Follow basic traffic rules by staying to the left as much as possible. This includes pavements, hallways, stairwells, and other areas where there is a constant flow of foot traffic. If you must pass someone, try to do it on the left. Also, be considerate of anyone who is elderly or disabled.

Have transportation fare ready

Have your transport fare ready

before you board bus/metro/tram. People shouldn't have to wait for you to search your handbag to find change. If you can't find it quickly, let others board first. And from next time be more prepared and keep enough change handy.



Reduce noise

Don't inflict your noise on co-passengers. This includes loud talking, electronics, and singing. Hold off on long cell phone conversations until you reach your destination. If you listen to music, wear earphone and keep the volume low, so as to not disturb others.

TNN

COURTESY COOL

WHAT TO DO WHEN YOU ARE RUNNING LATE

Sometimes being late is unavoidable because of last-minute situations. Make sure you convey this delay to the person you are meeting in the best possible way. Check these tips:

- Call or text as soon as you know you can't make it on time.
- If you'll be more than 20-30 minutes late, offer to reschedule, on a day and time convenient for both of you.
- Do everything in your power to get to your destination as soon as possible, but don't risk injury in doing so.



- Stay calm. Take a deep breath and mentally calculate how long it will take to get to your destination.
- Once you arrive, offer an apology and thank others for their patience and then carry on with your schedule.
- If it's an event and there is a late fee, offer to pay it without being asked.
- Explain why you're late, but resist the urge to blame someone else. Overdoing this will make you appear insecure and not in charge of your life.

Team NIE

DECEMBER 03, 2019

MUST SEE

MUST DO

TELEVISION



INDIAN OCEAN WITH SIMON REEVE, SONY BBC EARTH HD, 3.00 PM: Simon Reeve travels around the edge of the Indian Ocean from the paradise islands of the Maldives to the front line of piracy and terror on the streets of Mogadishu.

HOSTILE PLANET, NAT GEO WILD, 5.00 PM: A portrayal of the challenges that animals overcome to survive volatile grasslands.

SCIENCE OF STUPID, NATIONAL GEOGRAPHIC CHANNEL, 7.00 PM: The host presents videos of people getting injured or humiliated while using gadgets and explains the science behind the bizarre accidents.

OMG! YEH MERA INDIA, HISTORY TV18, 8.00 PM: The host shows glimpses of the exciting places of India and says interesting facts about the location and its people.

MOVIES ON TV

DOCTOR STRANGE, &FLIX, 3.05 PM: In an accident, Stephen Strange, a famous neurosurgeon, loses the ability to use his hands. He goes to visit the mysterious Ancient One to heal himself and becomes a great sorcerer under her tutelage.

IP MAN 3, WB, 5.20 PM: Ip Man must help the police guard his son's school from a corrupt property developer. In the meantime, he has to

look after his terminally ill wife and defend his title.



ALIENS IN THE ATTIC, MOVIES NOW, 7.15 PM: While holidaying with their families, six children discover that their vacation home is riddled with aliens who intend to conquer Earth using a mind-control weapon.

THIS DAY THAT YEAR

1616: John Wallis, English mathematician and cryptographer, who introduced the symbol for infinity, was born in Ashford, England.

1882: Nandalal Bose, renowned painter of the Bengal school of art, was born.

1884: Rajendra Prasad, India's first President, was born.

1910: The neon lamp was displayed for the first time at the Paris Motor Show. The lamp was developed by French physicist Georges Claude.

1926: Novelist Agatha Christie mysteriously

disappeared for 11 days.

1971: India invaded West Pakistan and a full scale war began claiming hundreds of lives and starting the Indo-Pakistani War of 1971.

1979: Dhyana Chand, Indian hockey legend, passed away.

1984: In Bhopal, more than 2,000 people were killed after a cloud of poisonous gas escaped from a pesticide plant. The plant was operated by a Union Carbide subsidiary.

2017: First pizza party in space was held by astronauts of the International Space Station.