

SATURDAY, DECEMBER 18, 2021

MANN (An Affair to Remember)

The 1999 film, 'Mann', starring Aamir Khan and Manisha Koirala, was a remake of one of Hollywood's most beloved loved stories of the 1950s, 'An Affair To Remember'. A few differences aside, both films have the same premise: a man and a woman meet on a cruise and fall in love with each other. Despite being engaged to other people, the two decide to meet again...



SANGHARSH (The Silence of the Lambs)

This 1999 psychological action-horror-thriller was directed by Tanuja Chandra. Though Chandra refuted the claims of a remake, the movie bears resemblance with one of the best Hollywood psychological thriller, 'The Silence of the Lambs' (1991). This film earned Jodie Foster an Academy Award in the 'Best Actress' category. 'Sangharsh' stars Akshay Kumar as a genius prisoner, like Anthony Hopkins in the original, who helps a police newbie solve a case and bring to justice a deranged killer. 'The Silence of the Lambs' became the third and last film (the other two being 1934's 'It Happened One Night' and 1975's 'One Flew Over the Cuckoo's Nest') to win Academy Awards in all the major five categories: Best Picture, Best Director, Best Actor, Best Actress, and Best Adapted Screenplay.



LAAL SINGH CHADHA (Forrest Gump)

The upcoming Aamir Khan starrer is an official remake of Hollywood's 'Forrest Gump' (1994) that got Tom Hanks his second Oscar in the 'Best Actor' category. The screenplay of 'Laal Singh Chaddha' is written by Eric Roth and Atul Kulkarni. As reported, the script underwent a series of changes over a period of two decades, with Kulkarni spending the first 10 years adapting the script, and another 10 years purchasing the remake rights. Aamir Khan bought the rights of the film in early 2018, and announced the film officially on 14 March 2019.



DUSHMAN (Eye for an Eye)

The 1998 hit 'Dushman', starring Kajol in a double role is a remake of Hollywood film 'Eye for an Eye'. In the original, it's a mother's fight against a deranged killer, who murdered her daughter and is released by the court on a technicality. In 'Dushman', it's Kajol who ran the show, as a sister, who cannot let a killer walk free.



JAZBAA (Seven Days)

The 2015 crime thriller, which marked the return of Aishwarya Rai after a 5-year break follows the narrative around an attorney forced to defend an unsavoury criminal after her daughter is kidnapped. This film is a remake of the 2007 South Korean film 'Seven Days'. Both are fast-paced action thrillers worth a watch.



BICHHOO (Leon: The Professional)

The 2000 film 'Bichhoo', starring Bobby Deol and Rani Mukerji, is a copy of the 1994 English-language



French action thriller 'Léon: The Professional'. This film marked the debut of actress Natalie Portman, aged 11. Both films follow the trajectory of a girl/woman being trained by an assassin following a series of unfortunate incidents.

GUZARISH (The Sea Inside)

In Sanjay Leela Bhansali's 2010 film, 'Guzarish', Hrithik Roshan plays a magician, who ends up in a wheelchair because of an accident. Though Bhansali vehemently denied his film was an inspiration from the Spanish movie 'The Sea Inside', both movies' fundamental premise is the petition for euthanasia. In fact, the Spanish film, starring Javier Bardem was based on a true story of a sailor named Ramdon Sampredo who became a quadriplegic following an accident. 'The Sea Inside' (2004) won the Academy Award for 'Best Foreign Language Film'.



CHACHI 420 (Mrs Doubtfire)

This may be a little confusing. 'Chachi 420' is the Hindi remake of the Tamil film 'Avvai Shanmugi' (1996). This Tamil comedy was inspired by the superb Hollywood film 'Mrs Doubtfire' (1993), starring Robin Williams. The Hindi remake, like the Tamil one, features Kamal Haasan in the lead role.



INSPIRATIONAL!

Did you know the recently-released Kartik Aryan-starrer, 'Dhamaka', is an official remake of a Korean film titled 'The Terror Live'? Here's a list of a few other Bollywood releases inspired from hit international films...

BAAZIGAR (A Kiss Before Dying)

The 1993 Shah Rukh Khan starrer 'Bazigar' — that was instrumental in the making of the megastar that we know 'King Khan' as today — was inspired by a 1991 Hollywood movie 'A Kiss Before Dying'. Some scenes are straight lifts from the Hollywood movie. They are both great thrillers though. Give them a go for nostalgia's sake.



BADLA (The Invisible Guest)

The 2019 hit 'Badla' directed by Sujoy Ghosh, starring Amitabh Bachchan and Taapsee Pannu, is an official remake of the 2016 Spanish film 'The Invisible Guest'. The story follows an interview between a lawyer and a businesswoman, in which the latter insists that she is being wrongfully framed for the murder of her lover. As good as the original film is, this is one of the best remakes in Hindi. Both thrillers will keep you at the edge of your seats.



AITRAAZ (Disclosure)

The 2004 Abbas-Mustan courtroom thriller catapulted Priyanka Chopra to superstardom. Also starring Akshay Kumar and Kareena Kapoor, the film was inspired from the 1994 Hollywood hit 'Disclosure', starring Demi Moore and Michael Douglas. Chopra received widespread critical acclaim for her performance as the antagonist.



ROCKY HANDSOME (The Man From Nowhere)

The 2016 action film, 'Rocky Handsome', was an official remake of Lee Jeong-Beom's 'The Man From Nowhere', an excellent action drama that released in 2010. Like the John Abraham-starrer, the Korean movie is about an ex-special agent, who goes to extreme lengths to save a drug smuggler's innocent daughter from being the victim of her parents' fight.



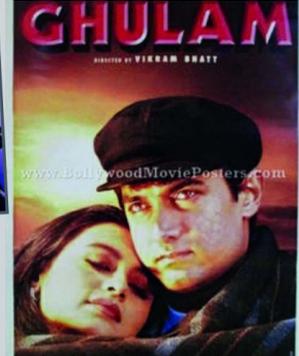
MAIN KHILADI TU ANARI (The Hard Way)

This film cemented Akshay Kumar as the leading man in Bollywood and made Saif Ali Khan a bankable star to rely on, both in comedy and drama. Both Akshay and Saif's careers went far and wide after this film became a superhit. What you may not have known is that the film is a Hindi remake of the 1991 Hollywood film, 'The Hard Way', starring Michael J Fox and James Wood. If you want some laughs this weekend, watch both.



GHULAM (On the Waterfront)

The 1998 superhit 'Ghulam', starring Aamir Khan and Rani Mukerji, was inspired by Elia Kazan's 1954 film 'On the Waterfront', one of Hollywood's favourite classics. Like Marlon Brando in the original, Aamir Khan's role is of a man in a difficult situation, surrounded by criminals run by a very powerful mob boss. The main premise of both movies is the power of one man — just one — standing up to corruption and criminal activities.



JO JEETA WOHI SIKANDAR (Breaking Away)

The Aamir Khan starrer 1992 film 'Jo Jeeta Wohi Sikandar' is one of the most popular films of Bollywood. Directed by Mansoor Khan, the storyline is inspired from the 1979 American film 'Breaking Away', directed by Peter Yates that starred Denis Christopher, Denis Quaid. With plots being different, it ultimately comes down to the classic 'underdog wins it all' story that audiences love all over the world.



EMBRACING SIMPLICITY

Inspired by books, we explore embracing simplicity and enjoying a relaxing holiday

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After the last 20 months, the idea of celebrating the holiday season with a big bang probably sounds appealing. Who wouldn't want to attend spectacular parties and family get-togethers, overindulge in decadent food or the ongoing sales season, exchange lots of gifts, meet friends etc? All of this sounds joyful, but it's also stressful. Whether it's the social pressures of hosting the perfect party or one's own expectations of a memorable holiday, a jam-packed schedule with too many to-dos may leave one physically or emotionally drained. No wonder then, that

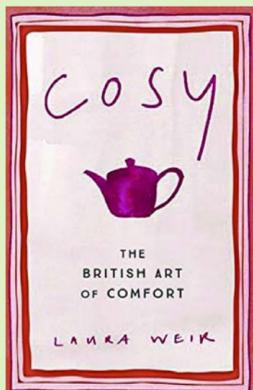
stress and depression levels are known to increase during the holiday season. Embracing simplicity may sound counterintuitive but it is perfectly reasonable to take it easy during the holidays, and just be. It's okay to relax and focus on activities that help you prioritise self-care for you and your family. We explore how you could enjoy an emotionally richer time with ideas from some memorable books and characters...

DOWNSIZE GET-TOGETHERS

After a lifetime with the Dursleys, Harry Potter joined Hogwarts and in the first year chose to spend Christmas as at the boarding school with Ron for company. He was equal-



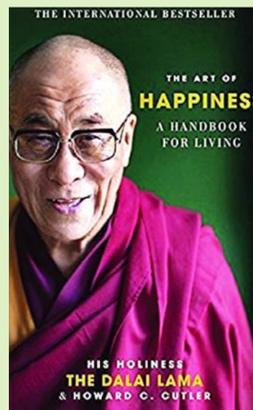
ly happy eating the delicious feast as he was exploring the nooks and crannies of the school. Winnie The Pooh liked to hang out with his gang and Matilda had Mrs Honey. Take a cue from them and avoid energy vampires (people who drain your emotional energy). Choosing to spend time with people who appreciate you is the better option.



GET 'COSY' LIKE BRITS

If you have ever been inspired by the Danish concept of 'Hygge' (Creating a warm atmosphere and enjoying the good things in life with good people); or the Swedish concept of 'Lagom' (enjoying things in just the right amount); then its time to bring in the British art of 'Cosy'. Author Laura Weir explains this British cultural concept as 'an indulgent, luxurious, yet unfussy way of creating comfort and joy'. The British essence of 'Cosy' comes through simple experiences including cups of warm tea, crunchy toast, a

great book, open fires, cosy clothes, long walks. It's quite the antidote to the chaos surrounding us.



ENGAGE IN INTENTIONAL SELF-CARE

Take a wellness course! After trending wildly in the early days of the pandemic, 'The Science of Well Being' continues to be one of the most popular courses on Coursera. In it, professor Laurie Santos explores the misconceptions our mind is susceptible to, and tells us how to differentiate between the things we think will make us happy, versus things that actually do. (Spoiler alert: According to the course, lived experiences go a long way in making us happy as opposed to material things). Dr Santos draws on the wisdom from countless research papers and books by social scientists including Dan Gilbert's 'Stumbling on Happiness'. Happily, the course does not require any reading as all the information is summarised in the lecture. Try it out to recalibrate your definition of happiness, why expectations can be misleading, overcome biases to recognise stuff that really makes us happy and put strategies into practice. Don't feel like doing it alone? Fabulous, get your besties together and explore what happiness can be for each of you. Alternatively, take the time to read, 'The Art of Happiness' by the Dalai Lama. In this profound book, the Tibetan leader shares practical suggestions on how to do the inner self-work necessary for cultivating true happiness.

WHAT IS SPLATTER PUNK?

WHAT IS IT? According to Goodreads, Splatterpunk was a movement within horror fiction genre in 1980s and '90s. Rebelling against 'traditional, meekly suggestive horror story,' Splatterpunk contained graphic, often gory depictions of violence.



ORIGIN AND CONTROVERSY:

Upon its advent, this genre was much debated. Writers like Robert Bloch criticised it, stating: "There is a distinction to be made between that which inspires terror and that which inspires nausea." On the other spectrum were critics like R S Hadji and Philip Nutman, who praised it because they felt it reflected the moral chaos of the times they lived in.

BOOKS TO EXPLORE:

'Books of Blood' by Clive Barker, 'Survivor' by F Gonzalez, 'The Rising' by Brian Keene, 'Off Season' by Jack Ketchum, 'The Light at the End' by John Skipp and Craig Spector

HITTING ON HANDBALL

The first handball federation in India was founded way back in 1972. However, the sport has not gained much traction over the years, with only a few national level tournaments being held. The Premier Handball League, a professional men's handball league, is set to hold its inaugural season soon, with six teams having registered so far. We take a look at what the game is all about...

KNOWING THE GAME

Handball is a fascinating game played between two teams of seven to 11 players. It combines speed, strength, stamina, agility, technical precision, skill and teamwork.

Two teams of seven players (six court players plus one goalkeeper) attempt to score points by putting the ball into the opposing team's goal. Players move the ball around by passing, dribbling, or hitting it with any part of the body above the knee.

A handball game lasts for a regulation 60 minutes. This is split into two periods of 30 minutes each with a 15-minute interval. The team that scores the most points wins the game.

The game has different nomenclatures all over the world, such as European team ball, Borden ball, Olympic handball, Team handball etc.

RULES OF THE GAME

After receiving the ball, players can pass, keep possession, or shoot the ball.

Attacking players must be outside an arc marked on the playing surface while taking a shot at the goal. Only the defending goalkeeper is allowed to play within the arc.

Players are not allowed to touch the ball with their feet. Only the goalkeeper is allowed to use the feet, but within the goal area.

If possessing the ball, players must dribble, or hit. Running more than three steps with the ball and holding it longer than three seconds is illegal.

No attacking or defending player is allowed to touch the floor of the goal area (within six metres of the goal). Only the goalkeeper can.

A shot or pass in the goal area is valid if completed before touching the floor.

Goalkeepers are allowed outside the goal area, but are not allowed to cross the goal area boundary with the ball in their hands.

The ball may not be passed back to the goalkeeper when a player is in the goal area.

SCORING

A goal is scored every time the ball is thrown into the opponent's goal.

A point can be scored when an attacking player jumps into the goal area, catches a pass and shoots or passes before touching the floor.

If the game is drawn, then overtime of a maximum of 2 to 5 minute periods are played. If the scores are still level, a shoot-out is used to determine the result of the game.

HISTORY

The origin of handball can be traced to medieval times. The rules of modern handball were created, in 1906, in Denmark. It took its present form in Europe in the 1920s.

It appeared as field handball in the 1936 summer Olympics. The sport re-emerged onto the world stage as team handball for the 1972 Summer Olympics in Munich. Women's team handball was added at the 1976 Summer Olympics in Montreal.

The Fédération Internationale de Handball is the world governing body.

TERMINOLOGY

Corner throw: A throw-in from a corner at the offensive end of the court, awarded to the offense when the ball crosses the end line and was last touched by a defender other than the goalkeeper.

Disqualification: A disqualification is the equivalent of three two-minute suspensions. A disqualified player must leave the court. The team can replace the player after the two-minute suspension expires.

An exclusion is given for a severe infraction, similar to a red card in soccer. The excluded player's team continues minus one player for the rest of the game.

Diving shot: A manoeuvre in which a player has the ball at the edge of the goal area and leaps toward the goal, releasing the ball just before touching down.

Free throw: For a minor foul or violation, a free throw is awarded to the opponent at the exact spot where it took place, with the defense positioned three meters from the ball. If the infraction occurs between the 6-metre line and the 9-metre line, the defense lines up at the 6-metre line and the free throw is taken from the 9-metre line, closest to where the foul took place. This happens frequently and teams have several different 9-metre plays. A goal may be scored directly from a free throw.

Goal throw: A goal throw is awarded when the ball goes over the end line and is last touched by the offensive team or by the defending goalkeeper.

Penalty throw: A penalty throw, also known as a 7-metre throw, is awarded when a player is

fouled in the act of shooting with a clear chance at the goal or when the defensive team intentionally enters the goal area. An offensive player shoots the penalty shot one-on-one against the goalie from the penalty mark. All other players hover at the 9-metre line for a possible rebound. The shooter is not allowed a running start and must keep at least one foot on the ground behind the 7-metre line during the throw.

Throw-in: When the ball goes out of bounds on the sideline, a throw-in is taken from the spot where the ball crossed the sideline.

Throw-off: When a player attempts to throw the ball to a member of his/her own team from the center of the court. The players must be on their own half of the court. A goal may be scored directly from a throw-off. The throw-off occurs after every goal and usually is taken quickly.

Seven-metre throw: A seven-metre throw is like a penalty kick. It is awarded when a clear chance of scoring is illegally prevented anywhere on the court by an opposing team player, official, or spectator. It typically occurs several times in a single game.

Overarm shot: A shooting technique carried out with the arm moving above the shoulder level.

Underarm shot: A shooting technique carried out with the arm moving below shoulder level.

Jump shot: A shooting technique performed having the players feet off the floor.

Bounced shot: Shooting on goal with the ball hitting the floor on its way.

Spin shot: A type of shot with the ball changing direction when bounces back from the floor.

IMPORTANT TOURNAMENTS

Polish Ekstraklasa Men's handball leagues also held for women's category (Poland)

Liga ASOBA (Spain)

Elitserien (Both for Men's and Women's) (Sweden)

Olis deil din (Iceland)

US inter collegiate handball championship (United States)

Indian handball super league (India)

TOP PLAYERS

INTERNATIONAL

Ivano Balic

Nikola Karabatic

Magnus Wislander

Talant Dujshibaev

Mikkel Hansen

NATIONAL

H L Kapur

Roshan Lal Anand

Surinder Mohan Bali

Sarwan Singh Channy



EQUIPMENT

The court: Handball is played on a court 40 by 20 metres (131 ft 3 in × 65 ft 7 in), with a goal in the centre of each end. The goals are surrounded by a near-semicircular area, called the zone or the crease, defined by a line six metres from the goal. A dashed near-semicircular line, nine metres from the goal marks the free-throw line. Each line on the court is part of the area it encompasses. This implies that the middle line belongs to both halves at the same time.

Goal posts: The goals are two metres high and three metres wide. They are securely bolted either to the floor or the wall behind.

The goal posts and crossbar are made of either wood or aluminium. The three sides of the beams visible from the playing court must be painted alternately in two contrasting colours which contrast against the background. The colours on both goals must be the same.

The net should be fastened in such a way that a ball thrown into the goal does not leave or pass the goal under normal circumstances.

Ball: The ball is made of leather or synthetic material. It must fit in the hand of a player. This means the official sizes vary depending on age and gender of the participating teams.



Photos: AFP