



THE TIMES OF INDIA

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TODAY'S EDITION

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STUDENT EDITION

SATURDAY, FEBRUARY 20, 2021



GOOD TO KNOW

Quite a SPOONFUL

There are apparently more than 30 types of spoons but here are the common ones that you may be using in this lifetime

Tablespoon

Larger than a teaspoon, a tablespoon is both a unit of measurement and a utensil that is used regularly during meals. They are ideal for adults to use and is the most common of all spoons.

Teaspoon

Again a unit of measurement, they can come in different shapes and usually looks like a smaller size of tablespoons. They are a great choice if you're going to be stirring sugar or cream into a cup of coffee or tea and are also wonderful when feeding children.

Soup spoon

These have larger bowls and are generally a little bit deeper. There are two main types: British soupspoons and Chinese soupspoons. The former is small and with a circular bowl, while the latter can be big or small but with a handle that is thick and extends from a flat and deep bowl.

Serving Spoons

The serving spoon is larger in size in compared to the tablespoon and is especially designed to serve food form utensils to eating plates. The bigger cup allows it to hold large quantity of food. It comes in a variety of shapes and designs depending on what you are serving like ladles, spatulas or rice spoon.

Dessertspoon

Dessertspoons generally have a bowl that is significantly more pointed rather than rounded and it's in-between a teaspoon and tablespoon size. When setting a formal table, it is common for the dessertspoon to either be brought in with dessert or to be placed above the plate, separate from any other utensils.

Beverage Spoon

It's easily identifiable because they have incredibly long handles, longer than any other type of spoon. The handle is designed to stir drinks and adding in sugar.

Baby spoon

It's a no brainer that this is a small spoon, as the name suggests that's used to serve food to the babies.

CLICK HERE: PAGE 1 AND 2

FITNESS

FEBRUARY FITNESS CHALLENGE

Try intermittent exercise to stay strong this season...

Supriya.Sharma2@timesgroup.com

If reducing your health risks and improving overall health and fitness is your goal, intermittent exercise appears to be effective — and that's great news if you have a busy schedule, are new to exercise, or easily bored. Break up your cardiovascular exercise session into several shorter bouts throughout the day. Nope, we're not telling you to stop living and slog all day at the gym instead. In fact, the all-day workout is exactly the opposite of that. Instead of one workout that starts and stops, the big trend nowadays is incorporating workout moves into our everyday lives. For example, a few minutes of core exercises in the morning, a walk at

lunch, and a 10-minute bodyweight workout at home in the evening.

FINALLY, GREAT NEWS FOR TEENS

We know that activity levels drop significantly as children reach adolescence. From being out all day running and chasing friends, they get suddenly glued to the screens with their scrolling fingers being the only body part getting some amount of exercise. Research says that a concept like intermittent exercise is ideal for lazy teenagers. These short bursts of activity mimic how these adolescents used to play as kids, occasionally sprinting, chasing, climbing during their hours of

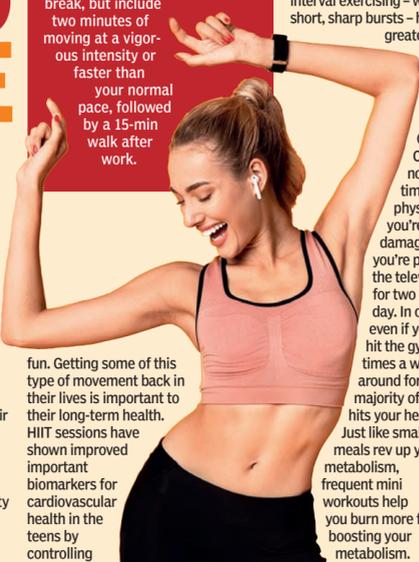
IN SHORT...

Throw in bursts of vigorous activity throughout the day. To get the most bang for your buck, mix in a few minutes of higher-intensity bouts of activity in each 15-minute block of time. Take a 15-minute walk during your lunch break, but include two minutes of moving at a vigorous intensity or faster than your normal pace, followed by a 15-min walk after work.

blood sugar levels, fat metabolism and blood pressure while the moderate exercise sessions did not show the same results.

SHORT-SWEET SWEAT

According to research, intermittent or interval exercising — working out in short, sharp bursts — has the same, if not greater, benefits than working out over a longer period of time. A study in 'The Journal of the American College of Cardiology' found no matter how much time you spend being physically active, you're doing serious damage to your health if you're parked in front of the television or computer for two or more hours a day. In other words, even if you manage to hit the gym a few times a week, sitting around for the majority of your day hits your health — hard. Just like small frequent meals rev up your metabolism, frequent mini workouts help you burn more fat by boosting your metabolism.



QUICK FIXES

Five Calming Techniques

Feeling overwhelmed? Try these five hacks to get back to the present

WALK AROUND

Exercise is a big stress reliever. If you are feeling a sense of overwhelm, just get up and walk around. Listen to some music or walk with a friend.

BREATHE IN AND OUT

Can't step out for a walk? Breathe in and out. You can do breathing exercises anytime and anywhere.

LAUGH OUT LOUD

A good laugh is a great stress reliever. Watch a quick funny video — a cat or dog clip that can get you to laugh and release that stress.

PET YOUR PET

If you have a pet nothing works better than playing with them. Just pet them, toss a ball or give them a hug. You can also try talking to your dog!

JOURNAL

A tried-and-tested way to get back in control. When you are overwhelmed, you may just ramble but it all falls in place. TNN



SELF-CARE

SPRING clean your SKINCARE closet

It's time to Marie Kondo your beauty shelf to give it a fresh lease of life

Pallavi.Shankar@timesgroup.com

Again, it's that time of the year with warmer days ahead. It's also that time when the rich moisturiser that saves your skin from dry patches is giving you a greasy look. So, like your clothes closet — your skincare closet needs juggling too — to adapt to the changing weather. Here, top tips to make your shelf spring ready.

CHECK FOR EXPIRY

Take out all the beauty products you have — from body lotions and kajals to lip balms and face scrubs — and check if they are still usable or have run their course. "Since there is no 'expiry date' mentioned in most cosmetics, your best bet is to look for any colour or odour change; if you find even minor changes in colour, consistency or smell of a product, just trash it and buy fresh ones," advises dermatologist Dr Srisha Singh. Spread all the products on the table and assess them all — chuck ones that have gone bad, and clean up the ones you intend to reuse with a wet cloth so that those packs and their edges are thoroughly cleansed.

TOP TIP:

If you have packets of home-made skin cleansing powders or face packs like orange peel powder, gram flour powder, almond powder, ground neem, etc., do check their smell and texture too. DIY skincare goodies also goes bad or lose its potency if kept for very long.

PICK ECO-FRIENDLY PRODUCTS

Once you have trashed worn out or expired skincare products, rethink your choices and research a bit before buying new lotions and potions. Read up labels and go for eco-friendly and clean skincare buys. If the label says antioxidants and vitamin C, go for it. Parabens and perfume? Not a good idea. Find out about green and organic beauty brands and invest in them. Don't spend too much on face wash — a gentle one with no alcohol and appropriate for your skin type is good enough. Rather, invest in a good moisturiser and a sunscreen as they sit on your skin for long hours and should be nourishing and nice.

TOP TIP:

"Teens, if you haven't started using sunscreen (with minimum 30 SPF), it's a good time to get one as sun damage to skin starts happening from age 13 onwards," informs dermatologist Dr Rashmi Shetty. "Bringing in sun protection in your beauty regimen will keep your skin safe and healthy and also keep age spots and pigmentation at bay in adulthood." After all, spring is time for new beginnings.

SECTION AND ORGANISE

Those with a huge beauty collection will find it tough to organise their precious buys. To stay sane while organising everything, split up your collection into smaller sections. Example: divide your buys into different categories — face, washes, moisturisers and body lotions on one shelf; cosmetics such as kajal, lipsticks and lip balms on another; and haircare like combs, headbands and serums are put together. This



#GOALS

MAKE YOURSELF COUNT

On World Day of Social Justice set up by the United Nations here are some inspiring quotes

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

MARGARET MEAD, cultural anthropologist

invisibly as floating airborne microbes enter into our bodies to find lifelong purchase in our bloodstreams."

MAYA ANGELOU, poet and activist

the negative messages so pervasive in our culture, or am I seeking to challenge them?"

BEVERLY DANIEL TATUM, educator and author

"The world howls for social justice, but when it comes to social responsibility, you sometimes can't even hear crickets chirping."

DEAN KOONTZ, author

"To say that it is not our fault does not relieve us of responsibility. However, we may not have polluted the air, but we need to take responsibility, along with others, for cleaning it up. Each of us needs to look at our own behaviour: Am I perpetuating and reinforcing

"Service to others is the rent you pay for your room here on earth."

MUHAMMAD ALI, boxer

"No reform is possible unless some of the educated and the rich voluntarily accept the status of the poor, travel third, refuse to enjoy the amenities denied to the

WHAT: World Day of Social Justice, Feb 20

THEME: "A Call for Social Justice in the Digital Economy"

WHY: Recognising the changes brought about by the pandemic where remote working and studying via digital platforms created a digital divide

THE IDEA: To bring the various communities globally closer and together that can help to eliminate poverty, physical and gender discrimination, racism, religious discrimination, illiteracy, biases, etc

poor and, instead of taking avoidable hardships, discourtesies and injustice as a matter of course, fight for their removal."

MAHATMA GANDHI, leader



LATEST BUZZWORDS EXPLAINED

TWEETSTORM

If you haven't heard this word of late, are you even listening to the news? While the tweeps (people on Twitter) are already familiar with this term and the practice, for the uninitiated, a tweetstorm is a rapid succession of connected posts made by a particular user on Twitter. It's a classic way to draw attention to a topic and to get a hashtag to trend and more people to pick up on it. Tweetstorms have been a subject of ridicule for a while now, and yet that doesn't stop people from cooking them up. Way back in 2014, BuzzFeed's Charlie Warzel warned us about the increasing popularity of the tweetstorm by writing: "Imagine, for a moment, a future version of Twitter where the tweetstorm™ convention spreads...Always on the lookout for a new broadcast platform, the tweetstorm™ spreads from reporters to pundits and think tanks and then to the politicians themselves. Once a frenetic but followable place, your timeline is now virtually destroyed by an avalanche of soliloquies." This practice is said to break the very base of Twitter — to say more in few words.



NUTRITION

Cool down with yoghurt

As the weather warms up, it is time to stock up on this superfood

Yoghurt can easily be called a body building, restorative food with special healing properties. A daily serving of at least 200-300 ml is recommended," says clinical nutritionist Ishi Khosla. In terms of nutrients and calcium content, yoghurt is the same as the milk from which it is prepared. "Just that in yoghurt the sugars, proteins and fats are broken into simple forms and therefore it is called predigested food," adds Khosla. The thriving good bacteria, also known as probi-

otics, smoothens the digestive tract and boosts the immune system. Here are some yoghurts you should know:

SKYR

Skyr is the traditional yoghurt of Iceland and is comparable in texture and nutrition to Greek yoghurt, delivering just as much protein, but less calories (perhaps because it's always made with skimmed milk).

SWISS

This type of yoghurt is thinner and creamier than Greek yoghurt. It's made from cultured milk that is incubated and cooled in a large container. But watch out... it has almost double the sugar and carbohydrates than Greek yoghurt!

GOAT MILK

It is considered one of the most popular worldwide. Typically made from whole goat milk, it has a softer texture with a slightly sweet and salty flavour. It's lower in calcium and usually higher in fat, but you can lower the fat content by skimming the cream off the top.

KEFIR

This drinkable fermented milk product contains additional strains of probiotics and beneficial yeast that others yoghurts don't have. Your best bet is to opt for low and non-fat varieties. Kefir is a current favourite among the swiss set.

COCONUT

Some brands of coconut yoghurt made from coconut milk contain no dairy at all. This type of yoghurt is vegan, which makes it appropriate for those on vegetarian diets or who have opted to go dairy free. It may also prove useful for those who suffer from lactose intolerance.



WORDS YOU MUST ELIMINATE FROM YOUR VOCABULARY

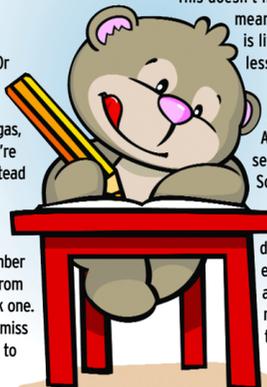
Hi folks! We are **HOPPER & CROCKY**. You want your readers to listen to you, understand your message, and perhaps be entertained, right? Here's a list of words to eliminate in order to help you write more succinctly

THAT

It's superfluous most of the time. Open any document 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. Also? Don't use that when you refer to people. "I have several friends that live in the neighbourhood." No. No, you don't. You have friends who. Not friends that.

WENT

I went to school. Or the store, or to church, or to a conference, to Vegas, wherever it is you're inclined to go. Instead of went, consider drove, skated, walked, ran, flew. There are any number of ways to move from here to there. Pick one. Don't be lazy and miss the chance to add to your story.



HONESTLY

People use honestly to add emphasis. The problem is, the minute you tell your reader this particular statement is honest, you've implied the rest of your words are not. #Awkward

IRREGARDLESS

This doesn't mean what you think it means. It means regardless. It is literally defined as: regardless. Don't use it.

ABSOLUTELY

Adding this word to most sentences is redundant. Something is either necessary, or it isn't. Absolutely necessary doesn't make it more necessary. If you recommend an essential course to your new employees, it's essential. Coincidentally, the definition of essential is absolutely necessary.

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. Woebegone, even. Very sad is a lazy way of making your point. Another pitfall of using very

as a modifier? It's subjective. Very cold and very tall mean different things to different people. Be specific. She's 6'3" and it's 13 degrees below freezing? These make your story better while also ensuring the reader understands the point you're making.

REALLY

Unless you're a Valley Girl, visiting from 1985, there's no need to use really to

modify an adjective. Or a verb. Or an adverb. Pick a different word to make your point. And never repeat really, or very for that matter. That's really, really bad writing.

AMAZING

The word means "causing great surprise or sudden wonder." It's synonymous with wonderful, incredible, startling, marvellous, astonishing, astounding, remarkable, miraculous, surprising, mind-blowing, and staggering. You get the point, right? It's everywhere. It's in corporate slogans. It dominated the Academy Awards acceptance speeches. It's all over social media. It's discussed in pregame shows and postgame shows. Newsflash: If everything is amazing, nothing is.

ALWAYS

Absolutes lock the writer into a position, sound conceited and close-minded, and often open the door to criticism regarding inaccuracies. Always is rarely true. Unless you're giving written commands or instruction, find another word.

LITERALLY

Literally means literal. Actually happening as stated. Without exaggeration. More often than not, when the

term is used, the writer means figuratively. Whatever is happening is being described metaphorically. No one actually "waits on pins and needles." How uncomfortable would that be?

JUST

It's a filler word and it makes your sentence weaker, not stronger. Unless you're using it as a synonym for equitable, fair, even-handed, or impartial, don't use it at all.

MAYBE

This makes you sound uninformed, unsure of the facts you're presenting. Regardless of the topic, do the legwork, be sure, and write an informed piece. The only thing you communicate when you include these words is uncertainty.

STUFF

This word is casual, generic even. It serves as a placeholder for something better. If the details of the stuff aren't important enough to be included in the piece? Don't refer to it at all. If you tell your reader to take your course because they'll learn a lot of stuff? They're likely to tell you to stuff it.

NEVER

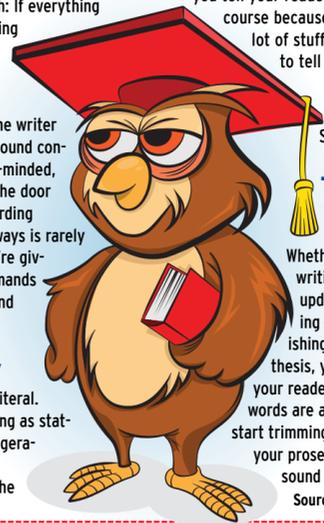
See: Always.

THINGS

See: Stuff.

Whether you're ghost-writing for your CEO, updating a blog, selling a product, or finishing your master's thesis, you need to keep your reader engaged. These words are a great place to start trimming the fat from your prose. Bonus? You'll sound smarter.

Source: Business Insider



PHRASES FROM GREEK MYTHOLOGY



Achilles' heel

MEANING: a weakness or vulnerable point.
ORIGIN: The legend of Achilles has it that his mother Thetis dipped him into the River Styx to make him immortal. His heel wasn't covered by the water and he was later killed by an arrow that was shot at his heel.
EXAMPLE: Though he was a good person, his short temper was his Achilles' heel.

Harp on

MEANING: dwell tediously on the same subject.
ORIGIN: In Greek mythology, harpies were birds with the heads of beautiful women who were winged spirits best known for constantly stealing Phineus' food. Harpy means the one which snatches.
EXAMPLE: Her daughter kept harping on about buying the toy but she did not budge.

Beware of Greeks bearing gifts

MEANING: Do not trust enemies who bring you presents — they could very well be play-

ing a trick.
ORIGIN: This phrase originates from the story of the wooden Trojan horse, which was a gift given by the Greeks to the Trojans in the story of the Aeneid. The Trojans thought that the horse was a decorative gift given as a peace offering to end a war. However, the Greeks hid soldiers inside the horse structure as a way to infiltrate the city.
EXAMPLE: "I can't believe the opposing team made us cupcakes before the big game!"
B: "Yeah, I'd beware of Greeks bearing gifts if I were you."

Cut the gordian knot

MEANING: to solve a difficult problem in a very direct way by doing something forceful or extreme.
ORIGIN: The phrase alludes to Gordius, the king of Phrygia, who tied a knot that an oracle proclaimed would only be cut by the future ruler of Asia. Alexander the Great allegedly cut the Gordian knot in one blow.
EXAMPLE: Mark has tamed the mad elephant. I have no idea how he did it, but he sure cut the Gordian knot.

English words with INDIAN HISTORY

AVATAR: It comes from the Sanskrit word meaning incarnation of a Hindu deity, or incarnation in human form.

BANGLE: It comes from the Hindi bangri, meaning a ring of coloured glass worn on a woman's wrist.

BUNGALOW: a one-storey house, often with a pyramid roof. Most Europeans in India lived in such houses.

CALICO: Woven cotton cloth originally made in Calicut — now Kozhikode — a city in Kerala. The fabric was dyed with bright patterns and exported to Europe.

To have a good innings

Meaning: To have enjoyed a positive period of time. It's often used to describe someone who has lived a long and successful life.
Example: I heard that Tom passed away last week. Well, he was 95. He had a good innings.

On a sticky wicket

Meaning: a difficult or awkward situation.
Example: I'll be batting on a sticky wicket if I take the driving test without enough practice.

To be bowled over

Meaning: If you are bowled over by something, you are very impressed or surprised by it.



JODHPURS: Named after Jodhpur, city in Rajasthan, from which these trousers, loose at the thigh and tightly-fitted below the knee, were adopted first by the British polo players.

JUGGERNAUT: Taken in English to mean a "huge, powerful and overwhelming" force, or a very large lorry. It comes from the Sanskrit word Jagannatha, lord of the universe, a name of the Hindu God Krishna.

JUNGLE: In Hindi, the word "jangala" means waste, uncultivated ground, but was taken in "Anglo-Indian" to mean a wild forest.

KEDGEREE: The spicy rice and fish dish now served at hotel breakfast buffets comes from the Hindi "chichri", a mess of rice, cooked with butter and dal and flavoured with spice and onion. Fish was not originally part of the dish.

LOOT: It comes from the Hindi "lut" and Sanskrit "lotra", meaning rob or plunder.

PUKKA: Popularised by Jamie Oliver; it comes from the Hindi word "pakka" meaning ripe, mature, cooked, well-built.

Idioms on cricket



Example: Susie didn't wait for her parents to tell her to take out the garbage. She did it off her own bat.

To be stumped

Meaning: to not know what to do or say.
Example: Even experts are stumped by this strange weather.

To hit someone for six

Meaning: to upset or overwhelm someone completely.
Example: Losing his job really knocked him for six.

It's not cricket

Meaning: It isn't fair, sportsmanlike, or legitimate.
Example: It's not cricket to let him go without notice.

Example: I was bowled over when the appraiser told me what the painting was worth.

Off (one's) own bat
Meaning: to do something because you want to and not because someone tells you to



8 WORDS that once meant something totally different

AWFUL: In the 1300s, it originally meant "inspiring wonder" and was a short version of "full of awe". But now the word has a purely negative connotation.

SILLY: In its earliest uses, it referred to things worthy or blessed; from there it came to refer to the weak and vulnerable, and more recently to those who are foolish.

CUTE: Cute was derived from the word acute, which originally meant shrewd or sly. But this was the 18th

century. Over a hundred years later, American slang shortened and transformed acute to cute, even changing its meaning to "pretty" or "dainty".

DOOM: It originally meant a law, judgment or decree. Current meaning: Fated death or destruction.

MYRIAD: If you had a myriad of things 600 years ago, it meant that you specifically had 10,000 of them — not just a lot.

QUELL: Quelling something or someone used to mean killing it, not just subduing it.

BROADCAST: In 1767 broadcast meant sowing seeds with a sweeping movement of the hand or a "broad cast". Its media use began with radio in 1922.

HUSBAND: The Old German words "hus" and "bunda" mean "house" and "owner". "Husband" originally had nothing to do with marital status.

Quiz TIME

Fill in the blanks with suitable prepositions

- Most people agree that kindergarten contributes ___ the child's mental development.
- Since Jennifer was a year younger than her friends, she had a hard time keeping ___ with them.
- In most countries, children start the primary school ___ the age of six.
- Although he studied hard, he couldn't succeed ___ getting a high score in his test.
- There are different sets of language learning sets available ___ all age groups.
- All candidates are looking forward ___ the announcement of our test scores.
- Since I will be busy ___ my homework and prepare ___ the exam tomorrow, I don't think I will be able to go out tonight.
- The students walk five kilometres to school, so they need to get up very early ___ the morning.
- Since our school was next to our house, I used to come home ___ lunch time.
- I was born ___ the 23rd ___ April, so there is no school when it's my birthday.

ANSWERS

- to, 2. up, 3. at, 4. in, 5. for, 6. to, 7. with, for, 8. in, 9. at, 10. on, of

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 toinie175@gmail.com