

WHAT CAN I DO

The Fashion Revolution Week concluded on April 25 and left us with many ideas on how to manage the carbon footprints of our closets. Initiated by Fashion Revolution - world's largest fashion activism movement - this annual week, held since 2013, hosts workshops, symposiums and social media initiatives to get everyone to ask the right questions before they buy clothes. Here are lessons from the Week you can use in your daily life...

HOW GREEN IS YOUR WARDROBE?

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1 Ask before you buy

On April 24, 2013, the Rana Plaza disaster happened in Bangladesh where an eight-floor building that mainly served as a garment factory for many fashion and luxury brands collapsed killing more than 1000 garment factory workers, mostly women. It is considered the deadliest structural failure accident in modern human history and the deadliest garment-factory disaster in history. This led to the start of Fashion Revolution that trended the hashtag #whomademyclothes. Before you buy, check the tag. Where is it made, who made it, are they paid fair wages, are they working in humane conditions? Any money that you spend not asking these questions perpetuates exploitation of a worker. The FashRev places the onus on the consumer to ask the questions that matter and not just "Is it available in my size?"

2 Normalise mending

During the Week, the organisation held many free workshops that taught people the art of mending - from sewing a button to repairing a rip. Sustainable clothing activists believe in making a garment reach its end-of-life properly. In an interview to 'The Guardian' cofounder Orsola de Castro said: "The idea that cheap fashion doesn't warrant mending is horrendous. It is precisely people of limited economic means for whom longevity should have been invented." A culture of repair calls for a return of sewing and mending that our parents are familiar with. It means you don't frown about a sewn up rip or a cut, you celebrate it as skill.

The clothing industry is the second-largest global polluter - after oil - and its complex production techniques and supply chains create a myriad of environmental issues



MEET THE MAKERS: The Instagram handle for Fashion Revolution India shared a picture for #imadeyourclothes campaign by Princess Diya Kumari Foundation

3 Upcycling is best left to professionals

Upcycling or repurposing old clothes into something useful and not just giving it away or dumping it has become a big trend. But Castro says upcycling is helpful only if you have consummate sewing skills. Because amateur upcyclers can actually generate more waste. What you can do is think of upcycling ideas for anything in your closet like repurposing mom's old saree into a kurta.

4 Rethink donating clothes

You may think you are doing a good turn by donating clothes to charity but literally everyone has that idea. Most charity shops are drowning under a glut of donations. Many items of clothing just end up in landfills. Take onus of your clothes. Just because it's out of sight for you, doesn't mean it has gone to a good place. Explore other avenues: give it to family or friends or just sell it off online.

5 Use social media to spread the word

The hashtag #whomademyclothes started by Castro and Carry Somers has become a movement of sorts for anyone demanding better from the garment manufacturers. The initiative is fuelled via social media and FashRev believes in using it responsibly - to spread the idea of sustainability, fair practices and more. It's that simple to start supporting better practices. Wear a decade-old dress, or a swapped dress with a cousin or older sister, repurpose your out of style skirt or take a pic sewing a button or learning mending a tear. Post a picture, pick a hashtag and become a fashion revolutionary!

TUNE IN

PODCASTING for the planet

Featuring cool news shows on a range of environment based topics that are ideal for children

NON-FICTION

COOL FACTS ABOUT ANIMALS

It's a podcast for and by kids. Ali Wilkinson and her kids explain what makes the coolest animals - colossal squids, bird-eating tarantulas, honey badgers and more.



SO HOT RIGHT NOW



Environmental Journalist Lucy Siegle and wildlife filmmaker Tom Mustill interview a series of environmentalists and personalities who have made it their mission to speak about how our actions are harming the planet.

HOW TO SAVE THE PLANET

This one discusses popular stories from the climate movement, offers explainers into complex, environment-based issues like environmental racism, eco-anxiety and fracking. Also explores solutions to the climate crisis.



SUSTAINABLE(ISH)



A podcast for those who want to learn about the ways their actions affect the planet and how they can live more sustainable lives. Includes helpful advice on fighting food waste.

THE SUPER SECRET HIVE



A cast of quirky characters embark on a series of missions to save the world from environmental crises, mental health issues and more.

NATURE'S CALL

Meet the Mantis Shrimp

This pocket rocket is the undeclared boxing champion of the deep sea world. A speedy hit from the lower edge of its dull, calcified claw can break glass, smash a rock wall into chunks and even break, or cut through a person's finger in milliseconds. It has to be the coolest sea creature on the planet and kills its prey by bashing it with its bowling ball like arms. But that's not all, the mantis shrimp has 16 colour receptive rods, which means it can see red, green, blue, and 13 colours the human eye can't even process. There are around 450 species of mantis shrimp in the world today. They are mostly found in tropical and subtropical waters of the Indian and Pacific oceans between East Africa and Hawaii. They belong to the Crustacea group of hard-shelled animals, which includes crabs, lobsters, crayfish, shrimp, krill and more. Despite their might, the mantis shrimp are solitary sea creatures who prefer to spend their time hiding in rock formations, or burrowing intricate passageways in the sea bed. Strong and silent types, eh?

STATUS: Low-Risk, or least concerned to become endangered. Well, no one wants to mess with it!



IN THE NEWS

Wild things that make our hearts sing

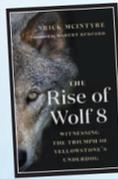
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In the Oscar-winning 'My Octopus Teacher', filmmaker Craig Foster related how he formed an unlikely bond with a wild creature. Inspired, we looked for more such stories on unusual bonds between humans and wild creatures



The Alpha Wolves of Yellowstone Series by Rick McIntyre

In the 1920s, the Yellowstone National Park (US) was home to wild wolves until a controversial government predator control program resulted in their extirpation (localised extinction). This resulted in the increase of the local elk population which in turn impacted the park's flora from overgrazing. By 1995, enough studies had proved that wolves were integral to the park's ecosystem and were introduced back to it. Rick McIntyre, a renowned wolf researcher tracked and studied this re-introduction for over 25 years and told the story through the eyes of four wolves - his protagonists.



Owls of the Eastern Ice: A Quest to Find and Save the World's Largest Owl by Jonathan C Slaght

Winner of the 2021 PEN America literary award, Jonathan C Slaght's non-fiction debut is a gripping account of his five year mission to locate, tag, track and conserve the elusive Blakiston's fish owl, the world's largest species of owl. The mission took place in a remote corner of Russia, where Slaght traced the bird's hunting and breeding ground so that he could protect it from destruction caused by logging companies. In an interview the biologist said the book "is a reminder that wild places still exist".



Mama's Last Hug by Frans de Waal

Like humans, animals too experience emotions writes primate behaviour researcher Frans de Waal. For example, when tickled, a rat's face expresses joy. Fairness matters to monkeys; they become highly agitated if they see that their social partners have received food that was better than theirs. The book's hook is the famous viral video of primatologist Jan van Hooff 'hugging' 59-year-old Mama, the oldest chimpanzee and the matriarch of the famous chimpanzee colony of the Royal Burgers Zoo in Arnhem, the Netherlands, before she died. De Waal goes on to explain how animals experience emotions like humans which can be used to build better relationships with them.



How good is your environmental awareness?

Q1. Which of these can you NOT recycle?
a. Glass b. Tin cans
c. Paper d. Pens and pencils

ANSWER: D. While pens are understandable, pencils are usually not accepted in recycling bins too. This is because the process used to treat wood used for pencils renders them non-recyclable.

Q2. Which was the first book to set the stage for society to change in becoming more environmentally aware?

- a. The Lorax by Dr. Seuss
- b. The Omnivore's Dilemma by Michael Pollan
- c. Silent Spring by Rachel Carson
- d. Population Bomb by Paul Ehrlich

ANSWER: C. Published in 1962, 'Silent Spring' opened the public's eyes to the dangers of DDT, the first broadly-used synthesised pesticide, to wildlife and human health.

Q3. True or False: The idea for Earth Day came from Gaylord Nelson.

- a. True b. False

ANSWER: A. US Senator Gaylord Nelson, after witnessing the ravages of the 1969 massive oil spill in Santa Barbara, California came up with the idea.

Q4. By the end of 1970, the year of the first Earth Day, the Environmental Protection Agency (EPA) was created. Which of the following acts was NOT passed that same year?

- a. Clean Air Act b. Clean Water Act
- c. Endangered Species Act
- d. Marine Mammal Protection Act

ANSWER: D. The Marine Mammal Protection Act was not passed until two years later.

Q5. True or False: In 2016, the Paris Agreement was signed on Earth Day.

- a. True b. False

QUIZ TIME

ANSWER: A. 174 countries and the European Union signed the Paris Agreement at the opening ceremony at United Nations Headquarters in New York. The Conference of Parties (COP) is an international political response to climate change which began in 1992. COP21, also known as the Paris Climate Conference, brought parties together to achieve a universal goal on climate: keeping global warming below 2° C.

Q6. The use of microorganism metabolism to remove pollutants such as oil spills in the water bodies is known as...

- A. Biomagnification B. Bioremediation
- C. Biomethanation D. Bioreduction

ANSWER: B. Bioremediation is a branch of biotechnology that employs the use of living

organisms, like microbes and bacteria, in the removal of contaminants, pollutants, and toxins from soil, water, and other environments.

Q7. How much area should be under the forest cover according to the national forest policy?

- A. 10% B. 5% C. 33% D. None of these

ANSWER: C. In India, as per the National Forest Policy of 1988, minimum of one-third (or 33%) of total land area of India should be under forest cover or tree cover. In hills and in mountainous regions, the aim should be to maintain two-third (or 66%) of the area under fc or tc. However, both the targets are yet to be achieved.

Q8. Who coined the word 'ecology'?

- a. Ernst Haeckel b. Charles Darwin
- c. Gregory Mendel

ANSWER: A. German zoologist, Ernst Haeckel, coined this term in 1866 to describe the "economies" of living forms.

Q9. Who are ethologists?

- a. Scientists who study about ethos
- b. Scientists who study about the behaviour of wild animals
- c. Scientists who study about the behaviour of animals in a particular eco system.

ANSWER: B. Ethology is the scientific and objective study of animal behaviour, usually with a focus on behaviour under natural conditions, and viewing behaviour as an evolutionarily adaptive trait. Some of the famous ethologists are Richard Dawkins, Jane Goodall, Desmond Morris, and Ivan Pavlov.

Q10. Who is known as the father of evolution?

- a. Gregory Mendel b. Charles Darwin
- c. Albert Einstein

ANSWER: B. An English naturalist, geologist and biologist, Charles Darwin is best known for his contributions to the science of evolution.

SOURCE: VARIOUS WEBSITES

DECODING TABLE TENNIS

Started as a leisure activity in Victorian-era England, table tennis today is a game of intense speed and precision. It featured in the 1988 Summer Olympics in Seoul and has since been a fixture at the Games. We decode the game for you

AN INDOOR HARD-TABLE GAME

Table tennis is an indoor game that is played across a hard table divided by a net. Two or four players hit a lightweight ball back and forth across a table using small racquets or paddles. The objective of the game is to hit the ball over the net making it bounce on the

opponent's side of the table in such a way that the opponent cannot return it or hit it correctly. The ball is rallied back and forth across the table until one person misses the ball and the other scores a point. It is a high energy game and requires quick reflexes.

SERVICE RULES

Display the ball: The player who is serving must place the ball on the palm of the hand that is free and above the table. This is mandatory so the opponent and the referee can clearly see the ball not being tampered with.

Flip the ball before serving: Another unique rule is that the ball must be thrown at least 15mm in the air while serving. A player is also not allowed to throw the ball in a way that may add a spin to it, it should be tossed flat up.

Hitting the net: If the ball hits the net during service, the player should serve again. There is no set limit as to how many "nets" a player can have on the first serve, but the general rule expects a player to stick to three in total.

SCORING

First to 11 wins: A player scores a point when the opponent fails to hit the ball over the net onto the other side of the table. The player that scores 11 points first is considered the winner. But there is a twist, the leading player must be at least 2 points ahead of the opponent. If in a game, both players have scored 10 points, then the first player to get a 2 point lead wins the game. A match is usually judged based on the best of any odd number of games, usually 5.

If the ball hits the net and it fails to bounce over into the opponent's half, or hits it over the net and out of bounds without coming into contact with the table, the opponent gets a point.

A player must not touch the table with their hand at any given point during the match. This is a common practice, especially when a player is trying to hit a smash. The player who touches the table automatically loses a point.



Manika Batra

GRIPS

How a player holds the racquet may determine the quality and variations in his game.

Penhold: As the name suggests, the player holds the racquet similar to the way one holds a pen. The method of holding can vary among players with the most popular style being the Chinese penhold style. This involves curling the middle, ring, and fourth finger on the back of the blade with them always touching one another.

Shakehand: When a player grasps a racquet as if one is reaching for a handshake. The shots are played with the wrist turned so that upon contact of the ball to the blade, the knuckles face the target.

Seemiller: The grip is named after American table tennis champion Danny Seemiller, who first used it. A player places the thumb and index finger on either side of the bottom of the racquet and grasps the handle with the rest of the fingers. Since only one side of the racquet is used to hit the ball, two contrasting rubber types can be applied to the blade, offering the advantage of "twiddling" the racquet in order to distract the opponent.

EQUIPMENT

Ball: A small 40 mm diameter celluloid ball weighing 2.7 grams is used for international tournaments. The ball is usually white or orange in colour and the players get to choose the colour.

Racquet: The racquet, also called paddle or bat, is usually made of wood and has two parts, the blade and handle. The blade has a layer of rubber on both sides. The kind of rubber on the two sides may vary, depending on the player's choice. Different types of rubber help to apply or negate a spin to the ball. Regulations specify that one side of a paddle must be red while the other must be black. A player can inspect the opposition's racquet before play to see the kind of rubber there is.

Table: According to international standards, a TT table must be 9ft long and 5ft wide. The tables are made of hardboard. They are coated in dark colours, usually green, blue or black. The surface is kept smooth to help the lightweight ball glide smoothly over it.

The net: The table is divided into two halves by a net that is 6 ft long and six inches wide. It has an upper white tape that is not more than 15mm wide.

ATTIRE

Wearing suitable clothing is a given for competition, and can often determine the outcome of a match. In a formal table tennis competition, the primary colour of the outfit should differ from that of the colour of the table tennis ball.

TERMINOLOGY

Backhand: When a player hits the ball swinging with the back of their hand going towards the ball.

Forehand: Similar to backhand, when player hits the ball swinging with the palm of hand going towards the ball.

Backspin: When a player slices the ball with a particular motion causing it to spin backward.

Topspin: When a player slices the ball with a particular motion causing it to spin forwards.

Dead: When player hits the ball plain with no spin.

Smash: When player hits the ball from the top with extreme force. It is also called a kill shot.

Lob: Known as the defensive shot, it is played positioning oneself away from the table. This shot is played usually in response to a stroke that forces the player to move away from a given position to return it.

Rally: When a ball gets hit back and forth for a long time, it is called a rally.

Let: When the shot goes wrong and player is asked to replay the point.

Heavy: A heavy shot means the ball possessed a lot of spins.



Sharath Kamal Achanta

TOP INTERNATIONAL PLAYERS

WOMEN

Chen Meng, Sun Yingsha, Wang Manyu, Ding Ning, Zhu Yuling, Liu Shiwen - all from China

Mima Ito - Japan

Cheng I-Ching - Taiwan

Feng Tianwei - Singapore

Kasumi Ishikawa - Japan

MEN

Fan Zhendong, Xu Xin, Ma Long, Lin Gaoyuan - all from China

Tomokazu Harimoto - Japan

Lin Yun-Ju - Taiwan

Hugo Calderano - Brazil

TOP INDIAN PLAYERS

WOMEN

Manika Batra

Sutirtha Mukherjee

Mouma Das

Neha Aggarwal

Ankita Das

MEN

Sharath Kamal Achanta

Manav Thakkar

Sathiyam Gnanasekaran

Harmeet Desai

Anthony Amalraj