

Bingeworthy MAGIC

Adapted from the Grisha novel trilogy by Leigh Bardugo, an Israeli-American young adult and fantasy author, 'Shadow and Bone' is captivating the world. Here's what you need to know...



The show is based on the massively popular Grisha trilogy and 'Six of Crows' books by Leigh Bardugo, who built a sprawling second-world fantasy with political and cultural underpinnings, drawing influences from real-life people and places. While most of the series takes place in Ravka, home to Alina Starkov – the protagonist, the story also touches upon other countries on the map and features characters from several in-world cultures. While 'Shadow and Bone' is a complete fantasy book, Bardugo, who was born in Jerusalem and grew up in Los Angeles, drew

inspiration from some real-life people and cultures in building her fictional world – to be more specific, Tsarist Russia is the basis for Ravka, Scandinavia as a loose inspiration for Fjerda, and China and Mongolia are inspirations for Shu Han. Grisha powers aren't really "magic" but more a mastery of or "manipulating matter at its most fundamental levels". Grisha are born connected to elements in the air or sun or earth or the human body and can manipulate these elements. They can raise the ocean, set things on fire with a swipe of their hand, or make someone's heart explode – if required.

Typically, Grisha are born with just one type of power and live longer lives than non-Grisha, especially the more powerful ones. To find out if someone is Grisha or not, all Ravkan children are visited by Grisha examiners at a very young age to see if they possess abilities. If they do, these children are sent to a special school in Os Alta, called the Little Palace, where their skills are honed. Then they join the Second Army or work exclusively for the Darkling or the King. Although relations between Grisha and non-Grisha Ravkans aren't great, it's much better than in Fjerda or Shu Han, where Grisha are hunted down, killed, experimented on, or sold into slavery. There are various types of Grisha, and there's a hierarchy. At the top sits the Corporalki, or the Order of the Living and the Dead, which contains Grisha known as Heartrenders, who have the ability to control things like a person's pulse, heart, and other organs of the body. Under Corporalki are Etherealki, also known as the Order of Summoners. This where the real magic lies. So, it's better if you discover about this group yourself. The final group within Grisha are called Materialki, or the Order of Fabrikators. Fabrikators are split into Durasts (Grisha with the ability to manipulate materials like metals and textiles), and Alkemi (who deal more with chemicals).



Pics: Istock

Lessons for FUTURE FEMALE tech-preneurs

If you're a woman considering getting into the tech field, you might benefit from the insights of the women who've done it before

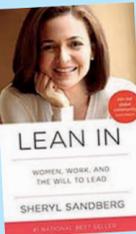


PROFESSIONAL PURSUITS OF Magical People

The wizarding world maybe full of sorcery, spells and cauldrons, but a few wizards also found professional satisfaction with some added jobs – academicians, soldiers and pig borers. Wait, what?

PIG-BORING GWINIFER BLACKCAP

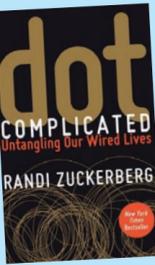
In author's Terry Pratchett's 'Discworld' series, witch magic is very different from wizard magic. One of the characters in this hilarious world, is Gwinifer 'Old Mother' Blackcap is a witch stationed in Sidling Without. She is good with pigs, especially Pig Boring – a humane form of slaughter in which the animal is talked to death; and Cow Shouting and Horse Whispering. Her apprentice is Petulia Gristle, an all-round veterinary witch to whom she taught many of her skills.



Lean In by Sheryl Sandberg
In 2010, [Sandberg] gave an electrifying TED talk in which she described how women unintentionally hold themselves back in their careers. Her talk, which has been viewed more than six million times, encouraged women to "sit at the table," seek challenges, take risks, and pursue their goals with gusto. 'Lean In' continues that conversation, combining personal anecdotes, hard data, and compelling research to change the conversation from what women can't do to what they can.

Women in Tech by Tarah Wheeler Van Vlack

Geared towards women who are considering getting into tech, or those already in a tech job who want to take their career to the next level, this book combines practical career advice and inspiring personal stories from successful female tech professionals, like Brianna Wu (founder, Giant Spacekat), Angie Chang (founder, Women 2.0), Keren Elazari (TED speaker and cybersecurity expert).



Dot Complicated by Randi Zuckerberg
Zuckerberg has been on the frontline of the social media movement since Facebook's early days and her following six years as a marketing executive for the company. Her part memoir, part how-to manual addresses issues of privacy, online presence, networking, etiquette, and the future of social change.

The Power of Many by Meg Whitman

Is it possible to run a multibillion-dollar corporation on the power of trust? Must you set aside your authentic self as you climb the corporate ladder? Is there another role for technology beyond saving costs and creating efficiencies? In 'The Power of Many', Meg Whitman, former president and CEO of eBay, speaks to these questions and more, identifying 10 core values that steered her – and can steer any leader – to success without ethical compromise.



Innovating Women by Vivek Wadhwa, Farai Chideya

From one of Time Magazine's 'Forty Most Influential Minds in Technology' comes an essential collection of candid, first-hand accounts of women in technology.

Dragonologist Charlie Weasley

A magizoologist who specialises in the study of dragons is called a dragonologist. Such a professional may find employment in magical wildlife reserves, such as dragon reserves, like the Romanian Dragon Sanctuary. For example Harry Potter series' Charles Weasley (Ron Weasley's brother) worked at a dragon sanctuary in Romania. We're not sure where one could get trained to be one, but if you aspire to be an amateur dragonologist, try reading the book 'Dragonology: The Complete Book of Dragons'. Yes, we are serious. This book exists! This work of fiction, published in 2003, is based on a fictional premise that it is a reproduction of a lost work printed in 1895, authored by Dr Ernest Drake, a famous dragonologist.



Magizoologist Newton 'Newt' Scamander

In author J K Rowling's universe of 'Fantastic Beasts and Where To Find Them', the study of magical creatures is known as Magizoology. A person who studies magizoology is a magizoologist, or a wizarding naturalist. According to our research, one may not need to have graduated from a wizarding school to become one but ought to have studied Care of Magical Creatures, Ghoul Studies, Defense Against the Dark Arts, Herbology and Potions. The profession is not limited to only studying or caring for magical creatures. A magizoologist may also be responsible for sanctioned breeding, tracking and rescuing of rare magical creatures from traffickers. One of our favourite magizoologist is British wizard Newton 'Newt' Scamander, an employee of the Ministry of Magic who would go on to author 'Hogwarts School of Witchcraft and Wizardry standard textbook Fantastic Beasts and Where to Find Them'.



Commodore Holly Short

In universe of the 'Artemis Fowl' series, Holly Short, an elf with pointy ears is a commodore in LEPrecon. She was the first and only female to become the captain of LEPrecon, the reconnaissance division of the Lower Elements Police. This department, part of the underground world of the People, tracks down fairies ensuring that they don't wander away from the secret fairy civilization of Haven and onto the surface of the Earth. Short enlisted in the LEP forces shortly after the death of her mother from radioactivity poisoning while on a LEPmarine mission. Short started out in LEPtraffic and moved up the ladder after getting success on a few critical missions. An impressive achievement considering her great-grandfather is Cupid.

Hotel owner Jupiter North

One of the main characters of the Jessica Townsend's 'Nevermoor' series, Captain Jupiter Amantius North, is a hotel owner. In fact, his full title is 'Captain Jupiter North of the Wondrous Society, the League of Explorers, and the Federation of Nevermoorian Hoteliers'. Although it is not quite clear in the series when he started it, this prominent member of the Wondrous Society runs Hotel Decalation, the most famous hotel in Nevermoor. His special power is being a Witness, meaning he can see the truth and past in all objects, something which he sees in his prodigy Morrigan. He is also an adventurer who was the first to climb Mount Ridiculous, and became secretary of the Unusual Rights Commission and the chairman of the Charitable Trust for Decommissioned Robot Butlers.

5 FILMS THAT CAN PULL YOU OUT OF ANY LOW

Clueless

Peter Tavers wrote of the film in 'Rolling Stone', saying: "... there's wicked good fun to be had. Silverstone is a winner. And so is the movie... Go ahead, laugh. (Amy) Heckerling (the director) wants us in on the joke.

Story: Loosely based on Jane Austen's 1815 novel 'Emma', with a modern-day setting of Beverly Hills, the plot centres on Cher Horowitz, a beautiful, popular and rich high school student who befriends a new student named Tai Fraser and decides to give her a makeover.

The Princess Bride

Legendary film critic Roger Ebert wrote of the film: "'The Princess Bride' reveals itself as a sly parody of sword and sorcery movies, a film that somehow manages to exist on two levels at once:

While younger viewers will sit spellbound at the thrilling events on the screen, adults, I think, will be laughing a lot."

Story: The movie, adapted from William Goldman's 1973 novel, tells the story of a farmhand named Westley, accompanied by companions befriended along the way, who must rescue his true love, Princess Buttercup, from the odious Prince Humperdinck.

School of Rock

Wrote Ebert in his blog: "'School of Rock' is as serious as it can be about its comic subject, and never condescends to its characters or its audience. The kids aren't turned into cloying little clones, but remain stubborn, uncertain, insecure and kidlike. And Dewey Finn doesn't start as a disreputable character and then turn goey.



Jack Black remains true to his irascible character all the way through."

Story: Struggling rock guitarist Dewey Finn is kicked out of his band and subsequently disguises himself as a substitute teacher at a prestigious prep school. After witnessing the musical talent of his students, Dewey forms a band of fifth-graders to attempt to win the upcoming Battle of the Bands.

Sing Street

The tagline for 'Sing Street' read: "Boy meets girl, girl unimpressed, boy starts band". That's the best one-line description one could provide for the movie. 'Sing Street' exists in a comfortable fantasy-tinged reality that approximates the

1980s. **Story:** A boy growing up in Dublin during the 1980s escapes his strained family life by starting a band to impress the mysterious girl he likes.

Love Actually

Ebert wrote of the film: "'Love Actually' is a belly-flop into the sea of romantic comedy. It contains about a dozen couples who are in love; that's an approximate figure because some of them fall out of love and others double up or change partners. There's also one hopeful soloist who believes that if he flies to Milwaukee and walks into a bar he'll find a friendly Wisconsin girl who thinks his British accent is so cute she'll want to be with him. This turns out to be true." And that's all you need to watch this movie as many times as you can.

Story: Nine intertwined stories examine the complexities of the one emotion: love.

DECODING → KABADDI

Kabaddi, the ancient Indian sport, requires as much skill as strategising, tactical nous and fitness. Here's a close look into the nitty-gritties of India's beloved game



HISTORY

The origin of Kabaddi can be traced to ancient India. In its account of the legendary battles of Kurukshetra, the epic 'Mahabharata' has mention of a military operation by Arjuna's son Abhimanyu, who launches a doomed raid on an enemy camp. Kabaddi has a noted resemblance to this raid. The basic rules of kabaddi were formalised in India in the early 20th century and published in 1923. The game received international exposure when it was demonstrated by an Amravati-based sports organisation at the 1936 Olympic Games in Berlin.

The Kabaddi Federation of India, formed in 1950, organised national championships for men, beginning in 1952, and for women, beginning in 1955. With the establishment of the Asian Amateur Kabaddi Federation in 1978, a regional championship was organised, and national kabaddi teams began to compete in the Asian Games in 1990. Women's kabaddi was introduced in the 2010 Asian Games in Guangzhou. India won the gold medal in all the editions and several kabaddi players were awarded with the prestigious Arjuna award.

BASICS OF THE GAME

Kabaddi is a contact team sport played between two teams of seven players each. Individual players take turns crossing into the other team's side with the intention of tagging one or many of the opponents. The player, or raider, must all along keep mouthing the words "kabaddi, kabaddi" (or an alternate chant). Any

player that the raider tags is out of the playing seven. The raider must return to home territory without being caught or taking a breath. The objective is to score more points than the opposition within the allotted time frame. Each team must attempt to outscore the other by both attacking and defending.

RULES

Matches are played in two sessions of 20 minutes each with a 5-minute break in between.

Each team takes turns in raiding the opponent's court, in an effort to put opposition team members out of the game. Raiders can put opponents out by touching members. The defending team can put the raider out by not allowing the player to return to the own half.

Only one raider can enter the opponent's court at a time. If more than one enters, the opposing team gets a technical point and a chance to raid.

If a raider fails to score during a raid, it becomes an 'empty raid'. Three consecutive 'empty raids' result in a point for the opponents and revival of one player.

If there is a tie, two extra periods of five minutes are granted. The game in the extra periods will continue with the same number of players as there were at the end of the second half.

Each raid is restricted to 30 seconds.

Six officials, comprising a referee, scorer, two assistant scorers and two umpires officiate the game.

SCORING

Teams score one point for each opponent that they put out of the game.

Raiders can earn extra points by touching the bonus line in the opposition's half.

The opposing team earns a point for stopping the raider.

A team earns three bonus points when their opponents are all declared out.

After a raider reaches his court, the opponents must send their raider within 5 seconds. If they fail to do this, then they lose the chance to raid and the other team wins a technical point.

A point is scored if any part of an opposing team member's body goes outside of the boundary.

Two extra points are granted for a 'lona', which is when a team manages to put out the entire opposition team and none of the opponent members are entitled to be revived.

In case of a tie, the team which scores the first leading point shall be declared the winner.

The side that scores the highest number of points when the play ends is declared the winning team.

When only one or two players of a team are left during the game and the captain of the team declares them out in order to bring in the full team, the opponents shall score as many points as there were players just before declaring, as well as two points for 'lona'.

VIOLATIONS AND FOULS

Players may be given green, yellow or red cards for transgression of rules or offences that include violent tackling, taking more than 5 seconds to start the raid, coaching from outside playing area, etc. A green card is an initial warning, yellow leads to two minutes suspension and a technical point to the opponents. Red means suspension of the offender and a technical point to the opponent.

TERMINOLOGY

Hand touch: Hand touches are one of the primary skills for any raiders. This easy skill requires proper practice and good reflexes on the part of the raider. There are five types of Hand touch: running hand touch, stooping hand touch, Turning hand touch, hopping hand touch and feint and touch.

Toe touch: Raiders use this method to avoid going near the defenders. From a safe distance, they touch the defender with their feet. For a successful raid, one needs a flexible body to execute the long stretch of legs combined with timing.

Dubki: When a raider manages to get a point by bowing below the arm span of a host of defenders and effectively escaping from their clutches.

Squat thrust: When a raider goes into squatting position and thrusts the leg towards the opponent. This thrust needs high ability to react and good agility.

Kicking: Raiders use a backkick, sidekick and curve to maintain distance, and trying to confuse the defence. This is a good skill to be used when defence players are less in number.

KEY TOURNAMENTS

- Pro Kabaddi
- National Kabaddi Championship
- Federation Cup
- Beach National Kabaddi Championship
- Departmental Ntl Kabaddi Championship

TOP INDIAN PLAYERS

- Manjeet Chillar, Anup Kumar, Kashiling Adake, Rohit Kumar, Pawan Kumar, Maninder Singh, Ajay Thakur, Deepak Niwas Hooda, Rahul Choudhary, Pardeep Narwal, Mamta Poojari, Sakshi Kumari, Abhilasha Mhatre, Kishori Shinde

TOP INTERNATIONAL PLAYERS

- Fazel Attrachali, Abozar Mohajermighani, Jang Kun Lee, Ziaur Rahman, Farhad Rahimi Milaghardan



If a raider fails to chant "kabaddi" repeatedly, he is declared out and the opponent is awarded one point and given the chance to raid. The raider must start his chant before he touches the opponent's side of the court. If he starts the chant late, he can be declared out by the umpire or referee and the opponent will be awarded one point and the chance to raid.