



# THE TIMES OF INDIA

www.toistudent.com



**TODAY'S EDITION**

➤ Condolence etiquette in the time of pandemic  
➤ How some etiquette rules started  
**PAGE 2**



➤ Female protagonists with a dash of grey  
➤ Top 20 Hollywood films on IMDB, 2021  
**PAGE 3**

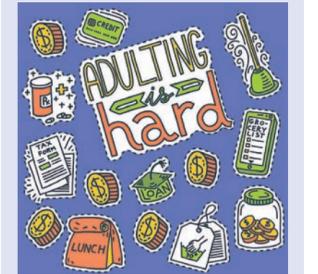


➤ Indian athletes who have qualified for the Tokyo Olympics  
**PAGE 4**



**STUDENT EDITION**  
SATURDAY, MAY 22, 2021

**LATEST BUZZWORDS EXPLAINED**



## ERRAND PARALYSIS

Have you ever faced a bout of lethargy that prevented you from getting up and completing a task? Has your brain ever felt preoccupied with lists and reminders of work but your limbs just wouldn't comply? Well, if you have, then you are experiencing 'Errand Paralysis'. As the name suggests, it is a condition where an individual is unable to perform his/her planned tasks efficiently, or at all, which results in a huge pile of to-do lists and endless reminders. It is a relative of procrastination; but it's more to do with managing the mundane. The term is essentially a new-age millennial coinage to describe the more encompassing "adulting". Errands are an integral part of our lives that need our immediate, and sometimes, undivided attention – and keep us on our toes. With more young adults becoming self-reliant and living independently, managing everyday errands also adds to the workload. Minimal tasks like depositing cheques or even buying groceries end up making you feel overwhelmed and exhausted. And the more tasks pile up, the more you start putting things for later leading to errand paralysis.

## SKINCARE

### ICE, SO NICE! Did you know that you can use ice cubes as skin soothers in summer? Here's how...

**REDUCE PUFFY EYES:** The best way to reduce puffy eyes is the ice cube hack. All you need to do is rub ice cubes on the eye area for about 5-10 minutes. This will help to reduce the swelling under the eyes.

**SOOTHE SUNBURN:** The easiest way to treat sunburn is to rub a few ice cubes on the affected area. This will help ease the pain by providing a cooling sensation and also by absorbing the heat from the skin.

**SHRINK PIMPLES:** The scorching heat leads to uninvited pimples. An ice cube won't fix your pimple but it can surely shrink it. Simply wrap a few ice cubes in a piece of cloth and apply it to the affected area for 10-15 minutes, this will flatten the zit by constricting the blood vessels.

**REDUCE THREADING PAIN:** Getting your eyebrows done and hate the pain? Just rub an ice cube over the brows before going for a threading or tweezing session. This will help to reduce the pain and even the inflammation post plucking.

**ICE MASSAGE:** With all the heat and environmental damage, our skin tends to get dull with time. Give your skin a good ice cube massage. It will help to improve the blood circulation, making your skin look fresh and dewy. TNN

CLICK HERE: PAGE 1 AND 2

## RETHINK

# Brush up your JOURNAL KNOWLEDGE

Want to manage stress, get organised or boost your creativity - try journaling. But what technique is for you?

Nupur.Amarnath@timesgroup.com

Journaling has been used for centuries by some of our greatest minds from Leonardo Da Vinci to Marie Curie to record their thoughts, ideas and work. It has helped people process pain, heartbreak, and everyday conundrums or just as a means to chronicle a time in their life for posterity like Anne Frank. But there's not just one way to journal. Here are ways to write your journal and to pick what is right for you...

go at it unedited and unscripted. Let your thoughts flow continuously. If you don't want a timer, set a goal for the number of pages you'd like to fill up. Even if you run out of ideas, you keep writing till you achieve your goal.  
**How it helps?** Free writing helps you unpack a confusing dilemma, handle mixed and even suppressed emotions.

stand how dreams can impact your day. It helps you with new ideas and can boost memory.

**PICK IT... if you have vivid or recurring dreams**

**THREE TRENDING TECHNIQUES**  
● **One line a day journaling:** Writing a single line a day helps preserve memory  
● **Gratitude journaling:** It's been proven to make you a happier and more productive person and lowers your stress  
● **Worst case scenario journaling:** It helps you come to grips with your fears

**Bullet journaling**  
Also known as BuJo, it is an organisation tool developed by a digital designer Ryder Carroll who used it at university to manage his ADD. It's like lists but a more Instagram-worthy update of the same.

**PICK IT... if you are looking for an update the usual organiser**

**Reading journal**  
A reading journal is a record of all that you have read: from quotes, blogs, article, posts in addition to books. You can write passages from books that resonated with you.

**PICK IT... if you are seeking closure, forgiveness and peace of mind**

**How it helps?** Helps you record your reading and improves your writing skills.

## Free Writing

It means writing without form or structure. You set a timer (start with 10 minutes), start writing and



## HOW JOURNALING BENEFITS YOUR CHILD

- It helps them to deal with big feelings
- It improves writing skills
- It enhances communication skills
- It helps reduce stress
- It can sharpen memory and stimulates cognitive function
- It encourages goal setting
- It uplifts your mood and cultivates mindfulness
- It promotes good habits

## Morning Pages

Morning Pages is a free writing practice made popular by Julie Cameron in her 1992 book 'The Artist's Way'. In her website she writes, "Morning Pages are three pages of longhand, stream of consciousness writing, done first thing in the morning... they are not high art. They are not even 'writing.' It's like free writing but done in the morning."  
**How it helps?** The brain is most active in the morning and this means you're more creative, fresh and in a better mood to record your thoughts.

## Dream journaling

This is not some mystical pursuit but many feel maintaining a dream journal helps understanding emotions. The idea is to start writing what dream you had last night and recording it.  
**How it helps?** It helps you understand

## Art journal

If writing is not your medium of choice but art is, use sketches, collages, or doodles as a medium to journal. The best bit: there's no right way to do it. It's free flowing and you can tackle anything you want.  
**How it helps?** An art journal helps you get in touch with your creativity.

## Unsent letter

Basically a letter written with the express purpose of never being mailed. It's a cathartic experience that helps you manage your current feelings.  
**How it helps?** It can help you manage complex emotions like anger, grief, or helplessness.

## PICK IT... to set your intention for the day

## PICK IT... if you are visualiser better than you write

## PICK IT... if you are looking for a ready reckoner for quotes and ideas

## #GOALS

# Celebs who keep a diary

**JENNIFER ANISTON**  
Hollywood film star Jennifer Aniston uses a journal – and diligently. According to sources close to the actor, she likes to keep a free writing journal to reflect on thoughts, feelings and ideas.

**LADY GAGA**  
Lady Gaga journals to stay in tune with her thoughts. She carries a journal with her on her tours too to record her thoughts, feelings, sketches, pictures and even letters between herself and mum Cynthia.

**EMMA WATSON**  
Actress and activist Emma Watson has been maintaining a diary for years now. She's known to keep a variety of journals from personal diaries to a dream diary, a yoga diary, diaries on people that she has met and advice they

have given her. She also has an acting journal and a collage book. She even keeps a five-minute journal.

**JESSICA SIMPSON**  
Singer Jessica Simpson uses her journal to write down all her songs – it's like a journal with songs for what she's going through. She writes songs about heartbreak, about perseverance. In fact, she used it as an inspiration for her albums too.

**SERENA WILLIAMS**  
Inarguably the greatest tennis player of all times, Serena Williams has been maintaining a

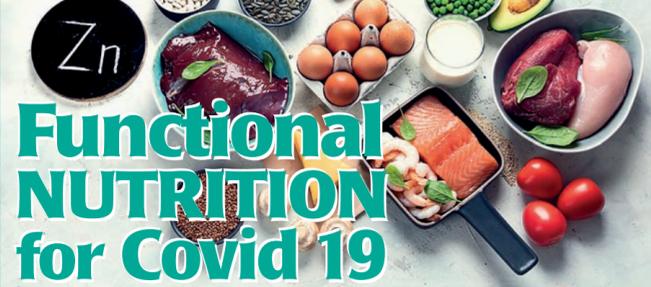
**FAMOUS PEOPLE FROM HISTORY WHO KEPT JOURNALS**  
■ Leonardo da Vinci  
■ Frida Kahlo  
■ Marie Curie  
■ Anne Frank  
■ Mark Twain  
■ Charles Darwin  
■ Lewis Carroll  
■ Thomas Edison

journal for some time and uses it to write down her feeling that helps her to clear out negative thoughts and emotions that makes her feel stuck.

**JOSEPH GORDON-LEVITT**  
Actor Joseph Gordon-Levitt likes to write in a journal especially when he's trying to work through something that's vexing him. He says that journaling helps him to think more clearly and come to new answers or conclusions faster.



## HEALTH



# Functional NUTRITION for Covid 19

EAT THESE TO STAY HEALTHY AND KEEP YOUR IMMUNE SYSTEM IN TOP SHAPE

Supriya.Sharma2@timesgroup.com

**Zinc**  
Zinc deficiency is common. According to research, 16% of all deep respiratory infections worldwide have been found to be due to zinc deficiency. Supplementation with zinc is shown to prevent viral infections and reduce their severity and duration.  
**Food sources:** Poultry, baked beans, chickpeas, and nuts (such as cashews and almonds).

**Elderberry**  
Elderberry (Sambucus nigra) is seen in many medicinal preparations and has widespread historical use as an anti-viral herb. Full of antiviral and anti-inflammatory properties, elderberry syrup is used as a remedy for colds, flu, and bacterial sinus infections. Elderberry is likely to be most effective in the prevention of early infection.  
**Food sources:** Cooked elderberries are used as a flavouring in foods. Do NOT consume them raw.

**Vitamin D**  
Indoor confinement has made most people deficient in this important vitamin, which may negatively affect immune function. In fact, low vit D levels are linked to an increased risk of upper respiratory tract infections.  
**Food sources:** Oily fish – such as salmon, sardines, herring and mackerel, red meat, egg yolks, etc.

**Vitamin A**  
Vitamin A is known as an anti-inflammation vita-

min because of its critical role in enhancing immune function.  
**Food sources:** Yellow, red and green (leafy) vegetables, such as spinach, carrots. Yellow fruits such as mango, papaya and apricots.

**Vitamin C**  
Vitamin C contributes to immune defence by supporting various cellular functions of both innate and adaptive immune system.  
**Food sources:** Citrus fruits, such as oranges and sweet lime, peppers, strawberries, etc.

**Garlic**  
Garlic has powerful anti-inflammatory and antiviral properties. It has been shown to enhance immune health by stimulating white blood cells.

**Curcumin**  
Curcumin is the main active compound in turmeric. Curcumin is used in Ayurvedic and Chinese medicine for its analgesic, anti-inflammatory, and antiseptic activity. Curcumin can help fight inflammation.

**Mushrooms**  
Mushrooms are high in selenium and B vitamins like riboflavin and niacin, which are needed to keep the immune system running optimally.

**Licorice root**  
Licorice root, when used as a gargle, may be used to soothe the pain of a sore throat. Additionally, it can loosen congestion and reduce inflammation.

# SNUGGLE UP

Children who sleep with pets get better 'quality' shut-eye, study suggests

Scientists from Concordia University in Montreal have found out that sleeping with a pet can result in better quality of sleep. The study analysed 188 people aged 11 to 17, and found that those who frequently slept with their pets enjoyed a better quality of rest. The study authors said that could be because many children view their pets as a "close



## PETS

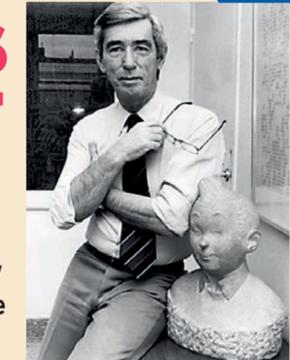
friend", having the animal on hand could calm "nighttime fears".

The study subjects took part in a polysomnography sleep study for one night. They also wore a wrist tracker that recorded their rest-activity cycles, along with keeping a daily sleep diary, for two weeks. The scientists concluded that bed sharing with pets may not adversely affect sleep of children and adolescents. Adults may find their shut eye is more disrupted due to them occupying more space than children.

## GOOD TO KNOW

# 10 facts ABOUT HERGÉ

May 22, 1907 was the day the creator of Tintin - the most popular European comics of the 20th century - Hergé was born. He lives on, thanks to his iconic work. Here are some little-known facts about this master cartoonist



**1** A Belgian by birth, Hergé's original name was Georges Prosper Remi. He created the pen name by reversing his initials G and R, making it RG or Hergé.

**2** Tintin comics have sold more than 240 million copies worldwide and has been translated to over 70 languages. In 1930, first Tintin book 'Tintin

in the Land of Soviets' was published.

**3** In his comic 'Explorers on the Moon', Tintin along with Captain Haddock and Snowy explored the moon in 1954 – this is 15 years before Neil Armstrong first landed on Moon.

**4** While Tintin has explored many countries, Hergé hasn't visited a single country in his lifetime.

**5** Tintin's adventures were transformed into a movie titled 'The Adventures of Tintin: Secret of the Unicorn' in 2011, directed by Steven

Spielberg, who bought the international rights to the character in the early 1980s.

**6** The famous characters of Thomson and Thompson were inspired by Hergé's father and uncle, who were twins. In fact, the character of opera singer Bianca Castafiore is said to be inspired by Hergé's grandmother.

**7** In the original Tintin, written in French, Tintin's dog Snowy is named Milou, a tribute to Hergé's first girlfriend.

**8** Tintin's face is made up of some very simple features, and is nearly expressionless. Because it's neutral, it's the ideal recipient for the emotions felt and projected by readers.

**9** Through his career span, Hergé turned out to be increasingly depressed and felt that he was a slave to his own prosperity.

**10** Hergé himself features in several of the Tintin comics as a background character. If you're inspired, you could go back and try to spot him in the comics and even the series to see for yourself!



Pics: Tintin.com



Online condolence can be done through emails, e-cards, attending prayer meets, Skyping or video calling via FaceTime or Zoom



ward shouldn't be used as a condolence message.

### REACH OUT AND SKIP CLICHÉD 'SCRIPTS'

Typical culturally-prescribed phrases like, "Let me know if you need any help" is civil but lacks genuineness if you just say this line and don't walk the talk by following up after couple of days with another phone call or a detailed chat on WhatsApp or by offering real help. Because the grieving person is unlikely to ask you to do something tangible. So, "Reaching out is what matters — give those who have lost someone — your time, which is our most precious resource," advises Singh. Also, if you come to know about a death in a neighbour's family (where doing something tangible is possible), go ahead and do it: like you could ask when you are going out to buy groceries if they need something too and drop it at their door. This reaching out by you will always be remembered compared to an "RIP" text on the locality/society group.

### SUPPORT YOUR PEERS IN THEIR MOMENT OF GRIEF

Once you are informed about a loss in your peer group (which is unfortunately becoming common in the current wave of Covid-19) — who has lost a grandparent, an older sibling or a helper he/she was close to, lend your support by being kind. "Offer to spend time online through video calls, try to uplift their mood by engaging in online games or even with regular chit-chat. You can also offer a friend who is mourning a loved one's demise help with a school activity or project that he is unable to handle due to his sadness," Singh adds. Convert your words like, "I care for you" into action. Be around after your condolence note — that will make it count!

## "My teenager and I are always fighting, locked in at home"

**Q:** Ever since the lockdown started, being locked in with my teenager has led us to lock horns constantly. She is constantly on the phone with her friends and seems like she doesn't like seeing us around all the time. It is heartbreaking. How do I manage this and set rules of engagement?  
**A:** Hi, First of all, thanks for reaching out. Your heartbreak and frustration are understandable in this un-

known situation we are caught up in. Dealing with growing teens in a generation of technology can be a tough one to tackle especially in a lockdown when life is turned upside down for your daughter and everyone else her age. But being hopeful in these times is also important. The brighter side isn't that far-fetched.

While arguments and fights become frequent what becomes important is to understand your daughter's frustration, which is natural due to the halt on the daily routine. Communication serves as a key here and develops a better bond. You can start by cooking her favourite dish and approach her. Acknowledge her frustration and talk to her about how she is feeling and express that you are there for her to tackle it better.

Teenagers in this generation are in the need of their own space and time. While that remains important, so is the need to maintain a balance. After communicating your best interests try to engage her in activities of her liking and do them together. Take the initiative to be their activity buddy. This time can be used to bond better and effectively. Play board games, charades, include a little cooking or baking, watch movies or shows together.

**Expert:** Dr Rachna Khanna Singh is HOD, holistic medicine & psychology (counseling), Artemis Hospital, Gurgaon and director, The Mind & Wellness Clinic, New Delhi TN

# CONDOLENCE ETIQUETTE in the time of PANDEMIC

Knowing how to offer condolence is important, even if the nuances of this know-how is heartbreaking. Here's what experts have to say...

Pallavi.Shankar@timesgroup.com

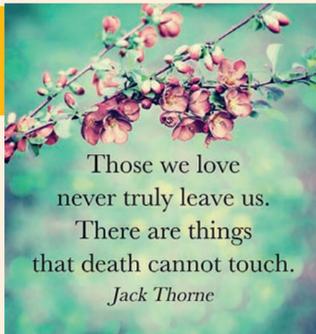
**A**rticulating your sorrow over someone's demise has never been easy. But when people met the grieving family in person at funerals or during post funeral visits, just being present mattered (a lot) — a nod, a caring glance or a tight hug said it all. Words weren't always needed and the silence of such meetings helped people connect and heal together. Since the pandemic struck, things obviously haven't remained the same and we make do with online prayer meetings or phone calls and texts to the person who has lost a loved one. This emotional language of expressing sorrow, empathy and comfort to a friend, family member or an acquaintance is tough for children and teens who feel a lot but struggle to articulate their feelings in words. There are, though, ways to know how to do it the right way.

### IF YOU FEEL TONGUE TIED

Since you can't meet the bereaved family, words become important. "I don't know what to say" is what many young people say in such situations but 'say' you must. "Keep it simple and genuine. Using big and heavy-duty words and sentences is not needed. Make sure it comes from the heart and a text or a line on a phone call that says, 'I am sorry for your loss' or 'His/her passing away has made me very sad' is good enough," suggests mental wellness expert Rachna K Singh.

### NON-VERBAL COMMUNICATION HAS ITS PROS

You can make e-cards at home or hand-made ones with a note on what you feel and send or courier it to the person in mourning. Clinical psychologist and



Those we love never truly leave us. There are things that death cannot touch.  
Jack Thorne

etiquette expert Priya Warrick says, "If you don't know what exactly to say — you could download a verse or quote that resonates with your thoughts and along with your name and a "I am so sorry about this," send it to the person going through the loss. Be careful, but, to personalise what you choose to send — even if it's just with emojis." However, any-

## TRIVIA TIME

# How some etiquette RULES STARTED

### SHAKING HANDS

The history of the handshake dates back to the 5th century BC in Greece. It was a symbol of peace, showing that neither person was carrying a weapon. During the Roman era, the handshake was actually more of an arm grab. It involved grabbing each other's forearms to check that neither man had a knife hidden up his sleeve. While some say it started in Medieval Europe, when knights would shake the hand of others in an attempt to shake loose any hidden weapons.

### KEEPING YOUR ELBOWS OFF THE TABLE

One theory says that since the great houses and castles of England during the middle ages did not have dining tables in the great halls, tables were made from trestles and covered with a cloth. The diners sat along one side only and if they put their elbows on the table and leaned too heavily, the table could collapse. But another theory says that at medieval feasts, space was at a premium for people looking to dine with lords and ladies, and the long tables were always packed leaving no space to put your elbows on it.

### COVERING YOUR MOUTH TO YAWN

Historically, many believed that yawns were the soul escaping the body, the evil spirits entering, and yet another sign of the Plague. So people would cover it. Only around 1653 that yawning was considered a sign of boredom. If you were in company and yawning, it was considered rude to the others pres-

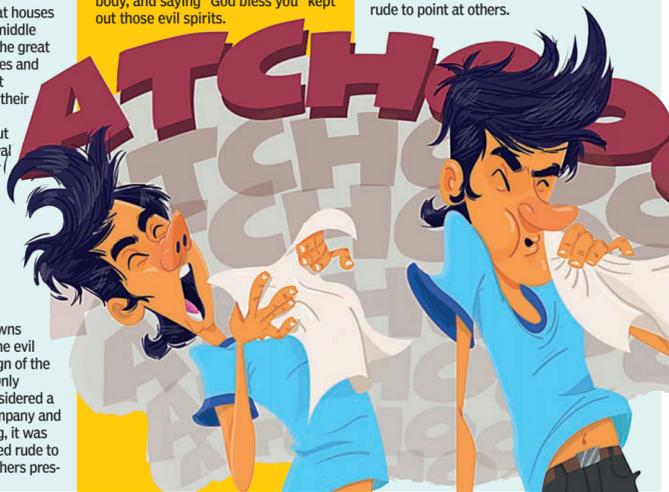
### SAYING "BLESS YOU" AFTER A SNEEZE

No one knows the true origins of why and when people started saying bless you after someone sneezes. But the most popular theory is that this practice dates back to at least 590 CE, when Pope Gregory I commanded that anyone who sneezed immediately be blessed out of fear that it was a sign they had contracted The Plague. Another theory says that in ancient times, people believed that sneezing would allow evil spirits to enter your body, and saying "God bless you" kept out those evil spirits.

ent, hence something that one should stifle or hide.

### NOT POINTING AT SOMEONE

Almost all cultures consider it too rude to point at someone. Many explanations stem from the ancient idea that one could transfer evil spirits to someone by staring at them with negative thoughts — what we also call the "evil eye" or "nazar". By pointing, it is believed, you direct attention and possible "evil eyes" at them. Pointing is considered blame allocation. Interestingly, according to anthropologist Olivier Le Guen, the indigenous Yucatec Mayas in southern Mexico don't consider it rude to point at others.



## Queries relating to Etiquette

Etiquette is the customary code of polite behaviour in society. Social situation and the way we live, even etiquette, is ever changing. For instance, who would have thought that one would need a whole new set of classroom rules in 2019? If you have a question on the new rules of engagement in a post-covid world, a relationship dilemma or just a query regarding writing a thank you note, write in to us [toinie175@gmail.com](mailto:toinie175@gmail.com) with the subject line ETIQUETTE.

## PANDEMIQUETTE

# IT'S OKAY TO DEMAND PERSONAL SPACE

**SITUATION:** You are out grocery shopping, and people are not maintaining proper distance. You keep your distance and stay quiet.

**SOLUTION:** For the first time it's okay to actually shout for personal space. Usually etiquette demands that we put our cover across firmly and clearly. But now more than ever, personal space encroachment is actually a health hazard. What you can do is first, look for someone in charge — a line manager, manager, anybody from the establishment who is around. It's easier to have someone from the authority to help you. The



concern should come out not as a way to punish someone else but to ensure that safety protocols are followed. **IF SOMEONE IS NOT GIVING YOU SPACE TO PASS, SAY:** "Do you mind giving me just a little more space so I can pass safely?" The tone has to be upbeat and not with an attitude. If the person scoffs at you, you can either pass anyway keeping as much distance as possible. Or wait until they move farther away, or go get something else and come back later. Understand that not everyone will be cooperative. You have to pick and choose your battles.

### What else you can say to manage physical distancing?

- Excuse me Sir, the line starts back there, everyone's just distanced.
- (while stepping back) Sorry I'm trying to keep 6 feet away.
- Excuse me, I was next.
- I'll wait and catch the next elevator.
- After you, please. (said genuinely)
- Do you mind giving us just a little bit more space please, (hopefully followed by a: thank you so much)
- A little space please.

— Source: Emilypost.com

# What's your Etiquette IQ?

**1. When you are introducing yourself, which name should you say for people to address you?**

**A.** Your full given name: "Viren Singh Chauhan."

**B.** Both your full given name and the name you like to be called by if it's different from your first name: "Viren Singh Chauhan, but everyone calls me Vir."

**C.** The name you want the other person to call you by and your last name: "Vir Chauhan."

**ANSWER: C**  
**Why?** Introductions happen quickly; and it's often hard to catch the other person's name. Keep it simple to what you want to be called. Unless it's only you and a small group, then go by your full name and then what you'd prefer to be called. In a formal setting always give your last name.

**2. When introducing two people, you should...**  
**A.** Give their names only.

**B.** Give their names and a bit of interesting information about each person.

**ANSWER: B**  
**Why?** If you know one or both of the persons you're intro-

ducing, it's gracious to share a bit of information about them. That way, they have some conversation to carry on when you move away from the scene.

**3. During an in-person conversation, what percentage of your message is delivered through your spoken words?**

**A.** 7%  
**B.** 38%  
**C.** 55%

**ANSWER: A**  
**Why?** Amazing but true. Spoken word makes a very small amount of your conversation. It's the non-verbal cues — your body language and your appearance that is deployed to communicate effectively.

**4. When is the most gracious time to respond (RSVP) to an invitation?**

**A.** Within 24 hours of receiving the invite  
**B.** Within one week of receiving the said invitation  
**C.** Anytime before the "respond by" date listed on the invitation

**ANSWER: A**  
**Why?** It's not a short window as many believe. Receiving an invitation is an honour; even if it's to an event you'd rather not attend. But you need to RSVP promptly as a mark of respect to the sender.

**5. If you're with someone who passes gas and then says, "Excuse me," what's the most gracious way to respond?**

**A.** Say, "That's okay, it happens to all of us."  
**B.** Try to keep the mood light by saying something similar to "Better you than me today!"  
**C.** Don't say anything. You want to draw as little attention to the matter as possible.

**ANSWER: C**  
**Why?** Bathroom and bodily noise etiquette are "socially unmentionable". Now while as kids one can still crack a joke or two, as adults mentioning or drawing any attention to it is social sacrilege. Just move on without a step out of place.  
**Source:** [etiquetteschoolofamerica.com](http://etiquetteschoolofamerica.com)

