



THE TIMES OF INDIA



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STUDENT EDITION

SATURDAY, JULY 3, 2021



HEALTH



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RETHINK

HEARD OF MOTTAINAI?

THE JAPANESE ECO-FRIENDLY PHILOSOPHY

In the spirit of Plastic Free July, we look at the concept of mottainai –

loosely translated into Japanese as “what a waste”. This phrase conveys a sense of regret over waste and encourages people to reduce, reuse and recycle. Here's why its more relevant than ever

Nupur.Amarnath@timesgroup.com

As we grapple with the very real effects of climate change, one can look in to the past for some inspiration. A time when things were hand-crafted, resources were used and reused and nothing was inherently disposable. Our mothers found a way to repurpose even old socks and there were items passed down generations because they lasted for that long thanks to quality craftsmanship. Re-enter the Japanese concept of mottainai that has been around since the Edo period in Japan. Even despite the excesses during this time, many attribute that it was this concept that helped moderate society.

- Mottainai, a simple but powerful phrase, conveys the wasted opportunity of objects that have yet to reach their full potential.
- Want to throw a bag because a seam has ripped? Mottainai!
- Thinking of ridding yourself of last year's shirt? Mottainai!
- Soup bowl has a chip and needs to be thrown away? Mottainai!

DOCTRINE OF APPRECIATION

Despite all the wonderful ancient wisdom, Japan is the second largest per-capita generator of plastic waste in the world. Interestingly, the word was brought into everyday use and made famous by Kenyan environmentalist Wangari Maathai who introduced it as a slogan for environmental protection. The Japanese since 2009 have reconnected with the concept. In an interview to BBC, Tatsuo Nana, chief of the official

In Japan, mottainai is a crucial part of any child's education. In fact, 'Mottainai Grandma' is a famous Japanese children's book series by Mariko Shinju, that teaches kids to not be wasteful. In fact, the Mottainai Grandma book was published in Hindi and introduced to children in schools in New Delhi as a part of the Swachh Bharat Abhiyan

MOTTAINAI campaign shares that the NGO was launched following the visit of Maathai in 2005, with the aim of revitalising the concept. “She knew about mottainai and she was very impressed with the concept, because it expresses much more than a single word.”

Mottainai's potential power lies in its complex meaning, which draws on ancient Buddhist beliefs. The concept teaches us appreciation of all resources. It reminds of the transience of being and the constant change and further development associated with it.

TO PRACTICE MOTTAINAI

What marks the core of this philosophy is a sense of respect for fellow beings and nature. Here are five easy ways to practice it:

1 TREASURE YOUR THINGS: Mottainai treasures clothes and objects as it believes they hold a story. The idea is to treat everything you own well and with a lot of

2 KNOW THE BACK STORY: While modern manufacturing makes it impossible for us to know who made our clothes and created our things, as reason why mottainai encourages you to shop directly from the artisans. Know where everything you own comes from to form a deeper connect with things.

3 'DO I NEED THIS?': Yes, this question is that the core of this philosophy. Even 'Mottainai Grandma' encourages children to ponder over this question before they decide on buying something.

4 PASS THINGS ON: Think of objects and clothes as a legacy you can pass on to the next generation. At an exhibition in Tokyo, a kimono passed down through generations had a quote that read: “There is life dwelling in it; the endless will and wishes of humans are delicately woven into each fiber.”

5 REUSE AND RECYCLE: This is what our grandmothers did. The modern-day disposable culture has made this go the way of the dodo. Japanese believe in possessing less to begin with, so that each object can reach its end of life gracefully. The have perfected repairing arts like kintsugi and sashiko to add beauty to broken and torn objects.

care so that it lasts longer. If you respect what you own, you will make sure they last.

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Mottainai that loosely translates to “why waste” is a philosophy that tells you to love and respect your possessions. It believes that only when you love and respect what you own – be it clothes or everyday objects – is when you will treat it well. And by taking care of it, you will make sure it lasts for a longer time and reaches its proper end of life

FOODS we think are HOT but are NOT

Supriya.Sharma@timesgroup.com

SPICES: Spices need not always mean hot and spicy! Fennel, cumin, coriander seeds, cardamom, turmeric are all cooling spices. Coriander seeds are traditionally soaked overnight in cold/room temperature water and the water is taken the first thing in the morning to treat acidity or excess pitta (heat) in the body.

MANGOES: Mangoes grow and ripen during summer season because the antioxidants and various other micro-nutrients in it help the body to cope with the heat the season brings along. Hence, it cannot be heat producing by itself. Just soak it in water for minimum half an hour before consumption or mix with milk and have. It is for the same reason that raw mango chutney is made with cooling fennel and cumin seeds to counter its heating effects.

LYCHEE AND JACKFRUIT: Fruits and veggies of a particular season helps one to cope with the changes that season brings along. To make sure you stay hydrated in hot summers, include summer fruits like lychee and jackfruit in your diet.

FERMENTED FOODS: There is a common perception that fermented foods such as yoghurts, pickles, breads, fermented cheese are best avoided in summer as sour foods increase heat in the body and can lead to indigestion and heartburn. Experts, however, beg to differ. In the Eastern part of our country (Bengal, Assam

and Orissa) people traditionally cool cooked rice in water and leave it overnight. This fermented rice (called Pakhala bhaat) is then consumed in the morning. It is known to prevent heat strokes and stomach ulcer. Fermented foods restore proper balance of gut microbiota, eases digestion, and boosts immunity.

PEPPERMINT: and different mints are naturally cooling and you can feel and inhale their aromas from a distance. Summer herbs like cilantro, dill, mint have antioxidant and anti-inflammatory properties, they ease digestion and give relief from acidity and headaches that are common during the summer season. Some herbs change their properties in their different forms. Pudina (garden mint) is cooling when used fresh and heating when used in dry powdered form, so it used dried and stored for later use in other seasons.

— Inputs by Arti Gaur, practitioner of Ayurveda, yoga, Wicca, Pranik Healing & Mumun Generalist, Nutritionist & Fitness Consultant

A QUICK CHECKLIST

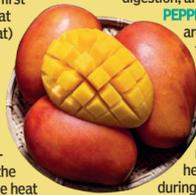
DATES: Fresh dates are cooling, sweet and demulcent (relieves inflammation)

SAFFRON: It is both cooling, pungent and sweet. It is an essential ingredient in thandai, kulfi and Chyawanprash

CHYAWANPRASH: Its base is amla, which is cooling. It also has herbs like sandalwood, agarwood which lend it cooling properties. Combine with cold or warm desi cow's milk to drink it

ONIONS: The quercetin in them has anti-allergenic property and helps to deal with summer rashes

GHEE: On the contrary, ghee is cooling in nature, is anti-inflammatory and prevents heart burn and acidity.



WELLNESS

How to handle MONSOON MOODS

While many romance the rains, there are others who feel gloomy. Here's how to beat Seasonal Affective Disorder

Call your friends over for a hot cup of coffee: The best way to relax and enjoy the season is by calling over friends to your home for a hot cup of tea/coffee. Apart from chatting, you can also play board-games or organise a movie marathon. You automatically start being happy when you have people around you.

Go for a long walk: Clinical psychiatrist Mimrah Ansari says, “There's something energising about the rains. The cool weather instantly lifts your mood and you won't feel gloomy. It will also give you ample amount of time to think about yourself.” You don't have to go out on a brisk walk – a normal or slow-paced walk will work wonders. Make sure you have a pair of rain boots.

Brighten yourself up: The grey weather outside can really take a toll on your mind. To ensure that you stay happy and lively, try wearing something bright during this season. Colours like pink, blue, yellow, green, bright orange etc, instantly lift your mood.

Physical activity is a must: Says relationship counsellor Sauleha Shaikh, “The weather tends to make you lazy, and that, in turn, is a mood spoiler. This is why, you must invest half an hour of your time to exercising. You don't have to visit a gym for this. Simple exercises at home are enough. If you do not wish to do that, try dancing to peppy soundtracks, which will up your mood.”

WHAT ARE 'MONSOON BLUES'?

A Seasonal Affective Disorder caused by the change in weather. There are many people who feel gloomy and lazy when it's raining. The changes can vary from feeling irritable, sleepy, snappy, frustrated, angry, dull, low self-esteem, lack of appetite and oversleeping

Pamper yourself: Indulge in your favourite comfort food or in a self-care routine. Light some scented candles and drink a hot cuppa chai to beat the blues. TNN

Monsoon Special

SELF-CARE

Hello! Monsoon Skin

Skincare for transition from hot-to-humid weather

Pallavi.Shankar@timesgroup.com

Change is not easy on anyone including skin. With weather moving into the humid zone from dry heat (even if monsoon has not arrived in all of India), skin takes its time to adjust to different and fluctuating temperatures and increased humidity in the air. It can be tougher for teens who have transitioned into teenage from tweenage, leading to hormonal changes that sometimes results in acne and excessive oiliness of the skin. But like everything, there are solutions for these issues too.

EAT WELL

Your plate plays a crucial role in how your skin looks and feels. “Monsoon and even pre-monsoon time are tricky for the skin with humid air and the pollutants hanging low. But, some foods like the probiotics (curd, kefir, etc.), green veggies, apples, cucumber, banana, lettuce, watermelon and coloured capsicums helps in keeping the skin cool and free from pimples and blemishes,” explains Delhi-based dermatologist Dr Rinky Kapoor. She adds

that “using spices such as garlic, pepper, ginger, turmeric, coriander and jeera in your daily food, too, is especially good for this season. Also, food with good fats like chia seeds, whole eggs and nuts can combat the moodiness experienced by skin (read sudden zits, itchiness, greasy look) due to the on and off warm and cool weather.”

Include 4 servings of fresh fruits and veggies in your diet every day



BITTER IS BETTER

For those prone to acne and oiliness on face, trust the season's bounty of bitter veggies and fruits work towards healing your skin. Dandelion greens, bitter melon, bael fruit and jamun fight skin infections due to their high antioxidant power and purify blood

CHANGE YOUR ROUTINE

High humidity levels can make the skin look dull if it is already oily (which is how it is with majority of teens and even late tweens). “Excess humidity can lead to frequent acne break-outs. Additionally, the sweat on your skin can catch pollutants and clog the pores making your skin susceptible to open pores and so on,” says Mumbai-based dermatologist Dr Madhulika Mhatre. What's the solution to these skincare challenges? “Change your skincare routine to adapt it to the transition period from heat to humidity,” she suggests. So, here's your firefighting plan to make

- Use an exfoliating agent after consulting a dermatologist
- Cleanse your face at least twice daily with a hydrating non-comedogenic (that doesn't clog pores) cleanser
- Tea-tree toners help clean the pores
- Moisturisers should be gel-based
- If your face is getting too sticky then splash some cool water over it
- Wear sunscreen daily
- Use mud masks to remove impurities, unclog pores, improve skin metabolism and reduce inflammation
- For teens suffering from serious acne that worsens in monsoon, consult a dermatologist at the earliest

your skin behave well – follow the tips in box above and claim your glow.



It's raining WORDS!

Sirimiri (n.) Origin: Spanish
Definition: A light rain; A fine drizzle; Stronger than mist but less than a shower

Rimjhim (n.) Origin: Sanskrit
Definition: The pitter-patter of a drizzle

Petricor (n.) Origin: Greek
Definition: Pronounced PET-ri-kuhr, it means mild and pleasant scent of earth associated with the first rain after a dry spell

Serein (n.) Origin: French
Definition: Pronounced as suh-RAN, it's the fine, light rain that falls from a clear sky in the twilight hours after sunset or in the early hours of the night; Evening serenity

Mizzle (n.) Origin: Old English
Definition: Light rain or drizzle

Chrysalism (n.) Origin: Middle English
Definition: Middle English
Arnoitic tranquility of being indoors during a thunderstorm, listening to waves of rain pattering against the roof

Pivniophile (n.) Origin: Latin
Definition: A lover of rain; someone who finds joy and peace during rainy days

POSTCARDS

Mandu in Monsoon

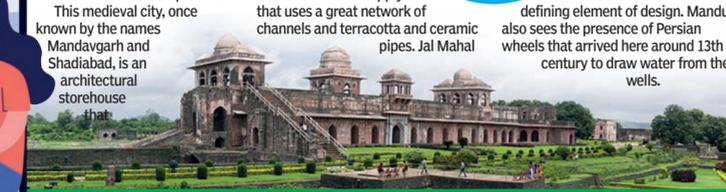
Monsoon and Mandu – the ancient fort city situated in the Malwa plateau in Madhya Pradesh – have a deep connect as the city ruins sees water as an integral part of design and theme. The monsoon winds here tickle and play hide-and-seek with the ravines and abandoned palaces.

This medieval city, once known by the names Mandavgarh and Shadiabad, is an architectural storehouse that

encompasses ancient stone walls, darvazas, tombs, mosques and a caravanserai. The forgotten ruins of Rewa Kund still echo the love tales of Rani Roommati and Sultan Baz Bahadur. It is till date one of the finest network of water supply that uses a great network of channels and terracotta and ceramic pipes. Jal Mahal

and Jahaz Mahal comes to life with monsoon showers filling the adjacent waterbodies and the dusty lanes of history smiling all over again. The magic of water is unique to this place as not many historic cities have been conceived with water as a defining element of design. Mandu also sees the presence of Persian wheels that arrived here around 13th century to draw water from the wells.

Situated between two artificial lakes, Jahaz Mahal is a two-storied architectural marvel is so named as it appears as a ship floating in water. It was built by Sultan Ghiyas-ud-din Khalji



Why Panchkarma is a must in monsoon

Rains bring joy and a sense of relief but this is also the season when our body goes

into Vata imbalance. The changing temperature, biometric pressure and dirty surroundings break down the body leading to routine diseases like cold, cough, flu, Malaria and more. Panchkarma cleanses the body, cools down the body temperature and

brings a sense of purification. Panchakarma is a five-fold therapy; it is highly individualised based on the

needs of the individual depending on the Ayurvedic constitutional type, doshic imbalances, age, digestive strength, immune status, and many other factors. This is a process used to clean the body of toxic materials left by disease, poor nutrition and environmental toxins.

According to Ayurveda, monsoon is considered to be one of the best times to undergo detoxification. During this season, the atmosphere tends to be mild, which makes it the ideal season for Panchakarma therapies. The body's pores open up and it becomes more receptive to healing

These channels define the nervous system, digestive system, gut and overall working of the body. They undergo physiological processes that aid in the removal of toxicity, absorption of nutrients, aids digestion and regulate proper working of the body organs and the systems. Through the various techniques like Swedana (Sweating to detoxify), Abhyanga (Infusion of herbal oils for nourishing and revitalizing), Pizhichil (Oil bath to reduce fatigue and stress), the Panchakarma Therapy works in miraculous ways to harmonise the body, mind, and soul. Accumulation of ama (toxin) is the primary reason for almost every disease and Panchakarma helps us get rid of ama.

— Dr Manoj Kutteri, expert at a wellness centre

Sign up for PLASTIC-FREE July

Since 2011, July has been celebrated as 'Plastic Free July' thanks to a global movement that has sought to inspire and challenge people to find solutions to one of the biggest planet polluters - plastics. Here's all you need to know about this month that started many on their zero-waste journey and created awareness against the not-so-fantastic plastic. And how you too can be part of this initiative

WHAT IS PLASTIC FREE JULY

Plastic-Free July is a global movement that is helping millions of people be part of the solution to plastic pollution - so we can enjoy a world free of plastic waste. It is a campaign to raise awareness of

"We don't need a handful of people doing zero waste perfectly. We need millions of people doing it imperfectly."
— ANNE MARIE BONNEAU, aka The Zero Waste Chef

our growing plastic-waste issue, and is run by the Plastic Free July Foundation, a registered charity. Their mission is to build a global movement that drastically reduces plastic use and improves recycling. Their vision is a world without plastic waste. Over 2 million people from 159 countries are taking part in the annual Plastic Free July challenge by reducing their consumption of single-use plastics in July and beyond.

HOW IT STARTED

Plastic Free July founder, Rebecca Prince-Ruiz visited her local waste sorting facility. Rebecca saw the amount of rubbish that was being sorted and realised the heart of the plastic waste and pollution problem was in the quantity of the rubbish. So she challenged her workmates; "I'm going to go plastic free next month. Who wants to join me?" And so it started.

WHAT DO PEOPLE DO

On Plastic Free July's website, people can take a pledge to participate in

In 2020, amid a global pandemic, Plastic Free July participants avoided a whopping 940 million kilograms of plastic waste. A huge amount of plastic that didn't end up in landfill or in our oceans!

BEYOND SINGLE USE

As you begin to master replacements for single-use items, take things a step further and look at other items you regularly buy that typically come packaged in plastic. For example: toothpaste, dish soap, ketchup, online shopping orders, lotion, and sponges. There's a plastic-free alternative out there for everything.

a variety of ways. You can pledge to observe the challenge for just one day, one week, the entirety of July, or for July and beyond. You can also pledge to reduce your plastic in a few different ways: you can avoid single-use packaging, you can avoid the "big four" (see box), or you can aim to go

completely plastic-free. Additionally, you can pledge to make these changes on a personal level, at your work, at your school, at an upcoming event, in your community, or anywhere else you are involved.

Nitya.Shukla@timesgroup.com and Supriya.Sharma2@timesgroup.com

DOA PLASTIC AUDIT

To understand what changes you need to make, start with surveying your home and the amount of plastic that ends up being used or discarded. While this exercise may seem shocking at first, it will help you take decisive action and be a great motivation to continue doing so. Here's how to conduct a personal plastic audit

"Unless someone like you cares a whole awful lot, nothing is going to get better. It's not."
— DR. SEUSS, writer in 'The Lorax'

- 1 Set the time frame of the audit. While a month is ideal, a two-week frame may be more doable for your first time.
- 2 Collect all plastic waste (recyclable or not). Separate it from other waste. Look out for hidden plastic in paper cups, the top sheet in notebooks, wipes, teabags, toiletries etc. Save it all.
- 3 Once your two weeks are done, sort the plastic waste, categorise it, note it all down and dispose of it properly.
- 4 Make it fun. Take a selfie with all the plastic you collected to inspire others.
- 5 This is now your list of problem areas. Based on this list, identify how you can change this.

"The most environmentally friendly product is the one you didn't buy."
— JOSHUA BECKER, founder of Becoming Minimalist

"If we want to move towards a low-polluting, sustainable society, we need to get consumers to think about their purchases."
— DAVID SUZUKI, environmental activist

TIP: Don't try to change everything in one go. Make sure the changes you are thinking of are easily doable by all members of the family

HERE'S A CHECKLIST

- Reusable produce bags, bringing your own container for takeaway food or using shampoo and soap bars are easy starting points for cutting down personal plastic
- Replace cling wraps with fabric ones. The rotis will be fine in a cloth cover or even a beeswax wrap
- Say no to plastic bags when out; request and insist on biodegradable food packaging when ordering out. This month, be vigilant as much as possible
- Choose groceries in paper or cardboard packaging

TIP: To make a change, choose any of the following steps, but not all. Focus on changing one or two things during Plastic Free July

- Plan ahead and avoid buying pre-packed bread, rolls or baked goods
- Celebrating? Learn how to make plastic-free decorations
- Help people go plastic free by sharing your ideas on social media, or during meet-ups with friends
- Switch to biodegradable bin liners or better yet, learn about composting
- The big step: DIY your house cleaning and personal products. Or shop for eco-friendly products

"You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make"
— JANE GOODALL, primatologist and anthropologist

GET INSPIRED

Follow these accounts and websites to help you with ideas on how to go zero-waste

@rocket_science

Dr Anita Vandyke, MD is a rocket scientist and the author of two books about transitioning to a zero-waste lifestyle in '30 days: A Zero Waste Family' and 'A Zero Waste Life'. On her Instagram page she documents her zero-waste lifestyle habits.



@zerowastechef

Anne-Marie Bonneau can help you sort the plastic in your kitchen, one of the most wasteful rooms in homes. From handling food packaging, food scraps like peels and pits, and spoiled food Bonneau's Instagram account and blog is full of creative tips and recipes for reducing waste while cooking and eating.



people wanting to make small changes. A young fashion graduate,

@zerowasteadda

Mrudula breaks down going zero-waste into bite-sized pieces. Pankti is an Ahmedabad based zero-waste practitioner and a slow-fashion advocate. Her account is a treasure trove of useful tips on how you can make the gradual transition to using plastic minimally.



"The world is changed by your example, not by your opinion."
— PAULO COELHO, writer

@ullisu.official
Run by Mrudula, the website, Instagram page and also a store is a handy guide for

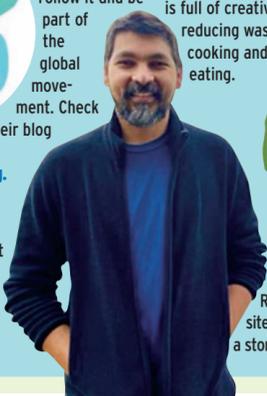


@plasticfreejuly
This is where all the action is at. Follow it and be part of the global movement. Check their blog

on www.plasticfreejuly.org.

@pradeep_sangwan_

An environmentalist trekker who documents his zero-waste adventures at high altitudes.



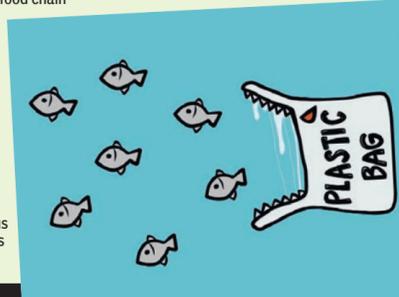
What is so wrong with plastic bags?

Like all plastic, plastic bags too come from the same source: crude oil and like everything else manufactured from this non-renewable resource, its manufacturing emits considerable amounts of pollution, and the product is not biodegradable. In other words, it is difficult to produce, and nearly impossible to get rid of once produced. On land, plastic bags are one of the most common types of litter worldwide. Here's what's wrong:

- 1 Build-ups of plastic bags are notorious for causing blockages of local drainage systems in developing countries. The floods in
- 2 Bangladesh in 1988 and 1998, and frequent flooding in Manila can be attributed to blockages caused by this litter.
- 3 Plastic bags also pose serious health hazards as over time they leach toxic chemicals into water supplies. Plastic bags are difficult and costly to recycle and most end up on landfill sites where they take around 300 years to photodegrade. They break down into tiny toxic particles that contaminate the soil and waterways and enter the food chain when animals accidentally ingest them.
- 4 Plastic bags are now amongst the top 12 items of debris most often found along coastlines ranging from Spitzbergen in the north to the Falklands in the south. Animals and sea creatures are hurt and killed every day by these discarded plastic bags.
- 5 Add to that the enormous amounts of energy that's used every year in order

to manufacture these bags. The total amount of energy required to drive a car for one kilometer or 0.5 miles is the equivalent energy required to produce nine plastic bags.

6 The plastic bags are filled with toxic, harmful chemicals that include estrogen-like substances. Plastic has hormone-mimicking qualities, and the plastic products released chemicals that mimicked estrogen.



SHARE WITH US

Are you taking the Plastic Free July Pledge? Are you planning to reduce your plastic consumption? Have you identified an area of your life where you can cut down on plastic? Share your inspiring stories, findings or even failed attempts with us at timesnie175@gmail.com. Come, be the inspiration.