



THE TIMES OF INDIA

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Your Weekender

TODAY'S EDITION

► Listen well to learn a language. **PLUS:** Common grammar mistakes

PAGE 2



► Books and movies on the sweet art of doing nothing. **PLUS:** Podcasts for curious minds

PAGE 3



► The Indian contingent at Olympics has surely won our hearts

PAGE 4



STUDENT EDITION

SATURDAY, AUGUST 7, 2021



LATEST BUZZWORDS EXPLAINED

GERIATRIC MILLENNIAL

The first time you hear the term "geriatric millennial" it sounds like an oxymoron. Sarcastic, even. But as you think more deeply about it, you realise how perfectly it describes so many of those around us. A geriatric millennial is someone born between the years 1980 and 1985. Geriatric millennials are a special micro-generation born in the early 1980s that are comfortable with both analogue and digital forms of communication. They were the first generation to grow up with technology like a PC in their homes.

The geriatric millennial term was popularised in a viral piece titled "Why the Hybrid Workforce of the Future Depends on the 'Geriatric Millennial.'" Written by Erica Dhawan, an author and "thought leader" who writes about modern workplaces, the piece says geriatric millennials "survived DailyBooth, Friendster and MySpace friendship rankings" yet feel "competent at the thought of creating a TikTok or a Clubhouse panel discussion."

Pics: Istock



CLICK HERE: PAGE 1 AND 2

SEASONAL FOOD

Chug Some BROTH

MONSOON ILLNESS CALLS FOR SOME COMFORTING HOMEMADE BONE BROTH

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Like most other things, bone broth is a time-honoured food that has bounced back from ancient kitchens to join the long list of contemporary superfoods. Our grandma's magical brew is a cure for modern maladies. Americans are ordering cups of bone broth on the go instead of their daily lattes and have also created a band of "brothers" – ardent devotees of bone broth.

Bone broth makes a killer post-run recovery drink. The nutrients are easily absorbed and the liquid is hydrating



SUPER BREW

Bone broth scores on three big health fronts – whole food, clean food and slow food. An ancient cure for common cold and influenza, it is way more powerful than anything else known to most. Broth helps heal and seal your gut, and promotes healthy digestion; reduces joint pain and inflammation and promotes healthy hair and nail growth, thanks to the gelatin in it. Celebrities, including Gwyneth Paltrow, and Salma Hayek, tout it as a cure-all to help you attain radiant skin, weight loss and shiny hair.

HOW IS IT DONE?

Be it the French bouillon, the Italian brodo or Indi-

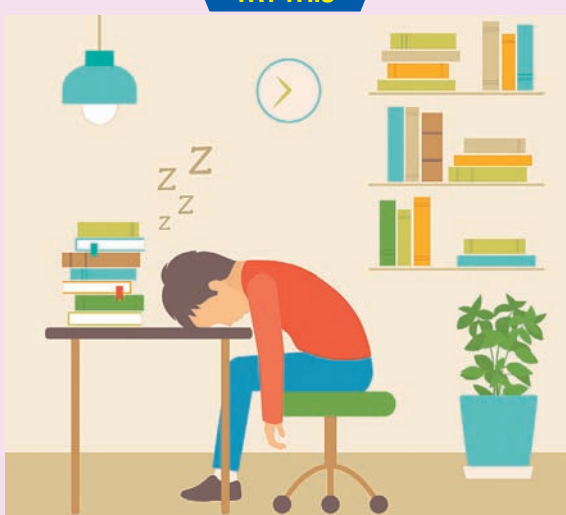
an Paya (trotters) soup, a warming broth has always been a medicinal soul food for societies around the world. It is essentially a warming, nourishing beverage made from meaty bones, veggies and herbs left to smoulder for hours (in some cases up to 72 hours) and then strained. Just remember: Hot broth can be a breeding ground for bad bacteria so it is advisable to cool it as quickly and efficiently as possible before diving into the bowl.

WHY SO HOT?

People around the world still consume broth regularly as a cost-effective and highly nutrient dense food. Besides its amazing taste and culinary uses, broth is an excellent source of minerals and is known to boost the immune system. The long cooking process of broth breaks the bones down, releases nutrients and minerals, and makes nutrient-rich collagen, gelatin, and glucosamine easier to digest.



TRY THIS



Eight ways to ace your study time

1. ELIMINATE DISTRACTIONS

Close all those social media tabs, put your phone on airplane mode, isolate yourself and study in a clean, uncluttered space.

2. KNOW YOUR STRENGTHS

Each student has their own learning style. Some prefer mind maps, others memorise by writing. Use trial and error methods to find out which technique works best for you.

3. SET DEADLINES

Working without specific time limits can be highly unproductive. Define deadlines help you track your progress and even puts pressure on you to do better. Make sure you set yourself realistic deadlines.

4. WORK WHEN YOU ARE ALERT

Listen to your body clock and notice when you yawn less. You will work your best when you are most alert. Don't drink cof-

fee to stay up, but work out your time-table for your most "awake" hours.

5. DON'T STRESS TOO MUCH

Every time you feel anxious and de-motivated, try to be realistic and consider several scenarios of what will happen if you succeed/fail in this particular task.

6. EAT HEALTHY & EXERCISE

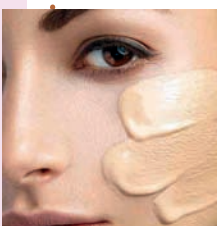
Avoiding sugary drinks and junk food can significantly boost your performance as your blood sugar levels won't jump like crazy.

7. ASK FOR HELP

Ask people who have already done that assignment to share their tips or send you their notes. them in mind.

8. MOTIVATION IS THE KEY

You have to find motivation within. List 3 positive consequences of achieving your goal and stick to it.



RETHINK



Bill Gates and Warren Buffet, two of the most successful people of our times sit and let their minds wander

It is alright to have PANDEMIC BOREDOM

Rather than finding endless ways to deal with the listlessness attached to our present situation, it might be best to lean in to it

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You can't tell a bored man to go find something fun to do. He would if he could. He is on a quest for self-fulfilment. Something we are all seeking right now. Experts call it pandemic fatigue or pandemic boredom. "We still don't have an answer as to when will we get back to normal or will there ever be a normal or what the new normal is going to be like. So even if we have chores and social support, it is not enough to tide away this time," says Dr Sonal Anand, psychiatrist, Wockhardt Hospital.

MODERN AGE SYNDROME

We are swaying between being bored and even more bored. The question is if boredom is really such a bad state to be in? The mod-

ern world has been chasing away boredom like the plague. Despite filling up our lives with innumerable devices for entertainment we are still 'bored' quite often. We are bored at home, at school, chronically bored at work, bored by paperwork, by the commute and by dull meetings. There is definitely an issue here. "When our brain is

stimulated by easy diversions it releases a reward neurochemical called dopamine and, in some ways, we have become addicted to the surge of this chemical rather than enjoying simpler everyday pleasures," says mental health expert Dr Shyam Bhat. So, it is the need for overstimulation that causes boredom. We dislike being alone with our thoughts and always in search of a new distraction. Something philosopher Bertrand Russell wrote about boredom in his book *The Conquest of Happiness* way back in 1930, "All these devices give us illusions of meaningful engagements. This mindless pre-occupation gives a shallow control."

STOP FIGHTING IT

Embrace boredom and it won't feel so painful. Make it your new excitement. Let it give you an opportunity to add something new to your daily grind. "A good way to deal with this listlessness would be to follow a routine and make sure we plan something new at least once a week. Maintain a diary with the key notion of reinventing yourself. It could be something that was left unfinished, forgotten or even something brand new," says by Dr Anand. You could also draft a procrastination list and finish pending tasks. A 2019 study shows boredom as an experience that can fuel productivity and creativity in people.

"Boredom is an important state of mind. The ability to cope with it is important so that we can deal with the

real feelings that are emerging from within us and also to allow ourselves to have creative thought. This pandemic is therefore a good time for us to cultivate the ability to be with ourselves a bit more, to learn how to enjoy our solitude," suggests Dr Bhat.

Go to pg. 3 for books and movies on the 'sweet art of doing nothing'

NATIONAL HANDLOOM DAY

The Yarn That Binds Us

In the world of handlooms, there are Madras checks from Tamil Nadu, ikats from Andhra and Odisha, tie and dye from Gujarat and Rajasthan, brocades from

Banaras, jacquards from Uttar Pradesh, Dacca from West Bengal, and phulkari from Punjab. In fact, India accounts for 95 per cent of the world's handwoven fabric. Yet it is not enough to sustain

the sector. Hence, we celebrate the National Handloom Day on August 7 every year to focus on this important part of Indian culture.



A QUICK HISTORY

The Union Government declared 7th of August as the National Handloom Day in July 2015 with the objective of generating awareness about the importance of the handloom industry. August 7 holds a special significance. It was in 1905 on this day that the Swadeshi Movement acquired momentum. With the Bengal Partition, a formal proclamation came about at the Calcutta Town Hall that boycotted all foreign-made



goods. The idea was to concentrate and encourage local products. The government introduced the National Handloom Day to stimulate and acknowledge weavers and local artisans. This year marks the 7th edition of this important event. Here are 10 interesting facts about the Indian handloom:

1 Handloom fabrics are woven by a person, not a machine. Some are woven from hand-spun (khadi) yarn, which is the softest cotton around.

2 There are basically three different kinds of looms that weavers use manually. They are the pit looms, stand loom and frame loom.



8 One of the oldest weaving arts, the Kalamkari fabrics flourished the most during the Mughal era. Today the fabric is well known for its block and hand painted designs.

9 Though the Ikat art is woven across the country, it is most concentrated in Odisha. It is usually the members of the Bhulia and Meher community who for generations have mastered this weaving art.

10 Bhagalpur is known for producing one of the finest silk of the country. The fabric is made from the tussar cocoons and is most famous in the form of Bhagalpuri sarees.

SELF-CARE

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All of us have been through it – taking care of our skin to look our best before a big event. But like a gossip-monger who gives away a secret in public, your skin can also act up and throw unpleasant surprises like a big zit on the nose or a cut mark after accidentally bumping into your furniture. For such situations, here are handy tips from experts.

A SUDDEN CUT MARK ON YOUR FACE BEFORE THE MUCH-AWAITED FAREWELL!

You were so excited about the thought of meeting your friends at the school farewell party (not online – in person in pandemic time!) that you bumped into your wardrobe door while thinking about it, and ended up with a prominent cut on your nose. Now, the mark, even after treating it with quick medication, will take a long time to go.



FIX SUDDEN SKIN CRISES WITH FINESSE

A quick guide to handle unexpected beauty bloopers

WHAT TO DO: Don't lose heart and borrow some makeup from your mom or elder sister/cousins to conceal the mark. Here's help from a makeup expert: "On the big day, after moistur-

ising your face and neck well, wear some BB cream. Avoid foundation as blending it flawlessly is not an easy task for someone new to makeup. However, you do need a good conceal-

er to dab on the cut mark and after doing so, press it lightly with some translucent powder that matches your skin tone. You can apply the concealer on other imperfections of your skin too like dark circles or old acne marks for a flawless look. Make sure you finish your makeup with a bright lipstick like red, deep pink, burgundy – avoid pale

A ZIT POPS ON YOUR FACE BEFORE YOUR SISTER'S ENGAGEMENT PARTY

This is the biggest and the most common beauty crisis all of us have faced at some point of time or the other. So, it deserves special attention to know maverick ways for zapping the zit. **WHAT TO DO:** If the pimple is painful and shows a 'pus point', apply a clay based mask on the affected area and leave it on for 2-3 hours; it will help shrink the pimple. Alternatively, you can apply OTC creams containing



Salicylic acid or Clindamycin phosphate. ■ Dilute 3 drops of tea-tree oil in 2 tbsp of water. Soak a cotton swab in it and apply on the inflamed red dot. The antibacterial and anti-inflammatory properties of tea tree oil reduce swelling and redness.

■ Make an aspirin mask by grounding a single tablet of aspirin and mixing it in water to form a paste. Apply on acne and rinse off after 5 minutes (don't leave it on skin for a longer period as it's a medicine and not a cosmetic product); its anti-inflammatory potency helps shrink the acne pretty fast.

— By dermatologist Dr Jamuna Pal

To speak well, FIRST YOU MUST LISTEN WELL



What do you think is the most common form of communication – speaking, listening, reading or writing? You might think it is speaking, but it isn't – it's listening. Studies have shown that listening makes up about 45% of the time people spend communicating, followed by speaking (about 30 per cent), reading (about 15 per cent) and writing (about 10 per cent). That's right: listening is the skill you will use the most in English, or any other language you learn.

Language learners generally learn four skills in the following order: **1. Listening:** When people are learning a new language they first hear it spoken. **2. Speaking:** Eventually, they try to repeat what they hear. **3. Reading:** Later, they see the spoken language depicted symbolically in print. **4. Writing:** Finally, they reproduce these symbols on paper.

THE VERY BEGINNING

The first language skill that humans develop is listening. Scientists and doctors now can prove that babies inside their mothers' wombs respond to sounds such as soothing classical music, singing or humming by the mother, or loud noises. As a biological reality, listening occurs naturally by the baby even before birth. Once born, the baby responds to all kinds of sounds, and can sense the tone of voice by adults around him / her, such as calming, loud, or angry voices.

Listening is key to all effective communication. Without the ability to listen effectively, messages are easily misunderstood. As a result, communication

TYPES OF LISTENING

■ **Active Listening** – It is a type of listening wherein the listener is attentive towards what the speaker is saying. It helps in understanding the emotions, which the words are expressing. This helps in communicating your thoughts towards that person in a better way.

■ **Appreciative Listening** – It is a type of listening where one accepts and appreciates the other person through what they say. It seeks to praise. Alternatively, listening to something for pleasure, such as music is also a type of Appreciative Listening.

■ **Critical Listening** – Critical listening is listening performed to evaluate, judge, form opinion about what is being said. The judgment includes assessing

strengths and weaknesses, agreement and approval.

■ **Discriminative Listening** – It is a type of listening where the listener discriminates between different sound and sights. Here the listener is trying to hear something specific.

■ **Deep Listening** – Deep listening occurs when you're committed to understanding the speaker's perspective. It involves paying attention to both verbal and nonverbal cues, such as the words being used, the speaker's body language, and their tone.

This type of listening helps build trust and rapport.



breaks down and the sender of the message can easily become frustrated or irritated. Many successful leaders and entrepreneurs credit their success to effective listening skills. If you develop good listening comprehension, the other skills will come, the speaking will come, even your grammar, your accuracy. All of these things will come if you have had so much exposure to the language that you understand it when it is spoken by a native speaker.

NOT THE SAME AS HEARING

Hearing refers to the sounds that enter your ears. It is a physical process that, provided you do not have any hearing problems, happens automatically. Listening, however, requires more than that: it requires focus and concentrated effort, both mental and sometimes physical as well.

Listening is not a passive process. In fact, the listener can, and should, be at least as engaged in the process as the speaker. The phrase 'active listening' is used to describe this process of being fully involved.



SOME COOL NEW IDIOMS

New idioms come along all the time, says Arnold Zwicky, adjunct professor of linguistics at Stanford University. There are several sources for idioms, but the big contributor is figurative language, especially metaphors. Here are some hot new favourites:

SLIDE INTO DMS

If you're sliding into someone's DMs, you probably haven't talked to them before. More often than not, this phrase is used when someone's asking if they can talk to you privately, or when that person invites you to talk to them in DMs (direct messages).

LEFT ON READ

Admit it. You've done this. You've seen someone's text, but you didn't reply to it. Maybe you forgot, but more likely, you saw the message and didn't feel like answering.

LET'S HUG IT OUT

The phrase let's hug it out means "let's end our argument." It was popularised by Ari on HBO's series 'Entourage'.

ALL THE WAY UP

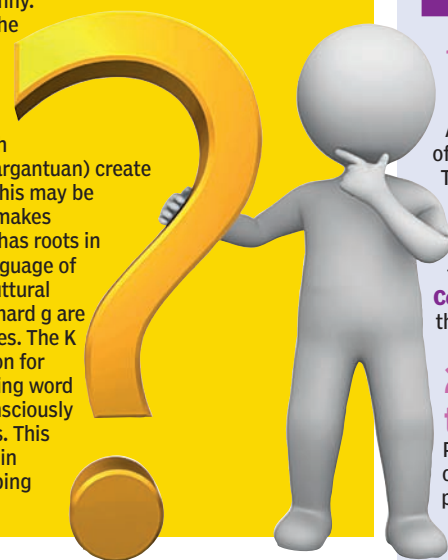
"The term 'all the way up' means to be high and excited; at the pinnacle of your emotional spectrum. It comes from the 2016 song 'All the Way Up' by rappers Fat Joe and Remy Ma.



DID YOU KNOW?

THE K RULE

Certain words have been suggested to be inherently funny. Words with the k sound (Cadillac, quintuplet) are perceived as the funniest, and words with a hard g (guacamole, gargantuan) create almost as many grins. This may be because much of what makes Americans laugh today has roots in Yiddish humour, the language of which includes many guttural sounds – and the k and hard g are as close as English comes. The K Rule is a good convention for naming things that will subconsciously or subtly amuse readers. This tool is especially handy in crafting attention-grabbing titles or subheads.



Queries relating to language skills

Do you find grammar confusing? Do you get stuck with words when writing a letter, an essay or a blog? Do you have a fear of public speaking? Or do you simply

want to improve your communication skills? Times NIE is here to help you to master the intricacies of the English language. Just shoot us your queries on toinie175@gmail.com



COMMON GRAMMAR MISTAKES

1. Overuse of adverbs

Adverbs – those words that often end in -ly – modify verbs. They're okay once in a while, but in excess they're an indicator of weak verb choices. Eg:

Incorrect: The boy ran really fast to catch the runaway ball.
Correct: The boy sprinted to catch the runaway ball.

2. Too many prepositional phrases

Prepositions are those words that often come before nouns and pronouns to show direction, location, or time. Excessive prepositional phrases render your writing wordy. Whenever possible, simplify. Eg:

Incorrect: The caravan came over

the top of the hill.
Correct: The caravan crested the hill.

3. Misuse of lie/lay

If you plan to place or put an object somewhere, such as a plate on a table, you should use "lay." If you intend to stretch out on a bed for a nap, you should use "lie." Eg:

Incorrect: He was laying on the couch.
Correct: He was lying on the couch.

4. Run-on sentences

Run-on sentences, also known as fused sentences, occur when two complete sentences are squashed together without using a coordinating conjunction or proper punctuation. Run-on sentences can be short or long. Eg:

Incorrect: Lila enjoyed the bouquet of tulips John gave her on prom

night however she prefers roses.

Correct: Lila enjoyed the bouquet of tulips John gave her on prom night; however, she prefers roses.

5. Tautologies

Tautologies express the same thing twice with different words. In our example, the word "made" implies that Jack used his own two hands to create the pail. The prepositional phrase "with his own hands" creates a redundancy.

Incorrect: Jack made a water pail with his own hands for Jill.

Correct: Jack made a water pail for Jill.

— Grammarly.com



When in Rome, speak as the Romans speak

While you'll find plenty of English speakers in any of Italy's major cities, most Italians will appreciate you trying their language; you may even be surprised how many new friends it makes you as you mingle at aperitivo or linger in a bustling piazza. When you talk to people in their language they appreciate it and experiences open up to you that would not have been possible if you had been speaking English. Here are few words and phrases you must know before visiting Italy:

1. Hello: *Ciao* (informal); *Salve* (formal)
2. Goodbye: *Ciao* (informal); *Arrivederci* (formal)
3. Good morning: *Buongiorno*
4. Good evening: *Buonasera*
5. Please: *Per favore*
6. How much: *Quanto?*
7. How are you: *Come sta?*
8. How's it going: *Come va?*
9. Excuse me: *Mi scusi*
10. I'm sorry: *Mi dispiace*