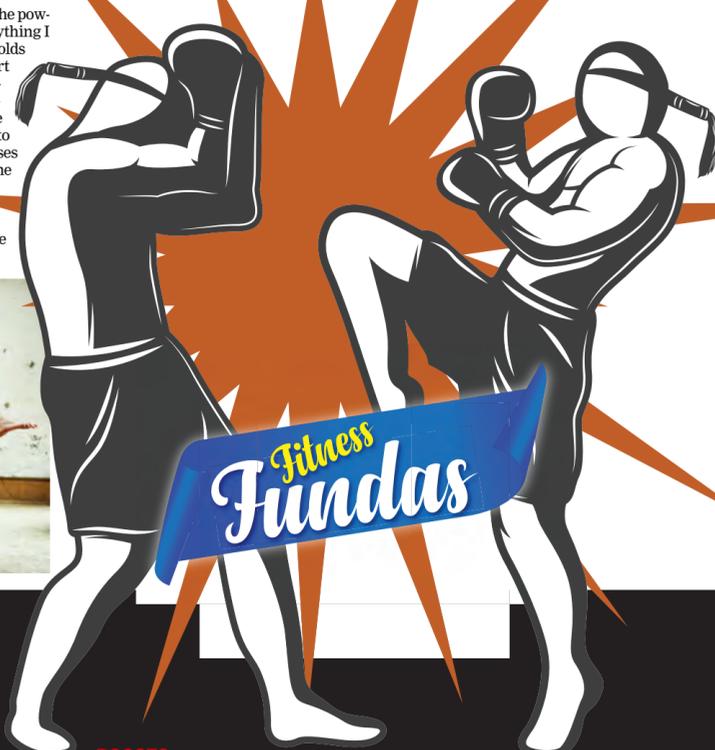


5 reasons why learning MUAY THAI is good

Martial arts is not just limited to self-defence. It comes with a lot of benefits for your body and mind and who better than India's fittest actor Akshay Kumar to tell you this. The actor and father of two is proficient in martial arts and has been learning this sport from an early age. He has always spoken about the importance of the same in old interviews. He famously said: "My passion for martial arts goes back to my early teens when I went to Bangkok to master them. Even today, I practice for two hours. It disciplines me. Martial arts is not just about

violence and fighting, but about the power to change your life. I owe everything I am to martial arts." Kumar also holds a black belt in another martial art combat form, Muay Thai. The traditional sport is now gaining popularity all over the world and is the preferred way for a lot of people to stay in shape. The combat sport uses the power of the limbs to deliver the best results. So, it is also called the 'Art of Eight Limbs', which utilises all major parts of the body, giving you more flexibility and fluidity.



MORE ABOUT IT...

Muay Thai is a popular martial art form preferred by many because of its simplicity. Children, men, and women of any age can start learning the craft. It combines the benefits of running, jumping rope, kickboxing and shadowboxing to give you a more intense, fulfilling workout. It works towards making you healthier, stronger, sharper and sounder in one go. Here are more specific benefits of Muay Thai.

PROMOTES WEIGHT LOSS

A martial art form like Muay Thai lays stress on the core muscles around the abdomen, chest and thigh area, all those places where it is easy for the fat to deposit. It also burns a lot of calories in less time, so it is one of the best ways to burn fat and maintain your weight.

IMPROVED CARDIOVASCULAR HEALTH

Regular practice of Muay Thai also keeps you from developing cardiovascular complications and keeps the heart healthy. If this is started in teens, the benefits will be seen even in old age.

BOOSTS SELF-CONFIDENCE

The intense training with Muay Thai makes you look for challenges, find opportunities, stay on top and also stay one step ahead of the opponent by teaching some core self-defence moves involving the knees and elbows.

MAKES YOUR MIND SHARPER

Muay Thai is a gruelling sport. However, regular practice does a lot more for you than conditioning your body. It aligns the body and the mind and makes you better equipped to deal with stress. It also forces you to give your 100% in a given situation, making you better equipped to handle extreme situations. TNN

STAY HEALTHY

CASE FOR CRUCIFEROUS VEGETABLES



Cruciferous veggies belong to a special vegetable group that includes broccoli, cauliflower, cabbage, kale, bok choy, arugula, brussels sprouts, collards, watercress and radishes. The reason behind the name is that 'cruciferous' is an informal categorisation for members of the mustard family and comes from the Latin word 'Cruciferae', which means 'cross-bearing', as the four petals look like a cross. These veggies are very beneficial for health, so include them in your regular diet and reap the benefits.

DISHES WITH CRUCIFEROUS VEGGIES



CAULIFLOWER: You can roast it, make a puree of it and also steam it. Cauliflower puree is the healthiest alternative for cream sauce and you can add it to your soups to give them a rich texture.



RADISH: Radishes are perfect as a salad. You can also add it to your soups, barbecue it or stir-fry in it with some butter. You can also make radish pickle by soaking thin slices of radish in 2-3 cups of vinegar.



BROCCOLI: Just cut broccoli into small pieces, stir fry in 2 tablespoons of butter, sprinkle salt, pepper as per your taste and enjoy the crunchy snack. You can also make broccoli soup or broccoli sabzi by mixing some other veggies with it.



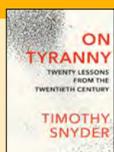
CABBAGE: You can eat cabbage raw, cooked, half-boiled or as many other ways you want. Cabbage leaf can be used as a food wrapper; diced cabbage can be added to salads and you can even make a sabzi by mixing it with potatoes and peas. TNN

HEALTH BENEFITS

- Cruciferous vegetables are rich in vitamins and minerals such as folate, vitamin K and calcium.
- Dark green cruciferous veggies like broccoli and kale also are good sources of vitamins A and C. These vitamins help in lowering inflammation and reduce the risk of cancer.
- These veggies are rich in fibre and low in calories, which means they will give you full for long without taking a toll on your tummy.

BOOKS

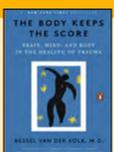
Have you read this bestseller?



ON TYRANNY

by Timothy Snyder

Twenty lessons from the 20th century about the course of tyranny.



THE BODY KEEPS THE...

by Bessel van der Kolk

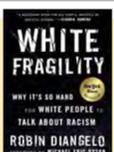
How trauma affects the body and mind, and innovative treatments for recovery.



THE TRUTHS WE HOLD

by Kamala Harris

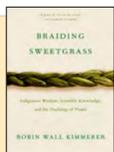
A memoir by the daughter of immigrants who is currently serving as the 49th vice president.



WHITE FRAGILITY

by Robin DiAngelo

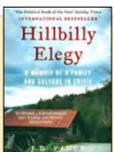
Historical and cultural analyses on what causes defensive moves by white people...



BRAIDING SWEETGRASS

by Robin Wall Kimmerer

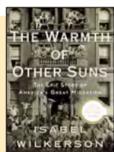
A botanist and member of the Citizen Potawatomi Nation espouses having an understanding.



HILLBILLY ELEGY

by J.D. Vance

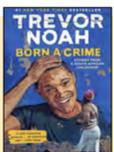
A Yale Law School graduate looks at the struggles of the white working class...



THE WARMTH OF OTHER...

by Isabel Wilkerson

An account of the Great Migration of 1915-70, in which African Americans abandoned the South.



BORN A CRIME

by Trevor Noah

A memoir about growing up biracial in apartheid South Africa by the host of 'The Daily Show.'

SOME SHUT EYE

Try Brahmi Almond Milk to sleep soundly!

Are you struggling to sleep peacefully at night? Worry not as there is an ayurvedic concoction that helps in relaxing nerves and inducing sleep. The combination of almond milk and brahmi is a great sleep supporter. Check the recipe that uses these two wonder ingredients to improve your sleep cycle naturally.

INGREDIENTS

- 5 sprigs of brahmi
- 4 almonds
- 1 teaspoon sugar/honey
- 180 ml almond milk

METHOD

Wash Brahmi leaves and soak almonds for a few hours. Add



The amalgamation of Brahmi and almond milk helps in healing the nervous system and relaxing the nerves, which helps in improving sleep

these ingredients in the blender with sugar/honey and blend until frothy. Have this 30 minutes before bed

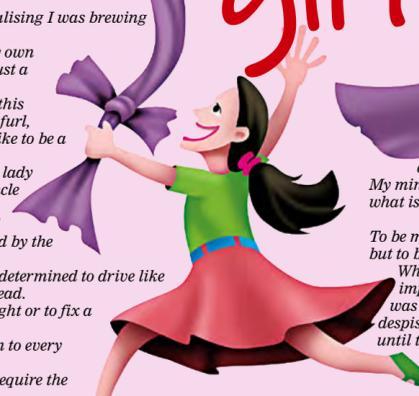
time and enjoy restful sleep. Good Night. This is a great alternative to prescribed sleep medication and has no side effects. TNN

Don't cry like a girl.
Don't chatter like a girl.
Will you sit like a girl.
Oh, please dress like a girl.
All these weasel words made my mind whirl,
what is it like to be a girl?

"I am different than others",
I went through that phase,
because to be like 'one' seemed more like insult than praise.
Fragile, timid, dramatic and delicate,
were all that I associated being a girl with,
without realising I was brewing hate,
against my own being for just a myth.
When will this mystery unfurl,
what is it like to be a girl?

"Must be a lady driver", uncle said,
as the road was blocked by the car ahead.
I was then determined to drive like a man instead.
To win a fight or to fix a light,
the solution to every plight,
seemed to require the

What is it like to be a girl?



arrival of my knight.
My mind was in a constant burl,
what is it like to be a girl?

To be manly is honourable,
but to be girly is not admirable.
What femininity allegedly implied,
was everything I ever despised,
until this year opened my eyes.
Leaving the clichés behind,
I started to look

around.
Every woman had power and courage abound.
Not a sight of a damsel in distress,
in no need of a king, each was an empress.
From beneath the fallacy, the truth started to unfurl,
what is it like to be a girl.

To be emotionally vulnerable,
to share feelings that are intense
is not being dramatic but it's actual strength.
Bold, confident, ability to reach the zenith,
is all that I now associate being a girl with.
My respect towards being womanly has had a hike,
as being tough yet kind, is all ladylike.
Late but the journey has begun,
to love being like any other 'one'.
Rare, unique and bright like a pearl,
I finally understand what is it like to be a girl.

BHAVYA RAWAT, Class XII A,
The Pace Junior Science College,
Andheri, Mumbai

QUIZ TIME (MIXED BAG)

Q.1) Upamanyu Dutta is associated with which of the following sports?

- A. Carrom B. Judo C. Sailing
D. Wrestling

Q.2) Which Asian country hosted the Special Olympics World Summer Games 2019?

- A. UAE B. India C. Indonesia
D. Vietnam

Q.3) The United Kingdom has issued a new 'black hole' coin in honour of which of the following renowned personalities?

- A. Isaac Newton B. Charles Darwin
C. Stephen Hawking
D. Time Berners-Lee

Q.4) Which Indian sportsperson has been selected as a Barbie role model?

- A. Saina Nehwal B. Dipa Karmakar
C. Mithai Raj D. Mary Kom

ANSWERS

1. C) Sailing 2. A) UAE
3. C) Stephen Hawking
4. B) Dipa Karmakar