



THE TIMES OF INDIA

www.toistudent.com



TODAY'S EDITION

► The history of Father's Day and how it's celebrated around the world
PLUS: What my dad told me
PAGE 2



► Celebrate National Reading Day
PLUS: Father's Day books & movies
PAGE 3



► Players who have followed in the footsteps of their fathers
PAGE 4



STUDENT EDITION

SATURDAY, JUNE 18, 2022



CLICK HERE: PAGE 1 AND 2

FATHER'S DAY

Pics: Istock

The SCIENCE of DADHOOD

We celebrate Father's Day with interesting research and studies on fathers and fatherhood

Father's Day acknowledges and celebrates the contribution of fathers to their own families and society at large. On this day, children get a chance to appreciate their fathers and father figures - all the people who have played a vital role in their lives



It's a well-known fact that parenting styles impact a kid's wellbeing and future happiness. But when it comes to parenting studies, mothers trump fathers. Of late, however, fatherhood has come up as an emerging field for research and study. Here's what we know about dads through science.

DADS ARE GETTING OLDER

Duh! And not just because for a child, a dad is always older but according to the Office of National Statistics, the average age of a first-time father in the UK is 33.6 years. The ONS reports that the age at which a man becomes a father for the first time has continued to rise over the last ten years worldwide. In fact, the average age of a first-time father in the UK has not been under 30 since the middle of the 1970s.

THE DAD GENE

A study done at the University of North Carolina found that in terms of genetic make-up, mammals are more like their fathers than their mothers. Even though we get the same amount of genetic mutations from our parents, we actually use more of the DNA we get from our

dads. Knowing this information can help in the study of diseases.

THE FATHER EFFECT

Scientists are making up for lost time by finally releasing conclusive data about a father's effect on his children. The "father effect" is the umbrella term for the benefits of a paternal presence. Of course, a father's active participation in the family is always preferable. There needs to be a minimum amount of time spent together, but the quality of time is more important than the quantity of time.

Research so far has proven that kids who grow up with a present, engaged dad are less likely to drop out of school or wind up in jail, compared to children with absent fathers and no other male caretakers or role models. When children have close relationships with father figures, they tend to avoid high-risk behaviours. They also tend to have higher IQ test scores by the age of 3 and endure fewer

psychological problems. Altogether, these benefits of having an engaged dad are called the "father effect."

MORE AT HOME DADS

More dads are staying home to care for their kids. According to a report by pew Research Center, the share of fathers who are stay-at-home dads ticked up from 4% in 1989 to 7% in 2016. As a result, dads made up 17% of all stay-at-home parents in 2016, up from 10% in 1989. Among millennials (those ages 20 to 35 in 2016), 6% of dads were at home with their kids. By comparison, 3% of Gen X dads were at home with their kids when they were the same age. Over the last 50 years, dads as a group became much more active parents. In 2016, dads overall reported spending an average of eight hours a week on child care, about triple the time they spent in 1965.

FATHERHOOD IS IMPORTANT

Dads see parenting as central to their identity. Dads are just as likely as moms to say that parenting is extremely important to

involved in paternal caregiving as well. While that love drug, as oxytocin is called, pumps through a new father, his testosterone level typically drops, making him less prone to risk-taking behaviour and more able to nurture his newborn.

DADS PRODUCE PROLACTIN

Fathers too register an increase in prolactin while nurturing his newborn. Prolactin is a hormone best known for helping women produce breastmilk. University of Notre Dame anthropologist Lee Gettler explains that the presence of prolactin goes back hundreds of millions of years to our animal ancestors, before mammals existed. Gettler's research has come to some conclusions about the hormone's function in modern-day dads. In an interview he said: "Fathers with higher prolactin play with their babies in ways that are beneficial for their babies' learning and exploration, and the fathers also seem to be more responsive and sensitive to infant cries." This hormone plays some role in increasing

their identity. Some 57% of fathers said this in a 2015 survey by the Center, compared with 58% of mothers. Like moms, many dads also seem to appreciate the benefits of parenthood: 54% reported that parenting is rewarding all of the time, as did 52% of moms. Meanwhile, 46% of fathers and 41% of mothers said they find parenting enjoyable all of the time.

A 2003 British study of 4,252 men ages 60 to 79 determined that men with two children had a "significantly lower risk of developing heart disease than men with one or no children." Beware though: For each child you have beyond two, the risk increases by 12%.

DADS GET OXYTOCIN BOOST

It wasn't until the turn of this century that researchers discovered a fascinating detail about men: their bodies transform when they become fathers. Studies have proven that a father's hormonal systems alter dramatically when they become parents. We've long known that oxytocin plays a role in a mother's initial bonding with her child after birth. But more recently, researchers have observed that the same spike in oxytocin occurs when fathers hold and play with their newborns. People traditionally thought oxytocin was just a maternal hormone but now it's clear that it's becoming clear that it's

dads' desire to be close to their child. Studies have also shown that the more intimate time a dad has with his baby, the lower his testosterone dips and the more empathetic and soothing he is with his child.



"If there is any immortality to be had among us human beings, it is certainly only in the love that we leave behind. Fathers like mine don't ever die."
LEO BUSCAGLIA, author

"My father used to play with my brother and me in the yard. Mother would come out and say, 'You're tearing up the grass.' 'We're not raising grass,' Dad would reply. 'We're raising boys.'"
HARMON KILLEBREW, baseball player

"My father always used to say that when you die, if you've got five real friends, then you've had a great life."
LEE IACOCCA, former CEO, Chrysler

"I've said it before, but it's absolutely true: My mother gave me my drive, but my father gave me my dreams. Thanks to him, I could see a future."
LIZA MINNELLI, actor/singer

"The quality of a father can be seen in the goals, dreams, and aspirations he sets not only for himself, but for his family."
REED MARKHAM, writer

"Dads are most ordinary men turned by love into heroes, adventurers, storytellers, and singers of song."
PAM BROWN, poet

"I can not think of any need in childhood as strong as the need for a father's protection."
SIGMUND FREUD, psychoanalyst

"Any fool can have a child. That doesn't make you a father. It's the courage to raise a child that makes you a father."
BARACK OBAMA, former US president

"She did not stand alone, but what stood behind her, the most potent moral force in her life, was the love of her father."
HARPER LEE, writer

"It is a wise father that knows his own child."
WILLIAM SHAKESPEARE, playwright

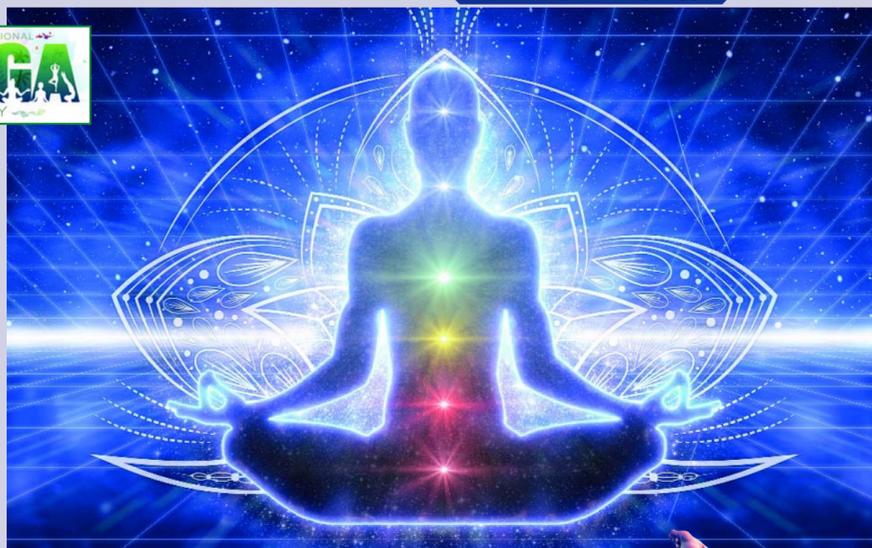
INTERNATIONAL DAY OF YOGA

HOW IT STARTED

The idea of International Day of Yoga (IDY) was first proposed by Prime Minister Narendra Modi during his speech at the UN General Assembly (UNGA), on September 27, 2014. Thereafter, a draft resolution on 'International Day of Yoga' was introduced by India's Ambassador to UN, Asoke Kumar Mukerji. The draft received support from 177 nations, the highest number of co-sponsors for any UNGA resolution. Thereafter, the United Nations proclaimed June 21 as the International Day of Yoga. International Yoga Day celebrations occur in India, USA, Canada, Europe, the Middle East, China, Australia, and some other countries of South Asia including Pakistan.

'YOGA FOR HUMANITY'

The theme for the day for 2022 is 'yoga for humanity'. According to un.org, "The COVID-19 pandemic has been an unprece-



EXERCISE FOR ALL

JUNE 21 (TUESDAY) IS INTERNATIONAL DAY OF YOGA - A DAY INSTITUTED BY THE UNITED NATIONS IN 2015 TO CELEBRATE THE GIFT OF YOGA AND ITS NUMEROUS BENEFITS. HERE'S SOME INTERESTING TRIVIA ABOUT THIS DAY

FAMOUS YOGA GURUS

- There are around millions of yoga teachers around the world but there are only a handful of great gurus
- 1. Tirumalai Krishnamacharya Yogi** who also founded hatha yoga. It's said that he could control his own heartbeat.
- 2. Swami Sivananda** was a trained doctor who founded Sivananda School of Yoga that combines hatha, karma and master yoga and with a great dose of humour.
- 3. BKS Iyengar** was the founder of the Iyengar yoga and a former disciple of Krishnamacharya. Even at 95 years of age, he could hold a headstand for 30-minutes.
- 4. Maharishi Mahesh Yogi** fine-tuned popularised the ashtanga vinyasa method. It's his method that hooked people in the West to the yoga practice including names like Madonna and Gwyneth Paltrow.
- 5. Maharishi Mahesh Yogi** was known for developing the Transcendental Meditation technique. He was the spiritual leader of The Beatles at the height of their popularity.
- 6. Paramahansa Yogananda** promoted Kriya Yoga (a spiritual form of yoga) in the west.

DID YOU KNOW?

- The word 'yoga' was first mentioned in the Rig Veda, written approximately around 1500 BC
- Yoga is like a double-edged sword, if not practiced correctly, you could injure yourself. Find a good teacher and exercise caution
- Yoga has over 84 asanas to choose from

dent human tragedy. Beyond its immediate impact on physical health, the COVID-19 pandemic has also exacerbated psychological suffering and mental health problems, including depression and anxiety, as pandemic-related restrictions were introduced in various forms in many countries. This has highlighted the urgent need to address the mental health dimension of the pandemic, in addition to the physical health aspects. People around the world embraced yoga to stay healthy and rejuvenated and to fight social isolation and depression during the pandemic." The essence of yoga is balance - not just balance

within the body or that between the mind and the body, but also balance in the human relationship with the world. Yoga emphasises the values of mindfulness, moderation, discipline and perseverance. Yoga can be an important instrument in the collective quest of humanity for promoting sustainable lifestyle in harmony with planet Earth. In keeping with this spirit, the theme for this year's Yoga Day celebrations is "Yoga for Humanity."

WHAT'S YOUR PET WORKOUT?

More practitioners are enacting animal poses or working out with pets

PET PLAN

From yoga studios hosting sell out classes of working out with cats, up and down dog poses with your pooches, yoga on the horse back or goat yoga - yoga with animals is the fitness fad of the season. From popular fitness centres advertising animal workout sessions to social media handles attracting thousands of followers, animal yoga has become a huge draw. Purists would say this just another fad like paddleboard yoga but going by traction these regimens are generating both online and offline, the trend looks here to stay and spread beyond the US as well.

FLOW LIKE AN ANIMAL

Along with working out with animals, another form of exercise getting popular is 'Animal Flow'. Energy coach Urmil Kothari says it is a much more dynamic yoga which also mixes gymnastics, break dancing and b-boying. The activity she describes as flow related where you spend a lot of time on your hands and feet mimicking an animal crawling. "The most important aspect of this form is that your body will always be in touch with the ground in some manner or the other. This is also called a closed kinetic chain workout. It's a very fluid form of exercise and has immense benefits," she explains. Animal flow is a body weight exercise that is safe, low impact and helps in not only building your muscles but your fascia (soft tissue that surrounds the muscles). "It helps you to move efficiently, breathe better while improving the neuro-muscular and hand-eye coordination. It improves your joints and core strength."

HISTORY OF YOGA

Yoga is around 6000 years old physical, mental, and spiritual practice that originated in India and was famous in many religions including Hinduism, Buddhism, and Jainism for several thousand years. It kept changing and developing over time. Western colonisers started taking interest in this practice during the 19th century and started promoting it in Europe. The word 'yoga' derives from Sanskrit, which means to join or unite, symbolising the union of body and consciousness.

YOGA IN INDIA DOWN THE AGES

Maharishi Patanjali is a saint who is believed to have lived some time during the 2nd century BCE. He is known for his treatise on yoga, entitled "Patanjali Yoga Sutra". There are 196 Yoga Sutras. There are 84 classic yoga asanas. The asana is just one of the 8 limbs of yoga: Yama (attitudes toward our environment), Niyama (attitudes toward ourselves), Asana (physical postures), Pranayama (restraint or expansion of the breath), Pratyahara (withdrawal of the senses), Dharana (concentration), Dhyan (meditation) and Samadhi (complete integration). The first known appearance of the word "yoga", with the same meaning as the modern term, is in the Katha Upanishad, composed about fourth to third century BCE. Paramahansa Yogananda was an Indian yogi who taught Kriya Yoga to millions around the world.

TYPES OF YOGA

There are at least 11 types which are in practice. Some of the popular ones are Vinyasa, Asthanga, Hatha, and Iyengar. Vinyasa yoga is often considered the most athletic yoga style and was adapted from ashtanga yoga in the 1980s. Hatha yoga gets its name from the Sanskrit term "hatha" - an umbrella term for all physical postures of yoga. Hatha yoga is best for beginners since they are usually paced slower than other yoga styles. Iyengar yoga was founded by BKS Iyengar and focuses on alignment as well as detailed and precise movements. A latest and popular entrant is Yin yoga - a slow-paced style of yoga with seated postures that are held for longer periods of time.

The World Health Organisation mentions yoga as a means to improve health in its Global Action Plan 2018-2030

"When my father didn't have my hand, he had my back."
— Linda Poindexter, humorist

SATURDAY, JUNE 18, 2022

STARTED IN THE US

Father's Day was officially initiated in the US. The third Sunday of June was set to honour fathers. Credit for originating the holiday is generally given to Sonora Smart Dodd of Spokane, Washington, whose father, a Civil War veteran, raised her and her five siblings after their mother died during childbirth. In 1909, Dodd was listening to a Mother's Day sermon at her local church when she had the idea to try and establish a similar day to honour fathers of the community. She decided to run a campaign to initiate a day for dads. She contacted local church groups, government officials, YMCAs, and other official entities to rally them around this cause. In 1910, this campaign eventually culminated in the first statewide Father's Day celebration.

Americans are expected to spend more than \$20 billion on Father's Day gifts – and that's still far less than they spend on Mother's Day which recorded a total of \$31.7 billion in sales of gifts like flowers, apparel, dinner, and spa days in 2021 (source: National Retail Federation)



DADS WERE NOT INTERESTED

Interestingly, Father's Day was not immediately accepted when it was proposed – and the fathers opposed it. Why? Because Mother's Day came first (it was officially recognised in 1914), so men in the early 1900s associated such a tribute with women and found the idea too effeminate to their liking. Men viewed the idea of Father's Day as similar to Mother's Day, which was popular with florists; for fathers it didn't have the same sentimental appeal. As one historian writes, they "scoffed at the holiday's sentimental attempts to domesticate manliness with flowers and gift-giving".

THE FIRST SERVICE

The first known Father's Day service occurred in Fairmont, West Virginia, on July 5, 1908. A small church in West Virginia held the first public event meant to specifically honour the fathers of their community. The day was held in remembrance of the 362 men who were killed in December 1908 in a mining explosion at the Fairmont Coal Company. However, this day did not become institutionalised but an idea of reserving a day for dads started here.

IT WAS SUPPOSED TO BE JUNE 5

Father's Day is always third Sunday of June – now, but this date was more of a compromise. Dodd was keen on celebrating it on her father's birthday on June 5. But the mayor of Spokane and local churches asked for more time to prepare for all the festivities involved. Finally, it was moved to the third Sunday in June. Officially, the first Father's Day celebration took place on June 19, 1910.

GREAT DEPRESSION

The holiday was promoted in a big way during the Great Depression (1929-39). With so many people pinching their pennies, the economy needed reasons for people to spend money. Father's Day was promoted by struggling stores as an occasion to get fathers some of the clothing and material goods they needed. It was a way to invite people to get Dad some things he probably would not buy for himself.

OFFICIAL FLOWER

The first Father's Day included a church service where daughters would hand red roses to their fathers during the mass. The roses were also pinned onto the clothing of children to honour their fathers – red roses for a still-living father and a white rose for the deceased. Dodd also brought roses and gifts to any father in the community who was unable to make it to the service. But this is now-nearly-forgotten tradition.

IT'S OFFICIAL

The holiday soon moved beyond Washington. Woodrow Wilson commemorated it by unfurling an American flag in Spokane by way of a special telegraph all the way from Washington in 1916. Incidentally, Wilson official never did the same for Father's Day. However, presidents still continued to recognise a day for fathers, even if not officially. In 1924,

HELLO! DADDY COOL

Father's Day may not be as popular as Mother's Day at least in gifts but it's equally well regarded. Here are some facts and trivia about this big day for dads that officially dates back to 1910



FATHER'S DAY + MOTHER'S DAY = PARENTS' DAY

In the 1920s and '30s, there was a movement to get rid of both Mother's and Father's Day and consolidate them as Parents' Day. Robert Spere, a philanthropist and children's radio entertainer, saw these two holidays as a "division of respect and affection" for parents. He wanted to institute a Parents' Day on the second Sunday in May that honours both together. The movement died out in the '40s. Spere even had a slogan ready for the day: "A kiss for mother, a hug for dad."



President Calvin Coolidge urged people to "establish more intimate relations between fathers and their children and to impress upon fathers the full measure of their obligations," and recommended that states recognise Father's Day, yet he didn't make it official. In 1966, President Lyndon Johnson made a nationwide proclamation endorsing Father's Day across the country. In his proclamation, he wrote that on June 19, 1966, "I invite State and local governments to cooperate in the observance of that day; and I urge all our people to give public and private expression to the love and gratitude which they bear for their fathers." It wasn't until President Richard Nixon that Father's Day was permanently recognised by the federal government in 1972 – and the day was made official.



IN EUROPE, FATHER'S DAY DATES BACK TO THE MIDDLE AGES

For Catholics in Europe, the idea of Father's Day stretches back to feasts established in the Middle Ages to honour Saint Joseph on March 19. The celebration was prevalent in countries like Spain, France, and Italy, and as it focused on Joseph – the foster father of Jesus – it eventually turned into a day to honour the institution of fatherhood in general. Though many European countries have adopted a more secular observance of Father's Day, some still uphold the tradition of linking it to Saint Joseph's Day.

FATHER'S DAY AROUND THE WORLD

In traditionally Catholic countries such as Spain and Portugal, Father's Day is observed on March 19, the Feast of St. Joseph. The Taiwanese celebrate Father's Day on August 8 – the eighth day of the eighth month – because the Mandarin Chinese word for eight sounds like the word for "Papa." In Thailand, Father's Day is celebrated on former King Bhumibol Adulyadej's birthday, December 5. To reignite consumer interest in spending money on fathers, a French lighter company called Flaminaire created a new Father's Day in 1949 to help sell their products. With the help of an expansive ad campaign, it drummed up brand awareness, and Father's Day has been observed in France since. In Australia, it's the first Sunday of September. Finnish celebrate the festival on the second Sunday of November. And in Germany they celebrate on Ascension Day, the 40th day of Easter.



GETTING RID OF THE DADBOD

Over the last couple of years, many dads have found themselves gaining weight due to the impact that life in lockdown has had on their diet and physical activity, which means that once again, discussions of "dad bods" have surfaced online. The phrase "dad bod" refers to an average guy who doesn't have a lean, shredded physique. He might instead have a paunch or visible beer belly, without being hugely overweight. Research says losing weight after 40 should basically be approached in the same way it would be if you were 30 or 50 – by cleaning up your lifestyle. Follow these eight steps:

- EAT AT THE SAME TIME EVERY DAY:** Eating well-spaced meals at the same time lets your body know to expect fuel at regular intervals and prevents it from conserving calories and adding to fat stores.
- Eat clean:** Remove processed food from your diet. Eat whole and real foods. Limit portions of sugary foods, refined carbs (like bread, pasta, rice), and high-fat things like dressings, butter and oils. Fat in your diet is essential, but portion control is important.
- EAT SLOWLY AND MINDFULLY:** Eating slowly, eliminating distractions at meals, and even putting your fork down in between bites all allow you to get in touch with your body's satiety signals and to stop eating when satisfied. Don't be fearful of food, at the same time, exercise portion control. Eat till satisfied, but avoid bingeing.
- WORKOUT HARDER:** The most effective way that men over 40 can boost metabolism is by building muscle through weight-lifting and resistance training.
- WALK REGULARLY:** As you age, you might find it harder to do high-intensity workouts (although these have many metabolic benefits), but things like brisk walking, jogging, using an elliptical, weight training, swimming and cycling are still great options. Sometimes, just adding a couple of walks each day can help you manage your calories without going overboard with exercise. Use a pedometer or tracker to see how many steps you can get each day.
- GET SOME SUN DAILY:** During daytime, get some sunlight exposure. This can help normalise your circadian rhythm, and it will increase your vitamin D levels. Studies show that people with normal vitamin D levels tend to have an easier time shedding weight than those who are deprived.
- SUPPLEMENT YOUR DIET:** Want to maximise your fat-burning potential after 40? Start by making sure you're getting plenty of calcium, protein and vitamin D.
- DETOX YOUR DIGESTIVE SYSTEM:** Eat fibre rich foods and probiotics to fight fat and clean up your digestive tract. A study published in the 'Annals of Internal Medicine' reveals that increasing fibre intake helped participants shave off 4.6 pounds over an 8-week period and maintain that weight over the course of a year.

Dad bod is a term in popular culture referring to a body shape particular to middle-aged men. The phrase was first used by Mackenzie Pearson, a student, in an online article in 2015

FATHER FIGURES

FAMOUS PEOPLE ON WHAT THEY LEARNT FROM THEIR FATHERS

KATE MARA, actor

"The one advice [from my father] that I sort of use every day is 'a good handshake'. I'm sure everybody meets new people on a daily basis, a firm handshake. I think goes a long way. To this day there's nothing worse than kind of a half-a... handshake from someone. I think it says a lot about your character."

MARTIN SHORT, comedian

"My father used to say, 'You know, Marty, the key to life is to do the decent thing.' I'd like to be remembered as someone who tried to do the decent thing."



VICKY KAUSHAL, actor

"My father taught me the value of humility, honesty, and hard work. The one thing that he always told me while growing up was, to never be afraid of the future. If you give 100% to your present, your future will be better than what you want it to be, is what he always said."



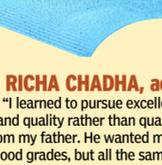
RICHARD BRANSON, entrepreneur

"When I grew up, our house was always a hive of activity, with mum dreaming up new entrepreneurial schemes left, right, and centre, and me and my sisters running wild. My dad wasn't quiet, but he was not often as talkative as the rest of us. It made for a wonderful balance, and we always knew we could rely on him no matter what. Within this discreet support lay one of his best and most simple pieces of advice for me: Listen more than you talk. Nobody learned anything by hearing themselves speak."



RICHA CHADHA, actor

"I learned to pursue excellence and quality rather than quantity from my father. He wanted me to get good grades, but all the same let us enjoy our childhood with several extracurricular activities as well. He supported me wholeheartedly when I told him I wanted to be an actor. I think I choose good content because of my parents."



AL GORE, environmentalist

"During summers when I was a boy, I'd accompany my dad as he took long walks around our family farm in Tennessee. Not infrequently, he would stop and say, 'See that?' At first I couldn't. But then I learned to quickly see what he noticed – the beginnings of soil erosion, the first appearance of a gully. He taught me a very deep lesson about the importance of being a steward of the land – to pay attention to the land and take care of it. I trace my lifelong passion for the environment back to that lesson."



TAAPSEE PANNU, actor

"I learned that you need to take the onus of your life and take responsibility on your own shoulders as soon as possible. The way he is so clear and organised with the things he does is inspirational. I think my clarity of thought is all thanks to him."



PATTY JENKINS, director

"Perseverance and focus, because I think that that kind of job of being a fighter pilot is strangely difficult. You're on your own and you just have to put one foot in front of the other, to get things done and to deal with whatever comes up. That is very present in my life as a director every day."



HUGH JACKMAN, actor

"Education. He preached education. And passion, like find whatever you're good at then do everything you can to learn every bit of it, and don't go out into the world until you've studied."



MAYIM BIALIK, actor

"My dad had a really big personality, and he was a really gracious person. I don't know if it's a lesson in particular but it was a way that he was. He wasn't afraid to let his big personality show. When he walked into a room you knew it. That's a powerful lesson, to see the presence of a person."



ROD STEWART, singer

"My dad said, 'To be properly contented, son, a man needs three things: a job, a sport, and a hobby.' So in my case, my job is singer, my sport is football, my hobby is model rail roading."



JIM CARREY, comedian

"My father could have been a great comedian, but he didn't believe that was possible for him. He made a conservative choice and instead he got a job as an accountant. [But] when I was 12 years old, he was let go from that safe job. Our family had to do whatever we could to survive. I learned many great lessons from my father, not the least of which is that you can fail at what you don't want, so you might as well take a chance on doing what you love."



— Sources: thetimesofindia.com; famousparenting.com; mensjournal.com; huffingtonpost.com; wtop.com; hantfordsentinel.com; lincolnjournalstar.com