



# THE TIMES OF INDIA

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Your Weekender

TODAY'S EDITION

Inspiring people from the field of politics, books, music, movies and MORE  
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STUDENT EDITION

SATURDAY, JULY 23, 2022



LATEST BUZZWORDS EXPLAINED

## CLEAN INBOXER

A clean inboxer is someone who reads and takes action on every email they receive when they receive it, so that there are never any unread emails in their inbox. It was referenced in a popular tweet by former CEO Leigh Morgan on February 22, 2020 where she wrote: "As a fellow clean inboxer, I'll give you the same advice a former boss gave me after a 4-week medical leave: 'Delete it. Delete it all. If it's important, they'll email again.'"

Being a clean inboxer is becoming a major trend especially as a clean inbox has been linked to better productivity. There are also other reasons to be a clean inboxer:

1. Cleaning your email list regularly eliminates invalid data and increases deliverability rate.
2. If your bounce rate goes above 3 to 5%, you will immediately see a negative impact on your deliverability and inboxing rates. At 8 to 10%, your delivery rates will start to drop dramatically.
3. Cleaning your email data regularly to weed out any problematic addresses prevents unnecessary damage to your domain reputation. A bad domain reputation can dent your marketing efforts and make more of your mail go as spam.
4. Cleaning your email list will generate immediate positive results that bring you greater returns on the time, energy, creativity, and money that you invest in your mailing campaigns.
5. Cleaning out your inbox can also awaken the productivity spirit within us. A clean inboxer becomes mindful of the clutter around him/her and organises accordingly, studies have proven.
6. Given that more than 280 billion emails are sent every day in the world, and that sending an email has an average carbon footprint of 4 grams, the total could amount to some 410 million tonnes of CO2 per year, calculating the mobile application Greenly. So clearing your inbox regularly can at least counter the effect of storing data. Plus just sending fewer mails can help reducing the problem at source.

Pics: Istock

### MIND YOUR MANNERS

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The world changed in many ways post pandemic but eventually resumed travelling too. Some in-flight rules remained the same, some new ones came up and some fresh social manners also took centre stage (like using sanitiser, no handshakes, etc.). Here's a relook at etiquette dos and don'ts that should be maintained while flying.

#### CARRY ALL NECESSARY DOCUMENTS

Carry necessary travel documents. Make sure you have all the travel documents before you leave for the airport. This will

#### WAIT BEFORE RECLINING

Reclined seats are the only thing in an airline where one can get a few inches of extra leg room. Do your backseat neighbour a favour by waiting just a few minutes before reclining.

#### STAY CALM

While you are relaxing on your seat, you feel a piercing jolt in the middle of your back. Before you can say "hello", it happens again. A toddler at his hyperactive best is doing that to entertain himself but try not to scream at the kid.

Rather, get up from your seat and calmly ask the caregiver/parents to manage the child.

Losing your cool doesn't help. Putting forth your issue in a composed manner is what really works.

#### WEAR YOUR MASK

Keeping your mask on in the flight is imperative not only for the sake of following rules but also for your own safety. Remember, the pandemic may have its lean phases but it's not over. You got to take care of yourself and people around you.



## Ground Rules for FLIGHT ETIQUETTE

NOW THAT WE ARE BACK TO TRAVELLING, HERE'S AN UPDATED LIST OF TRAVEL ETIQUETTE AT THIS TIME

include airline tickets or boarding passes, passports (for international travel), and a valid government-issued photo identity card such as your ID card, ration card, Aadhar Card, etc. Now most countries have specific rules regarding carrying your vaccination evidence too, so check the rules of what is required and complete the process well in time to avoid last minute stress.

#### PACK TRAVEL ESSENTIALS IN CLEAR CASES

Leaving your favourite lotion with the security

staff is a spoiler. Avoid this 'heartbreak' by packing your essentials in clear plastic cases. This will help the security personnel 'see' what all you are carrying without having to



#### CHATTING WITH FELLOW PASSENGERS?

The person next to you might want some sleep or read a book than chat. If the person is wearing headphones or reading, it means that he/she just wants to do that rather than indulging in some friendly banter with you. And if you find yourself next to a passenger who is being extra chatty with you and you are not keen to have a long conversation, just apologise and say politely that you want to nap or do your own thing. Happy Journey.

#### INFORM THE AIRLINE IF THERE IS A SPECIAL CHILD

If you have a sibling/cousin (travelling with you) who is differently abled, make sure you remind your parents/elders to carry his/her disability certificate. In the light of what recently happened during an Indigo flight where a special child was not allowed inside the flight as he had a meltdown before the boarding, it is crucial to carry evidence (doctor certificate, etc.) that will help you in case of any trouble. Also, inform the airline beforehand with evidence about the special person so that things like a wheelchair or other equipment (if required) is arranged on time.

open the packets. Also, read the instructions on your ticket to know about what is allowed in your hand luggage and what is not because new rules came up in the wake of Covid-19.

#### BE NICE TO THE STAFF

The air staff, especially air hostesses, are at your beck and call. Ask them whatever you need to politely and wait for a while if the service is a bit delayed. It's also courteous to make eye contact and smile.

#### DO NOT OVERPACK HAND LUGGAGE

Do not stuff your hand baggage with too much stuff. Overpacked bags jostling for space in overhead compartments is avoidable and there is a reason why carry-on luggage is limited. Stick only to important items you cannot do without during your flight.

#### DON'T PLAY LOUD MUSIC

Check the volume of music you play so that others around you are not disturbed. And playing Antarsahi or karaoke with your friends and siblings on a flight is surely not a good idea.

— Expert: Sumainaa A Haq, etiquette guide

### WELLNESS

## When you TRUST IN THIRST

WHEN IT COMES TO WATER INTAKE, HOW MUCH IS TOO MUCH?

Water is the elixir of life that is responsible for practically every single function in our body. Human bodies are built up of 70 to 80 billion cells and each of these cells are made up of 75-80% water. Cells require water for metabolic activity, strong immunity, weight loss, cellular function, maintaining the right pH balance. However, this in no way means guzzling down excess water equals good health. Just like dehydration is dangerous, over hydration can pose serious health risks too.

#### IT COULD LEAD TO:

- dilution of body fluids and electrolytes
- overworking of kidneys
- increase total blood volume
- Dilute stomach acids and hinder digestion

#### WHAT IS THE IDEAL QUANTITY OF WATER FOR AN INDIVIDUAL?

There is no magic number. It depends on individual to individual - based on age, height, weight, activity levels, climatic and geographical conditions, health condition and overall diet. However generically speaking - a normal healthy individual can maintain water intake between 2.5 - 3 litres.

#### ...BUT IT ALSO DIFFERS FROM PERSON TO PERSON

Having said that, for a person who is overly active (like a marathoner), sweats a lot and stays in a typically humid climate, he/she may need to drink more water as compared to someone not as active and staying in a cooler climate.

Similarly, for a person who drinks too much coffee/tea, he/she may need to drink more water to counteract the effect of these diuretics as compared to someone not indulging in them.

For a person, who eats a plenty of fruits, vegetables,

soups, vegetable juices, coconut water - he/she may not need to drink as much plain water as there is enough water through foods naturally going into the system.

#### CELLULAR HYDRATION

Hydration is not about how much water you drink. It's about how much water is actually reaching your cells. That's called as cellular hydration. Most of us drink enough water but are still dehydrated at the cellular level. Additionally, we chug and gulp water which is not the right way to drink water. Water is supposed to be sipped slowly so that we get the worth of every sip and water truly reaches the cells rather than being flushed out of the system.

— Luke Coutinho, integrative medicine expert

#### A REMEDY TO ENHANCE CELLULAR HYDRATION - NATURAL STRUCTURED WATER

It's a preparation of water that involves lemon and pink salt and its alkaline, mineral loaded, hydrating and energy boosting. The presence of mineral rich salt helps to improve the osmotic pressure across your cellular membranes so that water enters into the cells.

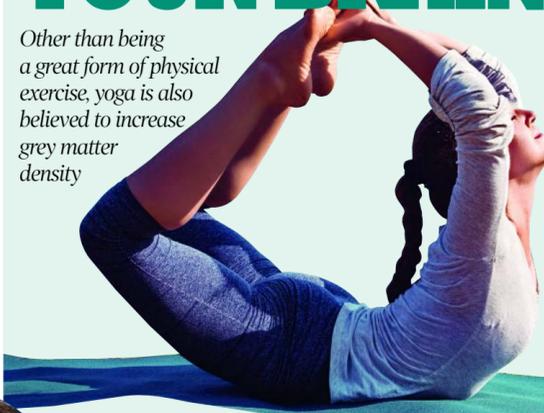
Recipe: 1 litre water + squeeze 1 lemon + 1 tsp pink salt. Mix and consume in the morning. If you find it salty, add lesser salt. It's absolutely refreshing, detoxifying and hydrates



### MIND MATTERS

## HOW YOGA CHANGES YOUR BRAIN

Other than being a great form of physical exercise, yoga is also believed to increase grey matter density



Research involving a comprehensive study of structural brain scans found that a person's general intelligence is associated with the volume of gray matter in that specific area of the brain. Gray matter is responsible for many of your brain's functions, including learning skills and memory. It is also responsible for the functionality of interpreting your senses of sight, hearing, smell, and touch.

Recent research has shown that yoga increases gray matter volume in the hippocampus and frontal sections of your brain. You may wonder how. Well, apparently the constant use and practice of control in your postures, breathing, and mental activity in yoga results in increased gray matter density and activation in your hippocampus, thereby allowing you to have better focus and concentration; emotional and impulse control and make you more in tune with your senses and be self-aware.

Not to

forget, during yoga,

The amygdala, a brain structure that contributes to emotional regulation, tends to be larger in yoga practitioners than in their peers who do not practice yoga. So is the prefrontal cortex, a brain region just behind the forehead, is essential to planning, decision-making, multitasking, thinking about your options and picking the right option.

Your brain releases all sorts of chemicals that not only help you relax but also lower your stress and anxiety levels and release more happy hormones - dopamine, oxytocin, serotonin, and endorphins. Each of which functions in its own way to help you calm down and feel better. But, it doesn't stop there. Yoga also helps reduce stress by lowering your body's cortisol and adrenaline levels, two critical stress hormones. That is, when you feel stressed or anticipate something stressful about to happen, your stress response is triggered.

The combination of breath-work, postures and movement in yoga - which stimulates what is often referred to as the "mind-body connection" - is like a little happy pill for your brain.

### GOOD HABITS

## PERFECT YOUR MORNING ROUTINE

Just a few changes here and there can help you kickstart your day brilliantly

#### 1. Prep the night before

The first and most important prerequisite for a good day is to have a good night before that. There are some basic things you should do every night that will help you achieve this. Stop watching TV in bed and make your bedroom a sacred sleep space. Keep a notebook by your bed to slow your mind down and write down things that are bothering you. Take a shower before bed, do your gratitude and tuck in.

#### 2. Get up an hour early

This is going to take discipline, but it is the habit that will help all the other habits. The reason is: time. It gives you the time to do what you need to set up your day.



#### 3. Let the sunshine in

Open the curtains and shades to get some light: light sends a signal to your

**FUN FACT:** According to a poll commissioned by Sleepopolis, people who make their beds are morning people. If you don't like to make your bed, you're likely a night owl. It might be a small accomplishment, but making the bed sets the tone for the entire day. If you make your bed every morning, you will have accomplished the first task of the day. It will give you a small sense of pride and it will encourage you to do another task and then some more

brain that it's time to be awake and stop producing melatonin, a sleep-regulating hormone. And open the windows to breathe in some fresh air.

#### 4. Get moving

Exercising first thing in the morning ensures that you always have the time for it, and it improves your self-control and energy levels all day long. Getting your body moving for as little as 10 minutes releases GABA, a neurotransmitter that makes your brain feel soothed and keeps you in control of your impulses.

#### 5. Have a healthy breakfast and hydrate

Along with sleep and sport, there is one more important source of energy that affects your overall feeling. Yes, we are talking about food and, in particular, about breakfast. It is considered to be the most important meal of the day, so as long as it is healthy, nutritious, and filling, you will take the strength and energy out of it. The same goes for hydration. A glass of water in the morning will help you to detox your body and boost your immune system.



## ALL FOR ONE, AND ONE FOR ALL

**ALEXANDRE DUMAS**  
BIRTHDAY: JULY 24, 1802

One of the most widely read French authors, Dumas is the man behind two of the all-time greatest classics: "The Count of Monte Cristo" and "The Three Musketeers". Learn more about him

**1** Dumas' father was a Haitian-born French general who was the son of a French nobleman and a slave from Haiti which was then a French colony. Many of his characters are based on his father – the first Black man to ever be promoted to general in a European army at the time.

**2** Dumas was born in 1802 in northern France. His full name is Dumas Davy de la Pailleterie, but he changed it to Alexandre Dumas when he was older. Dumas is his grandmother's last name.

**3** Dumas began working as a scribe for the future King Louis Philippe, the duc d'Orléans, when he moved to Paris in 1822, and he soon moved on to writing books and plays. He wrote and put on his first play when he was 27.

**4** While he's most remembered for "The Count of Monte Cristo" and "The Three Musketeers", he penned 100,000 pages over his lifetime! This included his plays, novels, magazine articles and a few travel books.

**5** He worked with ghostwriters – someone who writes material for someone else, and is usually not credited. He even got into conflict with one of his ghostwriters, Auguste Maquet who wanted co-author credits. Maquet went so far as to sue Dumas. However, Dumas still refused to put Maquet's name on his novels, choosing instead to pay him a large settlement.

**6** Alexandre Dumas' son is also a celebrated writer. Sometimes, the word père is added to Alexandre Dumas' name. This is because his son, Alexandre Dumas, fils (fils is French for son), was also a celebrated writer. Dumas, fils was born in 1824, and in 1831 Dumas, père legally recognised him as his son. He is most well known for the novel, "La Dame aux Camélias" (The Lady of the Camélias in English).

**7** Like many great French authors, Alexandre Dumas is buried in the Panthéon in Paris. The Panthéon is a massive mausoleum located in the Latin Quarter in Paris. Dumas wasn't originally buried in the Panthéon, and many people cite racism. This changed in 2002 when French president Jacques Chirac had a ceremony to celebrate the fact that he would finally be laid to rest where he belonged, next to other authors like Victor Hugo and Émile Zola.

**8** "The Count of Monte Cristo" was published with its title misspelled. When it was originally published, and through to the 1850s the title spelt Cristo as Christo. In 1846 a correction was made – the corrected copies overtook the erroneous ones only by 1860.

## NEWSMAKER OF THE WEEK

**DROUPADI MURMU**

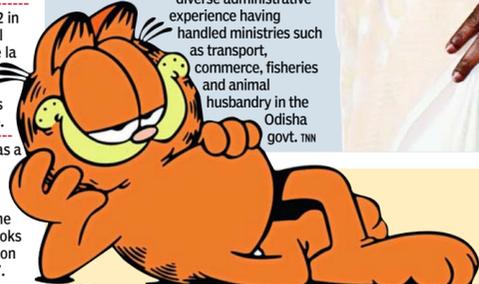
# THE PRECEDENT PRESIDENT

As the first tribal woman and the youngest President of India, she has created history. We tell you more

**D**roupadi Murmu was Jharkhand's first female governor in 2015. She was also the first Odia woman and tribal leader to be named governor of an Indian state. Hailing from Odisha's Mayurbhanj district and coming from a tribal community, Murmu started out as a teacher and then entered Odisha politics.

Once elected, she will become the first tribal president of India and the second female president in the country's history. She was also the first Odia woman and tribal leader to be named governor of an Indian state and serve for the full term of her office. A two-term former MLA from Rairangpur, Murmu held on to her assembly seat in 2009 when the BJD had snapped ties with the BJP weeks ahead of the state elections which were swept by Chief Minister Naveen Patnaik.

Having been born into a tribal family that was battling with poverty in one of the country's most remote and underdeveloped districts, her childhood had been full of challenges. Overcoming all odds, she earned her Bachelor's degree in Arts from Ramadevi Women's College in Bhubaneswar and served as a junior assistant in the irrigation and power department in the Odisha govt. She began her political career as the vice-chairman of the Rairangpur NAC, Odisha Legislative Assembly honoured her with its Best MLA of the Year 2007 award. She has diverse administrative experience having handled ministries such as transport, commerce, fisheries and animal husbandry in the Odisha govt. **TNN**



## CAT OUT OF THE BAG

We all know Garfield - the fat lazy cat with a special love for lasagna but do you know about its creator Jim Davis?

**JIM DAVIS**  
BIRTHDAY: JULY 28, 1945

**1** Born on a farm, it was here that Davis took to drawing – all because of his asthma. As a child, he was sure that he'd grow up to be a farmer but his frequent asthma attacks ensured that he spent most of his time indoors. With no TV, drawing was his only source of entertainment and his craft grew.

**2** When Davis first debuted Garfield in June 1978, it wasn't an instant success. In fact, his first comic strip was called Gnorm Gnat that stopped after a few years. The editors at the 'Chicago Sun-Times' decided to stop Garfield after a few months.

But some 1000+ readers complained and it was brought back – and went from strength to strength. **3** Garfield was inspired by Davis' own life. The character was based on his cantankerous but 'good at heart' grandfather, the setting is his hometown Muncie in Indiana and Garfield's owner Jon Arbuckle is a cartoonist like Davis.

**4** Dan Walsh created a parody strip called 'Garfield Minus Garfield' that removes Garfield from the strip to offer an existential, nihilistic take on Jon's thoughts. Davis is a fan of this take.

**5** Like Garfield, Davis too loves lasagna but in a simpler and basic version. In an interview on his website he said: "I love the good things in life – food, relaxing, TV. I do love lasagna, and just about any Italian food, especially pizza."

### PERSONALITY DEVELOPMENT

# How to better your SOCIAL SKILLS

**I**n today's society, children and teens are faced with many obstacles that previous generations might not have experienced. In a world where social media and technology take over, it is important to look at the ways in which social interactions are changing. Here's how to encourage and promote healthy social skills in younger generations.

**1** **Play a game of Say Anything:** Say Anything is a board game where you can respond to questions in any way you choose. A fun and lighthearted way of improving communication.

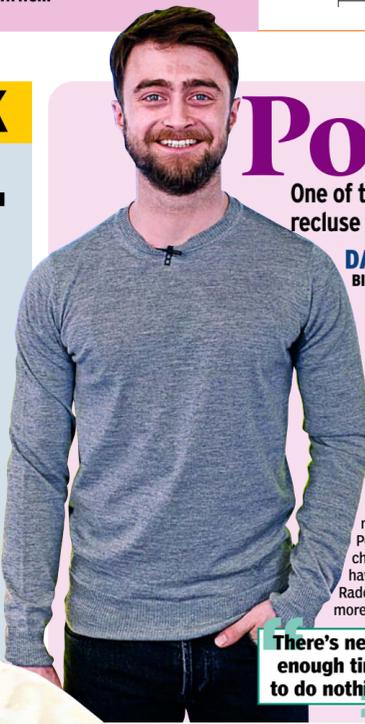
**2** **Write a letter asking for help:** Often times, writing out our feelings and/or needs allows us to step back and focus on addressing what we are feeling and what we need. Try writing down what you need and share with your parents.



**3** **Role playing:** Pretend-play, with both younger and older children, is a great way for kids to actively practice their social skills. Pretend to be the person you have difficulty talking to or getting along with. This will give you an idea of what this person is like and figure out a strategy to talk to him the next time.

**4** **Cultivate empathy:** If children have a better understanding of how others feel, they are much more likely to feel connected and form positive bonds.

**5** **Listen attentively:** More than half of good communication comes from knowing how to actively listen to others. If the other person can tell you are giving them your entire focus it will endear them to you. Make eye contact, retain details and use repetition and responses to show that you are paying attention and are engaged in the conversation.



# Potter Mania

One of the most recognisable screen faces, Daniel is now a recluse and busy reworking his Harry Potter image

**DANIEL RADCLIFFE**  
BIRTHDAY: JULY 23, 1989

**W**ho doesn't know Harry Potter? Or the British actor who played him, Daniel Radcliffe. Perfectly cast, sometimes it's hard to separate the two even after they just released a 20-year anniversary special of the movies. If you are a Potterhead – and who isn't – chances are you already have a huge tome on Daniel Radcliffe as Potter but we tell you more about the man. Daniel wanted to be an actor since he was 5 and made his debut in a TV adaptation of 'David Copperfield' at 10 years of age. In fact he had made

- His favourite book from the Harry Potter series is 'Harry Potter and the Prisoner of Azkaban' and his favourite character is Hagrid
- He's a huge fan of Sachin Tendulkar



- He published a book of poems in 2009 under name Jacob Gershon
- He consciously tries to shed his Potter image and picks edgy and indie movies and play roles
- Is not on any social media

his movie debut before 'Harry Potter and the Philosopher's Stone' (2001) in 'The Tailor of Panama', a 2001 film based on John le Carré's 1996 spy novel.

### HOW HE BECAME POTTER

He once attended a play with his parents where the producer of Potter films David Heyman was present too. Daniel's father, who knew Heyman, introduced him to his son and the latter immediately thought he would be perfect as Harry – and the rest is history.

There's never enough time to do nothing!

## Of whimsical RABBITS and naughty MICE

**BEATRIX POTTER**  
BIRTHDAY: JULY 28, 1866

**B**eatrix Potter – as creator of legendary characters like Peter Rabbit, *Jemima Puddle Duck* and *Squirrel Nutkin* – remains one of the world's best-selling and best-loved children's authors. She wrote and illustrated 28 books, including her '23 Tales' which have sold more than 250 million copies worldwide. In her later years, she became a farmer. As a writer, illustrator, natural scientist, and conservationist, she wore

many hats. Born into an upper-middle-class household, Potter was educated by governesses and grew up isolated from other children. She had numerous pets and spent holidays in Scotland and the Lake District, developing a love of landscape, flora and fauna, all of which she closely observed and painted. In fact, she would later say that she was grateful that her education was "neglected", as a more formal education "would have rubbed off some of the originality".

Potter's study and watercolours of fungi led to her being widely respected in the field of mycology. After her death in December 1943, she left 14 farms and more than 4,000 acres to the National Trust. She is credited with preserving much of the land that now constitutes the Lake District National Park.

There's something delicious about writing the first words of a story. You never quite know where they'll take you



## The High Flier

The first woman to fly across the Atlantic solo left a legacy for women – and men – to take inspiration from

**AMELIA EARHART**  
BIRTHDAY: JULY 24, 1897

**1** A collection of diary entries by Amelia Earhart, published posthumously, reveals that she wasn't so impressed the first time she saw an airplane. Earhart recalled feeling unmoved by "a thing of rusty wire and wood" at the Iowa State Fair in 1908. Her passion for aviation was stoked when she worked as a nurse's aide at Toronto's Spadina Military Hospital. She and some friends would spend time at hangars. Earhart first got on a plane in 1920, and as a passenger.

**2** She was taught by another pioneering female aviator Neta Snook, the first woman to run her own aviation business and commercial airfield. She gave Earhart flying lessons at Kinner Field near Long Beach, California in 1921.

**3** Amelia Earhart bought her first plane within six months of taking her first flying lesson. She named it The Canary. The used yellow Kinner Airster biplane was the second one ever built.

First Lady Eleanor Roosevelt was so inspired by Amelia Earhart that she signed up for flying lessons. The two became friends in 1932

Earhart paid \$2000 for it. Earhart was the first woman to fly across the Atlantic as a passenger (1928) and then solo (1932) and nonstop from coast to coast (1932) as a pilot. She was also the first person to ever fly solo from Honolulu to Oakland, Los Angeles to Mexico City, and Mexico City to Newark, all in 1935. She was the first woman to get a pilot's license from the National Aeronautic Association.

**5** Earhart's plane disappeared July 2, 1937 and remains one of the biggest mysteries and urban legends. The US government spent \$4 million her search – the most expensive sea and air search of the time. The official search ended a little over two weeks later. Several theories about what happened still abound: most people believe she ran out of fuel and crashed into the Pacific Ocean. Others believe she landed on one of the islands but died of thirst, starvation, injury, or at the hands of Japanese soldiers in Saipan. Some claim that she and her navigator Fred Noonan lived as castaways before dying on Gardner Island in the western Pacific. In March 2018, a forensic analysis of bones discovered on a Pacific Island were said to be Earhart's.



## LIGHTS, CAMERA, ACTION

With a career spanning 50 years, Stanley Kubrick only directed 13 films – a testament to his perfectionism

**STANLEY KUBRICK**  
BIRTHDAY: JULY 29, 1928

**S**tanley Kubrick died less than a week after showing what would be his final cut of 'Eyes Wide Shut' to Warner Bros. No one can say how much he would have kept editing the film. According to the lead Nicole Kidman, "I think Stanley would have been tinkering with it for the next 20 years. He was still tinkering with movies he made decades ago. He was never finished. It was never perfect enough."

A perfectionist, a hard taskmaster, a demanding director, Kubrick is the very personification of the auteur theory. In a career spanning almost five decades he only made 13 films, which was a testament to the filmmaker's reputation as a consummate perfectionist and stickler for even the smallest of details. He is remembered as a master filmmaker and supreme visual stylist. More than cinematographers and critics, Kubrick was admired by other filmmakers. As a perfectionist who was involved in every little bit of his project, he was considered difficult to work with and a control freak. But it also guaranteed that each work that bore his name was stamped by his unique style and interpretation.

Kubrick's use of music was innovative – both in using it to support visual effects and in the way he managed to create such originality with pre-existing music

Kubrick was notorious for demanding multiple takes during filming to perfect his art, and was often extremely demanding of his actors

### THE BEST OF KUBRICK

- 1 **Spartacus (1960):** A production budget of \$12 million made it the most expensive movie in Hollywood history at the time.
- 2 **Dr. Strangelove (1964):** Considered one of the best movies of all time, this dark comedy film satirises the Cold War fears of a nuclear conflict between the Soviet Union and the United States.
- 3 **2001: A Space Odyssey (1968):** Widely regarded as one of the greatest and most influential films ever made, this epic follows a voyage to Jupiter with the sentient supercomputer HAL after the discovery of an alien monolith.
- 4 **A Clockwork Orange (1971):** A disturbing dystopian crime film, it's based on Anthony Burgess's 1962 novel of the same name set in a near-future Britain.
- 5 **The Shining (1980):** A psychological horror film based on Stephen King's 1977 novel. Later the writer criticised Kubrick's interpretation of his work.

### WHAT IS AUTEUR THEORY?

■ Auteur theory is a way of looking at films that state that the director is the "author" of a film. The auteur theory argues that a film is a reflection of the director's artistic vision; so, a movie directed by a given filmmaker will have recognisable, recurring themes and visual cues that inform the audience who the director is and shows a consistent artistic identity throughout his filmography. ■ Think of works of Alfred Hitchcock, Steven Spielberg, Stanley Kubrick, Quentin Tarantino, Martin Scorsese, Anurag Kashyap, Shyam Benegal, Satyajit Ray, Wes Anderson and many more.