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STUDENT EDITION

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IN TODAY'S EDITION
ON PAGE 2: Latest space exploration, innovation and astronomy news from all over

ON PAGE 3: Is Becky Sharp a hero or a villain? **PLUS:** Lessons from 'Kiki's Delivery Service'

ON PAGE 4: Common sports injuries, causes and how to bounce back...

WHAT'S NEW?
LATEST BUZZWORDS EXPLAINED

Ever heard of... Cottagecore?

IN SHORT: It's a word that has been around since 2017 but the pandemic has brought it to the fore. **WHAT:** Simply put, cottagecore is an Internet aesthetic that celebrates a return to traditional skills and crafts such as foraging, baking, pottery, embroidery. The look and feel is similar to other aesthetic movements such as grandmacore, farmcore, goblincore, and faeriecore. The idea is to create "an aspirational form of nostalgia" as well as an escape from stress and trauma. **IN NEWS:** Earlier this year, 'The New York Times' did a detailed article on cottagecore calling it a reaction to hustle culture and the advent of personal branding. 'The Guardian' calls it a "visual and lifestyle movement designed to fetishise the wholesome purity of the outdoors". **WHY NOW:** Mass quarantining in response to the COVID-19 pandemic gave more momentum to it as people started using it to create a return to simpler time on their social media. It emphasises simplicity and the soft peacefulness of the pastoral life as an escape from the dangers of the modern world. Classic themes eschew digital connectedness in favour of a connectedness to nature. **HOW YOU CAN USE IT:** Click pics of gardening, wild flowers, rustically set tables, imperfect woodwork, pictures in the #goldenhour, linen-sheets, peasant dresses, scarves. Keep the filter soft and warm.

Pics: Istock

RELATIONSHIPS



HOW THE LOCKDOWN AFFECTED FRIENDSHIPS... AND IT MAY HAVE A LASTING IMPACT

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This too shall pass. Sure. But the pandemic is going to leave its impact on everyday life – including our friendships. Domsday much? Not really. In a paper in the 'Royal Society Journal', Prof Robin Dunbar of University of Oxford, wrote about the ways

in which our social connections will be changed by lockdown. In an interview to 'Science Focus' he said: "Friendships can deteriorate very quickly if you don't invest in them – it probably takes about three months." An evolutionary psychologist, he notes that the social strain of the lockdown can probably have long-term effect on some friendships.

HUMAN FRIENDSHIPS

Just like primates form strong social bonds to protect from predators and rivals, humans too tend to form groups of closest friends. And those bonds require a great deal of maintenance. Behavioural experts note that maintaining and nurturing human friendships actually requires a face-to-face meeting (regularly if not daily), time and cognitive capacity.

For the first time, many people are forming new friendships with people on their street and in their community. Dunbar predicts that when we re-emerge, some of our more marginal friendships might be replaced by some new ones.

FUNNELING

A survey carried out by social scientists in France, during the highly-restrictive lockdown there, brought out the term "relationship funneling". Put simply, while some friendships were prioritised and even strengthened through care and increased communication, other more marginal connections just "fizzled out". The

good bit? Our close, valued friendships are likely to survive this period.

DIGITAL MEDIUMS

Lower satisfaction with the quality of digital social contact is now being associated with higher loneliness. Research is now linking it to the human need to be hugged as it releases pleasure-boosting endorphins.

A recently published study in the 'Journal of Experimental Psychology' states: "Perceiving gentle touch as human appears to promote pleasure possibly because this serves to reinforce interpersonal contact as a means for creating and maintaining social bonds." Bottom line: we all need one big hug.

Human friendships actually requires a face-to-face meeting regularly, time, and cognitive capacity



HOW TO PROTECT YOUR FRIENDSHIPS

Group activities: The best bit about humans is that they can fill in the pleasure gaps with other activities. So now is the time to get together and sing, dance, eat over video-call dinners and laugh together (a reason why online comedy shows are seeing a big boost).

Remember important dates: Remember how you and your friend used to catch up and make plans for birthdays? Do that now. One thing that this lockdown has made us all learn is new ways to still celebrate each other. Remember important dates of your friends, make calls, type out a message, use of social media, get on a video call and have a virtual celebration.

Let them know you are thinking of them: Make an extra effort to tag them on social media, send a no-agenda message, share some reading material or a video link or just call. Tell them you are thinking of them. It might sound too small, but it will bring a smile on your friend's face. **Fix calls:** With all the

at-home life and chores, you may be at home but constantly

'ON'. Many people put calling a friend on the backburner. Make it a point to fix a call weekly or twice a week.

Value their emotions: Patience is short and tempers are running ragged. Sometimes, your friends might lash out at you, but know where the real anger is coming from. Be there for them and hear them out, each time.

Keep it simple: Don't try too hard. Distance doesn't mean that things will not work out between you two. Just keep the connection and channels of communication open to keep it going.

Give them space: At some point you might feel, you are making all the effort but your friend isn't responding the way you expected them to. Know that it's alright. Give them time but be consistent.

Times are unprecedented and people are dealing with it in their own way. But now is the time, we need our friends more than ever. And this too shall pass. TNN

HEALTH

Are you getting LOCKDOWN NIGHTMARES?

Many people are sharing stories of vivid dreams under #pandemicnightmare

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Deirdre Leigh Barrett, assistant professor of psychology at Harvard Medical School, conducted a 'dream' survey in April this year. It confirmed that incidences of vivid dreams has increased as the virus has spread around the world. This is not new. Studies have shown that events like 9/11 changed the way people dreamed for a time, making their dreams more intense and vivid in the days after the attacks. Barrett, in a video on BBC, says that any big life change creates a lot of emotional upheaval and that makes our dreams more vivid. A US-based survey by 'YouGov' found that nearly 1 in 3 people are remembering more dreams. Google searches for weird and strange dreams has spiked, and searches for the question 'why am I having weird dreams lately?' has tripled.

SLEEP MORE, DREAM MORE

There are several



reasons for these dreams. Barrett's research noted that most of the people are sleep-deprived. Also a lot more of us are catching up on sleep and that is the single strongest correlate with dream recall. Scientists claim that we are dreaming more because we are sleeping longer. A lot of people are waking up without alarm clocks, so their final REM sleep period of the night is probably longer than it normally would be. Also, our morning routines are more relaxed, which means we probably have more time to stop and think about the dreams we've just woken up from. Emotions for a lot of people may be higher over this period. Stress has also been found to make us have more nightmares.

HOW WE SLEEP

A night sleep is made of several stages: first, we get drowsy; we move into light, then deep sleep. This is non-rapid eye movement (non-REM) sleep. After an hour, we move to rapid eye movement (REM) or deep sleep. Both REM and non-REM sleep are vital for the brain. Dreaming is a side effect of our brain sorting through and processing memories.

While existing anxieties can not be wished away, practising sleep hygiene has become more imperative than ever. Barrett suggests that you can programme dreams by imagining a positive scenario before you go to sleep, or by placing a photo or other pleasant objects on your nightstand to view as the last thing before turning off your light. People have reported getting better sleep after meditative rituals, breathing exercises and listening to nature's sounds before sleeping.



#GOALS

ON RACISM

"Even the ugliest of viruses can exist in places they are not welcome. Racism exists, but it is not welcome here. Because we are not immune to the viruses of hate, of fear, of other. We never have been. But we can be the nation that discovers the cure."

ON THE ROLE OF POLITICIANS

"We need to make sure we are looking at people's ability to actually have a meaningful life, an enjoyable life, where their work is enough to survive and support their families."

ON CORONAVIRUS

"The worst case scenario is simply intolerable. It would represent the greatest loss of New Zealand's lives in our country's history. I will not take that chance. The government will do all it can to protect you. None of us can do this alone."

ON HER BABY DAUGHTER
"I hope that she doesn't feel any limitations. That she doesn't have any sense of what girls can or can't do. That it's just not even a concept for her."

"Leadership is not about necessarily being the loudest in the room"

Eight quotes from New Zealand Prime Minister Jacinda Ardern bound to inspire you

One of our favourite leaders in power, Jacinda Ardern, the Prime Minister of New Zealand, got elected for a second term with a major victory. From being the youngest woman in office, to becoming the first world leader to give birth as a PM, and having the most effective track record in fighting the COVID-19 epidemic in her country, Ardern, for now, seems like she can't do any wrong. Here are some words of wisdom from one of the best leaders of our generation.



ON DOING THE RIGHT THING

"Do you want to be a leader that looks back in time and say that you were on the wrong side of the argument when the world was crying out for a solution?"

ON POLITICS

"I really rebel against this idea that politics has to be a place full of ego and where you're constantly focused on scoring hits against one another. Yes, we need a robust democracy, but you can be strong, and you can be kind."

ON BEING STRONG

"One of the criticisms I've faced over the years is that I'm not aggressive enough or assertive enough, or maybe somehow, because I'm empathetic, it means I'm weak. I totally rebel against that. I refuse to believe that you cannot be both compassionate and strong."

ON FUTURE

"I hope for little girls and boys that there is a future where they can make choices about how they raise their family and what sort of career they have, which is based on what they want and what makes them happy."

Time for some #seasonselfcare

The changing weather now requires you to rethink your skin/hair rituals for better wellbeing

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DIY skincare is hardly a novelty in India. Mom and grandma skincare recipes from kitchen ingredients have been the staple of Indian beauty regimens. While shelves became more populated with branded buys, the pandemic has put the

spotlight on home-based skincare like never before – thanks to the 'saving' mentality, more time at hand and the fear of buying anything from "outside". Also, the changing weather is giving rise to #seasonselfcare.

Mustard oil is rich in fatty acids and its regular application keeps the skin healthy and free from seasonal dryness and itchiness

FRUITS ON YOUR FACE

The delicious autumn wind is a welcome change after a long spell of



warm weather in most parts of India, except that it leads to dehydrated skin. Aromatherapist and beauty expert Blossom Kochhar suggests using fruits on skin to combat the onset of dryness. Here are her fruity recipes:

AVOCADO MILK FACE PACK

For: Dry skin
Avocado is great for giving optimum hydration to dry and dehydrated skin. It has vitamins and minerals that nourish the skin, so people with dry skin, meet your new best friend. To make a

pack, mash one avocado into a pulp, add 1 tsp milk cream and 2 drops neroli oil in it. Apply the pack on your face for 15-20 minutes. Rinse off with lukewarm water and follow up with a moisturiser or face cream.

PAPAYA LEMON LAVENDER SKIN SOOTHER

For: acne-prone and combination skin
Papaya is excellent for removing dead skin cells. Make a pack by squashing 2 tbsp papaya, add 1 tsp milk powder, and mix well. Add a squeeze of half a lemon and 1 drop of lavender essential oil to the pack. Apply on your face and neck for 15-20 minutes and rinse off with water. Your skin will become smooth after one use. Once-a-week application will keep your skin healthy and radiant.

BODY UBTAN

Take 5 tbsp gram flour or besan, add 1 tsp turmeric powder and 2 tsp mustard oil. Mix well to make a thick paste. In the shower, use this paste to scrub your body for 5 minutes, leave it on for 5 more, and wash off with lukewarm water. **NOTE:** Don't use soap after this. **The Benefits:** Unlike soap or body wash, the ubtan cleanses the skin of all dirt and grime without drying out the skin, and makes it supple for a long time, even if you skip using body cream after your bath. It also keeps body acne at bay and brightens the skin. The best part is that it is gentle enough to use every day (if you can spare 10 extra minutes), or twice a week.



RETHINK

5 WAYS TO BOOST BODY IMAGE

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A healthy body image is a must. Easier said than done?

Actually no, says psychiatrist Dr Sanjay Chugh despite the fact that people come to him for body image issues "day in and day out". He says that among all other problems this one is easy to overcome if you set your mind to it. Here's why. According to the CBT model, body image is constructed of four elements: how YOU see your body, how YOU feel about your body, how YOU think about your body, how YOU behave towards your body. The part that can fix this problem is YOU. A few pointers to help...

INSECURE PEOPLE MAKE YOU INSECURE

It's not most times. It's every time. Whenever you get the feeling, or are actually told

something mean about your body and the way you look, be sure that those feelings are coming out of people's own insecurity. They try to make themselves feel better by making someone else feel small. Don't let them do that to you.

BEAUTY IS DIVERSE
For a long time, faces and bodies (women and men) staring out of magazines, billboards were all similar. Things have started changing. Believe in that change. We weren't all made the same because then there would be no beauty. Beauty lies in diversity.

NEVER COMPARE
It's difficult to resist in the age of social media. But comparing yourself to anyone else is the worst compliment you can give to yourself.

BE KIND TO YOURSELF
While talking to yourself, looking at the mirror, don't say anything that you wouldn't say to a loved one. Treat yourself with the same graciousness that you would extend to people you love.

FIND YOUR HAPPY SQUAD

Be around people who lift you up, make you laugh, want to see you happy. People who want to see you happy are your natural endorphins. They won't let you criticise yourself to the point of despair.



SPACE WORLD

Here's the latest space exploration, innovation and astronomy news from across the globe

USA

UK

CHINA

GERMANY

JAPAN

FRANCE

SPAIN

INDIA

INDIA

AUSTRALIA

USA

NOKIA WINS NASA CONTRACT TO PUT 4G NETWORK ON MOON

⇒ NASA has awarded Nokia of the US \$14.1 million to deploy a 4G cellular network on the moon. The grant is part of \$370 million worth of contracts signed under NASA's "Tipping Point" selections, meant to advance research and development for space exploration.

⇒ "The system could support lunar surface communications at greater distances, increased speeds and provide more reliability than current standards," NASA said.

ALL FOR LUNAR BASE

NASA Administrator Jim Bridenstine in a live broadcast said that the space agency must develop new technologies for living and working on the moon if it wants to realise its goal to have astronauts working at a lunar base by 2028.

SPAIN

SPACE TOURISM TO BECOME A REALITY IN SPAIN

⇒ Spanish company Zero 2 Infinity will launch its stratosphere travel program in 2021, when it promises to take tourists 32 kilometers above the surface of the Earth in a specially designed balloon.

THE BALLOON EXPERIENCE

A typical predawn flight would take several hours to reach maximum altitude, so that passengers could enjoy seeing the sun rise against the blackness of space and see the curvature of the planet Earth. Luckily, the balloon would not need to get anywhere near the 62-mile (100 km) altitude that marks the official edge of space for its riders to enjoy stellar views.

FRANCE

PLUTO'S MOUNTAINS ARE SNOW CAPPED BUT NOT LIKE EARTH'S

⇒ An international team led by CNRS (French National Centre for Scientific Research) scientists have found that the snowcaps on the mountains of Pluto are very much different from the snowcaps on the mountains of Earth.

⇒ They determined that the 'snow' on Pluto's mountains actually consists of frozen methane, with traces of the gas being present in Pluto's atmosphere, just like water vapour on Earth.

⇒ Pluto's atmosphere is rich in gaseous methane at altitudes. As a result, it is only at the peaks of mountains high enough to reach this enriched zone that the air contains enough methane for it to condense. At lower altitudes, the air is too low in methane for ice to form.

ABOUT PLUTO

Pluto was discovered in 1930 by Clyde Tombaugh. It's primarily made out of ice and rock. It is relatively small even when compared to Earth's Moon, being one-sixth of the moon's mass, and one-third of its volume.

UK

'ANOTHER UNIVERSE EXISTED BEFORE THE BIG BANG'

⇒ Before the Big Bang brought about the universe we know, there was another universe and black holes could be proof of its existence, claims Nobel prize winner Sir Roger Penrose. He won the Nobel Prize for Physics for a paper that used Albert Einstein's Theory of Relativity to prove black holes exist and explain how they form.

BLACK HOLES

Black holes are so dense and their gravitational pull is so strong that no form of radiation can escape them - not even light.

STAR FORMATION

Stars form from an accumulation of gas and dust, which collapses due to gravity and starts to form stars. The process takes around a million years.

UK

GERMANY

GERMANY LAUNCHES SPACE JUNK TRACKING SYSTEM

⇒ German Defense Minister Annegret Kramp-Karrenbauer inaugurated Germany's Air and Space Operations Center (ASOC) to track space junk using a prototype sky-scanning radar. ASOC - part of the German Luftwaffe's (Air Force) facilities serving NATO - will initially have 50 experts, growing to 150 by 2031.

SPACE JUNK

More than 5,00,000 pieces of debris or space junk are tracked as they orbit the earth. The space debris all travel by speed up to 17,500 mph, which is fast enough for a relatively small piece of orbiting debris to damage a satellite or a spacecraft.

CHINA

CHINA'S MARS PROBE FINISHES DEEP-SPACE MANEUVER

⇒ China's Mars probe Tianwen-1 recently carried out a key deep-space maneuver about 30 million kilometers away from Earth.

⇒ The elaborately designed maneuver was intended to "adjust the flight route to enable the spacecraft to fly accurately toward the preset point where the vehicle is expected to be captured by Mars' gravity at the beginning of 2021.

TRYST WITH MARS IN FEB

Tianwen-1, China's first independent Mars mission, was launched on July 23. It was designed to complete orbiting, landing, and roving in one mission. The probe will reach the Red Planet around February 2021.

AUSTRALIA

AUSTRALIA SIGNS NASA'S ARTEMIS ACCORDS

⇒ Australia is among the first partner countries to join NASA on international cooperation with the signing of the Artemis Accords. At the 71st International Astronautical Congress (IAC) held virtually, NASA

Administrator Jim Bridenstine announced that Australia will join NASA in going back to the Moon safely and sustainably through the signing of the Artemis Accords.

THE ARTEMIS ACCORDS

The Artemis Accords are grounded in the Outer Space Treaty of 1967 and establish a practical set of principles to guide space exploration cooperation among nations. They aim to increase the safety of operations, reduce uncertainty, and promote the sustainable and beneficial use of space.

JAPAN

UNDERSTANDING STELLAR FLARES EXOPLANETS

⇒ A new study now states that sunspots, which are darker, cooler patches on the Sun, can reveal more about the conditions for life on exoplanets. An international research team led by Shin Toriumi at the Japan Aerospace Exploration Agency looked at sunspots at a low resolution, which resulted in a simulated view of distant stars. This might help understand stellar activity and the condition for life on planets orbiting other stars.

WHAT ARE SUNSPOTS AND SOLAR FLARES?

Sunspots are dark, planet-sized regions that appear on the "surface" of the Sun. They appear dark because they are cooler than other parts of the Sun's surface. The temperature of a sunspot is still very hot though—around 3,593 degrees Celsius!

The magnetic field lines near sunspots often tangle, cross, and reorganise. This can cause a sudden explosion of energy called a solar flare. Solar flares release a lot of radiation into space. If a solar flare is very intense, the radiation it releases can interfere with our radio communications here on Earth.