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STUDENT EDITION

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ON PAGE 3: Why you must watch 'Inside Out'? **PLUS:** November has some great books coming your way

ON PAGE 4: Who's the GOAT among Rafael Nadal, Roger Federer and Novak Djokovic?

YOUR HANDY GUIDE TO AT-HOME FESTIVITIES

SELF-CARE

MINIMAL yet special

What are the grooming trends in this subdued year? Many people learnt self-care at home and embraced minimalism. A peek into beauty trends that emerged during the pandemic

Pallavi.Shankar@timesgroup.com

BASIC IS IN

Wear good skin along with confidence – is the beauty mantra of the year. But it's the celebratory season and in your skincare DIY, add a touch of luxury by including festive and skin friendly ingredients like dried rose petals, rich oils, ground almond and so on. You can also make your organic kajal at home with cow's ghee. Check out Yami Gautam's kajal recipe with 'ghar ka ghee' on her Instagram post: "All you need is 50 ml ghee and a silver lamp or an earthen diya, one long thick cotton wick and one earthen/copper plate. Now, pour the ghee into the lamp and place the cotton wick inside it. Once the wick has settled, simply light the lamp. Place the plate on top of the lamp to



Yami Gautam recently shared a DIY kajal recipe

I-GOT-TO-LEARN BANDWAGON

Girls learnt to tweeze their brows and at least once you tried a at-home haircut. Tweens and teens, please don't try to cut your hair all by yourself. Take help from a parent or a sibling. The actress Kriti Sanon whose sister, Nupur, chopped her long tresses. However, you can see YouTube videos of how to cut your hair, blow dry, etc. to be more aware about these grooming chores and also to achieve a certain degree of independence.



THE YEAR OF DIY

While many believe that Diwali 2020 has lost its sheen, purists feel that this back to basics is what festivals were all about – family, warmth and at-home sweets and decorations. In fact, Pinterest has reported a surge in searches for mithai recipes, home decoration ideas like diyas, rangolis and flowers, and gift ideas. Here are 10 ideas to add more sheen to your celebrations...

- Create your own:** From mithais, snacks to décor, make your own.
- Borrow your clothes:** How about repurposing mom's old sari as a vest for your brother and a skirt for you. Or organise a swap among cousins.
- Use plants:** With the fresh air going the way of the dodos (yes, it is virtually extinct), what better to do this year than use your plants for décor. Add fairy lights around it.



- Use fabrics:** Want to do up a corner without changing much, add a fabric as a throw or on the wall. Or make a no-sew tent.
- Use flowers:** Use flowers in pots, as floating arrangements and flower rangolis. Nothing says Diwali than a heady mix of genda phool, rose, rajnigandha and assorted posies.
- Set a festive table:** We all have that fancy crockery and cutlery that your mother has squirreled away for the 'guests will come' occasions. Take it out for the Diwali lunch or dinner. Ask your mom for an old silk sari that you can fashion into a tablecloth.

SMALL IS WARM

Just because everything is on a small scale now doesn't mean it has to lack in warmth. Use technology to add in more people just like a Zoom wedding. Get on family calls and dress up in your Diwali finery for the call with an apt background created using fairy lights. Tag and celebrate on social media – you'd be surprised how much fun that can be

- Organise indoor games:** Can't have a Diwali party – organise video-call games with cousins that's bound to ensure some fun.
- Deploy mirrors:** One quick way to add shine to a space is to get mirrors. Get mirrors in various shapes and sizes to illuminate your house.



- Make Diwali cards:** Ask your parents about the joys of receiving an old-fashioned card – and handmade is even better. Like Christmas holiday cards, you can even dress in your Diwali finery and send it as a card for your friends.
- Make your own idols:** How about making your own idols out of clay to add a handmade touch.

NEW IDEAS

The gift of GREEN

Supriya.Sharma2@timesgroup.com

In the midst of all of these unprecedented physical and mental changes, it is very important to invest in strengthening relationships and fostering community among everyone in our lives. What better way to do that than by reaching out to the loved ones with gifts that can add more meaning to life right now. The times call for more homemade hampers, charitable donations, secondhand goods, experiences, time, and more. Here are some ideas...

FRUGAL GIFTING: There's been a cultural shift to declutter our homes, people

are spending their hard-earned money on experiences instead of stuff – and some people just don't need a physical gift. So what do you buy for someone who says they don't want anything (and means it)? Don't waste money on a gift that will create unwanted clutter. Book them an experience like a birding trip, a farmcation or just an exclusive rendezvous with friends and family.

POTTED HERBS: When gifting someone with a plant you have to ensure they have somewhere to put it considering some city dwellings may not have the space. Potted herbs fits in this case particularly because they require little space and very little maintenance. On top of their aesthetic value, the scented ones like rosemary, sage and basil can be natural air fresheners.

SOW THE SEEDS: Tree seedlings are wonderful gifts, especially for those who have a garden or a backyard. Purchasing tree seedlings on sale or from tree nurseries is very affordable and if planted, it's a huge plus to the environment.

WASH IT OFF: Soap nuts are recent discoveries that serve a better purpose than the commercial laundry detergents which are highly unkind to the environment. Give someone an eco-friendly gift of soap nuts that are 100% biodegradable.

SECOND HAND FASHION: For those of us wanting to reduce carbon impact, try thrift shopping this season – it's easier on the wallet and the planet. Many thrift stores are set up as charities so by supporting them you are doing double the good.

SELF LOVE JOURNAL: Self-love is everything. It allows us to connect with our inner magic, and has the

power to make us feel inner peace and pure joy, but it can be hard to find time to show ourselves love when the stresses of day-to-day life take over. This is exactly why the Self-Love Journal was created. It will help you to check-in with yourself, set challenges for healthy growth, plan nourishing meals and practice self-care activities.

ZERO WASTE STARTER: Everything you could possibly need for going down the path to zero-waste is right

here. Utensils and straws you can use instead of plastic. A reusable non-plastic water bottle. A net bag for your produce at the store. Bamboo toothbrushes. Beeswax food wraps for your perishables. This is particularly useful if you know someone who

mentioned quantity, you will get 2 cups of powder. 3. In a kadai, put half of the ghee and add the powder and fry for few minutes. 4. In another vessel put the jaggery and add water. Bring to boil. When it starts boiling, remove and strain it. 5. Add the jaggery water to the fried powder and stir well. 6. Stir continuously till it becomes thick. Add the remaining ghee and again mix it well. Cook till it leaves the sides of the vessel. 7. Remove and transfer it to a greased tray.

Dal tikki
Ingredients: 1/2 cup yellow moong dal (soak for 7/8 hours); 1/4 cup sattu; 2 tsp onions (finely

chopped); 1 tsp chilli powder; 1/4 tsp ginger grated; 1/4 tsp grated turmeric; 1/2 tsp garlic paste; 2 tsp flax powder; 2 tsp sesame seeds; 2 tsp coriander; Pink salt to taste; Cold pressed coconut oil for tikki
Method: 1. Cook the soaked dal in a pressure cooker, let it cool down. 2. Add the remaining ingredients and mix well. 3. Divide the batter and roll it into tikkis. 4. Cook on a cast iron pan with coconut oil. 5. Serve hot with mint, coriander chutney.

Lentil halwa
Ingredients: Green gram dal - 1 cup; Urad - 2 tbsp; Poha - 4 tbsp; Powdered jaggery - 2 cup; A2 cow ghee - 1/4 cup; Water - 6 cups
Method: 1. Dry roast both dals and poha separately till it become light brown. 2. Cool it and powder it in a mixer. Sieve it. For the

HEALTHY BINGE CHOOSE homemade



Festivals are a great time for the entire family to come together and participate in making homemade sweets and snacks like laddus, chaklis, savoury items, etc. It's also a great way to involve kids into cooking so as to cultivate healthy eating practices. Here are two easy recipes:

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STEP 2: Balance

When we detox, we normally resort to excessive diet control and extreme exercise plans. Both these adverse measures may be counterproductive. "Going on a complete detox – no carbs, very low carb, and very low fat diet is an attempt to compensate for the extra calories consumed," says Manjari Chandra, nutrition consultant.

Sudden fasting and reduced food consumption is known to alter the production of hormones such as insulin, cortisol and thyroxine. Adds Chandra, "Exercising with a vengeance may also not help as it may result in injury and muscle pains/joint pains jeopardising your regular activity routine." Research shows that physical activity above a certain threshold can trigger an increase in ap-

petite and more calories eaten; decrease in resting metabolic rate.

STEP 3: Sleep over it

"The most important thing you can do to regenerate and reset your body is sleep. During a food or alcohol induced hangover, your internal organs are working overtime trying to get your body back to where it should be and resting provides it with the energy to do so," suggests Shaikh. Even if you have a busy day ahead, or responsibilities, try taking a nap for at least a few hours.

probiotic and prebiotic foods such as yoghurt, buttermilk, tofu, fermented food such as kimchi, kombucha would repair the gut. 5. Eliminating processed, packaged foods will heal the digestive tract and reduce weight gain from an inflamed/leaky gut. It also eliminates excess fat, salt and sugar. 6. Eating enough of Indian carminative spices such as fennel, jeera, and black pepper will have the dual benefit of improving metabolic rate, promoting digestion and result in weight loss. 8. First recover post indulgence before starting exercise. Start with leisurely walks.

RESET PLAN

1. Eat smaller, regular, disciplined meals to ensure hormones such as thyroxine, insulin are released in the right amount.
2. Eat wholesome food including sufficient carbs, low fat and proteins and fibre.
3. Eat easy to digest and simpler food such as soups, smoothies, khichri, porridge, steamed snacks such as idli, dhokla and seasonal salads and fruits.
4. Ensuring a good supply of gut healing



RESET YOUR BODY

RE-ESTABLISH A HEALTHY EQUILIBRIUM POST BINGING

Supriya.Sharma2@timesgroup.com

All that happy excess – in the form of carbs, fat, salt, sugar, and alcohol – can leave you feeling bloated, tired, hungry, and guilty. Give your body a sense of steadiness. Use a well-measured reset plan to balance your body

STEP 1: Hydrate

First step post heavy bingeing is to rehydrate the system with water. Drink vegetable and fruit juices. Juices detoxify your body from the inside out at a complete metabolic and cellular level. "Apart from drinking fruit and veggie juice, try not to eat too much animal fat and stick to eating fish or low-fat poultry. Lean meats will give you the protein you need to provide the sustenance and nutrition that your body needs while it's working to get rid of toxins," says Amreen Shaikh, dieti-

tian. "Go off sugar and, if possible, grains for first 48 hours or 72 hours after days of partying," says Dr Anjali Hooda Sangwan, consultant, obesity, metabolic medicine & clinical nutrition.



NO WASTE DIWALI

1. Light up your home and your loved ones' with LED lights, an easy way to make your holidays more sustainable. They are more expensive up front, but they last longer and use far less electricity than traditional lights. That means less materials in landfills in the long run, and less energy consumption.
2. Gift rice paper lanterns and flowers instead of plastic balloons. You can also try your hand at making paper lanterns for decoration. Note: Always light paper lanterns in an open space and under adult supervision.
3. Use decor elements that can be composted the next day like flowers and paper. Avoid plastic.
4. Use up leftovers. Eat them for lunch, incorporate them into a new recipe, reserve a night specifically for leftovers or freeze them for later.
5. Lookout for disposables and avoid using them. For instance, plastic plates, one-time wax diyas, plastic glasses all end up in trash. Avoid adding these to your festivities. Also support local by buying from local vendors.



HOW TO ACE GROUP DISCUSSIONS?

Some people have the gift of the gab and feel confident while holding a conversation with anyone. Such people also tend to ace in Group Discussions (GDs). However, majority get cold feet while communicating to a crowd or to an important group of people. Group Discussions (GDs) are often challenging since they compel every participant to be opinionated, expressive and win the discussion. Group Discussions are becoming increasingly common as entrance exam criteria to get selected in premium B-schools demand that you qualify in the GD round. So here are some tips to conquer everyone...



Grab initiative, after the moderator's nod

Initiative here means being the first one to jump into the discussion after the moderator's go-ahead. However, do wait for the nod, as most students accidentally tend to begin immediately after the topic is introduced without waiting for the 'begin' command. GDs are short, timed events. Individual taking the lead can immediately establish his or her point. Taking initiative also suggests that you are confident about yourself and

Hi friends. We are **HOPPER & CROCKY**. Though, there are no hard and fast group discussion rules but following points should be kept in mind...

your perspective. To convince a group, having the first say helps.

You have to pick your words and state your thoughts. Keep your sentences short, make your point and counter the challenging perspective quickly.

Win the argument, don't be argumentative though

Being loud and aggressive will not help. Even if the discussion gets heated up, assert your point with clarity but don't shout, making you look like a habitually argumentative person. GDs are aimed at evaluating your soft skills, convincing ability, self-confidence and conviction power. They are not aimed at evaluating your confrontational, verbal capacity. If you find a participant trying to engage you in a meaningless banter or challenging your viewpoint without any rationale, try to stay calm and correct his stance in a simple, factual manner that exposes the hollowness of his arguments.

Be precision personified

You cannot afford to quote various examples and detail instances from the past.

Positivity matters the most

A positive body language can help immensely. GDs pack-in the contestants and those exuding self-confidence usually tend to overrule others. Any sign of

nervousness can be your undoing here. Even if you don't have sufficient knowledge to tear through the discussion, use some humour to win a few points.

Read, research, refer

It is important that one reads a lot of literature on various topics, researches interesting points and some facts that he can refer to during the GD. Newspapers, magazines, journals are good material to know about topics, but at the end, have your own perspective.

What if you know nothing about the topic?

There could emerge a situation where one doesn't have any knowledge about the topic given for discussion. In such a situation, first, listen carefully to the view points of other members and then use the information to make your point.

This will make you appear like a confident individual with handy survival tactics. Ensure you are feeling energetic before the GD begins. Grab a bite of something sweet that helps to uplift your mood instantly.



Photos: Getty Images

Include others

Keep an eye out for those who do not say anything and take the opportunity to ask them for their opinions. This will gain you both assessors' appreciation and other group member's gratitude.

Practice is fine, but being spontaneous gets you brownie points

Practice may make you perfect. However, in GDs points are given to spontaneity and passion. If any topic looks over researched and the point you raise looks staged, you could just be losing out. Hence, it is essential that while you research the topics to factually validate your point, do not memorise lines and blurt it out.

You are as good as you project to be. Grab the chance for the last say too...

A moderator is assessing your soft skills too. Hence, if someone makes a rude remark, the manner in which you steer the conversation in a composed, yet assertive manner towards a logical talk earns you respect and the seat! When there are loud voices echoing in the room, remember, even quietness at the right time carries weight. Source: MensXP.com



7 WORDS to avoid WHEN WRITING

1. Totally, completely, absolutely, literally

These words don't add information to a sentence. For example, "The box was completely full of clothes" reads the same as, "The box was full of clothes."

2. Definitely, certainly, probably, actually, basically, virtually

Again, these words don't add information. If the sentence makes sense without these words, remove them.

3. Rather, quite, somewhat, somehow

A movie doesn't have to be "rather dull", it can just be "dull".

4. That

It's superfluous most of the time. Open any doc-

ument you've got drafted on your desktop and find a sentence with 'that' in it. Read it out loud. Now read it again without that. If the sentence works without it, delete it.

5. Very

Accurate adjectives don't need qualifiers. If you need to qualify it, replace it. Very is

intended to magnify a verb, an adjective, or another adverb. What it does is makes your statement less specific. If you're very happy, be ecstatic. If you're very sad, perhaps you're melancholy or depressed.

6. Amazing

It's time to retire the word 'amazing'. There are so many alternatives. Pick any — wonderful, incredible, star-

ling, marvellous, astonishing, astounding, remarkable, miraculous, surprising, mind-blowing, staggering, bewitching..

7. Just

It's a filler word and it makes your sentence

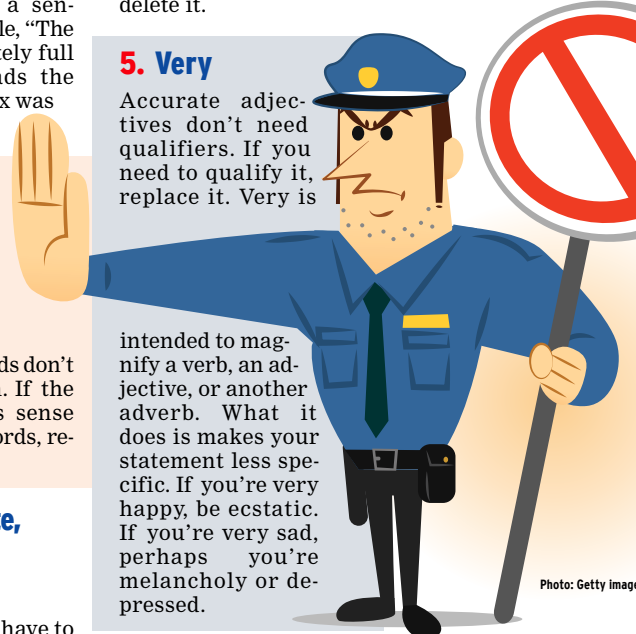


Photo: Getty Images

How to write a vivid physical description

Vivid description is writing which makes you feel as if you are standing there, right there where the author has just described something. Vivid description appeals to the senses — eyes, nose, ears, skin, etc.

IN 'THE PRINCE AND THE PAUPER', MARK TWAIN PAINTS A WORD PICTURE OF KING HENRY VIII USING DESCRIPTIVE LANGUAGE: Before him, at a little distance, reclined a very large and very fat man, with a

wide, pulpy face, and a stern expression. His large head was very grey; and his whiskers, which he wore only around his face, like a frame, were grey also. His clothing was of rich stuff, but old, and slightly frayed in places. One of his swollen legs had a pillow under it, and was wrapped in bandages. This stern-countenanced invalid was the dread Henry VIII.

IN 'THE BRONZE BOW',



Photo: Getty Images

ELIZABETH GEORGE SPEARE DESCRIBES A YOUNG ROMAN SOLDIER: When he straightened again, the Roman was pulling off his helmet, revealing crisp fair hair. He wiped the back of his hand across his wet forehead where the metal had left an uncomfortable-looking crease. With a shock, Daniel saw that he was very young. The beardless cheeks and chin scarcely needed a razor.

HARE DICKENS DESCRIBES THE BOASTFUL, SELF-IMPORTANT MR. BOUNDERBY He was a rich man: banker, merchant, manufacturer, and what not. A big, loud man, with a stare, and a metallic laugh. A man made out of coarse material, which seemed to have been stretched to make so much of him. A man who was always proclaiming, through that brassy speaking-trumpet of a voice of his, his old ignorance and his old poverty.

DID YOU KNOW

■ Posing a question and then immediately answering it yourself is called sermocination.

■ The proper name for cutting your own hair is self-torsorialism.

■ The opposite of Deja vu is jamais vu, the unnerving feeling that something very familiar is actually completely new.

■ Hogwash is literally kitchen scraps used to feed pigs. The first writer to use it to mean 'nonsense' was Mark Twain.

■ Shakespeare used the word armagant in 'Antony & Cleopatra'. No one knows for sure what he wanted it to mean.

■ There are over 200 artificial languages that have been invented for books, television, and movies, including 13 distinct languages in the Tolkien universe.



Queries relating to language skills

Do you find grammar confusing? Do you get stuck with words when writing a letter, an essay or a blog? Do you have a fear of public speaking? Or do you simply want to improve your communication skills? Times NIE is here to help you to master the intricacies of the English language. Just shoot us your queries on

toiniet75@gmail.com



IDIOMS AND PHRASES QUIZ



Photo: Getty Images

1 What is the meaning of 'To make a clean breast of'?

- To gain prominence
- To praise oneself
- To confess without of reserve
- To destroy before it blooms

2 What is the meaning of 'To keep one's temper'?

- To become hungry
- To be in a good mood
- To preserve one's energy
- To be aloof from

3 What is the meaning of 'To catch a tartar'?

- To trap wanted criminal with great difficulty
- to attack or oppose someone too strong for one
- To meet with disaster
- To deal with a person who is more than one's match

4 What is the meaning of 'To drive home'?

- To find one's roots
- To return to a place of rest
- Back to the original position
- To emphasise

5 What is the meaning of 'To have an axe to grind'?

- A private end to serve
- To fail to arouse interest
- To have no result
- To work for both sides

6 What is the meaning of 'To cry wolf'?

- To listen eagerly
- To give a false alarm
- To turn pale
- To keep off starvation

7 What is the meaning of 'To end in smoke'?

- To make completely understand
- To ruin oneself

- To excite great applause
- To overcome someone

8 What is the meaning of 'To be above board'?

- To have a good height
- To be honest in any business deal
- They have no debts
- To try to be beautiful

ANSWER:

- c), 2- b), 3- b)
- 4- d), 5- a), 6- b)
- 7- b), 8- b)