



THE TIMES OF INDIA

www.toistudent.com



TODAY'S EDITION

➤ Can I start a sentence with a conjunction?
➤ Sports idioms
PAGE 2



➤ 10 elements that make a good fantasy
➤ Unforgettable costumes of Hollywood
PAGE 3



➤ 6 new sports all set to spice up the Tokyo Olympics
PAGE 4



STUDENT EDITION

SATURDAY, NOVEMBER 28, 2020



WEB EDITION

CLICK HERE: PAGE 1 AND 2

GO GREEN

The 2020 PLANT LIST

Recently, a UK-based florist website "Flowercard" revealed - after a careful analysis of Google searches of houseplants in the last decade - this year's list of the trendiest houseplants. According to their analysis, 2020 was the year of the houseplants as people bought indoor plants for aesthetics and health reasons especially. Here are the five most popular plants...

Aloe Vera

We love a plant that can multitask and aloe vera is it. The most popular plant of 2020, this healing plant has found a safe home in most houses. You can drink aloe juice, apply the pulp for hydrated skin or shiny hair or use on rashes or wounds for quicker healing.

Lavender

The second-most popular plant of

the year. Who wouldn't love this plant's distinctive purple colouring and pleasant smell? Use lavender as a garnish, place sprigs of it around the house or use it as a start to a herb garden.

Snake Plant

Sansevieria Zeylanica is low-maintenance. This plant is said to be a great natural air purifier.

Peace Lily

Peace Lilies earn the nickname "closest plants" for being so low-maintenance. These beauties grow wide, pointed leaves in dark green with bright white flowers.

Money Plant

This is one hardy plant that needs indirect sunlight and well-draining soil. Considered a symbol of good luck, it was one of the popular plant picks of the year.

Choose your plants wisely based on how easy they are to care for, how safe they are to have around and how they suit your personal tastes

How the pandemic made PETS POPULAR

And five reasons now is the best time to get a furry friend

Nupur.Amarnath@timesgroup.com

At the start of the pandemic, most rushed to abandon pets with a fear that they would be carriers of infections - in spite of the World Health Organisation declaring otherwise. Of late, animal adoption centres have been reporting an increase in pet adoptions. It turns out, having a pet to weather the pandemic with is a great boost to your mental health.

Psychologist Lori Kogan, a professor of veterinary medicine at

Colorado State University did two anonymous online surveys via social media among current pet owners - one regarding cats and another about dogs. For many, their pets have played a critical role in helping reduce feelings of depression, anxiety, isolation and loneliness in these tough months. Here are five ways you can turn to your pets, whatever the species...

TALK TO THEM

Many pets are able to pick up on your emotions and can sense stress or sadness. They are great listeners - no unwelcome advice - and sometimes, just saying things aloud helps you work through troubling thoughts.

Experts have warned against impulsively taking in animals without learning how to care for them, or without recognising that adopting a pet is a long-term, commitment



COMEDY RELIEF

Pets are naturally funny. Whether chasing their tail, hiding



their toys, falling off their exercise wheel. Their antics are god for a chuckle and a great stress reliever.

TAKE YOU OUT

Whether on a leash, in a stroller or on your shoulder, some pets are more than happy to accompany you on a walk, an excellent way to get the much-needed exercise right now.

GOOD TO SNUGGLE

While we may not be able to touch other



If you are getting a pet during pandemic, here are a few pointers

- Be extra mindful of hygiene after handling or touching your pet
- Keep pets and their supplies out of the kitchen
- Regularly clean and disinfect pet habitats and supplies
- Clean up after them
- Make sure they too maintain social distance

humans outside our homes during social isolation, our pets are safe for a cuddle if you're healthy. Hugging your pet feels great, reduces depression and releases feel-good hormones. It can also help you relax, ease tension and even relieve physical pain.

SPREAD THE CHEER

When the news and social media seem to be filled with nothing more than sobering

updates about COVID-19, a photo of your four-legged - or feathered, finned, etc - friend can bring joy to your loved ones and acquaintances. Text, email, video chat or put up a picture or video on your social media platform. A funny pet picture or video is the best way to create a connection with people (even strangers) and it will help bring a smile to their faces.

SELF CARE

Hello! Happy skin



Acne management during winter requires a change of approach. We tell you how to zap those zits

Pallavi.Shankar@timesgroup.com

Stress and sudden dryness of skin due to the windy weather is leading to less good skin days. These unwelcome inflamed visitors on your face can be tackled by following a winter special skincare regimen.

LUKEWARM WATER

"People usually start having less water once winter sets in, which is bad for skin. You need to keep your skin plump and hydrated by having enough water through the day - lukewarm water is the best and it's good for your health too from the perspective of overall wellness in pandemic," suggests dermatologist Dr Dipali Sarin. Keeping skin internally hydrated keeps it from becoming dry. Having enough water will keep stress levels in check.

DON'T SKIP LOTION

Many teens with acne-prone skin are

scared of moisturising their skin as they think that it will lead to more acne. Sarin insists, "Don't skip moisturiser ever, not even for a day." Choose water-based moisturisers as heavy creamy ones are not suitable for oily skin type, but moisture you must as it is basic food for your skin.

GO EASY ON SCRUBS

"Drying anti-acne medication needs to be used with caution in winter," advises Sarin. Check with a dermatologist about the ideal acne controlling topical gels and creams for this season rather than continuing with the old treatment. "And don't scrub your skin with a harsh face wash or even drying DIY home face packs as it will aggravate the acne," adds Sarin. Wash with a gentle cleanser in the morning and night and follow up with a light moisturiser. At night, apply anti-acne medication sparingly on affected zones and you could even use it on alternate days to maintain the pH balance.

ADD A HERBAL BLOOD PURIFIER

Keeping your system internally healthy will reflect on the outward health of your skin. You can check medical stores for herbal blood purifiers (made with potent skin purifying herbs like neem, amla, apple cider vinegar, etc.) that helps in removing impurities from the body. Including soups, fresh vegetables and fruits also keeps acne in check as does staying away from junk and fried foods. Include oranges, kiwi, grapefruit, bell peppers and lemon in your daily diet.

Don't forget to wash your face before you go to bed at night even if you are feeling lazy. Wash with an alcohol free face wash and moisturise with a light cream or gel. Also, get enough sleep - rested skin is beautiful skin

FOOD

The Pahadi Kitchen

Bring home some mountain food staples this winter to keep cosy

Supriya.Sharma2@timesgroup.com

What is it that makes eating in the hills such a gratifying affair? Even something as uninspired as a hot bowl of Maggi or *anda parantha* works up the appetite instantly. Go more local and a simple lunch of some homegrown greens and a freshly ground chutney served with buckwheat chapatis feels like a spread! Could it be the cold? Experts agree that the urge to binge on food at the first hint of chilly weather may be deeply ingrained in our biological make-up. But it is also the hearty goodness and warming nature of most mountain staples that satiates the 'winter appetite'.

Most dishes are meant to protect you from the chills. "Items like gehat ki dal, ramdana, bhatt, jharangi urad, pahadi palak, jimbu, walnuts, grapefruit, sesame seeds, hemp seeds are used extensively in Uttarakhand during winter



because these foods are warming in nature," shares cuisine and nutrition consultant Sangeeta Khanna. While Uttarakhandi cuisine is dominated by pulses and vegetables, Himachal Pradesh boasts of a huge repertoire of meat specialties. As winter sets in, homes in Himachal Pradesh are bathed in the warm scent of khatti meat. This preparation along with black lentils, greens, and rice make for a hearty meal that helps fight the bone-chilling winter.

Chef Udit Maheshwari who uses a lot of mountain goodness in his recipes, feels that, "the awareness about food from the hills is still low in the cities,

but it's getting better. For instance, some items like bhatt, madua, kootu, jakhia, hemp seeds are slowly gaining attention of the people." A modern day superfood, hemp has actually been around for the longest time in the form of Pahari bhaang chutney. "In the mountains people roast the seeds and make a chutney with it. Also, roasted hemp seeds powder is mixed with herbs and salt and used with cucumbers, oranges to make salads," says Khanna.

HERE ARE SOME MOUNTAIN STAPLES

Bhatt: A Kumaoni black bean, it is cooked like a dal

Jakhia: An underrated seed, it's great for digestion. Use it instead of jeera

Dried Rhododendron flower or buransh: A hot rhododendron tea has anti-inflammatory powers

Himachali Red Rice: A more delicious version of the Kerala red matta rice

Timur: Also known as Sichuan pepper, it is said to relieve toothache

Madua/Ragi: Of all the cereals and millets, madua is said to contain the highest value of calcium



Apricot oil: Every Himachali mother gives her newborn this traditional chuli ka tel to keep warm in winter

Buckwheat: It's a great source of proteins, fibre & complex carbs

THE POWER OF A SIMPLE DRESSER

Here are lessons from the world's most successful people who are also wardrobe minimalists

When you think of Mark Zuckerberg or Barack Obama and the late (and great) Steve Jobs, you are not thinking of their clothes of course. Unassuming dressers, they usually wear what can only be called a uniform.

Zuckerberg is famous for his sweat-shirts, Jobs' always wore black and in one style and Obama wore blue and gray suits for all occasions. Even Albert Einstein reportedly bought several variations of the same gray suit. Here are the lessons you can take from wardrobe simplifiers.

1. IT SAVES YOU TIME

Have you ever thought about how much time you waste deciding what to wear in the morning? It might just get you late to school on some days. A standard issue uniform closet helps in pairing up quickly and decisively, ensuring that less time is spent on decision-making.

2. BEATS DECISION FATIGUE

American author Henry David Thoreau once stated: "Our life is frittered away by detail. ...Simply, simplify." A number of very successful people have adopted this philosophy in their daily routines. Obama in an article in

"Vanity Fair", explained the logic: "I'm trying to pare down decisions. I don't want to make decisions about what I'm eating or wearing. Because I have too many other decisions to make." Research shows the simple act of making decisions degrades one's ability to make further decisions.

3. MAKES YOU PRODUCTIVE

Research has proved that your productivity suffers as a result of becoming mentally exhausted from making many irrelevant decisions. Stressing over things like what to eat or wear every day, people become less efficient at work.

4. KEEPS YOU FOCUSED

President José Mujica of Uruguay rejects conformity and refuses to wear a tie. According

to him, we waste time worrying about things that have no substantial consequences. He had stated once: "I'm an enemy of consumerism. Because of this hyperconsumerism, we're forgetting about fundamental things and wasting human strength on frivolities that have little to do with happiness."

5. LESS COMPLICATED

Yes, the world will be boring if we all dress in the same thing every day but wardrobe simplification is about reducing the amount of time we spend thinking about pointless aspects of our day.

Zuckerberg and the late Steve Jobs (far right) are well-known wardrobe simplifiers



Obama wore a gray or blue suit for his official engagements to cut down on decisions



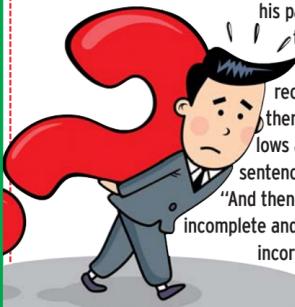
CAN I START A SENTENCE WITH A CONJUNCTION?

YES, YOU CAN!

HI FRIENDS. WE ARE **HOPPER & CROCKY**. There are some mistakes which are no goof ups. Keep reading for more

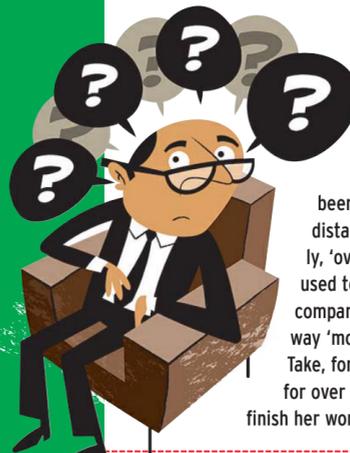
STARTING A SENTENCE WITH A CONJUNCTION

1 Our primary teachers were very particular about telling us that we must not use conjunctions (and, but, or and the likes) at the beginning of a sentence. However, this is only a myth as per Oxford's Myth Debunkers, "The argument against using a preposition to introduce a sentence is that such a sentence expresses an incomplete thought (or 'fragment') and is therefore incorrect." So, let's say, what follows the conjunction is a complete sentence with its own subject and predicate, it is correct. Take, for example, "I went to buy the groceries. And then I went to his party." Against this, take, "I went to buy the groceries. And then his party." Now, the first sentence is correct because there 'And' follows a complete sentence, whereas, "And then his party" is incomplete and hence, incorrect.



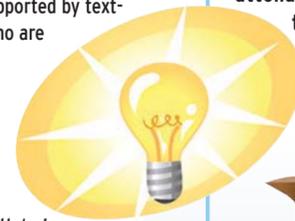
'WHILE' OR 'ALTHOUGH'

2 Though these two words mean different things, they are often interchanged. Let's take example for both cases, when you cannot swap the two and when you can. Take, for example, "While I was always good at badminton, my brother wasn't." In this case, 'while' can easily be replaced with an 'although' to become, "Although I was always good at badminton, my brother wasn't." Let's take another example, "While I was busy with my work, he entered through the door." In this case, if you use 'although' instead of 'while', it will change the entire meaning.



ENDING A SENTENCE WITH PREPOSITIONS

3 Prepositions mean 'to place before'. So, experts argue that words like 'off', 'on', and 'with' cannot be placed at the end of a sentence. However, grammarian Charles Allen Lloyd has called it a "groundless notion", which is not supported by textbooks. For example, "Who are you going with?" It still makes sense as, "With whom are you going?"



'LIKE' OR 'AS'

4 Today, many are replacing 'like' with 'as'. For example, "I did like you said." It can be easily written as, "I did as you said." Though traditional usage may advise against it, it is being done today and is acceptable.

'OVER' OR 'MORE THAN'

5 Historically, the usage of 'over' has been meant to indicate distance. However, recently, 'over' has come to be used to indicate numerical comparisons as well, just the way 'more than' is used. Take, for example, "I waited for over three hours for her to finish her work."

'SINCE' OR 'BECAUSE'

6 'Since' no more only refers to time; it is also used to indicate a cause, just the way 'because' is used. So, use it if that's the word you prefer. However, make sure that you do not leave the meaning ambiguous when you use 'since'. Another way to keep things clear is by putting a comma before you introduce your cause that starts with a 'since'. Take, for example, "I could not attend your wedding reception, since I had to go to my brother's anniversary celebration."

Source: TOI



CORRECTING INCORRECT

ENERVATE: It means to sap or to weaken and does not mean to energise.

CORRECT: That was an enervating rush hour commute.

MERETRICIOUS: Meretricious means tawdry or offensively insincere and does not mean meritorious.

CORRECT: We rolled our eyes at the meretricious speech. / The city applauded the meritorious mayor.

NOISOME: Noisome means smelly and does not mean noisy.

CORRECT: I covered my nose when I walked past the noisome dump. / I covered my ears when I heard

the noisy motorcycle speed by.

BEMUSED: Bemused means bewildered and does not mean amused.

CORRECT: The unnecessarily complex plot left me bemused. The silly comedy amused me.

DATA AND DATUM: In formal documents – for scientific or scholarly writing – data is mostly

used as the plural of datum. Yet, for those of a non-scientific background, data is common for both singular and plural use. Data is a mass noun. Mass nouns denote something that cannot be counted. When you refer to a small piece of data, this may be called datum.

CORRECT: This datum supports the theory, but many of the other data refute it.

NONPLUSSD: It means stunned, bewildered and does not mean bored, unimpressed.

CORRECT: The market crash left the experts nonplussed.



SPORTS IDIOMS

KEEP ONE'S EYE ON THE BALL

MEANING: to remain alert to the events occurring around oneself.

EXAMPLE: To be successful in this business, you'll have to keep your eye on the ball.

THE BALL IS IN SOMEONE'S COURT

MEANING: When the ball is in someone's court, they have to take action.

EXAMPLE: The ball is in your court now. You should decide what you want to do.

SAVED BY THE BELL

MEANING: something that you say when a difficult situation ends suddenly before you have to do or say something that you do not want to.

EXAMPLE: I was asked a difficult question by my teacher but my friend answered it. I was saved by the bell.

JOCKEY FOR POSITION

MEANING: to try to gain an advantage over your opponents.

EXAMPLE: There was a constant jockeying for position between the superpowers.

TOUCH BASE WITH

MEANING: To touch base with someone means to get in touch with that person.

EXAMPLE: I touched base with my friends and sent them holiday greetings by e-mail today.

TO KICK SOMETHING AROUND

MEANING: To pass an idea from person to person.

EXAMPLE: Let's just kick a few ideas around and see what we come up with.

TO WIN BY A NOSE (HORSE RACING)

MEANING: To succeed by a very narrow margin.

EXAMPLE: I ran the fastest race I could, but I only won by a nose.

SMOOTH SAILING

MEANING: A situation is said to be on smooth sailing if it is going well, as planned, and without any problems.

EXAMPLE: It is smooth sailing so far. We have not encountered any problems that we did not anticipate.

CONFUSING PLURAL FORMS



Some words do not have different forms when singular or plural.

FOR EXAMPLE:

■ Pants ■ Deer ■ Corps ■ Sheep
■ Offspring ■ Shrimp ■ Moose
■ Scissors

Then of course there are words that just change. Some of these are Latin or Greek based as well:

■ Millennium to millennia
■ Bacterium to bacteria
■ Criterion to criteria
■ Curriculum to curricula
■ Parenthesis to parentheses
■ Emphasis to emphases
■ Thesis to theses
■ Appendix to appendices

5 most common Latin words used in English

IMPROMPTU

It means spontaneous or without preparation. Something that catches you by surprise: "my boss called an impromptu meeting today and my colleagues and I were totally unprepared."

QUID PRO QUO

It means "of equal exchange or substitution." Literally, it means

"something for something". You exchange something of the other's interest for something of your own interest. "They share a great deal of information on a quid pro quo basis."

PER SE

In itself, intrinsically, of an inherent nature. Global warming per se is not really the problem; the catastrophic cli-

mate changes which might be caused by it are.

BONA FIDE

Unquestionable, in good faith. Only bona fide members are allowed to use the club pool.

PRO RATA

Proportionally, in equal parts. "Many people like to split the check pro rata so that they can order

more than they would if paying the full price."

GYP

Gyp evolved from "gypsy" – more correctly known as the Romani, an ethnic group mostly in Europe and America. The Romani travelled a lot and made money by selling goods. Business disputes arose, and people started thinking of them as swindlers. "Gyp" is now synonymous with cheating someone.

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 toinie75@gmail.com