

# THE UNBREAKABLE BOND OF ELEPHANT AND HER MAHOUT

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As we step inside the 48 days long Elephant Rejuvenation Camp that is happening at Thekkampatty in Coimbatore, a mahout was found feeding fresh fruits to an elephant. To find out more about him and his elephant, we approach the mahout but the elephant quickly pulls him back with her trunk as she doesn't want him to interact with anyone else. "She is very possessive about me," says Arjun, the mahout. Such is the bond between Arjun and his 18-year-old elephant Akila.

They are a part of the camp that happens every year. This year, the camp has witnessed 26 elephants from temples and mutts across the state. During the camp, the elephants are provided with ample food, forest like natural environment, nutritious diet and an opportunity to bond with other elephants.

Coming from a family of mahouts, Arjun was fascinated by the elephants right from his childhood. He grew up taking care of a temple elephant by the name Shanti, which made him take interest in raising elephants. After the death of Shanti, Arjun was shattered and went into depression. He recalls how the elephant Akila came and gave purpose to his life. Akila was relocated from Assam and brought to Trichy when she was just 9-years-old. It was Akila who brought Arjun out of depression.

"Though the elephants are huge in size, they are very emotional, expressive and intelligent. They are very much like us. They throw tantrums, get upset and are possessive about their mahouts. Once you become close to an elephant it will never leave your side, such is their love," tells Arjun. He has been training Akila ever since she was brought to Thiruvanaikoil in Trichy. Since she came from Assam it took little time for Arjun to make her understand the instructions that are in Tamil and Malayalam. But he says Akila was very co-operative throughout the process. She is very friendly and became instantly popular in the city.

Arjun says Akila is very much like a child and they consider her as one among their family. She expects nothing but love, affection and sometimes a sip of coffee from his glass. "Whenever I am eating something or drinking, Akila will make sure she gets a bite of it, just like my kids". Akila loves

“After I started taking care of elephants, I realised how much it has changed me as a person. It has made me and my children more compassionate, loving - Arjun, Mahout”

Maaza, puffed rice balls, dates, juices, tea and coffee. Akila also plays football and the mouth organ. Arjun adds, in today's world it is difficult to make human beings happy but this little elephant proves that one can find joy even in little things. Akila is enjoying her days at the camp and she has also got two new friends nearby with whom she really loves playing.

Akila is very special to Arjun and every year he throws a grand party on Akila's birthday. She gets to cut a big customised cake along with a huge platter of fruits, vegetables and other delicacies. For Arjun she is not just an elephant but more like his child. "After I started taking care of elephants, I realised how much it has changed me as a person. It has made me and my children more compassionate and loving," says Arjun.

He insists that every household must have pets as children, who grow up with pets, tend to love unconditionally, are empathetic and balanced in life. And the world needs more such people.



## Stay Healthy When Exercising Outdoors

The shift to colder weather makes hibernating under a pile of blankets — perhaps while binge-watching favourite shows — quite tempting. But outdoor exercise is a great way to improve energy levels, boost the immune system, connect with nature and, during the coronavirus pandemic, safely socialise with people outside your bubble.

Indeed, the protracted health crisis is motivating many people to get off the couch and get out in the brisk air: Sales of outdoor winter sports equipment as a result have been spiking. From August through October, sales of backcountry ski gear and accessories grew 76% compared with the same period in 2019, according to the NPD Group.

But an outdoor exercise routine during the winter does bring unique risks. Cold temperatures cause blood vessels to narrow, making it harder for the heart to pump blood and potentially straining the heart. This narrowing of blood vessels can also keep muscles from getting the oxygen they need to stay warm and flexible, which can lead to injury. Hypothermia, frostbite and falls on icy ground are also hazards of winter weather.

A little planning and preparation can mitigate the risk whether you're going for a winter walk, trekking in snowshoes or sledding with the children. Here is what you need to know to feel the burn and the "brrrr."

### BEFORE YOU HEAD OUT

#### FUEL UP

The body has two main types of adipose tissue or fat — white and brown. Unlike standard white fat, which stores calories, brown fat is packed with energy-creating mitochondria that produces heat and helps the body maintain its core temperature when it is cold out. This is the type of fat hibernating animals use to stay warm. "Essential fatty acids like omega-3s, DHA and EPA can help increase the amount of brown fat," says Shawn Stevenson, the nutritionist and author of the book "Eat Smarter: "You'll find that in salmon, roe, egg yolks and algae or krill oil. There's no need to go crazy, but two to three servings a week can help."



#### DRINK UP

Cold temperatures cause physiological shifts that diminish the body's thirst response and increase water loss through respiration — when you see your breath, water is leaving your body and evaporating — and urination (yes, you really do urinate more in the winter). "Staying hydrated isn't as intuitive as it is during the summer, when sweat is pouring off you," says Sophie Caldwell Hamilton, a cross-country skier and two-time Olympian. "For me it starts first thing in the morning. For every cup of coffee I have, I have a cup of water. When I'm skiing, I have a drink belt with warm water and a Nuun electrolyte tablet in it."



#### GEAR UP

Dress dry, not just warm. Water moves heat away from the body, leaving you cold and increasing your risk for hypothermia (when your core body temperature falls below 95 degrees). When you are heading out, start with a base layer made of merino wool, polypropylene or material that will wick away water and sweat. This includes glove liners, socks and hats, which can get wet with sweat and freeze. Next, add a slightly thicker layer made of fleece or light wool and top it off with something that breaks the wind. Sunglasses or goggles and a buff, neckwear that can be pulled up over the mouth and nose, help protect the face. There is a wide variety of winter boot options, so be sure to check the temperature rating and traction.

#### SAFETY FIRST

Depending on your winter outdoor activity, you may want to consider specialised safety training.

### MATHDUKO

24x			
3+		4x	12x
12x	6x		
		2+	

0101 MATHDUKO EASY 1

9+		3+	1-
	9+		
		24x	4+

0404 MATHDUKO EASY 2

1-	6x	2x	
			2+
3+	7+		
	12x		

0101 MATHDUKO EASY 3

9+	3+	6x	
			13+
3+	3-		

0101 MATHDUKO EASY 4

### WORD SEARCH (SIMPLY FIND THE WORDS...)

L	E	B	D	Q	Z	C	T	R	K
O	D	K	P	A	H	V	E	B	A
S	B	J	A	I	I	D	D	V	E
L	X	X	N	C	R	S	D	O	R
O	T	A	F	U	N	J	Y	E	B
D	M	G	M	K	W	O	G	I	N
K	N	P	U	V	G	U	O	M	U
J	Y	W	Q	S	P	Y	S	M	B
U	R	E	T	W	F	L	Q	N	R
H	A	Z	E	L	B	Y	H	L	V

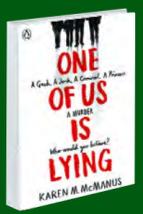


- Hazel
- Daisy
- Teddy
- China
- Mooncake
- Bunbreak
- Murder

## YOUNG ADULT HARDCOVER



**CONCRETE ROSE**  
by Angie Thomas  
Maverick Carter decides to leave the life of crime after he finds out that he'll be a father. (Ages 14 and up)



**ONE OF US IS LYING**  
by Karen M. McManus  
For five students, a detour into detention ends in murder. (Ages 14 and up)



**LORE**  
by Alexandra Bracken  
To get revenge for her family's murder, Lore must re-enter a hunt known as the Agon. (Ages 14 to 18)



**STAMPED**  
by Jason Reynolds and Ibram X. Kendi  
An exploration of racism and antiracism in America. (Ages 13 to 17)



**THE HATE U GIVE**  
by Angie Thomas  
A 16-year-old girl sees a police officer kill her friend. (Ages 14 and up)



**THE COUSINS**  
by Karen M. McManus  
Three cousins learn about their family's dark past. (Ages 14 to 17)



**WINGS OF EBONY**  
by J. Elle  
Rue is whisked away from Houston to the magical island of Ghizon. (Ages 14 and up)



**THESE VIOLENT DELIGHTS**  
by Chloe Gong  
A reimagining of Romeo and Juliet set in 1920s Shanghai. (Ages 14 to 18)



**THE INHERITANCE GAMES**  
by Jennifer Lynn  
Avery Grambs must solve a puzzle to find out why she's the recipient of a billionaire's inheritance



**AVATAR... THE SHADOW OF KYOSHI**  
by F.C. Yee  
Kyoshi must stop a mysterious threat that emerges from the Spirit World.



# NOTHING WRONG WITH PITCHES, STOP CRIBBING

No doubt, Chepauk surface has been challenging from Day 1, but to expect otherwise is illogical. There is nothing wrong in host nations preparing pitches to suit its own team. The beauty of cricket is that every country has its own conditions and to be crowned the best team in the world you have to perform in all conditions



Ashwin overtook Harbhajan Singh as India's second-highest wicket-taker at home with 266 scalps on Sunday

## BENCHMARK NEEDS TO BE SAME FOR SEAM-FRIENDLY & SPIN PITCHES: ASHWIN

Teams need to set benchmarks for batting on a spin-friendly pitch like the one that has been laid out for India's second Test against England at the M A Chidambaram Stadium just as they do for a pitch that assists fast bowlers.

The pitch has been a topic of debate with commentators and former players divided on whether the conditions are fair for a five-day Test match to be played on it.

Ashwin, who picked five wickets on the second day on Sunday, said he is not aware if the England players themselves have any complaints about the pitch.

"I do not know if they have complaints in the first place. If there are, it is quite natural for people to be taken aback when they face adverse conditions. In all honesty, in the seven days of Test cricket we have played so far, England have competed really well," Ashwin said in a virtual interaction with the media after the day's play. He said playing on a pitch that assists fast bowlers is more challenging than playing in spin-friendly conditions.

"From time to time there will be conditions which will challenge you, whether it is spin or seam. The only comparison I can say is that if the ball is moving around at 140-150kph off the deck, that has to be more challenging than somebody bowling 85-90kph and the ball spinning. Clearly challenges are way greater when you come against seam, it's just the same way when you play against spin. Take your time and cash in later, it's just another form of art," he said.

Ashwin said that batsmen tend to have higher expectations of runs when they are playing on a pitch assisting spinners more than fast bowlers.

"I think it's about being patient like when you play on a seaming wicket, you need to tide through the early phase and then start putting runs on the board. When it comes to spin unfortunately people have other expectations. They want to drive and cut... on a seaming wicket you can't do all that and I think the same kind of benchmark needs to be set on a challenging spinning wicket," he said. IANS

You have a seaming pitch in England. Australia get dismissed for 46 – the ball keeps seeming all throughout. No one talks about that. It's always about Indian pitches, and when the ball starts to turn, people pose a problem.



Sunil Gavaskar, former India captain

We need to realise that when we go overseas every country prepares wickets to their own strengths. So once the other teams come home we need to prepare tracks to our advantage as well. So, there should not be a lot of talk when Australia or South Africa or England come home that we should not be preparing turner.



Gautam Gambhir, former India opener

Such a brave wicket to prepare for a Test match in India when India are down in the series. If India had lost the toss, they'd have gone down 2-0. Very very brave! Well tossed, @imVkohli.



Kevin Pietersen, former England captain

It's entertaining cricket as things are happening all the time but let's be honest this pitch is a shocker... Not making any excuses as India have been better but this isn't a Test Match 5 day prepared pitch...



Michael Vaughan, former England captain

Come on maaaaaaate! The last few days of the 1st test, the wicket started exploding & no one said a word about the pitch when India had no chance. At least this test it's been the same for both teams from ball one. Eng bowled poorly & Rohit, Pant and Jinx showed how to bat.



Shane Warne, former Australia spinner

## Serena doesn't need Grand Slam record for validation - coach

The American great has fallen short in four Grand Slam finals since winning the 2017 Australian Open but has another chance after reaching the quarterfinals at Melbourne Park

Tenth seed Williams plays second seed Simona Halep for a place in the semi-finals. Halep beat her for the 2019 Wimbledon title the last time they met



Williams is bidding for a 24th Grand Slam title at the Australian Open, which would match Margaret Court's record. "Does she need that validation? I don't think she needs that validation," Patrick Mouratoglou, her coach-told reporters. "But clearly she came back to win some other Grand Slams, so that's for sure the goal. Now, she's not as obsessed with the 24 than most people in the tennis world, but she definitely wants to win Grand Slams. That's the only reason why she came back to tennis," Mouratoglou said it did not really make sense to compare Williams's record with Court, given 13 of the Australian's Grand Slam titles came before the professional era, which started in 1968. "We all know it's two different sports," he said. "It's an amateur sport and a professional sport. "But it's probably fun to talk about beating records, which is something that I understand." REUTERS

## Real Madrid ease to victory over lacklustre Valencia

Benzema got Zidane's side off to a strong start in the 12th minute when he collected a pass from Kroos on the edge of the area



Real Madrid's Karim Benzema and Toni Kroos were on target in the first half as the hosts easily beat listless Valencia 2-0 to make it three wins in a row in La Liga. Kroos, who missed Tuesday's 2-0 home win over Getafe through suspension, doubled their lead shortly before halftime, finishing off a flowing move by driving a first-time shot low into the net from the edge of the area. The victory took Real back into second place on 49 points, five behind leaders Atletico Madrid who beat Granada 2-1 on Saturday and have two games in hand. Valencia are 12th on 24. REUTERS

## QUIZ TIME!

**Q1:** Which Indian player has played most test matches as captain?

- a) MS Dhoni
- b) Mohammad Azharuddin
- c) Sourav Ganguly
- d) Virat Kohli

**Q2:** Which player has smashed most T20I sixes in the Asia Cup?

- a) Adnan Ilyas
- b) Babar Hayat
- c) Mahmudullah
- d) Rohan Mustafa

**Q3:** In Test cricket, Ben Stokes has taken most catches in 2020. Which other player equalled his record?

- a) Rassie van der Dussen
- b) Ben Stokes
- c) Joe Root
- d) Ross Taylor

**Q4:** Rafael Nadal won the 2019 US Open. Who was the runner-up?

- a) Novak Djokovic
- b) Daniil Medvedev
- c) Dominic Thiem
- d) Alexander Zverev

**Q5:** Who made the fastest 11000 runs in Test cricket?

- a) Ricky Ponting
- b) Sachin Tendulkar
- c) Kumar Sangakkara
- d) Brian Lara

**Q6:** Which woman tennis player was the runner up of both the 2019 US Open and Wimbledon?

- a) Serena Williams
- b) Sofia Kenin
- c) Naomi Osaka
- d) Simona Halep

**Q7:** How many Olympic gold medals did American track



Jesse Owens

and field athlete Jesse Owens win?

- a) Five
- b) Four
- c) Three
- d) Two

**Q8:** Which cricketer made the most One Day International runs in 2020?

- a) Aaron Finch
- b) Marnus Labuschagne
- c) Steven Smith
- d) Paul Stirling

**Q9:** Which snowboarder has won most gold medals at a Winter Olympics?

- a) Kevin Pearce
- b) Mark McMorris
- c) Shaun White
- d) Tony Hawk

**Q10:** After Sachin Tendulkar, who won most Player of the Match Award in One Day Internationals?

- a) Virat Kohli
- b) Jacques Kallis

- c) Kumar Sangakkara
- d) Sanath Jayasuriya

**Q11:** Who took the most T20I wickets in 2020?

- a) Shardul Thakur
- b) Lungi Ngidi
- c) Aftab Hussain
- d) Haris Rauf

**Q12:** Who won the 2015 Women's US Open title?

- a) Serena Williams
- b) Garbine Muguuruza
- c) Flavia Pennetta
- d) Angelique Kerber

**ANSWERS:** 1 a) MS Dhoni 2 b) Babar Hayat 3 c) Joe Root 4 b) Daniil Medvedev 5 c) Kumar Sangakkara 6 a) Serena Williams 7 b) Four 8 a) Aaron Finch 9 c) Shaun White 10 d) Sanath Jayasuriya 11 b) Lungi Ngidi 12 c) Flavia Pennetta