



THE TIMES OF INDIA

www.toistudent.com



TODAY'S EDITION

➤ Take the synonym quiz
➤ 8 tech terms to know.
PLUS: 3 public speaking tips from Ted Talks
PAGE 2



➤ **OSCARS SPECIAL:**
The two women directors making history; and the official Oscars' reading list
PAGE 3



➤ Ten years later, this is where the 2011 World Cup winners are
PAGE 4



STUDENT EDITION

SATURDAY, APRIL 17, 2021



#GOALS

10 QUOTES TO GET YOU TO WORK HARD

"Would you like me to give you a formula for success? It's quite simple, really: Double your rate of failure. You are thinking of failure as the enemy of success. But it isn't at all. You can be discouraged by failure or you can learn from it, so go ahead and make mistakes. Make all you can. Because remember that's where you will find success."

THOMAS J WATSON, CEO of IBM

"I do not know anyone who has got to the top without hard work. That is the recipe. It will not always get you to the top, but should get you pretty near."

MARGARET THATCHER, Former UK Prime Minister

"Chop your own wood and it will warm you twice."

HENRY FORD, industrialist

"The three great essentials to achieve anything worth while are: Hard work, stick-to-itiveness, and common sense."

THOMAS EDISON, inventor

"If you are willing to work hard and ask lots of questions, you can learn business pretty fast!"

STEVE JOBS, Apple co-founder

"I learned the value of hard work by working hard."

MARGARET MEAD, author

"Success isn't always about greatness. It's about consistency. Consistent hard work leads to success. Greatness will come."

DWAYNE JOHNSON, actor

"Diamonds are nothing more than chunks of coal that stuck to their jobs."

MALCOLM FORBES, entrepreneur and Forbes magazine publisher

"Talent is cheaper than table salt. What separates the talented individual from the successful one is hard work."

STEPHEN KING, writer

"Practice creates confidence. Confidence empowers you."

SIMONE BILES, gymnast & Olympics gold medalist

Are You SUMMER SAD?

Contrary to what most people assume, SAD (Seasonal Affective Disorder) isn't just limited to grey skies and biting cold weather, even summer sadness is a thing

Supriya.Sharma2@timesgroup.com

The skies are bright and sunny and days more engaging and buzzing. The gloom of winter is out of the way and the lure of summer vacations lies ahead. Yet not everyone is beaming. The thought of long days and soaring temperatures is a recipe for mood swings and depression for many. Although summer-onset SAD is fairly uncommon, it's a real disorder that affects many people.

A 2007 study suggests that high pollen counts and allergies might be responsible for a poorer mood during warmer months

or the summertime sadness. People dealing with summer SAD suffer likely, because of, either too much heat or too much light. They feel higher temperatures at night, so you may always find them searching for an AC cool-down, like inside the room.

seem like normal, but people suffering from summer SAD will show more anger than usual. The anger rants will not be usual, for example. Such a person will show more than

CAN IT BE BODY IMAGE ISSUES?

Summers start and you shed layers... of clothing, not fat. In fact all the bunched up fat gathered through the winter eating just shows up all the more through the thin summer wear. Feeling embarrassed in shorts or a bathing suit can make life awkward, not to mention hot. Since summertime holidays and parties revolve around beaches and pools, some people start avoiding social situations out of embarrassment.

HOW TO IDENTIFY IT?

Individuals with summer SAD will show certain signs like anxiousness or feeling too irritable and angry. It may likely affect their mood, their social behaviour, sleep-pattern, appetite and more. While some of these symptoms may



normal signs of irritability in the summers because of too much sun.

HOW CAN ONE TACKLE IT?

People are advised to spend more time on a mountain holiday, for example. In addition, they are also advised to manage their stress and depression by finding out healthy coping strategies. It is important to stay positive and tackle your mood stress by spending time with family and friends. Doing a vacation and any sort of outdoor activity is highly recommended. Also, managing your weight is a proven method to improve your mood and create a mind and body balance while giving you a sense of personal achievement.

Inputs from Dr Manoj Kutteri, wellness director at a leading wellness retreat



Pics: Istock

SELF-CARE

Coolants for SUMMER SKINCARE

Pallavi.Shankar@timesgroup.com

ALOE VERA FOR ANTI-IRRITATION

After a long summer day (even if it is indoors), applying aloe vera gel on your skin helps to soothe and cool heat-ravaged skin. "Aloe acts as an antioxidant and protects skin from damage and other skin-related problems like blemishes and irritation," says aromatherapist Blossom Kochhar. **TOP TIP:** Use pure aloe vera gel or a cream formulated with aloe as an active ingredient at night.

ROSE WATER FOR SOOTHING

One of the best ingredients for all skin types, including sensitive skin and combination skin, rose water is a super coolant. "Use it like a toner after washing your face, as a mist to refresh your face

CUCUMBER MASK

Grate 1/2 cucumber and keep the juice aside. Add rosewater and glycerine in equal quantities to the juice and mix well. Ensure that this paste is neither runny nor too thick. Apply this mix on your face at night (after cleansing) and go to sleep. In the morning, wash your face with cool water and pat dry. — By Blossom Kochhar



in the middle of a warm day or mix it with other ingredients like sandalwood powder, besan and haldi in a face pack," suggests wellness expert Suparna Trikha. **TOP TIP:** You can also boil rose petals in water and after it cools, store it in a bottle in the fridge.

CUCUMBER FOR COOLING

Cucumber's cooling prowess is no secret. It is gentle on the skin and eyes and is even capable of reducing dark circles and puffiness around the eyes. Use cucumber juice on your face and put slices on your eyes to rejuvenate them.

SANDALWOOD FOR HEAT RASHES

Prickly rashes or mild inflammation on the skin is common in summer. Tackle these issues with a paste of sandalwood powder. Trikha says, "Sandalwood is a great agent to fight sweat and heat-induced dullness, post-acne marks and is known to brighten the skin tone." Use the paste from sandalwood brick; both white and red varieties have healing properties for skin.

NUTRITION

COCONUT CURES IT ALL

It is part of Angelina Jolie's breakfast routine and preferred metabolism booster for Jennifer Aniston. Indian yogis have always harped about its holistic healing properties. No wonder, coconut oil is regaining its day in the sun once again. A natural alternative to body polish and lip shimmers, a healthier alternative to a barrage of cooking oils and a time-tested immunity booster, this oil goes way beyond its common usage.

Have a heart

After being dismissed as a heart-unfriendly agent for years, unrefined extra virgin and virgin coconut oil (VCO) is ruling the shelves again. Why? Research proves that VCO is beneficial

in increasing HDL or good cholesterol, which helps in prevention of coronary heart diseases. What's more? The capric and caprylic acids present in coconut oil improve metabolism and lower resting heart rate.

"Coconut is one fat that helps you lose weight by increasing metabolism.

1 Virgin coconut oil is best for internal consumption. It can be added to hot or cold beverages.

2 Replace your regular cooking oil with coconut oil. It has been proven to stay stable under high temperatures and not change its qualities during long hours of frying.

3 Coconut oil is cooling in nature, so it is suitable for people who suffer from heat related problems and are of pitta constitution, while vata and kapha types can combine it with some warming oils like olive or sesame.

4 VCO is also proven to be beneficial in inflammatory pains, mixed with castor oil it can give relief in joint pains.

It is easily absorbed and digested in the body and goes straight into the liver aiding metabolism and producing energy," shares Arti Gaur, an Ayurveda expert.

Oil pulling

An ancient Ayurvedic dental remedy, oil pulling is suddenly all the rage. The practice, said to whiten teeth by reducing plaque, improve gum health, and sweeten breath, is quite simple – once a day, swish three spoonfuls of virgin coconut oil in your mouth for 20 minutes before rinsing. Integrative and lifestyle medicine nutritionist, Luke Coutinho explains this as an age old Indian practice which dates back to about 3,000 years. The process involves using a tablespoon of a really good quality cold-pressed coconut oil. There are numerous benefits of inculcating this 5-20 min technique as a morning ritual. Our mouth, besides our nose is the doorway to our system and cleansing it prevents our body from a lot of anti-bacterial and anti-fungal infections.

Supriya.Sharma2@timesgroup.com

LATEST BUZZWORDS EXPLAINED



SOCIAL MEDIA FAMOUS

The widening reach of social media has created the curious phenomenon of 'social media famous' people. In other words, a social media famous person is an Internet celebrity or what we now also know as an influencer. These are people who have acquired or developed their fame and notability through the Internet. The rise of social media has helped people increase their outreach to a global audience.

Earlier celebrities used to be musicians, actors or athletes but social media celebrities are highly visible media figures whose fame is native to social media platforms. The logic of branding and celebrification now infiltrates ordinary people's everyday life. They are also referred to as 'micro-celebrities'. According to Marwick and boyd (2011), micro-celebrities construct an image of the self to be consumed by peer users on social media, thus attracting them as a fan base.

AROUND THE WORLD

Harvest Festivals

A look at some of the harvest festivals around the globe

CHEUSOK Korea

Held on the 15th day of the 8th lunar month, during the harvest season. Families attend ancestral memorials at the graves of their relatives, and give thanks. On Cheusok eve, women gather and sing traditional songs, men engage in wrestling matches and there is a grand feast.

YAM FESTIVAL Ghana, Papua New Guinea and Nigeria

A West African tradition, the festival is held at the beginning of August to mark the end of the rainy season. The festival is a public holiday. Yams are offered to the gods and eaten amidst celebrations marked by parades, dancing and singing.

MOON FESTIVAL China, Taiwan, Singapore & Vietnam

This Mid-Autumn Festival is celebrated on the 15th day of

the 8th lunar month just like Cheusok. Families enjoy picnics and indulge in many different varieties of moon cakes. There are also paper lanterns and lantern processions.

THANKSGIVING US

Thanksgiving, a US holiday on the fourth Thursday of November, originated in the fall of 1621, when Pilgrims celebrated their successful wheat crop and overflowing store cupboards with a three-day feast. Abraham Lincoln declared it a national holiday in 1863.

RICE HARVEST Bali

Dewi Sri, the rice goddess, is venerated as a matter of course in Bali, where rice is the staple

crop. During the harvest, villages are festooned with flags, and simple bamboo temples dedicated to the goddess are erected in the upstream, most sacred corners of the rice fields.

SUKKOT Israel

Sukkot celebrates Israel's bountiful harvests and recalls the time when the Israelites wandered the desert living in temporary shelters. Families build makeshift huts, or sukkah, with roofs open to the sky. Here they eat, and sometimes sleep, for the next seven days.



FASHION HISTORY

MET GALA: History of world's most high-fashion affair

The Metropolitan Museum of Art announced on Monday that the annual high-wattage celebration of fashion and celebrity, will return in person, first in September, then again in 2022 in its usual slot of the first Monday in May. We look at the history of this megawatt event

WHAT IS THE MET GALA?

The Met Gala is a fundraiser dedicated to New York City's Metropolitan Museum of Art's Costume Institute. The benefit founded in 1948 by publicist Eleanor Lambert was to encourage donations for the Costume Institute. It's the only curatorial department at the Met that has to finance its own activities. Since 2005, it's held on first Monday in May.

THE EARLY YEARS

From 1948 to 1971, the benefit wasn't pegged to an exhibition, and was held off-site at the Waldorf Astoria or the Rainbow Room. Guests indulged in fine dining and were entertained by "skits, raffles, and pageants of models in historic costume" according to the museum's records. Former Vogue editor Diana Vreeland brought new glamour to the Costume Institute when she joined as a consultant in 1972. She

also introduced themes which were to introduce the theme for the exhibition.

ENTER ANNA WINTOUR

Anna Wintour, American Vogue's current editor, shifted the focus to celebrities when she took over as chairwoman in 1995, recruiting A-list honorary and co-chairs (including Beyoncé, Taylor Swift, Sarah Jessica Parker) and inviting everyone from Lil' Kim to Kim Kardashian to attract more attention to the event. "Ms. Wintour has used an intimate understanding of fashion, and of her own role in that universe, to transform a dowager social event into a frenzied red-carpet romp that now surpasses, at least in terms of frocks, the Oscars," former New York Times fashion critic Cathy Horyn wrote in 2006.

WHO GETS TO GO?

The gala's biggest names are A-list models, musicians and actors, though occasionally a megawatt outsider will get pulled into its orbit. Filling the rest of the seats is anyone who wants to shell for a ticket. Tickets go for approximately ₹23 lakh, while tables cost over ₹2 crore.

Credit goes to US Vogue editor Anna Wintour (pic left) who made the Gala into a high-power event



SYNONYMS QUIZ

Photos: Getty Images

Hi folks! We are **HOPPER & CROCKY**. Out of the four alternatives, choose the one which best expresses the meaning of the given word...



- 1. HEIST**
(a) Delay, (b) Theft
(c) Protest, (d) Confirm
- 2. GRIM**
(a) Upsetting, (b) Murder
(c) Damage, (d) Refuse to obey
- 3. RUBBLE**
(a) Regularity, (b) Defy
(c) Remains, (d) Intensity
- 4. BOLSTER**
(a) Mock, (b) Support
(c) Quirk, (d) Coherent
- 5. EXTIRPATE**
(a) Root out, (b) Superficial
(c) Applicable, (d) Reverie
- 6. CONGEAL**
(a) Talkative, (b) Solidify
(c) Hatred, (d) To hide
- 7. QUISLING**
(a) Patriot, (b) Turncoat
(c) Predilection, (d) Native
- 8. TRADUCE**
(a) Malign, (b) Glorify
(c) Relevant, (d) Pertinent
- 9. RANKLE**
(a) Quiet, (b) Lapse
(c) Bother, (d) Infinite
- 10. GINGERLY**
(a) Cautiously, (b) Timidly
(c) Freeze, (d) Graceful
- 11. RAPT**
(a) Doleful, (b) Ecstatic
(c) Demolish, (d) Build
- 12. COMPENDIUM**
(a) Summary, (b) Dullness



- (c) Capability, (d) Antipathy
- 13. CAREEN**
(a) Loud, (b) Bend
(c) Straighten, (d) Joy
- 14. FAZE**
(a) Carnival, (b) Soft
(c) Startle, (d) Connection
- 15. MORDANT**
(a) Usual, (b) Harmony
(c) Sarcastic, (d) Victory
- 16. STRINGENT**
(a) Annoying, (b) Revengeful
(c) Incidental, (d) Rigorous
- 17. BOISTEROUS**
(a) Clamorous, (b) Ferocious
(c) Fissiparous, (d) Voluminous
- 18. HAGGARD**
(a) Emaciate, (b) Insane
(c) Rejected, (d) Ridicule
- 19. SURREPTITIOUS**
(a) Hesitation, (b) Secret
(c) Impious, (d) Artless
- 20. INANITION**
(a) Lethargy, (b) Offensive
(c) Vacillating, (d) Grasping
- 21. PILFER**
(a) Embezzle, (b) Strangle
(c) Follow, (d) Defame
- 22. FUGACIOUS**
(a) Harangue, (b) Ephemeral
(c) Shave, (d) Peerless
- 23. ATTRITION**
(a) Friendly, (b) Harassment
(c) Restore, (d) Surplus
- 24. PRUNE**
(a) Lend, (b) Reduce
(c) Expand, (d) Prolong
- 25. JEREMIAD**
(a) Friction, (b) Revel
(c) Wail, (d) Acme
- 26. COPIOUS**
(a) abundant, (b) enjoyable
(c) capable, (d) copiable
- 27. PREROGATIVE**
(a) formative, (b) prevention
(c) privilege, (d) protective

- 28. AGGRAVATE**
(a) increase, (b) big
(c) angry, (d) intensify
- 29. SYCOPHANTS**
(a) advisors, (b) flatterers
(c) servants, (d) sadists
- 30. FLOUT**
(a) ignore, (b) refuse
(c) condemn, (d) disregard
- 31. CORPULENT**
(a) Lean, (b) Gaunt
(c) Emaciated, (d) Obese
- 32. BRIEF**
(a) Limited, (b) Small
(c) Little, (d) Short
- 33. EMBEZZLE**
(a) Misappropriate
(b) Balance, (c) Remunerate
(d) Clear
- 34. VENT**
(a) Opening, (b) Stodge, (c) End,
(d) Past tense of go
- 35. AUGUST**
(a) Common, (b) Ridiculous
(c) Dignified, (d) Petty
- 36. CANNY**
(a) Obstinate, (b) Handsome
(c) Clever, (d) Stout
- 37. ALERT**
(a) Energetic, (b) Observant
(c) Intelligent, (d) Watchful
- 38. WARRIOR**
(a) Soldier, (b) Sailor
(c) Pirate, (d) Spy
- 39. DISTANT**
(a) Far, (b) Removed
(c) Reserved, (d) Separate
- 40. ADVERSITY**
(a) Failure, (b) Helplessness
(c) Misfortune, (d) Crisis
- 41. FAKE**
(a) Original, (b) Counterfeit
(c) Trustworthy, (d) Loyal
- 42. INDICT**
(a) Condemn, (b) Reprimand
(c) Accuse, (d) Allege
- 43. STRINGENT**
(a) Dry, (b) Strained
(c) Strict, (d) Shrill
- 44. LAMENT**
(a) Complain, (b) Comment
(c) Condone, (d) Console
- 45. HESITATED**
(a) Stopped, (b) Paused
(c) Slowed, (d) Postponed
- 46. RESCUE**
(a) Command, (b) Help
(c) Defence, (d) Safety
- 47. ATTEMPT**
(a) Serve, (b) Explore
(c) Try, (d) Explain
- 48. FORAY**
(a) Venture, (b) Contest
(c) Ranger, (d) Intuition
- 49. RECKLESS**
(a) Courageous, (b) Rash
(c) Bold, (d) Daring
- 50. CONSEQUENCES**
(a) Results, (b) Conclusions
(c) Difficulties, (d) Applications



ANSWERS

1. b	11. b	21. a	31. d	41. b
2. a	12. a	22. b	32. d	42. c
3. c	13. b	23. b	33. a	43. c
4. b	14. c	24. b	34. a	44. a
5. a	15. c	25. c	35. c	45. b
6. b	16. d	26. a	36. c	46. b
7. b	17. a	27. c	37. d	47. c
8. a	18. a	28. d	38. a	48. a
9. c	19. b	29. b	39. a	49. b
10. a	20. c	30. d	40. c	50. a

8 TECH TERMS YOU MUST KNOW

Even if you're not a geeky person, it always helps when you have a wider understanding of jargons used in different fields. Benji Weinberger, engineering site lead at Foursquare, explains the eight basic terms that engineers use every day



- 1 API:** An application programming interface helps different software components interact with each other. "APIs offer a simple, standardized way to provide functionality, without requiring a lot of intricate coordination."
- 2 TECHNOLOGY STACK:** A set of standard components for doing things like storing and retrieving data and handling user logins. "A common example of a technology stack is the LAMP stack: Linux for the operating system, Apache for the web server, MySQL for the database and PHP (or Python) for the server coding environment."
- 3 DNS:** The Domain Name Service is a directory for converting names like foursquare.com to computer-friendly IP addresses like 107.23.22.73. "When you type www.foursquare.com into your browser's address bar, the browser contacts a DNS server to ask it to translate that name into an IP address, and then sends the original request to that IP address."
- 4 OPEN SOURCE:** Open source projects make the code publicly available for free. That way, users can modify and improve the code, and even re-use it for other purposes.
- 5 MACHINE LEARNING:** "Machine learning algorithms infer general rules from a set of examples, in a manner superficially similar to human learning. They are useful for finding approximate solutions to those problems for which there are no known straightforward algorithms. Siri, for example, is the result of a machine learning algorithm that approximates human understanding of speech."
- 6 VERSION CONTROL:** Version control systems help ensure engineers within an organisation don't overwrite the work of their teammates. These systems also store all previous versions of files. "This allows developers to make progress while still being able to debug servers running older versions of the code."
- 7 ALGORITHM:** Weinberger likens algorithms to recipes. "It's a list of step-by-step instructions that can be unambiguously and mindlessly followed by a computer."
- 8 CLIENT/SERVER:** "When two computers interact over a network, the client initiates the interaction by sending a request to the server." Web browsers and mobile devices are typically referred to as clients.

3 PUBLIC SPEAKING SECRETS

... from the most successful TED talks

1 To connect with people, tell them a story

At the end of 2010, Sandberg was preparing for her TED presentation. "I was planning to give a speech chock full of facts and figures, and nothing personal," she said in an interview. But before she went on stage, a friend stopped her, saying that she looked out of sorts. Sandberg said that as she was leaving from home that day her daughter was tugging at her leg and telling her not to go. Her friend's reply: Why don't you tell that story? Sandberg was skeptical — why would she tell her story in front of people? Because, as Sandberg soon realised, the best way to connect with people emotionally is through stories. She told one in hers, and it helped launch a movement for women's empowerment in business. "I find that the most successful TED presentations are 65% stories, 25% data," as well as a short explanation of who you are and what you've done to establish your credibility, Gallo says.

2 To make a presentation novel, create "emotionally charged events"

Back in 2009, Bill Gates released mosquitoes from a jar when he was on the TED stage. Gates wanted to talk about malaria, and these

bloodsuckers provided a lesson in how the disease spreads. As Gallo explains, this was what researchers call an "emotionally charged event," an incident where you experience shock, surprise, or fear. "In every pitch, every presentation, you have to figure out a way to package the information in a way that stands out, that's new, novel, unexpected," Gallo says.

3 To make a presentation memorable, use the rule of threes

"We can remember three or four chunks of information in our short-term memory," Gallo says. Sandberg, for instance, gave three ways women can lean in to their organisations. Now at nearly 15 million views, Harvard neuroanatomist Jill Bolte Taylor gave a talk on her experience of suffering and recovering from a stroke, called My Stroke of Insight. It's broken into three parts: what she was doing as a brain researcher before the stroke, the day of the stroke, and the spiritual journey she took as a result of the stroke.

Source: Business Insider

Bill Gates

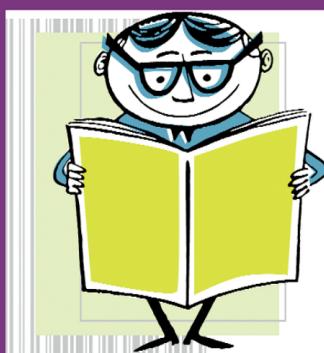
ITALIAN WORDS USED IN ENGLISH

CONFETTI: English speakers will understand this as the colourful paper you throw at weddings and celebrations, but the origin of the word is completely different. In Italian, confetti means 'sugared almonds!' The Italian word for confetti paper is coriandoli.

LATTE: You may think this is the word

for milky coffee — but try ordering a "latte" in Italy and you'll get a shock. "Latte" is simply the Italian for milk — so the waiter will just give you a glass of milk. If you want coffee with it, then you're better off ordering a caffè latte or a cappuccino.

VENDETTA: This has the same meaning in English. Primarily associated with the Corsica region, this word for a feud has been used for centuries, particu-



larly in drama.

CURRICULUM: For English speakers, this word means the subject matter of your course at school or university. In Italian, curriculum refers to the CV (curriculum vitae) or resume.

AL FRESCO: While in English, al fresco means "to eat outside," in Italian just means to have "in the fresh (air)," or, sometimes, can also mean "in jail."

LAVA: Entered English in the 18th century from the Neapolitan dialect. Refers to lava stream from Vesuvius.

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 master the English language. Just shoot us your queries on toinie175@gmail.com