



# THE TIMES OF INDIA

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**TODAY'S EDITION**

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**PLUS:** Tackle these six manner minefields  
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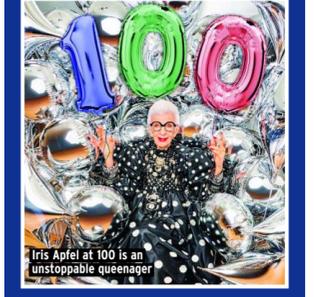


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**STUDENT EDITION**  
SATURDAY, JANUARY 8, 2022

**LATEST BUZZWORDS EXPLAINED**



## QUEENAGER

In this world of neologisms where new buzzwords are being coined for every generation – from millennial, zillennial – it was only a matter of time when we would get to the older lot without the ubiquitous 'boomers'. Last year, the term queenager was banded about for woman of middle age or older. Queenagers are not your average 45+ women, they are the go-getters, the influencers and those who have a packed to-do lists. Queenagers lead a busy life, dress stylishly and enjoy having fun. An article in 'The Telegraph' celebrated queenagers extraordinaires Jane Fonda and Lily Tomlin for their roles in hit TV show 'Grace and Frankie'. It said: "This comedy is a revolutionary portrayal of two women in their 80s, who despite many obstacles, have no trouble having a good time. In fact, it's the ultimate Queenage fantasy."

Credit goes to Bethann Hardison – a multi-hyphenate New Yorker who is a former model, talent manager, consultant for the Council of Fashion Designers of America (CFDA) and a self-proclaimed revolutionary – in coining the term. In an Instagram post reflecting on her age, this vocal advocate of diversity in fashion put the term up as a post in May 2020. The 77-year-old explained that as a young woman she saw the good in everyone but experience and wisdom have taught her to steer clear of scoundrels. "I want all who I love to be a certain way and those I don't to be out of the way." She ends by saying: "Queen you are, Teen you be." Some of the popular Queenagers of our times are Madonna, Iman and the wonderful Iris Apfel.

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### HEAD START

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### DON'T GO BIG, GO MICRO

Ever since the new year rolled in, so has the term 'Micro Habits' – defined by 'Harvard Business Review' as 'small, incremental changes that (over time) move you closer to achieving your goals'. It is similar to the idea of tiny habits as popularised by Stanford professor and author B J Fogg in his book 'Tiny Habits: The Small Changes That Change Everything'. In his book, Fogg writes that there are seven steps to achieving goals: pinpoint your outcome, brainstorm behavioural solutions, identify Golden Behaviours, find the tiny version, choose your prompt, celebrate, and refine. For example, if you want to get fit, start with two pushups a day, not a two-hour workout. Similarly, when it comes to books, commit to reading a page. Fogg says it is important to give yourself a pat on the back every time you achieve something – celebrate and work your way up.

### READ POEMS

Often likened to intellectual multi-vitamins, poems will offer you solace on the busiest days in under a minute. Thanks to the digital age, there are plenty of poetry apps that can help you experience this magic including 'The Poetry Magazine' app, 'Poetry Daily', 'Daily Haiku', etc. But if your new year resolution is a digital detox, keep a compendium like 'A Poem for Every Day of the Year' by your bedside.

# 10 ideas to help YOU THRIVE IN 2022

Inspired by The Guardian's, '100 ways to slightly improve your life without really trying', we bring you our list of ways to make 2022 your best year

### LISTEN TO STEPHEN KING

The author's classic tip could not have been timelier as the pandemic continues to rage. Carry a book everywhere so that you have something to read, and avoid the temptation to doomscroll. King also said watching television can be "poisonous for creativity".

### RESPECT TIME, ALWAYS

Take a cue from Norton Juster's 'The Phantom Tollbooth' in which Tock the Watchdog tells Milo that time "...is our most valuable possession, more precious than diamonds. It marches on, it and tide wait for no man." It is not wise to forget time, or use it to do things you think you should be doing instead of the things you really enjoy.

### EMBRACE THE MESS

In their book, 'A Perfect Mess: The Hidden Benefits of Disorder' authors David H Freedman and Eric Abrahamson say that while absolute chaos isn't helpful, messy systems are often more robust and flexible: "Moderately disorganised people, institutions and systems frequently turn out to be more efficient, resilient, creative and effective than highly organised ones". They go on to say that constantly keeping everything in order can be a waste of time or money.

### TAKE READING CHALLENGES

One of the easiest ways to read more is to join reading challenges. Our favourite one is at [thenerdaily.com](https://www.thenerdaily.com) which has outlined 52 challenges available on various platforms on the best book platforms.

### DITCH EXCESSIVE PRODUCTIVITY

Listen to Madeleine Dore who is the author of 'I Didn't Do the Thing Today: Letting Go of Productivity Guilt' who says, "There's a quiet power in forgiving our flaws, missteps and perceived shortcomings. Often when we accept ourselves, we're

more likely to get the best from ourselves, because we're better placed to look at what we need to thrive, rather than change." This can help you figure out a better way to approach your goals instead of stressing yourself out.

### REJECT TOXIC POSITIVITY

Satriopamungkas, Yudani, and Wirawan (2020) define toxic positivity as the constant encouragement and excessive tendency to only see the good side of something and failing to understand the emotion that accompanies the experience. Seen as the oversimplification (and encouragement) of only

### USE THE 72-HOUR RULE TO CURB IMPULSE BUYING

In the digital age, you can buy anything in an instant. But we also end up with too much "stuff". Thankfully journalist, money expert and author of 'The Behaviour Gap', Carl Richards' "72-hour rule" is the perfect antidote. It came about when the author was trying to kick his habit of buying every book he wanted. Now, he says he lets a book sit in his cart for at least 72 hours before hitting "buy."

### LEARN THE NAMES OF 10 TREES

In The Guardian's '100 ways to slightly improve your life without really trying', our favourite was: 'Learn the name of 10 trees'. Why? Because all that talk about saving the environment is useless if you don't have the basics down!



### GO GREEN



### NUTRIENTS LOST IN FREEZING

- Water-soluble nutrients such as vitamins C and B (specifically thiamine) and the polyphenolics
- Fat-soluble nutrients such as vitamins A and E
- Some plant enzymes may be denatured on freezing

### NUTRIENTS STABLE IN FREEZING

- Mineral and fibre content is similar in fresh, canned, and frozen fruit and vegetable products
- Fruit and vegetable sugars are not altered by freezing

## TO FREEZE OR NOT TO FREEZE?

Can frozen food cut down carbon footprint and food wastage? Maybe, but you have to do it right

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tionist Manjari Chandra. A simple way of processing food is to freeze it at the produce and consume it when desired.

Food storage is really an ancient art. Cave dwellers buried their hunted game in snow. Storing food was a survival skill and the inspiration behind all sorts of delicious traditional foods that we still enjoy today. Yet frozen food suffers from a bad rap today, thanks to the whole fixation with everything local and organic. Fresh intuitively looks more edible. But as technologies develop, we will increasingly have to choose between fresh, frozen, vacuumed and many other options. Buying frozen foods can help you, your supermarket, and the whole supply chain waste less.

"In an ideal world, most of the produce we consume, they would all be processed locally, unadulterated, fresh and sustainably grown. The truth however is far from that. With shortage of fresh food, we have become dependent on packaging and processing food," says nutri-

### REFREEZE IT RIGHT

- If frozen food has been thawed in the refrigerator, it's fine to refreeze it, even if not cooked, though the quality might suffer a bit
- If it was frozen raw and then cooked, refreeze the cooked portion
- Leftovers should be frozen within three to four days
- If food has been out of the refrigerator for less than two hours, it's still okay to refreeze it
- Fruits and vegetables can be frozen if no mould, yeastiness, or slime has developed and they haven't been left out of the fridge for more than six hours
- Refreezing meats or seafood after thawing in water or in microwave is not recommended unless they've been cooked

One-third of food produced for human consumption is thrown away globally and 45% of it is fresh fruits and vegetables

### GOOD FOR THE PLANET

Since fresh food gone bad goes into waste, frozen food can be stored for months, taken in quantities needed. That can reduce food waste by astonishing six times, according to a recent study published in the 'British Food Journal'. The iFreeze and #PowerofFrozen movement globally are promoting the benefits of frozen food and spreading the message that frozen food is not only nutritious, flavoured and safe, but is also high quality whilst remaining great value for money. By buying frozen food with its longer shelf life you can make fewer trips to the shops by car. Doing so reduces your individual carbon footprint. Due to its longer shelf life, it can result in less wastage in delivery and storage chain.

### MASTER THE ART

Wasting less food is about keeping ingredients fresh, being creative with what you have, and getting to know your food, especially how it ages and how it is best stored. And despite its bad rap, frozen food – and freezing food – is one of the keys to turning around the food-waste trend. In most cases blanching is absolutely essential for producing quality frozen vegetables. Blanching also helps to destroy microorganisms on the surface of the vegetable and to make some vegetables, such as broccoli and spinach, more compact. "Frozen products should not be stored for long periods in 'frost-free' home freezers, because these go through warming cycles to defrost coils and inherently warm products stored in them," adds Chandra.

### FITNESS

## GET WINTER TONED

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It is winter time. You're forever cold, forever hungry and mostly buried under layers of clothing. And there is air pollution! But all is not lost. You can still exercise. "In my opinion, winter is the best time to shed excess fat as your body is burning more calories throughout the day and the weather gives you an advantage to work harder for longer durations without getting completely exhausted," says fitness expert Gagan Arora.

bad air by doing yoga since it is all about adjusting to the changes in the environment through the kind or type of asanas one does." For instance, sun salutations help open the chest, throat, and sinuses.

### SWEAT IT OUT INDOORS

If you don't want to go for an outdoor workout, join a health club or do some body weight strength training and yoga within the comfort of your living room, with or without air purifiers. "You can work on every muscle in your body with hundreds of exercises that can be performed in a small space and adapted for your fitness level. Go for bodyweight exercises like jumping jacks, burpees, tricep dips, bridges, planks et al."

5 quick fixes for winter: Walk longer, run faster, cycle harder, lift heavier and stretch deeper



### HEALTHY HOG

We generally feel hungrier in winters as the body burns more calories through the day to keep itself warm. Nutrition plays an important role in any season and we need to change our meal plans as per the season. "Add more nuts, berries, soups and warm salads to your staple food. This will keep you energetic and in good form," feels Arora. Eat seasonal grains like bajra, makkha, kuttu, seasonal fruits and veggies and treats made of sesame and jaggery.

### HEALTH

Soya milk, a simple delicious drink made from soybeans and filtered water, is one of the most natural and health boosting drinks available today. Sourced from plants, soya milk has no cholesterol, is low in saturated fat, and is available in delicious flavours like chocolate, vanilla, coffee, kesar pista and mango. It is a rich source of 100% veg protein and can be a great substitute to dairy milk. In fact, it contains the same amount of protein as cow's milk but fewer calories, making it a favourite with weight watchers. Commercially, soya milk is further fortified with calcium and vitamins. Here's what makes this drink a preferred choice.

## SAY YES TO SOY



substitute for dairy.

**Calorie conscious**  
Its reduced calorie and sugar content is advantageous for those trying to lose weight. An average 200 ml of natural soya milk contains about 68.8 calories, which is even lesser than skimmed milk. Soya milk also contains quality carbohydrates compared to dairy milk.

**Gluten free**  
A gluten-free diet strictly excludes gluten, a mixture of proteins found in wheat and related grains, like barley, rye, oat, and all their hybrids. A gluten-free diet is essential for managing signs and symptoms of celiac disease and other medical conditions associated with gluten. Soya milk based beverages are naturally gluten-free.

### Healthy pick for vegans

A vegan diet commands abstinence from animal food sources like meat, eggs and, most importantly milk and other dairy products. These foods are essential sources for vitamins, proteins, minerals and other nutrients that the body needs. Soya milk and products made from it, like tofu, are the perfect substitute for

### For lactose intolerant

Those who are lactose intolerant suffer from digestive problems usually within 30 minutes to two hours after drinking milk or its by-products. The symptoms generally are diarrhoea and bloating. Since soya milk is naturally lactose-free, it offers the perfect

### Goodness of protein

Due its protein content, it helps in muscle repair and muscle building, facilitating better toning of the body.

## MIND YOUR MANNERS

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**W**hat grabs your attention first, when you sit down to relish a meal? Is it the lavish spread or the way it is plated and served? As they say, 'cooking is an art', but is it enough for a quintessential dining experience? Plating and table decor create the right first impression and makes the meal fun and memorable. Here is the know-how on getting it right.

## HAVE ENOUGH WATER ON TABLE

Always have sufficient water on the dining table. Many people prefer starting their meal with water and therefore, there should be a requisite number of glasses on the table. To make plain water more appealing, add a few thin slices of lemon and some mint leaves to amp up its health and flavour quotient. The guests will love this flavoured water.

In the ongoing Covid era, make sure there are enough sanitizers, hand gloves and masks for guests

## KEEP THE VIBE HOSPITABLE

Make your guests feel special and welcome in new surroundings. The best way to do that is by serving them good food in style and chat with them. Also, ask your guests if they need a second helping. And don't talk about the cost of ingredients that went into the making of the meal you are serving – that's showing off and rude too.

## IMPRESS GUESTS WITH CLEAN CUTLERY

Serve food in clean and good quality cutlery.



"It's okay if your cutlery is not exorbitant or luxe but it's imperative to keep it clean and sparkling; darkened or rusted corners and dust on plates is an appetite killer," says etiquette guide Sunaina A Haq. Also, serving delicacies in the right bowls and plates is an essential part of dining – for instance, have deep bowls for serving soup and small bowls for dessert. There should also be enough cutlery on the table so that there is no shortage of spoons, plates, forks, etc.

## MAKE IT CLUTTER FREE

A dining experience can be spoiled by messy arrangement of cutlery. The best way is to estimate the right number of crockery and cutlery required to make it a neat and organised affair. And decide crockery as per cuisine. While you serve sushi and teriyaki chicken with the right pair of chopsticks, consider the comfort level of guests who may not be used to chopsticks and have alternate arrangements for them.

## DID YOU KNOW?

In South Korea, no one begins eating until the most senior person takes a bite. If there are twins at the table who were born mere minutes apart, the older one sets the pace!

## GIVE ENOUGH SPACE TO SIDE DISHES

Main dishes are the main attraction of the table. But you should not ignore side dishes in the process – invest time in looking at the quality of chutneys and dips. For instance, some takeaways have delicious samosas or momos but the accompanying chutney or sauce is watery and insipid. Factor all this beforehand, so that you have readymade sauce/dips to make that is an enjoyable eating experience for guests.

## RIGHT PLACEMENT OF TISSUES AND NAPKINS

"A dining affair does not end at only serving good food, it is an overall experience, which is a fusion of delicious food and eye-catching decor. Even simple and neat detailing can work wonders for your special supper," advises Haq. The best way to do that is by placing a set of tissues in a tidy tissue holder and rolling the cloth napkins with elegant accessories. Bon Appetit!

## ALL ABOUT THE ETIQUETTE OF SERVING FOOD

You know how to use your knife and fork but are you well-versed with the art of putting together a perfect food table for guests? Here are tips to ace your serving skills

## MANNER BORN

## SIX MANNER MINEFIELDS AND HOW TO TACKLE THEM



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floor, elbowing your fellow traveller.

## MANNER MINEFIELD #1

**SITUATION: YOU ARE TAKING FOOD PHOTOS IN A GROUP OUTING.**

Cell phones have unleashed a new class of rudeness. It has become commonplace to be taking and posting food photos while out in a group. What's needed? A code around putting the phone away and actually looking at each other when we're together is required. Take photos as long as you don't delay everyone at the table. Also, don't get busy uploading it.

**What's not acceptable:** To take a call, or text. Phones have to be kept away during dinner time.

## MANNER MINEFIELD #2

**SITUATION: YOU HAVE WHATSAPPED YOUR SISTER'S WEDDING INVITE.**

A few years ago, director Farah Khan tweeted: "Dear Mannerless people, if u want me 2 attend ur premier/preview/party DON'T send me a "janta invite" on WhatsApp! U r not doing me a favour! The least u can do is make a personal call. If u cant find the time for it what makes u think i hav time 2 get ready n cm for you?!!" [sic] You may think Khan is over-reacting. But is she? Etiquette expert Pria Warrick says, a WhatsApp invite is okay among friends but a wedding invite should be given physically. However, with things going digital, a digital invite is acceptable but it has to be followed up with a call, if not a visit.

**What's not acceptable:** Texting condolence messages. It's okay to express your condolences in a comment if the announcement has been made in a post – even then follow with a note or call.

## MANNER MINEFIELD #3

**SITUATION: YOU USE YOUR COMMUTE TIME FOR PERSONAL CARE.**

In 2014, the UK-based authority on modern eti-

## MANNER MINEFIELD #4

**SITUATION: YOU START EATING BEFORE EVERYONE IS SERVED.**

It is rude to start eating at the table before everyone else has been served. At a party, look towards the host to give you permission to start. When out with friends, wait for everyone.

**What's not acceptable:** Double dipping, taking food without permission, and not splitting the bill equally.

## MANNER MINEFIELD #5

**SITUATION: YOU GOT THE NUMBER FOR A CONTACT AND JUST DECIDED TO CALL.**

Always check if it's a good time to call. In fact, message first. The direct, unmediated access that technology provides to people is misused by most. Just because people are accessible, doesn't mean you can make assumptions about them wanting to hear from you. Always start with a message.

**What's not acceptable:** Calling or messaging at odd times.

## MANNER MINEFIELD #6

**SITUATION: YOU HAVE A WEDDING COMING UP AND ARE STUMPED FOR A GIFT.**

First up, wedding registry should be a thing by now where the couple should register for gifts at a store or online. It makes it simpler for everyone and the couple can make sure that they have something that they would need. If that's not the case, know that gifting money to a friend is not kosher, always buy a gift. As for the cost, spend what you think is appropriate to your relationship to the couple (also your pocket). Wedding website The Knot came out with ballpark figures: Coworker and/or a distant family friend or relative: Rs 3,000-4,000; Relative or friend: Rs 4,000-6,500; Close relative or friend: Rs 6,500-9,500

**What's not acceptable:** Going without a gift.



## Queries relating to Etiquette

Etiquette is the customary code of polite behaviour in society. Social situation and the way we live, even etiquette, is ever changing. For instance, who would have thought that one would need a whole new set of classroom rules in 2019?

If you have a question on the new rules of engagement in a post-covid world, a relationship dilemma or just a query regarding writing a thank you note, write in to us [toimie175@gmail.com](mailto:toimie175@gmail.com) with the subject line ETIQUETTE.

## GOOD TO KNOW

## WHY YOU SHOULD BRUSH UP ON YOUR SOFT SKILLS?

**I**f LinkedIn's 2020 list of the most in-demand hard and soft skills is to be believed, while hard skills matter, it's your soft skills that give you an edge. FYI, hard skills is an ability to do a specific task, and soft skills are more about the way they do them – how you adapt, collaborate, solve problems, and take decisions. And now that we are working remotely, soft skills have come to the fore – more than ever.

In the LinkedIn survey, emotional intelligence came up as the #5 topmost needed soft skill. Soft skills affect every aspect of your career: Deloitte states that soft skills are 9x more likely to be endorsed than technical skills. Dell Technologies estimates that 85% of the jobs in 2030 haven't even been invented yet. This is around the time when the current school kids will join the workforce. A reason why students need to brush up on soft skills from now as this will equip them to build the skills they need to adapt to the future.

## WHAT ARE SOFT SKILLS?

Soft skills are the people skills and character traits that determine how we interact with others. They include skills such as time management and self-confidence. They're different from hard skills, which are physical like building a fence, or technical like using software.

Soft skills will help your child become a confident individual, and an employable and valued member of society. You're probably wondering how to make this happen (without turning into demanding parents). It's easier than you think!

## THE TOP 10 SKILLS

## 1. Leadership

Leadership is a combination of soft skills. They reflect the ability to manage multiple people and situations. Games like Leader of the Blindfolded is an awesome game for building your kids' leadership, communication and trust skills. One person is a leader with no blindfold while everyone wears one, and the leader guides everyone through the room with clear instructions.

## 2. Communication

Communication is more than reading, writing, listening and speaking well. It's also the ability to talk with gestures, be concise and respectful, and make an impact. Simply engaging in conversations with your kids can make a big difference. Showing genuine interest in what your kids like and asking them questions will keep the conversation going.

## 3. Teamwork and Collaboration

It's inevitable that your kids will work in a team one day. It's important to raise a team player. You can teach them how to be collaborative by praising them each time they cooperate with each other, asking for their opinions, cook-

ing or doing an engaging activity with them.

## 4. Problem Solving and Critical Thinking

To get ahead of the crowd, your kid will need to think critically. This means being able to observe, analyse and produce solutions to problems. Games like jigsaw puzzles, asking open ended questions or picture interpretation helps nurture these skills.

## 5. Creativity

Encouraging self-directed play and doing anything crafty is a great way for kids to explore their curiosity. Plus, did you know that creativity can boost your child's ability to problem solve and develop new ideas?

## 6. Adaptability

Kids will need to be adaptable to keep up with our rapidly changing world, because we don't know what's coming. Teach them resilience and how to adjust to different situations. They should be able to think on their feet. Help them come up with solutions to unexpected happenings or suggest alternatives.

## 7. Negotiation and Conflict Resolution

Teach them the art of compromise. This will show them how to seek solutions that benefit all parties. If they ask for treats or money to buy something, set trade-offs and start negotiating.

## 8. Positive Attitude

As Oprah Winfrey once said: "a person can change their future by merely



changing their attitude." Be a motivating parent and teach your kids how to focus on the positives in any situation. Congratulating your kids on their successes or attempts helps improve their self-confidence.

## 9. Strong Work Ethic

A strong work ethic involves time management, attention to detail, dependability, and going the extra mile. Start by setting a time-table and teach them the benefits of being punctual.

## 10. Decision Making

The ability to make good judgments and anticipate consequences of actions is essential to moving forward in life. Play games like "Would You Rather" where you present them with different choices and ask them to justify their choices.

Clinical psychologist and etiquette expert Pria Warrick says emotional intelligence is playing a major role in adapting to new changes in life. In fact adaptability has come up as the #1 soft skill. Brand expert Harish Bijoor says, "In an age where educational qualifications are pari passu (on equal footing), soft skills are certainly preferred. If there is one thing that is different, it sure will stand out. A difference that clutter-breaks from the boredom caused by a sea of the same."

## ASK THE EXPERT

## My kids hate each other!

**Q My kids (16 and 18 years) hate each other and I have tried on several occasions to make them sort out their differences but it just doesn't work. I don't know what happened that they hold so much angst against each other. What do you think can help bring them close again?**

**A** It is usually very distressing for a parent to see their children not getting along well since we know how important it is for siblings to share a great bond with each other. I can understand how difficult it must be for you to try and help sort their differences out without it being of any use. Since, you have tried to make them sort their difference, following are some other ways that might help you:

- It would be better to try talking to both of them separately, making them understand that whatever they will share with you, you will not be revealing it to the other sibling without informing them and maybe try to understand what their issues might have been which have remain unresolved and they may have become worse over time due to lack of communication

- Try understanding their point of view without holding judgment about how an elder or a younger one should be behaving or doing rather giving them both a safe space to share their concern where they feel heard.

- You can give them both a chance to write letters or notes to each other instead of making them confront each other with you being present.

- Try not to forcefully make them engage in conversation or activities. If you feel like as a parent, you are not able to do much

about this situation, it is best to seek help from a family therapist who may be able to address the concerns better since one or both might be struggling with some issues that they don't share or are unable to

understand on their own. **Expert: Dr Rachna Khanna Singh is HOD- Holistic Medicine, Artemis Hospital, Gurugram**

