



THE TIMES OF INDIA

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Your Weekender

TODAY'S EDITION

Rishi Sunak is our newsmaker of the week
PLUS: Celebrating famous birthdays (Oct 29-Nov 4)



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Halloween Special: Six horror films you can watch with your family
PLUS: Best spooky books to read

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We decode the sport of Judo for you



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STUDENT EDITION

SATURDAY, OCTOBER 29, 2022

times
newspaper in education

SPOOKY FUN



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GO GREEN



Recent studies have shown that when brands incorporate sustainability and corporate social responsibility into their DNA, Millennial and Gen Z shoppers are more likely to spend their money on those products

trolled purchasing." It's time to re-evaluate buying decisions - go back to basics where clothes aren't impulse purchases.

THUMBS UP FOR UPCYCLED

Conscientious buyers - mostly Millennials and Gen Z - are questioning the origin of their pieces. In an interview with 'Forbes', US-based retail expert Robin Lewis said: "This is a generation that is... more into the style of life than the stuff of life. This is a big threat to retail." In a report released last year, Boston Consulting Group predicted a sales decline of \$450 billion to \$600 billion in the fashion and luxury category as a whole.

Recent studies have shown that when brands incorporate sustainability and corporate social responsibility into their DNA, millennial shoppers are more likely to spend their money on those products. A reason why upcycling and upcycling brands like Doodlage, I Was A Sari, Katran and upcycling initiatives by fast-fashion brands is a growing trend. From mending clothes to swapping stuff with friends, all ensure a longer life cycle for clothes.

THE THINKING BUYER

Writer, poet Karuna Ezara Parikh feels consumers are being urged to think about bigger choices. "Conscious fashion - as a concept - is no longer a niche for a bunch of urban hipsters," she says. The challenge is to balance consciousness and fashion. She says, "You can't create an average bag and say 'It's earth-friendly!'"

Social media has helped in creating a community of mindful consumers that go for upcycled, or pre-loved goodies.



HOW TO BE AN ETHICAL SHOPPER

Educate yourself: Ask your favourite brands where their clothes were made, and by whom. Check their websites for social responsibility, ethical policies.

Hold yourself accountable: You may feel bad about unfair labour but not bad enough to forego the 2-for-1 sale. Check yourself.

Use social media: There are a lot of apps like 'Good on You' that rate brands on how ethical they are, and offer alternatives. Instagram accounts UNEnvironment, Emma Watson's page are worth a follow.

Have a plan: Before you buy, consider how you'll wear the piece/s. Commit to wearing a garment at least 30 times. Search #30wears for inspiration. Or the 5:5:5 rule: Can you pair it with five things in your closet, five places you can wear it to and will you wear it for the next five years?

Buy less, but better: Think quality not quantity. Go local. Look after the clothes to get more wear out of them. And mend.

Upcycle: Upgrade that one piece in different, creative ways.

Shop vintage: Previously owned clothes and vintage shopping is a way of building your own unique style in a sustainable way.

Shop natural: According to studies, nylon can take up to 40 years to decompose!

Halloween Trivia

The October holiday may be one of the most popular holidays in the United States now, but the origin of Halloween actually has quite a rich international history.

- What is the name of the legend that jack-o'-lanterns originated from? Answer: Stingy Jack
- Before jack-o'-lanterns were carved as pumpkins, what other root vegetable was commonly used? Answer: Turnips
- Halloween can be traced back to a Celtic holiday. What's the name of that holiday? Answer: Samhain
- In what century was Halloween first introduced? Answer: The 19th century
- How did the tradition of dressing up for Halloween start? Answer: It was once believed that at the end of October, ghosts and demons would be able to walk the Earth again. To protect themselves, people dressed up as spirits to blend in.
- Where did the game of bobbing for apples originate? Answer: England
- Halloween during the 18th century, why would women throw apple peels over their shoulders? Answer: To see if they would land in a pattern resembling initials, indicating the man who would become their husband.
- Who brought the Halloween tradition to the United States? Answer: The Irish, during the potato famine
- Which Roman goddess is thought to be honored on Halloween? Answer: Pomona
- What is another name for Halloween? Answer: All Hallows Eve
- What is another name for Nov. 1, the day after Halloween? Answer: All Saints' Day
- What are the Halloween colours? Answer: Black, orange and purple
- Who was the first First Lady to decorate the White House for Halloween? Answer: Mamie Eisenhower, in 1958
- What was Bram Stoker's original name for Dracula in his vampire novel? Answer: Count Wampyr
- What do you call a fear of Halloween? Answer: Samhainophobia

- Readers Digest

TIME FOR FEEL-GOOD FASHION

It's a well-known fact that the carbon footprint of the fashion industry is second only to petroleum, a reason why there's a need for mindful shopping. We tell you how you can be more sustainable in your style choices

Nupur.Amarnath@timesgroup.com

waste products.

They are not the only ones. Fashion - globally and in India - is witnessing the rise of mindful creators for whom sustainability is not just the latest fashion buzzword. Post-pandemic, there's been a growing demand for conscientious fashion by a rising brigade of ethical shoppers who make sure that the price tag doesn't weigh heavy - on their wallets or their minds. A Business of Fashion's report states that sustainability will

be especially prominent for Gen-Z and millennial shoppers.

SHOP WITH SOUL

Fashion commentator Prasad Bidapa says the good part about India is that conscientious consumption is part of our tradition. He says, "India is a society that naturally recycles garments. Here clothes are handed down. We should be thankful for this, but at the same time make consumers aware of dangers of uncon-

Fast fashion is a term used by fashion retailers for collections that move quickly from ramps to stores, to capture current fashion trends

MIND MATTERS

JEALOUSY: How it affects you and how do you fix it?

DID YOU KNOW THAT JEALOUSY AS A TRAIT OVERPOWERS THE GOOD SIDE OF THE BRAIN?

10 SIGNS OF JEALOUSY

1 Lack of trust: Jealous people often trust those who fuel their jealousy or support the cause of their jealousy. For others, these people are unable to develop a sense of trust. A lack of trust combined with a feeling of insecurity makes a person helpless and powerless.

2 Insecurity: The biggest weapon of jealousy is insecurity. It renders a person weak and disables their mental ability to be confident. The insecurity associated with jealousy instills fear, rage, anger and frustration in an individual.

3 Low confidence: Jealousy drains out the confidence in a person. Jealousy takes over a person's mental space with much ease when the person lacks confidence.

4 Low self-esteem: A person filled with jealousy always lacks self-esteem and self-trust.

5 Suspicion: A jealous person finds it hard to believe others. A sense of negativity brews in their mind always.

6 Over dominant: Often seen in relationships, jealous people try to control their partners.

7 Irritability: It is very easy to irritate a person who is jealous of others. Just mentioning those people before them can irritate them.

8 Negative judgment: Even if they know the truth, jealous people tend to give negative opinions about others.

9 Schadenfreude: That is happy in others' distress. In some ways, people who are jealous of others tend to be happy when the other people face setbacks.

10 Lack of self-acceptance: These people are always seen comparing themselves with others and weighing their pros and cons with others.

JEALOUSY VS COMPETITIVENESS

There is a thin line of difference between jealousy and competitiveness as both of these people are always focused on "what is yet to be done". But a jealous person will feel bad for the achievements of his or her friend, but a competitive person feels bad when he or she achieves less. Also a jealous person sees others as competitors, a competitive person sees others as well as self as competitors



HOW JEALOUSY AFFECTS YOU?

Often listed as one of the reasons for arguments and disputes, jealousy is very damaging in nature. It induces a feeling of inadequacy, a feeling of being lost, deprived and being a lesser person.

Jealousy can bring in unnecessary stress in an individual and there is a greater chance of this being escalated to depression. It takes a toll on the mental health of the individual which harms the physical well-being of the person as well.

HOW TO FIX IT?

Keep yourself distracted from the person whom you are jealous with.

Try to feed your mind with positivity. Read books that have a positive meaning.

Maintain a journal of quotes and quotations of positivity and goodness.

If these things do not help, always seek the advice of an expert. The sooner you start this, the quicker you can get rid of it. TNN



6 ways to prepare your SKIN FOR WINTERS

AVOID EXTREMELY HOT SHOWERS AND BATHS

Enjoying a hot water bath is a comforting and popular practice during the freezing winter months. However, this practice is detrimental to your skin health. It destroys the skin's natural lipid barrier, and further dries out the skin. A short warm water bath can be equally as soothing without the negative effects of hot water. Apply some body oil before your bath, as this helps retain moisture in the skin that would otherwise be lost due to hot water.

STAY HYDRATED
Staying hydrated is perhaps one of the best skincare tips for any season or environmental condition. Drinking excessive amounts of coffee, tea, or sugary drinks deplete vital nutrients in the body. Staying adequately hydrated with plain old water is the best way to keep your skin healthy. Additionally, staying hydrated promotes blood circulation within the skin, enhancing the skin's ability to repair itself.

DON'T SKIP THE SUN-SCREEN
Although the winter months are dark and without a view of the scorching sun, it doesn't mean you should avoid sunscreen. The harmful UV-rays of the sun are able to penetrate through the clouds on the darkest of days, and easily manage to penetrate through your skin. Use a moisturising sunscreen for the winter months.

MOISTURISE YOUR SKIN
The winters are dry and detrimental to skin. Sufficiently moisturising your skin can help prevent chronic dryness and skin damage; a common occurrence

during the winter months. Depending on your skin type, make sure to pick a moisturiser that works with your skin not against it.

EAT A WELL-BALANCED DIET

A healthy diet is one of the most underrated aspects of an effective skincare routine. Fruits and vegetables are rich in nutrients and ensure your skin looks youthful and radiant.

EXERCISE IS VITAL

Exercise

is imperative to prepare your skin for the harsh winter months, as it improves the blood circulation within the skin. This inevitably improves blood oxygenation, and adequately oxygenated blood improves the appearance and health of skin as it strengthens the skin cells with essential nutrients. TNN

- Inputs from Namrata Reddy Sirupa, beauty entrepreneur

WELLNESS

BUILD YOUR W MUSCLE

After a long round of festivities, it is time to get back into a healthy and mindful regime. While I normally talk about nutritional approaches to weight management and health, little can be achieved without that magic ingredient that delivers the results you have always wanted - willpower.

The truth is that willpower is a muscle. And the more you use this muscle, the stronger it becomes.

The more you practice saying NO, the better you get at it. The more you work on developing your resilience, the more resilient you become. A few things to remember while shoring up your reserve:

1 The path to glory is littered with speedbumps along the way. When starting a new diet or exercise regime, expect to face difficulties. Expect to find it hard to refuse that last



cupcake. Expect to find it hard to wake up in time for exercise. Try not to have an all-or-nothing approach where one blip on a diet means you'll be eating

unhealthily for the rest of the day. If you slip - and you will - dust off your mistake, and reset your diet. It is as simple as that.

3 There is light at the other end. After building up your willpower, you will find that not only does it easier to say no, but will also find that your lifestyle becomes a habit. Over time, you would find that you would not even miss those foods that you had worked so hard to avoid. This may take weeks, or even months for some, but once you're on the other side, chances are you'd find it as difficult to get back to getting to your old lifestyle as you had found adjusting to your new one.

- Nutritionist and dietitian Pooja Makhija



NUMBER WIZ

SHAKUNTALA DEVI

BIRTHDAY: NOV. 4, 1929

Shakuntala Devi was a mathematical prodigy and an author. Born on 4th November 1929, in Bengaluru, Karnataka, she was gifted with an exceptional ability to carry out complex mathematical calculations in her mind at a speed faster than available computers.

Shakuntala Devi's first major show was at the age of six, at the University of Mysore. According to 'The New York Times', she once said, "I had become the sole breadwinner of my family, and the responsibility was a huge one for a young child. At the age of 6, I gave my first major show at the University of Mysore, and this was the beginning of my marathon of public performances." In 1977, Devi visited the Southern Methodist University where she

I always have a particular affection to zero, because it was some of my countrymen who first gave it the status of a number

NEWSMAKER OF THE WEEK

RISHI SUNAK

THE FIRST OF HIS NAME

RISHI SUNAK WAS APPOINTED THE BRITISH PRIME MINISTER THIS WEEK AFTER BEING ASKED TO FORM A GOVERNMENT BY KING CHARLES III. SUNAK HAS MADE HISTORY BY BECOMING THE FIRST INDIAN-ORIGIN PERSON TO HOLD THE OFFICE. 10 THINGS TO KNOW ABOUT THE NEW UK PM

1 Sunak is only 42. This makes him the youngest UK PM in over 200 years. William Pitt the Younger was 24 when he took on the role in 1783.

2 He has had a meteoric rise in UK politics. Sunak has become the PM just 7 years after being elected MP in 2015. David Cameron was elected PM in just 9 years, but again, Pitt the Younger holds the overall record with just two years.

3 He is the first Hindu, Indian-origin and person of colour to lead the UK. Sunak was born in Southampton to Indian parents who moved to the UK from east Africa in the 1960s. His father was an NHS doctor, and his mother owned a pharmacy.

4 Sunak is the first PM to be appointed by King Charles III. Liz Truss was appointed by the Queen two days before her death on September 8.

5 He is the third person to take over as UK PM in as many months. Boris Johnson resigned in September 2022, while Liz Truss had to quit last week after just 49 days in office. Due to lack of options in the Conservative Party, with the exception of Penny Mordaunt, Sunak will likely remain in office till the next general election in 2025.

6 He has studied in prestigious institutions. Sunak attended the exclusive Winchester College private school and studied at Oxford.

He gained an MBA from Stanford University in California as a Fulbright Scholar. Some see his elite education and investment banker background as a deficit because he seems out of touch with ordinary voters.

7 He is a practicing Hindu. In 2015, Sunak took his oath as an MP at the House of Commons on the Bhagavad Gita.

8 Sunak is married to British Indian fashion designer Akshata Murthy. Akshata is the daughter of Infosys founder N R Narayana Murthy.

Sunak has faced criticism over his wife allegedly avoided paying UK taxes on her overseas income.

9 He is richer than Queen Elizabeth II. Sunak and his wife have an

estimated net worth of about \$830 million, making him one of the richest legislators in the UK. The former Monarch had a net worth of \$420 million.

10 He was Treasury chief in Boris Johnson government. During his time as treasury chief (2020-2022), Sunak doled out billions of pounds in emergency spending to help businesses and workers. His policies have received mixed response and he came under heavy criticism for being slow to respond to Britain's severe cost-of-living crisis.

The former investment banker held on to his US green card while serving in the UK government. TNN



QUANTUM OF SOLACE

HOMI J BHABHA

BIRTHDAY: OCTOBER 30, 1909

Homi Jehangir Bhabha (30 October 1909 – 24 January 1966) was an Indian nuclear physicist, founding director, and professor of physics at the Tata Institute of Fundamental Research. Bhabha was the founding director of two well-known research institutions, namely the Tata Institute of Fundamental Research (TIFR) and the Trombay Atomic Energy Establishment (now named after him); both sites were the cornerstone of Indian development of nuclear weapons which Bhabha also supervised as its director.

Bhabha's first paper "The Absorption of Cosmic radiation" in 1933

earned him a three year Isaac Newton Studentship in 1934. He worked alongside Neil Bohr in Copenhagen in addition to his research work at Cambridge.

Bhabha published a paper in 1935,

performing the first

calculation to determine the cross section of electron-positron scattering.

Bhabha conducted research with Walter Heitler and in 1936 they made a breakthrough in the cosmic radiation's understanding by working on the cascade theory of electron showers. He promoted nuclear energy control and also prohibition of atomic bombs worldwide. He was absolutely against India manufacturing atomic bombs even if the country had resources to do so. Instead he suggested that the production of an atomic reactor should be used to lessen India's misery. He was killed under mysterious circumstances, aged 56, when Air India Flight 101 crashed on January 24, 1966 near Mont Blanc in Switzerland.

FUN FACT: In addition to being an able scientist and administrator, Bhabha was also a painter and a classical music and opera enthusiast, besides being an amateur botanist. Bhabha also encouraged research in electronics, space science, radio astronomy and microbiology.

Lord of the Movies

New Zealand film director will go down in history for adapting JRR Tolkien's much-loved 'The Lord of the Rings' trilogy that has broken all box office records

PETER JACKSON

BIRTHDAY: OCT 27, 1962

1 When Peter was eight years old, his parents bought an 8-mm movie camera, and he began making short films. He later purchased a used 16-mm camera and, with his friends, began work on what became his first movie 'Bad Taste' released in 1987. The comedy-horror movie won acclaim at the Cannes film festival and went on to become a cult favourite.

2 Released in 1994, 'Heavenly Creatures' marked a major change for Jackson in terms of both style and tone and what got him noticed. The real-life 1950s Parker-Hulme murder case, in which two teenage girls murdered one of their mothers, inspired the film. The movie was critically acclaimed and was nominated for Best Original Screenplay at the Academy Awards and making top ten of the year's lists in most publications.

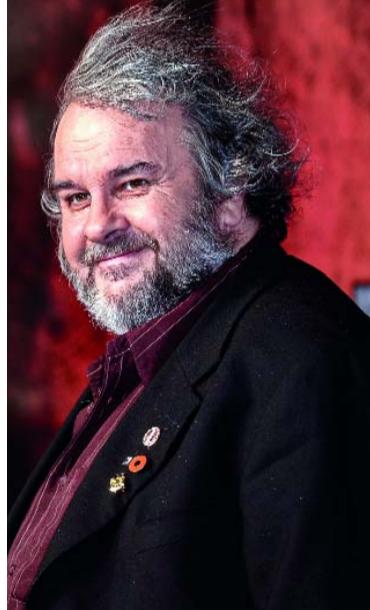
3 Story goes that when New Line Cinema (producer of 'The Lord of the Rings' movies) honchos visited Peter's office in New Zealand soon after they had given the director the go ahead to make Tolkien's epic, they were startled to see the posters for his earlier pictures. Movies like 'Bad Taste', 'The Frighteners' among others were listed. They questioned the decision to entrust such an awesome enterprise to a man responsible for such films? But Jackson proved to be the right choice when in 2001 LOTR became one of the biggest grossers, making \$869 million. It also won 11 Oscars tying the record set by 'Ben Hur' in 1959 and 'Titanic' in 1997.

4 A year later, 'The Lord of the Rings: The Two Towers' became another mammoth grosser, making \$924 million globally. And finally, 'The Lord of the Rings: The Return of the King' became the second biggest box office hit of all time after 'Titanic'.

5 He was born in Pukerua Bay, a small village outside Wellington, which had only 800 people. He calls his wife Fran Walsh, the biggest influence in his life. The couple has been together for 18 years, and have two kids. Fran shares the writing credit for 'The Lord of the Rings' trilogy and was nominated for Best Adapted Screenplay, Best Song and Best Picture in 2002 (she won all three), apart from an earlier nomination for Best Original Screenplay.

6 'The Lord of the Rings' was shot for 64 consecutive days entirely in New Zealand. During the final work on 'Return of the King', Peter says he was exhausted. He says he got recharged watching 'JFK' (Oliver Stone), 'Goodfella' (Martin Scorsese) and 'Saving Private Ryan' (Steven Spielberg).

7 Peter was a noted perfectionist on the 'Lord of the Rings' shoot, where he demanded numerous takes of scenes, requesting additional takes by repeatedly saying, "one more for luck"



Jackson's pre-Tolkien films grossed less than \$21 million

8 He is an avid aviation enthusiast and owns a collection of over 40 airworthy World War I-era warbirds

after taking a mould of her foot, so she gets the perfect fit. She favours a nude, low-heeled sling back sandal.

6 Wintour has two children with her ex-husband David Shaffer; Charles born in 1985 and Katherine (known as Bee) born 1987. She says her children are her weakness.

7 Wintour's favourite sport; she often plays the game before work and regularly attends the major tennis tournaments throughout the year. She is also a fan and friend of Roger Federer.

8 Wintour apparently earns a salary of \$2 million and has a clothing allowance of \$200,000 a year.



FUN FACT: Her father who used to work in a circus, discovered her talent when he used to teach her card tricks when she was three years old. Soon, she left the circus and performed various road shows with his daughter to exhibit her exceptional ability. She did not receive any formal education because her parents could not afford the school fee

ALWAYS IN VOGUE

Nicknamed 'Nuclear' Wintour, Anna Wintour has been editor-in-chief of Vogue since 1988 and a force to reckon with in the world of fashion

ANNA WINTOUR

BIRTHDAY: NOVEMBER 3, 1949

Love her or loathe her, Anna Wintour has been influencing our fashion experience ever since we can remember. It's hard to imagine the industry without the most powerful (or most feared) editor in fashion immortalised by Meryl Streep in the super-

hit 'The Devil Wears Prada'. Wintour is the eldest daughter to a British father and American mother. Her father, Charles Wintour, was the editor of the 'London Evening Standard'. Anna Wintour's first 'Vogue' cover was so different from its usual edition that the printers had to check if it was a mistake. She was fired from her role at 'Harper's Bazaar' for not understanding the American market. She's now the artistic director for Vogue's publisher, Condé Nast.

3 She's an early riser and starts her day at 5 am. Inspite of the nature of her industry, Wintour doesn't stay at parties for more than 20 minutes as she's strict about her sleep time by 10.15pm. Wintour's former personal assistant, Lauren Weisberger, wrote the 2003 best-selling

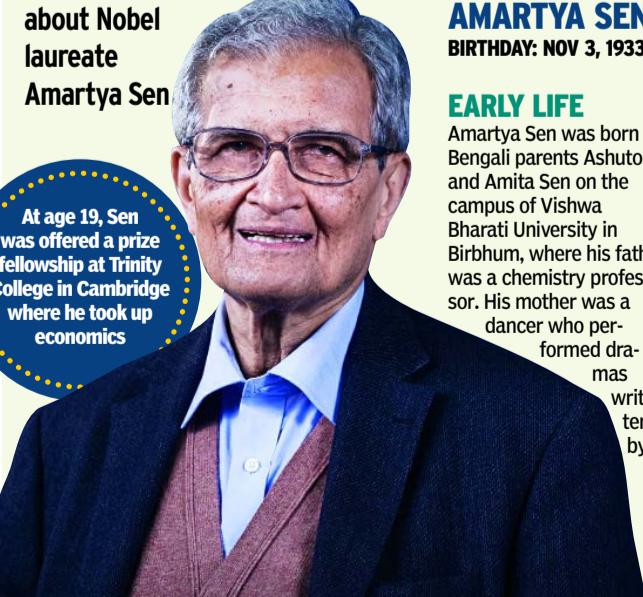
Wintour was made a Dame in the 2017 New Year's Honours

THE MOST FAMOUS INDIAN ECONOMIST

Lesser-known facts about Nobel laureate

Amartya Sen

At age 19, Sen was offered a prize fellowship at Trinity College in Cambridge where he took up economics



Rabindranath Tagore. Since his birthplace fell under old Dhaka, Sen is an honorary citizen of Bangladesh.

NAMED BY TAGORE

Since his mother revered Rabindranath Tagore, she requested him to christen her son. Tagore came up with the Bengali name 'omorto' which means 'immortal' – later adapted to Amartya in Hindi.

HUMAN DEVELOPMENT INDEX

The Human Development Index or HDI is considered the most trusted composite in measuring countries' economic growth over the years. Sen helped create it alongside Pakistani economist Mahbub Ul Haq.

The United Nations Development Programme (UNDP) published their data in a time-series format in 1990. This made Amartya the first non-American to win a National Humanities medal in 2012. That year, he was also included in the list of Time Magazine's '100 most influential persons in the world'.

USES FEMALE PRONOUNS

Sen was a strong advocate for gender equality. His work too delves deep into gender inequalities such as the theory of household and the concept of missing women. In fact, he is said to use female pronouns such as 'she' and 'her' instead of 'he' and 'his' while citing examples in his work.

IRON MAN

SARDAR PATEL

BIRTHDAY: OCT 31, 1875

Sardar Vallabhbhai Patel was a senior leader of the Indian National Congress and a prominent figure in the Indian Freedom Struggle, who later became India's first Deputy Prime Minister and first Home Minister. Sardar Patel's contribution in integrating 56 princely states into a newly independent India is unforgettable.

He hailed from a farmer's family. In his early years, Patel was considered by many as an unambitious man destined for a commonplace job. However, Patel proved them wrong. He passed law examination, often studying himself, with borrowed books. Patel practised law at Godhra, Borsad, and Anand in Gujarat, after passing the bar examination. He earned the reputation of being a fierce and skillful lawyer.

In the initial stages of the freedom movement, Patel was neither keen on active politics nor the principles of Mahatma Gandhi. However, the meeting with Mohandas Karamchand Gandhi in Godhra (1917) fundamentally changed Patel's life.

Patel joined the Congress and became the secretary of the Gujarat Sabha that became a Congress stronghold later. Patel joined Gandhi's Non-Cooperation Movement (1920) and travelled around West India to



Today we must remove the distinction between high and low, rich and poor, caste or creed

"the builder and consolidator of new India." In Gujarat, he worked extensively against alcoholism, untouchability, caste discrimination, as well as for the empowerment of women. However, the invaluable services of Sardar Patel were available to independent India for just 3 years. The brave son of India died on 15 December 1950 (aged 75), after suffering a massive heart attack.

THE BAADSHAH

10 REASONS TO LOVE SRK

All set to light up the silver screen after a break with 'Pathan', SRK is easily the most-loved superstar of the current times

SHAH RUKH KHAN

BIRTHDAY: NOV 2, 1965

1 Because he showed us dreams do come true. Thousands come to Mumbai every day

dreaming as he did. His is the classic struggle making it in the city of dreams. He gives hope to many that if SRK could, so can they.

2 Because he's the man with a silver tongue. His wit knows no bounds. Each interview gives some quotable quote. Social media is full of clips showcasing his trademark charm and wit.

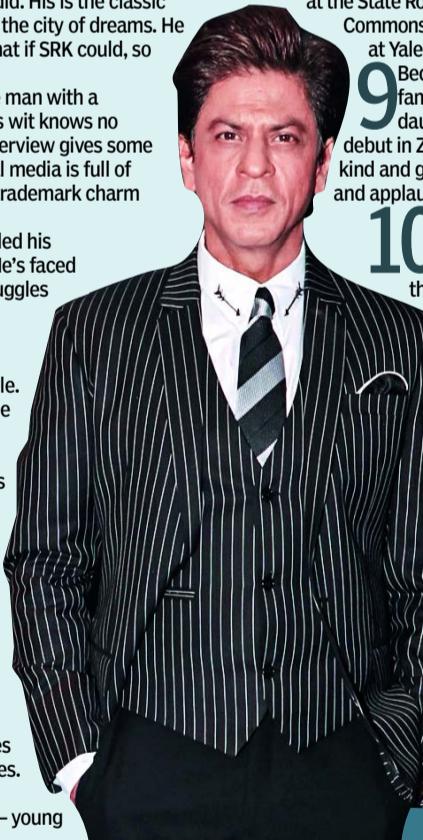
3 Because he hustled his way to the top. He's faced innumerable struggles in his life some quite publicly but he has always dealt it gracefully a smile.

4 Because he played the anti-hero when it was not cool to do so.

5 Because nobody can do romance like he can. His classic arms wide open pose has become a meme.

6 Because what is Mumbai without Mannat? It makes you believe in fairytales.

The house is almost a pilgrimage to all fans – young and old.



7 Because of his iconic monologues that live rent-free in every film buff's mind. Like his "sattar minute" monologue.

8 Because of his international honours like the Frances' highest Civilian Award Legion of Honour (won in 2014), Global Diversity Award at the State Room of Britain's House of Commons (in 2014), the Chubb Fellowship at Yale – to name a few.

9 Because of his commitment to his family and kids. He did his daughter Suhana (who's set to debut in Zoya Akhtar's 'The Archies'), "Be kind and giving as an actor, the brickbats and applause are not yours to keep".

10 Because he's one of the few stars who genuinely cares about the media and believes that love is a two-way street.

QUICK FACTS

- His father Mir Taj Mohammed Khan was an Indian freedom fighter
- He was adopted by his grandmother and he stayed with her in Mangalore for almost five years
- His first name was 'Abdul Rahman' given by his Naani. However, his father named him 'Shah Rukh Khan'
- Named Rahul in nine of his films
- SRK has a phobia of riding horses, and never eats ice-creams