



THE TIMES OF INDIA

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Your Weekender

TODAY'S EDITION

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STUDENT EDITION



SATURDAY, NOVEMBER 5, 2022

BUZZWORD



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EDUCATION

Bite size works well not just in terms of workout and diet. Turns out microlearning is a far more effective way to learn and retain

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We've all heard the phrase, "good things come in small packages." The same is true for you, dear student. Research has proven that a typical student's attention span is about 10 to 15 minutes long, yet most classes can last for 30 minutes to an hour. New studies show that students who are exposed to bite-sized learning have better retention of the material. Why? Because it simplifies the study material, making it easier for you to digest – think a bite versus a whole plateful.

INFORMATION OVERLOAD

We live in the world of information overload. If you have ever walked out of a class, lecture, or seminar and your mind has just gone blank because you've been too over-stimulated, you have experienced it. Here's where bite-sized learning or microlearning will come to your rescue.

HOW IT WORKS

Bite-sized lessons break content into small chunks. Meant to range anywhere from 1 to 15 minutes, they fixate on one main topic or idea of interest, as opposed to more conventional methods of learning that can range anywhere from 30 minutes to 3 hours long in an effort to brush through and consume a wide range of objectives.

According to research: Physiologically, your neurons are keen and alert for no more than 20 consecutive minutes. At the end of 20 minutes, your neurons go to total collapse. It takes 2-3 minutes for them to return to the total alert state. If you break for longer than three minutes, you've redirected your attention

WHY BITE SIZED LEARNING IS IMPORTANT



Why you must practice microlearning? It proven to show...

- Improved retention
- Increased engagement
- Fewer behavioural issues
- Better ability to pinpoint and address problem areas

HOW TO DO SELF MICROLEARNING

Daily Revision: One of the simplest ways to get into bite-sized learning at home is to get into the practice of daily revision. If you go through whatever happened in class during the day, you are already breaking down info into small bites
Bite-sized Timetable: Usually you would rather study in stretches of two hours or more. Instead break down study time into easy to manage 20-minute windows
Visualise Content: Microlearning and visualisation go hand in hand. If you can imagine lessons as images, you are more likely to retain it as it has a higher recall
Practice 'Chunking': Chunking is based on the idea that it's easier to remember things when you learn related ideas in manageable chunks, rather than cramming an entire topic. It helps in memorising dense information
Spaced Repetition: The goal is to study material over time, in small doses. Works especially well when you have to memorise large amounts of factual information

BENEFITS

- 1 Improves engagement:** Bite-sized learning deals with mental exhaustion, boredom, and burnout. You'll feel more motivated to learn quick yet meaningful content.
- 2 Caters to the working memory:** The psychological method of 'chunking' allows you to take smaller bits and combine them into more meaningful – and more memorable – wholes.
- 3 Gives diverse ways of learning:** From written instructions, videos, or VR technology, in microlearning knowledge is usually divided amongst various digital mediums. This makes learning more immersive.
- 4 Reduces passive learning:** When you learn in short bursts, you spend less time listening and more time applying your knowledge. So there's very little passive learning.

ARTIVISM

Artivism is a portmanteau word combining art and activism, and is sometimes also referred to as Social Activism. Pablo Picasso, speaking of his now world-famous anti-war painting, Guernica, boldly declared: "Painting is not made to decorate apartments. It's an offensive and defensive weapon against the enemy."

Whether you call it artistic activism or artivism, the compound word keeps gaining traction. The use of creative expression to cultivate awareness and social change spans various disciplines including visual art, poetry, music, film, and theatre.

The term artivism in US English takes roots, or branches, off of a 1997 gathering between Chicano artists from East Los Angeles and the Zapatistas in Chiapas, Mexico. The words "Artist" and "Artivism" were popularised through a variety of events, actions and artworks via artists and musicians such as Quetzal, Ozomatli, and Mujeres de Maiz, among other East Los Angeles artists, and at spaces such as Self Help Graphics & Art. Artivism further developed as antiwar and anti-globalisation protests emerged and proliferated. In many cases artists attempt to push political agendas by the means of art, but a focus on raising social, environmental, and technical awareness is also common.

The forms of artivism change according to its historical context, and its use of technology and media. But in general, artivism harnesses the critical imagination to design events and strategies that provoke new questions and new meaning in pursuit of more respectful ways of being.

HEALTH

ARE YOU EATING ENOUGH FIBRE?

A NEW RESEARCH SHOWS THAT A DIET HIGH IN FIBRE REDUCES THE CHANCE OF LUNG DISEASE BY 40-50%. THAT DEFINITELY CATCHES ATTENTION IN A PANDEMIC-RIDDEN WORLD

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A study from the Priority Research Centre for Healthy Lungs and the Center for Inflammation in Australia suggests that dietary fibre may help treat progressive lung disease by reducing lung inflammation and damage. Simply put, fibre helps reduce inflammation. Since inflammation is a big contributor to the development of disease in the first place, this is very important. C-reactive protein that plays a role in the body's inflammatory response, appeared to be reduced in people who eat fibre on the regular.

We keep hearing how fibre is great and we must have more of it in our food. That it keeps the gut working smoothly and sugar levels under check. Let's revisit all the many things that make fibre so powerful:

1 Balances Blood Sugar: Fibre slows the rate at which glucose is released into the bloodstream from the food we eat. As food leaves the stomach more slowly, the amount of insulin needed to clear sugar from the bloodstream is lowered, stabilising blood sugar.

2 Keeps you full longer: Since fibre slows down the speed of digestion, it makes the body feel fuller and energised for a longer period of time. This also helps in controlling hunger cravings and aids weight loss.

3 Maintains a healthy gut: Fibre plays a major role in digestive health. Fibre is the fuel the colon cells use to keep them healthy. Fibre also helps to keep the digestive tract flowing, by keeping your bowel movements smooth and regular. Fibre is a great prebiotic and acts like food for the probiotics (or

the healthy bacteria) that live within our gut microbiome and help to make it thrive.

4 Keeps the heart happy: High intake of dietary fibre has been linked to a lower risk of heart disease in a number of large studies that followed people for many years. In a Harvard study of over 40,000 male health professionals, researchers found that a high total dietary fibre intake was linked to a 40 per cent lower risk of coronary heart disease.

HOW TO GET MORE FIBRE

- 1 Eat more fruit:** Include a few servings of low-sugar fruits to your diet daily (berries are the highest in fibre).
- 2 Load up on vegetables:** With low levels of calories and high levels of antioxidants, these excellent fibre sources should be eaten generously.
- 3 Eat nuts, seeds for snacks:** Or add them to items like yoghurt, oatmeal, salads, and stir-fries.
- 4 Replace refined grains:** Ditch white grains like white rice with whole grains like brown rice, wild rice or bulgur. For pasta, look for versions made from quinoa or pulses like chickpeas and lentils.
- 5 Sip on more water:** Fibre works best when the body is properly hydrated, because water helps fibre move through the digestive system.



BEAUTY

GET THE GLOW

MAKE THE MOST OF THESE TEENAGE BEAUTY TRENDS

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It is time to revamp your beauty closet with some expert tips on what to try and definitely not try!

WELLNESS GLASS SKIN

Why call it a wellness look? Because this key trend is ruling the season with its healthy-looking glossy skin – the kind of skin that looks taken care of by getting sufficient beauty sleep and a consistent skincare routine. "Before a major party or festival, keep your skin hydrated by having plenty of warm water to flush out toxins from your body. This is excellent for the skin and gives it a natural glow," says Delhi-based dermatologist Dr Sirisha Singh. "Use a good moisturiser too (appropriate for your skin type) daily after your bath. While water keeps the skin internally hydrated, moisturisation is a must for external hydration," she adds. Moisturised skin gives a lit-from-within look to complexion. On special occasions, you can apply some BB cream on your face post moisturising for that flawless glass skin appearance.

BUY GOOD KOHL

Too much makeup is never a good idea for young skin as it is sensitive and is going through puberty-induced issues like acne or excessive oiliness. However, using

a good quality kohl is something even pre-teens and teenagers can do, especially on special occasions. But, when you go kohl or kajal shopping, pick up ones that are organic and made with natural ingredients like ghee, neem, almond oil, coconut oil, castor oil, because mainstream beauty brands are usually formulated with chemical ingredients that can irritate eyes. "Black kajal is a basic and a must-have in your beauty kit. But you can also try brown kohl for a subtler and soft look," advises makeup expert Clint Fernandes.

SHINY NATURAL LIPS

This can be seen all over the Insta universe, with celebs flaunting their just-out-of-shower and 'I put some lip oil' look. It

exudes freshness and is a part of the wellness beauty trend. Invest in a nice lip oil that will give intense hydration and a natural shine to your lips. If you have time and want some extra nourishment, you can use a lip scrub made at home or a one bought from a natural skincare brand. "Exfoliating lips once a week with a beetroot-based scrub is a good idea to keep the texture and colour of lips intact," says Singh. Follow up

Investing in organic brands is also a responsible thing to do and is a step towards using sustainable beauty products that do not harm the environment



DIY BEETROOT LIP SCRUB

Peel one beetroot, cut in cubes and blend in a blender. Once done, take this pulpy mix in a container and add 1 tsp sugar to it. Mix well and use this to scrub your lips once or twice a week. The result will be cleansed, moisturised and hydrated lips.

TREAT ACTIVE ACNE

It's common knowledge that teens are more likely to get acne breakouts due to hormonal changes. Use sulphur-based skin cleansers and masks to dry out acne if you get a zit or two. But if you have too much active acne that looks red and inflamed, book a consultation with a reputed dermatologist without any delay. "Developing an anti-acne plan is a must if acne refuses to go despite using topical gels like Benzoyl peroxide, because sometimes it is due to hormonal issues such as PCOS that needs effective treatment," informs dermatologist Dr Kiran Lohia.

TRY SHEET MASKS

Beauty stores including online ones are flooded with sheet masks of different types, from ones that promise instant glow with aloe vera to those made with charcoal or other fancy ingredients like bamboo and exotic flowers for getting the skin rid of impurities. Choose with caution, though, and read up the ingredients list carefully.

MIND MATTERS

Self-chat isn't that crazy after all!

Not long ago you would have come across as crazy for talking to yourself. Now, self-talk is one of the most effective tools to thrive at work, home or play

We all do some self-talking from time to time. It could be engaging in negative self-talk when faced with a particularly challenging task – by telling ourselves that we are "not good enough" or "unable to cope". On the other hand, we might turn to positive self-talk to comfort ourselves in a tricky situation – perhaps by telling us "you can

do this" or "all you can do is your best". The neuroscience of self-talk shows that the way we use our inner voice makes a difference in our stress level, how we respond to setbacks and the degree to which we thrive in our careers. The real game changer here is talking to yourself in the third person. A study at Michigan State University found that brain scans of people using third person self-talk while watching disturbing images (such as a man holding a gun to their

heads) were better at regulating their emotional distress, and their upset decreased when they referred to themselves in the third person. As psychologist Noam Shpancer describes in "Psychology Today": "In simple terms, the technique involves reflecting on your stressful experience from an outside perspective." This helps foster psychological distance, a phenomenon that leads to better emotional regulation, self-control, and even wisdom.

GANDHI OF GRAIN



main participants were women. She has assisted grassroots organisations of the Green movement in Africa, Asia, Latin America, Ireland, Switzerland, and Austria with campaigns against genetic engineering. Shiva has also served as an adviser to governments in India and abroad as well as non-governmental organisations. In 1993, she received the Right Livelihood Award, commonly known as the "Alternative Nobel Prize." Other awards include the Order of the Golden Ark, Global 500 Award of the UN, Earth Day International Award, the Lennon Ono Grant for Peace, and the Sydney Peace Prize 2010. Shiva's fiery opposition to globalisation and to the use of genetically modified crops has made her a hero to anti-GMO activists everywhere.

TAKE ON BILL GATES

The so-called philanthropists, Bill Gates in particular, are taking more and more power over our governments. This is bringing new and more dangerous threats to our agriculture, food, seed sovereignty, and to the biodiversity of our planet.

FOOD SOVEREIGNTY

Shiva is a staunch believer that the food we eat matters. It makes us who we are, physically, culturally and spiritually. By championing greater food sovereignty, sustainability and seed rights for local farmers around the world, Shiva is determined to remind us that "food and culture are the currency of life" – and that you can't have one without the other.

VANDANA SHIVA
BIRTHDAY: NOVEMBER 5, 1952

Besides being a physicist, ecologist, activist, editor, and author of numerous books, Vandana Shiva is a tireless defender of the environment. She is the founder of Navdanya, a movement for biodiversity conservation and farmers' rights. She is also the founder and director of the Research Foundation for Science, Technology and Natural Resource Policy. Shiva fights for changes in the practice and paradigms of agriculture and food. Shiva, the daughter of a

forestry official and a farmer, grew up in Dehradun, near the foothills of the Himalayas. She received a master's degree in the philosophy of science from Guelph University, Ontario, in 1976. Shiva developed an interest in environmentalism during a visit home, where she discovered that a favourite childhood forest had been cleared and a stream drained so that an apple orchard could be planted. After completing her degrees, Shiva returned to India, where she worked for the Indian Institute of Science and the Indian Institute of Management. During the 1970s, she participated in the nonviolent Chipko movement, whose

THE RAMAN EFFECT

C V Raman is one of the greatest modern legends in India and the first person to receive the Nobel Prize in Physics

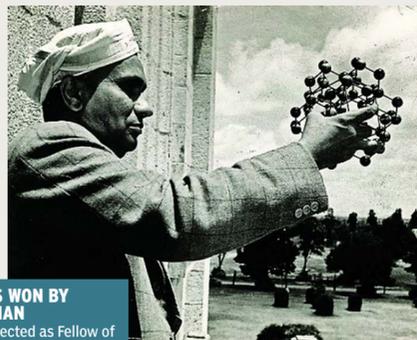
CV RAMAN
BIRTHDAY: NOV 7, 1888

1 Chandrasekhara Venkata Raman aka CV Raman was exceptional in studies. He cleared his matriculation exam at the early age of 11. Two years later he passed through the intermediate-level exam and later joined the Presidency College in 1902.

2 In the year 1904, Raman got his bachelor's degree. He was the first rank holder and a gold medalist in Physics. After three years, he completed his Master's Degree as well.

3 He was selected for the government service job in the Finance Department of Colonial government which he quit after he became Professor of Physics at University of Calcutta in 1917.

4 While he enjoyed teaching, he was also conducting research at the Indian Association for the Cultivation of Science (IACS) in Kolkata.

AWARDS WON BY
C V RAMAN

- 1924: Elected as Fellow of the Royal Society
- 1930: Nobel Prize in Physics
- 1941: Franklin Medal
- 1954: Bharat Ratna
- 1957: Lenin Peace Prize
- 1988: The American Chemical Society and the Indian Association for the Cultivation of Science recognised his discovery as an International Historic Chemical Landmark

5 While carrying out experiments on the scattering of light, he ended up discovering what came to be known as the Raman Effect in 1928.

6 Raman won the Knight Bachelor award a year later for this discovery and became a Fellow of the Royal Society.

7 In 1932, Raman and Suri Bhagavantam discovered the quantum photon spin which further confirmed light's quantum nature.

8 Raman was also interested in music so became the first person to study the harmonic nature of mridangam and tabla.

9 CV Raman was honoured and appointed as the first Indian director of Indian Institute of Science (IIS) in 1933.

10 After India got Independence in 1947, Raman became the first National Professor of the Country.

FROM ACTRESS TO SCIENTIST

ACTRESS HEDY LAMARR WAS, TO USE A CLICHÉ, A TRUE BEAUTY WITH BRAINS KNOWN FOR HER WORK IN FILMS AS WELL AS IN SCIENCE AND TECH

HEDY LAMARR
BIRTHDAY: NOVEMBER 9, 1914

EARLY LIFE

Born Hedwig Eva Maria Kiesler in Vienna, Austria, Lamarr's early claim to fame was being part of a controversial Czech movie that was criticised by Pope Pius XI and banned by Adolf Hitler due to Lamarr's Jewish background. Lamarr was not yet 20 when she wed her first husband, Friedrich Mandl, a munitions dealer who worked with Nazis. It took multiple escape attempts before Lamarr was able to get out of the marriage in 1937.

HOLLYWOOD

During Hollywood's Golden Age in the 1930s and '40s, MGM star Lamarr was considered one of the world's most beautiful women. After the end of her first marriage, Lamarr wanted to go to Hollywood. While in London, she met Louis B. Mayer,

the head of MGM Studios and signed a contract with MGM for \$500 a week. She changed her last name from Kiesler to Lamarr since German names were not in

vogue by the late 1930s.

LOVE FOR SCIENCE

Lamarr was 5, when she took apart and rebuilt a music box to discover how it worked. She always showed a keen interest in understanding how things functioned, even after she joined Hollywood. In this, Lamarr was supported by movie mogul and aerospace innovator Howard Hughes. During World War II, Lamarr and modernist composer George Antheil came up with a "secret communication system" that used "frequency hopping" between radio



signals to direct torpedoes without enemy interference. They patented it in August 1942 and offered their invention to the US military. But the government was dismissive of her work.

INVENTIONS BY HEDY

In addition to the frequency-hopping system, Lamarr had a slew of other inventions, including a light-up dog collar, improvements for a traffic signal, tablets to transform water into soft drinks, and a new Kleenex box. The frequency-hopping system that Lamarr and Antheil invented during World War II was adapted by the US Navy and used during 1962's Cuban Missile Crisis. The same technology later was finessed into innovations such as Bluetooth and GPS. Yet her contribution was ignored. In a 1990 interview she lamented: "I can't understand why there's no acknowledgment when it's used all over the world." Her efforts were finally recognised by the Electronic Frontier Foundation with a Pioneer Award in 1997.

NEWSMAKER OF THE WEEK

ELON MUSK

THE ECCENTRIC BILLIONAIRE

WITH THE CURRENT DRAMA OVER TWITTER TAKEOVER BY WORLD'S RICHEST MAN, ELON MUSK, UNFOLDING DAILY, HERE ARE 9 THINGS TO MUST KNOW ABOUT HIM

AN AVID READER

Elon Musk is said to be an avid reader as a child, with several reports claiming that he used to read for as long as 10 hours. In fact, when he was 8 years old, Elon is said to have run out of books to read in his library. It was then that he started reading Encyclopedia Britannica.

BULLIED IN SCHOOL

Musk is said to have faced serious bullying during his school days. Elon's mother Maye Musk told 'Esquire' magazine in 2012 that being the youngest and smallest guy in the school, he was always picked upon. According to reports, he was once thrown down the stairs and had to spend one week in hospital.

MADE A VIDEO GAME AT 12

By the time he turned 12, he had already learnt BASIC and had written a video game called Blaster, which was sold for \$500. He even attempted to start a video game arcade before he turned 18.

HOLDS A DOUBLE MAJOR
IN PHYSICS AND
ECONOMICS

Elon holds a double major in Physics and Economics from Wharton School of the University of Pennsylvania. Later, he also went to Stanford University to study further, but dropped out during the first week itself.

THROWN OUT
OF PAYPAL

Before SpaceX and Tesla happened, Elon Musk co-founded two companies in his initial years – Zip2 and X.com (which was later merged with Confinity to form PayPal). Zip2 was acquired by AltaVista in 1999, the biggest search engine at that time. At PayPal, Elon had disagreement over strategy

with the board and was fired. In 2002, eBay bought PayPal for \$1.5 billion. Musk reportedly got \$250 million from the deal.

SEND MICE, PLANTS
TO MARS

According to a thread on Quora by aerospace consultant Jim Cantrell, Elon Musk and his friend Adeo Ressi wanted to send mice and plants to Mars. For this, they reportedly went around the world – along with Cantrell – in search of suitable rockets. However, after realising that rockets are too expensive, Musk decided to build one him-

self – and SpaceX came into being.

LEARNT ALL ABOUT
ROCKETS FROM BOOKS

SpaceX CEO is widely believed to have learnt about rockets through books that he borrowed from Jim Cantrell while they were on their trip hunting for rockets.

BOTH TESLA AND SPACEX
WERE ALMOST BANKRUPT

In 2008, both of Musk's ventures SpaceX and Tesla were on the verge of bankruptcy. He was quoted saying that he could have either saved SpaceX or Tesla or split the money he was left with between them. Even dividing the money was not an ideal solution, as it too had risk of both the companies dying due to financial squeeze. While putting all his money in just one meant certain death for the other. However, both SpaceX and Tesla survived. SpaceX landed a contract with NASA, while Tesla managed to raise \$40 million funding.

INVESTED IN TESLA IN '04

Musk invested in Tesla in 2004, four years prior to the first Tesla customers getting their Roadsters, and five years before he unveiled the first Model S, and six years before the company went public. GADGETS NOW

THE GOTH
FATHERBRAM STOKER
BIRTHDAY: NOV 8, 1847

Abraham "Bram" Stoker was an Irish writer, best remembered as the author of the influential horror novel, 'Dracula'. Stoker grew up strong, and as a student at Trinity College, in Dublin, Ireland, he excelled in athletics as well as academics, and graduated with honours in mathematics in 1870. He worked for ten years in the Irish Civil Service, and during this time contributed on theatre criticism to the 'Dublin Mail'.

FUN FACT: Stoker fought with Oscar Wilde over a woman. Both knew each at Trinity College in Dublin. But when his childhood sweetheart, Florence Balcombe, married Stoker, Wilde left Ireland for England. Stoker and Balcombe remained married until his death

ONE BOOK THAT
CHANGED IT ALL

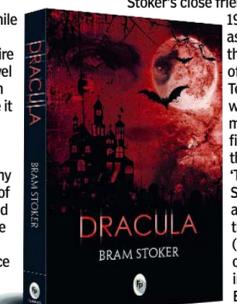
Stoker's 'Dracula' appeared in 1897. Like Mary Shelley's 'Frankenstein', Dracula has taken on a life of its own through many different incarnations. While Stoker did not invent the vampire tradition, his novel was influential in helping to shape it for the generations to come. 'Dracula' represented many of the concerns of Victorian England about the decline of traditional culture in the face of modern technology,



coupled with the decline in morality as a result of the challenge to Christianity posed by rationalism and logical positivism. 'Dracula' has been attributed to many literary genres including horror fiction, the gothic novel, and invasion literature.

Structurally Dracula is an epistolary novel, written as a collection of diary entries, telegrams, and letters from the characters, as well as fictional newspaper clippings from the Whitty and London newspapers. Literary critics have examined many themes in the novel, such as the role of women in Victorian culture, conventional and repressed sexuality, immigration, post-colonialism, and folklore. Although Stoker did not invent the vampire, the novel's influence on the popularity of vampires has been singularly responsible for many theatrical and film interpretations throughout the twentieth and twenty-first centuries.

Following the death of Stoker's close friend Irving, in 1905, he was associated with the literary staff of the 'London Telegraph' and wrote several more works of fiction, including the horror novels 'The Lady of the Shroud' (1909) and 'The Lair of the White Worm' (1911). He died on April 20, 1912, in London, England.

THE STORY OF
CURIOUS CURIE

The most well-known woman in science, she dedicated her life to it

MARIE CURIE
BIRTHDAY: NOV. 7, 1867

Marie Skłodowska Curie was a Polish and naturalised-French physicist and chemist. Curie was a pioneer in researching radioactivity, winning the Nobel Prize in Physics in 1903 and Chemistry in 1911. Curie never worked on the Manhattan Project, but her contributions to the study of radium and radiation were instrumental to the future development of the atomic bomb.

She received a general education in local schools and some scientific training from her father. Her early researches, together with her husband, were often performed under difficult conditions, laboratory arrangements were poor and both

had to undertake teaching to earn a livelihood. The discovery of radioactivity by Henri Becquerel in 1896 inspired the Curies in their brilliant researches and analyses which led to the isolation of polonium, named after the country of Marie's birth, and radium.

Curie throughout her life actively promoted the use of radium to alleviate suffering and during World War I, assisted by her daughter, Irene, she devoted herself to this remedial work. Curie's work is reflected in the numerous awards she got – from honorary science, medicine and law degrees and honorary memberships of learned societies. Together with her husband, she was awarded

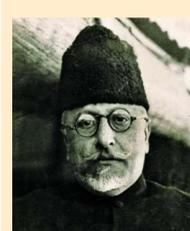


ALBERT EINSTEIN WAS A HUGE MARIE CURIE FAN In 1906, Pierre was killed in a tragic road accident. As a grieving widow, Marie faced the brutal sexism that accompanied her fame as a sole female scientist. It was then that Einstein decided to send a glowing letter to her in hopes of uplifting her. The note not only described how he was inspired by her drive and intellect, but also that she had his full support. He said: "Marie Curie is, of all celebrated beings, the only one whom fame has not corrupted."

half of the Nobel Prize for Physics in 1903, for their study into the spontaneous radiation discovered by Becquerel, who was awarded the other half of the Prize.

BREAKING BARRIERS

Curie was a pioneer, an outlier, unique for her newness and intensity of her achievements. But it was also because of her sex. Curie worked during a great age of innovation, but proper women of her time were thought to be too sentimental to perform objective science. She would forever be considered a bit strange, not just a great scientist but a great woman scientist.

TEACH
INDIA

10 facts about India's first education minister

ABUL KALAM AZAD
BIRTHDAY: NOV 11, 1888

1 His full name was Abul Kalam Ghulam Muhiyuddin Ahmed Azad and he was born in Mecca, Saudi Arabia.

2 Azad's birth anniversary is celebrated as the National Education Day in India.

3 He was an Urdu poet. At a very young age, Maulana Azad started composing poetry in Urdu language.

4 Maulana Azad was a nationalist, who criticised the British Raj for racial discrimination and played a pivotal role in the Indian Independence movement.

5 Abul Kalam Azad rose to prominence through his work as a journalist, publishing works critical of British rule.

6 He was one of the leading supporters of Gandhi's civil disobedience movement.

7 At the age 35, he became the youngest person to serve as President of the Indian National Congress in 1923.

8 Azad was the most prominent Muslim leader to oppose the creation of the Islamic state of Pakistan. He favoured the idea of a united and secular India.

9 He served as first education minister of independent India from 1947-58.

10 In 1992, he was posthumously awarded India's highest civilian honour, Bharat Ratna. MIRROR NOW

PROFOUND QUOTES BY
FYODOR DOSTOEVSKY

Russian novelist ('Crime and Punishment', 'The Dream of a Ridiculous Man') Dostoevsky shaped literary modernism and existentialism. Here are some of his famous quotes

FYODOR DOSTOEVSKY
BIRTHDAY: NOV 11, 1821

ON UNDERSTANDING NUANCES OF AGE "Grown-up people do not know that a child can give exceedingly good advice even in the most difficult case."

From 'The Idiot'

ON THINGS THAT MATTER MOST "It is not the brains that matter most, but that which guides them – the character, the heart, generous qualities, progressive ideas."

ON HAVING AIMS AND GOALS "The mystery of human existence lies not in just staying alive, but in finding something to live for."

From 'The Brothers Karamazov'

ON THINGS LEFT UNSAID "Much unhappiness has come into the world because of bewilderment and things left unsaid."

ON HUMAN NATURE "Man only likes to count his troubles; he doesn't calculate his happiness."

ON SUFFERING BEING INEVITABLE "Pain and suffering are always inevitable for a large intelligence and a deep heart. The really great men must, I think, have great sadness on earth."

From 'Crime and Punishment'

ON SELF-RESPECT "Above all, don't lie to yourself. The man who lies to himself and listens to his own lie comes to a point that he cannot distinguish the truth within him, or



Born in Moscow on November 11, 1821, Fyodor Mikhailovich Dostoevsky was a Russian writer and journalist. Dostoevsky's works often explore the human condition in the troubled socio-political-spiritual atmospheres in 19th-century Russia

around him, and so loses all respect for himself and for others. And having no respect he ceases to love."

From 'The Brothers Karamazov'

ON COMFORT WITH STRANGERS "We sometimes encounter people, even perfect strangers, who begin to interest us at first sight, somehow suddenly, all at once, before a word has been spoken."

From 'Crime and Punishment'

ON LOVE "To love someone means to see them as God intended them."