



THE TIMES OF INDIA

www.toistudent.com

Your Weekender

TODAY'S EDITION

Famous birthdays (from Nov 19-25) of luminaries from books, movies, music, politics and more

PAGE 2



Five health benefits of spending time with family. PLUS: Family values to learn from 'Black Panther'

PAGE 3



Top players to watch out for at the FIFA World Cup 2022

PAGE 4



STUDENT EDITION

SATURDAY, NOVEMBER 19, 2022



BUZZWORD EXPLAINED

ORTHOSONNIA

Experts warn that the technology designed to help you better understand your sleeping habits could actually worsen your insomnia. Wearable devices and sleep tracker apps are designed to provide users with an overview of their sleep habits, including their bedtime, heart rate, and quality of sleep, by tracking the user's noise, movement, and biometric data.

But Kelly Baron, the director of the University of Utah's behavioural sleep medicine program and author of a case series on sleep trackers, said the technology may have an unexpected downside: Patients may become overly concerned with their sleep "scores," which are sometimes inaccurate, scientifically ill-grounded, and may vary from person to person.

Sleep trackers provide a "flood of data and buzzwords," including users' sleep debt percentages, sleep rhythms, sleep disruptions, and comparisons to other users—all of which can "easily become confusing. Further, research has found that sleep trackers sometimes overestimate the amount of sleep users get per night, especially if the tracker relies on movement to identify sleep. Baron and colleagues even coined a term for a sense of preoccupation "with improving or perfecting... wearable sleep data": "orthosomnia," with 'ortho' meaning straight or correct, and 'somnia' meaning sleep," they wrote in the case series.

CLICK HERE: PAGE 1 AND 2

MIND MATTERS

On a personal or a professional front self-improvement is the only thing that provides an underlining confidence to believe in oneself. To achieve any goal or to stand up for what you believe in, you need something more. If you are committed to self-improvement, here are a few ways to enhance your brain for the better, provided it is practiced with consistency.

Rewiring the brain: Redirecting the brain is possible by constantly practicing positive and desirable thoughts, behaviors and habits. It's like learning a new language, skill, or a new instrument, etc. which will enhance plasticity. New experiences help the brain to be more flexible, attentive and exercise its creative aspect.

Brain agility: Brain agility is the ability to comprehend thinking from all aspects, the logical, the intuitive and the creative. Individuals can leverage different thinking styles to spot trends, pivot, and be ahead of the pack.

Mindset mastery: The fixed mindset lacks vision and is stubborn on talents and intelligence. However, a flexible mindset is open to learn, unlearn, relearn, adapt while working hard towards the goals.

HERE'S WHAT YOU CAN DO:

Exercise: Physical exercise helps protect your brain against degeneration. Exercise is beneficial only if done in moderation. A balanced approach is necessary. The goal is to stay fit and not look fit. In order to improve cognition and overall brain health, practice exercises that suit your



Pics: Istock

BRAIN HACKS

SELF-IMPROVEMENT IS THE KEY TO UNLOCK ANYTHING SUBSTANTIAL. WE TELL YOU 8 WAYS TO IMPROVE YOUR BRAIN HEALTH

body type. **Sunlight:** Sunlight does affect your brain. Higher levels of vitamin D in your body helps

in improved performance, and reduces the aging of your brain.

Rest: Quality sleep helps us function better and is extremely important for maintaining good health both mental and physical. Even emotional well-being is improved with

sufficient hours of quality sleep. **Meditate:** Meditating consistently provides a soothing effect to our mind and body. It is like a kind nourishment that helps you relax from the rush of everydayness. **Healthy Connections:** Build healthy con-



nections. When we connect with open-minded people, people that help us become better versions of ourselves, and not people who engage in biases and prejudices, practice jealous behaviors, limited mindsets, narcissistic traits, or who lack empathy and civility.

Eating Habits: Eating habits directly affect our health - a fact we all know, yet we ignore it and consequently pay for it. What you eat is important but when you eat is equally important. Make an eating regime and follow it diligently.

Practice Mind Sports: Playing games like chess, crosswords, puzzles, is a good exercise for mental health. Playing games is not just fun but is also a productive activity that strengthens your mind.

Emotional Intelligence: Emotions affect our mind's pattern of thinking. Depressive and suicidal tendencies take root in people who are engaged in negative emotions and perspectives. Many times, there are difficult and challenging circumstances to be dealt with, yet the difference between a strong mind and a weak mentality is the way you approach things. Remember, you are more than a conqueror. You are the head and not the tail.

- TOI Lifestyle



GOOD TO KNOW



What is Universal Children's Day?

World Children's Day was first established in 1954 as Universal Children's Day and is celebrated on November 20 each year to promote international togetherness, awareness among children worldwide, and improving children's welfare.

THE HISTORY

Universal Children's Day was first announced by the General Assembly of the United Nations in 1954. Originally, there were 2 goals this day was to help achieve: to encourage children of all races, creeds and religions to spend time together, getting to know each other and appreciating each other's differences, and to prompt governments worldwide to pay more attention to the welfare of their youngest citizens. Although Universal Children's Day takes place on November 20, each country that participates in the festivities has its own date set aside for this purpose—in South Sudan, for example, Children's Day is celebrated on December 23, in Cuba on the third Sunday of July, and in Poland on June 1. Since its establishment as a holiday, Universal Children's Day has been tied to many different, honorable causes, such as the commitment to stopping HIV/AIDS by 2015.

THE MESSAGE

For World Children's Day 2022, UNICEF is calling on partners and supporters to share a positive message of equality and inclusion for every child. Many countries, including Canada, New Zealand and the United Kingdom, hold Universal Children's Day events on November 20 to mark the anniversaries of the

Declaration of the Rights of the Child and the Convention on the Rights of the Child.

Universal Children's Day is not just a day to celebrate children for who they are, but to bring awareness to children around the globe that have experienced violence in forms of abuse, exploitation, and discrimination. Children are used as labourers in some countries, immersed in armed conflict, living on the streets, suffering by differences be it religion, minority issues, or disabilities.

HOW TO OBSERVE UNIVERSAL CHILDREN'S DAY

- FIND AN EVENT:** Every year, the UN sponsors events that bring together children and adults to raise awareness. In 2016, some of the world's most prominent writers gathered to craft extremely short stories that highlight the problems the world's poorest children face. Many of the UN's subsidiaries also hold their own events, so there will be plenty for you to choose from.
- SPEND SOME TIME IN THE COMMUNITY:** You can host your own event to spend quality time with the kids from the community. This can be as simple as meeting in a local park, or it could be a more elaborate party organised by the local council. The point is to show the children how important it is to build a bond with the community.
- SPONSOR OR TEACH A CHILD:** Many organizations have made it easier than ever to donate or even sponsor a child every month. A small donation can go a long way in changing the life of a child. You could also start charity at home by volunteering to educate a worker's child in your community.



HEALTH

DAILY HABITS THAT AFFECT YOUR EYESIGHT

There are indications that daily habits can affect a person's eyesight and develop into further complications if not addressed in time

There are about 2.2 billion people globally with near or distant vision impairment, according to a 2021 report by the World Health Organisation (WHO).

Addressing visual impairment is a major health issue across the globe, and while a number of factors are responsible for poor vision, including age, genetics, and the environment, everyday habits are just as important.

WHAT ARE THESE HABITS?

Too much screen time: Working for long hours, especially on a computer has become a reality of many people around the world. Such a lifestyle can inevitably cause significant strain on your eyes and lead to eye-related problems if not properly checked. A condition often associated with this is "screen-sightedness" or computer vision syndrome. The 20-20-20 technique is a simple yet effective way to take frequent breaks to reduce the stress on your eye due to extended use of digital

devices. Spend at least 20 seconds every 20 minutes looking at something 20 feet away.

Eating eye health-deficient diet: Including foods containing omega-3 fatty acids, zinc, vitamins C and E, and dark leafy greens, nuts, eggs, oranges, and seafood can help maintain eye health.

Not resting enough: Lack of sleep, especially when it happens on a regular basis, can have many negative effects on our health, both short-term and long-term. Not resting enough can manifest in blood-shot eyes, dark circles, blurred vision, dry eyes, and other conditions.

Rubbing your eyes all day: This can also cause some damage to your sight. Rubbing the eyes can break blood vessels present under your eyelids. When the eyes are irritated, instead of rubbing the eyes, try applying a cold compress.

Not wearing sunglasses: Our eyes are vulnerable to ultraviolet

rays and weather elements which can affect the health of our vision in numerous ways. Wearing the right sunglasses on a regular basis can prevent the development of macular degeneration or cataracts. Beyond that, sunglasses also help protect against dry-

eye syndrome by blocking the wind and dust that could gain access to your eyes.

Staying dehydrated: Water is essential for the body to help maintain hydration. Our eyes rely on water to help keep them lubricated in the form of tears. It is quite normal for dust, dirt, and other debris present in the air to sneak into your eyes. In the absence of moisture, one may develop dry, red, or puffy eyes. Thus, it is important to stay hydrated.

-TOI

WELLNESS

WHY MUST YOU COOL DOWN?

UNWINDING POST WORKOUT IS AS IMPORTANT AS WARMING UP BEFORE ONE...

A good cool down session, just like a successful warm up, can actually make or break a workout. Remember running a half marathon with little preparation and finding it difficult to walk down steps the next day? The quadriceps must have hurt badly. While the main purpose of warming up is to prepare the body and mind for strenuous activity, cooling down is all about helping the body and sore muscles recover and bounce back to normal.

THERE ARE MORE REASONS...

To suddenly stop exercising after a workout and not cool down can lead to a drop in blood pressure, which can place stress upon the heart, cause dizziness and possible fainting. A cool down brings heart rate and body temperature down, relaxes the mind, muscles and physiological systems of the

body. After a cardio session, it helps in preventing blood pooling and soreness in muscles. If done after strength training, it helps in flushing out lactic acid which can otherwise cause muscle pain and swelling.

BASIC COMPONENTS

A good cool down broadly involves finishing the work-

out routine with pulse-lowering, a gentle jog, decreasing in speed down to a walk followed by light static stretching and refueling the system with fluids and food!

When your workout ends, just dial down the intensity of what you're doing every minute or two, whether it's running, indoor cycling, or Zumba. Your cool down should last for at least five minutes, but you may need to keep moving longer if your heart rate is still elevated.



ABC OF A COOL DOWN

Rehydrate: First and the foremost is rehydration. Exercise dehydrates your muscles and fascia even in an air conditioned environment. Slipping some water/sports drink while performing a cool down will get some fluid back into the system quickly.

Post-stretching: Three to five minutes of easy exercise. Be sure that the easy exercise resembles the type of exercise that was done during your workout. For example, if your workout involves a lot of running, cool down with easy jogging or walking. Gentle stretches such as shoulder rolls and hip rolls are also perfect post-workout. Try chin drops, too: Lower your chin to your chest and hold for a count of five.

Breathing: Include some deep breathing as part of your easy exercise to help oxygenate your system.

Re-fuel: Extending a cool down to post workout meal is important as people think they should not eat after workout to enhance fat burning. It's a total "No No" to starve your body after a workout. Grab your post workout snack ASAP you finish cooling down. Have a good combination of protein and carbohydrates and cold water to feed your muscles in order to burn fat 24x7, not just while working out.

Icy bath: Cold water Bath post workout further fastens recovery and rejuvenates your body and mind



SPACE CADET

As the man who still shapes our ideas of space & its exploration, his legacy lives on

EDWIN HUBBLE
BIRTHDAY: NOV. 20, 1889

American astronomer Edwin Powell Hubble is regarded as one of the most important cosmologists of the 20th century. He has been credited for playing a major role in exploring and establishing the field of extragalactic astronomy.

1 Growing up Hubble was a good athlete who excelled in football, basketball and even ran tracks. But even as a child he was interested in astronomy. In college, on his father's insistence, he decided to study law. But after his father's death he quit and became a professional astronomer.

2 In 1917, Edwin received his PhD degree from Yerkes Observatory of the Chicago University. Soon after, he joined the army to serve US during WW I and II.

3 He was the founder of the Hubble's Law that was based on his observation that objects in deep space had a Doppler effect, showing a relative velocity away from Earth. In simpler terms, it means that the universe is ever expanding.

4 An asteroid has been named after Hubble, called Asteroid 2069 Hubble.

5 It was only after his death that astronomy was considered by the Nobel Prize Committee

THE HUBBLE TELESCOPE

The space telescope launched into Earth's orbit in 1990 has been named after Edwin, and is called Hubble Space Telescope. It is one of the main reasons most of us are familiar with his name. Hubble was created with a need to capture high-resolution images of universe.

History: Though the HST launched in 1990, the idea of making this telescope struck scientists way back in 1923. It was funded in 1970 and finally launched in 1990. The first few images it returned were not as sharp as desired. But the error was rectified – it is still date one of the great observatories of NASA.

Technology: It uses optical science to capture images. HST is a very big space telescope. It is capable of collecting plenty of light thereby letting us to see fainter objects too.

The James Webb Space Telescope is 100 times more powerful than the Hubble

WOMAN OF THE MILLENNIUM

INDIA'S VERY OWN IRON LADY, INDIRA GANDHI WAS A STRONG LEADER WHO WAS ALSO A SHREWD POLITICIAN

INDIRA GANDHI
BIRTHDAY: NOV 19, 1917

A famous photograph from her childhood shows Indira Gandhi sitting by the bedside of Mahatma Gandhi, as he recovered from one of his fasts; and though she was not actively involved in the freedom struggle, it was at that, by association, she came to know the entire Indian political leadership.

EARLY YEARS

Indira Nehru was the only child of Jawaharlal Nehru, who was one of the chief figures in India's struggle for independence, was a top leader of the powerful and long-dominant Indian National Congress (Congress Party), and was the first prime minister (1947-64) of independent India. Her grandfather Motilal Nehru was one of the pioneers of the independence movement and was a close associate of Mahatma Gandhi. The Congress Party came to power when her father took office in 1947, and Gandhi became a member of its working committee in 1955. In 1959 she was elected to the largely honorary post of party president.

OPPOSITION & ASSASSINATION

In 1964, the year of her father's death, Indira Gandhi

was for the first time elected to Parliament, and she was Minister of Information and Broadcasting in the government of Lal Bahadur Shastri, who died unexpectedly of a heart attack less than two years after assuming office. On Lal Bahadur Shastri's sudden death, Gandhi was named leader of the Congress Party—and thus also became prime minister—in a compromise between the party's right and left wings.

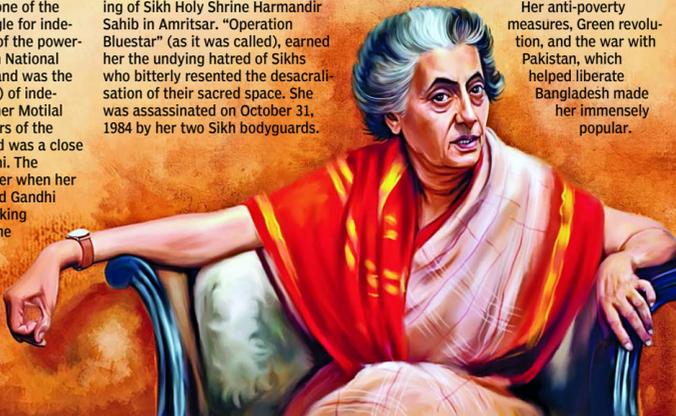
From 1966 to 1977, she was able to retain the position but lost after an emergency was imposed by her in 1975 leading to national discontent and countrywide protests. She returned to power in 1980 and during this time she ordered storming of Sikh Holy Shrine Harmandir Sahib in Amritsar. "Operation Bluestar" (as it was called), earned her the undying hatred of Sikhs who bitterly resented the desecration of their sacred place. She was assassinated on October 31, 1984 by her two Sikh bodyguards.

WOMAN POWER

Many Congressmen believed, because she was a woman, she would be weak and could be used as a puppet. But her leadership and policy decisions made her one of the most popular prime ministers ever in the history of Indian politics.

The numerous contenders for the position of the Prime Minister, unable to agree among themselves, picked Indira Gandhi as a compromise candidate, and each thought that she would be easily controlled. But Indira Gandhi showed extraordinary political skills and tenacity and elbowed famous Congress names—Kamaraj, Morarji Desai, and others—out of power.

Her anti-poverty measures, Green revolution, and the war with Pakistan, which helped liberate Bangladesh made her immensely popular.



FRENCH PRIDE

CHARLES DE GAULLE
BIRTHDAY: NOV 22, 1890



FIRST WORLD WAR

Charles de Gaulle or CDG was injured whilst fighting at Verdun and was captured by the German Army on March 2, 1916. For the next 32 months he was shifted between German prisoner of war camps. He was moved from place to place because of his repeated bids to escape.

MEDIOCRE STUDENT

As a student in the military academy École Spéciale Militaire de Saint-Cyr de Gaulle was considered a mediocre student. One of his instructors at École de Guerre (school for senior officers) commented on his "excessive self-assurance, his harshness towards other people's opinions and his attitude of a king in exile."

SECOND WORLD WAR

De Gaulle was appointed to serve under Paul Reynaud on June 6, 1940 who resigned on June 16 after his government was replaced by that of Philippe Pétain, who favoured an armistice with Germany. Soon, CDG went to Britain where he fought a campaign to continue the fight against Germany. He began to unite resistance movements. In 1943, he moved to Algeria and established the French Committee of National Liberation. A year later, this became the Provisional Government of the Free French Republic. He returned to France in August 1944.

ELECTED PRESIDENT IN 1958

Having resigned from the provisional presidency in 1946, de Gaulle returned to leadership when called for to resolve the crisis in Algeria. On March 7, 1966, the French withdrew from the integrated military command of NATO. Charles de Gaulle died of natural causes on November 9, 1970. President Georges Pompidou announced this with the statement "General de Gaulle is dead. France is a widow".

In 1940, he was sentenced to death in absentia by a French military court for his opposition to Pétain's Vichy government

A tale told graphically

Iranian-French artist Marjane Satrapi is one of the freshest voices to talk about growing up in Iran as a woman

MARJANE SATRAPI
BIRTHDAY: NOV 22, 1969

EARLY LIFE

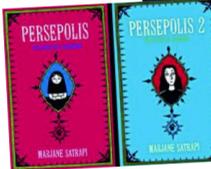
Satrapi was born in Rhastr in Iran and grew up in liberal Iran ruled by a despotic Shah against whom public demonstrations were commonplace during her childhood. Satrapi came from a politically active family. Many of her friends and family were arrested and even murdered. Satrapi found a hero in her uncle Anoush who was arrested and was in exile in the Soviet Union. Upon his return to Iran, he was arrested again and sentenced to death. On the night before his execution, he was only allowed one visitor and he requested Satrapi.

TROUBLE BREWING

When a series of events led to the overthrow of the Shah and a replacement of the government by the Islamic Republic they were forced to undergo Islamic revivalism. As a teenager, Satrapi found herself in trouble with the police for disregarding modesty codes and buying music banned by the regime. This made her parents concerned about her safety and they decided to send her to Austria to further her studies. They arranged for her to live with a family friend to study abroad and in 1983, she left Iran to attend Lycée Français de Vienne – a French secondary school.

A POLYGLOT

Satrapi can speak multiple languages and this is because she moved while she was a



kid and got to interact with different people outside her hometown Iran. She can communicate in English, French, German, Swedish and her native language Persian. In an earlier interview, she had said that countries should invest more in scholarships so that children could study in different countries around the world. She says that this enhances their interaction and understanding of each other.

PERSEPOLIS 1 & 2

Satrapi started her career after meeting French comic artist David Buechard – her teacher and mentor. In 2000-03, she published 'Persepolis'. The novel came in 4 parts and is her comic autobiography on her life story in Iran and Europe. It has since fetched her multiple awards. It was adapted into an animated film of the same name and debuted at the 2007 Cannes Film Festival and shared a Special Jury Prize with Carlos Reygadas's Silent Light. The English version was nominated for Best Animated Feature at the 80th Academy Awards in January 2008. Satrapi was the first woman to be nominated for the award. Her other works are 'Chicken with Plums', and 'Embroideries'. Her English works include 'Monsters are Afraid of the Moon' and 'The Sigh'.

Satrapi is a successful director too. In 2019, she directed 'Radioactive' starring Rosamund Pike as Marie Curie

FASHION ICON

The man who made minimal a style statement, Calvin Klein is known for his simple, true to the body designs

CALVIN KLEIN
BIRTHDAY: NOV 19, 1942

Calvin Richard Klein, born on November 19, 1942, is a legendary American fashion designer famous for his men's and women's wear. He launched his company in 1968, making coats and other sportswear from a New York studio. Klein's business grew, earning him a slot in "Vogue" in 1969. His career took off, and the Calvin Klein brand expanded into perfumes, underwear, wallets, and jewellery.

He grew up learning how to sew from his mother, who was fashion-obsessed. Klein's first job in the fashion world was dressmaking, but he grew dissatisfied with the work and quit after his boss refused to grant him a \$100 raise. His second employment was as a sketcher for coat designer Dan Millstein. Klein learned a lot from Millstein, who took him to haute couture shows in Paris and had him copy clothes patterns. In 1982, he developed the legendary Calvin Klein underwear line with a \$500,000 advertising campaign that altered the fashion business. Calvin Klein was a global fashion industry behemoth by 1999, with operations in America, Europe, Asia, and the Middle East.

PUSHED BOUNDARIES

He was the first designer to use billboards for advertising his clothes. The massive success of the Calvin Klein line is attributed to his creative advertising

ideas, choosing famous faces like Kate Moss and Mark Wahlberg to pose as models on giant billboards.

Klein was the first designer to win three consecutive Coty Awards for womenswear (1973-75) and was the youngest designer of ready-to-wear clothes ever elected to the Coty Hall of Fame (1975). He described his design philosophy as the making of "simple, comfortable but stylish clothes – but with nothing overscale or extreme." The secret to his success being a design philosophy that has its roots in minimalism. He uses neutral colours along with designs that can work in different ensembles. These designs also work night, day, and season to season.

MADE JEANS COOL

He certainly didn't invent jeans, but Klein went a long way in making them popular. His laid-back, chic style

Fun fact: Klein bagged his first order from the Bonwit Teller – a large New York City clothing store. Interestingly, the order came as a result of sheer luck. A coat buyer from Bonwit Teller mistakenly got off on the wrong floor of a hotel on which Klein's workshop was located and wandered into the workshop. Watching him work, she made a huge order worth \$50,000.

spurred the designer jeans craze of the 70s. And we can't forget that iconic ad with Brooke Shields in the 80s. In the 1980s, denim managed to sneak itself into other subcultures such as punk, grunge and rock. New finishes such as acid wash became popular and the denim skirt and ripped jeans make their mark in the sector too. The 1980s was also a pivotal point for denim as more fashion designers began incorporating the fabric into their collections.

Brands such as Calvin Klein and Armani launched designer jeans for the first time, ushering in the age of premium denim.



INVENTOR OF TWITTER

JACK DORSEY
BIRTHDAY: NOV 19, 1976

An American Web developer and entrepreneur who, with Evan Williams and Christopher Stone, cofounded (2006) the online microblogging service Twitter. As a teenager, Dorsey created taxi-dispatching software that was adopted by taxicab companies. He attended New York University before moving (1999) to San Francisco, where he set up a company that used the Internet to handle the dispatching of couriers and emergency vehicles as well as taxis. In 2000 he first considered using text and instant messaging (based on the principles of dispatch software) as a way of keeping in touch with friends. Six years later he approached Williams and Stone with his idea; together they developed a prototype of what would become the Twitter platform. The first tweet was done by Dorsey – "just setting up my twttr" (yes, twttr, and not Twitter). Twitter went public in 2006.

Currently, he is CEO of payments company Block (formerly Square). Jack cofounded Square with Jim McKelvey in 2009, then took it public in 2015.

EARLY YEARS

When Jack Dorsey was young, he was an observant kid who had a speech impediment. As a result, he normally stayed at home and developed a fascination for simplicity. An introvert during his childhood, Jack overcame his shyness by participating in various oratory competitions. After many failed attempts, he overcame his fear of speaking in front of the public.

As a teenager, he loved spending time with computers. An early version of the IBM computer fascinated him and he spent hours, if not days, analysing and understanding it. His ambition was to draw a live map of New York City, comprising several dots or legends that represented vehicles and landmarks. Like many tech billionaires, he never graduated college. He briefly attended the Missouri University of Science and Technology and transferred to New York University before calling it quits. He also worked as a certified masseur and dabbled in fashion design.

GREAT BOSS

During the COVID-19 pandemic, Jack offered employees from both companies the option to work from home permanently. He also created a \$1 billion relief fund (Start Small) using his Square equity. He posted a tally of disbursements and recipients in a public spreadsheet.

IN OTHER NEWS

Jack said he eats one meal a day and fasts all weekend. He said the first time he tried fasting it made him feel like he was hallucinating. "It was a weird state to be in. But as I did it the next two times, it just became so apparent to me how much of our days are centered around meals and how – the experience I had was when I was fasting for much longer, how time really slowed down," he said.

In an interview to "Rolling Stone" Jack recounts how Mark Zuckerberg once served him a goat he killed himself at a dinner. He said that the goat was served cold, and he stuck to salad

GAME, SET & MATCH

Inarguably one of the best women player to grace the world of tennis, Billie Jean King changed the shape of women's tennis with her power play and talent

BILLIE JEAN KING
BIRTHDAY: NOV 22, 1943

COURTING TENNIS

Billie the Tennis G.O.A.T won 39 Grand Slam singles, doubles, and mixed doubles titles, including a record 20 career titles at Wimbledon. Born in Long Beach, California, her parents encouraged her and her younger brother Randy to excel in sports. She used to play baseball and softball. In fact, it was only after her friend took her to a country club where Billie Jean played tennis for the first time at age 11. From that moment, she knew that was what she wanted. She left school in 1964 to focus on tennis.

EQUALITY IN TENNIS

Billie Jean had issues she wanted to be resolved in the world of tennis. The first conflict was when she was forbidden from being in a group picture at a tournament. She was wearing tennis shorts instead of the usual white tennis dress. Another issue was money. Women were earning less than the men when it came to the prize money. Billie campaigned for standardisation in the men's and women's games, but the inequalities continued. The turning point was when Billie won the US Open in 1972 but received \$15,000 less than the men's champion. She vowed that she would not play the next year if the prize money was not equal. In 1973, the US Open became the first major tournament to offer equal prize money for men and women.

WOMEN'S TENNIS UNION

In 1971, Billie formed a nine-player women's group with the financial backing of World Tennis magazine founder Gladys Heldman and the sponsorship of Virginia Slims chair-

man Joe Cullman. These "Original 9" were fighting for equal prize money for men and women. That year, Billie became the first woman athlete to earn over \$100,000 in prize money. Billie became the first President of the Women's Tennis Association (WTA) in 1973.

FAMOUS WIN

"Battle of the Sexes" was a much-touted tennis match between top women's player Billie Jean King who was 29 years at the time and 55 years old Bobby Riggs who was a former No. 1 ranked men's player. Riggs was a self-proclaimed male chauvinist. He had boasted that women were inferior and even at his



age he could beat any female player. The prize money was 100,000 dollars winner-take-all. Billie Jean beat Riggs. The win not only helped legitimise women's professional tennis and female athletes but was a victory for women's rights in general.

USING HER VOICE

From being an award-winning author to fighting for social justice, Arundhati Roy, has donned several hats in her lifetime

ARUNDHATI ROY
BIRTHDAY: NOV 24, 1961

Award-winning author and activist Arundhati Roy has won international acclaim for her involvement in literature and social activism. Roy's full name is Suzanna Arundhati Roy. Here are some more facts about the author:

1 Roy studied architecture at the School of Planning and Architecture in Delhi.

2 Her first book, 'The God of Small Things', won The Booker Prize in 1997 and became the first In-

dian to do the same. It was also on the list of the 'New York Times Notable Books of the Year 1997'.

3 Roy has been involved in many social and environmental movements. For her outspoken propaganda on behalf of oppressed people, she has received the Lannan Cultural Freedom Award in 2002. In 2004, she won the Sydney Peace Prize for her 'commitment to the global cause of peace with justice.'

4 In 2006, she was awarded the Sahitya Akademi Award for her collection



of political essays titled 'The Algebra of Infinite Justice', but she declined the honour.

5 She has also written non-fiction books like 'The Cost of Living', 'Power Politics' and 'The Ordinary Person's Guide to Empire'.

6 In addition to writing books, Roy also wrote the screenplay for movies like 'Electric Moon' and 'In Which Annie Gives It Those Ones'. Roy won the National Film Award for Best Screenplay in 1988 for 'In Which Annie Gives It Those Ones'.

7 She came into prominence when she criticised Shekhar Kapur's 'The Bandit Queen', where she protested against the atrocities on women shown in the movie and its effect on the audience.

8 She is a spokesperson of the anti-globalisation or alternate globalisation movement and a critic of USA's foreign policy. She also criticised India's policies of nuclear deals and industrialisation.