

"It's the possibility of having a dream come true that makes life interesting."  
— The Alchemist by Paulo Coelho

# Are you INDISTRACTABLE?

Nir Eyal, a thought leader on habit forming technology coined the word, 'indistractable' and defined it as being "able to do what you say you are going to do". With the exam season on in full swing, we explore a few strategies that may help you stay consistent with your study goals

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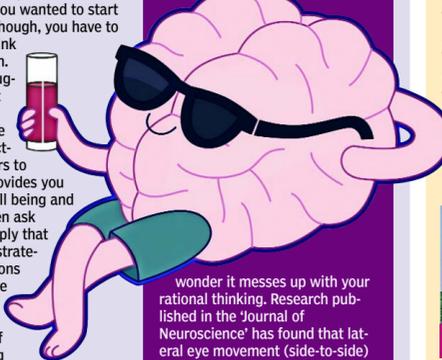
Now as your sit on the banks of this river, imagine yourself placing your stress on one of the floating leaves and watch it go down the stream, far from you. Try it!

activation' shone the spotlight on a psychological concept from the 1970s. It was developed by clinical psychologist Peter Lewinsohn to help people work through depression, apathy and negative moods. Lewinsohn's behavioural activation was based on the idea that action can 'create' motivation. So, if you feel like you are in a rut, your behavioural activation challenge is to gather enough energy to start acting on or taking action on the things you want do. For example start by making that phone call, or writing that essay or creative project. The idea is rooted in the concept of a shift in mindset. When you get started on a task, you shift your

mind's focus, and your feelings just come join the ride. This gives you the best chance improve your mood, and accomplish what you wanted to start on. Let's be clear though, you have to take action, not think about taking action. The feature also suggests, "if you don't know where to begin, a good place to start is by reflecting on what matters to you most, what provides you with a sense of well being and groundedness. Then ask yourself how to apply that activation energy strategically. What actions will give you the umph you need? For example, if improving your fitness would make you feel better, you might start with 30 minutes of daily movement."

## GET YOUR BRAIN TO CHILL OUT

Uncertainty — an integral part of exams (and life) — triggers the amygdala (the brain's fear centre) resulting in an increase in stress and anxiety levels. This results in you getting into a 'tunnel vision' mode in which your vision literally narrows (as a survival mechanism) to help focus your attention on the immediate 'threat'. No



wonder it messes up your rational thinking. Research published in the 'Journal of Neuroscience' has found that lateral eye movement (side-to-side) during self-generated forward motion (like walking or cycling), has the effect of quietening the amygdala. So, the next time you are in a stress induced tunnel vision, break free by taking a walk in an open space. It has as calming effect on the amygdala as the motion of walking forward requires you to scan your path (and see side-to-side) which triggers a hard-wired process that tells your brain: "Hey! There's no imminent threat ahead. So chill out!"

# UNBELIEVABLE FACTS ABOUT AUTHORS

- 1 In 1922, Ernest Hemingway's wife lost his entire life's work by leaving it on a train.
- 2 Jack Kerouac typed his novel 'On the Road' on a 120-foot roll of paper in three weeks.
- 3 Leo Tolstoy's wife wrote out the drafts of 'War and Peace' for him, in longhand, six times.
- 4 Not only did Terry Pratchett have 10 honorary doctorates, he was also an honorary Brownie.
- 5 Two hundred years after her death, English author Jane Austen appears on the 10-pound note with her quote, "I declare, after all, there is no enjoyment like reading."
- 6 The word Dickensian (meaning wretchedly impoverished, dirty, and degraded) was inspired by Charles Dickens, the author of classics like 'A Christmas Carol', 'David Copperfield', 'Oliver Twist'.
- 7 Charles Darwin let his children use the original manuscript of 'On the Origin of Species' as drawing paper.
- 8 Dan Brown, author of popular books such as 'The Da Vinci Code', worked as a pop singer and songwriter before hearing the literary call. One of his solo albums was called 'Angels & Demons'. Sound familiar?
- 9 Nicholas Sparks, the author known for his mushy romance novels, was a track runner, whose record for running in the 4 x 800m relay race still stands.
- 10 It took English author Zadie Smith almost two years to write the first 20 pages of her first book, 'On Beauty'.
- 11 Do you know who Samuel Langhorne Clemens is? Author Mark Twain.
- 12 Charlotte Brontë's acclaimed Gothic novel, 'Jane Eyre', moved author William Makepeace Thackeray to tears.
- 13 Virginia Woolf was a keen cricketer and was known for her mean bowling. Her family nicknamed her 'The Demon Bowler'.
- 14 Pablo Neruda's love for socks resulted in the poem, 'Ode to my Socks'. It contains the lines, "What is good, is doubly good when it is a matter of two socks made of wool in winter".
- 15 When he enlisted in the army, JRR Tolkien's son Michael put down his father's profession as 'wizard!'.



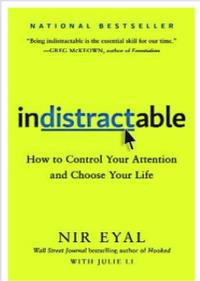
Ernest Hemingway



Charlotte Brontë



JRR Tolkien



### TAKE 10

In his book 'Indistractable: How to Control Your Attention and Choose Your Life', the Israeli-born American author Nir Eyal suggests that distractions (anything that pulls you away from what you should be doing) are caused by triggers that are external (alarms, notifications, people) or internal (experiencing emotional discomfort like stress, anxiety or boredom).



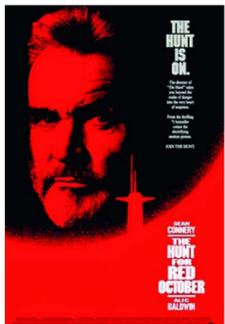
you feeling deflated. A recent editorial in 'The New York Times' about 'behavioural

According to Nir Eyal, our mind craves relief or a distraction to handle uncomfortable urges and that's why we escape to social media, streaming services and the likes



### The Hunt for Red October (1990)

Based on the popular Tom Clancy novel, this thriller tracks Soviet submarine captain Marko Ramius (Sean Connery) as he abandons his orders and heads for the east coast of the United States. Equipped with innovative stealth technology, Ramius' submarine, 'Red October', is virtually invisible. However, when an American sub briefly detects the Russians' presence, CIA agent Jack Ryan (Alec Baldwin) sets out to determine Ramius' motives, fearing he may launch an attack on the US.



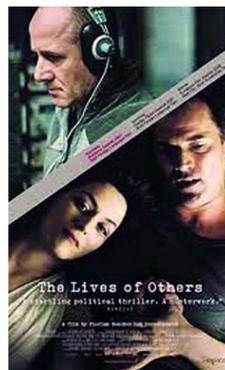
### Bridge of Spies (2015)

During the Cold War, the Soviet Union captures US pilot Francis Gary Powers after shooting down his U-2 spy plane. Sentenced to 10 years in prison, Powers' only hope is New York lawyer James Donovan (Tom Hanks), recruited by a CIA operative, to negotiate his release. Donovan boards a plane to Berlin, hoping to win the young man's freedom through a prisoner exchange. If all goes well, the Russians would get Rudolf Abel (Mark Rylance), the convicted spy who Donovan defended in court.



### The Lives of Others (2006)

In 1983 East Berlin, dedicated Stasi officer Gerd Wiesler (Ulrich Mühe), doubting that a famous playwright (Sebastian Koch) is loyal to the Communist Party, receives approval to spy on the man and his actress-lover Christa-Maria (Martina Gedeck). Wiesler becomes unexpectedly sympathetic to the couple, then faces conflicting loyalties when his superior takes a liking to Christa-Maria and orders Wiesler to get the playwright out of the way.



### The Third Man (1949)

Set in post-war Vienna, Austria, 'The Third Man' stars Joseph Cotten as Holly Martins, a writer of pulp Westerns, who arrives penniless as a guest of his childhood chum Harry Lime (Orson Welles), only to find him dead. Martins develops a conspiracy theory after learning of a 'third man' present at the time of Harry's death, running into interference from British officer Maj. Calloway (Trevor Howard) and falling head-over-heels for Harry's grief-stricken lover, Anna (Alida Valli).



### Moscow on the Hudson (1984)

Vladimir Ivanoff, a Russian musician, wants to defect to the US; however, he doesn't have the courage. When he finally succeeds, he finds it difficult to adjust to his life in New York.

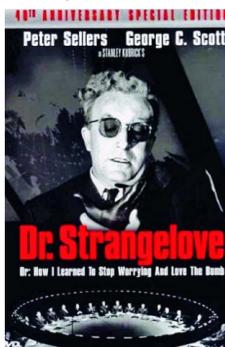


# 10 FILMS ON THE COLD WAR

THE COLD WAR IS IN THE NEWS AGAIN WITH THE RUSSIA-UKRAINE CRISIS GROWING MORE TENSE EACH DAY. LISTED HERE ARE SOME OF THE BEST FILMS THAT CAN GIVE YOU A BETTER PERSPECTIVE OF WHAT THE COLD WAR WAS ALL ABOUT

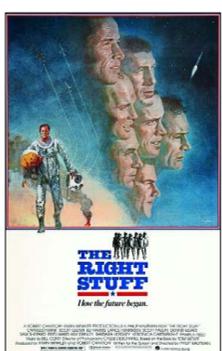
### Dr. Strangelove Or: How I Learned To Stop Worrying And Love The Bomb (1964)

This dark comedy by Stanley Kubrick is about what could happen if the wrong person pushed the wrong button. US Air Force General Jack Ripper goes completely insane, and sends his bomber wing to destroy the Soviet Union. He thinks that the communists are conspiring to pollute the "precious bodily fluids" of the American people!



### The Right Stuff (1983)

This adaptation of the non-fiction novel by Tom Wolfe chronicles the first 15 years of America's space programme. By focusing on the lives of the Mercury astronauts, including John Glenn (Ed Harris) and Alan Shepard (Scott Glenn), the film recounts the dangers and frustrations experienced by those involved with NASA's earliest achievements. It also depicts their family lives and the personal crises they endured during an era of great political turmoil and technological innovation.



### Thirteen Days (2000)

For thirteen extraordinary days in October of 1962, the world stood on the brink of an unthinkable catastrophe. Across the globe, people anxiously awaited the outcome of a harrowing political, diplomatic and military confrontation that threatened to end in an apocalyptic nuclear exchange between the United States and the Soviet Union. 'Thirteen Days' captures the urgency, suspense and paralyzing chaos of the Cuban Missile Crisis.



### The Death of Stalin (2017)

When tyrannical dictator Joseph Stalin dies in 1953, his parasitic cronies square off in a frantic power struggle to become the next Soviet leader. Among the contenders are the dweebish Georgy Malenkov, the wily Nikita Khrushchev and Lavrenti Beria — the sadistic secret police chief. As they bumble, brawl and back-stab their way to the top, the question remains: just who is running the government?



### First Man (2018)

Hoping to reach the moon by the end of the decade, NASA plans a series of extremely dangerous, unprecedented missions in the early 1960s. Engineer Neil Armstrong joins the space program, spending years in training and risking his life during test flights. On July 16, 1969, the nation and world watch in wonder as Armstrong and fellow astronauts Buzz Aldrin and Michael Collins embark on the historic Apollo 11 space-flight.





# SAY KHO!

This fast-paced yet simple game may not be popular globally, but the speed, agility and coordination that it calls for makes it a dynamic, high-speed game that sees player positions changing as rapidly as the players switch direction between the poles

## KNOWING THE GAME

Kho-kho is a chase-and-tag game that is played between two teams. Each team has 12 players, of which 9 go into the fray. A standard match has two innings. In each inning the teams get one chasing and one defending turn. Every turn lasts 9 minutes. The aim is to tag as many players from the opposing team within this time. The team that takes the shortest time to tag all the opposition players is adjudged the winner. The game is judged by two referees.

## HOW IT IS PLAYED

### Chasing team

Eight players sit in a row along the central line of the court, with adjacent players facing the opposite direction while sitting. The ninth player, the chaser, tries to tag members from the opposing team while they run between two poles on either end of the central line.

The chaser cannot change directions in the middle of the court. The chaser must touch the pole on either end to change direction.

Alternatively, the chaser can tap the back of any sitting team member nearest to the opponent player, shouting an audible 'kho'. Then that sitting member becomes the chaser and the one who gives the kho sits down. Any member from the opposing defending team who is tagged, or touched, is declared out.

Turning the pole is a chaser technique. The chaser holds the pole with one hand and uses the other to touch a runner.

Diving is another useful technique. When a chaser feels that the runner is in within touching distance, a dive towards the runner is taken.

When a chaser tries to herd all the runners to one side of the court, it is called trapping.

Every put-out defender brings one point to the chasing team.

Fouls are counted for giving

Kho before reaching the sitting, touching without saying Kho, changing direction while chasing, cutting the cross lane while chasing, getting up without receiving a Kho, or late Kho.

### Defence team

The defence is built around taking advantage of the rules that bind the chasers.

To begin with three members come into the field. A runner or player goes back to the sitting box when tagged, which is deemed out. When all the three players are tagged and return to the sitting box, the next set of three players come into the court as defending players. This goes on till all the runners, or members of the defence team are tagged.

The simplest way to stay out of the chasers' way is to always be on the opposite side of the chasers.

Another technique used is to stay at the back of the squatting member, so they cannot be chased directly.

Runners can change direction across the field and are even allowed to run between the sitting chasers. The passive chasers, or those squatting on the central line, cannot at any time obstruct the runners.

Dodging is an important technique that runners have at their disposal. Dodging is characterized by jerky movement of the body.

## SKILLS REQUIRED

Speed, endurance, flexibility, agility, strength and neuromuscular coordination are qualities that are necessary. The game demands the highest degree of quick movements, high-speed nerve reflexes and tremendous stamina. Players must learn to run with controlled speed, so as to be able to turn swiftly

## THE FIELD

The total area of the rectangular field is 30m x 19m, which includes a 1.5m wide holding area on all sides.

The poles, about 120 cm to 125 cm from the ground, are placed at a distance of 24 m

from each other.

There are eight sets of parallel lines drawn across the field, which intersect a central line between the poles. At each of these intersections, one member from the chasing team sits.

## TERMINOLOGY

**Central lane:** Two parallel lines drawn from one pole to other.

**Cross lane:** The parallel lanes that cut across the center lane.

**Square:** The square shaped area created by the intersection of the central lane and cross lanes. The chasers sit in these squares

**Kho:** The word that is uttered as one chaser puts a sitting player on the chase. It is accompanied by a tap on the back.

**Late-Kho:** When the chaser delays touching a sitting player while giving Kho.

**Early getup:** When the sitting chaser gets up before getting a proper Kho.

**Minus-Kho:** When a chaser makes a directional fault, the chasing team has to take give kho to two teammates before resuming the chase. Or the chaser has touch the pole before resuming the chase.

**Line-cut:** When a chaser cuts the square line, cross lanes or center lane while chasing the opponent.

**Changing direction:** When an active chaser goes in the wrong direction, against rules.

**Lobby:** The free space area around the play field.

**Free zone:** The area by the sides of pole lines in which the direction rule is not followed and a runner can move in any direction.

## HISTORY

The name kho-kho is imitative of the sound invoked while playing the game. Kho-Kho is one of the oldest traditional Indian outdoor sports, dating back to ancient India.

It is widely played across South Asia, South Africa and England.

The first Indian tournaments were organised in 1914. Deccan Gymkhana Club of Pune drafted the first rules and regulations, in its present form.

Kho kho was included as a

demonstration sport at the 1936 Berlin Olympic Games.

The first national championship was held in 1959 at Vijayawada, under the Kho-Kho Federation of India.

After a demonstration at the South Asian Federation Games in Kolkata in 1987, the Asian Kho-Kho Federation was formed.

In 2013, the Kho Kho Federation of England was formed.

Since 2018, the International Kho-Kho Federation governs the sport globally.

