

What's on your BOOKSHELF?

THIS WEEK, WE EXPLORE SOME OF THE LATEST TITLES THAT ARE CREATING RIPPLES IN THE BOOK WORLD

FANTASTIC BEASTS: THE SECRETS OF DUMBLEDORE - THE COMPLETE SCREENPLAY

by J.K. Rowling and Steve Kloves
A treat for fans of the Harry Potter series! The Dark wizard, Gellert Grindelwald, wants to seize control of the wizarding world. Unable to stop him alone, Professor Albus Dumbledore entrusts Magizoologist Newt Scamander to lead a team of wizards, witches, and a brave Muggle baker on a dangerous mission, where they encounter old and new beasts and clash with Grindelwald's growing legion of followers. (to be released in July).

HOW TO FIND WHAT YOU'RE NOT LOOKING FOR

by Veera
Hiranandani Ariel Goldberg's life resembles the aftermath of a party when the last guest has left. Her family's Jewish bakery is having financial difficulties, and her older sister has eloped with a young man from India as a result of the Supreme Court's decision to overturn laws prohibiting interracial marriage. As change becomes Ariel's only constant, she's left to hone something that will be with her always — her own voice.

METANOIA
by Suhana Singh Madia
A young author's take on the emotional challenges that teenagers encounter across the world.

THE BOY WHO WROTE A CONSTITUTION

by Rajesh Talwar
A play about the challenges of boyhood and growing-up years of Bhimrao Ramji Ambedkar, who would go on to write the Constitution of India. The narrative focuses on the major events from Babasaheb's life story, interspersed with scenes in which five children react to his life, struggles, and achievements in terms of their own identities.

THE OFFLINE DIARIES

by Yomi Adegoke and Elizabeth Uviebinené
A middle-grade series about two friends, Ade and Shanice, and the power of friendship. Ade is unhappy about her stepdad's decision to move which means

she is starting at a new school. Meanwhile, Shanice has been at the school for a year

I AM NOT YOUR PERFECT MEXICAN DAUGHTER

by Erika L. Sánchez
Julia is forced to pick up the pieces of her family after her sister Olga dies in a tragic accident. She is also expected to step into her sister's shoes. However, unlike Olga, Julia has never been the "perfect" daughter. As Julia struggles to find her place in the world, she discovers Olga was not as perfect as

MATURE READERS

LEADERS, POLITICIANS, CITIZENS
by Rasheed Kidwai
The author — a journalist, author, columnist and a political analyst — offers a collection of profiles of some of India's most dynamic leaders in independent India's political theatre.

TOXIC POSITIVITY
by Whitney Goodman
The term 'toxic positivity' is defined as the belief that one should maintain

a positive mindset despite facing dire or difficult situations. Instead the author — a certified therapist who runs the hugely popular Instagram account @sitwithit — shows us how to make space for authentic emotions and connections. Sharing examples from latest research along with everyday instances, Goodman helps one understand how toxic positivity can damage you, and offers simple ways to experience and work through difficult emotions.

everyone thought. Who was her sister really? The book was picked by 'Time magazine' as 'Best YA of All Time.'

THE SAFEBOOK
by Seema Chari
This book teaches middle-grade readers to identify safety issues around them, how to take steps to prevent or handle emergencies, and what to do in worst-case scenarios and when

to ask for assistance. Featuring helpful illustrations, this book is easy to follow and a good resource.

THE WARRIOR PACK
by Rishi Kumar
A set of war comics based on stories of soldiers of Indian Armed Forces who have been awarded the Ashok Chakra for their outstanding courage and valour in military operations. The stories depict the challenges faced by our warriors and cover martyr's tribute, military history, war and geopolitics.

WHAT LIES BETWEEN TWO HEARTS?
by Ranjit Lal
The acclaimed author, journalist and nature writer pens a heart-warming tale about the life lessons that adversity teaches us: ill health and finding love. Born with a heart defect, Rajat has to be home-schooled and doesn't have friends. Despite a diverse list of things he enjoys, he feels lonely until a pair of twins befriend him.

is. ■ **Remember:** when people tell you something's wrong or doesn't work for them, they are almost always right. When they tell you exactly what they think is wrong and how to fix it, they are almost always wrong. ■ **Fix it:** Remember that, sooner or later, before it ever reaches perfection, you will have to let it go and move on and start to write the next thing. Perfection is like chasing the horizon. Keep moving.

■ **Put one word after another:** Find the right word, put it down. ■ **Finish what you're writing:** Whatever you have to do to finish it, finish it. ■ **Put it aside:** Read it pretending you've never read it before. Show it to friends whose opinion you respect and who like the kind of thing that this is. ■ **Laugh at your own jokes:** The main rule of writing is that if you do it with enough assurance and confidence, you're allowed to do whatever you like. (That may be a rule for life as well as for writing. But it's definitely true for writing.) So write your story as it needs to be written. Write it honestly, and tell it as best you can. I'm not sure that there are any other rules. Not ones that matter.



Write it honestly, and tell it as best you can: NEIL GAIMAN

As the author of bestsellers like 'Coraline', 'The Graveyard Book' and 'The Sandman' series, Neil Gaiman's appeal transcends all age groups and generations. In a feature in 'The Guardian', the author shared his rules of good writing practices



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ANXIOUS PEOPLE

That would be all of us right about now. Here are a few films that have dealt with anxiety in teen and adults, and some which just make you laugh

ALL THE BRIGHT PLACES (2020)
Two high-school students named Violet and Theodore, facing individual struggles, form a powerful bond that helps them find solace and change their lives for the better.

IT'S KIND OF A FUNNY STORY (2010)
Stressed by adolescence, 16-year-old Craig Gilner (Keir Gilchrist) checks himself into a mental-health clinic. Unfortunately, the youth wing is closed, so he must spend his mandated five-day stay with adults. One of them, Bobby (Zach Galifianakis), quickly becomes his mentor.

EIGHTH GRADE (2018)
Thirteen-year-old Kayla endures the tidal wave of contemporary suburban adolescent anxiety as she makes her way through the last week of middle school — the end of her thus far disastrous eighth-grade year.

CHARLIE BARTLETT (2007)
After being expelled from many schools, Charlie Bartlett finally finds a way to fit in at his new high school — by appointing himself as the resident psychiatrist to distressed students!

WHAT ABOUT BOB? (1991)
Leo Marvin, a renowned psychiatrist finds one of his new patients Bob, extremely annoying. To add to his misery, Bob follows Leo to seek counselling when he is on a summer vacation with his family.

GIRL, INTERRUPTED (1999)
A directionless teenager, Susanna, is rushed to Claymoore, a mental institution, after a supposed suicide attempt. There, she befriends a group of troubled women who deeply influence her life.

THE BLING BLING (2013)
A group of high-school students begins breaking into the homes of major celebrities to rob them of millions of dollars in clothes, shoes and jewellery.

AMELIE (2001)
Despite being caught in her imaginative world, Amelie, a young waitress, decides to help people find happiness. Her quest to spread joy leads her on a journey where she finds true love.

LARS AND THE REAL GIRL (2007)
Lars, a delusional young man who is socially-awkward, forges an unconventional relationship with a doll he finds on the Internet.

THE SECRET LIFE OF WALTER MITTY (2007)
A man living a dull life dreams up romantic and action-filled scenarios in order to escape from monotony. When his own job is threatened, he sets out on a real romantic and action-packed journey.

EMBLEMS OF HOPE AND RESILIENCE

With her wheelchair perched on her lap, Ukrainian world champion powerlifter Raisa Toporkova escaped with friends from the occupied city of Enerhodar, where Russian forces were shelling Europe's largest nuclear power facility. More than 10 million Ukrainians have fled their homes since the Russian invasion in February. Over the years, many sportspersons have been uprooted from their homeland, be it Syria, Serbia, Kosova, Afghanistan or Sudan. They had to rebuild their lives and sporting careers far from home. Despite all odds, they have showed their true sporting spirit, shining through to the podium. Here are some of their stories...



Photo: AFP

LUKA MODRIC | FOOTBALLER

Displaced by: Croatian War of Independence in the year 1991.

Current situation: The Croatian War of Independence ended in 1995 and since then the Republic of Croatia has been war free.

Plays for:
National team: Croatia national football team
Club football: Real Madrid

From a war child to the world's best footballer, a national hero in his home country and crowned the best player on the planet, Luka Modric is the first player in history to be awarded the World Cup Golden Ball, UEFA Men's Player, FIFA Best Men's Player and Ballon d'Or in the same year (2018).

He was barely five years old when the Croatian War of Independence broke out. When the war escalated in 1991, his family were forced to flee the area. His grandfather was executed by rebels and his house in Zadar, Croatia, was burnt down. He and his family lived for seven years as refugees in a hotel camp. It was here that he began playing football, more as a means of escape.

In 2002, he was signed by Dinamo Zagreb at age 16 and since then there has been no looking back.

EYAD MASOUD | SWIMMER

Displaced by: War in Syria

Current situation: Unrest in Syria is still on.

Represents: The IOC refugee team

The talented swimmer is part of the IOC Refugee Team. But to reach this stage of his swimming career, he had to, as a young lad, abandon his family and country. He was born in Syria, and moved to Saudi Arabia. Coach David Wright, a New Zealander, used his influence to get him permission to practice at the pools. He faced discrimination, but kept at it. However, when his coach left for New Zealand, Masoud was no more allowed to use the facilities there. Left at a loose end, the 24-year-old moved to New Zealand. Despite having lost years to inconsistency in life and lack of access to facilities, today he is among the fastest, with timings to match that of the current IOC team. He has won an IOC scholarship to continue swimming, but Eyad is also studying engineering and works a job to pay for his bills.

Photo: News



ASIF SULTANI | KARATEKA

Displaced by: War and conflict in Afghanistan

Current situation: Turmoil in Afghanistan continues.

Represents: The IOC refugee team

Asif Sultani is a karateka whose life was turned upside down due to the conflict in Afghanistan. At the

age of seven, he and his family fled persecution and sought asylum in Iran. But he only faced further persecution, due to his ethnicity. He would be bullied, punched and humiliated. Taking inspiration from his childhood idol Bruce Lee, he joined a Dojo, but was soon refused entry. So he began practising in his backyard. Being an undocumented

asylum seeker he was soon ousted and had to return to Afghanistan at the age of 12. Separated from his parents, at the age of 16, he undertook a harrowing journey to Australia in a crammed boat with over 100 people. It turned out to be the most horrific time of his life, with the boat engine dying out on the high seas. He eventually made it to

Australia, through the detention centres on Christmas Island, Western Australia, Tasmania and finally Sydney. Today, the 24-year-old karateka is one of 55 sportspersons from 13 countries to receive an IOC refugee athlete scholarship. In 2016, he was ranked first in NSW in 2017 he won the NSW World Cup Trophy.

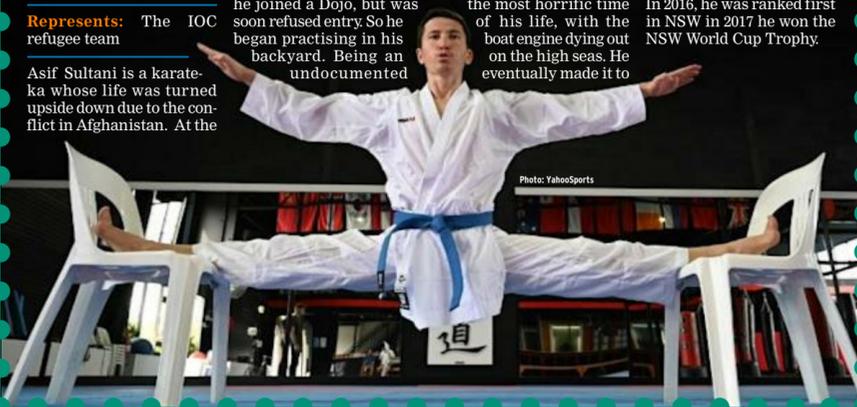


Photo: YahooSports

NIGARA SHAHEN | JUDOKA

Displaced by: The Afghan War in 1993

Current situation: Afghanistan became war free in 2021, but is again under Taliban rule.

Plays for: She represented the Refugee Olympic Team in the 2020 Tokyo Olympics in women's judo.

Her family, based in Jalalabad, fled the war in Afghanistan, walking for two days and two nights in 1993 to cross the border into Pakistan. She was all of 6 months old. Nigara Shaheen's journey in the world of judo has been an inspiring one. She started practising judo when she was 11, living as a refugee in Peshawar, Pakistan, as practising martial arts was a family tradition. Presently, she lives in Russia.

As a member of the IJF Refugee Team, she has participated in the Düsseldorf Grand Slam in 2020 and the Kazan Grand Slam in 2021.

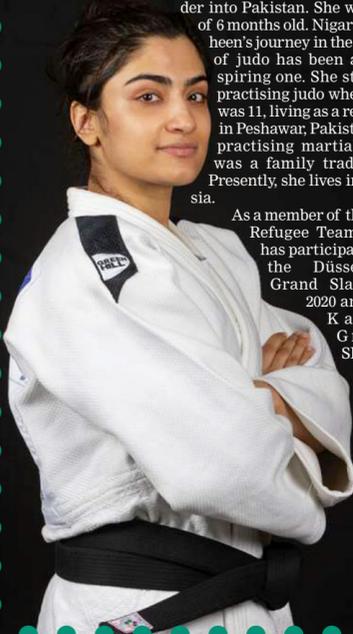


Photo: IJF.org

ALAA MASO | SWIMMER

Displaced by: Ongoing civil war in the year 2015.

Current situation: The Syrian Civil war is still ongoing.

Plays for: In the 2020 Summer Olympics, Maso represented the Refugee Olympic Team in swimming.

From unexploded bombs landing at his home in Aleppo to competing at the FINA World Swimming World Championships (25m) in Abu Dhabi, Syrian refugee Alaa Maso has gone through an emotional and extraordinary journey. In October 2015, his training facility got destroyed because of the conflict in Syria. Maso travelled from Syria to Turkey, before undertaking a 12-day perilous boat journey from Turkey into Greece. Then he trekked through some seven other countries before eventually finding refuge in Hanover, Germany. He has been living in Hanover, Germany since 2016.

Photo: Sportbuzz



Photo: Sportscasting

LUOL DENG | BASKETBALL PLAYER

Displaced by: Second Sudanese Civil War (1983 to 2005)

Current situation: South Sudan gained independence six years after the war ended.

Plays for: Luol retired from the Chicago Bulls, NBA, on October 17, 2019.

A member of the ethnic Dinka group, Deng was born in Wau, now South Sudan. When he was young, his father Aldo, a member of the Sudanese parliament, moved the family to Egypt to escape the second Sudanese civil war. In Egypt, he and his elder brother were trained to play basketball by former NBA center Manute Bol. Later, his family immigrated to Brixton, South London.

A two-time All-Star (2012, 2013), Deng started his NBA career in Chicago at 19, playing for the Chicago Bulls, NBA All-Rookie First Team in 2005, and later the Cleveland Cavaliers, Miami Heat, Lakers, Phoenix Suns and Minnesota Timberwolves. Nicknamed the Ironman, Deng frequently emerged as the team's leading scorer.

After setting up the Luol Deng Foundation, he built basketball courts in African refugee camps, donated computers, ran basketball camps personally as well as provided camp scholarships to children in London every year. He participated in NBA's Basketball Without Borders and promoted the United Nations Foundation's anti-malaria campaign and the World Food Programme. In 2007, he won the NBA Sportsmanship Award and in 2008, Deng was awarded the Humanitarian Award from the UN High Commissioner for Refugees.



Photo: Eurosport

SAÏDI BERAHINO | FOOTBALLER

Displaced by: Burundian civil war

Current situation: The war formally ended in August 2005.

Plays for: League One club Sheffield Wednesday

Burundi national team.

Born in 1993 in Bujumbura, the then-capital of Burundi, Berahino played football as a child with a ball of plastic bags tied up with laces. His father was

killed in 1997 during the Burundian civil war. He fled to England alone at the age of 10, to join his mother, brother and sisters who were granted asylum in Newtown, Birmingham. Initially, he could not locate his family and was put in a care home. Later, he was reunited with his mother Liliane.

Berahino represented England at all youth levels and was part of the under-17 team which won the 2010 European Championship. He joined the Burundi national team in August 2018 and scored on his international debut, later captaining the team at the 2019 Africa Cup of Nations.

Photo: GETTY IMAGES



YUSRA MARDINI | OLYMPIC SWIMMER

Displaced by: Syrian civil war

Current situation: The civil war is ongoing

Plays for: She represented the Refugee Olympic Team

After their house was destroyed in the Syrian civil war, she and her sister, Sara, fled in August 2015. They reached Lebanon, and then Turkey, where they arranged to be smuggled into Greece with 18 other migrants in a boat meant to be used by 6 or 7 people. After the motor stopped working, the Mardini sisters jumped into the Aegean Sea and pushed and pulled the boat through the water for over 3 hours until they reached Lesbos. Then they walked through Europe to Germany, where they settled in Berlin in September. Mardini earlier trained with the support of the Syrian Olympic Committee in Darayya, Damascus. She represented Syria in the 2012 FINA World Swimming Championships. In Germany, she continued her training. She competed in the 2016 Summer Olympics in Rio, where she won a 100m butterfly heat, and in the 2020 Summer Olympic Games in Tokyo, where she carried the IOC Refugee Olympic Team flag.

ABDULLAH SEDIQI | TAEKWONDO

Displaced by: Gang violence and a death threat in Afghanistan due to his sporting ability.

Current situation: Afghanistan has become war free since 2021. However, it is again under Taliban rule

Plays for: Refugee Olympic Team

Sediqi fled Afghanistan to continue a career in the sport he loves. He began practising taekwondo at the age of 8, and achieved a range of impressive tournament results when living in Afghanistan, securing first place at the Open Middle Asia 2011, Bahrain Open G1 2013, and the ILYO Open 2017. Abdullah Sediqi escaped armed gangs in Afghanistan and set out for Europe on foot, enduring endless 12-hour day walks, to arrive in Belgium, where he trained in a refugee

camp. Currently, he lives in Antwerp, Belgium. After seeking refuge in Belgium, his winning streak didn't diminish and he won first place at the International Brussels Cup 2017 and Tess Cup 2017, and a silver at the 2019 Spanish Open.

He participates under the Refugee banner, and was a refugee athlete at the 2019 World Championships in Manchester, and part of the Refugee Olympic Team in the 2020 Tokyo Olympics for Taekwondo.

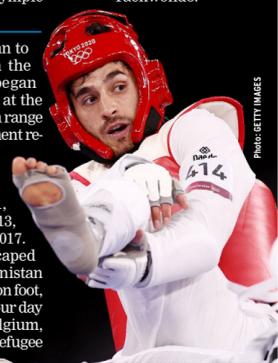


Photo: GETTY IMAGES