



THE TIMES OF INDIA

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Your Weekender

TODAY'S EDITION

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STUDENT EDITION

SATURDAY, MAY 7, 2022

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FITNESS

INTUITIVE MOVEMENT



Give this routine a try if you find yourself making excuses to get out of your workouts

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If you find yourself dreading your workout, it's a sign that you're probably not engaging in forms of movement that makes you or your body happy. As far as fitness approaches go, intuitive training — also known as auto regulatory training — is simple. You look to your body for signs on what you

should do, and how hard you should work, and when.

WHAT IS IT?

Much like Intuitive Eating, Intuitive Movement is a radically different approach to moving our bodies compared to what diet culture may have taught us. Research says people are more likely to stick to Intuitive fitness

programmes than they would on a diet since it gives them authority, less guilt and also the scope to indulge. The philosophy behind intuitive eating is applied to intuitive movement: listen to your body's cues to figure out what kind of movement or exercise would make you and your body feel good in that moment. To get started with intuitive movement, ask yourself questions like: "What does my body need today?", "What type of movement do I feel like doing?", or "What type of exercise would

be most beneficial to my body today?". Intuitive movement is flexible, not rigid, and gives you the space to explore what feels good in your body.

WHY THIS SHIFT?

There has been a clear move toward a more holistic kind of exercise since the beginning of

HOW TO TRAIN INTUITIVELY?

Learning to pick up on your body's cues takes practice and a willingness to notice subtle changes in mood, coordination, balance and heart rate variability. Pain, fatigue, lack of focus and low biofeedback scores, indicate you should proceed with caution and stick closer to your known limits. As your intuition and body awareness improve, so will your workouts. You will start to learn which days you can push through and days to pull back.

Have a variety of workouts at your disposal and pick and choose based on how your body's feeling. When choosing workouts or physical activities, find something

the Pandemic. People are tired of being told that the only way to work out is aggressively and solely for weight loss reasons, and are wanting instead to move in a way that benefits them mentally as well as physically.

Researchers exploring the link between obesity and mortality conclude that health professionals should "recommend physical

activity and fitness-based interventions rather than weight-loss driven approaches to reduce mortality risk." Losing pounds alone isn't a prescription for happiness. When people struggle for thinness, they can sometimes emerge unhappier, and often just see the weight come back.

body, do not exercise hard when exhausted, opt for a gentler routine. The best exercise programme should be centred around the areas of your life that you want to improve and enjoy. Bring your goals to fruition using three basic principles of strength & condition:

- **Specific:** The exercises, workouts you do should reinforce your paths to completing the goal.
- **Progressive overload:** Continuously pushing your body a little bit past its physical state, just enough to help it adapt.
- **Progression:** Taking exercise to a new challenging level.



LEFT IS RIGHT

Whether they are left- or right-handed, human moms tend to cradle their babies on the left side of their bodies. This left-handed bias likely has to do with the human brain's lopsided layout: sensory information on the left side of the body is processed on the right side of the brain. Now, researchers have documented this left-side bias in walrus and flying fox moms.

SOMETHING CALLED "MOMMY BRAIN"

"Mommy brain" is the brain fog and mental bloopers associated with pregnancy and new motherhood. After an analysis of pre- and post-pregnancy brain scans published in 2016, researchers found mothers lose gray matter during pregnancy — and these losses endure for at least two years.

BOTTLE IT UP

Bottle-feeding has been around since prehistory. Analysing ancient clay vessels from Germany, scientists recently found the residue of milk from hooded animals and identified the vessels as primitive baby bottles, the earliest dating back more than 7,000 years.

QUALITY OVER QUANTITY

Research published in *Journal of Marriage and Family* helps to allay the feeling of mom guilt as it says the quantity of time parents spend with their children doesn't make much of a difference in how they turn out, particularly between ages three and 11. The quantity of parent-child time matters a bit more with teenagers.

SMELLS LIKE FEAR

Researchers from the University of Michigan and New York University conducted a study on rats and reported that mother rats learned to fear the smell of peppermint, and "taught" this fear to their babies through the alarm odour released when they sensed a peppermint smell. In short: even before babies make their own experiences, they acquire their mothers' experiences.



FASHION HISTORY

A GALA TO END ALL GALAS

Now that the Met Gala happened last Monday, we tell you a brief background of this annual high-wattage celebration of both fashion and celebrity

INTRODUCING THE GALA

The Met Gala is a fundraiser dedicated to New York City's Metropolitan Museum of Art's Costume Institute. The benefit founded in 1948 by publicist Eleanor Lambert was to encourage donations for the Costume Institute. It's the only curatorial department at the Met that has to finance its own activities. Since 2005, it's held on first Monday in May. The purpose of the Met Gala is to celebrate the fashion industry. It is about the history, the present, and future. Be it a designer, themed inspiration or the technical process of creation, all exhibits are curated to perfection.

EARLY YEARS

From 1948 to 1971, the benefit wasn't pegged to an exhibition, and was held off-site at the Waldorf Astoria or the Rainbow Room. Guests indulged in fine dining and were entertained by "skits, raffles, and pageants of models in historic costume" according to the museum's records. Former Vogue editor Diana Vreeland brought new glamour to the Costume Institute when she joined as a consultant in 1972. She also introduced themes.

ENTER ANNA WINTOUR

Anna Wintour, American Vogue's current editor, shifted the focus to celebrities when she took over as chairwoman in 1995, recruiting A-list honorary and co-chairs (including Beyoncé, Taylor Swift, Sarah Jessica Parker) and inviting everyone from Lil' Kim to Kim Kardashian to attract more attention to the event. "Ms. Wintour has used an intimate understanding of fashion, and of her own role in that universe, to trans-



NATALASHA POONAWALA

Socialite Natasha Poonawala gave the sari its first Met outing in a Sabysachi sari and a Schiaparelli corset



KIM KARDASHIAN

This year, she walked in Marilyn Monroe's 60-year-old dress. It was so delicate that she only wore it for 15-minutes on the red carpet



BLAKE LIVELY

Blake Lively wore an Atelier Versace dress in a design inspired by New York City. The giant bow tied to reveal a cascading blue train, the design was inspired by the Grand Central station

major technological progress, creation of wealth and fortunes being made. It was a time of abundance and of excess. But it was also a time of great inequality. It was a time to show off and a time for fashion. The look committed to the ornate yet whimsical look of the times with a focus on the waist, the sari was in an era-appropriate fabric (tulle) and embellishments (velvet, sequins, stones) were on point.



Heard of Skin Fasting? AND WHY YOU CAN GIVE IT A SHOT

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Nutritionally, fasting has emerged as detox tour de force – it was only a matter of time before the concept crept into skincare.

Skin fasting is a period of time when you give your skin a breather from any products – but different experts have different interpretations. Dermatologist Dr Shefali Trasi Nerurkar suggests taking a break from any chemicals in the form of moisturisers, cleansers, toners, night creams and of course, make-up for a day. While dermatologist Dr Pallavi Sule advises doing away with application of one of the skincare products (her pick is a night cream) for one or two nights. Mumbai-based dermatologist Dr Soma Sarkar, however,



ever, debunks detox completely as it doesn't hold any science behind it. Yet skin fasting is catching.

FAST AND FURIOUS

Experts can see some merit in giving the skin a breather from products. Sule mentions how going off one product for a day or two can help the skin recover from the weakened process of production of natural oils. She adds, "It can work as a way to detox but the skin does not need detox from 'all' products. Different skin types have different skincare needs. For instance, dry skin will need a moisturiser. Plus skin changes its needs according to seasons."

A good way to ease in to this fasting routine is to do away with products that do not suit you that season.

The concept was started by Koko

GOOD TO KNOW

- Duration depends on skin type and season
- Ideal time is once in 1-2 months. Or even one day in a week
- Go off all or some products depending on your skin type
- Drink lots of water, fresh juices and don't step out in the sun
- If you have dry skin, try partial skin fasting and use coconut oil

READY RECKONER

- **What is it?** A technique where you avoid every kind of skincare product like lotion, toner, etc
- **How do you do it?** Stop using products for a certain duration and slowly re-introduce them
- **What are the benefits?** It strengthens your skin and helps it develop its own fighting mechanism
- **Cautions?** If you have a skin condition or use products, ask your physician first

Hayashi, founder of a US beauty brand Mirai Clinical that aims to bring in Japanese ideas of beauty to the western world. He claims that the Japanese have studied the skin's regeneration on a monthly basis and proved that 'skin fasting' improves your skin's condition and detoxify skin impurities. Even though Hayashi's claims don't find any scientific backing, many are ready to give it a whirl.

Sule suggests seeking advice from your dermatologist to know the right course for you.

"If evolution really works, how come mothers only have two hands?"
— Milton Berle, actor and comedian

TRIVIA TIME

SATURDAY, MAY 7, 2022

PICS: ISTOCK



MOTHERS HAVE ALWAYS BEEN HONOURED

While the modern-day Mother's Day is an institutionalised day, traditionally, all cultures have honoured the mother figure. The Phrygians held a festival for Cybele, the Great Mother of the Gods, as did the Greeks for the goddess Rhea. She was the wife of Cronus and was believed to be the mother of many deities. Likewise, in 250 BC ancient Romans celebrated a spring festival called, Hilaria, dedicated to mother-goddess Cybele, on the Ides of March (March 15). Her followers would make offerings at the temple, hold parades, play games and also have masquerades. It lasted three days.

In the 1600's England, Mothering Sunday took place on the 4th Sunday of Lent. It began with a prayer service in honour of the Virgin Mary. Afterwards children would present their moms with flowers. Closer home, India too has a robust tradition of a mothers' festival – the 10-day

Durga Puja that celebrates the Mother goddess Durga and her many avatars.

ANTI-WAR MOVEMENT

The idea of Mother's Day started in the United States after the American Civil War. Social activist Julia Ward Howe was horrified by the carnage of the Civil War and the Franco-Prussian War.

In 1870, she tried to issue a manifesto for peace at international

OFFICIALLY CREATED IN 1914

While Howe was the first one to float the idea 1872, it wasn't until 1914 that the day was given an official status. Credit goes to American activist Anna Jarvis – who is known as the founder of the modern-day Mother's Day. She strove for seven years from 1907 onwards to institutionalise day as a national holiday. Jarvis wanted to set aside a day to honour all mothers because she believed a mother is "the person who has done more for you than anyone in the world". In 1908, the US Congress rejected a proposal to make

Mother's Day an official holiday.

But Jarvis stuck to her guns and by 1911 all US states observed the holiday. In 1914, president Woodrow Wilson signed a proclamation designating Mother's Day, held on the second Sunday in May, as a national holiday.

international peace conferences in London and Paris (it was much like the later Mother's Day Peace Proclamation). In 1872, she went to London to promote an

THE OFFICIAL FLOWER

Carnations are the official flowers of the Day.

5 New Things Science Says About Being a Mom

1 A study at the University of Illinois concluded that teenagers are safer drivers when their moms are with them.

2 It's long been believed that a mother who talks to her baby before it's born can help the child's development. Now a study at Brigham and Women's Hospital in Boston suggests that a mother's heartbeat and the sound of her voice can actually help the baby's brain grow.

3 Why is it that mothers always seem to be able to hear their babies cry before anyone else does? It appears to have to do with oxytocin, also known as the "cuddle hormone." Scientists at New York University say that as oxytocin surges in a mother's brain after childbirth, it actually changes

the way auditory signals are processed and makes her brain more sensitive to the sound of her baby's cries.

4 Young kids whose mothers talk to them about math at home, particularly during meals, tend to develop better math skills. A study at the University of Michigan and the Pontificia Universidad Católica de Chile found that when moms did more than teach counting to their kids – say, they talked about measurements in recipes or counted money with them – those children generally developed math skills at a younger age.

5 Kids tend to have warmer feelings about mothers who respect their autonomy and don't try to control them too much. So researchers at the University of Missouri, who found, "that mothers who supported their children's autonomy were regarded more positively by their children than mothers who were highly directive."

The food associated with Mothering Sunday Simnel Cake – a fruitcake with a layer of almond paste covering the top and the middle. The cake is decorated with eleven balls of marzipan to represent the eleven disciples, minus Judas.

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The top presents people prefer getting their moms are personalised items like photo frames or blankets (37%), edible gifts like chocolate or fruit arrangements (36%), or household niceties like a new TV or wine glasses (36%). As for moms, nearly 82 per cent said that they

- May 8 is Mother's Day. The 'Mother figure' is celebrated on various days in many parts of the world, but most commonly in the months of March or May. Did you know it started as a church holiday and has now become a major celebration – and not to mention a great marketing gimmick. Here's all you need to know about this day

MOMS ARE SLEEP-DEPRIVED

On the occasion of International Mother's Day, baby and child mattress specialist Beddy by Century Mattress and Mompresso – an online moms' community conducted an all-India survey to learn about the changes in new moms' sleeping patterns and the impact it has on their daily lives. Carried out in four major cities (Mumbai, Delhi, Bangalore, Hyderabad), the survey found that 64% of new mothers are sleep deprived, meaning they get less than the recommended amount of sleep. Thirty-one per cent of mothers in Mumbai and Hyderabad report being unable to perform their daily duties due to a lack of sleep.

Carnations, it is believed, are made from the tears of Mother Mary when she wept at Jesus' feet the day he was crucified. Jarvis started the practice of wearing a carnation – her mother's favourite flower – to honour mothers. Traditionally, red or pink carnations are a nice gift to celebrate your mom, while white carnations can be used to honour a mother who has passed away. The carnation generally symbolises love, with many of its colour having different meanings. For instance, red means deep love and admiration; white, purity and good luck; and yellow, friendship.

THE BEST GIFT?
A new poll asked people how they show their appreciation toward the women in their lives who are mothers and found that three in five believe every day should be Mother's Day. A whopping 86 per cent of respondents say these women are the most hardworking people they know, but 69 per cent agree that moms don't get enough credit for all that they do. The survey found that those who always pamper their moms with presents prioritise shopping every year to find the perfect gift (84%). The main reason is that they love seeing their mom's face light up after opening a present.

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expect a gift from their significant other and/or kids. But what they want, the survey reveals, changes according to their personality and preferences. The faest gift is to pick something that closely matches your mother's tastes. For instance, a foodie mom would prefer edible gifts or restaurant outings. But most said yes to homemade and household gifts, in the survey. Still, 88 per cent of moms say no matter what their kids and/or significant other get them for Mother's Day, they always value the thought behind the gift more than the gift itself. A Lending Free survey found that a card (36%), followed closely by quality time (32%) were the two top gifts moms wanted this year.

A UK 2021 survey by Canvaspop found that what moms really want this year is updated family photos. Mothers surveyed estimated that they're in less than 45% of the portraits displayed in their home with immediate family

QUICK FACTS

■ Mother's Day is the third highest selling holiday for flowers and plants. After Christmas and Hanukkah, more people buy flowers and plants for their moms on Mother's Day than any other holiday. Around approximately one quarter of all the flowers purchased throughout the year are bought for Mother's Day

■ More calls are made on Mother's Day than any other day of the year. In the United States alone, around 122 million phone calls are made to moms on Mother's Day

■ Approximately \$14 billion dollars is spent on Mother's Day. Common Mother's Day gifts include: cards, flowers, meals in restaurants, jewellery, gift cards, clothing, trips to a spa, books, CDs, housewares and even gardening tools

TO MOM, WITH LOVE

FAMOUS PEOPLE ON THEIR MOMS

KATE HUDSON, actor

"I am proud of [being my mother's daughter]! ... I really look at that as a real blessing because the relationship between mother and daughter is very complex and to be able to talk about the importance of the relationship is something that I look forward to. It really informed such a huge part of who I am and the confidence that I have as a woman. It does come from the closeness that I have with mommy."

ASSOCIATED PRESS

DRAKE, singer

"My mother is an incredible woman. She never necessarily implemented anything. She's always just told me, 'You know, whatever you want to do, whatever you end up being, I'll always love you. I'll always support you.'"

THE HOLLYWOOD REPORTER

LUPITA NYONG'O, actor

"My mother taught me that there are more valuable ways to achieve beauty than just through your external features. She was focused on compassion and respect, and those are the things that ended up translating to me as beauty."

GLAMOUR

RUSSELL BRAND, actor/comedian

"To listen to people and to treat them well. That's something she does with every person she meets. My mum's had cancer three times, and she's always remained charmingly free of cynicism, very open to life, and wonderfully gentle while at the same time strong. Strength does not have to be belligerent and loud."

REDBOOK

WILLOW SMITH, actor

"Whenever I have a problem or something I feel like I can't figure out, I'm always like, 'What would mommy do? How would she approach this situation? What would Jada do?' So I just wanted to say I love you, Mom, so much."

VH1'S "DEAR MAMA"

LEONARDO DICAPRIO, actor

"I wouldn't be doing any of this if it weren't for her, both my parents. She supported this little kid who said, 'I want to be an actor.' At 12 years, which is ridiculous, and she drove me to all these auditions... She's the only reason I'm able to do what I do."

ACCESS HOLLYWOOD

AISHWARYA RAI BACHCHAN, actor

"I'm not here to dictate to her or choose a life for her. I just want to see her happy, healthy and grow to be a secure person."

VOGUE



FIT MOM, FIT FAMILY

If a mother is inclined towards health, she can encourage the entire family towards the same. Healthy food from the kitchen and regular exercising are two very crucial pillars for family wellness...

Making time for a 1-2-hour long gym routine or going for group classes with strict timing slots seems impossible for most moms. As fitness professionals it's our duty to make people fit at any phase of their life.

On the occasion of Mother's Day, I am sharing some plug n play workouts for all busy moms that will enhance and maintain their fitness levels.

1 Morning 10 min Stretches: Nothing beats a warm up followed by a cobra, downward dog, cat and camel, plough pose, and supine bridges are good to go for 5-6 reps each with 5-15 sec hold.

2 School Bus Run: Many moms like to drop kids off at their bus stop. No matter how close the bus stand, you can always get ready in your sneakers and while coming back take a longer

route. Walk / jog / run as per your fitness level and liking. 15-20 min of jogging is a great way to keep belly fat away when you hit the 40s.

3 Office perks: Pre-lunch stair workout is my favourite when people ask if they don't have time for workout in the morning/evening. As per your fitness level, start walking 5-10 floors (up and down) and soon you will ditch the elevators I guarantee.

4 Home workout: If none of the above is possible, invest in a stationary bike/treadmill and spend 20-30 min daily (that can be 2 bouts of 15 min also). Another very effective and doable workout is sun salutations and should ideally be done in the mornings. Start slowly with good form holding each position for 2-5 sec and do a total of 6-10 reps. As you get stronger increase reps to 16-20.

— Gagan Arora, Reebok fitness trainer

MAXIMISE MOMMY ENERGY

Borrow five simple life hacks from your child's daily roster to get an energy lift!

Don't be a picky eater: Playing champ

round the clock is obviously tiring but

there are more reasons for mothers

feeling worn out way too often. They are

probably missing out on really important

nutrients like Vitamin B12 and Vitamin D. B12 anemia

causes tiredness and fatigue. Mothers need to think

of food as fuel and eat foods that are alive -- green

vegetables, seasonal fruits, milk. The

natural sugar in fruits provides a

quick pick-me-up when you're

dragging. Nuts are a good source of

magnesium which play a key role in

converting sugar to energy.

1 Say no to junk: Lay off

unhealthy, high-glycemic foods

(think: cookies, cakes, and ice cream). While

you

instantly feel an energy boost (and a sense of extreme satisfaction!) from eating these foods, you will realize they always end up making you feel more spent a couple of hours later.

2 Make some park time: Mothers need to get out more often. Short mindful breaks spent amongst

nature can be very therapeutic for overworked nerves. Eliminate all unnecessary thoughts and just listen to yourself breathe for 60 seconds. Be in the moment, completely, with just one task at hand!

Follow this by a good 30-min brisk walk.

3 Keep a pencil box: So many ideas, so little time.

Maintain a journal. Every time you remember a

chore or a must-do, make a note of it. Then

further prioritize the errands. Plan the day's routine by listing the most tedious work at the start of the day as you are most energetic then and so on.

4 Fix a play date: Motherhood doesn't mean

hibernation. Perhaps you need play dates as

much as your lil one. The power of connection boosts mommy energy. It could be a phone call, a

tweet or simply a lunch out with a friend.

