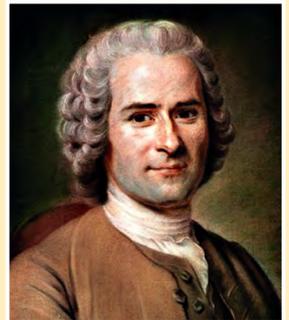


Pallavi.shankar@timesgroup.com

The humankind is a complaining lot. We used to crib about what's not right even in a pandemic free world; now that we are in the middle of it all, we have every right to complain and be unhappy about so many things. However, must we be grumpy all the time? Well, all of us have a neighbour/relative/friend who talks negative at the drop of a hat. Sample: "I am telling you – the world is coming to end." Or, "My history teacher always points out my mistakes. I hate her and I think she hates me!" It's no brainer how toxic these casually uttered negative words and sentences are. "A person's speech – the words spoken – are an indicator of their mental well-being. A person with a bitter or resentful mind will use negative words for all kinds of situations," says Priya Warrick, psychologist and etiquette coach. So, choose your 'words' wisely.



POSITIVE WORDS ARE USED BY ORATORS AND SPIRITUAL LEADERS

Encouraging words can be healing – they can comfort and uplift people. It is precisely one of the main reasons why spiritual speakers gain cult status by holding mass sermons for their followers. What do they actually offer – solutions? No. They offer encouragement and hope with the help of their eloquent vocabulary and

Exercise the power of POSITIVE VOCABULARY

Words are more powerful than we think them to be. They have the strength to make or break situations, relationships and more. It's important to choose good words to lead a productive and happy life. Here's how it can be done...

positive words. In fact, spiritualists across the world believe that positive speech is a weapon against disease and hardships. History is replete with examples of great orators who started and powered freedom movements by motivating people with their speech. Mahatma Gandhi's famous 'Quit India' Movement slogan and other soul-stirring speeches inspired people to join the freedom struggle against British rule in India. Similarly, other iconic leaders and even philosophers have challenged the imagination of the masses with their slogans. What are slogans? Strong, motivating words that are potent enough to change the course of history. French philosopher and author Jean-Jacques Rousseau's slogan of 'Liberty, Equality, Fraternity' had a deep impact on the French Revolution. On the other hand, French queen Marie Antoinette's insensitive remark, "If they don't have bread, let them eat cake," made her extremely unpopular during the French Revolution. She is remembered even now for the ignorance and nonchalance of the ruling class towards the challenges faced by the poor people of her time. The verdict is clear – words can make or



break you. In the above-mentioned instances, both positive and negative words are now enshrined in the pages of history.

CHEERFUL LANGUAGE ATTRACTS GOOD PEOPLE/SITUATIONS

Talking positively will give you the right attention – in school, college, home, etc. It will win you friends and you will be in the good books of your seniors, teachers – you name it. It does not mean you have to 'sweet talk' and not call a spade a spade when required. "Putting positivity in your speech will subconsciously lead to positive action and make people trust

you more," assures Warrick. Good words lead to good thoughts and vice-versa.

STEER CLEAR OF NEGATIVE VOCABULARY

Words that people casually utter such as: "Oh, I really hate apples" or "Look at how happy that celebrity couple looks in their wedding picture. They must be faking it." Many say these things without meaning any harm and don't realise that strong words like 'hate' or 'fake' are not meant to be used so casually. A UK research has shown that positive language can change your brain in a healthy way and negative language can block the brain's de-stress mechanisms. According to the study, well-meaning words such as 'peace', 'love' and 'compassion' strengthen areas of the brain's frontal lobes and promote cognitive function. So, if you have felt particularly exhausted on a given day, check if you have used a lot of negative words throughout the day!

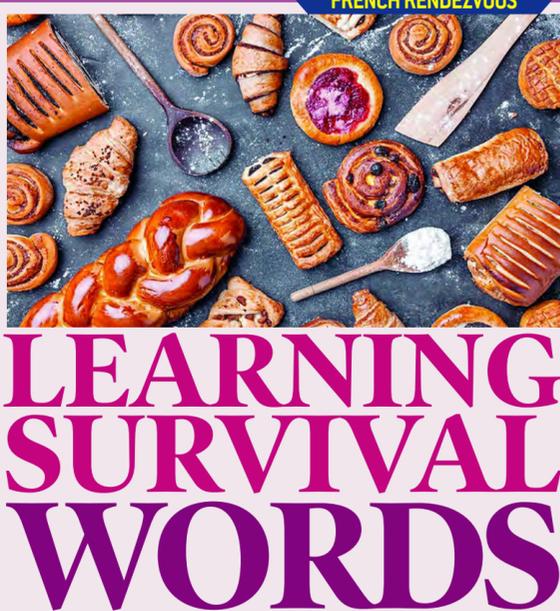


HAPPY WORDS CAN SOOTHE AND HEAL

It is said that using good language can build your reputation and attract happiness. On the other hand, if you speak negatively about other people or even yourself, you tend to absorb that negativity that leads to bitterness and frustration. "Speak politely and with humility and you will receive the same in return. By speaking arrogantly and using rude language, you can spoil your relationships and even career prospects," advises psychiatrist Jitendra Nagpal. For instance, complimenting someone over their achievements will boost the person's mood and doing so will earn you goodwill of the person who may be willing to help you if you require it in the near or far future.

NEGATIVE VERSUS POSITIVE PHRASES

DON'T SAY THIS	SAY THIS
"I cannot do this tough project."	"I will try to do this project even if it's complicated."
"I hate the texture of my hair."	"I like your hair more than I like mine."
"Don't forget to order from takeaway on time."	"Remember to order food from takeaway on time."
"You scored very low marks in physics."	"You could have done better in your physics paper."



FRENCH RENDEZVOUS

- hear you ask for examples? Voilà!
- "Bonjour !" (Hello !)
- "Merci, au revoir!" (Thanks, goodbye !)
- "Désolé, je ne parle pas français." (Sorry, I don't speak French.)
- "Vous parlez anglais ?" (Do you speak English ?)
- "Tu peux parler doucement ?" (Can you speak slowly ?)
- "Excusez-moi, je ne comprends pas le français." (Sorry, I don't understand French.)

Now, how about some must-have vocabulary from the famous French cuisine? What do the French have for breakfast? 'Easy French 110' will introduce you to some typical morning food routines so that you too can talk about your favourite things to eat before school. Would you like to take your pick from the following? Un petit-déjeuner sucré ou salé? (Sweet or Savoury breakfast?)

- "Des tartines avec beurre, confiture de framboise" (Toast with butter, raspberry jam)
- "Des pains au chocolat et des viennoiseries" (Chocolatine and French pastries)
- "Deux bananes et une orange" (Two bananas and an orange)
- "Du bacon et des œufs brouillés" (Bacon and scrambled eggs)

All this, even before we hit the lunch menu with French specialities like la quiche Lorraine, la ratatouille and les galettes bretonnes!

Learn more about the different meals, activities, games and cultural stereotypes or learn about uncanny cultural shocks told by foreigners in the streets of Paris.

See you next column and à la prochaine! Gunjan Gupta is a professor of French, Francophone literature and European art history. She teaches French at the Alliance Française de Delhi.

LEARNING SURVIVAL WORDS

Bonjour Francophiles! In the last column, we talked about some fun tools that you could use at home for independently revising what you discovered at school and for practising French in real-life scenarios. Now, how do we do that exactly? Let's dive right in with three examples from the YouTube channel called 'Easy French'.

Starting with the absolute basics, let's first gain some 'survival skills' in French. If you were on an exchange programme in Cannes or Montpellier in the south of France, how would you say "it's nice to meet you" or ask for help, or the washroom, or some water at the restaurant? 'Easy French' helps you do just that. Here are a few expressions from episode 63 called Survival Phrases in French:

- "Excusez-moi, je cherche les toilettes." (Excuse me, I'm looking for the washroom.)
- "Tu peux m'aider, s'il te plaît ?" (Can you please help me?)
- "Je suis content de te voir." (I'm happy to see you!)



■ "J'ai soif." (I'm thirsty.) Another episode on the same YouTube channel presents the 'Must-Know Phrases If You Don't Speak

French' for beginners who arrive in a Francophone country. You will not be in a classroom but learn with the locals doing street interviews in France. Try repeating the questions and phrases they suggest out loud to learn the pronunciation. It's as authentic and real-life as learning French while living in Paris! Did I just



Queries relating to language skills

Do you find grammar confusing? Do you get stuck with words when writing a letter, an essay or a blog? Do you have a fear of public speaking? Or do you simply want to improve your communication skills? Times NIE is here to help you to master the intricacies of the English language and get a peek into foreign languages too. Just shoot us your queries on toinie175@gmail.com

THE TIMES OF INDIA

Online NIE SUMMER CAMP

Name of Activity	Duration	Class	Market Price	Times NIE Offer
HappyMango Learning Solutions -Learn Robotics, AI, VR and Coding	12 sessions	1 st - 12 th	Rs.4,000 onwards	Rs.2,600 onwards + E-Certificate
LearnIQo-Debate and Public Speaking Workshop	4 weeks - 12 hours	3 rd - 12 th	Rs.6,000	Rs.5,400 + E-Certificate + Free participation in 1 LQ Debate Tournament (Use code NIE)
Leapwaters-Great Communicator Camp to become Confident and Smart	4 weeks - 20 sessions	1 st - 8 th	Rs.2,360	Rs.1,504 + E-Certificate + 1 Skill a week Free for 6 months + Special Treasure Hunt.(Use code SUMMERFUN)
Leapwaters-Learn Coding, Games, Apps, AI and more "Fun & Learn"	4 weeks - 20 sessions	1 st - 8 th	Rs.2,360	Rs.1,504 + E-Certificate + 1 Skill a week Free for 6 months + Special Treasure Hunt.(Use code SUMMERFUN)
Leapwaters-Learn Dance, Fitness, Theatre and more "Fun & Learn"	4 weeks - 20 sessions	1 st - 8 th	Rs.2,360	Rs.1,504 + E-Certificate + 1 Skill a week Free for 6 months + Special Treasure Hunt.(Use code SUMMERFUN)
Leapwaters-Fun with Arts and Crafts to learn and unleash your creativity	4 weeks - 20 sessions	1 st - 8 th	Rs.2,360	Rs.1,504 + E-Certificate + 1 Skill a week Free for 6 months + Special Treasure Hunt.(Use code SUMMERFUN)
Roots Design and Film Media-Workshop on Still-Life Drawing and Painting	15 days - 3 hours	8 th - 12 th	Rs.5,000	Rs.1,800
Roots Design and Film Media-Workshop on Short Film making	4 weeks - 3 hours	8 th - 12 th	Rs.10,000	Rs.6,500
Roots Design and Film Media-Learn to Design Fashionable Clothes	4 weeks - 3 hours	8 th - 12 th	Rs.10,000	Rs.3,500
Roots College of Hotel and Culinary Arts -Crash course in preparing Food and Beverage goodies	7 days (3 to 4 hrs per day) from 17 th May	8 th - 12 th	Rs.10,000	Rs.3,990
Skill Live-Foreign Language Courses - Korean, Japanese and Mandarin	3 weeks - 16 classes	1 st - 10 th	Rs.6,000 per language	Rs.3,499 per language
Skill Live-Foreign Language Courses - French, Spanish and German	3 weeks - 16 classes	1 st - 10 th	Rs.6,000 per language	Rs.3,499 per language
Skill Live-Language Courses- Coding, Trinity English and Sanskrit	3 weeks - 16 classes	1 st - 10 th	Rs.6,000 per language	Rs.3,499 per language
Brainology-5 Days Super Memory Master Class	5 days	3 rd - 12 th	Rs.6,000	Rs.500
Canon-Photography Workshop	1 hour	5 th - 12 th	Rs.7,000	Free
DigitCodemy-Learn STEM, Coding and App Development	3 weeks	KG - 12 th	Rs.4,000 onwards	Rs.3,880
DQ Labs-Doodles and Design Level UP Workshops	18 sessions	4 th - 12 th	Rs.8,000 onwards	Rs.6,000 onwards
STEM Academy-Coding, STEM, AI, Tech, Art and Design Workshop	2 weeks	1 st - 10 th	Rs.7,500	Rs.5,000 + E-Certificate
The Talk Room-Personality Development Workshop	2 weeks	6 th - 12 th	Rs.3,999	Rs.1,499
Think Tac-Summer Science Programmes	8 sessions	3 rd - 8 th	Rs.1,650	Rs.1,320 (Use code SUMMER22)
Cube Matrix Academy-Chess and Rubik's Cube Workshop	3 months	1 st - 12 th	Rs.10,000	Rs.7,000
Nayi Taleem-Young Actors Programme	5 weeks	1 st - 8 th	Rs.3,500	Rs.3,000
The Brain School-Learn to Develop 10X Memory Power	2 hours	3 rd - 12 th	Rs.1,500	Free
Spotlyt Academy-Crash Courses on Drone Building, Fashion Design, Modern Art and Gardening	3 weeks	4 th - 12 th	Rs.2,999 onwards	Rs.1,999 + Free pre-recorded sessions + kit + live classes for 3 weeks
SEFT-Junior Fashion Design Bootcamp	2 weeks	4 th - 11 th	Rs.12,000	Rs.7,500
Horus Financial Consultants - Financial Literacy Workshop	3 hours	3 rd - 10 th	Rs.499	Rs.299
Xceedible-Leadership Workshop	1 week	5 th - 12 th	Rs.3,000	Rs.999
Codeshala-Coding for Kids	30 classes - 1 hour each	1 st - 12 th	Rs.600 per class	Rs.350 per class
Lil' Goodness - Exclusive deal on Pop-It Gummies	3 months	Jr. KG - 12 th	Rs. 516	Rs. 361 (Use code NIE30)

Click on the Activity for further Information & Registration !

MI HAVE NOSE AHEAD AGAINST KKR

KOLKATA RESEMBLES SINKING SHIP AS THEY FACE MUMBAI

Kolkata Knight Riders resembled a sinking ship ahead of a rather inconsequential IPL-15 match against bottom-placed Mumbai Indians who, even if already out of reckoning, will have their tails up here on Monday. Panned for trying out too many combinations at the top, a part of their constant chopping and changing strategy this season which backfired on them pretty badly, KKR are coming off a 75-run drubbing at the hands of table toppers Lucknow Super Giants. While MI will enter the upcoming game on the back of a five-run win over second-placed Gujarat Titans.

GUN FOR INDIVIDUAL GLORY

MI under Rohit Sharma have already been eliminated from the race to the playoffs as they have just four points from 10 matches and even if they win all their remaining games, the five-time champions can reach only 12 points, far from what is needed to advance to the next stage. Royal Challengers Bangalore have 12 points already and three other teams have 16 and 14 points. Two-time winners KKR, under new captain Shreyas Iyer, came a cropper against Lucknow Super Giants on Saturday and the huge margin of defeat has left them with eight points from 11 games. They have three matches left and the maximum they can reach is 14 points, which is again something that cannot guarantee even a fourth-place finish. However, despite the inconsequential nature of the match, players from both the beleaguered sides can still gun for individual glory at the DY Patil Stadium. With the season coming to a close for both



Rohit Sharma

the teams, the focus will also be on how to go about the task in the next edition, apart from looking to cap off their hugely disappointing campaigns on a positive note. Heading into the game, the Mumbai Indians enjoy an advantage thanks to their massive 22-8 head-to-head record against the Knights Riders.

APPROACHING A MILESTONE

At the moment, the best part about MI is that both their openers -- skipper Rohit and Ishan Kishan -- clicked together against the Titans and they would certainly look to convert their scintillating 40s into bigger scores against the struggling Knight Riders. MI captain Rohit is also approaching a milestone as he is 88 runs away from completing 5000 runs for the franchise in the IPL,

We struggled in the power play which has been a frustration for us throughout the season. We've been good throughout the middle phase and not too bad at the death
Head coach, BRENDON MCCULLUM

and he can very well reach the mark on Monday. While the likes of Rohit, Kishan and Suryakumar Yadav are adept at utilising the power play, KKR have struggled to score to force the pace in the first six overs, something their head coach Brendon McCullum singled out after the big loss to LSG. Even as the KKR stare at elimination, the team will still need to find a way to be more aggressive without losing wickets in the first six overs, keeping in mind the next season and an eagerness to finish this one on a good note. But it is easier said than done against an MI unit that has just begun to find its bearing. AGENCIES

Upcoming IPL Match



Dr DY Patil Sports Academy, Mumbai



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MAN UTD LOSE AT BRIGHTON

ONE OF THEIR MOST EMBARRASSING SEASONS FOR DECADES

Manchester United's dismal season hit a new low as Brighton condemned them to a 4-0 defeat that ended their hopes of finishing in the Premier League's top four on Saturday. United have endured a host of humiliations in one of their most embarrassing seasons for decades and this lacklustre loss was among the very worst.

LOWEST POINTS EVER

Ralf Rangnick's side were routed by goals from Moises Caicedo, Marc Cucurella, Pascal Gross and Leandro Trossard at the Amex Stadium. After 5-0 and 4-0 defeats against archrivals Liverpool, a 4-1 loss at Watford that saw Ole Gunnar Solskjaer sacked in November and an FA Cup at home to Championship side Middlesbrough, it seemed impossible for United to fall any further. But they were so gutless and hopeless on the south-coast that even United's travelling supporters turned on them. Sixth placed United are certain to miss out on the Champions League for only the fifth time in 30 seasons.

Rangnick's team were stunned in the 15th minute when Ecuador midfielder Caicedo scored his first goal in English football.

With 58 points and only one game left, United's fifth successive away defeat means they will finish with their lowest points total in the Premier League era. It would be no surprise if Erik ten Hag, the Ajax boss who has agreed to take charge of United from next season, was having second thoughts about his decision to accept the task of rebuilding a team languishing well behind the standards set by Liverpool and Manchester City.

AWFUL DEFENDING

Alex Telles made a hash of his clearing header and Gross's shot was blocked by the 20-year-old Caicedo, who smashed a 25-yard

rocket into the bottom corner. United had failed to muster a single shot on target in a terrible first half performance. Fred and Edinson Cavani were sent on to replace Anthony Elanga and Nemanja Matic at the break, but United were unable to raise their game. Just four minutes into the second half, Cucurella cried tears of joy after he joined Caicedo in scoring his first goal in English football. United paid the price for awful defending as the Spanish defender was allowed to run onto a cutback and drive his shot into the roof of the net. In disarray at the back, United were breached again in the 57th minute. Diogo Dalot tried to clear off the line from Danny Welbeck, but the ball hit Trossard and trickled into the net, with VAR awarding the goal after a check for handball. Furious United fans taunted their players with chants of 'you're not fit to wear the shirt' and 'we want Ten Hag', to which Albion's supporters responded by bellowing 'we want 10' in reference to their goal spree. It could almost have been that bad, but Alex Mac Allister hit the post and Welbeck curled wide as United surrendered without a fight. AGENCIES

DHANUSH, PRIYESHA EXTEND INDIA'S SHOOTING GOLD RUSH AT DEAFLYMPICS

Dhanush Srikanth teamed up with Priyesh Deshmukh to win gold in the 10m air rifle mixed team competition at the 24th Deaflympics 2021 in Caxais do Sul, Brazil. Shooting on competition day six on Saturday, Dhanush and Priyesh beat Germany's Sebastian Herrmany and Sabrina Eckert 16-10 in the gold-medal match. This was Dhanush's second gold of the games after having won the men's 10m air rifle individual title.

India now have three gold medals in shooting at Deaflympics 2021 with Abhinav Deshwal winning the men's 10m air pistol event on Friday. India also have two bronze through Shourya Saini in men's 10m air rifle and Vedika Sharma in women's 10m air pistol, for a total of five medals from shooting.



Dhanush Srikanth and Priyesh Deshmukh

Shourya and Natasha Joshi, the second Indian pair in the 10m air rifle mixed team competition, also made it to the bronze-medal match, but went down 8-16 to the Ukrainian pair of Oleksandr Kostyuk and Violeta Lykova. AGENCIES

QUIZ TIME!

Q1: Each team is allowed a maximum of how many touches before the ball goes over the net in a game of Volleyball?

- Three
- Two
- Four
- Five

Q2: Against which country did India play its first one-day international match?

- England
- Australia
- Sri Lanka
- New Zealand

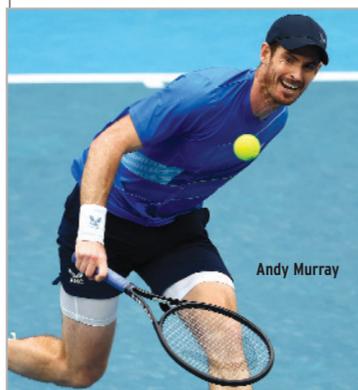
Q3: Who is the only manager to have won three UEFA Champions League tournaments in a row, in the 2015-16, 2016-17, and 2017-18 seasons?

- Jose Mourinho
- Zinedine Zidane
- Xavi Hernandez
- Carlos Ancelotti

Q4: Who was first Indian gymnast to qualify for the Olympics?

- Dipa Karmakar
- Sunita Sharma
- Krupali Patel
- Aruna Reddy

Q5: Before Andy Murray, who was the last British tennis player to win a men's singles Grand Slam tournament?



Andy Murray

- Dan Evans
- John Lloyd
- Fred Perry
- Kyle Edmund

Q6: Who won the 10th Italian Open 2021 title?

- Novak Djokovic
- Dominic Thiem
- Roger Federer
- Rafael Nadal

Q7: Which of the following won the FIFA Club World Cup 2020?

- Juventus
- Barcelona
- Manchester United
- Bayern Munich

Q8: In 2013, forward player Rani Rampal helped India win a bronze in which competitive event?

- Hockey Champions Trophy
- Women's FIH Hockey Junior World Cup
- Junior World Cup
- Olympics Games

ANSWERS: 1 a. Three

- d. New Zealand
- b. Zinedine Zidane
- a. Dipa Karmakar
- c. Fred Perry
- d. Rafael Nadal
- d. Bayern Munich
- c. Junior World Cup