

"People have forgotten how to tell a story. Stories don't have a middle or an end any more. They usually have a beginning that never stops beginning."
— Steven Spielberg

10 BEST MOVIES ON UFOs

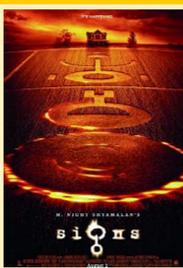
Did you know July 2 is UFO Day? It's observed to raise awareness of myths regarding UFOs and provide people with the right knowledge. Here are some great films made on UFOs and alien invasions

CLOSE ENCOUNTERS OF THE THIRD KIND (1977)



Although aliens begin to make their presence felt to humans, the government denies their existence.

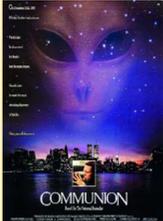
However, when Roy, an electrical lineman, encounters a UFO, he is drawn to the Wyoming wilderness.



Everything that farmer Graham Hess (Mel Gibson) assumed about the world is changed when he discovers a message (an intricate pattern of circles and lines) carved into his crops. As he investigates the unfolding mystery, what he finds will forever alter the lives of his family.

COMMUNION (1989)

A novelist's (Christopher Walken) wife (Lindsay Crouse) and son (Joel Carlson) see him changed by an apparent encounter with aliens in the mountains.



SUPER 8 (2011)

In 1979 Ohio, several youngsters (Elle Fanning, Joel Courtney, Gabriel Basso) are making a zombie movie with a Super-8 camera. In the midst of filming, the friends witness a horrifying train derailment and are lucky to escape with their lives. They soon discover that the catastrophe was no accident, as a series of unexplained events and disappearances soon follows.



INDEPENDENCE DAY (1997)

An alien race destroys major cities of the world with their advanced weaponry. However, a geek, a pilot, the US President and a group of ragtag survivors unite to save mankind from annihilation.



In New Mexico in the 1950s, two kids search for the source of a mysterious

frequency that has descended on their town; they soon uncover more than they had counted on.

ENDER'S GAME (2013)

Ender Wiggin, a brilliant young strategist, is recruited by the International Military to lead the force defending Earth from a genocidal alien race bent on annihilating humankind.



STARSHIP TROOPERS (1997)

Johnny Rico completes his graduation and joins the Mobile Infantry to serve the nation. Soon, he finds himself fighting against alien bugs that are hell-bent on destroying life on Earth.



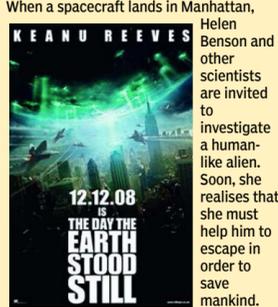
MARS ATTACKS! (1996)

An army of aliens from Mars visit Earth and meet the president of the United States under peaceful pretences. However, they reveal their true intentions when they start attacking cities.



THE DAY THE EARTH STOOD STILL (2008)

When a spacecraft lands in Manhattan, Helen Benson and other scientists are invited to investigate a human-like alien. Soon, she realises that she must help him to escape in order to save mankind.



40 years of E.T. THE EXTRA TERRESTRIAL!

IT'S BEEN 40 YEARS SINCE STEVEN SPIELBERG'S FILM RELEASED. HERE'S WHAT'S BEEN SAID ABOUT THE PHENOMENAL SUCCESS OF THE FILM, AND WHY EVERY GENERATION FALLS IN LOVE WITH IT

BY BENN MCCANN IN 'THE CONVERSATION'

"We think of Spielberg movies today as thrilling roller-coaster rides, full of sharks, dinosaurs and swashbuckling archaeologists. Yet for me, 'E.T.' remains Spielberg's most exhilarating work: a deep meditation on loneliness, friendship and growing up in small-town America. One of Spielberg's great underrated talents is his direction of children. Many of his films feature young children at their centre — think 'The Sandlot' (2000), 'War Horse' (2011)... In 'E.T.', Henry Thomas and Drew Barrymore as brother and sister Elliott and Gertie bring credibility and pathos to their roles, fitting seamlessly into the southern Californian 'burb' culture recreated so fondly by the director."

Elliott's friendship with 'E.T.' is at first a secret, too. But this is also a movie about family, about the shared feelings and stress points that can either break it apart or bring it closer. Elliott's family is what we might carelessly call a broken one. But 'E.T.'s arrival and eventual, necessary departure urge us to rethink the distinction between "broken" and merely "evolving". 'E.T. meets Elliott's intense loneliness — and, by extension, the suffering of his whole family — and finds kinship in those feelings of loss, because he too is missing his brethren. That's a lot of meaning for a movie to hold. But 'E.T.' is an expansive vessel; its ideas, free-flowing and unforced, never read as anything so dull as a lesson."

Spielberg is uniquely perceptive about how kids are sensitive, vulnerable, innocent creatures who feel the world intensely, but are also naturally solipsistic. Spielberg conceived a science-fiction fantasy where a boy literally feels what another being feels, and the bond between them is overwhelmingly powerful."

BY STEPHANIE ZACHAREK IN 'TIME' MAGAZINE

"Childhood is a world of secrets, and

BY SCOTT TOBIAS IN 'THE GUARDIAN'

"Thinking about others is what 'E.T.' is about. And that's why it's been extracting tears from audiences so effectively for 40 years. A child of divorce himself,

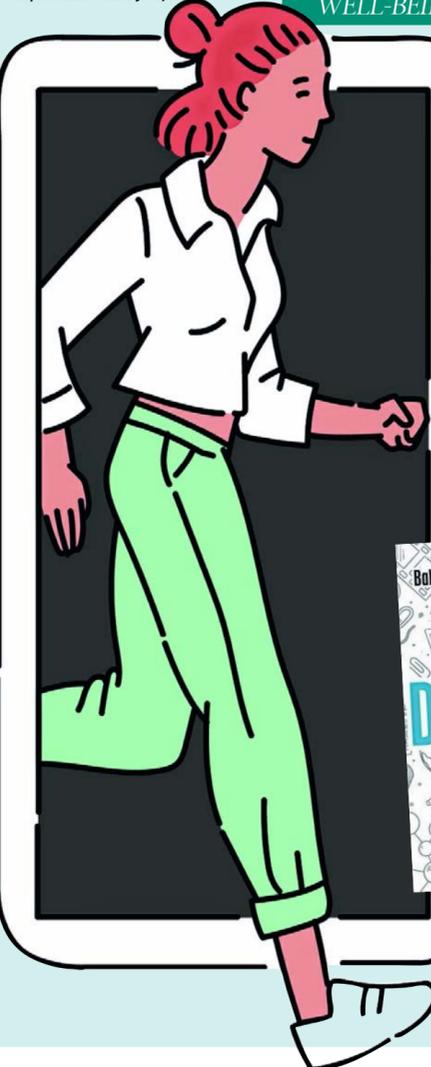
BY CASPAR SALMON IN 'BBC: CULTURE'

"'E.T.' ended the 1980s as the US's highest-grossing film of the decade. Spielberg, being in his mid-30s at the time of the film, was still relatively close to his subjects in age, which enables him to invest psychologically — that shows in the film's keen emotional impact, as well as in Spielberg's fresh cinematic, particularly the way his camera works at roughly children's head height, investing physically in a child's universe, and his no-nonsense, pushish attitude towards children's banter, games and worldview."

STEP away from your PHONE

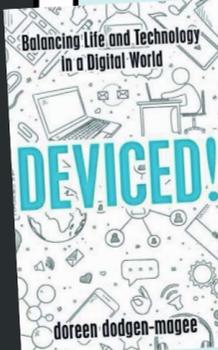
Nitya.Shukla@timesgroup.com

TRY A DIGITAL DETOX FOR A FREE WELL-BEING BOOST THIS SUMMER



Your phone connects you to the world but what's the point if it leaves you stressed, lonely and smiling way less? The last part comes from a 2019 study that had found we smile 30 per cent less when our phone is on. There is plenty of 'gyaan' available online on how to do a digital detox, we found a few strategies that will help you bring a few moments of inner peace.

Don't binge, start small
Indians spend an average amount of 4.7 hours on their smartphones every day and that is affecting our focus. According to psychologist Doreen Dodgen-Magee, author of 'Devised!: Balancing Life and Technology in a Digital World', all that screen time is changing our brains, wiring them to be more distracted and less discerning and calm. This, she said, builds "a proclivity for poor mental health."



However, instead of setting drastic limitations on your screen time, start small. Magee says starting small helps us to begin building resilience, while also learning the skills of emotional regulation. Otherwise, "it's just going to make us feel agitated every time we try to step away from it," she says. The tiniest change you can implement this is by disabling facial recognition and instead accessing your phone by typing a code (the way it used to be!)

Try a screen-free tea ritual

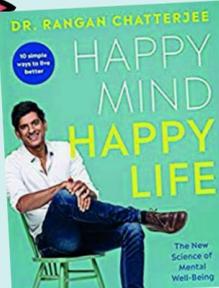
According to Laurie Santos, a psychologist and a professor at Yale University in Connecticut, "just deciding to stay off social media will have a bigger effect on your happiness than earning \$100,000 or marrying the love of your life". One of the easiest ways you can do this is by spending screen-free time with a friend.

Dr Rangan Chatterjee, author of 'Happy Mind, Happy Life', suggests a tea ritual in which you and a loved one agree to put your phones away while enjoying a cup of tea or coffee together. It may sound simple, however your presence is the greatest gift. Alternatively, you could simply turn off the phone for an hour — no doom-scrolling, no Instagram, nothing. Then turn it on... did you miss anything?

Try more

Spend five or ten minutes using your senses to take in your environment anytime you find yourself waiting for something, such as a friend or appointment, rather than pulling your phone out of your pocket right away. The sights, sounds, and fragrances of summer provide a wealth of stimuli.

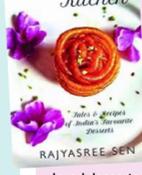
By using the act of touching your phone as a reminder to stay present, you may combat your tendency for mindlessly checking your email or Instagram. Dodgen-Magee, who is still active on Facebook and Instagram, asserts: "Every time I grab my phone to check social media, I'm actually going to take my hand off my phone and perform one minute — just one minute — of deep breathing". Lastly, if you still find yourself heading for a doom scrolling binge, set the timer for 10 minutes and promise yourself that when the timer rings, you'll put down the phone and do a quick self-check-in.



SWEET TREATS

A look at some of newest book releases from the past few weeks

Nitya.Shukla@timesgroup.com



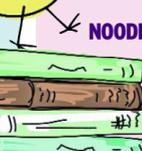
THE SWEET KITCHEN: TALES & RECIPES OF INDIA'S FAVOURITE DESSERTS

by Rajyasree Sen
If you have a sweet tooth as big as ours, then you'll love reading Rajyasree Sen's interesting backstories about India's most loved desserts including the rosogolla, Christmas cake, 'halwa', and more in 13 chapters. A product of extensive research, Sen's 'The Sweet Kitchen', uncovers historical facts that you may not be aware of. For instance, how a Mughal emperor brought 'halwa' to India or the Sikh connection to the creation of kaju barfi and which desserts must we thank the Persians, the Mughals, the Portuguese, and the French for. She also attempts to deconstruct who made the eponymous rosogolla first: Bengal or Odisha? This one will make you drool.



THE MAGIC COUCH: ADVENTURES WITH THATHA

by Shilpa Rao, illustrated by Sahitya Rani
A warm celebration of the ties that bind children with their grandparents.



NOODLE AND THE NO BONES DAY

by Jonathan and Dan Tavis
Noodle, a sweet, silly pug, wakes up one day feeling almost like he has no bones. This becomes quite a challenge initially for his human Jonathan, as Noodle, who usually enjoys lots of activities, is not sick or sad — but just wants to lay low.



GRANDFATHER'S TIGER TALES

by Anjana Basu, illustrated by Aaryama Somayji
Introduce young readers under five to the beauty and majesty of the tiger while helping them learn to respect wildlife.



MORE WORLD HISTORY IN 3 POINTS

by Zac Sangeeth
More tales of the world by the young author Zac Sangeeth. This time he takes



THE INCONCEIVABLE IDEA OF THE SUN

by Anil Menon
Pick this collection of genre-defying stories if you're in the mood for something delightfully different.



BOOK OF DINOSAURS

by Gabrielle Balkan, illustrated by Sam Brewster
Recommended by 'The Guardian', this book is perfect for budding palaeontologists aged 6 and older. Featuring vivid illustrations, this dino guide asks intriguing questions like, "Guess who had the toughest armour?" and answers them in lively first-person prose.



COURAGE WITH ANANDIBAI JOSHEE

A quick introduction for young readers about the courage with Anandibai Joshee, one of the first Indian women to become a doctor.



MORE WORLD HISTORY IN 3 POINTS

by Zac Sangeeth
More tales of the world by the young author Zac Sangeeth. This time he takes



THE INCONCEIVABLE IDEA OF THE SUN

by Anil Menon
Pick this collection of genre-defying stories if you're in the mood for something delightfully different.



BOOK OF DINOSAURS

by Gabrielle Balkan, illustrated by Sam Brewster
Recommended by 'The Guardian', this book is perfect for budding palaeontologists aged 6 and older. Featuring vivid illustrations, this dino guide asks intriguing questions like, "Guess who had the toughest armour?" and answers them in lively first-person prose.



COURAGE WITH ANANDIBAI JOSHEE

A quick introduction for young readers about the courage with Anandibai Joshee, one of the first Indian women to become a doctor.



MORE WORLD HISTORY IN 3 POINTS

by Zac Sangeeth
More tales of the world by the young author Zac Sangeeth. This time he takes



THE INCONCEIVABLE IDEA OF THE SUN

by Anil Menon
Pick this collection of genre-defying stories if you're in the mood for something delightfully different.



BOOK OF DINOSAURS

by Gabrielle Balkan, illustrated by Sam Brewster
Recommended by 'The Guardian', this book is perfect for budding palaeontologists aged 6 and older. Featuring vivid illustrations, this dino guide asks intriguing questions like, "Guess who had the toughest armour?" and answers them in lively first-person prose.



COURAGE WITH ANANDIBAI JOSHEE

A quick introduction for young readers about the courage with Anandibai Joshee, one of the first Indian women to become a doctor.



MORE WORLD HISTORY IN 3 POINTS

by Zac Sangeeth
More tales of the world by the young author Zac Sangeeth. This time he takes



THE INCONCEIVABLE IDEA OF THE SUN

by Anil Menon
Pick this collection of genre-defying stories if you're in the mood for something delightfully different.



BOOK OF DINOSAURS

by Gabrielle Balkan, illustrated by Sam Brewster
Recommended by 'The Guardian', this book is perfect for budding palaeontologists aged 6 and older. Featuring vivid illustrations, this dino guide asks intriguing questions like, "Guess who had the toughest armour?" and answers them in lively first-person prose.



COURAGE WITH ANANDIBAI JOSHEE

A quick introduction for young readers about the courage with Anandibai Joshee, one of the first Indian women to become a doctor.



MORE WORLD HISTORY IN 3 POINTS

by Zac Sangeeth
More tales of the world by the young author Zac Sangeeth. This time he takes



THE INCONCEIVABLE IDEA OF THE SUN

by Anil Menon
Pick this collection of genre-defying stories if you're in the mood for something delightfully different.



BOOK OF DINOSAURS

by Gabrielle Balkan, illustrated by Sam Brewster
Recommended by 'The Guardian', this book is perfect for budding palaeontologists aged 6 and older. Featuring vivid illustrations, this dino guide asks intriguing questions like, "Guess who had the toughest armour?" and answers them in lively first-person prose.



COURAGE WITH ANANDIBAI JOSHEE

A quick introduction for young readers about the courage with Anandibai Joshee, one of the first Indian women to become a doctor.



MORE WORLD HISTORY IN 3 POINTS

by Zac Sangeeth
More tales of the world by the young author Zac Sangeeth. This time he takes



THE INCONCEIVABLE IDEA OF THE SUN

by Anil Menon
Pick this collection of genre-defying stories if you're in the mood for something delightfully different.



BOOK OF DINOSAURS

by Gabrielle Balkan, illustrated by Sam Brewster
Recommended by 'The Guardian', this book is perfect for budding palaeontologists aged 6 and older. Featuring vivid illustrations, this dino guide asks intriguing questions like, "Guess who had the toughest armour?" and answers them in lively first-person prose.



COURAGE WITH ANANDIBAI JOSHEE

A quick introduction for young readers about the courage with Anandibai Joshee, one of the first Indian women to become a doctor.



MORE WORLD HISTORY IN 3 POINTS

by Zac Sangeeth
More tales of the world by the young author Zac Sangeeth. This time he takes



THE INCONCEIVABLE IDEA OF THE SUN

by Anil Menon
Pick this collection of genre-defying stories if you're in the mood for something delightfully different.



BOOK OF DINOSAURS

by Gabrielle Balkan, illustrated by Sam Brewster
Recommended by 'The Guardian', this book is perfect for budding palaeontologists aged 6 and older. Featuring vivid illustrations, this dino guide asks intriguing questions like, "Guess who had the toughest armour?" and answers them in lively first-person prose.



COURAGE WITH ANANDIBAI JOSHEE

A quick introduction for young readers about the courage with Anandibai Joshee, one of the first Indian women to become a doctor.



MORE WORLD HISTORY IN 3 POINTS

by Zac Sangeeth
More tales of the world by the young author Zac Sangeeth. This time he takes



THE INCONCEIVABLE IDEA OF THE SUN

by Anil Menon
Pick this collection of genre-defying stories if you're in the mood for something delightfully different.



BOOK OF DINOSAURS

by Gabrielle Balkan, illustrated by Sam Brewster
Recommended by 'The Guardian', this book is perfect for budding palaeontologists aged 6 and older. Featuring vivid illustrations, this dino guide asks intriguing questions like, "Guess who had the toughest armour?" and answers them in lively first-person prose.



COURAGE WITH ANANDIBAI JOSHEE

A quick introduction for young readers about the courage with Anandibai Joshee, one of the first Indian women to become a doctor.



MORE WORLD HISTORY IN 3 POINTS

by Zac Sangeeth
More tales of the world by the young author Zac Sangeeth. This time he takes



THE INCONCEIVABLE IDEA OF THE SUN

by Anil Menon
Pick this collection of genre-defying stories if you're in the mood for something delightfully different.



BOOK OF DINOSAURS

by Gabrielle Balkan, illustrated by Sam Brewster
Recommended by 'The Guardian', this book is perfect for budding palaeontologists aged 6 and older. Featuring vivid illustrations, this dino guide asks intriguing questions like, "Guess who had the toughest armour?" and answers them in lively first-person prose.



COURAGE WITH ANANDIBAI JOSHEE

A quick introduction for young readers about the courage with Anandibai Joshee, one of the first Indian women to become a doctor.



MORE WORLD HISTORY IN 3 POINTS

by Zac Sangeeth
More tales of the world by the young author Zac Sangeeth. This time he takes



THE INCONCEIVABLE IDEA OF THE SUN

by Anil Menon
Pick this collection of genre-defying stories if you're in the mood for something delightfully different.



BOOK OF DINOSAURS

by Gabrielle Balkan, illustrated by Sam Brewster
Recommended by 'The Guardian', this book is perfect for budding palaeontologists aged 6 and older. Featuring vivid illustrations, this dino guide asks intriguing questions like, "Guess who had the toughest armour?" and answers them in lively first-person prose.

"It is the difficult horses that have the most to give you."
Lendon Gray, Dressage champion

SATURDAY, JULY 2, 2022

NO HORSING AROUND

In ancient times, a horse's ability to move quickly, burst into a gallop, change direction and cross hurdles were vital to survive in battle. In modern times, this ability has taken on the form of a precision sport. A look at equestrian sports and its many nuances

KNOWING THE SPORT

Equestrian sports are those that are performed while a rider is mounted on a horse. The sport can be very demanding as it requires discipline, stamina and agility, apart from a sound technique. A rider and the horse are counted as a team. Hence, the performance or movements of both the rider and the horse are crucial. There are three major categories in equestrian sports: **show jumping, dressage and eventing.**

SHOW JUMPING

In show jumping, a rider has to go through a pre-set course while jumping over 10 to 16 hurdles on the way. These include ditches, low walls and parallel bars. Some jumps may be up to 6 ft high. The course is designed with tricky turns and distracting obstacles to challenge the mental and physical agility of the horse and rider. The spaces between obstacles are set up in such a way that the rider has to control the length of each stride to prepare for the next jump. Jumping requires close co-ordination between the rider and the horse.

The aim is to complete the course with least penalties and in minimum time. Scores depend on the jumps, touches, knock downs, refusals to jump, falls and time penalties. A refusal, that is when a horse refuses to cross a hurdle, is considered a penalty. Similarly, touching a barrier, or knocking it down is considered a penalty. A time penalty is incurred every time a rider takes a second more than the allotted time for the course. The rider with the least penalty wins.

Most show jumpers prefer tall horses from among the warmbloods or thoroughbreds, though crossbreeds have also proved successful on the course.

DRESSAGE

Dressage, also referred to as horse ballet, is a category in which the team has to perform a variety of moves in a designated area. It is considered the highest level of horse training and discipline that results in a graceful partnership between horse and rider.

The standard arena is 20m x 60m, and is marked with different letters at various positions to indicate where the movements have to be performed. The riders and their horses are judged on the basis of their movement, calmness, suppleness and flexibility. Besides, the horse's enthusiasm to perform with minimum encouragement from the rider is also judged. Each team is judged or scored on a scale of 0-10, where 0 means a movement was 'not executed' while 10 is given for 'excellent' movement. Up to seven judges may be seated at different positions of the arena to judge the events.

Usually, middle-weight horses with a calm temperament and excellent concentration are used in dressage. The manes of the horses have to be necessarily braided. They may be banded with white tape. No boots or wraps may be used. Tails are usually trimmed and left untied to show a natural tail carriage. The riders have to wear white gloves, white breeches, and black tall boots.

DRESSAGE MOVEMENTS

Piaffe - A calm and collected in-place trot with elevated leg movements. The horse cannot take backward steps.

Passage - A collected trot forward with elevation of stride. The horse appears to pause between each stride, with great amount of suspension in the stride.

Extended gaits - Usually done at a trot or canter, the horse takes lengthened strides with great forward thrust and reach.

Extended walk - Shows the ability of the horse to take relaxed and stretched steps forward.

Collected gaits - A trot or canter taken with shortened strides. The tempo of the canter does not change, only the stride and leg elevation changes.

Flying changes - Called 'tempis' or 'tempi changes', the strides go through a sequence of one, two, three, and four beats.

Pirouette - A 360 degree turn in place, usually performed at the canter. A turn of up to 720° is permissible in a freestyle Grand Prix. At the lower levels, a 180° pirouette is performed.

Half-pass - A diagonal progression made with the horse moving sideways and forward at the same time.

Freestyle dressage - For the freestyle events, riders and horses perform choreographed patterns to music. Apart from all the Grand Prix movements, a double canter pirouette, pirouettes in piaffe, and half-pass in passage are performed. Technical marks for the various movements, and artistic marks are awarded.

EVENTING

The category is a kind of equestrian triathlon, which begins with dressage followed by cross country, and ending with show jumping. Held over two to four days, it tests the ability of the horse and rider in a complete way, including harmony between horse and rider, stamina, understanding of nature and the outdoors, agility, precision and technique. It demands considerable experience in all branches of riding from both the horse and the rider and covers every aspect of horsemanship. The horse and rider must be at peak physical condition to complete this phase.

Eventing is one of the few Olympic sports where there are no separate categories for men and women and they compete as equals.

HISTORY

Equestrian discipline can be traced back to ancient Greece, where horses were prepared for war. Dressage later became part of the ancient Olympic Games, around 680 BC, when chariot races came to the fore.

In modern Olympics, equestrian events were introduced at Paris in 1900. But it was only since the 1912 Stockholm Games that it has been an integral part of the programme. Initially, the competition was only open to officers. This restriction was lifted in 1951. Since the Helsinki Games in 1952, women were allowed to compete, and they began with dressage and show jumping. Helena du Pont of the United States was the first woman to compete in Eventing, at the 1964 Tokyo Games.

CROSS-COUNTRY

Cross-country riding tests the fitness, determination, speed, endurance and jumping ability of the rider and horse as they navigate a series of solid obstacles over varied terrain. The course has to be completed at a gallop with a specified speed requirement. The rider must control the speed and stride so that the phase is completed in time and without expending too much energy.

The obstacles include nearly 30 to 40 solid fences, or 15-25 at the lower level of competition. There are also natural obstacles like water, ditches, banks and drops.

Points from the dressage round are carried forward to this phase. In cross-country, refusal: when a horse stops at a fence, or run-out: when a horse runs past a jump, earn the team penalty points. After three penalty levies, the team is eliminated from the phase.

Penalty points are also given for every additional second taken over time allotted.

The rider with the least combined penalty points from the three phases is declared the winner.

BEST EQUESTRIANS FROM INDIA

Fouaad Mirza | Indrajit Lamba |
Intiaz Anees

BEST GLOBAL EQUESTRIANS

Steffe Guerdat - Switzerland

Harrie Smolders - Netherlands

McLain Ward - USA

Charlotte Dujardin - Britain

Sir Mark Todd - New Zealand

Pippa Funnell - Britain

Steffen Peters - Germany

Beezie Madden - USA

Michael Jung - Germany

Anky Van Grunsven - Netherlands

EXTENDED GAITS

CROSS-COUNTRY