

WATCH AND LEARN

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Janhvi Kapoor starrer 'Good Luck Jerry' was released on Disney Hotstar on July 29 to a reasonably good opening. The movie is an official remake of Tamil superhit 'Kolamaavu Kolika'. The Hindi film helmed by director Sidharth Sengupta tells a story of a timid girl from Bihar who lives in Punjab and aims to get rich by hook or by crook! No wonder, Jerry gets herself entangled in many complex situations. Who comes to her aid? Family, of course!

On the one hand, Jerry has to look out for her mother who is a cancer patient and on the other, she wants a free pass from the criminals that she has ganged up with! What ensues is a series of unfortunate events with Jerry at the epicentre. The dramedy has been talked about for the bond that the daughter shares with her mother and sister.

Here are a few takeaways on why 'family is your most safe haven' as depicted by the film (you could take a leaf out of Jerry's roller coaster life).

1. ALWAYS BE TOGETHER:

Even though the movie is all about Jerry managing the mess she has gotten herself into, the moment she feels it is all too much for her to handle, the protagonist turns to her family who stands by her through thick and thin. This is what family stands for! They may not be involved with your affairs from the word go, but if and when you need them - the family is always there to support, inspire and encourage.

2. HELP BEGINS AT HOME!

Jerry and her sister Cherry are both seen taking care of every need that their mother (a cancer patient) would have. Being a caregiver comes with its own set of challenges and it requires immense support from every member in the family - both emotional as well as psychological.



FOUR FAMILY VALUES TO PICK UP FROM 'GOOD LUCK JERRY'

3. BOUNDARIES ARE SACROSANCT:

The movie begins with Jerry's mother (played by the erstwhile Mita Vashisht) revolt against her daughter working as a masseuse to make ends meet. But Jerry counters every debate with sensible arguments. However, towards the later part of the film it is revealed that Jerry had taken the wrong path to earn a few quick bucks. The mother rightfully punishes her daughter for the same.

This is what the head of the family is responsible for. Setting boundaries of what is right and what is not and making sure every member adheres to it.

4. ACCEPTANCE IS KEY:

Family is supposed to accept flaws and celebrate good qualities. Members root for each other's development and growth and this has been the greatest takeaway from the film.



REFLECT AND ANSWER

1. Tell us about how you root for your sibling/s in about 100 words.

YOU COULD USE THIS WRITING PROMPT.

- a) Did you sister or brother get into some trouble and you stepped in to do the rescue act?
- b) Do your younger siblings look up to you for advice?

Mail us your write up on toiniel75@gmail.com

CELEBRATIONS

IS YOUR MOTHER AN AUGUST BORN? DO THIS ON HER BIRTHDAY!

HERE ARE A FEW IDEAS THAT YOU CAN DO FOR YOUR MOTHER ON HER SPECIAL DAY.

A HAND-MADE CARD

There is something incredibly nostalgic about a hand-made card which makes it extremely special for moms.

It shows that you are willing to put in that extra effort to tell your mother how much she means to you and the whole family.



HAND-WRITTEN NOTES AND POEMS

Nothing beats a gift which comes straight from the heart. Go the old-fashioned way and pour your heart out in the form of a letter, poem or even notes. Tell her how much she means to you and acknowledge the sacrifices she makes on a daily basis for everyone at home.

GIFT HER A SAPLING/PLANT

Don't wrinkle your nose just yet. If your mother is a lover of nature, be rest assured that she is going to love your thoughtful gift. You can always take a little help from your father to buy the right sapling for the season. You can also get her new gardening tools if she really enjoys looking after the plants in the house.

COOK FOR HER

Give your mother a break from the kitchen and take charge of the pantry. Prepare her favourite dishes from scratch and watch her heart-warming smile as you make a mess of it or struggle to get even the basics right.



TAKE HER OUT FOR DINNER

There is no better gift than giving her a break from the hectic routine and spending some quality time with her while you both enjoy some good food in an outdoor setting. Make sure that you make a reservation at her favourite eatery which has good food and a good ambience. She will surely cherish this beautiful memory for a long, long time.



COOK-A-THON

10-MINUTE LUNCH RECIPES YOU CAN TRY

HERE ARE FOUR RECIPES THAT YOU CAN EASILY TRY YOUR HAND AT THIS WEEKEND. FEEL FREE TO BE CREATIVE ABOUT THEM TOO.

1. VEGETABLE UPMA:

To make this dish, dry roast 4-5 tbsp semolina and keep aside once done. Then, put a kadhai on medium flame and heat 1 tbsp coconut oil in it. When the oil is hot enough, add 1/2 tsp mustard seeds and 4-5 curry leaves. Once the seeds crackle, fry 2 tbsp raw peanuts in it for a few seconds and then add vegetables of your choice. Make sure all the veggies are finely chopped. Stir well and cook the veggies for 2-3 minutes. Then, add roasted semolina in the kadhai and add a little water. Mix everything well and then cook for 3-4 minutes until the semolina is dry again. Serve hot.



2. EGG SALAD:

To make the salad, take 2-3 hard-boiled eggs and peel them. Next, cut them as you like in a bowl. Now, add 1/2 tsp mustard sauce, 1 tsp black olives (sliced), 1 tsp mayonnaise, 1 tsp red & yellow bell pepper, and 1-2 chopped lettuce leaves. Sprinkle a little salt & pepper over them and toss them well. Pack it with a sprinkling of paprika and toasted bread.



3. STUFFED BESAN CHEELA:

This is a protein-rich dish that can be made in under 10 minutes. All you need to do is take 3-4 tbsp of besan and mix it with a pinch of baking soda, a pinch of red chilli and asafoetida with salt & pepper to taste. Mix well and make a nice cheela using some ghee. Till the time it is getting cooked, take 2 tbsp chopped paneer and mix it with 1 tsp chopped onion & tomato, 1 tsp coriander leaves, a little chaat masala and salt to taste. Once the cheela is cooked from one side, turn it over and spread this mixture on the cooked side and fold it like a roll. Cook for 2-3 minutes and your dish will be ready. Serve it with mint & coriander chutney.



4. WHOLE WHEAT PASTA SALAD:

To make this amazing salad, take 1 cup of boiled whole wheat pasta in a bowl and add 2-3 tbsp bell peppers in it. To this, add 1 stalk of celery, 1/2 cup of steamed broccoli florets and a little onion. Top up with 1/2 tsp of lemon juice, 1 tsp extra virgin olive oil, some feta cheese, salt and pepper to taste. Toss them all and the healthy salad will be ready in no time.



SOCIAL MEDIA DETOX

OUTDOOR ACTIVITIES TO ENGAGE WITH PARENTS

Social media has become an essential part of every millennial. However, the need for being constantly updated has led to an unforeseen negative impact on the mental well-being of young adults and children at large.

There is no denying that social media has increased the pressure to succeed, look happy and showcase a flamboyant lifestyle, which has led to an increase in stress, anxiety, and depression in people. Children are dealing with these pressures silently. A social detox, though it sounds intriguing, is not the practical way of dealing with the problem, since the feeling of "FOMO" will only induce a negative reaction.

Indulging in fun activities that you can do with your parents will result in some much-needed quality time which is difficult to find due to the busy schedules. Here are things that you can do with your parents:



1. MUSIC SESSION:

Learning an instrument has multiple benefits. It helps you unleash your creative side while also aiding to your cognitive abilities. It's a fun-filled activity that you can do with your parents. This will surely leave both of you feeling happy and warm inside!



2. FLUID ART SESSION:

A relatively newer form of art, fluid art combines the fun of painting and making a mess while guaranteeing a beautiful output. Multiple sessions are held at restaurants and cafes for which families can sign up.



3. FUN DAY AT THE ARCADE:

We are sure you love bowling and video games! Go for a fun-filled gaming day so that you and your parents can bond over a car race or while bowling.

4. DANCE CLASSES:

How about shaking a leg with your dad? Choose from various dance styles, from Bollywood to hip hop to contemporary and much more! Sign up for a class with your parent and spend some quality time grooving to catchy tunes.

ALL STOKED-UP FOR MENTAL WELL-BEING

From taking breaks, pulling out of major tournaments, talking openly about mental distress and depression to actually retiring early - sportspeople are no longer shying away from fighting for work-life balance; despite the taboo that, unfortunately, still surrounds the topic of mental health in sports

Modern sports is mind-breaking. Or, has it always been the case? To push one's body to its optimal function every day takes a toll. Such is a life of any sportsman or woman all over the world. But with tournament calendars in all games becoming choc-a-block over the last two decades, the physical and mental toll has finally forced people to think, take a pause, reflect and most importantly, speak out. Players aren't shying away from calling out the lack of work-home balance.

The most recent example is English cricketer **Ben Stokes**, who announced his retirement from the ODI format of cricket, at 31. It would have been unthinkable even just a few years ago. But times have changed, and changed for the better. Even as governing bodies are slowly catching up to the concept of mental well-being, some brave players are going all out to break the patriarchal taboo of pretending to be "fine".

FEELS LIKE THE END OF THE WORLD

Stokes went on record saying, playing all three formats of the game had become "unsustainable" for him. "We are not cars. You can't just fill us up and we'll go out there and be ready to be fuelled up again," said the 31-year-old to BBC. Former Indian skipper and batsman extraordinaire, Virat Kohli, has talked about mental health too. "I have gone through a phase in my career where I had felt that it was the end of the world. I just didn't know what to do and what to say to anyone, or how to speak, how to communicate," he had said when asked about Australian cricketer Glenn Maxwell's break from cricket due to mental health issues. Maxwell took a 3-month break in 2019. In an interview to ESPNcricinfo, he said, "I was pretty cooked when I decided to take the time off. Big reason why I did take that time away is I was pretty mentally and physically ruined. I think it was eight months on the road, living out of a suitcase and that probably had been going on for four or five years, just constantly on the road and it all just caught up with me at that time."

TIME TO LISTEN

There's a life lesson here. When athletes, sportspeople — surrounded with teammates, doctors, physios and psychologists — say they need a break from the break-neck speed that modern life is all about, it's time to listen. These women and men are made of sterner stuff. Imagine the plight of normal people, adults, teens or even a child, who is bogged down by work or school pressure — sans the help that sportspeople often get. It's not easy for

anyone any more.

The winner of the 2009 T20 World Cup and 2017 World Cup, **Sarah Taylor** was perhaps England's best keeper-batter at the time she quit due to her battle with mental health issues. She said: "Mental health is not something you 'beat'. It's a continual management process, and at the moment, I don't feel in a good enough place to compete in international sport."

Former Indian fast bowler **Praveen Kumar**, who also suffered from depression, said he wanted to commit suicide at one point. In an interview to 'Indian Express', he said: "Who understands depression in India? Nobody knows about it and in Meerut, certainly not. I had no one to talk to, felt almost constant irritation. As a fast bowler, I had to do a lot of thinking. I told the counsellor I was unable to switch off thoughts."

The post-covid world has made people realise more than ever the fundamental necessity for personal time, to relook, re-prioritise our lives.

Japan's **Naomi Osaka**, 23, has won four Grand Slam titles, been ranked No. 1 and is the world's highest-earning female athlete. She pulled out of the French Open last year before the second round, saying she has "huge waves of anxiety" before speaking to the media about how she "suffered long bouts of depression". She eventually took a mental health break and sat out Wimbledon too. Gymnast and 7-time Olympic medalist **Simone Biles** from the US is today as much an athlete as a mental health advocate. "It's really important to use [our] support system and know they are there for you and not against you, because at the end of the day us as humans, we hate asking for help. We think we can do it on our own, but sometimes we just can't. So use every outlet given to you."

Delhi-based psychologist Divya Jain summarises the burnout generation well when she says in an article in 'The Hindu', "Wellness goes beyond the absence of mental illness. It encompasses emotional and social well-being. It impacts our thoughts, feelings and behaviours, our capacity to cope with the challenges of everyday life, and the ability to reach our full potential."

In short, personal well-being has to be prioritised. It's the need of the hour.



BEN STOKES



SARAH TAYLOR

TAKING A DIFFERENT PATH

ASHLEIGH BARTY, TENNIS PLAYER Retired at the age of 25 in 2022

Having been World No. 1 in 2019 and 2022-2020 Tokyo Olympics tennis bronze medalist, and grand slam winner, Barty felt she did not have the physical drive and emotional want to challenge herself at the top and felt it was time to chase other dreams.

Photo: GETTY IMAGES



"It's cool to leave the game when you're No. 1. You feel like you have nothing left to prove, like you've accomplished everything you wanted to. ... She clearly knew what she wanted to do." — Naomi Osaka, on Barty's retirement

A B DE VILLIERS, CRICKETER Retired in 2021 at 37



"It has been an incredible journey, but I have decided to retire from all cricket. Ever since the backyard matches with my older brothers, I have played the game with pure enjoyment and unbridled enthusiasm. Now, at the age of 37, that flame no longer burns so brightly. ... I look forward to the next chapter of our lives when I can truly put my family first."

KIERON POLLARD, CRICKETER Retired at the age of 34 in 2022

One of the finest cricketers who played for West Indies, his all-round skills made him valuable. The legend called time on his 15-year international career in order to "make room for those who will carry the game forward in West Indian colours."

Photo: GETTY IMAGES



"Can't believe you retired before me @KieronPollard55. Anyway - Congratulations on your international career... it was great playing alongside you. Happy Retirement... All the best in your next chapter." — Pollard's teammate Chris Gayle

"A power hitting maestro, a solid team man and a great friend. Congratulations on an impressive international career Polly, you're a legend! All the very best for everything to come." — Pollard's MI teammate Jasprit Bumrah

SANIA MIRZA, TENNIS PLAYER Retired at 35, in 2022



The 35-year-old tennis star earlier this year

announced she would be retiring from competitive tennis at the end of the 2022 season. "There's a bunch of reasons. ... I do feel my body is "wearing down" and recovery is taking longer. I feel I am putting my son at risk by travelling so much. The pandemic is making us take certain decisions for the well-being of ourselves and family," Mirza said.

JACK WILSHERE, FOOTBALLER Retired at age 30 in 2022



The Arsenal midfielder was the youngest league debutant when he featured aged 16. Having played in World Cup 2014 and Euro 2016, he decided to bring his injury plagued career to an end to take over the reins of Arsenal's Under-18 side.

A supporter tweeted, "This is tough for us to take as fans as well... but I know the talent you have will find an outlet soon."

SERGIO AGUERO, FOOTBALLER Retired at age 33 in 2021

The Premier League leader in career goals-per-minute decided to call it a day due to health reasons. Aguero said, "I just feel like my heart doesn't work properly," he said.

"With the great joy of lifting the Copa América so little ago, with all your achievements in England... And the truth is it now hurts a lot to see you have to stop doing what you love the most because of what happened to you. I'm going to miss being with you on the pitch and getting together with the national team!"

— Lionel Messi, on Agüero



Photo: GETTY IMAGES

WHEN LEGENDS HUNG UP THEIR BOOTS

MARK SPITZ

The nine-time Olympic gold medalist American swimmer was the first to win seven gold medals in a single game, at the 1972 Olympics, in Munich. But right after, he announced his retirement though he was just 22 years old. He says, back then swimming had no future and there was no money in the game.

Photo: GETTY IMAGES



BJORN BORG

Swedish Björn Borg shocked the world in 1983, when at 26, he announced he was bowing out of tennis. Borg was at his peak, with a record 11 major championships in his kitty. After a frustrating fall at the US Open Final in 1983, he decided to hang his racket up for good. His comebacks did not take off.

Photo: AP



MICHAEL JORDAN

One of the greatest players in NBA history, in 1993 he decided to quit basketball due to loss of appetite for the game, and a desire to end on a high. His father's death was also said to have been a contributing factor. He went on to make a number of comebacks. Jordan retired again in 1995, 1998, and 2003.

Photo: MARCA



MIA HAMM

A top player for the US women's national football team, she won two World Cups, two Olympic gold medals and four NCAA national championships. She had scored an impressive 158 goals in 275 games when she made the decision to retire in 2004 at the age of 32. Her reason: to start a family.

Photo: GETTY IMAGES



CARLOS ROA

In the 1998 World Cup, goalkeeper Carlos Roa did not concede even a single goal. He played a starring role in Argentina's win over England in the knockouts. But a year later, he retired while he was only 29, due to a burnout. Football did not hold his attention any more. He decided to devote himself to his religion.

Photo: DailyStar

