



THE TIMES OF INDIA

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Your Weekender
TODAY'S EDITION

► Inspiring people from the field of books, art, sports, science, politics, and MORE

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► Learn how to help parents at home
PLUS: Why family outings are needed

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► The complete list of our medal winners at CWG 2022

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STUDENT EDITION

SATURDAY, AUGUST 13, 2022

THE TIMES OF INDIA
 nre
 Newsmagazine

LATEST BUZZWORDS EXPLAINED

Makerspaces

Makerspace is a completely different zone with students working on projects using science, technology, maths and engineering skills. It can be a workspace inside a library, class or school where raw materials like equipment, craft supplies would be available for the students. Students can use this workspace under the supervision of their teacher and build something using their imagination and creativity. Simply put, a makerspace is a place where you can make things. It's a place for hands-on learning with all the tools for creativity. Every school's makerspace is different, but you might find a woodshop, 3D printing, audio-visual equipment, and hand tools. Great makerspaces democratise learning. They are equitable by making materials, supplies, and concepts available and accessible to ALL learners.

CLICK HERE: PAGE 1 AND 2
HEALTH

WHAT'S YOUR SUGAR PERSONALITY?

HAVING A SWEET TOOTH IS ONE THING AND OBSESSING OVER SUGARY TREATS ANOTHER. YOUR PERSONALITY IS RESPONSIBLE FOR THE SUGAR YOU EAT

You are what you eat. Yes, but what and how you eat also depends on who you are. Over-thinkers are most at risk of becoming obsessive and this can make it harder to quit sugar — because it's constantly on your mind. Frazzled souls look for solace in sweets, the open-minded and intuitive lot goes for healthier food and the reckless variety obviously likes to binge! Impulsive people act fast and in the moment, so going cold turkey can be the best way for you to kick your sugar habit. On the other hand, having impulsive tendencies can also

mean you reach for a sugar fix as soon as a craving appears instead of asking yourself if you really want it. What is interesting is how different personalities deal with sugar.

LEADERS EAT LESS SUGAR

A recent study matches specific personality traits with eating habits. People who score high in conscientiousness, eat the healthiest. They eat more fruits and vegetables and avoid sweet and savoury foods, along with the sugars, fats and salts therein. Sugary drinks are not on their menus either. These people are the leaders and also live longer.

SUGAR Interestingly, people who score high in openness to experience (our intuitive types intellectually, also go for healthier fruits and vegetables. Those who score high in neuroticism are likely to eat the sweet and savoury foods that the conscientious types reject. If you are suppressing anger issues, you will end up bingeing on chocolate or sweets. Craving for cakes when you are low is the easiest thing to do. Most people overeat due to their emotions. There's a link between food, mood and you! Sugar has a drug-like effect. People who thrive on high

adrenaline and get easily excited are the ones who eat more sugar. They always crave for instant energy. They are also prone to higher anxiety and panic. When they have sugar, it eventually calms them down as it gives them a sensation of pleasure. And it

sets up a vicious cycle. The more you have the more you want. Calm people are different, they are able to control their intake of food and regulate their emotions.

FALLING FOR HIDDEN SUGARS

Partygoers give into sugar temptations more easily. They don't see that sugar hides in unexpected places (salad dressings, sauces, frozen dinners). Extroverts hop around and nibble at almost everything mindlessly. That means you can be a sugar fanatic and not even know it. Practice simple awareness. Know that refined carbs (pasta, crackers,

THE BRIGHT SIDE

If you flip to the dessert menu before anything else, you might exhibit agreeable and empathetic characteristics. Sweet lovers are more likely to frequent volunteer centres, contribute what they can to post-disaster efforts, and help a friend in need

white bread), as well as French fries are actually sugar; if you're craving high carb foods (waffles, pancakes) for breakfast, that's another sign that you might have a sugar habit. How to break this web?

BAKE YOUR OWN

"The easiest way out of the sugar trap is to take cooking more seriously. Don't trust pre-packaged cereals, just make your own muesli with oats left soaked overnight, mix with plain nuts and some fruit pieces (maybe pomegranate or apple or any seasonal fruit). When cooking meals, use sugar substitutes (sucralose or stevia) instead of adding sugar or jaggery to food. Sometimes your sweet cravings are actually a sign of dehydration. We often mistake our thirst for hunger, leading to cravings and desire for food, when we really just need to hydrate.



years of wear and tear, or the people who are overweight can find water exercise the easiest and safest form of exercise. Hence a person with bone disorder or a joint injury may find swimming a suitable exercise, as the buoyancy of water reduces stress on weight bearing joints.

4. Weight loss

Due to extreme involvement of muscle movement. It leads to an increased amount of cell activity in order to fulfil the increased energy levels. However, the amount of calories burned

depends on a person's weight and how vigorously they swim.

5. Regulates blood sugar

A study proved that swimming three times per week improved glucose (sugar) control and insulin sensitivity. It also highlighted that a low volume, high intensity intermittent swimming was more beneficial than swimming at low intensity for 1 hour.

6. Helps with asthma

In addition to improving cardiac health, swimming increases lung capacity and improves the ability to control breathing. Moreover the humid air of indoor pools may also help improve

But it's important to note that the disinfectants or the chemicals like chlorine used for the pool management, acts as an airway irritant and can worsen the asthma symptoms. **TNN**

FITNESS

6 SURPRISING ways SWIMMING benefits YOUR BODY

Swimming is beneficial for people of all ages. From helping you to get your desired body or keep up with your mental health, this vital form of exercise keeps your muscles strong and flexible. One should continue this aerobic exercise throughout their life until their health permits as it includes long exercise time, requiring a constant oxygen supply to the muscles, except for short sprints where the muscles work anaerobically. Many times swimming is used to rehabilitate injuries, especially various cardiovascular and muscle injuries.

1. Cardiovascular strength

Being an aerobic exercise it predominantly involves heart, lungs, and circulatory system. By directly lowering the blood pressure and heart rate, it helps to build cardio strength.

2. Low impact nature

Water provides a low-impact exercise environment, which is ideal for people who need

3. Whole-body workout

Swimming requires the self-propulsion of the body through water, including the coordinated movement of the limbs and the body. It engages every major muscle group requiring a constant oxygen supply. Hence this provides a whole body workout ultimately helping to: ■ increase heart rate without putting stress on the body, ■ improve strength, ■ toning muscles, ■ enhancing fitness

a joint-friendly workout. People recovering from an injury, or have limitations due to

SUPERFOOD WATCH

GOLD Dust

You don't really need rocket science to know that turmeric is good for you. It's a universal truth, at least since the dawn of gold lattes and moonmilk. The challenge is now to crack the use of this potent spice. Nutritionists say look for one with more curcumin in it. Curcumin is the active ingredient of turmeric and scientific research shows it to have natural anti-inflammatory and anti-cancerous properties. The higher the curcumin content the more effective it will be. This is what makes Lakadong turmeric so sought-after. Indigenous to the north eastern

state of Meghalaya in India, Lakadong turmeric is the real deal. Of the 11 districts of Meghalaya, Lakadong grows in a small region called Jaintia Hills and is renowned for its

high curcumin content of up to 8%, compared to usual varieties of turmeric with an active ingredient content of 1-3%. This makes this variety of particular interest to medicine and supplement manufacturers who use higher content curcumin in their products for better efficacy. The Jaintia hills



(split into east and west) produce at least three turmeric varieties — Lachein, Lakadong and Ladaw, each with its distinct identity.

MIND MATTERS


Simply naming your emotions is a quick, easy, scientifically-proven way to diffuse your anxiety and get grounded

Dealing effectively with emotions is a key leadership skill. And naming our emotions — what psychologists call labelling — is an important first step in dealing with them effectively. But it's harder than it sounds; many of us struggle to identify what exactly we are feeling, and oftentimes the most obvious label isn't actually the most accurate. There are a variety of reasons why this is so difficult: We've been trained to believe that strong emotions should be suppressed. Trying to find the right words or using intellectual language — words that are not connected to your direct experience — can distance you from your emotions and make it more difficult to know what you are truly feeling. There is a "feeling wheel" that provides some more emotional words you can say in place of intellectual ones. It has six core feelings: mad, scared, joyful, powerful, peaceful and sad. A secondary ring of words helps narrow those feelings down. A third, outer ring gets even more specific. In all, there are 72 adjectives to link to your feelings. But the more you stay closer to the core ring, the truer you are to your feelings.

EMOTIONAL LABELLING

There's no magic trick to naming your emotions. It simply requires being aware of what is happening in your mind and body and putting a name to it. Science has also found that naming emotions may have a dampening effect on the intensity of those emotions. In 2007, UCLA researchers found that "affect labelling" (naming) negative emotions appear to diminish activity in the brain's emotional centres, particularly the amygdala. The researchers theorised that because labelling somehow made the emotional part of the brain less active, the frontal lobe, the part of the brain that handles reasoning, can take over, allowing you to look at the situation more rationally.

Use these three approaches — broadening your vocabulary, noting the intensity of an emotion, and writing it out — when trying to better understand another person's emotions

It's been shown that when people don't acknowledge and address their emotions, they display lower wellbeing and more physical symptoms of stress, like headaches. There is a high cost to avoiding our feelings. On the flip side, having the right vocabulary allows us to see the real issue at hand—to take a messy experience, understand it more clearly, and build a roadmap to address the problem.

BUILDING EMOTIONAL AWARENESS

Emotional awareness helps us know and accept ourselves. So how can you become more aware of your emotions? Start with these three simple steps:

- 1 Make a habit of tuning in to how you feel in different situations throughout the day. You might notice that you feel excited after making plans to go somewhere with a friend. Or that you feel nervous before an exam. You might be relaxed when listening to music, inspired by an art exhibit, or pleased when a friend gives you a compliment. Simply notice whatever emotion you feel, then name that emotion in your mind. It only takes a second to do this, but it's great practice. Notice that each emotion passes and makes room for the next experience.
- 2 Rate how strong the feeling is. After you notice and name an emotion, take it a step further: Rate how strongly you feel the emotion on a scale of 1-10, with 1 being the mildest feeling and 10 the most intense.
- 3 Share your feelings with the people closest to you. This is the best way to practice putting emotions into words, a skill that helps us feel closer to friends, boyfriends or girlfriends, parents, coaches — anyone. Make it a daily practice to share feelings with a friend or family member. You could share something that's quite personal or something that's simply an everyday emotion.



COMIC CAPER

The co-creator of the ever-popular *Astérix*, comic editor and writer Goscinnny is the French Walt Disney

R GOSCINNYY
BIRTHDAY: AUGUST 14, 1926

EARLY LIFE

René Goscinnny was a French comic editor and writer, mostly known for creating *Astérix* comic book series with illustrator Albert Uderzo. Goscinnny was born in Paris in 1926 to Jewish immigrants from Poland. When René was two, the Goscinnys moved to Buenos Aires, Argentina.

FIRST WORKS

April 1947: Moved to New York and was jobless.
1948: Worked in a small studio, where he became friends with future *MAD Magazine* contributors Will Elder, Jack Davis. Became art director at Kunen Publishers.
1955: Started series *Lucky Luke* with comic artist Maurice de Bevere.
1951: Returned to Paris to work as the agency head for World Press agency. There he met Albert Uderzo, with whom he started a longtime collaboration.
1955: Goscinnny, together with Uderzo, Jean-Michel Charlier, and Jean Hébrard, founded the syndicate Edipress/Édifrance.
1958: An early creation with Uderzo, Oumpah-pah, was also adapted for serial publication in *Tintin* magazine.

1959: In 1959, Edifrance/Édipresse started the Franco-Belgian comics magazine *'Pilote'*. Goscinnny became one of the most productive writers for the magazine. In the magazine's first issue, he launched *Astérix*, with Uderzo. The series was an instant hit.

Goscinnny's death occurred halfway through the writing of 'Astérix in Belgium'. As an homage, Uderzo drew darkened skies and rain for the rest of the book, to mark his death. At the end of *Astérix in Belgium*; near the lower left corner of the final panel, Uderzo drew a rabbit sadly looking over its shoulders towards Goscinnny's signature

NEWSMAKERS OF THE WEEK

P V SINDHU

SERVING IT JUST RIGHT

AFTER WINNING HER MAIDEN COMMONWEALTH GOLD, IT SEEMS THERE'S NO STOPPING OUR BADMINTON ACE P V SINDHU FOR THE BWF WORLD CHAMPIONSHIPS IN TOKYO

SPORTING LEGACY

Both of Sindhu's parents have been national level volleyball players. Her father, Ramana, was part of the Indian men's volleyball team which won the bronze medal at the 1986 Seoul Asian Games. He is also an Arjuna award recipient. Sindhu, who is 5 feet 10 inches tall, began playing badminton at the age of 8. Legendary Indian badminton player Pullela Gopichand played a huge role in shaping and moulding Sindhu. Sindhu is currently being coached by South Korean Park Tae Sang.

EARLY START

PV Sindhu displayed an interest in badminton at a young age, and she was able to pursue it thanks to her parents. For more than 12 years, her father would wake up at 3 am to take her to Pullela Gopichand's academy where she trained. The distance they travelled was around 60 km twice a day.

When she is not training, PV Sindhu likes to recharge by swimming, yoga and meditation

Born on July 5, 1995, in Hyderabad, Sindhu is also one of the two Indian badminton players to ever win an Olympic medal, the other being Saina

PUSARLA VENKATA SINDHU

Date of Birth: July 5, 1995
Birth Place: Hyderabad, Andhra Pradesh
World ranking: 7th (As on Aug 11, 2022)

MAJOR ACHIEVEMENTS:

- CWC Gold 2022
- Singapore Open 2022
- Tokyo 2020 Olympics bronze medal
- 2019 World Championships gold medal
- 2016 Rio Olympics silver medal
- Two silver and two bronze medals at the World Championships
- Asian Games – Individual silver (2018) & Team bronze (2014)
- Commonwealth Games – Mixed team gold (2018) & Individual silver (2018) and bronze (2014)

EARLY SUCCESS

The ace shuttler came to international attention when she broke into the top 20 of the BWF World Ranking in September 2012 at the age of 17, and has featured in the top 10 of the world rankings, for most parts of her career. Sindhu's first major recognition came in the form of the 5th Servo All India ranking championship in the under-10 category. In the under-13 category, she won the doubles titles at the Sub-Junior Nationals and the All India Ranking in Pune. At the 51st National School Games in India, she won the gold medal in the under-14 category.

COMPUTING SUCCESS

SATYA NADELLA
BIRTHDAY: AUGUST 19, 1967

Satya Narayana Nadella is an Indian-born American business executive who is the current chief executive officer (CEO) of Microsoft – since February 4, 2014. Before becoming CEO, he was Executive Vice President of Microsoft's Cloud and Enterprise group. Born in 1967 in Hyderabad to a former IAS officer, B N Yugandhar, Nadella is known as a hard working, simple person who thinks out of the box. His friends say he was always soft-spoken, friendly and jovial.

Nadella completed his schooling from Hyderabad Public School and went to study electronics and communication engineering at Manipal

University. After graduating in 1988, he moved to the US to pursue his master's in computer science from University of Wisconsin, Milwaukee. He also holds an MBA from University of Chicago Booth School of Business. Nadella's teachers say that he was inquisitive since his school days. Harishchandra Hebbar, his teacher at Manipal said once:

"Sometimes it felt like he was just testing my patience."

Nadella has a keen interest in cricket and has mentioned that he has learnt a lot about leadership and teamwork from cricket. His favourite form of the game is test cricket that he likens to a Russian novel because there are so many sub-plots in it!



THE FABULOUS MS. CHANEL

The designer who revolutionised women's fashion is a force to reckon with in the style world, more than five decades after her death

COCO CHANEL
BIRTHDAY: AUGUST 19, 1883

Gabrielle Chanel, more popularly known as Coco Chanel can rightfully be called the architect of modern feminine fashion. The founder of her namesake brand, she was credited in the post-World War I era with popularising a sporty, casual chic as the feminine standard of style. The creator of the little black dress had freed women from the tyranny of Victorian corsetry, borrowing liberally from men's wardrobes to do so. She put the sensible in style, the practical in pret and the comfortable in couture. A

Chanel wasn't one to design for free, even for royalty



prolific fashion creator, she extended her influence beyond clothing, realising her aesthetic design in jewellery, handbags, and fragrance. Her signature scent, Chanel No. 5, has become an iconic product, and Chanel herself designed her famed interlocked-CC monogram, which has been in use since the 1920s. Here are some facts about this diva designer.

FASHIONABLE FIVE FROM CHANEL

- The little black dress
- The tweed skirt suit
- Chanel No. 5
- The quilted purse
- Costume jewellery

SELF-MADE

Born into poverty, her mother died early, and her father abandoned her to an orphanage. She started as a shop girl and became a café singer.

In 1912, she opened a tiny millinery (hat-maker) shop. Here she even sold simple sportswear like jersey sweaters, which became popular with the influential

wealthy women who want to give up corseted styles. Faithful to her maxim that "luxury must be comfortable, otherwise it is not luxury," her designs soon became so popular that by late 1920s, Chanel was worth millions and employed 2,000 people.

OUTSPOKEN

Chanel was always very outspoken. Many designers copied her aesthetics and she would call them out. On Yves Saint Laurent, she once said, "Saint

Laurent has excellent taste. The more he copies me the better taste he displays." She called Cristóbal Balenciaga as "too old" to continue designing! She referred to Elsa Schiaparelli as the "Italian artist who makes clothes". But it was her rivalry with Christian Dior that was legendary. At various points she was quoted as saying, "Dior doesn't dress women. He upholsters them," and that a woman sitting down in a Dior dress looked like "an old armchair".

THE MASTER OF SUSPENSE

ALFRED HITCHCOCK
BIRTHDAY: AUG 13, 1899

The plucky filmmaker had phobias of his own. He had a life-long fear of police that stemmed from an incident in his childhood when his strict father, punished him by sending him to the local police station with a note. He also had an irrational fear, rather revulsion for eggs.

Hitchcock began his career in cinema in the early 1920s, designing the art title cards featured in silent films. The gig was at an American company based in London called the Famous Players-Lasky Company (later Paramount Pictures). The experience also led Hitch to try his hand at actual filmmaking. But only nine of Hitchcock's earliest silent films still exist.

The 1929 movie 'Blackmail', about a murder investigation headed up by the murderer's fiancée, was Hitchcock's first hit film, and also the first "talkie" film released in Britain. Interestingly, 'Blackmail' was originally conceived and created as a silent film. The sound was added in post.

Like Stan Lee made an appearance in all Marvel films, even Hitchcock's films had him come in at different points. The filmmaker perfected the art of the cameo, making blink-and-you'll-miss-them appearances in 39 of his own films.



Hitchcock personally contributed to writing a portion of the "Motion Pictures, Film Production" entry in the 14th edition of the Encyclopedia Britannica, giving typically cheeky first-hand insight into the fundamentals and technical aspects of filmmaking.

6

When Hitchcock approached Paramount to put up the money to make 'Psycho', the studio was wary of the controversial story. So Hitchcock financed the movie himself, foregoing his normal salary in exchange for 60 per cent ownership of the rights to the film; Paramount agreed to distribute the film. To cut costs even more, the filmmaker enlisted his relatively cheaper



Alfred Hitchcock Presents TV crew and shot the film on less pricey black and white film. Hitch's gamble worked: He reportedly personally earned \$6 million from 'Psycho' – about \$50 million in today's

Hitchcock is in the bittersweet class of venerable filmmakers like Stanley Kubrick, Orson Welles, Charlie Chaplin, Ingmar Bergman, and more

who never received their industry's highest honour – the Best Director Oscar. When the Academy finally honoured him with the Irving G. Thalberg Memorial Award in 1967, his speech was only five words long: "Thank you, very much indeed"



'Psycho' has one of the best twists in movie history – and Hitchcock went to great lengths to not only make sure audiences didn't spoil that twist, but to make sure they enjoyed the entire movie before the twist. He barred stars Janet Leigh and Anthony Perkins from doing interviews about the movie. He also demanded that theatres in New York, Chicago, Boston, and Philadelphia adhere to strict theatrical showtimes and not allow admittance after the movie had started.

Weaving WORDS

Poet, filmmaker, lyricist the golden pen of Gulzar still churns magic

GULZAR
BIRTHDAY: AUG 18, 1934

Born Sampooran Singh Kalra in Dina (now in Pakistan), he moved to India after the Partition at the age of 8 years.

His father didn't approve of his writing and he took the pen name Gulzar Deenvi – later shortened to Gulzar. During his struggling days, he worked as a garage mechanic.

Got his first break in Bollywood with the film, 'Bandini', made under Bimal Roy Productions. Later, Bimal da hired him as his full time assistant and also made him write for many other prominent directors. His first film as a director was 'Mere Apne'.

Gulzar has a Grammy Award for Best Song Written for a Motion Picture for the song "Jai Ho". In addition, he has won several National awards like for: 'Mausam' (direction), 'Koshish' (screenplay), 'Ijaazat' (lyrics) and 'Maachis' (direction).

He debuted as a novelist at the age of 84. His book 'Two' is a fictitious account of some real encounters during the Partition of India.

Gulzar always uses flashbacks in his films. He is of the opinion that a film will never be complete without reflections from past.

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LIKE A BOSS

The queen of pop, the original 'Material Girl' is someone who shaped pop culture one song at a time

MADONNA
BIRTHDAY: AUGUST 16, 1958

Madonna's "Confessions..." tour was the highest-grossing tour by a female artist. The Guinness World Records list Madonna as the world's most successful female recording artist of all time; she has sold over 200 million records worldwide.

Madonna beat out acting greats Glenn Close, Frances McDormand, Debbie Reynolds and Barbara Streisand to grab a Best Actress Golden Globe Award in 1997 for her role in 'Evita'. She has acted in 22 films.

Madonna got inducted into the Rock and Roll Hall of Fame in 2008, 25 years after she launched her singing career. According to the Hall of Fame records, her most popular album was 'Like a Virgin'. This album made it in the list of the Definitive 200 Albums of All Times.

Madonna grew up in Detroit, Michigan. She was a good student. While at the University of Michigan, Madonna excelled in her first year. She also discovered her love for show biz. She had gotten a dance scholarship. Growing up, Madonna loved ballet dancing and hoped to be a dancer.

She was ranked by Billboard magazine at number two in 2008, with number one being The

Beatles. They were among the Billboard Hot 100 All-Time Top Artists. None of Madonna's singles ever failed. She has had 12 number 1 songs on the Billboard Hot 100 and eight number-one albums on the Billboard 200. She is one of the top-earning female artists with a grand worth \$400 million.

In 2020, Madonna announced that she was making a movie depicting crucial times in her life, including her early days among artists like Andy Warhol and Jean-Michel Basquiat in New York, her music controversies, and filming 1996's *Evita*. The movie will be directed by her.

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