

Inspiring people from the field of books, movies, finance, philanthropy, sports and MORE



Why you must interact with your parents and conversation starters PLUS: Fam vacation ideas



All you need to know about the game of Lawn Bowls



STUDENT EDITION

SATURDAY, AUGUST 20, 2022

his time we are not talking veggies. While most of us by now know that organic farming is a practice that excludes the use of synthetically compounded fertilisers, pesticides, growth regulators, etc, the term has newfound meaning on social media. Organic content, growth or reach - on social media refers to any unpaid marketing content that potential and existing customers can find naturally. Organic growth is reaching high numbers of followers without any sponcon aka sponsored content, paid promotions or buying followers. The reason why it's called organic is because nothing is paid for. Social media influencers and brands, of late, have earned a bad rap for buying followers or fudging engagement numbers. A reason many people find it fake and get turned off from an account or person. Organic following and content ensures trust. To organically find, engage and grow your audience on social media, you need to treat it as a full-time job. You have to get to know your audience, stalk your competitors, identify the best times to post, learn social media engagement mechanisms like hashtags, creating questions and polls and also offer incentives like giveaways. For brands, however, the road to organic reach is more tough because the social media companies have made it difficult for them to reach out to their patrons without paying money.



SOCIAL SIGNS

RECENTLY ACTOR TOM HOLLAND ANNOUNCED HE'S TAKING A BREAK FROM SOCIAL MEDIA FOR HIS MENTAL HEALTH. WE SHARE TIPS ON HOW TO TAKE CARE OF YOURSELF

ne access to social media handles has brought the world closer to us making it easier to communicate with friends and family sitting on the other side of the globe and people of diverse backgrounds. However, excessive usage of social media handles has also paved the way for different mental health concerns.

MINDLESS SCROLLING

Have you ever noticed how much time you mindlessly scroll through your social media feeds in a day? Even when you have several minutes in your hand, you instantly open your social media account to look at what's new in your feed. After waking, before going to bed, during mealtime or while travelling in the metro, most people keep on refreshing their feeds for more information without realising how harmful this practise is to their mental and physical well-being.

As per Delhi-based psychologist Dr Vidhya Nair, excessive usage of social media can lead to social media addiction, which has become a general mental health issue these days. "The main reason why people go to social media is for the instant validation they get in the form of likes, comments and shares," she said. "This releases happy hormones in the body known as dopamine, which makes us go

FIGHT BACK

■ Track your usage time: Track your daily social media usage time. Based on that allot a social media-free time in your day during which try not to use social media handle and get involved in other activities.

■ Love yourself: The main reason why people go to social media, again and again, is for instant validation. Look for inner validation and understand that everything you come across on social media is ■ Look for

SOCIAL MEDIA

new hobbies: **Especially** those that do not involve screen time and **b**e

actions

Meditate: Meditation can help to calm your mind and train it to be in the present. ■ Take a break: If nothing else is helping you, then like actor Tom Holland (right) take

a break and go off social media

HOW GREEN is

Calculate the environmental impact of your own closet

sustainable

wardrobe starts

with an analysis

of what we

already have

back to it again and again," she added. **Spending** too much time on social media also affects the concept of self, life and

reality

us. Dr shared essential tips

around

that everyone facing difficulty with keeping their phones away for a while must try. Spending too much time scrolling your social media handle may affect your mental health in more ways than one. You may not realise how it is affecting you initially, but over time it can lead to serious issues like low selfesteem, anxiety disorder, depression, body image issues and uncontrollable

WATCH OUT FOR THE

emotional behaviour.

We all believe that we are using social media handles in limitation due to blurring reality

life. In such a case, Dr Nair suggests looking for red flags of social media addiction. There are two main red flags of social media addiction:

between

...

social and real

Forcing yourself: If you are forcing yourself to do things that you do not want to do just because others are doing it, that means you have gone deep into the world of social media. It is time to take steps to reduce your daily screen time.

Physical signs: Social media usage also leads to physical symptoms that you need to look out for like change in sleeping pattern, change in appetite, palpitations, increase in heart rate and inability to focus. TNN

think and un-

derstand

what your

are going

characters

through and

how your writing

they are feeling.

might reflect what

5. DISCIPLINE

it took him almost 13 years

to get his start. In the

meantime, he

also worked

5 writing lessons from SALMAN RUSHDIF

With author Salman Rushdie well on his way to recovery from a recent stabbing incident, we showcase some of his solid writing advice

1. BORROW FROM REAL LIFE

In his memoir 'Joseph Anton' (2012), Rushdie wrote that when he told his father that he wanted to be an author, he cried out "What am I going to tell my friends?" Interestingly, a similar scene appears in the novel 'The Satanic Verses', when Gibreel Farishta, one of the main characters, tells his father that he is going to be an actor. This is just one of the many reallife elements woven into Rushdie's fiction. How it helps: It gives fiction a bit of truth it needs to be believable. Also including pieces of a real conversation might bring

2. DISTINCTIVE VOICES

your dialogue to life.

Rushdie always focuses on voice. He wrote in his memoir that you need a sense of how people speak to tell their story. Each character should have a different vocabulary, attitude, and body language. it helps: The way characters talk re-

veals a lot about them, their personality, and their back story.

3. RESEARCH & RESEARCH

Rushdie's novels are known for taking place in a variety of locations in the world and in time. Intimate knowledge of every setting is required, which can be gained either by visiting there, or by details found on the internet. His 2008 novel 'The Enchantress of Florence' had a four-and-ahalf-page bibliography!

vit helps: Recreating various settings in different time and place requires thorough research. When done right it grounds the writing work in a lived reality.

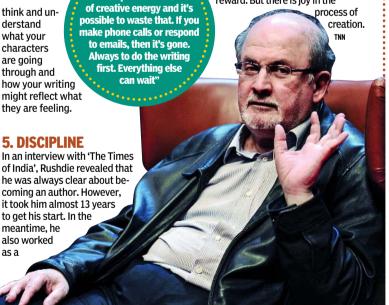
4. WRITE WHAT YOU FEEL

Rushdie pays careful attention to language and how he uses it to tell his stories. In his novel 'Fury' (2001), when the narrator is introduced to the female love interest, he loses touch with reality completely while describing her: "Extreme physical beauty draws all available light toward itself, becomes a shining beacon in an otherwise darkened world."

How it helps: It is important to

copywriter, and his first novel 'Grimus' (1975) was dismissed by critics. But the one thing he constantly did amid all this was writing. ow it helps: Writing is not easy and "Each day we wake up with a little bit

sometimes the risk is greater than the reward. But there is joy in the



START CRUNCHING Our closets impact the planet and climate more

your closet.

than you might realise. The Fashion Footprint Calculator (https://www.thredup.com/fashionfootprint/) asks users a series of questions about the way they shop, including how they buy clothes (whether they buy sustainable brands); how they clean (laundry and dry cleaning); if they rent their clothing; and how often they return stuff. The tool then calculates the annual carbon footprint of the user's closet. It also shares the best ways to reduce that footprint, with explanations about how these actions make a direct impact.

II the talk of sustainability in

fashion has got you think-

ing about the carbon

footprint of your style

statements? If you're

environmental impact of your closet - thanks

to the 'Fashion Footprint Calculator'. Launched by

an online consignment and thrift store thredUP a

tainability champion Emma Watson, the online

calculator calculates how much your fashion

few years ago in collaboration with actor and sus-

habits impact the environment, based on what's in

feeling overwhelmed by the climate

crisis, and not sure how to make a real

impact, you can start by calculating the

According to thredUP, the average consumer contributes approximately 1,620 pounds of CO2 per year. Consumers mostly think that individual clothing choices matter. In reality, to change course, both brands and consumers need to take action and make positive changes. The idea takes

ground in the fact that most consumers want to do better, but sure how. The Calculator aims to show how each one can play a role in reducing carbon footprint of our individual closets to collectively create

It is important to be aware of what you have before possibly evaluating what is missing. Organise decluttering days in which you turn out your wardrobe and divide it by category, and understand your actual needs. In this process you will find lost clothes, unworn items and ones that need repair. #2 "DOES THIS LOOK WORK FOR ME?"

HOW TO ANALYSE YOUR CLOSET

#1 "AM I AWARE OF WHAT'S IN MY CLOSET?"

fashion future. According to estimates, the

in five years, while the resale market

has grown 21 times faster than the

secondhand market will reach \$51 billion

retail apparel market over the last three

years. It's time for a wardrobe audit. TNN

Reassessing your wardrobe also helps in looking at clothes and pairing them with a fresh perspective. It is important to be able to create different outfits using the pieces of clothing already in our wardrobe, changing colours, patterns, and accessories according to the occasion.

#3 "I'VE OUTGROWN THIS LOOK. HOW DO I GET

Once you turn your wardrobe out, try everything, especially those items you haven't worn for a long time. May be they don't fit, maybe you have outgrown them. Once you decide to get rid of an outfit, think about how. Throwing in the garbage is not an option as then it'll end up in the landfill. Look for people you can pass it on to or donate to charity.

#4 "THIS ONE IS RIPPED!" A lot of times we stop wearing some of our

favourite items because of tears, holes, missing buttons, etc. These flaws are easily fixed by a quick repair job

- at home or at a shop. #5 "HOW SHOULD I WASH MY CLOTHES?'

When it comes to washing clothes, it's not a one-size-fits-all. You need to wash each cloth according to its material and instructions to promote a better and longer life for your clothes. Delicate clothes must be hand washed, thick clothes like denim don't need to be washed regularly. Remember that washing machine and dryer have a significant impact on the environment. So washing mindfully can help.

How to deal with post Covid-19 fatigue

A lot of people recovering has gotten better. Some reasons for fatigue from Covid-19 have reported fatigue. Here's how you can fight it

> ecovery from coronavirus can take a toll on the body. From frequent aches, pains, signs of recurring infection-related symptoms, complications and lingering weakness, it can take a while for a COVID survivor to feel okay. While COVID induced fatigue can be exhausting, fatigues are common after a viral infection. However, a COVID fatigue can take weeks and even months to fully heal.

WHAT CAUSES IT?

Post recovery fatigue can be caused by many reasons. Sometimes it is caused due to our body's continual response to the virus even after the infection

are: Lack of physical activity; low mood; poor sleeping patterns; disturbed daily routine; heavy responsibilities at home/work; anxiety,

BE KIND TO YOURSELF

Recognise that fatigue is real. Fatigue is invisible. It is understandable that you want to get back to work ASAP, but you need to give yourself time to recover from the fatigue. Try not to push yourself too much, and even if you can't, don't be too harsh on yourself. Even post recovery, isolate yourself as your body is weak and has a higher chance of contracting another disease.

SLEEP WELL & RELAX

The effects of fatigue can feel a lot worse if your sleeping pattern is disturbed. Try and set a bedtime schedule and adhere to it. Getting 6-8 hours of sleep regularly can help you feel well rested and improve the symptoms. Along with getting a good night's rest, coaxing your brain into relaxing will greatly reduce your stress and help with the fatigue. Consider taking up guided meditation, aromatherapy,

yoga, even colouring. You can also resort to simpler activities like taking a long warm shower or bath.

BRING ROUTINE TO THE CHAOS A disordered day-to-day routine can be

stressful, making the fatigue tough to deal with. Each morning make a quick to do list of 3-5 tasks you'd like to accomplish in the day. Don't make them huge tasks, just small accomplishments to begin with. If you'd like, you can also make a daily routine or slowly go back into your older one.

NOURISH YOURSELF

Maintain a healthy diet. Try and incorporate as much as vitamins and minerals as you can into your diet. Drink lots of water and stay hydrated. You can also get some fresh squeezed fruit juices to get some vitamins and stay hydrated. Get plenty of rest and slowly incorporate some exercise and you'll be saying goodbye to your fatigue in no time. Just remember to be kind to yourself during the process and be proud of yourself for recovering from a major disease. TNN

Usain St. Leo Bolt, is a retired Jamaican sprinter, widely considered to be the greatest sprinter of all time

USAIN BOLT BIRTHDAY: AUGUST 21, 1986

Usain Bolt won gold medals in the 100-metre and 200-metre races in an unprecedented three straight Olympic Games and is widely considered the greatest sprinter of all time.

Bolt, the son of grocers in Jamaica's rural Trelawny parish, excelled as a cricket fast bowler in his preteen years. He developed a deep affection for the European football (soccer) teams Real Madrid and Manchester United, but his school coaches steered him toward track and field.

Bolt first marked himself as a track prodigy at the 2002 world junior championships. In that meet, racing before a crowd of 36,000 in Jamaica's National Stadium in Kingston, Bolt just 15 years old at the time - won gold in the 200 metres, becoming the youngest-ever male world junior champion in any event.

At 16, Bolt cut the junior (age 19 and under) 200-metre world record to 20.13 sec, and at 17 he ran the event in 19.93 sec, becoming the first teenager to break 20 seconds in the race.

At 6 feet 5 inches (1.96 metres), Bolt defied the conventional wisdom that very tall sprinters are disadvantaged as fast starters. In 2007, he appeared newly dedicated to his training and earned a silver medal in the 200 metres at the world championships. He also persuaded his coach to let him

try the 100 metres, and he ran 10.03 sec Kill them in his first professional race at with success the distance. On May and bury 3, 2008, he lowered them with a

his best time to 9.76

sec, then the world's second fastest mark. Four weeks later in New York City, Bolt broke the world record, running 9.72 sec to defeat world champion

His hobbies include dancing, watching video games, and watching cricket and football. In July 2019, Bolt made his debut as a dancehall music producer with the release of the 'Olympe Rosé Riddim' that featured 5 tracks from Jamaican dancehall artistes: Dexta Daps 'Big Moves, Munga Honorable 'Weekend', Christopher Martin 'Dweet', Ding Dong 'Top A Di Top' and football player turned artist Ricardo "Bibi" Gardner "Mount A Gyal".

Bolt claimed 19 Guinness World Records, and, after Michael Phelps, holds the second highest number of accumulative **Guinness World Records for total** number of accomplishments and victories in sports.

NEWSMAKER OF THE WEEK

RAKESH JHUNJHUNWALA

"INDI WARRE

A SELF-MADE TRADER, INVESTOR AND **BUSINESSMAN, RAKESH JHUNJHUNWALA - WHO** PASSED AWAY ON AUG 14 - SHAPED THE WAY INDIA TRADES IN MORE WAYS THAN ONE

family, Jhunjhunwala grew up

in Bombay, where his father

worked as a commissioner

Sydenham College and

Institute of Chartered

thereafter enrolled at the

Accountants of India. He

developed a childhood

fascination for stocks by

retired tax commissione

'Forbes' estimated

his net worth at

about ₹44,000 crore

- making him the

48th richest man in

watching his father, a

of Income Tax. He

graduated from

n the eve of its 75th Independence Day, India lost one of its oiggest supporters -Rakesh Jhunjhunwala – a billionaire investor, stock trader, qualified chartered accountant and philanthropist who believed deeply in India's potential. He put his money where his mouth was - investing billions on the basis of his unflagging belief in the country. He recently he had a became the co-owner of stake in 47 India's newest budget mpanies at the airline – Akasa Air. end of the June

THE START Born on July 5, 1960 in a Rajasthani

BOLI

market investments, he said in an interview with 'Bloomberg News' in 2005. In 1985, story goes that he borrowed \$100 from a brother-in-law and began buying shares at age 25. When he had entered the market, his dream was to earn ₹1 lakh a month, he had told TOI during an interview in 2011. Almost 37 years later, on a good day he was earning several crores of rupees.

ACE TRADER

He had the rare ability to mix his investing acumen with sharp trading skills. During the late 1990s and early 2000s, he had invested in some of the

little-known companies (like Titan, Crisil and Praj) that had baffled many seasoned investors of that time. But all his investments proved to grow into big successes making his sock rise exponentially. Great successes also produce legendary tales. One story about him goes that he spent ₹32 lakh in one night at a Mumbai bar after his bearish bets on one of India's technology bellwethers came in correct and he made several crores in profit in just one trading session in late 2003.

PHILANTHROPY

His philanthropic ideas were seeded in his mind by his father. The first time he was listed among the country's richest, his father, a man of principles whom the junior

Jhunjhunwala idolised, was happy about his achievements. However, "he asked me to use more of it for charity,"

Jhunjhunwala had once told TOI. A few years ago he was helping run a small boarding house in a Mumbai suburb for children from marginalised sections of society. He also helped run a school for special children in central Mumbai, contributed to a new university in north India, set up an eye hospital in the outskirts

of Mumbai and also eavily funded an NGO working to improve India's legislative setup through research & information. And when he was quizzed about his net worth, he had a standard reply, "I have far less wealth than people think but I have much more than I need".

The American author and screenwriter was one of the most celebrated 20th-century **American writers**

RAY DOUGLAS BRADBURY BIRTHDAY: AUGUST 22, 1920

1 Bradbury was born in Waukegan, Illinois, to Esther Bradbury, a Swedish immigrant, and Leonard Spaulding Bradbury, a power and telephone lineman of English ancestry. He was given the middle name "Douglas" after the actor Douglas Fairbanks.

As a child, Bradbury loved horror films such as 'The Phantom of the Opera' (1925); the books of L Frank Baum and Edgar Rice Burroughs, and the first science fiction magazine, 'Amazing Stories'.

3 Bradbury worked in a variety of modes, including fantasy, science fiction, horror, mystery, and realistic fiction. 4 Bradbury was mainly known for his novel 'Fahrenheit 451' (1953) and his short-story collections 'The

Martian Chronicles' (1950) and 'The Illustrated Man' (1951). **5** Most of his best known work is speculative fiction, but he also worked in other

genres, such as People ask me to predict coming of the Future. age novel when all I 'Dandelion want to do is (1957)prevent it

and the fictionalised memoir 'Green Shadows, White Whale' (1992). He also wrote and consulted on screenplays and television scripts, including 'Moby Dick' and 'It Came from Outer Space'. Many of his works were adapted into television and film productions as well as comic books.

6 'The New York Times' called Bradbury "the writer most responsible for bringing modern science fiction into the literary mainstream".

7 Bradbury wrote many short essays on the culture and the arts, attracting the attention of critics in this field, using his fiction to explore and criticise his culture and society. Bradbury observed, for example, that 'Fahrenheit 451' touches on the alienation of people by media.

8 Bradbury suffered a stroke in 1999 that left him partially dependent on a wheelchair for mobility. Despite this, he continued to write, and had even written an essay for 'The New Yorker', about his inspiration for writing, published only a week prior to his death.

9 Bradbury made regular appearances at sciencefiction conventions until 2009, when he retired from the circuit.

The American actor, dancer catapulted Hollywood musicals to a height the world had never seen

GENE KELLY BIRTHDAY: AUGUST 23, 1912

Gene Kelly, in full Eugene Curran Kelly, was an American dancer, actor, choreographer, and motionpicture director whose athletic style of dancing, combined with classical ballet technique, transformed the movie musical and did much to change the American public's conception of male dancers.

One of five children born to a record company sales executive and a former actress, Kelly dreamed of becoming a professional athlete but was redirected into dancing by his mother. He studied ballet and other

dance forms. 3 Kelly majored in journalism at Pennsylvania State College (now University) and economics at the University of Pittsburgh, but the allure of performing proved too strong to resist.

I wanted to do new things with dance. adapt it to the motion picture medium

Kelly made his film debut opposite Judy Garland in 'For Me and My Gal' (1942), immediately endearing himself to moviegoers

with his carefree

acting and spontaneous athletic dancing style. It was not until he was loaned to Columbia Pictures to costar in the Rita Hayworth musical 'Cover Girl' (1944) that he was able to bring his own special artistic

vision to the big screen. His film 'On the Town' (1949) further transcended the limits of the Hollywood soundstage with an unforgettable opening musical number filmed

> streets of New York City. Kelly surpassed 6 that triumph two years later with the Academy Awardwinning 'An American in Paris' (1951). Climaxed by a spectacular 13minute ballet that incorporated visual motifs of French Post-Impressionism, the film was singled out

by critics and filmgoers alike

entirely on location in the

as Kelly's masterpiece. **7** Since the mid-1970s, however, its reputation has been eclipsed by 'Singin' in the Rain' (1952), a witty and upbeat spoof of Hollywood during the talkie revolution. With its perfectly balanced mixture of singing, dancing, comedy, and romance, 'Singin' in the Rain' is now widely regarded as the greatest film musical ever made.

Kelly's health declined steadily in the Kelly's nearth declined steady, and late 1980s. In July 1994, he suffered a stroke. In early 1995, he had another stroke which made him severely disabled. Kelly died on February 2, 1996.

The Dancer REBELLIOUS in the Rain JOURNEY TO **SPIRITUALITY**

the brazilian novelist is known for employing rich symbolism in his depictions of the often spiritually motivated journeys taken by his characters

PAULO COELHO **BIRTHDAY: AUGUST 24, 1947**

REBEL TO MUSICIAN TO JAIL

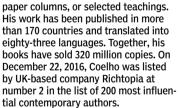
Coelho was raised in Rio de Janeiro. He rebelled against the conventions of his Roman Catholic upbringing and, as a result, was temporarily committed to a psychiatric hospital by his parents. Coelho dropped out of law school in 1970 and travelled through South America, Mexico, North Africa, and Europe. In 1972 he returned home and began writing pop and rock music lyrics with Raul Seixas, a well-known Brazilian singer and songwriter. In 1974 Coelho was briefly imprisoned for alleged subversive activities against the Brazilian government.

THE RISE OF AN AUTHOR In 1988 Coelho published 'O alquimista'

(The Alchemist), a mystical account of an Andalusian shepherd boy's journey across North Africa in search of treasure. The book became an international best-seller and he has published 28 more books since then

A NOVEL A YEAR

Since the publication of 'The Alchemist', Coelho has generally written at least one novel every two years. Four of them - 'The Pilgrimage'.



'Hippie', 'The Valkyries and Aleph' – are

autobiographical, while the majority of

books, like 'Maktub', 'The Manual of the

Warrior of Light' and 'Like the Flowing

River', are collections of essays, news-

the rest are broadly fictional. Other

TO THE BIG SCREEN In 2018, it was announced that Coelho

had signed for a TV series based on the characters of his novels 'The Devil and Miss Prym', 'Brida' and 'The Witch of Portobello'.

THE NUN who won the NOBEL PRIZE

MOTHER TERESA BIRTHDAY: AUGUST 26, 1910

other Teresa, also known as Saint Teresa of Calcutta, was an Albanian-Indian Roman Catholic nun, who in 1950, founded and was an active member of the Missionaries of Charity. Although her passport name was Mary Teresa Bojaxhiu, she was born Anjezë Gonxhe Bojaxhiu (Albanian), in Üsküb, now Skopje, capital of North Macedonia.

After living in Skopje for eighteen years, she moved to Ireland and then to India, where she lived for most of her life.

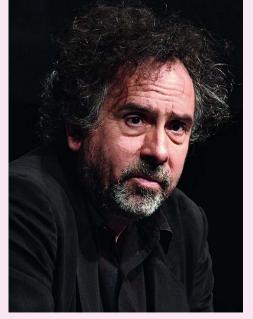
After Mother Teresa founded her missionary Roman Catholic religious congregation, it grew to have over 4,500 nuns and was active in 133 countries as of 2012. The congregation manages homes for people who are dying of HIV/AIDS, leprosy and tuberculosis. It also runs soup kitchens, dispensaries, mobile clinics, children's and family counselling programmes, as well as orphanages and schools. Members take vows of chastity, poverty, and obedience, and also profess a fourth vow - to give "wholehearted free service to the poorest of the poor".

Mother Teresa received several honours, including the 1962 Ramon Magsaysay Peace



canonised on September 4, 2016, and the anniversary of her death (September 5) is her feast day. A controversial figure during her life and after her death, Mother Teresa was admired by many for her charitable work.

THE FANTASTIC AND THE MACABRE THE AMERICAN DIRECTOR IS KNOWN FOR HIS ORIGINAL, QUIRKY



STYLE, AND HAS LEGIONS OF FANS **TIM BURTON**

BIRTHDAY: AUGUST 25, 1958 THE BEGINNING

Burton, who became interested in drawing and filmmaking while quite young, attended the California Institute of the Arts and later worked as an animator at Disney Productions. After making a series of short films, including the horror-movie homage 'Frankenweenie' (1984), Burton directed his first feature film, 'Pee-Wee's Big Adventure', in 1985.

THE STRANGE WORLD OF

MR BURTON He is known for his gothic fantasy and horror films such as 'Beetleiuice'

(1988), 'Edward Scissorhands' (1990), 'The Nightmare Before Christmas' (1993), 'Ed Wood' (1994), 'Sleepy Hollow' (1999), 'Corpse Bride' (2005), 'Sweeney Todd: The Demon Barber of Fleet Street' (2007), and

'Dark Shadows' (2012). Burton also **MOVIES ARE** directed the **LIKE AN** superhero films EXPENSIVE FORM OF 'Batman' (1989) THERAPY FOR ME' and 'Batman TIM BURTON Returns' (1992), the sci-fi film 'Planet of the Apes'

(2001), the fantasydrama 'Big Fish' (2003), the musical adventure film 'Charlie and the Chocolate Factory' (2005), and the fantasy films 'Alice in Wonderland' (2010) and 'Miss Peregrine's Home for Peculiar Children' (2016).

COLLABORATION WITH JOHNNY DEPP

'Edward Scissorhands' (1990) marked

Burton's first collaboration with actor

Johnny Depp. The two subsequently worked on such movies as 'Ed Wood' (1994), a biopic about a cross-dressing filmmaker who was called the worst director ever; 'Sleepy Hollow' (1999), which was based on Washington Irving's story 'The Legend of Sleepy Hollow'; and 'Charlie and the Chocolate Factory' (2005), an adaptation of Roald Dahl's children's book of the same name. He was twice nominated for the Academy Award, thrice for Bafta, won the Daytime Emmy Award for 'Beeteleiuice'. He was thrice nominated for The Golden Globes and won it once for 'Sweeney Todd: The Demon Barber of Fleet Street.'