



# THE TIMES OF INDIA

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TODAY'S EDITION

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STUDENT EDITION

FRIDAY, AUGUST 26, 2022



This is for the first time that India has voted against Russia on the issue of Ukraine, after the Russian military action began in February. So far, New Delhi has abstained at the UNSC on Ukraine, much to the annoyance of the Western powers

## YOUTH IDEATON 22

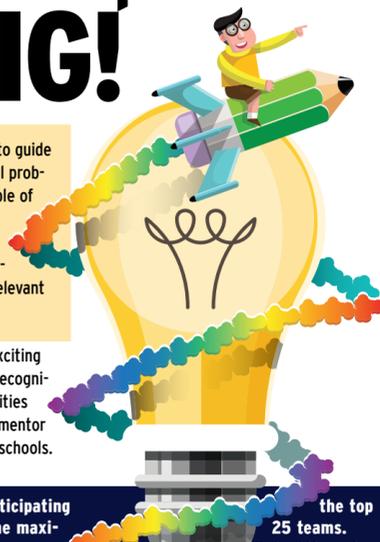
# Think like an entrepreneur and win BIG!

In order to identify India's smartest and brightest young minds, the management entrepreneurship professional skills council (MEPSC), under the ministry of skill development and entrepreneurship (MSDE), in association with the Central Board of Secondary Education (CBSE) has announced the India@75

Through this initiative, MEPSC strives to guide youngsters, help them identify societal problems, propose solutions that are capable of addressing those problems and most importantly help in turning those prototypes into real time solutions by providing them financial assistance and relevant industry exposure

(Azadi Ka Amrit Mahotsav): 'YOUTH IDEATHON 2022. The four-stage festival of entrepreneurial thinking

will feature exciting rewards and recognition opportunities for students, mentor teachers and schools.



**1** Students of classes IV to XII from all over India as well as CBSE affiliated schools in foreign countries can participate in the Youth Ideathon for free

**2** Being a team based competition, eligible students can participate only in teams of 3 to 5 members, with the mini-

mum size of each participating team being 3 while the maximum size is 5

**3** In order to provide financial assistance to India's brightest young entrepreneurial minds, the organisers of the Youth Ideathon 2022 has announced a Prototyping Award along with prize money of ₹ 10,000 each for

the top 25 teams. Out of these top

25 teams, the shortlisted top 10 teams will be offered an incubation grant of ₹ 100,000 each. Sheatwork, a one-stop knowledge hub for women entrepreneurs, has also announced a prize money of ₹ 25,000 for the best Student Innovator (Female)

## Dugong: Sea cow that inspired mermaid tales declared extinct in China

Dugong, also known as the sea cow, has been declared extinct in China. This marine animal, found in about 37 tropical regions, inspired a character from mermaid tales. It still exists around the world but is facing threats. Researchers interviewed around 788 citizens living in the coastal areas of China to find out if anyone had seen them. On average, reported no sightings of dugongs for 23 years. In the last five years, only three people had spotted one. There haven't been any reported sightings by scientists either since 2000.



Dugongs are rarely seen grazing on seagrass and swimming gracefully through the ocean. They can often be spotted close to shore in the shallow waters making their habitat a prime for hunters. During the 20th century, many hunters continued

to fish the mammal for their bone, skin and meat. It is one of the most gentle creatures and is the only vegetarian marine mammal making it an easy target. The mammal has a whale-like tail, weighs about half a ton, and looks similar to a manatee

According to the UN Environment Programme, there is a global loss of about 7% of seagrass habitats every year. Industrial pollution, coastal development, unsupervised fishing, coastal development, and many more such causes lead to the destruction of this environment. Lack of feed also resulted in a rapid decline

## India breaks streak of UN abstentions on Ukraine, votes in opposition to Russia

Breaking its streak of abstentions on votes related to Ukraine, India has voted for a procedural matter that Russia opposed at the UN Security Council. Going against Moscow's stance, India on Wednesday joined 12 other members of the Council to vote for inviting Ukrainian President Volodymyr Zelensky to speak via a remote video link. China abstained on the vote and Russia naturally voted against the invitation, but because it was a procedural matter it did not count as a veto. The meeting took place on a day of twin import for Ukraine – its independence day as well as



six months since Russia launched its ongoing invasion of Kiev on February 24. Allowed to speak by video link after the vote, Zelensky warned that the world's security depended on how Russia's invasion is handled.

Although this was the first time India had not abstained on a matter linked to Ukraine and voted with the West, a diplomatic source played down its significance. The source said Wednesday's vote was different from the issues India had abstained on and those were more substantial.

## Boycott calls on social media platforms add to Bollywood woes

Lakhs of posts are being generated on social media platforms calling for boycotting Bollywood films and many of its movie stars, creating tension in the industry where huge money is riding on top actors. Online boycott calls and posts gained momentum

close to the release of Aamir Khan's 'Laal Singh Chaddha' earlier this month and don't seem to be ebbing. "There is no insurance against these circumstances," said a producer whose film is set to release within a month and its star is a target of boycott calls. Filmmakers are afraid

these boycott calls may impact their box office collections. "Even if we try to get indemnity, the premium will be too large. We have no other solution but to wait and watch and we hope this boycott wave dies down," said the producer, who requested not to be identified.

### How will it affect box office

Harish Bijoor, business and brand strategy expert and founder of Harish Bijoor Consults, said the cancel culture can manifest in two ways – firstly, through social media comments that call for cancelling or boycotting something, and secondly, through onground activation. "Right now, the 'boycott Bollywood' conversations are at the social media level. They haven't percolated to ground-level activation yet," Bijoor said. "They can affect box office collections. Bollywood is worried. But Bollywood is also worried because of other reasons. Movies from the South are doing really well. All of Bollywood is waiting for that one big hit, which is not coming," he added



VIEWPOINT

Hashtags such as BoycottBollywood, Arrogance, AliaBhatt, BoycottBrahmastra, BoycottLigerMovie, Hrithik\_Roshan\_Maafi\_Maang, BoycottBollywoodforever and many others with abusive slurs against actors or Bollywood have been trending on Twitter. Boycott Bollywood movies

and Boycott Bollywood are popular searches on Facebook. On Instagram, the BoycottBollywood hashtag has generated over 140,000 posts. On YouTube, videos posted by content creators on the boycott Bollywood trend are garnering lakhs of views.

WHAT ARE YOUR VIEWS? SHARE YOUR THOUGHTS AT TOINIE175@GMAIL.COM

## Germany launches world's first hydrogen trains

German officials launched what they say is the world's first fleet of hydrogen-powered passenger trains on Wednesday. The 14 trains use hydrogen fuel cells to generate electricity that powers the engines. The German government has backed expanding the use of hydrogen as a clean alternative to fossil fuels. By using hydrogen produced with renewable energy, the trains will save 1.6 million litres (more than 422,000 gallons) of diesel fuel a year.

## India launches its first hydrogen fuel cell bus

India recently launched its first indigenously developed hydrogen fuel cell bus. High efficiency of fuel cell vehicles and the high energy density of hydrogen ensures that the operational costs in rupees per kilometre for fuel cell trucks and buses are lower than diesel-powered vehicles



## Order food via WhatsApp, get it delivered to your train seat

Train travellers can now place food delivery orders on WhatsApp and get food delivered to their seats. Jio Platforms-owned Haptik has tied up with Zoop India to provide this service, which was launched a month ago and is active in 250 cities across various intercity train routes in the country. Zoop India offers food ordering in train services and is approved by Indian Railways Catering and Tourism Corporation (IRCTC) as national food aggregator under the e-catering project.

Using Haptik's technology, the WhatsApp-based self-service food delivery platform allows passengers to place food orders and get their deliveries straight to their seats with real-time order tracking, feedback and support. Travellers can simply use their passenger name record (PNR) numbers to order food at selected restaurants at planned train stops



## THE TIMES OF INDIA

SUSTAINABILITY

What green hobbies can schools teach students for a better future?

NUTRITION

Reach out for gut friendly foods in your grandma's kitchens with this helpful guide that simplifies fermented foods PLUS: How ayurvedic herbs can help you in your fitness journey

ADVENTURE

Before you try your hand at bungee jumping, we tell you the five things to keep in mind

BUZZWORD

Intergenerational solidarity

STUDENT EDITION

SATURDAY, AUGUST 27, 2022



PEOPLE

Finland's Prime Minister Sanna Marin – the youngest world leader ever – is our newsmaker of the week for her "Partygate" controversy and her easy handling of it PLUS: Celebrating the birthdays (Aug 27-Sept 2) of luminaries from different fields

FAMILY TIME

Learn about the top ways to bond with family PLUS: Memory books to gift your grandparents; What's your mom type?

SPORTS

A look at inspiring Indian sports biopics that bring the struggles of sportspersons to the big screen

Your Weekender



# 7 WAYS TO BE YOUR OWN THERAPIST

Boost your mood and reduce your anxiety in 10 minutes a day

**how to be your own therapist**

"Truly empowering"  
FEARNE COTTON

"Brilliant."  
DR RUPY AUJLA

owen o'kane  
THE SUNDAY TIMES BESTSELLING AUTHOR

Owen O'Kane's 'How To Be Your Own Therapist: Boost Your Mood And Reduce Your Anxiety In 10 Minutes A Day' offers helpful, wellbeing tips from the mental health expert - which can be done easily at home

ashamed of having done. Taking time to reflect is powerful. It's acknowledging that your story is worth telling. And be truthful. It will help you figure out why you act in certain ways. By fully addressing the good and bad, you can process your emotions and make adjustments.

### TELL YOUR STORY

Now tell that story to someone you love, who'll respectfully listen. This may feel uncomfortable but by doing this you're shining a light on every part of you - which is what you deserve. It's exhausting hiding things away. The first time I had therapy, I told a really polished version of my life story. At the end, the therapist asked, "Are you OK?" I replied, "I'm fine" and she said, "Really? You look sad." I started crying and then we got to the real stuff. I then felt like I could move forward.

### FIGURE OUT YOUR BIGGEST ISSUES

We need to know our triggers for happiness and sadness, otherwise it's like trying to drive a car without taking a single lesson. Do any of the following apply to you?

- A lack of self-worth: low confidence, self-criticism, not feeling good enough.
- Not feeling safe and secure: anxiety, panic attacks, avoidance of new situations, hyper-vigilance.
- A sense of hopelessness: depression, lack of motivation, giving up on life, avoidance, lack of self-care, destructive behaviours.

The prospect of soaring living costs and rising bills is sparking huge anxiety right now, with one in five adults feeling stressed or depressed. But while professional therapy can be the answer, not all of us have access to it. Psychotherapist Owen O'Kane, who has written a book on how to be your own therapist, believes self-help is the answer. "Most of us crash-land into adulthood unequipped to look after ourselves mentally," he explains. "But there are some simple skills you can learn. They will change your life for the better." Here's what to do...

### WRITE YOUR LIFE STORY

Make a list of all the happy periods in your life so far. Include things like a wonderful holiday, a time when your hard work paid off - anything that felt life-affirming. Don't overthink. In a separate box, focus on the sad memories - a bereavement, or something you're



### MANAGE SETBACKS

Like boats in a harbour, we need to be anchored, otherwise we drift off. So, at lunchtime, move your body and give yourself three minutes alone at some point to have an internal catch-up chat with yourself. Ask yourself what your feelings are, what's been tough and how you can help yourself. It'll help you manage setbacks and ensure you're looking after yourself psychologically throughout the day.

### GET READY FOR THE DAY (IMAGE ATTACHED)

Aim for 10 minutes of therapy every day. Take four minutes in the morning to prioritise and have a quiet check-in with yourself - ask yourself how you're feeling and what you need from the day. If you're feeling negative,

try to flip this into what you're grateful for. This will produce more oxytocin and dopamine, which will make you feel happier. Decide that whatever life throws at you today, you'll respond in a way that's helpful. You're in control! Now, create what I call a "road map" for the day to make sure you get what you need from it. For example, if you're feeling anxious and know that exercise helps you, allocate time for it in your schedule.

### RECOGNISE THE NEGATIVITY

If any of above do apply to you, acknowledge the negativity's existence and get curious about it. Ask questions as to why you've got to this point. You'll be surprised how quickly answers emerge. This is because there's nothing totally new to learn, you're just letting your brain open up. For me, once I realised I had low self-worth I could look at it practically and say, "I know I'm not a bad person." But remember, if it gets too much, please seek professional guidance.

### REFLECT ON THE DAY

Get comfortable in bed and for three minutes explore the lessons from the day. Let go of unhelpful thoughts and negative experiences; the anger, bitterness, resentment and disappointment. Remind yourself that you did your best. You can write this in a journal or just think about it. Reflecting on what's happened can help you

# For the sake of EQUALITY AND EMPATHY

August 26 is celebrated for two reasons: It's Women's Equality Day, and International Dog Day. The former is to promote and support women's equality and the latter is to encourage people around the world to adopt instead of buying dogs. Here are 5 movies in each category that promote these essential causes...

**SUFFRAGETTE (2015)**  
In 1912, Maud, a 24-year-old laundress, finds her life turned upside down when she decides to testify in order to secure the right to vote for women all over Britain.

**THE JOY LUCK CLUB (1993)**  
Four Chinese women, along with their mothers, delve into their past to find answers. Slowly, this search helps them to understand the complex relationship they share with each other.

**WOMEN'S Equality DAY**  
**ON THE BASIS OF SEX (2018)**  
Ruth Ginsburg, a young woman, goes

her football boots, find a nice boy and learn to cook. through a number of struggles after her husband Martin is diagnosed with cancer. Things take a turn when she is rejected by numerous firms for employment.

**TURNER & HOOCH (1989)**  
Detective Turner leads an orderly life until it is disrupted by Hooch, a brutish dog that's the sole witness to a murder. Hooch is not only set in his ways but also distressed over his owner's murder.

A dog goes through four lifetimes with different owners through various time periods. During this journey, he steadily understands his real purpose.

**MAX (2015)**  
After Max, a traumatic military dog, is adopted by his late handler Kyle's family, the shocking story behind the latter's death begins to unravel.

**BATTLE OF THE SEXES (2017)**  
In 1970, Billie Jean King and Gladys Heldman confront Jack Kramer, who has organised a tennis tournament where the top prize for women is one-eighth of the men's prize, despite equal ticket sales. King and Heldman threaten to start their own tour but Kramer won't alter the terms, citing the inferiority of women's tennis.

**BEND IT LIKE BECKHAM (2002)**  
A girl bends the rules, to reach her goal in professional soccer. But her traditional parents refuse to even consider it and want her to hang up



**ISLE OF DOGS (2018)**  
The mayor of Megasaki orders all the dogs to be quarantined on an island after the outbreak of canine flu. A young boy arrives on the isle to search for his dog with the help of a few exiled mongrels.

**A DOG YEAR (2009)**  
Jon Katz faces a midlife crisis. His wife moves out because he was growing too distant, their daughter Emma has moved to a place of her own, and he is left in the house with their two labrador retrievers and a severe case of writer's block. A dog breeder who has read his books convinces him to take in an abused and hyperactive border collie named Devon - and his crazy new life begins.

**A DOG'S PURPOSE (2017)**

## INTERNATIONAL DOG DAY