



THE TIMES OF INDIA

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Your Weekender

TODAY'S EDITION

Inspiring people from the field of books, movies, finance, philanthropy, sports and MORE
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Indian sports biopics that bring the struggles of sportspersons to the big screen
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STUDENT EDITION



SATURDAY, AUGUST 27, 2022

LATEST BUZZWORDS EXPLAINED

Intergenerational SOLIDARITY

It is a term that describes the relationship between different generations within society. It is based on the idea that each generation is responsible for supporting others. This concept has been gaining popularity in recent years as a way to address the challenges of an ageing population. It is also seen as a way to build stronger communities.

There are many ways to show intergenerational solidarity. For example, grandparents can share their wisdom and experience with their grandchildren. Parents can spend time with their children and teach them about their values. And adults can mentor young people and help them navigate life's challenges.

Benefits of intergenerational solidarity: The word "solidarity" means working together to achieve the same goal. So, to create a world for all ages, we need to work together and ensure opportunities. Intergenerational solidarity has many benefits, including improved mental and physical health, increased life satisfaction, and stronger social bonds. When so many of us feel isolated and disconnected, intergenerational solidarity can offer a much-needed sense of connection and support. For example, intergenerational solidarity can help address some of our time's most pressing issues, such as climate change, poverty, and social exclusion. It can also help to build stronger communities and create a more just and equitable world.

Pics: iStock

SUSTAINABILITY

IT ALL STARTS AT SCHOOL...

WHAT GREEN HOBBIES CAN SCHOOLS TEACH STUDENTS FOR A BETTER FUTURE?



The planet is in the middle of an ongoing climate crisis. Sustainable development is not only a goal for countries but a mandate for every individual. The consequences of climate change will directly affect our future generations. Therefore, not only do the children have to be made aware of the concerns of the environment but also have to be empowered to mitigate and prevent climate-related issues.

While families must include students in gardening and nurturing life on the planet, educational institutions must also step up to inculcate a climate-conscious mindset. Schools must incorporate green habits from early years and consistently encourage and engage students in practising the same. Try building these habits into your classroom and school routines to remind and reiterate the importance of sustainability.

THE BASICS

Start from the very simple habits that factor into our daily routines. Schools can model these habits, remind students by adding painted messages (not paper posters) on the school walls, and appreciate classrooms or students who showcase exemplary behaviour towards reducing the carbon footprint during annual showcases.

POWER OFF

Have the students switch off lights, fans and electronic devices in the classroom when not in use. Reminders can be placed in schools in relevant places for students to make this an autonomous behaviour. Most schools leave computers in the labs for the entirety of the day. While it is a small move, it is imperative that schools consistently model "power off" mode in every space.

POWER DOWN

Students should take the stairs, walk, or bike whenever possible. Encouraging students to be on their feet might be a simple idea but contributes to reducing carbon

THE BIG ONES

Green lunch: Along with the importance of a healthy nutritious diet, educate students about the practice of green lunches. Avoiding bringing packaged food and carrying reusable cutlery are simple ways of being environmentally conscious. Cut fruits and dry fruits are a healthier snacking alternative which produces only organic waste. Especially younger students should be reminded to not waste food and practice sharing instead to eliminate any food wastage. Also encouraging "green meals" in school canteens can help communicate the common message of food waste reduction.

Waste segregation: Schools should invest in recycling bins and encourage students to segregate their waste at every moment. By simply investing in one set of bins for each floor or wing of the school, the students can be reminded to pay more attention to both how much waste they are creating and how much of it is non-biodegradable or non

emissions in small ways.

NO PLASTIC ZONE

Ask students to carry reusable water bottles to school and outside to avoid buying plastic bottles. Encourage home cooked food for and plastic free packaging such as beeswax wrap, cloth wraps and newspapers. By educating students about the plastic waste generation of schools, a lasting change can be made on plastic habits of children and their families.

BUY LESS, REUSE MORE

From school supplies to clothes - educating

recyclable. These physical, visual reminders can go a long way. **Advocacy:** The most essential green habit to teach students is advocacy for a sustainable future. Apart from school being models for such habits, schools must also shed light on the purpose of being green. Students must learn about sustainable development goals, the policies their countries have to meet them, and the effects of every action on the planet's carbon cycle. While it might seem intimidating to talk about all the threats to the planet, acknowledging children as stakeholders and par

Reversing the harmful impact: of human activities on the environment is an impossible task for one generation. At the same time, trying to reverse them and not making the same mistakes is important to stop the situation from getting worse. Does your school want to take up this challenge?

about the benefit of reusing goes a long way to make economic savings as well as saving the environment. The new generation is born in the age of fast fashion and latest trends. Objects lose meaning faster than they gain relevance. Having conversations around the effect of inorganic waste and the benefits of reusing materials must be the new trend that never goes out of style! TNN



NUTRITION

LET'S SIMPLIFY FERMENTED FOOD

Reach out to gut friendly foods in your grandma's kitchens

Supriya.Sharma2@timegroup.com

It took a pandemic for home bakers to dive into the world of wild yeast. While most of the stimulus around baking sourdough stemmed from the absolute need to do something fun, time consuming (because we had lots of it) in lockdown, it is also got to do with the inherent nutrition of this slow-fermented bread. It is good for your gut and great news for your immunity. Yet, it is the last word on fermented foods or probiotics, like many other foreign sounding names like kimchi, kefir, sauerkraut or kombucha? With people finally becoming cognisant of their gut health, it is time we demystify gut food.

TRADITIONAL LOAVES

Eating fermented foods is a must if you want to optimally digest and absorb everything you eat. One constant element figuring on the list of probiotic foods is bread. Do we have an answer to sourdough in our history? Plenty. Mughals brought to India the khamari

roti -- soft, spongy and tangy rotis made with dough left overnight to ferment and rise. "Indians have been using natural fermentation in warm humid weather to make Indian breads and although we do not make something exactly like sourdough bread, what comes really close to the category is sel roti, a rice-based fermented food consumed in Sikkim and Darjeeling," says

THE TASTE OF SOUR

■ While ongoing research is still needed, a preliminary study has shown evidence that the prevalence of COVID-19 death is lower in countries shown to have higher rates of consumption of fermented foods.

■ Even in Western cultures, children used to eat fermented foods as part of their diet. However, this has shifted in recent years as more and more processed, sugary foods have entered children's diets. A sour taste is becoming less common and children

may well be not familiar with the taste, at least in countries such as Australia and the US. **■** Offering children a variety of foods helps to broaden their palates, but "sour" is an important flavour that isn't usually given to babies in western cultures. Traditionally fermented foods are a wonderful way to introduce sour flavours. Many children consume highly processed foods that are overwhelmingly sweet and salty. Giving fermented foods to babies from an early age once they've started solids can actually lessen their desire to over consume sweet foods.

sesame seed oil is a traditional procedure for relieving the aches and pains in the joints, muscles and connective tissues. Herbs like turmeric and ginger help in reducing inflammation.

BODY RECOVERY

Ancient Ayurvedic healers advocated the concept of "Balaardh". That means exerting only 50% of the body's entire strength for any kind of rigorous exercises. Modern fitness experts also recommend a 24 hour rest between vigorous exercise sessions, to allow the body to recover fully. An Abhyanga (self-massage) with



dough that's fermented overnight and is ready to cook for the morning breakfast.

KANJI OVER BEET KVASS Our ancestors ate cultured and fermented foods frequently, so they had a steady stream of friendly bacteria coming into their system. Nowadays these traditional foods have mostly fallen by the wayside, along with their many benefits. Manjari Chandra, Consultant Therapeutic and Functional Nutrition Max Healthcare, recommends everything from south Indian staples like buttermilk, idli and dosa that contain Lactobacillus, one of the most healthy bacteria for the gut to regional wonders like gundruk -- made from mustard leaves, radish leaves and cabbage -- and ragi huri hittu, the flour of popped finger millet. As alternatives to kombucha, she prescribes drinks like kanji made from black carrots, and buttermilk which is great to restore gut microflora and improve Dysbiosis. According to Zamurrud Patel, Chief Dietician, Global Hospital, Mumbai, "Indian fermented foods like homemade curds, dhokla, sprouts and cottage cheese are rich in lactic acid bacteria."

Store-bought fermented foods are often laden with salt and over processed or pasteurised, which means they have been prepared at high temperatures that kill all the goodness in them. So it is in your interest to have homemade pickles, fermented veggies and drinks instead.

FIGHTING FIT

How Ayurvedic herbs can help you in your fitness journey

KEEPS YOU ENERGETIC

Do you feel sluggish after a long day's work? Are you lacking the enthusiasm to get up in the morning and hitting the gym classes or your yoga sessions? Your body needs the energy of Ayurvedic herbs to curb your lethargy. Herbs like Ashwagandha, Brahmi and Tulsi can boost your energy by enhancing your body's resilience to physical and mental stress and help you to feel great all day long. Start your day with warm decoction of these herbs.

BUILDS STAMINA

Lack of stamina stems from a stressed mind. Ayurvedic herbs like Ashwagandha, Brahmi and Shatavari help in building core energy levels through boosting the adrenal strength and increasing the oxygen availability to the muscles, while also keeping you mentally relaxed. Also include spices like

INCREASES METABOLISM

The fastest results of your fitness regimes can be achieved if you have an excellent cellular metabolism. Spices like cinnamon may help to prevent the formation of fat cells in your body, while curcumin present in turmeric helps in burning fat cells effectively and boosting the body metabolism.

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coriander seeds, cinnamon, cumin and nuts like almonds in your daily diet.

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DO NOT CONSUME

Ayurvedic herbs without consulting an expert. Consumption of Ayurvedic herbs is subject to one's own body mechanism and pre-existing conditions. The effects of Ayurvedic herbs are not instant. Ayurveda works slowly and it depends upon each person on how much time will it take to show the desired results

JOINT FLEXIBILITY

While fitness is top-most in your mind, you will need to take special care of your bone and joints health. Creaks and aches start hampering your movements even from an early age, primarily because of an unhealthy life style.

A better bone-health and joint flexibility can help you to lead a slightly faster-paced lifestyle.

Ayurveda recommends several herbs that have been traditionally used to improve bone strength, joints flexibility and reduced localized pain.

IMPROVES SLEEP

A good sleep is always significant for a mind-body rejuvenation. Brahmi, Shankhapushpi, Sarpagandha, Ashwagandha are such essential herbs that relax your nervous system, relieve mental fatigue and regulate your sleep.

Inputs from Dr Dipesh Mahendra Waghmare

Recent fracture

Any dislocation

Asthma

Neurological disorders

Epilepsy

Food and drink

While there are no rules regarding food usually, be comfortable. Don't overeat and you don't have to stay

Trust the instructor, and the equipment

Goes without saying, that your instructor maybe your best friend or a motivator, as you will be at your most nervous at this point. Put full trust and

faith into the operators and the equipment you are harnessing to. They are trained professionals and

might have done the same drill

hundreds or thousands of times. Do not worry, you are in safe hands. It would be rather wise to choose your operator carefully after some research and know about how they conduct their operations, what equipment they use. Safety first.

Appropriate clothing

Clothes like trousers or shorts would be recommended as they will be comfortable and not too loose at the same time. You do not want a fabric that keeps flapping around when you are in mid-air. You can jump barefoot or with shoes, depending on location, but make sure your shoes are not loose as they may come off. Do not wear any valuables for sure and keep your pockets empty.

Assess your health for any injuries or medical conditions

You need to make sure your body is healthy enough for the incredible adrenaline rush that comes along. Do check the weight and age limit where you are jumping and adhere strictly. Do not bungee jump if you have:

Back or neck injuries

Recent fracture

Any dislocation

Asthma

Neurological disorders

Epilepsy

Food and drink

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Perceived safety

Do your due research on the place but remember anyone can make a good website these days. Your gut feeling about the place is extremely important. If you are not hundred percent certain of the safety standards, you'd rather skip it. The place must hold solid experience, have trained jump masters, insurance, certifications at the very least. Remember that thrill is not the same as danger. The right place will make you feel safe and when you feel safe, you have a much better experience always!



Spooky Book

With 'Frankenstein' Shelley created the first sci-fi novel and a character that will live on forever

MARY SHELLEY
BIRTHDAY: AUGUST 30, 1797

1 Mary Shelley published 'Frankenstein' when she was just 21 years old. In fact, she wrote it when was just 18!

2 When the novel released, it was widely panned. A review by John Wilson Croker, in 1818, said that the novel "inculcates no lesson of conduct, manners, or morality; it cannot mend, and will not even amuse its readers, unless their taste have been deplorably vitiated..." But, it was a hit among readers and it quickly became a classic piece of literature.

3 The book was written for a ghost story challenge in the summer of 1816. During the summer of 1816, Percy Shelley and Mary Godwin (at the time) travelled to Geneva, Switzerland where they happened upon Lord Byron, who was travelling with John Polidori, his physician at the time. One day, Lord Byron suggested that they all write ghost stories to share with one another. And thus, 'Frankenstein' was born.

4 According to the Oxford Dictionary of National Biography, 'Frankenstein' is "the best-known fiction of the Romantic era" and is one of the earliest examples of science fiction in the history of storytelling, a topic that is up for debate by many readers throughout centuries.

5 Mary Shelley's mother died postpartum and she did not spend any time with her but her writing was influenced by her mother. Wollstonecraft was a writer, advocate for women's rights, and a philosopher. Shelley got her 'rebel' streak from there.



NEWSMAKER OF THE WEEK SANNA MARIN

PARTYING SHOT

THE YOUNG FINNISH PRIME MINISTER HAS BEEN UNDER FIRE FOR SOME LEAKED VIDEOS FROM A PARTY BUT THE ENSUING FRACAS CALLS TO QUESTION OUR INHERENT SEXISM

Women in Finland are dancing on social media. And not just for fun. They are dancing for #solidaritywithSanna, a social media movement launched to show support to Sanna Marin – the Prime Minister of Finland. Marin has been facing serious backlash after videos of her partying with friends surfaced on social media last weekend. In the clips, the 36-year-old is seen dancing, singing while posing for the camera in a manner some called inappropriate for a PM. Many others, though, have defended her right to enjoy a private party with friends.

The videos have also triggered a debate about if it was appropriate for the Prime Minister to indulge in a night of revelry when at a time when neighbouring Russia has launched an attack on Ukraine, prompting Finland – who had long remained neutral – to apply for NATO membership. Well, the jury is divided.

LET HER PARTY

The much-liked PM also went for a drug test that came out negative as the leaked video alluded to the fact that there might be drugs involved at the party. Editorials are debating whether calling out Marin and treating her harshly is a sexist move? After all, world over male leaders get away with far more. Marin, who leads the center-left Social Democratic Party, has faced a barrage of questions about the party: Were there drugs? Alcohol? Was she working or on summer vacation? Was the PM sober enough to handle an emergency had one arisen?

Marin said she attended the party in recent weeks, but refused to say exactly

where and when. In fact, she's taking one for the girls when she told reporters, "I hope that in the year 2022 it's accepted that even decision-makers dance, sing and go to parties. I didn't wish for any images to be spread, but it's up to the voters to decide what they think about it."

At 34, she was not only the youngest Prime Minister of the northern European nation, but the youngest head of state of any country in the world

Marin became Finland's youngest PM in 2019 at age 34. Even in the egalitarian Nordic country, Marin felt her gender and age sometimes received too much emphasis. She told 'Vogue' in 2020 that "in every position I've ever been in, my gender has always been the starting point – that I am a young woman."

Even in a progressive society like Finland's, Marin breaks the mould of a typical politician. She grew up with a single mother. Many Finns are proud of her modern approach to the office, including her casual attire. Marin set social media abuzz in April when

she showed up to a press conference with her Swedish counterpart wearing a black leather jacket. Marin and her female-majority Cabinet have also won praise in Finland and internationally for guiding the country steadfastly through the Covid-19 pandemic and NATO application process.

"Our prime minister is super," said Jori Korkka, a retiree in Helsinki. "She has taken her very difficult job during a very difficult time, and she has made a first-class job. What she's doing in her free time is not our business."

SMACKS OF SEXISM?

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Michael Jackson holds 23 Guinness World Records, 40 Billboard Awards, 13 Grammys, and 26 American Music Awards

she may have stepped down as COO of Meta Platforms but she is one of the most influential women in Silicon Valley

SHERYL SANDBERG
BIRTHDAY: AUGUST 28, 1969

PATH TO SUCCESS
A person on "Quora" asked Sandberg on what she would tell her younger self, she said: "There is no straight path to where you are going. If you try to draw that line you will not just get it wrong, but you will miss big opportunities. As Pattie Sellers of "Fortune" Magazine says, careers are not ladders but jungle gyms. You don't have to have it all figured out."

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EXPERIENCING LOSS
On May 1, 2015, Sandberg lost her husband, Dave Goldberg. During her

keynote speech at University of California, Berkeley in May 2016, she shared her grief in public for the first time. She told the Berkeley graduates that they should remember they have the ability to grow deep within themselves during challenging times. "You are not born with a fixed amount of resilience. It's a muscle, you can build it up and then draw on it when you need it."

IMPOSTER SYNDROME
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In 2018, she ranked 11th on the 'Forbes' Power Women List and bagged the 12th place on America's Self-Made Women

FIELD VISION
One of the best hockey players India has ever had, Major Dhyan Chand is an inspiration and an icon

MAJ. DHYAN CHAND
BIRTHDAY: AUGUST 29, 1905

1 Dhyan Chand joined the Indian Army at the young age of 16 and took up hockey while he was still enrolled. Since Dhyan Singh used to practice a lot during the night, he was given the nickname 'Chand' (moon) by his fellow players; his practice sessions at night usually coincided with the coming out of the moon.

2 During the 1928 Amsterdam Olympics, Dhyan Chand was the leading goal-scorer with 14 goals. A news report about India's victory said "This is not a game of hockey, but magic. Dhyan Chand is, in fact, the magician of hockey."

3 India beat USA 24-1 and Japan 11-1, during the 1932 Summer Olympics. Dhyan Chand scored 12 goals while his brother Roop Singh netted 13 out of the 35 goals India scored. This led to them being dubbed the 'hockey twins'.

4 Once, when Dhyan Chand was unable to score during a match, he argued with the match referee about the measurement of the goal post. To everyone's shock, Chand was right: the goal post was found to be in an infringement of the official minimum width prescribed under international rules.

5 Adolf Hitler was so impressed by Dhyan Chand's stick work that he offered him German citizenship and the rank of Colonel in his army. His marvellous playing feared the officials in Netherlands. This made them break his hockey stick just to check if there was a magnet inside. To honour Dhyan Chand, the residents of Vienna, Austria had set up a statue with four hands and four hockey sticks, depicting his mastery in the game.

6 Major Dhyan Chand's birth anniversary, August 29, is celebrated as the National Sports Day in India and the President gives away awards such as Rajiv Gandhi Khel Ratna, Arjuna and Dronacharya awards on this day. Here are some interesting facts about him.

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