



THE TIMES OF INDIA

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TODAY'S EDITION

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STUDENT EDITION
SATURDAY, AUGUST 28, 2021

LATEST BUZZWORDS EXPLAINED
NEW TRAVEL DICTIONARY

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#GOALS

It's Chic to REPEAT!

You know what's the most sustainable outfit? The one you already own! Repeating your clothes is the best way to be fashionable sustainably. Here are some celebrities who follow this maxim

SONALI BENDRE

Recently Sonali Bendre posted a picture of her wearing a Rohit Bal jacket from her collection that was at least 20-years-old. She wrote in her Instagram post (@iamsonalibendre): "Some things age better... I'm talking about my jacket here. I wore this beautiful jacket from @rohitbalofficial at least 2 decades ago..." She tagged it as #reuse and #reuserevolution.

KATE MIDDLETON

One would assume a Royal Duchess to have a rotating wardrobe of elegant choices to avoid getting caught in the same outfit twice. But Kate Middleton, does not shy away from recycling her designer looks.

MEGHAN MARKLE

Before stepping back from her royal duties, Meghan Markle was no stranger to repeating outfits herself. In an age of disposable fashion, her choice to recycle her looks was a great nod to sustainability.

CATE BLANCHETT

Blanchett cherishes her designer creations. In a 2018 interview with 'The Hollywood Reporter', she said, "Particularly in today's climate, it seems wilful and ridiculous that such beautiful garments are not cherished and rework for a lifetime".

JOAQUIN PHOENIX

While male celebrities are known to repeat their clothes (and they are less judged for it too), 'The Joker' star wore the same Stella McCartney tuxedo for the entire award season in 2020 as an attempt to reduce waste and promote sustainability.

TIFFANY HADDISH

In 2018, comedian and actress, Tiffany Haddish made headlines for repeating a halter-neck Alexander McQueen dress four times. When asked about recycling the look, Haddish told W magazine that her \$4,122 dress was the equivalent of a down payment on a car or medical bill: "So, even though everyone says I shouldn't wear the dress in public again, I'm wearing it."



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Google the 10 most off-beat travel experiences in the world and you are bound to find — "hole yourself away in a snow clad cabin" — easily amongst the top 5. Finding the right accommodation can make or break a vacation. Millennial travelers have been there, done that. They have already traversed half the globe by the time they are in their 30s. They have nailed the journeys, now it is time to

STAY @

■ **A pod.** There are few igloo-like geodesic dome structures made up of pinewood that connect luxury to nature. The strong framework can withstand harsh weather conditions while maintaining inner warmth

■ **A monastery.** Choking Monastery in Bir Billing has a guest house. It is one of the finest guest houses in the area

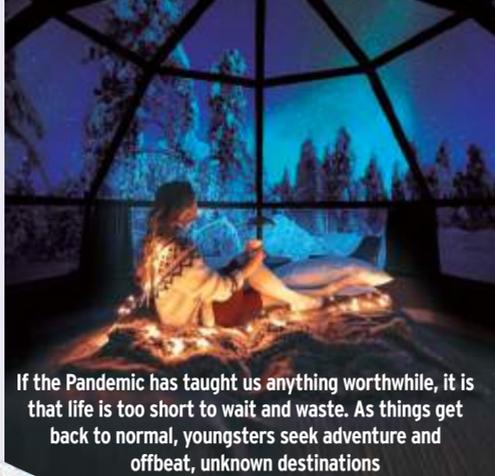
■ **An igloo.** As winters give way to a shiny summer these igloos will too melt away, so the month of mid-January till mid-March is your only chance to undergo



this unique and wonderful experience

TRAVEL TREND

Check Into 'THE UNKNOWN'



If the Pandemic has taught us anything worthwhile, it is that life is too short to wait and waste. As things get back to normal, youngsters seek adventure and offbeat, unknown destinations

crack the destination. And the more bizarre it is, the better! So you've got igloos in subzero climes, geodesic domes nestled in Himalayan greens, a desolate lighthouse, cozy Mongolian yurts and much more.

UNFAMILIAR IS GOOD

"Travellers today look for opportunities to travel to places and hotels that match their interests and challenge their thought process. Some like to come away surprised and transformed as well. The idea of the unknown and undiscovered excites many. We have

Pics: Istock

seen a rise in bookings for tree-house stays and camps in remote places," says Shoba Mohan, founder of RARE India. The fact of the matter is that travellers today would rather bet their money on a luxe stargazing dome in the wilderness than on a hotel bed. "If Turkey gives me a surreal experience of living in a hoodoo (fair chimneys), Sri Lanka is no less fascinating. Surrounded by lush greenery, I stayed in an erstwhile tea factory in Nuwara Eliya," shares Lakshmi Sharath.

THE NEW BUCKET LIST

Growing up in a big city like Mumbai, travel blogger Shradha Shah yearned to be outdoors. So whenever she travels she looks for accommodations nestled in the lap of nature. "This year I ticked off a few of those bucket list experiences like wild camping in the wadis of Oman, sleeping in a tree house in Normandy as well as spending a few days in a hut on a private island in Flores. The one I was dreaming for the longest time was sleeping under a million stars in a bubble." Likewise, Sowmya Kasturi, a young mother from Delhi, has an interesting list with things like stay in an ice hotel, a historic cave and a cabin in the woods. She ticked one off last winter by planning an impromptu stay at an igloo in Malani with her 8-year-old son. That's perhaps the new way of forming bucket lists now.

SELF-CARE



Wake up and smell THE COFFEE!

The brown beans can do more than generate a generous amount of froth in your morning beverage mug. It has a good reputation for doing nice things to your skin too. Read on to know more...

caffeine oil is available online or even at a local beauty store. In fact, you can make it at home too. It is believed that high amounts of Vitamin E and other essential nutrients present in the coffee can soothe and moisturise your skin along with reducing the puffiness of the eyes and face and tightens pores. This is true to an extent, in the sense that it works on some people but may not work for everyone and results

vary from person-to-person." So, don't follow this trend (or any other beauty trend) blindly. Do your research, understand your skin type and use caution. Caffeine can dry out the skin if used excessively, so check with a wellness expert and get to know about the right amount to be used.

BEST WAYS TO USE IT

Good quality caffeine oil is a safe way to get the goodness of coffee. "Take a generous amount of caffeine oil and massage it into the desired area and wait until the oil is absorbed. Wash off after a few minutes. However, be-



Caffeine, when applied topically as facemasks or oil, constricts blood vessels, and reduces inflammation and puffiness. It also tightens and brightens the skin, which is why it's a prime ingredient in many eye creams

fore using it, do a patch test on your skin and wait for 30 minutes to check for any side effects that may include redness, burning or itching — in which case you should not use it. Also, don't go overboard and use the quantity only as recommended by the expert," advises Basude.

WELLNESS EXPERT AND AROMATHERAPIST BLOSSOM KOCHHAR'S DIY COFFEE RECIPES

Bye Bye puffy eyes: Mix ground coffee with warm water, dip cotton balls in it and apply on the puffiness of the eye area for 8-10 minutes. It will reduce the inflammation of the delicate under eye skin and make it appear calm and fresh.

Teens, treat your acne: For those with stubborn acne, try this recipe: Mix 3 teaspoons of coffee with 1 tablespoon of gram flour, 3 teaspoons of honey, 2 teaspoons of aloe vera gel and 2-3 drops of lavender essential oil. Apply the pack on your face for 15 minutes and rinse off with normal water.



TRIVIA TIME



Time to get SPORTY!

August 29 is observed as National Sports Day in India. Here's all you need to know about this day

1 National Sports Day on August 29 is to commemorate the birthday of Indian hockey legend Major Dhyhan Chand (pic right). He was born on this date in 1905 in Prayagraj, formerly Allahabad. Major Dhyhan Chand was the captain of the Gold medal-winning Indian hockey team at the Berlin Olympics in 1936.

2 Major Dhyhan Chand Singh is arguably the greatest hockey player of India and was known world over as 'Wizard of Hockey'. After getting a basic education, he joined the Indian

army as a soldier in 1922. And started playing hockey under his supervisor Subedar Major Tiwari.

3 Due to his outstanding performance in his game, he was promoted to 'Lance Naik' in 1927, and in 1932 to Nayak and Subedar in 1936 when he was Captain of the Indian hockey



There was a rumour that Dhyhan Chand's stick was tampered with as once the ball came to him, it only parted after scoring. They broke his stick in Holland to check if there was a magnet inside; in Japan they decided it was glue; in Germany, Adolf Hitler, it's said, even wanted to buy it

team. Later on, he went on to become Lieutenant; Captain and was promoted to Major.

4 He was the part of the three-time Olympic gold medalist Indian Hockey Team. At the Berlin

Olympic Games of 1936, he was selected as the captain of the Indian Hockey team. In his career spanning from 1926-48, he scored more than 400 international goals in his career, and nearly 1,000 goals in all.

5 In 1956, he has been awarded the Padma Bhushan Award, which is the third-largest civilian award in our country. To honour this true legend, the

Government of India decided to celebrate his birthday as the National Sports Day since 2012.

6 National Sports Day is celebrated extensively at the national level. It is organised every year in the Rashtrapati Bhavan and the President of the country; it gives National Sports Awards to the respective winners. Under the National Sports Award, players and coaches are honoured with many other awards — Major Dhyhan Chand Khel Ratna Award, Arjuna Award, and Dronacharya Award (lead pic).

7 The primary objective of National Sports Day is to raise awareness about the value of sports and staying physically active in everyday life. Following the first celebration of the day, the government has embraced the occasion to unveil a number of sports-related initiatives, like the Khelo India movement.

FITNESS

HOW TO MEASURE YOUR FITNESS LEVEL?

The truth about fitness level is that no one size fits all, and a slim body is definitely not a criterion to evaluate it. To get a more accurate result, here are five things you must measure.

STAMINA

Stamina is the mental and physical ability to perform an activity for an extended period without getting tired and even feel energetic after the session. While playing sports and running marathons, stamina is crucial to complete the game or the race.

How to improve it: To build stamina, limit your recovery time while exercising. Increase repetitions and the intensity of your workout — slowly.

FLEXIBILITY

It is defined as the ability of a



joint or muscles to move in a wide range of motion. Being flexible helps you carry out your day-to-day activity with ease without injuring yourself.

STRENGTH

Having strong muscular

BALANCE

Could you balance your body weight on one leg for a minute? If the answer is no then you need to work on it. Balance is defined as the body's ability to prevent falls during a particular exercise and maintaining the centre of gravity for support.

How to improve it: All exercises that strengthen your lower body and core can help. Try walking uphill or bodyweight exercises.

How to improve it: Practise yoga and strength training exercises to improve your posture. Also, pay attention to your posture through the day while walking and sitting and correct it.

How to improve it: Flexibility weight is the best way to increase muscular strength.

POSTURE

Maintaining a good body posture helps to improve your

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According to a report by the World Economic Forum, there is a growing interest in climate-friendly foods. From readymade snacks to algae, cacti and grains, food options in the future are likely to be more climate friendly. According to it, the easiest way to eat responsibly is to start with sustainable snacks. It says, look for snack providers who are investing in recyclable packaging, carbon offsetting and a shortened supply chain, so as to reduce the impact of transportation while keeping ingredients fresh and preserving their flavour, to explore all the climate benefits of these products.

START AS LOW AS 10 PER CENT

A study by the University of Michigan (US) suggests substituting 10 per cent of one's daily caloric intake from processed meats for a mix of fruits, vegetables, nuts, legumes and select seafood could reduce your dietary carbon footprint by one-third while also allowing people to gain 48 minutes of healthy minutes per day. The study which analysed over 5800 foods and ranked them by their nutritional disease burden to humans and their impact on the environment was recently published in the journal "Nature Food".

When it comes to plant-based foods, chocolate is among the highest GHG (greenhouse gas) emitters. One kilogram of chocolate produces 19 kg of GHGs. On average, emissions from plant-based foods are 10 to 50 times lower than animal-based types



TRY NEW FOODS

With the world population predicted to increase to almost 10 billion people by 2050, the recently published "Future 50 Food Report" has identified 50 new types of food that people should eat more. The foods have been chosen because they are nutritious, have a lower impact on our planet than animal-based foods, are more affordable, accessible and taste good. The list includes some interesting choices:

75 per cent of the global food supply comes from only 12 plant and five animal species. Just three (rice, maize, wheat) make up nearly 60 per cent of calories from plants in the entire human diet

ALGAE: The shining new star in the world of unusual superfoods is attracting a new culinary fan base given its carbon-negative profile. High in vitamin and antioxidants content, algae contains essential fatty acids and has a meat-like, umami flavour that makes it an ideal replacement for meat.

CACTI: An integral part of the Mexican culinary tradition, cacti comes in many edible varieties and contains high amounts of vitamins C and E, carotenoids, fibre and amino acids.

ADZUKI BEANS: Packed with antioxidants, protein and high levels of potassium, B vitamins and fibre. The small brownish red beans require less water than many other crops and can produce high yields, even on dry land. Currently enjoyed in Japan and other parts of Asia.

QUINOA: Hailed as the complete protein as it contains all nine of the essential amino acids. It is gluten-free and contains an exceptional balance of protein, fat, minerals and vitamins.

WILD RICE: Deliciously nutty, toasty and earthy with a chewy texture, wild rice is actually the seed of a semi-aquatic grass that grows wild in North American lakes and rivers. It's easy to digest, is a source of a variety of valuable minerals and contains more protein, zinc and iron than white rice.

4 WAYS TO MAKE YOUR DIET MORE ECO-FRIENDLY

- 1. EAT LESS MEAT**
A 2016 systematic review shows that following a diet low in animal products has the biggest impact on the environment of any dietary change, reducing greenhouse gas emissions and land use up to 70 to 80 per cent, and water use up to 50 per cent. Look for more sustainable animal-based protein from fish, poultry, eggs and cheese.
- 2. REDUCE FOOD WASTE**
According to a 2019 UN report, household food waste in India is about 68.7 million tonnes a year. "If we want to get serious about tackling climate change, nature and biodiversity loss, and pollution and waste, businesses, governments and citizens around the world have to do their part to reduce food waste," says executive director of the UNEP Inger Andersen.
- 3. BUY LOCAL FOOD**
Buying locally produced food reduces greenhouse gases from transporting food long distances. Buying local also means cutting down on ultra-processed foods, and encourages cooking at home with whole foods more often. Local food also gives more nutrition because less transit time means fewer nutrients lost. It also puts money back into your community and helps farmers preserve land, water and biodiversity for future generations.
- 4. REDUCE KITCHEN GARBAGE**
The kitchen is one place where much of our trash is generated. Buy (and remember to bring!) reusable grocery bags and produce bags. In fact invest in reusable like bottles, cups, straws, silicone bags (not ziplocks) and beeswax wraps instead of plastic wrap. Cut back on packaging by buying wholesale dals, rice and more. There are many alternatives now available. Seek them out.

EAT RIGHT TO SAVE The Planet

About one-third of the global greenhouse gas emissions comes from the world's food systems, according to UN Food and Agriculture Organisation. A reason why there's an interest in sustainable food development. Here's your to-do list

The EAT Lancet Commission's recommendation for their Planetary Health Diet report suggests a higher intake of fruits, vegetables, beans, legumes, nuts and seeds; and lowering the quantity of food from animal sources, including meat, fish and dairy. According to the report a plant-based diet that meets nutritional needs, decreases your risk for non-communicable diseases including cardiovascular disease, conditions like diabetes and strokes



IN THE NEWS

How many BAGS is too many BAGS?

A recent article in "The New York Times" stated that we are reeling under a "cotton tote crisis". What started as an environmental solution has become part of the problem. Cotton bags are the low-hanging fruit that all brands pluck to bolster their "go green" credentials. Nearly all brands have shifted to using a cotton tote to give a nod to a "planet-friendly mind-set".

It now turns out that cotton totes may not be that earth-friendly? An organic cotton tote needs to be used 20,000 times to offset its overall impact of production, according to a 2018 study by the Ministry of Environment and Food of Denmark. That equates to daily use for 54 years — for just one bag. Plus cotton is a water-intensive crop and with one of the most exploitative labour practices. Plus there's no method to dispose a tote in an environmentally low-impact way — as it can't be composted at home. And if your tote is printed then it usually uses a PVC-based dyes that makes the bag unfit for recycling.

What is the solution? Brands need to restrict use. And consumers just need to refuse.



GO GREEN

How to be a sustainable PET PARENT?

Do you know that there are greener options available for all your fur babies' needs? Here's where you can make the switch



made from non-toxic materials. Many companies now are making eco-friendly pet toys from recyclable or recycled materials, or earth-friendly fabrics like hemp and other natural fibers. Really try to limit toys made from plastic which can end up in landfills where they'll never decompose. And since dogs tend to get bored easily of toys, consider donating gently used toys to your local animal rescue.

Don't get your pet a digital toy as they use a lot of plastic and generates e-waste. How about you make your own from old T-shirts or consider a toy swap with friends who have pets.

What more can you change

- Shift to eco-friendly dog beds that don't use poly-fills or synthetic fabrics but natural fabrics like hemp
- Get eco friendly dog treats that use natural and organic components. A popular pick nowadays is chewy churpi cheese made from yak milk
- Go for sustainable cat litter made with corn, grass, or wood
- Go for dog collars and leash made from materials like bamboo or use fabric/reusable material
- Pick ceramic and stainless steel food bowls. Now you also have bamboo bowls
- Opt for eco friendly dog grooming with items made of natural and organic components that are safe for both pets and the planet. Pick bamboo brushes for brushing their coat
- Use eco-friendly pet cleaning products that don't use chemicals. Or make your own using white vinegar and baking soda

PICK THE POOP UP

Do you let your pooch's doo-doo just lying around thinking it's completely natural? Stop that. The problem is dog faeces can carry disease and pollute waterways so pick up your pet's poop. When it comes to poop picker-uppers, use compostable bags. There are more options than ever before for bags that will actually decompose, such as bags made from plants and other materials.

recycling options. Try cooking your pet food at home — there's nothing more sustainable than that.

SUSTAINABILITY CERTIFICATIONS

Certifications on the packaging for pet food, toys, accessories, etc. can help you quickly identify ingredients or materials that have met rigorous sustainability criteria. Many brands now carry the certifications up front.

TOYS

Dogs, like little kids, are constantly putting things in their mouths so it's best to look for toys



THE LIST

PODCASTS FOR THE PLANET!

SUSTAINABABBLE

A delightful comic podcast about the environment for and by the confused! Don't take it lightly though. The presenters tackle big environmental issues, untangle confusing environmental concepts and policies, while also exposing examples of green-washing.



BIG CLOSETS SMALL PLANET

This environmental podcast explores the problems of the fast fashion and the fashion industry. Features plenty of inspiring people who are trying to implement more sustainable solutions in the fashion world.

WILD VOICES PROJECT

This podcast is about the people who are saving nature in the fields of conservation, film, photography and environmental justice.

Wild Voices Project



HOW TO SAVE THE PLANET

Discusses popular stories from the climate movement and breaks down often-complex issues, like environmental racism, eco-anxiety and fracking. Hosted by journalist Alex Blumberg and scientist and policy nerd Dr Ayana Elizabeth Johnson.

THINK SUSTAINABLY

Bite-sized snippets of larger issues in under 20-30 minutes. This podcast focuses on sustainability and the overall impact of consumption.

THINK SUSTAINABLY



JANE GOODALL: THE HOPECAST

Featuring Dr Goodall who speaks with influencers, leaders from business, policy and NGO industries about how to make the world a better place. Also, highlights the work of the Jane Goodall Institute, including its community-led conservation work, captive welfare, and science & technology for conservation and youth empowerment.

GLOBAL GOALS CAST

Empowers listeners by sharing the inspiring stories of individuals, companies and organisations working to achieve a more sustainable world.



SAVE THE DATE

SHARE WITH US

Have you adopted a new green routine that is working for you? Have you managed started a green initiative in your neighbourhood? Maybe you just want to write about your green hero? Or a new book that you think helps you go green? Share your stories with us at timesnie175@gmail.com

WHAT: WORLD CLEANUP DAY

WHEN: SEPTEMBER 18, 2021

WHAT'S IT ABOUT: World Cleanup Day is an annual global social action programme aimed at combating the global solid waste problem, including the problem of marine debris. It is coordinated by the global organisation Let's Do It! World, the headquarters is located in Tallinn, Estonia.

World Cleanup Day is celebrated with litter cleanup and waste mapping activities spanning every time zone. Environmental cleanup events are held in nearly every country until



concluding near the international dateline in Hawaii and American Samoa. World Cleanup Day is held over the course of a 24-hour period. The aim is to raise awareness of the mismanaged waste crisis by mobilizing all spheres of society to participate in cleanup actions. Individuals, governments, corporations and organisations are all encouraged to take part in cleanups and to find solutions to tackle mismanaged waste.

There are numerous organisations that facilitate and host World Cleanup Day events globally.

CAN I CONTRIBUTE:

Check worldcleanupday.org to know about the activities happening in your area, if at all. You can also read up about how to organise a cleanup event in your area.