



# THE TIMES OF INDIA



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**TODAY'S EDITION**

➤ Exercise the power of positive vocabulary. **PLUS:** Brush up your language etiquette  
**PAGE 2**



➤ Modern retellings of classics in movies. **PLUS:** 10 retellings of literary characters  
**PAGE 3**



➤ Triumph of the will: A look at inspiring stories from Tokyo Paralympics  
**PAGE 4**



**STUDENT EDITION**



SATURDAY, SEPTEMBER 11, 2021

**LATEST BUZZWORDS EXPLAINED**

## RE-ENTRY ANXIETY

Is the resumption of everyday life around you making you anxious? Are you fretting about stepping out again? Are you constantly on edge when you are out in a post-pandemic world? This feeling of stress or worry about returning to normal life after the restrictions caused by COVID-19 is termed as re-entry anxiety. It refers to fear that can accompany letting go of the safeguards that protected us during the pandemic and our re-entry into a world that has been changed by the virus. This fear can manifest as a reluctance to switch back to pre-pandemic practices, such as going to large in-person gatherings without a facemask. Or it can be feelings of unease, sadness, or uncertainty. Everyone experiences re-entry anxiety differently. For some it's joining back work, for others it can be meeting friends, while some might balk at going to a restaurant. Re-entry anxiety can range from a manageable level of concern to more intense feelings of panic. If you find yourself feeling a little less enthusiastic than you thought you'd be as you re-enter the post-pandemic world, you may be experiencing this. Deep breathing and mindfulness can help overcome basic level of re-entry anxiety. But if you experience mood changes – including anxiety or depression – that you can't seem to manage on your own or it is hampering your day-to-day functioning, know that it's time to seek professional help.

**CLICK HERE: PAGE 1 AND 2**

**IN MEMORIAM**

## Remembering 9/11

The most powerful quotes to mark the 20th anniversary of the fateful day – September 11, 2001 – where almost 3,000 people lost their lives during the attacks at the Twin Towers, Pentagon and aboard United Airlines Flight 93

"Even the smallest act of service, the simplest act of kindness, is a way to honour those we lost, a way to reclaim that spirit of unity that followed 9/11." **BARACK OBAMA** in a 2011 radio address

"It was the worst day we have ever seen, but it brought out the best in all of us." **Senator JOHN KERRY**

"If we learn nothing else from this tragedy, we learn that life is short and there is no time for hate." **SANDY DAHL**, wife of Flight 93 pilot Jason Dahl

"For me and my family personally, September 11 was a reminder that life is fleeting, impermanent, and uncertain. Therefore, we must make use of every moment and nurture it with affection, tenderness, beauty, creativity, and laughter." **DEEPAK CHOPRA**, life coach

"What separates us from the animals, what separates us from the chaos, is our ability to mourn people we've never met." **DAVID LEVITHAN**, writer

"September 11, 2001, revealed heroism in ordinary people who might have gone through their lives never called upon to demonstrate the extent of their courage." **GERALDINE BROOKS**, journalist

"When Americans lend a hand to one another, nothing is impossible. We're not about what happened on 9/11. We're about what happened on 9/12." **JEFF PARNES**, founder of New York Says Thank You



From breathwork to sleepcasts, the pandemic has given rise to interesting health trends



and monitoring your gadget time. Be aware of how your electronic device use affects you. Observe your energy level, sleep quality, and peace of mind. If you notice improvement by limiting EMF, then consider small changes to support your wellbeing.

**BLUE MIND**

If you're seeing red, feeling angry, anxious, and stressed, try Blue Mind. "Blue-mind" describes the mildly meditative state we fall into when near, in, on or under water. Research has proven that spending time near the water is essential to achieving an elevated and sustained happiness. Practitioners like to ask people, "What's your water?" This essentially means "What's the first water you think of and what's the water you dream about and long for?" These questions make people contemplate their relationship with water. Vacationing near water is considered to grow blue mind. Is that why Maldives was so popular among the swish set during 2020-21?

**DOPAMINE FASTING**

This "feel-good-escape" and "act of balancing" method has people abstaining from addictive sources like tech, coffee, food, or alcohol for a week (or even for a month) to revitalise their mind and recharge their body. Dopamine is a chemical in the brain. So when you feel good about abstaining from addictive behaviours and focus on self-enhancement, it releases a chemical in the brain which plays a huge role to make you feel motivated, calm and satisfied.

## FIVE WELLNESS Trends From THE PANDEMIC

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**BREATHWORK**

If there's anything the COVID-19 health scare made us appreciate it was our breath. While breathing techniques are common in yoga, breathwork became a wellbeing buzzword with more people adopting this ancient practice of utilising the breath to find peace and calm in the present moment. The breath is the single most convenient, accessible, and transformational wellness tool. And the best bit? Anyone, anywhere can use breathwork.

**SLEEPCAST**

Move over podcasts, here come sleepcasts. Basically a neo-

gism used to describe a podcast containing sounds and voices that are designed to give you a good night's sleep. Sleepcasts have become an effective tool in fostering sleep – preferred over white noise machines

and playlists as they fill the silence, but don't quiet our minds. These recordings combine ambient noise, visualisations with a silky, smooth voice that guides you through meditation staples like breathing exercises. In fact, they are usually written by professional writers.

**EMF AWARENESS**

We are all hooked to our gadgets more than ever now. Many studies show that constant bombardment from electromagnetic fields (EMFs) and low-level radiation from gadgets can't be good for humans. The EMF awareness went on an overdrive during the pandemic with people advocating new EMF-blocking materials



Pics: iStock

**FOOD**

## RICE ABOVE WHITE

Weightwatchers are trading milled and polished white rice for red, black and brown varieties. Here's why...

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Evolved eating patterns are slowly doing away with the whites on your plate and adding more hues to it. Colour means nutrients, colour means antioxidants, colour means fibre. And the latest food item to turn tinted is rice. Studies support the fact that eating whole grain rice varieties such as red and black rice is healthier than the good old white. Black rice, an Asian staple that's always been part of Northeastern cooking in India, is making a huge comeback and so is the nutty-flavoured red rice in risottos and black rice sushi.

strips white rice of iron, vitamins, zinc, magnesium and many other nutrients. And yes, the super healthy bran is also missing! "Too much of short grain white rice, the sticky varieties, have a higher glycemic index that tend to spike the sugar levels in the body. In comparison, brown and red rice are both rich in fibre content and have a lower glycemic load," says Dr Taranjeet Kaur, senior nutritionist, AktivOrtho.

**RED HOT**

Not all white rice is unhealthy. An exception is whole grain and white long grain basmati rice that's low in glycemic load and is nearly equivalent to brown rice in these terms. Basmati rice is also contains high amounts of vitamin B, copper and magnesium, which helps in controlling the blood sugar levels



**BLACK IS BACK**

It is gluten-free, gut-friendly, natural cleanser and heart-friendly. The Asian basic, also called Chak-hao in Manipur, is popping up at supermarkets all over the world as the superfood to get hold of. The bran hull of black rice, which is the outermost layer of the rice grain, contains one of the highest levels of the antioxidant anthocyanin found in any known food. "Black rice is lower in calories but higher in protein content as compared to brown, red or white rice. Its antioxidant content is almost six times higher than other varieties of rice," confirms Dr Kaur.

Red rice is a special variety of rice that's packed with antioxidants. It's nutty flavour and earthy texture has made it a favourite of chefs and food photographers. Switching from white to brown or

## Are you drinking your water right?

1 According to Ayurveda, intake of water that is naturally treated by sunrays or moonlight has calming soothing effects on the mind and is good for the heart.  
2 Ayurveda suggests that drinking water should be stored in copper or silver vessels since they help to charge the water and that helps in balancing all the doshas.  
3 Intake of cold water not only quenches thirst in the heat but also helps in treating nausea and fainting and is recommended for any condition where pitta dosha is elevated.  
4 On the other hand, hot water helps in stimulating appetite, improves digestion, is good for the throat, respiratory system

and kidneys. Boiled and cooled water is lighter to digest.  
5 In certain conditions of the abdomen and also in monsoons and winter one has to consume water in moderation.  
6 Water must be taken like air, slowly and steadily. This is why Ayurveda suggests having water while sitting down and



**SUN CHARGE YOUR WATER**

A potential way of absorbing sunlight energy is by drinking sun-charged water. You can make sun-charged water by putting a glass jug of clean, filtered drinking water in the sun for 5 to 8 hours. You would then drink or use that water within 24 hours. Sun-charged water may also be useful for anti-bacterial, anti-fungal, or anti-viral purposes and can be ingested or applied topically to the skin.

not standing. Drinking at a fast rate may lead to lack of oxygen in the wind and food pipe, this could give rise to heart or lung issues.

**TRIVIA TIME**

## How well do you know 'THE FAMOUS FIVE'?

September 11, 1942 was when Enid Blyton's first Famous Five book – "Five on a Treasure Island" – was released. And one of the best-selling children's series ever (with over 100 million sold) was born. Here are some interesting facts about the book and its creator

- The series features the adventures of a group of young children – Julian, Dick, Anne, Georgina (George) and her dog Timmy. The majority of stories take place in the children's school holidays. Each time they meet they get caught up in an adventure, often involving criminals or lost treasure.
- The scene is usually set close to George's family home at Kirrin Cottage, such as the picturesque Kirrin Island, owned by George and her family in Kirrin Bay. George's own home and various other houses the children visit or stay in are hundreds of years old and often contain secret passages or smugglers' tunnels. The settings are almost always rural and enable the children to discover the simple joys of cottages, islands, countryside and sea shores, as well as an outdoor life of picnics, bicycle trips and swimming.
- Blyton intended to write only six or eight books in the series, but owing to their high sales and immense commercial success she went on to write 21 full-length novels, as well as a number of other series in similar style.
- By the end of 1953, more than six million copies had been sold of the Famous Five series. Estimates say that more than two million copies of the books are sold each year, making them one of the best-selling series for children ever written.
- Blyton's publisher, Hodder & Stoughton, first used the term "The Famous Five" in 1951, after nine books in the series had been published. Before this, it was referred to as The 'Fives' Books.
- Blyton had revealed that the character George (Georgina) was based on herself because of her fearless nature and her fiery temper.
- George character has become a reason for many discussions on gender identities. George often gets cross



when anyone calls her by her real name and she loves it when somebody calls her George or mistakes her for a boy. George sometimes takes this to the point of asking that her name be prefixed with Master instead of

**THE FIVE**

- Julian is the oldest of the five, cousin to George and elder brother to Dick and Anne. He is tall, strong and intelligent as well as caring, responsible and kind. He's the leader of the group
- Dick has a cheeky sense of humour, but is also dependable
- Georgina aka George is a

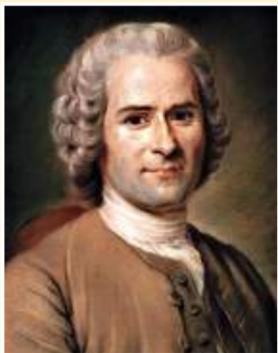
Miss. Various references have been made to what meaning should be read into this. More modern readers have interpreted that George had gender dysphoria, but Hugo Rifkind, writing in "The Times", suggested that Blyton's conservatism meant that was not likely to have been intended.  
8 The books have been criticised for being repetitive, with repeated use of stock elements such as unfriendly people and secret passageways. Blyton wrote fast and could finish a book in a week.  
9 On 17 June, 2020, English Heritage, a UK-based charity, updated its online description of Blyton and her work to include some "uncomfortable aspects". It states: "Blyton's work has been criticised during her lifetime and after for its racism, xenophobia and lack of literary merit."  
10 Born in East Dulwich in 1897, Blyton briefly worked as a teacher and governess until April 1924, when she began writing children's stories, books, poems etc. She wrote over 700 books and 4,500 short stories, selling more than 600 million copies globally. While the whole "Cancel Blyton" sentiments comes every year, many people have stood by her work to be viewed as a product of its time.



tomboy. She is headstrong and courageous and has a hot and fiery temper  
Anne is the youngest in the group, and generally takes care of the domestic duties  
Timothy Alias Timmy is George's faithful dog. He is a large, brown mongrel whom George adopted after finding him abandoned on the moors as a puppy. He is friendly, clever, and loyal to the children

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The humankind is a complaining lot. We used to crib about what's not right even in a pandemic free world. Now that we are in the middle of it all, we have every right to complain and be unhappy about so many things. However, must we be grumpy all the time? Well, all of us have a neighbour/relative/friend who does negative talk at the drop of a hat. Sample: "I am telling you – the world is coming to end." Or "My History teacher always points out my mistakes. I hate her and I think she hates me!" It's no brainer how toxic these casually uttered negative words and sentences are. "A person's speech – the words spoken – are an indicator of their mental well-being. A person with a bitter or resentful mind will use negative words for all kinds of situations," says Priya Warrick, psychologist and etiquette coach. So, choose your 'words' wisely.



### POSITIVE WORDS ARE USED BY ORATORS AND SPIRITUAL LEADERS

Encouraging words can be healing – they can comfort and uplift people. It is precisely one of the main reasons why spiritual speakers gain cult status by holding mass sermons for their followers. What do they actually offer – solutions? No. They offer encouragement and hope with the help of their eloquent vocabulary and positive words. In fact, spiritualists across the world believe that positive speech is a weapon against disease and hardships. History is replete with examples of great orators who started and powered freedom movements by motivating people with their speech. Mahatma



Gandhi's famous 'Quit India' movement slogan and other soul stirring speeches inspired people to join the freedom struggle against the British rule in India. Similarly, other iconic leaders and even philosophers have challenged the imagination of the masses with their slogan and what are slogans – strong, motivating words that are potent enough to change the course of history. French philosopher and author Jean-Jacques Rousseau's slogan of 'Liberty, Equality, Fraternity' had a deep impact on the French Revolution. On the other hand, French queen Marie Antoinette's insensitive sentence, "If they don't have bread, let them eat cake," made her extremely unpopular during the French Revolution and is remembered even now for the ignorance and nonchalance of the ruling class towards the challenges faced by the poor people of the era. The verdict is clear – words can make or break you. In the above-mentioned instances, both positive and negative words are now enshrined in the pages of history.



### CHEERFUL LANGUAGE ATTRACTS GOOD PEOPLE/SITUATIONS

Talking positively will give you the right attention – in school, college, home, etc. It will win you friends and you will be in the good books of your seniors, teach-

ers – you name it. It does not mean you have to 'sweet talk' always and not call a spade a spade. But "Putting positivity in your speech will subconsciously lead to positive action and make people trust you more," assures Warrick. Good words lead to good thoughts and vice versa – when you say good things, you

attract goodness and positivity – both in personal as well as professional life.

### STEER CLEAR OF NEGATIVE VOCABULARY

Words that people casually utter such as: "Oh, I really hate apples" or "Look at how happy that celebrity couple looks in their wedding picture. They must be faking it." Many say these things without meaning any harm and don't even realise that strong words like 'hate' or 'fake' are not meant to be used so casually. A UK research has shown that positive language can change your brain in a healthy way and negative language can block the brain's de-stress mechanisms. According to the study, well-meaning words such as 'peace,' 'love' and 'compassion' strengthen areas of the brain's frontal lobes and promote cognitive function. So, if you have felt particularly exhausted on a given day, check if you have used a lot of negative words throughout the day!



### HAPPY WORDS CAN SOOTHE AND HEAL

It is said that using good language can build your reputation and attract happiness. On the other hand, if you speak negatively about other people or even yourself, you tend to absorb that negativity that leads to bitterness and frustration. "Speak politely and with humility and you will receive the same in return. By speaking arrogantly and using rude language, you can spoil your relationships and even career prospects," advises psychiatrist Jitendra Nagpal. For instance, complimenting someone over their achievements will boost the person's mood and doing so will earn you goodwill of the person who may be willing to help you if you require it in the near or far future.

### NEGATIVE VERSUS POSITIVE PHRASES

#### DON'T SAY THIS

"I cannot do this tough project."

"I hate the texture of my hair."

"Don't forget to order from takeaway on time."

"You scored very low marks in Physics."

#### SAY THIS

"I will try to do this project even if it is complicated."

"I like your hair more than I like mine."

"Remember to order food from takeaway on time."

"You could have done better in your Physics paper."



### Queries relating to language skills

Do you find grammar confusing? Do you get stuck with words when writing a letter, an essay or a blog? Do you have a fear of public speaking? Or do you simply want to improve your communication skills? Times NIE is here to help you to master the intricacies of the English language. Just shoot us your queries on [toinie175@gmail.com](mailto:toinie175@gmail.com)

## Exciting new words you should know

### WORDSCAPE



#### ANGLOSPHERE

English-speaking countries considered collectively (the United Kingdom, the United States, Canada, Australia, and New Zealand, and Ireland).

#### AWEDDE

Overcome with anger, madness, or distress; insane, mentally disturbed.

#### BIGSIE

Having an exaggerated sense of one's own importance; arro-

gant, pretentious, conceited.

#### CONTACT TRACING

The practice of identifying and monitoring individuals who may have had contact with an infectious person.

#### HIR

Used as a gender-neutral possessive adjective (his/her/hir watch). In later use often corresponding to the subjective pronoun ze (he/she/ze wears a watch).

#### MENTIONITIS

A tendency towards repeatedly or habitually mentioning something (esp. the name of a person one is infatuated with), regardless of its relevance to the topic of conversation.

#### SLOW-WALK

To delay or prevent the progress of (something) by acting in a deliberately slow manner.

#### PUGGLE

A dog cross-bred from a pug and a beagle; such dogs considered collectively as a breed.



### LANGUAGE ETIQUETTE

# POLITE WORDS AND PHRASES

We all know that if we want things to be done whether in our personal or professional lives, it pays to be polite. One doesn't get far by being rude or impolite. Different cultures have different ways of tackling politeness. There are a few polite expressions that are frequently used in the English Language and it is important for learners to know how to use them correctly and in the right context.

#### HOPE (verb)

Used in polite statements

#### SEEM (verb)

Used when you want to say something in

a more careful or polite and less direct way

#### RESPECTFULLY (adverb)

Used for showing that you are being polite

#### PERHAPS (adverb)

Used as a polite reply to someone when you do not completely agree with what they have said

#### I'D/W'D BE DELIGHTED (phrase)

Used for politely accepting an invitation,

or agreeing or offering to do something

#### ““

Politeness is an inexpensive way of making friends.  
—William Feather

#### ””

#### NO DISRESPECT (TO) (phrase)

Used before you say something that might offend someone, to show that you do not intend to offend them

#### DO YOU MIND? (Phrase)

Used for getting someone's permission to do something. This can either be polite, impolite, or humorous. If someone says it in a loud way, they are showing that they

are angry or annoyed

#### I TOOK THE LIBERTY OF DOING SOMETHING (phrase)

Used for telling someone that you have done something without their permission but you hope that they approve of this

#### EXCUSE ME (phrase)

Used for politely getting someone's attention

#### SORRY TO BOTHER YOU... (phrase)

Can be used as a polite way of interrupting someone when you'd like their attention.



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