



THE TIMES OF INDIA

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TODAY'S EDITION

➤ A brief history on India and COP 26 PLUS: Reductarianism; why you must watch nature docs
PAGE 2

➤ How Daniel Craig changed Bond forever PLUS: 'Goosebumps' and Halloween
PAGE 3



➤ Records set during the IPL
PAGE 4

STUDENT EDITION
SATURDAY, OCTOBER 23, 2021

TRIVIA TIME
EINSTEIN'S 'THEORY OF HAPPINESS'

CLICK HERE: PAGE 1 AND 2

WELLNESS

Since when did we start looking for only celebrity foodstuffs to fill our kitchen racks? Well, ever since the whole 'superfood' bug bit us

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As American author and columnist Susan Maushart puts it, "The whole superfood thing — the notion that certain edibles contain powers and abilities far beyond those of mortal fruits and vegetables — has only been with us for about 15 years. The truth is, the superfood designation has never carried much weight with food scientists. They have pointed repeatedly to the lack of empirical goodness around most of the claims for superfoods."

THE REAL PICTURE
Dr Anjali Hooda Sangwan, consultant, Obesity, Metabolic Medicine & Clinical Nutrition says, "No foods are actually categorised as superfoods by USDA or FDA, these are terms used to market a certain food item and items not available easily or sourced from different geographical locations. Scientifically speaking foods rich in vitamin C, vitamin E and beta carotene should be considered better than others in same category." Basically anything nutritionally dense can be superfood.

THE EXOTIC QUOTIENT
A food needn't always be alien sounding to earn the super title. These foods are considered exotic because a lot of them are unavailable to the common man. For instance, goji berries are considered



The super in 'SUPERFOOD'

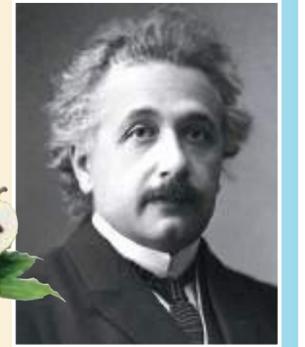
exotic in India but not in China where they grow in abundance. Similarly, Chia seeds are from another continent therefore considered rare in India. "We have a barrage of superfoods all around us in legumes, spices, vegetables and oils. We just don't know how

to market it like the West does and don't have enough research to put something in the spotlight. Why go all gaga after quinoa when we have amaranth, why overdo olive oil when our mustard is so good and why overspend on goji berries when there is amla," argues clinical nutritionist Ishi Khosla.

GET A BALANCE
Did you know that eating too much quinoa could actually give you a lot of unwanted flab? Too much of anything is bad holds true for these edible superstars. Don't increase your super quotient at the expense of a balanced diet. "The goal is to eat a variety of foods, include all the food groups, in the right amounts as a part of a healthy diet," says Khosla. Just blend it in. Introduce superfoods gradually into your diet without making any major alterations. Alternate your oils, greens, nuts and grains. Mix them in your salads, juices and smoothies.

EAT INDIAN

- **Kokum:** This fruit, found in Western Ghats, is cardiogenic, reduces tumours, alleviates pain, is high in vitamin C, low in fat and calories, low in sugar
- **Soursop:** Also known as thorny custard apple in tropic India, soursop is touted to be a miracle cancer-killing super fruit
- **Amaranth:** It's a protein powerhouse. At about 13-14%, it easily trumps the protein content of most grains, contains more than three times the average amount of calcium and is also high in iron, magnesium, phosphorus, and potassium
- **Buckwheat:** Despite its name, buckwheat is totally unrelated to wheat and is an awesome gluten-free superfood that is inexpensive. It has lipid-lowering properties, better your blood sugar control and lowers risk of diabetes
- **Moringa:** Native to India, moringa has been used worldwide to combat malnutrition. There are 13 species of moringa, of which the drumstick tree is the most widely cultivated. It is a nutritionally complex whole food naturally abundant in vitamins, minerals and amino acids



This is among his lesser-known theories — the life truth that Einstein jotted and handed to a bellboy in Tokyo in 1922 in lieu of a tip! It was auctioned for a whopping \$1.56 million on October 25, 2017. Here's what it said...

1 Albert Einstein is, of course, world famous for coming up with the theory of relativity, which in many ways changed our conception of time and space. Other than Physics, Einstein had offered many a pithy and poignant opinion on topics from love to government and god. In 1922, he handed a small handwritten note to a bellboy in Tokyo that explained how to live a happy life. This came to be widely known as Einstein's "theory of happiness."

2 It was written on a piece of hotel stationery at the Imperial Hotel in Tokyo. Einstein was there on a lecture tour and had just heard about his Nobel Prize win. Not having any change to tip the bellboy, he wrote down some words of wisdom, prefacing that the piece of writing could be worth more than a tip one day. Indeed, the payday came to the nephew of the bellboy who ended up with the note that was sold for \$1.56 million at an auction in Jerusalem.

3 "What was in the note? Einstein wrote: "A calm and modest life brings more happiness than the pursuit of success combined with constant restlessness." He also wrote another short note on a second sheet, saying "Where there's a will, there's a way." That paper sold for \$250,000.

4 The auction was carried out through Winner's Auctions and Exhibitions in Jerusalem. They had estimated that the notes would fetch about \$5,000 and \$8,000.

5 According to 'The New York Times', the bellboy happened to be at the right time at the right place. Einstein had heard about his Nobel win just recently, informed by a telegram. He was overwhelmed by wellwishers and was trying to write down his thoughts when the bellboy came. It was certainly fortuitous for the boy that Einstein didn't have any cash on him as "he decided to make the most of his new exalted status."

WHAT'S TRENDING

Awesomeness of AWE WALKS

LONESOME WALKS WITH A SENSE OF AWE IS A WAY TO ENHANCE THE ALREADY HEALTHY PRACTICE OF WALKING

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That walking alone can enhance your mood, increase your circulation, and help you sleep better is well proven fact backed by numerous studies. Forest bathing — the Japanese practice of mindfully engaging all five senses while immersed in nature — is recommended as a complimentary strategy to reducing stress, depression, and anxiety. And now, according to a new study, finding awe during a stroll can also be beneficial.

HOW AWE WALKS CAN CHANGE YOU
Nature often inspires awe. An "awe walk" is a stroll during which your focus is purposely directed outward rather than inward. So you're not worried about the looming deadline, the incomplete project, homework, or concerns about the coronavirus. According to a study published in the journal 'Emotion' on September 21, a frequent dosage of astonishment can increase happy moods.

WHAT'S NEW?
A group of researchers led by Virginia Sturm, an associate professor of Neurology and Psychiatry at the University of California, San Francisco, tracked 52 healthy seniors over eight weeks to see how they responded to awe walking. The participants were divided into two groups: control and experimental, with the latter being given instructions to discover something awe-inspiring based on two criteria: physical vastness and novelty. Researchers recorded participants' emotional responses before, during, and after the walk, and asked them to take selfies before, during, and after the walk, as well as complete a daily mood survey. Dr Sturm explained: "One of the key features of awe is that it promotes what we call 'small self', a healthy sense of proportion between your own self and the bigger picture of the world around you."

AWE YOU SURE?
You know what we're talking about if you've felt goosebumps while watching a sunset, or while gazing at the majestic Taj Mahal or felt chills while watching someone you care about receive an award. For most, simply watching the sunrise early morning or watching a sunset feels nothing short of awe-inspiring — a trend finding social media cred now with people sharing their sunset photos on their Instagram.

According to researchers, 'awe', is mainly a good emotion that you experience when you're in the presence of something so immense that you can't immediately comprehend it. According to psychologytoday.com, the state of awe is a paradox. You feel smaller even as you connect to something bigger/larger than yourself. It's like feeling like a speck of dust in the universe — you feel humbled by your smallness, yet at the same time you feel bigger than life itself.

OTHER WAYS TO BE AWED
Whether it's seeing the sunrise over the ocean on a deserted beach or taking a long hike through a deep forest, nature typically inspires awe. You can experience it by looking at a cityscape, listening to music, or absorbing a work of art that transports you to a lovely place. It may make you feel little (in a good way), reminding you that there's something bigger out there, and you'll feel more connected to others as a result

SELF-CARE

A DETOX IS SAID TO DRAIN THE TOXINS OUT OF THE BODY AND THE LATEST TREND IS TO...

Try a FOOT DETOX

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A detox today has become as necessary as eating and breathing healthy. We encounter toxins everywhere, in the water we drink, the air we breathe, our beauty products and our common home products. Toxins accumulate in our liver and colon and also contribute to ageing. Therefore detoxifying becomes the priority because

or body's natural detox methods like breathing, sweating, are not able to keep up with the contamination around. The latest is foot detox. A foot detox is believed to be the best detoxifying method because feet are rich with nerve endings and sweat glands. Even soaking your feet in hot water can calm down the body, reduce swelling, and improve overall health. Experts claim that a good foot detox can burn calories too but there is little scientific evidence to prove that food detox helps in weight loss. However, it is proven that foot detox does remove the harmful chemicals from the body and makes the body more alkaline so that the harmful organisms are destroyed. There are many different ways that you can do a foot detox:

FOOT SOAKS: A simple way of soaking feet in water with some Epsom salt and essential oils. Keep the feet immersed in water for 15 minutes and then gently dry them and massage with some moisturiser.

FOOT MASKS: You can get over the counter foot masks or go to a spa for a customised foot mask. These masks are applied on the feet for a few minutes and then washed off. A foot mask can soften your skin, remove the toenail fungus, and also help with athlete's foot.

FOOT SCRUBS: Foot scrubs should be done on a regular basis. They help in removing dead skin and kill feet odour. **FOOTPADS:** Food pads are specially designed to make the feet sweat. This process is believed to pull out the toxins from the body.

ACUPRESSURE BASED TECHNIQUES: Acupressure techniques apply pressure to the specific points on the feet and encourage relaxation.

IONIC FOOTBATH: These are special footbaths that help by sending an electrical current in a tub of water. The water ions divide and create negative oxygen ions and these neutralising particles draw the toxins out of the body.



A FOOT DETOX CAN

- Balance body's pH
- Reduce swelling
- Improve mood
- Relieve stress
- Burn calories
- Improve heart health
- Balance blood sugar
- Destroy harmful microorganisms

RETHINK

Heard of The CHEERLEADER EFFECT?

A term that took effect in 2013, it's the reason why groupies are more effective than selfies

The cheerleader effect, aka group attractiveness effect, is the cognitive bias which causes people to think individuals are more attractive when they are in a group! Fictional character Barney Stinson played by Neil Patrick Harris in the popular television series 'How I Met Your Mother' first coined the phrase in November 2008.

GOOD-LOOKING GROUPS
Interestingly, in a case of fiction inspiring science, behavioural researchers Drew Walker and Edward Vul in 2013 decided to test this out. Across five studies, participants rated the attractiveness of male and female faces when shown in a group photo, and an individual photo, with the order of the photographs randomised. The people photographed got higher scores for their group photos. The effect occurs to the same extent with groups of four and 16 people. Walker and Vul proposed that this effect arises due to the interplay of three cognitive phenomena: The human visual system takes "ensemble representations" of faces in a group and perception of individuals is biased towards this average. Average faces are more attractive, perhaps due to "averaging out of unattractive idiosyncrasies". When all three of these phenomena are taken together, the individual faces will seem more attractive in a group, as they appear more similar to the average group face!

USING THE EFFECT
An article in 'The Atlantic' examined the effect to actually try and see how the 'cheerleader effect' can be used in social situations. Abigail Fagan wrote: "One key explanation of the so-called Cheerleader Effect is that people switch from internal to external evaluation standards." Importantly, research on the Cheerleader Effect has focused on evaluating unknown faces flanked by unknown faces. This corresponds to any situation where we make a first impression. When it comes to first impressions, faces benefit when they're flanked by less attractive faces. It is most useful in posting on social media. Fagan writes: "It is a well-known marketing practice that we typically encounter low-budget products, such as cheap watches, presented side by side, whereas

"I have no special talents. I am only passionately curious"
- ALBERT EINSTEIN

luxury goods are presented separately. Similar practices are relevant for self-marketing on social media. You appear more attractive in a selfie with other people than in isolation, as long as the others are equally or less attractive." Key points: The more attractive you are, the less you'll gain from this effect. Second, it won't work if other people in the frame are more attractive.

The basic idea of "cheerleader effect" is that our asymmetries and disproportionalities tend to "average out" amid a group of faces

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INDIA AND COP26:

A brief history

With COP26 starting in a few weeks in Glasgow, let's take a look at a brief history of COP, what events lead to its establishment and how India's plans to shake things up in the field of renewable energy

BY INVITATION



MEGHA GUPTA

Between October 31 and November 12, leaders from more than 190 countries, including India, will meet in the UK at the 26th Conference of Parties (COP 26) to discuss climate change and ways to fight it. The very fact that there have been 26 COPs, shows just how pressing a problem

Wildlife is endangered. The more we understand climate change, the more we realise how dangerous it can be for all of us.

WE NEED TO STEP UP

To battle it, the UNFCCC recommends that countries reduce their

In 1988, a dedicated body of scientists was set up to study human-induced climate change, its impact on the planet and ways to address it. This was the Intergovernmental Panel on Climate Change (IPCC).

greenhouse gas emissions through measures like avoiding the use of fossil fuels like coal, increasing forest cover and investing in renewable energy. But this is easier said than done. Most countries run on electricity and most electricity continues to come from fossil fuels. That's why, they need fossil fuels to develop. However, the problem of climate change has become even more serious and IPCC reports, including its 2021 report, have repeatedly raised alarm bells.

That's why countries are trying to power their growth by generating electricity from renewable sources like the sun, wind and water. India has been at the

climate change is for our world. Human activities like burning fossil fuels and cutting down trees have been filling up the atmosphere with heat-trapping greenhouse gases like carbon-dioxide for hundreds of years. However, it was only in the 1980s that the world began to get really worried about global warming and climate change. Many countries were fighting heatwaves and droughts. Fires broke out in the Amazon rainforest... something was going terribly wrong with the planet.

HOW IT STARTED?

In 1988, a dedicated body of scientists was set up to study human-induced climate change, its impact on the planet and ways to address it. This was the Intergovernmental Panel on Climate Change (IPCC). Shortly afterwards, in 1992, over 100 countries met at Rio De Janeiro, for the first Earth Summit to discuss climate change and ways to tackle it. In the aftermath of the summit, they signed an international environmental treaty – the United Nations Framework Convention on Climate Change (UNFCCC). All the countries that have signed the convention are members of the COP. India has been part of the COP since the very beginning. As a country with a large coastline and millions of poor people, it is among the worst-affected by climate change. Rising temperatures melt glaciers and raise the sea-level which threatens coastal areas. They lead to extreme weather events like heatwaves, droughts, floods and cyclones that destroy lives. People lose their homes. Farmers lose their crop. Fishermen find it hard to fish. Diseases break out.

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DID YOU KNOW? When compared to pre-industrial levels, the Paris targets would result in warming of well above 3 degrees by 2100. If we keep doing what we're doing, temperatures will continue to rise!

draw power, at COP26. Will India succeed in its plans to battle climate change? How will this affect our development? The answers will evolve through our lifetime.
— The writer is the author of 'Unearthed: An Environmental History of Independent India' (Penguin, 2020)



Let's talk about... REDUCETARIANISM

Thanks to the documentary 'Meat Me Halfway', 'reducetarianism' is the latest buzzword – described as the practice of eating less animals and dairy products for the sake of better health for themselves and the planet

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SO WHAT IS IT?

Reducetarianism is the consumption of less meat (red meat, poultry, and fish), less dairy, and fewer eggs. This practice offers an easier alternative to the only meat vs no meat kinds of diet that may not appeal to all. Reducetarianism – which includes vegans, vegetarians – is basically anyone who cuts down on animal products in their diet. The word was coined by activist and film maker Brian Kateman around 2015 when he edited and published 'The Reducetarian Solution: How the Surprisingly Simple Act of Reducing the Amount of Meat in Your Diet Can Transform Your Health and the Planet.' Later he also started the Reducetarian Foundation (RF) in 2017.

WHY REDUCE MEAT IN YOUR DIET

According to RF, consuming less animal products lowers your risk of heart disease and some cancers, minimises your carbon footprint and the suffering of farmed animals, and even helps to alleviate global food and water shortages. In this scenario, meat includes chicken, turkey, and duck, fish, lobsters, and other crustaceans, beef, veal and pigs. On their FAQ page, RF cites the United Nations' Food and Agriculture Organisation study which suggested that the meat industry contributes for roughly 20 per cent of worldwide greenhouse gas emissions. Methane – which has a global warming potential of more than 20 times that of carbon dioxide – is produced in large quantities by animal waste. RF isn't alone though. Over the years there have been many studies that have called for lowering the consumption of animal and dairy products and how that may benefit the planet. According to Kateman, our world and its inhabitants are suffering as a result of factory farming, which is responsible for 15 per cent

A 2018 study published by the University of Oxford found that cutting meat and dairy products from your diet could reduce an individual's carbon footprint from food by up to 73 per cent. According to it, a vegan diet was the "single biggest way" to reduce your environmental impact on earth. If everyone stopped eating these foods, they found that global farmland use could be reduced by 75 per cent, an area equivalent to the size of the US, China, Australia and the EU combined

of global greenhouse gas emissions and 80 per cent of all antibiotics used in the United States. He dreams of a world where everyone eats more plant-based foods. Rather of preaching an all-or-nothing attitude, the reducetarian movement promotes little dietary modifications that add up to a big effect in the world.

Animal farms and processing facilities require a large amount of land to run, and the animal agriculture business is directly responsible for much of the Amazon Rainforest's deforestation due to rising demand for growth. Clearing land in Brazil to raise chicken feed, for example, has resulted in the destruction of over 3 million acres of rainforest. According to RF, animal agriculture is responsible for around 30 per cent of global biodiversity loss due to the effects of deforestation, pollution, and climate change.

HOW TO BE ONE?

You can start by eating meat/animal products, but in a lower quantity than you are used to. Remember your friend who went on and on about the benefits of 'meatless Mondays'? They're a 'reducetarian'. And it is good for health. RF cites the American Heart Association which says eating less meat improves your health by decreasing your chance of heart disease, certain types of cancers, strokes, diabetes, and many other chronic illnesses. Some of the ways one could start is by practicing: Meatless Mondays, Vegan Before Six, Weekday Vegetarian, Go Vegetarian or Vegan.

GREEN BEATS THE BLUES

WATCHING NATURE SHOWS HAS HELPED PEOPLE OVERCOME ANXIETY AND INDOOR BOREDOM IN THE LAST ONE YEAR

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Long-standing research shows that chronic TV watchers and news followers have elevated fears because the events they observe start to seem as if they are happening outside their front door, especially seismic events such as the COVID-19 pandemic. Fortunately, scientists have also figured out an antidote for this paranoia: watching nature documentaries! According to a new study done for The Real Happiness Project by a team of researchers at BBC Earth and the University of California, Berkeley, it was discovered that watching "nature documentaries" was one of the best types of TV shows to boost your mental health.

HOPE IN THE FACE OF CRISIS

Last year, researchers at the University of Exeter published a study that shows these programmes can counteract the boredom associated with being isolated indoors during Covid-19. Consisting of 96 participants, research leads induced feelings of boredom to the participants under laboratory con-



MINDFUL ENTERTAINMENT

Other than just being mindful of the types of media we consume on a regular basis – avoid too much chronic, negative, and catastrophic information – and how it impacts our mind, we must make an earnest effort to see more green. Scientists have amassed a body of research that shows exposure to natural green spaces such as parks, woodlands, mountains, and beaches has healing properties on your mental and physical health and well-being. It reduces anxiety and rumination and lowers depres-

sion. Living in greener urban areas is linked to lower incidences of heart disease, obesity, diabetes, asthma, mental distress, and mortality rates.

HUMAN-ANIMAL CONNECT

To see the majestic blue whale spout or adorable dolphins catch their prey stirring up ring-shaped plumes of mud with their tails, reinstates the emotional exchanges between humans and animals and also our connect with the outside world. Another study shows that you don't need to have ready access to nature to experience its positive effects. Seeing it in any form is enough to provoke joy. So, whether it's learning about the way the cuttlefish masks its movements across the sea floor, or how a lion combats a pack of wild dogs in wilderness, we see metaphors for our own behaviour in that of wild animals.

Be mindful of the types of media you consume on a regular basis – avoid too much chronic, negative, and catastrophic information. Make an earnest effort to see more green

