



THE TIMES OF INDIA

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STUDENT EDITION
SATURDAY, NOVEMBER 20, 2021

WORLD TELEVISION DAY

All hail the TELEVISION

A day before World television Day (November 21), we share some interesting facts about the good ol' TV

On December 17, 1996, UN General Assembly proclaimed 21 November as World Television Day. The reason was to mark the major role that television has come to play in our lives. Television continues to be the single largest source of video consumption. Though screen sizes have changed, and people create, post, stream and consume content on different platforms, the number of households with television sets around the world continues to rise.

1In recognition of the increasing impact television has on decision-making by bringing world attention to conflicts and



threats to peace and security and its potential role in sharpening the focus on other major issues, including economic and social issues, the United Nations General Assembly proclaimed 21 November as World Television Day (through resolution 51/205 of 17 December 1996).

2World Television Day is not so much a celebration of the tool, but rather the philosophy which it represents. Television represents a symbol for communication and globalisation in the contemporary world. On 21 and 22 November 1996 the United Nations held the first World Television Forum, where leading media figures met under the auspices of the United Nations. That is why the General Assembly decided to proclaim 21 November as World Television Day.

3Assistant of inventor John Logie Baird, William Taynton was the first human face to be aired on television. He was offered two shillings and a six pence every week to just sit in front of the TV transmitter.

4The Late Late Show airing since 1962 and The Tonight Show airing since 1954 are the longest-running talk shows in the world.

5The first TV advertisement to be broadcast was in New York on July 1, 1941. The ad lasted a total of 20 seconds. TV ads cost \$9 at the time.

6There was no TV broadcaster until 1987 in Iceland. In 1907, television was identified as a term in English and the abbreviation TV came into being in 1948.

7The world's first ever High Definition television system started in 1936 in the UK. The first colour TV set was produced by Westinghouse in March 1954. Sony Watchman was the world's first pocket television introduced in 1982. The first remote was developed in 1950 by Zenith.

8An average American kid between the age of 5 and 13 watches 13,000 deaths on TV in a year. It is believed an average person spends ten years of their life in front of TV sets watching television.

9The Super Bowl has a television viewership of 114.4 million in the US. A 30 second commercial on the Super Bowl cost a company 2.7 million dollars back in 2008.

The day recognises the role of television in the process of decision-making. TV was thus acknowledged as a major tool in informing, channelling and affecting public opinion

TRAVEL

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NORTH SNEAK PEAK: A magical setting pulled straight out of the dog-eared pages of Rusty's child-lit. Nag Tibba is your quickest passport to the mighty Himalayas from Delhi. Meaning the Serpent's Peak, it is the highest peak in the lower Himalayas of Gharwal. The base for this adventure is Landour, the quaint cantonment above Mussoorie, adored for its cobbled pathways and giant deodars. You could do Nag Tibba in two ways — as a first time trekker looking for a warm-up trek before you attempt a full-blown one — this is a good sneak peak. Or as a cool camper.

OH FISH: Fresh water trout sautéed in butter and garlic adorn your food plates in the charming little hamlet called Jibhi in Tirthan Valley. Modest accommodation, gentle forest walks, fishing outings to nearby Gushaini and riverside picnics is what your day looks like in this laid-back stopover before your trek to Jalori Pass. Tirthan has become quite a rage with Delhiites off late. Spend leisurely days sunning in a hammock at one of the comfy homestays and wind up the trip with a quick stroll in the sweeping meadows above Jalori or by camping at Seroyul Lake.



TAKE ME HOME, COUNTRY ROADS

Winters are the perfect time to plan road trips. We bring you exciting getaways across the country, pick the one closest to you



WEST INTO THE WILD: Next time you plan to drive to Goa from Mumbai, drive through Choria Ghat. A delight for ecologists, biologists and trekkers, Choria Ghat is the wild side of Goa. The enthralling hillock is surrounded by Goa, Maharashtra and Karnataka and has fantastic sights to behold, like the Lasni Temb peak and Twin Vajra waterfalls. A part of the Mhadei Bio Region in the Sahyadri Range, Choria Ghats is gorgeous in any season. Other than the 'must do' waterfall trek, the region is great for bird watching and organic farm tours. So plan a visit now... just one thing though. While driving to the Ghats can make for a joyous ride, make sure that your vehicle has fog lights in place since the route can be densely fogged, especially early morning.

BLOOMING VALLEY: An overnight road journey from Mumbai, Kaas Plateau is a perfect getaway for Mumbaiers. Situated 25 km west from Satara in Maharashtra, the plateau is now a reserved forest famous for over 850 different species of flowering plants, the Kaas Lake and, of course, the beautiful terrain. If you're lucky you might see Kaas in full bloom. Weekends mean big crowds in Kaas, so register on the official website in advance. They have a rule to limit the crowd to 2,000 per day.

SOUTH BRITISH GEM: A great change from the commotion of Ooty, Red Hills is an untapped zone in the Nilgiri Biosphere Reserve. Located at a short distance of 28 km from Ooty, it is a beauty ringed by a never-ending array of mountains and green finery. Red Hills, so named by the British, in remembrance of a similar area in England, has eight pristine lakes. A ramble of the whole area will take you around the spectacular Emerald and Avalanche lakes and the surrounding hills of the Silent Valley and Makuti National Park. A quick trip to the nearby village Avalanche is recommended.

EAST SOULFUL STOP: Gently swaying palm fronds, the distant roar of crashing waves and a deserted beach, Gopalpur's charm lies in the fact that it is virtually tourist free. If a languid holiday is what you are looking for, you won't be disappointed. From an obscure little fishing village, Gopalpur became a prominent trading port during the days of the Raj. Set your phone for an early morning wake-up call and head out to the beach. Watch the sun's rays sweep the sea with glittering rays. For the adventurous, a trip to the lighthouse is a must.

Pics: Istock

#GOALS

THAT ONE ADVICE

CELEBS ON COUNSEL THAT HELPS THEM EVERYDAY

DO WHAT MAKES YOU HAPPY, AND LET THE REST TAKE CARE OF ITSELF

LEONARDO DICAPRIO, actor

In an interview with The Telegraph DiCaprio said: "I've been very lucky to have achieved a lot of the things that I dreamt of achieving as a young man. But, at the end of the day — and I truly believe this — it is not about achieving great wealth or success, because they don't bring happiness ultimately. They really don't. What matters is whether or not you've fulfilled the idea of having led an interesting life, whether you've contributed in some way to the world around you."

CONTRIBUTE YOUR IDEAS

TINA FEY, writer/actor

Don't be afraid to contribute your ideas. — Tina Fey
In her memoir "Bossypants," Tina Fey lists rules she learned for improvisation. One of the rules, "not only to say yes, but YES, AND" can also be extended to other aspects of life. "To me, YES, AND means don't be afraid to contribute," Fey writes. "It's your responsibility to contribute. Always make sure you're adding something to the discussion. Your initiations are worthwhile."

LEAVE YOUR COMFORT ZONE

SHONDA RHIMES, TV writer and producer

In an interview to NPR, she said: "My oldest sister said to me, 'You never say yes to anything.' And by that she meant I never accept any invitations... All I did was go to work and come home... Once I sort of realised that she was right, I was going to say yes to all the things that scared me, that made me nervous, that freaked me out, that made me think I'm going to look foolish doing it. Anything that took me out of my comfort zone I was going to do it, if asked to do it."

DON'T BE AFRAID OF FAILURE

BEYONCÉ, singer

In a video for her self-titled album, Beyoncé explained how she dealt with loss and learned from it. "The reality is, sometimes you lose. And you're never too good to lose, you're never too big to lose, you're never too smart to lose, it happens. And it happens when it needs to happen. And you have to embrace those things."

UNDERSTAND FEAR

CHRIS PINE, actor

In an interview with Men's Health UK, the Star Trek actor said: "Fear runs our lives. It doesn't matter who you are. You have to understand your relationship with fear. Whether you're scared of getting into a relationship or taking the new job or a confrontation — you have to size fear up."

COLLABORATE

AMY POEHLER, comedian/writer

In a speech to graduating seniors at Harvard in 2011, Amy Poehler said: "What I have discovered, is this: You can't do it alone. As you navigate through the rest of your life, be open to collaboration. Other people and other people's ideas are often better than your own. Find a group of people who challenge and inspire you, spend a lot of time with them, and it will change your life."



HEALTH

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Like with most other things, there's a protocol for peaceful bedtime too. A comforting bath, softly lit ambience, relaxing conversation and no stimulants... There are many factors that decide your sleep. Studies prove that a good sleep hygiene can solve sleep difficulties and also build good sleeping habits.

AVOID STIMULANTS

Substances high in caffeine (coffee, tea, colas and chocolate) or nicotine (cigarettes) act as stimulants and interfere with the ability to fall asleep. They are best avoided 4-6 hours before bed. Also, contrary to common belief, alcohol will relax and induce sleep only initially. In the long run, it actually interrupts the quality of sleep, keeping you from getting the deep, restorative REM sleep.

FIX THE LIGHTS

As it starts getting dark outside, your body releases the chemical melatonin which peaks at 2-3 am. It automatically makes you sleepy, only if it receives the right cues from your environment. Any kind of light that interferes with the secretion of melatonin, causes a delay in sleep onset and poor quality slumber. Gadgets, phones, iPads, all emit a blue light which has a maximum impact on melatonin secretion. Thus lights in the bedroom should be

BEDTIME MANNERS FOR A GOOD SLEEP

A wind-down routine before bedtime is a must not just for toddlers but for adults too...

dimmed and gadget use avoided for at least one hour prior to bedtime.

SOUNDS RIGHT?

High intensity sounds can cause arousals

TO NAP OR NOT TO NAP

As we lose hours of our sleep, snoozing while travelling or short power-naps during the breaks often becomes a habit.

But studies have shown that sleep is best obtained in a single and continuous block. Frequent naps may hamper a restful night's sleep

(periods of wakefulness in sleep) resulting in poor quality of sleep causing fatigue, tiredness during the day. For instance, intense traffic noise causes increased cortisol levels resulting in poor sleep. So, what content you watch or listen to before sleeping is also crucial. Soothing chants or symphonies are recommended before you hit the bed.

LAY OUT YOUR CLOTHES

You can help your body recognise that bedtime is looming by setting routines and repeating them each night. If people establish regular nightly routines, they can help their brain shift into sleep mode. Start with laying out your pajamas, brushing your hair or your teeth.

A heavy meal or spicy snack too close to bedtime can leave your digestive system working overtime hampering sleep. Also avoid fluids before bed

That funny feeling

Ever experienced a feeling but can't find the right words to describe it? Borrow some from this list...

SIRVA VIGAD

USE WHEN YOU HAPPY CRY
Ever been caught by a friend or family member while you are wiping away tears. And you don't know what to tell them? Because you are not crying because you are sad or nothing has happened to make you cry, use this Hungarian term which means crying because you are happy. The emotion is a mix of joy and sorrow, experienced by crying or tearing up.

DÉPAYSEMENT

USE WHEN YOU ARE TRAVELLING AND NOT FEELING AT HOME
This French word can mean "disorientation," but particularly means that outsider feeling that you get when you travel to new places. It can hit you suddenly when your physical surroundings are new.

Defining our feelings can help us better regulate our emotions and weaken negative emotions. Lexicographers are helping fill this void by studying new languages

BESCHAULICH

USE WHEN YOU HAVE A HEART-TO-HEART
This German word is a feeling of living a simple life. Ever have a quiet evening, pensive and introspective conversations amid tranquil surroundings and how it results in a positive, peaceful mental state? Well that's when you feel beschaulich.

VEMÖDALEN

USE WHEN YOU GET A DEJA VU
Ever felt that everything you've thought of has been done before?

It can be a project or story idea, a picture, etc. For creative types, this feeling called vemödaalen is no stranger.

CHRYSALISM

USE WHEN THERE'S A STORM BREWING OUTSIDE
Don't you love that cosy indoor feeling when you are in a blanket, sipping chai while outside there's a storm brewing. Turns out there's a word for this: chrysalism coined by John Koenig, is the tranquility and peace that you feel when you're indoors during a thunderstorm.

WYTAI

USE WHEN YOU ARE FEELING DISCONNECTED
Coined by Koenig, this one describes the feeling you have when you reflect on modern society and find it absurd. It could be anything from day-to-day existence like drinking milk, thinking about the whole act of wearing clothes, feeling wytai makes you reconsider our present practices.



MANNER MANUAL

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It is not uncommon to read stories of abuse of domestic staff in the newspaper often enough. That it happens in educated and affluent homes is shocking and shows that we need to really understand that helpers, be it a delivery boy or the cleaner in your home, are people who provide service at a price, like any other job. So, they deserve the same respect you would give to a bank staff for helping you with bank work and the like. They are not 'servants' – the popular term used around the world and more so in status quo class conscious societies like India – is outdated and we need to address them as our 'helpers'. It's crucial to start looking at them in a new light – as people equal to you – not less.

Don't scream at your helpers if they are not following Covid appropriate behaviour (wearing face masks, maintaining social distancing and washing/sanitising hands). Tell them firmly that they need to follow these rules for their as well as your safety

ADDRESS HELPERS RESPECTFULLY

Use terms such as 'bhalayya', 'didi', 'uncle' 'aunty' for domestic helpers at your home and, also for cab drivers, waiters, cleaning staff in malls, etc. "Remember, the tone and inflections of your voice conveys to a person how you feel about him/her. Talking down and calling helpers 'servants' is part of a feudal mindset that is obsolete and has no place in a modern and civilised society," opines etiquette expert Pria Warrick.

POLITENESS IS NON-NEGOTIABLE

Basic manners like saying 'thank you' and 'sorry' should extend beyond parents and teachers to your helper as well. When they bring you food or do some work for you,



Do you give due respect TO YOUR HELPERS?

Being nice to the people who help at your home with cooking, cleaning or driving your car should be a given. Except that it isn't always the case. Here is an etiquette guide that tells you how to be empathetic and not just sympathetic to your helpers



SHOULD I GIVE A TIP OR GIFT TO MY HELPER ON SPECIAL OCCASIONS?

"It is surely nice if you can give something to your regular helper on his/her birthday or Diwali/New Year – favourite food or knick-knacks work. The gift can be expensive or simple – that's up to you," says Warrick.

make sure you thank them for it. It also doesn't hurt to be polite: ordering them around for things you can easily do is improper behaviour. Screaming or shouting at them is, of course, a big no. In fact, correct your other family members, too, if you notice them behaving rudely with a helper.

BE EMPATHETIC

Home-related technology that is part of our day-to-day work such as microwave, washing machine, vacuum cleaner, etc. may be a novelty to your domestic help who come from a different socio-economic background. So, do not scold a helper if he/she is taking time to adjust to these gadgets. Explain to them how to use these things and encourage them to take your help if they are confused about the functioning of a gadget. Similarly, "Things like food safety know-how and other hygiene rules need to be explained to your helpers if they have

migrated from a remote village to the city for work," advises psychiatrist Dr Jitendra Nagpal.

DON'T MAKE FUN OF THEIR LIFESTYLE

Do keep in mind that your helpers' way of living is different from yours. In some cultures, especially in rural areas, people eat rice/roti three times a day, and your domestic help or the society floor cleaner may be used to this pattern of eating. So, while you are munching a sandwich with a milkshake in the evening, you may notice your nanny enjoying a plateful of rice with pickles. Seems odd? Well, that's the lifestyle he/she is used to, so, it's improper to laugh at their eating pattern or choice of clothes or way of talking, which may perhaps not be as polished as your conversational skills.

SHOW COMPASSION FOR A SICK HELPER

Your driver, gardener or laundry person is as vulnerable to health issues as the rest of the society, especially in the time of Covid. When some helper is unwell, be compassionate and offer medicines and other help. If there is a 24/7 helper at your place, do ask your parents to take him/her to a doctor. Help them with the Covid vaccination process if they require help. And until the helper recovers (from any disease), manage your work and help your parents too in finishing household chores.

APPRECIATE EFFORT

Appreciation of a job well done is a huge motivation for everyone including people who take care of messy and not-so-easy everyday tasks at your place. For instance, if your driver has ensured your timely arrival at a party despite the chaotic traffic, thank him. Ditto for the pizza delivery boy who gets you your favourite food at odd hours. Thank him/her with a smile and ask if they want some water.

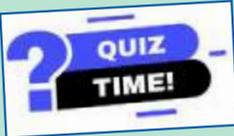
THE GENERAL ETIQUETTE QUIZ

10 social situations and ways to tackle them

1. In a group of people, if you are trying to indicate a specific person to someone else, what's the appropriate way to do that?

- a. Point
b. Open-handed gesture
c. Yell their name
d. Show them a photo

Answer: B. You can certainly point at things, but you must never point at people. It gives the impression that they are being talked about, and people usually assume it's in a negative way. Gesturing with an open palm is more welcoming and positive in nature.



2. In this day and age, is it OK to have your phone on the table during a dinner?

- a. If you're with close friends b. If you're eating at home c. No d. It certainly is

Answer: C. Having your phone out on the table, even in this age where people are addicted to their phones, shows that you care more about what's happening in your phone than the present company and the dinner.

3. When visiting someone, is it imperative that you call them first?

- a. You can just show up. b. There's no etiquette rule on that c. Not if you know they're home d. You bet

Answer: D. People like to be prepared for people to come over. You wouldn't want someone to just show up while you still had your curlers in, now would you? Give the person a chance to get presentable.

4. How long should dinner guests wait before responding to a formal invitation?

- a. They should respond immediately b. A few days c. A week d. Less than five days is rude.

Answer: Engraved or written invitations must be answered and put back in the mail immediately, but if it was a telephone invite, the call must be returned right away. Don't expect to get out of it, either. Only death, serious illness or an extremely unforeseen accident will excuse you.

5. Are candles appropriate on the table for a luncheon like they are for a dinner?

- a. Only if they're unscented b. No c. Yes, but only one d. If the hostess chooses to have them

Answer: B. A luncheon is a much more casual event than a dinner. The whole point of candles is to bring light to the room and table when there is no daylight. But since luncheons are during the day that renders candles useless.

6. What should you do if you're walking with someone who runs into someone they know and greets them?

- a. Greet them as well b. Stay behind c. Keep walking d. Move the conversation along. You've got places to be.

Answer: A. It's just polite to greet the person your companion has greeted. Don't wait to be introduced, as that might never happen and then you look awkward just standing there not knowing who the person is.

7. In letter writing, is using big words, wordy descriptions and flowery vocabulary a sign of elegance?

- a. For certain occasions b. Depends on who's writing it c. Yes, it is d. No

Answer: D. Writing a letter should portray simplicity and come from a natural place. If language is used that is not normal for the writer, it comes off as forced and like they're trying too hard to be something they're not.

8. How should one set the table for dinner when no guests are expected?

- a. Everyday plates and flatware b. The same as if guests were coming c. It doesn't need to actually be set d. With just the basics

Answer: B. Emily Post clearly states that whether or not guests are coming for dinner, the linens should be spotless, the silver should be at its most polished and the service must be impeccable. Each place setting should be set as well, even if people aren't sitting there.

9. If a person applies perfume, should he/she apply enough to make sure it can still be sensed in the evening?

- a. She can reapply b. That's the idea c. Not at all d. Only if they have an event that night

Answer: C. Carry your perfume with you or a small bottle of it in your bag. Reapply only if you have an event in the evening. Never apply so much perfume that it can still be smelled into the evening. The appropriate amount will wear off sometime throughout the day.

10. Which hand should you be coughing and sneezing into?

- a. Left b. Right c. It doesn't matter d. Neither. You should do it into your elbow.

Answer: A. The right hand is considered the social hand, the one you'll be shaking hands and waving with. The left hand is considered the personal hand and the one you use for coughing, sneezing, scratching, etc.

GOOD TO KNOW

ADOPT AN ATTITUDE OF GRATITUDE

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Scholars, spiritual leaders, and scientists throughout history have deliberated on gratitude. Is it the same as being thankful? No, it only begins there. Small joys and freedoms that we took so much for granted suddenly seem like the greatest gifts in post-Covid era. Today, most of us feel grateful for being alive, healthy and near our loved ones. We are grateful for the outdoors, the sunshine and the blue skies. We have a newfound respect for nature and the joy it brings us.

With Thanksgiving around the corner, we must soak in this renewed spirit of gratitude and be thankful for the good food, good health and good people in our lives. Embrace your own gratitude practice today, to feel the beneficial effects in many areas

of your life. Studies have shown that writing down what we are grateful five-minutes a day can increase our long-term well-being by more than 10 percent. An article by "The Happier Human" about gratitude enumerates 31 benefits to being a grateful person including higher self-esteem, a happier marriage, being more likeable, having better health, sleeping better, improved decision making and increased productivity. All that just for spending five minutes a day jotting down a few things we appreciate.



GRATITUDE ETIQUETTE LIST

Write personal notes: The gold standard of appreciation will always be a handwritten thank-you note; there's nothing like receiving a card or letter with a heartfelt message. According to etiquette experts, gifts – such as birthday, bridal, baby, graduation or housewarming – deserve a written note.

Take a Gratitude Walk: Notice your thoughts and veer them toward things you are grateful for. This type of stroll isn't about reaching a destination; it's about creative problem solving. For example, you might express gratitude for your family, your home, or the flowers you are passing in the park. Keep

adding things to your list. If you are comfortable, you can even say all the things you are grateful for out loud.

You've got mail: For colleagues and coworkers, an email or text for a lunch treat, work-related help or a last-minute act of kindness is certainly acceptable as long as your gratitude is evident.

Practice gratitude rituals: Some people say grace before a meal. Pausing in gratitude before eating doesn't have to be religious. It's a simple habit that helps us notice and appreciate the blessing of food on the table. **Recount the best of the day:** At bedtime, describe what was best about her day. **Volunteer:** Find organisations in your community with volunteering options. **Turn it around:** When faced with a challenge, find the silver lining by asking, "What did I learn from this?" "Is there something I can be grateful for?"

ASK THE EXPERT

My daughter's friend is mean to her



Q My daughter has a friend who continues to try to pull her down. She will talk ill about her to others, say mean and hurtful things to her and is generally very insecure if she sees her bonding with anyone else. Her behaviour affects my daughter deeply. What's the right way to intervene in this situation or should I even interfere?

A Hi, thank you for writing to us. I completely understand how unsettling this situation may be for you. I gather your daughter's friend is quite insecure and perhaps even possessive about her friendship with your daughter and hence is using inappropriate ways to keep other friends away from your daughter so she can have her all to herself. You are right; interfering directly between the friends doesn't seem like a great idea but since this behaviour disturbs your daughter as well, it's important to have a conversation about it with your daughter and see if she would like your support in coping with this in a better way. Ignoring the situation and not bringing it up, can psychologically impact her in the long run.

HAVE A HEART-TO-HEART

Firstly, have a heart-to-heart talk with your daughter to know how she truly feels about all this and if she is willing to talk about it to her friend in order to make this relationship better instead of toxic or hurtful. It's difficult when a child tells you that a friend is saying hurtful things about them. However, if it happens on a regular basis, it's important to take the issue seriously and make sure your daughter knows what to do or say if her friend continues with the same behaviour. Assess your daughter's points of view, feelings,

expectations and methods deployed to make the friendship healthier. Offer suggestions if she is receptive, else connect her to a counsellor or a therapist who can help her map her emotions as well as the emotional dependency, in a better way.

Let her answer these questions: Has she tried communicating her feelings to her friend? Has she expressed to her friend that making other friends doesn't mean that she won't value her? Has she tried to put her friend's insecurity to rest through a compassionate approach? Has the friend been hurt by something she did, perhaps unintentionally?

What are the ways in which this friendship can be made better? Ask your daughter to have a chat with her friend, particularly, about her behaviour without bringing up any baggage or judgement of her own. Perhaps, the past experiences of her friend have caused her to be insecure in her friendship. As a parent, don't take sides but do let your daughter know that it's important to address the issue.

In case, your daughter is determined to make this friendship work, ask her to honour herself as well as her friend in the process. She should inform her friend, politely, that she is crossing the line, whenever the friend is mean, toxic or nasty. A simple, "Do you realise that what you are doing is quite hurtful?", goes a long way in making things better. Getting reactive not only makes the situation worse, but also disturbs one's peace of mind.

As a parent, be patient and understanding and let the children work it out themselves. Let them learn from their mistakes and guide them when needed. Keep your cool at all times but do not hesitate to step in when necessary, such as if one of them is getting hurt emotionally by the other friend's words or actions. Allow your daughter to take ownership for her decision and facilitate whatever is needed in the process. Use this as an opportunity to enable your daughter to master emotions, relations, communication and most importantly instil self love and self worth! Tolerating mean behaviour to save a friendship is never wise; enabling others and finding healthier ways to thrive in a friendship is what is truly needed. If your daughter tries it all and is still unable to leave a positive impact on the friend (who refuses to change her mean behaviour), then perhaps it's best for your daughter to distance herself from her for a while. **TNN Expert:** Dr. Chandni Tugnait, MD (Alternative Medicines), psychotherapist, life coach

DRESS ETIQUETTE



10 Tie Rules for EVERYONE

A tie is a powerful accessory, it is one of the first things people notice when you dress up or suit up. But be it for school or otherwise, there are some rules to tie-wearing...

- Right tie for the right occasion:** Ties have to be picked according to the occasion. If it's formal pick solid ties in colours like as dark blue, burgundy, dark green. For a fun day out, pick polka dots, knit or paisley ties.
- Invest in quality:** A high-quality necktie will always stand out from a cheap tie. Also ties really last a long time, so investing in a good one will hold you in good stead.
- Mind the length:** A tie should always end at the center of the belt buckle when you stand upright. A simple touch overlooked by many.
- Avoid improper width:** The days of big, fat, wide ties are over. The general rule for the right tie width is – not too wide, not too narrow. But the width actually should be proportional to your body type, your dress shirt, and your suit lapel width. Simple.
- Don't forget the necktie dimple:** Simply put, the necktie dimple is the telltale sign of a professional who knows how to wear a tie. A well-dimpled necktie can make a great first impression in business situations as well as social occasions.
- If going casual, pick a slim tie:** If you're wearing a tie as part of your casual outfit, go for a slimmer tie instead of the wider ones. You'll look much more fashionable this way.
- Avoid a short-sleeve shirt with a tie:** If you want to stay looking professional and confident, stick to long-sleeve shirts when wearing ties. Avoid wearing a short sleeve shirt with a tie, unless are a student and it's part of your uniform.
- Avoid crowded prints:** Avoid mixing too many patterns or prints together when it comes to your suit, shirt, and tie combination. A good rule of thumb is to keep it to a max of two patterns. If you're wearing a patterned suit, wear a solid shirt and a patterned tie, or if you're wearing a solid suit, you can wear a patterned shirt and a patterned tie.
- Knot it right:** The tie's knot should be big enough to cover the collar band and top button behind it. If it doesn't, the knot has probably been tied too loose.
- Let it be subtle:** While a tie is a small detail that can enhance your look, make sure it's not the centre of attention. Let it complement, rather than stand out.

Queries relating to Etiquette

Etiquette is the customary code of polite behaviour in society. Social situation and the way we live, even etiquette, is ever changing. For instance, who would have thought that one would need a whole new set of classroom rules in 2019?

If you have a question on the new rules of engagement in a post-covid world, a relationship dilemma or just a query regarding writing a thank you note, write in to us toimie175@gmail.com with the subject line ETIQUETTE.

