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TODAY'S EDITION

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STUDENT EDITION

SATURDAY, NOVEMBER 27, 2021



SELF-CARE

DO AWAY WITH DRY SKIN

Easy tips by celebrity dermatologist **DR JAMUNA PAI** on how to tackle winter dryness



The chill of winter is back in the air with bouts of dryness, allergies, itchiness and redness on our bodies. So how does one tackle this beauty hitch with a smart move? Whilst we usually depend on just moisturisers and creams, we completely ignore other elements that can also help to beat winter dryness and other skin issues. Here's what you can do...

- 1 Use natural moisturisers to pamper the skin like butter, olive oil, coconut oil and honey rather than chemical moisturisers.
- 2 Ditch cosmetics that lead to dryness like matte lipsticks, powder blushes etc. Add tinted lip balms and hydrating foundation to your cosmetic bag. Opt for cream base blush and hydrating mist to lock skin's softness.

"Emollients and deep moisturisers should ideally be applied within the first five minutes of taking a shower, and best used twice a day. With the constant sanitising of hands, frequent use of hand creams is essential. Oil massages with cold-pressed oils greatly help in over-coming skin dryness. Use of sunscreen is mandatory even in winter. Use a lip balm with an SPF"

- 3 Discover homemade toners and scrubs. Dry skin would do better with a mask made of a few lemon drops with milk powder and glycerine. Apply once a week.

- 4 Use Aloe Vera gel for dry and patchy skin as it has deep moisturising properties and helps to draw moisture from the atmosphere to the skin.

- 5 Besides topical products, a few oral supplements also help combat the dryness. These include collagen, sodium hyaluronate, antioxidant agents like beta carotene, zinc and selenium. Oral supplements of essential fatty acids like Flaxseeds, Primrose oil, cod-liver oil and omega 3, 6, 9 supplements in diet can help. But consult an expert before taking these.

You can tell if your gur is pure by its colour. Ideally the colour should be dark brown, yellowish colour may indicate chemical treatment

anaemia by ensuring a normal level of red blood cells in the body. **WEIGHT LOSS:** Jaggery is surprisingly effective as a weight loss agent. This is because it is a rich source of potassium, a mineral that helps in the balance of electrolytes as well as building muscles and boosting metabolism. Potassium also helps in the reduction of water retention, which helps in managing your weight. — With inputs from Manjari Chandra, senior nutrition consultant

CATCH UP

Brush up your BEAUTY BUZZWORDS

Heard of clean beauty or vegan beauty? Or even natural beauty? Well, they are not inter-changeable. We help clear the air on these new terms



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dients and deciding the processes.

with no true definition and is usually used by any product that claims to protect the planet's resources.

ORGANIC
This is one space where beauty products have started getting certified. According to USDA, personal care products that use at least 95 percent organic will bear an official seal. In India, there are 10 certified

CLEAN BEAUTY

Just like clean eating, this term is used when brands use no processing, added chemicals and is mostly plant-based. Safe for people and the planet, clean beauty products usually consider human and environmental health while picking their ingredients

A 2008 study by Organic Consumers Association in US found undisclosed carcinogenic petrochemical ingredients in more than 40% of products tested that claimed to be natural

GREEN

Green has become an umbrella term for anything that does no harm to the environment. As a consumer, if a brand says they are green, take that with a big bag of salt. Green washing or pretending to be more eco-friendly than they are is the biggest scam companies pull. This is a wishy-washy term

organic beauty brands carrying certifications from Ecocert and USDA. The government has a National Program for Organic Production (NPOP) that certifies organic beauty brands. These certifications are expensive, so many smaller brands just label it as organic. Read up more about the brand and its certifications before indulging.

Be patient when switching to natural beauty just like transitioning to a healthy diet. Results aren't immediate. It takes the epidermis (top layer of skin) about a month to completely renew itself, so that's how long it will take to see results

When a beauty product is labelled non-toxic, it means that the ingredients have not been shown to cause adverse health effects in what levels they are being used. But in clean beauty space, non-toxic also means that it doesn't use any ingredient that's been deemed toxic at any dose by a third-party resource like the European Union or Environmental Working Group.

SUSTAINABLE

Similar to green but more trustworthy, it means that the ingredients and the packaging itself should not be harmful to the planet. Beauty products can wreak havoc on the water systems because of what they contain and many conventional products use petroleum jelly and are packaged in plastic. Truly sustainable ingredients are ethically sourced and proven to be safe for the environment.

VEGAN

A beauty product is vegan if it doesn't contain any animal by-products or ingredients sourced from animals. Common non-vegan ingredients found in clean beauty products include beeswax, honey, lanolin, and tallow. But vegan doesn't mean clean, sustainable or green. A product can be vegan and still contain chemical ingredients of concern.

CRUELTY-FREE

NON-TOXIC

Did you know that there's no way to regulate who uses labels like clean, organic or cruelty-free on their packaging? Why? Because no standard agency has yet defined how brands can use these terms

HEALTH



ALKALISE YOUR BODY

To make it less acidic and less prone to disease

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ment, our body also creates acid by overusing muscles, breathing, and digesting certain foods. Other factors can be stress, toxins, a polluted environment, tobacco, lack of sleep, or medications.

It is easy to get lost in the whole health-food terminology. One major factor in determining the healthfulness of a food can be by looking at it from an alkaline or acidic point of view. The more alkaline, the better.

Chewing is an easy first step to make your food alkaline. Chew 30-40 times a bite. Be careful not to overeat

WHAT IS ALKALINE BALANCE?

In order for your blood to effectively act as a medium of oxygen and absorb vital nutrients, your body's pH (potential of hydrogen) balance needs to be maintained. This equilibrium is essentially the body's alkaline-acid balance, which is ensured by healthy kidneys. Our packaged-food living makes us consume too much acid apart from already acidic dairy, grains, meats, and sugar. This puts too much load on the kidneys and they start accumulating the acid in our tissues. It also means that the body's mineral reserves such as calcium, sodium, potassium, and magnesium can run dangerously low. One needs to minimise acid generation by eating more alkaline foods.

BALANCED EATING

All foods have the ability to change your normal pH levels. The body does not stay in the fluctuating state of "too acidic" or "too alkaline" for long since it is always striving for stability. Acidic foods are the culprit, but one can't and needn't just eat alkalising foods. It's advised to opt for a balance of 80% alkaline-forming food and 20% acid-forming food. An easy way to accomplish this is to make fruits and vegetables the main part of each meal. "Good fats like avocado, nuts, ghee and coconut oil are better than saturated fats. Processed animal protein, wheat and some grains increase the pH of the body, so servings shouldn't cross more than two a day," adds Dr Sangwan.

GO ALKALINE...

- **Wake-up potion.** The body is naturally acidic in the morning as it cleanses itself overnight. Consume a high-quality, alkaline drink in the morning. For more alkaline effects, add some apple cider vinegar to it.
- **Sprout it out.** Add more sprouts to your daily diet. They are extremely alkalising and supercharged with nutrients
- **Go for a brisk walk** or some other form of exercise daily. Exercise helps eliminate acid waste from your body. But don't over-exercise. It can increase the pH of the body
- **Skip sugar-laden food.** Sugar is one of the most acidic foods we consume. You need a lot of water to wash out daily sugar
- **Leafy greens** are the most alkaline foods and also rich in vital micronutrients. Eat lettuce, collard greens, spinach and broccoli for best results, the darker the better

WHY YOU SHOULD CARE?

The pH of our body is 7.4 and anything that alters it will make the body's immune defense go down and opens up the door for diseases. "Sodium and sugar rich diets from processed foods can cause an upheaval in pH and lead to a disturbing health condition called acidosis," adds Dr Sangwan. Dr Robert Young, in his book "The pH Miracle", says, "Health depends on an internal alkaline environment. He discusses the importance of regulating your body's acid/alkaline chemistry and how it can result in weight loss, increased stamina and strength, and a stronger immune system." Mind you, it's not just the food that can cause an acidic environ-



GOOD TO KNOW

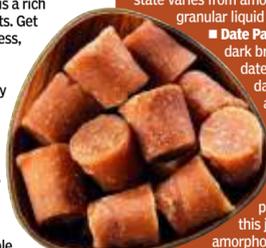
TOO GUR TO BE TRUE

A BRONCHODILATOR, BLOOD PURIFIER, GUR OR JAGGERY IS THE PERFECT WINTER SWEET

Jaggery is a great winter dessert that not only gives satiety, minus the negative effects of eating sugars, but also helps fight cold, improves respiratory health and is a rich source of micronutrients. Get your gur fix for sweetness, warmth, health and nutrition. Here's why: **CLEANS LUNGS:** Jaggery is one of the best natural cleansing agents for the body. It efficiently cleans the respiratory tract, lungs, intestines, stomach and food pipe. This is why jaggery is highly recommended for people working in heavily polluted areas such as factories or coal mines. Being rich in iron, it is used as a natural remedy to fight anaemia and boost blood count that in turn will improve blood circulation and also boost the respiratory system. Due to its anti-

KINDS OF JAGGERY

- **Sugarcane:** The colour of this jaggery ranges from golden brown to dark brown. It is made by boiling the juice of sugarcane. Its physical state varies from amorphous solid to viscous granular liquid
- **Date Palm:** Golden brown or dark brown colour, the sap of date palm is boiled to make date palm jaggery. It is an amorphous solid, granular to a clear red liquid
- **Palmyra:** Off white or pale yellowish white, sap of Palmyra palm is boiled to prepare this jaggery. It is an amorphous solid
- **Toddy Palm:** This jaggery is golden brown in colour. It is made by boiling the sap of toddy palm. It is also an amorphous solid



allergic properties, it keeps allergens away from lungs that lead to serious wheezing and coughing episodes. **PREVENTS ANAEMIA:** Jaggery is rich in iron and folate which help in preventing

TREATS FLU-LIKE SYMPTOMS:

Jaggery is loaded with antioxidants and minerals such as zinc and selenium, which in turn help prevent free-radical damage and also boost resistance against infections. Fight symptoms of a cold and cough with the help of gur. All you need to do is mix it with warm water and drink up, or even add it in your tea instead of sugar to reap the benefits. **BLOOD PURIFIER:** One well-known benefit of jaggery is its ability to purify the blood. When consumed on a regular basis and in limited quantities, it cleanses the blood. **PREVENTS ANAEMIA:** Jaggery is rich in iron and folate which help in preventing

TRIVIA TIME

On November 27, 2013, Disney's 'Frozen' released becoming the highest grossing animated movie ever

CAN'T Let it Go

- 1 Anna is the first Disney Princess to ever duet in a song with a villain.
- 2 At the ripe old age (duh!) of 21, Elsa is the oldest of all Disney Princesses. Most of the princesses are 16, including Merida, Ariel, Aurora, Moana, and Mulan, whilst Jasmine is 15 and Pocahontas and Rapunzel are 18. Tiana and Cinderella are both 19 and Belle is 17. And at 23, Hans is the youngest villain.
- 3 Elsa was originally going to be the villain, until the creative team realised the power of "Let it Go". The mean Elsa had blue spiky hair and a coat made from living weasels.
- 4 Josh Gad who plays the part of Olaf improvised most of his lines.
- 5 The song 'Let it Go' was written in just a day. It has since been recorded in 41 languages. It's also the first Disney song to hit the top ten in the Billboard Hot 100 since 'Colours of the Wind' from 'Pocahontas' in 1995!
- 6 'Frozen' is loosely based on the Hans Christian Andersen's tale 'The Snow Queen'. Walt Disney had been considering an adaptation of that tale since the 1940s. The



Animators needed to animate hundreds of snowflakes. To get the look just right, they had best snow experts to help them

Frozen is one of Disney's most successful films ever, making over a billion dollars worldwide.

animators had to create a software program called Tonic for the effects of Elsa's hair. Animators also created a snowflake generator to create 2000 different snowflake shapes.

It was Disney's first animated feature film by Disney to be directed by a woman — Jennifer Lee. Lee wanted to make a film about female friendship and sisterhood, instead of pitting them against each other to win the prince. Lee has also directed 'Frozen II'.

Idina Menzel has played two Disney Princesses. In the film 'Enchanted', she plays Nancy, who marries Prince Edward.

With 4,200,000 strands of computer generated hair, Elsa has 15 times more strands than Rapunzel. In fact, Disney animators had to create a software program called Tonic for the effects of Elsa's hair. Animators also created a snowflake generator to create 2000 different snowflake shapes.

A live reindeer was brought into the studio to make sure they properly captured and depicted the look of Sven. Using real-life models is quite a common technique at Disney which has been used ever since their very first films like Snow White. Sometimes the animators themselves step in as models.



WORD WISE

GAMAN

MEANING: DIGNITY DURING DURESS

"Gaman" literally translates to "patience, perseverance and tolerance" and refers to enduring difficult situations with self-control and dignity. It is part of Zen Buddhist teaching, and it is a strategy of remaining resilient and patient during hard times and is characteristic of emotional maturity.

SHIKATA GA NAI

MEANING: ACCEPTANCE AND LETTING GO

Also can be used as "Sho ga nai", this Japanese phrase means "it cannot be helped" or "it is what it is" and nothing can be done about it. It's not a way to give up or feel hopeless, instead it's about acceptance. The term refers to the concept of accepting that which we cannot change and moving on.

YUUGEN

MEANING: BEHOLDING BEAUTY IN THE UNSEEN

Translated literally as "mysterious profundity" it refers to profound awareness of the beauty of the universe that surpasses explanation with words. It refers to the inner beauty we can feel towards an object, person or a place, even though it may not be beautiful in the literal sense of the word. It's all about the emotions something evokes in you.

MONO NO AWARE

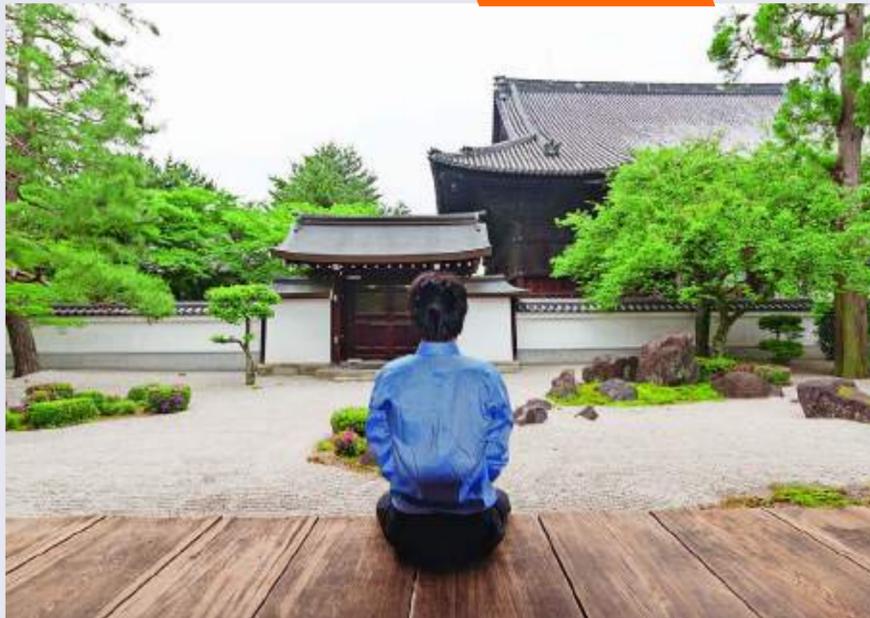
MEANING: THE PATHOS OF THINGS

An ephemeral feeling, "mono no aware" might be literally translates to "the pathos of things." It is feeling an empathy toward things and the general space around you but in a fleeting manner. It is about having an awareness of impermanence and feeling sentiments such as wistfulness at what has been. Again it is not a negative term but a deeper feeling than nostalgia that makes you appreciate ever-constant change and the reality of life. Some refer to it as the "the 'ahh-ness' of things".

KANSO

MEANING: ELIMINATE CLUTTER AND EXPRESS THINGS SIMPLY

The Japanese are pioneers of minimalism. Kanso is the art of paring down and getting rid of clutter. It's all about organisation and cutting out the chaff so that you mind is



scending the conventional. This principle describes the feeling of surprise and a bit of amazement when one realises they can have freedom from the conventional. This is for you to not become a slave to routines or if routines bore you. Being spontaneous helps with creativity and inspiration.

SEIJAKU
MEANING: ACHIEVING A STATE OF TRANQUILITY AND ENERGISED CALM

Imagine being in a garden with no sound and distractions – that is the feeling of seijaku. It is a state of "active calm" and stillness basically meaning that you are calm but not sleepy. It can be achieved through meditation and being mindful and connected to your emotions.

YOHAKU-NO-BI
MEANING: BEAUTY OF EMPTY SPACE

The beauty of space left empty in works of art, is called yohaku no bi. This is a concept borrowed from Chinese landscape ink paintings, where clouds, mist, sky, and water would often be left unpainted. The empty space sparks the imagination of the viewer, challenging them to imagine the unseen. It is appreciating the beauty of what is implied, understated and unexpressed.

10 JAPANESE WORDS THAT CAN TEACH YOU ABOUT LIFE

Lexicographers are delving deep into languages other than English to find new words and phrases to describe indescribable feelings, emotions and ways of life

free to focus on the needful.

FUKINSEI
MEANING: USING ASYMMETRY TO ACHIEVE BALANCE

The idea of controlling balance in a composition via irregularity and asymmetry is a

central tenet of the Zen aesthetic. The enso ("Zen circle") in brush painting, for example, is often drawn as an incomplete circle, symbolising the imperfection that is part of existence. Balanced asymmetry is a big concept in design. It helps you connect with nature in a more spiritual way as

nature by its very nature is uneven.

SHIZEN
MEANING: NATURALNESS

This is living with the absence of pretense or artificiality. In the social media world, ever wondered why we are more drawn

towards people who seem authentic. It's probably shizen. Remember that you don't have to be perfect, and there's no need to pretend to be something you're not.

DATSUZOKU
MEANING: FREEDOM FROM HABIT OR FORMULA

It's escape from daily routine or the ordinary and is all about tran-

The Japanese are pioneers of minimalism. Kanso is the art of paring down and getting rid of clutter. It's all about cutting out the chaff so that you mind is free to focus on the needful

4 WAYS TO LEARN A LANGUAGE FAST!



It might sound like an impossible task, but according to language experts, you can learn basic communication skills in weeks and master the basics of a foreign language in several months. Here are some sure shot ways:

Make language learning a daily habit: For language learning, simply setting daily reminders in your online calendar works wonders. The routine is the actual behavior that you perform in response to the cue. When you start, make the routines easy – things like opening your language app, or revising 5 words from your last lesson. These routines may sound insufficient, but because they are so easy you will be making it almost impossible to fail.

Immerse yourself with free resources: It has never been easier to learn a language fast without actually travelling to a country where it is spoken. This is because there are now tons of free reading and listening resources that you can access online. Use them to immerse yourself in the language every day. In terms of format, radio and podcasts are great when you have at least an intermediate level, but TV and films are preferable

at the start. This is because the images provide you with context that helps you understand the language.

Speak from day one: This is understandable as it takes confidence to try to speak a new language. But if your goal is to be able to speak at a conversational level, you should start practicing from day one. The more mistakes you make, the faster you will gain feedback and improve. The free option is to find native speakers to converse with. Another option is to go to group classes.

Test yourself: Knowing that you plan to take a test is a great way to motivate yourself to learn faster. Try to regularly test yourself in little ways. If you're learning from a textbook, take practice tests or complete the exercises at the end of each chapter. You can also play online games or take online tests. Online practice tests can be found in almost any language, including French, Spanish, Japanese and German.

GRAMMAR GYAN
CHOOSE RIGHT

The space between two words can make a big difference. Know when to use the right word and when to put in the space

Everyday or Every Day

One is strictly an adjective and the other is an adverbial phrase

HOW TO USE

■ The adjective "everyday" means routine, ordinary, or commonplace. It's frequently paired with the word "occurrence" to describe something mundane. It is used before noun like "everyday activity" or an "everyday habit."

■ "Everyday" is an adverbial phrase – a group of words that functions as an adverb – that means each day or daily. It's used to refer to repeated actions or occurrences. It follows the verb it modifies, such as we "exercise every day" or "brush teeth every day".

EXAMPLES:
Everyday: When you're feeling low, even

everyday chores seem challenging.
Every day: We have to make our bed every day.

Sometime, some time or sometimes

The words are related in meaning, but they're used in different ways.

HOW TO USE

■ "Sometime" is an adverb meaning at an indefinite or unstated time in the future; as an adjective, it means occasional or former. The expression "some time" means "a period of time." The adverb "sometimes" means "occasionally, now and then."

■ To use "sometime" as an adverb, employ the term when you mean occasional, as in:

■ In "some time", "some" is an adjective describing the noun, "time".

■ "Sometimes" is actually a compound word but holds a different meaning.

EXAMPLES:
Sometime: "He's a full-time bartender and sometime actor."
Some time: "I fear that it will be some time before he is able to deal with his memories of the war."
Sometimes: "Sometimes, Dan likes to sleep with his boots on."

Anytime and Any Time

If you're trying to choose between the words "any time" and "anytime", it's interesting to note that just a century ago, you wouldn't have even had a choice. Back then, any time people

wrote, they always used the two-word version. There was no "anytime".

HOW TO USE

■ Written as two words, "any time" is a noun phrase that means "at no particular time" or "any amount of time". It indicates that something will probably happen soon, but an exact time can't be stated.

■ The word "anytime" is a contraction known as a casualism, which is the result of the informal usage of a grammatically incorrect word becoming widely accepted. "Anytime" is an adverb meaning "whenever" or "without a doubt".

EXAMPLES:

Any time: The package is due to arrive at any time.

Anytime: The boxer said that he

Tip:

Anytime is always informal and to determine if it is right, see if it can be replaced with the word "whenever" without changing the meaning of the sentence.

could defeat his opponent anytime.

Anyone or Any one

One is an indefinite pronoun and the other an adjective phrase.

HOW TO USE

■ The indefinite pronoun "anyone" refers to any person at all, but not to any particular individual. "Any one" is an adjective phrase that refers to any single member of a group of either people or things and is commonly followed by the preposition "of".

■ A similar distinction applies to "anybody" vs. "any body" as well as "nobody" and "no body".

Tip: When trying to distinguish between "anyone" and "any one", simply swap with "anybody" vs. "any body" or even antonyms, such as "nobody" vs. "no body". The difference between these words is the same grammatically as the distinction between "anyone" and "any one".

EXAMPLES:
Anyone: "Did anyone of you see a lost dog?" the frantic woman asked.
Any one: Choose any one of the books to read.

— Sources: thoughtco, grammarly.com, Merriam-webster.com

FUN LEARNING

SURPRISING BENEFITS OF TONGUE TWISTERS

Every year on the second Sunday in November, International Tongue Twister Day celebrates this alliterative sequence of words that are both fun and challenging to say. It's also a day to learn some new tongue twisters. Neurologists and linguists suggest that tongue twisters are a significant exercise in activating your brain's performance. Tongue twisters are a sequence of words or sounds that are usually alliterative (meaning the first consonant is repeated) and are difficult to pronounce quickly and correctly. Tongue twisters are funny, but they can also help you with your pronunciation and speaking. They are a type of diction or

articulation exercise, which helps you learn to speak clearly.

BENEFITS OF TONGUE TWISTERS:

They enhance memory: You will not be able to say a tongue twister well if you do not learn it by heart. It is an infallible trick to be able to pronounce it well.

Exercise vocalization: Children will have to make an effort to properly vocalize each phoneme, but they will do it without even realizing it, and in a fun way. It's like a kind of speech therapy, but wrapped up in laughter.

Muscle strength: They strengthen and stretch the muscles involved in speech. This muscle exercise leads to

clearer pronunciation, clearer speech patterns, and helps rectify some of the hardest sounds for you.

They are a great warm up:

Even if you're a native speaker or you've mastered English pronunciation, tongue twisters are a great warm-up exercise before you make a presentation, speak in public, teach a class, lead a meeting, act, and more!

They encourage imagination: Some kids invent their own tongue twisters to be able to share them with friends.

Tell your weak points: Tongue twisters highlight which sounds are difficult for you to say so that you can work on those sounds.

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

