



THE TIMES OF INDIA

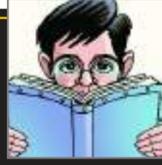
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TODAY'S EDITION

Did you know that walking your dog is as healthy as having a probiotic? Here's all about its health benefits and of other such hobbies... **PAGE 2**



An educator explains how both parents and teachers adopt new ways as children go back to school **PAGE 3**



Barca beat Villarreal for first La Liga away win **PAGE 4**



STUDENT EDITION

MONDAY, NOVEMBER 29, 2021



The dystopian, fantastical show 'Squid Game' - a nine-episode thriller by South Korean director Hwang Dong-hyuk that has been lauded for its searing critique of capitalist society - continues to be a worldwide sensation. But it is worth taking another look at the numbered green tracksuits worn by the show's main characters, for they offer a specific, symbolic window into Korean culture

CLICK HERE: PAGE 1 AND 2

BLACK FRIDAY GONE, MARK CYBER MONDAY

HOW IT STARTED

Historians believe 'Black Friday' started in Philadelphia in the mid-1960s when bus drivers and police used the term to describe the heavy traffic that would clog city streets the day after Thanksgiving, as shoppers headed to the stores. Through the 1980s the day grew to become one of the most successful



days of the year for merchants, who would often refer to the day as Black Friday to denote good profits, as

they ended up using only black ink (used to show profit) and less red ink (used to show loss). AGENCIES

Shoppers' stop

In the early 2000s, retailers noticed a new trend among buyers who couldn't shop on the Black Friday weekend, to be looking for bargain deals online on Monday. The term 'Cyber Monday' was coined by Shop.org, the online arm of the National Retail Federation.



As brick-and-mortar stores do with Black Friday, online retailers usually offer special promotions, discounts, and sales on CYBER MONDAY

TRACKSUIT THAT EMBODIES KOREAN CULTURE



Trend In India Too

A matter of survival, no a matter of style. Since the South Korean survival drama 'Squid Game' has been released in September and viewed by more than 100 million people worldwide, dressing up like the show's contestants in green tracksuits has become a huge fashion hit. ET

GREEN TRACKSUITS: ITS SYMBOLISM

■ NOTION OF BAEKSU, MEANING UNEMPLOYED: Tracksuits have become a mark of social status in contemporary Korean culture, says Jooyoung Shin, a fashion design professor at Indiana University. "Baeksu is a common slang for someone who is out of work. It translates to 'white hands'," suggesting that idle days make for shamefully clean palms. This coded stigma is tied to the dress code of 456 contestants in Squid Game, who are united in their desperation for a Hail Mary escape from their debts.

■ REPRESENTS THOSE NOT ACCEPTED: Kyunghye Pyun, an art history professor in New York, says, "The low-end tracksuits are usually associated with people who have failed to be accepted by a community." The show's players are akin to this. NYT



OMICRON How WHO named it

Appointment Desk Quarantine COVID-test



Markets plunged this weekend, hope of taming the coronavirus dimmed and a new term entered the pandemic lexicon - Omicron. The Covid-19 variant that emerged in South Africa was named after the 15th letter of the Greek alphabet. The naming system, announced by the World Health Organization (WHO) in May, makes public communication about variants easier and less confusing, the agency and experts said.

For example, the variant that emerged in India is not popularly known as B.1.617.2. Rather, it is known as Delta, the fourth letter of the Greek alphabet. There are now seven "variants of interest" or "variants of concern," and they each have a Greek letter, according to a WHO tracking page. Some other variants with Greek letters do not reach those classification levels, and the WHO also skipped two letters just before omicron - 'nu' and 'xi.'

"NU IS TOO EASILY CONFOUNDED WITH NEW," TARIK JASAREVIC, A SPOKESPERSON, SAID ON SATURDAY. "AND 'XI' WAS NOT USED BECAUSE IT IS A COMMON LAST NAME." He added that the agency's best practices for naming diseases suggest avoiding "causing offense to any cultural, social, national, regional, professional or ethnic groups." NYT

In India, the Centre has asked states to conduct "RIGOROUS SCREENING AND TESTING" of all travellers coming from and transiting through Botswana, South Africa and Hong Kong



NFT BUZZ EARNS it 'Collins Word of Year' tag

The Collins Dictionary declared NFT its word of the year for 2021 in recognition of the convergence of the worlds of money, tech and art in what became known as 'non-fungible tokens.' NFTs have exploded in popularity this year with the help of collectors, speculators and celebrity endorsers stirring up hype - and funding - for them. Bloomberg

Collins defines them as "a unique digital certificate, registered in a blockchain, that is used to record ownership of an asset such as an artwork or a collectible." Some of this digital artwork has been selling for millions of dollars



Sanctuary Mandela, ex-president's home turned into hotel



Anti-apartheid legend Nelson Mandela liked hearty, simple meals, like oxtail stew. It was a favourite dish of South Africa's first black president and now fills ravioli served in his former home, which has been transformed into a boutique hotel. The residence, hidden on a quiet street in a wealthy suburb of Johannesburg, after a floor-to-ceiling remodelling, welcomes visitors to Sanctuary Mandela. Mandela lived here for eight years with his third wife Graca Machel. AFP

The hotel opened in September for guests seeking to bask in the ex-president's calm and positive energy. The presidential suite was once actually the president's bedroom. The window frames bear his nickname 'Madiba' and his Robben Island prison number '466/64' - scratched into the wood by his grandson.

Ferrari roars out DAYTONA SP3 for its ICONA FANS....

Ferrari NV unveiled a new limited-run retro model that the storied Italian manufacturer is billing as its most aerodynamically efficient car ever.

The Daytona SP3 that debuted at Mugello Circuit, a Formula One track near Florence, honours the brand's 1960s race cars. It represents the second leg of Ferrari's special-edition Icona series, the first being the Monza SP1 and SP2 cars introduced three years ago.

The Daytona SP3 carries a seven-figure price tag. It will cost 2 million euros (\$2.26 million) in Italy, according to a company spokesman. The deliveries are set to start in 2022 end.

Its mid-rear mounted, 829-horsepower V12 is Ferrari's most powerful engine, enabling the car to go from zero to 100 kilometres per hour in 2.85 seconds! TNN





DO THIS FOR YOUR OWN GOOD!

LIFESTYLE



BELT ONE OUT

Singing badly in the shower might upset family members, but now you have a scientific reason to do so! Singing, along with listening to music, lowers cortisol levels that suppress your immune function. Half an hour should be your target time. It also spikes the antibody immunoglobulin A, which provides a defence against infections. Dr Ian Lewis, director of research and policy at Tenovus Cancer Care, says of the "exciting" findings, "We've heard anecdotal evidence that singing makes people feel good, but this is the first time it's been shown that the immune system can be affected by singing."

LOOK, BUT DON'T TOUCH

When we spot someone poorly, we try to avoid them. But it seems that looking at sick people has a beneficial effect on our immune system. Researchers at the University of British Columbia showed people images of sick individuals. They discovered this triggered an increase of the helpful protein interleukin-6 (IL-6), which helps regulate immune responses. "It makes evolutionary sense that the immune system would respond aggressively when it's really needed," says Mark Schaller, a co-author of the study. "It's as if our bodies are saying, 'Maybe an infection is around so I better kick my immune system into high gear'."



KNIT A BAD IDEA

Olympian Tom Daley says he knits to calm his mind, but it can do wonders for keeping the sniffles at bay, too. It's believed that the repetitive movements encourage the 'relaxation response' – the body's way of counterbalancing stress that otherwise impairs the immune system. As heart rate and blood pressure falls and breathing slows, levels of stress hormones decrease. Nutritional therapist Camilla Gray adds, "Knitting is linked with lowered stress levels and a sense of well-being. Because it occupies the mind, it also stops people reaching for alcohol and cigarettes, both of which depress immune function."



GO WITH THE FLOW

Swap the treadmill for Tai Chi to stay healthy this winter. The gentle form of exercise, based on an ancient Chinese martial art, not only helps you maintain strength, but is a confirmed immune-system booster, according to UCLA students. In total, 112 adults aged 59 and up took part in a study that found the activity significantly boosted their immune systems against the shingles virus.

FREEZE THERAPY

Cryotherapy might sound like a Red Dwarf character, but it's actually a medical technique that uses sub-zero temperatures for health benefits. A whole-body treatment involves being encased in a full-length capsule – up to your neck – while liquid nitrogen is pumped into the air, cooling the entire chamber to a very chilly -200°C.

The good news is you're only in there for minutes. "Traditionally it was used by sports people to alleviate muscle pain, sprains and swelling," explains Alla Pashynska, founder of Ice health Cryotherapy. "We then discovered it also increased blood circulation, regulates metabolism, reduces blood pressure and boosts the immune system." Alla's celeb clients include Gemma Collins, Olly Murs and Carol Vorderman.



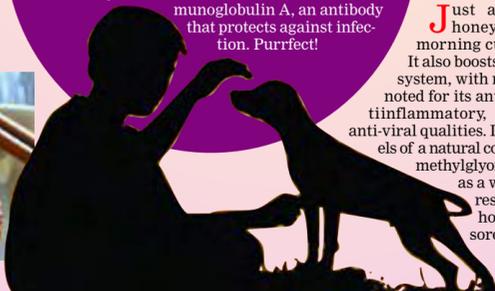
IT'S OH-FISH-IAL

Did you know a plate of sushi can help fight off germs? Fish is rich in omega-3 fatty acids that reduce inflammation, with salmon in particular packing a punch thanks to the carotenoids it contains. The addition of ginger is a bonus given its anti-inflammatory properties, but Ella Davar hails wasabi as the best virus-busting champ. She says, "Research has shown that wasabi, the unique flavorant used to spice up and disinfect raw fish in sushi, has significant health benefits and helps strengthen the immune system." Elle adds that wasabi is also rich in beta-carotene, which the body converts into vitamin A, a known infection fighter, along with compounds called glucosinolates and isothiocyanates "which have antibacterial properties".



TRUST ME, I'M A DOG-TOR

Dogs are more than just a faithful companion – they act rather like a probiotic, according to research in the States. "We think dogs work as probiotics to enhance the health of the bacteria that live in our guts," says Dr Charles Raison, principal investigator for the study. "These bacteria are increasingly recognised as playing an essential role in our mental and physical health, especially as we age." It applies to other pets, too – stroking a cat for just 18 minutes raises levels of immunoglobulin A, an antibody that protects against infection. Purrfect!



Michael Irwin, a professor of psychiatry at UCLA, praised the 'exciting' findings because of the "implications for other infectious diseases, like influenza and pneumonia".

YOU BETTER BEE-LIEVE IT

Just a spoonful of honey helps your morning cuppa go down. It also boosts your immune system, with manuka honey noted for its antibacterial, anti-inflammatory, and potential anti-viral qualities. Its high levels of a natural compound called methylglyoxal (MGO) within the honey that make it more potent as a weapon against flus and colds than other varieties. A research team at the University of Oxford declared that honey is 'superior' for improving symptoms of coughs, sore throats and sneezes.

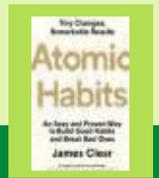


DAILY MIRROR

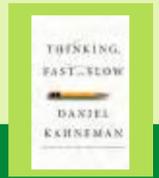
7 IDEAS TO TRY THIS WEEK

'ATOMIC HABITS'
BY JAMES CLEAR

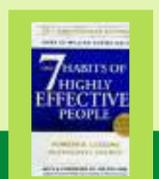
Associating your desired new behaviour with something you enjoy is a good way to start. For example, if you want to exercise every day, don't eat dinner until you've completed your workout.

'THINKING FAST AND SLOW'
BY DANIEL KAHNEMAN

Sometimes it's best to react right away, while other times it's better to think about it. When something is essential and the solution or hazards are unknown, I attempt, though not always effectively, to sleep on it and revisit it the next day with fresh eyes.

'THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE'
BY STEPHEN COVEY

Create a personal mission statement and devote as much effort as possible to fulfilling it. Excessive planning should be avoided when working on projects. In most cases, it's better to respond quickly and adjust as needed.

'EAT THAT FROG'
BY BRIAN TRACY

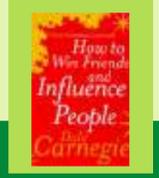
21 Great Ways to Stop Procrastinating and Get More Done in Less Time by Brian Tracy. The title is a reference to Mark Twain's adage that if you eat a live frog first thing in the morning, the rest of your day would undoubtedly improve. Tracy's message: Take on your 'frog' first thing in the morning: your biggest, most critical assignment, the one you're most likely to put off.

'GETTING THINGS DONE'
BY DAVID ALLEN

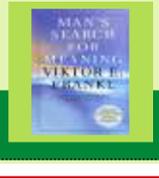
What irritates, distracts, or fascinates you the most? 2. How would you go about properly resolving it? 3. What is your next step in achieving your goal? 4. Compare how you feel after the activity to how you felt before.

'HOW TO WIN FRIENDS AND INFLUENCE PEOPLE'
BY DALE CARNEGIE

Really listen and ask questions to understand the other person. Help people get what they want if you expect them to help you get what you want.

'MAN'S SEARCH FOR MEANING'
BY VIKTOR FRANKL

Choose an exciting life purpose, imagine achieving it, and continually take baby steps toward getting there.



Love pizza?

Here's how to make gluten-free vegan



The demand for gluten-free food is on the rise in India and it is all thanks to the intolerance towards gluten, which is a kind of protein that acts as a glue to hold food together. It is found in grains like wheat, rye, and barley, and is used to make popular foods like cake, pizza, cereals, cookies, crackers and of course pizza!

One of the reasons why people are opting for gluten-free foods is because of the growing cases of celiac disease. According to Mordor Intelligence, "The Indian Gluten-Free Foods & Beverages Market is projected to value at 189 million USD in 2024 registering a CAGR of 8.7 per cent." This shows how people are opting for gluten-free products such as bakery products and cereals. The report also says that "India is the second-fastest-growing market for gluten-free foods & beverages in Asia-Pacific, following China."

Now that the trend for gluten-free foods is on the rise, it's a good idea to try a pizza whose crust is completely gluten-free. The best part about this pizza is that the dough need not rise. It is going to be really amazing in taste with your favourite vegan cheese. Here's how you can make this pizza at home.

INGREDIENTS

For the Dough

- 3 cups gluten-free all-purpose flour
- 1 tablespoon active dry yeast
- 1 tablespoon olive oil
- 2 tbsps unrefined cane sugar
- 1 cup warm water
- 1 teaspoon sea salt
- 1/2 teaspoon baking powder

For Pizza

- 300 ml home-made pizza sauce
- 1 cup dairy-free cheese
- Assorted veggies, for topping

GLUTEN-FREE VEGAN PIZZA RECIPE

METHOD

- 1 First, let the yeast rise for making the dough. For the same, take a bowl and mix together yeast, warm water and sugar. Let it sit for 5 minutes.
- 2 Now, sift gluten-free flour, sea salt and baking powder in a large bowl. Once done, add olive oil to it along with the yeast mixture and mix well. Add a little water and knead until you achieve a soft dough.
- 3 Next, make a ball of the dough using your hands. Take a baking sheet, dust it with some gluten-free flour. Place the dough in the middle and press it with your hands until it rolls out completely.
- 4 Place this flattened dough in the oven and bake for 8-10 minutes or until a crack appears.
- 5 Once done, take it out and spread the pizza sauce on the crust. Make sure you leave a 1/2 inch margin from the edges.
- 6 Finally, grate or shred the dairy-free cheese on the pizza crust generously. Afterwards, add veggies of your choice as topping and shred more cheese on it. (Tip: If you like dark crust, you can brush the pizza

crust with a little olive oil before baking.)

- 7 Now, place this crust in the oven again and bake for about 20-30 minutes. Make sure you check after 20 minutes to prevent it from burning.
- 8 If the pizza is done, take it down and let it cool a little. Season it with oregano and pepper. Serve hot with ketchup and chilli flakes.

GO DESI WITH MILLETS

For Indian palates, who cannot find gluten-free all-purpose flour easily, there is something super easy that can be done. Natasha Gandhi, who rose to fame with MasterChef Season 6, and is the founder of House of Millets says, "All you need to do is make a thick millet roti and use your favourite cheese for that cheesy touch to your pizza. Add the toppings of your choice and voila, you have the Indian way of making gluten-free pizza ready in a few minutes." This desi recipe is something we can make when we want to eat a healthy pizza as millet is a gluten-free grain and is very rich in nutrients.

