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TODAY'S EDITION

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STUDENT EDITION
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LATEST BUZZWORDS EXPLAINED
SHECESSION

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RETHINK

that you become frozen with inaction. That is overthinking.

ARE YOU AN OVERTHINKER?

It's normal to get too "in your head" sometimes. But chronic overthinking can start to interrupt your sleep, work, relationships, health, or other aspects of your everyday life. Overthinking usually falls into two categories: ruminating about the past or worrying about the future. To know if you are one, answer this: Are you missing a deadline because you are constantly worrying? Or you are losing sleep over a decision? Being unproductive is the hallmark of overthinking.

HOW TO STOP

While adults can handle overthinking with simple tools of mindfulness, journaling and recognising patterns, children tend to overthink about disappointments at school or frustrations over class work. To help children learn to live in the present rather than overthink about the future or the past, here's what parents can do:

Find out what's bothering them

Keep a clear line of communication open with the child. Ask them what's happening at school, class, friends and around them. This will tell you

IS OVERTHINKING A MENTAL DISORDER?

Overthinking is not a recognised mental disorder all by itself. However, research has found it's often associated with other mental health

conditions, including:

- Depression
- Anxiety disorders
- Obsessive-compulsive disorder (OCD)
- Post-traumatic stress disorder (PTSD)

In addition it may lead to physical health symptoms such as:

- Headaches
- Fatigue
- Digestive issues like nausea or diarrhoea
- Difficulty sleeping



you're your child is worried about. Sometimes just the fact that they can share what's going on is enough to lighten their mental load. And while they are sharing, don't interfere. It's enough to listen.

Not everything

is okay
When our children worry about something, we usually say it's okay or it'll be okay. Don't be dismissive. Because what is trifle to you, may not be the case with the kids. Listen without judgement, no matter how simple or petty you think the matter is.

Find solutions

After you are done listening, provide solutions. A good way to quell worrying in kids is to equip them on how to deal with challenging situations. Offer to help them come up with a solution and this doesn't mean you fix the

problem for them. You help them think the solution on their own. It is important for kids to take an active role in problem-solving.

Make a list

Ask your child to make a list of his/her fears, worries and what they over think about. It's like journaling. Sometimes this little act can make the scary, unsurmountable worries seem easy enough to tackle. This will also give you an idea of what you want to work on with your child.

Distract

There's something like healthy distraction. Like ask your child to do their favourite activity. Whenever your child is overthinking, allow them to do an activity that they like. Also exercise a great way to channelise the overworked mind.

Pics: Istock

Stop being an OVERTHINKER

The pandemic created a problem of anxiety and overthinking. Here's how to stop the spiral

We all know people who overthink seemingly simple decisions. It could be deciding what to order for dinner or just sitting on online purchases debating things for days. Chances are, you consider yourself an overthinker.

But are you? Overthinking is when you dwell or worry about the same thought repeatedly. Overthinkers tend to get paralysed by their worries and may struggle to make decisions or take action. Now, most of us take a long time to come to a decision over the big questions: picking school, switching careers, buying a car, etc. But sometimes you might find you're turning almost every thought over and over in your mind. You may be dwelling on even tiny choices and wondering "what-ifs" so much



Overthinking is not the same as being stressed or worried about a specific circumstance. Only if it's interfering with your daily life or wellbeing, it's overthinking

PARENTING ADVICE FROM THE CELEBS

"Give them space"

JADA PINKETT SMITH

"Staying out of kids' space can teach them to be responsible for their own decisions and mistakes. We have to give them some freedom to be who they are."

"Love them 60%"

KAJOL

In a recent interview, the actress, says that rather than loving or smothering kids with absolute love, parents must work to strive a healthier, friendly relationship with kids. "You're definitely not going to love your children all the time. If you manage 60%, you have a fantastic relationship with them"

"Talk about failure"

TWINKLE KHANNA

Actor, author, film producer and parent, Khanna said in an interview to Vogue India: "We teach our children to study hard, to strive to succeed, but do we teach them that it's okay to fail? That there is no stigma in seeking help? Our Indian culture is based on worshipping our parents. We grow up listening to words like respect, obedience and tradition. Can we not add the words communication, uncondi-



tional love and support to this list?"

"Don't dictate to them"

AISHWARYA RAI BACHCHAN

In an interview Bachchan said: "I'm not here to dictate to her or choose a life for her. I'm here to be her mom in a way which I'm discovering on a day-to-day basis. I just want to see her happy, healthy and grow to be a secure person."

"Treat them as equals"

SUSSANNE KHAN

In an interview to 'Vogue', Khan said: "From the beginning, Hrithik and I have believed that children need to be treated as equals and as your friends. You do not have to be rigid with your child. Let him follow his own path — whether it is career he wants to take up or what religion he wants to practice."

"Take feedback"

BLAKE LIVELY

"I think it would be the greatest thing in the world to have a comment box in your home. I want to do it with my kids. The kids could leave comments on what you could do better."



ORGANIC BINGE IN KUMAON

Farm-fresh, additive-free and packed with nutrition — Kumaoni food is one of the healthiest regional finds. Go explore this winter...

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In times of farm-to-table concept restaurants and growing faith in organic produce, rustic regional foods are your best bet. Then what could be better than spending a week trailing traditionally clean, nourishing foods in a land that's known to be almost 95 per cent organic. There are kitchen gardens at every winding turn and a sautéed green veggie on every menu. Predominantly vegetarian, Kumaon food is vivid with recipes passed down from generations of pastoral, pesticide-free living.

GOING WITH THE GRAIN

Kumaon is home to a range of protein-rich lentils, a mind boggling variety of greens and fortifying cereals, many of which you wouldn't have

HEARTY HALTS

While most homestays and resorts have local Kumaoni dishes, try the real stuff at a local's house or have a local cook for you

- Visit farmer's markets to pick seasonal fruits like kafal, khumanis, rhododendron syrup, some rare condiments and local veggies like black potatoes (found only in Kumaon)
- Visit local dhabas for items like aloo ke gutke, a dish of pahari potatoes tempered with regional spices
- Pick fiddlehead ferns enroute to Almora, wild colocasia leaves, local big cucumbers and pahadi sweet radishes.



ever heard of. Hemp came to Kumaon way before it became a new-age super-food and so did alternative grains like raagi (finger millet) and buckwheat. The native gluten-free jhingora rice could well be your answer to quinoa and pahari herbs like jakhiya and gandheri, the much-needed addition to your spice rack. Chapatis in the region are mostly made from calcium-rich raagi or madua, as they call it, and high-fibre buckwheat, and enjoyed with dollops of ghee and jaggery. Ghee helps in digesting the coarse grains. Another unique ingredient that's native to Kumaon is bhanga or cannabis seed or hemp seed. Toasted and roughly ground, this power-packed seed is often added to curd and chutneys.

PULSE-ATING PUNCH

Looking for heritage grains and pulses? Well, Kumaon can throw up great finds at you. From mandua (black wheat), Jhingora rice and wajon (similar to barley) to kala bhatt (black soya bean), bhura bhatt (brown soya bean) and gahat (rust brown lentil), the land is teeming with nutrition! Gahat dal, a dominant household dish, is medicinally proven to cure kidney and bladder stones.

Most of the food is cooked to keep the body warm and the digestion smooth, around the year. So, choose the dishes on the menu wisely on your vacation. Keep in mind the altitude and the cold/pleasant climates you are traveling in. "For instance, chaulai leaves are warm and spinach and ugal leaves are cold. Bottle gourd is lukewarm and good for the stomach. Jumboo, a local herb, is a medicine for joint pain and has a very warming effect on the body. Barley products are cold, wheat neutral and Mandua warm, so on and so forth," tells Saxena.

FOOD

SELF CARE

Hand it over

How to pick the right handwash in winters while ensuring you stay protected?

While regular handwashing is the need of the hour, the skin on our hands is delicate and loses moisture easily, making our hands prone to skin irritation, and dryness. That's why one must switch to a handwash that protects hands from germs while ensuring the hands remain soft and well-nourished in the season of dryness. So, the next time you go to pick a handwash, look out for these attributes:



GERM PROTECTION:

Germ protection is the most basic ask when it comes to a handwash. Look for ones that are high on that quotient.

MOOD ELEVATING FRAGRANCE:

Scent has a significant impact on our mood. The fruity, flowery and oil-based extracts in a handwash can lend these fragrance notes to the handwash and help in mood upliftment and positivity.

NOURISHMENT: A good handwash not only protects hands from germs and cleans the impurities but also leaves our hands feeling soft and moisturised. Always pick a handwash that has hydrating properties that will not only keep your hands clean but will make them soft and supple too.

REJUVENATION: Indulging in a handwash with fragrance compositions can promote an active mood state, allowing us to feel refreshed and invigorated. The act of lathering up foam, to massage hands can serve as a quick 'perk me up' for someone or it could mean a minute of solitude giving one short moment of self-reflection, either way this could be the much needed 'me' time. That's not all, the process of handwashing also helps in uplifting one's mood, leaving one feeling relaxed. Our hands are hands-down one of the most significant part of our body and it's important to keep them optimally clean, protected from germs, hydrated and nourished. **TMN**

HEALTH

ARE YOU JUICING IT RIGHT?

Wake up potion: Drink fruit juices mostly in the first half of the day, or at the start of your day as it provides the complex carbohydrates to fuel energy. For the later part of the day, drink juices that are less sweet, like partial or full green juices. In fact, experts feel fresh juice should ideally be consumed on an empty stomach to let the vitamins and minerals go straight to your bloodstream. Having fiber or a meal already in your tummy prevents that from happening. **Familiarity is good:** If you are a novice to the

world juicing, start with fruits you enjoy eating. This way, your body would already be familiar with the taste of the juice. Initiate with the more common produce which is easier on your stomach — carrots, apples, oranges or watermelons. They are gentle on the tummy and mild for your taste buds. **Rotate your greens:** Variety is the spice of life, and it's key for juicing correctly and safely. When you consume the exact same variety of green leafy vegetables, your



body is always getting the same nutrients. Each variety of plant will give you different nutrients, minerals, and antioxidants. So, remember to rotate the greens (kale, spinach, mustard greens, dandelions) in your juice to prevent build up of oxalic acid (which can affect the thyroid gland) and provide a balanced amount of different vitamins and minerals for your body. **Thorough cleaning:** Try to use organic produce for more nutritional density

and to avoid pesticides and genetically modified foods. If you can't get organics, make sure you wash the veggies and fruits thoroughly with a vegetable wash and avoid anything that is known to be heavily sprayed or cannot be peeled. **Don't let it sit:** Fresh juice contains a great amount of raw food enzymes and vitamins, many of which are easily lost as the juice sits. To store juices for 'later', carefully pour the juice into a thermos flask, or an air-tight glass jar while the juice is still cold. Fill the juice to the brim, leaving very little space for air as the oxygen in the air can oxidize the juice. **It's not water:** Many juices help keep you hydrated, clean your colon, lower your blood pressure and cholesterol levels. But it is still important to drink enough water each day.

ALL ABOUT THE GREAT SMOG OF LONDON

ENVIRONMENTAL HISTORY

On Dec 5, 1952, an unusually thick fog which contained toxic pollutants descended on London. It lasted five days and caused thousands of deaths and was hence named 'The Great Smog of London'. Here's a look at how the great smog changed our lives

The Great London Smog descended on the British capital on December 4, 1952, caused by a combination of air pollution and weather conditions. The haze lingered for nearly four days, bringing the city to a halt and resulting in hundreds of deaths due to the toxic air and lack of visibility. While London had had terrible air quality since the 13th century, the Great Smog of London is considered one of the worst air-pollution catastrophes in history. The terrifying occurrence brought the health implications of air pollution to the attention of the government and the general public, as well as spawning some ground-breaking studies and regulations. It was responsible for the passage of the Clean Air Act of 1956.

Imagine the smog so thick that you can't see your feet as you walk through it; so impenetrable that it blots out the sun; so toxic that it stings your eyes and leaves you gasping for breath



PEA-SOUPERS

Even before the Great Smog, London had suffered from air pollution for a long time. In 1871, 'The New York Times' immortalised it in an article which referred to London as a place "where the population are periodically submerged in a fog of the consistency of pea-soup". Consequently these small

SMOG STATS

92%
More than nine out of 10 of the world's population – 92% – lives in places where air pollution exceeds safe limits

4th
Fourth-largest threat to human health, behind high blood pressure, dietary risks and smoking

6.5 million
Estimated 6.5 million deaths worldwide from air pollution-related diseases in 2012

94%
Almost all deaths (94%) linked to air pollution occur in low- and middle-income countries

\$225 billion
The study by the World Bank and the Institute for Health Metrics and Evaluation (IHME) calculated the economic cost of air pollution

Source: World Health Organisation



HAZY PICTURE: The annual Delhi smog shrouds the Red Fort

fogs began to be called 'Pea-soupers'. The 'London fog' was described as thick and often yellowish, greenish or blackish fog that contained soot particulates and poisonous gas sulphur dioxide.

FOG OF DEATH

Despite its lethal nature, the exact cause and nature of the fog remained a mystery. In 2016, an international team of scientists from China, US and UK recreated the fog in a lab in 2016 to understand what turned the fog into a killer. The study's authors said that sulfate was a big contributor to the deadly London fog. Turns out that coal burning produced sulphur dioxide, which converted to sulphuric acid thanks to nitrogen dioxide (another co-product of coal burning). According to the studies' authors, these sulphuric acid particles mixed with the larger particles of the natural fog. Once the natural fog lifted, the acidic particles remained. The killer fog led to the passage of the Clean Air Act in 1956 by the British Parliament and is considered the worst air pollution event in European history.

WHAT CAUSED IT?

According to some historians, the killer smog was created by the British government's decision to export high-quality coal while using lower-grade sulphurous coal for domestic purposes. The smoke from burning this coal in household fires to warm up during the bitterly cold winter, along with the city's numerous coal-fired power plants, factories, and cars, resulted in the thick smog. Later, British studies said that the fog caused the deaths of more than 12,000 people of all ages.

QUICK TIPS

ENVIRONMENTAL TOXINS AND HOW TO TACKLE THEM



such as fluoride, heavy metals (e.g., mercury, copper, cadmium), pesticides and herbicides, pharmaceutical residues, and volatile organic compounds (VOCs).

- Go BPA free. Replace all plastic dinnerware and storage jars with stainless steel or glass. Make the switch from plastic cups and water bottles to reusable glass or stainless steel alternatives. Choosing a reusable option will also decrease waste, so it's good for your health and the environment.
- Avoid high-fructose corn syrup and rice syrup (AS) and processed foods containing BHT, BHA, benzoate, sulphites, and artificial colourings and sweeteners.
- Limit exposure to cigarette smoke. Out of over 7000 chemical compounds found in cigarettes, at least 69 have been identified as carcinogens.

2. HOME IMPROVEMENT

- Filter air in your bedroom and office using filters, ionisers or plants (airborne toxins).
- When it comes to household cleaners, try making your own. It's easy, inexpensive, and, in most cases, you can make them with everyday ingredients you have at home like baking soda, vinegar, and citric acid.
- Cover or replace older foam furniture and consider removing old carpets and padding (PBDEs).
- Remove shoes you've worn outside when entering your home.

3. PERSONAL CARE

- Give your personal care products a makeover. Make sure to read labels for red flags like parabens and phthalates every time you pick up a shampoo, deodorant or detergent.
- Choose composite over metallic dental fillings. Avoid having two different metals (e.g., mercury and gold) in your mouth.

We are surrounded with toxins in our everyday lives. There are pollutants, or toxicants, in the air, drinking water, and food. Environmental toxins could be lurking in spaces you least suspect them to be in, like in your toys or the brand new piece of furniture in your house, in your cookware, cosmetics, food packets, or your cleaning agents. Although on a daily basis, your liver, kidneys, large intestine, lymphatic system, and sweat glands work to reduce the body burden, or buildup, of these environmental contaminants, it is important to consciously adopt ways to detox.

WAYS TO LIMIT EXPOSURE

Toxins are omnipresent but you can still dodge them by making some smart lifestyle

choices. Here's a quick checklist:

1. DIETARY CHOICES

- Eat clean and fortified food. Limit or eliminate non-organic produce (herbicides and pesticides) and dairy (hormones and antibiotics), increase your dietary fiber consumption and support your natural defences with supplements like glutathione, milk thistle, vitamin C, whey protein, and certain B vitamins.
- Buying local, fresh and organic produce when possible can help decrease your exposure to pesticides and herbicides. Consulting the "2020 Clean Fifteen and Dirty Dozen" lists can help you make healthier choices when choosing your produce.
- Choose cooking methods that are low-car and that allow animal fats to drip away, such as steaming.
- Drink filtered water. Using a water filter can help remove toxins found in your water,

WORD WISE

YOUR NEW GREEN GLOSSARY

Newer terms and words keep getting added to the environmental lexicon and here's your chance to brush up on them

CARBON PRICING

According to some economists, it is an elegant method to combat climate change. Simply increase the cost of emissions created, and people will be more motivated to consume less oil, coal, or gas and switch to greener energy sources. Of course, in practice, it's more complicated.

Carbon pricing can be done in two ways. A carbon tax, which is usually merely a flat tax levied on oil, gas, and coal, is the most basic. Carbon taxes exist in countries such as Canada and Sweden, albeit these laws often include exemptions and loopholes. Furthermore, politicians are frequently hesitant to levy a

carbon price that is large enough to have a meaningful impact on behaviour because they fear voter backlash. A cap-and-trade system is one in which the government establishes an overall pollution cap and gradually tightens it over time. Large polluters must obtain licences for every tonne of CO₂ they emit, and the quantity of permits available diminishes over time, raising the price.

ESG

Environmental investments in ESG enterprises (the letters stand for environmental, social, and governance) increased by 42% to \$17 trillion between 2018 and 2020. Sustainable and responsible investing now accounts for more than a third of all investment assets in the United States. But what kind of business is eligible for this honour? Now there is little agreement on what ESG implies. It is debatable whether a firm should be required to follow all three principles. What

- If an equipment company prioritises its employees over fossil fuel sector supplies? What if a renewable energy firm engages in unethical labour practices? Should both businesses be allowed to use the label? What say?

GEOENGINEERING/CLIMATE INTERVENTION

Carbon removal is also known as geoengineering, which is the purposeful alteration of the atmosphere's composition. However, the term geoengineering is also used to describe something completely different: injecting aerosols into the stratosphere to reflect more of the sun's energy back into space (also known as solar geoengineering or solar radiation modification), which scientists believe could reduce global temperatures quickly and cheaply but only temporarily, as a stopgap measure until the world can reduce emissions. The concept is quite controversial. Even if such a programme were to operate, no one knows what impact it would have on different parts of the globe. Even basic research into solar geoengineering is seen as a moral hazard by many, as it increases the chance that society may incorrectly infer that reducing greenhouse gas emissions is no longer required. The response has been so strong that some proponents of geoengineering research have begun to refer to the research as climate intervention.

HOW WELL DO YOU KNOW SUSTAINABLE FASHION?

A new study from Stand.Earth, a supply chain research firm, found that a number of large fashion brands are at risk of contributing to deforestation in the Amazon rainforest, based on their connections to tanneries and other companies involved in the production of leather and leather goods. The need of the hour is sustainable choices in fashion. Here's a quick quiz on the basics of sustainable fashion. Check out how much you can score on the style points

1. What percentage of total global greenhouse gas emissions are produced by the fashion industry?

- a. Less than 1% b. 5% c. 10% d. 15%
Answer: C. The fashion industry is responsible for 8-10% of global greenhouse gas emissions. If it does not accelerate its response to climate change, by 2030 it will produce twice the volume of emissions required to align with Paris Agreement global warming targets.

2. The fashion industry contributes to environmental degradation in which of the following ways?

- a. Deforestation b. Desertification and degradation of soil c. Loss of biodiversity d. All of the above
Answer: D. The fashion industry contributes to all of the above. Deforestation occurs when land is cleared for grazing animals that produce leather, wool, and other animal products. Deforestation and overgrazing can cause desertification and soil degradation. With this habitat loss and pollution from production, the fashion industry causes a loss of biodiversity as well.

3. How many liters of water does it take to make 1 pair of jeans?

- a. 52 liters b. 476 liters c. 1,028 liters d. 3,781 liters
Answer: D. It takes 3,781 liters of water to make one pair of jeans, from the production of the cotton to the delivery of the finished garment to a store. Textile manufacturing uses 20% of the world's clean water each year.

4. What percentage of clothing is recycled?

- a. 50% b. 33% c. 10% d. Less than 1%
Answer: D. Less than 1% of clothing is recycled. The repurposing of textiles is often incorrectly referred to as recycling. They are actually reused by being broken down and made into new products, often insulation or stuffing materials.

5. What does greenwashing in fashion refer to?

- a. Washing clothing in environmentally friendly ways b. Claims of environmental sustainability by a brand that are false or

misleading c. Using natural fabric dyes d. Lying to people around you that something you bought was secondhand when it wasn't
Answer: B. Greenwashing refers to claims of environmental sustainability by a brand that are false or misleading. The International Consumer Protection and Enforcement Network (ICPEN), a global network of consumer protection authorities, recently swept websites for greenwashing. They found that as many as 40% of environmental claims could be misleading customers.

6. Which of the following fabrics releases microplastics when it's washed?

- a. Polyester b. Cotton c. Linen d. Silk
Answer: A. Polyester, along with other synthetic fabrics, releases microplastics when it's washed. It is estimated that textiles produce 35% of the microplastic pollution in the oceans worldwide, which totals over 2 million tons of microfibers that enter the oceans each year.

7. Which statistic about garment factory workers is incorrect?

- a. Fashion is the 2nd biggest contributor to modern slavery b. Garment factory workers in Bangladesh earn approximately \$95 per month, yet the living wage is \$443 c. 170 million children are engaged in child labour, much of which is textile and garment production d. None of the above
Answer: D. All of the above are correct statistics about garment factory workers. The 2018 Global Slavery index found that garment manufacturing was the 2nd biggest contributor to modern slavery, the first being the production of technology. In order to keep the fast fashion cheap for Western consumption, Bangladeshi garment factory workers earn a low wage of approximately \$95 per month, far lower than a living wage. Many workers are also victims of forced labour, estimated by the International Labour Organisation to be 170 million children.

8. What is the average number of times a woman wears an article of clothing?

- a. Over 30 times b. 20-30 times c. 7-10 times d. 2-5 times
Answer: C. According to a study of 2000 women by the UK charity Barnardo's, a garment is worn only 7 times on average before it is discarded. In the past 15 years, clothing utilisation has decreased by 36%, creating more pollution and waste.

9. Which of the following is not an example of shopping sustainably?

- a. Buying new clothing to match seasonal trends b. Shopping at thrift stores c. Buying few, high-quality items that will last d. Picking garments made from natural fibers like cotton
Answer: A. Buying new clothing to match seasonal trends is not an example of shopping sustainably. Shopping at thrift stores, buying few, high-quality items, and picking garments made from natural fibers are all examples of ways to shop for clothing in a sustainable way.

10. Instead of throwing out unwanted clothing and contributing to textile waste, what can you do instead?

- a. Donate them to charities and shelters b. Repurpose them as rags c. Repair or alter them into something wearable, like cutting jeans into shorts d. All of the above
Answer: D. All of the above are good alternatives to throwing out unwanted clothing. Just because a piece is no longer your size or style doesn't mean it won't be someone else's, and there are so many ways to upcycle your old clothes into something new!

— Source: earthday.org

