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TODAY'S EDITION

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STUDENT EDITION
SATURDAY, JULY 31, 2021

LATEST BUZZWORDS EXPLAINED
GLEEFRESHING

Ever since the pandemic lockdowns started, one word has become commonplace for all our news consumption habits – doomsscrolling. The ominous sounding term means exactly what it says: mindlessly scrolling through the newsfeed (mostly on your social media) and absorbing all of the horrible news about circumstances you can't control. Last year, a new word started becoming popular – gleefreshing. An antithesis to doomsscrolling, this is the activity of refreshing news websites and social media updates on your phone or other device in order to read positive news stories.

The first usage was noticed post election results in the US when Joe Biden was poised to win the race. Supporters looking for the good news said they were gleefreshing (refreshing) their feeds. It was in a "Slate" article that Heather Schwedel used the gleefreshing as an alternative to doomsscrolling or the fairly limited yet intellectual, "schadensurfing" – a term jumping off the German word "schadenfreude", meaning joy at others' misfortune. Another common term for gleefreshing is joyscrolling. Even as bad news continues pouring in, gleefreshing can help you break the bad news cycle. And the way social media algorithms work, if you like good news, you are more likely to be pointed in that direction.

CLICK HERE: PAGE 1 AND 2

TRAVEL



Monsoon March

Put on those trekking boots and let your heart guide you through these rain-drenched hikes

Thadiyendamol, Karnataka

Passing through the shola forests, grasslands, streams and hills, this is the highest peak in Coorg. Club with a village walk and a spice plantation tour. "I have completed this trek 14 times, so you can guess how much I like this part of the Western Ghats. But, I like it for its leech jungles," writes travel blogger Sankara Subramanian C in his blog 'Be On The Road'.

Tarsar Marsar, Kashmir

This trek is a walk through paradise! The untouched, exaggerated

RAIN SHADOW RAMBLE

Almost un-hit by monsoons, Zaskar makes for a fertile ground for trekking activity. The rain shadow area gets rain only in short bursts and the rest of the time, the skies are spotless and a deep azure blue. Adventure junkies could use the opportunity to go white-water rafting. July to September is also the time most cultural dance festivals happen in the region.

beauty of the alpine lakes and the luxuriant meadows is breathtaking. The best aspect of this trek, however, is the variety. One day you'll see fresh flowing water musically, and the next day, you'll see enormous lakes amidst mountains.

Malshej Ghat, Maharashtra

The glaring green pass of Malshej Ghat is famous with hikers and picnickers, especially during misty monsoon. Exotic migratory flamingoes choose Malshej as their monsoon abode and trekkers pick the pristine white waterfalls to halt.

Dudhsagar Falls, Goa

One of India's tallest waterfalls, the Dudhsagar stands on the border of Karnataka and Goa! During the monsoon season, the falls are transformed into one of the most powerful in India, plunging down from a height of 310 metres. This trek is along a railway route. Down south, this is one of the best monsoon treks in India – not challenging, but a must-do.

PREP UP

- Invest in a pair of comfortable shoes with a good grip
- Avoid umbrellas as they are cumbersome. Rain ponchos fare better
- Carry mostly waterproof or water-resistant clothing
- Carry anti-bacterial powder to dust yourself
- A bag of salt and thick anti-leech socks



RETHINK

LIFE LESSONS FROM THE OLYMPICS

Now that we are enjoying the Olympics, here's a look at life lessons you can learn as you watch the best of the best aim for glory

nast. They should know the grind that leads to guts and glory.

LESSON 1: WE ARE CAPABLE OF GREAT THINGS

The Olympic athlete is an inspiration. When it comes to their sports, they seem almost superhuman. But they are still regular people. What's the difference? The fact that they train incredibly hard and they never give up. They are driven, focused and have the power to bounce back up. **YOUR TAKEAWAY:** You are only limited by your imagination. It's a great way to inculcate the feeling in children that they are capable of amazing, wonderful, big things.

LESSON 2: WORK HARD

Just to reach the Olympics, let alone be a medal winner, takes hard work – years of it. These athletes train an average of six hours per day, six days a week, year after year. The road to the Olympics is gruelling, difficult and full of sacrifices. After all, they say medals are not handed out, they are earned. **YOUR TAKEAWAY:** Children should be given back stories of a superstar swimmer or gym-

LESSON 3: DREAM BIG

Olympic glory starts with a dream. What if Michael Phelps or Simone Biles had thought it was too big of a dream to pursue? **YOUR TAKEAWAY:** Children should know that there can be greater goals. They don't have to restrict their imagination to dream big. It's when dream meets hard work that greater glory is achieved.

LESSON 4: TEAMWORK

According to Instagram page @factsbyguff in 1936 Olympics, two Japanese pole vaulters (Nashida & Oe) were tied for second. Declining to compete against each other, Nashida was awarded silver and Oe, bronze. On return to Japan, they had the medals cut in two and joined to make two friendship medals out of silver and bronze. Moral of the story? Olympians, even the ones in individual sports, go in a squad. They usually train together, live together and are each other's support. These athletes are part of something greater than themselves. Olympians in team sports must communicate together and work well with one another. It's all about working as a team. **YOUR TAKEAWAY:** You are always a smaller part of the larger whole. And every one has a part to play while working as a larger team.

LESSON 5: DIVERSITY

The one thing Olympics teaches is the diversity among us. No other sport has people from all the countries coming together like this. Sometimes there are new countries who have come for the first time or newly formed countries that may have been created recently – there are countries kids may have never heard of. **YOUR TAKEAWAY:** Seeing the variety of cultures, races, and people groups can show children how diverse and wonderful the world is. Kids can learn about other countries, languages, and traditions.

LESSON 6: IT'S OKAY TO LOSE

The truth is each Olympian works hard but we can't all be winners. So many athletes pour their blood, sweat, and tears into their Olympic performance and still go home empty-handed. Even worse, some will experience injuries that will prevent them from ever competing in the games again. **YOUR TAKEAWAY:** Children have to build resilience towards failing despite their best efforts. It's a tough lesson, but an important one. Life is not about an end result. It's about growing, learning, and enjoying the ride.



FITNESS

Recovery is the BEST WORKOUT

Give your body the time rest to build itself better

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and less stress. "Not only gym workouts, even in

WHY RECOVER?

Recovery in wellness can be defined as one's ability to recover from physical and mental stress from workouts and in general from life. "Recovery in fitness industry is often a forgotten variable as clients and trainers are focused more on improvements and accomplishments," says Gagan Arora, fitness trainer who spends a lot of time in testing and teaching his clients efficient breathing which is crucial for recovery. "It is directly related to fat metabolism and even for strength and endurance gains," he says, adding, "Only giving stress in every workout will limit your achievements and there is a possibility that you get ill or injured."

Recovery classes are just as much mental as physical. It refreshes your breath mechanics, balances your nervous system, mood and mind

TO DOs

- Foam rolling on daily basis
- Diaphragmatic breathing 24x7
- Mobility, flexibility and pranayama exercises
- Any meditation once a day
- Keep a check on caffeine intake
- Get more sleep, a power nap of 25 minutes has a strong positive impact on stress levels

WHO IS IT FOR?

Anybody and everybody. Sitting all day behind a desk also wreaks havoc on your muscles, increasing your risk of muscle pain and injury. "Ordinary people carry mental, physical and job stress! If they are not properly recovered, it could affect their cognitive and job performance," says Raoul Hirani, strength and conditioning coach, who decides a person's recovery level by checking the morning resting heart rate. "Nowadays people have a stressful life and the lack of time makes their workout routine even harder. Either they do a short intense cardio, a High Intensity Interval Training or Circuit Training type of workout. They are trying to pack in too much in too little time. Present times call for more recovery

running, cycling, weight training or group classes, you should start easy and give enough recovery in between the sessions," says Arora.

HOW TO RECOVER

The road to recovery is made of simple things – hydration, nutrition, ice baths, meditation and massage. "We have a nap time room and stretching zone at our centre. It is very important to sleep well, flex your muscles, and eat right and cool down every day after exercising. This is the basic premise of recovery fitness. Throw in a little meditation to bring your heart rate back to normal," adds Hirani.



TRIVIA TIME

Know more about THE MICHELIN GUIDE

It was on August 1900 that the first Michelin Guide was published. How a tyre company holds the world's most powerful and coveted restaurant rating system? Here are some fascinating facts about this guide

1 The 1st Michelin Guide is published by the brothers Edouard and André Michelin (bottom right) – owners of the Michelin tyre company – as a hotel and restaurant reference guide to encourage more road travel and thus boost tyre sales. It all started in Clermont-Ferrand (a small French town) in 1889, when the brothers established Michelin. To help motorists develop their trips, the brothers produced a small red guide filled with handy information for travellers, such as maps, information on how to

change a tyre, where to fill up with fuel, and for the traveller in search of respite.

2 For two decades, the guide was free. Until one day when André Michelin arrived at a tyre shop to see his beloved guides being used to prop up a workbench. A brand new Michelin Guide was launched in 1920 and sold for seven francs. For the first time in the 1920s, it included a list of hotels and restaurants in Paris.

3 The restaurant section started garnering a lot of attention. And the brothers recruited a team of mystery diners – or restaurant inspectors – to visit and review restaurants

anonymously.

In 1926, the guide began to award stars, initially marking them with a single star.

4 In 1931, the rating system was expanded to become the Michelin three-star rating... 1 Star: A very good restaurant in its category; 2 Stars: Excellent cooking, worth a detour; 3 Stars: Exceptional cuisine, worth a special journey. During the World War II, the star rating was reduced to a 2-star because of food shortages.

5 In 1955, Michelin came up with a rating system that acknowledged restaurants serving high-quality fare at moderate prices. The Bib Gourmand ("Bib" is short for



"bibendum", the company's nickname for the iconic Michelin Man) highlights dining opportunities that are more reflective of economic standards.

6 The Michelin star rating didn't take hold in America until 2005 and concentrated solely on fine dining in New York, Tokyo, Hong Kong, and Macau were added to the Guide between 2007-2008. It now covers 23 countries, with 14 editions sold in 90 countries around the world.

7 Some restaurateurs feel that the expectations of the star system are unreasonable and restrict a chef's creativity in the kitchen. In 2003, well-known French chef Bernard Loiseau, who was 52 then, committed suicide amid rumours in the press that his restaurant was about to lose its prized three-star status. British chef Gordon Ramsay famously said he wept when his New York restaurant – Gordon Ramsay At The London – lost its two stars in 2013.

8 No one exactly knows how many inspectors Michelin has. For a guide that covers 23 countries across three continents, the actual number of inspectors in Michelin's employ is shrouded in secrecy.

9 According to the guide, Tokyo is the food capital of the world. The city has 226 Michelin-starred restaurants, ahead of Paris at just 94.

10 Renowned French chef Joel Robuchon is currently the most decorated chef with 25 stars, with compatriot Alain Ducasse not far behind at 21. Seven Indian chefs have been awarded Michelin stars including Vineet Bhatia of Zaika in London and Vikas Khanna of the New York-based Junoon. In November 2018, Garima Arora became the first Indian woman to win a Michelin star.

SELF-CARE

TACKLE OILY SCALP WOES IN MONSOON

Holistic tips to beat the grease and let your hair enjoy good health

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Out for a stroll and you have rain-drops soaking your hair wet? While the cool rain feels good, such outings or even staying at home tends to make your scalp greasy in monsoon because of the excess moisture in air. For those who are already battling oily hair and scalp, it's worse. To keep your mane bouncy and beautiful, check these tips by wellness expert and aromatherapist Blossom Kochhar.

CAN'T OIL YOUR HAIR?

No worries. Massage your hair with coconut milk as it is the healthiest natural ingredient for getting the scalp rid of all the



grimy excess oil. DIY recipe: Mix freshly extracted coconut milk with the juice of one lemon and 4-5 drops of lavender essential oil. Leave for 4-5 hours and rinse with cool water.

DON'T SKIP THE CONDITIONER

It's a myth that people with oily hair can do without conditioner. They need a conditioner as much as those with dry scalp; they just have to apply it on the tresses and not take it to the scalp.

DOS AND DON'TS

- Before shampoo, take 1 tsp of water, and 10 drops of patchouli essential oil. Apply this all over your scalp and ends. Then wash off as you normally do
- To cut down oil in a way that it doesn't leave hair dry, use apple cider vinegar as your last rinse. Take 1 tsp for 1 mug of water. In case you get hair fall, just reduce the quantity of apple cider vinegar
- Don't run your hands constantly in your hair or comb it too frequently. Too much combing and running hands through hair increases sebum and leads to oiliness

Use a light conditioner; avoid hair masks. **DIY RECIPE:** This is a hair conditioner you can make at home for non-greasy shine. Grate a few onions and some cabbage together and leave in a copper utensil overnight. In the morning, add a few drops of ylang ylang essential oil to remove the strong smell of onion. Add a few drops of herbal oil to this blend and apply on your hair; shampoo after 30 minutes and see your tresses look and feel luxurious. Follow this once a week.

WHAT ABOUT DANDRUFF? Here's a recipe: Soak 2 tsp fenugreek (methi) seeds in water overnight. In the morning, make a paste of the seeds and add juice of one lemon and the seeds to your scalp. Leave it on for 30 minutes and wash hair with soapnut (reetha) or shikakai and water. If you find washing with reetha/shikakai too tedious, use a good quality herbal shampoo instead. Do this routine twice a week.





Creating CITY FORESTS

How the Miyawaki method of planting mini forests could breathe life into urban jungles

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Loss in green cover and increased concretization in urban areas has led to cities becoming urban heat islands. In the face of a climate breakdown, Miyawaki forests are a welcome addition to the environment. The concept has revolutionized urban afforestation by turning backyards into mini forests.



Akira Miyawaki, botanist and professor, invented the method way back in 1980. He is a recipient of the 2006 Blue Planet Prize, which is the equivalent of a Nobel Prize in ecology. Miyawaki was also influenced by the chinju-no-mori or sacred forests surrounding Japanese shinto shrines and cemeteries, home to a variety of indigenous plants, that played a key role in his studies. Armed with these findings and his own expertise, he developed his signature method of planting forests.

THE CREATOR

Invented by and named after Japanese botanist Akira Miyawaki, the "Miyawaki Method" is a unique technique to grow green cover. Doctor

WHAT MAKES IT A SUCCESS

1. The Miyawaki method is effective even in severe environments and has been used to restore both temperate woodlands and tropical forests.
2. It can also be used for creating arboretums, herbal forests, flower forests, fruit forests, vegetable forests.
3. Such forests are up to 30 times denser compared to conventional plantations.
4. 30 times better noise and dust reduction.
5. Up to 30 times better CO₂ absorption as compared to a monoculture plantation.
6. A completely maintenance-free, wild and native forest after first three years.
7. A completely chemical and fertilizer-free forest that sustains itself and supports local biodiversity.



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What is COP26?

COP26 is the 26th edition of the Conference of the Parties. The parties are the signatories of the United Nations Framework Convention on Climate Change (UNFCCC) which was a treaty agreed in 1994. 2021's COP26 summit will be attended by the heads of state of the countries along with climate experts and campaigners.

Why is it important?

COP26 is an opportunity for parties to assess how they have fared in meeting initial Paris Agreement emission targets (2015); and set new targets on what more needs to be achieved for the next five-year cycle. According to reports if the Paris Agreement targets are not met, our current emission trajectory is expected to cause the Earth to warm by 3-4°C in 80 years leading to irreversible and damaging environmental consequences globally. Experts warn this could also cost the world economy more than £480 trillion by the end of the century. So COP26 comes at a particularly critical moment – as 2021 is seen as our last best chance to address the climate crisis.

"Right now our species is undermining and destabilising the very foundations that are necessary for life on earth to thrive. We know that things are changing, and COP26 is one of our last and most crucial opportunities to make sure it is humanity that has to change, and not the planet."

— BELLA LACK, global north youth co-chair of the COP26 Civil Society and Youth Advisory Council

Scientists have calculated that greenhouse gas emissions must decline 50% by 2030, and be phased out entirely by 2050 to stay within range of 1.5 degrees Celsius

WHAT CAN COP26 SOLVE?

With less than a 100 days to go for COP26, here is a low down of what to expect from this global mega environmental event

Who is hosting?

The UK, in partnership with Italy, is hosting the summit this year in Glasgow from November 1-12, 2021 after it was delayed by a year due to the COVID-19 pandemic.

What are the COP26 goals?

1. Secure global net zero by midcentury and keep 1.5 degrees within reach: In the

SOME POSITIVE NEWS

- Around 70% of the world's economy is committed to reaching net zero emissions
- Over 80 countries have formally updated their NDCs, and all G7 countries have announced new NDC targets that put them on the path to net zero emissions by 2050

past few months the world has witnessed record-smashing heatwaves, floods and drought due to global warming. One of the key goals now is to limit the global temperature rises to 1.5 degrees; and reach zero carbon emissions by the middle of the century. This is the time for countries to come forward and take decisive action. According to reports

"I am greatly honoured to be given the role of People's Advocate. There could not be a more important moment that we should have international agreement. The epidemic has shown us how crucial it is to find agreement among nations if we are to solve such world-wide problems. But the problems that await us within the next 5-10 years are even greater. It is crucial that these meetings in Glasgow, COP26, have success, and that at last the nations will come together to solve the crippling problems that the world now faces."

— SIR DAVID ATTENBOROUGH, natural historian

countries are being asked to take decisive action and come forward with ambitious 2030 emissions reductions targets.

2. Adapt to protect communities and natural habitats: Unless emissions are reduced, climate will continue to change, with devastating effects. Thus there is an urgent need to protect and restore ecosystems, and make infrastructure and agriculture resilient to avoid loss of homes, livelihoods and lives.

3. Mobilise Finance: To reach the first two goals, countries must deliver on their promise to raise at least \$100bn in climate finance per year. COP 26 becomes even more important it will have to finish the work that COP 25 was unable to conclude – setting out the rules for a carbon market between countries

— Source: www.ukcop26.org

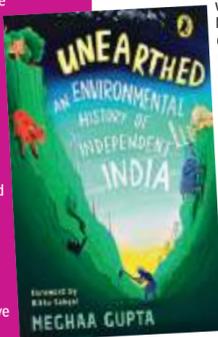
DID YOU KNOW?

Meeting the United Nations-mandated Paris Agreement of staying well below 2-degree Celsius above pre-industrial levels would increase net jobs by about 8 million by 2050, primarily due to gains in the solar and wind industries, according to a study published in 'One Earth' journal. Of the total jobs in 2050, 84% would be in the renewables sector, 11% in fossil fuels, and 5% in the nuclear sector, the researchers said.

People and their ENVIRONMENT

We have many relationships in our lives – with our parents, siblings, cousins, friends... But there is one more very important relationship in all our lives – our relationship with nature. Everything, from the air we breathe and water we drink to the food we eat and the land we live on, comes from nature. It would be hard for us to survive without nature. That's why, throughout history, people have often fought to protect their natural environment.

In 2018, 15-year-old Greta Thunberg started protesting against climate change, outside the Swedish Parliament. Soon, children around the world, including in India, engaged in similar protests. For many children today, climate change is the biggest threat to their future, so they're protesting to bring greater attention to it. July 28 was celebrated as World Nature Conservation Day and in honour of that, let's take a walk down independent India's environmental history and get to know of some people's movements to save their natural environment.



Here's a brief history of people-led green movements in India that everyone must know about

Megha Gupta

PROTECTING FORESTS

Forests clean the air by absorbing greenhouse gases and pollutants. They also play an important role in controlling natural disasters by absorbing flood water and preventing soil erosion. In India, millions of people live in and around forests. They depend directly on forests for animal fodder, fuel wood, leaf manure etc.

Many of them also depend on forest resources to earn their livelihood.

One of the first and most famous people's movements in independent India, **Chipko** took place in the 1970s, when men, women and children in the Himalayan villages of Uttarakhand bravely hugged their trees to save them from being chopped down by big industries. Since then, there have been similar movements to protect tree cover such as the Appiko movement in Karnataka, and

more recently, the Save Aarey Forest movement in Mumbai.

PROTESTING AGAINST DAMS

Large dams may have their uses, but they also damage a river's ecology, lead to conflicts over water sharing, drown land and forests in surrounding areas and displace people. In the 1970s, a group of science writers, teachers and other environmentalists in Kerala, began one of the first major anti-dam protests in India – **Save Silent Valley** – to protect rare wildlife in the region. Since then, there have been several other movements like the famous Narmada Bachao Andolan to protest against human displacement and other problems caused by damming the river Narmada, and more recently, movements in North East India against damming the river Brahmaputra.

OPPOSING MINES

From our cars to our homes, many things that we own are made using materials like metals, limestone, coal and sand that are mined from the earth. While mining cannot be done away with, it does damage the environment, harming people and wildlife living around these mines. During the 1980s, people in the **Doon Valley of Uttarakhand** launched a full-fledged campaign against the limestone mines in their hills. In the 1990s, people in Meghalaya opposed uranium mining in the West Khasi hills and in the 2000s, tribal people in Odisha began protesting against bauxite mining in the Niyamgiri hills.

The writer is the author of *Unearthed: An Environmental History of Independent India* (Puffin, 2020)



THE GREEN GLOSSARY

Do you pride yourself on your green gyan? Well, if you are a true Earth warrior, it's time to brush up on your vocabulary

CIRCULARITY

WHAT IT'S NOT: KARMA
What it is: It's circular economy aka a system designed to eliminate waste by continually using and reusing resources. It's the opposite of linear economy, which looks at the lifecycle of a product as take, make, and dispose.

the new term everyone is obsessed with. Net zero is an ancient design concept that refers to achieving an overall balance between the greenhouse gases put into the atmosphere and those taken out. In short, emissions produced = emissions removed from the atmosphere.

CLOSED-LOOP

WHAT IT'S NOT: A KNITTING PATTERN
What it is: A system where everything is recycled and reused. Imagine you made a T-shirt, which you used, lent it your cousin to reuse who added new life to it by adding some embellishments which you both wore till the time the shirt had no life left. Then, depending on your mood, you took it apart to make it into something else or gave it to a recycling company which remade it into something useful like a carpet perhaps... either ways there was a product and the cycle started all over again.

NATIONALLY DETERMINED CONTRIBUTIONS OR NDC

WHAT IT'S NOT: AN NGO FUNDRAISER
What it is: NDCs are intended to embody efforts by each country to reduce national emissions and adapt to the impacts of climate change. Comprehend?

ACC AND AGW

WHAT IT'S NOT: SOME COMPANY ACRONYMS
What it is: A term to

FREecycle

WHAT IT'S NOT: A CYCLING TECHNIQUE
What it is: Remember the time you lent your T-shirt to your cousin? That's "freecycle" – a practice when goods are exchanged to extend their lifecycle and keep reusable items out of landfills.

NET ZERO

WHAT IT'S NOT: ANYTHING TO DO WITH A SCORECARD
What it is: Centuries after Indian mathematician Brahmagupta invented the numeral '0' in 628 CE, 'net zero' is

BLUE WATER

WHAT IT'S NOT: A FANCY NEW WATER BOTTLE

What it is: It might sound like a film or a mystery but blue water refers to the surface and groundwater used for irrigation. It'll come handy if you are ever in a discussion about water footprints.

ENERGY VAMPIRES

WHAT IT'S NOT: A 'TWILIGHT' SPINOFF
What it is: A device that uses and drains energy even when it is switched off. Can also be used to describe a person who has a similar effect.

GREEN BURIAL

WHAT IT'S NOT: A BURIAL CEREMONY WHERE EVERYONE WEARS GREEN
What it is: A burial which doesn't involve any chemical products, no use of firewood or energy for cremation or embalming liquids and uses a biodegradable coffin.

LOCALVORE

WHAT IT'S NOT: A NEW SPECIES
What it is: Someone who consumes only food that has been cultivated locally. Your granny is probably the best one.

SHARE WITH US

Are you taking the Plastic Free July Pledge? Are you planning to reduce your plastic consumption? Have you identified an area of your life where you can cut down on plastic? Share your inspiring stories, findings or even failed attempts with us at timesnie175@gmail.com. Come, be the inspiration.