



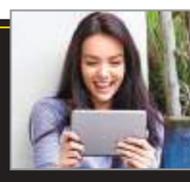
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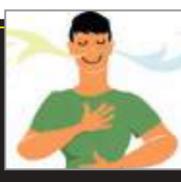


TODAY'S EDITION

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STUDENT EDITION
SATURDAY, AUGUST 21, 2021

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LATEST BUZZWORDS EXPLAINED

Revenge TRAVEL

The activity of travelling and going on holiday more than usual as a reaction to not having been able or allowed to do so for a period of time. It was first noticed in news reports when outlookindia.com talked about this worrying post-Covid first wave trend on August 15, 2020. The article said: "Revenge travel is this sinister buzzword that has been doing the rounds in the last few months to describe the angsty and bottled-up demand for travel that many of us are currently feeling. But is revenge as sweet as we'd like? The jury is still out on that." Revenge travel or tourism refers to the phenomenon wherein people wish to break free from the mundane routine that has caused the "new normal" to develop in the wake of the coronavirus crisis. It also stems from a circumstance that has been described as "lockdown fatigue" or exhaustion that escalates on account of monotony. In simpler terms, people are tired of following the same routine day after day.



RETHINK

Are you suffering from COMPASSION FATIGUE?

Compassion fatigue is a secondary traumatic stress (STS) characterised by a gradual lessening of compassion over time. We all could be victims to this new-age malady



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50 tabs open in our mental browsers and we are about to crash."

The year 2022 is only four months away. And somehow we are all witnessing this passage of time that may be the new normal. In his last episode of 2019 for his now defunct Netflix show "Patriot Act", comedian Hasan Minhaj talked about managing the 24-hour depressing news cycle around us. He said: "We are exposed to all the news, all the time, which makes us feel like we need to care about everything - all the time... But we can't possibly care about all of them - all the time. It's like we have

STOP DOOMSCROLLING
2020 gave us a new term - doomscrolling. Basically an act of spending an excessive amount of screen time devoted to the absorption of negative news. And we get it from our phones and our timelines. Trauma therapist Ruchita Chandrashekar has seen this fatigue building up in the younger demographic (that is consuming information at a breakneck speed). "The exhaustion you feel at the exposure to other's

pain is real. It's accompanied with a feeling of doom - you are pre-occupied with what's happening, are prone to mood swings, and are wracked with guilt for not doing enough," she says.

RECLAIM ME TIME
A feeling of secondary stress in the consumer of news has been proven in many studies. Delhi-based psychiatrist Dr Shobhana Mittal notes, HOW you consume information is a reason why people are feeling more burdened. "A big chunk of information is reaching us through our smartphones, that are often accessed during 'leisure time' from a personal space (like one's bedroom), at a personal time (say at bedtime), when one has his/her guards down. None of us are emotionally prepared to see stressful content at such a time," she adds. Most social media content can be graphic, and the comment section is negative.

EMPATHY EROSION
Some signs that you are veering towards this fatigue are: feeling fearful, developing a tendency to wander off and showing escapist traits. A recent research from the University of Michigan and the University of Rochester Medical Center found that empathy among students has declined by more than 40% compared to the late 1970s. Dr Amit Sood, in his book, 'The Mayo Clinic Guide to Stress-Free Living', says, "We are inundated with graphic images of unimaginable suffering of millions. We can fathom the suffering of a few, but a million becomes a statistic that numbs us."

YOU ARE SUFFERING FROM COMPASSION FATIGUE IF YOU ARE...

- Feeling burdened by the suffering of others
- Blaming others for their suffering
- Isolating yourself
- Sensing loss of pleasure in life
- Finding it difficult to concentrate
- Not sleeping well
- Experiencing physical and mental fatigue
- Bottling up your emotions
- Getting more nightmares
- Feeling hopeless or powerless
- Frequently complaining about your work or your life
- Overeating
- Not taking care of yourself
- In denial
- Beginning to receive a lot of complaints about your work or attitude
- To see where you fall on the compassion satisfaction/fatigue continuum, take the Professional Quality of Life (www.proqol.org) questionnaire developed by Dr Beth Hundall Stamm, one of the world's leading experts on compassion fatigue

— Psychology Today

LOG OFF

Being invested in the news cycle remotely is unpaid, unaccounted labour that takes up your time and mind space. The best way to deal with it all is to switch off. Use an app to lock your phone away and do some recreational activity that preferably doesn't involve a screen. Life coach and author Simrun Chopra says, "Stay with something you have read or watched for five minutes to process it better. When you read something, focus, stop, think it over, and once you've truly consumed it, move on." List out your personal strengths, journal, seek therapy to build up your "emotional endurance". Chopra's survival tips: no notifications, dedicated time for phone use and designated verified sites and select news sources to manage information overload. As Minhaj says... it is FOCUS that will save you.

TRIVIA TIME

THE DAY THE MONA LISA WAS STOLEN



On August 21, 1911 the world's most famous painting went missing. Here's what happened

Reams of paper and ink have been spent over the years on decoding the Mona Lisa, identifying who she was and deciding what her enigmatic smile signifies. Also why she has no eyebrows! Leonardo da Vinci's Mona Lisa, also known as La Gioconda, is the most famous painting in the world. But would it still have been so famous if it didn't go missing on the night of August 21, 1911? Apparently no. Before its theft, the "Mona Lisa" was not widely known outside the art world. Vinci painted it in 1507, but it wasn't until the 1860s that critics began to hail it as a masterpiece of Renaissance painting. Here is a chain of events...

1 An Italian painter and decorator slipped out of the cupboard in the Louvre where he had been hiding all night, sneaked up to the 'Mona Lisa', unframed her and left the building apparently unseen. The culprit, Vincenzo Peruggia, was a handyman who had worked for the Louvre to install the very same protective glass cases he had ripped from the Mona Lisa.

2 For more than a day, the Louvre's staff had no clue that the Mona Lisa had been stolen. The museum's paintings were often removed

6 After a weeklong shutdown, the Louvre re-opened to mobs of people, Franz Kafka among them, all rushing to see the empty spot that had become a "mark of shame" for Parisians.

3 Most believed that professional thieves could not have been involved because they would have realized that it would be too dangerous to try to sell such a famous painting. A popular rumor in Paris was that the Germans had stolen it to humiliate the French.

7 After making off with the painting in August 1911, the 29-year-old had stashed it in his home in a wood trunk with a false bottom. As a former Louvre employee, he was questioned about the theft on two separate occasions, but police never considered him a serious suspect. Peruggia kept the Mona Lisa hidden for two years while he waited for the heat to die down.

4 One of the first suspects was Pablo Picasso. The painter had nothing to do with the crime but immediately tried to dispose of some statues that turned out to have been stolen from the same museum. The poet Guillaume Apollinaire was also brought in for questioning.

5 Every major newspaper in Europe covered the story, and every story was illustrated with a reproduction of the painting. Millions of people who might not have seen it, might never even have heard of it, soon became experts on Leonardo's stolen painting.

8 Peruggia finally made an attempt to sell his "treasure" to a Florentine art dealer in 1913 who reported him to the police. After a brief tour through Da Vinci's homeland, the Mona Lisa was finally returned to the Louvre in January 1914.

9 While Peruggia was eventually forgotten, his daring heist only made the Mona Lisa more famous. At least 120,000 people went to see the painting in the first two days after it was returned to the Louvre. Art lovers and critics launched into fresh speculation about its subject's mysterious smile, and it was referenced in countless cartoons, advertisements, parodies, postcards and songs.

The Mona Lisa is only enigmatic because of Leonardo's sfumato technique - that smokey, smudgy blur where you can't see how the smile ends at each corner, so that it simply tails away, unresolved

Today, the world's most recognisable painting remains in the Louvre, where it hangs in a climate-controlled box protected by bulletproof glass. It receives some 8 million visitors each year

GOOD TO KNOW

Fascinating Facts ABOUT ONAM



Onam is the official state festival of Kerala; this is when the state's art and culture is on full display. The festival, this year, ends on August 23 with Thiruvonam (the most important day) falling on August 21. Here are some fascinating facts that make this festival so special.

1 Onam is a secular festival, which means it is celebrated by people from all castes and communities, i.e., irrespective of their religion. It festival marks the homecoming of Asura King Mahabali. Onam is also a 10-day festival.

2 To welcome the King, people make pookalam or flower rangoli in their homes.

3 During this festival, one witnessed a huge variety of cultural events such as Vallam Kali, Pulikkali, Thumba Thullal, Onavillu, and much more. Traditional dances, such as Kummattikali, Thiruv-athirakali, and Kathakali are on display. While Thiruvathirakali is a dance by women around a lamp.

4 During this occasion, an elaborate lunch meal is prepared in almost every household, known as Sadya. The

meal is served on a plantain leaf, and one can expect more than 26 varieties of food to be served. 5 A number of traditional games are played, such as Attakalam, Kayyankali, Kutukutu, Talappanthukali, and Ambeyyal. However, these games are now only played by a few, and are almost a lost art in cities due to the physical nature of these games. TNN

- FIVE ONAM TERMS**
- Pookalam: The flower rangoli
 - Kasavu: The iconic Kerala zari that blends with offwhite on saris and mundus (men's lungi)
 - Sadya: Onam feast
 - Pulikkali: A dance performed by men dressed as tigers
 - Onam Ashamsakal: The way you wish Happy Onam to a Malayali

GO GREEN

Is your skincare planet-friendly?

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Just like in fashion, there's a movement underway towards green beauty practices that add a glow of goodness to your face and a sheen to your soul. Dermatologist and aesthetic physician Dr Pallavi Sule says that one of the simplest ways to cut plastic from your skincare is to be mindful of the packaging. "Try buying products packed in recycled plastic and paper. Reuse and refill products. Avoid tiny bottles. Recycle."

Other than packaging, dermatologist Dr Simal Soan suggests switching over to a washable facial cloth made out of muslin for your face cleaning and not use single-use wet wipes or cotton pads. Her other suggestions: go for



make-up brushes crafted from sustainable products like bamboo; and apply home remedies.

HOW TO GREEN UP

- Use less water
- Use bar soap. It's less packaging; you can use it entirely and there's no bottle to throw away. You can also use bar shampoo
- Use even the last drop. Invest in a beauty spatula
- Use less make-up. Spend more time on a good skincare
- Store products well. With proper storage, products will last longer
- Use home cures. India is a treasure trove of home cures
- Ditch that packaging. A lot of boutique brands now offer easy pickups of empty bottles
- Buy local

Beauty YouTuber Jovita George talked about paring down your beauty closet to counter the hoarding mentality. In a viral video, George says that hoard-

ing products can actually create a spiral of buying. The idea is to use less but more effective products. Edit your beauty closet with things that you actually use and need. Pick few but more multi-purpose, multi-correctional products that add less waste to the system. Look for 2-in-1 products like a lip and cheek stain. Sule says, "The need of the hour is sustainable beauty regimens and skincare. Use natural, organic and plant-based skincare formulations that are also better for your skin." A pro tip that works: when changing your skincare to more earth-friendly picks, first switch the commonly used items like body wash, shampoo, and lotion - it'd make more impact. Be aware, but also be sensible and practical.

Let's APPRECIATE Each Other

A SIMPLE GUIDE ON HOW TO SHOW YOUR APPRECIATION TO PEOPLE AROUND YOU

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Should we make sure to appreciate people who live with us, work with us, study with us or help us in some way or the other? Isn't being nice to each other enough? Actually, no. "The deepest principle in human nature is the craving to be appreciated," said psychologist and philosopher William James. So, appreciate others in some way or the other – through words, gestures, body language. We can help you in mastering this crucial art with some simple tips.

WHY APPRECIATION MATTERS?

There must be days when you feel a certain gratification after cleaning your room's soiled window and letting the sunshine in. Appreciating others is similar to this process – it is the 'sunlight' that clears the grime and nourishes social and personal connections and makes them stronger. People around you connect better with you when they feel genuinely valued through words and gestures that praise their efforts. This is precisely why we need to appreciate our parents, teachers, friends, and helpers more and more. Here's more

about appreciation that is an art as well as etiquette.

ACKNOWLEDGE OTHERS' UNIQUE QUALITIES

Everyone has special qualities and the best way to appreciate a person is by recognising their uniqueness. See what is special in people who are a part of your life. When your mom makes your favourite sandwich, tell her she is a great cook and how much you love the delicacies she rustles up for you. "If your best friend has this knack of inspiring you in a way that no one else can, tell him/her how much it means to you. This recognition, coupled with warm compliments will cement your relationships," advises psychiatrist and counsellor Dr Jitendra Nagpal.

PRaise IN PUBLIC

There is a saying: "Appreciate in public, criticise in private." If you remember and act upon this wise adage, your life will be a lot sorted. For instance, if you are the captain of your high school soccer team and you notice your fellow mate working hard for a 'goal', acknowledge it when others around

HOW TO APPRECIATE YOURSELF

While it is important to appreciate others, using some of it for yourself too will do wonders for your well-being. Confused how you can do that? Here are some ideas:

■ **ENJOY YOUR PASSION:** Do the things you enjoy without feeling guilty. If you like your music class more than your Maths class, you don't have to be apologetic about it. You may have a flair for music and it's alright to be passionate about things other than academics.

■ **BE KIND TO YOURSELF:** Try your best to achieve all you aspire for, be it good grades or a medal in the drama competition. But don't beat

yourself up if you miss the medal, because 'learning' is more important than 'winning.'

■ **ACKNOWLEDGE YOUR EFFORTS:** If you have done something well, take pride in it. Being humble is a great quality but there is no harm in basking in the glory of your achievements (minus the bragging, of course).

■ **RESPECT YOURSELF:** It means valuing yourself for who you are, despite your flaws. It's trusting yourself, loving yourself, thinking for yourself and taking your own decisions. Last but not the least, accept yourself and don't compare yourself to others.



can also hear you praising your friend. Public recognition of good work is a reward in itself. It is a social motivation that encourages people to go that extra mile and give their best.

THANK PEOPLE FOR THEIR KINDNESS

Whenever anyone displays a kind gesture towards you, do not forget to say 'thanks'. A simple 'thanks' with a smile can mean a lot to others and is a great mood booster. It takes very little effort but gives a lot. It will also make you feel nice besides giving you the reputation of being an empathetic person.

DO SPECIAL THINGS

Utilise special days and occasions like birthdays and anniversaries to show your appreciation to people who matter. "But doing something special need not be limited to big occasions. Sometimes people need it the most when they are having a bad day," advises Nagpal. Surprise your friend by giving him/her a muffin during lunch break. A pleasant surprise makes people feel worthy and happy.

ENCOURAGE OTHERS

Appreciate other people's good qualities and encourage them to hone it. When the domestic worker does a good job of cleaning up your room, do tell him/her that their contribution in your life is immense. Such praise from time to time is necessary to motivate people – it also makes them feel relevant. Interestingly, studies have shown that appreciation also increases your own self-esteem by boosting the feel-good hormones in your mind.

WRITE A NOTE

Take the time to write a handwritten note to someone who has helped you in some way. When you do so, be specific – avoid being generic as that shows indifference and lack of involvement. But if you describe something specific, your note becomes personal and valuable. Example: "You lent me your notes just a day before the Geography exam. Thank you, for your generosity." For more: Read story on 'thank you notes' below. Now that you know so much about the art of appreciation, go ahead and indulge in it and see the world around you become a happier place.

PETS AND YOU

Responsibilities of a new PET PARENT

Taking care of a pet is an arduous task and comes with many responsibilities. Here's what you have to be ready for...

FIX A TIME FOR PLAY EVERY DAY: Pets are lovable companions who need your attention. You should be able to have a fixed time and schedule where you can spend happy moments with them. Being a busy parent doesn't work well for pets.

REGULAR EXERCISE: If you are a pet parent, you have to allot a certain time period for your pet's exercise. Some pets need more playtime than others and regular walks to the playground or streets are very necessary for the pets' growth.

KEEPING THEM SAFE AND SECURE: Your pet relies on you to keep them safe. And so, it's your responsibility to keep hazardous things out of reach from them, keep them in a safe and comforting environment. Keep all harmful household items in an enclosed area, out of their reach. In all, just keep them safe!

PROPER TRAINING AND SOCIALISING: At the ripe age of 3 to 4 months, pets, especially dogs should be trained to be good canine citizens. Leaving them poorly trained will not only result in unwanted accidents but will also cause a ruckus in your home. Your pets also need to be socialised with other breeds so that the fear and anxiety slowly wears off their personality.

PICK UP AFTER YOUR PET: When your pet goes for walks or to play outside, they are bound to leave their droppings. And so, you should always pick up after your pet. Carrying old newspaper and plastic always helps. Not only is it unpleasant for others to see, step on or have a nasty smell around, but it's your responsibility to keep your surroundings clean.

A HEALTHY DIET: You can't just give your pets the food you eat. They have a restricted, balanced diet that supports their immune system and helps them grow in the right proportions. You can consult a veterinarian to understand better what food works best for your pet.

LOVE: Your pets love you from the bottom of their heart. And it is only fair if you return their love to them. Pet them by the ear, rub their bellies and praise them when they are being good. Give them plenty of love and make them feel treasured and special. TNN



ASK THE EXPERT

"My 11 year old daughter is always overwhelmed these days"

Q My 11-year-old daughter feels very confused and overwhelmed these days. She tells me she can't explain why she feels so. She says it feels like she is not the same happy person anymore. I don't know how to help her.

A Most kids have days where they feel sad, lonely or they don't want to do their daily activities. There are many reasons why children go through such mood swings. While one can owe these changes to puberty, there are a couple of other factors that may contribute to such changes such as school related issues, home environment, social changes, physical changes etc. Although this is a common change we see in most children, if you feel your child seems persistently sad or hopeless and it is affecting her day-to-day life, then we need to give it some attention. Some of the steps you can take are:

- Talk to your daughter about her feelings. Ask her about how her day was in school or anywhere else and try to figure out if there were any events that might have bothered her.
- Further, the basics for maintaining good mental health include a healthy diet, enough sleep, exercise and positive connections with other people at home or at school.
- Talk to and listen to your child with love and support. Encourage her to share her feelings.
- Help your daughter look at problems in a more positive way.
- Avoid pressurising her with respect to academics or any activity at the moment, if at all you do.

- Keep a check of the environment at home. Avoid any fights, arguments or disagreements in front of her, and till whatever extent it is possible try to maintain a happy environment at home.
- Talk to a Professional therapist. They may recommend psychotherapy which involves counselling to help with emotions and behaviour. TNN

— Expert:
Dr Rachna
Khanna Singh,
psychologist

PANDEMIQUETTE

FIVE DIGITAL RULES TO FOLLOW

THE GOLDEN RULE

This is simple: be polite and treat others how you want to be treated, even online. Don't blurt out your grievances on a public platform – virtual class or social media. Seek them out instead.

BE KIND

Encourage kids to censor their messages and posts to be sure they are not sarcastic, negative, or rude. They also should be aware enough to not share or discuss rumours or



gossip. Talk to your children about cyberbullying so that they are able to identify this behaviour if it happens to them and also stop themselves if they feel they are indulging in it.

RE-READ BEFORE POSTING

Teaching kids to slow down and think about their posts, comments, texts, and e-mails is crucial. They need to realise that once they press send, there is no way to take back their words. Encourage them to always read their messages, comments several times to see if they could be misinterpreted or if they come off sarcastic.

ONLINE FUNNY IS TOUGH

A joke – even if goodhearted – can get lost in the digital world. Kids need to realise that being funny online is very

hard. The reason being that the person on the other end cannot see their facial expressions or hear their tone of voice. A joke can easily come across as being rude and people can get hurt.

AVOID DIGITAL DRAMA

Teach children not to indulge in digital drama. All digital communication are "in-the-moment" communication. And while it's a connect in current world, you should know when to exit a conversation, especially if it's getting rude or mean. Teach kids that no good will come from sending a nasty response or making a negative comment.

HOW TO...

Write a Thank you note...

Writing a thank you note doesn't need to be difficult or time consuming. Here's a simple formula that works for any occasion:

- Express your gratitude and name the gift or action you received.
- Write a sentence or two about how you benefited from the gift or actions.
- Conclude by mentioning the next time you hope to speak to or visit with the other person.
- Handwritten vs. Email: Handwritten thank you notes are ideal, but it's now considered acceptable to send an email for a time sensitive occasion.
- While a text too suffices in the digital world but if you take time out to craft a



well-thought out note (handwritten or email) it will mean more to the receiver.

- After a wedding, graduation, retirement or anniversary party, or other special event, it's customary to thank your guests for helping you celebrate.
- Send a thank you note when you've been a guest in someone's home. Be appreciative and honest and add a line on what their hospitality meant to you.
- Send a note when someone gives you a special gift.

QUICK READ

MANNER CHECKLIST

A QUICK LIST OF BASIC 30 MANNERS KIDS MUST KNOW BEFORE AGE 10

1. Saying "please" and "thank you." It shows gratitude.
2. Making introductions. Always introduce yourself to adults who come visit, and introduce friends to each other.
3. Covering your mouth when you sneeze or cough.
4. Not picking your nose in public.
5. Greeting visitors and say goodbye to them.
6. Asking for things instead of reaching for them.
7. Knocking on doors before entering a room. Especially the bathroom door!
8. Responding when an adult asks how you are. And follow up with "How are you?"
9. Not interrupting when grownups are talking.
10. Saying "Excuse me" when you need to interrupt a conversation.
11. Saying "Excuse me" if you bump into someone.
12. Not using electronics at the dinner table. Parents need to set this example.
13. Sitting attentively through plays, movies, and musical performances.
14. Washing your hands before meals.
15. Not commenting on personal appearance.
16. Holding doors open for others.
17. Silent burping. Followed by an excuse me.
18. Offering to help adults if they need it.
19. Giving a genuine apology when needed.
20. Asking to be excused at the end of a meal.
21. Using good table manners when eating. And chew with mouth closed.
22. Having a positive attitude.
23. Shaking hands. A firm handshake makes a good impression.
24. Returning items after borrowing them.
25. Avoiding bad language.
26. Sharing.
27. Giving compliments.
28. Doing tasks for adults without complaining.
29. Writing thank-you notes when you receive gifts.
30. Doing for others what you want them to do for you.

Source: theedadvocate.org

WRITE TO US Etiquette is the customary code of polite behaviour in society. And it is ever changing. For instance, who would have thought that one would need a whole new set of classroom rules in 2019? If you have a question on the new rules of engagement in a post-covid world, a relationship dilemma or just a query regarding writing a mail, write in to us toinie175@gmail.com with the subject line ETIQUETTE