



THE TIMES OF INDIA

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Your Weekender

TODAY'S EDITION

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STUDENT EDITION

SATURDAY, DECEMBER 5, 2020



SELF-CARE

The pandemic has been tough on people, with many going through anxiety, anger and nervousness. Here's how you can...

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#GOALS

NOT KIDDING AT ALL

The 15-year-old wunderkind Gitanjali Rao is Time's first Kid of the Year for her innovations - from cleaning up contaminated water to tackling cyberbullying

At 15, Gitanjali Rao, is fairly certain of what she wants to be - a "problem solver". And the young innovator has proved it with her body (a portentous term for someone so young) of work - a reason why she has been selected as the first-ever "Time" Kid of the Year. Rao has been awarded for her "astounding use of technology" to tackle issues ranging from opioid addiction to contaminated drinking water to cyberbullying.

At age 11, Rao learned about the Flint water crisis. The drinking water source for the city of Flint was contaminated after authorities changed the source from treated Detroit Water and Sewerage Department water (sourced from Lake Huron and the Detroit River) to the Flint River, leading to a massive spike in lead content in the water. Rao developed a device that could send contamination information using Bluetooth.

"Time" said: "The world belongs to those who shape it. And however uncertain that world may feel at a given moment,

the reassuring reality seems to be that each new generation produces more of what these kids have already achieved: positive impact, in all sizes." Rao was selected from more than 5,000 nominees and was interviewed by actor and activist Angelina Jolie. Here's what you can learn from her...

FIVE PRINCIPLES

The five principles she follows for her work: observe, brainstorm, research, build and communicate. Her mission is to create a global community of young innovators to solve problems the world over.

SCIENCE FOR SOCIAL CHANGE

When asked when she knew that science was her passion, Rao said her everyday goal was just to make someone happy - and it soon turned into, how can we bring positivity and community to the place we live? She was in second

grade, when she started thinking about how she can use science and technology for social change.

FOCUS

Her one tip: Don't try to fix every problem, just focus on one that excites you. Rao said her generation is facing many problems that they have never seen before. But then at the same time, the old problems still exist. "There are problems that we did not create but that we now have to solve, like climate change and cyberbullying with the introduction of technology. I think more than anything right now, we just need to find that one thing we're passionate about and solve it. Even if it's something as small as, I want to find an easy way to pick up litter. Everything makes a difference."

INSPIRE PEOPLE

Rao added that she doesn't look like "your typical scientist. Everything I see on TV is



"Everything makes a difference. Don't feel pressured to come up with something big"

that it's an older, usually white man as a scientist. It's weird to me that it was almost like people had assigned roles, regarding like their gender, their age, the colour of their skin." Her goal is to inspire others. She said: "It's not easy when you don't see anyone else like you. So I really want to put out that message: If I can do it, you can do it, and anyone can do it."

MORE...

She is doing 15-year-old things during the quarantine like baking what she calls, "an ungodly amount". She wants to study genetics and epidemiology at Massachusetts Institute of Technology.

Fix your mood with AROMATHERAPY

Pallavi.Shankar@timesgroup.com

TO MANAGE ANXIETY AND NERVOUSNESS

Blend 2 drops of geranium essential oil, 2 drops of lavender essential oil and 3 drops of bergamot essential oil. You can use this concoction as body massage, in your diffuser or in your bath water.

FEELING TEARFUL? TRY THIS

Put 1-2 drops of neroli oil on a cotton bud or tissue paper and place it anywhere near you. You can also use it in a diffuser, just put 4-6 drops in to help you



remove mental blocks and improve concentration.

TACKLE DISINTEREST

Add 2-3 drops of ylang ylang and lemongrass oil in a diffuser to pep you up.

FOR CLEAR THOUGHTS

Take a bowl of water and put less than a drop of basil in it. Alternatively, you can also put one tenth of a drop of this oil behind your ear and feel the fragrance for a relaxing effect.

DRIVE AWAY SEASONAL FLU

Put 2 drops of lemon and eucalyptus essential oil in a diffuser to keep seasonal cold, flu and respiratory allergies at bay.

EXPERT: BLOSSOM KOCHHAR, AROMATHERAPIST

FOOD

RULES THAT

FILL YOUR PLATE WITH THE RIGHT COLOURS FOR GOOD HEALTH

Heard about the rainbow diet? It's eating as many colours as possible on a daily basis - and docs around the world recommend it. The deep greens, vibrant reds, deep purples, bright oranges and yellows that we consume every day, provide far more than just "a rainbow" of colourful visual stimulation. Eating the rainbow ensures that you are consuming the entire spectrum of micronutrients that all fruits and vegetables carry.

ORANGE/YELLOW: The colour means Vitamin C. Eat peppers, oranges, squashes, carrots

- good for your eye health and overall immunity.
RED: Red fruits and veggies are packed with a variety of powerful antioxidants that have been shown to help fight cancer and heart disease. Think tomatoes, cherries, cranberries, pomegranate.
YELLOW/GREEN: These are detoxifiers. Eat broccoli, cabbage, bok choy, Brussels sprouts, and kale.
WHITE: Fight inflammation, support the immune system, lower cholesterol with white veggies. They also have anti-fungal and anti-bacterial

properties. Eat onions, garlic and cauliflower.
BLUE/PURPLE: Contain anthocyanins - antioxidants which are heart healthy and may also help ward off cancer. Also rich in Vitamin C. Eat eggplants, blackberries, blueberries, prunes.
BROWNS: Reduce the browns and beiges since they mostly mean carbs and calories. Think potatoes, wheat, etc.
Supriya.Sharma2@timesgroup.com

Did you know that blue colour is an appetite suppressant. A reason why a lot of weight loss plans suggest putting your food on a blue plate

Fight the 'maskne'

Thanks to the face masks, a new beauty dilemma is cropping up - maskne or outbreak of spots as the skin reacts to being covered up all the time. Often clustered around a person's chin, nose and mouth, this acne is the result of skin irritation, rubbing and friction.

What causes it?

The friction of fabric against the skin. Also when you breathe, the warm air gets trapped inside the

mask, leading to the growth of a microscopic mite that is mainly responsible for the acne. It also exacerbates the underlying conditions.

How to handle it

- Clean your face and mask regularly. And use a mild cleanser for it.
- If you have to, go for minimal makeup.
- Make it a habit to clean your face with a mild cleanser after removing the mask and then apply a water-based moisturiser.
- Even for masks, use a mild detergent.
- Applying sunscreen with minerals like zinc oxide and titanium dioxide can help reduce friction and breakout, as it helps to form a protective layer around the mouth.
- Choose your mask carefully; avoid wearing heavily embroidered masks, as they may cause more friction.

FASHION FLASHBACK

GIVENCHY - THE MAN WHO MADE THE 'LITTLE BLACK DRESS'



Givenchy with his muse Audrey Hepburn (above), Jackie Kennedy (inset) and Givenchy couture now

Givenchy's fashion legacy can be summed up in three letters - LBD. The little black dress was designed by French couturier and Hepburn's designer Hubert De Givenchy. He started working in fashion houses at the age of 17 until he opened his own house in 1952. It was in 1953 that Givenchy met the young actress Audrey Hepburn during the shoot of 'Sabrina' and they formed an influential professional and personal friendship. He clothed her in many movies and created the iconic style Hepburn was famous for. He had a

THE LBD: December 5, 2006, is the day Audrey Hepburn's iconic little black dress from "Breakfast at Tiffany's" was auctioned for charity for record \$923,187 at Christie's, London. Although claim to the invention of the LBD is often attributed to Coco Chanel, it was Givenchy who actually created the style. He had said of his iconic design, "The little black dress is the hardest thing to realise because you must keep it simple." The dress is a no-fuss dress in black that can be worn anywhere. It's a hero item for any modern-day wardrobe. Just make sure it's tailored well.

bevy of stars as his followers: from Jacqueline Kennedy to Ingrid Bergman, Sophia Loren to Grace Kelly and many more. He retired in 1995 though his house has continued under other designers including John Galiano and Alexander McQueen. He passed away on March 2018. **HIS OTHER ICONIC DESIGNS:** Balloon coat and Baby Doll dress

LATEST BUZZWORDS

Cancel culture

Heard of cancel culture? Of late it has been commonly heard in the virtual world where a celebrity is "cancelled". The cancel culture refers to the popular practice of withdrawing support for (cancelling) public figures and companies after they have done or said something considered objectionable or offensive - even if it is in the past. Cancel culture is generally discussed as being performed on social media in the form of group shaming.

Cancel culture started trending again in 2020 amid increased awareness of and opposition to racial injustice following the protests sparked by the killing of George Floyd. It is also known as call-out



culture and is modern form of ostracism in which someone is thrust out of social or professional circles - either online on social media, in the real world, or both. The expression has mostly negative connotations and is commonly used in debates on free speech and censorship. Former US President Barack Obama warned against social media call-out culture.

HEALTH

Chyawanprash is named after Rishi Chyawan - the first person to prepare this tonic

WONDER POTION

If by now you don't know what chyawanprash is, are you even a bonafide Indian? Here's a 101 on this magic tonic

What's in it?

This potent herbal mixture contains of 49 ayurvedic herbs. Amla or the Indian gooseberry is the main ingredient along with other powerful herbs like ashwagandha, vidarikand, pippali, white sandalwood, cardamom, tulsi, brahmi, neem and many others.

Health benefits

It is a powerful immune booster and protects the body from bacterial, viral, and fungal infections. It is good for digestion as it balances the stomach acids. It also provides

relief in constipation, reduces flatulence, and relieves nausea and diarrhoea. It has anti-ageing properties as its rejuvenating herbs delays the ageing of cells and promotes youthfulness and longevity.

How to eat?

Eat directly or mix it in warm milk or water. You can use it like a jam too. Some people complain of a burning sensation in the stomach after consuming this. In such cases, it is advisable to drink warm (not hot) milk after eating it. Start with half-a-teaspoon and work up to 1 tsp.

LIFESTYLE

MOVE OVER HYGGE... we now have lagom

...And gezellig, freeluftsliv and more. If you are getting confused, these are lifestyle concepts from Scandinavian countries that are worth incorporating in your life

GEZELLIG

Pronounced: "Heh-SELL-ick"
Meaning: "Gezel," means "companion" or "friend"
From: The Netherlands
What is it? This Dutch term extols the warm-and-fuzzy feeling of coziness and togetherness you get when you surround yourself with people, places and things that are comforting, relaxing and good for the soul. It's like hygge but about being with friends.
How to do it: Take time to relax, unwind and de-stress with friends - good food and conversations.

FRILUFTSLIV

Pronounced: "FREE-loofts-liv"
Meaning: "Open-air living"
From: Norway
What is it? The deeply rooted philosophical lifestyle is centered on the joy and appreciation of nature, outdoor activities and beautiful scenery. It's about embracing the outdoors, improving your relationship with nature and experiencing the pleasure of

being outside - either alone or with others.
How to do it: Camp, hike and "forest-bathe" or simply go for bike rides and strolls.

HYTTEBOK

Pronounced: "Hooth-bok"
Meaning: A collective happiness journal
From: Norway
What is it? Hytte means cabin and bok is book. It's a book that you write something on when you are on a cabin trip. Hyttebok is all about collecting happy memories while eliminating the not-so-happy ones. It's a happy book.
How to do it: Document your daily life and find things to be grateful for.

LAGOM

Pronounced: "Lah-GOM"

Meaning: "Not too much and not too little"
From: Sweden
What is it? This holistic, less-is-more mentality is all about living simply, harmoniously and sustainably, and striking a happy work/life balance.
How to do it: Taking a fika (a break involving a hot beverage or a treat) to recharge your batteries during the work day. Decluttering and creating a capsule wardrobe will also boost productivity.

NIKSEN
Pronounced: The way it is written
Meaning: To be idle
From: The Netherlands
What is it? It means doing something without a purpose, like staring out the window, hanging out, or listening to music. Nilsen is the practice of slowing down.
How to do it: It is not about staying in the moment; it's about letting yourself do nothing, about letting your mind wander without guilt or expectation.





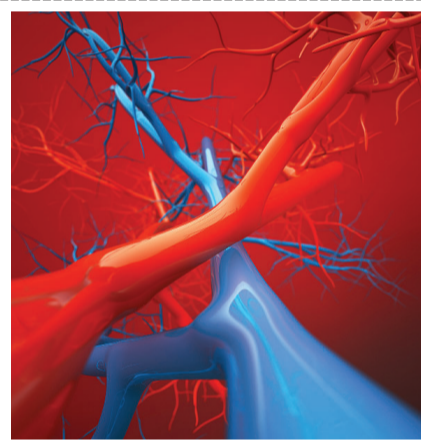
Contrary to popular belief, house flies do not have a life span of 24 hours. So, if you think it's better to wait for your uninvited house mate to die instead of chasing it down, think again. The common house fly can live for up to a month!

WILL SUN EXPLODE AT THE END OF ITS LIFE? IS POLARIS THE BRIGHTEST STAR IN THE SKY? HEY FOLKS! I AM **EXPLORIA**. TODAY, WE HAVE ROUNDED UP AND CORRECTED DOZENS OF THE MOST POPULAR MYTHS. READ ON AND SPREAD THE WORD...



ILLUSTRATION: ARYA PRAHARAJ

HOUSE FLY HAS A LIFE SPAN OF 24 HOURS



DEOXYGENATED BLOOD IS BLUE

A common myth is that oxygenated blood is red and deoxygenated blood is blue, but this belief is inaccurate. While glancing at your skin, you may be led to think that the veins below the surface are carrying blood that is a different colour besides red. This is actually result of how you perceive light. According to a medically reviewed article, blood that leaves the heart is full of oxygen, and therefore bright red, while blood that travels to the heart is dark red. So even though your veins might appear blue, green, or purple, the blood that flows in them is red - unless you're an octopus, leech, or marine worm (among other creatures) that contains blood that is one of those hues.



GRAVITY WORKS IN DOWNWARD DIRECTION

Although most of us have only experienced gravity in the downward direction, gravity is not a downward force. Simply put, gravity sucks! And it sucks in all directions and dimensions.

SUN WILL EXPLODE AT THE END OF ITS LIFE

When our Sun reaches the end of its life in about 4 billion years, it will not explode, contrary to popular belief. It will slowly expand, eventually swallowing the Earth in the process.

TILTING YOUR HEAD BACK WILL STOP A NOSEBLEED

You might have been taught to tilt your head back in order to stop a nosebleed - but doctors agree that this is not the solution. In the case of a nosebleed, do not tilt your head back like Rachel did in "Friends". Instead, you should tilt your head forward and pinch right below the bridge of your nose to stop the flow of blood rushing out of your nostrils. Tilting your head back doesn't actually cause the nosebleed to cease, and it might lead to more damage. It can cause blood to enter your throat, which leads to your stomach and further unpleasant complications.



EARTH'S CENTER IS MOLTEN LIQUID

The Hollywood Blockbuster "The Core" would have you believe that Earth's center is molten liquid. In fact, Earth's core is a dense sphere of nickel and iron with a diameter of about 700 miles.

SPACESHIPS REALLY EXPLODE IN SPACE

Contrary to countless sci-fi movie endings, there is no fire in outer space. Fire needs oxygen to exist, and there is no oxygen in space.



ABRAHAM LINCOLN FREED THE SLAVES

The historical interpretation of Lincoln emancipating slaves in the United States isn't so wrong as it is simplistic. In that narrative of history, Lincoln fought the Civil War over slavery, and the Emancipation Proclamation and Thirteenth Amendment of the United States Constitution were his legal tools for ending slavery. But that narrative displaces slaves from the center of the narrative and focuses only on the actions of one white man. While Lincoln, significantly, chose to wage the Civil War rather than not, and took legal steps to grant former slaves citizenship, slaves themselves struggled for centuries to be recognised as people under the law. "Lincoln moved more slowly and apparently more reluctantly toward making it a war for freedom than black leaders, abolitionists, radical Republicans, and the slaves themselves wanted him to move," James McPherson, a Civil War historian, wrote in "Who Freed the Slaves?"



DISTANCE OF EARTH FROM THE SUN CAUSE SEASONS

Seasons on Earth are the result of Earth's axial tilt and not Earth's distance from the Sun. If you think about it, Australian winter happens during North America's summer and there is no way that could happen if seasons depended on our distance from the sun.



ALL RADIATION IS BAD

Radiation is often associated with nuclear radiation, creating the misconception that all radiation is bad for you. Light is a form of radiation as well as microwave radiation that cooks your frozen dinners. There is a wide range for radiation and only the highest energy radiation is harmful to human tissue.



YOU CAN ONLY TASTE CERTAIN THINGS ON CERTAIN PARTS OF YOUR TONGUE

According to the tongue map myth, different parts of your tongue are for different sorts of tastes. The back of your tongue detects bitter tastes, the front takes in sweet tastes, and so on. This is wrong. Taste receptors are all over your tongue, and they all pick up all kinds of tastes. It's true that some taste buds are more receptive to certain kinds of tastes than others, but the difference is slight, according to the University of Florida Center for Smell and Taste, and the locations of those taste buds aren't in accordance with the "tongue map."



RUBBER TIRES INSULATE YOUR CAR FROM LIGHTNING

Car tires do not protect you from getting electrocuted if your car is struck by lightning. It's actually your car's metal frame that conducts the electricity straight to the ground.

'DADDY LONGLEGS' VENOM WILL KILL YOU

Daddy longlegs spiders can, in fact, pierce human skin with their small mouths. But don't worry, they also are not the most venomous spider in the world and the small amount of venom they carry will cause only a mild burning sensation for a few seconds and nothing more.

SUNFLOWERS FOLLOW THE SUN

Do Sunflowers track the Sun as it moves across the sky throughout the day? Although Sunflower heads are fixed, their buds do, indeed, track the sun before they bloom and the resulting direction the heads face is a result of this behaviour.



GUN SILENCERS MAKE GUNS NEARLY SILENT

Gun silencers cannot mute the sound of an exploding weapon to a whisper. While it does work to mute the weapon, the result is about as loud as a police siren, which is still one hundred times less loud than the gun without a silence.

POLARIS IS THE BRIGHTEST STAR IN THE SKY

Back in the day, sailors used the north star, Polaris, for navigation not because of its brightness but because it is the only star that does not appear to move over night. Polaris is not a single star, but is a triple-star system. None of these stars are even in the top 10 of the brightest stars in our night sky.

WE ONLY USE 10% OF OUR BRAINS

People don't use "just 10%" of their brains. We use the entire brain for different processes at different times. We couldn't survive if we scooped out 90% of it.





Wondrous facts about Wonder Woman

As 'Wonder Woman 1984' gets a new release date, December 25, let's go back to her origin and learn a few things that make her one of the most successful DC superheroes of all time

Origin story

Wonder Woman was created by American psychologist and writer William Moulton Marston, his wife, Elizabeth, and artist Harry G. Peter. Marston's character drew a great deal of inspiration from early feminists, especially, from birth control pioneer Margaret Sanger.

Champion of justice

She's an Amazonian superhero, who changed the world when she first emerged in late 1941. Shirking the passive portrayal of women as typists, librarians, or young girls in love, she was a fighter always ready to take charge, and a champion of justice, who quickly became a star. Wonder Woman holds her place next to the likes of Superman and Batman as one of the longest running superhero characters of all time. And she recently turned 78 years old!

Overnight sensation

When Wonder Woman debuted in All-Star Comics #8 (dated December 1941, released in October 1941), she took the comics world by storm. Her then-publisher, All-American Publications, knew they had hit a jackpot. Her next appearance followed just a few weeks later in Sensation Comics #1 (dated

January 1942), and she was one of the first superhero characters to get her own book, in the summer of 1942. Superman was first, Batman was second, and Wonder Woman did it in less than a year from the moment she was first created.

That's not a skirt

While several images make it look like she is wearing a skirt, they are actually culottes, split pants that vary from thigh to knee length. Marston's wife Elizabeth, upon whom she was based, thought a skirt was impractical for combat. Marston insisted on boots over the sandals. Though sandals eventually showed up on the cover of a 1951 issue when she got an image makeover.

Two Wonder Women!

There are two versions of Wonder Woman



in DC comics – 'New Earth' Wonder Woman, which started in the 80s and ran through the mid-2000s, and 'Prime Earth' Wonder Woman, which started after DC comics rebooted the universe in 2011 with their New 52 initiative. Prime Earth Wonder Woman is considered the current Wonder Woman, but a lot of fans still love the old Wonder Woman stories from the 80s.

She's also a diplomat

Eventually, the gods decided that it was time for the Amazons to send an emissary into our world. To choose who would represent them in 'the world of man', the Amazons held a contest. Diana's mom was a little too worried about her daughter competing, so she forbade her from entering. Diana did what most teenagers do, ignored her mom, and entered anyway. Once she won, she earned her place as Ambassador

of the Amazons, and left Paradise Island to come to our world.

She dated Superman

In her 80s run, Wonder Woman got a bit of a crush on Superman after she first met him. She went so far as to ask Myndi (her publicist) to set up a date with him. Quickly after that first date, she realised she'd be better off just friends with the Man of Steel. In the mid-2000s reboot, however, Wonder Woman and Superman have a long-term relationship.

She fought Captain Marvel

As the champion of the Greek Gods, Wonder Woman once had to fight the champion of the Roman Gods, Captain Marvel. Diana won that fight.

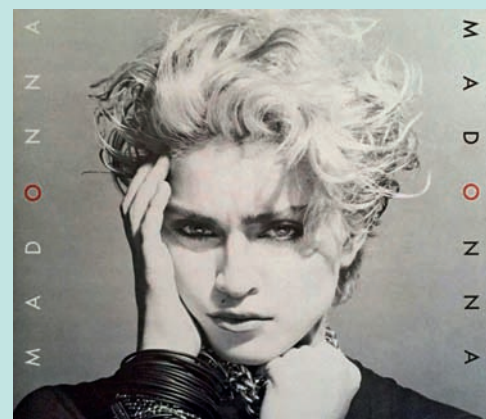
Reformer of criminals

In the early days of superheroes, before the Comics Code Authority and censorship hit the comics industry in the mid-1950s, Batman had guns and Superman was hanging criminals by their ankles over the edge of buildings. Wonder Woman was made of sterner moral fabric. She also was not going to kill people without giving them a chance to change.

Lost her powers for a while

Wonder Woman surrendered her powers in 1968. She wanted to stay in Man's World and look after Steve Trevor (who, ironically, was killed off). She opened a clothing boutique, dressed in the fashion of the time, and learned martial arts.

MUSIC QUIZ



- Who had a No.1 hit with 'Ice Ice Baby'?
- What was the name of Madonna's first studio album, released in 1983?
- Which band sang 'The Final Countdown'?
- Will.i.am is best known for performing with which hip hop group?

5. In 1975 'Bohemian Rhapsody' was number one for nine weeks. It was finally knocked off the top slot by a song with a name that appears in the lyrics of Bohemian Rhapsody. Name the song and the band that ended Queen's

- Who sang the 1965 James Bond theme song 'Thunderball'?
- Reginald Kenneth Dwight is better known by what name?
- What was the name of Amy Winehouse's second and final studio album released in 2006 and reached number one in multiple countries?
- Which band had a huge international hit album in 2002 with the record 'A Rush of Blood to the Head'?
- Linger and Dreams were hits for which Irish group?

Answers:
1. Vanilla Ice; 2. Madonna; 3. Europe; 4. The Black Eyed Peas; 5. Mamma Mia by Abba; 6. Tom Jones; 7. Elton John; 8 Back to Black; 9. Coldplay; 10. The Cranberries

— Source: Radiotimes.com



An introduction to

RUSSIAN LITERATURE

Revered around the world for its depth, people are often told Russian literature can be difficult for kids. It's not true. Here's how to get started

UNFORGETTABLE OPENING LINES...

- "Call me Ishmael." —Herman Melville, *Moby-Dick* (1851)
- "It is a truth universally acknowledged, that a single man in possession of a good fortune, must be in want of a wife." —Jane Austen, *Pride and Prejudice* (1813)
- "In my younger and more vulnerable years my father gave me some advice that I've been turning over in my mind ever since." —F. Scott Fitzgerald, *The Great Gatsby*
- "I am an invisible man." —Ralph Ellison, *Invisible Man* (1952)
- "Mr. and Mrs. Dursley, of number four Privet Drive, were proud to say that they were perfectly normal, thank you very much." —J.K. Rowling, *Harry Potter and the Sorcerer's Stone*

SAME ROLE, DIFFERENT ACTORS



If you really love the book 'Pride and Prejudice' by Jane Austen, do watch three celluloid versions of it in your own time. The first one, made in the 1940s has Greer Garson play Elizabeth Bennet. The 1995 TV version has Jennifer Ehle playing the same character. And the 2005 movie has Keira Knightley playing one of the best women characters of fiction, again, Elizabeth Bennet.

All three actresses have portrayed the role in their individual styles, and with the director's vision in mind, which makes for a fascinating study of cinema and acting.



- Robert Z. Leonard directed Greer Garson (pic above) in the 1940 film.
- Director Simon Langton directed the 6-part TV version in 1995 starring Jennifer Ehle (extreme right), by far the most famous adaptation of the book according to most.
- The 2005 film by Joe Wright, starring Keira Knightley, has stunning cinematography and is beautifully told.

'White Nights' by Fyodor Dostoevsky

Originally published in 1848, early in the writer's career, 'White Nights' is told in first person by a nameless narrator (like many of Dostoevsky's stories). Set in St. Petersburg, this is the story of a young man fighting his inner restlessness. A light and poetic narrative, it delves into the torment and guilt of unrequited love.

'The Overcoat' by Nikolai Gogol

The most famous quote in Russian literature attributed to Dostoevsky, goes like this: "We all came out of Gogol's overcoat." The story follows the life and death of Akaky Akakievich Bashmachkin, a low-ranking official who works as a copyist in a nameless department in the Russian bureaucracy.

'We' by Evgeny Zamyatin

'We' is a dystopian novel by Soviet dissident Yevgeny Zamyatin, written 1920-1921. The novel was first published as an English translation by Gregory Zilboorg in 1924 by E.P. Dutton in New York. It describes a world of harmony and conformity within a united totalitarian state.

'Mumu' by Ivan Turgenev

Written in 1852, this is the story of Gerasim, a deaf, mute janitor, and the cruel Moscow landlady (said to be based on Turgenev's mother) who takes pleasure in mocking him and other serfs.

'The Death of Ivan Ilyich' by Leo Tolstoy

Tolstoy describes not just the

death, but the dying of Ivan Ilyich, who suffers a seemingly innocuous fall. But over time, the pain intensifies, and Ivan becomes irritable and ultimately bed-ridden. Lying there, he mentally retraces his entire life, and finds solace in someone he would never previously have even considered talking to.

'Kashanka' by Anton Chekhov

As one of Russia's best-

known authors, Anton Chekhov is the indisputable master of the short story. The dog Kashanka belongs to a drunken carpenter who takes her out one day, but on the way home loses her in the confusion of a military parade. The story is told by an omniscient narrator who privileges Kashanka's point of view, so we follow the dog's subsequent adventures largely from her eyes.

10 best films to introduce students to

HUMAN RIGHTS

December 10th is Human Rights Day. Watch these films with your parents to understand the concept of human rights and dignity

1 Modern Times (1936): This comedic masterpiece finds the iconic Little Tramp (Charlie Chaplin) employed at a state-of-the-art factory, where the inescapable machinery completely overwhelms him, and where various mishaps keep getting him sent to prison. The movie, in short, is about the effects of industrialisation, which dehumanises us.



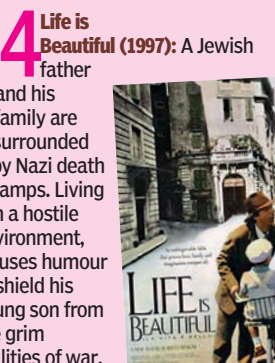
2 October Sky (1999): "This true story of a boy from a small town, who dreams of becoming a rocket scientist, is one of the best films of the past year and one of the best family movies ever made," wrote Nell Minow in 'Common Sense Media'. 'October Sky' is a moving drama based on a true story that centres on a very difficult and tense father-son relationship. Ultimately, the movie is



about following your dreams, no matter how unachievable they might feel.

3 Big Fish (2003): The film tells the story of a frustrated son who tries to determine fact from fiction in his dying father's life. In this whopper of a tall tale, romance blooms as fish become human and humans become fish – and a man learns to love his father in a way he's never been able to before.

4 Life is Beautiful (1997): A Jewish father and his family are surrounded by Nazi death camps. Living in a hostile environment, he uses humour to shield his young son from the grim realities of war.



5 The Kite Runner (2007): Khaled Hosseini's best-selling 2003 novel about two Afghan friends inspires a heartrending movie about friendship, failure and forgiveness. It's a sweeping tale of friendship and loyalty, betrayal and redemption.

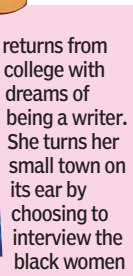
6 Erin Brockovich (2000): Erin, a single mother, becomes a legal assistant and comes across a case against Pacific Gas and Electric. When she discovers that the company is poisoning a city's water supply, she seeks justice. Julia Roberts steals the show as the protagonist.

7 The Help (2011): In 1960s Mississippi, Southern society girl Skeeter (Emma Stone)



returns from college with dreams of being a writer. She turns her small town on its ear by choosing to interview the black women who have spent their lives taking care of prominent white families. Aibileen (Viola Davis), the housekeeper of Skeeter's best friend, starts talking. Most aren't happy about it. But then more black women come to tell their stories.

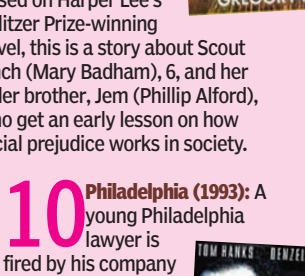
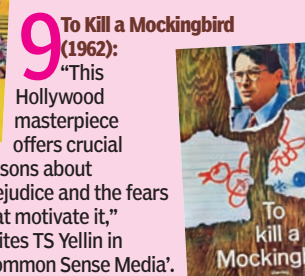
8 The Class (2008): Francois Marin (François Bégaudeau), a French language and literature teacher at an inner-city Paris high school, begins the arduous process of reaching out to each of his pupils. Marin encounters his share of problem students, teen violence, ethnic tensions between



classmates and education barriers within the group, all of which test his patience and – more importantly – his resolve as an educator.

9 To Kill a Mockingbird (1962): "This Hollywood masterpiece offers crucial lessons about prejudice and the fears that motivate it," writes TS Yellin in 'Common Sense Media'. Based on Harper Lee's Pulitzer Prize-winning novel, this is a story about Scout Finch (Mary Badham), 6, and her older brother, Jem (Phillip Alford), who get an early lesson on how racial prejudice works in society.

10 Philadelphia (1993): A young Philadelphia lawyer is fired by his company for having AIDS. He hires a lawyer for a wrongful dismissal suit. Tom Hanks and Denzel Washington are phenomenal in this film.



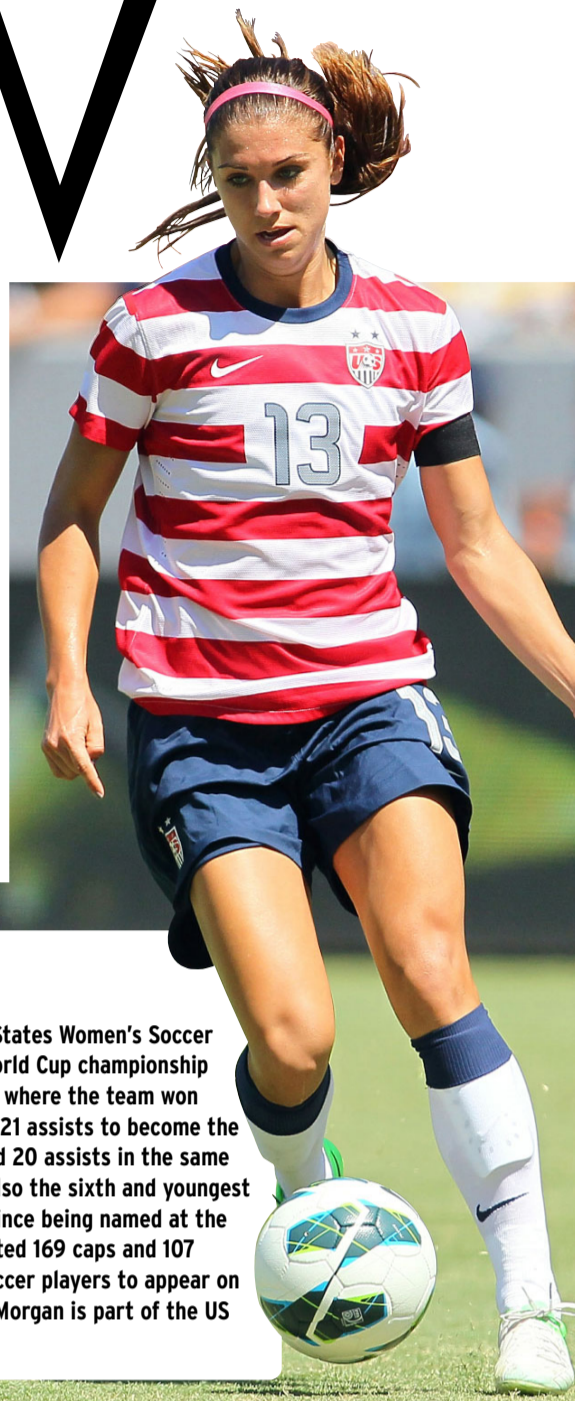
TAKE A BOW

Lindsey Vonn | Skiing

Lindsey Vonn is one of only two female skiers to win four World Cup overall championships. She won three consecutive titles from 2008-10 and another one in 2012. She was also the first American woman to win a gold medal in downhill (at the 2010 Winter Olympics). Vonn won her 20th World Cup crystal globe title in 2016 to surpass Ingemar Stenmark for the overall record for men or women. She is one of six women to win a World Cup race in all five disciplines of alpine skiing. One of the greatest skiers of all-time, Vonn has three Olympic medals, four World Cup titles, 82 World Cup victories, and two World Championship gold medals, among other accomplishments. As a result of injuries, Vonn missed parts of several seasons in the last few years, which ultimately pushed her to retire in 2019.



During the last century, women in sports have been making a huge impact, serving as inspirations to others who wish to accomplish the same. According to a 2018 Nielsen report (on the rise of women's sports), 84% of general sports fans now have an interest in women's sports. We take you through some of the most iconic female athletes who have helped put women's sports in the spotlight



Alex Morgan | Soccer

Alex Morgan is the co-captain for the United States Women's Soccer Team and won her second consecutive FIFA World Cup championship in 2019. She debuted in the World Cup in 2011, where the team won silver. In 2012, Morgan recorded 28 goals and 21 assists to become the second American woman to score 20 goals and 20 assists in the same calendar year alongside Mia Hamm. She was also the sixth and youngest US player to score 20 goals in a single year. Since being named at the senior US team in 2019, Morgan has accumulated 169 caps and 107 goals. She was also one of the first women soccer players to appear on the cover of a FIFA video game. Off the field, Morgan is part of the US soccer women fighting for equal pay.

Tatiana Calderon Noguera | Motor racing

A test driver for the Alfa Romeo Formula One team, she drives for the ThreeBond squad in the Super Formula Championship and for Richard Mille Racing in the European Le Mans Series. A former Formula 2 racer, Tatiana became the first woman in over 20 years to race in Super Formula when she made her debut in the Japanese premier single-seater championship in 2020. Earlier, Calderón was the first woman to stand on the podium in the British Formula 3 International Series and the first to lead a lap in the FIA Formula 3 European Championship. From 2016 to 2018, she competed in the GP3 Series and later in the 2019 FIA Formula 2 Championship.



Jin Young Ko | Golf

Ko experienced her first major championship in 2019 at the Dinah Shore (ANA Inspiration) tournament. She went on to win the Evian in France, the Founders Cup, and the Women's Canadian Open. These four victories earned her the bragging rights for more wins than any other woman in a season. Ko is currently ranked as the LPGA's No. 1 golfer in the world. Ko became the only person on the planet to have more consecutive holes in professional tournament play without a bogey. She managed to play 114 consecutive holes without a bogey. This beats Tiger Woods' record of 110-holes in 2000 when he was playing the best golf of his career.



Serena Williams | Tennis

Serena Williams is regarded as one of the best female tennis players of the Open Era. Her victories have shaped her into an inspirational figure in the sport, especially to children. Williams holds the most Grand Slam titles in singles, doubles, and mixed doubles combined among active players. Her 39 Grand Slam titles puts her joint-third on the all-time list and second in the Open Era: In 2019, she was the only woman on the list of the world's highest-paid athletes, according to Forbes.



Simone Biles | Gymnastics

American gymnast Simone Biles won the individual all-around, vault, and floor gold medals at the 2016 Rio Olympics. At only 23 years old, Biles is a four-time World all-around champion, with three consecutive victories from 2013-15 and another in 2018. She is also a five-time US National all-around champion. Biles is the most decorated American gymnast with 25 Olympic and World Championship medals, and set the US record for most gold medals (4) in women's gymnastics at a single Olympics. Dominant on nearly every event, Biles is considered to be one of the greatest gymnasts of all-time.



Saina Nehwal | Badminton

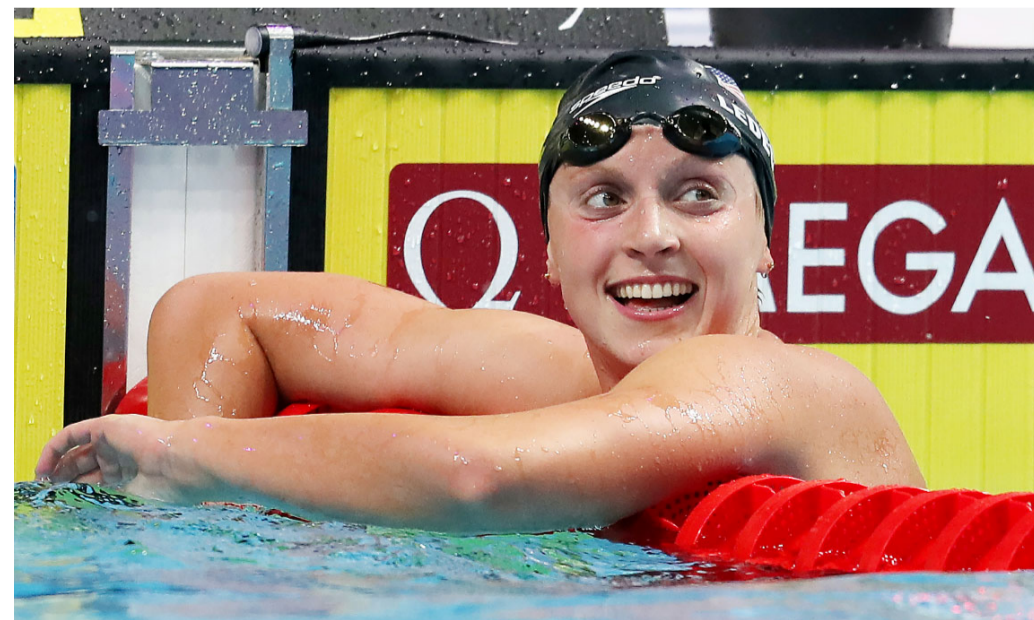
One of the most talented sportspersons and the only female player from India to attain the world number one ranking, Saina Nehwal has many other firsts to her credit. She was the first Indian badminton player to win a medal at the Olympics and also the first Indian female and youngest Asian athlete to win a four-star tournament. Saina Nehwal's success has taken badminton to greater heights and has inspired many to consider taking up the sport professionally. This could, by far, be one of her biggest contributions to the sport and the country.

Photos: GETTY IMAGES



Mary Kom | Boxing

Kom is the only woman boxer to become World Amateur Boxing champion for a record six times, and only woman to clinch a medal in each one of the seven world championships. While speaking to Indian cricket team captain Virat Kohli during an Instagram live session, Kom said she has learned over the years to remain focussed on her goals. "The naysayers do distract me but one's resilience can prove them wrong. We need to drive the youth to do the unthinkable, the formula doesn't see gender. It's hard work and preparation. Always go for goals, motivate, never give up and keep fighting. That's what I always tell young boxers, kids and parents."



Katie Ledecky | Swimming

American swimmer Katie Ledecky won five Olympic gold medals and 14 world championship gold medals, which is a record for a female swimmer. She currently holds the world record in women's 400-meter, 800-meter, and 1,500-meter freestyle. Ledecky made her international debut at the 2012 London Olympics at the age of 15 and surprised everyone when she won the gold medal in women's 800-meter freestyle, becoming the youngest ever to win the title. Four years later, she became the most decorated female athlete of the 2016 Olympics, with four gold medals, one silver medal, and two world records. She has broken fourteen world records throughout her career.