



THE TIMES OF INDIA

Your Weekender

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TODAY'S EDITION

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STUDENT EDITION

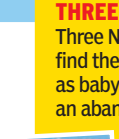
SATURDAY, JUNE 19, 2021



5 FATHER'S DAY FILMS



MRS. DOUBTFIRE
After finalising a divorce, a loving father creates a rather wild plan to spend more time with his kids - by pretending to be a nanny. You can even try the Indian take on it: 'Chachi 420'.



THREE MEN AND A CRADLE
Three New York bachelors find themselves forced to act as babysitters after they find an abandoned baby.



FINDING NEMO
Isn't Marlin the clown fish the best dad? It's a rhetorical question because he is. He travels 1,500 miles to find his son.



BIG FISH
A fantastical tale where fact meets fiction in the classic style of Tim Burton. It's about a son trying to wrap his head around his father's over-the-top tales to find the truth.



THE LION KING
This coming-of-age cartoon (or live-action now) masterpiece will take you back to your childhood as you watch Simba honour the memory of his late father, King Mufasa.

CLICK HERE: PAGE 1 AND 2

Famous people on being dads, how it has changed them and what they think is the role of a father

BARACK OBAMA, former US president
"As fathers, we need to be involved in our children's lives not just when it's convenient or easy, and not just when they're doing well - but when it's difficult and thankless, and they're struggling. That is when they need us most. In the end, that's what being a parent is all about - those precious moments with our children that fill us with pride and excitement for their future, the chances we have to set an example or offer a piece of advice, the opportunities to just be there and show them that we love them. We pass on the values of empathy and kindness to our children by living them. We need to show our kids that you're not strong by putting other people down - you're strong by lifting them up. That's our responsibility as fathers."

through it. That's one thing I try my very best to do. I love being a dad, it's an important part of my life."

PRINCE WILLIAM, British royal
"I'm a lot more emotional than I used to be. I never used to get too wound up or worried about things. But now the smallest little things... you well up a little bit more, you get affected by the sort of things that happen around the world or whatever a lot more, I think, as a father, just because you realise how precious life is."

WILL SMITH, actor
"I feel that the greatest gift that I can give my children is the freedom to be who they are. Jada and I are very serious about finding what they are, and encouraging them to be what they are, because you can never be happy being what you're not. As a parent, if it's an oak tree, I want it to grow as an oak tree. I'm not going to try to force it to be an apple tree."

MATT DAMON, actor
"The only way I can describe it - it sounds stupid, but - at the end of 'How the Grinch Stole Christmas', you know how his heart grows like five times? Everything is full; it's just full all the time."

CHARLES KETTERING, inventor
"Every father should remember one day his son will follow his example, not his advice."

IDRIS ELBA, actor
"More than anything you have to make time to be with your children. It's something I battle a lot because of my career, because as much as it's nice to be busy and working, ultimately children don't raise themselves. You've got to be there to help them and guide them

CHRIS ROCK, comedian
"When I hear people talk about juggling or the sacrifices they make for their children, I look at them like they are crazy, because 'sacrifice' infers that there was something better to do than being with your children."



June 20 is celebrated as Father's Day. Essentially an American holiday, it's now observed all over the world. Always considered a second fiddle to Mother's Day, it is now coming into its own with more stay-at-home and single dads. Brush up on some facts on this day



on some facts on this day

1 While listening to a Mother's Day sermon in 1909, the idea of Father's Day suddenly struck Washington resident Sonora Dodd. She wanted to honour her father, William Smart, a widower with six kids. Residents of her town, Spokane, embraced the idea and by June 19, 1910 the first Father's Day celebration happened.

2 Decades later, in 1966 President Lyndon Johnson designated the third Sunday in June as Father's Day. President Richard Nixon signed the public law that made it permanent in 1972.

3 Männertag, celebrated 40 days after Easter, is Germany's twist on Father's Day. Instead of breakfast in bed, men pile wagons high with beer and set off on long jaunts through town.

4 In Thailand, the king's birthday also serves as National Father's Day. The celebration includes fireworks, speeches, and acts of charity and honour.

5 Though it is not a public holiday, it is celebrated with gusto in countries such as Argentina, Belgium, Brazil, France, Germany, Japan, New Zealand, Norway, and India although on different dates. In Spain and Portugal fathers are honoured on St. Joseph's Day on March 19. In Australia, it's the first Sunday in September.

6 Father's Day or Fathers' Day? Though Dodd petitioned for the holiday to be written as "Fathers' Day," US Congress used "Father's Day".

7 One of the earliest cards for a father dates back roughly 4,000 years. Elmesu, a Babylonian youngster, carved a card out of clay to "wish his father good health and long life."

8 No one knows the exact origin of the word "dad". It is estimated that it began around the late 15th century and is derived from baby talk, as in many languages "dada" refers to a baby's acknowledgement of father.

Rose is the official flower of the day - wear red on your lapel if he's alive and white otherwise

MY DAD, MY HERO

5 FICTIONAL DADS



ATTICUS FINCH in 'To Kill a Mockingbird' by Harper Lee
The absolute acme of model fatherhood. Atticus Finch has moral fibre, is dignified, brave, loyal and kind - traits that any child would wish to see shine in their dad.



JEAN VALJEAN in 'Les Misérables' by Victor Hugo
Even if the heroic and noble Jean Valjean was not a biological father to Cosette, but his actions demonstrate that it takes more than just fathering a child to be a real dad. A tale that puts him through many hardships, yet he never shies away from doing the right thing.



ARTHUR WEASLEY in 'The Harry Potter Series' by JK Rowling
Arthur Weasley is not your officious dad. He leaves the parenting to his wife Molly while he's always full of jokes and a pat on the back to encourage his seven children.

WILLIAM SMITH in 'Danny, The Champion of The World' by Roald Dahl
This children's classic by Dahl has the most interesting father. William operated a service station and garage and raised his son Danny in a gypsy trailer. Danny even says: "My father, without the slightest doubt, was the most marvellous and exciting father any boy ever had."



HORTON in 'Horton Hatches The Egg' by Dr Seuss
Being a parent takes hard work, persistence and patience. It is not an easy job. But Horton has shown that he has all of that and more. In this book he tends to a bird's egg amidst great ridicule and peril. A wonderful, magical tale of care and love.

Nearly 95 million Father's Day cards were given last year in the United States, making Father's Day the fourth-largest card-sending occasion



RETHINK

How you can find YOUR PURPOSE

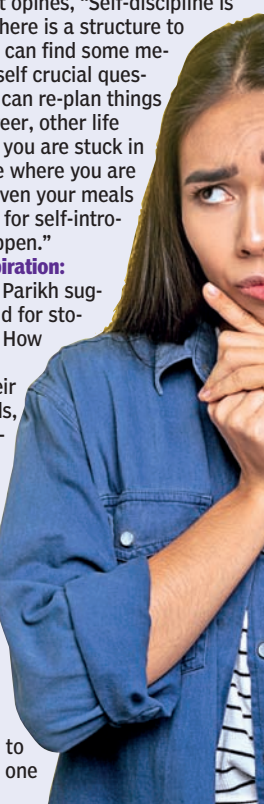
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It's a process that requires you to build strength from within and most importantly understand yourself better. Finding a purpose is looking within and seeing what matters to you the most - it's like a workout for the mind for which you need some ingredients such as the following:

- 1. Build self-discipline:** Priya Warrick, a Delhi-based psychologist opines, "Self-discipline is important: When there is a structure to your daily life, you can find some me-time and ask yourself crucial questions like how you can re-plan things to further your career, other life goals and so on. If you are stuck in a depleting routine where you are struggling to eat even your meals on time, then time for self-introspection won't happen."
- 2. Look for Inspiration:** Psychiatrist Samir Parikh suggests, "Look around for stories of inspiration: How people are being responsible for their families and friends, how new businesses have flourished even in such challenging times."
- 3. Fight self-pity:** "It's tough for young people to handle rejections and disappointments as this generation has lived in more abundance and comfort compared to previous ones. But one

must learn to manage setbacks by steering clear of constant negative self-talk that leads to self-pity," says Warrick.

- 4. Build acceptance:** Basically the power to accept what isn't in your control and move on. "Don't personalise the stumbling blocks in your path in the current situation. For example, if a student feels hopeless about missing the chance to study abroad and the like, he/she can take solace from the fact that they are not alone in this journey of unpredictability and not having their plan work out," adds Parikh. Work on an alternative plan and make it your 'mission motivation'.
- 5. Follow a value system:** It should be something that will help you find meaning in life. Of course, this will differ from person to person. But everyone is capable of self-realisation and finding meaning in life through it. Find your meaning your way. Your meaning may be different from your cousin or your friend's meaning.
- 6. Create a safe space:** "Meaningful human connection is the best way to stay hopeful," emphasises Parikh. Stay away from frivolous friendships and invest in ones that give you a 'safe space' to share your highs and lows - where you can inspire each other to better your life in difficult situations.



SELF-CARE

THE TRESS STRESS



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Apparently 12% of women are destined to have experienced abnormal hair loss by age 30 as per statistics. And it's a number that is growing due to the pressures of modern life. But making matters much worse and converting strands into fistfuls is a new reality - the Covid-19 hair loss. We are all stressed and one of the unintended victims of this stress is fast becoming our hair.

Causes of hair loss
Dr Rinky Kapoor, cosmetic dermatologist, says, "These times are tough on everybody. Nobody and nothing ever prepared the world for this situation. Everything about this pandemic has increased the stress levels." This psychological stress can cause telogen effluvium. "In the last few months, more and

more patients are coming in, complaining of losing hair at an accelerated rate and fear they are going bald. Telogen effluvium is the most common type of hair fall related to stress but we have also had patients coming in with Trichotillomania (urge to pull one's hair) and alopecia areata," adds Dr Kapoor.

Survival mode
When the body is under stress, it goes into a "conservation type mode," shifting the hair cycle so that more strands get pushed into the resting phase, leading to more shedding. In this state, the body's resources are diverted to core essential activities needed for survival and away from such activities as good skin blood flow, growth, and reproduction. With severe stress, hair follicles prematurely enter a phase of

WHAT CAN PREVENT HAIR LOSS

- Exercise
- A well-balanced diet with lots of protein
- Eat foods rich in iron and omega 3 like dark or unprocessed cocoa powder, flaxseeds, chia seeds, pumpkin and sesame seeds, almonds and walnuts
- Precondition hair with organic coconut & hibiscus oil
- Use a hydrating shampoo that is sulphur and paraben free

growth arrest called telogen, which is shortly followed by hair loss, one of the first signs of stress. Now shedding of hair can itself cause a lot of stress, making it a vicious cycle.

Dial up self-care
While it affects everybody, shedding hair is a bigger issue with women than men. And the care has to start early at a young age - because that sets the foundation for later. Explains Dr Geeta Grewal, an anti-ageing, beauty and wellness expert, "Women have a lot on their plate right now with more housework in the absence of maids, office work and kids' online classes. Meditation is a good way to get into self care mode and build yourself stronger from within."

LATEST BUZZWORDS EXPLAINED

15-MINUTE CITY

It's a new term in urban planning that is being banded about. It means a city that is designed so that everyone who lives there can reach everything they need within 15 minutes on foot or by bike. The 15-minute city requires minimal travel among housing, offices, restaurants, parks, hospitals and cultural venues. Each neighbourhood should fulfil six social functions: living, working, supplying, caring, learning and enjoying. The 15-minute city is gaining significant traction politically and in planning circles. First, the 15-minute city

is a simple enough concept that it resonates with a wide range of people. It was used as a cornerstone of Mayor Anne Hidalgo's successful reelection in Paris, France, in 2020. While automobiles may be accommodated in the 15-minute city, they cannot determine its scale or urban form. Based on automobile travel, most metropolitan areas may be 15-minute cities. Instead, the 15-minute city is defined by its ability to provide access to all human needs by walking or bicycling for a quarter hour or less. These cities are more sustainable as the need for transportation is minimised

- and therefore the reduction in fuel mitigates global warming. Human-powered transportation, which improves health and well-being, is promoted. The benefits are greater than one compact neighbourhood alone could provide. The convenient location of services, accessible by multiple modes, saves time and improves quality of life. Cities that are looking to implement this planning are: Paris, Barcelona, Melbourne, Ottawa, New York and Copenhagen.



New York (above) and Paris are trying to be 15-minute cities

HOW INTERNATIONAL YOGA DAY STARTED

The idea of International Day of Yoga was first proposed by **Prime Minister Narendra Modi** during his speech at the UN General Assembly (UNGA), on September 27, 2014. Thereafter, a draft resolution on 'International Day of Yoga' was introduced by India's Ambassador to UN, **Asoke Kumar Mukerji**. The draft received support from 177 nations, the highest number of co-sponsors for any UNGA resolution. Thereafter, the United Nations proclaimed June 21 as the International Day of Yoga. June 21 was picked as the day of Yoga as it's the longest day in the summer solstice.

United Nations Organisation designated International Yoga Day in 2014 on public demand that occurred on a large scale. International Yoga Day celebrations occur in India, USA, Canada, Europe, the Middle East, China, Australia, and some other countries of South Asia including Pakistan

'YOGA FOR WELL-BEING'

The theme for International Day of Yoga 2021 is 'Yoga for well-being'. Recognising the important role of Yoga, in the psycho-social care and rehabilitation of Covid-19 patients in quarantine and isolation and much more was a reason why this theme was chosen. The theme signifies the importance of yoga in the holistic health of every individual. The message of yoga in promoting both the physical and mental wellbeing of humanity has never been more relevant. A growing trend of people around the world embracing yoga to stay healthy and rejuvenated and to fight social isolation and depression has been witnessed during the pandemic. The **World Health Organisation mentions yoga as a means to improve health in its Global Action Plan on physical activity 2018-2030**: more active people for a healthier world.

BACK IN THE DAY

Yoga is around 6000 years old physical, mental, and spiritual practice that originated in India and was famous in many religions including Hinduism, Buddhism, and Jainism for several thousand years. It kept changing and developing over time and then came the 19th century AD. Western colonisers started taking interest in this practice during the 19th century and started promoting it in Europe. **Swami Vivekananda** enjoyed remarkable appreciation in the eyes of the West when he travelled to Europe and then the USA as a yoga teacher.



Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit, which means to join or unite, symbolising the union of body and consciousness



5 UNUSUAL YOGA STYLES

■ **Dog yoga:** Doga offers mutual health benefits for both humans and their fluffy friends by encouraging mind and body healing in dogs the same way it does in humans.

■ **Air yoga:** Yoga, but in the air, with the help of soft fabric hammocks suspended from the roof. Aerial yoga benefits the same way as yoga but because of the freedom of the hammock, you can move your body in deeper positions.

■ **Snowgaga:** Forget hot yoga, try 'Snowgaga' that combines yoga with snow sports like skiing and snowshoeing. It was developed by **Mohawk Mountain ski resort** in Connecticut.

■ **Stand Up Paddle Board aka (SUP) Yoga:** Swapping your yoga mat for a paddle board to practise traditional yoga on water.

■ **Goat yoga:** Caprine vinyasa, or more popularly termed 'goat yoga' originated on a farm in Oregon in 2016, and was the brainchild of farm owner **Lainey Morse** who found comfort in spending time with her goats.



ILLUSTRATION: ARYA PRAHARAJ

FAMOUS YOGA GURUS IN INDIA

There are around millions of yoga teachers around the world and a healthy number is joining the ranks each day but there are only a handful of great gurus.

Tirumalai Krishnamacharya Yogi who also founded hatha yoga. It's said that he could control his own heartbeat.

Swami Sivananda was a trained doctor who founded Sivananda School of Yoga that combines hatha, karma and master yoga and with a great dose of humour.

BKS Iyengar was the founder of the Iyengar yoga and a former disciple of Krishnamacharya. Even at 95 years of age, he could hold a headstand for 30-minutes.

K Pattabhi Jois fine-tuned popularised the ashtanga vinyasa method. It's his method that hooked people in the West to the yoga practice including names like Madonna and Gwyneth Paltrow.

Maharishi Mahesh Yogi was known for developing the Transcendental Meditation technique. He was the spiritual leader of The Beatles at the height of their popularity.

Paramahansa Yogananda promoted Kriya Yoga (a spiritual form of yoga) in the west.



DID YOU KNOW?

■ The word 'yoga' was first mentioned in the Rig Veda, written approximately around 1500 BC or before!
 ■ Yoga can cause injuries. Yoga is like a double-edged sword, if not practiced correctly, you could injure yourself. Always find a good teacher and exercise caution
 ■ Yoga has over 84 asanas listed in Yogasutras to choose from
 ■ Lord Shiva is considered the progenitor of yoga, the first yogi or the Adiyogi. Lord Shiva had imparted the wisdom of yoga to seven individuals who came to be known as Saptarishis and were tasked with spreading it throughout the world

■ Lord Shiva is considered the progenitor of yoga, the first yogi or the Adiyogi. Lord Shiva had imparted the wisdom of yoga to seven individuals who came to be known as Saptarishis and were tasked with spreading it throughout the world

■ Kriya Yoga (a more spiritual form of yoga) to millions around the world.

KEEP YOUR YOGA MAT CLEAN

Yoga mats absorb all the sweat, oil, and grime that they're exposed to. That means they can become dirty, smelly, and even contaminated with germs quickly, especially after a hot yoga class or particularly sweaty asana session. The fungi and bacteria that are responsible for athlete's foot, plantar warts, staph infections, and ringworm, among others, are commonly found on yoga mats since they thrive in warm, dark, moist environments.

To disinfect your mat, add warm water and a few drops of dish soap into a spray bottle. Spritz your mat with the solution then scrub it firmly with a microfibre cloth. Don't be too vigorous with your scrubbing though, since you want to keep the naturally sticky nature of your mat intact. Rinse off your mat with warm water and allow it to air dry.

SAVASANA IS MOST IMPORTANT POSE

And the most challenging. Most people skip the corpse pose or savasana – done usually at the end of a session. Savasana is a pose of ultimate relaxation, which is why it is so difficult for many of us to release into the pose. While in savasana, you have to calm the mind and body. You allow your body to de-stress and return to its natural state. Your body also cements the effects of your yoga practice, processing and remembering the information it needs. It's considered the ultimate form of rejuvenation, healing, and relaxation. Yogis will tell you that if you don't end your practice with a savasana for at least 5 quiet minutes with no movement, your one-hour on the mat prior is wasted.

All I Fail Yoga!

June 21 (Monday) is the seventh International Day of Yoga – a day instituted by the United Nations in 2015 to celebrate the gift of yoga and its numerous benefits. The aim is to spread awareness among the masses about the importance of yoga and its effects upon human health. Yoga, though originated in India, has become a global practice and the Day is celebrated the world over. Here's all you need to know about this ancient practice and the 'new' Day instituted to celebrate it

TYPES OF YOGA

There's not one type of yoga but at least **11 types** which are in practice. Some of the popular ones are Vinyasa, Ashtanga, Hatha, and Iyengar. **Vinyasa yoga** is often considered the most athletic yoga style and was adapted from ashtanga yoga in the 1980s. **Hatha yoga** gets its name from the Sanskrit term "hatha" – an umbrella term for all physical postures of yoga. Hatha yoga is best for beginners since they are usually paced slower than other yoga styles.

Iyengar yoga was founded by **BKS Iyengar** and focuses on alignment as well as detailed and precise movements.

Ashtanga yoga or sanskrit for "Eight Limb path" was started by **Pattabhi Jois** of the Mysore School. It's physically demanding and definitely not for a beginner. **Bikram** or **hot yoga** is practiced in a sauna-like room – typically set to 105 degrees and 40% humidity. A latest and popular entrant is **Yin yoga** – a slow-paced style of yoga with seated postures that are held for longer periods of time. Yin can also be a meditative yoga practice that helps you find inner peace.

Yoga in India through the ages Maharishi Patanjali is a

saint who is believed to have lived some time during the 2nd century BCE. He is known for his treatise on yoga, entitled "Patanjali Yoga Sutra". There are 196 Yoga Sutras. There are 84 classic yoga asanas. The asana is just one of the **8 limbs of yoga**: Yama (attitudes toward our environment), Niyama (attitudes toward ourselves), Asana (physical postures), Pranayama

(restraint or expansion of the breath), Pratyahara (withdrawal of the senses), Dharana (concentration), Dhyana (meditation) and Samadhi (complete integration). The first known appearance of the

According to the Guinness World Records, the title of world's oldest yoga teacher was given to **Ida Herbert** in 2012, who remained an active yoga teacher till the age of 96 years

word "yoga", with the same meaning as the modern term, is in the Katha Upanishad, composed around fourth to third century BCE. **Paramahansa Yogananda** was an Indian yogi who taught

Start 'Em Young

6 REASONS WHY YOGA IS GREAT AT A YOUNG AGE

It is noncompetitive: Yoga at an early age encourages self-esteem and body awareness with a physical activity that's noncompetitive. Yoga teaches kids that their bodies are different; different bodies do different things and all of them are okay.

All-round development: Physically, it enhances their flexibility, strength, coordination, and body awareness. In addition, their concentration and sense of calmness and relaxation improves.

Finding your inner power: When children imitate the movements and sounds of nature, they have a chance to get inside another being and imagine taking on its qualities. When they assume the pose of the lion (Simhasana) for example, they experience not only the power and behaviour of the lion, but also their own sense of power. When they stretch like a dog, balance

like a flamingo, breathe like a bunny, or stand strong and tall like a tree, they are making a connection between the macrocosm of their environment and the microcosm of their bodies.

Calms you down: We tend to think that kids "have it easy," and that they don't feel stressed, but this simply isn't true. Kids are stressed out by their schoolwork and peer relationships. Practicing yoga helps kids to understand and manage their emotions better.

Teaches self regulation: By paying attention to our minds and bodies, we look inward to better understand our thoughts and feelings. Practicing yoga helps kids to understand and manage their emotions better.

Focus better: We live in a world of distractions. More and more these days, kids seem unable to focus on anything for any decent length of time. Yoga can help with that. It teaches kids to be present, and to concentrate and focus on their breathing.

