



THE TIMES OF INDIA

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Your Weekender
TODAY'S EDITION

➤ Learn art of appreciating others...and yourself
PLUS: Remember names; Money Manners

PAGE 2


➤ How to make a good decision
PLUS: Family movies to mark Intl. day of Families

PAGE 3


➤ Journey to the finals of Champions League

PAGE 4

STUDENT EDITION

SATURDAY, MAY 14, 2022


LATEST BUZZWORDS EXPLAINED

Stresslaxation

Simply speaking it's a feeling of stress that you experience when you try to relax. An article in fastcompany.com said: "Even though stresslaxation is a new term, it describes relaxation-induced anxiety, which has been studied for years. This is shown to happen to between 30% and 50% of people when they try to do relaxing things, causing symptoms of stress (such as rapid heart beat or sweating). It's paradoxical, given that people who experience stresslaxation may need to do something relaxing to de-stress." Not everyone will experience stresslaxation. Some research suggests that people who have anxiety may be more prone to it. Relaxation-induced anxiety (RIA) is an area that researchers have picked at over the years. A 2019 study by Penn State University researchers found that people who were more sensitive to shifts in negative emotion – quickly moving from a relaxed state to one of fear, for example – were more likely to feel anxious while being led through relaxation exercises. "People may be staying anxious to prevent a large shift in anxiety, but it's actually healthier to let yourself experience those shifts," said Dr Michelle Newman, a professor of psychology and co-author of the study. "The more you do it, the more you realise you can do it and it's better to allow yourself to be relaxed at times. Mindfulness training and other interventions can help people let go and live in the moment."

Pics: iStock

NUTRITION

Heard of the ANTI-ANXIETY DIET?



Do you know there are foods that help calm you down? We tell you what to eat to soothe the nerves

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What we put in our body today becomes food for our brain tomorrow. Nutritional psychiatry says that food nutrients such as zinc, magnesium, omega 3, and vitamins B and D3 can help improve mood, relieve anxiety and depression and improve the mental capacity of people with Alzheimer's. Laden with

unhealthy fats and refined sugar and flours, our daily intake of processed food spurs chemical imbalances in the body, weakening our emotional and mental resilience.

If you're feeling depressed, out of energy and anxious in your daily life, these could be symptoms caused by a poor diet and nutritional intake apart from external stressors of course. Being deficient in certain minerals and vitamins can affect your mental energy, your body's

health along with the biochemical balance in your brain, resulting in anxiety. And we have been feeling that a lot especially in the last two years of the pandemic. Let's find out the anti-stress vitamins and minerals one must take in these times.

B VITAMINS

Low levels of B vitamins are correlated with depression, fatigue, and irritability. Increasing your intake of B vitamin-rich foods can lead to improvements in mood and energy. Most important are vitamins B6, B12 and B9 (folate). Vitamin B6 is essential for your neurotransmitters (chemical messengers in your brain) which ensures normal function and impacts your mood and sleep schedule. Luckily for us humans, vitamin B-1 is found in almost all kinds of foods and is therefore very easy not to be deficient in.

TIP: Just eat more whole grains, potatoes and legumes.

IRON

Another essential mineral is iron (especially for women) which powers red blood cell production and delivers oxygen to your cells. The health of your brain and your nervous system depend on healthy iron levels. Iron deficiency can cause a range of symptoms including depression, fatigue, low energy, weakness and irritability.

TIP: Eat beans, nuts, fortified cereals.

MAGNESIUM

It is very important in mood regulation and has an impact on your nervous system. That may be because your brain and nervous system need magnesium for proper brain function and to regulate neurotransmitters.

TIP: Eat dark chocolate, green leafy vegetables, nuts.

VITAMIN C

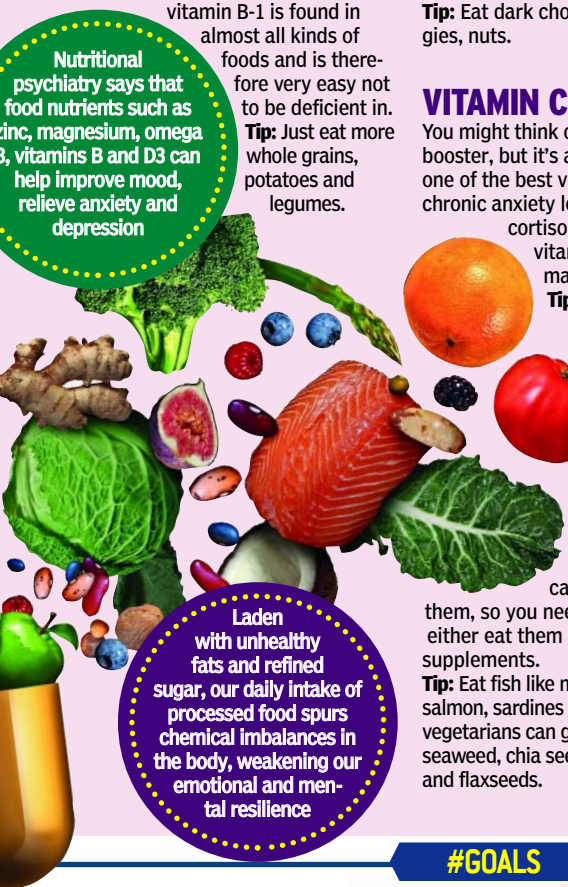
You might think of vitamin C as an immune booster, but it's also a brain booster and one of the best vitamins for anxiety. Plus, chronic anxiety leads to elevated levels of cortisol (a stress hormone) and vitamin C can help your body manage this level.

TIP: Eat all citrus fruits.

OMEGA-3

These essential minerals reduce inflammation and play a critical role in brain function, especially memory and mood. The body can't make them, so you need to either eat them or take supplements.

TIP: Eat fish like mackerel, salmon, sardines and vegetarians can go for seaweed, chia seeds and flaxseeds.



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Laden with unhealthy fats and refined sugar, our daily intake of processed food spurs chemical imbalances in the body, weakening our emotional and mental resilience

HEALTH

BREATHE RIGHT FOR BETTER SLEEP

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Sleep is super important for overall health and well-being. It's as important as good food, fresh air, sunshine, exercise, and managing your stress levels. Unfortunately most of us do not prioritise sleep unless chronically deprived of it and our body starts showing symptoms.

QUALITY OVER QUANTITY

Although sleep might appear as a restful state, it's actually one of the most dynamic phases. During our entire length of sleep we go through four different cycles and rhythms and in each cycle there is a different function happening inside our body. Some of the most important processes like repair, recovery, rejuvenation, detoxification, recycling, muscle growth, hormonal and sugar balance, and growth in immunity occur during the deeper stages of sleep.

Hence only sleeping for an adequate number of hours is not the answer... getting a quality and deep sleep is. This is why there is no magic number for sleep. What really matters is the quality of sleep that you get. There are a lot of people who sleep for just 5-6 hours but still wake up with a spurt of energy and feeling fresh.

DEEPER CYCLE OF SLEEP

A relaxed and calm mind is one of the prerequisites to go deeper into sleep. Most of us do nothing to break away from the day's stress and prepare our body to sleep. Forget about getting into a deep sleep cycle, it's nearly impossible to even take a nap in a stressful state. Breathing and infusing cells with oxygen

is one of the most sought-after ways to prepare your body for sleep. A couple of deep breaths help your body enter the parasympathetic mode which is a state of relaxation and is conducive to sleep. Plus, the focus on our breath helps quieten our mind and thoughts.



BREATHING TECHNIQUES TO TRY

6-6-12 BREATHING TECHNIQUE

1. Sit comfortably with your back straight. You can even assume a cross-legged seated pose (sukhasana).
2. Slowly inhale with a count of 6 seconds.
3. Hold the breath within for next 6 seconds.
4. Exhale slowly with a count of 12 seconds. When you exhale, it's important to make a "whoosh" sound. More than the sound, it's how you purse your lips and then exhale.
5. So, in short: 6 secs = inhale, 6 secs = hold, 12 secs = exhale.

Now if that's too much to start with, you can drop it to a 5-5-11 or a 4-4-10 and slowly build up to a 6-6-12. This technique really puts you into that deep level of sleep. Also, how you breathe is extremely important. As you inhale, allow your tummy (not chest) to rise. Always think of it as a balloon and how it inflates when air is introduced and deflates when air is sucked out. Similarly, let your belly rise with every inhale and fall with every exhale.

LEFT NOSTRIL BREATHING

1. Sit comfortably with your back straight. You can even assume a cross-legged seated pose (sukhasana).
2. Rest your left palm on your left knee, moving your right hand towards the nose.
3. Using right thumb, close your right nostril.
4. Inhale slowly through your left nostril.
5. After a deep inhalation, hold the breath inside and close your left nostril with your right ring finger.
6. Pause for a few seconds.
7. Release the right thumb and exhale slowly through the right nostril.
8. After a complete exhalation, again close your right nostril with the right thumb while releasing the right ring finger on left nostril.
9. Repeat step 4, 5, 6.
10. Perform 20-25 cycles and then release the right hand to the right knee.
11. Ease back into normal breathing.

A good indicator of a restful and restorative sleep is when you wake up feeling fresh and energetic the next day. If you wake up craving for caffeine kick then that means your sleep wasn't good enough.

Happy Birthday, ZUCKERBERG

Love him or hate him, but one can't ignore him. After all, Mark Zuckerberg is one of the key architects of the social world as we know now. Here are some inspiring quotes from the man himself on his birthday

ON BEING A GAME CHANGER

1. "Move fast and break things. Unless you are breaking stuff, you are not moving fast enough."
2. "The biggest risk is not taking any risk."
3. "The question I ask myself like almost every day is, 'Am I doing the most important thing I could be doing?'"

ON DOING BUSINESS

4. "I think a simple rule of business is, if you do the things that are easier first, then you can actually make a lot of progress."
5. "Find that thing you are super passionate about."
6. "In a world that's changing really quickly, the only strategy that is guaranteed to fail is not taking risks."

ON FINDING THE RIGHT PEOPLE

7. "Building a mission and building a business go hand-in-hand."
8. "I'm here to build something for the long-term. Anything else is a distraction."
9. "This is a perverse thing, personally, but I would rather be in the cycle where people are underestimating us. It gives us latitude to go out and make big bets that excite and amaze people."
10. "We look for people who are passionate about something. In a way, it almost doesn't matter what you're passionate about."
11. "I think as a company, if you can get those two things right – having a

12. People don't care about what you say, they care about what you build

#GOALS

MARK ZUCKERBERG
Born: May 14, 1984
Claim to fame: Co-founder and CEO of Facebook, CEO of Meta that owns Facebook, Instagram, WhatsApp

clear direction on what you are trying to do and bringing in great people who can execute on the stuff – then you can do pretty well."

ON INNOVATION

13. "People think innovation is just having a good idea but

14. Helping a billion people connect is amazing, humbling and by far the thing I am most proud of in my life

a lot of it is just moving quickly and trying a lot of things."
15. "You are better off trying something and having it not work and learning from that than not doing anything at all."

WISE WORDS

"When everything goes to hell, the people who stand by you without flinching – they are your family." **Jim Butcher, author**

"In family life, love is the oil that eases friction, the cement that binds closer together, and the music that brings harmony." **Friedrich Nietzsche, philosopher**

The International Day of Families is observed on May 15 every year. The Day was proclaimed by the UN General Assembly in 1993 and reflects the importance of families. Read more on ways to appreciate your family & friends on p2; and family movies on p3

FAMILY FIRST

On International Day of families (May 15), here are some quotes that underline the importance of family

"It didn't matter how big our house was; it mattered that there was love in it." **Peter Buffett, musician/author**

"Call it a clan, call it a network, call it a tribe, call it a family: Whatever you call it, whoever you are, you need one." **Jane Howard, novelist**

"Family means nobody gets left behind or forgotten." **David Ogden Stiers, actor**

"We may have our differences, but nothing's more important than family." **Coco Chanel, legend**

"The bond that links your true family is not one of blood, but of respect and joy in

each other's life." **Richard Bach, writer**

"Being a family means you are a part of something very wonderful. It means you will love and be loved for the rest of your life." **Lisa Weed, psychologist**

"The strength of a family, like the strength of an army, lies in its loyalty to each other." **Mario Puzo, writer**



"Family is not an important thing. It's everything." **Michael J. Fox, actor**

"Family faces are magic mirrors. Looking at people who belong to us, we see the past, present, and future." **Gail Lumet Buckley, journalist**

"The greatest thing in family life is to take a hint when a hint is intended and not to take a hint when a hint isn't intended." **Robert Frost, poet**

"Families are the compass that guides us. They are the inspiration to reach great heights, and our comfort when we occasionally falter." **Brad Henry, lawyer**

"You don't choose your family. They are God's gift to you, as you are to them." **Desmond Tutu, theologian**

"The family is the first essential cell of human society." **Pope John XXIII**

"Sticking with your family is what makes it a family." **Mitch Albom, writer**

MANNER MATTERS



DO YOU APPRECIATE OTHERS ENOUGH?

APPRECIATION IS A QUALITY WE MUST CULTIVATE TO CREATE A SENSE OF VALUE IN OUR RELATIONSHIPS. TO KNOW THE NUANCES OF THIS ETIQUETTE, READ ON...

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There must be days when you feel a certain gratification after cleaning your room's dirty window and letting the sunshine in. Appreciating others can feel a lot like that – it is the 'sunlight' that nourishes social and personal connections and makes it stronger. People around you connect deeply with you when they feel valued. And this is precisely why we need to appreciate. Here's how to do it right.

NOTICE TALENT

Everyone has some strengths and the best way to appreciate a person is by recognis-

ing his/her uniqueness. "Notice what is 'special' in people who are a part of your life. For instance, when your mom cooks your favourite meal, tell her she is a great cook and how you love all the things she cooks for you," suggests psychologist and etiquette guide Priya Warrick. If your best friend has this knack of inspiring you in a way no one else can, tell him/her how much it means to you. This recognition coupled with compliments will cement your relationships.

PRaise IN PUBLIC

There is a saying: "Appreciate in public and complain in private." If you remember these wise words, your life will be a lot sorted. Here is an example - if you are the

captain of your high school debate team and you notice your fellow mate working hard and prepping up for the inter-school competition, acknowledge it when others around can also hear your words of praise. Public acknowledgment of good work is a reward and motivates people to go that extra mile.

THANK PEOPLE

Whenever anyone shows a kind gesture towards you, do not forget to say 'Thanks'. A simple 'thanks' with an open smile can

APPRECIATE YOURSELF

Check some ways to give yourself a high-five...

- **ENJOY YOUR PASSION:** Do the things you enjoy without feeling guilty. If you like your Arts class more than your Social Studies class, you don't have to be apologetic about it. You may have a flair or passion for arts and it's alright to be passionate about things other than academics.
- **BE KIND TO YOURSELF:** Try your best to achieve all that you aspire for, be it good grades or a medal in the sports competition. But don't flag yourself if you miss the medal, because 'learning' is more important than 'winning.'
- **GIVE YOURSELF RECOGNITION:** 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.
- **RESPECT YOURSELF:** It means valuing yourself for who you are, despite your flaws and mistakes. It's trusting yourself, loving yourself, thinking for yourself and taking your own decisions. Accept yourself and don't compare yourself to others.

mean a lot to people and can even change their mood if they are having a bad day. Thanking takes very little effort but creates a lot of goodwill, including the reputation of being a gentle and considerate person. And who does not like that!

KNOW SPECIAL DAYS

Make use of special days and occasions to show your appreciation to people who matter. Surprise your sibling by giving him/her a treat on their birthday, write a sweet note for your parents on their wedding anniversary and so on. "A pleasant surprise makes people feel valued and increases your value in their lives," opines Warrick.

ENCOURAGE OTHERS

Encouraging people around you makes them look up to you. It also makes people hone their skills. This will, in turn, increase your self-esteem for doing something meaningful for others.

People around you connect deeply with you when they feel valued. And this is precisely why we need to appreciate our family, teachers, friends, and helpers

DRESSETIQUETTE

PICS: ISTOCK



HOW TO WEAR COLOURFUL SOCKS?

Wearing colourful socks is the smartest hack to style up any outfit. Nowadays socks come in such quirky and funky prints and shades that you can really play around with them. It's time to rethink your sock drawer. We tell you how to master the art of wearing a "power" pair without looking clownish. The rules are as simple as they come.

CHOOSE THE RIGHT PAIR

There are plenty of prints and patterns to pick from. Think of the occasion and choose your socks. If it's a casual outing, go for graphic prints like pandas or mustaches on your socks. For a formal party, avoid a print but pick a colourful striped pair or motifs like polka dots or checks. The thumb rule? Think of the time and place and balance the motif on your socks accordingly.



CONTRAST DOESN'T MEAN CLASH

Don't go for mind-boggling contrasts in your outfit and your socks. Match your socks to your trousers in a way that it doesn't clash but complements. The top and bottom half of the outfit shouldn't be polar opposites. Keep it in the same colour scheme to play it safe.

SHOW THE RIGHT AMOUNT OF SOCKS

Your pants should end at the top of the shoe and nothing lower. No point wearing 'look at me' socks and not showing them off. Chinos and denims work best with crazy socks as you can roll them up. Your dress pants can cut closer to the ankle so when you sit it'll create a visual anchor.

WHEN IN DOUBT, CHOOSE ARGYLE

A traditional, safe and classic sock pattern, argyles are a good way to play with colour. They're not over-the-top quirky and you can go monotone or colour-block as you please.

NEUTRALISE THE EFFECT

It's not Christmas yet. So, no need to break out the 'Merry Christmas' socks, especially if you are a quirky socks novice. The idea for doing quirky right is to keep that one element as a focal point. In that case, make sure the rest of your outfit is neutral in colour – think black or grey.

GO MISMATCHED

A mismatched pair is not for the faint-hearted. Keep it in the same design and colour code. But what makes it look like a style and not a mistake is your confidence.

MANNER HACKS

HOW CAN I REMEMBER NAMES?

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Shakespeare wrote, "What's in a name? That which we call a rose, by any other name would smell as sweet." Great thought, but would you rather be called any other name than your own? Remembering someone's name is one of the simplest ways to make them feel recognised. And blanking on the name of someone you have met before or just been introduced to is borderline rude, and downright embarrassing.

THE NAME GAME

Soft skills trainer Raell Padamsee says that in case you have blanked out on someone's name, play along. It'll be rude to interrupt them mid-conversation with: "Sorry! What's your name again?" This makes you appear arrogant. Her tip: Apologise genuinely and say, "I really need to curse my memory. I'm so sorry but I can't seem to recollect your name!" Or say, "Pardon my amnesia, but you need to help me with your name again."

According to her, one of the most common flubs is when you run into a person after a long time and can't seem to recollect her name. It's an awkward moment. And if you have to introduce that person to whoever is

accompanying you, there's no way around but to blame your memory. "But for all practical purposes, quickly and subtly repeat the person's name a few times after he/she introduces him/herself," she says. For example: "Hi Aakash! It was nice to meet you!"

MEMORY LOSS

According to 'Psychology Today', the name recall worsens with age, as nearly 85% of middle-aged and older adults forget names. Research has stated that increased dependency on the internet as a substitute for flexing our memory has rendered memorisation obsolete. In his book 'Moonwalking with Einstein: The Art and Science of Remembering Everything', writer Joshua Foer says: "We no longer need to remember telephone numbers. Our mobile phones do that for us. We don't recall addresses either. We send emails from computers." Quite simply, we are forgetting how to remember. That's why Padamsee says not to be too hard on yourself. "We do get a bit annoyed when someone forgets our name, but it's very human and we've done it too," she adds. If someone forgets your name during a school meeting, let it go. But after the meeting approach him/her and say, "It was a nice and insightful meet, just one feedback, I am called Sukriti." This should make sure that your name is not forgotten.

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7 TRICKS TO REMEMBER NAMES

- **Meet and repeat:** When you get someone's name, don't just nod and continue the conversation. Plug it in the conversation as and when without overdoing it. When saying goodbye, use the name and look at them. Try and commit their face to memory
- **Ask for a card:** For creating a stronger visual memory, ask for a business card. Glance at the person's name while talking to them – creates a greater alignment between the person, the card and the name.
- **Spell it out:** Memory experts suggest that ask them to spell their name out, especially if it's an unusual one. This creates a visual memory. By creating a mental picture of the person's name with their face.
- **Associate:** After meeting someone, the first moment that you get, put them into your contacts with a few pieces of information that will help you remember them – appearance, hobbies, children, schooling, etc.
- **Play games:** Experts suggest conjuring a verbal game or image when you first hear a name. Can be an alliterative pattern like "Sara in school" or "Pratish from playground".
- **Make connections:** Between the person you're talking to, and someone you know with the same name. Or if they share the name with a celebrity, associate that image with them.
- **Be focused:** One of the main reasons we forget someone's name is that we're not really focused on learning it in the first place. If you make a conscious decision to remember names, chances are you'll remember it.

Queries relating to Etiquette

Etiquette is the customary code of polite behaviour in society. Social situation and the way we live, even etiquette, 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 thank you note, write in to us toinie175@gmail.com with the subject line ETIQUETTE.

RULE BOOK

BRUSH UP ON YOUR MONEY MANNERS

1. Don't enquire about debts

A family gathering is not a place to talk money and definitely not discuss someone's financial burden. If the person brings it up, steer clear from the matter at that point and route the conversation for a later time when you are alone.

2. Don't text about serious money issues

Discussing a loan or a split of monthly expenses shouldn't be done on a text message. It can upset the other person or make them feel uncomfortable. Instead, make some time for an in-person discussion.

3. Always decide first how to settle a bill before eating

Now split the bill means different things to different people. For some it's to divide everything equally, but it is unfair if you are only eating a veg salad while your friends are packing in a non-veg pizza. But this discussion should be had before ordering. Better to eat with some ground rules rather than end up spending more than what you budgeted or ate.

4. Don't withhold financial information from family

Outstanding debt? Or lost money in your younger years? Better to tell your loved

ones the details, especially to those who might be negatively impacted by information you don't share.

5. Money chat isn't an icebreaker

Just like talking about debt, don't bring up topics like credit scores and networths as ice breakers. Talking about money matters is a super sensitive topic and definitely not a conversation cue for first meetings.

6. Don't discuss salaries

It's considered rude to ask someone how much he/she earns. A simple reason because it can lead to feelings of inadequacy, or set a comparison war. But that doesn't mean you live in your bubble. You should know how much a person makes and where you match up.

7. Ask for your money back but tactfully

First of all borrowing is a tricky business but recovering a loan is trickier. While loaning money, it's better to have another person as witness. Don't ask for the money on occasions like a group outing or your pal's birthday. Set terms of repayment before loaning the money.

8. Stop judging

Don't have opinions on how other people spend their money. Everyone has their own relationship with money and lifestyle. This topic

should come out only if your opinion is sought by that person.

9. Don't debt shame

Debt shaming is just unacceptable. Debt can create a lot of stress, anxiety and depression. If someone is sharing their tales of debt woes, listen and help with some useful information.

10. Don't force donations

Fine, you like to help out by raising money for charities but you can't force people to support your causes. While immediate family can be part of every fundraiser you support, anyone else outside the circle can't be forced into contributing. Limit your requests to 2-3 times a year and always follow up a donation with a thank you note. Also, it's important that you do this because you believe in a cause and not just to look good.

ASK THE EXPERT

My child has lost interest in studies and also behaves badly

Q Hi, I am a mother of a 7-year-old single girl child who is very active. I am really stressed regarding her behaviour of late. She has started watching too much TV. She can't sit in one spot for long even for watching TV. She plays with a toy for only a few minutes and soon finds it boring. Even if I play with her she is not interested. I am a stay at home mother. How do I handle this?

A Thank you for sharing your concerns with us. From what you have shared, it is a good indication that your child is an active person. Usually, young kids are loaded with energy as they are in their growth phase which often drives their hyperactive and fickle behaviour. Being confined to home, due to the pandemic, and with limited window for physical activities, children have become hyperactive, which sometimes can become challenging to manage. Right now, as parents and guardians, we need to comfort them by helping them understand what's happening in our environment. We need to be a source of comfort and positive energy for them. I recommend the following ways to channelise your child's

energy towards a productive direction to make it easier for you as well as for her:

- Since she has difficulty staying focused on any particular activity for a longer duration, therefore, it would be better if you divide the tasks that you want her to perform, into smaller parts and ask her to perform one part at a time. Try to frequently engage her in physical activities like sports and freehand physical exercises.
- Inculcate new hobbies so that she can explore more options and keep herself occupied in productive matters. Set some strict non-negotiable rules at home. Ensure that these rules are incorporated in a positive manner that sound more like affirmations, like "We never raise our voice here" or "We always respect others". Don't forget to follow them yourself as well. Setting an example in front of your child encourages openness and mutual respect.
- Keep a balance between the rewards and punishment you're giving. Praise her when she does something right.

Neither should be too much or too little or without a reason.

- Engage your child into colouring activities (colouring books) and sorting activities (sorting cereals or vegetables into separate trays).
- Try to incorporate a schedule. Use clocks or stop watches to time activities and keep it

organised.

- Keep a positive attitude when dealing with your child. Use motivating language to lead her towards productive behaviours.
- Ask her to help you out with your work. Give her cuddles and try to bond with her while doing so. Children have been inadvertently subjected to technology and gadgets, due to the pandemic. Instead of focusing on how bad it is, try to use that to your advantage and introduce her to applications that can improve her learning. Raising a child while managing a household is a challenging task, and it is commendable that you are doing your best at both fronts. By applying some of these tips, you are sure to see some improvement. Remember, all your girl needs is your love and warmth.

TNN

EXPERT: Dr Ishita Mukerji, senior psychologist

LITTLE MISS SUNSHINE (2006)

The Hoover family puts the fun back in dysfunctional by piling into a VW bus and heading to California to support the daughter (Abigail Breslin) in her bid to win the Little Miss Sunshine Contest. The sanity of everyone involved is stretched to the limit as the group's quirks cause epic problems as they travel along their interstate route.

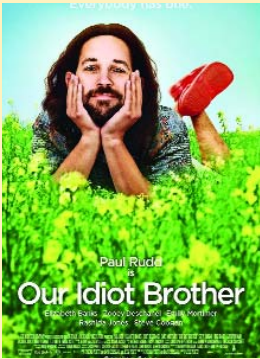


MY BIG, FAT, GREEK WEDDING (2002)

Everyone in the Portokalos family worries about Tola (Nia Vardalos). Still unmarried at 30-years-old, she takes a job at her aunt's travel agency, falls in love with Ian Miller (John Corbett), a teacher who is tall, handsome and definitely not Greek!

OUR IDIOT BROTHER (2011)

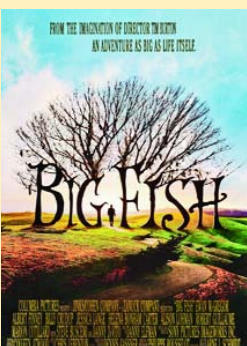
Slacker Ned Rochlin (Paul Rudd) makes the biggest mistake of his so-far uninspired life when he sells some pot to a cop. Homeless and jobless upon his release from jail, Ned must prevail upon his three sisters (Elizabeth



Banks, Zooey Deschanel, Emily Mortimer) for help. The sisters find their carefully ordered lives thrown into chaos.

BIG FISH (2003)

When Edward Bloom (Albert Finney) becomes ill, his son, William (Billy Crudup), travels to be with him. William has a strained relationship with Edward because his father has always told exaggerated stories about his life, and William thinks he's never really told the truth. Is that true?



DAN IN REAL LIFE (2007)

Widower Dan Burns struggles with raising his three daughters alone. After arriving at Dan's parents' for a family get-together, their bickering drives him to take refuge in the local bookstore, where he meets and swiftly falls for charming Marie. But Marie is Dan's brother's girlfriend!

HOME FOR THE HOLIDAYS (1995)

When her teenage daughter opts out of

FAMILY TIME

Did you know May 15 is celebrated as International Day of Families around the world? What could be a better time to delve into the madness, dysfunction and ecstasy that we call family? Here are a few movies to watch this weekend...



Thanksgiving, Claudia Larson (Holly Hunter), travels alone to her childhood home for an explosive holiday dinner with her dysfunctional family. Claudia quickly tires of her parents, her long-suffering sister, but the evening gets interesting when sparks fly between Claudia and her brother's handsome friend Leo Fish (Dylan McDermott).



KODACHROME (2017)

Matt, a struggling executive, finds his world turned upside down when his estranged father's



nurse shows up in his office. Matt's father, a famed bad-boy photojournalist, is facing terminal cancer and his dying wish is for Matt to join him on a road trip from New York to Kansas to process his last rolls of Kodachrome film before the sole remaining lab closes and those captured moments are gone forever.

SWEET HOME ALABAMA (2002)

New York fashion designer Melanie (Reese Witherspoon) suddenly finds herself engaged to the city's most eligible bachelor. But Melanie's past holds many secrets, including Jake (Josh Lucas), the redneck husband she married in high school, who refuses to divorce her.



THE FAMILY STONE (2005)

Everett Stone (Dermot Mulroney) wants to bring his girlfriend, Meredith Morton (Sarah Jessica Parker), to meet his bohemian family at Christmas. Straitlaced Meredith, feeling she needs back-up, asks her sister Julie (Claire Danes) to come along. Hoping to win the family's approval, Meredith succeeds only in highlighting her uptight personality and making Everett doubt his intentions.

THE FAMILY STONE



THE UPSIDE OF ANGER (2005)

After her husband runs off with his secretary, Terry Wolfmeyer (Joan Allen) is left to fend for herself and her four daughters. As she hits rock bottom, Terry finds a friend in next-door neighbour Denny (Kevin Costner), a former baseball player. As the two grow closer, and her daughters increasingly rely on Denny, Terry starts to have reservations about where their relationship is headed.



Who killed Ra's al Ghul?

No spoilers here... however, the iconic villain has been the centre of major speculation off late. Here's why...



WHAT HAPPENED?

Thanks to the recently released comic book, 'Batman #123: The Shadow War', the buzz around the mystery of who killed Ra's al Ghul just got louder in the superfan circles. 'The Shadow War' focuses on the overarching mystery of Ra's al Ghul's killer, and as shown, Batman, Deathstroke, and Robin, have all been stumped so far. That said, a delicious hint has been provided, but first...

WHO IS RA'S AL GHUL?

The DC Comics' character — created by Julius Schwartz, Dennis O'Neil, and Neal Adams in June 1971's 'Batman #232: Daughter of the Demon' — is one of the greatest villains in the Batman universe. Ghul, is a twisted mentor of Batman, who sees the latter as his heir apparent.

WHY IS HE SPECIAL?

According to the DC Universe, Ghul has lived for over 600 years (thanks to something mysterious called Lazarus Pits) in various incarnations. From wandering the Arabian deserts as a nomad, to becoming the head of the League of Assassins — and the League of Shadows in some versions — Ghul is adept at manipulating the world and often makes misguided attempts to save it. For example, he foresaw a future in which Bruce Wayne became a violent vigilante to protect his home of Gotham City, and drove

Ra's Al Ghul was shown to have been assassinated in the crossover 'Shadow War: Alpha #1'. Ironically, the iconic villain is said to have died at a time when he was undergoing a dramatic shift in character. Reaching the end of his long, unnatural life, he had reconnected with both his daughter and grandson, and was planning on changing the way he tried to "save" the world.

WHAT'S NEXT?

The murderer is now revealed to have carried out the crime while disguised as Deathstroke, and a new hints suggest that he may have been a nominal ally of Batman. Speculation on www.cbr.com claims there 'Batman #123' has plenty of clues that suggest another character, Ghost-Maker, might have his own mission in the Shadow War. They further add that Ghost-Maker's skill-set means he's one of the few characters who could reasonably impersonate Deathstroke. Now, there's a lot of mayhem going on in 'Shadow War.' We suggest you read it, now that you know what's going on!

DANIEL KAHNEMAN ON HOW TO MAKE A GOOD DECISION

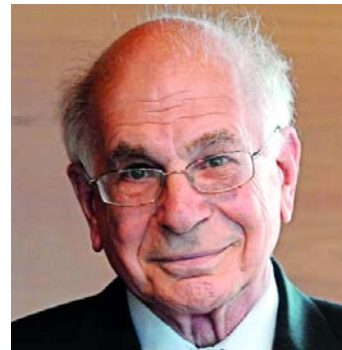
To make a good decision, delay your intuition until you've gathered all the necessary information.

In his book 'Thinking Fast and Slow', Daniel Kahneman, the Nobel Prize-winning psychologist introduced two distinct modes of cognition: System 1 and System 2. While System 1 is all about gut instinct; System 2 is characterised by analysis and reflection. Kahneman, who won the 2002 Nobel Prize in 2002 for his pioneering work in the field of behavioural economics, argued that too often we rely on System 1, where we jump to conclusions instead of examining an issue more closely. That doesn't mean System 1 (or intuition) should be eliminated completely from the decision making process; rather one should learn to use it more effectively.

Kahneman explained, "I'm not saying that people should not have an intuition. But intuitions are better and more accurate if you delay until you have all the information organised and you have a profile of the information. The very real danger of going exclusively with your gut is that once you have an intuition, you keep collecting information that seems to confirm it." Psychologists call this phenomenon 'confirmation bias' which should be avoided.

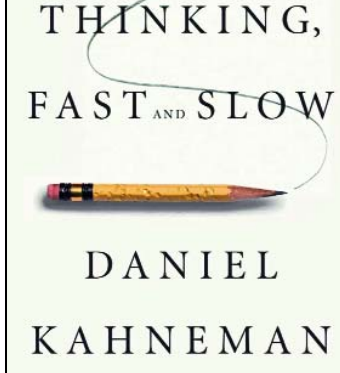
THE POWER OF DELAYED INTUITION

According to the author, a key to making better decisions is to 'delay intuition' until you have all the information necessary. When Kahneman helped enhance the interviewing procedure for new recruits to the Israeli Army over 60 years ago, he saw the value of delayed intuition. Interviewers were supposed to measure young individuals on six parameters in a precise order, then use their intuition to guess what type of soldiers they would become, according to the system he devised. He went on to argue that this



WHY YOU MUST AVOID CONFIRMATION BIAS

Kahneman said, "Once you have begun to reach a conclusion, the rest of the time is basically wasted because you are finding reasons for doing what you already decided to do." In other words, the confidence you feel when everything seems to support your hypothesis is illusory. But it's a very pleasant illusion, according to Kahnman. To be sure, overcoming the draw of this illusory perception is trickier than it sounds. Kahneman said that it is easier to critique one's own thinking than it is to revise it. He added that one can also improve their own thinking.



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IN A LEAGUE OF THEIR OWN

The UEFA Champions League title is the ultimate glory that top football clubs gun for. Passion, joy, tears, heartbreak are always aplenty as teams compete to lift the trophy. A look at the journey till the upcoming final...



Sadio Mané celebrates with teammates Mohamed Salah, Virgil van Dijk, Thiago Alcantara and Andrew Robertson of Liverpool after scoring their team's third goal, during the semi-final match between Villarreal and Liverpool on May 3, 2022



Players of Real Madrid celebrate their victory and progression to the UEFA Champions League Final after the UEFA Champions League semi-final match between Real Madrid and Manchester City, on May 4, 2022

The Champions League is the annual competition for Europe's premier football clubs. The 2022 UEFA Champions League Final will be the culmination of 2021-22 season, the 67th for the tournament, organised by UEFA. This will be the first final to be played in front of a full attendance since the 2019 final. The UEFA is one of six continental confederations of world football's governing body FIFA. UEFA consists of 55 national association members.



FINAL MATCH

LIVERPOOL vs REAL MADRID

May 28, 2022 (May 29 IST)
Stade de France, Saint-Denis, France.

90 minutes - the duration of the final match

30 minutes - extra time if necessary. Penalty shoot-out if scores still level after extra time

12 named substitutes in each team

5 maximum number of substitutions, with a sixth allowed in extra time

TEAM DETAILS

ENGLISH CLUB LIVERPOOL

9 times the club has reached the final
6 times it has won the trophy
18 points gained in group stage, beating Milan, Porto, Atletico Madrid.
2-1 aggregate after Milan in Round of 16
6-4 aggregate in quarter finals beating Benfica
5-2 aggregate in semi-finals beating Villarreal

SPANISH CLUB REAL MADRID

16 times it has reached the final
13 times it has won the trophy
15 points gained in group stage, beating Inter Milan, Sheriff Tiraspol, Shakhtar Donetsk
3-2 aggregate after beating Paris Saint Germain in Round of 16
5-4 aggregate in quarter finals beating Chelsea
6-5 aggregate in semi-finals beating Manchester City

AWAY GOAL RULE DROPPED

In June 2021, UEFA brought an end to the away goals rule in all UEFA club competitions. Henceforth, if in a two-legged tie, both teams have the same number of aggregate goals, the winner will not be decided

by the number of away goals scored. Instead play will go into 30 minutes extra time. If both teams score same number of goals in extra time also, then a penalty shoot-out will decide the winner.

WINNER RIGHTS

The winners will automatically qualify for the group stage of the 2022-23 UEFA Champions League. They will

also get to play against the winners of the 2021-22 UEFA Europa League in the 2022 UEFA Super Cup.

Photo: GETTY IMAGES

TROPHY

The winning team is presented the European Champion Clubs' Cup. The official trophy remains with UEFA and the clubs are awarded a replica. This has been the practice since 2008.

From the 1968-69 to 2008-09 season, the official trophy was permanently handed over to any team which won the Champions League three years in a row or five times overall. A new official trophy would then be forged for the following season.

Five clubs have the original trophy: Real Madrid, Ajax, Bayern Munich, Milan and



Liverpool. Since 2008, the official trophy has remained with UEFA and the clubs are awarded a replica.

The current trophy is 74 cm (29 in) tall and made of silver, weighing 11 kg (24 lb). It was designed by Jörg Stadelmann, a jeweller from Bern, Switzerland, after the original was given to Real Madrid in 1966 in recognition of their six titles to date, and cost 10,000 Swiss francs.

As of the 2012-13 season, 40 gold medals are presented to the Champions League winners, and 40 silver medals to the runners-up.

HOW TEAMS QUALIFY

After first qualifying in the initial five rounds — preliminary, 1st, 2nd, 3rd, and playoff — the teams qualify for the UEFA Champions League group stage.

Group stage: The group stage has 32 teams divided into eight groups of four teams each. They play a double round-robin to advance. This means each club plays everyone else in that group twice, home and away.

The 32 teams include:
2 League champions from the playoff round

4 teams who place 2nd to 4th in their domestic championship playoff round.

1 previous season's Champions League winner.

1 previous season's Europa League Champion.

10 domestic league champions of associations ranked 1st-10th.

6 domestic league runners-up of associations ranked 1st-6th.

8 domestic league teams who place third and fourth from associations ranked 1st-4th.

(Among these 32 teams are 4 each from English Premier League, LaLiga, Bundesliga, Serie A and 2 from Ligue 1)

Round of 16: The top two sides in each group, that is the winner and runner up, move on to the round of 16, which is the start of the knockout phase. The winners of each group are pitted against the runners up of another group at this stage. The third-placed teams from each group move to the UEFA Europa League.

The round of 16, quarter-finals and semi-finals have two legs — home and away.

UEFA Associations' Club Coefficient Rankings

Every member of the Union of European Football Association gets a coefficient ranking based on performance of the teams in the top club competitions.

This ranking determines how many teams from a particular country / association will play in the following season of CL

The club coefficient rankings is also used to determine a club's seeding in draws.

The coefficients — from which the rankings are formed — get updated after each round club matches.

THREE CLUB COMPETITIONS

For the first time since 1998-99, the clubs have competed in three league tournaments — UEFA Champions League, UEFA Europa League, and the newly created UEFA Europa Conference League.

The teams eliminated in the preliminary round and first qualifying round of the Champions League play in the Europa Conference League.

2022 UEFA Super Cup: The winners of the 2021-22 UEFA Champions League and the 2021-22 UEFA Europa League go on to play the UEFA Super Cup. This annual match will be played at the Olympic Stadium in Helsinki, Finland, on August 10, 2022, which will be the 47th edition of the cup.

TOP SCORERS OF 21-22



KARIM BENZEMA | Real Madrid
Goals : 15 (3 - penalty)



ROBERT LEWANDOWSKI | Bayern Munich
Goals : 13 (3 - penalty)



SEBASTIEN HALLER | Ajax
Goals : 11 (1 - penalty)



MOHAMED SALAH | Liverpool
Goals : 8 (1 - penalty)



RIYAD MAHREZ | Man City
Goals : 7 (2 - penalty)



CHRISTOPHER NKUNKU | RB Leipzig
Goals : 7



LEROY SANE | Bayern Munich
Goals : 6



KYLIAN MBAPPE | PSG
Goals : 6



ARNAU DANJUMA | Villarreal CF
Goals : 6 (1 - penalty)



CRISTIANO RONALDO | Man United
Goals : 6

HISTORY

The tournament began in 1955/56 with 16 sides taking part. It was then called the European Cup. In 1960, it expanded to 32 teams. The name of the tournament changed to the Champions League in 1992/93 and has expanded over the years with a total of 79 clubs entering so far.

QUICK FACT

UEFA stripped Saint Petersburg, Russia of the right to host the match following Russia's invasion of Ukraine. The 2022 final was originally scheduled to be held at the Krestovsky Stadium on Krestovsky Island in Saint Petersburg, Russia.