



TODAY'S

7 tips to master a foreign language 5 most looked up words online



5 amazing women you've got to know through their works or the books they write



Wrestling decoded: Learn about one of India's most successful sports



Pics: Istock

symbolise IWD?

Purple, green and white are the

colours of International Women's

Day. Purple signifies justice and

White represents purity, albeit a

the UK in 1908.

BRIGHAM YOUNG,

You educate

a man;

leader

you educate a

man. You

educate a

educate a

generation.

FUTURE IS

Some inspiring quotes on

woman; you

American religious

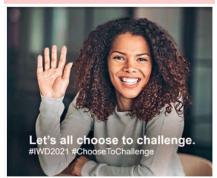
SATURDAY, MARCH 6, 2021



1908: The inequality faced by women was making women more vocal in demanding their rights. In 1908, 15,000 women marched through New York City demanding shorter hours, better pay and voting rights.

1909: This year, the first National Woman's Day (NWD) was observed across the United States on February 28. Women continued to celebrate NWD on the last Sunday of February until 1913.

1911: Following the decision agreed at Copenhagen in Denmark in 1911, International Women's Day was honoured the first time in Austria. Denmark. Germany and Switzerland on March19. More than one million women and men attended IWD rallies campaigning for women's rights to work, vote, be trained, to hold public office and end discrimination.



1913-1914: This period was a watershed moment as International Women's Day was agreed to be marked annually on March 8 - and this day has remained the global date for International Women's Day ever since.

> 1975: The United Nations (UN) officially adopted International Women's Day this year. This was a breakthrough for IWD.

controversial concept. The colours 1996: The UN announced their originated from the Women's first annual theme 'Celebrating Social and Political Union in the past, Planning for the Future which was followed in 1997 with 'Women at the Peace table', in 1998 with 'Women and Human Rights', in 1999 with 'World Free of Violence Against Women', and so on each year until the

> 2001: The international womens day.com platform was launched with the specific purpose of re-energising the day - a focus

> of International Women's Day - with the first IWD event held exactly 100 years ago in 1911 in Austria, Denmark, Germany and

CLICK HERE: PAGE 1 AND 2

= In rnational Women's Day =

he International Women's day

website says: "A challenged world is an alert world. Individually, we're all responsible for our own thoughts and actions - all day, every day. We can all choose to challenge and call out gender bias and inequality. We can all choose to seek out and celebrate women's achievements. Collectively, we can all help create an inclusive world. From challenge comes change, so let's all choose to challenge.'

To observe it: Hold your hand up high and click a picture and post with the #ChooseToChallenge. The pose is to show that you're committed to this year's theme: choose to challenge and willing to call out inequality. This will further What about the encourage people to commit to

UN Women theme? The United Nations theme for IWD is "Women in leadership: Achieving an equal future in a COVID-19 world." The theme by women and girls around the vorld in shaping a more equal future and recovery from the

COVID-19 pandemic

Other hashtags are #IWD2021 The first National Women's Day was celebrated in 1909 and while Women's Days were marked in various countries for

helping forge an inclusive world.

the next 100 years, an online portal was launched in 2001 to re-energise their IT'S A HOLIDAY..

efforts and bring them all together in one virtual place.

Women's Day (IWD)? It's an important day to celebrate women's achievements, raise awareness about women's equality, lobby for accelerated gender parity and fundraise for female focused charities.

women, we sometimes become a wallflower as we are unsure if we should voice our opinions or ask for better. Women should find their voice and use it confidently because we have a lot to say and there is a lot to be said,"

 Monika Pierce, Head of **Inclusion and Diversity at WW**

Here are some powerful voices we will be hearing from women in the future:

My health comes first: Love thyself to love others! Love and care for family should not prevent one from loving oneself. A woman needs to be selfish in that sense to take care of her daily needs like her sleep, diet, walking, exercise and recreation, apart from keeping herself

emotionally strong, stable and happy. I have the power of empathy: Women have the greatest human characteristics that will give them the advantage in most new frontiers of the Fourth Industrial Revolution, like the capacity for collaboration (instead of competition), empathy, creativity, listening, and learning. They need to use the strengths they already have and work it

NELSON MANDELA.

former South African

president

Freedom

cannot be

achieved unless

emancipated from

the women

have been

all forms of

to their advantage.

the struggles of thousands of women, especially women of colour worldwide and women in low-paying jobs, who have been forced to cut back on hours or drop out of the labour force entirely to provide care to their children, elderly relatives, or loved ones. We need to forge inclusive work cultures where women's careers thrive and achievements are celebrated.

ALBERT

EINSTEIN,

scientist

The woman who

follows the crowd

will usually go no

further than the crowd. The

to find herself in places no

one has ever been before.

woman who walks alone is likely

nent: We are seeing

I am a 'part time' homemaker: The pandemic highlighted inequities in the division of household labour. With whole families at home, all trying to work or attend school remotely, the women of the house had to take responsibility for not just their careers, but also their children's education, not to mention the long list of household tasks. Men need to share household chores as a rule.

I can run a business too: There are women mentors, coaches and role models who can guide, inspire, Coaches and role models will can suite, make it in influence and educate women on how to make it in business. With more options for finding funding, this will attract more and more women entering the business realm as entrepreneurs.

that continues till date. 2011: This year saw the 100 year centenary

ANDERSON

Australian

Feminism isn't

strong. Women are already

strong. It's about changing the

way the world perceives

about making women

feminist,

that strength.

writer



Common gender terms that are now part of our everyday vocabulary

Manbun, manscara, mankini, manbag, etc: Basically 'male version of a prototypically female item'. Just prefix man in front of anything that women use primarily and your are done.

Mansplaining: The explanation of something by a man, typically to a woman, in a manner regarded as condescending or patronising. It has also boosted the production of other terms naming related forms of entitled male behaviour, such as 'manologue' or 'mantrum'. SheEO or GirlBoss: A term of empowerment used to describe the female boss especially to highlight the role of women in leadership

which are way fewer in numbers than men. There is also shepreneur for entreprenuer to highlight women-led businesses. Feminazi: Writer Zoe Williams noted in 'The Guardian' last year that feminazi is 'the go-to

term for trolls out to silence women'. It's basically any woman who voices her opinions on equality Shero or Sheroes: Women

Did you

Heads of State and

Government in only

20 countries

worldwide

heroes that does away with the use of the made gender

Femvertising: Defined by SheKnows Media as "advertising that employs profemale talent messages and imagery to empower women and girls." Not only does it (ideally) deliver a positive social impact, but it turns out messages of female empowerment are good

for the bottom line.



International Women's Day is a national holiday in many countries, including

Russia where the sales o

three or four days before and on March 8.

Afghanistan, Cuba,

Vietnam, Uganda,

Mongolia, Georgia, Laos Cambodia, Armenia,

Belarus, Montenegro and

Ukraine are also some of

the places where IWD is

recognised as an officia

Get your group of friends together in the official #ChooseToChallenge campaign. This one's a fun and easy one. Gather your group and click a pic raising one hand or even in a virtual chatroom. Simply post on social media with #choosetochallenge or you can submit the picture with a pledge on IWD site.

You can show your support for women-owned Small businesses. Shop something from a womanled business or social enterprise. If you can't shop, then just give a shoutout on social media to help them expand

#3Host an online watch party for movies with strong women leads. It needn't be too heavy, even Wonder Woman or for that matter Legally Blonde are

Organise an online women achiever quiz with the theme of "Women who made history", "Rebel Girls", etc. There are lot of tutorials online on how tohost Raise funds for a women's charity. There are

many charities in your country and around the world that could do with some funds to support women in all areas, especially education.



oppression. **ELEANOR ROOSEVELT,**

American political figure

woman is like a tea bag; you never know how strong it is until it's in

> **ROSA PARKS,** activist I have learned over the years that when one's

mind is made

diminishes fears; knowing what must be done

EMMA WATSON, actor

does away with fear.

We need to live in a culture that values and respects and looks up to and idolises women

MALALA YOUSAFZAI,

> We realise the voice when we are silenced.

MAYA ANGELOU,

poet I must have done something great in

SERENA WILLIAMS, tennis legend

Every woman's success should be an inspiration to another. We're strongest

when we cheer each other

ADRIENNE RICH, intellectual The most important thing one woman can do for another is expand her sense of actual possibilities.



independent. It doesn't matter who your father is. it doesn't matter who your husband is going to be, doesn't

matter who your brother is, doesn't matter who the man in your life is.

OPRAH, media mogul Think like a queen. A

queen is not afraid to fail. Failure is another stepping-stone to greatness.

BEYONCÉ, singer We need to reshape our own perception of how we view ourselves. We have to step up as women and take the lead.





activist

importance of our

women, not just by women

I am grateful to be a woman. another

7 TIPS TO MASTER A FOREIGN LANGUAGE

Hi folks! We are HOPPER & CROCKY. Learning a second language stimulates brain and brightens future prospects. Tips to speed up your learning process

1. Make realistic, specific `goals

Learning a new language is a goal, and we all know that goals should be specific. The goal "Learn To Speak French"-or whichever language it is that you're trying to learn-is too broad. You need to narrow it down and make it more specific. Here are some examples of specific goals:

■ To learn to say the 100-most common phrases for travellers. ■ To be able to understand simple



instructions and directions. ■ To be able to exchange basic greetings and pleasantries. ■ To learn 50 food items and be able to order them in a restaurant.

■ To be able to understand very basic phrases in the language when people speak slowly and clearly.

2. Watch a movie

For those who want to take advantage of one of the best ways to learn a language from the comfort of their own homes, put on a foreign movie in another language - without subtitles if you can! Not only is this one of the best ways to learn a foreign language, but you will also get a sense of the country's culture as well! If you don't know the language enough to turn the subtitles off, keep a list of new vocabulary words you hear and what you think they mean. Look them up later. It would be great fun!

3. Learn words in an authentic context

Instead of simply learning words in isolation, learn words in their authentic context. That is, learn phrases you're likely to

petty matters and be full

of beans...

MANY BENEFITS

CAREERS AND SCOPE: Learning a new language has many advantages. One can look at working in diplomatic services or as teachers, translators, interpreters and even tourist guides. "Most institutes offer language courses from basic to advanced levels. Overall results are better if one pursues long-term courses than vacation batch courses" shares Geetanjali Gopalan,

trustee, Study Foreign Languages.

OVERSEAS ADVANTAGE: "When visiting countries like Denmark, Norway, Austria and Czech Republic, considerable knowledge of Spanish, Danish, Norwegian, German and Czech languages helps you explore the place. In Hong Kong and Singapore knowledge of Chinese along with English is useful" adds Xavier Augustin, president and CEO of Y-Axis Overseas.

use for that word. For example, instead of just learning the word for "summer" in your target language, learn phrases such as the following:

■I'm going to the beach this summer. ■ Last summer I travelled

■They put on plays in the park during the summer months.

4. Listen

In a TED Talk, Chris Lonsdale a psychologist explained his approach to learning a new language. Lonsdale explains that one of the first steps to learning a new language is to listen a lot. He calls this brain soaking. Lonsdale argues that it doesn't matter if at first you don't understand what you're listening to. You're listening to recognise patterns, words that repeat, and things that stand out. In addition, you're listening to the rhythm of the language. You can start by looking for podcasts in your target language, as well as scouring YouTube for interesting videos.

5. Keep practising in vour head

We all have monologues running in our head, and typically they run in our

native tongue. You can continue to practice and construct sentences and fake conversations in your head in a new language. In fact, this sort of visualisation leads to much easier conversations when you actually have them.

6. Be patient with yourself

Nothing is more frustrating than feeling like you're stuck in a rut and not making any progress. It is imperative to keep in mind that learning a language is like stepping into an entirely new world, and it's going to take some time. Trust your experiences and the knowledge you've gained so far, and let them propel you further in your foreign language journey.

7. Finally, find a way to make it fun

As with any other learning process, if

you're going to stick to it, you have to find a way to make it fun. Find people you enjoy talking to. Go to events where you can practice while doing something fun. Don't just sit in a classroom in front of a book, or you're likely to burn out. Talk about topics which you care about. Find out about the person you're talking to. Share personal, life experiences, or else you're going to be in for a long, unenjoyable process that will likely end up in you forgetting everything you learned. Remember, we all have the ability to speak multiple languages and speak them well. All

it takes is the right approach.

A lot on my plate

This refers to an over-abundance of food on a dinner plate, and it is used when someone has many responsibilities or scheduled activities.

EXAMPLE: I would love to visit the zoo with you, but I have too much on my plate this weekend.

Walk on eggshells

'On eggshells' or 'walking on eggshells' is an attempt to not upset someone in a

EXAMPLE: I was walking on eggshells trying to explain the remark to her without offending her further.

The icing on the cake

When a good situation is made even better because of something extra. **EXAMPLE:** I got my dream job working as a travel writer, and the icing on the cake is that I get free holiday stay at resorts too!

To be cheesed off

If you are 'cheesed off' then you are very unhappy, frustrated or angry about something. **EXAMPLE:** I'm really cheesed off today, my brother took my car and crashed it into a lamp post!

Egg someone on

Urge someone to do something **EXAMPLE:** The gang tried to egg us on but we didn't want to fight.

Slower than molasses Molasses is a syrupy liquid that

EXAMPLE: Phyllis is an excellent typ-

ist, but she is slower than molasses when

Full of beans

Have a lot of (silly) energy. **EXAMPLE:** The kids were full of beans after the circus.

Spill the beans

To reveal a secret. **EXAMPLE:** On Monday, I'm going to spill

Bring home the bacon

the beans about my travel plans.

Earn a living **EXAMPLE:** His brother chooses not to work, so Robert has to bring home the bacon.

Souped up

Made more powerful or stylish. **EXAMPLE:** The car was souped up with shiny rims and a loud stereo.

Cry over spilt milk

To express regret about something that has already happened or cannot be changed. **EXAMPLE:** Stop complaining about your lost pen — there's no use crying over spilt milk.

Cheap as chips

Very inexpensive. **EXAMPLE:** My new shoes are as cheap as chips.'

Cup of tea

It means something is not to your interests or tastes. **EXAMPLE:** Rap music is not my cup of tea; I prefer rock.

CONFUSING WORDS PREPOSITIONS

Merriam-Webster has compiled a list of the most looked-up words in its online dictionary, and determined what people consider the most confusing words in English language. Here are the 5 most looked-up words and their definitions:

PRETENTIOUS

Someone is pretentious if they express unwarranted or exaggerated importance, worth, or stature.

to themselves, "what do they really want?" **CONUNDRUM**

do them a favour, thinking

A conundrum is an intricate and difficult problem. According to Merriam-Webster, it's often used to describe seemingly unanswerable quesinvolving ethics, sociology, and economics, but it can also refer generally to any puzzle or mystery.

UBIQUITOUS

Ubiquitous is used to describe something that is widespread and constantly encountered, like television or fast food

CYNICAL

Someone is cynical if they are distrustful of people's motives, or believe that human conduct is motivated A cynical person might the ambiguity.

AMBIGUOUS

Something that is ambiguous can be understood in two or more possible ways. For example, the sentence "the peasants are revolting" is ambiguous, because it could mean the peasants are rebelling in the streets, or that they are physically disgusting. We need more primarily by self-interest. information to clear up

question why you offer to Source: Business Insider

prepositions to complete the sentences

Choose the appropriate

1. Tokyo is the most crowded city ___ the world. on, at, in, over

2. Mike is sitting ___ the desk front of the door. at / in, in / on on / on, at / at

3. We'll go ___ Caribbeans ___

to / in, at / on, to /by, on/ to

4. A dictionary has information words. to, about, in, at

5. See you ___ Monday under, at, in, on

6. There's paper ___ the floor. Please put it the wastebasket. at / into, on / at on / in, over / at

7. Listen! I think there is someone the front door. on, at, in, with

8. I'll call you ___ seven o'clock. in, on, at, of

9. We are giving him a surprise party __ his birthday. in, at, with, on

10. You'll find the poem ___ page 16. at, on, in, over

ANSWERS

1. in. 2. on/in) **3.** to / in), 4. about **5.** on, **6.** on/in 7. at, **8.** at 9. on,

10. on

How to write physical description human dealings. Her forward ex-

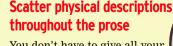
You don't always have to be specific

In F Scott Fitzgerald's 'The Great Gatsby', the reader never really learns the colour of Daisy's hair or eyes, but does it matter? We can still picture her in our minds: "Her face was sad and lovely with bright things in it, bright eyes and a bright passionate mouth."

Make the descriptions match the tone

In a funny or sardonic piece, for example, your descriptions can be the same: "He was a funny-looking child who became a funny-looking youth — tall and weak, and shaped like a bottle of Coca-Cola." 'Slaughterhouse Five' by Kurt hair falling around her Vonnegut. Writing humour isn't face." — 'Prep' by Curenough; it must also come with a tis Sittenfeld

deeper meaning to make it engaging to the audience.



You don't have to give all your description of a character when he or she first arrives on the scene. Scatter brief descriptions throughout the

Describe actions that reveal physical characteristics

"As we'd been talking, she'd pulled (her hair) into a high, loose bun with shorter pieces of



ging mauve cotton jersy dress, with a fuzzy grey cardigan over top and an orange-and-aqua scarf with a design of meadow flowers draped around her neck. Her long straight hair is grey-blonde and parted in the middle; she has her reading glasses stuck up on top of her head." — 'The Robber Bride' by Margaret Atwood

Describe facial xpressions

"Besides the neutral expression that she wore when she was alone, Mrs Freeman had two others, forward and reverse, that she used for all her mond Carver.

pression was steady and driving like the advance of a heavy truck. Her eyes never swerved to left or right but turned as the story turned as if they followed a yellow line down the center of it." — 'Good Country People' by Flannery O'Conner

Remember that a little description can go a long way

You don't have to describe a character from head to toe and constantly review what he or she looks like. Just an introductory description and a few well-placed clues throughout the prose will be enough to help readers form and keep a picture in their minds: "She was a fat girl. She was fat all over and she huffed when she breathed." — 'Kindling' by Ray-

Queries relating to language skills

Do you find grammar confusing? Do you get stuck with words when writing a letter, an essay or a blog? Do you have a fear of public speaking? Or do you simply want to improve your communication skills? Times NIE is here to help you to master the intricacies of the English language. Just shoot us your queries on toinie175@gma

SATURDAY, MARCH 6, 2021

"Of course I am not worried about intimidating men. The type of man who will be intimidated by me is exactly the type of man I have no interest in."

Chimamanda Ngozi Adichie, author

03

Pics: Istock

Power of storytelling

Housewife Evelyn Couch (Kathy Bates), who isn't happy, meets Ninny Threadgoode (Jessica Tandy), a colourful old woman who brightens Evelyn's outlook by sharing tales from her past. As Ninny recounts the exploits of her free-spirited sister-in-law Idgie (Mary Stuart Masterson), Evelyn gains the confidence to change her own life for the better.



Childhood friendships

Three strong women - Roberta Martin (Rosie O'Donnell). Samantha Albertson (Demi Moore) and Tina Tercell (Melanie Griffith) return home to reunite with their childhood friend Chrissy DeWitt Williams (Rita Wilson) and see her

through the end of her first pregnancy. The four lifelong friends share their memories of the unforgettable summer of 1970, the summer their innocent younger selves grew up.

That funny girl

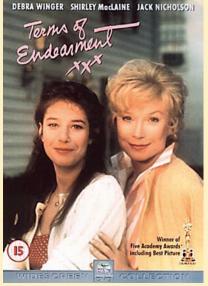
A Jewish-American princess, Judy Benjamin (Goldie Hawn), is devastated when her husband



night. While she grieves, a duplicitous recruiter

for the Women's Army Corps convinces her to enlist. Judy thinks her enlistment is like a vaca-

> Go for some light-hearted fun this Women's Day week. Here are 10 movies to choose from...



Mother, daughter bond

Okay, this one's a tear-jerker. But watch it any way. Widow Aurora Greenway (Shirley MacLaine) and her daughter, Emma (Debra Winger), have a strong bond, but Emma marries teacher Flap Horton (Jeff Daniels) against her mother's wishes. The marriage grows sour and Emma learns that she has termial cancer. In the hospital, supported by Aurora, she tries to make peace with Flap and her

One for self

confidence **Legally Blonde: 2001** Elle Woods (Reese Witherspoon) has it all. She wants nothing more than to be Mrs. Warner Huntington III. But there is one thing stopping him (Matthew Davis) from proposing: She is too 'blond'. Elle rallies all of her resources and gets into Harvard, determined to win him back.

Ambition is good

Savvy New York City receptionist Tess McGill (Melanie Griffith) gives her conniving boss, Katharine Parker (Sigourney Weaver), an excellent business tip, but Katharine simply steals the idea without giving due credit to her secretary. After Katharine winds up in the hospital with an injured leg, Tess decides to exact revenge. Pretending to be her boss, Tess initiates a major deal with an investment broker (Harrison Ford) -- but things turn ugly after Katharine finds out what Tess has been up to.



Unrequited love

Childhood friends Julianne Potter (Julia Roberts) and Michael O'Neal (Dermot Mulroney) had a deal to marry each other if they were still single when they are 28. Now, four days before her 28th birthday, O'Neil announces that he's marrying a gorgeous 20-year-old named Kimberly (Cameron Diaz). Suddenly realising that she's actually in love with him, Julianne vows to stop the wedding at all costs!

Simply

heartwarming My Big Fat Greek Wedo

Everyone in the Portokalos family worries about Toula (Nia Vardalos), Still unmarried at 30 years old, she works at Dancing Zorba's, the Greek restaurant owned by her par-

ents. After taking a job at her aunt's travel agency, she falls in love with Ian Miller (John Corbett), a teacher who is tall, handsome and definitely not Greek!

5 amazing women you've got to know about through their works or the books they wrote

na and Rosie O'-

Donnell co-star as

Strength to stand alone

Frances Ha: 2012 A story that follows a New York woman,

who doesn't really have an apartment.

although she's not really a dancer, and

She apprentices for a dance company

throws herself headlong into

two of the sisters

CHIEN-SHIUNG WU

Book: 'Queen of Physics: How Wu Chien Shiung Helped Unlock the Secrets of the Atom' by Teresa Robeson and Rebecca Huang On February 11, 2021 the sixth International Day of Women

and Girls in Science, the US Postal Service issued a new Forever stamp to honor Chien-Shiung Wu, one of the most influential nuclear physicists of the 20th century. Often referred to as the 'First Lady of Physics' and the 'Chinese Madame Curie', Wu performed experiments that tested the fundamental laws of physics. She was awarded the inaugural Wolf Prize in Eleanor Oliphant, a 29-

Medal of Science (1975) and many more honors and awards. In this book based on her life, one learns about how the famous physicist overcame prejudice to prove that she

Book: 'Eleanor Oliphant is Completely Fine' The Scottish author rose to fame after her debut novel 'Eleanor Oliphant is Completely Fine' won the 2017 Costa First Novel Award. It followed the story of

liphan could be anything she wanted.

GAIL HONEYMAN

year-old social misfit singer that she believes she's destined to be with. According to www.goodreads.com, it was shortlisted for the Lucy Cavendish Fiction Prize as a

work in progress. She has also been awarded the Scottish Book Trust's Next Chapter Award 2014, was longlisted for BBC Radio 4's 'Opening Lines', and was shortlisted for the Bridport

VAL MCDERMID

Book: 'The Mermaids Singing'

novels have been translated into 40 languages. She sold over 16 million copies worldwide. McDermid has created many notable characters, such as journalist, Lindsay Gordon; the pri-

Karen Pirie, Kate Brannigan, and psychologist, Tony Hill. 'The Mermaids Singing' won the Crime Writers' Association Gold Dagger for Best Crime Novel of the Year. According to her website, she is from Kirkcaldy, Fife, and read English at St

with a traumatic past who Hilda's College, Oxford (where she is gets infatuated with a now an Honorary Fellow).

MARTINE DE BERTEREAU

It is a tragedy that there are virtually no books (except mentions in papers) about the woman history

knows as the first recorded female mineralogist as well as mining engineer. Also known as Baroness de Beausoleil (c. 1600 – after 1642), Bertereau the Baroness wrote two reports on her work with her husband. According to Wikipedia, the first one, ti-One of the biggest names in tled 'Véritable déclaration de la décrime writing, Val McDermid's couverte des mines et minières' was her to realise her greatest dreams.

published in 1632 and listed 150 French mines the couple had discovered. Her second report was a plea, in the form of a poetry, to be paid for her work.

GENEVIEVE YOUNG

vate investigator, DCI Book: 'Constellation of Synchronicities Recently deceased Genevieve Young was a publishing editor with a long and diverse legacy. En-

tering the publishing business in the early 1950s, when there were few female editors and even fewer Asians, Young worked with authors ranging from Herman Wouk to Betty Rollin and played a key role in the writing of Erich Segal's 'Love Story,' the novelisation of the Oscar-winning

movie of the same name that is currently marking its 50th niversary. She also edited the groundbreakphotogra-

pher and filmmaker Gordon Parks, married him in the 1970s

and later helped oversee his estate. In her book, Young shared 40 short stories that connect the pivotal moments of her life to create a beautiful constellation of synchronicities that led

5 BEST ALBUMS BY WOMEN

ere are the top 5 albums as listed by 'The Rolling Stones' magazine in an article headlined: '50 women who rocked the world".

'Blue' by Joni Mitchell

This fourth studio album by Canadian singersongwriter Joni Mitchell, released on June 22, 1971. Today, 'Blue' is regarded by music critics as one of the greatest albums of all time. Mitchell's songwriting, compositions and voice, all work together like a dream. In January 2000, 'The New York Times' chose 'Blue' as one of the 25 albums that represented "turning points and pinnacles in 20thcentury popular music".

'Rumours' by Fleetwood Mac

'Rumours' is the eleventh studio album by British-American rock band Fleetwood Mac, released on 4 February 1977. It was an instant commercial success, selling over 10 million copies worldwide within just a month of its release. It garnered widespread acclaim from critics, with praise centred on its production quality and harmonies. It won Album of the Year at the 1978 Grammy Awards, and has sold over 40 million copies worldwide, making it one of the best-selling albums of all time.

'Dusty in Memphis' by **Dusty Springfield** 'Dusty in Memphis' is the fifth

studio album by English singer Dusty Springfield, released in 1969. It sold poorly on its first release, but the album has since been acclaimed as her best work and one of the greatest records of all time. Music critic Robert Christgau called it "the all-time rock-era torch record". In 2001, it was inducted into the Grammy Hall of Fame.

'Horses' by Patti Smith This debut studio album by American musician Patti Smith released on November 10, 1975. 'Horses' was released to widespread acclaim from music critics. The record experienced modest commercial success, managing a top 50 placing on the American Billboard 200 albums chart. It has since been widely recognized as a seminal recording in the history of punk rock, as well as one of the greatest and most

influential albums in all of popular music. The album has been credited as a key influence on numerous artists, including rock acts such as R.E.M., the Smiths, PJ Harvey, and Hole. 'I Never Loved a Man the Way I

Love You' by Aretha Franklin

This is a 1967 single released by American soul singer Aretha Franklin. As the first big hit of her career, 'I Never Loved a Man the Way I Love You' became a defining song for Franklin, peaking at number one on the rhythm and blues charts and umber nine on the pop charts.

POWERFUL FEMALE PROTAGONISTS

BEATRICE PRIOR, THE DIVERGENT TRILOGY BY VERONICA The story of a 16-yearold girl who who lives in a society that is divided in five factions. When Prior displays the personality traits of more than one faction, she is seen as 'divergent' that the government fears, and so tries to eradicate her. Through this series Prior teaches readers the importance of

remaining rational

in the face of all

consuming fear.

CELAENA SARDOTHIEN FRO THE THRONE OF GLASS **SERIES BY SARAH J** MAAS One of the best descriptions of

Celaena Sardothien comes from another protagonist who says in the book "...one does not deal with Celaena Sardothien. One survives her." 18-year-old Sardothien is a teen assassin in a corrupt kingdom ruled by a tyrannical ruler, King of Adarlan. Skilled in sword fighting, dagger throwing, and wall climbing, Sardothien is offered an opportunity to participate in a competition to become the King's Champion. Throughout the series, Sardothien teaches her

readers to fight evil.



SATURDAY, MARCH 6, 2021

TEDECODED

After hockey, the most successful sports for India at the Olympics has been wrestling. So far, Indian wrestlers have bagged a total of five medals. It will continue to be one of India's strong suits in their pursuit for medals come Tokyo Olympics. Read on in order to come to grips with this sport



Japan is the benchmark when it comes to women's freestyle wrestling, and leading the country's efforts on home territory will be 62kg Olympic champion Risako Kawai (blue)

ABOUT THE SPORT

Wrestling was one of the tition was added in 2004. original nine sports in- Greco-Roman was the first cluded in the first modern style included in the Olympics programme in Games, with freestyle 1896. The women's compeadded in 1904.

TECHNIQUE AND STYLE

typical wrestling bout, much like Greco-Roman, is divided into two periods of three minutes each - with a 30second break in between. Wrestlers in the Greco-Roman discipline may only points if his opponent engage their arms and upper bodies, while freestyle competitors are permitted to use their arms and legs, than defend it, being too attacking their opponent negative or passive and so above and below the waist. on. These often result in There are two main cautions. Accumulating ways to win an Olympic three cautions during a wrestling match: Pin- bout automatically results ning an opponent's shoulders to the mat, which im-ting disqualified.

competitors overall.

freestyle mediately ends the match, securing points through moves like holds. Different actions secure different point levels, ranging from one to five. Players can also gain causes infractions, like executing illegal holds, trying to flee a hold rather in the guilty wrestler get-

PENALTY DEDUCTIONS

Several situations in a match can are considered extremely danlead to penalties and consequently, deduction of points.

Illegal holds include choking, twisting of fingers, arms, toes or feet; striking the opponent with an elbow or knee; butting with the head; pulling hair; pinching, biting. Certain holds gerous to the vertebrae and joints are barred.

Technical violations like grabbing the opponent's headgear or clothing, and going off the mat.

Unnecessary roughness that can be hazardous to the well-being on the head, arms or legs that of the opponent.

Any misconduct that may be deemed flagrant will cost team points, while the competitor faces automatic ejection

Unsportsmanlike conduct either during or after the match.

Stalling can lead to one point to opponent, and disqualification on the fifth stalling violation.

CLOTHING AND EQUIPMENT

Singlet: Competitors wear a onepiece singlet, which must adhere to the body, generally covering it from mid-thigh. Light knee pads are permitted.

Shoes: Shoes must close firmly around the ankle. They cannot have heels, nailed soles, buckles or any metallic parts. Shoelaces must be taped down.

FORBIDDEN

Applying greasy or sticky substance to the body.

Wearing bandages on the wrists, arms or ankles, except in case of an injury or by a doctor's prescription.

Wearing rings, bracelets, earrings,

hair slides or prosthesis. Arriving on the mat perspiring.

PASSIVITY

stead wait for the opponent to ponent gets a point. move are considered "passive".

Wrestlers who do not put an passive wrestler gets 30 seconds all-out effort in a match and in- to score. If he does not, the op-

This may be because the In Greco-Roman wrestling, af wrestler is being cautious, is ter the first warning, the active trying to avoid risk, is trying wrestler can choose to continto protect a lead, or is tired. One ue the match from a standing or both wrestlers can be con- or ground position. If the match sidered passive. The referee ends without any scores earned, may issue a verbal warning, the more active wrestler will be and on second infraction, the considered the winner.

CHALLENGES

Coaches are allowed to challenge decisions made by the referees if they feel the opposing wrestler was incorrectly awarded points, or the referee failed to award points to the coach's wrestler. Challenges have to be within five seconds of the score. They can only be one challenge per wrestler per match. Scores are adjusted based on validity of the challenge.

RANKING

at the end of each match. These which a match was won. Both winsification points are granted de- the rank of a wrestler.

Classification points are credited pending on the techniques by

TERMS

Neutral position: The starting position in which competitors stand, facing each other.

Referee's position: The starting position in which the wrestler are in crouching position, one at the top and the other at the bottom.

off balance and down to the mat.

Finish: Pinning the opponent, leading to a fall such that the back the opponent's shoulders are on the mat for at least two seconds.

Photos: GETTY IMAGES

WHAT IF THE POINTS ARE EQUAL AT THE END OF A BOUT?

THE WEIGHT CLASSES

Wrestling at the Tokyo 2020 Olympics will retain the 18

weight category format seen at Rio 2016, but with fewer

The new Olympic weight classes are as follows:

Men's Freestyle:

 $57~\rm{kg} \mid 65~\rm{kg} \mid 74~\rm{kg} \mid 86~\rm{kg} \mid 97~\rm{kg} \mid 125~\rm{kg}$

Women's Freestyle:

50 kg | 53 kg | 57 kg | 62 kg | 68 kg | 76 kg

Greco-Roman (Men's):

60 kg | 67 kg | 77 kg | 87 kg | 97 kg | 130 kg

In case of a tie, the wrestler his opponent at any stage of mum number of points clared over and the leader from a single move is declared the winner. If technical superiority. Unaspect as well, the least number of cautions and final point scored are taken through the course of a factors. In the event of a are allowed to let go and refreestyle wrestler building establish contact afterwards up a 10-point advantage over to complete a move.

who has scored the maxi- the match, the bout is deis declared the winner by wrestlers are level in that like Greco Roman wrestling where wrestlers need to stay in contact with the opponent in order as the tie-breaking throw, freestyle wrestlers

SCORING MOVES

Take down: Two points if ing on the mat. from a neutral position the wrestler brings the opponent on to the mat and gains control over the hips.

Escape: One point if the wrestler manages to escape from the opponent and goes from a bottom to a neutral position.

ponent from bottom posiwhile standing or while ly-fetches 5 points.

Near fall: Holding the opponent in a near pinning position for two seconds earns two points. Holding on for 5 seconds earns three

Amplitude throw: A throw when an opponent is lifted totally off the ground Reversal: Two points for and then dropped to the gaining control over an op-ground, exposes the opponents back to the mat. This tion without going to neu-earns 4 points, while a tral first. This can occur grand amplitude throw

