J
o
The making and writing has been used as a form of therapy to help heal emotional wounds. This is perhaps the reason why Marie Curie wanted to record her thoughts, feelings and the emotions she encountered during her lifetime. Her story book, ‘A Mad Love’ is an excellent example of how you can write about your writing and record your thoughts at the same time.

Free Writing
It involves writing without form or focus. You write down whatever comes into your head or heart. It’s a way to express your thoughts and feelings. You may write about your dreams, fears or any other subject that comes to your mind. It’s a way to get your thoughts out on paper.

Morning Pages
Morning Pages is a low-veg, natural sugar substitute popular by Tylo. Tylo is also a natural sweetener that comes from the sugar beet root. Morning Pages is a form of writing that involves expressing your feelings and thoughts. It’s a way to clear your mind and get your thoughts out in the open.

Dream Journaling
Dream journaling involves writing down your dreams as soon as you wake up. It’s a way to record your subconscious thoughts and emotions. This helps you understand your dreams and their significance.

Art Journaling
Art journaling involves using art and writing to express your feelings. You can use different mediums like paint, pencils, or any other art form to express your thoughts and emotions. It’s a way to connect with your emotions and express yourself through art.

Unsent Letter
Unsent Letter is a way to express yourself through writing. You write your thoughts and feelings but don’t send the letter. It’s a way to express your emotions without fear of judgment or rejection.

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Art journaling involves using art and writing to express your feelings. You can use different mediums like paint, pencils, or any other art form to express your thoughts and emotions. It’s a way to connect with your emotions and express yourself through art.

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Mindful Writing
Mindful Writing involves writing in a way that allows you to be present and aware of your thoughts and feelings. It’s a way to connect with your emotions and express yourself through writing.

Three Writing Techniques

Buddha journaling
Buddha journaling involves writing in a way that allows you to connect with your higher self. It’s a way to tap into your intuition and connect with the universe.

Reading Journal
A reading journal is a way to record your thoughts and reactions to a book you’re reading. It’s a way to connect with the book and express your feelings through writing.

Celebrating Diversity

Celebrating Diversity is a way to express your thoughts and feelings about diversity and inclusivity. It’s a way to connect with your emotions and express yourself through writing.

JOURNALS AS A MEANS OF THERAPY

Journals can be a powerful tool for healing and self-discovery. They allow you to express your thoughts, feelings and emotions in a safe and private space. Writing in a journal can help you process your emotions, gain clarity and gain insight into your thoughts and feelings.

Art Journaling
Art journaling involves using art and writing to express your feelings. You can use different mediums like paint, pencils, or any other art form to express your thoughts and emotions. It’s a way to connect with your emotions and express yourself through art.

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Mindful Writing
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The easiest way to stay healthy and keep your immune system in top shape is EAT THESE TOO!

Zinc
Zinc deficiency is common. According to research, 15% of all age groups worldwide have been found to have zinc deficiency. Zinc is important for the immune system and helps maintain healthy skin, hair and nails.

Vitamin C
Vitamin C is important for the immune system and helps maintain healthy skin, hair and nails. It is also important for the repair of tissues and the formation of collagen.

Garlic
Garlic has anti-inflammatory properties and helps boost the immune system.

Mushroom
Mushrooms are high in antioxidants and help boost the immune system.

Curcumin
Curcumin is a substance found in turmeric that has anti-inflammatory properties and helps boost the immune system.

10 facts about Herge

May 22, 1907 was the day the creator of Tintin – the most popular European comics of the 20th century – Hergé was born. He lives on, thanks to his iconic work. Here are some little-known facts about this master cartoonist.

1. Hergé’s real name was George Remi. He originally wanted to become a pilot, but this dream was cut short by World War I.

2. Hergé’s father was a lawyer and his mother was a housewife. He was the second of four children.

3. Hergé studied art at the National Institute of Fine Arts in Brussels, where he met other future comic book artists.

4. Hergé’s first comic book was called ‘Tintin in the Land of Soviets’. It was published in 1932.

5. Hergé lived in a museum in Brussels, which he inherited from his mother.


7. Hergé’s artwork is preserved by the Hergé Museum in Brussels.

8. Hergé’s works were translated into 72 languages and have been sold in more than 140 countries.

9. The Tintin series was inspired by a real-life adventure. Hergé was an avid reader and used to write stories about fictional explorers.

10. Hergé’s work has been adapted into films, television series, video games and even a musical.
**CONDOLENCE ETIQUETTE in the time of PANDEMIC**

Knowing how to offer condolences is important, even if the nuances of this know-how is heartbreaking. Here’s what experts have to say...

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**TRIVIA TIME**

How some etiquette RULES STARTED

**SHAKING HANDS**

The history of the handshake dates back to the 16th century. It was a sign of peace, of friendly intentions, and of trust. In a society where trust was hard to come by, the handshake became a symbol of friendship and goodwill.

**KEEPING YOUR ELOPES OFF THE TABLE**

One theory suggests that the practice of eloping began as a way to avoid the costs and restrictions of a formal wedding ceremony. It allowed couples to escape the scrutiny of family and friends, and to personalize their union in their own way.

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**NON-VERBAL COMMUNICATION HAS ITS PROS**

People are often more easily moved by non-verbal communication than by words alone. This is because non-verbal cues can convey emotions and intentions more clearly than words.

**SAYING “BLESS YOU” AFTER A SneezE**

This phrase has been around for centuries and is used to show respect and good manners. It is a way of acknowledging that we are aware of others and their needs.

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**What else you can say to manage physical distancing?**

1. **WHEN YOU ARE INTRODUCING SOMEONE, WHICH NAME DO YOU USE?**
   - **How’s your life?**
   - **How’s your day?**

2. **BEHIND THE SCENE**
   - **How’s your life?**
   - **How’s your day?**

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**PANDEMIQUETTE**

IT’S OKAY TO DEMAND PERSONAL SPACE

**SITUATION**

You are out and about and suddenly you feel someone standing too close to you. They areolescently or in a store.

**REASON**

Many people feel uncomfortable when someone is too close to them, especially in a public place.

**SOLUTION**

It’s okay to say “excuse me” or “I need some space.”

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**What’s your ETIQUETTE IQ?**

1. **WHY DO PEOPLE SAY ‘BLESS YOU’ AFTER A SNEEZE?**
   1. It’s a way of showing respect and gratitude.
   2. It’s a way of ensuring that someone is not suffering.

2. **WHEN YOU ARE INTRODUCING SOMEONE, WHICH NAME DO YOU USE?**
   1. The name you use should be the person’s first name.
   2. The name you use should be the person’s last name.

3. **WHAT DO YOU SAY WHEN YOU ARE INTRODUCING SOMETHING?**
   1. How’s your life?
   2. How’s your day?

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**ETIQUETTE**

Elitique is the customary code of polite behavior 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 about 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 at editor@timesgroup.com with the subject ETIQUETTE.
The rise of powerful, independent-minded female protagonists with a dash of grey...

IT’S COMPLICATED

http://shuklabecpublications.com

Famous quote:
Ralph Fiennes, Ben Stiller

Cast:
Christopher Walken, Diane Venora

Director:
Frank Darabont (1994)

Box office:
$170 million USD

Famous quote:
– McMurphy

Why Authors Use Pseudonyms

Some named artists/directors, others named pseudonyms,
some use one or two different names. These authors adopted a
unanimous or slightly dubiose name...

Stephen King

Pseudonymically, King adopted the pseudonym Richard Bachman to
release several books under the King name. He also wanted to
release several books under the Bachman name because he knew his
established author:
Emile Ajar

Born in Algiers, the son of French-traveling literary
pilot, Emile Ajar, with a single name to the world as
Emile Ajar, a thriller, was released under the
name, Emile Ajar, a thriller, was released under
the Ajar name. King wanted to release several books
under the Bachman name because he knew his
established author:

1. The Shawshank Redemption
(1994)

Director:
Frank Darabont

Box office:
$170 million USD

Famous quotes:
“Get busy living or get busy dying.”

2. The Dark Knight
(2008)

Director:
Christopher Nolan

Cast:
Christian Bale, Heath Ledger, Cillian Murphy

Famous quotes:
“Why so serious?”

3. 12 Angry Men
(1957)

Director:
Sidney Lumet

Cast:
Henry Fonda, Lee J. Cobb, Robert Webber

Famous quotes:
“You’re telling me you’re a court reporter!”

4. Schindler’s List
(1993)

Director:
Steven Spielberg

Cast:
Liam Neeson, Ralph Fiennes, Ben Kingsley,rit Lee

Famous quotes:
“...you know what murder is?”

5. The Lord of the Rings: The Return of the King
(2003)

Director:
Peter Jackson

Cast:
Elijah Wood, Viggo Mortensen, Ian McKellen

Box office:
$937 million USD

Famous quotes:
“I don’t give a damn who’s
right or wrong, as long as
the army’s got orders.”

6. The Lord of the Rings: The Fellowship of the Ring
(2001)

Director:
Peter Jackson

Cast:
Elijah Wood, Viggo Mortensen, Ian McKellen

Box office:
$921 million USD

Famous quotes:
“...I don’t give a damn who
wants to call it the Army of
the Ring.”

7. The Godfather (1972)

Director:
Francis Ford Coppola

Cast:
Al Pacino, Marlon Brando, James Caan

Box office:
$134 million USD

Famous quotes:
“...I am your father.”

8. pulp Fiction (1994)

Director:
Quentin Tarantino

Cast:
John Travolta, Uma Thurman, Samuel L.
Jackson

Box office:
$214 million USD

Famous quotes:
“...the one that’s going to
kill you.”

9. Goodfellas
(1990)

Director:
Martin Scorsese

Cast:
Robert De Niro, Joe Pesci, Ray Liotta

Box office:
$274 million USD

Famous quotes:
“...if you still believe there’s
a future when it’s all over.”

10. Fight Club
(1999)

Director:
David Fincher

Cast:
Edward Norton, Brad Pitt, Edward Furlong, gubernatorial

Box office:
$181 million USD

Famous quotes:
“...the fight club is not
talk about fight club.”

11. Forrest Gump
(1994)

Director:
Robert Zemeckis

Cast:
Tom Hanks, Robin Wright, Gary Sinise

Box office:
$107 million USD

Famous quotes:
“...it’s true, I can jump higher
than the birds.”

12. Inception (2010)

Director:
Christopher Nolan

Cast:
Leonardo DiCaprio, Ellen Page, Joseph Gordon-Levitt,
Ewan McGregor

Box office:
$835 million USD

Famous quotes:
“...if you’re not in the
dream, you’re not dreaming.”

13. Star Wars: Episode V – The Empire Strikes Back
(1980)

Director:
George Lucas

Box office:
$213 million USD

Famous quotes:
“...you’ll never walk alone.”


Director:
Lana and Andrew Wachowski

Cast:
Keanu Reeves, Laurence Fishburne, Carrie-Anne Moss,
Joe Pantoliano

Box office:
$287 million USD

Famous quotes:
“...this is your last chance.
You’ll go to hell.”

15. Goodfellas
(1990)

Director:
Martin Scorsese

Cast:
Robert De Niro, Joe Pesci, Ray Liotta

Box office:
$274 million USD

Famous quotes:
“...if you still believe there’s
a future when it’s all over.”

16. The Godfather Part II
(1974)

Director:
Francis Ford Coppola

Cast:
Al Pacino, Marlon Brando, James Caan

Box office:
$151 million USD

Famous quotes:
“...I am your father.”

17. The Godfather Part III
(1990)

Director:
Francis Ford Coppola

Cast:
Al Pacino, Marlon Brando, James Caan

Box office:
$147 million USD

Famous quotes:
“...I am your father.”

18. The Godfather
(1972)

Director:
Francis Ford Coppola

Cast:
Al Pacino, Marlon Brando, James Caan

Box office:
$231 million USD

Famous quotes:
“...I am your father.”

19. Seven Samurai (1954)

Director:
Akira Kurosawa

Cast:
Takashi Shimura, Toshiro Mifune

Box office:
$195 million USD

Famous quotes:
“...I am your father.”

20. The 400 Blows
(1959)

Director:
François Truffaut

Cast:
Jean-Pierre Léaud

Box office:
$193 million USD

Famous quotes:
“...I am your father.”

21. Citizen Kane
(1941)

Director:
Orson Welles

Cast:
Orson Welles, Joseph Cotten, Dorothy Comingore

Box office:
$191 million USD

Famous quotes:
“...I am your father.”

22. The Godfather
(1972)

Director:
Francis Ford Coppola

Cast:
Al Pacino, Marlon Brando, James Caan

Box office:
$231 million USD

Famous quotes:
“...I am your father.”

23. The Godfather Part II
(1974)

Director:
Francis Ford Coppola

Cast:
Al Pacino, Marlon Brando, James Caan

Box office:
$151 million USD

Famous quotes:
“...I am your father.”

24. The Godfather
(1972)

Director:
Francis Ford Coppola

Cast:
Al Pacino, Marlon Brando, James Caan

Box office:
$231 million USD

Famous quotes:
“...I am your father.”

25. The Godfather
(1972)

Director:
Francis Ford Coppola

Cast:
Al Pacino, Marlon Brando, James Caan

Box office:
$231 million USD

Famous quotes:
“...I am your father.”
ON TARGET, FOR THE OLYMPICS

An air of uncertainty hangs over the Tokyo Olympics. The future of the competing athletes is fraught with anxiety. Nonetheless, there is excitement in the sporting world as India Looks to rack up its medal count. We take a look at some of the athletes who have qualified for the landmark event...

NETHRA KUMANAN | SAILING

Nethra Kumanan, hailing from Chennai, is the first Indian female sailor to qualify for the Olympics, and is the only athlete from India to qualify for the event. Her achievements are nothing short of phenaomenal. Kumanan has been part of the Tokyo 2020 Olympics team since the Asian Sailing Qualification Tournament. In December, she won the Women’s Medal Round at the World Cup in Hyères, France, confirming her position. On her return to India, Kumanan was felicitated by the Tamil Nadu Government for winning the 2021 World Cup. She is currently set to represent India at the Tokyo Olympics, which is the first time an Indian female athlete is set to compete in the Olympics. Kumanan’s qualification is a significant milestone in Indian sailing and reflects the hard work and dedication of the athlete and her team. Kumanan is expected to make India proud at the Tokyo Olympics, where she will represent the country in the Laser Radial category. The 23-year-old sailor has been representing India in international competitions since 2013 and has won several medals at national and international level. Her performance at the Tokyo Olympics will be a defining moment in her career and will set a new benchmark for Indian sailing.

SHARATH KAMAL | TABLE TENNIS

Sharath Kamal is one of the most accomplished table tennis players in India. He began his career in 2006 and has since won numerous medals at national and international level. Kamal has been a consistent performer in the Olympics and has represented India in the men’s singles category. He is a three-time Olympic gold medalist and a two-time silver medalist. Kamal is known for his speed and accuracy in play and has been a shining example of how hard work and dedication can lead to success in sports. The Tokyo Olympics will be a significant opportunity for Kamal to showcase his skills and bring home more medals for India.

LOVINA BORGHORAN | BOXING

Lovina Borgorhan, a talented athlete from Uttar Pradesh, has qualified for the Tokyo Olympics in the women’s bantamweight category. Borgorhan has been a consistent performer in national and international competitions and has won several medals. She is known for her powerful punches and strong defense. Borgorhan’s qualification is a significant milestone in her career and will inspire her to work even harder to achieve more success at the Olympic level. The Tokyo Olympics will be a significant opportunity for Borgorhan to prove her mettle and bring home a medal for India.

PRANAVI NAYAK | GYMNASTICS

Pranavi Nayak, a young and talented gymnast from India, has qualified for the Tokyo Olympics in the women’s floor exercise category. Nayak has been representing India in national and international competitions and has won several medals. She is known for her agility and grace in performance. Nayak’s qualification is a significant milestone in her career and will inspire her to work even harder to achieve more success at the Olympic level. The Tokyo Olympics will be a significant opportunity for Nayak to prove her mettle and bring home a medal for India.

NEERAJ CHOPRA | JAVELIN THROW

The javelin throw legend, Neeraj Chopra, has qualified for the Tokyo Olympics in the men’s javelin throw category. Chopra has been a consistent performer in national and international competitions and has won several medals. He is known for his powerful throws and strong technique. Chopra’s qualification is a significant milestone in his career and will inspire him to work even harder to achieve more success at the Olympic level. The Tokyo Olympics will be a significant opportunity for Chopra to prove his mettle and bring home a medal for India.

BHAVANI DEVI | FENCING

Bhavani Devi, a talented fencer from India, has qualified for the Tokyo Olympics in the women’s foil category. Devi has been representing India in national and international competitions and has won several medals. She is known for her agility and grace in performance. Devi’s qualification is a significant milestone in her career and will inspire her to work even harder to achieve more success at the Olympic level. The Tokyo Olympics will be a significant opportunity for Devi to prove her mettle and bring home a medal for India.