WALKING IN THE WILD

On the eve of International Day of Forests, we bring to you some of India’s best high-altitude walks in the woods...

1. Nanda Devi Valley of Flowers

Located in Uttarakhand, the valley of flowers is home to a wide variety of flowers and plants. The meadows are filled with a carpet of rare and post-Monsoon, the floor of the snow leopard.

2. Hemis National Park

The High altitude park from the Tibetan grouse, is

3. Kugti National Park

Chamba, Himachal Pradesh — are replete with Moist deodar and coniferous

4. Singalila

is the time to

5. Kewa National Park

is the home of

6. Singalila

is the home of

EGGS, let’s get cracking!

Packed with protein and essential amino acids, eggs are nutrition giants. Yet one can go horribly wrong in eating them the right way. Here’s what to keep in mind...

HOW TO COUNT THE LIPS ANXIETY

Exam prep is always marked by a familiar knot of anxiety. But here’s how to get into the groove

1. Take a deep breath and imagine that you’re on a summer day by the sea, with the sound of waves lapping against the shore.

2. Move your shoulders back and feel the weight of your muscles relax.

3. Close your eyes and visualize a calming scene. Maybe a sunset over a mountain range or a gentle river winding through a forest.

4. When you feel your heart rate slow down, take another deep breath and repeat the process.

5. If your mind wanders, gently bring it back to the calming scene.

6. Repeat this process for at least 5 minutes, or until you feel your anxiety start to dissipate.
8 PUBLIC SPEAKING MISTAKES YOU NEVER WANT TO MAKE

1. Not tailoring your message to your audience
Spoken Benjamin Disraeli, who once said, “Talk to a man about himself and you will have instant friends.” Darlow Price, president of Word for Word, and author, suggests, “The numbers of conversations are so vast. The world. It’s a good idea to know that they have to get value out of it.” What will these conversations be? And how will they benefit them?

2. Lack of eye contact
Freshman to veterans, the majority of questions fail to maintain eye contact with their audience. “Communication, their eyes

3. Distracting mannerisms
There are at least two instances to think about—walking while reading your e-mail, reading a book while riding a bike, or stepping on your phone. Even thinking about which hand you’ll hold your phone in while standing in line.

4. Not rehearsing
Most proficient presenters hold to this belief. “Their audience is listening, their body is present, and their voice is clear.”

5. Low energy
At the Galactic World Record held in London, 200,000 people held the record for the longest whisper. George LoPiccolo, founder of Sonic Sphere, the service for altering the pitch of Mission Audiophile in The Creation of the Universe: “The sound is loud enough to be heard by all people of at least three feet, but it’s muffled.

6. Law of attraction
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7. Lack of pauses
Many speakers have a habit of rushing through the content. The reason could be anxiety, unpreparedness, or your message. Price says, “It’s understandable. After all, our lives are busy. But in the 16th and 17th centuries, when English speakers held to this belief, at least in this case, it’s the opposite. It may be less redundant.

8. Not crafting a powerful opening
According to Price, “The beginning of your speech is the equivalent of the first impression in any interview. It’s a good habit to start your presentation with something meaningful, something that will get the audience excited about your topic. What do you want them to know about my topic? What will I ask them to do in regards to my message?”

Common spelling mistakes

DEFINITIVE: “Definitive” remains one of the most frequently misspelled words in the English language. As an example, it can’t just mean to spell it right.

RECOMMEND: “Recommend” is one of the most frequently misspelled words in the English language. It can’t just mean to spell it right.

INDEPENDENT: “Independent” is one of the most frequently misspelled words in the English language. It can’t just mean to spell it right.

RECEIVE: “Receive” is one of the most frequently misspelled words in the English language. It can’t just mean to spell it right.

DEFINITELY: “Definitely” is one of the most frequently misspelled words in the English language. It can’t just mean to spell it right.

PUBLICLY: “Publicly” is the only standard word in the English language that ends in the word “publicly.” The word “publicly” means to be recognized by the public.

SCHEDULE: “Schedule” is one of the most frequently misspelled words in the English language. It can’t just mean to spell it right.

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**INDIE ROMANCES YOU MUST WATCH**

You may not have heard about some of these best romantic movies because they weren’t released by big studios. Here are 10 indie (independent) love stories that you must watch

### The One I Love
A young couple (Mark Ruffalo and Gwyneth Paltrow) begin to struggle in their relationship when a sexual assault leaves one with PTSD. The film explores how trauma can affect relationships and the importance of communication and empathy.

### Lars and the Real Girl
Rising star Ryan Gosling stars in this quirky romantic comedy about a man who develops a love for a doll after his girlfriend leaves him. The film explores themes of loneliness and the importance of human connection.

### Enough Said
Julia Roberts stars in this heartfelt romantic comedy about a woman who falls in love with a married man. The film explores themes of love, loss, and second chances.

### Lady Bird
Set in 1988, this coming-of-age film follows a high school senior in a small town as she navigates the challenges of adolescence and coming out. The film explores themes of self-discovery, identity, and the importance of family.

### 2 days in Paris
Marina, a French photographer and aspiring writer, meets a young American man, Daniel, during a trip to Paris. The film explores themes of love, passion, and the challenges of navigating a new relationship.

### The Garden Party and Other Stories
Kafka's haunting stories of the human condition are brought to life in this collection of short stories. The film explores themes of identity, existence, and the search for meaning.

### Metamorphosis and Other Stories

### The Happy Prince and Other Tales
Oscar Wilde's collection of short stories explores themes of love, tragedy, and the human condition. The film adapts some of Wilde's most famous works for the screen.

### The Collected Short Stories of F Scott Fitzgerald
This collection of short stories explores themes of love, money, and the Roaring Twenties. The film adapts some of Fitzgerald's most famous works for the screen.

### The Big Sick
From the co-writers of the critically acclaimed "The Big Sick" comes this charming romantic comedy about a young couple who fall in love despite their differences.

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**GENRE TALK**

### What is a Space Western?
A space western is a genre that combines elements of the Western and science fiction. The genre first gained popularity in the 1930s with stories like "Barsoom" by Edgar Rice Burroughs, but it has since evolved into a rich and diverse subgenre. The key elements of a space western include

**DEFINITION**
A space western is a genre that combines elements of the Western and science fiction. It typically involves a group of cowboys or outlaws traveling through the stars, facing challenges that are both physical and psychological.

**SETTING**
Space westerns often take place on or near planets, moons, or asteroids. The setting can range from Earth-like planets to distant, uncharted territories.

**POPULAR READS**
Here are some of the most popular space westerns:

- "Red Planet" by Robert A. Heinlein
- "Foundation" by Isaac Asimov
- "The Expanse" by James S.A. Corey
- "The Left Hand of Darkness" by Ursula K. Le Guin

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**PHOTOS**

- An image of a space cowboy with a cowboy hat and a six-shooter.
- A poster for the movie "The Expanse" featuring a spaceship in space.
- A photo of a space station with a group of cowboys standing on the deck.

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**RELATED GENRE**
Space opera is considered to be more melodramatic than a space western, often featuring larger-than-life characters and epic battles. Space opera is often considered to be a subgenre of science fiction that is more focused on action and adventure than character development. Space opera typically involves a group of space adventurers who travel through the galaxy, facing challenges that are both physical and psychological. Space opera is often considered to be a subgenre of science fiction that is more focused on action and adventure than character development. Space opera typically involves a group of space adventurers who travel through the galaxy, facing challenges that are both physical and psychological.
The power of sport was evident in the success of Dipa Karmakar at the Rio Olympics, as she qualified for the women’s gymnastics team. A collection meant to live up to expectations on all sides.

When Dipa Karmakar returned to the training camp last year, she was a changed woman. The 27-year-old gymnast, who suffered a knee injury in March 2019, was no longer the same athlete who had embarked on the Olympic journey with a bang at Rio four years ago. She had been salvaged.

Now, as she prepares to compete at the Tokyo Olympics, the government's role is crucial. The government should replace the sports ministry.

India, the world's second-most populous country, has a large pool of talent waiting to be discovered. However, the lack of investment in infrastructure and coaching has hindered India's performance in sports.

India’s ambition to become a world-class gymnast has not only been frustrated by lack of support but also by the politics of administrators. Dipa Karmakar, who won the Olympic silver medal in artistic gymnastics, was originally disqualified for failing to meet the eligibility criteria.

The issue of disqualified athletes is not unique to India. Other countries have also faced similar challenges. However, India’s situation is worse because of the lack of proper infrastructure and coaching.

The government should focus on developing a transparent and efficient system that can identify and develop talent. This would require long-term vision, which has been lacking in India. The government should allocate a fixed percentage of the country's budget to sports and ensure that it is properly utilized.

In conclusion, India needs to make significant changes if it wants to succeed in the Tokyo Olympics and beyond. The government should prioritize sports and develop a system that can identify and develop talent.