

26 May 2024

HITS & MISSES

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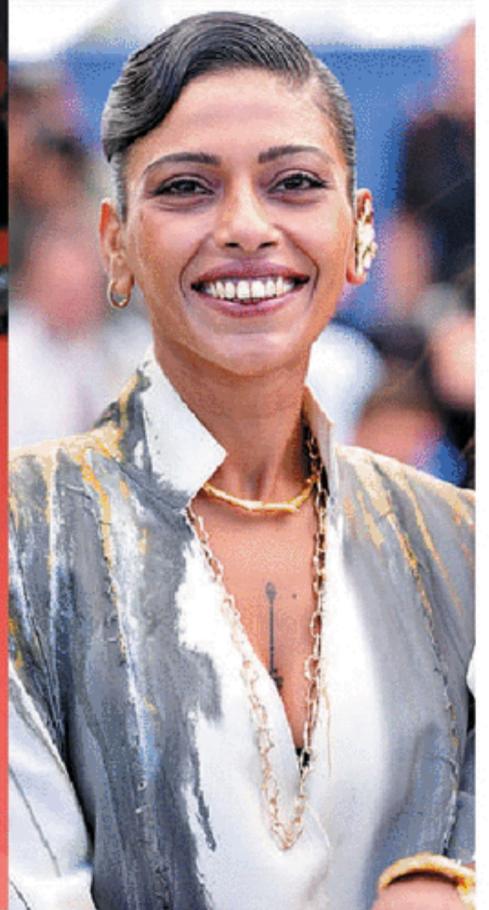
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AT THE PULSE OF HAPPY HOMES IS DHOOT NUCLEUS!



Dhoot Nucleus, Kolkata's one-and-only 'Centre of Conveniences' realty project hosted an exciting musical evening for its customers who will call the apartments home! The event was held at The Spring Club on the 19th of May, exactly 6 months after the launch of the project!

A live musical performance and dinner was hosted to celebrate the success of Dhoot Nucleus, New Town as well as to induce camaraderie within the home owners.

Welcoming guests

The event commenced with a welcome note by Mr Piyush Dhoot, CEO, Dhoot Group, who acknowledged the presence of the Dhoot Nucleus family and thanked them for making the project a success. It is worth mentioning that it has only been 6 months since the launch of Dhoot Nucleus and 50% of the project is already sold out! No wonder the Musical Evening hosted over 800 happy guests! Mr Pawan Agarwal, Director, NK Realtors also spoke extensively about the ethos of the project. NK Realtors are the marketing agent for Dhoot Nucleus.

Dhoot Ambassadors

An exciting referral program was unveiled at the event – Dhoot Ambassadors – to felicitate referrals to the property. The program applies to all projects of Dhoot Group nationwide. Five apartment owners were felicitated with monetary tokens of appreciation for giving references and adding members to the Dhoot Nucleus family. They include Sachin Kumar Tayal, Biswadeep Sarkar, Sandip Ganguly, Dipankar Singh and Paromita Boral.

Musical evening

A soulful musical evening saw culmination of the event before dinner, where the famed fusion group Swarag mesmerized the audience with an amazing medley of songs. The crowd filled with music lovers was on their feet multiple times with adulation and applause.

"We are very grateful that our customers have Nucleus as their home. We have always promised quality and all our efforts are focused on delivering their dream home. With 50% of the project already sold, it shows that our customers have placed their faith in us and we will ensure that we exceed their expectations."

Mr Piyush Dhoot,
CEO, Dhoot Group

"I am very elated to see such a huge crowd of delighted customers for this amazing success party of Dhoot Nucleus. For us, the most important aspect is the credibility of the developer. We are confident about Dhoot Group's ability to deliver on time, their financial stability, and the excellent location and value of the project."

Mr Pawan Agarwal,
Director, NK Realtors

About Dhoot Nucleus

Dhoot Nucleus is your 5-tower 'Centre of Conveniences', spread over 4 acres of sprawling land, and located in the heart of Kolkata at New Town. Named after it being at the pulse of all amenities and locations, including connectivity hubs and social and business institutions, Nucleus provides cosy homes with all the facilities to ensure that your earnest desires for a lovely home will meet their happy destiny.



TURN TO... →

4 TECH



Is the new Apple Pencil Pro worth your money? We take it to hand to find out

8 WANDERER

Retracing Rabindranath Tagore's footsteps in China a century ago, and then some

18 FITNESS

Ranadeep Moitra delineates how those with limited physical activity need to get into a regimen



Cover pictures: Getty Images and Reuters

Puzzles 20 Comics 21

Zodiac this WEEK Nita Chhotalal



<p>ARIES</p> <p>Personal: It's a great time for new friendships and to socialise.  Professional: You will get recognition for your hard work and feel creatively inspired and fulfilled. Love: You and your partner need to let go of past wrongs and open your hearts, bringing joy, harmony and contentment.</p>	<p>TAURUS</p> <p>Personal: It's time to include a daily health routine in your life.  Professional: Financially, this is good time to get involved in low risk, conventional investment opportunities. Love: If you are single, a new relationship built on commitment, love and security is on the horizon which.</p>	<p>GEMINI</p> <p>Personal: It is the time to be positive and happy. Those around will also get the benefits of the good energy you are radiating.  Professional: You have a chance to focus on family life and enjoy the fruits of your hard work. Love: If single, you will be starting a long-term relationship that'll bring security and stability.</p>	<p>CANCER</p> <p>Personal: This is the time for self-belief, spreading your wings and experiencing life to the fullest.  Professional: At work, you need to shake things up and expand your horizons in your career. Love: You and your partner need to take a vacation and spend quality time together.</p>	<p>LEO</p> <p>Personal: Make the most of this time by focusing your intention on what you truly want.  Professional: The universe is conspiring to help you make your dreams come true. So, go for what you've been hoping for. Love: You and your partner need to sort out the differences and go with the flow.</p>	<p>VIRGO</p> <p>Personal: You need to achieve the clarity that lets you calmly evaluate your choices to make positive decisions.  Professional: If you've been letting projects slide, now is the time to pick up the slack before you lose an opportunity. Love: Your partner and you must talk over how you are feeling without blaming each other.</p>
<p>LIBRA</p> <p>Personal: Decide what you want and go for it. Jump in and grab your opportunities.  Professional: You need to put in the groundwork to achieve success, set goals and decide what you want and go for it. Love: You and your partner need to rekindle the spark in your relationship.</p>	<p>SCORPIO</p> <p>Personal: Do not allow yourself to be manipulated. Go with your gut feeling when you are in doubt.  Professional: You need to put in strategies or schemes in place to advance your career or business. Love: You and your partner need to communicate clearly and be honest.</p>	<p>SAGITTARIUS</p> <p>Personal: Don't dwell too much on the negatives in your life that could be hurting your health. Try to be positive.  Professional: At work, make prudent financial plans and be smart with your money. Love: If you are single, you need to come out of the bad past and give yourself another chance.</p>	<p>CAPRICORN</p> <p>Personal: You will find peace and happiness. Enjoy it and remember to share your blessings with those around you.  Professional: Make financial provisions (pensions, wills, trust funds) for the future. Love: You and your partner can resolve issues if you can get to the root or if are willing to compromise.</p>	<p>AQUARIUS</p> <p>Personal: You may have a lot of social events coming up that could get you to overindulge or party excessively.  Professional: There could be a promotion or job offer coming your way. Love: You and your partner can look forward to happy times or events to celebrate in your relationship.</p>	<p>PISCES</p> <p>Personal: Get control of bad habits, moderate excesses, or start a new health plan.  Professional: You will need to come up with new ideas, explain them to your colleagues, or take charge of a new venture with vision. Love: You will be able to take a correct decision with your partner to resolve present issues.</p>

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← The Apple Pencil Pro will delight professional artists and casual note-takers alike. Pictures: The Telegraph

more features get revealed under the tool you have chosen. The squeeze gesture can be customised from Settings, like “switch between current tool and eraser”, “switch between current tool and last used”, “show colour palette”, “show ink attributes”, “shortcut”, “show tool palette” or simply switch it off. The number of features available is almost endless.

The Pencil Pro has a radial undo and redo feature that appears as a circular menu on the screen when you hold down the pencil on either button. You can slide the pencil backward on the wheel to undo multiple things at once.

The squeeze gesture is different

turning the Pencil. It's something you would usually do with a real pencil or pen. There is an incredible level of control and your brushes become even more versatile. You can create more marks with a single brush turn. Think of the time saved when drawing spinning spokes of a bicycle wheel. Or consider how the Apple Pencil Pro can help while scrubbing through a video editing timeline.

We are not done with the features available with the new Pencil. Now there is 'Find My'. If you lose the Pencil Pro or misplace it (like on a plane or in the house), you can find it using the Find My app. But I miss the 'Left Behind' feature. For example, when you walk away quite some distance from the iPad, there will be a notification on your iPhone that you are leaving a device behind.

At the moment, third-party apps are mostly in beta and we will soon get to see many apps use the potential of the Pencil Pro to the fullest.

When you combine the power of the iPad Air M2 or the iPad Pro M4 with the Pencil Pro, magic is created. The M2 and M4 processors are blazing fast, helping you to put together the many layers needed while painting in the Procreate app.

Artists haven't been so excited about a hardware update since the original Apple Pencil came out in

Apple has refreshed its iPad lineup by introducing the iPad Pro with the blazing-fast M4 chip and iPad Air with the M2 chip, making the device line go far beyond only watching videos, sending emails or browsing the Internet. I will even say that the iPad can now be treated as a modular computer — add a Magic Keyboard and the new Apple Pencil Pro to get more out of the machine. Yes, there is a new Apple Pencil after several years (if you discount the USB-C version that came out last year).

The newest stylus from Apple supports the newest tablets from the company, namely the iPad Air M2 and iPad Pro M4. What hasn't changed is how effortlessly it pairs with the iPad — simply place the pencil on the landscape side of the tablet on the designated spot. The first time you do this, there will be a pop-up showing a picture of the Pencil Pro and a walkthrough of some of the features. Each subsequent time you place the Pencil, a smaller notification will pop up informing you about the current battery life of the device.

SQUEEZE TO MAKE THE IMAGINATION FLOW

The way you use the Apple Pencil (Pro in this case) remains unchanged — just point with the tip of the Pencil and tap to select. Before the pointer comes in contact with the screen, you will notice a hover effect. This is the preview of where you will tap. Apple has taken the experience further by showing you a shadow of the pencil/pen/marker (modes) you are holding. For example, if you have chosen the fountain pen option, when you bring the Apple Pencil very close to the display, there will be a slight shadow effect showing the tool you are using. It makes the entire experience intuitive.

Like before, you can tap the Pencil against the display and wake up the device or take a screenshot and mark out bits. A swipe up from the righthand corner initiates quick note. This is where things get more interesting. Apple added precision

TECH PROMISE OF A PENCIL

The new Apple Pencil Pro ensures you write and draw stories with a point



↑ Apple Pencil Pro is one of the key differentiators that brings people to Apple's iPad tablet line-up

The Apple Pencil Pro's Barrel Roll gyroscope feature can adjust the size and orientation of brushes in iPad software ↗



haptic feedback at the end of the stylus, giving you a physical sensation when something happens on the screen. For example, when you snap an image to the centre, you will feel it.

Another cool feature? The squeeze gesture. Applying gentle pressure will reveal a new on-screen palette tool, confirmed by some haptics. Push the menu towards the left with the Pencil and

from the double-tap gesture with which you can switch your writing instruments; all you have to do is tap the side of the Pencil twice in quick succession. Double tap too has plenty of customisation.

Tilt support is equally helpful. As you move the stylus up and down, it will change the angle of the writing instrument, for example, writing with the tip of the Pencil or shading with a “side of the nib”.

The feature that excites me the most is barrel roll. You can rotate the orientation of the nib while

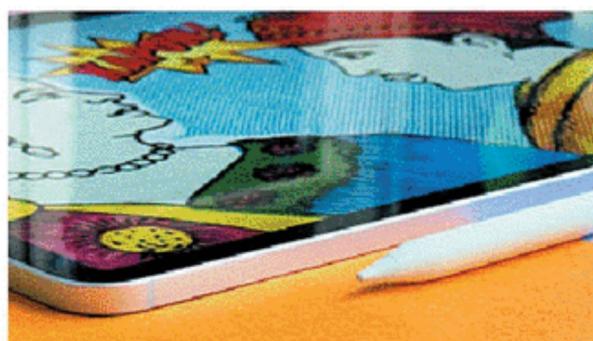
2015. Given the number of features on the new Pencil Pro, I think plenty of artists will upgrade their devices. And that's another reason why the new iPad Air will be a success.

SHOULD YOU BUY IT?

You cannot pair the Pencil Pro with a previous-generation iPad and you cannot pair the Pencil 2 with the new iPad Air or iPad Pro. But you can work with the USB-C Apple Pencil.

I don't have a degree in drawing and painting but I have been using the device for years to scribble and come up with pop art. The Apple Pencil has changed the way I look at art as well as scrubbing through the timeline while editing videos.

Apple is constantly working with third-party app developers to improve user experience. Take the case of Procreate, one of the finest drawing apps money can fetch you. Or use Astropad Studio and Procreate Dreams. And there is always Apple's Freeform, the perfect app for storyboarding and presentations. The magic wand for artists indeed packs in more sparkle and dazzle.



The Apple Pencil Pro has support for Apple's Find My network

AT A GLANCE

- * Device: Apple Pencil Pro
- * Price: ₹11,900

HIGH NOTES

- * Excellent set of advanced features, like hover functionality, squeeze sensing, and barrel roll control, enhancing precision and

interaction

- * Better ergonomics: A matte finish and flat side design improve grip and usability
- * Find My network support
- * Good pricing

MUFFLED NOTE

- * No 'left behind' feature



The different generations of Apple Pencil



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WANDERER



The picturesque campus of Peking University

RETRACING TAGORE'S STEPS

t2oS was part of a delegation to China to mark the centenary of Rabindranath Tagore's visit to the country

*A hundred years from today,
Who are you sitting reading a poem
of mine,
Under curiosity's sway,
A hundred years from today...*
(Chitra, 1896)

Rabindranath Tagore had directed these lines in Bengali to an imagined figure from the future reading his poem 100 years on. One wonders if he had imagined such readers could be in China where he had voyaged exactly 100 years ago.

Several universities in China marked the centenary of Tagore's visit this April, and the consulate general of China flew a delegation of artistes and academics over from

Calcutta to attend the programmes. "The centre of China's life is in Beijing; the work of the Indian delegation should start from Beijing," Sun Yat-sen, the Republic of China's first provisional president, had written to Tagore, when he embarked on the 49-day trip accompanied by Kshitimohan Sen, Nandalal Bose, Leonard Elmhirst, Kalidas Nag, Gretchen Green and Prince Ghanshyam Singh of Limbdi, Gujarat, on an invitation from the Lecture Association of Beijing.

Though Tagore had landed at the Shanghai dock, it is in Beijing where the week-long engagement started for the team from Calcutta that was referred to officially as the



Rabindranath Tagore on a visit to China in 1924.



Bust of Rabindranath Tagore presented to Peking University by President K.R. Narayanan

"Following Tagore Footstep" delegation in a tweet put out by the Chinese embassy in India on its X account. The delegation comprised former vice-chancellor Sabyasachi Basu Ray Chaudhuri of Rabindra Bharati University (RBU); Avijit Banerjee, head of Cheena Bhavana, Visva-Bharati; Baisakhi Mitra, head of the department of museology and Rabindra Bharati Museum, RBU; Manoj Murali Nair, singer, and Souraja Tagore, dancer and a member of the Pathuriaghata wing of the Tagore family who teaches English at The Bhawanipur

Tagore's visit is significant in the history of the cultural exchange between India and China. Just as Huen Tsang had visited India about 1,300 years ago to imbibe the teachings of Buddhism, Tagore came 100 years ago with a strong sense of the commonality of the two civilisations and shared values

Education Society College; other than consul Zhang Zhizhong of the consulate general of China in Calcutta and t2.

PASSAGE THROUGH PEKING

The first programme of the tour, hosted by the cross-disciplinary thinktank Chinese Academy of Social Sciences (CASS), took place in century-old premises lit up by blooming lilacs which stood sentry to two-storied serene structures of exposed brickwork with brick-red railings.

"Tagore's visit is significant in the history of the cultural exchange between India and China. Just as Huen Tsang had visited India about 1,300 years ago to imbibe the teachings of Buddhism, Tagore came 100 years ago with a strong sense of the commonality of the two civilisations and shared values. We want to bypass differences and build common ground. This seminar is aimed to build bridges between the two countries. We want more people-to-people exchanges," said Li Xiangyang, the director-general of the National Institute of International Strategy of CASS.

CASS secretary general Zhao Zhimin also stressed on collaborations with academics from India. "Some scholars have pointed out that India's view of China is guided by narratives written by the West. Our contacts are more with the West rather than with each other, leading to a bias."

His view was endorsed by Prof. Basu Ray Chaudhuri. "Our territories may have been decolonised but in order to have a harmonious relationship, we need to decolonise our minds and have direct conversations," he said.

CASS vice-president Jiang Jingkui said that modern Chinese studies started with translations of

Tagore, pointing out that the first translator of Tagore was Chen Duxiu, the first general secretary of the Chinese Communist Party.

Though many Chinese intellectuals and youths, especially those sympathetic to left-wing politics, had criticised Tagore's 'spiritualism' and 'Orientalism', which they interpreted as opposition to science and modernity, and protest leaflets were distributed during several of his lectures on the tour, it was a Communist leader who had translated four poems of *Gitanjali* from English into Chinese in 1915, six years before the party was founded in 1921.

"While traditional Indian studies in China are focused on Buddhism, there is a big market now on modern South Asian studies. Half of that is on Tagore," said Jingkui, who teaches at the department of foreign language and literature at Tsinghua University, which was one of the two universities Tagore had visited in Beijing. "We are marking the centenary by holding an international conference and an exhibition on Tagore's visit as well as dedicating a bookshelf in our library to Tagore's works," he added.

Tagore's presence in Chinese academia is not restricted to universities. In attendance were two Class X students from the Tagore class of Beijing 101 Middle School. Speaking to t2 on the sidelines of the meet, Sireng Meng and Jingyuan Zong said that their classes were named after international figures, some of the others being anthropologist Jane Goodall, founder of Boy Scouts of America, William D. Boyce and curiously, George Orwell, author of the anti-totalitarian *Animal Farm* and *Nineteen Eighty-Four*. "We share quotes and trivia about the icon our class is named after in our respective class social media groups," said Sireng, who calls herself Isabel.

It is common in China for young people to take a Western nickname. Jingyuan introduced himself as Andy.

The next day, we reached Peking University well before the seminar and were received at the Foreign Language building. In the foyer, there was a bust of Tagore, gifted by President K.R. Narayanan. The statue would find mention in the opening remarks of Prof Ming Chen, head of the department of South Asian Studies, at the seminar as well.

The campus is in the lap of an imperial garden dating back to the Qing Dynasty. It was in full bloom with lilacs and peach blossoms — just as it must have been when Tagore had visited. Black swans and ducks waddled on the bank as we walked towards the most famous landmark on campus, Weiming hu, which translates to "a lake without a name". "In winter, the lake freezes over and the ice is thick enough to skate on," said a student accompanying us as pictures were taken by the lake with the Boya Pagoda as backdrop.

We stopped by a statue of Cai Yuanpei, a former president of the university who had invited Tagore to visit China in 1924.

At the seminar, a heart-warming moment was Xing Zhang, associate professor and head of South Asian culture and Bengali sections of the department of South Asian Studies at Peking University, starting her speech in Bengali. "Twenty years ago, Bengali was added to the Indian Studies programme (Hindi, Sanskrit and Pali) at our institute, and I was fortunate to be the one who started teaching the subject here in 2004. In 2022, a separate Bengali section was established at the department of South Asian Studies. We are the only university in China to teach Bengali to graduates," she informed.

South Asian Studies was one of the most important parts of the department of Oriental Studies which was founded in 1946 by the renowned Sanskrit teacher Ji Xianlin (1911-2009). The polyglot, who had translated *The Ramayana* from Sanskrit into Chinese, was awarded the Padma Bhushan in 2008, becoming the first Chinese national to get the award. "After 'Oriental' became a problematic word, some departments were reorganised and renamed," she later told t2.

"I offer different levels of Bengali courses. Depending on the



The Following Tagore Footstep delegation in front of a Tagore statue on a Shanghai street. The delegation comprised (from left) Baisakhi Mitra, head of the department of museology and Rabindra Bharati Museum, RBU; Manoj Murali Nair, singer; Souraja Tagore, dancer and a member of the Pathuriaghata wing of the Tagore family; Sabyasachi Basu Ray Chaudhuri, former vice-chancellor of Rabindra Bharati University; Avijit Banerjee, head of Cheena Bhavana, Visva-Bharati; and consul Zhang Zhizhong of the consulate general of China in Calcutta.

level, I choose excerpts or full texts of classics written by Tagore in different literary genres for the students to read so that they have access to the original Bengali texts. We also compare translations in different languages. For example, one poem that we often deal with is Tagore's first masterpiece, *Sonar Tori*, for which we compare the original Bengali poem with translations in Chinese, English,

German, and Hindi," said the teacher, who "got interested in Bengali because of Tagore".

At the seminar, her students recited Sukumar Roy's onomatopoeic *Shobdokolpodrum* and one strummed the guitar singing *Jodi tor daak shune keu*.

It was then time for the Indian performers to take the stage.

➔ CONTD ON P10

TT Connect Initiative

Ask Doctor Harsh ...again



Dr. Harsh V. Agrawal
MBBS, MD (Chicago USA)

Hello Doctor, Myself, Mr Khurana suffering from Diabetes. I am a lot on the heavy side because of a hereditary problem as everyone in my family is very healthy. My weight is 108 kgs. Is there any medicine by which I can lose weight. My Diabetes has never been under control so I don't bother about that. Please give some medicine which can help me with weight loss - **Khurana**

Hello Mr Khurana, Sorry to hear about all your hereditary and other health problems. It is high time you started bothering about your Diabetes though.

The Diabetes and weight problem are related to each other. It is very convenient to dismiss your problems as being hereditary. Once can always lose

weight through a controlled diet and exercise regime familial or not.

But for your benefit there are a newer group of Diabetic medicines which can help you lose weight and lower your sugars too. They are although a tad expensive. Then there is the good old medicine metformin too. If finances are not a problem then you can try the newer group of medicines or you can try taking old friend metformin along with a very strict lifestyles changes concerning diet and exercise. Double blessing for you.

Hello Doctor, I take a medicine called Ecosprin which the Doctor prescribed for my heart. Should I take the medicine before or after food? - **Laharuka**

Hello Mr Laharuka, Ecosprin is best taken just after food (any meal of the day) to avoid stomach discomfort.

This article is to spread public awareness about common diseases

If you have any questions please email at drharshvardhan19@gmail.com or WhatsApp/call at 96746 44443
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স্টাইলোমিটার:

বলি তারকাদের নতুন ফ্যাব্রিকের ফ্যাশন

ভারতীয় সিনেমার ইতিহাসে এমন নজির কি আর আছে? জুটিতে ৫০টি ছবি করাই শুধু নয়, এত-এত হিট-সুপারডুপারহিটের বন্যা? প্রসেনজিৎ চট্টোপাধ্যায় এবং ঋতুপর্ণা সেনগুপ্তের রসায়ন নিয়ে আলোচনার অন্ত নেই। তাঁরা কি প্রেম করতেন? ১৪ বছর মুখ দেখাদেখি বন্ধই বা ছিল কেন? যাবতীয় প্রশ্নের চমকে দেওয়া উত্তর দিলেন আনন্দলোককে



আনন্দলোক

২৭ মে ২০২৪

➔ FROM P9

Souraja gave a short and lucid talk on Rabindranritya, which she demonstrated with Nair singing *Aji dakhin duwar khola* and *Akash bhora surja tara* in his mellifluous voice.

The commemoration harked back to May 8, 1924 in the same city when young Chinese actors of the Crescent Moon Society had performed Tagore's play *Chitra* in English in his presence to celebrate his 63rd birthday. Many of Tagore's works such as *The Crescent Moon* and *Chitra* were available in Chinese by then. The works had inspired poet Xu Zhimo and his friends to organise the Crescent



The neighbourhood in Shanghai, China, where the poet Xu Zhimo lived. Tagore had stayed here during his visit to the city.



← A statue of Tagore in the garden of Shenzhen University.

A cultural festival at Shenzhen University commemorated Tagore's visit to China. ↓

Moon Society in Peking (Beijing).

On the day, Tagore had received the gift of a name, Chu Chen-dan (meaning India China), from Indologist Liang Qichao at a public reception, an act which Qichao hoped would revive the "old love between the Indians and the Chinese". Tagore would recall the celebration years later, ahead of his 80th birthday, in a poem: "...Once I went to the land of China, Those whom I had not met Put the mark of friendship on my forehead... A Chinese name I took, dressed in Chinese clothes..."

SHANGHAI SAGA

A park opposite the Shanghai International Shipping Service Centre on the bank of the Huang Pu river has a plaque describing the spot as the Huishan Wharf. It bears a logo — an outline of a door with the hammer and sickle atop. An inscription in Chinese, put up by the history research office of the Shanghai Municipal Committee of the Communist Party of China, Shanghai Municipal Cultural Relics Bureau, says this is the spot from where young students boarded the ship to work and study in the West. Many of them accepted Marxism while studying abroad. It is presumed that this is where Chinese intellectuals had gathered to receive Tagore when his ship had docked on April 12, 1924.

Even today, it is a busy waterway with boats of various shapes and sizes sailing by.

Equally busy is the crossing of Maoming Road and Nanchang Road, which was our next stop. A bust of Tagore stands here. Huang Yangbing, an official from the



Shanghai People's Association for Friendship with Foreign Countries (SPAFFC) who took us, had thoughtfully arranged for a bouquet with flowers mentioned in Tagore's works for the delegation to offer at the spot. The statue, she mentioned, had been installed as part of Tagore's 150th birth anniversary celebrations. A large number of local Indians and Chinese as well as visiting students and teachers from Tagore International School (TIS), Delhi, had attended the occasion. The Indian students were visiting Shanghai for a joint cultural performance with students of Jinyuan Senior High School.

The school was also on our itinerary for the day. "In August 2007, 16 Indian teachers and students had visited us for the first time, facilitated by SPAFFC, and we had signed an MoU for friendly exchanges. Since then, there have been 10 reciprocal visits involving a total of 126 teachers and students. Our President Xi's wife had visited the school in Delhi and seen Tai Chi and yoga classes. We are committed to joint exploration of each other's

traditional culture and broaden the horizons of friendship," said Lu Ming, the English-speaking vice-principal of Jinyuan Senior High School.

Speaking on behalf of the

delegation in fluent Chinese, Banerjee, the Cheena-Bhavana director, said: "Exchange between younger generations is the need of the hour. When students visit each other they help remove misconceptions about their countries. Tagore's aim too was to forge cultural and educational ties. His influence is perceived on Chinese writers of the time, like the female poet Bin Xin who also translated Tagore. Xu Zhimo spent seven years at our university. Tagore started a tea circle in his name. He remains relevant in Indo-China relations."

The delegation witnessed an online class in which students seated in Delhi were watching and learning from art teacher Jiang Hao, with a camera focused on his deft brushstrokes.

At the Indian dance speciality class, Souraja taught Grade XI students the steps of *Phule phule dhole dhole* with an interpreter helping her explain the lyrics to them. Nair sang the song and later played it on the piano. "We recorded the tune. We might include the dance at a school programme," the vice-principal said, while taking the delegation on a school tour.

Curiosity made t2 pause on spotting square markers with an inner binary matrix in the school courtyard. "Those are Aruco markers, used for training students to operate drone cameras," the vice-principal said. A brush with cutting-edge technology for school students!

We headed for Tongji University in the afternoon. The International School had put up an exhibition showcasing earlier seminars and the seminal work by dean of the International School Sun Yixue, who has written five books on Tagore and edited a collection of essays. "Every educated Chinese knows Tagore. We remember him not just because of his poems but also his ideas," he told t2.

The Tagore trail in Shanghai ended with a visit to Simingcun — an unremarkable block of 19th century 'shikumen' houses, a type of tenement unique to Shanghai with a stone gate at the entrance. It is here that Tagore had put up during two of his three visits to China — at the home of Xu Zhimo and his wife Lu Xiaoman. The young poet, Tagore's interpreter on the trip, called Tagore his "Rubidadda" while Tagore had

named him "Susima".

No. 923 *shikumen* has been razed to make way for Yan'an Elevated Road that connects the west and east of Shanghai. We walked by houses that survived the bulldozer, typified by their red-brick outer walls. A plaque near the entrance lists, in both English and Chinese, the literary and historical figures who once lived in this now-decrepit colony. Among them is Tagore's name.

FAST FORWARD SHENZHEN

Tagore did not visit Shenzhen, the third city on the Tagore Footsteps tour. Other than being the last stop on the Chinese side on the Kowloon-Canton Railway that was opened to the public in 1911, the town had little to commend itself. Its spectacular rise to being the third most populous city of China was triggered by its designation as the first Special Economic Zone of China in 1980. Today, what was a fishing village 44 years ago rivals Chicago in its number of skyscrapers.

Shenzhen University was hosting a two-day commemoration of Tagore's visit. The first evening featured artistes from both countries in a China-India Classical Music Concert. Sarod, harmonium and tabla recitals alternated with performances with *guqin*, a Chinese string instrument.

The next day, a symposium featured Prof Don Youchen, the editor-in-chief of the complete works of Tagore, among other noted academics. The venerable octogenarian spoke passionately about Tagore's humanitarian world-view, high morals and sense of justice, which led him to support China in the face of Japanese aggression and renounce knighthood after the Jalianwala Bagh firing.

The audience was enthused to witness Baisakhi Mitra's audio-visual presentation on the Tagore Museum at Jorasanko, focused on its China gallery. Many clicked pictures of the screen as she took viewers on a tour of the living quarters of the Bard and his personal effects.

Afterwards, the delegation was taken to the Tan Yun-Shan Sino-Indian Friendship Museum, named after the founder of Cheena Bhavana, and then to a statue of Tagore in the university garden. "It was gifted to us by the Indian Council of Cultural Relations, which had also sent the statues you saw in Beijing and Shanghai. While the President of India had inaugurated those, we are still awaiting an Indian dignitary to do the honours here. Twice the Indian ambassador was scheduled to come but his flight could not land due to bad weather," lamented Prof Yu Longyu, the 78-year-old director of the Centre for Indian Studies at Shenzhen University. "Perhaps Tagore wants the President or the Prime Minister of India to visit us," he added with a twinkle in his eyes.



Prof Don Youchen, the editor-in-chief of the Chinese translation of *The Complete Works of Tagore*.

— **Sudeshna Banerjee**
Pictures by the author

ADVT



“ We at Kolkatanama, believe in preserving the essence of pure art with a focus on affordability and sustainability, ensuring that our cultural heritage remains relevant and accessible to all. ”

- Designer
Mr. Santanu Guha Thakurata



An evening of elegance and innovation as we proudly present the culmination of tradition and modernity.

About Kolkatanama : Embrace the fusion of heritage and contemporary flair with Kolkatanama, a brand that redefines traditional weaves and indigenous art forms. Under the visionary guidance of designer Mr. Santanu Guha Thakurata and Mr. Upendra Bin, Kolkatanama breathes new life into age-old craftsmanship, infusing it with a fresh perspective that resonates with modern sensibilities.

Our Vision : At Kolkatanama, we believe in preserving the essence of pure art while adapting to the needs of today's discerning consumers. With a focus on affordability and sustainability, each creation seamlessly blends traditional techniques with contemporary styles, ensuring that our cultural heritage remains relevant and accessible to all.

Inspiration : Drawing inspiration from indigenous art forms, Kolkatanama transcends boundaries, weaving together the intricate beauty of Batik

and Kantha work with a neo-cosmopolitan aesthetic.

Other than sarees, traditionally themed items like coasters, cushion covers and various other accessory items are also available at Kolkatanama.

Honourable guest leading philanthropist and life coach Dr. Sohini Sastri was present there for the lamp lighting ceremony to grace the occasion. An avid admirer of Kolkata Heritage and Art, Dr. Sohini Sastri was all praises of this unique effort, aptly titled Kolkatanama. Noted Television actor Ms. Sudipta Banerjee and Kolkata based models (Tamori Chowdhury, Susmita Roy, Anirban Khanra, Piyush Misra, Kasturi Ghosh Halder).. Together made it a glittery evening.

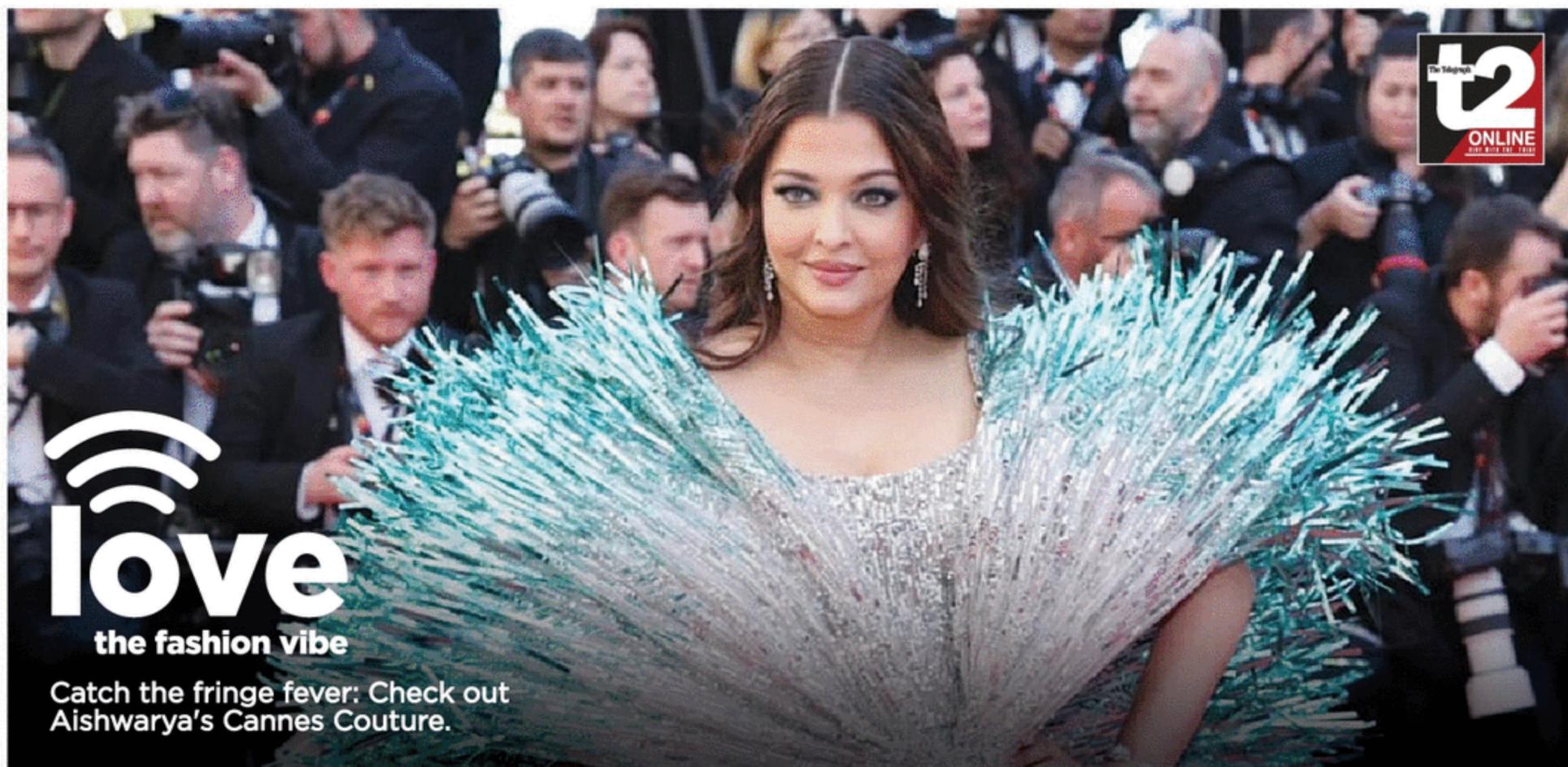
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“ Kolkatanama transcends boundaries, weaving together the intricate beauty of Batik and Kantha work. The innovative perspectives and challenges of keeping tradition alive in the ever evolving world of fashion fascinates me. ”

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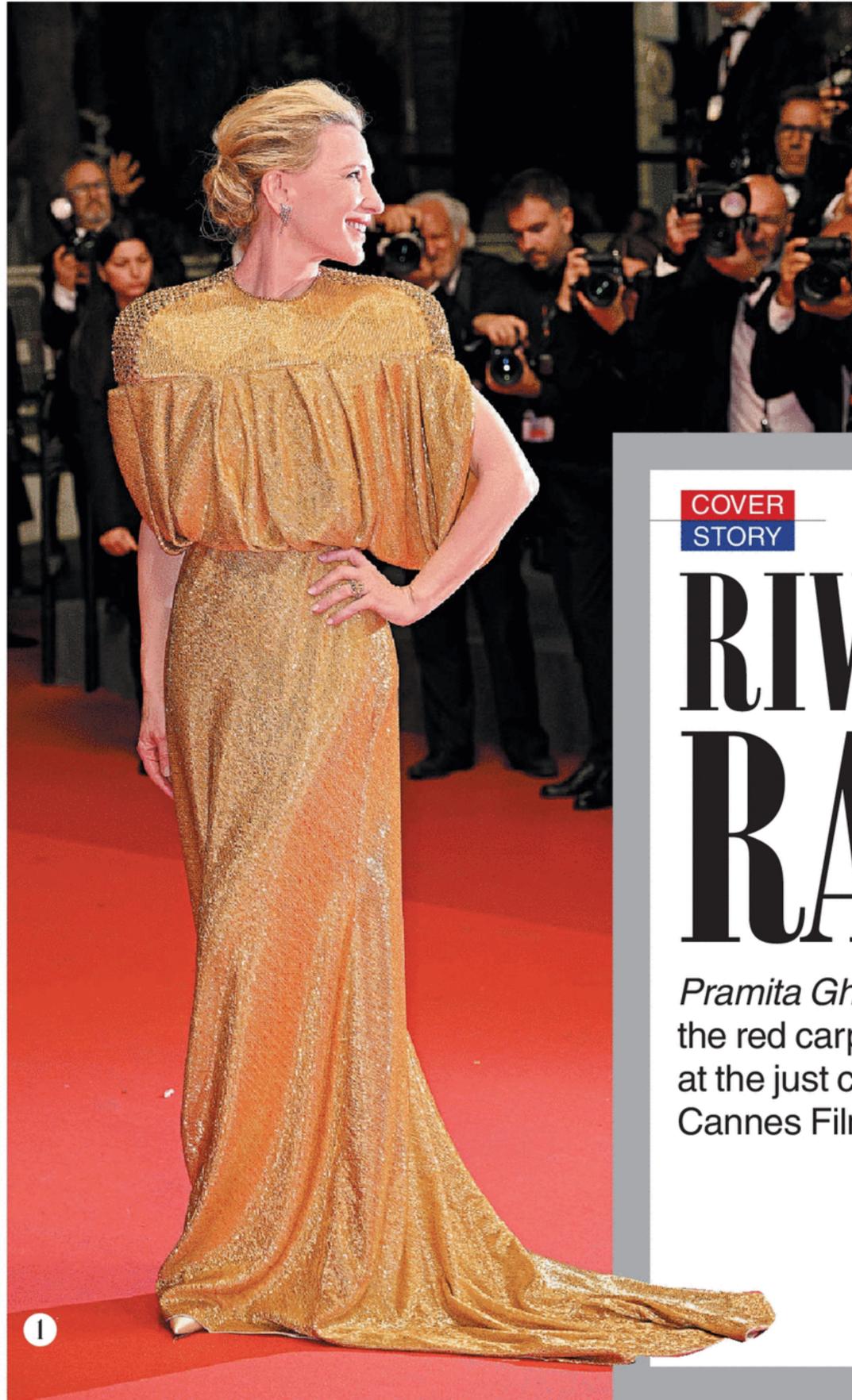


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COVER STORY

RIVIERA RAGE

Pramita Ghosh tunes in to the red carpet mood board at the just concluded Cannes Film Festival 2024

The 77th Cannes Film Festival that came to a close yesterday had the eyes of the world on it for the past 11 days. While films from across the globe found screens at the esteemed festival, the red carpet at the event was a hotbed of action too, with stars from the world over bringing their fashion

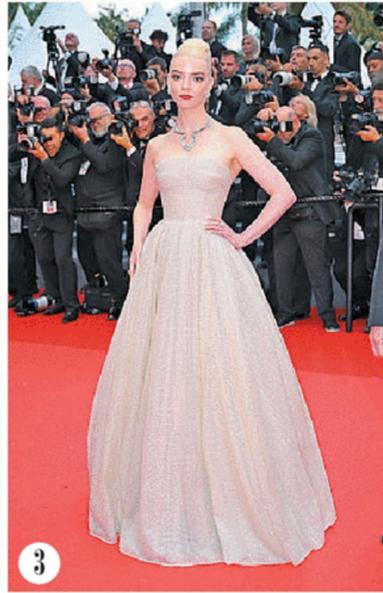
A-game. The Cannes Film Festival is as much a sartorial saga as it is a film fiesta. And this year too was no different.

A bevy of beauties dazzled at the event in top-notch looks and won our hearts, while some were downright disappointing and some plain awful. The Indian contingent was strong this year with Bollywood actors Kiara Advani and Aditi Rao Hydari bowling us over with their ethereal looks. On the other hand, Cannes veteran Aishwarya Rai Bachchan's looks ranged from disappointing to shocking. Topping the international list of beauties who made more than a statement this year were Bella Hadid, fashion's "it" girl Anya Taylor-Joy, Demi Moore, Selena Gomez, Hunter Schafer and Greta Gerwig.

While too dramatic and super-long trains, two usually common choices, weren't the go-to this year, the Cannes red carpet threw up some different trends. From classic and monochromes to high-shine sequins, head accessories, the new naked dress, polka dots, belted attires and more, we spotted quite a few common strains in the looks sported by the fashionistas. Here's looking at some of them...



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SHIMMERING STARS

1 KATE BLANCHETT has been dishing out one golden look after the other. For the premiere of *Furours*, the actor donned a custom Louis Vuitton cape gown for a late-night premiere and we feel the shimmering golden outfit with studded shoulder pads and cut-out sleeves was a smart choice as a night attire. Needless to say, Kate's charm radiated on the red carpet.

2 For the premiere of *The Shrouds* DIANE KRUGER stood out in an Atelier Versace floor-length crystal mesh gown. The outfit had a unique shade of blue that complemented her and the three-dimensional voluminous shoulder detail was an excellent twist to the outfit. With the touch of glitter and blue on her eyes, Diane dazzled and how!

3 ANYA TAYLOR-JOY has been hitting the right notes at Cannes. From street style to red-carpet ready, the *Furiosa: A Mad Max Saga* actor had our attention. For the premiere of the film, she stepped into a billowy Dior gown with an elegant bustier with lightly tinted crystal sequins brought the Hollywood old-world charm. Not to miss the exquisite diamond necklace and bold red lips, which accentuated her nude gown.

4 DEMI MOORE opted for an unusual shimmering teal Balenciaga strapless gown as she attended the Chopard Trophy at the 77th Cannes Film Festival at Carlton Beach. We loved the rare teal and sequin combination, which was paired with a diamond and blue stone Chopard necklace that sparkled so gracefully.

5 A non-actor who has been serving back-to-back smashing red-carpet looks is *Barbie* director GRETA GERWIG. For the opening ceremony Official Gala Dinner, Greta who was the president of the jury this year at Cannes Film Festival, walked in like a boss lady in a stunning custom Saint Laurent long dress with centre slit, exaggerated shoulders and plunging neckline. She pulled off the sharp look with Chopard jewellery, smoky red eyes and berry red lips.

6 There is something so subtle and humbling about EMMA STONE's personality and her sartorial choices. No matter how deep her neckline is or how sequinned her outfit is, all of it mellows in front of her happy demeanour. Arriving for *Kindness*, the Oscar-winning actor slipped into a sequinned Merlot-red gown that boasted of a neckline that touched her belly button. Emma's personality came through the gorgeous tattered dress and she let the outfit shine with simple earrings.



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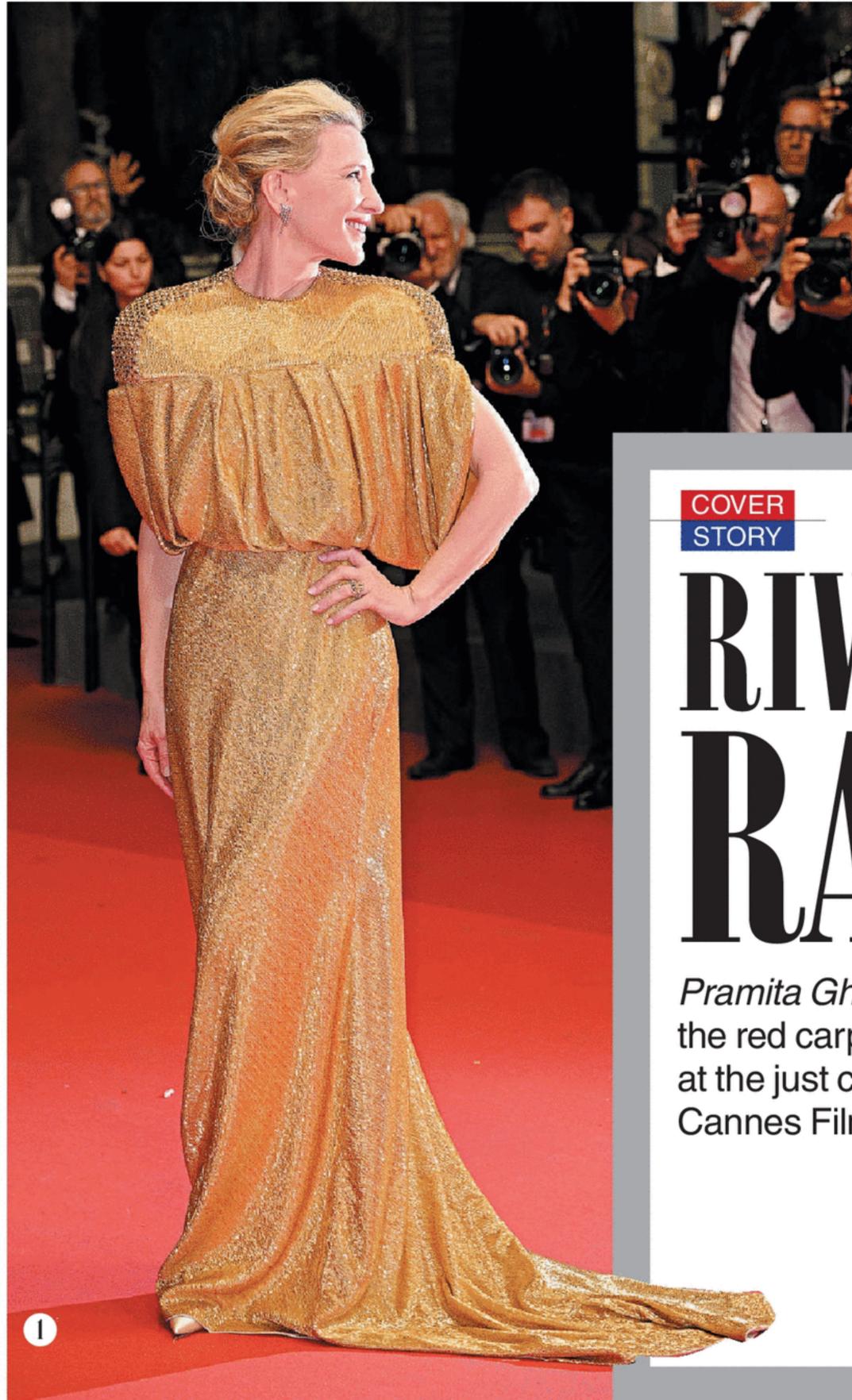
EDGY



Calcutta girl ANASUYA SENGUPTA made India proud by becoming the first Indian actor to win an acting award at the Cannes Film Festival. She won the Best Actress award for her role in Konstantin Bojanov's film *The Shameless*. The film sees her in the role of Renuka, a sex worker from Delhi.

Anasuya, who hails from Calcutta and did her schooling at The La Martiniere for Girls and went to Jadavpur University, also caught our eye with her edgy-cool sense of style. She made a statement in an outfit from the label Rishta by Arjun Saluja. We loved the easy and comfy "Deconstructed Trapeze Drip Coat-Dress" in white and grey that she paired with quirky cool accessories — beaten metal earcuffs, fingerings, sleek neckpiece and cuffs. She dedicated her award to queer and marginalised communities and her rainbow nail art stood testimony to the dedication.

→ CONTD ON P14



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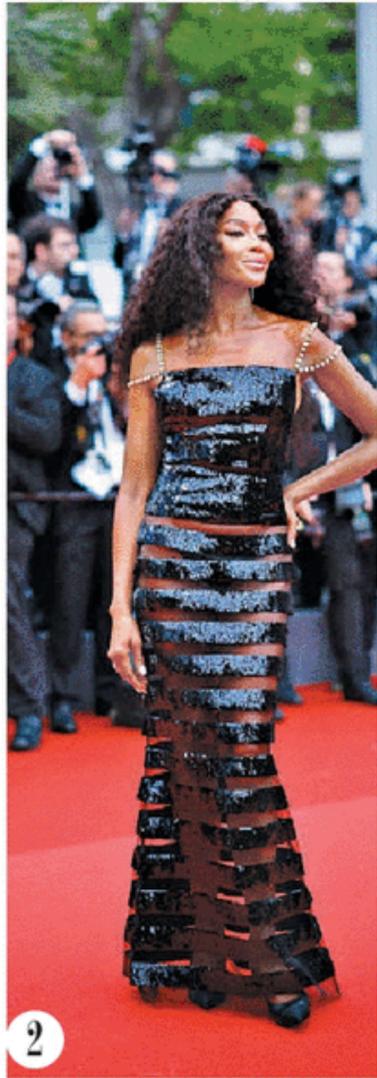


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→ CONTD ON P14

FROM **P13**



1 There are naked dresses and then there are dresses that leave nothing to the imagination and **BELLA HADID** opted for the latter. Bella wore a sheer and ruched Saint Laurent halter-neck dress in a shade of brown that was risqué and racy and drew mixed reviews from the fashion police. She maintained the simplicity of the outfits with Chopard jewellery.

2 At 54, supermodel **NAOMI CAMPBELL** is rocking the Cannes red carpet. She made her unparalleled presence felt on the red carpet wearing a vintage Chanel black number that she had debuted on the ramp 28 years ago! Yes, Naomi pulled up this archival Chanel fall Haute Couture piece from 1996 for the premiere of *Furiosa: A Mad Max Saga* and proved that she is still the Goddess of the modelling world. The semi-sheer panels waist downwards and strings of pearls as straps created a flawless outfit.

3 Actor **SIENNA MILLER** brought fresh energy on the red carpet wearing an easy-breezy sheer pale blue high-low gown from French label Chloé. Silver heels and beach waves completed her ruffled outfit.



METALLIC MAGIC

1 When we think of Cannes Film Festival, there is every Indian waiting to see what Cannes veteran **AISHWARYA RAI BACHCHAN** turns up wearing. Her first appearance this year was in a monochrome gown by Falguni Shane Peacock. The outfit was accentuated by metallic flowers on its long train and had beaten metal accents across the body. While we liked the black-and-gold combo, the exaggerated white sleeves that matched coincidentally with the white cast on her right hand, seemed a little off. But overall, Ash looked poised and beautiful in this look.

2 **HUNTER SCHAFER** pulled off a metallic look without any metallic touch to her attire. For the *Kinds of Kindness* screening, she wore a custom Armani Prive gown that was made of high-shine satin. The liquid, reflective satin outfit gave an illusion of a liquid blue metallic feel under the summer sun in the French Riviera. The form-fitting bodice of the drop-waist gown was paired with a sleek updo and diamond jewellery. Smart and flawless, we bookmarked this as one of our fave looks.

3 Marking her debut on the famed Cannes red carpet, actor **JACQUELINE FERNANDEZ** channelled metallic as a fail-proof option. The leggy lass wore a fully hand-beaded metallic strapless gown that accentuated her elegant figure while the intricate beading added a touch of glamour. She chose to wear Mikael D Couture for the event and we quite liked it!

4 Jury member **EVA GREEN** channelled "femme fatale" energy in a bespoke black Balmain resort 2023 gown. The full-sleeved gown was embellished with glittering gold mirror appliques, recalling the collection's Egyptian inspiration for an audacious, fiery look. Black and gold never looked better!

→ **CONTD ON P16**



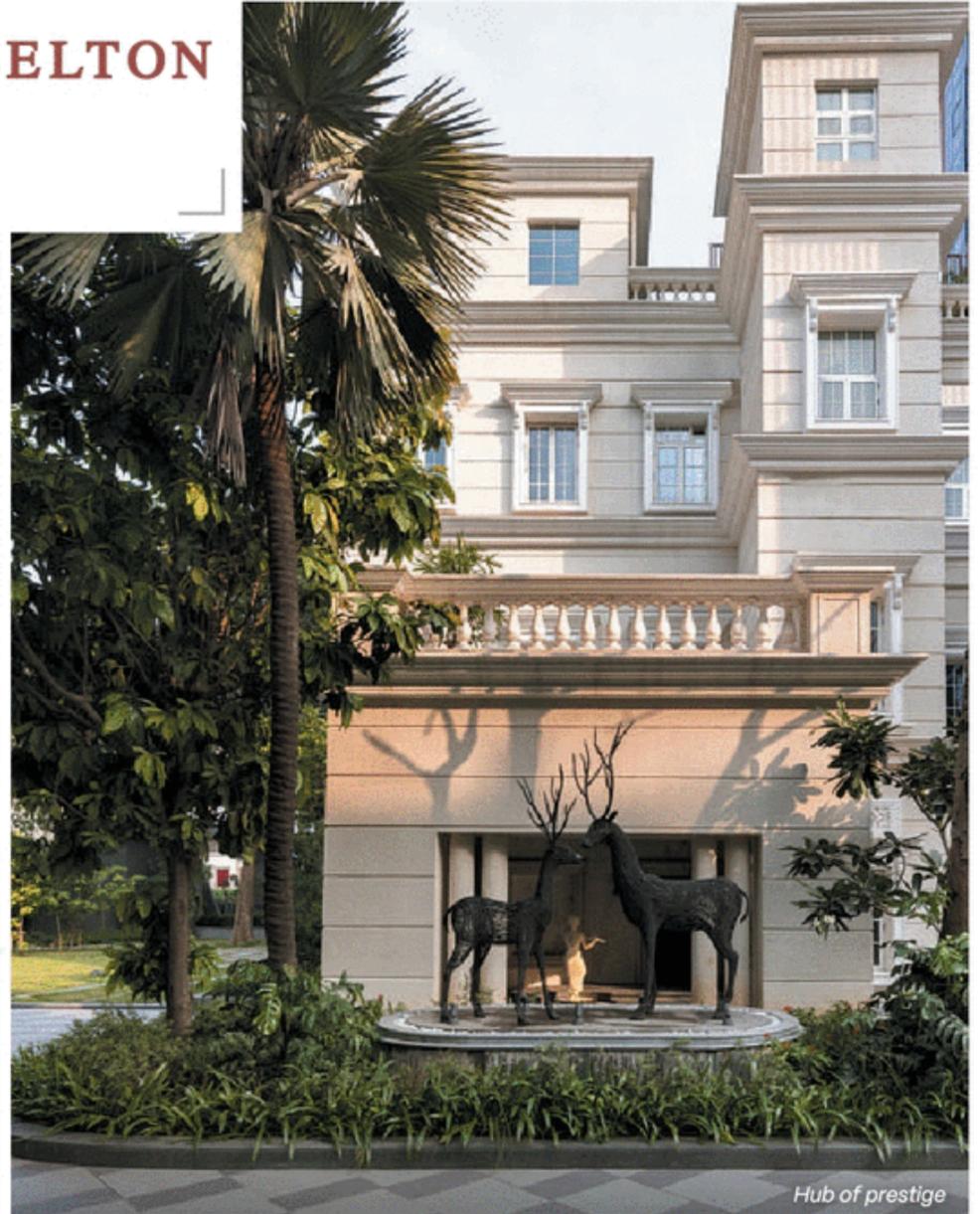
Nightscape elevated



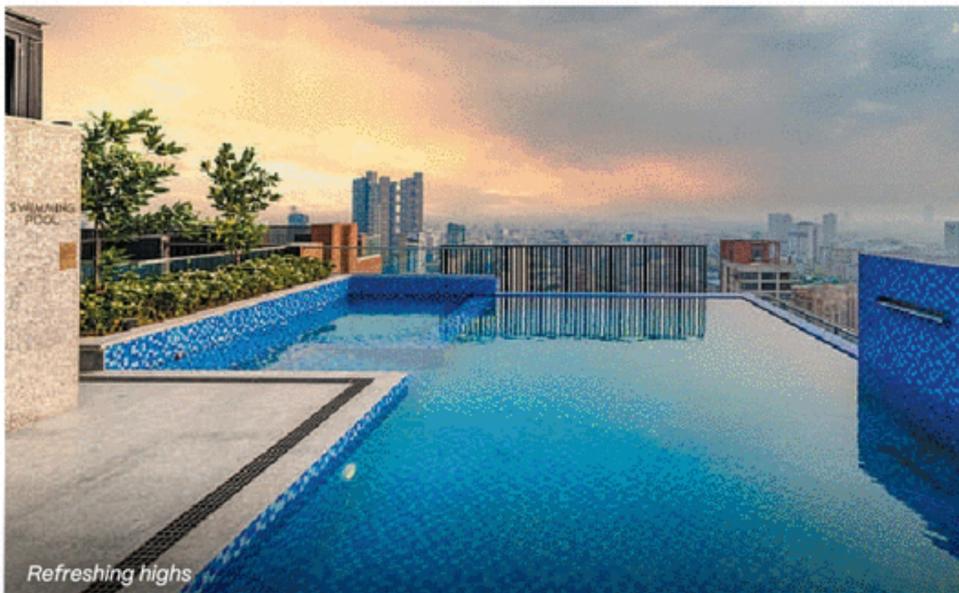
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→ FROM P14

**POSH
PERFECT**

1 **ADITI RAO HYDARI** knows how to steal the thunder in the most subtle way. The actress who has attended the Cannes Film Festival earlier too, walked the red carpet in an alluring Gaurav Gupta ensemble. She wore "the black velvet core gown with a white celestial shell", imparting Audrey Hepburn vibes. Pearl earrings and fingerings added to her charming look.

2 American actress and producer **AUBREY PLAZA**'s selection of an unusual Loewe full-sleeved outfit had our attention but it was the Piaget jewels she paired the floor-length dress with had our heart. Luxuriant Oasis necklace and earrings, as well as Piaget's new Essence of Extraleganza ring in green were fetching choices.

3 A debut at Cannes can be stressful. One might want to go overboard or do too little and eventually fail. The key to a successful Cannes look is to get the right balance and that's what actor **KIARA ADVANI** did on her maiden rendezvous with the French Riviera. For the first look, Kiara opted for a delicate draped ivory crepe satin dress by designer Prabal Gurung. The actor looked like a vision with pearl earrings completing her looks. Soft dewy makeup and simple hairdo went well with the day look. For a first time at Cannes, this one is a #win.

4 The belted look has been spotted at Cannes quite a few times and in our opinion actor **EMMA STONE** brought elegance and chic charm to the French Riviera in a Louis Vuitton mini dress with a men's belt stylishly looped. In a sea of dramatic, billowy dresses and gowns, this for sure stood out.

5 **DEMI MOORE** went the less-is-more way as she attended *The Substance* photocall in a polka-dotted Elie Saab dress with a cinched waist and deep neckline. Dark sunnies, black-and-white Aquazzura pointed-toe heels and her cute little pet Pilaf made it picture-perfect.

6 A delicate shade of blue, shimmering silver embroideries, 3D artwork with crystal beads and Swarovski stones... there was more than one reason to love this particular **EVA LONGORIA** look. The outfit looked simple but had delicate craftsmanship that made it a low-key yet a standout number. Eva looked radiant and oozed confidence like a pro that she is.

7 Monochrome has been the most common colour palette for celebs this year and leading the pack was **SELENA GOMEZ** in her Saint Laurent gown. What do we love about it? Everything — the Bardot white sleeves, the black velvet body, the regal diamond swan Bvlgari necklace, her curtain bangs and simple make-up. There was a certain magnificence about this entire look.



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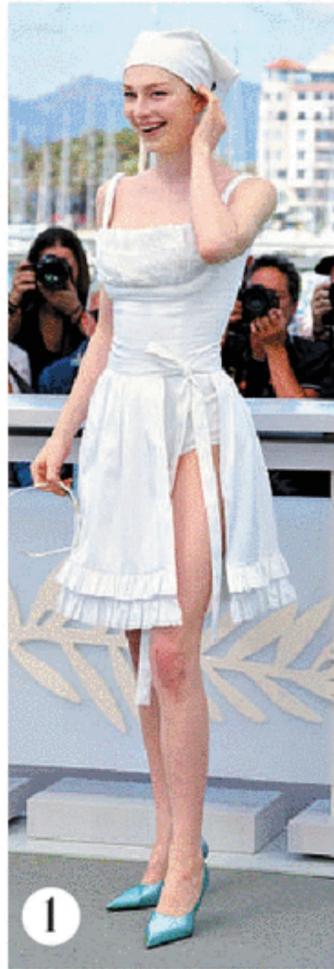
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HATS OFF... ERR, ON



1 Actor **HUNTER SCHAFER** went all out during the *Kinds of Kindness* photocall when she tied a kerchief around her head, well... it was a Prada kerchief, which was as unique as her choice of outfit.

2 Anya aside, there was actor **MARGARET QUALLEY** in Chanel who donned a giant straw hat for a photocall during the day. She wore a simple black maxi dress but it was her dramatic turn-back-brim hat that had everyone's attention.

3 **ANYA TAYLOR-JOY** arrived at Cannes wearing an oversized raffia sun hat by Jacquemus, and later she was spotted tying the strings of a hat around her neck. *The Furiosa: A Mad Max Saga* actor wore a fringe headgear that almost blended with her blonde hair.

#FAIL



(BOW)LED OVER

1 **KIARA ADVANI** who made her debut at Cannes this year looked like a Barbie-meets-Disney princess in this Prabal Gurung corsetted black and pink coloured tapered gown that had a giant bow at the back which stole the show.

2 Another actor who sported the bow was **ZOE SALDANA**, exuding glamour in a beautiful rose-and-black off-shoulder gown with bows highlighting her waist and one around her knees, which we are not too sure of but with a floor-length train overall made the cut. She opted for a gold-toned choker and bangle as accessories.

Nothing pains us more than to see **AISHWARYA RAI BACHCHAN**'s failed sartorial choices at any event, especially at Cannes. With over two decades of appearances at the coveted event, Ash's garish Falguni Shane Peacock outfit left us and her fans flabbergasted! The teal blue and silver outfit did nothing to complement her body. The overdose of cringe, err... fringe, everywhere — the fringed train, fringes around her waist and those jutting out of her shoulders like a peacock — was an eyesore. No wonder the look was fodder for memes aplenty, from pompoms to birthday party decor.

Pictures: Getty Images, Reuters and Instagram pages of Kiara Advani and Mikael D

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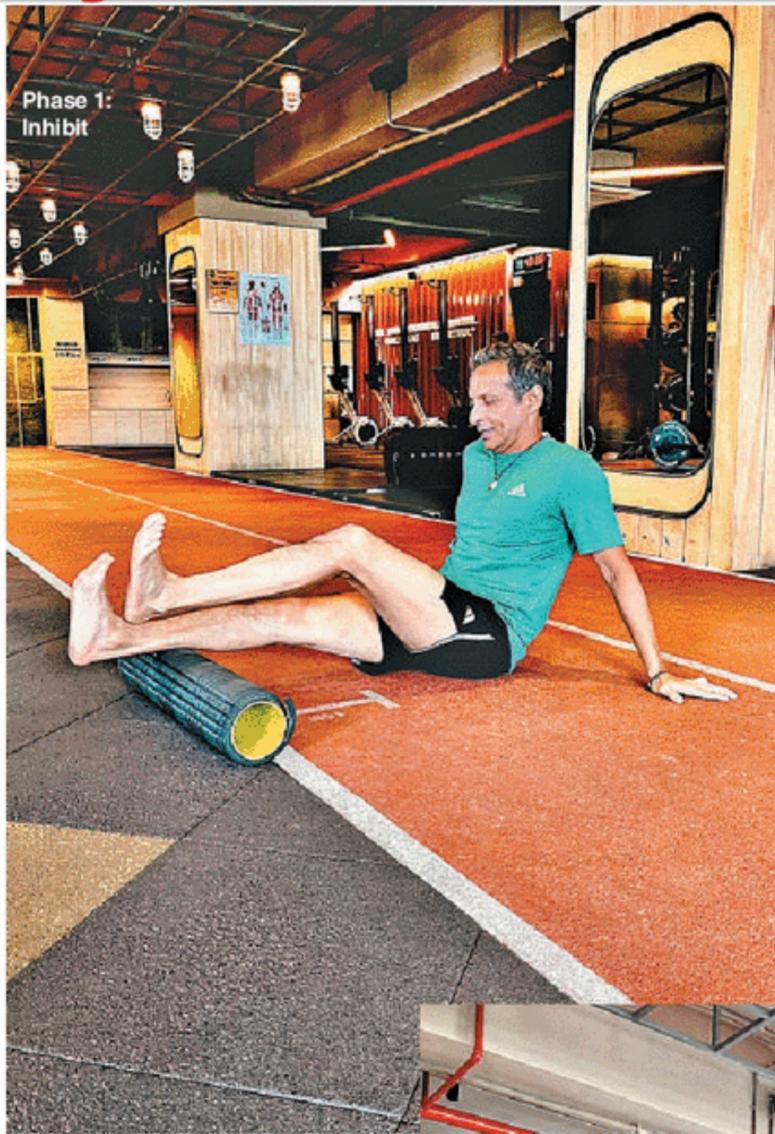


■ **FITNESS** ■



RANADEEP MOITRA

Our world, or more precisely, our physical world is not the same anymore. Over the last century there has been a drastic reduction in the range of motion that our joints and muscles are subjected to. According to Michael Clark and Scott Lucett (National Academy Of Sports Medicine, US), human beings “have been physically moulded by



Today’s client is not ready to begin physical activity at the same level that a typical client could 20 years ago. Therefore, today’s training programme can’t stay the same as it was 20 years ago

surgery should be only the last option for any musculoskeletal disorder. Alf Nachemsen, a pioneer in spine care and doyen of orthopaedic surgeons, was once known to have remarked that 80 per cent of all orthopaedic surgeries are unnecessary.

The average population has altered movement mechanics. Many of them join a gym with the best and most sincere intentions

and soon discover that their bodies were never prepared for the movement patterns prescribed in the typical ‘gym scenario’. Unfortunately, many training programmes for conditioning the musculoskeletal system often neglect proper training guidelines and do not address potential muscle imbalances one may possess from a sedentary lifestyle. This can result in a weakened structure and lead to injury.

Simply put, the extent to which we condition our musculoskeletal system will directly influence our risk of injury. The less conditioned our musculoskeletal systems are, the higher the risk of injury. Here is the irony — as our daily lives include fewer physical activities, the less prepared we are to partake in recreational and leisure activities such as resistance training, weekend sports like golf or tennis, or simply playing on the playground.

THE WAY FORWARD

The average gym and personal-training mindset is ill-equipped to handle the needs of today’s clients and athletes. The challenges of nonfunctional living demand a very different nature of skill sets from today’s fitness professionals. Health and fitness professionals need to be sensitive to the unique needs of the present population and gear up to address these movement deficits.

CORRECT WAY TO EXERCISE

The extent to which we condition our musculoskeletal system will directly influence our risk of injury

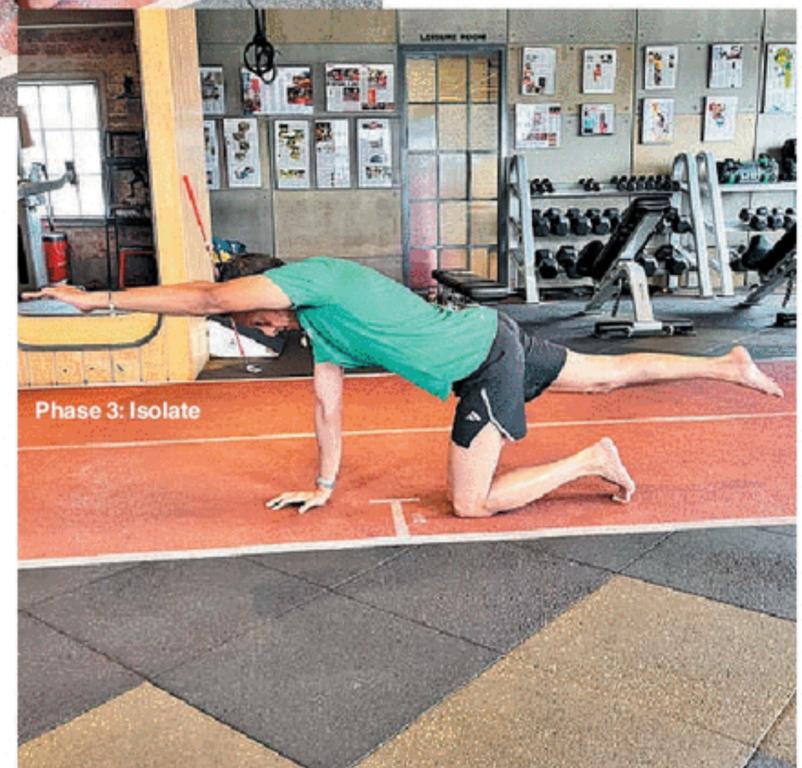
furniture, gravity and inactivity”.

Readers of this space can recollect what a huge advocate I am of the primal pattern movements in daily life. However, the continual decrease in everyday activity has slowly reduced our ability to perform the primal movements effectively and contributed to many of the postural defects that we see in people. The consequent muscle imbalance and poor joint mobility coupled with poor lifestyle choices is the main reason for poor metabolic health and

musculoskeletal pain in today’s society. Foot and ankle injuries, low-back pain, knee injuries, shoulder pain and neck/upper back are like an epidemic in today’s world. This new movement-starved environment produces more inactive, less healthy and nonfunctional people who are more prone to injury. This also carries over to the adolescent population with around 18 per cent of our urban adolescents and teenagers struggling with poor health and excess weight.

RATIONALE FOR CORRECTIVE EXERCISE

Despite being at the receiving end of a volley of criticism labelling me a “fear-monger” and an over-clinical zealot, I have continued my crusade for the need for corrective exercise in everybody’s life, particularly in the vulnerable population. Visit the orthopaedic ward of any hospital and you are likely to find that area overcrowded with patients, all of them looking for a solution to their problems. Ironically, the orthopaedic surgeon is not in a position to help them if the treatment option is not surgery. A surgeon is not expected to be an expert on rehabilitative or corrective movement patterns. And



Clients and athletes also need to be conscious that they pick out only those exercise coaches who are qualified and trained to address movement deficits and dysfunctions. Today's client is not ready to begin physical activity at the same level that a typical client could 20 years ago. Therefore, today's training programme can't stay the same as it was 20 years ago.

The modern mantra in fitness should be to create programmes that address functional capacity as part of a safe programme designed bespoke for each individual. Coaches should be alive to the environment, the required tasks, the individual muscle imbalances and movement deficiencies before designing an exercise routine.

Corrective exercise protocol is basically a protocol that attempts to identify a neuromusculoskeletal dysfunction, develop a plan of action and put in place an integrated rectification strategy. The three-step process is to:

1. Identify the problem (integrated assessment)
2. Solve the problem (corrective programme design)
3. Implement the solution (exercise technique)

PHASE 1: INHIBIT OVERACTIVE MUSCLES

Inhibit is the first phase in the Corrective Exercise Continuum. The goal of the inhibit phase is to reduce or modulate the activity of the nervous system that innervates the myofascial. It is essential to recognise that muscles identified as overactive (via the movement assessments) should receive inhibition techniques.

There are several corrective exercises to inhibit overactive muscles, such as foam rolling, percussion devices, or manual techniques like massage and

instrument-assisted soft-tissue manipulation. However, many of these techniques require additional licensure. Thus, when it comes to corrective exercises, foam rolling is the most common for the Corrective Exercise Specialist.

The foam roller is thought to work via two primary mechanisms. 1) It affects local tissue dysfunction, and 2) It influences the autonomic nervous system. The ultimate goal of foam rolling is to prepare the muscle for phase two, lengthening, by improving local tissue mechanics and making the muscle more susceptible to stretching via afferent central nervous system (CNS) pathways.

Research supports that foam rolling before stretching leads to enhanced improvements in flexibility and joint range of motion.

PHASE 2: LENGTHEN (STRETCH) SHORTENED MUSCLES

Lengthening, or stretching, is the second phase in the Corrective Exercise Continuum. Contrary to popular belief, stretching does not stretch out muscle fibres. Lengthening refers to the elongation of mechanically shortened muscles and connective tissue via a nervous system response in which muscle spindle activity and motor neuron excitability are decreased.

Lengthening the muscle and connective tissue makes it more susceptible to forces, allowing better elongation, thus improving the range of motion. This is an essential aspect of stretching, specifically static stretching, for not only all fitness professionals but also athletes and general exercise population to understand.

While stretching does have a

People who go to gyms for better musculoskeletal and metabolic health need to realise that their training protocols should be geared to handle the challenges of the new environment



mechanical effect, such as increasing muscle compliance, as was just noted, the real benefit of stretching is a "psycho-physiological" effect through the increased stretch tolerance. Stated more simply, static stretching will "calm a muscle down", allowing improvement in range of motion, improved length-tension relationships, force-couple relationships, and enhanced movement patterns.

Lengthening should only be performed on those muscles which have been identified as short and overactive. A common mistake is to stretch those muscles which feel "tight". However, due to the response of certain stretch receptors, muscles that are long are more frequently described as feeling tight than those that are short. Therefore, it is imperative that you use the findings of the movement assessments to guide the corrective exercises to build into your programming.

It may help to think of phases one and two of the Corrective Exercise Continuum as the Mobility sections of corrective exercises. Both inhibition and lengthening are used before activation to improve tissue extensibility and joint range of motion before isolated strengthening. As Mennell (1964) stated, normal muscle function is dependent on normal joint movement.

PHASE 3: ACTIVATE UNDERACTIVE MUSCLES

The third phase of the Corrective Exercise Continuum is to activate the underactive muscles. Activation refers to the stimulation of underactive/lengthened myofascial tissue.

While there are a handful of activation techniques available, from my personal hands-on experience, I have noted that isolation and isometric exercises work the best.

In this phase, the goal is to isolate specific muscles, and in some cases, to emphasise a particular part of a specific muscle, to increase intramuscular coordination and to improve force production capabilities. Intramuscular coordination is achieved when a muscle has optimal motor unit activation, motor unit synchronisation, and the optimal firing rate.

Similar to an intrastate highway, isolated strengthening is focused on one muscle and is not concerned with crossing over state lines into other muscles. Thus, the corrective exercises here are highly controlled and must be executed with precision.

An example may be activation of the gluteus medius for a client that demonstrates knee valgus, indicating an underactive gluteus medius. The exercise practitioner may prescribe exercises like a fire hydrant, side-lying leg abductions, and so on to create isolated strength in the muscle that will later on play an active role in integration.

Also, understand that this is simply a phase of training. Eventually, the training wheels will be taken off as the client becomes stronger and improves control. The goal will be to finally achieve competence in integrated movement.

PHASE 4: INTEGRATE WITH MULTI-JOINT MOVEMENTS

The last phase of the Corrective Exercise Continuum, integration, is when steps one to three are put into action. The first three steps of continuum have been equated to listening to individual instruments, while step four is listening to all the instruments playing together as a single integrated unit.

Phase 4 of corrective exercise techniques is used to re-teach functional movement patterns by reestablishing neuromuscular control and promoting coordinated movement. Integration exercises



The goal of corrective exercises is to re-teach a better movement pattern. This is applied to all clients, not just those recovering from injury.

help intermuscular coordination. Like the interstate highway, these exercises do cross state lines as they use multi-joint actions and multiple muscle synergies through total-body movements.

Integration exercises are functional in that they should be movements that are important to the client, such as things they encounter daily. These exercises should begin with slow and focused movements in a controlled setting to ensure the client can maintain optimal form and control.

However, over time and as the client improves, the movements should be progressed by changing resistance, speed, planes of motion, base of support, introducing upper body movements, and even adding impact in some cases.

An example of an integrated exercise for the client with knee valgus may be a ball-wall squat with a mini-band around the knees. The squat pattern is functional, and the mini band will encourage the client to maintain proper knee position during the movement. As the client improves, the mini band may be removed (thus removing the feedback), and weights may be added to increase the resistance.

This could eventually be progressed by squatting without the use of a ball and then to changing base of support by performing a split squat or lunge. The lunge may be progressed through the three cardinal planes of motion, and finally, a squat jump may be added to enhance the eccentric demand.

Focusing on the eccentric portion of all integration exercises and improving postural control in all planes of motion may help to reduce specific injuries. Like the activation phase, optimal form is vital during the integration exercises.

The goal of corrective exercises is to re-teach a better movement pattern. This is applied to all clients, not just those recovering from injury. Thus, it is vital to follow the process of identifying movement dysfunction, following the four-phase Corrective Exercise Continuum, and to execute that programme with optimal form and control.

Today more people have long work hours, use better automation and technology, have less time for recreation and move less on a daily basis. This new environment produces more inactive and nonfunctional people and leads to dysfunction and increased incidents of injury including low back pain, knee injuries and other musculoskeletal injuries.

People who go to gyms for better musculoskeletal and metabolic health need to realise that their training protocols should be geared to handle the challenges of the new environment. The only way to achieve this is to follow the integrated approach as detailed above with proper attention to increasing appropriate fitness, increasing strength and neuromuscular control and training in different planes of motion as well as different environments (stable and unstable).

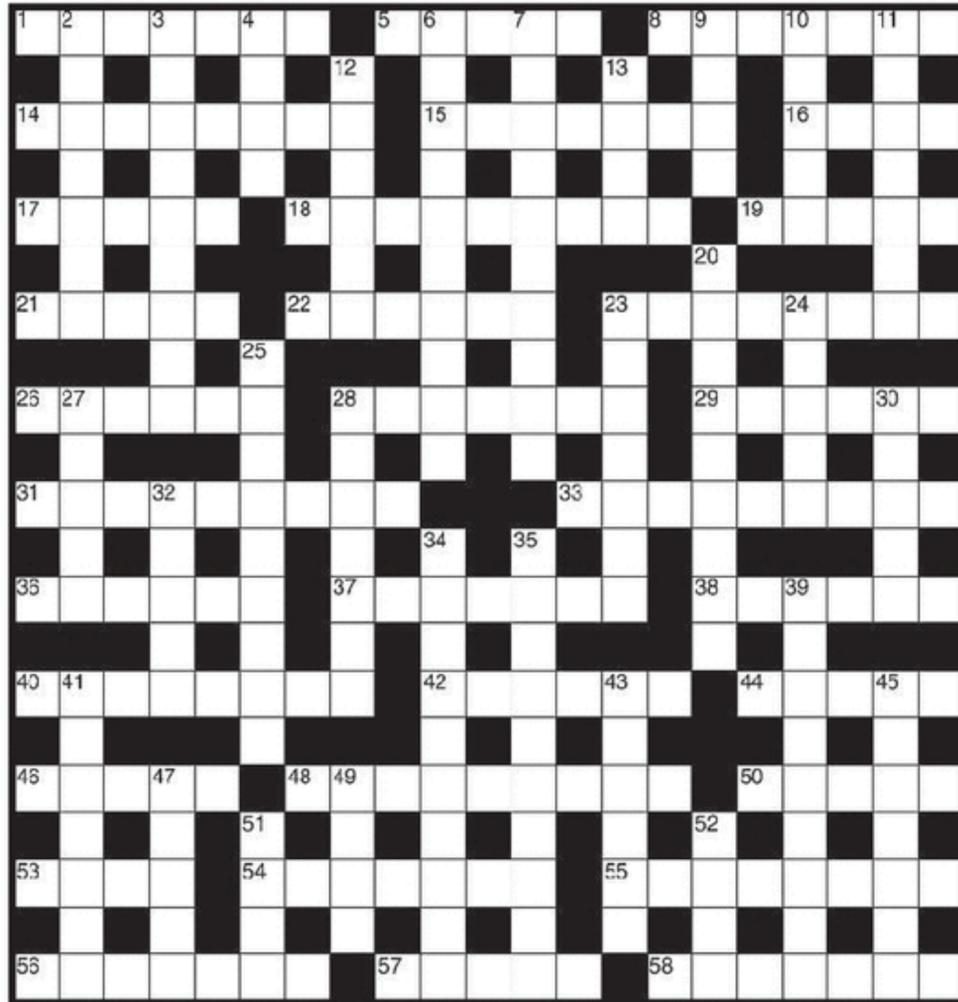
Ranadeep Moitra is a strength and conditioning specialist and corrective exercise coach



Phase 4: Integrate

PUZZLES

SUNDAY CROSSWORD 759



ACROSS

- 1 Rococo artist whose paintings include *The Rising of the Sun*, *A Summer Pastoral*, *Charms of Country Life* and portraits of his patroness Madame de Pompadour (7)
- 5 Pudding traditionally set in a cooking mould or used for recipes including English trifle, some types of Charlotte royale, jaffa cakes and fruit tartlets (5)
- 8 Flowers of the hawthorn or trees including apple, orange and cherry (the latter celebrated in the Japanese custom Hanami) (7)
- 14 Victorian author whose poem *The Lark Ascending* inspired Vaughan Williams to compose an instrumental work of the same name (8)
- 15 With a red giant as its brightest star, the Arrow constellation (7)
- 16 Greek goddess after whom the fifth month is said to have been named (4)
- 17 Rope fastenings tied as part of essential skills at

- Scouts; units of nautical speed; or, wading birds related to sandpipers, turnstones and snipe (5)
- 18 Development and change studied in phylogeny and discussed in Charles Darwin's *On the Origin of Species* or Yuval Noah Harari's *Sapiens* (9)
- 19 Referred to as the city of light, French capital on the Seine with the Vélizy public bike-sharing system (5)
- 21 Horizontal support in a dance studio for ballet practice and warm-ups; or, a form of exercise inspired by such (5)
- 22 Cow's-milk cheese from an Alpine plateau in Veneto, used for pasta dishes, risottos and tostadas (6)
- 23 Panelled or louvred wooden screens for windows; or, devices in SLR or DSLR cameras controlling the speeds of photographic exposures (8)
- 26 Aquatic creature without a brain or nervous system, most likely the first animal on Earth according to studies (6)

- 28 Genus or Latin name of the cliff fern – alpine, northern, rusty or smooth (7)
- 29 City in the Netherlands, site of the country's oldest university (6)
- 31 Reoccurring plant such as aquilegia, lavender and lupin; or, an informal name for the Gardeners' Royal Benevolent Society (9)
- 33 Breed or type of gun dog, either golden, flat-coated or curly-coated (9)
- 36 Capital of Kazakhstan, site of the Palace of Peace and Reconciliation (6)
- 37 Official verbatim report or record of all parliamentary debates named after a family of printer-publishers (7)
- 38 Number of days it took Jules Verne's character Phileas Fogg to circumnavigate the world following a bet (6)
- 40 Brand of deck or boat shoe manufactured by Sperry (3-5)
- 42 Ceremony for transferring a ship to water, traditionally with the smashing of a bottle of champagne over its bow (6)
- 44 New —; largely designed by Edwin Lutyens, the capital of India (5)
- 46 Word linking with "craft" for the skill of surviving in the wild (5)
- 48 Clutch bags with detachable straps; or, bands such as friendship bracelets (9)
- 50 Type of structure (other than a gap, gate or kissing gate) provided by a landowner on a right of way (5)
- 53 A collective noun for a group of frolicking otters (4)
- 54 City in the Po Valley of Italy, once home to the luthier families Amati, Guarneri and Stradivari (7)
- 55 Probe clamped to a finger for testing blood oxygen saturation or SpO2 (8)
- 56 P. G. Wodehouse character portrayed by Hugh Laurie in a television series along with Stephen Fry (7)
- 57 Form of clay pigeon shooting with English and American rules (5)
- 58 Novelist who wrote *The Woman in White* and *The Moonstone* (7)

DOWN

- 2 Geographic region in the Pacific; or, one of the nations in Nineteen Eighty-Four (7)
- 3 Icy bob run in St Moritz with the hair-raising shuttlecock bend (6,3)
- 4 — Through the Gift Shop; documentary film about Banksy (4)
- 6 The smallest country in Central America, around half the size of Wales with double the population (2,8)
- 7 Any one of the 65 coastal towers maintained by Trinity House (10)
- 9 Element with the symbol Pb used to make some types of crystal glass (4)
- 10 Indonesia's "Sandalwood Island" (8)
- 11 Actor who starred as Maxim de Winter in Alfred Hitchcock's adaptation of Daphne du Maurier's *Rebecca* (7)
- 12 Allium herb used to flavour pea soup, omelette and sour cream dip (6)
- 13 Actress who played Éowyn in Peter Jackson's films *The Two Towers* and *The Return of the King* (4)
- 20 Jardin des —; gardens originally commissioned by Catherine de Medici (9)
- 23 Marine algae collectively (7)
- 24 Textile printed with a rustic pastoral scene; or, a test version of a garment (5)
- 25 Actress nicknamed the Divine Sarah, depicted in many of the posters designed by Alphonse Mucha (9)
- 27 Utensil for crushing garlic; a type of vice for flattening flowers; or, a device for extracting juice from grapes/olives (5)
- 28 Range of atmospheric phenomena studied in meteorology (7)
- 30 — Horizon; 1997 film set in 2047 (5)
- 32 Actress remembered for her role as Lady Bracknell in a film adaptation of *The Importance of Being Earnest* (5)
- 34 With a tall example at Stourhead, the tree species that inspired the Woodland Trust emblem, *Quercus robur* (7,3)
- 35 The art of skill of applying make up; or, cosmetics collectively (10)
- 39 — of the Realm; Queen's official stamp obnoxious at the office of the Clerk of the Crown in Chancery (5,4)
- 41 One of the world's longest rivers (7)
- 43 Radio and television presenter who wrote *Happy and Calm*; or, a fibre used to make Liberty Tana Lawn fabric (6)
- 45 Portraitist of the 16th century noted for depictions of prominent figures at the court of Henry VIII (7)
- 47 The Hare constellation (5)
- 49 Director whose films include *The Man Who Fell to Earth* and *The Witches* (4)
- 51 Unit of land area currently costing an average of £7,340 in the UK (4)
- 52 Venus de —; ancient Greek marble statue of Aphrodite in the Louvre (4)

ANSWERS

ACROSS

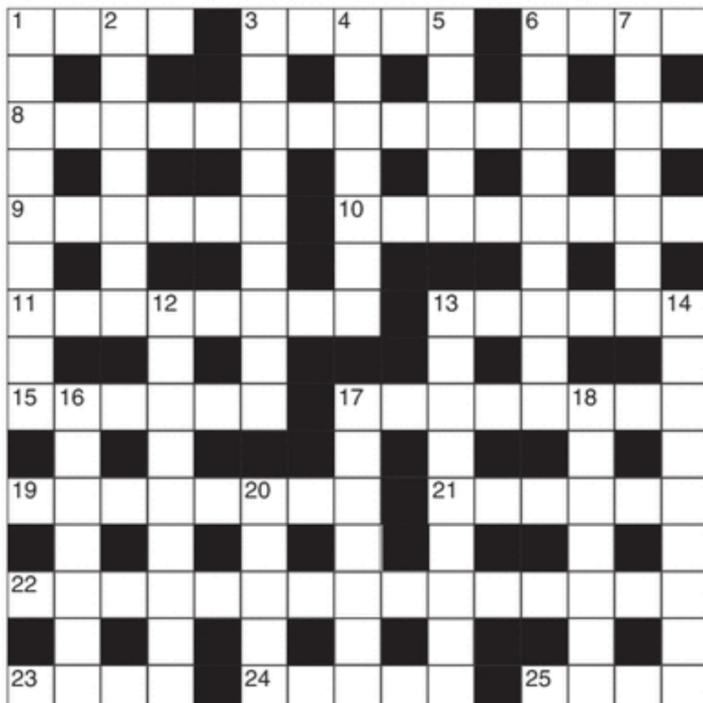
- 1 Boucher, 5 Jelly, 8 Blossom, 14 Meredith, 15 Sagitta, 16 Maia, 17 Knots, 18 Evolution, 19 Paris, 21 Barre, 22 Asiago, 23 Shutters, 26 Sponge, 28 Woodsia, 29 Leiden, 31 Perennial, 33 Retriever, 36 Astana, 37 Hansard, 38 Eighty, 40 Top-Sider, 42 Launch, 44 Delhi, 46 Field, 48 Wristlets, 50 Stile, 53 Romp, 54 Cremona, 55 Oximeter, 56 Wooster, 57 Skeet, 58 Collins.

DOWN

- 2 Oceania, 3 Cresta Run, 4 Exit, 6 El Salvador, 7 Lighthouse, 9 Lead, 10 Sumba, 11 Olivier, 12 Chives, 13 Otto, 20 Tuileries, 23 Seaweed, 24 Toile, 25 Bernhardt, 27 Press, 28 Weather, 30 Event, 32 Evans, 34 English oak, 35 Maquillage, 39 Great Seal, 41 Orinoco, 43 Cotton, 45 Holbein, 47 Lepus, 49 Roeg, 51 Acre, 52 Milo.

By arrangement with The Daily Telegraph

CRYPTIC CROSSWORD 14340



ACROSS

- 1 Luxurious establishment on Piccadilly – it's a cracker! (4)
- 3 One making new life abroad – former postman? (5)
- 6 Foxes skinned by northern cattle (4)
- 8 Fan must start in line to see player (15)
- 9 Endlessly assist London force: copper's top! (6)
- 10 Lively friend protected by a new identity (8)
- 11 Sample an American beer – sensational thing! (5,3)
- 13 Sun-worshipper in this atoll? (6)
- 15 Flock gathering at the edges in storm

(6)

- 17 Erudite elder in muddle with law (4-4)
- 19 Good Beatles guitarist leaving hotel for camp (8)
- 21 Flag officer (6)
- 22 St John's view as he converted sectarian (8,7)
- 23 Roguish leader missing from demo (4)
- 24 Shy artisan occasionally seen in country (5)
- 25 Fine Greek character offers cheese (4)

DOWN

- 1 Wealthy creature around East German house (9)
- 2 Scraps – skin of sausages left in fresh suet (7)

- 3 Even-handed European who in Paris sits on board (9)
- 4 Spotted photo's source that is obvious (7)
- 5 African expresses disapproval on island (5)
- 6 Might such a vessel be well-filled? (3,6)
- 7 Beatles manager Brian records *One In Ten* (7)
- 12 Hotter MiG replaced British plane (5,4)
- 13 Dancer likely to be up on points? (9)
- 14 Identical son in populous land where Jakarta lies (9)
- 16 Dilettante in a beaten RU team (7)
- 17 Earn medal

YESTERDAY'S SOLUTION



- presented by king in castle (7)
- 18 Not a good look from these vile yeomen (4,3)
- 20 Mammals in ocean clash regularly (5)

By arrangement with The Daily Telegraph

10966

SUDOKU MODERATE

8								
	2	3					7	
		4			3	5	1	
	7		9	2				
	4	2		8	5	6		
7	9	4		2				
	1		7	6		3		
								4

Fill in the 9x9 square grid with the numbers one to nine. The numbers should be arranged in such a way that each row, column and mini-grid contains one of each number. Solution to Sudoku 10964 is on the right

3	5	6	9	2	4	1	8	7
2	4	7	3	1	8	9	5	6
8	1	9	7	6	5	4	2	3
7	2	3	5	9	1	8	6	4
1	9	8	4	3	6	5	7	2
5	6	4	8	7	2	3	1	9
6	3	5	1	4	7	2	9	8
9	8	2	6	5	3	7	4	1
4	7	1	2	8	9	6	3	5

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10967

SUDOKU GENTLE

1	2							4
	7			2				8
	9			7				
		5	3			8		9
			5	2				
7	1			6	3			
			8				1	
4			3				8	
3	9				4			5

Fill in the 9x9 square grid with the numbers one to nine. The numbers should be arranged in such a way that each row, column and mini-grid contains one of each number. Solution to Sudoku 10965 is on the right

6	9	1	2	7	5	8	3	4
2	7	5	4	8	3	6	9	1
3	8	4	1	9	6	7	2	5
1	6	7	3	2	8	4	5	9
4	5	2	7	1	9	3	6	8
9	3	8	6	5	4	1	7	2
8	1	6	9	3	2	5	4	7
5	2	3	8	4	7	9	1	6
7	4	9	5	6	1	2	8	3

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QUICK CROSSWORD **13992**

1	2	3	4	5	6	7
8				9		
10			11	12		
		13	14			
15	16				17	18
			20	21		
22			23		24	25
26				27		
28					29	

ACROSS

- 1 Beautiful woman (5)
- 4 Mangle (7)
- 8 007 cocktail (7)
- 9 Japanese dish (5)
- 10 Deep-seated (5)
- 11 Dusk (7)
- 13 Land measure (4)
- 15 Promptly (2,4)
- 17 Spice (6)
- 20 Faculty head (4)
- 22 Ironed (7)
- 24 Fragrance (5)
- 26 Carnival dance (5)
- 27 Same woe (anag) (7)
- 28 Akin (7)
- 29 Resided (5)

DOWN

- 1 Small child (7)
- 2 Actress Sophia (5)
- 3 Witticism (7)
- 4 Author (6)
- 5 Edition (5)
- 6 Young goose (7)
- 7 Regretting (5)

12 Star in Lyra (4)
14 Yield (4)
16 Warming (7)
18 Aid sent (anag) (7)
19 Fall back (7)
21 Longshanks, e.g. (6)
22 Puzzling question(5)
23 Begin (5)
25 Eat away (5)

Yesterday's solution

Across: 1 Who; 3 Dee; 5 Knee; 7 Niece; 8 Eleven; 10 Eros; 11 Bless you; 13 Lesson; 14 Skewed; 17 Solitude; 19 Feed; 21 Helmet; 22 Creed; 23 Shut; 24 Den; 25 Dry.

Down: 1 Wanderlust; 2 Onerous; 3 Drey; 4 Evenly; 5 Keepsake; 6 Enemy; 9 Fuddy-duddy; 12 Contempt; 15 Weekend; 16 Edited; 18 Leech; 20 Icon.

By arrangement with The Daily Telegraph

Jumble

David L. Hoyt and Jeff Knurek

JUMBLE THAT SCRAMBLED WORD GAME
By David L. Hoyt and Jeff Knurek

Unscramble these Jumbles, one letter to each square, to form four ordinary words.

DMYUD

ZTYIZ

UTLACA

RYEONR

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

(Answers tomorrow)

Yesterday's Jumbles: BATTY GLAND HOTTER SUBURB
 Answer: To teach his grandchild how to tie a tight knot, he - TAUGHT TAUT

COMICS

Calvin and Hobbes by Watterson

calvin and hobbes

BY WATTERSON

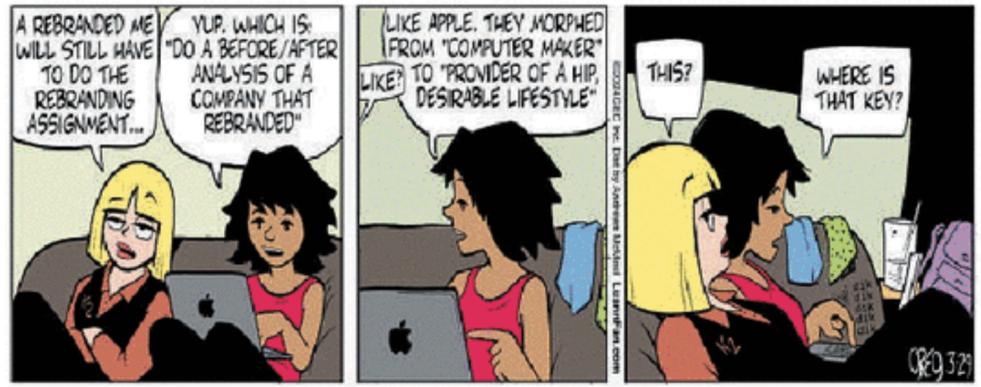
HERE'S A LITTLE VARIATION ON "FULL MOON AND EMPTY ARMS" I CAME UP WITH, CALLED "FULL MOON AND EMPTY TIP JAR."

The Fusco Brothers
by J. C. Duffy

B.C. by Johnny Hart



Luann by Greg Evans



Baby Blues by Rick Kirkman & Jerry Scott



The Wizard of Id by Brant Parker and Johnny Hart



Hagar the Horrible by Chris Browne



Flash Gordon by Dan Schkade



Dennis the Menace



Doonesbury Classics by Garry Trudeau





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