

SUNDAY, DECEMBER 29, 2019

Fe Lines

STORIES AND TRENDS FROM INDIA AND AROUND THE WORLD THAT CAUGHT OUR FANCY



From left: Malala Yousafzai, Greta Thunberg, Sanna Marin

Heroes of our time

For today's young and dynamic generation, age is just a number. And the fact that they need little or no introduction has made them live on with laurels inscribed in history

RAISING AWARENESS OR funds towards environmental issues such as sustainability, endangered species, climate change, and pollution, helping seniors, children, the hungry and the homeless in their communities and beyond, the young heroes are working tirelessly to make a difference and support causes.

The year 2019 marked an year of triumph for Swedish climate activist **Greta Thunberg**, who lent her support to environmental demonstrations. She crossed the Atlantic on a carbon-neutral yacht to avoid travelling by air to take part at the UN Climate Action Summit held in New York City, US in September 2019. Thunberg, who has not flown on a plane since 2015 and made the 15-day voyage, gained recognition when she went on strike from school last year to protest her government's inaction on climate change. She sparked a series of worldwide demonstrations that drew an estimated 4 million people around the world. To top it all, in December, Thunberg set a record to become the youngest "Time Person of the Year". She was also shortlisted for the 2019 Nobel Peace Prize, however this ended up going to the Ethiopian prime minister Abiy Ahmed. The actions of the 16-year-old activist speaks louder than words, calling her to be hero of the next

generation.

Licypriya Kangujam, known as Indian 'Greta', follows suit. Known for her passion towards the fight against climate change, this 8-year-old from Manipur has urged global leaders to take immediate action to save the planet and future of young children like her. She stood with Thunberg and took to Twitter to ask Prime Minister Narendra Modi to take climate change seriously.

Sanna Marin's role remains unusual for young women around the world. As the youngest prime minister of Finland, this December Marin took charge of the nation to become the world's youngest prime minister at 34. She leads a coalition government with five women in top spots, four of whom are under 35. According to media reports, Marin downplayed the importance of gender in her win, "I have not actually ever thought about my age or my gender," she said in a press briefing. Marin, born in 1985, in Helsinki, was brought up in a 'rainbow family' by her mother and female partner. Around the world, Marin will be the youngest sitting prime minister — other young leaders include prime minister Oleksiy Honcharuk of Ukraine, 35, and prime minister

Jacinda Ardern of New Zealand, who is 39.

According to the World Economic Forum, Finland has always ranked near the top worldwide in measures of gender equality, electing its first female prime minister in 2003, and women made up 47% of its parliament after elections this year.

Another young champion who has been greatly admired for her advocacy for girls' education is **Malala Yousafzai**. As a young girl, she defied the Taliban in Pakistan and demanded that girls be allowed to receive an education. She was shot in the head by a Taliban gunman in 2012 but survived. In 2014, she became the youngest person to receive the Nobel Peace Prize.

Even the Guinness World record presents a selection of youngest record-breakers around the globe:

Charlie Duke became the youngest person to land on the Moon, aged 36 years old, when he touched down on April 21, 1972 during the Apollo 16 mission.

As of 16 March 2016, Norway's **Alexandra Andresen** aged 19 years old had an estimated wealth of \$1,180,000,000 according to *Forbes*. She competes in dressage professionally. Her family's fortune comes from the tobacco industry.

Brian Canter was 18 years old when he appeared in the 2005 Professional Bull Riders (PBR) World Finals. He finished in the top 50 that year, and was eighth in the rankings for 2006.

On October 10, 2014, Malala Yousafzai was jointly awarded the Nobel Peace Prize with Indian rights activist **Kailash Satyarthi**.

'Little' **Stevie Wonder** was just 13 years old when Recorded Live: The 12 Year Old Genius (1963) topped the US chart.

Saugat Bista is the youngest director of a professionally made film. He was 7 years old when *Love You Baba* (NPL, 2014) was released in cinemas on December 12, 2014.

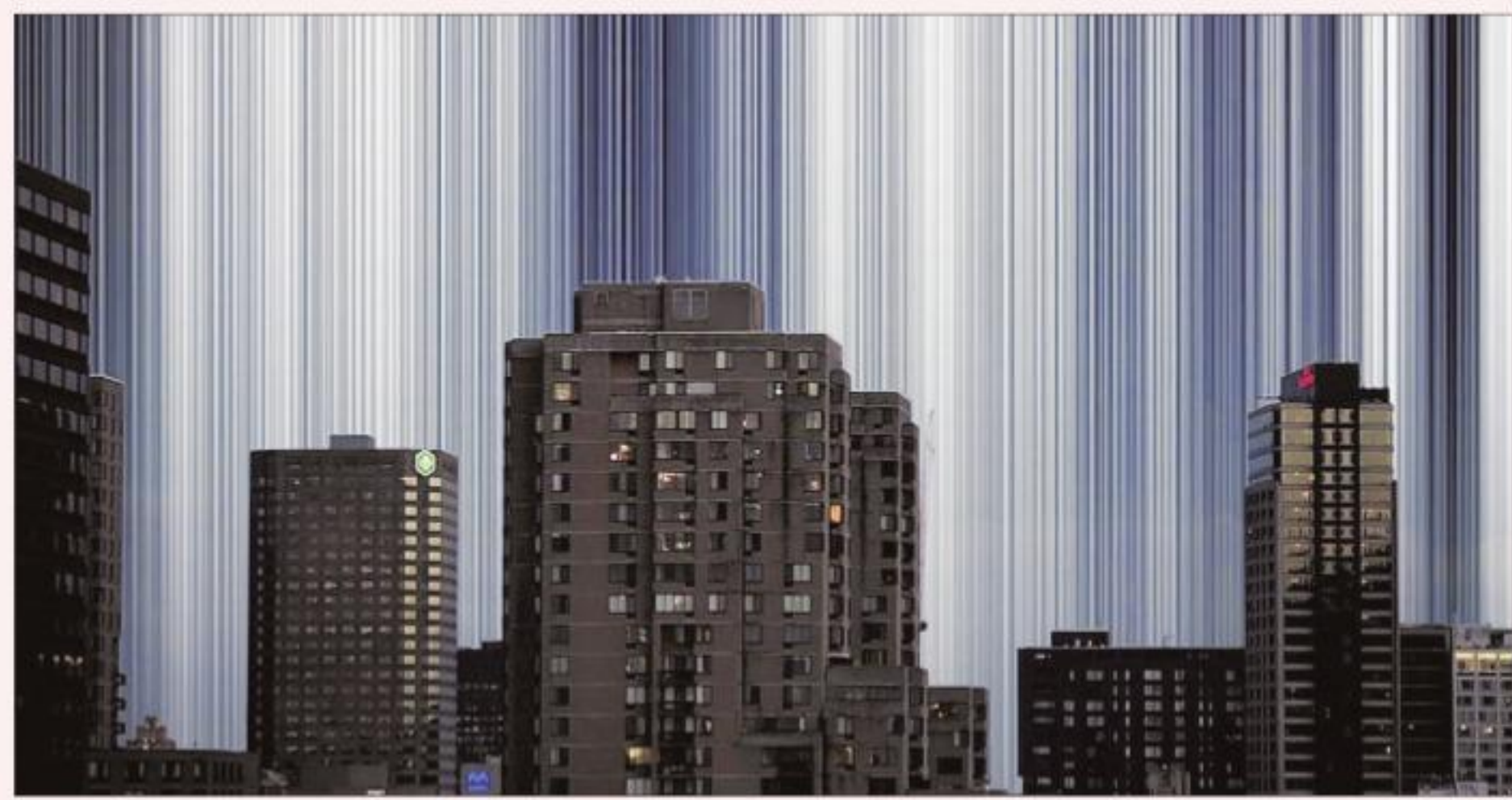
Four-year-old **Julian Pavone** performed in his 20th concert (the minimum count that GWR guidelines stipulate for this record) on March 29, 2009.



India's 'Greta' Licypriya Kangujam

TECH-NOW-LOGY

India's first radiation protection solution



Let's fight e-pollution, caused by radiations released from phones, laptops, before it causes serious health damage

E-POLLUTION OR electrosmog is electromagnetic pollution which arises when electromagnetic fields from your mobile phones and laptops produce non-ionising radiation. If you think your mobiles and laptops are the only source of e-pollution, you are clearly mistaken because you have been ignoring the electrosmog emanating from sources which one has no control over. Sources like mobile towers in the vicinity, high tension wire lines, server rooms in your offices, smart TVs, Wi-Fi routers, IoT devices and boosters, even your neighbour's wifi, are exposing you to everyday radiations at all times. According to research, prolonged exposure to electromagnetic radiation causes stress in humans, lowering their immunity and making them susceptible to diseases ranging from higher fatigue, poor sleep quality, issues in reproductive health and even cancer in extreme cases.

Did you know that the World Health Organisation (WHO) has declared mobile phone radiation as a possible carcinogen of level 2b? This is the same category which contains exhaust fumes, lead, asbestos and other deadly substances!

To address this concern of electrosmog, Synergy Environics, pioneers in the field of radiation protection, launched EnviroGlobe—India's first, radiation protection solution for



healthier homes and workplaces.

EnviroGlobe protects an area of 300 sq.ft. (10 ft. radius) from the ill-effects of radiation. One needs to charge it with sunlight for about 15 minutes, once a week. It can be used at living and working spaces and can also be a great travel companion. A tested and certified solution, EnviroGlobe has received the "CE Marking" which declares that the product complies with all applicable European Safety Directives and Regulations. It has also been certified as a Green/Eco-friendly product by the Singapore Green Building Council (SGBC).

A revolutionary proprietary technology, EnviroGlobe consists of a combination of inert materials used to generate 'random' waveforms at higher natural frequencies, which 'carry' the radiation from wireless devices making them compatible to the human body. It simply changes

the nature of radiations making them harmless to human body, ensuring no impact on the signal strength of your devices.

EnviroGlobe is especially beneficial in protecting you from the biological impact of electromagnetic radiation which you have no control over. For example, mobile towers, nearby devices, your neighbour's Wi-Fi, server rooms at offices, high tension wirelines.

Keeping in mind today's contemporary lifestyle, this palm sized, globe shaped device is a perfect gift for the ones you care for. Manufactured in association with Jindal Steel's luxury home décor brand Artt d'inox, EnviroGlobe has been created using high quality premium grade stainless-steel shell and has been awarded for its design and aesthetics. Made to last for minimum of five years bearing in mind the regular wear and tear, it is advisable not to expose it to rain, snow and other similar extreme conditions.

Priced at ₹4,499, EnviroGlobe is available at Environics website, various leading ecommerce platforms like Amazon, Flipkart, First

Cry — online and stores,

leading mobile and

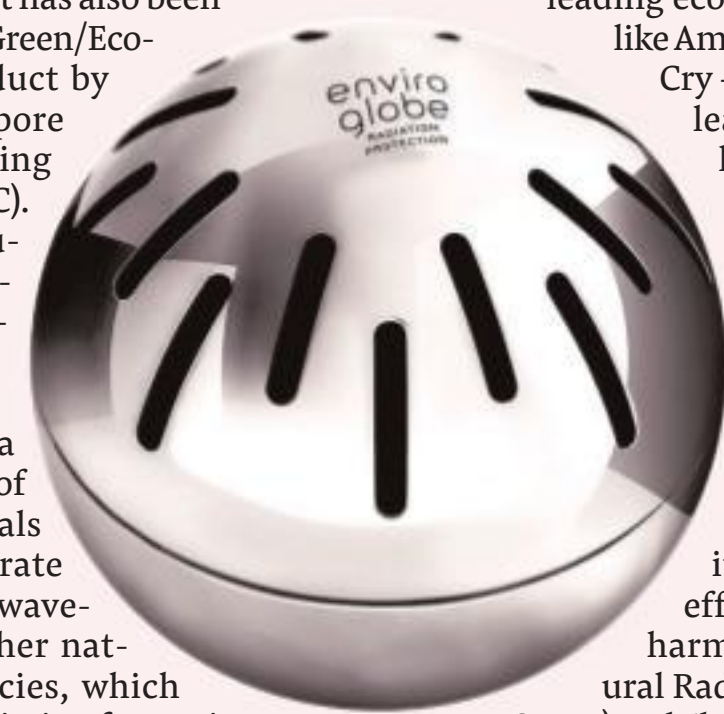
health stores.

Environics is a 'We care' wellness catalyst whose mission is to bring about change in the tech-obsessed world, where people are unaware of its dangerous side effects. It corrects the harmful effects of Natural Radiations (Geopathic

Stress) and Electromagnetic Radia-

tions (EMR) and contribute to making

this world a healthier place.



BEST BEACH DESTINATIONS TO VISIT IN JANUARY

As the winter blues set in, all that a traveller heart wants is a sun-drenched beach vacation.

As per *Travel + Leisure*, these destinations are likely to have the most comfortable weather in January

Koh Lanta, Thailand

January is the most fitting time to visit Thailand, especially the dreamy islands on the Andaman Sea. Despite of this, Koh Lanta has somehow managed to remain a lesser-known secret, even though it has everything needed for a relaxing beach vacation. There are swanky, romantic retreats, family-friendly hotels and beaches with calm surf, and world-renowned dive sites. For those looking to let their hair down, there are lavish spas as well, and a sleepy Old Town with traditional wooden guesthouses.

Maldives

If what you seek is total relaxation in the lap of luxury, look no further than the

Maui, Hawaii

There's really no bad time to visit Hawaii, so why not go when the forecast back home is snow with a side of slush? Besides, Maui is one of the few beach places that caters to all types of vacations...from lazy to adventurous. The islands are famous for wide, golden crescents of beach, calm snorkeling reefs, star-studded resorts with opulent spas, trails that lead to hidden coves, dive sites brimming with sea life, and some of the biggest surfable waves on the planet.



Maldives. Even though the nation doesn't feature on every traveller itinerary, it is famous for its overwater villas and sparkling turquoise waters. Besides, January being one of the driest months,



Negril, Jamaica

As anyone and they will tell you that this is a laid-back place and hence makes for a perfect de-stressing beach vacation, especially in January when the weather is warm and breezy, and there's no threat of hurricanes. In Negril, you will be welcomed by seven miles of soft golden sand and sounds of live reggae and ocean vistas that will lull you into happy mindset, as you sip rum punch. The locals are friendly too, so make sure you chat some of them up and get to know their culture better.

you're almost guaranteed blue skies and bath-warm seas without a drop of rain. Made of more than 1,000 islands, you can take your pick of powdery white beaches.

El Nido, Palawan, Philippines

Voted the world's best island by *Travel + Leisure* readers in 2017, Palawan offer the

same stunningly beautiful scenery as other popular Southeast Asia destinations. However, the crowd here is yet to gather momentum. For those looking for some tranquility infused with adventure, a boat tour in El Nido provides just the right amount to hop around the Bacuit archipelago. You'll get to sail through crystal-clear blue lagoons flanked by emerald karst cliffs. Then there are secluded powdery white beaches that can be explored through kayaking.

Tulum, Mexico

Tulum has now become a popular tourist spot, but that has not stopped the boho-chic beach town from being a must-visit. Ancient Mayan ruins crown seaside cliffs in this beautiful beach town, and there are miles of soft white beaches backed by Instagram-perfect resorts and boutique hotels. Besides, this town has a happening night life too. The main road is a hit parade of stylish restaurants, including the much-lauded Hartwood and MurMur. You can always go bar hopping to the fabulous watering holes, like Gitano and Todos Santos, which specialise in Mexico's smoky spirit, mezcal.

San Blas, Panama

If you want to unplug, Panama's archipelago of 365 tiny islands is the perfect destination. There are no roads and no chain hotels, restaurants, or bars at the San Blas islands. Nearly 49 islands are inhabited, while most of the main ones house only a

handful of small huts with limited electricity best for intrepid travellers. Your days will look something like this: Boat from island to island to snorkel in the bright azure water, pick a new palm tree to lay your towel under, or swim along sandbars strewn with starfish. An absolutely fitting location for those introverts who had to socialise too much during holiday season, and wish to go back to their natural, quiet habitat now.

Rio de Janeiro, Brazil

Rio boasts of a rare combination of beaches, rainforest, and mountains — all within a busy urban setting. January is a great time to be there, as the weather is sultry and hot and the beaches are therefore bustling with people from all walks of life. But it's still before the madness of Carnival begins when the city turns into a month-long debauchery party, so the timing is perfect. Nevertheless, Copacabana, Ipanema, and Leblon will all be packed with tanned and toned locals sunning themselves and vendors would be seen peddling fresh coconuts.

Musandam, Oman

Not off-heard of, Oman makes for a spectacular introduction to the Middle East. It's politically stable, the people are gracious, and it boasts an impressive range of landscapes, from modern city to desert to mountains to beaches. The country has unspoiled sands and the weather is just amazing that time of the year.