KEEPING EMPLOYEES ENGAGE.

SEX TO RELIEVE STRESS?

SEX DURING COVID 19 ERA.

PROTECT YOUR SKIN THIS SUMMER!

HOME IS WHERE THE HEART IS.

IS IT LOVE OR JUST SEX?

EVOLUTION OF WELLNESS.

CRAZE FOR NEW FASHION.
AS MUCH PROTEIN AS AN EGG

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The race to develop Coronavirus COVID-19 vaccine has become an intriguing one after UK’s Oxford-AstraZeneca, Russia, US-based Moderna, India’s COVAXIN and Zydus Cadila, and Chinese companies including Sinovac made significant progress. Around the world, over 160 potential Coronavirus COVID-19 vaccines are at different stages of development. Out of those, as many as 26 vaccines have managed to enter human trials phase.

Russia has been claiming that the “World’s first Coronavirus COVID vaccine” would be ready by August. According to a Bloomberg report, Russia’s business and political elite have been given access to the experimental potential Coronavirus vaccine. The vaccine, which is being developed by the Gamaleya Research Institute of Epidemiology and Microbiology, has been funded by the state-run Russian Direct Investment Fund. The project is also backed by the Defense Ministry. Last week, a phase 1 trial of the potential vaccine candidate involving military personnel was completed. However, no result has been published. The institute has already begun the next stage of testing with a larger group. However, researchers in Russia have claimed that the potential vaccine candidate is “safe and reliable”.

The much-awaited result of Phase I/II trials of the Oxford University’s vaccine candidate ‘AZD1222’ has just been released and it just might be the first piece of good news in 2020. The results which have been published in the medical journal The Lancet reinstate the earlier media reports which cited that Oxford’s vaccine candidate is fit for human use and develops protective immunity in the body of the volunteers. As per the latest update, Richard Horton, the editor of the UK-based science journal ‘The Lancet’ noted that “the vaccine is safe, well-tolerated, and immunogenic.” While the researchers and developers of the AstraZeneca-backed potential vaccine did not comment on the media reports doing rounds, the Lancet medical journal published the data of Phase I trial of Oxford and AstraZeneca’s COVID-19 vaccine candidate, AZD1222, today. The results were found to be "extremely promising" and the vaccine candidate has been deemed fit for human use.

In March 2020, the Moderna, backed by Bill Gates began testing its messenger RNA (mRNA) vaccine in a phase I clinical trial in Seattle, Washington. In mid-May, Moderna announced the vaccine had produced antibodies in all 45 trial participants in this initial clinical phase. The study included 45 healthy volunteers, ages 18 to 55, who are getting two shots 28 days apart. Moderna has developed other mRNA vaccines before. Those earlier studies showed that their platform is safe, which allowed it to skip certain animal testing for this specific vaccine. In early May, 2020, Moderna received permission from the FDA to start a phase II study of its vaccine. It expects to begin a phase III clinical trial in July. The FDA also agreed to fast-track regulatory review of this vaccine if it succeeds in a phase III clinical trial. The initial results have shown early promise. The firm will begin Phase 3 trials with 30,000 on July 27, 2020.

The human trials of India’s indigenous COVAXIN are set to begin in AIIMS-Delhi, Redkar Hospital in Goa and Bhubaneswar’s Institute of Medical Sciences and SUM Hospital. The clinical trials of the potential vaccine, which is being developed by the Indian Council for Medical Research (ICMR), Bharat Biotech International Limited (BBIL), and National Institute of Virology, Pune, has begun at AIIMS Patna and PGI Rohtak. Clinical trials of the Covaxin will also begin at Medical institutes and various hospitals.

WHO has recognized that over 20 potential coronavirus vaccine candidates are at the human trial stages and almost half of those are being developed by Chinese firms. One such is Sinovac. WHO has said that along with Oxford, “good news” in results shown by a Chinese firm. Chinese pharmaceutical firm Sinovac is the only third in the world to enter Phase 3 trials. The large scale testing is set to begin in six states in Brazil. Sinovac has also received a nod for Phase 3 trials in Bangladesh.

Even if a vaccine is developed and distributed, it’s unlikely to be completely effective. The measles, mumps and rubella vaccine is effective 97 percent of the time while the seasonal flu vaccine tops out at 60 percent. Still, even a less-effective vaccine may reduce the severity of disease if someone gets COVID-19. But some experts are worried that people who get the vaccine may stop doing other measures needed to control the spread of the new coronavirus, such as handwashing and staying home when sick.

editor@womansera.com
CINEPLEX
FROM BOLLYWOOD...

Netizens Trolls Karan Johar As He Parties With Ranbir Kapoor At Neetu Kapoor’s B’Day Bash

The sudden Bollywood industry is all about glam and shimmer. It is like a fairy tale with parties and fame; however one thing that we tend to ignore is that it is judgy too. People are too quick to judge and now, it was Neetu Kapoor’s birthday bash. Ever since this tragedy of Rishi Kapoor dismay took place, Karan finally made his first appearance at Neetu Kapoor’s intimate birthday bash. And netizens cannot bear this moment of happiness for him. They started to troll him.
Shweta Tiwari and husband Abhinav Kohli parted ways after she lodged a complaint against him for harassing his daughter. There have been many news surrounding the estranged couple. However, Shweta has maintained her silence. Abhinav, on the other hand, is trying by hook or by crook to clean his name and get his son back. And now, Shweta Tiwari’s friend Anuradha Sarin has come forward to share how Abhinav Kohli would harass Shweta’s daughter Palak Tiwari. During a verbal spat on one of the posts on Abhinav Kohli’s Instagram handle, Shweta Tiwari’s close friend, Anuradha Sarin claimed that she had seen Abhinav Kohli harassing Palak Tiwari in a mall.

Kangana Ranaut has been very vocal and that has landed her in several controversies. However, a past interview of hers around a year before coronavirus struck the world is now going viral. She had talked about not wanting to be Chinese in an interview and the host responded with a mention of Chinese invasion. Although the actress was only taking a jibe at Ranbir Kapoor who refused to make any statement about India, this past video is certainly shocking all her fans.
This is a sad year and we have seen many of the stars passing away. While most have been really big shots, there are several others who have passed away unnoticed. One such model, singer and actor was Divya Chouksey. She had worked in the movie ‘Hai ApnaDilToAwara’ opposite SahilAnand. She was battling cancer of the pancreas and has lost the battle. Divya Chouksey’s co-star Sahil Anand is completely devastated after losing her. She was extremely bubbly by nature but completely dedicated to her work. She was a go-getter and used to not depend on luck like many other artists do.”

The pair, Amitabh Bachchan and Abhishek Bachchan have tested positive for Coronavirus. They educated their fans about their wellbeing by means of a Twitter post. Them two have mellow COVID-19 side effects and have been admitted to Nanavati Hospital. After the news was shared on the web, fans and companions of the Bachchans began pouring in a get well soon wishes posts for the two. Talking about how they caught the infection, as per ABP News, all things considered, they get the infection by means of not being isolated.
Vikas Gupta opened up about being bisexual on social media platform and declared that he was indeed in a relationship with both Parth Samthaan and Priyank Sharma before. And now that Parth Samthaan has actually tested positive for the deadly coronavirus, Vikas Gupta has shared a cryptic tweet that seems to be hinting at his ex-boyfriend only. Vikas Gupta shared some cryptic tweets talking about young people and Coronavirus. Vikas wrote, “It’s extremely selfish just because you are young & #covid won’t kill U doesn’t give you the right to take chances with other people’s lives who works with you & they go home to their kids & parents. Wander-Lust both can wait for few more months #StayHomeStaySafe.”

Coronavirus is increasing day by day in India, especially in Maharashtra. It appears the risky Coronavirus has affected the city seriously. Recently Amitabh Bachchan and Abhishek Bachchan took their separate Twitter records to affirm that they tested positive for Coronavirus and soon after another report about Aishwarya Rai Bachchan and Aaradhya testing positive for Coronavirus came in. Maharashtra Health Minister Rajesh Tope confirmed the news and tweeted, “Smt.Aishwarya Rai Bacchan& Daughter Aaradhya Abhishek Bacchan have also been detected positive for Covid19. Smt. Jaya Bachhanji is tested negative for covid19. We wish the Bacchan Family to get well soon with a speedy recovery.”
Nawazuddin Siddiqui’s marriage with Aaliya is going through a very rough patch. The two have separated and while early on it was believe that Aaliya has an affair with another man, now she has made claims that it was Nawazuddin who had an affair even when she was in labour pain. She revealed that when they were dating and were about to get married, Nawazuddin was already in a relationship with someone else. Aaliya was quoted saying, “When I was pregnant, I had to drive all by myself for check-ups. My doctor used to tell me that I’m mad and I’m the first lady who’s come alone for delivery. My labour pain started and Nawaz and his parents were there. But when I was in pain, my husband is not with me. He was talking to his girlfriend on calls.

Mira Rajput and Shahid Kapoor have been married for over five years now and is happy patent to two beautiful kids Misha and Zian. The two were invited to Koffee With Karan and during the show, Mira can be seen standing up for her husband and shutting down Karan Johar like a pro. Mira Rajpoot ask Karan before he can ask a question, and says, “Rank in order of talent. I’ll ask you one of your questions.” She then proceeds to give Karan a list of names as options, as he does to the guests on his show. “Ranbir (Kapoor), Ranveer (Singh), Sidharth (Malhotra), Arjun (Kapoor), Aditya (Roy Kapur),” Mira says. Shahid, who is sitting next to Mira jumps in the conversation and asks his wife “Why am I not in that list?” to which his Mira replies, “Because he never mentions you in any of his lists,” pointing at Karan, who is left speechless.
Kangana Ranaut’s tuff with the Bhatt family seems to have taken an uglier turn. Earlier, it was Kangana talking above Mahesh Bhatt. Now, it is Mahesh Bhatt’s daughter Pooja Bhatt getting into a fight with Kangana Ranaut’s team on Twitter. Pooja Bhatt in her tweet reminded Kangana Ranaut that she was only launched by Vishesh Films- a film production company owned by Mukesh Bhatt and Mahesh Bhatt- in Gangster. Kangana’s team had responded by tweeting, “Dear @PoojaB1972, #AnuragBasu had keen eyes to spot Kangana’s talent, everyone knows Mukesh Bhatt does not like to pay artists, to get talented people for free is a favour many studios do on themselves but that doesn’t give your father a license to throw chappals at her, call her mad and humiliate her.

Irrfan Khan’s death after defeating cancer came as a big shocker for everyone. While we were still seeing the jolly and happy face in Angrezi Medium, he was battling a disease that would succumb him in the end. Irrfan Khan’s son Babil Khan has been sharing his thoughts on social media as a means to vent out his emotions. And once again, he has shared yet another post which is really heartbreaking and shows another side of Bollywood industry.
Shahid Kapoor and Kareena Kapoor was an inseparable couple and were the talk of the town when they were together. Shahid and Kareena got close to each other while shooting for their 2004 movie Fida and dated for almost five years. However, today, the two have parted ways and are super happy with their respective life partners. While Kareena found love in Saif Ali Khan even before the breakup, Shahid Kapoor took his time to heal. And as per reports he even went through depression as it wasn’t easy for him to get over Kareena.

Quarantine has turned everyone into an artist. While majority of us are busy showing off our cooking skills, there are others who have decided to work hard on their bodies and show off their hardwork. And one amongst them is Megha Gupta. The TV actress shifted to Goa and is flaunting her se`xy body with the backdrop of the stunning state.
Ranveer Singh has always been open and candid about his personal life and has never hesitated while talking about his sex life either. It was on Koffee With Karan that he once revealed that he lost his virginity at the age of 12. Ranveer also once said that ‘birthday sex’ is the coolest birthday gift.

Arjun Kapoor and Malaika Arora have been dating each other for quite some time. Despite rumours of them tying the knot many times, they are still committed but not yet married. So, what’s stopping the two from taking the saat pheras? In an interview, Arjun Kapoor has finally revealed why he’s not getting married to his girlfriend Malaika Arora. He said, “on a serious note, I am not getting married. I have not hidden anything from anyone, and I think my personal life deserves respect and dignity for that.”
Experts are warning that mild COVID-19 symptoms can quickly escalate to serious, possibly life threatening symptoms. While the majority of people with COVID-19 will either have mild or no symptoms, doctors say even those with mild symptoms should be on the lookout for worsening symptoms that could become serious.

“This disease can cause mild symptoms in someone, and then they recover in a couple of days or a week and do well after that. In contrast, they can be ill at some point prior to or after formal diagnosis, recover a lot or slightly, then get seriously ill 7 to 10 days later in what we think is likely related to immune dysregulation, or the cytokine storm we have all heard about,” says Dr. Dana Hawkinson, the medical director of infection prevention and control at The University of Kansas Health System.

“THEY CAN BE ILL AT SOME POINT AFTER FORMAL DIAGNOSIS, RECOVER SLIGHTLY, THEN GET SERIOUSLY ILL 7 TO 10 DAYS LATER.”

Dr. Dana Hawkinson
Cytokine storms refer to the overreaction of the body’s immune system. They’re a common complication in respiratory diseases, such as COVID-19 and severe acute respiratory syndrome (SARS). When the virus that causes COVID-19 enters the lungs, it causes the immune system to respond and bring immune cells to the lungs to attack the virus. This causes inflammation.

OVER REACTING IMMUNE SYSTEM

In some people, the immune system overreacts, resulting in the activation of more immune cells, causing hyper-inflammation. This can be fatal. Usually when people get it, it starts off as a cold or asymptomatic. Then, it can progress and cause pneumonia, [which is] the main thing that causes people to be sick. That usually occurs around day 6 or 7 of the illness.

Some of this is due to the direct effect [of the virus] on the lungs themselves, but much of it is also due to the host — the patient’s immune response to the virus, which can cause respiratory distress syndrome. There are also reports now of some people with COVID-19 developing what doctors describe as “silent hypoxia.” That’s where blood oxygen saturation levels become low but a person doesn’t experience a feeling of breathlessness.

THERE ARE ALSO REPORTS NOW OF SOME PEOPLE WITH COVID-19 DEVELOPING WHAT DOCTORS DESCRIBE AS “SILENT HYPOXIA.” THAT’S WHERE BLOOD OXYGEN SATURATION LEVELS BECOME LOW BUT A PERSON DOESN’T EXPERIENCE A FEELING OF BREATHLESSNESS.
GOING FROM MILD TO SEVERE

According to the Centers for Disease Control and Prevention (CDC), symptom Source can appear 2 to 14 days after exposure to the virus.

These symptoms can include:
- Fever
- Cough
- Chills
- Muscle pain
- Headache
- Loss of taste or smell
- Sore throat
- Shortness of breath or difficulty breathing

An office worker is screened with an infrared thermometer as he enters a building in New Delhi, India.

Right now, experts say there’s no way of predicting if a person’s symptoms will progress from mild to severe, although there are risk factors that could make this more likely.

This virus and the infection it causes seems to be very unpredictable. We know about common symptoms — fever, cough, shortness of breath — but we are seeing more and more other atypical presentations. In addition, we are seeing the escalation of symptoms from mild to severe disease.

There are common risk factors such as age, diabetes, hypertension, lung disease, and immunosuppression, but unfortunately, this disease process and severe illness can affect anyone, and we have seen that happen.

MONITORING THE SYMPTOMS

For people quarantining at home, the CDC advises that medical attention should be sought immediately if a
Ek SIIP - Do Fayede

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You can partially withdraw after 5th year onwards*

Policy Benefits:

- Life Risk Cover Available
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- Policy Maturity: Unit Fund Value

Check your Eligibility:

Age at entry:
Minimum Age: 90 days
Maximum Age: 65 Years

Maturity Age:
Minimum Age: 18 years
Maximum Age: 85 Years

Policy Term: 10 - 25 years
person experiences symptoms, such as trouble breathing, confusion, persistent pain or pressure in the chest, and bluish lips or face.

Doctors say it’s important to check in regularly with people with COVID-19 who are in isolation. They could have a sudden escalation in symptoms without anyone knowing. We need to be connected with others. Anything could happen to them. They may develop weakness so fast they can’t even reach for the phone. We need to make sure people are connected and looking after each other.

We want to make sure people who are sick, who aren’t getting better, who have a worsening illness, and who have shortness of breath or difficulty breathing seek medical attention immediately and get the care they need.

**TREATING MILD SYMPTOMS**

While there isn’t a treatment that can stop symptoms from progressing from mild to severe, Dr. William Schaffner, an infectious disease expert at Vanderbilt University in Tennessee, says there are things people with mild symptoms can do at home to feel better.

“I would think good hydration is the single most important thing to help you feel somewhat better. If you have a fever, taking a medication to reduce your fever will make you feel better,” he told. Whenever anyone has influenza or any respiratory infection, we ask them to stay away from alcoholic beverages. Be careful with beverages with caffeine such as coffee or tea because they tend to be dehydrating. What you want to do is drink a lot of water. If you’re sick, I would suggest if you’re not already 6 feet away from everybody, please do that right away and be meticulous not to give the virus an opportunity to spread.
I come from a middle-class family, am 20 years old and am the only daughter among four older brothers. One would think that I am loved and pampered by them, but nothing could be farther from the truth. The truth is that because my father died 10 years ago when we were growing up and my mother is not capable of controlling my brothers, they grew up wild and none of them paid me any attention.

Money has been a problem in our family ever since my father died and all of us children have been left more or less to our own devices since then. Since I am younger than my brothers I was less able to fend for myself and as I am a girl, I was also forced to do household chores. All in all, I have had and still have a miserable life.

But something totally unexpected has suddenly happened, something that has totally changed my life. This was that a few days ago I received an official communication from a lawyer telling me that I have inherited `three crore from a distant relative of my father’s and that he would come and see me and explain to me how the money would be paid to me. Of course this led to unbelievable excitement in the family – but in the excitement, I was totally forgotten and my brothers all acted as if it was them who had inherited the money!

The lawyer came with half a dozen others and my brothers sat down with them and began to ask them how and when the money would be given to us. But the lawyers refused to discuss the matter with them and said that I was the only one they would talk to as only I was involved in the matter!
They said that this was what the person who had left me the money had told them to do.

Now I am to go and meet the lawyers. My brothers have ordered me to complete the formalities and bring the money home. But I do not feel like doing this. This will be my only chance to have a good life and why should I give all my money to brothers who have done nothing for me?

Please advise.

What you have decided to do is the correct thing. When you go and see the lawyer, tell him that you need help in managing your newly got money and keeping safe from your brothers. Then ask him if he will do it for a charge. He will either agree to do it or will suggest someone else to take care of things for you.

When the lawyer and the men with him explain things to you, ask questions till you understand what they are saying. When you get your money, do not keep much money at home. Ask the lawyer to help you invest it. Ask him to explain whatever he does to you. If you are not satisfied with anyone, get another manager. I would be best if you moved out of your family home and got yourself another place. Get yourself help and do not stay alone. You could ask your mother to stay with you.

Give your brothers some money but do not be overgenerous. Tell them to work for their living. Help them if they start a business. Learn how to manage your money and be careful with it. You cannot expect to get such a windfall again.

I am the 14-year-old only daughter of my parents. Since I could understand things, I have known that my father and mother do not get along and by the time I was 12, I knew that they both were waiting for me to grow up so that they could be divorced and could remarry partners they loved.

Actually I was almost, but not completely right in
thinking all this. Yes, both of them were waiting for me to become 16, but it was not out of concern for me. According to a letter written by my grandfather to both of them which had been submitted in court, they would be eligible to inherit one third each of his money only if they remained married and brought me up together, while I would inherit the remaining third. However if they failed to bring me up together till I was 16, all the money would come to me!

I understood all this when I happened to read a copy of the letter my grandfather had written. Now that I have understood why my parents are so reluctantly caring for me, I am shattered but also furious. According to another point made in the letter, they would lose their chance to inherit any money if I was unhappy and applied to court saying that I did not want to stay with them.

Should I do this?

You have been treated in an atrocious manner and your anger is very understandable. In fact, it is incomprehensible that any parent could be so self-involved that they are oblivious to how unhappy and neglected their only child is.

Your unhappiness is also likely to affect your attitude to people in general and to life itself. So it is important that you get over your unhappiness and anger and develop a positive and happy attitude to life. To get this positive attitude, you should first confront your parents and tell them how you have suffered from their indifference and neglect.

Scare them by telling them that you are seriously thinking of telling the authorities that you do not want to stay with them. Make them rattled and their attitude is likely to improve. But the truth is that you cannot really depend on your parents and have to depend on yourself. Try and prepare yourself for this. Start by getting yourself help, according to your grandfather’s wishes. You should also get yourself a psychologist.
Workplace spirituality is a novel concept with potentially strong relevance to the well-being of individuals, organisations and societies. The common problems faced by most of the corporates are stress, absenteeism, organisational politics, and absence of team work and so on. Large numbers have been struggling with anxiety, depression and lack of motivation. Going back to work will trigger a huge range of emotions. Many with existing health conditions are reluctant to regroup until vaccines are dished out. Work is worship and we Indians just touch the entrance of the office before starting the work in right earnest.
The spontaneous and unannounced mass remote working trial shone a blinding spotlight on unprepared businesses. When the tide goes out you see who's lost their swimming trunks, who’s been working out and who’s wearing their wife’s knickers all will come in open. IT teams were flooded with requests to configure remote systems. Hardware sold out. Software took some getting used to, but all in the entire imposed home office project has generally been hailed as a huge step forward for work place. This is largely dependent on the worker’s home situation and individual roles of course. Some staff are not permitted to access sensitive data externally, not all jobs can be done remotely especially from the Banking sector where the client's details are to be kept secret and not revealed outside.

**SOCIAL DISTANCING AT WORK PLACE**
Social distancing will be the part and parcel of a future working in India. This sets new limits on workplace capacity: bums on seats. Facility managers and consultants are frantically re planning offices, reducing numbers and marking out spacing with sticky tape. More needs to be done, but a return to desk cubicles isn’t the answer. The uniqueness of the current situation is that nobody has a definitive answer for how to work through the post lockdown / pre-vaccine period. Management must engage with employees to agree on a way – and be prepared to change tactics if needed.

**BUSINESSES WITH SHORT TERM VIEWS WILL LOSE OUT TOO LONG TERM STRATEGISTS. NOW IS THE TIME TO BUY LOYALTY WITH EMPATHY TO RETAIN YOUR BEST ASSETS.**
Employer responses to staff fears will come under the microscope. The big losers in the next 12-18 months will be firms that ignore corona concerns raised by their team, dismiss home office requests and fail to consider staff anxiety. Businesses with short term views will lose out too long term strategists. Now is the time to buy loyalty with empathy to retain your best assets. It is time to enhance trust among people with an increased disconnectedness. Moreover, motivated organisational culture leading to better organisational performance in future. At the same time, there should be job satisfaction. We should cultivate a renewed community sense and positive outlook for maximum output.

**FLEXIBLE MANAGEMENT**

Management should be visible with regular team meetings to deal with problems and concerns. Human emotion, empathy, open-minded communication and understanding have to take the lead. Employees with fears and anxieties should be supported in order to feel safe at work. Businesses need to be flexible with their staff. The office does not represent work itself, presenteeism is dead. The uniqueness of the current situation is that nobody has a definitive answer for how to work through the post lockdown / pre-vaccine period. Management must engage with employees to agree on a way and be prepared to change tactics if needed. There lies the real success in the post Coronavirus scenario.

**EMPLOYEES WITH FEARS AND ANXIETIES SHOULD BE SUPPORTED IN ORDER TO FEEL SAFE AT WORK. BUSINESSES NEED TO BE FLEXIBLE WITH THEIR STAFF.**

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It can be hard to know when someone is really into you. Figuring out someone’s feelings, especially if they don’t even know them yet, can be difficult and actually pretty nerve wrecking. This is definitely the case for guys, who may not always be the best at communicating how they feel. And if you are really into this guy, you are probably anxious to know how he feels about you, or if he likes you as much as you
do like him. If you are ready to really understand your crush or love interest’s feelings, here are 7 things he will do if he is totally in love with you.

**HIS EYES REVEAL EVERYTHING.**

The greatest sign that a person is into you in the manner he takes a gander at you. He may not say it; however in the case that he is succumbing to you, he will see you like you are sent directly from paradise.

**HE MAKES YOU A PRIORITY.**

Individuals just set aside a few minutes for what they need, and for the most part rationalize when they aren’t so intrigued. In such case that your partner is occupied – regardless of whether it be with work, school or companions – he still reliably sets aside a few minutes for you, this is a truly clear sign that he truly thinks about you.
HE ACCEPTS YOU FOR WHO YOU ARE

Some guys may need you to act or dress a specific method to pacify their necessities and wants. However, in case that a person is truly into you, he will acknowledge you for what your identity is, energetically and affectionately.

HE GIVES YOU CONSTRUCTIVE CRITICISM

If a guy doesn’t really care about you, they won’t be invested enough to tell you when you’re off your game. They could easily witness you being self-destructive or making poor decisions, and not care enough to give you feedback. But a guy that really loves you will call you out on your stuff, because they care enough about you to help you be your best self.

HE SUPPORTS YOUR ASPIRATION

A guy that really cares about you will not only hope you achieve your dreams, but will actively support you in doing so. Does he do things like help you brainstorm new ideas for your business, study constantly with you for school, or even physically
show up for your personal or professional endeavors? He is definitely falling for you.

HE IS RELIABLE EVEN WHEN IT'S INCONVENIENT OR UNCOMFORTABLE

You can truly perceive how an individual feels about you by watching their conduct in badly arranged circumstances. Does he despite everything ensure you are alright after a contention? Does he assist you with getting things done regardless of whether it cuts into his leisure time? Little, yet great deeds like this shows his actual character and affections for you.

HE INCLUDES YOU IN HIS LIFE.

If a guy isn’t really into you, you won’t know much about his life outside of his interaction with you. If you know all your guy’s best friends, his favorite hang out spots and hobbies – or even if he just constantly updates you about his day – this guy is definitely falling in love with you.

IF A GUY ISN’T REALLY INTO YOU, YOU WON’T KNOW MUCH ABOUT HIS LIFE OUTSIDE OF HIS INTERACTION WITH YOU.

CLASSIFIEDS

WANTED BRIDE

HANDSOME boy coorg based UAE resident now in bengaluru broadminded, romantic, looks like a model, financially rich from decent family background seeks beautiful, educated, sincere financial background no problem girls for companionship/marriage contact +917022506767
Please give me some tips on removing make-up the natural way. My skin is sensitive and I would like to avoid commercial beauty products.

It is very important to remove all make-up before going to bed as this helps the facial skin breathe, and prevents clogging of pores leading to blackheads, acne and other blemishes.

A very popular method of cleaning off make-up is honey and baking soda. Take honey in a bowl and sprinkle baking soda on it. Mix thoroughly and apply with a cotton on face and wipe off firmly and gently. This is an exfoliator and cleanser, suitable for all kinds of make-up.

Take a little coconut oil in your palm and wipe it all over face, without rubbing it in. Remove with a tissue or cotton ball. This cleans and moisturizes skin excellently.

If your make-up is light, simple milk is a good cleanser, and a good hydrator as well. Steaming face removes stubborn make-up but you should ensure that you clean it off thoroughly or it could cause acne.

I am a 25-year-old woman who is only 5’2” tall. This makes me wear high-heeled footwear always! During my working day in the bank, I always wear stilettoes. Nowadays, I am suffering from a back ache and a stiffness in the ankles. Could this be due to the footwear I use? Please advise.

You seem to have hit the nail on the head! Podiatrists warn that high heels alters the angle of the body and causes imbalance feelings. Pain will
be felt from the knees to the spine, and even lead to the formation of corns, bunions and blisters.

This does not mean that you will have to eschew high heels altogether. Use good walking shoes when going to work and slip on the heeled footwear when you are in the office. When working at your station, slip them off and wriggle your toes to loosen muscles and relax feet.

If the discomfort you feel is intense, it is advisable to change your footwear and choose lower heels. Two to four cms are safe. You arches should get good support as well. Wear very high heels only for infrequent outings.

In case you continue to feel pain and discomfort, it is best to consult a chiropodist to evaluate your condition.

Now that summer is here, please give me some tips on how to have a clean, fresh look on the face. My skin tends to become greasy and dull due to the heat, humidity and dust. I am a 32-year-old living in Mumbai.

You are right in thinking that our beauty routine should be modified with the change in the seasons. In summer, with the heat and grime, it is important to clean your face at least three times a day. Use a soap-free cleanser. A clay mask once a week is perfect for dealing with oiliness.

Another way of clearing skin is by exfoliation with a mild chemical peel or an appropriate scrub which will remove dead skin cells and leave your face with a glow'.

Avoid heavy make-up; use light, less products which do not contain oils and emollients. These should contain antioxidants. But an SPF of at least 30 is important to avoid the effects of the sun’s ultra violet rays.

Take care to remove all make-up at bedtime and allow skin to breathe.
Please tell me how to deal with hair in my nostrils. I have a thickish growth and often wonder how most women have clean, hair-free nostrils.

The easiest and most convenient way is to use a tiny scissors which are often included in grooming kits. As these have rounded tips, you will not nick or poke skin. Stand in front of mirror, in good light, blow nose to remove any mucous; raise your head.

Then carefully trim hair as close to skin as possible. It is best to trim only the front visible hairs, and not go deep into your nostrils with the scissors. Blow nose to remove bits of hair and wash in cool water. An electric nose hair trimmer with rounded razors is another option. It can be bought in a good beauty product outlet or online too.

Avoid waxing or laser too as far as possible. Do not pluck hairs as this could lead to infection which can even reach the brain! Depilatories, hair removal creams, etc, are definitely not to be used.

I have heard a lot about chemical peel. What is this and is it safe?

In the procedure termed chemical peel, a chemical is applied to the skin to exfoliate it and gradually peel off. It is used to improve the condition of the face, hands, or neck, and makes the area look smoother and less wrinkled than the original skin. The new skin is more sensitive and feels raw for a few days before it heals completely.

The treatment uses light, medium or deep chemicals according to the requirements. Usually, these are alpha hydroxy acid peels, which are glycolic or lactic acids, beta hydroxy acid peels, retinoic acid peels or phenol croton oil peel.

The results are almost always very gratifying and there are very few adverse side effects. Ensure though that you go to an experienced and qualified cosmetic surgeon. This procedure is not advisable for teenagers, under 18 years of age.
Results from all over India

This photo is sent by Ms. Pooja Haran of Uttar Pradesh. She was worried about pimples. She tried many cosmetics but didn’t get any result. One day her friend told her about Ayurvedic ‘Roop Mantra’ cream and face wash. Within just one month, not only she got rid of her problem of pimples but also her skin became very soft and smooth.

I am Shivani Shetty from Chandigarh. In last few months, my facial skin became very dull and oily. I started using Ayurvedic ‘Roop Mantra’ Cream and started washing my face twice daily with ‘Roop Mantra’ Face Wash. It’s been just 3 weeks and now my skin has become very soft and beautiful. Even oiliness has gone.

I am Vivek, residing at Haryana. I am a modal. But in the last few months, my face was becoming dull day by day. One day, my friend suggested me to use Roop Mantra Ayurvedic Medicinal Cream regularly. I started using it & after 2 months I got the positive results. Now, my skin’s glow attracts everyone.

I am Rohit Kochhar from New Delhi. I am passionate about modeling and acting. But, few months ago, I noticed that my skin was becoming oily and pimples also started appearing. I started using complete treatment of Roop Mantra Ayurvedic Cream & Face Wash. I got amazing results from it.

Roop Mantra
Ayurvedic Cream, Capsules, Soap & Face Wash

Enriched with
Iraksha
Almonds
Aloe vera
Sandal

Equally effective for whole family.
As individuals stay inside to help forestall the spread of the coronavirus, we need to know how this has affected your sexual coexistence. As the coronavirus keeps on spreading over the US, millions have needed to radically change their everyday lives.

The conclusion of bars, cafés, exercise centers, and theaters as a methods for easing back the spread of the infection has additionally implied that the essential methods for meeting individuals and dating has been covered for the time being.

So in case you’re despite everything keen on getting off and having (a) sex — a known
wellspring of stress alleviation — how are you getting along it?
Perhaps you’re getting inventive with new masturbation strategies, possibly you and your life partner are isolated together and testing out new places around your living quarters to engage in sexual relations that aren’t your bed, perhaps you’re getting into virtual sex.
Ahhh, COVID-19—you have furnished us with testing times on such a significant number of fronts, however not least of which is changing in accordance with being cut off from our social universes.

Never have we felt so… cloistered. Although for a significant number of us, there is the weird inconsistency of feeling as though there is no getting away those with whom we are socially detached.

Our requirements for intimacy do not turn on and off like a tap, regardless of the stunning velocity with which we have wound up bolted away from others. For all our disdain of the horde ways that advanced innovations have transformed our associations in the course of recent decades, a considerable lot of us are currently deeply grateful to the different ways we would now be able to see and hear those generally essential to us.

The everyday portion of heightened anxiety brought to us civility of the news can leave us
requiring solace that is human in structure. Sure there is a spot for getting occupied in Netflix or sorting out an online “quartini” hour with companions, yet we are customized with requirements for physical contact.

On the off chance that you are lucky to be confined with your cozy accomplice (or accomplices, for the individuals who live past doubles), in theory, it may appear to be an incredible chance to get up to speed with all that sex that at times gets put on pause from the requests of work, family, and hustling around town like tasered chickens, as we are wont to do.

Don’t under-gauge the accumulative stress of this disengagement, be that as it may. While you may feel an extraordinary requirement for solace and closeness, it frequently requires a totally different mentality to be intrigued, stirred, and prepared for sexual association explicitly. A genuinely cheerful attitude. Numerous individuals, however particularly numerous ladies, report inconvenience isolating from the nerves of their reality during sexual experiences.

Then again, sex gives an extraordinary methods for association and has some phenomenal diverting and engaging characteristics to it as well. Consider making an arrangement with your accomplice for sex later in the day, at that point move in the direction of limiting your floundering in coronavirus updates.

Think ahead—envision interfacing sexually. Think some hot musings, imagine what you may do or attempt. Also, on the off chance that you can, include some contacting for the duration of the day, even solace contacting, embraces, somewhat pat on the butt, to move nearer genuinely.

Research shows that the individuals who take...
part in these little personal contacts over the course of the day have more grounded connections and sexual association. It is anything but a chicken-or-egg question: begin connecting and closeness increases.

“That is incredible,” you state, “yet imagine a scenario where I have no accomplice or I’m away from an accomplice?” If you have no accomplice, consider contacting your pulverize, that somebody for whom you feel a little sparkle, or that individual from before (even distal past) for a little personal lift. Perhaps help that to remember a period you shared. In look into, we call these “Heating surfaces” or “Alluring Others” which means the people in our lives with whom we share a wee attraction or with whom we have had something before – they cause us to feel associated, appealing, and alive.

What’s more, on the off chance that you have an accomplice, however you are isolated right now, or on the off chance that you are staying away from all physical contact with everybody (even an accomplice under the equivalent roof), this is an ideal time to try different things with online life and different types of sex advancements. There is virtual reality porn, sex robots, web associated sex toys, for example, accomplice controlled “brilliant” vibrators. Indeed, even long-separation kissing gadgets. Do some schoolwork; you will be stunned.

Keep in mind, we are altogether different from one another, just like our requirements for close association. Do not apologize or feel regretful for needing to associate explicitly—we originate from a long, long queue of precursors who obviously drew profits by sex. It is a piece of our programming, and now like never before, we have to give it some time and attention.

THEN AGAIN, SEX GIVES AN EXTRAORDINARY METHODS FOR ASSOCIATION AND HAS SOME PHENOMENAL DIVERTING AND ENGAGING CHARACTERISTICS TO IT AS WELL.
Juggling life with Bonhomie and Harmony During Difficult Times

Covid19: Ensure Mental Harmony. By- Sripriya

Who would have imagined a year ago that terms like ‘lockdown’ and ‘quarantine’ would become common household names in the near future? What today’s world is undergoing is something out of the ordinary spreading fear, despair and anxiety. Just going to a place close by has become a big ordeal nowadays.

Well! Keeping such negative emotions aside, if we can sit back and think as to how positivity can be achieved amidst these difficult times, then with a little effort from our side we can see...
that bonhomie and harmony can be our guiding light, leading the way out of the dark tunnel. While most of us work from home huddled up in the four walls, there is no need to panic as this period can be converted into building cheerful friendliness and harmony with the members of our household avoiding irritability and strain in the relationships. Here is how...

COMMUNICATE:

Communicating amicably with the people we live can go a long way in sorting out anxiety, stress and other differences. By effectively reaching out to others, the workload of the household chores can be split, thereby ensuring the smooth functioning of the place we live in.

Let me portray a situation. Let us suppose a household consist of two elderly people, two kids and their parents. Having a family meeting at a prescribed time every day and allocating work as per age by creating an agenda can go a long way in reducing chaoticness and bitter feelings amongst the members. Also, lighter moments can be created by sharing small gifts to the person who has accomplished his best that day. The family meetings should be conducted in such a way that every member looks forward to its arrival.

BE READY TO CUT SHORT PERSONAL SPACE:

This lockdown period can be taken as an opportunity to discover more about the people around us. So, in the process personal space
boundaries can get blurred but at the same time, we can also get a chance to know more about our loved ones and learn about their positive traits and hobbies. We can also try to make an effort to cultivate those spare time diversions which we see in other members thus enriching our skills.

BE READY TO COME OUT OF COMFORT ZONES:

Let us suppose, cooking is not our comfort zone. When the necessity arises we should prepare ourselves in such a way that we are not locked in the confinements of our known ventures. Even jobs in which we have no experience with can be taken as an adventure and a joyful experience. With the humungous help we can receive from the internet media, I suppose anything can be accomplished. Instead of cribbing and letting out negative emotions why not come out of our comfort zones and accomplish the job at hand with full vigour.

After all juggling life with bonhomie and harmony put forth with the help of definite strategies is the need of the hour. Happy times ahead!

WE CAN ALSO TRY TO MAKE AN EFFORT TO CULTIVATE THOSE SPARE TIME DIVERSE WHOSE WE SEE IN OTHER MEMBERS THUS ENRICHING OUR SKILLS.
New Pril Tamarind, adds shine to your utensils and relationship too.

I got what I was waiting for! What a pleasurable experience!
The dream of shining utensils has become a reality now. Thanks to the union of Tamarind and Active Power Boosters in Pril Tamarind!

I have been using Pril Liquid for a long time and experienced the superior degreasing efficacy of Pril, which melts away the tough grime, instantly. So go ahead and experience the union of Tamarind and Active Power Boosters!

BARTAN CHAMKEIN, AUR RISHTEY BHI.
In spite of its overwhelming presence in newspapers, magazines and on television, the fashion industry in India is young. The first professional fashion show was held in this country just over 20 years ago.

The word 'fashion' brings on images of glamour. The onset of the worldwide fashion market in India has given a thrust to the fashion
industry. This has attracted so many young people to this industry.

The word fashion itself brings to mind a flash of colour with a dash of glamour. It is a visible creativity of people, which can enhance the beauty and personality of anyone. Fashion is just like seasons – it keeps changing and adding colour, print, texture and material as the season goes on. Fashion includes footwear, make-up, accessories, hairstyle, clothing, lifestyle and products. Fashion can be feminine and masculine, but nowadays we follow the trend of
“Androgyny”. There is beautiful quote by Bache Zoe “Style is a way to say who you are without having to speak.”

Today, there are a couple of hundred Indian fashion designers peddling designs and wares. Some are well known and are expanding, slowly but surely, into the international market. India's romance with fashion design has just begun and is bound to grow by leaps and bounds. Glamour has caught on. Young women want to emulate models and the designer wear of Hindi film stars.

Fusion of Indian and western looks are all the rage. Then there is everything from pure ethnic wear, highly suitable for Indian bridal collections to purely Western style designer wear for the red carpet. India loves fashion!

India hosts its own fashion weeks in Delhi and Mumbai which seem to be getting bigger and better every year. The names are getting known as well – Rohit Bal, Tarun Tahiliani, Ritu Kumar, Manish Malhotra, Ritu Beri, Manish Arora, Satya Paul, Rocky S, the list just keeps growing.

**MARKET SIZE**

The Indian fashion industry is expected to reach US$ 400 million in a couple of years with the vigorous growth of over 10 per cent year-on-year. While this is tiny compared to the global industry, it is not too bad for an industry in this stage of infancy.

The reason India's fashion industry will have a bright future is that it has a large young population. This, combined with increasing disposable incomes, has led to an increase in consumerism. So, those who can afford it are looking for high quality and originality. They love brand names. Hence, we can say that the future of the fashion industry in India looks promising.
POTENTIAL

This industry offers an abundance of opportunities for artistic, hard-working and enthusiastic people. The scenario for fashion design graduates looks good, thanks to the enormous and still increasing demand for stylish clothes and the number of exports.

After successful accomplishment of the graduate course, one can be self-employed. On the other hand, several garment store chains, export houses, leather companies, textile mills, boutiques, fashion show organisers and jewellery houses recruit professionals fascinated with a career in fashion designing. Hereby, the fashion industry relies a lot on India's authentic, beautiful history and rich, diverse culture, to make its unique clothing. Growing recognition of this industry, which hinges on its cultural style, has many of us wondering just when and if the Indian fashion industry will get the green light to go international.

Some important tips to remember on fashion

*Denim – find your fit and save it for life:* High-rise, low-rise, boot cut, boyfriend, baggy, etc. Knowing what suits your body type and size is life-saving. These are everyday essentials, and you can’t go wrong with them.

*Understand the colour wheel:* It might seem a little unnecessary, but you will be more than glad you looked this up because it’s a game changer and gives you a new perspective when matching up colours. Remember, there cannot be more than three colours in your outfit at one time.

*Organise your closet every three months:* A capsule wardrobe is a concept many women are turning towards and enjoying the benefits of. If
you think that it will not work for you, at least organise your closet once in a while. You will slowly start to realise how many things you do not use are there in your wardrobe and will discard them anyway.

**Accessory your outfits away:** Accessories are an integral part of dressing up. Keep aside some money just for accessories. Just one chunky piece of jewellery can marry an entire outfit. Wear them as per the occasion – office, party, concert, etc.

**Don’t mix too many colours or prints or both:** Colourful florals with plain skirts or bottoms, or printed dresses with plain accessories and shoes are good – there’s a way to mix them up. You simply cannot afford to mess up.

**Play with prints and patterns:** Playing with patterns and prints is an art in itself. Some have a natural knack for working with prints, some of us need to learn them. There’s nothing Google cannot help you with, so prepare yourself and act like a pro.

**Lastly, be confident:** Nothing, nothing works as confidence does. And, unfortunately, there’s no workaround to this one. Be you, be beautiful.

Being trendy and fashionable is just your own wish, no one can force you to do it and it is your own decision about how much and what type of fashion you are preferring according to place and requirement. Though this time of the 21st century in India mostly people are affected by the glamorous world and style of fashion, still they have not forgotten our traditions and culture which is the priority and symbol of our country. Following and applying fashion in life is not bad until it affects or impacts badly on others.
Premium Grooming & Natural Skin Care for Men & Women
Hair • Skin • Bath & Body • Fragrances

Glow with Divine Kukumadi Range

Revitalize & Rejuvenate your skin with GANS Activated Charcoal Range of SCRUB, PEEL OF MASK & FACE WASH. A unique combination of Activated Charcoal, Kaolin clay, Bentonite clay with vitamins C, E, B5, Hyaluronic acid & Menthol gives perfect glowing and refreshed skin. Specially formulated peel of mask for men with natural oils, extracts and skin beneficial ingredients. 100% Natural & Vegan ingredients offer smooth, bright & healthy looking skin with radiant complexion.

World’s Finest and Most Expensive Saffron “Kashmir-Mogra Variety” is used extensively in making special GANS Kukumadi Divine Facial Serum. This serum is proven to improve the complexion, brighten the skin, and reduce hyper pigmentation. Rare exotic herbs like Red Sandal wood, Indian Banyan, Liquorice reduce acne, pimples and blemishes to give flawless skin. Ushheera (Khus Khus grass) Padma (Indian Lotus) are proven herbs to reduce Fine wrinkles and aging signs giving a youthful glow and luster. The Ancient, Time-Tested Mystic Beauty Formula is one of the precious gifts by Ayurvedafor Eternal Youth and Beauty.

GANS 24 herbs hair serum is an intensive hair treatment to prevent hair loss, dandruff and premature greying. The traditional Ayurvedic recipe, an aged old secret of Indias’ lush and glossy hair, consists of 24 potent herbs extracted into a blend of powerful oils. A natural conditioner for hair that nourishes deeply and keeps the scalp cool. Neem, Jhansamoni and Amla promotes hair growth. Anti-fungal Licence and antibacterial Balloon Vine prevent scalp infections. Mild and earthy fragrance of the oil has a calming, meditative effect that soothes frayed nerves, uplifts mood and aids in a good-night’s rest.

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Ask for GANS Product range at your nearest Beauty Store also.
Isn’t life too short to be making the same old mistakes? Yet we either consciously or unconsciously fall into those previous patterns, that led to our ruin in the first place.

I remember seeing him for the first time and those liquid amber eyes seemed to pierce my soul. They’d be the death of me I had thought at the time, and little did I know that it might actually turn out to be true. But my only regret remains, letting him go twice.

Meeting him this time was like seeing him for the first time all over again – the same butterflies...
in my stomach, feeling like everything was in slow-mo and nothing else seemed to matter at all. Just like before, blood rushed to my face on being caught looking.

He was still looking at me with the same intensity, his mischievous eyes still promising to take me places I had never been before.

But that plane had already taken off, taking him away from me forever. So what reason did this man have to come back crashing into my life again, making me reminisce the past, go over all those feelings all over again – giving rise to emotions that were better left in the grave?

What was even left to be said? Everything was over, I was never going to be happy, he had made sure of that he had made peace with it. So why was my traitorous body reacting this way? Why did I still want to just bury myself in his arms? This urge to be with him was ridiculous.

His wicked smirk were daring me to make the first move. Just like before, I took the bait but, to my shock and everyone else’s around us, my fist made contact with his clean-shaven face, making him reel backwards.

“I did deserve it,” he winced.

“Well it was a long time coming,” I agreed

“You haven’t changed one bit, have you, Myra?” he mused. “Still punching people around.”

I did not go around punching people but I kept mum, not wanting to start an argument. I was exhausted; by this party in my honour, by his face that was beginning to irritate me. So I walked away.

“I need to talk to you,” he shouted, trying to follow me.

“There is nothing left to talk about, not anymore,” I yelled back.

I REMEMBER SEEING HIM FOR THE FIRST TIME AND THOSE LIQUID AMBER EYES SEEMED TO PIERCE MY SOUL. THEY’D BE THE DEATH OF ME I HAD THOUGHT AT THE TIME, AND LITTLE DID I KNOW THAT IT MIGHT ACTUALLY TURN OUT TO BE TRUE.
The hurt on his face made me double back but what did I care about someone who snatched my heart, and tore it to pieces. Plunging the knife in deeper, I hissed, “Now, if you will excuse me, I have a fiance I need to get back to.”

I went inside to find Rehan, my fiance talking ever so graciously to some guests; he really was my saving grace, picking me up when I had no hope, making me feel complete again, unlike Aarav who left so many holes in my soul.

He looked so calm and peaceful that I didn’t feel like informing him of the coming storm. Yet I performed that odious task and he listened to me with furrowed brows, but reassured me that we would be fine.

Next day we glimpsed Aarav in the market, cool and assessing as usual. On finding us there, he strolled in our direction.

Bet you are just jealous because you will never have anything I own,” Aarav taunted. “So you consider Myra to be your property now,” Rehan snapped back.

The argument grew so heated that Aarav pulled out his gun to shoot Rehan who tensed and froze on the spot.
"You look well," he commented
"What did you expect?" I retorted “To see me stuck here in sorrow while you enjoy travelling the world?”
“Hey, it’s not like I didn’t invite you with me. You were the one who declined.”
“And then you cheated on me, Did I ask you to do that too?” anger was radiating off me now.
“Listen, I am ashamed of how I handled things. I was a fool. After travelling the world I have come to the realisation that I love you and no one can take your place. I am the best choice for you. Only I can keep you happy. Don’t you want to see what it would be like if we hadn’t been separated?”
Rehan stepped in looking flustered, “Whoa, calm down, dude, you should have said that before, now she’s taken and happier than she will ever be with you, so back off.”
We walked away but I couldn’t stop thinking about what Aarav had said. His words kept spinning in my head in an endless loop. His manner did seem to be genuine but what did I know.
Maybe Rehan noticed because he told me I could share anything with him. But the atmosphere between the two of us was tense.
Aarav’s words were getting to me, I was beginning to imagine what it would be like if we were still together, even though we brought out the worst in each other, everything made sense when I was with him. Maybe he had changed.
He came to my house, radiating confidence that bordered on arrogance. But once he started talking about the past his demeanour appeared to soften, my anger evaporated and, just like that, we were back to how we used to be. I was a creature of habit and he was my addiction.

SOON, I FOUND MYSELF CHEATING ON REHAN, SOMETHING I HAD NEVER IMAGINED MYSELF TO BE CAPABLE OF. I TRIED TO STOP MYSELF. I KNEW IT WOULD ONLY END BADLY BUT I HAD NO SELF-CONTROL WHEN IT CAME TO AARAV.
Soon, I found myself cheating on Rehan, something I had never imagined myself to be capable of. I tried to stop myself. I knew it would only end badly but I had no self-control when it came to Aarav. He told me that I was just being a baby worrying about him and I should not be thinking about him when we were having so much fun together.

When Rehan found out, his crushed expression made me feel guiltier than I already was, I had betrayed the one person who had healed me back to life. Here I was unable to do anything to ease his pain. The worst thing was that he wasn’t even mad at me, just disappointed. If only he had shouted at me, demanded the reason for my betrayal, I wouldn’t feel so much remorse oozing out of my body.

He then proceeded to confront Aarav for leading me to the path of self-destruction, dragging me into a toxic relationship again. I had never seen Rehan so heated; he was usually the calmest and wisest person in the room, he should know better than to provoke Aarav. It was never nice when Aarav got mad. So I tried to stop him but he wouldn’t listen.

All I could see was red; the rage in the room was palpable.

“Bet you are just jealous because you will never have anything I own,” Aarav taunted.

“So you consider Myra to be your property now,” Rehan snapped back.

The argument grew so heated that Aarav pulled out his gun to shoot Rehan who tensed and froze on the spot. I couldn’t let this happen; he couldn’t die because of me. I ran in front of him just as the bullet escaped the barrel. I could hear two grown men scream in agony as I hit the ground.

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INTRODUCING
THE BEST EVER
ANTI-BACTERIAL EXO
WITH THE GOODNESS OF GINGER.

Researches show that bacteria grow by 700% in just
19 minutes on unwashed utensils kept in the kitchen sink.
New Anti-bacterial EXO Ginger Twist is powered with
the goodness of Cyclozan and Ginger. Anti-bacterial EXO
kills bacteria in just 10 seconds*. From now on,
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Elevate your style to a more sophisticated level with outfits that are timeless and elegant.

Be bold and stand out in this chic Bow Suit.
A glam outfit with a touch of sparkle and glitter.
Add a glittery appeal to a fun night out.
This coordinate set with vibrant red color is the in-thing for a party.
This eclectic jacket with animal print neon pants will add a showstopper look for a glamorous Friday night.
This cute denim jacket with shorts will make you feel no less than a diva.
Set the stage on fire with this tulle top with fringe bottoms.
This bright shimmer suit is latest for a sparkling festive season.

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**Event Concept:** One Experiences
**Brand:** Dao Clothing
**Makeup:** Blankcanvas By_Micky
**Fashion Partner:** Kapda By Mani Oberoi
**Model:** Anastasia
**Stylist:** __________
**Location:** Thai High At The Qutab
**Phone:** 9811629026, 9818877993
**Photographer:** Ramesh Sharma
M y mother is about 65 years old. During a routine whole body check-up, calcium deficiency was found in her report. I want to know the amount of calcium recommended, their source, diet rich in calcium and absorption also.

The body of an adult normally contains about 1200 gm. of calcium. At least 99 per cent of this is present in the skeleton, where calcium salts (chiefly hydroxyapatite), held in a cellular matrix provide the hard structure of the bones and teeth. Obviously all of this calcium comes from the diet. Among common foods, the calcium containing protein of milk (caseinogen) is much the richest source, which is one reason why milk and cheese are especially valuable for growing children. Half a litre of cow’s milk contains about 0.6gm of calcium. Most other foods contribute much smaller amounts. However, peas, beans, other vegetables and particularly cereal grains are frequently the chief contributors because of the large amounts eaten. Drinking water can provide significant amounts of calcium.

In Britain the average intake from this source is about 75 mg calcium per day, but the variations are large, from none in water from peaty, acidic hill lochs in Scotland to 200 mg or even more in water obtained from wells sunk in chalk or limestone. 70 to 80 per cent absorption of the calcium in the food is normally excreted in the faces. Calcium absorption may be impaired either by lack of vitamin D, by any conditions causing small intestinal hurry, by the combination of calcium with excess fatty acids to form insoluble soaps in steatorrhoea or by certain substances in the diet which can form insoluble salts with calcium. These
include foods rich in oxalic acid (eg. spinach) and phytic acid which is present in the outer layers of cereal grains. Hence ‘wholemeal’ bread contains more phytic acid than white. To overcome the influence of phytic acid, calcium carbonate has been added to flour in Britain. W.H.O.

recommends a daily intake of 500 mg. for adult men and women, rising to 1200 mg. during pregnancy and lactation. For adolescent boys and girls the recommended intake is 600 to 700 mg. daily. In many parts of Africa and Asia children develop healthy bones and adults remain in calcium balance despite calcium intakes which may be no more than half the above recommendations. Abundant sunshine possibly produces this effect. However, a daily intake of 1000 mg. should be taken during pregnancy and lactation. Deficiency of calcium and vitamin D go hand in hand and are best considered together.

My mother is about 65 years old and usually remains inactive and functionally dependent on other family members. She is otherwise healthy and has no disease. We have consulted a physician for this problem. He advised to increase her level of physical activity with the help of exercises. I want your opinion about this problem.

Inactive elders are at greater risk of becoming functionally dependent then their more physically active counterparts. Higher levels of physical activity are associated with reduced risks of future disability, disease related morbidity and mortality. Even sedentary elders should be urged to increase their level of physical activity. By writing out an exercise prescription, a physician demonstrates the importance of the activity and may improve compliance. Components include strength training (isolated muscle group contractions), endurance training (walking, cycling, swimming), flexibility
(static stretch of various muscle groups) and balance (tai chi, dance). Ideally, the patient should aim for a total of 30 minutes of activity daily, though any increase in exercise is likely to be beneficial.

The type of physical activity prescribed should be geared to the patient’s diagnoses and risk factors – eg. quadriceps strengthening for a man with osteoarthritis of the knee, tai chi for a woman with osteoporosis at risk for falls, and aerobic exercise for a man with cardiovascular risk factors.

I am a 50-years-old working woman. Since the last two to three years I am suffering with hypertension and diabetes. Recently I have consulted a physician for this problem. He told me that hypertensive patients with diabetes remains at a high risk of heart disease, kidney disease and some other side-effects on various organs of the body. What is your opinion about this problem?

There must be a special considerations in the treatment of diabetic hypertensive patients. Hypertensive patients with diabetes are at particularly high risk for cardiovascular events (heart diseases). More aggressive treatment of hypertension in these patients prevents progressive nephropathy (kidney disease), myocardial infarction (heart attack) and stroke. Treatment recommendations suggest a target of blood pressure less than 130 and 86 mm of Hg. However, most diabetics require combinations of three to five agents to achieve these goals, usually including a diuretic and a calcium channel blocker or beta-blocker. In addition to rigorous blood pressure control, management of diabetics should include aggressive treatment of other risk factors and early intervention for coronary arteries (arteries supplying blood to heart) disease and left ventricular dysfunction of heart.

– Dr. Sanjay Teotia.
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Hey, raise your hands if you too had lost the job during COVID-19 and pretending to be fine when it is actually making you depressed... I am also the one gone through that phase and hence sharing with you my own experience! I had followed all the attributes you need to follow in the organizations like Dedication, Determination, Hard-Work, Loyalty, and Punctuality; still, I was being terminated without any closure was the worst part. See, moving out of a job was not difficult for me, because life is full of opportunities; it is just that I need to grab that... The difficult part was to understand where I went wrong when I was so dedicated towards my job. Plus, more depressing was the moment to acknowledge that I was a part of dirty politics where my colleagues also trusted that I was wrong, started
distancing themselves from me which was disheartening at first, but then I do not want to explain my part to everyone who was hardly interested in listening to me, So, I let that move on. Here, are 8 apt points you need to understand:-

**Nothing Is PERMANENT**
Do you all know your age limit or till how long are you going to exist in this world? When life and death are unpredictable how can you expect too much from your job? But then it’s okay if your job is no more, be thankful you are still there in this world where you can do far more better from your past experiences.

**There is NO AGE LIMIT of Exploring new things**
I was a teacher in one of the reputed skills. One day while doing official work, I observed our Principal mam learning harmonium. I was wondering what’s the need for 55+ lady with such a good post to learn all these things. This is when I realized that there is no age boundation of learning things you loved to do, it is just the determination and courage to do so... No matter how many people will judge you and taunt you, but never stop exploring yourself. At last, It’s Your Own Life. Listen to your heart and follow the way it is leading to.

**Best time for SELF-observation**
Busy with your job, have you ever been able to take out time for yourself? The desires you have but you were not able to fulfilled due to lack of time, workload, financial crisis, or what so ever!
So, what are you waiting for? Instead of holding the grudges for your lost job, better to search for the various options available so as to fulfill your “adhuri khwaishein”. Trust me there is Never a PERFECT time than today which makes me remember.

Health is a WEALTH

2020 is the worst nightmare for everyone but then stays thankful that you are still alive along with your loved ones. Being wealthy with some sort of health issue will always be a painful to you at some point in time. Be like a carefree kid once again... So, invest your time on yourself by doing dance, meditation, yoga, aerobics, exercise, etc. Trust me; if you are healthy, you are the most happiest and wealthiest person in the world! A pimple or a small cut on a finger can also make us panic... Then why not stay happy for being fit and fine? Because you are already

THEN WHY NOT STAY HAPPY FOR BEING FIT AND FINE? BECAUSE YOU ARE ALREADY ONE OF THE RICH PEOPLE HAVING GOOD HEALTH WITHOUT RELYING ON ANY HOSPITAL’S BED.
one of the rich people having good health without relying on any hospital’s bed.

**Utilization of resources in the BEST WAY**

When there is still a great downfall in the economic crisis, don’t cry for your lost job. It is the time when your savings were one of the greatest supports. So, all those who have the habit of spending money for some mere fun, start developing a habit of savings. It is your money and it will help ‘you’ only at the time of crisis. Use your money wisely! Don’t feel shy to say “No” if you consider it spending useless. As it is your die hard earned money and you have the right to access it. Do not get influenced with your peer pressure.

**Take the time to HEAL yourself**

It’s okay losing something where you have spent your precious time, proving yourself to be the best asset of the organization without getting any closure; being terminated, is really very hard. When thousand of words will be struck between your mind and mouth and you will not be able to explain to yourself what went wrong on your part is the worst phase. But now, when it happened with you, unfortunately... Take your time to heal your broken heart... Cry as much as you can, shout or fight but do something so that you can overcome that pain soon. Holding it inside you will depress you more. Share your pains with your friends or near one’s. Trust me they will heal you very soon and you may get so many people who too will share their pain with you.
Do not STOP; Hunt for the job till you do not get the another
Do not stop because the previous experience was not great for you. Thousands can let you down giving you empathy but it is up to you how you can stay confident in that worst situation also. I admit that it is not all easy to wear that smiling face and confidence again and go for an interview. But blaming yourself, others, or God won’t either help you. So, don’t give up and many are waiting for the faithful employees like you. It is just that you do not have to lose TRUST and HOPE. It can bring MIRACLES to you.

Surround yourself with POSITIVITY
Thinking again and again where everything went wrong and cursing yourself or blaming others will only make you angry. Okay, think once again. If you will be blessed with your previous job, have you taken the initiative to search the new one? No, because you were too comfortable with it. And this is where we fail to understand that we were not meant to be there forever. God has furthermore better plans for us but we do give up easily. So, Everything happens for a REASON. There is much more for all of us. It was not you who was wrong; it’s their loss who cannot understand your importance! So, yes surround yourself with happy people, watch motivational videos, read good books, and recreate yourself.
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We JULY 2020

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I am a pretty 16-year-old girl studying in class 9. There is an embarrassing situation which I am facing. There is a girl in my class who always latches on to me, as if we are pals which we are not. I just cannot shoo her off. The irritating part is that she hugs and even kisses me on the check often, saying she loves me!!

My other friends who see her this behavior say that she is showing lesbian tendencies. The very idea repulses me terribly...for I am very straight!! Could this be true? What can I do to stop her unwanted attentions? Please advise.

Adolescents are often attracted to members of their own sex for some time and this is due to the sudden spurt of sex hormones which flood their bodies. Usually, this is a temporary phase and as they reach adulthood they are very clear about their orientation.

Since you are uncomfortable about this girl’s behavior, tell her frankly that you do not like to be touched in any way. If she feels offended, it cannot be helped. This is better than suffering in silence. Tell this in a nice way, and she will understand. In all probability, she herself does not know why she feels this way!!

If she stalks you, ask your other friends to surround you and whisk you away from her.!!

We are two college girls sharing a rented two-bedroom flat. For two years now, we are having a very companionable relationship. Last month, for the first time, my flat mate brought her boyfriend home and he stayed the night in her room. Now, he does...
this almost twice a week and I am very uncomfortable with this. If our flat owner knows about this, we will be evicted in no time too. I have told her about my feelings, but she says I have no right to interfere in her business. What can I do?

When you share a premises with another, it is wise to draw up some rules and regulations at the outset.

If you had said that no boyfriend should be allowed night stay, it would have been easy to confront her. But, evidently, no such rules were made, making your position very delicate.

If she refuses to listen to your request, you will simply have to lump it, or leave. If you do leave the place, she could it difficult to pay the whole rent by herself, and this could her agree to your demand.

As a last resort, you could inform your owner, but this could result in both of you getting throw out. The best course of action is to settle the matter amicably for after all, you have been good friends for a long time.

My boyfriend wants to have sex, now that we are together for 2 years. I am not agreeable to this, for I want to remain a virgin till I get married. He calls me an old fashioned prude, claiming no one values virginity anymore. We are both 17 years old. Please advise.

You should definitely not agree to his demands, not only because you have your stand on the subject but because you are both legally under aged for sexual relations, and can get penalized by the law.

When there is no commitment, and the boy jilts the girl for some reason of other, she feels cheated, and used. Whether one likes it or not, women are romantic and sentimental and attach a lot of emotion to intercourse, although for the man, it often, is simply a pleasurable physical act.

Intimacy could also cause infections like STDs,
AIDs, and such like.

All things considered, refuse to comply and stick to your stand even if he uses emotional blackmail to make you succumb. It may make him abandon you, but you will feel good in your own eyes.

I have a problem. I am a 18-year-old girl who is deeply in love with a 25-year-old software engineer. The issue is that I am 5”taller than him, for to my 5’10”he is only 5’5”. I don’t mind the difference but we have to face a lot of ribbing from friends, and I can see that it hurts him. Also, although I love wearing heeled footwear, now he does not want me to do so. Sometimes, I wonder whether our relationship is going to be disastrous. What do you advise?

If you just look around a little, you will see that there are many couples having taller wives, and who are very happy too together. It all depends on your attitude. Just ignore the teasing, which will stop when you stop reacting to it, anyway. It is mean to body shame anyone, although it is quite rampant nowadays.

Just say things like “he may be shorter but he is smarter than me” or “he says he loves looking up to me,” etc., etc., which will make your partner comfortable.

If, however, he resents your height deeply, perhaps you should have second thoughts about your relationship, as this resentment could spill into other aspects of your life. Also, do you feel comfortable about his putting restrictions on your choice of footwear? It is a small matter but could snowball into a major issue.

So take your time in making this life time decision.

ALTHOUGH I LOVE WEARING HEELED FOOTWEAR, NOW HE DOES NOT WANT ME TO DO SO. SOMETIMES, I WONDER WHETHER OUR RELATIONSHIP IS GOING TO BE DISASTROUS.

This column is especially for teenagers. Adolescence can, we know, be a trying and confusing time. There are so many questions which seem to evade solutions. A wrong decision, or an indiscreet move, can spell disaster and ruin a life. Share your problem, worry or doubt with us and WE will help you find a way out — to a happier, healthier and more successful adult life. Send your problems to:

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These recipes can be relished for all meals – breakfast, lunch, dinner or as snacks. By Roma Ghosh

**CARROT AND NUTRIE WITH FRESH GARLIC CHOPS**

**INGREDIENTS:**
- 2 cups of grated carrots
- 1/2 cup of nutria granules
- Salt
- 1 tsp pepper powder
- 2 tbsps of green fresh garlic – both green and white portion cut into small tiny pieces
- 1 tsp of anar dana powder
- 1 tsp of roasted jeera powder
- 4 tbsps of rice flour
- 1 tbsps of sattu powder
- 3-4 cups of bread crumbs
- Oil for deep frying

**METHOD**

Soak the nutie granules in warm water for 10 minutes and allow to swell adding salt to taste. Wait for the granules to swell. Drain out excess water and then place in a mixing bow. Mix the remaining ingredients, except the bread crumbs and oil for frying. Mix well with your fingers. Divide the mixture into portions. Shape each portion into round balls. Coat each ball in bread crumbs and deep fry in oil a few at a time. Serve as a snack, or a main item for a meal.
**STUFFED FRENCH TOAST**

**INGREDIENTS:**
- 1 bread loaf

**For the stuffing:**
- 1 cup of sautéed vegetables including carrots, beans, broccoli, cauliflower or 100 gms of mashed paneer
- 3 tbsp of oil
- 2 tbsp of curry powder
- $\frac{1}{2}$ tsp of haldi powder
- $\frac{1}{2}$ tsp of red chillie powder
- $\frac{1}{2}$ tsp of annar dana powder

**For the coating:**
- 4 beaten eggs
- Salt
- Oil for frying

Cut the loaf into 2 halves.

**METHOD**

*For the stuffing:* Heat the oil and add the veggies and the spices and stir fry for 2-3 minutes. If you are using paneer, replace the paneer with the veggies.

*To assemble the french toast:* Make a slit horizontally in each of the loaf pieces. Place half the filling in each of the loaf pieces. Beat the eggs and add salt to taste. Heat enough oil in a non stick pan. Dip the stuffed loaf in the beaten eggs and fry both sides on medium heat till golden brown on both sides. Turn once so that both sides of the stuffed loaf is golden brown. Serve hot with ketchup as a snack or a lunch item or as a brunch item.
COFFEE AND WALNUT CAKE

INGREDIENTS:
- 250 gms of maida
- 1 and a half level tsp of baking powder
- 3 tbsp of instant coffee powder
- 220 gms of brown sugar
- 200 ml of oil
- 200 gms of hung curd
- 250 gms of walnuts

METHOD

Sift together the maida, baking powder and coffee powder. Keep these dry ingredients in a mixing bowl. Grind the brown sugar to a powder.

Allow it to settle. Now mix in the oil and blend again in the mixy. Now mix in the hung curd and blend again in the mixy to obtain a smooth mixture.

Now mix this wet mixture into the dry ingredients a little at a time, mixing all the time.

This should give you a smooth flowing batter. Pour this into an oiled baking dish and bake in pre heated oven at 180°C for 40 minutes or until a needle when inserted in the centre comes out clean. Serve as a snack or a dessert.
STEAMED FISH FILLET PARCELS

INGREDIENTS:
5-6 fillet pieces of fish – any variety

For marinade:
Salt
Pepper powder to taste
3 tbsps of lemon juice
1 tsp of oregano powder for garnishing
1 tbsp of mustard paste
3 tbsps of mustard oil
2 tbsps of hung curd

METHOD
Mix all the ingredients for the marinade and marinate the fish fillet with this. Leave aside for 15 minutes. Cut 4 inch squares of aluminium foil. Place each marinated filled in the centre and close from all sides to form parcels. Prepare all the parcels using the fillets. Steam the parcels in a steamer for around 5-6 minutes. Serve hot as a snack, starter, or part of a main course.
GUJJIA WITH CHOCOLATE FILLING

INGREDIENTS:

For the gujjia:
- 300 gm of maida
- 3-4 tbsp of powdered sugar
- 2 pinches of salt
- 1 tsp of elaichi powder
- 5 tbsp of ghee
- Oil or ghee for frying the gujjia

For filling:
- 3 cups of freshly grated coconut
- 2 tbsp of ghee
- 4 tbsp of chocolate sauce
- 5 tbsp of sugar syrup
- Quarter tsp of elaichi powder

METHOD

To prepare the filling: Heat the ghee and fry the coconut in low fire till golden brown. Mix in the chocolate sauce and syrup and continue to cook till the chocolate sauce and syrup are absorbed into the grated coconut to obtain a dry mixture to be used as a filling.

Sift together the maida, sugar powder, elaichi powder and pinches of salt. Then add the ghee a little at a time. Add just few tsps of water and knead into a dough. Divide into small portions. Roll out each portion into small chapattis with 2-3 inches of radius depending on the size you want your gujjias. Place a small portion of the filling in the centre and cover to make a half moon shaped gujjia. Prepare all the gujjias in this way and then fry on low heat till golden brown on both sides. If you want to drop these gujjias into sugar syrup – you could do that to give the gujjias a sugar syrup coated look which will be light brown in colour.
CHOCOLATE GAJJAR HALWA

INGREDIENTS:

1 kg of grated red carrots
2 kgs of full cream milk
2 tbsp of elaichi powder
100 gms of khoya kheer
3-4 tbsp of ghee
1 and a half cups of melted jagery
1 cup chocolate sauce

METHOD

Bring the milk to boil in a heavy bottomed pan. Lower the heat and add the grated carrots. Boil and cook on low fire till all the milk is soaked into the carrots. Mix in the elaichi powder and the jaggery. Stir from time to time and allow the jaggery to mix into the carrots to give it a ‘blackish colour’ Now mix in the chocolate sauce. Once the jaggery and chocolate have mixed, add in the khoya and allow to melt. Now add the ghee a little at a time and continue to cook and stir on low heat. Cook till the preparation is dry.

Serve garnished with grated carrots. The preparation will be dark in colour.
BLACK GRAPES AND POMEGRANATE RAITA WITH RED CHILLIE TADKA

INGREDIENTS:
250 ml of beaten curd
3 tbsp of sugar syrup
100 gms of black grapes
2 tbsp of pomegranate – or more

For the tadka:
1 tsp of oil
1/2 tsp of chilli powder

METHOD
Blend the curd and sugar syrup and place in a serving bowl. Add the grapes and pomegranate.

*For the tempering*: Heat the oil and add the red chillie powder and ‘burn’ slightly only for 5 seconds and pour over the raita and serve. Goes with snack, meals – just anytime of the day.
CHICKEN KALI MIRCH

INGREDIENTS:
500 gms of chicken breast with bones
Salt
1 cup of ghee
2 tbsp of ginger garlic paste
2 tsp of green chilli paste
10-12 pepper corns
1 inch piece of cinnamon
3 tbsp of pepper powder
1 tsp of white pepper powder
3 cups of full cream milk
3 tbsp of cream for garnishing
1 tsp of fresh garlic - chopped

METHOD
Heat the ghee and add the pepper corns and the cinnamon stick and allow to splutter. Lower the heat and add the chicken pieces. Fry on low heat till the chicken pieces are golden brown. Now mix in the pastes and the pepper powders. Add the milk and cook the chicken on medium heat, covering with a lid till the chicken is tender. The gravy would thicken at this stage. Keep the consistency the way you want. Add the chopped fresh garlic. Put off the heat and lace with the cream and serve.
MUTTON IN GREEN PAPAYA AND BOTTLE GOURD

INGREDIENTS:
1 kg of mutton
Salt
1 cup of oil
1 tsp of haldi powder
2 tbsp of coriander powder
2 tsp of roasted jeera powder
1/2 tsp of garam masala

For the papaya paste:
1/2 cup of grated green papaya – skin and seeds remove
1 cup of bottle gourd – skin removed and grated
3 tbsp of ginger garlic paste
1 tsp of green chillie paste

METHOD
Mix all the ingredients for the papaya paste and keep aside. Heat the oil and fry the mutton pieces till all the water is evaporated. Add salt, spice and the papaya paste and cook on low fire, stirring from time to time till the mutton begins to look a golden brown. You will need to cook and stir for at least 12-14 minutes. Place in a pressure cooker with 1 cup water and cook till the mutton is tender. This can be serve with puris for breakfast or brunch or with rotis for a meal.
Researchers from the University of Oxford, in collaboration with the Royal College of Obstetricians and Gynaecologists, the Universities of Leeds and Birmingham, Kings and Imperial Colleges London, have published new research that suggests pregnant women are no more likely to become ill with severe COVID-19 than non-pregnant woman. However, the majority of women who did become severely ill were in their third trimester of pregnancy, emphasising the importance of social distancing for this group.
The analysis also showed that older pregnant women, those who were overweight or obese, and pregnant women who had pre-existing medical problems, such as high blood pressure and diabetes, were more likely to be admitted to hospital with the infection. Women who were admitted to hospital with COVID-19 in pregnancy were less likely to smoke than a group of comparison pregnant women.

OTHER IMPORTANT FINDINGS FROM THE STUDY INCLUDE:

One in five babies born to mothers hospitalised with COVID-19 were born pre-mature and were admitted to a neonatal unit. One in twenty babies born had a positive test for COVID-19, but only half of them immediately after birth.

Sixty percent of the women admitted to hospital have now given birth, while the remaining forty percent have ongoing pregnancies. Most women have now been discharged home. Around one in 10 women required intensive care, and sadly five women have died.

Outcomes for babies born to mothers with COVID-19 were mostly good. Although almost one in five were born prematurely and were admitted to a neonatal unit, fewer than twenty babies were born very premature (when their mothers were less than 32 weeks pregnant). One in twenty babies born had a positive test for COVID-19, but only half of these babies had positive test immediately after birth, suggesting that transmission of infection from mother to baby is low.
Professor Marian Knight, Professor of Maternal and Child Population Health at the Nuffield Department of Population Health, University of Oxford and lead investigator for the study, said, ‘A very small number of pregnant women do become severely ill with COVID-19 and sadly some women have died. Our thoughts must remain with their families. It is concerning that more pregnant women from black and minority ethnic groups are admitted with COVID-19 in pregnancy and this needs urgent investigation.

‘Most pregnant women who were admitted to hospital were more than six months pregnant, which emphasises the importance of continued social distancing measures in the later stages of pregnancy. Following the current guidance about careful social distancing will help prevent infection.’

Edward Morris, President of the Royal College of Obstetricians and Gynaecologists and an author on the study, said, ‘Admission with infection in pregnancy is also associated with older maternal age, overweight and obesity, and the presence of pre-existing medical conditions. Awareness of these factors is important for both women and their doctors and midwives to help ensure women receive appropriate advice about prevention and complications of COVID-19 are recognised early. Detailed advice and guidance for women is available on the RCOG website.’

Gill Walton, Chief Executive of the Royal College of Midwives, said, ‘During this
current crisis, pregnancies have continued, babies have been born, and, throughout it all, midwives have been at their side, supporting and caring for them. It’s absolutely vital that women continue to attend antenatal appointments to ensure that they and their babies are well. Staying in touch with their maternity services team will help put any concerns at ease and enable them to act quickly when necessary.’

Information for the study was collected using a research system called the UK Obstetric Surveillance System (UKOSS). The study was funded by the National Institute for Health Research in 2012 in preparation for the possibility of a pandemic, to ensure we could collect accurate information to advise pregnant women, their midwives and doctors. It was activated in March and the information has been being used to guide the ongoing response. This study is one of a number of COVID-19 studies that have been given urgent public health research status by the Chief Medical Officer/ Deputy Chief Medical Officer for England.

The head of the World Health Organization (WHO) has said that as the outbreak of the coronavirus global epidemic in developing countries increases, officials are particularly concerned about the inconsistent effects of the infection on certain populations. These include women who are “at increased risk” of dying during childbirth. Secretary-General Tedros Adhanom Gbreyes said in a press conference on Friday that the WHO is particularly concerned about the impact “on those who struggle to access health services .. such as women, children and adolescents.”

Tadros said the global epidemic has severely affected health systems in many countries and cautioned that many women may have an increased risk of dying during childbirth.
I am in the ninth month of my first pregnancy. My problem is that both my nipples are retracted. This will cause difficulty in breast feeding my baby. Is there any way by which I can improve the situation before delivery?

You could begin by catching the nipple between your thumb and forefinger and rolling it gently forwards. Repeat this exercise daily. Alternatively there is a small plastic cup available that has to be put between the nipple and the bra with the mouth of the cup on the nipple.

The negative pressure so created helps draw the nipple out in some cases. If this too fails, a nipple shield can be used to breast feed your child. You will be taught how to sterilise and use it after delivery.

I am two months pregnant. Please tell me what are the danger signals I have to look out for.

You will have to visit your obstetrician regularly for antenatal check-ups. Besides this you should come to the hospital if you have:

- Bleeding
- Pain in abdomen
- Excessive vomiting
- Swelling
- Vaginal discharge
- Falls
- Urinary tract infection
Severe headache and visual disturbances
Baby is not moving
Watery fluid comes out of the vagina
When you are in labour

Can I have an X-ray done during pregnancy?
Though X-rays are best avoided during pregnancy, a lot depends upon why it is needed and how beneficial it is to you at this point of time.

The further the area to be X-rayed is from your baby the less likely is it to cause harm. In any case the abdomen is protected by a lead shield to avoid exposure of the baby to the rays.

I am in the 8th month of my pregnancy. My doctor has asked me to perform Kegel’s exercises. How are they done and what is the use?

Kegel’s exercises make the pelvic floor more elastic and strong so that the child can pass through it comfortably.

This is that part of the body that holds the pelvic organs in place and is perforated by the urinary, vaginal and anal orifices. It is made of muscle and fibrous tissue,

Lie on the back with knees bent and feet flat on the floor. Squeeze the two buttock muscles together.
While doing this press the thighs firmly together and pull up as though preventing the passage of stool and urine. Count slowly from one to 10. Relax to the same number of counts. Do this 10 time each three times a day.

You can do this exercise daily, even in the standing position – while cooking, washing, standing in queues etc.
I am three months pregnant and the elders in my family insist that I eat for two. As it is, it is becoming difficult to eat for one on account of the dyspepsia and the nausea. Please tell me what I should do.

One needs only 300 calories extra per day during pregnancy (equivalent to two-and-a-half cups of toned milk), so the question of eating for two does not arise, especially if the second ‘person’ is microscopic to begin with and grows to a maximum size of 3-4 kilograms.

I am one and half months pregnant. I am very fond of gardening. It is in fact my passion and has a calming effect on my stressed nerves. Even the nausea of pregnancy decreases when I sit in my garden and breathe in the fresh, clean air. Please tell me if it is advisable to continue gardening during pregnancy.

The first trimester of pregnancy is not a good time to indulge in your passion for gardening. Studies have shown that weed killers may cause developmental problems. If you are really keen to continue wear rubber gloves while gardening in areas where pesticides have been used.

I am two months pregnant but the ultrasound revealed just a fluid filled sac with no baby inside. What does this mean? Am I pregnant or not? What should be done?

You are pregnant alright but all is not well with the pregnancy. In all probability you have a blighted ovum. You should get the ultrasound repeated after two week. If no fetal node has appeared by then the conceptus has to be aborted as it is defective. Your doctor may send the products of conception for karyotyping to detect chromosomal abnormalities if any.

– Dr Amrinder Kaur Bajaj, MD.
बैसाखी पर्व का धमाल
परम का स्वाद करे कमाल।
परम डेयरी की ओर से
बैसाखी की बधाईयाँ।
Evolution of wellness

It’s primordeal. By Shree Prakash

Wellness is a word opposite to illness. Wellness means being good in health both physically and mentally. People have been concerned about their wellness from ancient times. In the past people used to balance well with physical, mental and spiritual wellness while today’s trend is centred mostly on physical wellness.

DEFINING WELLNESS

There might be different views on wellness. It is a conscious self-directed evolving process to achieve our ultimate potential. It is a multi-directional process of well-being consisting of lifestyle, mental, physical and environmental wellness. It is a positive and active process through which we can be aware of and make good choices of successful existence.

IN THE PAST PEOPLE USED TO BALANCE WELL WITH PHYSICAL, MENTAL AND SPIRITUAL WELLNESS WHILE TODAY’S TREND IS CENTRED MOSTLY ON PHYSICAL WELLNESS.


**Evolution of wellness:** In different eras and cultures wellness might have been seen in different ways.

**Ayurveda wellness (3000-1500 BC):** Taught a balance between body, mind and spirit.

**Chinese tradition (3000-2000 BC):** This is also one of the oldest systems consisting of wellness by herbal, acupuncture, acupressure, gi going, Tai chi etc.

**Greek system (500 BC):** This was possibly the first system by Greek physician Hippocrates who focussed on prevention of disease rather than treating it.

**Roman system 50 BC:** This also was like the Greek system focused on the prevention of sickness by proper diet and lifestyle.

**1790 Homoeopathy:** Medicine’s made from natural things to treat diseases.

**1860 Hydropathy:** Treatment with water.

**1890 Chiropractic:** Spinal manipulation to treat vertebral problems.

**18th-19th century:** Modern wellness thought evolved in Europe and the USA and a number of healthcare systems grew with alternative methods like homoeopathy, naturopathy, osteopathy, Chiropathy etc. Around 1790s German physician Hahnemann developed homoeopathic medicines from natural
things for the body's self-healing.

**Allopathic:** The present most common system, allopath, was given by Hahnemann meaning other than disease. This was also seen as heroic medicines due to application of extreme measures. This is known as Western medicine, biomedicine, evidence-based medicines. Medicines for many diseases were found and complicated surgeries done.

**20th century:** This era saw a huge spread of wellness. Medicines for many diseases were found and surgery done by improved techniques.

**WELLNESS GOES GLOBAL**

U.S doctors Travis, Ardell and Hettler created a comprehensive model of wellness and developed new assessment tools. They are called fathers of modern wellness and they established first wellness center of the world. By 1980 wellness was not confined to only treatment of diseases but it started focusing on other things also – wellness at workplace, wellness at home, wellness in sports. As a result a lot of wellness programmes were born - fitness, spa, sauna, gyms, celebrity wellness etc – thus bringing wellness to the mainstream and wellness idea spread globally.

**21st century - The turning point:** The concept of wellness became global. The approach to fitness, diet, well-being migrated worldwide and
in this process dramatic changes took place in every industry-food, beverages, travel, sports, entertainment.

OTHER MEANS OF WELLNESS

There are also faith or religion-based wellness feeling like Reiki and Christian faith healing which has no scientific proof but still some people believe and follow. Some might have faith in supernatural electromagnetic therapy too. Naturopathy believes in naturopathic medicines which say the body can heal itself using supernatural vital energy. Major employers are adopting and promoting wellness programmes at the workplace. Medical and self-help wellness promoters like Deepak Chopra and Andrew Weil became known to millions. Wellness has become a subject talked about at home, in media, at medical institutions and the government level.

APPLICATION OF WELLNESS

By application of wellness a person may be aware of how he can contribute to healthy living of not only himself but to the environment and society too. He learns a system of belief and values and merits of physical activities, healthy habits, vitality, self esteem, self control and also how to take self-care when there is a medical need. Application of wellness is useful in most human endeavour – at home, in sports, at the workplace. It is a guide to optimal living.

Workplace wellness: Several organisations are promoting
wellness amongst their employees by promoting wellness measures like daily workouts for a few minutes and periodically holding workshops/ seminars on wellness techniques including nutritious diet, meditation, exercises etc.

**Obesity:** Every department, organisation, insurer, government is concerned with it as it is the main source of many chronic diseases.

**Alcohol and smoking:** Smoking and alcohol also contribute or/and aggravate many diseases. Wellness is taking care of it too and cessation of smoking / tobacco in any form or drinking is showing results.

**Size of global wellness industry:** As a result of rising trend in wellness global wellness industries claim to be work $3.4 trillions – almost three times that of pharmaceutical industries.
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My one-and-a-half-year-old daughter is said to have delayed milestones by her doctor. For example she never crawled and is just beginning to walk with help. Besides, there was a delay in the eruption of her teeth and she has just now begun to speak words like ‘mamma’ and ‘papa’. I am a case of hypothyroidism but my daughter has been tested negative.

Kindly let me know from the data given above whether my daughter is growing normally or not. If not, what measures, if any need to be taken?

Your daughter is certainly lagging behind normal children in her milestones. Hypothyroidism could be one major reason, amenable to treatment but, as you say, her thyroid status is normal so that is one cause that has been ruled out. Other causes could be advanced maternal age resulting in the Down’s Syndrome which is a form of cerebral palsy leading to varying degrees of delayed milestones; difficult/complicated delivery that could lead to decreased oxygen supply and damage to the brain. Severe infections in the mother during pregnancy or to the baby immediately after delivery can also lead to retarded milestones. Nutritional deficiencies could also be a cause.

It is very important to get your daughter evaluated thoroughly as regards her developmental status and slot the degree of impairment that could vary from mild to severe. Follow the doctor’s instructions carefully and take her for regular follow-ups so that
appropriate measures can be taken at the right time.

I have a three-years-old son. I am unable to decide whether to go for another child or not. The recent trend is to go for only a single child. Generally I have observed that non-working women go in for a second child while working women opt for only one child. Please let me know if being an only child will affect his mental development, though he does have a few cousins. Please give me the merits and demerits of each situation and guide me as you think fit.

Having no children, one child or two is purely a matter of individual choice. Each has its merits and demerits. It is generally believed that an only child tends to become self centered and does not learn the art of sharing – love, toys and even his parents. Parents tend to give in to the demands of an only child as they have the means and inclination to do so, not having to save for another. Not having known negative feelings like rejection, sibling rivalry, not having to work hard or fight for anything in life, he is ill-equipped to deal with the ups and downs of adulthood. After all, how long can parents form a protective cover around their loved one? Also, an only child, specially of working parents in a nuclear family tends to be lonely and could grow up to be an introvert. On the other hand if you are living in a joint family, cousins, uncles, aunts and grandparents more than make up for the absence of siblings.

Another thing to remember is that it is good to have brothers and sisters when one is grown up and one’s parents are dead and gone. One can share one’s problems with siblings. They are ever ready with advice, emotional/financial support in times of difficulties for, all said and
done, blood is thicker than water. On the other hand we have seen brothers fighting court cases over ancestral properties and their families not even on speaking terms with each other.

Financial constraints should not be the only deciding factor. The lower middle class and the poor have the maximum number of children. Moreover giving a child love, care, attention and time is more important that all the material comforts you can give to him. If you are a working woman climbing aggressively up to the pinnacle of your career; if you think you cannot devote enough time to your child, if you’re not up to the ordeal of another delivery, do not rush into having another child just because everyone else is advising you to do so. After all, you are the one who will have to bring him up. Moreover not all single child family children grow up to be overbearing selfish adults used to having their own way.

My seven years old daughter is very smart but does not want to study. If I scold her she takes it lightly. She gets good marks but I feel that she could do better. She says that she wants to stand first in class but makes no effort to do so. How should I tackle her?

You daughter is intelligent, that is why she gets good marks without trying too hard. Do not force her to study against her wishes. Do not impose your expectations on her. Let her do the best she can and encourage her when she does well. Don’t make an issue out of her standing first for it will put her under unnecessary pressure and undermine her confidence. She is still too young to be fiercely competitive. Just be firm enough to see that she puts in regular hours of study and does not neglect her homework.

– Dr Amrinder Bajaj, MD.

DO NOT IMPOSE YOUR EXPECTATIONS ON HER. LET HER DO THE BEST SHE CAN AND ENCOURAGE HER WHEN SHE DOES WELL.
Hope for Men with Azoospermia
zero sperms in the ejaculate

The general perception is that if the man produces semen it always contains sperms. This is not true. Unfortunately a number of men coming to fertility clinics even refuse a semen test with this assumption. There are instances where the man is able to produce semen but it does not contain any sperms. Azoospermia is a condition where there are no sperms in the ejaculated semen. There are two types - Obstructive Azoospermia and Non-Obstructive Azoospermia.

In Obstructive Azoospermia there will be normal sperm production in the testis but there is obstruction to the flow of sperms at various levels. The blockage could be anywhere between the testis and the urethra (urine passage). Infection, injury or surgery (for hernia or hydrocele) of the genital tract may result in this condition. As a result there will be no sperms in the ejaculated semen. The treatment options for these men are straightforward. The blockage can be bypassed by surgery or sperms obtained using a fine needle directly from the testis. The surgical bypass treatment is possible and successful in only a small percentage of patients. Therefore most patients opt for obtaining sperms from the testis using methods called Percutaneous Epididymal Sperm Aspiration (PESA) and Testicular Sperm Aspiration (TESE).

In Non-Obstructive Azoospermia there is a problem with production of sperms in the testis. The exact cause is not known in most of the cases but Radiation, Chemotherapy, Mumps infection in childhood, Hormonal deficiencies may result in this condition. Traditionally it was thought that men with nonobstructive Azoospermia were incapable of producing any sperms. Therefore the only option available was insemination with donor semen or adoption. Studies have now shown that even in nonobstructive Azoospermia, there are small pockets of sperm production in the testis. A new procedure known as Micro dissection Testicular Sperm Extraction (Micro – TESE) is used to retrieve sperms so that these men can have their own biological child. Using Micro-TESE sperms can be obtained in up to 60% of these patients.

Technique – Under Anaesthesia the Testis is opened. Using the operating microscope under 25X magnification dilated opaque tubules are identified. Small bits of these tubules are taken and sent to the lab to look for sperms. Utmost care is taken not to injure the blood vessels of the testis. This high precision surgery requires training and experience. The sperms retrieved are used for IVF-ICSI. Patients are discharged the following day. Risks and complications of this procedure is minimal and does not lead to any problems in the future.

Here a fine needle is used to obtain sperms directly from the testis. It is simple, painless and does not need admission. Sperms are retrieved in almost 100% of patients. These sperms can then be used for injecting the wife’s eggs in a procedure called IVF-ICSI.

ICSI Treatment For Infertility
The sperms obtained by either technique are used in a procedure called IVF-ICSI (test-tube baby). The pregnancy rate from this technique is similar to that achieved in IVF-ICSI using normally ejaculated sperms.

Many patients have been treated this way successfully and we have had the first baby in the state with the Micro-TESE surgical procedure.

Childless couples can contact:

Dr. Devika Gunasheela
Gunasheela Fertility Centre,
Basavanagudi, Bangalore
Phone: 080-26673585 / 080-46462600.
How to Protect Your Skin this Summer

As it heals up. By Pushpa Bhatia

The skin is the first to bear the brunt of the summer heat, leading to problems like sun tan, sun burn, skin sensitivity, rashes and eruptions. Try these home remedies, that can help you save your skin:

✿ For removing sun tan, scrub your face with this pack. Add a tea spoon of milk to two spoons of oatmeal and add two tablespoons of tomato juice, some orange pulp and a few pinches of poppy seeds. Blend the mixture together so that it forms a thick density like a face pack. Apply it all over your face and neck, leave till it dries and scrub it off while rinsing. The tomato and orange extracts will brighten your skin tone, while the milk will add glow.

✿ To give glowing effect to tired skin, milk mask does the trick. Just apply milk mixed with glycerin all over your face. Relax for 15 minutes and rinse.
with water. The treatment softens, rejuvenates and restores a natural PH balance, thus protecting the skin from the negative effect of the sun.

Apply butter milk after a lot of sun exposure. This will not only provide relief to the burning skin, but will lighten the tan as curd has natural bleaching properties.

Neem leaves are also a great ingredient. Simmer a handful of Neem leaves on a very low fire in four cups of water for one hour. leave it overnight. Next morning, strain the water and make a paste of the leaves. The water can be used to rinse the face. Neem contains organic sulphur compounds, with versatile healing actions that are of particular benefit to the skin.

Application of fresh aloe Vera gel to the skin helps to soothe the heal sunburn. Aloe vera contains zinc, which is actually anti-inflammatory.

Watermelon juice is also a good skin toner and relieves summer dryness and softens the skin.

Papaya pulp can be applied on the skin like a mask, washing it off after 20 minutes. Papaya contains enzymes and helps to remove dead skin cells. Add curd or lemon juice to the pulp to remove tan.

Fruits like banana, apple, papaya, orange can be mixed together and applied on the face. Keep it on for 20 to 30-minutes. Papaya helps to cleanse dead skin cells. Banana tightens the skin.

Mix eight drops of lemon juice with two tablespoons of aloe vera juice. Apply all over the neck and back before bed. Aloe vera is an antiseptic and soothing skin balm. Lemon juice opens the sweat glands and is a natural anti-bacterial.
TRY THESE NATURAL SUMMER SOOTHERS:

As the weather gets hotter and the environment more parched, your liver begins to heat up. This along with excessive perspiration, blocks your sweat glands and clogs your pores with oil and dust. The problem worsens if you wear tight clothes or synthetic fabric. Once you're attacked with prickly heat, life can become hell. So here are a few home remedies that will help you keep your body cool in summer.

✿ Avoid eggs, chicken, fish, red meats, garlic, garam masala, fried foods and over-spiced foods such as chole bhature and bhajiya.

✿ Drink juice made of aloe vera, wheat grass, bottle gourd, mint & am la. eat rice, barley and curd. Drink chach as well as coconut water. It will cool you down.

✿ Consume rose-based foods – such as gulkand and rose sherbets – as rose is known to have heat-reducing properties.

✿ Avoid using petroleum jelly, heavy creams and foundation because your sweat glands are already clogged. Instead apply a cooling pack with a paste of sandalwood, khuskhus seeds and rose water. This will reduce the itchiness and soothe your skin.

✿ Consume herbs such as shatavari and triphala. (About 1/3 of a teaspoon to be consumed twice a day in powder form). Shatavari reduces stress. Triphala removes excess pitta via the colon.

CONSUME ROSE-BASED FOODS – SUCH AS GULKAND AND ROSE SHERBETS – AS ROSE IS KNOWN TO HAVE HEAT-REDUCING PROPERTIES.
I attempted suicide three times within the span of less than two weeks. It all happened because of my mother. It was my mum’s birthday when my brothers and I didn’t respond to a group text my sister sent out the previous night about what to do in celebration of her birthday. We all had reasons for not replying back, (work, was asleep, hated group texts, etc.) But this didn’t go well with my mom. She spent hours yelling at me and ONLY me about how hurt she felt, how betrayed she was, how none of us truly loved her. When my brothers would enter the room she would speak to them calmly, but then continued acting as if I was the scum of the earth! She eventually calmed down (not apologizing AT ALL) for her behavior and got a surprise party (that I was forced to go to by my dad, who told her about the text in the first place). Even now, this hurts deeply. She made me feel worthless, ungrateful, and like a burden to her. I wish I could tell her about this incident so much, to show her that her constant childish overreactions (yes, this WASN’T an isolated incident) almost ended the life of her youngest daughter. And still continues to haunt said daughter half a year later.

The best way to deal with it is to communicate with your mother. Have a conversation with her and tell her how you feel about her and the things she say. Your mother is your well-wisher and so she would not do anything that may hurt you.
I stole money from my dad last year. Around £30000. He was visiting as he lives abroad. He regularly asked me to buy things for him online to take home with him. Fair enough. Anyone who knows him knows he has a favourite child, my older sibling. It’s not something he kept secret so I grew up being used to it.

One night I heard him talking to someone on the phone. He was telling them how my sibling was his favourite and how he loved him more, would do anything for him no matter what the cost. He explained how he gives them anything they want, mostly money, and is always there to help them.

Something snapped. I thought about all the years I had struggled and asked him for help only to be told that he didn’t have the money or couldn’t help me. I’d done nothing but love him the way a child should. I’d shunned my own mother for years because of the lies he told me about her. He retired and went abroad when I was 10. He never helped my mother financially once he’d pissed off. (My mother and I have only recently managed to start having a decent relationship and she has told me the truth about everything!) anyway, after the few online purchases I’d made for him, his card details were stored on my PayPal and that was that. Once he’d gone back home, I started buying anything and everything I could. It started out as little cheap things, food, clothes. Then bigger, more expensive things for my home. It was easy – and I was so angry. After a few months, the card payments kept getting declined so I stopped. A couple weeks later, he phoned me asking if I knew anything about it. I denied it. Then I didn’t hear from him again. Instead I heard from the favourite child who started threatening me with the police and such. I never
admitted it or denied it. Just agreed to pay it back monthly. Which I did/am doing. Do I feel bad? No. Which is awful. I just feel like he deserved it. I feel shitty in general for stealing because I know that is not who I am! I’ve still got around Rs10000 to pay back. I quit paying a couple months ago as money is tight. I heard today that he’s back in the country. I guess that’s why this is at the forefront of my mind. I might get the book handed to me soon knowing him and my sibling. My only regret would be if this messed up my life now. I have a kid and things have been going pretty great recently. I have no idea what to do.

What you did was definitely wrong. First you need to pay off all the taken money and then do not repeat this stealing. Your kid looks upon you and you will not want him to learn such things from you.

I’m 30, still living with my parents for economic reasons. We have a good relationship. All my life they have been supportive and loving, with the ups and downs. We aren’t perfect, we argue and squabble and make up and move on.

It is absolutely aright if you are living with your parents. Every family has ups and downs but dealing with it and moving on is what a perfect family is. It is normal to have issues in life. Just go with the flow.

I am depressed. I hate being a mom. I also hate being a stay at home mom too!

It is natural to feel that way. Basically, you don’t hate your kid, its just that you get bored doing the same thing every day. Indulge yourself in a hobby or join a club. Do what makes you happy and liberated. When your kid will grow up a little, join a job and you will feel blessed for being a working woman.
Standing in the twilight of life, memories crowd upon us a like tide, of the home with wooden beam ceiling, rough stone floor and their green fences, where we stayed together, embracing one another in all the weathers. Yes, the home was in Nilokheri, a nondescript place in Haryana, rented on a princely sum where my father was a professor in the Government Polytechnic and my mother, a headmistress in school. But my story is not about ‘house’ but ‘home’ where we were at home. Three sides of a triangle we sisters were, always on an adventurous spree. Now I feel, how time flies without decree! Then from Nilokheri, we shifted to Ambala. In Ambala, we moved from our rented house to another, till we had our own home, an emblem of our identity. Moving from one house to another was always a miserable affair.

Then I got married and travelled back and forth between parental home and marital home which is always a wrench in a woman’s life. So gradually definition of home got expanded. ‘In-laws home’, ‘my home’ and then ‘our home’ in Yamuna Nagar. I thought finally, I have arrived at a place where I’ll rest as long as I live. It was ‘our home’. But how wrong I was! Because, soon, my son went for higher studies, then to join his job in another city. The definition of
home expanded beyond my city and I wanted to be everywhere soon. They say home is where the heart is – but now I realise my heart is in not in one place. What does home mean for me now? Is home the place in Nilokheri where I was born? Is it Ambala where I studied and spaces teemed with our heartfelt whoops, fun and frolic? Is it Yamuna Nagar where I have settled peacefully? Is it Delhi where my son lives? Is it where I am happiest or where I am most emotionally connected? Does home means being with people whom I love most, can depend on most?

Now I have an epiphany ‘home’ that keeps on expanding and is a comprehensive term to include all we love and care for. We leave bits of our hearts with all those we touch with love and passion. So being ‘at home’ is more a metaphor than a physical construct. Home is where you feel safe, secure, happy in harmony with the ambience and dear ones with no fear of rejection or being judged. So you can feel ‘at home’ or ‘homeless’ irrespective of where you are physically. Being at home is being connected to the place and people, aura and audacity, love and laughter – i.e. to be mindful. Maya Angelou rightly said, ‘The ache for a home lives in all of us, the safer place where we can go as we are and not to be questioned.’ That is why I am at home when I am in my college where I have been teaching since 1987, just as a painter is at home with brush in hand, or a writer with pen and pad. Parents are at home with their children residing in foreign lands. The difference between a ‘house’ and ‘home’ can be best explained by an anecdote my father once told me. He said when they came to India from Pakistan after partition, they did not have a place to call home but as a kid whenever someone sympathised with them ‘for not having home’ he used to reply naively “We just don’t have a house to put it into!” Well, said Rober Frost “Home is the place where when you have to go there, they have to take you in.”
Maximise health by minimising salt, is the call of the modern health conscious generation. Please tell us how we can reduce the consumption of salt in our daily life?

It is true that we find the tastes such as sweet and salty highly attractive. At the same time this is also true that the new era is of mindful eating. Reduced intake of salt, sugar and fat is the need of the hour.

Salt is the main source of sodium in our diet. Reduce salt quantity in cooking. From lesser to least; enjoy salads, cut fruits, cooked vegetables or curd in their natural taste; use of soy sauce, salad dressings, ketchup, pickles and papads moderately; baking soda, baking powder also contain sodium; avoid adding salt when preparing chapatti or rice.

Hypertension or high blood pressure is one of the leading health problems caused by excessive consumption of salt- sodium. Tata salt lite is refined, iodised and potassium enriched, and also proven to be effective in providing 15 per cent lower sodium than normal salt.

Is there a particular time to eat various types of foods?

Yes, all types of foods if eaten at a particular time give us the maximum benefits. For example, food items containing carbohydrates are relaxing, so should be eaten preferably in the evening. To remain alert throughout the day,
eat protein-rich food items during lunch. Always try to have an early dinner. The most important thing is to eat little and eat often.

What are the advantages of nut butters over the dairy based butter?

The advantage with nut butters is that they’re packed with protein, and the fat content is usually the good kind.

The options for nut butters are many: soy nut butter; almond butter; cashew butter; hazelnut butter; pistachio butter and peanut butter. Each variety offers something a little different, and all are beneficial in their own way.

You’re much better off eating nut butter sandwiches vs something like a prime rib steak. Although nut butters are very nutritious, moderation is crucial. One should consume nut butters as one would regular butter, but though it is a healthy alternative, but is still a fatty food.

What is almond butter, and can it be made at home?

Almond butter is a food paste made from grinding almonds into a nut butter. It is packed with magnesium.

Almond butter may be either raw or roasted and “crunchy” or “smooth”. Homemade almond butter is healthy, affordable and even more delicious than store bought.

Almond butter needs just one ingredient – almonds. There’s no added oil required for this recipe, as the almonds will release their natural oils when crushed.

Use sparingly – nuts, even in raw form, are only to be had a handful a day. Almond butter is best enjoyed with fruits, as a dessert, or in a smoothie.

– Savita Bhargava.
Is It Love Or Just Sex?
Here’s How to Know
The big question. By Mallika Chugh

The phase of attraction is always confusing whether the man you love really loves you back and if he does whether he just wants to have a casual fling with you. For different couples it takes a different time period to name their “relationship”.

There are a few tips which can help guide you better for the roller-coaster ride.
Body language:
People in love tend to touch each other. The main thing is that one has to observe the way the partner is touching. A person can express his admiration toward you without always trying to touch you intimately.

One can even see if the person is bending or just touching your lower back. This can be assumed as a sense of support and love from your partner.

However, there is a red alert if your partner only tries to be close to you intimately because then he is definitely there for sex only.

You enjoy things together: The best way for a successful relationship is mental compatibility. You both will have similar interests and would enjoy similar things like going out together, watching movies and partying. This would reduce the effort intake and would allow you to have fun naturally and casually.

However, if you feel your partner is just obliged you with events even when does not really enjoy them that could raise a little alarm that he is there for sexual pleasures only as he doesn’t want to disappoint you which would stop the sexual desires from being fulfilled.

His family and friends know about you: The fact that his family and friends know about you make it a serious relationship as no one would
like to create a mess within their family and friends circle about their partner till the time they are serious about you. He will only make you meet family and friends if he truly loves you and plans a future with you because he wants you to be comfortable with the family and friends.

**Staying over does not mean sex:** Initially all couples are involved physically to explore their physical compatibility with each other. Later, once the relationship is more matured and developed, staying together does not necessarily mean sex for both of you. However, if your partner tends to just stay over for sex then there is something grossly wrong with your relationship and once should see the bleak future.

**Plan your future as “we”:** When couples tend to be serious they tend to plan their future as well rather than having individualistic future goals. Not to confuse this with the fact that if one partner has his own personal ambitions towards his career is wrong. However, he should be considerate towards your goals and desires as well.

**He or she takes time out for you:** If an individual takes out time especially for you then definitely he does love you a lot. He has a special place for you in his heart and that can be one of the major determinants as well if he is looking for a serious relationship with you.
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