AS MUCH PROTEIN AS AN EGG

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COVID 19

Even in the midst of this global COVID19 crisis, some people are trying to cover the Jamaat's irresponsibility by bringing a government report of March 13, what more will happen in India than this! They do believe that the Tablighi Jamaat has not violated any norms.

Many people are now comparing this meeting to the migration of migrant laborers in Delhi. These people are unable to understand that those workers had to leave the city together because there was no other option. No one decides to walk hundreds of kilometers with their children, they have neither the other way nor the food for two times. But what Tablighi Jamaat did is sheer carelessness and stupidity.

It is surprising that the so-called liberals of India, which includes big actors, journalists and writers, are still silent on this. They have tried to justify this absurd act of the Jamaat by citing only the flaws of the government and the administration. If this entire disturbance happened in the name of propagating Islam, then they do not acknowledge it. If such irresponsibility was shown by any other religious group of the country, the same liberals would not have tired of making fun of it.

It is very important to understand that speaking out against the wrong done by a conservative group from a particular religious community does not mean that you are stereotyping them. Of course, minorities in India have always faced discrimination and biased behavior, but this does not mean that one should not speak out against crimes committed by a group of conservatives.

ON HUMAN RIGHTS...

A case has been registered by the National Human Rights Commission (NHRC) against Tablighi Jamaat chief Maulana Mohammad Saad Kandhalvi.

Nizamuddin issue is actually a test for everyone who thinks of secularism and integrity, to come forward, condemn & ask Tabligis to report to authorities. Instead of condemnation, people are debating about religion, Godi media, liberal media and what not. JNU has came up with this new thing, “We stand with Tablighi Jamaat.”

Muslims are confusing the condemnation of Tablighi Jamaat with attack on their religion. Is this the secularism? TISS Muslim Youth Organisation is busy in accusing Media, Government, Police and other officials. Where are we going to end up this way?

Where is Human Rights Commission? Don’t they think that human rights are violated by the people of Jamaat at certainly high level. Or they are fighting for the rights of Jamaati? We expect some reaction on this mass violation of human rights on behalf of those people who unwillingly got this coronavirus from Tablighi Jamaat.

Talking about facts, the people who belong to Tablighi Jamaat are responsible for spreading Coronavirus not only in India but Malaysia, Pakistan and now in Nepal also. May be they got the virus unknowingly but spreading it across the nation is absolutely well planned. Otherwise they won't be running and escaping like this. Has any of them visited to a doctor for testing on their own? The answer is no. What are they afraid of, doctors, nurses, or may be injection? That’s why they are still misbehaving in hospitals and isolation centres.

We are not asking to accuse the community or any religion but at least the group of people who deserve accusations and allegations. By not speaking against this gross violation of human rights, they have demonstrated their hollowness and unbalanced behavior. It also sheds light on the fact that there is nothing like liberalism in India... It is also a kind of diligence.

COVID 19 is a pandemic of giganic proportion which if not controlled may threaten the present species of life, since it can cross different species as per research and people from all over the world will need to long established boundries to conquer this. Obviously we need a medical hard treatment as a precaution, which is not there at the moment and a vaccine which may save the future generations.
Remember, *Run Lola Run* (German, 1998), written and wielded by Tom Tykwer which was about a girl’s struggle to mobilize 100,000 Deutsche Mark in 20 minutes to save her boyfriend’s life. It is now adapted in Hindi with Taapsee Pannu and Tahir Raj Bhasin headlining the project titled, *Looop Lapeta* helmed by debutante, Akash Bhatia. The screenplay penned by Vinal Chhawal and Ketan Pedgaonkar is being tweaked to suit our scenario. Bankrolled by Sony Pictures in collaboration with Ellipsis Entertainment and Aayush Maheshwari. Scheduled for release in January 2021!

Based on a chapter from Hussain Zaidi’s book, *Mafia Queens of Mumbai* about Gangubai Kothewali, the ‘Madam’ of a brothel in Kamathipura, *Gangubai Kathiawadi* is a biographical crime film directed by Sanjay Leela Bhansali in which Alia Bhatt appears in the title role. The film is being bankrolled by Bhansali and Jayantilal Gada under their respective banners Bhansali Productions and Pen India Limited and is scheduled for release in September 2020. Shantanu Maheshwari too plays a vital role in the film that has been canned by the camera by Sudeep Chatterji. The film is about the life of Gangubai Kathiawadi, a young girl is pushed into prostitution by her boyfriend Ramnik Lal!
FROM BOLLYWOOD...

**A BIOPIC ON AN IAF PILOT!**

Directed by Sharan Sharma, Gunjan Saxena: The Kargil Girl is a biopic on the IAF Pilot Gunjan Saxena, the first female and Indian woman air force pilot in combat! Janhvi Kapoor plays the protagonist ably supported by Pankaj Tripathi and Angad Bedi extending valuable support in crucial roles. The film has been extensively shot at locations in Lucknow. Vineeth Kumar Singh and Maanav Vij appear in stellar characters. Along with Nikhil Malhotra, Sharan Sharma has penned the film’s script. Sources state that this will be a landmark film in Janhvi’s career!

Janhvi Kapoor to star in Karan Johar’s directorial Gunjan Saxena: The Kargil Girl.

**A MYSTERY THRILLER!**

While Amitabh Bachchan enacts the role of a lawyer, Hashmi appears as a business tycoon in Chehre, a mystery thriller directed by Rumi Jaffery. Krystle D’Souza, Rhea Chakraborty, Siddhanth Kapoor and Annu Kapoor appear in pivotal roles in this flick that has music by Himesh Reshammiya. The film’s USP is believed to be a fourteen-minute long shot by Big B in one go! Binod Pradhan is the cinematographer of this film produced under the banners of Anand Pandit Motion Pictures and Saraswati Entertainment Private Limited. With the title standing to refer to ‘faces’, looks like the film is a faceoff between the two lead actors!

Amitabh Bachchan to play lawyer in Rumi Jeffrey’s mystery thriller with Emraan Hashmi.
Ek SIIP - Do Fayedee
Saving bhi : Suraksha bhi

Freedom to choose:

Saving Amount:
Your savings can begin from Rs.4000/- monthly or Rs.40000/- yearly and can be larger for bigger life goals

4 Fund Options:
You can choose from Bond, Secured, Balanced and Growth

Switch freely:
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You can partially withdraw after 5th year onwards*

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Check your Eligibility:

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

Maturity Age:
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Policy Term: 10 - 25 years

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AN ANIMATED ADVENTURE!

Trolls: World Tour is an animated musical comedy sequel to the 2016 film Trolls. Directed by Walt Dohrn, it features an ensemble voice cast including Anna Kendrick, Justin Timberlake, James Corden, Ozzy Osbourne, Rachel Bloom, Anderson Paak, George Clinton, Mary J. Blige, Kelly Clarkson, Sam Rockwell, Ron Funches, Gwen Stefani, Icona Pop, Kunal Nayyar, Jamie Dornan, J. Balvin and Kenan Thompson. The scenario of the screenplay has been set soon after the events of the first film.

Zac Efron’s animated movie Scoob to hit the theatres in India on May 15 2020.

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Written by Patrick Burleigh and Will Gluck (who has directed the film too), Sony Pictures’ Peter Rabbit 2 is a 3D live action, computer animated comedy which is a sequel to 2018’s Peter Rabbit that was based on the stories of Peter Rabbit created by Beatrix Potter. James Corden has lent his voice for the title character, alongside Rose Byrne, Domhnall Gleeson and David Oyelowo in live action roles with the voices of Elizabeth Debicki and Margot Robbie too! Dominic Lewis is the composer while Peter Menzies Jr. has cranked the camera. Beware, Peter is back and is reputation for mischief is still intact!

Walt Disney’s Black Widow is the 24th film in the Marvel Cinematic Universe (MCU), a super hero(ine) film based on the Marvel Comics character of the same name. Written by Eric Pearson from a story by Jac Schaeffer and Ned Benson, the film has been helmed by Cate Shortland. With the screenplay set after Captain America: Civil War (2016), the film sees Natasha Romanoff on the run who is forced to confront her past. Pursued by a force that will stop at nothing to bring her down, Romanoff must deal with her history and turn into an Avenger! The film showcases Scarlett Johansson as Natasha Romanoff / Black Widow alongside Florence Pugh, David Harbour, O-T Fagbenle, William Hurt, Ray Winstone and Rachel Weisz.

Scarlett Johansson, David Harbour to star in upcoming superhero film “Black Widow”.

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Peter Rabbit 2: A computer animated movie is a sequel to 2018’s Peter Rabbit.
Stars from Bollywood have always exhibited a fanciful fascination to reach out to Chennai, the capital of Kollywood! Hrithik Roshan, the heartthrob of millions wide across the length and breadth of the country had come down to the Film Capital of the South in the capacity of the Brand Ambassador of Rado in connection with the launch of Rado True Square at Chennai! A popular city mall in the centre of the city was filled to the brim with fans and followers from the city who had gathered in huge numbers to get a glimpse of their favourite Bollywood actor. Hrithik who has been representing the banner since seven years, remarked that he deems it a pleasure to be at Chennai!

Content-driven films hold a lot of promise to the audience and when expectations match the end product, success is certainly guaranteed! Crafted and directed by Sri Ganesh who shot to fame with 8 Thottakkal, the script of which was brilliantly woven, Kuruthi Aattam has already raised the bar of expectations to a very high level, with its the anticipations hitting the right place on the radar. While Priya Bhavani Shankar is the heroine, Baby Divyadarshini has played a crucial role in the film besides Radhika and Radharavi in stellar roles.

Actor Krishna and Director Sathashivaa collaborated earlier on two occasions, Kazhugu and Kazhugu 2, both of which turned out to become box-office hits! The duo has now joined hands for a third time for Bellbottom, a remake of blockbuster Kannada movie with the same title, which a profitable business of ₹20Cr in box office. More than all, Bollywood’s emperor Akshay Kumar is playing the lead role in the Hindu remake. Set against the retro backdrops, the film is about an aspiring detective, Diwakar, who urged by situations, becomes a cop. He goes through a course of unexpected twists and turns when he picks up an unsolvable case and decides to crack the mystery. Mahima Nambiar plays the female lead.
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An official remake of Sooji Sarkar’s Vicky Donor, Dharala Prabhu features Harish Kalyan as the protagonist with Tanya Hope as the film’s leading lady. Bankrolled by Screen Scene Media Entertainment, the film is directed by Krishna Marimuthu. With eight music composers on board, the film’s cinematography has been handled by Selvakumar SK. Vivekh, R.S.Sivaji and Sachu are also in the cast. One of the most talked about movies of the season!

Ever since her comeback to the silver screen, Jyothika has been very choosy in selecting characters. She is ensuring that they suit her stature like a T! Bankrolled by 2D Entertainment, the banner known for backing projects that are distinctly different, PonMagal Vandal, scripted and directed by JJ Fredrick, is one such unique venture currently under production! Ramji is cranking the camera while Govind Vasantha is composing the film’s music. A unit hand tells us that Jyothika’s character has been shaped up in a manner that it would bring out the best in her, from her!

Filmmaker Adhik Ravichandran’s next directorial venture featuring Prabhu Deva sports the title, Bagheera! This unique title has instantly captured the interest of the audience, creating an inquisitiveness to know what it is all about! Adhik Ravichandran describes its relevance with the script. He says, Bagheera is a fictional character of Black Panther from The Jungle Book, who happens to be a close friend to Mowgli. Similarly, Prabhu Deva sir’s role will be very much identical to this character, which will do anything to protect and destroy impulsively without any second thoughts. Bagheera is believed to be a psycho-mystery thriller laced with lots of surprises and twists!

– R. S. Prakash.
Swapna belonged to a middle class family but she had lofty dreams and high expectations from her though she was plain looking with average intelligence but she was hell bent on bagging a groom who was rich and had a well paying job. Finally the day dawned when an expectant groom with his family came to see her. Swapna and her sisters had all prepared her for the ‘Interview’ and she came with a good saree draped and carrying tea in a beautiful tea set, she served the family of the groom. The groom’s family was satisfied with the first look of Swapna and immediately said yes to the bride in waiting. When the discussions went further the two families discussed the salary of the groom and their expectations of dowry which they said was not much.

Finally Swapna and the groom were left alone to discuss their views. Swapna said, “How did you like the house?” The groom Pradeep said, “It’s beautiful and I have never seen such houses in Indore before.”

Swapna replied, “It’s my traditional house built by my grandfather when he was a big post engineer in the British company.” Pradeep queried, “What about your sisters?” Swapna answered “My eldest sister is a successful banker and married to a finance consultant who is well placed and my middle sister is an advertising professional and married to a highly regarded ad filmmaker.” Pradeep queried, “What about you?” Swapna loftily said, “I want to model first by going to Mumbai and become a filmmaker.” Pradeep was surprised and praised her that she was indeed planning a big dream and said, “Your dream and ambition is good but its too unrealistic. You need a lot of contacts and hard work for that.” Swapna replied confidently, “Once I reach Mumbai I will achieve all my dreams.”

Pradeep asked, “So what about our marriage?” Swapna said, “What is your current job like?” Pradeep replied, “I am a clerk in government service which is a well paying and a stable job and I can get a transfer to Mumbai to be with you.” Swapna then met her mother downstairs and said that she was not happy with the match as she wanted someone in a higher position. Her mother tried to put some sense into her but to no avail. Finally Swapna moved on to Mumbai and started her struggle. What she achieved is quite a mystery but she certainly put her best into her. Que Sera Sera! Vive La Queen!
As a teacher my first love remains teaching but I have another passion and my love for majestic forts is indomitable. I often use them as analogy in my teachings and derive the concept of a fort as metaphor for understanding our body’s immune system. Akin to the various layers of cordon of a fort, our body too has various levels of defense mechanisms to combat the invading pathogens. To make it more easy, we have our skin, saliva, tears, vaginal secretions as our first level of defense, then we have cellular cells like leukocytes, macrophages and neutrophils which when encounter any foreign particle, engulf and eat it, marking them as second level of our defenses. Finally, like the last atop of the fort which takes some effort to reach and most of us just abandon the steep climb midway, only few of the macrophages and dendritic cells carry certain portions of the foreign particle to be recognized as an outsider by the third level of our defense system which comprises the B and the T-lymphocytes or when we say the B-lymphocytes start producing antibodies against the pathogen and T-lymphocytes kill the infected cells or viruses.

Herein, I must mention that SARS-CoV-2 has been eternally present within human population and has shown its presence via the common cold and flu; we mostly get every season. So, why is this COVID-19 wrecking such havoc on human lives now? And why is there such paranoia and one-upmanship on designing on its vaccine?

Ironically, I usually tell my students that if one takes medicines for flu, he gets cured by the end of a week and if not, it takes seven days for him to recover. Now, this may seem rather baffling to many. This is where one should understand that dealing with viruses is not easy and taking antibiotics will even worsen the situation as it kills the good gut-bacteria and increases the chances of secondary infection.

Firstly we should understand what a virus is. It’s purely a biochemical molecule comprises of genetic material (either DNA or RNA) enclosed within a protein coat. It can replicate only within a living host otherwise it is merely like a dust particle. Hence, it is much easier to synthesize such a molecule
COVID-19 BEGINS TO A LARGE FAMILY OF SINGLE-STRANDED RNA VIRUSES (+SSRNA) AND IS UBQUITOUSLY PRESENT IN DIFFERENT ANIMAL SPECIES. THESE VIRUSES CAN CROSS SPECIES BARRIERS AND AS WE HAVE WITNESSED IN PAST TOO WITH DISEASES SUCH AS MERS AND SARS; WHICH PROBABLY HAVE ORIGINATED IN BATS AND THEN MOVED INTO OTHER MAMMALIAN HOSTS AND FINALLY JUMPED TO HUMANS.

MERS and SARS; which probably have originated in bats and then moved into other mammalian hosts and finally jumped to humans. Now coming right to the point, why the world is still struggling to create a vaccine? Why did I mention that a common flu eventually gets away with or without the consumption of any drug? Why are so many claims of antimalarials or antiparasites as possible drugs for COVID-19? To answer these questions, one must understand the mechanism of virus action within our body.

As was already made clear, Virus makes the host cell as it’s home and like any other cell of our body which is involved in protein synthesis and transportation, the viral genome does the same with the help of its host machinery. So they happily mingle with the cellular system without even the host getting a whiff of it. Elimination of any pathogen actually depends on recognition of the pathogen as foreign by the body immune system. Viruses smartly evade this first step and cleverly unzip its protein coat and let only the genome enter the host cell, thus fooling it and the host does not elicit any immune response towards the virus. At this stage the carrier is asymptomatic and the virus is happily leading its lysogeny life cycle. It is only when it decides to break open the host cell in search of greener pastures; the body immune system goes berserk. The viral infection is capable of producing an excessive immune reaction in the host. Imagine millions of host cell getting ruptured to release the newly formed viruses with their new protein coat causing excessive tissue damage. At this time, all the three levels of immune system get activated, releasing pro-inflammatory cytokines, aptly called ‘cytokine storm’. In simple words, the immune cells starts with all its defense equipment to combat the virus and cytokines are guns to kill them thus, the cytokine release syndrome (CRS) is an acute systemic inflammatory syndrome characterized by fever and multiple organ dysfunction. We must also realize that whenever there is a war, damage occurs on both ends and at this stage the person is symptomatic. At this stage, systemic corticosteroids (immunosuppressor) for the treatment of viral pneumonia are not recommended. Moreover, unselective or inappropriate administration of antibiotics should be avoided; although some do recommend the same possibly for avoiding secondary bacterial infection. Fever is needed to kill viruses, so popping an antipyretic will only prolong the infection.

In such a scenario, Dr. Zelenko’s use of hydroxychloroquine (HCQ), an antimalarial for treatment of COVID-19 came as an antithesis. Hydroxychloroquine is an anti-inflammatory as well as immunosuppressive for cellular immunity and sometimes even used to treat autoimmunity. It may also cause heart problems, vision problems and many more morbidity. Then, why hydroxychloroquine? The answer is in the way HCQ works within the cell. It is also an autophagosome-lysosome fusion inhibitor broadly used in autophagy. Endosome-lysosome fusion is a common process by which a normal cell transports its cargo protein outside the plasma membrane. HCQ is a weak basic drug that...
dealt with the residual virus using the above mentioned drugs and the body's own immunity. There are definitely some grey areas too, as they are very preliminary findings. The possibility can be that the convalescent plasma transfusion may be helpful in the treatment of critically ill patients with COVID-19, but this approach requires evaluation in randomized clinical trials.

The hypothesis can be used to treat the severely ill. Recovered patients would definitely develop good amount of antibodies (adaptive immunity or the third level of immunity) against COVID-19. And I am very optimistic at this point hoping that most of our Indian population will be immune system are more resistant than the overly sanitized westerners.

– Dr. Soma M. Ghorai
Associate Professor, Hindu College University of Delhi.

Figure 2: Pictographic representation of various strategies being hypothesized as potential drugs and their targets for treatment against COVID-19

Lines of attack
Experimental treatment strategies attempt to interfere with different steps (numbered) in the coronavirus replication cycle.

1a Fusion
- SARS-CoV-2
- Monoclonal antibodies, convalescent plasma
- Camostat mesylate

1b Endocytosis
- Cell
- TMPRSS2
- ACE2
- Chloroquine, hydroxychloroquine

2 Translation
- Viral RNA
- Ribosomes
- Polypeptide chains
- Lopinavir–ritonavir

3 Proteolysis
- Lopinavir–ritonavir

4 Translation and RNA replication
- RNA-dependent RNA polymerase
- Remdesivir

5 Packaging
- Golgi
- Endoplasmic reticulum

6 Virion release

Figure 2: Pictographic representation of various strategies being hypothesized as potential drugs and their targets for treatment against COVID-19

accumulates in the acidic environment of cellular organelles involved in protein trafficking. Thus HCQ interferes with endosome/lysosome trafficking of viral protein during virions maturation and helps inhibit replication of different viruses. Doing so, HCQ suppresses the ongoing cytokine storm as most death occurs due to excessive immune response of the body towards the pathogen. So, slight suppression allows creating a balance in dealing with the virus, at the same time not killing the host as a result of that response. COVID-patients at the late stage of disease may not be able to handle this and it may be too risky but HCQ definitely helped gain the immune-balance with the symptomatic patients and help them cure.

Till date no antiviral treatments have been approved for COVID-19, but use of market available antivirals like Lopinavir/Ritonavir has been proposed. An inhibitor of RNA polymerase, Remdesivir (GS5734) was shown to be active against multiple RNA viruses, including Ebola and could be effective for both prophylaxis and therapy of HCoVs infection. RNA polymerases are those molecules which help make proteins in our cells, so inhibiting them will hamper more viral protein synthesis. Similarly, Ivermectin is believed to block the cargo transporter halting the virus midway before it can enter the nucleus, and so it can't make copies of itself. Thus, the virus cannot proliferate and stops the infection from getting worse. Developing countries like INDIA, should capitalize on the full public health potential of Ivermectin as it is much cheaper and easily available. Carefully designed studies to evaluate the efficacy of community-wide ivermectin based control programmes must be the strategy for COVID-19 control.

Meanwhile, Dr. Faheem Younus claimed that he successfully treated patients on ventilators with antibody rich plasma from recovered patients. In my opinion, the plasma transfer may have reduced viral load and titre as the antibodies could support antibody-dependent cell-mediated cytotoxicity. That could have helped
Don’t you want kids?”
Surprisingly, when someone delays their marriage, this is the more common question they are asked. In a country which is as pronatal as India, parenthood is a desirable state, where ‘vansh’ (or ‘progeny’) help to continue the family legacy.

As per the Sample Registration System demographic survey (2017 SRS survey), Census India, around 24.7 per cent in urban India got married between 18 and 20 years of age. The corresponding figure for Census 2011 was 29.6 per cent.

“I am” is reportedly the shortest sentence in the English language. Could it be that “I do” is the longest sentence?”

– George Carlin
What is changing around the world? Not just in India but globally, more and more urban youth are increasingly postponing their marriage, either by choice or due to circumstances. In a face-off between career and marriage, career seems to be taking the lead. And in tandem, childbearing is taking a backstage.

Within the Asian region, such trends were first observed in Japan and more recently in South Korea, Taiwan, Singapore, China as well as India.

*Asian trends in age at the time of marriage*

The emphasis on lineage and ancestor worship is particularly pronounced in Asian countries like India, China, Japan, etc. As per a study by Bumpass, Rindfuss, and colleagues (Bumpass et al. 2009; Rindfuss et al. 2004), marriage is viewed in Japan and East Asia as a “package” of family expectations and obligations that may be increasingly unattractive to well-educated young women and men.

As per the recent survey of East Asia forum, in Asian countries less than five percent of women are unmarried by the age of 50. However, over recent decades, countries in East and Southeast Asia have seen a significant decline in marriages.

This in turn, has directly contributed to a decline in the fertility rate to ultra-low levels as there are few instances of childbearing outside marriage in most Asian countries.

In China, though marriage remains near-universal, a trend towards delayed marriage is clear among well-educated city dwellers while cohabitation and divorce cases are rising.

The modern form of the family, exemplified by Europe and the U.S., is characterized by low fertility, late marriages and nuclear families.

This has greatly influenced urban youth in Asian countries like China, Taiwan, Korea, India, Japan, etc. who are caught in the crossfire of modernization and global industrialization, and are actively emulating Western culture.

**The causal factors for the downward slide in urban Indian marriages**

“Marriage is a fine institution, but I’m not ready for an institution.”

– Mae West, The 2,548 Best Things Anybody Ever Said

The gradual decline in the number of urban Indian ‘marriages’ seems to be a reflection of the changing times. The concept of an Indian marriage has also undergone a sea change as compared to the earlier generation. In this 21st century, people are much stronger and more independent than they were ever before. People do not want to get married or adjust, they want to focus on their career. They want space and want to live with their lifestyle. And when this continues to happen, there will be no one to carry forward their legacy, tradition or culture. There will be no descendants for the inheritance of their possessions.

In countries such as Japan, Taiwan and Myanmar, about 20 percent of women currently in their 20s and 30s could well remain single when they reach their late 40s.

While women and men, especially in urban areas, have started to delay marriage, the average age of women’s first marriage across Nepal and India is still the youngest across all regions. It increased from 19.3 to 20.8 between 1990 and 2010, while that of men increased from 24.1 to 25.0 years.

In India, as of 2011, men were getting married at the age of 26.0 whereas women were getting married at 22.2 with a noticeable age difference of three to eight years.
As per the National Family Health Survey (NFHS), infertility rate is high among women in urban areas. This may be either due to their changed lifestyle or a later age at first marriage.

There are numerous factors which are contributing to an inclination towards later or less marriage among the urban youth throughout Asia.

Changing expectations:
When couples first meet, it’s not clear whether their expectations in life are and will remain the same. They might graduate, get married, work for sometime and find out that they’re actually completely different from each other. So more couples are opting for a long courtship period where they get ample time to woo and bond with each other.

Financial Independence:
The current generation is more oriented towards earning their own livelihood. The advent of personal property and savings has given rise to a more responsible attitude towards marriage. They want complete freedom to be able to control and utilise their earnings, be it independence from their parents’ or from their spouse’s interference. This is perceived as one of the key criteria of ‘adulthood’.

Emotional commitment:
The new-age generation is not always ready to make an emotional commitment with the first person they get romantically involved with. They want to explore life and live by their terms before making any long-term commitment. And rather than face compatibility issues later, they are willing to wait for the ‘perfect’ partner.

Physical and mental stress:
The rigours of work and demands of running a home has changed drastically, bringing with it an entire baggage of physical and mental stress.

An increasing number of youngsters are seeing marriage as a place which will only precipitate their stress levels.

Career building:
Work demands of late imply a certain way of life that is incompatible with a family. With people having erratic work schedules and an increasing pressure to socialise with their office colleagues, many youngsters are preferring to stay away from a married life.

Tertiary education:
"Marriage can wait, education cannot.”

– Khaled Hosseini, A Thousand Splendid Suns

Higher education has opened up multiple avenues to pursue academic and professional interests without being bogged down by an early marriage. Full-time studies and a family aren’t necessarily compatible.

As per the NFHS survey, since the time it takes to get an education has increased, it has simultaneously pushed back the marriage age. With increasing levels of educational attainment among women, the survey indicates that infertility rate is also on the upswing.

India, Bangladesh, Singapore, Thailand and Myanmar – are showing patterns of delayed marriage among women – especially among the highly educated.

Lifestyle changes:
There is an increasing perception these days that marriage and childbearing drastically change a person’s life. Rather than being completely tied to the responsibilities of running a home, both men and women are veering towards living a separate life where they are free to choose their friends, their hobbies and their pursuits.

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<tbody>
<tr>
<td>Urban</td>
<td>22.5</td>
<td>23.2</td>
</tr>
</tbody>
</table>

Source: ‘Women and Men in India - 2016’, Ministry of Statistics and Programme Implementation, GoI
Cohabitation on the rise:
Some of the motives for getting married usually include love, children, stability, social status, and independence from one’s parents. Modern couples can accomplish almost all of a married life without entering into a binding marriage, so there is a propensity to just date someone and enter into a live-in relationship when they want to show a little more commitment to each other.

Sexual mobility, extramarital inter-relations are also other rising trends which are allowing people to opt for non-marital relationships.

Long-distance relationships:
Due to work commitments, couples are often located in different ends of the world. The post-wedding period is magical, when a couple wants to spend all their time together. They are willing to wait until such time before tying the knot.

In-laws pressure:
Until very recently, almost every woman living in urban areas in India was expected to dedicate their entire life to her husband’s home and merge their complete personality with their in-laws expectations.

Research in India and Nepal highlights the ways in which mothers-in-law control the choices of their daughters-in-law, ranging from choosing their clothes to making decisions over childbearing or children’s marriages. Not getting married is a simple way to avoid such hassles.

Focus on life’s opportunities:
Newgen is always on the lookout for something bigger and better. They are unsure how life will pan out for them and if it will bring some unexpected opportunities like career breaks or travel, which they may miss if they are married.

Choosing one’s own life partner:
Unlike earlier, rather than arranged marriages or self marriages, more and more couples are opting for semi-arranged marriages. This means that while the couple are having the freedom to choose their life partner, they are also giving importance to their family’s acceptance of their choice. This process may take a while but they are willing to wait until then.

Destination weddings:
Another trend that has been gaining a lot of attention is to get married in quiet and scenic surroundings and away from the regular crowd. Take the recent examples of Anushka Sharma and Virat Kohli or Deepika Padukone and Ranveer Singh or Priyanka Chopra and Nick Jonas.

All three couples opted for destination weddings. Their media coverage started well before the actual wedding took place and continued long after.

In the quest to have a memorable wedding, couples are open to a long haul, so as to work out each detail.

With delayed marriages, does parenting also take a backseat?
Some of the causal factors for opting to not have children are:

Too much of dependency:
Some cherish their independence too much and the thought of having dependent children doesn’t appeal to them.

Kiran Chopra is in her early 50s, a widow who runs a very popular boutique in Pune. Her husband and she were not ready to raise a child as they felt that it was a huge financial and emotional investment. Kiran has two dogs for company.
and whenever she misses having children around, she says, “I just drop into a friend’s place and enjoy their family outings. Her kids make me feel very welcome and wanted. My friend’s family is my extended family.”

Lack of maternal instinct:
There is a popular saying, “Everybody with a womb doesn’t have to have a child any more than everybody with vocal cords has to be an opera singer.”

Although it sounds sacrilege in India, there is a distinct burden to become a good mother but not everyone has the maternal instinct or the mental makeup to be one.

Sneha Rastogi said that her husband and she chose to be childfree as they believe that parenthood is not for everyone. Both of them are IT professionals, in their mid-30s and settled in Hyderabad. They sleep-in late whenever they get a chance. They want to be free from the rigours of changing diapers and attending school PTMs. Neither of them is worried about not having progeny. Sneha opined, “I believe that the compromise and commitment required to rear a child is enormous. We have decided to give away all our savings to an orphanage when the time comes. Until then, we want to enjoy our life to the maximum. Both of us love traveling and have complete freedom to take off to an unknown destination at a moment’s notice.”

As quoted in marieclaire.co.uk, American actress Jennifer Aniston, who opted to be childfree, said, “I don’t have this sort of checklist of things that have to be done and if they’re not checked then I’ve failed some part of my feminism, or my being a woman, or my worth or my value as a woman. I’ve birthed a lot of things, and I feel like I’ve mothered many things.”

REMARRIAGE IS INCREASINGLY SEEN AMONG THE URBAN SETTLERS. IF EITHER OF THE PARTNERS HAS A CHILD FROM A PREVIOUS MARRIAGE, THE COUPLE DECIDES TO STOP WITH THAT. THREE DECADES DOWN THE LINE, SHE CHOSE TO REMAIN CHILDFREE WHILE JAVED HAS TWO CHILDREN FROM HIS PREVIOUS MARRIAGE.

Kids from a previous marriage:
Remarriage is increasingly seen among the urban settlers. If either of the partners has a child from a previous marriage, the couple decides to stop with that. Dipti Mishra, 34, living in the USA remarried recently. She was a little apprehensive at first. She said, “I wanted to remarry because I wanted a partner and was not necessarily looking for a father for my daughter. When my husband said he didn’t want any more children, I felt our family was complete and got ready for the next step.”

Shabana Azmi, a well-known artist and a social and women’s rights activist got married to Javed Akhtar in 1984. Three decades down the line, she chose to remain childfree while Javed has two children from his previous marriage.

Lifestyle changes:
Sriram, 33 years, living in Mumbai said, “I work 10-12 hours each day. Add another 2-3 hours of travel time. I barely get time to spend with my wife, so what is the point of having children just for the sake of it?”

Things were different earlier when people lived very close to their workplaces. They enjoyed a life of leisure as they had fewer distractions. Now, the minute a couple gets some time off, they decide to either relax at home or go for an outing. With kids around, some urban youth find that their lifestyle is being cramped.

Health problems:
Women may have hormone imbalance or men may have other health issues, because of which they may not be able to conceive a child. Medical treatment can prove very costly and out of range for most pockets.

Raju (on conditions of anonymity said), “My wife has hormonal imbalance. We tried IVF a couple of times but each cycle of treatment would cost us around three to four lakhs of rupees. We were then in our mid-30s and could barely afford this kind of treatment, so we finally gave
up. Now we are in our early 50s. We’re financially well-settled now but it is too late for medical interventions at this age.”

Surrogacy:
Many couples are opting to have children late due to a delay in their career. By the time they are reasonably settled, they are already in their mid-30s. Due to lifestyle changes, it may be difficult for them to conceive children. Surrogacy is an option but many don’t opt for it as it can lead to legal entanglements. The wife should also be able to accept the child wholeheartedly or it could lead to mental repercussions on both the child and the mother.

Adoption:
This is not an easy process. Both the husband and wife should be in the same frame of mind and be open to adopting either a boy or a girl.

K. Satyanarayana, working in an IT company in Bengaluru said, “We tried adopting a child but the process itself takes about four to five years. Now, we are in our early 50s and are hardly in a position to take care of a young child and be fully involved with them in their formative years. We treat our siblings’ kids as our very own and they too, give back abundant love to us.”

Financial Independence:
Growing financial wings is another important cause for not planning on having children.

Aditi Sharma, coming from a middle-class background, grew up in a family where, unlike her brother, she rarely got any pocket-money. Now that she has a well-paying job as an accountant in an MNC, she is not ready to spend her money on anyone else. Married five years ago, Rekha opined, “Why should I be made to feel guilty if I spend my hard-earned money on myself? I constantly face pressure from my in-laws to have children. My husband and I may decide to have a child later in life. If I cannot conceive at that time, we can always adopt a child but I’m not going to give up my financial independence for anyone now, even for a child.”

Not succumbing to societal pressure:
Rekha Khan has an inter-faith marriage. She and her husband, Amer decided not to have children. Settled now in Canada, in their early 40s, both are financially independent, so money is not the criteria. Rekha said, “Amer and I got married soon after college because we wanted to be together for the rest of our lives. We faced a lot of family and societal pressures initially. Now that things are slowly settling down, why should we complicate our lives again by having children? This will only raise fresh issues.”

Straining Earth’s resources:
Some of the societal and environmental concerns are now playing on people’s minds in urban India. A small but growing number of voices have decided not to reproduce to ease the strain on Earth’s resources.

Raksha, 28, an animator, justifies her decision to not have children. “Each day of our existence, we find that environmental issues like clean air, access to water, etc. are multiplying alarmingly. When we don’t have sufficient resources for our own survival, how will our children be able to cope with their non-existence?”, she said.

Scattered family:
K. Sudhakar said, “You spend all your adult life bringing up your children and taking care of their every need. Then they move out to another country or place to eke out their living. Parents and children are separated with 2 distinct lives. You barely spend a week together in a year.

Parents are on their own for the rest of the time. It doesn’t make a difference if a couple has a child or doesn’t as the end result is almost the same. Is it really worth all that effort in bringing up a child?”

Premium on career:
A significant number of urban youth place a very high value on having a top-notch career. This is why a number of people are postponing one of the key
events in a marriage – childbearing. Many want to build their careers, enjoy their freedom and discover themselves before settling down.

Crime and violence:
Rashi Sharma, 29, a software engineer from Chennai, said, “Our world is in a crisis. Each day, we are struggling to survive. There is so much crime and violence. I will not be able to spend a single day without worrying about the safety of my child. Under the circumstances, I’ve decided not to bring a child into this world.”

Voluntary Human Extinction Movement (VHEM):
A small but growing percentage of people around the world believe children should not be brought into the world. They are activists who are pushing the cause of human extinction.

Speaking to ‘The Print’, Pratima Naik (28 years), an engineering graduate based in Bengaluru is committed to never having children. “This is a completely voluntary, non-violent movement,” Naik said. “We don’t want to impose our beliefs on anyone, but more people need to consider why having a child in the world right now isn’t right.”

Opting to be childfree
This is not easy in our country where girls are taught at young age that getting married and having

CHILDLESSNESS MAY HAVE SERIOUS DEMOGRAPHIC, SOCIAL AND HEALTH IMPLICATIONS WHEREAS STUDIES HAVE SHOWN THAT PEOPLE WHO HAVE DECIDED TO BE CHILDFREE ARE BETTER ABLE TO COPE WITH THEIR CONDITION.

Childlessness:
Childlessness may have serious demographic, social and health implications whereas studies have shown that people who have decided to be childfree are better able to cope with their condition.

Where is all this leading to?
While striving for socio-economic independence, some key drivers in relationships are being ignored by millennials. There has to be a fine balance in the way we weave our relationships into the fabric of our lives.

Dependency on others for:
⭐ Positive self-image
⭐ Support in our busy lives
⭐ Entertainment quotient

State of Being (with reference to not having children)

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>Infertility</th>
<th>Childless</th>
<th>Childfree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Married</td>
<td>Yes, &gt; 5 years</td>
<td>Yes, &gt; 5 years</td>
<td>Maybe</td>
</tr>
<tr>
<td>Currently Pregnant</td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Terminated Pregnancy History</td>
<td>None</td>
<td>None</td>
<td>Maybe</td>
</tr>
<tr>
<td>Use of Contraceptives</td>
<td>Never</td>
<td>Never</td>
<td>Maybe</td>
</tr>
<tr>
<td>Number of Children Ever Born</td>
<td>Zero</td>
<td>No living children</td>
<td>Zero</td>
</tr>
</tbody>
</table>

Note: Not all infertile or childless people are childfree.
Independence because:
✿ Families are living apart
✿ People want privacy
✿ Economic freedom

The ‘hum do, humare do’ family picture is being completed with a couple of pets or plants or friends, and not necessarily in that order. Online social acceptance (rather than personal interactions) has also taken center stage in many of our lives.

Total fertility rate (number of children)

**In 2017, the Population Reference Bureau released a fact sheet showing that the top two countries expected to lose population between then and 2050 were:**
- China (-44.3 per cent)
- Japan (-24.8 per cent)
- Thailand (-3.5 per cent) and South Korea (-2.2 per cent) figure in the 6th and 8th spots globally.

**Total fertility ratio**

The Total Fertility Ratio (TFR) is the average number of children expected to be born per woman during her entire span of reproductive period. This is the rate at which a population exactly replaces itself from one generation to the next, without migration.

In 2017, India had a total fertility rate (TFR) of 2.2, which is just above the WHO recommended replacement level of 2.1. This is a positive development although the declining figure could be an indicator for both childless and childfree couples.

As per the report, the decline has been steeper in urban areas where

**Childlessness per cent in India**

<table>
<thead>
<tr>
<th>Age group</th>
<th>Percentage %</th>
</tr>
</thead>
<tbody>
<tr>
<td>30-49</td>
<td>5.5</td>
</tr>
<tr>
<td>45-49</td>
<td>5.2</td>
</tr>
<tr>
<td>Across All Age Groups</td>
<td>2.5</td>
</tr>
</tbody>
</table>

Source: National Family Health Survey (NFHS-3)

**Can one less human really impact the environment? An ‘Environmental Research Letters’ study equates the impact of having one fewer child to emission reduction of 58 metric tonnes of CO2 (TCO2E) for each year of the parent’s life.**

Data Source: NITI Aayog, GoI

**India’s Total Fertility Rate**

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>TFR</td>
<td>5.40</td>
<td>4.95</td>
<td>3.80</td>
<td>3.06</td>
<td>2.50</td>
<td>2.20</td>
</tr>
</tbody>
</table>

Data Source: Registrar General of India
Asian nation but has one of the world's highest birth rates. On the other hand, among countries with more than 40 million people, Japan

**Some Countries which are at or nearing Zero Population Growth (ZPG)**

Iceland, Germany, Portugal, Poland

Source: populationeducation.org (2014)

is ranked the lowest out of 32 for its ratio of children to the overall population. Can one less human really impact the environment? An ‘Environmental Research Letters’ study equates the impact of having one fewer child to emission reduction of 58 metric tonnes of CO2 (tCO2e) for each year of the parent’s life.

**Is the Urban Indian marriage getting outdated?**

“A great marriage is not when the 'perfect couple' comes together. It is when an imperfect couple learns to enjoy their differences.”

– Dave Meurer

People can get very judgemental based on their perceptions of each other and break-up at a moment’s notice.

Vijaya Dasari, a counselor, working in Visakhapatnam said, “About three decades ago, I gave birth to my child without any expectations. I enjoyed every moment with my little baby. Life changed and filled with rainbow colour after she arrived. It became easier to face any challenge in every turn of my life with her beside me.”

Lalitha V., 54 years old, who has an IT business in the USA said, “The intense love and affection I feel towards my children, and the need to want to protect, provide and nurture them is what gives me immense satisfaction. The younger generation who choose not to get married and have children so they can maintain a lifestyle also eventually crave similar emotional bonding. They end up getting pets to feel wanted and needed. Many people who had initially planned not to have children give in when they realise that the biological clock is ticking.”

Visala, a sociologist said, “I believe the first and foremost purpose of having children was to perpetuate the human race and nurturing children was by instinct. As the human race evolved, parenting has taken many shapes according to physical, economical, social and psychological needs. When basic needs like safety and security are met and resources are aplenty, families become more self-centered and perpetuate a small or no family concept.

Belonging is another basic need. This gives rise to love, marriage, family, etc. When this need is not addressed, people end up substituting with having pets and getting involved in other activities.”

Vidya Jonalgada, a housewife in Hyderabad, said, “In case differences arise between wife and husband, they tend to compromise when they have children. Children are the glue that holds a family together. A woman without a child can be arrogant and dissatisfied with life but when she has a child, she feels secure and develops a purpose for living.”

SANIA MIRZA AND SHOAIB MALIK GOT MARRIED IN 2010 AND WERE BLESSED WITH A CHILD EIGHT YEARS LATER. THEIRS IS A CLASSIC EXAMPLE OF A BUSY AND CAREER-ORIENTED COUPLE WHO ARE IN A LONG-DISTANCE MARRIAGE BUT HAVE BEEN ABLE TO FINELY BALANCE THE Demands.
ONLY ANTI-BACTERIAL EXO BACTO SCRUB!

Because ordinary scrubbers attract more bacteria than your toilet seat.

Tiny food particles often get trapped in ordinary scrubbers’ thin and porous pads and remain there for a long time. This results in vigorous multiplication of bacteria and bad smell. In fact, according to a research, ordinary scrubbers attract more bacteria than a toilet seat. Therefore, the solution is Anti-bacterial EXO Bacto Scrub! Its unique ‘Bactoguard’** arrests the bacterial growth that helps in cutting the bad smell by up to 94.2%*. 

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*Based on laboratory tests. **Bactoguard stands for ingredients having anti-bacterial properties, under tested conditions.
Solo Women Travelling

The unprecedented rise.
By Sudha Chandrasekaran

Statistically, solo female travel is spreading like wildfire amongst curious women looking for their next adventure in life. Women have been travelling more than ever in the self-drive mode, overcoming the long-drawn history of systemic prejudice and gender bias, with both inbound and outbound tourism witnessing accelerated growth in this segment,” says a recently released report. A study has shown that there has been a 230% increase in the number of women-only travel companies in the past six years.

Many women travel the world alone and end up fine. However, many people instantly exaggerate the perils and dwell on a single woman’s vulnerability. Often this doom-ridden response is just an excuse for timidity of spirit of solo female travellers. Fear is inevitable but that cannot paralyse you.

For women travellers, it will never be the right time to travel because you’ll always be asked when you’ll settle down; there will never be an accepted time; you’ll always be a target... as there are statistics of violent crimes globally – such as rape and murder – you will never have enough money; your family will always freak out. The toughest part of traveling solo is often the pushback from our parents; you’ll wait forever for someone to join you; In some parts of the world and in certain cultures, women don’t enjoy the same freedoms as others and travelling alone may be regarded as a luxury;
Sometimes, the dream to travel will be yours alone, and that means you have to do it all by yourself. It’s all about just taking that first step.

Today’s female travellers are independent, unafraid, and looking to explore new and authentic destinations. Women can also be adrenaline junkies. 15 per cent of women travel for adventure sports. Modern women have become sophisticated and self-reliant and they are also out there, like their male counterparts – exploring nature; meeting new people, experiencing new cultures, practising new languages; pursuing hobbies and interests; coming face-to-face with history; getting some rest and relaxation, and digging their heels into sports and athletic challenges. And along the way, they’re gaining confidence, learning new skills and enjoying the freedom of following their own schedules and travelling at their own pace, even if they are travelling “solo” with a tour group of like-minded women.

And finally you get a heartfelt sense of achievement after your return since “success breeds confidence”.

For anyone considering joining the sisterhood of solo travel, here are a few reasons why it’s absolutely the best idea...

No need of compromises: on what type of trip you want to undertake, where you want to stay, where and what you want to eat, how many days you want to spend at one place, etc. Be spontaneous and go off track with your new travel buddy. You’ve got nothing stopping you, so be as selfish as you want.

Increased feeling of safety: With wi-fi available in most of the places, the issues related to connectivity and accessibility are taken care of. Your family and friends can get connected to you in a jiffy – whether it is Whatsapp or Facetime or just a phone call. And solo ladies do really look out for each other, giving a great sense of safety.

Solo Female Travel

Solo female travel has become popular in the last decade. The rate of travel has increased by 11% since last year.

There are many reasons why women prefer to travel alone. that may be soul searching or their work. Females who are widowed or divorced tend to travel more.

Females search for safe destination to travel to. Solo travel can be risky. That is why Europe is the most sought after destination by solo female travelers.
More female-friendly destinations: The prime factor holding women back from travelling solo is the safety issue. We come across and hear about several safe and welcoming neighbourhoods these days and hence this should not be a unmanageable issue. There are several great female-friendly destinations where you can feel completely safe on your own. All you need to do is thorough research!

Growing sense of female empowerment: Ladies from all walks of life – business women or lady musicians or powerful politicians or homemakers – are realising that they can achieve anything they set their minds on. There is this feeling of empowerment in them.

Strong relationships: When you are with someone else you do not feel the necessity to meet new people. But during solo travel you are forced to make friends everywhere you go. And these are the people you share so many epic experiences and create life-long memories with.

Take on a new challenge: You are out of your comfort zone and of course at times this can be a massive challenge. And with such an incredible increase in solo female travellers, it’s clear to see that women are taking this challenge head on.

Some uncomfortable truths for solo women travellers:

- In some cultures, being a woman means you have to follow certain rules. It’s good to know about the cultural norms of the place you are traveling to in order to avoid problems or misunderstandings with the locals.
- When travelling on your own, you don’t do things that you would like to do or have done before. Hitchhiking is something I love to do when I have a travel partner, but

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### Challenges of Solo Female Travel

Women travelling alone have a lot of worries. Their concerns have been listed below.

- Dangerous situations - **47%**
- Medical emergencies - **23%**
- Flight delays & cancellations - **24%**
- Stolen travel documents - **4%**
- Lost luggage - **2%**

### Activities

- Shopping - **27%**
- Adventure travel - **15%**
- History, culture, education - **17%**
- Beach escape - **16%**
- Cruises - **13%**
- Others - **12%**

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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 model. 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.

Enriched with
- Draksha
- Almonds
- Aloevera
- Sandal

Equally effective for whole family.

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Available at all medical & general stores
I am not still brave enough to do it alone. Though I have travelled several times by night buses, I avoid travelling by night buses when I am a solo traveller.

Sometimes you can’t just relax, especially in countries where your physical appearance is different. Since, it may not be normal for a woman to be travelling without her husband or a travel companion, you may get many “proposals”, including marriage ones! It does get tiring to be the centre of attention, and more so when you just want to relax and blend in.

Hygiene may be an issue, especially during your period time – Tampons may not be available in some places; rinsing your moon cups may also be difficult in a few places; and other times you may want to take a warm shower but it may so happen that in that place you will find only a bucket of cold water.

You are seen as more vulnerable and this may lead to dangerous situations.

Some people take advantage of this and try to rip you off; and others might scare you, in order to sell you safety.

And yes, there’s always the fear – and possibility – of rape and sexual harassment, which is true to a certain extent. Extra care is to be taken when you hitchhike in an unknown person’s car and opt to stay with someone based on some recommendation.

It translates to our keeping our guard up and being mentally prepared for certain situations if warranted.

Certain activities are considered to be “inappropriate” in certain countries. In our Indian culture, Drinking alcohol, dancing with men, staying out late in the night and wearing short dresses, rank high among them.

In fact, Indian women are judged more harshly in this paradigm. The very fact that a woman is travelling solo may brand her as being reckless and having ‘loose morals’, which of course is incorrect.

Extra tips for Solo Women Travellers

**As the saying goes:** ‘Forewarned is forearmed’. So here are a few tips to keep in mind.

Do some research before visiting a new country – understand its culture, customs and traditions. Read blogs and guidebooks written by other solo female travellers, and check online forums to gain an insight into the country or even locality in your own country.

**Choose your accommodation wisely:** There are many backpacker hostels scattered throughout the country that are not only economical, comfortable and safe, but also help you meet other travellers and swap experiences. If you prefer staying in a hotel, book through trusted travel websites.

**BE SELF-RELIANT, CONFIDENT AND WELL PREPARED AT ALL TIMES. IF YOU GET LOST IN UNFRIENDLY NEIGHBOURHOOD, BE SAVVY ABOUT WHOM YOU ASK FOR HELP; SEEK OUT ANOTHER WOMAN OR A FAMILY, OR GO INTO A STORE OR RESTAURANT TO ASK FOR DIRECTIONS.**

Be street smart: Be self-reliant, confident and well prepared at all times. If you get lost in an unfriendly neighbourhood, be savvy about whom you ask for help; seek out another woman or a family, or go into a store or restaurant to ask for directions or to study your map.

Dress modestly and appropriately: In accordance with the norms of the area so as to ward off unwanted stares and potential advances. Keep a scarf handy for additional cover-up if the need arises.

Interact with locals: I learnt a lesson that has stayed with me ever since: travel is nothing without chance conversations. They have lent perspective and context to my experience of a destination. The best way to get great insider tips on places to eat and explore is only through the locals.

‘NO’ is your weapon: Being the object of unwanted attention, even when it is not malicious in intent, can be unsettling. A stern “NO” is universally understood.

Plenty of people will try to take a picture with you. There’s no harm having your photo taken with children and families but say ‘NO’ to single men approaching you for a selfie.

It pays to learn the lingo: Nothing disarms a curious bystander more than a greeting in their own language.
Keep a friend or family member apprised of your travel plans: I find social media the best for this so that I need not punch out 20 emails; just a quick status update or tweet does the trick! Keep your hostel or hotel address in your wallet, your pocket and even store them in your phone. If you need help or get lost, having this address will get you back to a safe place. If you feel like it, wear a real or fake wedding ring, and carry a picture of a real or fake husband. Lie unhesitatingly. If you’re arranging to meet a guy, choose a public place. Better yet, bring a couple of your roommates along to meet him.

Getting around: Be cautious when using public transportation. It is easy to get around in some countries as there will be several buses, taxis, rickshaws, metros, flights and trains available. Only use registered public transportation and trusted cab services. When travelling on local buses or in public places, body-brushing and eve-teasing incidents may occur. If this happens do not stay silent. Voice your discomfort and don’t shy away from making a scene in order to shame the perpetrator.

If you’re taking a taxi, turn on your GPS to keep track of the route and if you notice any changes, point it out to the driver and tell him to take the route preferred by you.

Avoid travelling in empty compartments in trains; with just the driver and with male co-travelers only.

Note the taxi/auto registration number and name before hopping in, and send it to a family member or friend. Avoid venturing out alone after dark except in well-lit tourist areas, and carry pepper spray and tasers with you. Do not travel by public transport at odd hours.

In India we find female cab operating services such as the Priyadarshini taxi in Mumbai; Women Cabs and Viira cabs in Bengaluru and among several more in other cities.

Be confident and vigilant: Like everywhere else, there are certain places in every country that are more prone to crime. Be wary of your surroundings and keep an eye on what is happening at all times. However, people in general are very helpful and welcoming to foreign tourists, especially women. So, if you find yourself in an uneasy situation, do not be afraid to seek help.

If you’re lost, don’t allow your body language to show it. Instead, be assertive! You can ask the locals for directions and, moreover, you always have Google Maps to guide you.

Always stay in places with plenty of foot traffic and do not venture through deserted or dark alleys alone. Err on the side of caution.

Keep the emergency numbers handy: Safety is of paramount importance when you’re travelling solo anywhere in the world so it is wise to keep the relevant emergency numbers handy.

Theft and harassment are major apprehensions for women in any part of the world. If you have travelled alone in America, then it is far easier to be a solo traveller in Europe. In America, theft and harassment are especially scary because of their connection with assault. In Europe, you'll rarely, if ever, hear of violence.

In troubled times: Some solo women travellers recommend keeping away completely from "party spots", especially in beach towns. Situations do arise when we are caught unaware and placed in dangerous predicaments with no one around to help us out. Confronted with harassment in such a situation, Shobika found her camera handy.

On a visit to Varkala, a beach town in Kerala, she was propositioned by a belligerent fisherman, who wanted to know how much she’d charge! “I turned back, quickly lifted my camera in his direction, and shouted: ‘You're sick! I'm taking your photo to the police!’ and that was the end of the story!”

Trust your gut: This is perhaps the most important tip when going solo in India. If the situation doesn’t feel right, trust your instincts.

People also tend to trust women more, bringing them into the fold of families and larger groups. Loretta, an avid traveller from Sweden, recounts an experience from her
New Pril Tamarind, adds shine to your utensils and relationship too.

I got what I was waiting for! What a pleasurable experience!
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BARTAN CHAMKEIN, AUR RISHTEY BHI.
first trip to India, as a wide-eyed 25-year-old. “On a train from Delhi to Jaipur, I happened to meet with a family of four – three generations of women, with babies and toddlers. We formed an immediate sisterhood through gestures and smiles.

By the end of it, I was wearing their bangles, helping bounce the babies, and being fed more than I could eat.” Continues she, “Often, on road trips through the Himalayas, where it’s hard to predict how long a journey on the winding roads will take, my hosts at the destination have called me to check on my progress, and even asked to speak to the driver so he knows that someone is keeping tab.

What’s influencing their travel decisions? Social media! All use social channels across their experience, from navigating regional attractions and hidden gems (49 per cent) and keeping ties with family and friends (60 per cent). More than half (56 per cent), “attribute social channels to instilling a level of safety and boosting confidence.”

What women travellers want:
Women travellers are seeking rare experiences and 61 per cent feel the necessity for better accessibility to remote destinations. The tremendous increase in the number of smart phones, better Internet facilities and the increased usage of a plethora of travel apps has created a new era in travel. Today, travellers are able to use their mobile devices to access travel-related information; find alternate routes for their journey, and enhance their experience while on the move.

Three of the widely used areas of wi-fi usage include navigation, research of travel destinations, and connection to social media. It was revealed that 47 per cent of women travellers demand wi-fi hubs, as women turn to Internet and apps more than they would to people for holiday advice. The number of women trips continue to increase

Statistics-women solo traveller

By age - Survey.

Gender split - Survey.

Gender split – Facebook.

Solo travel demographics

2017 readers of Solo traveller survey had over 1,000 responses. As you can see below, the results show slightly different demographic information than the Solo Travel Society Facebook page with its 227,000+ fans. Combining this with data given from Google Analytics, it can be said that the majority fall into either the Millenial or Boomer categories and there are more women than men.
A woman of 20 years from Madurai asks: Can I use a depilatory?

You have to guide the trimmer carefully into your nostril and switch it on. Then bring it out and blow into a tissue to remove the hair. Never use a depilatory as it can harm the skin and also you may inhale it and cause health issues.

A 15-year-old girl asks: How do I deal with the wrinkles on my forehead? I am a 40-year-old woman in Aurangabad.

Collagen is present abundantly in the body as the main structural protein in various connective tissues. It makes up from 25 to 35 per cent of the whole protein content in mammals. It helps muscles, joints, skin and tendons. It is used pretty extensively to help skin regain its elasticity.

As we age, collagen is lost steadily from the skin and this causes skin to wrinkle, thin, and sag. Collagen supplements in the form of powder help to increase its presence in the body, and there are creams to use topically too to improve sagging in skin and smooth out wrinkles.

Nowadays, the use of collagen supplements has decreased considerably as its effects are not very consistent. In fact, many take recourse to botox instead, although this causes stiffness and partial paralysis of the muscles.

A friend suggested to use collagen to deal with the wrinkles on my forehead. What is this and where do I get it from? I am a 40-year-old woman in Aurangabad.

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A 30-year-old woman from Madurai asks: I am surprised by a patch of pimplies which has sprouted on my face. I always had a smooth, acne-free complexion all my life, even during my teen. How has this happened? And how do I deal with this? Please advise.

You are having adult acne which affects women, and sometimes men, due to several reasons. Stress, excessive smoking or sudden change of climate could cause an outburst. Could one of these conditions be the culprit in your case?

Some cosmetics could have caused allergic reactions on your skin. If you have started to use a new beauty product, this could be the cause.

A diet which is rich in fats, non-vegetarian items, greasy ingredients could cause an increase of oiliness in the skin layers, to trigger an attack of pimples too.

Recently, research has revealed that poly cystic ovary syndrome (PCOS) and certain hormonal imbalances affect skin adversely, usually due to excessive testorone or some other androgens in the body, to cause acne.

For a start, avoid cosmetics, especially foundations, and keep your face clean and scrubbed. Use only a light moisturiser containing SPF 30 to keep off harm from UV rays. Avoid fat and oil-based soaps; use a glycerine soap instead.

If your condition does not improve visibly within a fortnight, do consult a dermatologist to access your problem. You may need hormonal therapy to get relief from your problem.

Although I have very attractive facial features, I do not like the shape of my lips, for it is too thin. It makes me look like stern school teacher! I know that this is a hereditary feature….my mother and two sisters have this issue too, but while they are not bothered by it, I am keen to do something to rectify this. Can I resort to plastic surgery? I am a 15-year-old girl.

To go under a cosmetic surgeon’s knife at your age is not a good idea, as you are still in the growing age. It is only around the age of 20 or thereabouts that your face will settle into a final adult format.

You can use cosmetics to cleverly create the illusion of fuller lips. Outline the contours of broader lips with a lip colour pencil outside the edges of your lips; use lip gloss on the lips and extend the gloss to reach the outer edges you have penciled in.

Dab lips with tissue to remove extra gloss. Now use lipstick over the natural and extended lip lines carefully, seamlessly and smoothly. Now, your lips will look naturally broader.

Fillers are usually used by cosmetic surgeons to plump up thin lips. Botox is the most common filler used. The effect is not permanent and you will have to opt for another session as your lips begin to shrink again. Anyway, you are advised not to go in for such procedures now.

Avoid dark colours of lipstick as these make lips look thinner. Use pale shades, light pinks, ruby or rose, for example.

Please tell me how to remove the hair from inside my nostrils. I have a thick growth which does not look good, although I tweeze the hairs which I can reach. I am a 20-year-old woman living in Madurai. Can I use a depilatory?

Do not tweeze hairs from your nostrils as this could lead to infection, boils and eruptions, as the inner nostril skin is fragile and moist. To trim large hairs, use a pair of scissors, taking care not to nick yourself.

Never use a depilatory as it can harm the skin and also you may inhale it and cause health issues.

Nostril hairs can be removed very efficiently with a trimmer, which has either a rotary or oscillatory blade. It is for you to decide which kind you are more comfortable with.

You have to guide the trimmer carefully into your nostril and switch it on. Then bring it out and blow into a tissue to get rid of the cut hairs.

Follow the instructions on the trimmer pack carefully. It is advisable to learn to use it first from a beautician, after which you can do it at home very easily.

Readers are invited to send their beauty problems and questions regarding face, complexion, hair, skin, eyes, etc to this column.

Address your letters, written legibly or typed on white paper, to: WOMAN’S ERA E-3, Jhandewala Estate, New Delhi-110 055.
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From Homemaker To Stylish Draper

Dolly Jain, reflection of ancient traditional India in a contemporary vocabulary. By Our Correspondent

From being one’s inherited tradition to gracing the ramps of invention, the magical 6-yard fabric has been deeply rooted in our culture since its very beginning. Learning the art of draping a women’s prized possession, and successfully draping Bollywood’s most renowned celebrities, Dolly Jain talks about her transition from a simple homemaker to the industry’s biggest celebrity dresser.

At what point did you realise that you want to become a professional Saree draper?

I never thought to be a Saree stylist but was married to a family where Saree was the only dress. Initially, it was not my thing as it take a lot of time in draping them. When my in laws refused me to wear kurta and other outfits, Saree was mandatory. Once I went to a party wearing the same Saree in an alternate way which I wore a week before and people felt that it was a new one. They appreciated my draping style. That was the point where my interest developed. Saree can be worn in different styles and can make you look elegant. Eventually I thought to take it as a profession; this is how the idea generated.

What, in your opinion, does set you apart from other professional drapers and beauticians?

When I started my career fifteen years ago, not many people were involved in Saree draping. 325 draping styles is itself a benchmark. Holding a world record of carrying a Saree in eighteen and a half-second, is different from the professional drapers. I am not a beautician; I am only a drape artist, who knows about draping Saree, dupattas, and ties. My focus is only on styling these outfits and making it look beautiful and comfortable, and doing justice to the person who is wearing it.

Who is the most memorable celebrity or politician you have worked with?

The memorable celebrity that I worked with was Sridevi. She carried her Saree and nailed every look in it. Nowadays, it is Deepika Padukone as carries herself so gracefully. A most memorable politician for me would be Smriti Irani. I adore her so much.

What is your advice to women for styling themselves perfectly?

The priority of today’s women is their comfort in any style. One should not replicate someone else as every single person has a different body language, gestures. They carry unique personalities in their own drapes. One should feel confident and comfortable in their outfits.

Is it hard for you, living in Calcutta, to be on the road at all the times since Bollywood and your prime clientele is Mumbai-based?

Living in Calcutta has never been difficult for me. Anyone who needs me can reach me and flies me down. As you have already mentioned...
prime clientele, they are prime and they can always fly to me. I have always been working in different cities from Delhi, Bombay, Bangalore, and Hyderabad. Therefore, I am quite centrally located to fly anywhere.

**If not on Saree draping business, what do you reckon you would be doing as a profession?**

I would have been a farmer, a gardener because I love nature. I love to be with nature. I don’t think I would have been anything else. But I feel I was born to spread this beautiful art of Indian Draping globally. If not this, I don’t know what I would have done. I would have been a good homemaker rather.

**Which celebrity would you want to work with in the future and why?**

Though I have worked with most of them, I haven’t done a drape on Rekha Ji so far and would love to do a drape on her. Considering that she has been similarly carrying Kanjivaram for quite some years, I would love to experiment with her.

**Of all the brides that you have dressed, who has been as near perfection as possible?**

All the brides that I have draped so far have been perfect brides to me. So I don’t have any particular name to put forward.

**Which celebrity wedding has been the unforgettable for you?**

I think the most memorable celebrity wedding was that of Isha Ambani and Deepika Padukone.

**Is there any particular draping ‘hack’ that you would like to give all women out there?**

As for draping hacks, I think 3-4 Saree pins are more than enough to hold it in place. I would appreciate if women would start using lesser pins to keep their dresses intact. Moreover, try to go for a pearl or a shirt button so that you could avoid your Saree getting inside the loop of the safety pin.
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EXO FAMILY. HEALTHY FAMILY.
Having an aura personality has to do with your attitude towards others, yourself, and life in general, as it does with your looks. But the former is more important.

Appeal is attraction or halo, it is the essence of your feminity, which is a combination of many factors.

Some less unattractive women attract men. You think that they are naturally charming. Fact, however, is that a women does not have to be Venus. In some cases, a woman’s appeal may have nothing to do with how she looks but it has everything to do with her outlook on life, and men in particular. The big ad-world myth is that only a model or an actress is sexy. A housewife is out of bounds to be sexy or seductive. The myth needs to be consigned to the dustbin.

A housewife does not need certificates from a panel of fashion faddists to be alluring. If her husband finds her sexy, she can boo the faddist.

You are more likely to be alluring by being friendly and warm. By being friendly, you lessen the fear of rejection by man. Often a shy man responds to you if you are warm and smiling. Men relate friendliness to attraction.
There are ways. Eye contact is a non-verbal way of telling him you love to communicate with him. Eckhard H. Hess says that when you look at a person you like, your pupils dilate. Hess found men are attracted to women with large pupils.

In one experiment, he showed a group of men two pictures of the same woman. The only difference in the picture was the size of the woman’s pupils. The men thought the woman with large pupils was more attractive than the woman with small ones.

Self-disclosure is one way of showing you feel for him. It also encourages the other to be more open with you and it helps in the development of a good relationship.

**LAW OF ATTRACTION**

Men like women who like them. If you accept them, they will be attracted to you.

People who have ended a love affair, or who have been rejected, react strongly to acceptance. They are love-prone, even to the smallest acceptance of the opposite sex more than love. If you like someone let him know it. Let him know your feelings as it prevents misunderstandings. A study made of a college in California says that boys were attracted to girls who appeared happy. Do you ever see the gloomy, grimfaced attracting the opposite sex?

If you don’t have a sense of humour, you will have a hard time. Besides missing a great deal of what is enjoyable in life, you are apt to make the man you go with feel uncomfortable. A joke is a joke, not always enjoyable.

Dorothy Parker was pushed and jostled out with feel uncomfortable. A joke is a joke, not always enjoyable in life, you are apt to make the man you go with feel uncomfortable. A joke is a joke, not always enjoyable in life, you are apt to make the man you go with feel uncomfortable.

Dorothy retaliated: “Obviously, your mother could!”

Wellness promotes you in all walks of life. Women who take care of their body look sexier than those who let themselves turn to flab. If you look better you feel it too. Men look twice at you. A study found that men are more interested in seeing women in revealing clothes. By carefully selecting clothes that accentuate your features, you pep up your aura.

People like those who have relaxed body positions. Stiff body positions tend to turn them off. “She is stiff-necked,” runs you down.

Individuals with high self-esteem fall in love more often than those with low self-esteem. They are also less likely to experience unrequited love. If you don’t like yourself, how can you expect others to like you?

Women who do interesting things are more attractive and interesting than those who do not. Some jobs are attractive. Nurses, air hostesses and secretaries are attractive and interesting than those who do not. Some jobs are attractive.

**Fillerina 12HA**

Zee Laboratories Limited has marked its entry into the prescription Dermo-Cosmetic segment in India in collaboration with Labo Cosprophar Suisse, with exclusive marketing rights for two of its patented high-end skin care lines - Fillerina and Crescina. This marks Zee’s entry into the aesthetic dermatology segment in India, which in India is by far the fastest growing therapy segment. Driven by growing public health expenditure and increasing household income dermatology has outperformed the traditionally larger segments of Diabetics and Cardiology in recent years.

Fillerina 12HA is based on a high-end anti-aging filler technology, and proud itself for being the first in the world to introduce a non-invasive alternative to aesthetic facial filler injections, and has had a successful run in over 30 Nations of the European, American, Middle Eastern and Far East Markets before foraying in to the Indian Markets with Zee Labs.

Fillerina 12HA, is the worlds’ first and Indian’s only dermo-cosmetic filler. It incorporates a deep action innovative formulation to fill in wrinkles, expression lines, reshape cheekbones and give volume to the lips. It comes as a 14-day kit containing a filler gel and a Nourishing Film with a patented truncated tip applicator. The filler gel features a mix of 12 different hyaluronic acid molecules with varying molecular weights that are especially effective at penetrating the skin layers at different levels thus allowing tissues to be filled and plumped up. While this mix of hyaluronic acids provide the filler effect, the gel also features 3 collagen molecules and 2 elastin molecules with different molecular weight that penetrates the dermis thus providing a densifying effect.

“The largest molecules give good plumping of the skin in the outer layer, and the smaller ones go deeper” said Manuel Falsarella, the International Manager of marketing for Labo Suisse. A study published in the 2014 Journal of Cosmetic showed that Fillerina measurably reduced wrinkle depth and skin sagging, and increased lip and cheek volume. With a March 2020 launch of Fillerina 12HA followed by Crescina Enhanced in April 2020, Zee Laboratories, in over a year, expects to capture a significant place in the Luxury-Aesthetic Anti-Aging Skin Care and Hair Care Market, which is currently cluttered with injectable only filler products that has huge side effects for Anti-Aging and minoxidil formulations in the Hair Care segment.
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Mosquitoes are not just dangerous, but have become smart too. They sneak into our homes in large groups at different times and attack us. An ordinary mosquito repellent machine cannot give protection from such intermittent mosquito attacks. Bring home the Maxo Genius Automatic, a smart machine that automatically shifts between 'Attack' and 'Protect' modes as per usual timing of mosquito attacks. So shift to Maxo Genius Automatic!
Personal Problems

MY BOYFRIEND USED TO WORK IN THE SAME OFFICE AS MINE. We have been together for the last three years. In that office, he was tagged as a 'playboy'. I always supported him and cleared all the misunderstandings with him. Now it has been six months since I have changed my office and I caught him sleeping with his ex. He proved that he is a loose character. I do not trust him anymore but whenever I try to leave him, somehow he convinces me to stay. Please suggest some way to get rid of him because I cannot live with him without trust.

You are a mature individual and you should be capable of knowing your own boundaries, once someone cheats you move forward without a single thought, that's the golden rule of a relationship. Remember once a cheater is always a cheater. Take it as a eye opener and move on girl.

I AM 19 YEARS OLD STUDENT STUDYING BSC PHYSICS, MY FATHER is having an extramarital affair with a lady of 40, the lady is also married and also have son of my age and the boy was school classmate, now he is studying in the same college in humanitarian course ... during school days there was nothing between them, it all started 2year ago as the lady got transferred to my father office, they are exchanging expensive gifts, he comes home very late and does not give us time, he just avoid us, earlier he used to love me and my mom very much but now thing have he is only doing his duty today us like paying household bills, etc but there is no love, I used to be his most precious darling daughter, if was sick he used to stay awake all night and take care of me and now if was sick he tells, I am just wasting his as he has to pay for my medicine, my mother is a housewife, my father used to take very good care of us, so she didn't feel the need to work, though she is had masters degree in political science, my mother love my daughter, if was sick he used to stay awake all night and take care of me properly. My husband is the only child of his family, my father was very much inspite of knowing all these.

I am very depressed, I can't take so much neglect by my father ....I don't want to live ...I want to end my life.... because of all these my and my mother's life has become a living hell. ...I am not able to concentrate on my studies.

If you will end your life, how will your mother survive without u as she is already living without the love of her husband? You are her strength and the reason for her survival. Concentrate on your studies. Don't compromise your career. Help your mom to get a job as being financially stable will make her confident and strong enough to deal the situation.

Try to talk to your dad n make him understand that he means the world to you and your mom. You can also do one thing. Talk to that lady n try to make her understand about your n your mother's condition. Give her a chance to save hers family too else gather proofs first n tell her husband/ son about all this. If nothing works, wait for right the time surely some way will come out and everything will be fine one day.

I AM 25-YEAR-OLD FEMALE. I GOT MARRIED IN 2018. Everything was fine until I got pregnant with twins. My in-Law's behavior was suddenly changed; they were concerned that it could be two baby girls. I spent most of my time in parental home during pregnancy, as my in-laws were not taking care of me properly. My husband is the only child of his parents and earned a handsome salary of 35k. I was pregnant with twins normal delivery was not possible. Doctor asked for c-section delivery, which was expensive. My In-laws refused for C-section delivery. They said whether three of us die or survive.

I got my babies delivered with my parents one son and one daughter. After 2 months I went back to In-laws. My In-laws were treating my son well but they just didn't care about my daughter. They started ill-treating me and provoking my husband against me. They want my husband to get rid of me and remarry another girl. I want to focus on my studies and do a job. I want to become independent so that I can provide everything and a bright future for my kids. A few days ago my husband hit me so hard and compelled me to leave the house. My in-laws want me to divorce him and arrange a second marriage for him. But I still love my husband and want to stay with him. He is not answering my calls and messages. I do not know what to do. Please help me.

You should wait for a month without taking any decisions and then contact your husband and calmly talk and ask what he is actually upto and what problem does he have. If things are still not clear, file FIR and do everything you need to for your children and yourself.

I AM 20 YEARS OLD AND LOVE MY FAMILY FRIEND'S SON. WE were together from class 1-7 but then he shifted to another city for higher education. Now I am preparing for medical and he is IIT Delhi. I told him that I have a crush on him. He demanded some time to think. Meanwhile, he wished me a Birthday. The next day when I asked him about his response, he told me that he could not get into all this, as he has to focus on his studies. I respected his decision then after 2 days he blocked me from WhatsApp and asked me to text him that I love him but he rejected by saying, he doesn't and then he blocked me again. After a while, he said that I am a nice girl and he does not want to get into this. After 3.5 years, he will think about me. Should I wait or not?

He wants you to wait for 3.5 years and it is uncertain, however, you have 5.5 years for bright future in medical science. Love yourself and focus on your career. He is an intelligent person who wants to focus on his studies. Also, try to divert your mind.
H!! I am 35 yrs old married woman with a daughter. My husband is very busy and doesn't love me. I have fallen in love with 35 yrs old another man with a son. He proposed to me during teenage but due to some circumstances, I rejected him then. Now I have fallen in love with him and I came to know that he still loves me. He is also married.

Shall I continue with him?

Well, it just doesn't involve your life, but your child's life too. Think about that. Also, the person, you have fallen in love with is also married, he might even have a kid. Your one wrong decision can ruin many lives so it would be better if you talk to your husband about the time issue. And let go of that married man.

I have cheated my boyfriend once though there was no physical cheat. He forgave me with some conditions. I failed to comply with a few out of many conditions. But he is so broken at this moment. He doesn't trust me at all. He still loves me. Can you please guide me on how can I assure him to trust me again? Please exclude from suggestions to make promises as I broke to comply with some conditions which I promised. I love him. And ready to do things for him. Please help me to find the answer.

All you need to do is give time to your boyfriend. Give him some time and space and then apologize to him and have a deep conversation. Try to know what he wants and be loyal to him.

I am 32 years old. My husband is 37. We got married in 2017. It was an arranged marriage. My husband and family wants to have a baby but I'm not ready for it. I am a working lady and it is the peak of my career. I don't know what to do. Please, give me some suggestions.

You need to have a real conversation with your husband about this. You will be the one to be responsible for the child. Off course your husband and family will support you but it will be totally your call. Tell them what you wish to do.

I'm a female of 27 years. I got divorced in June but I can't forget my husband. He blocked me on WhatsApp before the divorce. But now he had unblocked me and keeps a track of my WhatsApp status. I want to talk to him but I am clueless how to initiate a talk. After divorce, we don't owe anything to each other, then why he unblocked me. I don't understand how to crack a conversation without giving him any wrong hints. Please suggest.

Well, you need to move on in your life. You should rather focus on moving on and also let him move on. If still you would like to talk to him, don't get personal and just drop him a casual text like hi.

Hey! I need your suggestion. I have been in a relationship since 2017. He used to chat a lot earlier. But he changed completely after 5-6 months. He neither calls me nor shares anything. We had never talked about his past. Now our families are planning our wedding within a year. He is still not ready to accept our relationship publicly. He doesn't like it if I do the talk about it openly. But whenever I ask about the breakup, all of sudden, he is so caring. I can't share anything with him because of time issues, communication gaps, and long-distance relationship. Sometimes, he is so loving and the very next moment he doesn't care at all. I'm so confused about what to do.

You need to have a serious conversation with your boyfriend. You can conclude to the decision only after that. Clear things out and know what exactly is going in his mind.

We have a love marriage but my husband is a Muslim's boy. He doesn't earn much. My mother-in-law treats me like a servant. She makes me wash her footwear. She always points out mistakes in everything. I had gone through two miscarriages within the last one and a half years. My face got paralyzed two times. My in-laws are threatening me about my husband's remarriage as I have been unable to conceive for the last four months. I don't have a father or bother. My mother's health is also not good. I have lost all my self-confidence. I am in a deep depression. Please help me out.

First of all, you need to have a talk with your husband regarding this whole scenario. Try to know his side of the story too. Then, you need to figure out that what's the matter with your mother in law. Try to make her understand your issues. Being a woman, she might understand your situation.

Hey! I need your suggestion. I have been in a relationship since 2017. He used to chat a lot earlier. But he changed completely after 5-6 months. He neither calls me nor shares anything. We had never talked about his past. Now our families are planning our wedding within a year. He is still not ready to accept our relationship publicly. He doesn't like it if I do the talk about it openly. But whenever I ask about the breakup, all of sudden, he is so caring. I can't share anything with him because of time issues, communication gaps, and long-distance relationship. Sometimes, he is so loving and the very next moment he doesn't care at all. I'm so confused about what to do.

You need to have a serious conversation with your boyfriend. You can conclude to the decision only after that. Clear things out and know what exactly is going in his mind.

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Holi is signified with colour. We have used natural colours of vegetables and fruits to bring you a colourful spread for Holi.

**VIRGIN BLOOD MARY WITH ROASTED MAKHANAS**

**INGREDIENTS:**
- 2 cups of tomato juice
- 3 tbsps of lemon juice
- 2-3 drops of Worcestershire sauce
- 3 pinches pepper powder
- 1/2 tsp Tabasco or chillie sauce

**For serving:**
- Handful of roasted makhanas
- Pretzels – optional

Blend all the ingredients and serve chilled. Top with roasted makhanas and pretzels and serve as a new drink for Holi.

**Variation:** You can tempering with burnt curry leaves and mustard or even a small portion of gun powder burnt in one tsp of oil.

**Variation:** You could also add quarter cup of Mandarin orange juice to the tomato juice to give it a slightly different flavor. You can then garnish with oranges.
BEETROOT PURIS

INGREDIENTS:
2 cups of atta
Salt
1/2 tsp of ajwain seeds
Oil for deep frying the puris
3 tbsps of oil
1/2 – one cup of boiled and grated beetroot

METHOD
Sift together the atta, salt, ajwain. Mix in the beetroot – as much is required to blend into a pliable dough. Try not adding any water. Mix in the oil at the last stage and knead well. Divide into small portions. Roll into puris and deep fry in oil one at a time till puffed. Serve with alu ki sabji, or radish leaves sabji and aachar.

BOILED EGGS IN PALAK AND SARSO SAAG

INGREDIENTS:
2 cups of spinach cut into pieces
1 cup of sarso saag cut into pieces
1/2 cup of bathua saag cut into pieces – if available other you can skip this
1/2 an amla – cut into small pieces to give the sour taste
2 tbsps of ginger garlic paste
Salt
2 green chillies
1 tsp of haldi powder
1 tsp of coriander powder
2 tbsps of roasted jeera powder
4-5 boiled eggs
3 tbsps oil for frying the boiled eggs
2 tbsps oil to cook the veggies

METHOD
Wash the spinach, sarso, bathua and amla and adding one cup of water in a pressure cooker cook these green leaves till tender. Cool completely and then grind to a paste. Heat the oil and add the green leafy paste. Mix in the chillies, spices and cook over medium heat, stirring from time to time. Cook for three to four minutes and put off the heat. Place in a serving dish.

Heat the oil and fry the boiled eggs till it turns into light golden brown. Cut into halves and place over the cooked leafy jamboree. Serve with paranthas.
MANDARIN ORANGE UP-SIDE-DOWN CAKE

INGREDIENTS:
- Cut 1 mandarin orange into circles, 250 gms of maida
- 1 and a quarter tsp of baking powder
- Pinch of salt
- 1 tsp of orange zest cut into tiny pieces
- 180 gms of sugar
- 160 ml of oil

METHOD
You first peel the oranges and then make slices or you can slice with the peel on. With the peel it gives the cake a marmalade taste.

Sift together the maida, baking powder, salt and keep the dry ingredients aside. Powder the sugar in a mixer. Add the orange zest and blend with the powdered sugar and then add the eggs and oil and blend well. Continue to blend in the mixer till you obtain a smooth mixture. Now slowly add this wet mixture into the dry ingredients, mixing slowly so that no lumps form. Line a cake loaf tin or a muffin mould. Place one slice of the mandarin orange at the bottom of the oiled tin and pour the mixture into the oiled cake/muffin mould tin. You can place more slices in the bottom of the tin if you want to bake a big cake using all the mixture. But if you want small cakes/muffins, then place one slice each in the bottom of each muffin mould.

Bake in a pre heated oven at 180°C for 25-30 minutes or until a tooth pick or skewer inserted in the centre comes out clean. If you are using smaller moulds then the baking time will be less. Put off the heat and allow to cool in the oven.

BROCCOLI AND CAULIFLOWER SALAD

INGREDIENTS:
- 1 medium sized head of broccoli
- 1 medium sized cauliflower head
- Salt
- 1 tsp of ajwain seeds
- \(\frac{1}{2}\) tsp of haldi powder
- 3 tbsps of olive oil

METHOD
Baby spinach leaves, grapes and beetroot for accompaniments

To prepare the centre of the salad: grate the cauliflower and...
Vegatable Idlis

**INGREDIENTS:**
- 3 cups of idli batter
- Salt
- Oil to spread on the idli moulds

**For the veggies:**
- ½ cup grated carrots – grated and water squeezed out
- ½ cup finely chopped spring onion – green portion only
- 100 gms of button mushrooms
- 3 tps of oil

**METHOD**
You need to cook only the mushrooms by sauting the mushroom pieces in oil so that all the moisture in the mushrooms is absorbed.

**FISH WITH FRESH GARLIC, AMLA AND CORIANDER**

**INGREDIENTS:**
Six to eight pieces of rahu or katla fish
- Salt
- 1 tsp of haldi powder
- 1 tsp of lemon juice
- Mustard oil for frying the fish

**For the paste:**
- 1 cup coriander leaves
- 2 green chillies
- 2 pods garlic
- ½ inch ginger
- ½ an amla cut into small pieces – middle portion – seed removed

**For the gravy:**
- 1 tsp of curry powder
- salt

**METHOD**
Grind all the ingredients to a wet paste. Sprinkle salt, haldi powder and lemon juice on the fish pieces and keep aside for 10 minutes. Deep fry or shallow fry in mustard oil till both sides of the fish are crispy and brown. Fry all the fish and remove most of the oil, keeping a few tps of oil in the pan. Lower the heat and add the wet paste. Fry for two minutes and add one cup of water and bring to a boil. Add the fish pieces and continue to cook over low heat till the gravy is soaked in and the preparation is dry. Serve with paranthans. A colourful dish which adds colour to the season.
**KIWI AND OREGANO FLAVOURED SHORBET**

**INGREDIENTS:**
3 medium sized kiwis – peeled and cut into small pieces

2 tbsps of honey
1 tsp of oregano powder

**METHOD**
Blend all the ingredients together in a mixer and freeze in ice cream or kulfi moulds. Looks and tastes delicious when the weather around Holi is neither too cold nor hot. Unmould and serve as a shorbet.

**MANGO PEPPERY SHRIKHAND SERVED WITH GRAPES**
200 ml of thick curd
1 and a half tbsps of honey
4 tbsps of sweet mango pulp
1 tsp coarsely ground pepper- or less as per taste
Grapes and cut mangoes for garnishing

**METHOD**
Put the dahi in a sieve overnight and leave it covered. Allow all the water to drain out till you obtain a thick portion of hung curd. Place this in a mixing bowl. Mix in the honey, mango pulp and some pepper powder – as per taste. Chill and serve garnished with grapes and cut mango pieces.
RADISH LEAVES CHOPS (BAKED)

**INGREDIENTS:**
- 2 cups of green radish leaves cut very finely into small pieces
- 1 medium sized onion chopped
- ½ piece of ginger – finely chopped
- 2 pods of garlic – finely chopped
- 2 green chillies
- Salt
- 1 tsp of haldi powder

**For the chops:**
- 1 cup of mashed potatoes
- 1 cup of fresh bread crumbs
- 1 tsps of lemon juice
- Oil for brushing while baking or oil for deep frying

**METHOD**
Heat the oil and fry the onions till translucent. Add the remaining ingredients and cook covered with a lid on medium heat. Cook till the chopped leaves are dwindled and the spices have been absorbed. Now you can use the above sabji to serve with puris

**To make the baked chops:** Place the prepared sabji in a mixing bowl with the potatoes, lemon juice and bread crumbs. Mix well with your fingers and divide into portions. Shape each portion into a round chop. Brush oil and bake in an oven or an air fryer. If you wish you can deep fry the chops. Serve with salad and mustard sauce or chutney.

ORANGE FLAVOURED CHICKEN

**INGREDIENTS:**
- 5-6 chicken legs or breast pieces
- 1 cup oil
- 2 tsp of ginger garlic paste
- 2 cups of orange juice
- 1 cup of curd
- 1 tsp of mustard seeds tempered in oil with a few curry leaves
- 1 tsp of almonds
- 10-12 segments of orange – pith and seeds removed
- Salt

**METHOD**
Mix all the ingredients for the marinade. Then Marinate the chicken pieces with this marinade and leave aside for three hours or so. Heat a pan and add the chicken pieces with the marinade and the orange juice and cook the chicken pieces in the pan, covering with a lid and cooking on low fire till all the marinade and the orange juice have been absorbed. Now add the oil a little at a time and continue to fry and cook on medium heat till the preparation is dry.

The orange segments give the chicken preparation the little gravy. No onions need to be used. But if you want to do - you can use two tsps of browned onions while cooking the chicken in its marinade.
CHOCOLATE AND BANANA LOAF

INGREDIENTS:
250 gms of maida
1 and a quarter tsp of baking powder
Pinch of salt
1 tsp of coco powder
180 gms of sugar
160 ml of oil
3 eggs
1 large yellow banana

METHOD
Sift together the maida, baking powder, salt, coco powder and keep the dry ingredients aside. Powder the sugar in a mixer and add the eggs and oil and blend well. Continue to blend in the mixer till you obtain a smooth mixture. Now slowly add this wet mixture into the dry ingredients, mixing slowly so that no lumps form. Line a cake loaf tin and pour the mixture into the oiled loaf tin. Now slice the banana into two halves horizontally and place side by side on top of the mixture.
Bake in a pre heated oven at 180 degree C for 25-30 minutes or until a tooth pick or skewer inserted in the centre comes out clean. Put off the heat and allow to cool in the oven.

JACKET POTATO WITH MANGO AND CHILLIE SALSA

INGREDIENTS:
8-10 medium or small sized potatoes with the peel
Salt
1 cup oil
1 tsp of ajwain seeds
Chopped coriander
1 tsp of annar dana powder

For the salsa:
1 medium sized mango – which is half ripped but not raw – should be yellow in colour
Pinch of salt
Green chillies as per taste

METHOD
Prick each of the potatoes without peeling. Sprinkle salt and keep aside for 10 minutes. Heat the oil and fry the potatoes on very low heat, covering with a lid. Add ajwain and the annar dana powder and continue to cook on very low flame so that the potatoes are tender. Stir from time to time adding the chopped coriander. Serve hot with mango salsa.
Take a mango which is just riped but not fully riped. It should have a sweet and sour flavor. Peel and cut into small pieces. Run in the mixer to blend into a pulp. Add a pinch of salt and serve laced with chopped green chillies.

**Variation:** You can add a bit of chopped onions or chopped coriander as well if you like to the mango pulp.

**ATTA AND KHOYA LADOOS WITH STEWED APPLES**

**INGREDIENTS:**
- 2 cups of wheat flour
- 1 and a half cups of khoya
- 1 cup sugar or more as per taste
- 1 tsp elaichi powder
- 3 cups of ghee

**METHOD**
- Dry roast the atta on very low fire till it turns to a golden brown. Add the elaichi powder. Start slowly mixing in the ghee a little at a time and continue to stir and mix. Crumble the khoya and start mixing it slowly to the browned atta. Continue to add the ghee and the khoya a little at a time. The more you work hard on the mixture the darker your ladoos will be. But do not over brown. When a fine aroma rises and the ghee and khoya have mixed well into the atta, put off the heat. While still warm, shape into round ladoos. Store. Stays good for atleast five to six days. Serve with stewed apples.

**For the stewed apple:**
- 1 red apple
- 3 tbsp of sugar

Boil 100 ml of water and add the sugar. Stir to melt. Cut the apple into circles, core and boil in the sugar syrup for three to four minutes till slightly tender. Drain from the sugar syrup and serve with the ladoos.
STEAMED AMLA/INDIAN GOOSEBERRY PICKLE

**INGREDIENTS:**
- 7-8 pieces of amla
- 2 cups of mustard oil
- Salt
- 1 tsp turmeric powder
- 6 tbsps of lemon juice
- 6 cloves of garlic

**For the spice powder**
- Quarter tsp of fenugreek seeds
- 2 tbsps of mustard seeds
- 3 pinches of asafetida
- 1 tsp of kala jeera
- 1 tsp of whole coriander
- 1 tsp of fennel

**METHOD**

- Dry roast very lightly all the spices and ground into a dry spice powder.
- Make deep insertions into each amla, leaving each one whole.
- Steam the amla in a steamer till tender but not over cooked.
- Remove from the steamer and dry completely.
- Heat the oil and add the steamed, dried amla without any moisture into the oil and cook over low heat, turning from time to time for three to four minutes. Amla will begin to turn a light colour, add the spices and continue to cook over low heat, covering with a lid. Cook for a further three to four minutes. Add the garlic and stir fry for one minute. Mix in the lemon juice and put off the heat. Mix well and store. This achar is abundant in vitamin C and stays good in the fridge for a week.

GRILLED POMFRET FISH WITH COCONUT AND GREENS

**INGREDIENTS:**
- 2 medium sized white pomfret fish
- Mustard oil for grilling the fish

**For the marinade:**
- 1 cup coriander leaves
- 1 cup freshly grated coconut
- 2 tbsps of chopped fresh green garlic
- 1 tsp of green chillie paste
- Salt
- 3 tbsps of lemon juice

**METHOD**

- Wet grind all the ingredients for the marinade. Use this to lavishly spread over the fish. Keep aside for 20 minutes and then grill the fish on a grill or a non stick tava, gently turning once so that both sides of the fish are nicely cooked. Add the remaining marinade as you cook the fish, a little at a time. You make garnish with fried onions and serve as a starter.
Many students opt to take a gap year or a drop year, to prepare intensively for an entrance exam. So, if you feel confident that this will help you achieve your seat in a good engineering college, you could do the same. There are some risks, however, for your being on your own, could make you slack in your studies, and you will miss studying with classmates and competing with them. You should have great discipline to study on your own and also take extra tuitions.

Your parents secret worry that this gap year may not help you much, is definitely a possibility. Be prepared for this and plan for other options if you are again not able to meet the criteria.

Have a discussion with your parents and teachers about the pros and cons of taking a gap year, before you opt for it. Either way, it all depends on your attitude, perseverance and discipline.

I have a simple, trusting nature, which often gets me into trouble! I am a 16-year-old girl in class nine. I am very good in my studies.

I have a friend who often discusses projects which we have to do, with me. I sincerely share many of my plans and ideas with her...but then, more often than not, I find that she has stolen these for her own project and presented it as her own original work.

On two occasions, to my dismay, my teacher has chided me for copying her work!!! I never felt so humiliated in my life...and she took all the teacher’s adulation without once mentioning that this was my idea. When I accost her on her dishonesty, she refuses to admit that the work is not hers.

What can I do?

The solution is staring you in the face, surely? Simply don’t share your plans and ideas with her. If she insists on discussing some project with her, do it superficially, without letting her know how you intend to plan it. Even if she asks you a hundred questions, keep your ideas secret and disclose only after. If she insists on mentioning that this was my idea. When I accost her on her dishonesty, she refuses to admit that the work is not hers.

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What can I do?
Life is better under water.  

By Aditi Gupta

STYLISH SWIMMING COSTUMES FOR LADIES

Picture yourself on a beach, or being surrounded by pristine waters, or lying by the poolside. Sun is on your face, the breeze making your hair wave, music soothing ears and peace in your soul.

The flaunting season is here, so girls flaunt at your best. We are talking about summer season, the perfect season to chill out at the beach destination or to enjoy a pool party. If you have plans of enjoying your summer weekends at beach, then girls it is time to start hunting for a perfect beach wear. A flirty, girly and sensual swimsuit are all you need to perfectly enjoy the beach party. That is why we are here to give fashion guide on how to pick the perfect swimsuit according to your shape and where to buy the trendiest style of swimsuit. Check out our best and tantalizing swimsuit of the year.

Regular essential

The first thing that comes to your mind when you think of swimming is the regular swimming suit. It is the ordinary suit that is wore by most of the people. This swimming costume is for anyone looking for a relatively concealed active swimwear, especially if you’re a beginner. It is padded and extremely comfortable. The water drains out pretty fast and dries faster. It was my first swimsuit ever and is probably my favorite too.
**Full body suit**

Are you one of those who prefer to wear a fully covered swim suit? Then here it is! A line extension to the ‘essential’ variant. Also, not everyone is excited about the idea of getting a tan. This is particularly for those skeptical about the chlorine content in the pool water. What you see here should be perfect for you. A detachable, two-piece swimwear that is both comfortable and snug. We could all use some padding support, and stay at peace while swimming.

**Four piece striped suit**

Four things in one! A steal for sure because it’s just two full suits in one. As a beginner, you could sport the entire set, the bikini, tank and the shorts for your swimming sessions. And, try wearing the bikini on a beach holiday, perhaps. The striped motif is a smart way to sport a bikini for newbies, unlike the plain ones. The fabric is smooth on the skin and dries easily too. All the TLC you need for this one is to wash it in cold water.

**Sea blue swimwear**

Bleed blue all the way. What better color for your swimwear than this azure suit, right? It is designed to give you coverage, but won’t let you compromise with style. The flouncy tank that trails down, covering your hip and the snug shorts that are form fitting will have you blend into serenity the minute you deep dive.

**Printed crisscross tank with shorts**

Take a step forward and try this stylish printed suit. This modish design is ideal for anyone with inhibitions about trying new active swimwear because of reasons, best known to them. The subtle cuts to the bodice, padded support to the chest and shorts that camouflage till just above the knee makes this a perfect choice for you. And, wait till you hear this. For those wanting to hide their tummy, this is your best bet.

**Tuna sport high waist bikini**

An encompassing and chic-looking bikini suit with a twist. The crop top design goes all the way to the active wear, and we couldn’t have been happier. A high waist bottom that meets the top half way above the bellybutton and the black and white detailing quietly makes a style statement.
Halterneck mesh design
Good times come with tan lines. But they are worth it, especially when you get to wear something as stylish as this one. The halter neckline that moves back into a form-fitting silhouette is a stunner and is sure to make you one. This, I tell you is for keeps!

Sheer panel stretchable swimsuit
Wearing this is nothing but showing off your exploding confidence. Flaunt your figure and your sense of style with this one. The sheer tulle panel that comes with comfortable arm and leg openings is elastic, so you have one less thing to worry about. It’s just as stylish from the back as it is from the front. Go get it!

The one piece monokini
Monokini? Yes, you heard it right. I just love the novelty of some of the fashion designers, and always in awe of their prodigal designs. Let me explain—monokini is usually a one piece suit that has gotten a facelift. It looks like a one piece from the front and a one piece from the back. Isn’t it cool? Plus the fish scale bottom, halter neck, and the tie-able bow as you move back. I cannot wait to get into one of these (someday)!

Blush pink one piece suit
This redefining beauty will define your classic style like no other. In poised pink and a macrame neck design, this swimsuit is purely an urbane choice. The material is soft and smooth, just the way I like it.

Asymmetrical suit with side cutout
Asymmetric is the fad right now, and we all love the design. Don’t we? And the one hand sleeve design takes this up a notch higher! When you go with your girl gang, this is what will probably set you apart. Imagine this with your reflectors, a fedora, and a body accessory. You’re about to rock the world!
Open back swimsuit with V-Halter neck
You want to look stylish, but have apprehensions like—“I want an elegant bikini, but I have a broad frame.” “I would love to have a classy swimwear but, I’m not comfortable showing off my buttocks.” Here’s a design you should consider. If you are looking for something to camouflage your tummy, floral print is your go-to wear. They look busy and takes the focus away from the waistline, they conceal the hip area too. A blessing in disguise, I must say!

Striped two piece tankini
If tankini is another word you just heard, here’s what it means. The top piece of the suit looks and feels like a tank top, mostly a pattern that you would see in two-piece suits. The padded protection that lifts and supports the bustline, and moves down into a striped transparent fabric is a flattering choice. The boyfriend shorts that come with it are taut and comfortable, so you don’t have to worry about malfunctioning.

One piece with halter neck and plunging V design
Sensuous and classy are the words that occur to my mind. Imagine someone sporting this! An effacing and enthralling piece that fits in the right places and flows in a proper way. Also, the in-built shorts completes this suit. Swap the colors, and it will look just as good. But, this probably will remain my most liked combination.

A two piece tankini
By now we get the drill. Halter neck is a swimsuit staple, whose neckline makes everything else fall into place. This is why it’s your safe bet. The lycra material suit with a bust defining design and the gold embellishment bumps it up, and beauty is in the details. The luscious material is smooth on the skin, easy to maintain and wash.

Double strap string bikini set
Black, blue and striped. A triad that is not easily beatable, not in the context of beach wear at least. A total, knock-out in every sense. The blue band moves back into a strapped bra and does the heavy lifting; the black band converts into a halter neck. Now, you know what I mean? Oh and the matching underpants. It does not cease to amaze me. Be Amazed!
**Bikini with a Cover-up**
A bikini set and a matching cover-up? I mean why not? First off, the flouncy skirt and the stunning top piece is slaying it, and the cover-up only makes it better. You’re officially vacation-ready!

**Striped tankini**
We can never get enough of tank tops, can we? Except this tank is a blessing in disguise. The soft padding for breast support and an underwire defines this classic piece. It trails down to perfectly sit above the belly button with an elastic holding it all together, a matching underpants is something you cannot say ‘No’ to. Chic and suave, that’s right!

**Emerald blue halter neck bikini**
The color, the design, and the tussles scream fervor and fun. All of it directly implies a beach vacation and deserves one too. If you cannot wait to flaunt your hourglass figure, you must waste no time in adding this to your bikini wear collection. After all, everyone deserves treats like these, especially if you have worked hard to get that bikini body.

**Monochrome waved high neck design**
Never tried a monochrome look before as you thought the color is boring? Wait till you see what I have found for you. Take a proper look at this and tell me if you haven’t changed your mind yet. This high neck monochrome suit will have heads turning at your next beach vacation. It is body-hugging, comfortable and supporting all at once. And, irresistible of course!

**REMEMBER THERE IS ONLY ONE RIGHT WAY OF SPORTING A SWIMMING COSTUME – FEELING COMFORTABLE IN IT. A FULLY COVERED BODY SUIT OR A BIKINI WILL OTHERWISE BE NO DIFFERENT. AS THEY SAY, YOU’RE ONE SWIM AWAY FROM A GOOD MOOD! ON THAT NOTE, KEEP CALM AND CONTINUE TO SWIM.**
The Clean Meat Future

"An ideal world.” By Maneka Sanjay Gandhi

A long time ago I realised what McDonald’s and KFC had understood quite a while back; that, for an average person, the gratification of his tastebuds – if only for ten minutes was more important than saving the world, being compassionate, stopping global warming or even looking after his own health. So I mentally gave up on trying to make everyone vegetarian – even though I point out the health hazards, week after week.

Thank God I saved my mind from despair. Instead of diminishing, FAO has estimated that the worldwide demand for meat will rise and rise – an increase of 76 per cent by 2050. 76 per cent more animals taking up 76 per cent more space, more water, more grain, more dredging of an already overfished ocean, finding more species to eat – like insects. A world of pain and hunger, at the brink of destruction.

About 20 years ago Linda McCartney tried to change the world by inventing and promoting simulated meat by making plants taste like it. It had no effect. It remained a charming curiosity and it was eaten by vegetarians who wanted to explore the world of meat. Even though companies, like Impossible Foods and Beyond Meat, have used biology to identify the molecules that give meats their flavours and textures (eg. protein myoglobin, which gives meat its colour) and reproduced them exactly using non animals, this becomes just another dish on the table.

So nothing has excited me more in the last five years than the knowledge that real meat is being made by scientists and entrepreneurs without using animals.

The first disruption of the world, as we knew it, came with the computer, the email, all the artificial intelligence gadgets. I cannot even remember the world without the cell phone. This changing of the world was due to just a handful of dreamers who went...
on to become billionaires – though that was never their intention.

The second disruption will come with the replacing of animals for meat with Clean Meat. Meat made from the multiplication of meat cells in meat serum.

And, wonderfully enough, the giants of the First Disruption have invested their billions into creating this Second Disruption. Microsoft, Virgin, Google, Facebook... are some of the companies. And even more importantly, millions are being poured in by the largest Meat selling companies in the world, Tyson Foods and Cargill – who see this as an inevitable future and want to get in at the beginning.

Imagine a world without violence. A study done in America, on which were the most violent and unsafe areas in the county, showed that these were the kilometres around slaughterhouses. In India a survey done last month showed that the least liveable city in India is Rampur, the city of slaughterhouses and knives.

Imagine a world without slaughterhouses, with no animals grown forcibly and killed viciously.

Imagine a world where animals are out of animal husbandry and yet there is meat for all. The answer is cultured meat. No waste, no disposal of offal, no sickening smells and terrifying screams, no overloaded trucks carrying dying animals, no calves being separated from their crying mothers, no mafia of butchers.

Imagine a world where you could eat all the meat you wanted without getting sick from all the diseases that the dead body carried, the antibiotics, the hormones.

Imagine blue skies and fresh breezes and no water shortage and plenty of forests to bring the rains on time. Imagine a world that was not heating up at this pace bringing drought and floods and tsunamis with it.

**IMAGINE BLUE SKIES AND FRESH BREEZES AND NO WATER SHORTAGE AND PLENTY OF FORESTS TO BRING THE RAINS ON TIME. IMAGINE A WORLD THAT WAS NOT HEATING UP AT THIS PACE BRINGING DROUGHT AND FLOODS AND TSUNAMIS WITH IT.**

**EVOLUTION OF CLEAN MEAT**

In 2013, the first meatless burger was made (paid for by Google cofounder Sergey Brin). In 2018 hundreds of start up companies have been able to make this cellular multiplication, and companies like Memphis meats have been able to make varieties of duck and chicken that are the real thing. Now the only problem is of economics and scale. But that will also happen. After all, the first laptop probably cost a million dollars. As did the light bulb. Why do I say that the future is upon us? Because the US Food and Drug Administration has decided to make rules and standards for companies growing meat in labs, not farm factories. No hooves, fins, feathers. No anuses and eyes to throw away. Just edible meat. In Maryland, in July 2018, the FDA and Department of Agriculture convened the first public hearing to discuss the regulation of food grown. Hundreds of people attended. The World Bank has convened a meeting of Clean Meat entrepreneurs to explain their vision at a meeting of international economists at the headquarters of the World Bank. When we used horses for transport, we didn't love the horse. We simply wanted to get from one place to another quickly. And if we had to put up with feeding it and cleaning up the excrement and housing it, we resigned ourselves to doing it.

Likewise, no one loves the slaughterhouse, the bloodied rivers, the greenhouses gases, the
huge environmental damage. But they want the mutton, beef, pork, chicken, milk and eggs.

While everything has changed, including the way in which we irrigate and grow plants, meat production today is the same as it was 20,000 years ago. How inefficient is the energy ratio: 11 kilos of grain has to be fed to get one kilo of meat. 60,000 litres of water is needed for one cow/buffalo. Thousands of people starve because there is no cheap grain.

Every 7th kilo of meat in Europe is created from Indian grain. Look at our own levels of malnutrition and water shortage. There can be no humanity, no good governance, while we continue to eat and export meat. It is the largest way in which we affect the lives of our people. Cultured meat will change all that, freeing up grain and making it cheaper, making water available, making land available for the poorest. One company called BlueNalu has started cellular aquaculture and, once it comes on the market, you can have fish without formalin, human faeces and chemical dyes that make it look fresh. Modern Meadows is working on creating real leather without animal skin.

The tissue culture journey has been complicated. Finding the correct cells that multiply and are flexible. Creating appropriate bioreactors, which mimic the animal’s temperature, so that meat growing can become a village industry. But top scientists and cell biologists have left their well paying jobs and have applied their expertise.

Many people involved are Indians. Memphis Meats is founded and headed by Dr Uma Valeti, a heart surgeon. The milk-without-cows of Perfect Day. Foods are both Indians, Ryan Pandya and Perumal Gandhi.

Animals will not disappear. Cells will have to be collected from them and then put into a bioreactor. Nutrient culture serum will have to be collected. But they will be a small fraction of what they are now.

It is time the Indian government got into this. If the process is patented then it will not be economically viable. So we need to have open source research that makes the science available to all. Big marketers in India, like Future Foods, have already shown huge interest, and many American companies are in India looking for partners.

But we need to have those Nehruvian “temples of science” under ICAR (Indian Council of Agricultural Research), CCMB (Centre for Cellular and Molecular Biology) get off their hammocks, where they have been sleeping for many years, and actually do research that will change the face of the Indian economy.

I am going to be writing more on this. Watch this space. And imbibe my excitement!!
I was just another busy day for me, the morning blues, sitting on my study desk I was making the list of chores I had to finish today. Bank, grocery, electricity bills and then I have to run to my work. I had taken a half day today to finish all these stupid errands.

Sigh! I need a break, lifting that coffee mug I went for a shower. I stood under the cold water, all the while feeling exhausted. I stepped out of the shower, reached for my cupboard, pulled out that polka dotted red gown of mine. I don’t step out without my trademark kohl and lipstick; I sat in front of the mirror for my dose of make-up.

Oh damn it! Lipstick and kohl are getting over, I need to buy them. Two more additions in that errand list of mine. I looked at the mirror and felt like an ogre. I had dark circles under my eye; I had not slept well for the last week. Sluggishly I applied that kohl, my maroon lipstick, applied a little mascara, some blush on my cheeks.

No, I won’t wear my glasses; they are only for reading and writing. But why do I need to do such a lot of make-up for these mundane chores? No, I will never improve.

Wearing the stilettos I left my house. Something is wrong with me today. I am not feeling that good, but why is it? Anyway, life has to go on, and I am single, I sat in front of the mirror for my dose of make-up. Oh damn it! Lipstick and kohl are getting over, I need to buy them. Two more additions in that errand list of mine. I looked at the mirror and felt like an ogre. Plugging my earphones, tuning to some songs I stepped out of the house. It is a windy day, the sky is overcast and it might rain, no I won’t carry an umbrella today. Let it rain let me get drenched and fall sick and lie on that bed for a week.

I didn’t realise I had reached the beach and have forgotten the market route. Fair enough, I will break my rules today, I
won't even go to my work and there is no need to inform in office. I am done, exhausted. I sat on the sand; made circles with a stick, made a few sketches when I got a feel of sand castles. Women have a powerful sixth sense; it's a gift to us and to me that sense is very dominant.

Yes, I was right, he was watching me. He was in his casuals and was puffing a cigarette. He walked towards me and said, “Lonely? Can I give you a company?” I gave a quick look, a tall guy in his forties (maybe, my guess), had a moustache, somewhat fair, unshaven cheek, looked like an athlete. ‘How did he read my mind, am I looking desperate, should have been careful’ I thought. Without even waiting for my answer he sat next to me and looked at my sketches I had made in the sand. “Do you want to make sand castles?” he asked smiling. “I used to when I was a kid, now I have forgotten to make them,” I told. “Never late, you can start making those castles even now with me,” he replied. He is a complete stranger to you and you must be thinking why I am advising you so much? Don’t get me wrong, please, I just felt I could agree to a stranger by inviting him for a coffee.

We reached my home, handing him a towel to dry himself, I went for a shower. I changed my clothes, fixed two cups of cappuccino and returned. “I am sorry, you are wet but I don’t have any clothes to offer except my gowns, and clothes, fixed two cups of cappuccino and returned. “I am sorry, you are wet but I don’t have any clothes to offer except my gowns, and

business, so I was watching you, happy now?” he replied smiling at me. This time I could not stop laughing. He pulled his chair closer to me, without giving me a chance to speak he said, “Enjoy your company, you came alone, you will go alone, we have been sent by the almighty for a purpose and we don’t know when we will be called by him. So live your life and that too in a buoyant way, love everyone including strangers, because when you truly love, there will be no strangers. I am a

complete stranger to you and you must be thinking why I am advising you so much? Don’t get me wrong, please, I just felt I could talk to you; even I am alone, so I thought two alone can add and make a happy day by just playing and laughing. Life is short and happiness is a mysterious high, it makes the young laugh and the old cry. Do what you love, if that calls for wasting a day playing in the sand, then do that; if that
End of bitterness
An old neighbour whom I had never seen in the twenty years of my married life, due to his house being always on rent to tenants, came to the door once and told me that before renting his house to the new tenants, he wanted to check the reason for no water supply by overseeing the water tanks placed on our terrace. I guessed the reason could be tank-cleaning exercise taken up by the residents a day before or the persistent monkey-problem. He went back not before saying, “The reason could also be your parents-in-law stealing water from others’ tanks.”

I remembered having heard of such vague stories about my respected in-laws when I was newly married. But over the years, through gandhigiri, I had made my husband and mould them into better persons.

The next day the irate old man came again. My husband kindly accompanied him to the terrace and showed him the place around to this satisfaction. The fault in the water pipelines was the cause. All his bitterness was gone forever.

If you want to have a better relationship with your neighbors, try to be friends with them. It is okay if you develop a friendship with your neighbors, but don't try to force it. Some neighbors like their space and privacy from everyone around them and that is okay.

If you have done things that contributed to a bad relationship in the past with your neighbors, you may want to consider apologizing. Only do this if you can give a sincere, heartfelt apology.

– Gurjas Chahal, Delhi.
Just few weeks before New Year, finally there was a reply from one of the inflight magazine’s editor. I knew it will be a positive response, considering my travel essay set in their popular destination, besides being topical for the chosen month.

But as I hurriedly opened, it was unfortunately a note of rejection. The reason was genuine: “Though we had plans to carry your piece on New Year celebrations in Sydney but we decided to drop it as there have been reports that the event won’t be held this year in the light of the recent fires in New South Wales which caused a lot of damage besides just pollution.”

The moment I finished reading, I went thanking my Canberra based friend Preetinder Sandhu who did not let me postpone my trip to Australia to this December. Hence I was in Sydney last December, where we admired being part of that magical fireworks night on December 31 to welcome 2019. Had I postponed to this December as I wanted to, I would have missed the world famous New Year celebrations of Sydney. Ironically, I was delaying the trip despite I was able to materialise the trip last December itself. Minutes later, I thought it was not just me but most of us, who have an eccentric habit of pushing most of our plans for the future, forgetting what the famous poet and saint – Kabir once rightly said from his experiences, “Jo kal kar so aaj, jo aaj kar so aab” (what you want to do tomorrow, do it today and what you want to do today, do it now). As we try dragging almost everything for the time to come, we fail to value the ongoing time. The time in our hands, the circumstances that support it is like an opportunity and most opportunities knock just once, which is why we often meet people who keep denouncing for the opportunities they missed. By the way, who knows about the future and the kind of situations it will bring along?

NEVER PUT OFF TILL TOMORROW

This reminds me of an uncle of mine. Whenever he listens to any of my travel experiences, he never forgets to echo the same view of his: “I will also see the world, once I retire” but I respond as always, asking him why not now, adding, “Will your health favour you then as it favours now for travel?” I know he is one of many those who forget to enjoy the ongoing journey of life and most importantly valuing the fruitful concept of ‘now or never’! Sometimes, it is also our lackadaisical attitude that makes us throw certain tasks to the future: “not this week but next week” and when this goes on, it may give birth to circumstances that may not stand with us. How can I ever forget that day at Zurich Airport, when I had to fly to India after the completion of my degree? After all, I had postponed all my formalities for the last day and this got me so late to the airport that I reached the airline check in desk at the eleventh hour, with tons of stress planted in me. However, as the check in official suggested me to balance the excess weight by adding it in the handbag, I mistakenly placed my passport in the bag I had to give for check in. Ironically, I learnt about it when it was already sent to the plane but thankfully it was brought to the boarding gate for me. The airline officials raced me towards it and once having grabbed it, I was taken back to the immigration desk for departure stamp and I eventually entered the plane-red faced. I realised, if I had not postponed my tasks to the last day, I would have not encountered all this hassle.

That’s why a late 14th century adage in my oxford dictionary of proverbs has this one, clearly on the lines of Kabir: “Never put off till tomorrow, what you can do today.” And considering my Zurich Airport experience, I can’t agree more with this late 16th century adage that reads, “Delays are dangerous”. How true!
Understanding the Mis-understanding

Towards a healthy relationship. By Preetha Rengaswamy

Understanding' is the ability of a person to sympathise and empathise with others, comprehend and deal with the situation skilfully. Good understanding results in a strong bond between persons. Lack of understanding results in wrong interpretation of words, ending up in mis-understanding and break of relationship.

MIS-UNDERSTANDINGS CAUSE GREAT MENTAL STRESS AND AGONY, CREATING DRASTIC HEALTH ISSUES, WHICH COULD HAVE BEEN EASILY AVOIDED BY COMMUNICATING VERBALLY AND OPENLY.

Many a times, mis-understanding leads to a better understanding too. Whenever a conflict occurs, people involved in the conflict, for the fear of bitter words spoken, avoid talking to each other and so the gap between them grows and hatred accumulates with the passage of time, bringing the friendly relationship to a stand-still.

Mis-understandings cause great mental stress and agony, creating drastic health issues, which could have been easily avoided by communicating verbally and openly, without piling up imaginative grudges against each other. If the misunderstanding is resolved at the earliest, the relationship is sure to grow stronger, healthier and happier as mis-understanding is a 'platform' for better understanding.

Raghu and Neeraj were thick friends since early school days. During college, due to the intervention of a third person, a conflict occurred and both abused each other with filthy words without analysing the truth, which resulted in their separation. Years rolled on and after about 30 years they happened to criss-cross each other on the roadside of the city, both had moved on to. Struck with anxiety, both hug each other with guilt of having missed this lovely relationship and days of fun. They spoke for hours on how immature, kiddish and foolish they had behaved, without solving the issue by a verbal talk. Having resolved their mis-understanding, better late than never, an inseparable bond got created between them. Its high time we realise that life is short and enjoy it peacefully, to the fullest!
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How to Choose A Home Insurance Policy

A guideline for safety. By Subhash Dhall

In India, most home owners do not bother to insure their homes, even though it is often the biggest asset that one can own, attributes the low demand for home insurance, to ignorance, saying that Indians are not even aware of the risk associated with their lifetime investment.

Currently, unlike a car insurance, home insurance is not mandatory. However, banks are making it mandatory for a borrower to obtain home insurance, while opting for a home loan. In home insurance, the cover is provided for the structure and contents. There needs to be more awareness about such products, as a lot of people are not even aware of home insurance. Even though India witnesses natural calamities each year, home insurance remains a low priority.

Even the people who are aware that a home can be insured, are not doing so, as they consider it a waste of money. They feel that any threat to their house is rare and may happen once in 10 years. In many places, people may have not experienced any threat to their home in their lifetime.

This ignorance can expose them to high risk, which can be avoided by paying a small annual premium.

A home insurance is a safety net that provides cover, in case of damage. It protects the house from unwanted, unforeseen causes that can damage it, such as fire, smoke damage, floods, earthquakes, lightning strikes, storms of all kinds, explosions, riots or civil commotion, burglary, break-ins, vandalism, etc.

People generally believe that home insurance is expensive and the process of settlement of claims, is complicated. The scenario has now changed, with the entry of many insurers and the regulatory authority keeping a strict vigil on the operations of these companies.

The premium payable towards insuring a home is around Rs 50 for coverage of one lakh rupees and when the policy is taken for a long term, then, the insurance premium
can even come down to ₹25 per lakh coverage.

While a home insurance policy provides risk cover only for the constructed property, what if you have bought an under-construction property? In this case, experts suggest that it is the duty of the builder, to get a project insurance policy, to cover the threat to an under-construction property from natural disasters. So, before you buy an under-construction property on a home loan, check whether the builder has taken a project insurance cover.

A comprehensive home insurance policy product, may give you the benefit of risk cover for the contents, as well as the structure. However, before buying an insurance policy, the applicant should check out the list of inclusions and exclusions, to figure out what risk hazards the insurance product covers.

Besides the basic protection, an insurance policy can also offer add-on covers, such as the cost of living in a rented accommodation while your house is being repaired. If the house is rented out, the owner can take cover against the loss of rent, if a natural calamity renders it unfit for occupation. However, these covers are for a limited period of up to a few months after the disaster.

A landlord insurance covers the financial risk to a property, caused due to earthquake, flood, fire, damages due to a tenant’s actions and so on. When the landlord incurs such financial loss due to damage to the insured property, then, the insurer pays for the replacement cost, to the extent of damage, after adjusting the deductible as per its terms and conditions. For example, if, due to fire, the kitchen is damaged, then, the insurance company will pay for the cost incurred in repairing the kitchen. However, before you get the claim amount, the insurance company may ask you to pay the deductible sum.

What does a home insurance cover?

In home insurance, the coverage is generally limited to the construction cost and contents of the apartment. “For the structure, the insurance cover is based on the area of the apartment and the approximate construction cost. Thus, one should avoid taking excessive insurance, as one will not get the claim for more than the construction cost of the company. Check the claim history and track record of the company, before buying the home insurance. Check the inclusions and exclusions of the policies.

BEFORE BUYING AN INSURANCE POLICY, THE APPLICANT SHOULD CHECK OUT THE LIST OF INCLUSIONS AND EXCLUSIONS, TO FIGURE OUT WHAT RISK HAZARDS THE INSURANCE PRODUCT COVERS.

Not all types of damages are covered by all home insurance policies. Different types of home insurance policies provide cover for different types of damage. Hence, it is essential to do one’s homework, before selecting a home insurance policy. Check the list of risks and natural calamities that are included in the policy. Read the policy carefully and understand the terms and conditions. Make note of the exclusions. Get all doubts cleared, before buying the policy. Check the financial ratings of your home insurer. An ‘A’ by CRISIL, is a good indicator of strength.

Claiming home insurance

Ensure that you have all information, like policy number, name, address and ID proof ready, if required. “When filing a claim, mention the type (theft/fire/water damage, etc.) and the description of loss or damage to the personal belongings and home. Call the concerned authorities, in case of fire or pipeline burst. If possible, take photos of the damaged area and also keep the receipts from services used or purchases made, because of the damage/loss. The insurance company will deploy a surveyor and have the damaged goods inspected thoroughly. The claim is settled, after the losses are assessed,” Chandani elaborates.

It is advisable to do an online search and compare different policies and their scope, before buying. Check everything, including the extent of cover, the exclusions and increase in annual premium.

Homeowners buy insurance to protect against disaster. But when disaster strikes, your insurer might not live up to your expectations.

The greater the damage, the higher the likelihood that there will be a disagreement over the value of the damage. The best test of an insurer is how well it handles claims. Some
major insurers provided significantly better satisfaction when it comes to handling claims than others. Don’t be afraid to make a small claim. If the dispute is over the damage amount, request a sit-down with the contractor and adjuster to go over the estimate line by line, which is standard practice.

If you’ve been misled by an insurance salesperson about policy wording, contact a lawyer who specialises in insurance law. Lawsuits were rare among our subscribers, courts have consistently ruled in favor of policyholders on such ambiguities. Arbitration is another option.

Even if your coverage level is correct, a standard home owners policy still leaves you insufficiently protected. If you want to protect against the surge in material and labour prices that often follow a natural disaster, you’ll have to buy an “extended coverage rider.”

Additional policies for flooding and earthquakes, which aren’t covered by a traditional homeowners insurance policy. Also, you may need separate policies for hurricanes, wind, and hail if you live in a high-risk zone.

Coverage for your furniture, electronics, clothing, and other belongings is standard, but if you have expensive furs, jewelry, silverware, or artwork, they’re subject to coverage limits. You’ll need to purchase a special endorsement or floater to cover their full value.

Fire, lightning, and debris removal lead to the highest claims of all insured perils. Cooking equipment is a leading cause of home fires, so never leave a stove unattended, and keep a fire extinguisher in the kitchen.

In earthquake-prone areas, make sure your home’s building frame is properly bolted to its foundation. Get more information on reducing risks from earthquakes, freezing weather, lightning, wildfires, and more.

What to see for opting for home insurance

- The policy should only be taken for an adequate sum, because under home insurance the claim payment is limited to the cost of construction.
- Always take a home insurance policy for the long term, so that the premium can be minimised.
- Opt for add-on covers like earthquake/terrorism.
- In order to hedge the inflationary impact on construction price, always opt for the escalation method of insurance.
- The inclusions and exclusions are treated differently by each insurance provider. Therefore, one must carefully go through the policy document, before selecting any insurance.

What is title insurance?

In order to protect the buyer of the property – whether a flat, or land, or even a developer who is buying a land – an insurance company promises to indemnify the buyer against any loss caused, due to any defect in the title of the seller in the property. Under title insurance, the insurance company pays you for any loss in the market value of the property, for expenses which you may incur due to the defect in the title of the property acquired by you.

The defect in the title may be present at the time of buying the title insurance and which, neither the insurer nor the insured are aware of. The RERA has mandated that all developers obtain title insurance for their projects. We examine how this will impact under-construction and completed projects and the benefits that title insurance offers, to home owners.

Section 16 of the Real Estate (Regulation and Development) Act, 2016 (RERA), requires all developers to buy title insurance, for the project to be undertaken afresh, as well as for projects that are incomplete as on the date of enactment of the law. This requirement will help mitigate the hardship caused to innocent flat buyers, in case any defect is detected in the title of the land on which the building was constructed.
Rich Taste | Lasting Aroma | Extra Long Grain

LA-TASTE

La-Taste Aeroplane Basmati Rice

Premium Quality

Is Your Personality Mentally Starched?

If so, iron it out. By I. M. Soni

You are wrapped up in your own self and hence handicapped.
Progress halted. Any new knowledge comes from outside the self – not from “expert” but from an “inpert.”

Pasteur was not an M.D. the Wright brothers were not aeronautical engineers but bicycle mechanics. Einstein was a mathematician not an physicist. Madam Curie was not a M.D. but a physicist, yet she made vital contributions to medical science.

Maxwell Maltz says that self-image is the key to human personality and behaviour. Change the self-image and you transform the human beings. Self-image sets the bounds of personal achievement. It decides what you can and cannot do. Expand the self-image and you expand the area of the possible.

There is evidence in psychology psychosomatics and industrial psychology that there are happy-prone personalities and unhappy personalities just as there are healthy and disease-prone personalities. It throws light on positive as well as negative thinking. And why does it work with some, not others? It works when it is in tune, not when in conflict with self-image.

It is a goal-striving mechanism which works for you as a success mechanism or against you as a failure mechanism depending on how “you” operate it.

Self-image is changed not by intellect alone but by experiencing. “Teaching” a man or a woman how to love, does not help but making him or her “experience” love does.

We learn to function successfully by experiencing success. Memories of success are stored information which serve as a storehouse of confidence.

If a person has not experienced success how can he draw from it? He is like a person who cannot get a job because he has no experience and cannot have experience because he has no job. You can “create” experience in your mind and benefit from it. Public speakers have done it. Unhappy persons have enjoyed life by “experiencing” happiness! It requires a minimum of about 21 days to bring about a change in mental image, says Maxwell Maltz.

Creative imagination is not the elusive domain of the poet, the inventor and the thinker. It belongs to everybody because imagination sets the goal picture which the mind works on. We act not because of will but because of imagination.

R.A. Vandell proved that mental practice in throwing darts at a target where the person sits in front of the target, and imagines throwing darts at it, improv. aim as much as throwing does.

Your personality growth requires
clearing the decks of the mind. Paralysing doubts should be buried. A new you, full of zest and confidence, with no dark clouds in the mind, will find it easier to respond to hard life-situations.

‘Darklings’ have the notion rooted in their minds that life is full of misery, strife and conflict, that you are here to suffer blows of ‘destiny’.

There can be no fine art of growing unless you believe first in the worthwhileness of life. Life is worthwhile and meaningful and has deep satisfactions to yield, if you do not wallow in shallowness of thinking.

You rot if you do not cash in on your talents. It is in this sense that character is destiny. If you have stamped yourself as I-do-not-like-life then your destiny is sealed. The solution does not lie in brooding and thinking that the past cannot be undone. It can be.

You have to say goodbye to your rot thinking of the past and re-mould it. This is more important than the past. What you do today becomes your future. Today is your tomorrow!

Idle hands are weary and selfish hearts are sick and despairing. You cannot bloom into a flowering personality unless you are involved with a cause bigger and better than your own self. George Bernard Shaw says, “There is nothing more boring than living continually with yourself.” It means a life of stagnation, devoid of outside bigger interests, stimulants and challenges.

If you have been living in your own stagnant company, chances are that you are self-centred and self-wrapped. You have to set out from your mental cocoon. You will see your pessimism lifting like the fog in the sun. And remember that one wrapped in self makes a small bundle!

If you want to use your talents, and develop into a full-bloom personality, do not forget the power of imagination for wringing far-reaching changes. When the will and imagination are in conflict, it is the imagination which wins.

Human nature is not like a stone. It throws avenues of change and growth. It is ever on the move but the question is: are you?

A person is known by the thoughts he nurtures. It is useless wanting to grow into a full-bloom personality if, at the same time, the voice inside you goes on telling you, “You cannot.”

Do not look upon life as a misery inflicted by higher powers because it is an adventure. If you exercise too much caution, you fail to grow. William James laments that ninety per cent people do not realise their real potential. It is because they have never risked failure. Risk failure if you want to succeed.

Think of your childhood. You did not know how to walk. You stumbled and fell. But failures did not deter you from learning to walk.

Why are you afraid now? Because in your subconscious, you have been carrying items not to be touched on. They are your failure bank. Fear of failure shrinks the spirit and makes you let opportunities slip. That is why a pessimist is one who complains when opportunity knocks at his door!

IT’S A MATTER OF LUCK

There is a difference between ‘lucky’ people and ‘unlucky’ ones. The former are those who have failed but cashed in on the failure. In other words, they have converted their failure into a success and made it a part of their lifestyle. The latter, on the other hand, are perpetually grumbling, ‘as luck’ does not favour them.

William Beran says: “This is not a matter of destiny, fate or predetermination but of constant training in the choice of our experience by means of the unconscious application of our scheme of appreciation. We do not learn from our experiences: We make them to suit our style of life.”

When I started freelancing in the sixties, I faced constant bad luck. Rejection slips chased me. Failure was writ large on every journalistic effort that I undertook. But I did not include failure in my value system. I learnt from the work of others, persisted with my efforts and ‘bad’ changed into ‘good’ luck. Goldsmith’s words kept ringing in my ears: “Our greatest glory is not in never falling but in rising every time we fall.”

Countless people aspire to see their names in print but a couple of setbacks seal their fate. They let rejection stop their onward march. They think they are not ‘destined’ to be a success. They rationalise that they do not have the ‘talent’. They forget that journalist writing is not an art, it is a craft which anybody

GEORGE BERNARD
SHAW SAYS, “THERE IS NOTHING MORE BORING THAN LIVING CONTINUALLY WITH YOURSELF.” IT MEANS A LIFE OF STAGNATION, DEVOID OF OUTSIDE BIGGER INTERESTS, STIMULANTS AND CHALLENGES.
can learn with necessary patience, practice and hard work.

Samuel Johnson, the famous man of letters of the 18th century, was once approached by an aspiring young man who wanted to be a writer. He asked the great man’s advice as to what was needed to become a writer. Johnson’s reply was: A pen and a piece of paper!

Our philosophy is the ‘bed’ into which we crowd all our experiences. If an experience does not fit into our ‘bed’ we try to lop off certain parts to make it fit into our need.

REAL GROWTH

Real growth or development lies in extending our scheme of things to various interests and activities so that we could be aptly described as rich in experience. Mahatma Gandhi put it, “Keep all the windows open so that fresh air could come from all directions.” A developed personality enlarges its interest so that the mental horizon widens. An undeveloped one remains cramped and stiff as if with mental starch.

It is necessary to have a definite objective in view, which results in a yardstick with the help of which you can see for yourself how far you are enriching yourself. This is how the ‘unlucky’ becomes ‘lucky’. The hostile one changes to amiable. The uncooperative shows traces of cooperation. One who was earlier haunted by a sense of inferiority

MAHATMA GANDHI PUT IT, “KEEP ALL THE WINDOWS OPEN SO THAT FRESH AIR COULD COME FROM ALL DIRECTIONS.” A DEVELOPED PERSONALITY ENLARGES ITS INTEREST SO THAT THE MENTAL HORIZON WIDENS.

gets self-confidence. The so-called unlucky have a different approach and attitude, which keeps them at that place of misery and stagnation. One who thinks that his virility is under normal has a thinking which divides all men into two broad categories – normal and sub-normal.

It goads the unfortunate to strive to be a more than potent male all the time all over. He finds himself miserable. He is misery on two legs. He will continue to act in a manner that will be a caricature of masculinity! A Don Joan is never a sex champion!

People haunted by inferiority tend to compensate by over-playing the part. They develop a spurious sense of superiority which stunts their growth.

Those whose growth have stopped and are stagnating in the muddy pool of wrong schemes display certain attributes. They put on airs. Show contempt for good things of life, hold right people in wrong positions, try to pull them down from their pedestals.

Some are given to loud-mouthed obscenities. They are arrogant and offensive.

Haunted by their own worthlessness. They spare no effort to be at the centre of attraction. There are people who want this kind of attention as if they were sick. They seem to be saying to themselves: It is better to be sick because it brings attention. Such an attitude becomes a neurotic beaten by life.

Some neurotics put up appearances. The aim is to project a false image to the world. Certain women do it by trying to be as ‘masculine’ as possible. They try to tell the world that there is no ‘feminine weakness’ in them. They never develop as women. False sense of reasoning prevents them from playing real woman in life. They end up as shrunken specimens who have thrown away a precious life because of wrong and misleading notions. Unstarch your mind.
It was her special day. Prema turned 65 years old today. She was excited since the moment she woke up because she hoped that today she would get to see her only son and grandchildren. Her son had recently shifted to another house on rent in the same city to avoid clashes between Prema and his wife. Prema was a widow. She lost her husband two years back to heart attack. As soon as she woke up on her birthday the first thing she did was to check her mobile phone for any messages. Actually she had expected her son to wish her birthday at 12 midnight but shrugged her own thought thinking it to be too childish. There was no message in her mobile phone. She felt disappointed.

She got busy in her daily routine. While saying her morning prayers she remembered her late husband. Every year her husband would sing her birthday song with a bunch of roses and a smile on his face the moment she woke up in the morning. But Prema was never happy with flowers. She wanted him to be more romantic and buy her some expensive gift. She never saw the feelings behind the flowers and birthday song from her husband. After a few years of marriage she started grumbling about the same to her husband.

Prema’s husband was in deep love with her. He would do all that he could to make her happy. But being a middle class guy with a simple accountant’s job it was difficult for him to buy an expensive gift for her on her birthday. If he did so then their monthly budget would get disrupted. But it’s not that he never tried. He started saving little every month every year to buy Prema a nice birthday gift. He would get her a sari or artificial jewellery set or bag or make-up. But all this too did not fulfill Prema’s expectations and she would crib about the same every time.

Two hours had passed since Prema woke up. She kept checking her phone often. There was no call or message from her son. She started feeling sad but convinced herself thinking he would give her a surprise visit with his family after his office hours. She thought of making kheer and samosa loved by her grandchildren. While cooking she again passed through her memory lane. Her husband every year would bring rasogullas on her birthday. After offering one to god and praying for her wellness, he would force Prema to eat one big rasogulla in one go. If she was not able to do so then he would put another one in her mouth. He would laugh and hug her after that. Prema never paid heed to the depth of his love nor reciprocated in the same manner. She always had something or other to crib about.

Prema was materialistic.
She herself belonged to a middle-class family but, as an unmarried girl, dreamt of living with a rich guy with a lavish lifestyle. But this never happened. She was married to a simple junior accountant. His salary was just enough to meet the daily expenses. But this did not stop her from dreaming. She cultivated friendships with ladies living a luxurious and modern lifestyle. Going for an outing and attending kitties became a part of her lifestyle. And to be at par with them she would save money from monthly expenses to buy branded clothes and accessories. Her husband was not happy the way she managed finances. He did raise this topic many times but seeing Prema get emotional and disturbed would give up. She always cribbed about the unbranded and simple gifts brought by her husband on her birthday since she wanted something trendy.

Kheer and samosa was ready for her grandchildren. She relaxed for a while on the sofa to check her mobile. There was an email from someone wishing her on her birthday. Her face lit up. She curiously opened the mail to find Facebook wishing her birthday! She sighed and checked for messages but there were no birthday wishes. She opened her Facebook account that showed a birthday posting made by her husband five years ago. It had a picture of him serving rasogulla to Prema.

Tears rolled down Prema’s eyes. It was two hours past since her son must have returned home. But he did not bother to call or meet her. ‘He could have saved my birthdate on his mobile,’ she thought as mobiles give reminders. Prema was materialistic. She herself belonged to a middle-class family but, as an unmarried girl, dreamt of living with a rich guy with a lavish lifestyle. But this never happened. She was married to a simple junior accountant. His salary was just enough to meet the daily expenses. But this did not stop her from dreaming. She cultivated friendships with ladies living a luxurious and modern lifestyle. Going for an outing and attending kitties became a part of her lifestyle. And to be at par with them she would save money from monthly expenses to buy branded clothes and accessories.

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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 testes 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 Micromanipulation 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.

ICSI Treatment For Infertility

The sperms obtained by other 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, Banaswadi, Bangalore
Phone: 080-26615585 / 080-46462600.
There are millions of online recipes at our fingertips but there are other millions hidden in the recipe boxes, hearts and kitchen drawers of grandmothers, aunts, cousins and parents! Yes, these “family recipes” are a special part of our family histories. Dishes cooked by our grandmothers and mothers are dear to our hearts. Sabudana khichidi made by my paternal grandmother and onion uttapam made by my mother remain etched in my memory and always bring a smile to my face when I recollect the memories interwoven with them.

When lazing in the bed before getting up, I still can get the smell of my grandma’s cooking, which she used to do pretty early in the morning, when I used to visit her during my school holidays. Foods evoke vivid memories of our childhood, of our relationships with family members.

Legacy from the kitchen is more than just recipes!

By Sudha Chandrasekaran
This tradition of food is carried on from one generation to another and can be traced for several decades right from the past to the present and onto the future as well. They remind us of experiences long forgotten and allow us to relive feelings of comfort, satisfaction or excitement. When you think about family occasions from the past – holidays, birthdays, anniversaries, special events, and reunions – the memories you often want to preserve are connected to food. Some family recipes have been passed down for many generations and are known as “keepers” in our family.

“I realised I couldn’t go home every weekend for my mom’s yummy dishes,” says Shreya, who is about to enter Johns Hopkins University. She has recently started following her mother around the kitchen, taking notes on how to make her “masala chai” and tasty kachoris. “Those specific flavours can instantly unlock a whole flood of emotions, memories and feelings of family, love, and comfort. And, what more is they are absolutely delicious,” says she. For years, Shreya resisted asking her grandmother and mother for their recipes because of “the simple fact that no dish I put together will taste as good as my grandmother’s version.” Earlier this year, Shreya tried out her grandmother’s aloo gobi curry recipe. “Apparently my grandmother has a great deal of patience than I do,” says Shreya. “The importance for me, lies not so much in the preservation of the recipes themselves as in the memories of family dinners they evoke. I am looking to the day when my kids will come to know of their great-grandmothers through the dishes they cooked. The recipe keepers were getting old, and it was time for me to go to India to learn cooking from them. I spent six months travelling to India from the US, venturing deep into the kitchens of my aunties and my grandmothers, armed with a notebook, a camera and sometimes a voice recorder, taking copious notes on how to make my favourite rasam, sambhar and many much. Of all the dishes I learned how to make, my grandmother’s sabudana kichchidi really struck a chord.” Shailaja, an IT professional, said, “One lucky day, when crispness could be felt in the air, my sister and I trudged home from school lugging our backpacks and opened the front door to a delicious smell of crunchy and mouth watering pakoras. To this day, every time I feel that first chill in the air I get a hankering for my favourite family snack. But there’s more to it than the smell or the taste—it’s the memories. Pakoras reminds me of my mom and gives me a sweet feeling of being connected to her, my sisters, and my maternal grandma—because she used to make it too. Says Shankari, “Whenever I look at the slightly bent old cast iron pot I remember Aunt Mita, who taught me to make crisp potato roast and gifted me her favourite pot as well. The cookbooks I collected on vacations are functional home decor that remind me of the places I visited.”

RECIPES FOR GENERATIONS

Most women are influenced by their mothers, grandmothers and mothers-in-law in the kitchen. Each family has a treasure trove of recipes that are a reflection of these influences along with factors such as travel, interests, health, likes and dislikes. Some recipes evolve over generations and take on new
avatars based on our individuality and personal style. Sometimes our cooking is also influenced by our neighbours and friends. When recipes are shared, Aloo paranthas are cooked in traditional Kerala household or cheeni sambol, a Sri Lankan side dish, is String hopper’s new best friend instead of the korma in a Tamil kitchen. Over time, the borders blur and taste is all that matters. These newly acquired recipes will become common in their new-found homes and go down in the annals as family recipes after some time. Even if we are not over fond of the dish, it’s about connecting with past generations – the people who raised you and the people before them.

Not many of us intake the effort to collect and record the recipes from our grandmothers, mothers and mothers-in-law. We often get a recipe on the phone and scribble it on a piece of paper. It stays pinned on the fridge for a few weeks and is forgotten once the paper disappears. Some recipes perish along with our culinary icons, and all we can do is only reminisce about what great cooks they were and miss the dishes they cooked for us. Some recipes are so simple with such few ingredients that publishers or authors of cookbooks might think of them as insignificant. For instance, my grandmother’s mushroom gravy has just five ingredients but is one of the star dishes from her kitchen. It does not even have a proper name and I would not know where to begin looking for it in recipe books.

THE PASSING OF FOOD TRADITION

My grandmother, who turns 90 next month, is the culinary matriarch of my family, who is not only the guardian of kitchen heirlooms but also the recipes and the stories behind them. These stories speak a lot about my family history as the photo albums, which are placed in her living room. From generation to generation, we pass down food traditions, habits, recipes, cookbooks and even utensils that carry with them the historical details as unique as our genetic code. But many of us don’t think of recording that history because, after all, what’s so interesting about something as quotidian as how you fix up your cup of coffee?

For my dad, every morning that he adds a swirl of honey in his cream-filled coffee, he keeps alive a piece of his late great-uncle, who never drank a cup of coffee without honey. If you’re interested in your family’s ethnic heritage, food is one of the best places to start because it’s often the last vestige of cultural traditions to go. At a family get together a few years ago, my mother presented everyone with a family cookbooks that she had compiled. On each page, she included the story of why the recipe was important to her and a little bit about the person it came from. These dishes remind us of happy times when we enjoyed each other’s company over home-cooked meals and conversation; and the moments when our most important priority was each other. Even trying a fun new recipe together or setting a table for a book club event becomes a culinary presentation in memory. Food links you back to the moment in the kitchen when your grandmother, mother or grandfather let you sneak a taste of the tasty chole batura, gulab jamun..... They are indeed invaluable moments of love, which I am lucky to have experienced.

Families today find it difficult to preserve the food connection with their busy and demanding day-to-day schedules. How is it possible to make a meal from scratch when you have to don various hats of working in the office, picking up the kids, cleaning the house, doing the grocery shopping, and maintaining...
near ones? We are unable to do the same things in the kitchen that our grandmothers did 20 or 30 years ago. But now there are innovative and simple ways to treasure the culinary expertise and value family traditions that have been passed on for generations.

Yes, documentation of these family recipes keeps some part of the legacy of our emotional ties alive. Remembering, collecting, recording and passing down the recipes your loved ones have passed on to you is a wonderful way to honour and immortalise your family. Creative binders and scrap books are readily available in stores these days. You can even add photos, drawings, or handwritten notes from other family members to your collection and let the memories from the good old days embrace and comfort you. A family recipe book is a meaningful gift to a daughter/son or niece/nephew who is getting married and relocating to start a new life. Cookbooks, old food magazines and recipe boxes are like historical time capsules. Nothing reverberates of home like the very thought of a buffet table with hot familiar dishes during a family function. We crave for welcoming choices, repeated helpings, and the laughter of heart-to-heart carefree talk that continues for long, throughout the day.

These dishes are reminders of the love and sweat involved in its preparation. There may be shortcuts for working with computers but definitely not for cooking. Our family recipes were simple by today’s standards of what’s being shown on the cooking shows. Simple ingredients like jeera, dhaniya, garlic, onion ... would turn an ordinary vegetable into something delectable. These legacy dishes and food traditions are wonderful sources of nostalgia.

It’s All About Women: First Women-Only Club
Safe and fun place of women, by women and for women. By Aditi Gupta

Ms & Mrs is a women’s only club located in Bengaluru. It is a safe and fun space of women, by women and for women. It is all about what happens when a bunch of strong and independent women get together and discuss life outside their comfort space.

A space exclusively for women which is about 2200 sq. feet, a property bang in the heart of the city fully loaded with spa and salon services, a boutique, bar, kitchen, a women necessities store and a whole lot more.

This club is a platform for women to come together and help one another to grow as individuals as well as a team. It boasts about having all-women staff starting from the kitchen, bar to bouncers and valet. This club is all about women.

Spa and salon services include foot massage, pedicure, manicure, shoulder massage, nail art, hair spa and a whole lot more.

The Bar and Kitchen consist of a curated menu for everyone. Whether you’re on a diet, on your menstrual cycle, or you’re pregnant, we’ve curated a menu for it all. Curated cocktails made with organic and sustainable resources that keep things fresh, literally!

A boutique where women can have their clothes designed or altered.

Activities that keep women engaged, Pop Up’s by upcoming businesses run by women, performances by female artists, talks and guest lectures, workshops, networking and a whole more hosted by women.

Ms & Mrs also hires many housewives as part-time chefs so they have a chance to earn their income and be self-sufficient.

This club has also tied up with well-known NGO’s to hire underprivileged women and give them a platform to be independent.

It also has a dedicated space selling condoms and birth control pills as an initiative to create a non-judgemental space for women and also help promote safer-sex practices.

The space is open to kitty parties, bachelorette parties, baby showers, and other events.

The club will be open from 12 pm to 1 am every day for women to avail of all the above-mentioned amenities.

The founder plans to open its door to the public on the 7th of March, 2020.
MY MOTHER IN LAW BY-LAW IS ONLY ONE YEAR OLDER THAN ME and she desperately wants a baby (but my 60 yo father in law don’t) so ever since my baby girl was born she’s eagerly wanting to mother my baby till the stage that she began to take some inappropriate intimidating actions on my husband (yes, her own son-by-law who is older than her) YET playing innocent in front of people so the old hags in the house will join her for her pity party. What shall I do?

Well, if she has so much craze for kids, you can suggest her to adopt one. Have a direct conversation with her.

I’m almost thirty. Never had a real relationship and my parents are the closest thing I have. I am scarred when they are gone I will be completely alone. Emotionally and physically.

Try doing things that make you feel happy. And take baby steps. Like for example, if you want to start a hobby, pick one, and do it frequently. Once you become accustomed to it, try doing more. And then slowly you can go out, find a job, talk to people. And crawl out of an antisocial hole.

I’m a 20 year old male. I have a fake page for Instagram, Twitter, Facebook, and Snapchat. For my fake pages, I have no pictures, I have a made-up name, and I just upload random profile pictures of anything. I make these pages to lurk people’s lives. I’ve been doing this for five years now. I mostly lurk people who I went and go to school with. I just like to see what they do with their lives. No one knows I have these fake accounts.

I don’t want to make a real account of myself because I have no life. I would have nothing to post. But, I still want to see the lives of the people I go to school with, so I have these fake accounts instead.

I don’t talk to any of them, I just lurk.

I’ve thought about deleting my fake pages, but I’m so reluctant to do that because I want to stay connected with these people.

Although, having fake ids are not promoted and is not a good thing. But, the fact that you are not misusing social media and just having a look at your friend’s profile is fine. You don’t need to feel inferior from anyone. Accept yourself and confidently make your own social media account after deleting the fake ones. Be yourself.

I like going to parties. I can just stay there and lurk around. I have two groups of friends. The sporty and the nerdy ones. My nerdy friends absolutely hate me because I just started hanging out with these sporty, popular kids and insist they are beyond a doubt bad for me. I just wanna go die in a hole and cry because no one understands how difficult it is to juggle two different types of friendships with two different types of groups.

The ones that make you choose are probably most likely to betray you or leave you later in life. They clearly don’t understand you and doesn’t have your back. Make it their choice but if they leave and don’t come back, it wouldn’t be the worst thing. Be with positive people that make you happy.

Every time I’m with my best friend, all I can think about is sleeping with her boyfriend.

Being sexually attracted to your friend’s boyfriend is normal. Accept that but simply do not act on it. Step back and try to keep a distance. Don’t want to be around her, it will only cause pain.
A Fearless Bike Rider

A story of passion, will and courage. By Pooja Bajaj

Early years
I was born in Lucknow to a conservative middle class family and did my schooling in a convent school adjacent to the railway colony we lived in. My father rarely had time for us, being in a tough job in the railways, he was always on tour. My mother was a Govt School teacher in Lucknow. As I grew up, I did my best to help my mother shoulder her responsibilities. However, I was keenly aware of the bias that the society has against women. My mother who often fell unwell due to the load on her had to ask help from the neighbours to take her to the hospital. Somehow I did not like asking help from them and I resented it. This gave me an oppurtunity to learn Bajaj Chetak when I was 14 years old it was then I realised that all obstacles are only in our minds.

Growing up
After getting my skills improved on bikes, I thought of buying my own now. Being self dependent, I have never asked single penny from my family after my 12th standard.

Strength does not come from physical capacity. It comes from an indomitable will.

– Mahatma Gandhi

Sharp furious and stylish bike rider, Pooja.
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Growing up
After getting my skills improved on bikes, I thought of buying my own now. Being self dependent, I have never asked single penny from my family after my 12th standard. Worked in Mac Donalds, gave tutions and various auto expos helped me to save a substantial amount to buy a pre-owned bike. I started to take it around Delhi... My first ride was from Delhi to Panipat, later I took it to Jaipur, Chandigarh, Agra, Haridwar and many more places. In 12 years of pure touring, I have covered almost 22 states and clocked a lac of kms on my bike.

MY THIRST FOR ADVENTURE TOOK ME IN A GROUP RIDE TO SPITI VALLEY, HIMACHAL PRADESH IN JUNE’19.
Road to recovery

The ordeal was difficult and all my friends and relatives were pleading with me to quit my passion and give up on motor sports. Yet the only question on my mind even when I was being rolled into the operating theatre, was ‘How soon will I get back on the bike?’

As they say, ‘When Life is tough so u gotta be tough.’

The doctors have put multiple titanium plates, screws and bolts covering 85 per cent of my right shoulder. Just four days after my complicated and long surgery, I was back to the gym, taking small,

with 85% of her right shoulder covered with multiple titanium plates, screws and bolts, she didn’t quit her passion.

The fearless biker flaunts her scars after a complicated but successful surgery.

responsible but determined steps to find my way back to my passion. 26 days after my surgery, under the guidance of my doctor I was back to riding.

I started to increase cc and weight of the bike with each passing day. I also focussed on increasing the kilometers with every ride. Taking small determined steps I managed to start with 30 kms and moving to 100 then 200 kilometers.

My first solo ride was 500 kms from Anantpur to Bangalore after my surgery. In December I did Bangalore-Goa-Bangalore group ride, which was 626 kms per day. My journey from literally no bike rides to riding 1200 cc bikes have been just amazing. Yes, the journey wasn’t easy but it was not impossible.

In India, women are not encouraged to do what I do and after this kind of injury, people started discouraging me from pursuing my passion even more.

Today, I spent time with people who are dealing with phobia, PTSD (post traumatic stress disorder) and motivate them to come back to normalcy. I am also part of Road Safety Campaigns and Hill Safety Campaigns.

It’s rightly said never stop believing, never give up and never stop trying. Here is my story of resilience and determination which has helped me to fight the biggest obstacles of my life.

I carry a battle scar on my shoulder which tells the tale of my courage and perseverance.

Mine is a story of passion, guts and being fearless. I would love my story to serve as an inspiration, not only for females but for everyone, on how obstacles can serve to reinforce your passion and you come back bolder, stronger and wiser.

I have always believed that ‘Bravery is not a quality of the body. It is of the soul.’ Hence I have always felt that my calling cannot be held back by who I am or how I look.
Child Challenges

This is the first winter of my seven months old daughter. I would like to keep her warm and completely covered but my mother-in-law says that I should either cover her head or her feet and one should not put a cap and booties on together. Is that right?

No, you should keep her covered well and that includes both head and feet. The head of the baby is large in proportion to her body and she can lose heat very easily if it is left uncovered, even for a short while.

I would like to know how many milk teeth a child has and what is the order of their eruption?

A child has a set of 20 milk teeth (upper and lower jaw combined) that comprise of two incisors or front teeth, a canine on either side of the incisors and the first and second molar at the back on either side on each jaw. Dentition begins at six months of age and is completed by 24 months. The first to appear are the lower central incisors at six months of age while the upper central incisors and the lower lateral incisors erupt at seven months. The first molars appear between 12 to 14 months, the canines between 16-18 months and the second molars between 20-24 months.

My wife had a normal delivery. Due to paucity of beds in the hospital we were sent home the very next day and asked to bring the baby back for a check up after five days. To our horror we were told that he has developed jaundice and needs to be readmitted. What are the repercussions of such a situation? I am very worried.

Physiological jaundice occurs in approximately 50% of newborns. It is characterised by yellowish discoloration of the skin and the white of the eyes and appears on the second or third day of birth, disappearing within one to two weeks. The yellowing begins in the upper part of the body and spreads downwards. This is not an infective condition but occurs because the baby in the womb has higher hemoglobin levels than a newborn as the former has to extract oxygen from the maternal blood while the latter gets it directly from the air.

As there is no need for the extra red blood cells after birth they are destroyed. Jaundice is caused by the accumulation of bilirubin (a waste product produced by the breakdown of red blood cells) in the blood, skin, and other tissues as the immature liver of the newborn is unable to remove this substance effectively from the body.

If the jaundice appears earlier or the bilirubin levels are high (as in your case), the baby may need phototherapy or even exchange transfusion. During phototherapy the child is kept under blue lights for days with the eyes and genitalia covered for protection.

This will probably suffice in the case of your baby and he will be right as rain in a few days. Exchange transfusion is required when the bilirubin levels are so high that there is a possibility of the brain being affected. The baby’s blood is replaced by fresh blood to bring down the bilirubin levels with immediate effect so that brain damage is minimised.

My little daughter is suffering from irritation in the vaginal area from a year and a half. We have already consulted skin specialists and urinary experts too and she has no relief. Kindly help.

First of all we have to look for the cause of irritation in the vaginal area. She could be suffering from pinworms that can travel from the anal region to the vagina. De-worming helps in such cases and can be repeated after a while.

A gynecological consult will be useful. Local application of estrogen (a female hormone) cream helps cases of intractable irritation of the vaginal area but have to be given over prolonged periods and under medical supervision.

Other causes are fungal and/or trichomonal infections. Treatment is easily available for the same. If she has vaginal discharge it can be tested by the pathologist and treatment decided accordingly. Very occasionally, only if no other cause is found can a psychological reason be attributed to the above symptoms.

I have a seven months old son. I would like to know what food should I give him? I have started cereals, rice with vegetables etc. please advice what else should I give him.

The foods you have started are good enough. Commercially available weaning foods like Cerelac and Nestum can also be given though they work out to be more expensive. You could mash bananas, potatoes etc and give him a small amount at a time or even give her half-boiled eggs and fruit juice. Semolina, rice kheer, custard, thin khichdi can also be given.

Do not bombard her taste buds with different kinds of food at one go lest they get confused! You could introduce one type of food in a week so that she gets used to it and then add another the next week. Make sure that you keep her likes and dislikes in mind and don’t force feed her foods that she throws out just because you think are good for her.

– Dr Amrinder Bajaj, MD.
Actress Richa Chadda To Tie The Knot With Ali Fazal In April?

Star couple Richa Chadda and Ali Fazal will most probably tie the knot in the last week of April. As per reports, the two have even applied for a marriage registration at a court in Mumbai.

Sara Ali Khan Trolled For ‘Awkward’ Bikini Pose With Brother

Sara Ali Khan recently posted a bikini picture with her brother Ibrahim to wish him on his birthday. In the picture, Sara clasps onto Ibrahim, who most netizens feel is quite uncomfortable with the pose. Many messages poured in the comment section trolling her.

Mira Kapoor Flaunts Her Love For Shahid Kapoor With ‘SK Tattoo”

Mira Rajput turned the festival of colours into the festival of love by getting the initials of her husband Shahid Kapoor’s name written on her neck. Aren’t these two goals?
Kareena Kapoor Finally Makes Her Social Media Debut

The much awaited Instagram debut is here and it is of none other than Kareena Kapoor. After keeping the fans on hold for a long time, bebo launched her Instagram account by the name ‘KareenaKapoorKhan’ and posted a stunning picture of herself.

– Bahnishikha Paul.

Shilpa Shetty And Raj Kundra Welcome Baby Girl Via Surrogacy

It’s time to send congratulatory messages to Bollywood actress Shilpa Shetty and her husband Raj Kundra as they have become parents of a baby girl, born through surrogacy. Shilpa and Raj named their daughter Samisha.

Nick Jonas And Priyanka Chopra Celebrate Their First Holi As Married Couple

Since it was the first holi for Nick Jonas, he celebrated every bit of it with his wife Priyanka Chopra. Decked up in twinning white outfits the couple was in the mood to enjoy, as we could spot them playing with the gun (pichkari) and splashing colours on each other.

Nick Jonas And Priyanka Chopra
Fooling or being fooled is fun only when the victim is also enjoying the fun. Pranks are enjoyed almost always if they mean no threat to life. Otherwise, why is All Fools Days’ celebrated worldwide? Nobody is bothered about its origin, murky or bright as long as it’s fun and frolic.

Is fooling an offence in India or not?

Fooling is no offence in India as all people are fooled all the time by successive governments. As far as Indian democracy is concerned, every day is All Fools’ Day with well-being at stake. Self-deception being the foundation of fooling, we must accept the fact that India fools itself on the realities of the world. Get real! We can’t expect leaders with no balls to play ball in a world that demands cooperation, honesty and integrity to advance peace.

As far as Indian democracy is concerned, every day is All Fools’ Day with well-being at stake. Self-deception being the foundation of fooling, we must accept the fact that India fools itself on the realities of the world. Get real! We can’t expect leaders with no balls to play ball in a world that demands cooperation, honesty and integrity to advance peace. Let’s deliberate on if we even deserve a special day to trick one another.

Fooling is serious business in India. Only the terminologies associated with fooling one another are too complicated to comprehend.

Having picked up the best features from other constitutions doesn’t seem to help our democracy mature and develop. Let’s also try to take some simple fooling lessons from countries that might help lighten our mood.

The core goals of the ideals of a republic – liberty, equality and fraternity – are borrowed from France remain so distant. Perhaps, the critical underlying reason at the heart of many of our country’s challenges has been the attitude of governments. Nothing but, ‘Fishing in troubled waters’. That is why we struggle with the basics of everything as much as we do from deep prejudices – across caste and class, region and religion and gender. ‘Fish’ indeed has a connection to French on the first day of April or “Poisson d’ Avril”. All their pranks include a fish, either gifted as a dainty present or stick a paper fish to the victim’s back.

Should we fret about being governed by people who are as crooked as a barrel of fish hooks? Are you wondering, ‘What’s this got to do with the price of fish?’ Not only did we stop from borrowing constitutional features, we also borrowed preliminary lessons on fooling people and fool away exchequer money.

It’s 24X7 globally!

By Elsa Lycias Joel
April Fools’ day in Scotland

Of all the eight features we borrowed from Britain, one that springs to my mind is the “Rule of Law”. Since every day is fools’ day here, we ought to take the cue from Scotland’s April Fools’ Day. First day is “Hunt the Gowk” day. Why the Gowk? Maybe because cuckoo is symbolic of infidelity and selfishness. So, rule of law must prevail to hunt down selfish politicians who create deep chasms to survive in power by provoking and promoting enmity in the name of everything and anything. The game doesn’t stop with hunting. It’s followed by “Tailie Day” as well. It’s about pinning a ‘Kick me- Hard’ sign on the gowks’ derrieres. For rule of law to prevail and succeed in achieving equality and justice in a pluralistic society like ours, hunting and tailing should be played on all days.

Fooling the nation

Be it the directive principles of state policy or nomination of members of the Rajya Sabha or the method of election of the president, the winners and losers in India are at their best playing all fools’ day the Irish way. Nobody in India can decide if the one carrying the ‘letter’ is the prankster or the victim. The only thing we know is that the letter will travel the length and breadth of the country as the carrier, receiver and forwarder make big money. Haven’t we seen and known the election of our president, enactment of laws and his role in it. Indirect elections and nominations to Rajya Sabha is all about “fooling further” or “sending the fool further”. Take pride in our Constitution. Every time a people- friendly scheme is doled out, don’t forget the “Annual ceremony of washing the lions”.

Being so generous about lending us the feature of ‘Residuary powers vesting with the centre’ and ‘Centrifugal form of federalism where the centre is stronger than the states’ in addition to a few others Canada has also given us enough fooling lessons. Our governments are known for elaborate announcements and lies. If a prime minister can joke about punching a famous actor, why can’t a handful with residuary powers vested in them announce, ‘files disappeared’, or ‘the deposition of lakhs of money to every citizen’s account, or ‘two crore jobs’ and a lot more. Nothing stops centrifugal forces from playing fools’ day with statements, subtle jabs and insinuations. ‘A boyhood friend for a corporate criminal’, or ‘when a big tree falls, the earth shakes’, or ‘Illegal kickbacks wasn’t a scandal but rather a media trial’, or ‘Make in India’ or ‘Token money’ and many more.

Well, talking about the ‘Land of Plenty’, we can’t but remain forever grateful for the three features, especially the concept of concurrent list. We must believe reports of Tasmania University that drop bears understand Australian accent if we believe the state law will override the Union law on receiving the assent of our president. We Indians are blessed with a great sense of humour. So does Russia that the Russian foreign ministry put out an ‘Official Joke’ – a video of a proposed voice-mail message for its embassy answering machines only on April Fools’ Day. On the contrary, having borrowed the concept of fundamental duties from Russia we are bound to or entitled to play fools’ day in an attempt to win over Russia, sign more pacts to enable a handful grow richer and debate endlessly on where and how deals went wrong.

Well, the ‘Lie Lama’ will live an entire life thinking his fundamental duty is to lie. But the joke is on us.
Fibrinous (Dry) Pleurisy is the term used to describe the cases of pleurisy at the stage of fibrinous exudation when there is no significant degree of effusion (fluid in lungs). It is usually secondary to bacterial infection in the underlying lung but may also occur in association with a viral infection, which primarily involves the intercostal muscles and is known as Bornholm disease. Dry pleurisy is common feature of pulmonary infarction and may be an early manifestation of pleural invasion by a pulmonary tumour or of pulmonary tuberculosis. The characteristic symptom of dry pleurisy is pleural pain. On examination rib movement is restricted and the breath sounds may be diminished on the affected side. A pleural rub is heard in a high proportion of cases. In the acute stage of dry pleurisy, respiration may be so painful that the limited range of movement of the chest wall may be insufficient to produce an audible rub. The other clinical features depend on the nature of the lesion causing the pleurisy. Depending on the cause, complete clinical recovery may ensure or an effusion may develop, either serous or purulent. X-Ray must be performed in every case but a negative radiograph does not necessarily exclude a pulmonary cause for the pleurisy. A preceding history of a few days cough, purulent sputum and fever is presumptive evidence of a pulmonary infection which may not have been severe enough to produce a radiographic abnormality or which may have resolved before the film was taken. Primary cause of pleurisy must be treated like if it is due to bacterial infection than give broad spectrum antibiotics and if it is of tubercular origin that antitubercular chemotherapy is must. Alongwith this symptomatic treatment of pleural pain or fever should be given.

― Dr Sanjay Teotia.
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I have pain in the central lower region just below my abdomen in the bone. It has become so severe that I am unable to stand on one foot. Please tell me why it has occurred and what should be done about it.

The joints loosen up during pregnancy to facilitate labour. This causes the problems that you are experiencing. A warm compress can feel really good for this odd sore spot. Visit your obstetrician/orthopaedic specialist for treatment if the condition does not improve.

I have recently delivered a baby. My constant worry is whether my breast milk sufficient for my baby. How can I know that he is getting adequate milk from my breasts and does not need a top feed?

It is rare that mother produces insufficient milk for her child, though this is the standard refrain of the upper class woman. Why is it that our poor who have anemia and nutritional deficiencies of all kinds able to feed their children for two years while the upper class switch over to the bottle at the slightest pretext? That is because the poor cannot afford top feeds and ‘per force’ their babies have to depend upon what is best for them – breast milk. That is why paradoxically, their babies appear better nourished than the rich ones in the first few months of life.

How does a mother know that she is producing sufficient milk? If your baby is gaining weight, if he passes urine frequently, is active, sleeps well and appears healthy and happy, it means that what you produce is enough for his needs.

Even a mother with twins can feed her babies adequately on breast milk alone. All that you need is a balanced, nutritious diet with enough of calcium, vitamins and proteins and fluids. A feeding mother needs 500-600 more calories so eat healthy while breast-feeding.

Is it advisable to climb stairs and lift weights during pregnancy?

If you are not advised bed rest due to complications you can climb the stairs but you do not wear heels. Take your time while climbing up or down the stairs. Do not haul yourself up by holding the railings and pulling yourself up by your arms. Instead put each foot firmly on the next step and climb.

As for weights, avoid lifting heavy objects. While picking up smaller objects from the floor do not bend at the waist to do so. Instead bend your knees, lower yourself into a squatting position by bending your knees and then pick it up.

I am pregnant. I would like to get a sterilisation operation done after delivery. I would also like to know what exactly is done to prevent conception.

First of all let me enlighten you regarding the procedure. On both sides of the uterus are tubes called Fallopian tubes that end in finger-like processes called fimbria. These hang over the ovaries on each side and pick up the egg. The egg gets fertilised by the sperm in the tube. During sterilisation operation the tubes are occluded and conception does not occur.

I am embarrassed to admit that the size of my breasts is small. This had lead to body shaming in my teen years but now that I am pregnant, my prime concern is will I be able to produce enough milk for my baby? If not, are there medicines to enhance milk secretion?

One thing that worries women with small breasts is whether they will be able to produce sufficient milk for breast feeding. The size of the breast has no relation to the amount of milk produced. Most of the breast tissue is made of fat and fibrous tissue while milk is produced by the lactiferous system that occupies a very small space.

The more the baby sucks, the more will be the milk production. One does not need medicines to enhance milk secretion. The powders and medicines available in the market to enhance secretion of breast milk at best, work as placebos.

Please tell me what are Kegel’s exercises how they are done and what are the benefits of doing them.

Kegel’s exercises strengthen the "pelvic floor muscles" – the muscles that support the various pelvic organs from below. They also encircle the urinary and rectal sphincters and help control the act of urination and defecation. The weight of the growing uterus on the bladder could lead to incontinence – the leakage of urine especially during straining – coughing, sneezing etc.

Kegels exercises help in preventing this embarrassing situation and also improve the muscle tone and elasticity which comes handy at the time of delivery.

You can do them anywhere – sitting in your car, chatting with your friends on the phone, standing in a queue for they are not externally visible. To find the correct muscles try stopping the flow of urine midstream by squeezing these muscles for a few seconds and relaxing them.

Once you have got the hang of it, do it, when you do not have to urinate for retention of urine can lead to urinary tract infection.

Alternatively, place a finger inside your vagina and feel it tighten when you squeeze. If you are still unsure ask your doctor to help identify the correct muscles. Do not tighten other muscles, like those of the stomach and legs with it and do not hold your breath.

– Dr Amrinder Kaur Bajaj, MD.
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Now that the summer season is upon us, we will need a few ways to keep our pulses, raw, rice etc free from insects. Please tell us a simple one.

There are many ways to do this but the most simplest is home based and does not need any chemical agent. Cut some bitter gourds or karela into rings, dry them thoroughly in the sun and mix with the pulses to keep them free from infestation.

My food cover for the microwave got burnt accidentally, please suggest some way to avoid splatters dirtying the inside of the microwave.

There is a simple way to do this till you are able to get a new food cover. We all have disposable paper plates in our home, so just stash a paper plate close to the microwave to use as a cover when reheating food. It catches splatters better than a paper towel and makes cleanup easy or unnecessary.

Many people suggest avoiding egg yolks to lose weight, as they think that the albumen or the egg white is merely less fatty and can be consumed freely. Is it a myth or a fact that the egg yolk is a friend or a foe?

All white omelettes, boiled-whites in salad, and a yolk-less life. Egg yolks are not the enemy. The yellow bit makes up for half the protein. You get more calcium, copper, iron, manganese, selenium, zinc and many more vitamins if you eat the egg with the yolk. The best way to cook eggs is to boil, poach or scramble them or add lots of vegetables.

It is said that different nuts have different reasons to be consumed. Please tell us about some of them.

Yes this is true though you can consume them all but in limitation. Though below are some guidelines: To control blood sugar, eat pistachios. If you look at screens all day eat apricots. If you’ve been drinking eat dates. If your blood sugar, eat pistachios. If you look at screens all day limitation. Though below are some guidelines: To control unnecessary.

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Soya bean is very good for us, can you please give us the advantages and disadvantages if taken in excess?

Every thing however beneficial for us is good as long as it is taken in moderation. Soya is a very good source of proteins for us, especially for vegetarians. It is good for the heart and also brings relief to post menopausal women. But people will have a problem if consumed in excess. Too much can cause hormonal imbalance which can result in reduced hair growth and also digestion problems. Soya beans have a high level of phytic acid more than any other legume. Phytic acid may block the absorption of certain minerals.

What are omega-3 eggs, are they a better option?

Eggs are considered to be one of the most nutritious foods and hence are consumed by a lot of people for breakfast. The omega-3 eggs are produced by hens which are fed on a diet comprising flax seeds and fish oil. All the omega-3 is contained in the egg yolk. These eggs are expensive so just to get omega-3 in your diet you do not need to spend extra, just add a couple of tablespoons of flax seed and fatty fish once a week to get your daily requirement. However the pastured eggs are more nutritious than regular white conventional eggs. They have a higher level of vitamin A and E and are lower in cholesterol. So your best choice should be pastured eggs followed by omega-3 eggs. The regular conventional eggs are still very nutritious and healthy.

What is the best way to store nuts?

Refrigerate them! Because of their oil content, nuts can get rancid quickly when left out especially in the hot season. Stash them in a sealed airtight container in the fridge for three months (or the freezer for up to a year). Before you use any in a recipe, sample them to be sure they are still sweet.

What are the advantages of using an induction hotplate?

Nowadays you will find an induction hotplate in every kitchen. But to use it you have to make sure that your pots and pans are “induction safe”. If you’re unsure about older ones, do the magnet test: if a magnet sticks to the bottom, it can be used with induction. You will never burn meals again, heat is transferred directly to pans (not from burners). So, food warms up right away and cooks faster—and when you turn the burner off, heat transfer stops immediately. And nothing will boil over. Lastly it uses 10 per cent less energy than a smooth-top electric range.

Maximise health by minimising salt, sugar and fat intake is the modern mantra. How can we reduce the intake of salt in our diet?

Human taste for food evolved over thousands of years to help seek the nutrition we need. It is for that reason that we find the sweet and salty tastes highly attractive. Too much salt can cause lifestyle diseases like hypertension and related health issues. So ‘aaaa se thud dam is the solution’. The recommended limit of salt consumption is 5 grams per day. To control the use of salt in our diet we should avoid sprinkling salt on salads, cut fruits etc. Reduce salt in cooking, consuming less of or avoiding soy sauce, salad dressings, pickles and papads. Avoid use of baking powder and baking soda in your daily cooking.

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~ Savita Bhargava.
IN-LAWS/OUT-LAWS

I would like to tell my future mother-in-law
When a girl is about to get married, she has certain expectations from the home she is about to get married into and especially certain expectations from her husband and most of all from her mother-in-law.

Respect is a common feeling, what you give is the thing that you get. She anticipates that you should treat her family with a similar respect that she has for you. This is one of the most significant desires that a daughter-in-law has from her better half and his family. In the event that you approach her people with deference and love, she will give you the equivalent.

When a mother-in-law decides to get her son married, I feel she has to be prepared to make space for another person coming into the house, an additional person.

She has to be prepared to give up at least some of the control she has had on the house and her son if she wants her daughter-in-law to settle down as an integral member of her house. If a daughter-in-law wants to participate in any of the household chores, kitchen etc. Her mother-in-law has to let her do as she wants without her interference and nagging as she would let her daughter do (if she has one).

She should welcome her daughter-in-law as a daughter and not see her as a servant who has come in their house to serve and cook for them or wash their clothes or keep the house neat and clean. Yes everyone likes to keep their house neat and clean but not to be treated as a servant and all servants and helpers in the house be removed on her coming as some mother-in-laws do. (I have proof where some daughter-in-laws are suffering like this at the hands of their mother-in-laws).

They are having to work as servants and plus
Also if certain changes are required to be made in the house and a daughter-in-law wishes to do things in a certain way, she is not encouraged and a mother-in-law insists of doing things her way only. No freedom is given to the daughter-in-law.

Once the daughter-in-law comes to the house she should be given dedicated place to keep her things (clothes etc). Sometimes she is not given dedicated space and has to leave her things behind in her parents house.

"Sometimes if it is a joint family the in-laws do not give space to their son and daughter-in-law and the children cannot even go out alone to have a meal or even go out for a movie.

Some alone time should be given to the couple for them to develop an understanding with each other at least in the initial months of their marriage";

says Angela Shergill, a psychotherapist and counselling psychologist.

Lastly I would like to say that a mother-in-law should look at her daughter-in-law as “My daughter-in-law is the woman my son picked to be my best friend”.

– Monika Agarwal, Moradabad.
which keep females always three 'most discriminatory law' in India than the men. And this is perhaps the a university, whereas a girl of 18 is boy turns out to be a graduate from 18 years for boys and 18 years for girls of equality.

years 'gap' in the 'minimum marriageable ages' of a man and a woman in India! I am annoyed at this present 'marriage age bar' (under the Special Marriage Act, 1954 and the Hindu Marriage Act, 1955) of 21 years for boys and 18 years for girls which is not based upon the principle of equality.

For example, at the age of 21, a boy turns out to be a graduate from a university, whereas a girl of 18 is just Senior Secondary (Plus Two) passed. Thus by 'law' also women are three years educationally backward than the men. And this is perhaps the 'most discriminatory law' in India which keep females always three years behind their male counterparts. Why not both 21, so that both may have equal education and career at the time of marriage?

In this sense, the present age bar of 21 and 18 years is a violation of Article 14 (Equality Before Law) of the Indian Constitution, because keeping nearly half the population of a nation educationally backward than the another half, is a 'blot' on our democracy, the so-called 'largest democracy in the world'. This is nothing but Inequality Before Law!

Hence, there is a need to make the 'marriage age bar' under the Special Marriage Act, 1954 and the Hindu Marriage Act, 1955 (both) the same (equal) for both the sexes at 21 years.

– Suresh Prasad, Darjeeling.

THE POSITIVE IMPACT OF CONVERSATION

The article, The Art Of Conversation by Priyanka Chauhan, (February 2020), makes an interesting reading while highlighting the positive points of a good conversation. Conversing with like minded people provides immense joy that leaves an indelible impression on our mind, a beautiful memory to be cherished which always energises our mind and body. Conversation enhances our knowledge, promotes mutual cooperation and spirit of brotherhood. Impressive conversation must be spoken with emotions as per the requirement of the topic and preferences should be given to the topics of general interest. A good orator always keeps the audience mesmerised with the witty, beautiful and inspiring words. I agree with the writer that in today's world of social media we have lost the touch with great conversations as our focus has been shifted to a mere connection only. Let us enrich our lives by interacting with one another and feel the positive impact that a good conversation brings in our lives.

SOCIAL MEDIA A BOON OR BANE

The article Social Media Spool by Aditi Sisodia, (February 2020) very well defines the advantages and disadvantages of social media. Life has really become easy with the use of internet as you can get all the information regarding any subject, update yourself with latest news and enhance your knowledge from intensive study. It
has rapidly increased connectivity. It helps us in reuniting with our long lost relatives, our previous classmates and in creating strong bonds with people whom we have met on this platform for the first time. We derive inspiration from the like minded people which provides us inner joy. People from all age groups love to spend their time on the internet but for youngsters the use of internet has become an addiction. They curiously explore the sites that are harmful for them, come into the contact of fake people who manage to bully them thereby trapping them into anti social activities. Young girls are blackmailed by their dishonest friends on social sites leading them to depression resulting in even suicides. Many anti-social people get connected through these sites. Couples represent the best of them on internet by posting pictures of their love and care while in reality they strongly dislike each other. The internet which appears to be a boon shockingly turns into the bane. We should learn to adapt only the best side of social media while discarding the worst side of it if really want the peace to prevail everywhere.

– Harinder Kaur, Jalandhar.

RECIPROCITY OF ‘KINCHIP CARE’

Charity Begins At Home, (February 2020 issue) was an interesting read. Not many speakers practice what they speak on stage. In this story, the grand children though young at age, are mature at heart and are able to sympathise and empathise with their grandma. They’re able to feel the loneliness she suffers, after the demise of her husband. The touch and care the young grand daughter gives her grandma all through the night when she’s sick, shows the emotional love, bonding and regards she has for her. The grand children are able to realise that the moral values taught by the grandma while young, had helped them mould into such wonderful human beings. ‘Reciprocation’ is an important feature which any individual should adhere to. At the fag end of the life, its natural for humans to behave like kids, expecting warmth and attention seeking from the members of the family, as this provides them with psychological and emotional fulfillment and that’s life after all. The daughter-in-law realising her mistake and re-correcting herself, gives a good end to the story.

– Preetha Rengaswamy, Chennai.

SUSTAINABLE AGRICULTURAL PRODUCTION

This is with reference to Pests and Diseases in Organic Home Garden (February issue). Having understood the importance of organic cultivation, many like me are adapting ourselves into kitchen garden and cultivating suitable vegetables in the terrace and space around our residences. This article has provided me with important tips on how to progress further on my hobby on gardening, explaining the do's and dont's on controlling pets which is a menace. Reading such articles encourages us to overcome the hurdles and cultivate the veggies we consume, free of pesticides and artificial ripening, which no doubt, gives immense satisfaction.

– Choodamani Vasudevan, Chennai.

MAIN OBJECTIVES OF NATIONAL WATER POLICY

This refers to informative article titled: Need For A National Water Policy. (WE January, 2020) As known, the National Water Policy of the Government of India has been designed, in order to ensure that water resources of the country, are judiciously managed, conserved and utilised. The main objectives are:

- to provide sufficient water to the areas which are not getting adequate amount of water;
- suitable measure to be taken, in order, to conserve water resources by minimising it’s loss at storage;
- to improve the quality of water of the water bodies by reducing water pollution;
- to reduce soil erosion, as well as, silting of river beds and
- to increase water table by recharging ground water.

EXEMPLIFICATION OF ‘UNDERSTATEMENT’

This refers to the thought-provoking article titled: Fine Art of Understatement. (WE January, 2020) As known, an understatement can be done in writing or in speech. When we make an understatement, the issue at hand is made to seem less important or severe. This can be done for an ironic effect or simple to be polite. An understatement is an important figure of speech. For example, to say that her resignation was a shock would be an understatement. Likewise, "I am not very good" can mean almost any standard, understating both extremes.

– Beena Mathur, Pune.

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