

JANUARY 2021 ₹ 100

# Womans era



**WINTER  
WONDER  
CRAVINGS!**

**THE NEW  
NORMAL**

**FAMILY  
BONDING TIME**

**LOW  
SEX DRIVE**

**MISCARRAIGE  
AND LOSS**

**REPRODUCTIVE  
TECHNOLOGY**

**ESSENTIAL OILS  
FOR STRESS**

**TEEN BRAIN &  
SOCIAL MEDIA**

**MANTRA TO  
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**HUSBAND WIFE  
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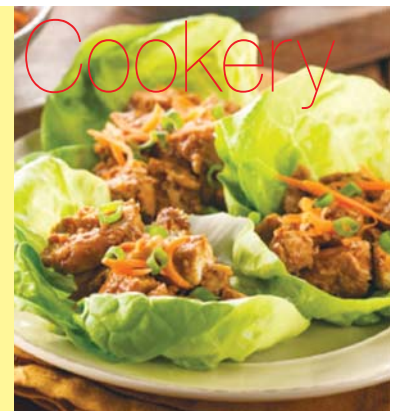
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"QUALITY IS NOT AN ACT,  
IT'S A HABIT,,

*Wishing all  
readers a very  
Happy New Year  
2021*



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## WOMANHOOD IN THE NEW AGE:

This is not the new age. There is yet a lot to be achieved and stereotypes to be shattered to call this the new age. However, for elder publications like this one, it is crucial to define and redefine the bygone era and the age in which we live today. Perhaps, definitions lend a connection between the two ages while also being the chronicle of change. With the advent of new technologies, urbanization across the globe, and the dawn of social media, the fabric of relationships has evolved to being something, which was nothing less than a taboo in the bygone days of a globally non-connected world.

With this in view, Woman's Era hopes to change a part of its editorial stance and recognize the changes that have come about, addressing problems within, from this January 2021 issue onwards. Our lead article speaks about how the lines between womanhood and girlhood are being blurred, and she (you the reader) has taken advantage of this global change. In the days and months to come, with this theme in view, Woman's Era magazine will strive to look into the problems that this new story gets into our lives.

## ARE THE FARMERS RIGHT?

Well to a certain extent. The movement to repeal the 3 Kisan bills, if not addressed properly by the Modi sarkar, will have the same ramifications like the Anna movement had in abolishing the then regime of Congress, which is now living on the verge of extinction. The farmers may have a wrong interpretation of these 3 Kisan bills, but the problem is that it's just too late for the government to take them back. In case they do, then there are other new laws like the NRC, CAA, etc which will also have to be addressed and revoked. PM Modi is right in his stand that these bills will not be taken back, only amendments to a certain extent will be done, and that the government is willing to speak. He also has the support of the SC on this issue, with a committee being setup for this deliberation. His jumla of transferring Rs. 18,000 crores on 25th December 2020, on the touch of a button to the farmers is more or less 'fake' as most of the farmers are not linked to the system and if the state of Bengal could block those transfers, so could the other states, regions, and the last mile authorities. The big question is: how will it end? The farmers may relent based on some political understanding or there could actually be a withdrawal of the 3 bills. Plain reading of the bill

suggests that someone in Niti Aayog has loosely and carelessly drafted the bill and since the BJP was in power in both the houses, this bill also got passed and subsequently notified. Sure the Home Ministry must have found out the drafting culprit by now.

## COVID VACCINE SHOTS:

Fundamentally, the biggest problem in administering the vaccine is the cold chain of -20 and -70 degrees Celsius that is required to distribute it. With so many news items coming up on social networks about its failure, one can only wait to see when the masses get vaccinated and not before that. Usually any vaccine will have some side effects but one should not disregard the immense positive it has for the human community. In one analysis, Indian figures for infected people is wrong as it is likely to be much higher. But then again if one looks at the farmers' movement at the outskirts of Delhi NCR, it implies that COVID could largely be only a question of immunity. Whichever way, with the news and views on the mutated version of this virus making rounds at the end of the disastrous year that 2020 has been, one can only be asked to be careful and cautious of whom or what they get in touch with or touch. Remember, it's still not over; cause you never know when it comes to bite you.



## LOCKDOWN AND OUR NEW LIVES:

In case readers are thinking that they'll soon be able to live life like the pre-COVID times after the mass vaccination, they have to pinch themselves out to the new reality. The new world order will be here to stay since the economies and people's movement have been altered to a low speed. There are companies and countries, which are more happy with the smaller formats of their business affairs and surely a lot of homes that are happier now with lower expenditure and not fighting for space in the material world of show offs. Hence, you as a person need to be careful while taking the next step for a new salary hike, a new prospective job, changing the career path, a new loan, or planning a new large expenditure. The advisory also extends to companies and countries that have survived the ongoing COVID era so that their employees and population don't lose the remaining wealth in it.

On these notes of caution Woman's Era wishes all its readers a very Happy New Year 2021.

editor@womansera.com 

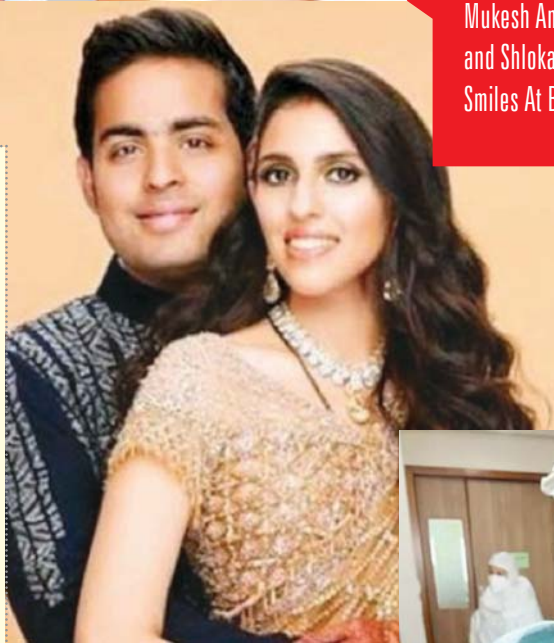


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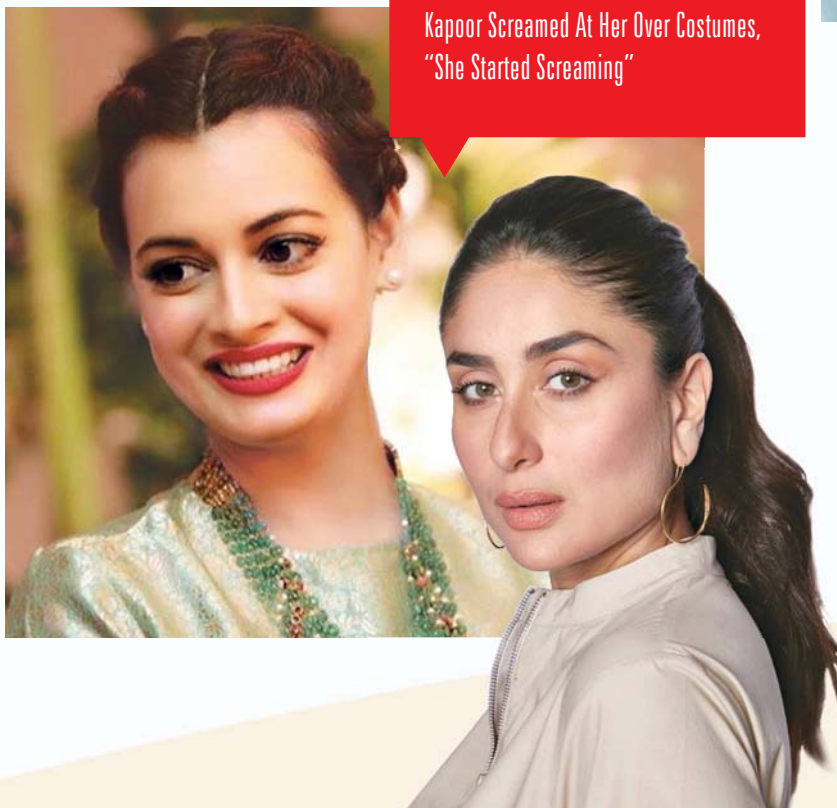


Mukesh Ambani's first picture with Akash and Shloka's son goes viral: He's All Smiles At Becoming Grandfather

Here's good news for everyone. Akash Ambani and Shloka Mehta have become parents to a baby boy. The two got married in March 2019 and the rumors of Shloka being pregnant had been going around for some time. However, the Ambanis have made an official statement where they have thanked God for blessing the family with this great news. Soon after the news broke out, a picture of Mukesh Ambani with his grandson started surfacing on the internet. The image, posted on Instagram by Mumbai-based photographer ManavManglani, shows Mukesh Ambani, all smiles, as he posed for a picture with his grandson at the hospital.



Dia Mirza Talks About The Time Kareena Kapoor Screamed At Her Over Costumes, "She Started Screaming"



There have been many articles talking about the haughty behavior of Kareena Kapoor. She is known to be hot-headed and videos of her misbehaving with her fans, crew members, and others have been making rounds for a long time. However, she has also misbehaved with a co-star and she is none other than the Miss World Dia Mirza. In an interview, Dia has revealed that she had a fallout with Kareena over a costume and the begum screamed at her for nothing.



## FROM BOLLYWOOD...

**F**or the last few days, Fardeen Khan has been hitting the headlines for his comeback in Bollywood. A few days ago, Fardeen Khan made headlines when he was spotted outside the office of casting director Mukesh Chhabra but it was his body shape that caught the eyeballs of his fans. Earlier, when the actor was spotted, he looked out of shape but now he has returned to the shape and will soon be seen in films. In a recent interview, Fardeen Khan opened up about being shamed and also shared his fat to fit journey.

Fardeen Khan Opens Up On Being Body-Shamed And His Journey To Getting Fit; Says Ready To Audition Again



Devoleena Bhattacharjee Exposes Her Late Friend Divya Bhatnagar's Husband; Says, "Teri Zindagi Ab Jail Mein Hi Sadegi"

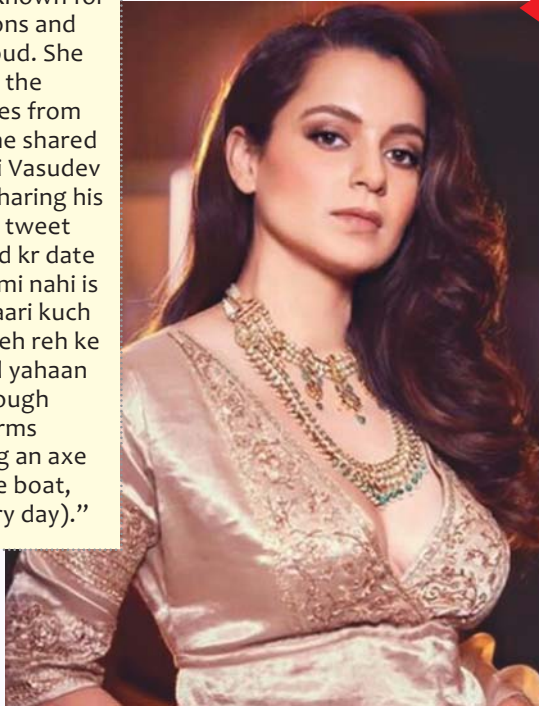


**Y**eh Rishta Kya Kehlata Hai actress Divya Bhatnagar lost her battle with Covid-19 on Monday. She was diagnosed with Coronavirus and had been battling her battle for some time. However, her health kept deteriorating and she finally lost it. She had some health complications and was not able to cope with the same. Her family admitted her to the hospital and as her health kept deteriorating, the doctors kept her on a ventilator. Her body also suffered from pneumonia which led to cardiac arrest. On December 7th at 3 am, she lost her battle and left for the heavenly abode.





**K**angana Ranaut is known for keeping her opinions and saying them out loud. She doesn't shy away from all the negativity that she receives from her social media posts. She shared a video of Sadhguru Jaggi Vasudev where he could be seen sharing his views on the protest. The tweet read, "Aao Bharat ko band kr date hain, yun to tufaano ki kami nahi is naav ko, magar laao kulhaari kuch chhed bhi kar dete hain, reh reh ke roz marti hai har ummeed yahaan (come let's shut India, though there is no scarcity of storms hitting this boat, but bring an axe to make some holes in the boat, every hope dies here every day)."



Kangana Ranaut Shares Her Opinion On Bharat Bandh For Farmers In Poetic Style



Mika Singh Wants People To Not Focus On Kangana Ranaut Who Gets Away With Targeting Soft People Like Karan Johar, Hrithik Roshan



**N**ow Mika Singh had commented on the ongoing spat between Kangana and Diljit and said that he used to have immense support for the actress but after today, he thinks he was wrong. Now, in his latest series of Tweets, Mika Singh requested his fans and all Punjabis to not divert the limelight to Kangana Ranaut as he doesn't have any personal issues with her. He went on to add that Kangana made a mistake by tweeting about an elderly woman protester at the Farmers' protest but as soon as she faced the wrath of netizens she deleted the tweet.







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





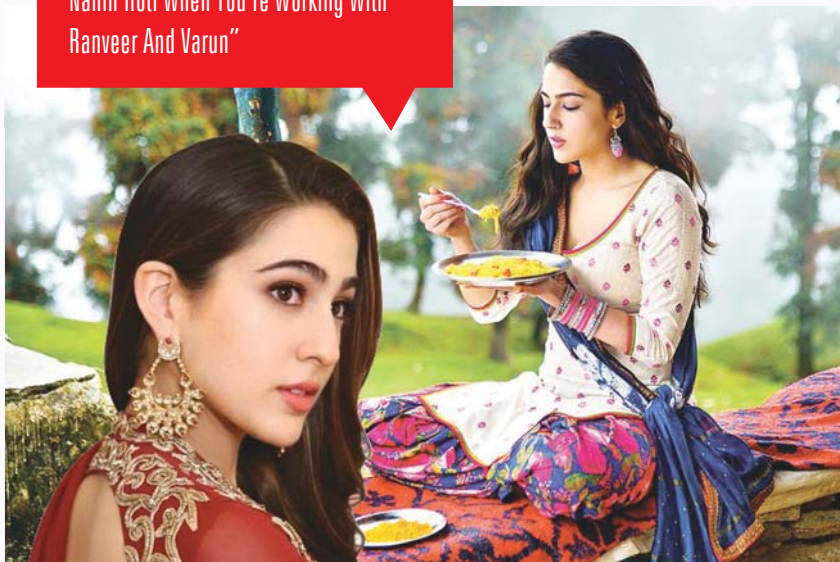
It was in November when Aditya Narayan took to his social media handle to announce that he is getting married to his ladylove Shweta Agarwal. As per the singer, the two had been dating since they shot Shaapit ten years back. Now, the couple has finally tied the knot on December 1 in an intimate ceremony. Though they haven't shared any official pictures from their wedding yet, a photo of Aditya and Shweta decked up as groom and bride are surfacing on social media, leaving their fans crazy. After marrying his ladylove Shweta, Aditya feels it like a dream come true.



Aditya Narayan Shares Happiness Of Marrying Shweta Agarwal: Feels Like A Dream Come True



Sara Ali Khan Opens Up About Getting Lesser Screen Time, Says, "Aapki Aukat Nahin Hoti When You're Working With Ranveer And Varun"



Sara Ali Khan has managed to make a mark in the industry in a very short time with her talent and hard work. She debuted in Bollywood with Film Kedarnath and since then there is no looking back for the actress. In a recent interview, Sara Ali Khan was asked about her experience after working in two big-scale comedies and what she has learned about the space for women in the genre. To which Sara Ali Khan answered that she doesn't compare herself with co-actors. As reported by PTI, the actress said, "When you're working with people like Ranveer and Varun, aapki aukat nahin hoti (you are not in a position) to make such comparisons. You're just thankful that people like Rohit, David sir, Ranveer, or Varun are working with you. You just don't want to compare these things."



There have been many rumors that Gauahar Khan and Zaid Darbar are in a relationship and soon going to tie the knot. However, both of them were in a denial mode since Gauahar made it official on her social media handle. Recently, the Bigg Boss winner took to her Instagram to announce that they are tying the knot this December in an intimate ceremony.



Gauahar Khan Confirms Marriage With Zaid Darbar On December 25; 'When He Proposed, There Were No Second Thoughts'



Late Wajid Khan's Wife Kamalrukh Reveals She Is Being Pressurised To Convert Into Islam By Her In-Laws



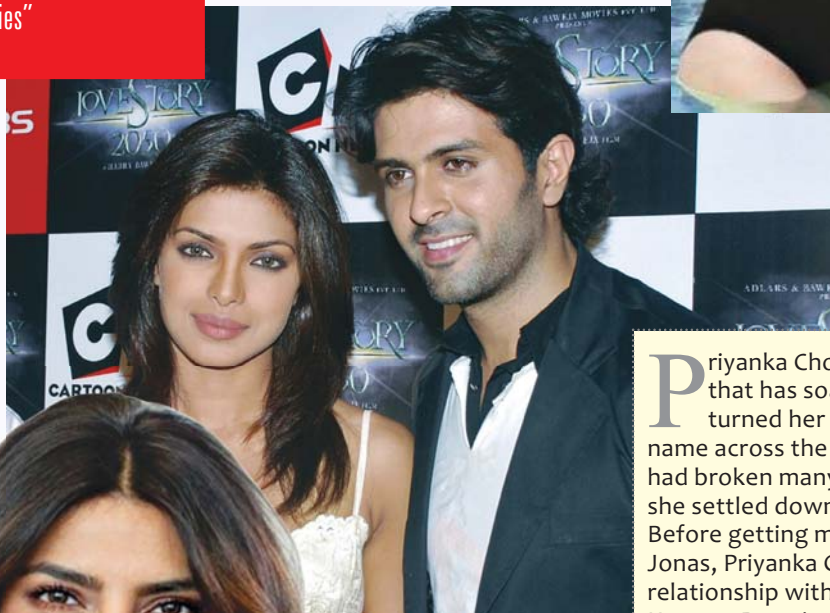
Singer-composer Wajid Khan passed away on June 1 after getting infected from COVID-19 which led to his kidney failure. Recently, Wajid's wife Kamalrukh Khan took to social media and penned down a long note describing how her in-laws are forcing her to convert into Islam. In her long note, Kamalrukh revealed that the constant pressure from Wajid's family for changing the religion is causing a feud between them. Kamalrukh also mentioned that she is being harassed after Wajid's death.

Anushka Sharma is in her seventh month and her baby is due to arrive in the world in January 2021. She has already resumed her shoots despite being heavily pregnant and this has given the most positive vibes and power to all the women out there who are discouraged to work during their pregnancy, especially during such a pandemic. While speaking to Bombay Times, Anushka Sharma said, "I will be back to my shoots after I deliver my child, and will establish a system at home that ensures I can balance time between my child, home and professional life. I intend to keep working for as long as I live because acting truly makes me happy."

Anushka Sharma Talks About Managing Work Post Delivering Baby, "I'll Balance Time Between Child, Home, And Work"



When Harman Baweja Opened Up About His Relationship With Priyanka Chopra: "I crossed all boundaries"



Priyanka Chopra has a career that has soared and has turned her into a celebrated name across the globe. She also had broken many hearts before she settled down with Nick Jonas. Before getting married to Nick Jonas, Priyanka Chopra was in a relationship with her 2050 co-star Harman Baweja. According to the reports, the two fell in love on the sets of '2050: A Love Story'. However, their relationship couldn't last long and they parted their ways by the end of their second film.

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# *Celebrating the Womanhood in Teenage*

There's nothing  
wrong in growing up  
ahead of your age.

By Himshikha Shukla

Over the last year-and-a-bit, womanhood has meant a sense of freedom and ease – the ability to make choices about my identity that fulfill and comfort. Being a woman has always had its difficulties throughout the history of this patriarchal society. Today girls have an early womanhood. Puberty may hit at any point from around eight years of age to around twelve years of age, but according to modern society, girls are in process of transformation, into mature adult women, for another nine to thirteen years, depending on circumstances.



## What is womanhood?

Society has defined womanhood in terms of physical appearances or in term of age. Some definition says womanhood is the period in a human female's life after she has passed through childhood, puberty, and adolescence. Are these words enough to justify the womanhood? Of course, not. It's not about just growing in age and passing the years on the earth. It is something really more than that. Young girls, who are still in their teen ages are penning new definitions to womanhood. They may not have been passed the mark set by society in years but they are creating new benchmarks in womanhood.

Rohini, a teen girl of 17, already feels that she's a woman. According to her, "Being a woman means sharing a special connection that extends beyond age, sexuality, political opinions and physicality. It's something that bonds us together on a level that only women understand. It's magic. We are magic. It's an uphill, hard fight against the fear of our power that started way beyond our lifetime."

"Womanhood is a socially-constructed place in which you can exist – a place that only fits in the current hegemony of man or woman. Perhaps this is why I feel connected to womanhood, because I can fit the frame of a woman. When one is already marginalized because of their gender, fitting the frame can feel like a safe place. If we are ever to move toward a place where gender is less relevant, where multiple genders and gendered expressions are equal, we must accept that gender is given prevalence in our society because we collectively deem it important. This leaves me with the question: Does my personal connection to my gender, as a woman, hinder my desire for a genderless society?" ponders Chetna, a student of Gender Studies, girl of 19 years.

"Being a woman means following my gut, trusting my intuition and feeling connected to the moon and

the earth. Having the ability to love fully and to care for and nurture for things around me, in a way that only women can. Asking questions about what I've been told makes me beautiful. Questioning what I've been told are my limits. It means standing up for the right to have a different opinion, and standing up for women I disagree with and don't

**THERE IS NOTHING WRONG IN FEELING MATURE AT DIFFERENT LEVELS OF PHYSIOLOGY, PSYCHOLOGY, INTELLECT, AND MANY OTHER THINGS. GIRLS IN THEIR TEENAGE CAN BE CARING, LOVING, INDEPENDENT, BRAVE AND ALL THOSE THINGS THAT SOCIETY SEES IN A WOMAN OF GROWNUP AGE.**

like. It means making decisions about what music I'll listen to, and sometimes dealing with the guilt of liking music that demeans me," defines Manya, who is Political Science student and a BTS fan, staying in Delhi. She's a girl of 16, still mature enough to make her own decisions.

There is nothing wrong in feeling mature at different levels of physiology, psychology, intellect, and many other things. Girls in their teenage can be caring, loving, independent, brave and all those things that society sees in a woman of grownup age. Instead of confining the woman taking shape in young girls, womanhood should be encouraged and celebrated.

Ultimately, being a woman is being a human, and being a human today should mean you can be whoever the hell you want or need to be. This surpasses biology and shatters any expectation of how a woman should be. Anything or anyone who tells a woman how to live is missing the whole damn point. Being a woman means being whoever you want to be, and letting others do the same. One must be a strong, empathetic, brave, kind and loving human being.

Womanhood today means living true to the values, and being empowered as a woman to create change. This is a pivotal time, where women have a voice and are being recognized through their own form of creative expression – whether that be business, values, beliefs, art etc. It's a time open to change, less judgment and encouragement of individuality. Girls are uniting to help each other emotionally and physically, and aren't afraid to talk about taboos or make a stand for what they think is right. They are fortunate to be living in this new age, they should also feel the sense of duty to help build a healthy and positive association, treatment and image of women in the industry they work in. Teen girls are at once kids,



**YOUNG GIRLS, WHO ARE MATURE AHEAD OF THEIR AGES, SHOULD NOT BE AFRAID OR ASHAMED OF BEING ADULT WOMEN, INSTEAD CELEBRATE THE WOMEN AND WOMANHOOD WITHIN THEMSELVES. THEY SHOULD BE PROUD OF GROWING UP AND HAVING THE COURAGE TO ACCEPT THIS MATURITY AS A GIFT. CELEBRATE YOUR EMOTIONAL DEVELOPMENT.**

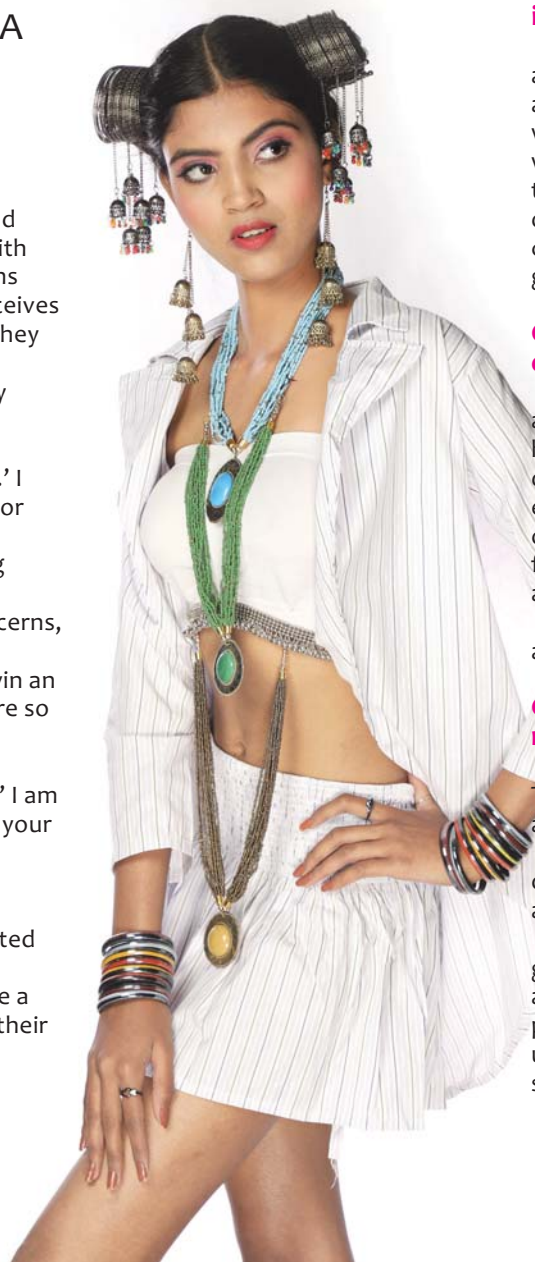
with limited responsibilities and rights, and wannabe-adults, with the understandable frustrations that come to anyone who perceives they are not being treated as they should. Teenager want to be treated like adults — until they don't.

- I'm an adult!
- 'Don't tell me what to do.' I can think and act responsibly for myself.
- 'You don't know anything about my life.' If you can't understand my legitimate concerns, you have no right to interfere.
- 'You're so lame.' I can't win an argument with you when you're so rigid in your thinking, so I'm resorting to name-calling.
- 'Don't invade my privacy.' I am an adult now. I don't question your life choices, so back off from questioning mine.

In some ways, the rigorous expectations and severely limited choices for our olden-day teen equivalents may have made life a whole lot easier for them and their families. Or, if not easier, then certainly more predictable.

### **From Girlhood to Womanhood — celebrating a rite of passage**

A rite of passage is a time of intensified activity, teaching, ritual and involvement that says to a girl: we will help you and celebrate you in becoming a woman. A girl's life from around age 14 to age 18 should be a time of work and responsibility, as a necessary training in order to become strong in their own right — an essential prerequisite to forming strong relationships in the future. Unfortunately, these days, we tend to equate the onset of puberty with the scary idea that our girls are about to go out and have sex, illegitimate babies and a ruined



future. In the ear-splitting din of Sex! Sex! Sex! that our media, advertisements and society in general throw at us, we forget that puberty means much more to the people going through it.

Sex is just a part of the transformation, that is thrown wildly out of proportion when it comes to parenting of teen girls. Let's welcome young girls into womanhood the right way: through ceremony, mindfulness, thoughtful reflection and celebration of all that can be. Teen age needs a better reputation, and girls need more parenting than simply being told not to take drugs or get pregnant.

### **How to celebrate womanhood in young girls?**

Young girls, who are mature ahead of their ages, should not be afraid or ashamed of being adult women, instead celebrate the women and womanhood within themselves. They should be proud of growing up and having the courage to accept this maturity as a gift.

### **Celebrate your emotional development:**

Develop long-lasting, mutual, and healthy relationships, if you have the foundations for this development—trust, positive past experiences, and an understanding of love. Understand your own feelings and have the ability to analyze why they feel a certain way.

Place less value on appearance and more on personality.

### **Celebrate your intellectual minds:**

- Listen more than you talk. Think about what you're being asked. Don't jump to conclusions.
- Answer questions simply and directly. Give factual, honest, short, and simple answers.
- Initiate conversations about growth, development, and sexuality as it may be difficult for some parents because they did not grow up in an environment where the subject was discussed.



Families need to build a healthy conversation with their young girls, so that they would be able to take decisions in future relationships as mature women:

- Express that, although sex is pleasurable, young people should wait to initiate sex until they are in a mature, loving, and responsible relationship.

- Express that we all have a variety of options for experiencing intimacy and expressing love.

- Acknowledge that teens have many future life options, that some may marry and/or parent while others may remain single and/or childless.

- Use inclusive language that recognizes that some youth may be gay, lesbian, bisexual, or transgender.

- Discuss together the factors, including age, mutual consent, protection, contraceptive use, love,

## INITIATE TALKS ABOUT GROWTH, DEVELOPMENT, AND SEXUALITY AS IT MAY BE DIFFICULT FOR SOME PARENTS BECAUSE THEY DID NOT GROW UP IN AN ENVIRONMENT WHERE THE SUBJECT WAS DISCUSSED. FAMILIES NEED TO BUILD A HEALTHY CONVERSATION WITH THEIR YOUNG GIRLS.

intimacy, etc., that you and your teen believe should be a part of decisions about sexual intercourse.

- Reinforce teens' ability to make decisions while providing

information on which they can base those decisions.

Girls who are learning to become good, strong, confident, compassionate, aware and powerful women, always contribute their share to the society. Strong women make a strong community. Women who know their own worth are more likely to force that acknowledgement from men, and change the world.

Young girls should be given the opportunity to explore their life, both past and imagined future, to experience the stories and wisdom of women who have come before, and to begin to build a sense of what their lives as women will become.

The age of 18 is just the start of womanhood — it's the moment you step off the threshold of your childhood home and set out into the world as a new person. **We**

## कोरोना वायरस

पता नहीं किसकी साँसो से  
आज मुलाकात हो गई  
जिससे डरते थे  
वही बात हो गई

गये रंग में रंग  
कोरोना के संग  
वो 14 तन्हाई के दिन रात  
ना संगी ना साथ

बस दवाइयों का मेला  
कभी डर और कभी  
मुस्कुराहटों से खेला  
इस एकांत में  
अपनी मुलाकात स्वयं से हो गई

जिंदगी यूँ जाया ना करो  
कानो मैं होले से कह गई  
किसी का सफर आसान था  
किसी का चुनौती भरा  
किसी को दुआओं का साथ मिला  
तो किसी को रब का  
जब बंदा संक्रमित हुआ

तो हाल एक सा था सबका  
सफ़ेद कोट वाला ही  
खुदा था सबका  
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पर सबको कम ज्यादा रूप  
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जंग जीतकर राहत पायी  
ए प्रभु तेरा बड़ा शुकराना

2020 में ही इसे ले जाना  
2021 का सूरज  
हंसते हँसाते लाना.



- By Shalini Agrawal



# Human Defence Mechanisms!

Covering up. By Aditi Maheshwari

**H**uman defence mechanisms are the first instincts of an individual to protect itself from facing the truth of their inner selves and the outer world. Most defence mechanisms are usually unconscious which means we don't realise when we're using them. When we are unable to cope with traumatic events, our brain unintentionally resorts to use the defence mechanisms to counter the event and feel better.

While we can't remove defence mechanisms from our operating system, we can become more aware of them and work through them for our advantage and emotional well-being. Although, everyone has their unique set of defence mechanism, there are a few common traits which are noticeable.

**Denial:** When you are unable to face a situation or fact because of the overwhelming feelings surrounding it, you are basically protecting yourself from facing the unpleasant consequences and pain of acceptance. Initially this denial may feel liberating but later on it will result in a worse consequence and eventually you'll be confined as a prisoner in your own mind which will restrict you from living a positive and magnificent life that you truly deserve.

**Passive aggression:** The display of aggression is considered unsociable and undesirable. Passive aggression is designed to hurt and confuse the target. Passive aggression can lead to more conflict and intimacy issues.

**Repression:** Repression is when you repress your feelings and impulses instead of addressing them in a healthy manner. This in turn increases the tension, instead of contemplating them consciously. They get bottled up in your subconscious mind and gets you trapped in repeated cycles.

**Displacement:** We pose our anger and frustrations on people who are of no threat to us such as our close family and friends, because we know they love us and somewhere we take them for granted and punish them for something they did not do.

Instead of dealing with the source of anger or the specific person who caused it (eg: your boss, your client or whosoever), we divert it on someone else to avoid negative consequences.

**Rationalisation:** It's basically explaining and justifying an unacceptable behaviour or feeling in a logical manner, so as to avoid

## DEFENCE MECHANISMS

**Acting Out:** People start engaging in actions rather than reflecting upon their internal feelings.

**Affiliation:** Seeking outside support or validation.

**Aim inhibition:** People accept a subservient version of their original goal; eg: being satisfied with the less or mediocre instead of striving for the best.

dealing with the real issues behind such unacceptable acts – eg: generally, people take personal credit for their success and blame others for their failures.

**Reaction formation:** You start behaving in an opposite way, meaning if you dislike someone, you start being over friendly with them in order to avoid facing the truth. You are basically ignoring the responsibility to better manage yourself in order to fit in or avoid conflicts.

**Projection:** Projection is basically our inability to process the unhealed parts of ourselves and thus we choose to ascribe the disgraceful and unacceptable qualities of our own self on other people.

**Intellectualisation:** This is when you deal with people and situations in a cold, clinical way, by being distant from the reality of your thoughts, words and actions. By pretending to be indifferent is another defence cover. It requires courage to accept your truth.

**Sublimation:** Sublimation is a mature and positive defence mechanism, of transforming your unhealed pain, your conflicting emotions, your anger etc into something productive. However, if this defence mechanism is used quite often it can have negative effects too; because the best way of dealing with any situation is to address it directly in a mature way without hurting people in the process.



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# Social Media Effects on Teens

How Social Media Negatively Affects the Teen Brain. By Rama

Advances in technology mean the present teenagers are confronting issues that no past age has ever observed. While a few issues are not actually new, electronic media has changed or intensified a portion of the issues youngsters face. The commonness of advanced correspondence has changed how teenagers interact with their friends and romantic partners. Because of this, numerous adolescents need basic relational abilities like realizing how to get on expressive gestures. A lot of this brokenness can be connected to the abuse of technology. Teenagers' social media and messaging habits just as how they devour media is changing how they impart, date, and learn, rest, exercise, and the sky are the limit from there. Truth be told, the normal teenager goes through more than nine hours every day utilizing their electronic devices.





## Depression

An investigation by the Research Center revealed that downturn rates developed among young people, particularly in young ladies, over the earlier decade when about 8% of youngsters detailed being discouraged in 2007. Some scientists reprimand innovation for the ascent in psychological wellness issues. Investing an excess of energy in electronic gadgets might be keeping youngsters from in-person exercises with their friends, for example, sports, which can help avoid depression. They additionally experience new conditions like "dread of passing up a great opportunity" or FOMO, which further prompts sentiments of forlornness and segregation. Burdensome issues are treatable, yet it's imperative to look for proficient assistance. On the off chance that your youngster appears to be removed, encounters an adjustment in his rest examples, or begins to perform gravely in school, plan a meeting with your adolescent's doctor or contact emotional wellness proficient. Try not to postpone finding support for your teenager if you notice these manifestations.

## Harassing

As indicated by the National Center for Education Statistics, about 20% of youngsters in the U.S. experienced torment in 2017. One clarification the exploration has referred to for this is the ascent of online media use by teenagers, which has disclosed harassing considerably more and more inescapable. Truth be told, cyberbullying has supplanted tormenting as the basic kind of badgering that youngsters experience. Examine what they can do when they observe tormenting and talk about choices if they

become an objective themselves. Being proactive is vital to helping your youngster manage a domineering jerk. It's likewise imperative to converse with your youngster about when and how to find support from a grown-up. Advise them that requesting help is certainly not an indication of shortcoming, yet rather a demonstration of fearlessness. Discussing how somebody has mortified them is never a simple subject.

**INVESTING AN EXCESS OF ENERGY IN ELECTRONIC GADGETS MIGHT BE KEEPING YOUNGSTERS FROM IN-PERSON EXERCISES WITH THEIR FRIENDS, FOR EXAMPLE, SPORTS, WHICH CAN HELP AVOID DEPRESSION. THEY ADDITIONALLY EXPERIENCE NEW CONDITIONS LIKE "DREAD OF PASSING UP A GREAT OPPORTUNITY" OR FOMO.**



## Sexual Activity

Guardians may not know that their youngsters are explicitly dynamic, nonetheless. Converse with your youngster about sex, regardless of whether you don't think your kid is participating in a sexual movement.

## Medication Use

In 2017, about 6% of seniors in secondary school detailed utilizing weed day by day. Maryjane's use of surpasses cigarette use is in adolescents now. Truth be told, numerous youngsters accept pot is less unsafe now than in years past. This new observation might be because of the changing laws encompassing cannabis.

Ensure you have ordinary discussions with your adolescent about the threats of medications. Also, remember to specify the risks of physician endorsed drugs, as well. Numerous adolescents don't perceive the perils of taking a companion's remedy or popping a couple of pills that are not recommended to them. Tragically, youngsters regularly disparage that it is so natural to build up a habit. What's more, they don't comprehend the dangers related to overdosing. Be certain you are discussing these dangers on a predictable premise.

## Liquor Use

Communicate with your kid about the dangers of underage drinking. Teach them about the perils, including the way that liquor can negatively affect a young person's creating brain. Also, don't avoid communicating your dissatisfaction with regards to underage drinking. Saying you don't endorse can have a major effect on whether your youngster chooses to drink.



### Heftiness

Besides the way that overweight youngsters are frequently focused by menaces, hefty children likewise are in a lot more danger of deep-rooted medical conditions, for example, diabetes, joint pain, malignancy, and heart disease. They additionally may battle with self-perception issues or create dietary problems as an unfortunate method of changing their appearance. Yet, guardians are not generally mindful of these issues. Converse with your youngster's pediatrician about the weight and weight is suitable for your high schooler's stature and age and ask about the means you can take to guarantee your adolescent

**WEB-BASED MEDIA CAN OPEN YOUR TEENAGER TO CYBERBULLYING, PROSTITUTE DISGRACING, THUS MUCH MORE. AND, WHILE THERE ARE A FEW ADVANTAGES TO WEB-BASED MEDIA, THERE ARE A TON OF DANGERS TOO. SOCIAL MEDIA CAN NEGATIVELY AFFECT COMPANIONSHIPS AND IS CHANGING HOW YOUNGSTERS DATE. IT CAN EVEN AFFECT THEIR PSYCHOLOGICAL HEALTH.**

is solid. At that point, if your primary care physician suggests a more advantageous eating plan or exercise, discover approaches to help and enable your teenager.

### Companion Pressure

While peer pressure is certainly not another issue, web-based media carries it to an unheard-of level. Sexting, for instance, is a significant reason for worry the same number of teenagers doesn't comprehend

the deep-rooted results that sharing express photographs can have on their lives. However, sharing the wrong photographs isn't the main thing kids are being forced into doing.

An ever-increasing number of children are being constrained into engaging in sexual relations, taking medications, and in any event, harassing other kids. To shield your children from succumbing to peer pressure, give them the abilities to settle on sound decisions, and to oppose peer pressure. Now and again, children can settle on helpless decisions and might be too reluctant to even think about seeking help.

### Social Media

Facebook, Instagram, and Twitter can be extraordinary ways for teenagers to associate with each other; however social media can be risky for a few reasons. For example, web-based media can open your teenager to cyberbullying, prostitute disgracing, thus much more. And, while there are a few advantages to web-based media, there are a ton of dangers too. Social media can negatively affect companionships and is changing how youngsters date. It can even affect their psychological health.

But, regardless of what insurances you take, youngsters are still liable to be presented to obnoxious individuals, undesirable pictures, and sexual substance on the web.

### On-Screen Violence

Young people will observe some brutal media at some time. What's more, it's not simply TV, music, and movies that portray viciousness. A significant number of the present brutal computer games depict shocking scenes and upsetting demonstrations of hostility. Over the recent many years, contemplates have connected watching brutality to an absence of sympathy and even forceful behavior.

We





# Cool Teen Fashion Ideas *for Girls*

Fashion runway! M. Vinayak

The teen years can be a confusing stage, especially when it comes to individual style and fashion. Instead of trying to always fit in with the peer group, as most teens do, it's also about being an individual and making your own mark. Being a teen girl, you must be fretting over what to wear and how to style your look.

Get updated with some interesting and very 'it' fashion styles that are all the rage right now.

## FASHION TIPS YOU WILL LOVE TRYING

### Striped Simple Crop Top:

Crop tops have come back with a bang and lots of teens as well as adults are wearing it all the time. You can wear a cute striped crop top in neutral tones, such as a black and white striped one, and pair it with a simple pair of denims. To keep the focus on the top, keep the accessories or makeup to a bare minimum.

### Winter Color Match:

You can use some bright colors in winter wardrobe to make sure the look is structured, yet vibrant. Pair any two items in her outfit in a color of choice, such as a bright teal woolen cap with a bright teal woolen scarf. Keep the rest of the outfit in neutral or light tones, so that the focus remains on the color coordinated ones. A plain white tee or shirt with a basic pair of denims will go great. This is one of the best fashion tips for teenage girls.

### Colorful Layering:

Layering is one fashion trend that is always in rage, and goes perfect for all age groups. Try out all colorful clothes at once. Wear a colorful vest and style it with a colorful shirt or jacket on the top.

Pair it with plain denims and sneakers, and a colorful cross body bag.

### Vibrant Pair Of Glasses

Big and chunky frames of glasses have come back to make a major style statement, both for teens and adults alike. The best part about using glasses as a fashion accessory is that you can choose the type of look you want to create. Choose a pair of glasses that are either same in color or have multiple colors in them. Choose colors that are more vibrant instead of dull, as they will help to brighten up a plain look. You can use the glasses with formal wear as well as easy and fun casual wears.

### Classic Blue Denim Jacket:

Have a classic denim jacket in wardrobe in the shade blue, as it is one fashion accessory everyone should have. You can either go for a more form fitted one jacket or one that is a little big for her size, as both will look great when paired up with other clothes.

You can wear the jacket over a dress, over a regular skirt and top, over a vest and denim combo, over formal attire, or even as a buttoned-up jacket with a black pair of denims.

### Shorts And Stockings:


Teens love wearing shorts, and it is one fashion item that your girl can always use to make a stunning style statement. Dress up a simple pair of blue denim shorts by wearing a netted stocking underneath. Team it up with a white crop top and a colorful pair of tie-on sneakers. To give the whole look that much more edge, add a cap and aviators. This is the best teen fashion tips.

### Pretty In Boots:

Have a gala time dressing up your outfits by choosing some cute and fashionable boots to go with them. These days, boots are available in a variety of colors and styles, not just the blacks and browns of earlier times. Pick two pairs in favorite colors.

You can wear them with outfits that you want to color coordinate with your boots.

Alternatively, you can use them to add some spunk to plain and neutral-colored outfits.

Explore and enjoy the world of fashion, guide yourself through some interesting ideas that will help you create your own individual fashion identity. 



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# Turn Self-Isolation in Family Bonding Time

The importance of spending time together. By Roma Chouhan

**THE FAMILY WHERE  
YOUR YOUNGSTER  
GROWS UP IMPACTS  
HOW THE PERSON  
MANAGES  
CONNECTIONS,  
ADAPTS TO  
CIRCUMSTANCES,  
AND FINDS OUT  
ABOUT CARRYING ON  
WITH LIFE.**

**F**amily is the absolute most important impact in a youngster's life. From their first snapshots of life, kids rely upon their folks and family to secure them and accommodate their necessities. Guardians and families structure a youngster's first connections.

By supporting and showing kids during their initial years, families assume a significant part in ensuring youngsters are prepared to realize when they enter school. Each parent realizes that it's occasionally

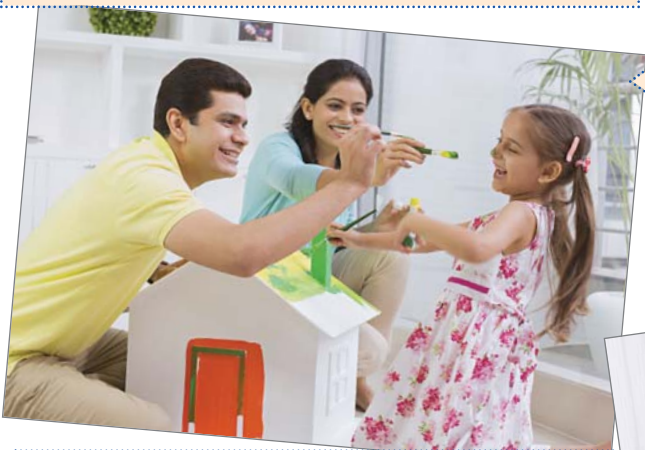
hard to accomplish this significant work without assistance, uphold, and extra assets. While the facts demonstrate that family is everlasting, it is significant that the family is healthy as well. Family time is a fundamental factor that assists with making solid securities, love, connections, and relationship among the relatives. Investing quality energy with family helps in adapting to difficulties, ingrain a sentiment of security, instill family esteems, fill kids with certainty, and significantly more.



### Why family time is so important?

The idea of "family" has changed a lot as of late, and there are presently different types of families and various styles of child rearing. In any case, one thing stays certain; whatever the expression "family" may intend to you, it is of most extreme significance in your youngster's life.

The family where your youngster grows up impacts how the person manages connections, adapts to circumstances, and finds out about carrying on with life. It's just conceivable in case that you proactively be an aspect of the family. Some stay-at-home guardians or mothers may believe that they are by one way or another "better" than different guardians or mothers, who avoid home for more often than not. This is a misguided judgment.



### Parenting

As a parent, you must be eager to go down to their level and enter their reality. Now and again you must be imaginative or let them choose what they need to do as a family. In any case, never abandon investing family energy with your adolescents, and they may value it more than what they express.

### Family bonding

Regularly kids choose to join packs or gatherings since they invite them in, to turn into an aspect of their family. Your children need a feeling of having a place and security, as they have to feel they have somebody they can turn and gaze upward to, for anything.



### Discussion

Another valid justification of investing time with family straightforwardly identifies with the need to share, talk, and hear each out different as a family. Guardians regularly feel that it is difficult to converse with their kids, who think uniquely in contrast to adults. The individuals you enjoyed were generally the individuals who tuned in to what you needed to state, likewise, you have to tune in to what your kids need to state. Listening doesn't mean just hearing the words your youngster is stating, yet additionally feeling what your kid is attempting to pass on.

### Learning

Despite the fact that youngsters need to get familiar with a couple of things all alone, it's essential to possess family time for conversations, where you can advance issues or circumstances before them, and afterward talk about them with your kids, look for their assessment, and examine on the issue. This would assist them with understanding the circumstances of life in a superior manner.



### Understanding

One of the most disregarded parts of training today is parental association. Numerous guardians don't understand the significance of family time and that it is so essential to include them in their kids' learning. Investing time with family can resemble perusing a sleep time story to your children, checking their schoolwork, engaging in PTA.

### Family values

Day by day customs or the seemingly insignificant details that you do every day and on uncommon events, assists with building a feeling of having a place, happiness, and inward security inside the family. Day by day customs like the manner in which you welcome one another, or bid farewell, what you do at eating times or sleep times, would all be able to be something to share inside your family time. Families meet ups to praise events like birthday celebrations, or celebrations like Christmas, and so forth. Where they get familiar with the conventions about what occurs at these occasions.



### Stay connected

You have to discover a few different ways to fraternize as a family gathering, and make fun occasions together. For instance, you could share dinners together without the interruption of TV or mobile phones, share data, and find out about what's going on in one another lives. You could play a game of cards, games or sports, take occasions together, go outdoors, watch motion pictures, or offer side interests. Show devotion to your family, stand up for one another with the goal that every individual feels positive about the family's help and arrange to frame an assembled front to discover arrangements.







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**BARTAN CHAMKEIN, AUR RISHTHEY BHI.**



# A FATHER'S SACRIFICE

And his son found out later. By Lesleyd Biswas

*She'd only been 18. Had just completed her plus-two examinations, when her parents had fixed her marriage, promising her that Sukanta was a match she wouldn't regret and they didn't want to forgo.*

Seated in a bus that would soon leave for Tarakeshwar, Sukanta turned and looked back. He glanced at the narrow lane which couldn't even accommodate a taxi. At the end stood Sanjeevini, Sukanta and Arpita's home. It was here that Arpita had stepped in as a blushing bride.

She'd only been 18. Had just completed her plus-two examinations, when her parents had fixed her marriage, promising her

that that Sukanta was a match she wouldn't regret and they didn't want to forgo. Not one to question her parents' judgment, she'd been happy to settle down with a small businessman who had a book store at College Street. Since she didn't harbour many dazzling dreams, she didn't have many disappointments either when Sukanta could only afford a string of jasmine or a magazine to woo her at the end of the day. She showed her appreciation in her own signature way. She prepared his favourite vegetable dish, shukto. Like its bitter-sweet flavour, Sukanta's life too was a plethora of sweet and bitter pleasures and they shared it together.

One day Arpita had shyly declared that she was pregnant. Sukanta immediately set about expanding his business. "My son isn't going to sit in a dusty old shop, amidst old books and silverfish," Sukanta declared, fatherly pride already lacing his tone. "He'll write books. I'll make him an intellectual. He'll be a shining beacon to the world. Our world!"

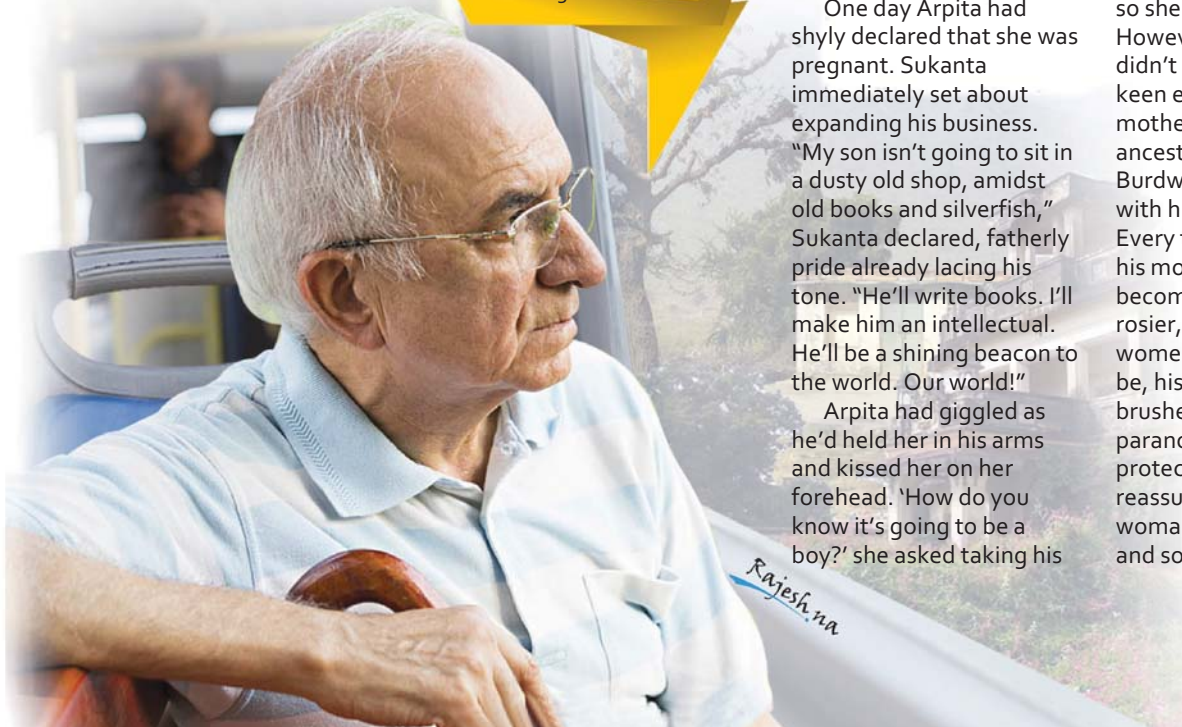
Arpita had giggled as he'd held her in his arms and kissed her on her forehead. 'How do you know it's going to be a boy?' she asked taking his

hand and placing it on her stomach.

'Just saying,' he said, his face slightly pained to think that what if they had a baby girl. Not that he wouldn't love his daughter as much, that anyone who knew Sukanta would know, just that his desire was a boy. Like most parents have a preference, and don't mention it for fear of being judged. Sukanta was a simple man. Pretence wasn't his forte. And from that day onwards, he worked two hours more every day.

From early in the morning to late at night Arpita would be alone at home. She hadn't been keeping too well off and on, but didn't want to burden her husband with concern, so she kept it to herself. However, her failing health didn't escape Sukanta's keen eye. He got his mother over from their ancestral home in Burdwan, where she lived with his elder brother. Every time Sukanta asked his mother why Arpita was becoming paler, instead of rosier, like pregnant women were expected to be, his apprehensions were brushed aside as bor's paranoia, an over-protective husband. She reassured him that each woman's body was unique and so Arpita's way of

Seated in a bus that would soon leave for Tarakeshwar, Sukanta turned and looked back. He glanced at the narrow lane which couldn't even accommodate a taxi. At the end stood Sanjeevini, Sukanta and Arpita's home. It was here that Arpita had stepped in as a blushing bride.





carrying a baby too was different. It was normal.

Soon Arpita was in her third month. That's when the doctors found Arpita to be underweight. Also, there was a high chance that she wouldn't be able to carry full term. Sukanta was distraught but Arpita had held his hand and assured him nothing would happen to their child. And she'd kept her promise.

How Sukanta wished he'd also made her make another promise. That she'd be okay as well. So many more things he wished he'd done. Like tell her how beautiful she looked in a blue chiffon sari. Or that her wet shampooed hair, the whiff of sandalwood, turned him on. And he loved her and couldn't live without her. Maybe, he thought, she'd consider. It was really in her hand. Although the doctors had given her the option of terminating the pregnancy, she would hear nothing of that.

"Don't be ridiculous," she'd snapped. It was the first time she'd raised her voice in their two years of marital life. 'I will not kill my child just because I might not make it alive. No mother in her right mind would!' Tears had begun to tumble out and they streaked her bloodless cheeks. "And if it happens when you hold our child in your arms, imagine that you're holding me."

Their home became a hazy outline as Sukanta's eyes misted. It was here, 28 years ago, Arpita and Prasant had returned home from the hospital. One a squealing new-born baby, the other a corpse. Like

Arpita had promised, Prasant had to fill up Sukanta's void. From the moment he held the infant in his arms, of course, it had helped that he was a splitting image of his mother, Sukanta never felt the need for anyone, especially not another woman, in his life. Prasant too had turned out to be just the son he'd envisaged. Diligent and meticulous, he grew up to be a professor. Although he didn't have a book to his name, Sukanta was sure one day that too would be. And he would then proudly claim when he was reunited with Arpita, that their son was a successful man.

"Listen," Arti said. Prasant was getting dressed for college.

Arti had just finished instructing the cook what to prepare for breakfast.

'At his age luchi isn't healthy. I've asked Reema to make roti for baba. You better finish up your breakfast before baba returns from his morning walk so he doesn't feel tempted.'

"Baba's fit Arti. A few luchis won't do him harm. He's lived a life of restraint. More like a sanyasi. Even if that was for my sake. He didn't smoke, nor drink. After all, I was a small motherless boy." Wrapping a piece of luchi around a spicy piece of potato, Prasant planted it in his mouth and shut his eyes as the flavours overpowered his senses.

"Baba would feed me with his own hands. When his mother insisted he remarry, because she contended I needed a mother, he refused to listen and pledged his life to

bringing me up and now look at me. I would say he's done a pretty decent job of mothering and fathering." If Sukanta was proud of his son, Prasant revered his father.

"Now it's our turn," Arti said, placing a hand on her husband's knee. She knew how emotional he was about his father – and why not? Hadn't his father dedicated his life to him.

"You are very lucky to have a baba like him. It must have required a lot of self-restraint for a young

*"Listen," Arti said. Prasant was getting dressed for college. Arti had just finished instructing the cook what to prepare for breakfast. 'At his age luchi isn't healthy. I've asked Reema to make roti for baba. You better finish up your breakfast.*

man in his late twenties to remain unmarried. Nowadays even men in their sixties don't think twice before remarrying. Baba's a real saint.'

Seated in the bus, Sukanta felt like a pervert. There was no way he could absolve his sin. His heart sank as the bus started. How would he face Arpita? He shut his eyes, but the rotten feeling of guilt that had begun to corrode his righteous soul, worsened.

Why had Arti's touch made him feel that way? His heart ached.

Sukanta had been rubbing coconut oil on his body before a bath.

Watching him struggle to reach the far corners, Arti offered to oil his back. Her soft plump warm hands, as they rubbed coconut oil on his back, made him feel different. It was good and he enjoyed it. It wasn't the warm oil on his skin that pervaded his senses. He'd done that a million times before, but it had never felt so good. He was shocked at how his ageing body responded to a woman's touch. After decades of his wife's demise this was the first woman who had rubbed oil on his back. And she was not just any other woman!

Sukanta's heart sank the very instant he realised the relationship he shared with Arti. From that day onwards, he'd tried in all honesty to avoid Arti's touch. But now that he'd felt it, it was difficult to ignore. Even an unintentional brush of her hand while taking the market bag or a cup of tea, made him feel as though he'd sinned. He could no longer look into her eyes. Speaking to her felt like he was being unjust to his son. A sin was a sin. Intentional or unintentional! Once he'd come to realise it, it was his duty to purge himself of sin. He knew he had to do that to remain sane.

"I think baba is holding a grudge against me." Arti sighed and sat down beside Prasant.

"Why do you say so?"

"I'm not sure, but I feel he's been avoiding me. I even asked him a few days back. He laughed it off. But, Prasant, he no longer allows me inside his bedroom. Nor does he take tea from my hand. The

other day, when was it?" Arti squinted as she taxed her memory. "Friday. Yes Friday. Baba was going to the market for something. He usually asks me for the market bag. He didn't. That made me suspicious. He even doesn't take water from my hand when he comes from his morning walks. I have a very bad feeling that I have caused baba some pain. Will you, Prasant, "she said tenderly; find out in a roundabout way? Not directly, because I don't want him to feel as though I was complaining to my hubby about him. That would be the last thing I'd do."

"I know Arti, Prasant finished his breakfast and began to put on his shoes." "But don't worry. I'm sure you haven't done anything to anger baba. Not intentionally at least. Old people sometimes change. And the funny thing is that they don't even realise they have."

"I hope that's the case and nothing more."

"And why would baba be miffed with you. He was the one who chose you for me. And the day I brought you home," Prasant's eyes glinted as the vision of Arti

in full bridal finery flashed before him. Arti blushed as memories rushed back to her as well. Craning his neck, making sure Reema was in the kitchen, he drew Arti into his arms. Who would say they had been married for almost a year now?

"I still have a few minutes," Prasant looked at the clock and then into her khol rimmed eyes.

"Dhut! You shameless man. Baba'll walk in any moment." Arti playfully pushed him away.

"Tonight. Be prepared."

"Before you get anything mister," she settled his tie. 'Promise me you'll first speak to baba.'

Prasant nodded.

Maybe a visit to Tarakeshwar temple would purge him of some guilt. He would seek forgiveness and return. He slipped his hand into his pant pocket and thanked his habit of never leaving home without his wallet. There was enough

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cash and he even had his debit card, just in case.

A few hour later when Sukanta hadn't returned home, Arti informed Prasant. After scouting the neighbourhood, Prasant came home dejected. He'd searched the park, the market, asked the shopkeepers, baba's walking companions, but none had seen Sukanta that morning.

'Baba's taken nothing,' Arti wailed. 'His travel bag is here. Even his toothbrush. Where has he gone? Baba!'

Prasant grabbed Arti as she collapsed onto the sofa.

"Baba," Prasant's voice shook with uncertainty. "Nothing will happen to our baba."

Wasting no time Prasant

rushed off to file a missing persons complaint.

"You will have to wait," said the officer in charge, who was in a hurry to leave. 'I have an emergency.'

"Wait," snapped Prasant with indignation. 'My baba's missing since early morning and you're telling me to wait. What more urgent can there be than to find my baba.'

'I can understand your sentiments, young man, but a bus has just met with an accident. Speak to my deputy.' He patted Prasant on his shoulder. Jumping into his van he instructed the driver to head to Kolaghat.

Prasant's phone rang. It was Arti. Prasant didn't know what to tell her. He hadn't even managed to file a missing persons complaint. Hesitantly, he answered.

"Baba messaged me a while ago. I just saw it since I was busy praying for his safe return. He's on a bus heading to Tarakeshwar."

Prasant felt as if life had been blown into his dead body. "Baba also," Prasant said, shaking his head. "This is so unlike baba. If he wanted to go to Tarakeshwar, he could have told us. What made him just hop on a bus...?" saying that he shuddered. Quickly disconnecting Arti's call, he dialed his baba. Sukanta's phone rang through.

Prasant's eyes began to burn. He rushed inside the police station and demanded the details of the bus that had just met with an accident. Just then his phone rang. A rigger coursed through his body.

"Baba," flashed on the screen.





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A photograph of a man and a woman smiling together. The man is on the left, wearing a white t-shirt with the text 'GET TO ANYWHERE' visible. The woman is on the right, wearing a white t-shirt with 'ARMY' and 'LEAF' visible. They are both looking towards the camera. In the foreground, there is a string of warm, glowing lights. The background is a soft, out-of-focus indoor setting with white curtains.

# Is Your Marriage on the Rocks?

## The Highs & Lows of Marriage.

By Dr. Ashwani Kumar Malhotra

One day you wake up and realize that you can no longer bear to live with the man you married any longer. Is, this what you are feeling one fine day when you realized that the man with you had been married for the last so many years is not the same loving and caring man anymore? If it is, then you are not alone, for there are thousands of men and women who opt out of marriage by either divorcing or deciding to live separately from their spouse.

And yet when you finally walk out from the home that was your own never to return, have you made a mistake that you would regret forever? Can you not give the marriage another chance? Take the case of Reena and Sailesh (names changed), who fell in love with each other while working in the same software company. It was a typical love story, right from the pages of a Mills and Boon novel. They married and the first few years were full of love and bliss. Reena couldn't have been happier. While Sailesh climbed the ladders of success, Reena tended to the home and bore two children.

The family was complete. Reena couldn't believe her luck. With time Sailesh became busier. He started coming late from office meetings and his occasional beer at the office parties turned into pegs of whiskey and vodkas. While Reena and the children would wait for him for dinner, Sailesh would return drunk and straight away would go to the bedroom and sleep. In the morning Sailesh would apologize and promise to come on time the next



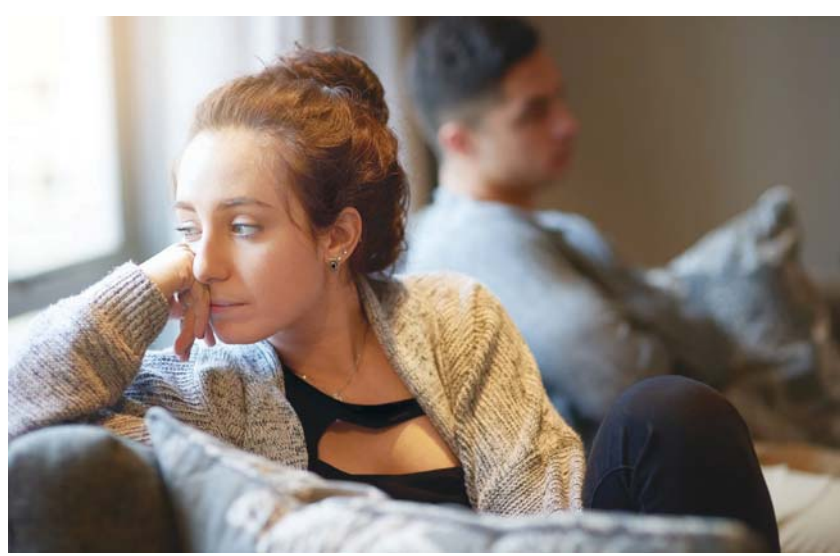
time. However, he continued to come late and would make excuses. They began to argue. Reena tried to make him see the reason but Sailesh didn't mend his ways.

The bickering over his late office parties and drinking binges, gradually at first became more frequent over the passage of time. At first, the arguments were mild, confined to their bedroom away from the ears and eyes of their children and servants and they would kiss and make and have a torrid session of lovemaking. In the ecstatic moments and post-coital bliss, all would be forgotten and forgiven. One day when he returned from one of those late night parties in a drunken state, Reena questioned him and asked him to mend his ways as the children were growing up and his drunken bouts were affecting them.

However, instead of seeing to reason he became infuriated. He then called her a bitch and slapped her, which he had never done before... That was the last straw. A furious Reena stormed out of the room, packed a bag, and left for her parent's house, vowing never to return. A year later, they were divorced. Sailesh remarried, Reena didn't. She never looked back and brought up her children as a single mother. At times, when she lies down after a day's work, she wonders what went wrong and whether she had acted in haste.

After all, she admitted, Sailesh could be charming at times and despite his drinking binges was a loving and caring husband and doted on his children. Perhaps she had acted in haste and she realizes that she should have sought the help of a counselor. On the other hand, Priya and Raghav, who had an arranged marriage found out that they were the opposites.

Raghav was an introvert and despised parties and movies while Priya was an extrovert and loved to dress up and go out to parties and was a movie buff. Yet despite the fact that they were opposites and had different tastes and hobbies,



## **MOST OF THE YOUNGER GENERATION HAVE HIGH ASPIRATIONS AND ARE MORE CAREERS ORIENTED. THEY WANT TO HAVE THEIR OWN TIME, SPACE, AND INDEPENDENCE.**


they were quick to make adjustments and sacrifices for each other and the family and worked hard to make their marriage work. And whenever they hit a rough patch, they were counselled by the family elders. As a result, they are contented and happy in their marriage.

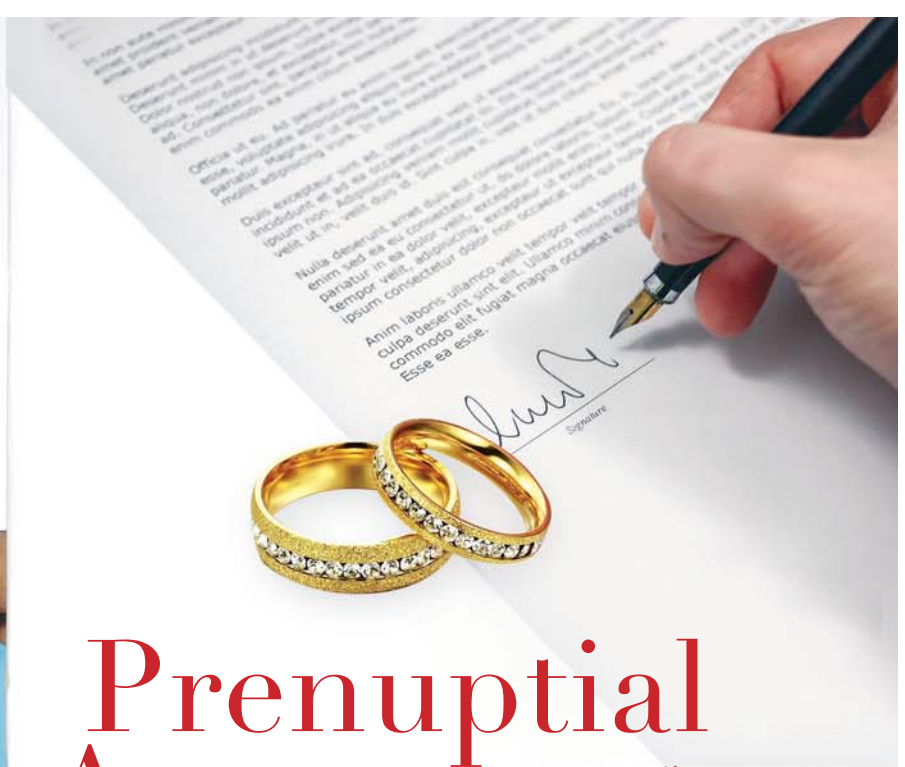
## **CAUSES OF DIVORCE**

These days many marriages are ending in divorce and separation. What happened to all? The love that both of them had been proclaimed to one another? Most of the younger generation have high aspirations and are more careers oriented. Since both the partners are often working far away from their family and even when they are living with their family, they want to have their own time, space, and independence. They want to make their own decisions and resent any type of interference from the elders. They even see having children early in marriage as a stumbling block to their careers and don't want to be tied to domesticity, the wails of the children and changing nappies and nursing the babies. They are

exposed to partying and working late nights with the opposite sex. As such, once the honeymoon period ends and the bliss of love, romance, and sex wane over the years and the minor arguments turn into major fights with the partners shouting and abusing each other for the whole world to see, there comes a point when they one or both of them realize that their marriage is over and any further continuation in the relationship would be a sham, they either divorce or separate from each other. In the absence of the family elders, there would be no one to counsel them and they would drift apart. Is your marriage on the rock like Reena's and Sailesh's and you have decided to divorce?

However, this in a way means that you put up endlessly with a person who is a hopeless drunkard or a drug addict or has fallen in love with another woman and has started living with her or beats her unnecessarily. Yet most of the women stay put in such a marriage for the sake of the children or because they are financially dependent on them.

But before you head for the court to sign on the dotted line, think again and ask yourself, could nothing be done to salvage your marriage? Have you exhausted all means to make your marriage work? In most marriages, if both of the partners burn your ego, listen to the elders, and in their absence consult a marriage counsellor or psychologist and promise to bury the hatchet and stick to your resolve, perhaps one could save the marriage. Why not then give your marriage a second chance? 



# Prenuptial Agreements in India:

An Idea Whose Time Has Come

By Nishant Kr. Srivastava

## Concept of Prenuptial Agreement

A prenuptial agreement, commonly referred to as “ante nuptial agreement”, “prenup”, or “premarital agreement,” is an agreement between parties desirous of marrying each other which contains the agreement arrived at between the parties, amicably and on their own free will, that alters or confirms the legal rights and obligations that would otherwise arise under the personal laws governing their marriage, had there been no such prenuptial agreement between such intending parties.

In simple words a prenuptial agreement is basically an agreement between the couple intending to marry, made before marriage that states in case of death or divorce, how the custody of children, monetary liability and division of assets of respective the spouse will take place.



Prenuptial agreements are relatively new in the Indian context, however due to the fact that in present times, the parties to a marriage are more aware about their rights and claims and that nowadays the husband is not the sole bread earner for the family, but also the wife is an equal partner in managing the financial affairs of the family, there has been a growing realisation that the existing personal laws do not take into consideration the present day aspirations and thought process of the young men & women and there is a need for giving recognition- both social and legal to the same. In fact, lately the women rights groups in India, more particularly Ministry of Women & Child Development has been trying since 2015 for making prenuptial agreements legally binding in the context of injustice being meted out to women who are deserted by their NRI grooms.

As on date such agreements are not legally binding in India unlike many western countries where such agreements are considered definitive and binding as far as issues agreed therein by the parties, however Indian courts have been taking into consideration such agreements to gather the intention of the parties while dealing with divorce cases where the parties have voluntarily entered into such a prenuptial agreement and the same is brought before the Court at the time of filing a divorce petition or during the pendency divorce proceedings between the parties.

### **Essentials of any Prenuptial Agreement**

Since the very reason for entering into a prenuptial agreement is that in an eventuality where the marriage is dead or there is irretrievable breakdown of marriage, for any reason whatsoever and when the parties themselves, their families and well-wishers are also unable to resolve the disputes and differences amicably, it is always better to have a roadmap to amicably, swiftly and



**A DISHONEST DISCLOSURE AND DECEPTIVE AND MANIPULATIVE CLAUSE INCLUDED IN SUCH AN AGREEMENT EVEN AT A TIME PRIOR TO SOLEMNIZATION OF THE MARRIAGE, MAY LAW DOWN THE FOUNDATION STONE OF FUTURE DISCORD AND LOSS OF TRUST, EVENTUALLY LEADING TO AN UNFORTUNATE DIVORCE, WHICH BOTH THE INTENDING COUPLE MUST BE CONSCIOUS OF.**

peacefully settle the all issues touching upon their married life and marriage, more specifically those in connection with the custody of children, separation of properties- both moveable and immovable whether owned by one party or jointly owned by the parties, maintenance, alimony, liability of the debts- individual or joint- existing before the marriage or acquired or incurred during the subsistence of the marriage etc.

It is in this context that the couple intending to marry must sit and discuss such issues with fairness and disclose their financial assets and liabilities- both existing and future and must take into consideration issues like how to deal with, in the eventuality of an unfortunate irretrievable breakdown of marriage and resultant impasse, the matters in connection with the custody of children- exclusive or joint/ shared parenting, visitation rights, financial resource and time to be contributed by each parent towards the education, overall development and future of the children; separate properties i.e. properties separately owned by the boy and the girl at the time of marriage or acquired in personal name during the subsistence of marriage; shared properties i.e. properties jointly owned and the mechanism as to how to split the same; gifts which the couple receive before, at and during the time of subsistence of their marriage; operation, closing and other issues related with joint accounts, lockers etc. of the couple; maintenance entitlement of the wife or may be the husband; permanent alimony- a fixed amount or a formula to arrive at any fixed amount at the time of divorce; insurance (life) beneficiary of particularly life insurance claims

when the other spouse is not a nominee or when a party wishes to have such benefits to go to anyone outside the marriage; distribution of the savings- whether to include or to exclude the personal savings from distribution; debt service- debts raised by the couple during the subsistence of marriage (joint debt) or raised by either of the couple before the marriage; clauses as to protection of privacy, publication/ bar on publication of digital data, destruction or handing over of all the videos and photographs of the couple and children etc. taken before and during the subsistence of marriage; clause as to no future direct or indirect contact or interference in social life and on social media; distribution or non-distribution of the earning of the parties during the subsistence of the marriage etc. There also should be a severability clause which may provide that even if a certain provision is held to be null and void by a competent court of law, the other provisions would still hold binding and the entire agreement shall not be rendered invalid. Ideally there should be a list of assets and liabilities of the parties, which the parties must voluntarily and following the principles of *uberimma fides* (utmost good faith) must disclose

and draw and attach to any such prenuptial agreement which shall be read as a part and parcel of such an agreement. A dishonest disclosure and deceptive and manipulative clause included in such an agreement even at a time prior to solemnization of the marriage, may lay down the foundation stone of future discord and loss of trust, eventually leading to an unfortunate divorce, which both the intending couple must be conscious of.

Parties must also keep in mind not to include any clause in any prenuptial agreement which either directly or indirectly provides for the couple to not having child/ children out of the wedlock; or which tends to encourage

**ALL AGREEMENTS ARE CONTRACTS IF THEY ARE MADE BY THE FREE CONSENT OF PARTIES COMPETENT TO CONTRACT, FOR A LAWFUL CONSIDERATION AND WITH A LAWFUL OBJECT, AND ARE NOT EXPRESSLY DECLARED TO BE VOID.**

dissolution of marriage; or which specifies a particular religious upbringing of the child/ren born out of such wedlock where the couple is an inter faith couple; or otherwise limits the grounds available in law for seeking divorce which otherwise is available to the spouse under the personal laws governing the marriage of the couple.

The bottom line is that any prenuptial agreement must be fair to both the parties and must not contain such term/s which may be agitated by any of the parties to the same, at a later point of time, as unconscionable one (one that is so one-sided that it is unfair to one party and therefore, unenforceable under law). In case any of the parties agitate, during the pendency of the divorce proceedings that so and so provisions of their prenuptial agreement are unconscionable, the Court will have to intervene and look into such an agreement/such provisions and to modify/ strike down the same to make it fair and reasonable.

### **Prenuptial Agreements in India: Legal Sanctity & Enforceability**

Indian laws touching upon the issues like marriage, divorce, maintenance, custody of children, succession, inheritance etc. are primarily governed by the personal laws which in turn are governed by the religion professed by the parties concerned as each religious denomination has its own codified laws or un-codified customs & practices governing such issues.

Since in India a marriage is considered a sacred ceremony and never a contract, prenuptial agreements are generally out of the purview of personal laws in India. The only legal semblance a prenuptial agreement may claim could be recognition under the section 10 of Indian Contract Act, 1872 which lays down a condition that all agreements are contracts if they are made by the free consent of parties competent to contract, for a lawful consideration and with







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a lawful object, and are not expressly declared to be void. Therefore, the sine qua non of any prenuptial agreement is that it must have been entered into with the mutual and free consent of both the intending parties i.e. to say no party (boy or the girl) is under any kind of force, coercion, undue influence, or is under any kind of misrepresentation and there is a lawful consideration and a lawful object (resolution of future disputes amicably could be considered a lawful consideration & lawful object of such an agreement).

Barring the provisions contained in section 40 of the Divorce Act, 1869 (that govern Christians), The Goa Civil Code, 1867 which allow and recognise prenuptial agreements under family law for property distributions, prenuptial agreements largely are viewed as not in conformity with the public policy of the land and therefore hit by the provisions of section 23 (What consideration and objects are lawful, and what not) and also section 26 (Agreement in restraint of marriage, void) of the India Contract Act, 1872 and thus, not specifically enforceable in a Court of law. The overwhelming legal position, which can be safely concluded from the various ruling of the Constitutional Courts of the country with respect to the prenuptial agreements is that the prenuptial agreements are only a kind of understanding of the parties and not at all absolutely binding upon the parties and in any case the terms contained in such a prenuptial agreement have to be in conformity with the laws governing the validity and enforceability of contracts and waivers in the country i.e. The Indian Contract Act, 1872 additionally such terms must not be in contravention of or in conflict with public policy of the land and must not curtail any of the rights and liabilities devolving upon any of the parties to such an agreement by the automatic application of personal laws as applicable to that party.

## Conclusion

A general perception about such prenuptial agreements, in the present Indian context where the marriage is considered a sacrament and divorce a stigma, is negative and the same is considered a business like treatment of a sacrosanct issue and looked down upon accordingly. But, in the changing scenario the young generation, which is more empowered and aware and sorted out and wants certainty and predictability in life, is more open and agreeable to such prenuptial agreements since it encourages the couple intending to marry to discuss those issues which have the potential to become the most important issues and the most potent causes of dispute, in the

## A GENERAL PERCEPTION ABOUT SUCH PRENUPTIAL AGREEMENTS IS NEGATIVE AND THE SAME IS CONSIDERED A BUSINESS LIKE TREATMENT OF A SACROSANCT ISSUE.

unfortunate event when their relationship and their marriage is dead.

The benefit of having a prenuptial agreement is that neither of the parties, the husband or a wife, can contest a demand for dissolution of marriage during the divorce proceedings by raising claims and rights over the children, assets- personal or joint of the other spouse etc. which is contrary to the terms as agreed between them in the prenuptial agreement and it may also bar the other party from raising an unreasonable issue or a claim for the first time (which was never dealt with in the prenuptial agreement between the same parties) that too during a divorce proceedings and which suddenly comes as a bolt from the blue for the other party, and which the

practical experience proves is the single most important cause of bitter fight and resultant inordinate and astronomical delays in disposal of the divorce proceedings by the courts of law in India.

The society must shun its overarching and disparaging attitude towards prenuptial agreements, particularly when all the civilisations since time immemorial have accepted a similar wish of a person which we call a 'Will', which is similarly a planning during the life time and sets forth the testator's (the person making his Will) wishes regarding the distribution of his/her property and care of the minor children once he/she is no more and tends to give peace of mind to the testator about an eventuality which will arise in future. In any case, a prenuptial agreement gets life only when the couple decide to get divorced during their lifetime; otherwise it is just a dead letter. In today's India, when we are talking about empowering the womenfolk, creating awareness about prenuptial agreements and encouraging frank discussion and giving an equal say to the women (which in our present social set up is never given to women, until and unless she is faced with the prospect of unwanted divorce thrust upon her by her husband and at a time which is very late to fairly and objectively decide such life altering issues) in the drafting of such prenuptial agreement, is definitely going to be a progressive and forward looking shift. One may safely argue that in today's times there are no grounds- legal or moral- to discourage and not to give legal sanctity and recognition to prenuptial agreements entered into by and between the consenting couple intending to marry, by the society in general and the lawmakers and our courts in particular.

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# TEACHER OF HUMANITY

*And his son found out later.* By Lesleyd Biswas

*In the centre of the room, there was the patient's chair with all paraphernalia while in one corner of the clinic, his son-in-law Sohan Singh worked on fixing and filing teeth embedded in one mould or other so that the dentures fit in comfortably in the mouths of his old toothless patients.*

Dr Mohinder Singh was a dentist. To visit him was to take a lesson in humanity and human relationships. His small two-room dental clinic was in the heart of the Shastri Market on the way to the Golden Temple in Amritsar. It was a highly congested area in which even two-wheelers wriggled out of the traffic with difficulties, turning right and left, requesting a lady here or warning an old man there to give him a passage. No four wheelers were allowed to operate there.

Since Dr Mohinder Singh charged a very low amount of fee for all dental problems – root canal treatment, filling of cavities, fixing of crowns on broken or partially damaged teeth or even in preparing dentures for old men and women – his clinic always

remained crowded by patients of middle and lower classes.

In the centre of the room, there was the patient's chair with all paraphernalia while in one corner of the clinic, his son-in-law Sohan Singh worked on fixing and filing teeth embedded in one mould or other so that the dentures fit in comfortably in the mouths of his old toothless patients. It was a very long procedure which was done meticulously by Sohan Singh under the supervision of Dr Mohinder Singh. He had a small

motor with several small attachable files for rubbing away the superfluous material and a candle with which he fixed the artificial teeth in the moulds of dentures. Occasionally, he was asked to help the dentist in extracting a decayed tooth whose roots were so deep that the old dentist found it difficult to uproot as if it was well-rooted stump of an otherwise skeletal tree.

Dr Mohinder Singh was a well-dressed man often in a pair of pants and half shirt, a turban over his head and steel-rimmed eye glasses which together lent a shade of attraction to his fair-complexion personality. Unlike other Sikh gentlemen of Punjab who were healthy and large-sized, he looked to be very slim. Even though his moustache and beard were white, they were well-glued so that they obediently

I casually asked him, "Doctor Sahib, I have a simple question. You are uniformly good and behave well with all your patients, but you are extra kind and considerate to me. Why this special favour?"  
Dr Mohinder Singh smiled.



remained fixed to the place where they were ordered to be in the morning.

The dentist called each patient one by one but without assigning any token number or writing their names in a register. Rather than completing the work of one patient fully and then freeing him, he would do a little work on a couple of patients one by one and then asked them to wait in the next room or outside, making each one feel comfortable with a feeling that they were being cared for simultaneously and that they would not have to wait for a long time for their treatment. The dentist's casual talk with each patient made him feel at home that his antecedents were known to the dentist and this personal touch reassured him that a good care would be taken of his teeth.

I was working in the University of Amritsar. Since I was from Patna in Bihar, Dr Mohinder Singh would particularly feel more warm towards me, the one knows why. I had many tooth-related problems, such as, cavities and root-canal treatments. For filling the cavity of a tooth, he would drill my infected tooth, clean it well, and then place Betadine-soaked tiny piece of cotton swab into it and then would let me wait outside. Many times for filling purposes, he would place some silvery powder stuff in a tiny glass mortar, asking me to grind it very slowly with a very small pestle and then he would place it in the cavity of my tooth. When the question

of making payment finally came, I would ask him, "How much to pay to you?"

In response, he would simply fold both of his hands and say, "Nothing. I am obliged you came to my clinic."

The question was repeatedly asked by me but each time he folded his hands and finally told me, "It is an honour to be of any service to a learned man like you."

Without asking further questions, I would place a certain reasonable amount in his hands and come back to my residence after practically learning a lesson in courtesy, generosity and humanity.

The incidents of terrorism in Punjab were increasing day by day in the early 1980s. There was an undercurrent of fear all around which no one articulated in words or behaviour but one could read it on their faces. The atmosphere was such that when someone went out of station within the Punjab, the people were not sure of their survival and safe return till they actually came back home.

My parents and relatives asked me to come back home in Bihar, leaving Punjab as the violent conditions kept everyone on thorns and brambles. The newspapers carried long stories of Hindus being killed at all the places in Punjab. First of all the terrorists targeted rickshaw-wallahs and petty kiosk owners selling betel leaves and pouches of tobacco who formed a good number in cities and hailed from Bihar, Madhya Pradesh and Uttar Pradesh. Afterwards, they targeted

the rich and influential Hindus from Punjab itself so that their assets may be taken over after their elimination as also to demoralise the rest of the Hindus. To even come to the dentist's clinic was not easy, though the good part was that he was a very gentle Sikh person who paid great respect to me. Even otherwise, the days were safer than nights and due to it I voluntarily observed dusk-to-dawn curfew hours for a number of years.

*The question was repeatedly asked by me but each time he folded his hands and finally told me, "It is an honour to be of any service to a learned man like you."*

When the hardcore terrorists had taken shelter in the basement of the Golden Temple, even a visit to it was not considered safe. There were rumours that even those Sikh young men who got recently married and went to pay their obeisance to the temple, and if their wives happened to be beautiful, they alone were held back for the "blessings" which was a sort of code word for kidnapping within the temple itself. The husbands were given stern threats of the elimination of their entire families in case they reported the matter to the police or law-enforcement agencies which made them seal their lips against the incidents. Though I did not believe in such rumours, people continued to relish

them, adding salt and pepper to make them quite juicy. Such stories were repeated among the people of all religions, making them naturally quite nervous.

Amid all this violence, the dentist's clinic was an island of peace and humanity. Dr Singh treated each patient with kindness and affability as if each one was an ambassador from some supreme being coming to this Earth with assigned duties. It was with me that he particularly discussed many things and even when he was treating others, he would make me sit on a stool in a corner of the working room in order to talk with me.

One day, when other patients were outside, I casually asked him, "Doctor Sahib, I have a simple question. You are uniformly good and behave well with all your patients, but you are extra kind and considerate to me. Why this special favour?"

Dr Mohinder Singh smiled, continued to think, then came to me and placing both of his hands on my shoulders, slowly whispered, "Most of my patients are from poor families and are not even literate with whom one can discuss the country's affairs. You are educated and intelligent, teaching in the university, have come from abroad and above all you see things in their totality and hence talking with you is not only a matter of pleasure but enlightening in certain ways."

He went out, talked to all patients whom he knew personally and then called



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one of them inside to be in the patient's chair. I thought over all his words, wondering whether it was an exaggerated account of me or it had an expression of his genuine feelings and the latter appeared to be true. Whenever I sat outside, I looked at the clothes of his patients, tracked their conversations and found that most people talked about their miserable ways of living, occasionally accompanied by their half-naked children. Dr Mohinder Singh treated them with the same attention and care as he would me.

A patient was sitting on the dentist's chair with a slightly swollen face. Dr Mohinder asked him, "What is the problem?"

"A tooth is giving me unbearable pain."

"Which tooth?"

"You go to the balcony and then the last seat in the last row—I mean the last tooth—on the right hand side."

Dr Mohinder Singh smiled and asked him, "Do you work in some movie theatre?"

"Yes, but how do you know, sir?" the patient asked in surprise.

Dr Mohinder might have understood, as I had, by the way he had described the location of the troublesome tooth, but he said nothing; instead, he smilingly asked, "In which theatre do you work?"

"Krishna Theatre," he said in excitement. "Please come to see any movie sir. I'll arrange a free pass for you."

While sitting in the clinic, many poor patients were treated who had no money to pay his fees, Dr

Singh not only gave them full attention but did not cost anything from them. In addition, he gave them medicines free of charge. Seeing his attitude towards the poor, I said, "Sir, I know of many physicians and even dentists who charge exorbitant fees from the poor and yet none treats them with so much consideration as you do."

Stopping the drilling work, he cleaned the patient's cavity with a thin jet of water from a syringe, gave a Betadine-soaked tiny cotton swab and then said, "If god has made me capable of doing something, I feel blessed and do so accordingly. I am an old person, capable of doing nothing else. I feel happy in doing this little bit for the poor in the name of humanity. I really feel pleasure in doing so."

After a couple of visits to the dentist, we felt somewhat close to each other. He had already introduced his son-in-law Sohan Singh to me. When he was not in the clinic, Dr Mohinder Singh told me a few more things about his family. He said that he has a beautiful daughter Preeti, who is exceedingly beautiful.

"I can imagine her from your handsome face."

"No, you cannot, as she is far more beautiful. You come to our residence on the next Sunday. I would like you to meet and talk to her a little about simple sentences of spoken English but remember she is totally blind."

"Blind?" I was shocked.

"Yes, since birth," he said.

"But she is married. Isn't

Sohan Singh your son-in-law? How did he marry her?"

Smiling, he comforted me by placing his hands on my shoulders and said, "Randeep Lal, the world has both good people and bad people. I found an honest orphan, that is, Sohan Singh, who willingly married her and to stay on with us after marriage. This arrangement keeps all of us happy."

On Sundays, I began to visit Dr Mohinder Singh's residence and made his daughter learn a few simple sentences in English. She

*Stopping the drilling work, he cleaned the patient's cavity with a thin jet of water from a syringe, gave a Betadine-soaked tiny cotton swab and then said, "If god has made me capable of doing something, I feel blessed and do so accordingly."*

felt visibly happy in learning them and internalised them.

As we were sitting, a small beautiful child came with a small bottle, asking the dentist, "Badde Papaji, please put this oil in my head."

"No, my dear son," he said, taking away the bottle of hair-fixer from him. "This is not good for you."

"When you can use it, Badde Papa, why can't I?" the boy questioned.

Kissing him, he said, "It turns one's hair white."

"Oh, that is why you have white hair."

After Preeti too had gone inside, Dr Mohinder Singh sat very close to me and said, "The boy Sohan Singh is very poor and has no one else in the world. By marrying my daughter and staying on with us, he has a family, Preeti has a husband and a child as well as her parents!"

"Wonderful arrangement," I said and then after a pause, "How is Sohan Singh?"

"Extremely gentle and religious-minded. Though Preeti is blind, he takes her to the Golden Temple happily every now and then. We are very happy with each other. Now my son who is abroad is to be married off. I hope we get a good bride."

One day, Dr Mohinder Singh came quite late and appeared somewhat worried. He observed the usual courtesies but the ever-present cheerfulness was missing from his face. As his habit was, he asked each patient what the problem was and if some patients told of complicated cases which demanded too much time, he folded his hands courteously and asked them to come later as he was to go home soon.

When I too asked his permission to leave, he hinted at me to stay on. After taking care of two patients who needed urgent attention, he called me. I wanted to have a cavity of my tooth cleaned and filled in. When I sat on the dentist's chair, I asked him, "Doctor Sahib, what makes you so worried? You may tell me if it is not too confidential."

He kept quiet and



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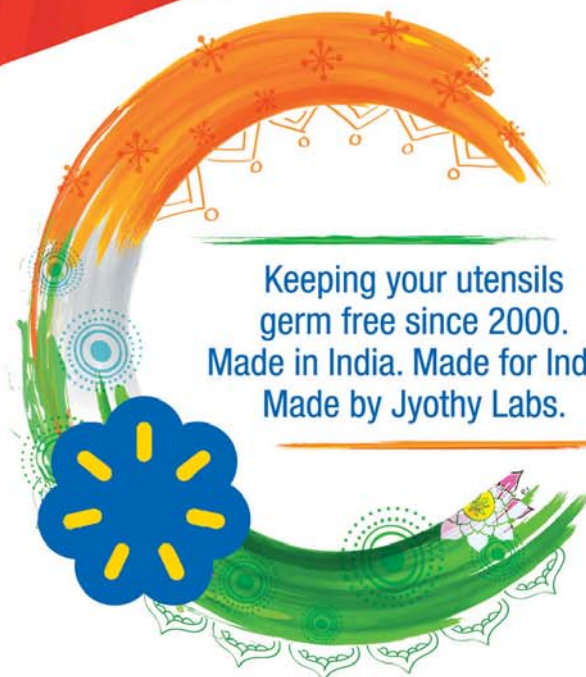


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murmured, "There is nothing so confidential that I cannot share with you."

"You were quite busy in arranging your son's wedding. Everything was done in an excellent manner. Now you should be happy and take a week's holiday. I saw in the wedding ceremony that your daughter-in-law is exceedingly beautiful. Please don't mind if I say that she is as beautiful as any Bollywood actress."

One does not know what happened but suddenly there were tears in his eyes, and before I could ask him anything, he went to a corner of the clinic. I could see his body jerking convulsively as if some invisible force were shaking him. Then wiping off his tears, he folded his hands, requesting me to go away.

I came back home but it troubled me to see what could have been the reason for the tears of this stoic person whose cheerfulness had become an inseparable part of his personality. A Sikh gentleman who was very close to Dr Mohinder Singh and through whom I had begun to know the

dentist was diplomatically quiet about it. When I probed with insistence, he said, "Do you promise that you won't tell anyone about it?" After I had assured him of not leaking out anything, he confided, "You were at the marriage of his son and had seen how beautiful his daughter-in-law is. His son along with his newly-wedded wife went to the Golden Temple to seek the blessings but some terrorists, finding his daughter-in-law exceedingly beautiful, whisked her away. Taking the husband in a corner, a gun-toting terrorist told him in clear words the unwritten law that he was to file no complaint to the police station and to say nothing to others or else the entire family would have to bear the consequences.

"What had happened was not unusual but something always feared. After sending his son back to the U.S. for his safety, Dr Mohinder Singh moved quietly from place to place even though most well-meaning people

advised, even warned him that his efforts were futile and the more he talked about it, the more problems would have to be confronted by him not only in terms of the loss of his reputation but also from revengeful terrorists."

I continued teaching English once a week to his daughter, though occasionally I failed to come for several reasons. His blind daughter told me that Dr Mohinder Singh was so upset that many times he would walk up and down for hours in the night.

"Did you see it yourself?" I casually asked.

She smiled and then said, "I wish I could see, but I am familiar with his footsteps."

"I am sorry, but this is what I meant."

"It's all right," Preeti kept quiet,

staring as if she were looking at some particular place and then added, "It is painful to hear him pacing up and down. Many times just in the middle of night whenever any sound of footstep is heard in the street or near the door, he just opens it to see if his daughter-in-law had come!"

I had to go to Patna in the summer vacations. After a month when I came back to Amritsar, I went to Dr Mohinder Singh's residence to see the dentist as well as to teach his daughter.

When I pressed the call bell, I confronted a man I had not seen in the past. He was a clean-shaven man without a beard and a turban. Probably he was Dr Mohinder Singh's brother, because the facial features, height and complexion—they were similar to those of the dentist.

After taking a seat, I asked him, "Has Doctor Sahib gone somewhere? I am Randeep Lal who taught his daughter Preeti on Sundays. I never met you before, sir. You must be Doctor Mohinder Singh's brother, though he never told me about you."

He smiled and said, "I am your doctor sahib."

It was a stunning moment. Had he declared that he had become a terrorist, I would not have been shocked as much as I was at seeing him clean-shaven, short-haired, turban-less. Refusing to believe his words, dumbfounded initially, I thought that his brother—younger or elder—was trying to fool me. Since I knew the

After taking a seat, I asked him, "Has Doctor Sahib gone somewhere? I am Randeep Lal who taught his daughter Preeti on Sundays. I never met you before, sir. You must be Doctor Mohinder Singh's brother, though he never told me about you." He smiled and said, "I am your doctor sahib."





dentist so well, he was not going to succeed in confusing me. Hence I said, "Though I have never met you before, sir, you have the same voice, the same height and the same facial features as those of the doctor. Where has he gone?"

Hugging me warmly and addressing me by name, he said, "Randeep Lal, it is me, Dr Mohinder Singh, in a new incarnation. As we had discussed in the past, religion without humanity is merely an exhibition of external features – like a cover on any book – a cap, a tilak or a turban. What is happening in the holiest of our shrines? My newly married daughter-in-law was kidnapped inside the shrine! My attempts to trace her resulted in several threats to my family night and day. Since I ignored their threats, they whisked away your blind student Preeti too when she was visiting the temple with Sohan Singh, while the high priests of the religion say nothing. In my helplessness in this old age, I can do nothing but penalise myself. I cannot commit suicide because so many people depend on me but I can renounce the religion which has been a part of our ancestry."

Saying this and hugging me again, he cried like a child, and then mumbled, "You can't understand, Randeep Lal, how painful it is to abandon something which has been with us for generations, but that is the way of my simple protest, since I can do nothing else against the powerful institution."

As I was leaving with leaded steps in my own helplessness, his wife and Sohan Singh begged me not to leave the dentist alone but to visit him more frequently as the latter was quite upset and might do something unexpected. Realising his pathetic condition and keeping in mind his kindness and affability towards me all along in the past, I began to visit his house as usual on Sundays, now not to teach his blind daughter Preeti, as she was no longer there, but to take Dr Mohinder Singh out of Amritsar in visiting various places.

Both of us would go to some place or other in Punjab in order to change his mood. With him, I too enjoyed seeing various places in the state which I had not seen earlier. We would take a passenger train or a bus to nearby places so that we could come back to Amritsar in the evening, such as, Batala, Gurdaspur, Pathankot, Khadoor Sahib, Beas, Phagwara, Wagha Border and many other places. Such visits did bring a change in the dentist and he began to forget the tragedies of kidnappings of his daughter and his daughter-in-law. He even occasionally cracked jokes which made me feel very happy that in certain ways, I was paying him back in dribbles what he had given to me in bucketfuls. One day he proposed that we go to Taran Taran, a historical place which has a grand gurudwara. I expressed my hesitation because it was one place which was known to be haunted by terrorists, but he said they operated the night and therefore

there was no fear during daytime.


After enjoying our visit to Taran Taran including its grand gurudwara, a little before sunset, we caught a passenger train to Amritsar. It was quite crowded as most people were returning to their homes. When it was just one station away from Amritsar, there were ominous sounds of shots being fired. We heard the pathetic cries and wailings of passengers from other

*The next day, the newspapers reported the deaths of 35 Hindus in the shootings in the Taran Taran passenger train. I sat gloomily having a terribly miserable feeling at home with a sense of realisation that I had lost a great teacher of humanity.*

compartments. Before I could understand what was happening, Dr Mohinder Singh asked me to lie down under the wooden long seat of the compartment and nearly shoved me below it. Then he also lay down the same way, covering me by his frail body. Since it was dusk, we dreaded with our palpitating hearts what was to happen. I proposed to him to let him go inside whereas I would cover him from outside, but he insisted that since he was a Sikh, there was a chance of his being saved, but being a Hindu I would definitely be shot.

For a moment, I wanted to tell him that he did not have the visible symbols of Sikhism and might be misunderstood as a Hindu but there was no time for discussion as he placed his hand on my mouth, asking me to be quiet. Within a few seconds, many more people lay down under the long passenger seats, but all of them could not have done so. Meanwhile, two gun-wielding, masked men came and blindly shot those passengers sitting or lying down who had no beards or turbans. There were yells and cries all around. Then the terrorists disappeared in the dark. Before leaving the place, they ordered the driver to take the train to Amritsar.

After the train had begun to move, I called Dr Mohinder Singh again and again, first slowly, then loudly, shook his body vigorously but there was no response. I pulled him out from below the wooden seat but found him all silent. Even though his body was bleeding profusely, I shook his head again, sprinkled drops of water on his face, sought the help of other passengers but they all said that he was senseless. As soon as the train reached Amritsar, I took him to a nearby hospital but the physicians declared him dead on arrival.

The next day, the newspapers reported the deaths of 35 Hindus in the shootings in the Taran Taran passenger train. I sat gloomily having a terribly miserable feeling at home with a sense of realisation that I had lost a great teacher of humanity. 

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# The day without a Smartphone

No Social Connectivity. By Mandeep Kaur

It was a normal working day. I reached my hospital and after attending patients, I opened my bag to grab the rectangular piece, an integral part of our life: the Smartphone, but I didn't find it. The mind signaled me that I had left the phone at home, but my fingers were still trying hard to find it.

The sense of missing something important drained me out mentally. The cup of tea and pep talk with staff members didn't cheer me up. I was physically present between them, but mentally I was somewhere else. I was thinking about every worst possibility that could happen because of leaving the phone at home.

The utmost fear was missing the call or official message from my boss. Gone are the days when official work was managed through letters or table talks. Now is the WhatsApp era. This app is a double-edged weapon, a boon as well as a bane. Earlier, any official work was restricted only to office hours, but now you can get WhatsApp message, even off-hours, asking for particular documents.

The worrisome part was the badinage chat in the ladies group "Aao Behan Baatein kare" (Come on Sister, let's do talking). The imagination of my husband reading the funny and sarcastic chat in this group was screwing me.

Also, I was missing the daily token of love in the form of regular

good morning messages from my parents and friends. The non-accessibility to the news and my favorite Google searches was akin to the complete cut off from the outer world. The FOMO was high on my mind and it was turning to be the gloomy day.

When I was unable to tame my mind, I called my husband from my colleague's phone and asked him to hand over me my phone at my workplace. He tried his level best to make

me understand that it's of no use as only 3 hours are left for my duty, and there was even no call from my office. I straightway said no, and the poor husband had to abide by my order. He is a private practitioner, and there was a scheduled surgery, so he sent my phone with his newly appointed service boy. The journey from Jalandhar to Kartarpur takes only 30 minutes, even when you drive at a snail's pace like me, but two hours passed. I didn't have the contact number of the boy, and again the irritability surrounded me. It was 1:30 PM when I had my phone. The boy told me about his bike got punctured in the mid-way and left.

## SMIRK OF TRIUMPH

The happiness on my face returned after seeing the phone. When I was packing for going home, my colleague held me guilty about not congratulating him on purchasing a new car even after eating homemade samosas he brought for all of us. Well, how could I saw things when I was fully engrossed in temporary detachment from my phone? I said sorry and he smirked with triumph.

I reached home and put my phone on charging. My husband took my phone in his hand and said loudly enough that I could hear it, "I am jealous of you little monster as she misses you more than me" and sang a parody of the famous old Bollywood song, "Hum tere jitne pyare Nahi madam ko tau Kya Hua, fir v apun hi madam ke gharwale hai." and

I sensed and loved that jealousy in his words.



**THE SENSE OF MISSING SOMETHING IMPORTANT DRAINED ME OUT MENTALLY. THE CUP OF TEA AND PEP TALK WITH STAFF MEMBERS DIDN'T CHEER ME UP.**



# The Ultimate Guide

## Skin and Haircare for winters.

By Prachi Bhardwaj



**A** mention of winters brings along images and memories of cups of piping hot tea, soups, and lazy mornings bundled up in warm layers, sitting around cozy campfires in the evenings, and munching hot delicacies. What also comes along is dry skin and frizzy hair with a dandruff coated scalp. The dry winter makes it difficult for your skin and hair to retain moisture, making them cracked, brittle, and more susceptible to damage. But rest assured these winter problems can be avoided with the correct skin and hair care routine. Proper care for your skin and hair in these cold months can help you keep your skin shine and tresses flowing.

### Follow regular skin routine

Always follow the basic skincare routine of CTR that is - cleansing, toning & moisturizing during the winter season. The COVID-19 pandemic has increased the dryness

of skin due to more usage of soap or alcohol-based hand rub. Do not forget to apply moisturizer after washing your hands and face to reduce skin damage.

Hot tip: Moisturizing on damp skin provides longer effectiveness.

### Apply sunscreen

Sitting under the sun and soaking the sunrays during winters is a favourite part-time for all. But even the mild sunrays contain Ultra-Violet (UV) radiations which can cause various skin problems. Hence, it's necessary to take proper care of the skin with a good quality sunscreen lotion. Next time when you venture out on a sunny day, make sure to apply sunscreen on your skin.

### Homemade face masks

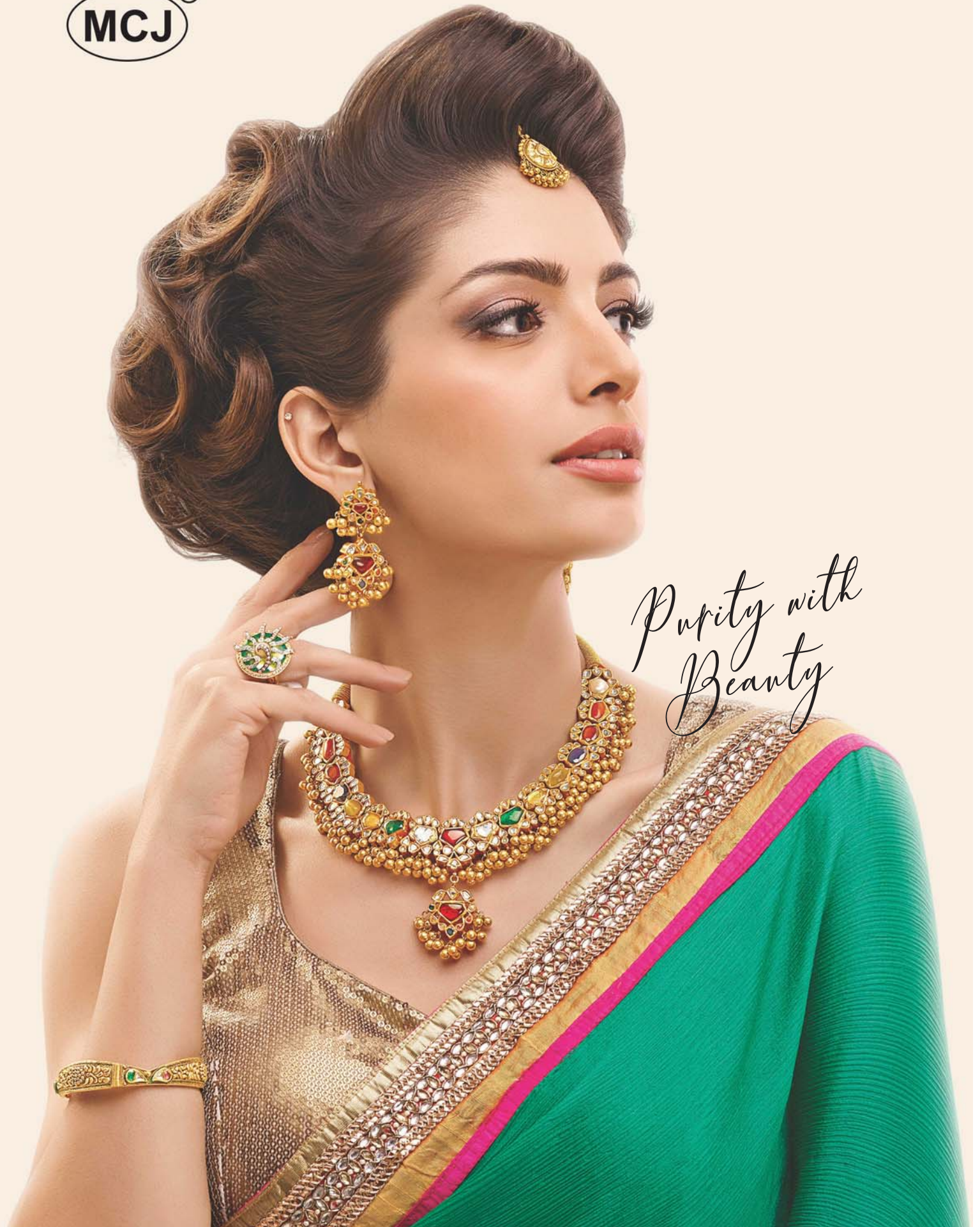
The cold and dry air of the winters can remove the oil or sebum that holds the moisture on the skin. As a remedy, applying homemade facemasks is a better

option than applying the chemical-induced products available in the market. Homemade masks are easy to prepare using various ingredients like jojoba oil, rose water, honey, aloe vera, cucumber, coconut oil, butter, banana, avocado, papaya, orange, and milk. You may mix small portions of 2-3 items to form a paste and apply it. Such facemasks can help maintain normal skin moisture levels and prevent skin problems like dryness, itchiness, or dullness.

### Tame frizzy hair

Extra cold weather strips the moisture out of your hair. Frizzy hair is another problem that crops up in the colder climate. In addition to using a moisturizing shampoo and conditioner, include an anti-frizz hair serum that will help tame and detangle that unmanageable mane. The serum will smoothen hair giving it a silky, luminous finish. Choose a shampoo that has keratin in it to avoid dull and lusterless hair.

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### Use dry oil to prevent static hair

Another oft-seen issue during the winter months is hair sticking to your clothes, sweater, scarf, coat, etc. due to static. Static hair is also caused due to dryness. You can use a dry oil spray to counter static hair. Dry oils are weightless and have natural oils that help moisturize hair, bringing back its softness and shine without weighing it down.

### Use a leave-in conditioner to strengthen brittle hair

If you use a blow dryer on your hair in the winter months it can dry out your hair leaving it brittle. Using a moisturizing agent such as a leave-in conditioner (after shampooing and conditioning) helps protect your hair against dryness by locking in the moisture, taming unruly hair thus keeping your hair healthy.

### Dandruff

Colder climate can do a lot of damage to not only your hair but also your scalp and leave it itchy and dry. This can result in

dandruff. The oily dandruff with big flakes is an indication that your hair is oily and needs a scalp cleansing. On the other hand, small flakes indicate dry dandruff indicating your scalp needs to be moisturized more. One sure way to nourish your scalp is to put castor oil on your scalp before bed to fight off dry dandruff and encourage hair growth while stimulating circulation.

Also, an application of a mixture of olive oil/coconut oil and lemon

**HOT TIP: YOU CAN USE HERBAL OILS, OLIVE OIL, ALMOND OIL, COCONUT OIL, OR MUSTARD OIL. FOR OPTIMUM BENEFITS, ONCE YOU APPLY THE OIL, COVER THE SCALP AND HAIR WITH A TOWEL SOAKED IN WARM WATER. THIS WILL HELP THE OIL TO PENETRATE DEEPER INTO THE HAIR ROOTS AND INCREASE BLOOD CIRCULATION IN THE SCALP.**



juice can be useful in reducing dandruff.

**Hot tip:** You can use herbal oils, olive oil, almond oil, coconut oil, or mustard oil. For optimum benefits, once you apply the oil, cover the scalp and hair with a towel soaked in warm water. This will help the oil to penetrate deeper into the hair roots and increase blood circulation in the scalp.

### Take proper diet

You can always have seasonal fruits and veggies. Berries are one of the best fruits to eat as they are a rich source of antioxidants, vitamins, and minerals. Other food items like salads, milk, juices & soups can also help in keeping your skin and hair healthy. Along with these, also incorporate a healthy lifestyle, say no to junk food, drink a lot of water to keep your skin hydrated, meditate, do yoga or exercise.

### Do Remember

Skin and hair care consultant Isha Agrawal suggests that a 20-minute long, boiling-hot shower might feel great on a cold day, but stick to warm or lukewarm water for 5 minutes or less. Long exposure to hot water can strip moisture from hair and skin. Give your lips extra attention to avoid them becoming chapped and splitting. Apply a moisturizing lip balm before you step outside for locking in moisture.

Apply a good hand cream daily and whenever needed. This is especially important if you don't wear gloves as the skin would be constantly exposed, and yet many of us forget about it until the skin becomes dry and flaky, and in some cases splits. Avoid using heating tools on your hair, blow dryer, curling iron, etc. In addition to the natural dryness in the air, the heat from these products can dry out your hair to the point that it becomes brittle.

So, you see, taking simple steps to take good care of your skin and hair during winters can not only prevent dry, brittle, and lusterless skin and hair but also make them glowing, smooth and attractive! **We**





# Reveal Your Guilty Pleasures!

Sexual Desire. By Rama

**Y**ou didn't have to do any of these things. There is just one sex tip you really need and it's free. **THE** sex tip: Communicate. That is it, open up and converse with your accomplice about what you do need, what you don't need, your sexual history, and what you feel about sex. Do I hear you saying that this sex tip doesn't sound energizing? It is. With open sexual communication, you can unwind and have both genuine feelings of serenity and fun. Conversing with your accomplice about your sexual emotions isn't simply fun-loving; it tends to be as energizing as some other piece of sex. Everything should begin and end with communication. The sexual talk includes a cycle of straightforwardness uncovering one's sexual cravings to one's accomplice. This chit chat includes examining past sexual history, present sexual longings, and future sexual yearnings. This tip may even stable like the simplest thing ever, in any case, in truth, it is the hardest for some couples. There are numerous reasons individuals don't discuss sex with their accomplices, including the apprehension of being disgraced, they were associated to see discussing sex as a no-no, and, for a few, there is an absence of socio-social contents encompassing sex, to give some examples.

## How would you begin?

In case that you are stressed over the conversation or on the off chance that you are in a drawn-out relationship and feel off-kilter about

bringing this up for the absolute first time, you might not have any desire regardless "Hello, I get excited by licking armpits (or whatever your crimp might be)." It's an off-kilter opening and could conceivably make for a simple movement of the conversation.

All things being equal make a basic assertion that you need to discuss sex straightforwardly—perhaps something along the lines of "Would we can consent to speak transparently about what we need explicitly?" This sets the stage to discuss it. It's a simple method to begin the discourse and makes it hard to go quiet in the wake of saying it. Requesting to talk straightforwardly, with the two individuals consenting to do as such without judgment, is a decent method to ease, if not destroy, the dread of disgracing in a relationship.

When you and your accomplice start to talk straightforwardly, it is basic that you convey previously, during, and after a sexual experience. Start the sexual experience by mentioning to your accomplice what you need and what has satisfied you before (regardless of whether that thing is with past sweethearts). Try not to be reluctant to coordinate your accomplice during sex, vocally and genuinely; it just boosts your pleasure and shows your accomplice how to satisfy you.

A short time later, affirm what brought you delight. Discussion about what you'd prefer to do next time (a set of what might be on the horizon, maybe). It's worth

discussing what didn't work and how to make changes next time. Keep it energetic and private. Discussing it in every one of the three phases will serve to augment the delight for both you and your accomplice while uniting you.

## The Benefits of Sex Talk

- You do what satisfies you.
- You don't do what doesn't satisfy you.
- You have more climaxes (for ladies, this limits that climax hole).
- You accomplish a more prominent feeling of prosperity.
- You pick up trust in your sexual undertakings, your relationship, and your self-appreciation.
- There's an expansion in closeness with your accomplice.
- You know when your accomplice is fulfilled.
- It assembles relational abilities that can be utilized for things outside the room.
- It hushes those troublesome inquiries in your mind.
- It takes into account exchange on sexual practices.

The full scope of advantages, both mental and physical, surpasses those I have recorded here. What's imperative to note is that language and correspondence remain at the front line of social collaboration. As social creatures, with sex as a fundamental part of connections, the association can't be simply physical. Communication is basic. Without open sexual communication, sexual connections never completely develop and joy is rarely boosted.



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# A Successful Self-Publisher- Shalini Gupta

By Vijayan Bala

I have been associated with Zorba Books which is situated in Sushant Lok Arcade, Gurgaon since July 2018 as they have wonderfully brought out three sports books of mine - Indian Sports - Conversations and Reflections Parts 1 and 2 and How India won its Olympic Medals. The first two books are collections of 75 interviews each of famous Indian Sports personalities whom I had interacted with. During my association with Zorba, I met and got to know its wonderful Founder Ms Shalini Gupta. Having watched Zorba Books progress, I decided to know more about the Founder, the Self-Publishing business and of course Zorba Books.

**You are such a cultured lady. Please tell readers about your family background.**

Two generations earlier my family from both mother's side and father side were in business. With our country's Independence came a breath of fresh air and education started to take centre stage. My father graduated from KGMC, Lucknow and became a doctor and my mother initially was a housewife. When I was little, we moved to the

UK. As we hit teenage years, my parents decided to move back to India to give us a firmer footing in Indian culture and I went off to a boarding school in Nainital. My brother went on to become a corporate professional. He is now in a high-ranking position in Nexus-Lexus based in the US. My husband is a thorough professional - the MD and CEO of Avis India.

**Your education is reflected from the way you deal with people and authors who bring out books on different subjects. Please tell readers about your educational background and your approach to learning.**

My initial education was spent studying in the UK. On hitting my teenage years, we moved to India and I studied in a boarding school - All Saints School in Nainital, UP. Not being sure about what I was keen on doing I stumbled into graduation at GB Pant University, Pantnagar. This was the first-time entrance exams were introduced and I came out with flying colours and was given admission to a graduation course at Pantnagar. Eager to study further but in a metro city, I sat for the entrance exams to the 3-year

Diploma course in Hotel Management, with stars in my eyes. I again passed with great marks and managed to get admission to IHMCN Pusa in Delhi, which was rated no 1 then. Later, I went on to complete my BEd from Kanpur University. My learning has not stopped though formal education has. I have always loved books and now I love reading mystery books and books on history, business and psychology.

**When and why did you take up self-publishing?**

I entered self-publishing over six years back, when the industry was in its infancy. In that sense, I was among the pioneers of this industry. In these 6-odd years, our Company has built a reputation for international quality and transparency and for keeping the author at the centre of the entire publishing process.

**Why did you give your company the name Zorba?**

The word 'Zorba' is impregnated with meaning. It means "live each day." A word of Greek origin was made familiar by Buddhist places being named Zorba. I feel deeply



inspired by its powerful meaning and found it appealing as the name of my company.

**What qualities must one possess to become a successful self-publisher?**

Like for any business, one must have qualities to be an entrepreneur. Qualities of perseverance and the capacity to take setbacks in one's stride and move on. You need to take responsibility for actions of the company since the buck stops with you.

Specific to publishing, one must be acquainted with overall publishing guidelines for books of an international standard, to be able to impart the same to your books. Only when you are familiar with the industry can you guide those who work for you. And above all, one must have a passion for books and nothing should please one more than giving shape and form to an author's dream of publishing his or her book.

**Please tell readers about self-publishing - the process, the struggles, and the rewards.**

Today's world is about choices. You do not want to cook at home, you go out to eat; you don't want to travel by train, you take a flight. You want another option to traditional publishing, you self-publish. Self-publishing gives writers a choice to be able to publish a book and to be able to hit the market quickly. It is an option where the author is in the driving seat. He/she decides the processes his/her manuscript must undergo and only changes which are acceptable to the author are made.

The process to self-publish is simple. Once an author completes writing his/her manuscript, all he or she has to do is to approach a self-publishing company which takes care of all aspects related to publishing the book – from editing, cover design, book layout, formatting and printing to distributing the book. The author

needs to only focus on the creative process of writing and creating awareness of the book among the target audience.

Zorba Books has a lot of expertise across diverse genres and target audiences and authors get the benefit of that expertise in the publishing process. The costs to be incurred depend on the services the authors require.

Authors struggle to get their books published. A limited number of traditional publishing companies cannot cater to the growing numbers of writers. Hence many manuscripts do not see the light of day and this fate would have befallen many Indian writers like Savi Sharma and Amish Tripathi.

**QUALITIES OF PERSEVERANCE AND THE CAPACITY TO TAKE SETBACKS IN ONE'S STRIDE AND MOVE ON. YOU NEED TO TAKE RESPONSIBILITY FOR ACTIONS OF THE COMPANY SINCE THE BUCK STOPS WITH YOU.**

They did not give up their dreams to become published authors and decided to self-publish their first books, and the rest is history.

The rewards of self-publishing are many for those authors who are committed passionately to their books. It can open doors and can bring limelight to the author. We have had authors whose books have won best-seller status at the Jaipur Literature Festival in 2019 and also had other books that have become best-sellers on Amazon. Some authors went on to receive speaking engagements on TV across all English news channels and one even received the Padma Shri. Published authors get an enhanced stature in life and win recognition in society and at their workplace. In short, it becomes a tool in the writer's hands which opens doors,

advances his/her career, yields speaking assignments and much more.

**Who are the people who have supported you in this venture of yours and how?**

If there can be a supportive spouse, it is my husband. He provides all the support to make my business a success - be it providing inputs on handling brewing issues both on the home-front and in business. My daughter, a lawyer by profession, handles all agreements and law-related issues, while my son, a college-going student, is also a huge asset.

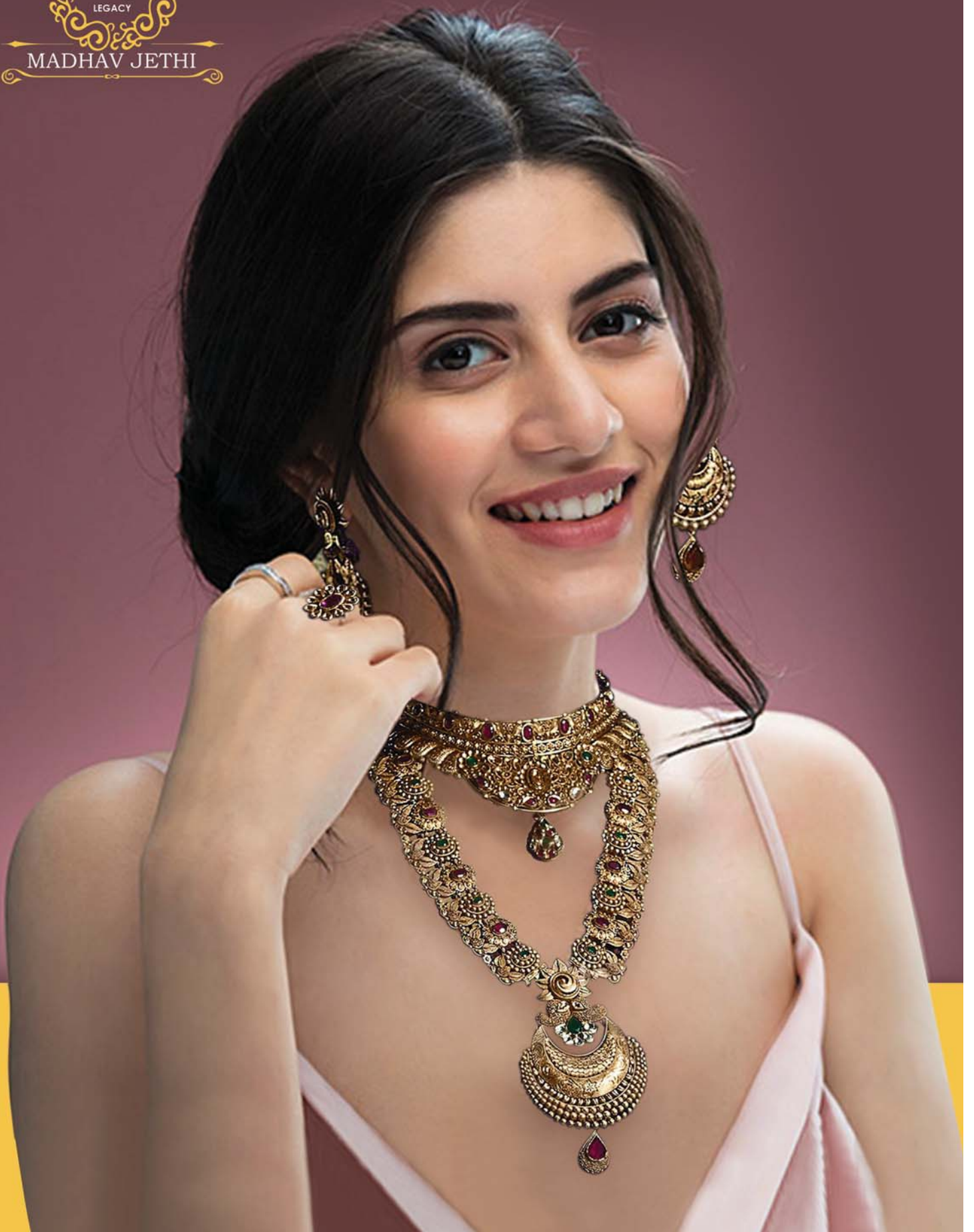
**Any other points you wish to share for the benefit of readers?**

It is in the interest of the authors to treat their books as their baby and give it focussed support on a sustained basis. All well-known authors like Durojoy Datta and Devdutt Patanaik cultivate a following by engaging with their fans on social media and all other platforms regularly. Zorba Books likes nothing better than to see all its books doing well and supports all titles published by it. But what contributes the most to a book's success is the enthusiasm and positive attitude shown by the author towards the promotion of his or her book.

Once writers become Zorba authors, we continue to extend support to them well after their books are published. As the situation warrants, Zorba exposes its books on its social media platforms as well as through various other means. As opportunities arise for speaking engagements, interviews, showcasing our books and authors, we expose relevant authors and their books for the same. Additionally, we send emails, blogs and articles to our authors from time to time to guide them on easy and effective ways to promote their books. We also help in drawing up and implementing a dedicated marketing plan should the author so desire.

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# FROM HIGHWAYS TO BYWAYS

*Might falls to right.* By Bakhat Singh Dhingra

*Mr Nath sitting on a humble stool most unlike himself had a wrinkled face, appeared crestfallen and looked in a state of depression. It was eleven o'clock in the day. No other member of the family was home.*

While scanning the list of allottees of Low Income Group Apartments, the Estate officer was shocked to see the name of Mr. Nath, Senior Superintendent Police whom not only he himself as fellow senior membership of District Club knew but the man was known to whole city by virtue of his position of authority. Mr. Nath was in his friendship circle. The Estate Officer saw his name, checked his address, phone number one more time. Yes there

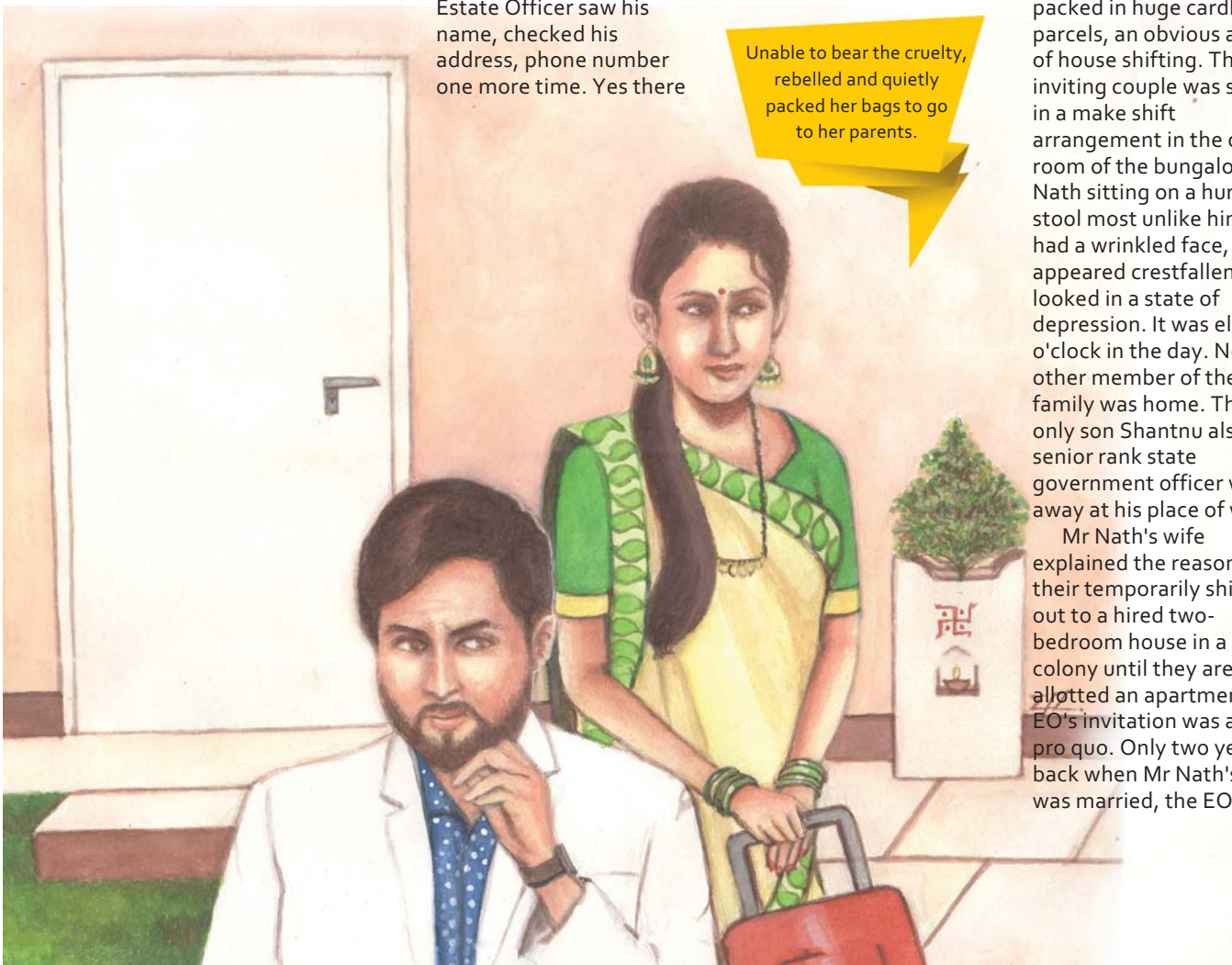
was no mistake about it. Every entry was right. But what was really shocking to him is that an owner of three private villas should be applying for a low class housing essentially reserved only for the poorer sections of the society. Perhaps he could be buying one for any of his helps in the villa, the idea flashed his mind. But the income certificate appended was in his own name. It was his pension

statement. Also intriguing to him was that Mr. Nath a regular, had not been seen in the premises of club for the last couple of a months.

And then the opportunity arose for the EO to personally see his club friend. Together with his wife he went to his posh official bungalow to deliver him an invitation card for the marriage of his son. To his surprise all effects in the bungalow lay packed in huge cardboard parcels, an obvious a sign of house shifting. The inviting couple was seated in a make shift arrangement in the outer room of the bungalow. Mr Nath sitting on a humble stool most unlike himself had a wrinkled face, appeared crestfallen and looked in a state of depression. It was eleven o'clock in the day. No other member of the family was home. Their only son Shantnu also a senior rank state government officer was away at his place of work.

Mr Nath's wife explained the reason of their temporarily shifting out to a hired two-bedroom house in a nearby colony until they are allotted an apartment. The EO's invitation was a quid pro quo. Only two year back when Mr Nath's son was married, the EO with

Unable to bear the cruelty, rebelled and quietly packed her bags to go to her parents.





family had been invited. Mr Nath was really very happy as he had been able to get a humble and a cultured family for his son's relationship. The father of the girl was in a Cooperative Society Bank as a Branch Manager and his daughter Protima a law graduate, very beautiful, humble and docile.

On the morning after the marriage ceremony, the bride after self-grooming, head fully covered in a pink scarf reached up the father-in-law rocking and smoking in a chair in the living room to touch his feet and to seek his blessings. Next on the cards was the mother-in-law to be extended the same level of regards. Later it became an everyday routine for the family. The bride would not go to the parents without the prior leave of her parents-in-laws. All day long she would be busy in the kitchen along with helps to see to it that the food cooked was in accordance with the taste of family members.

Noon she would briefly go to her bedroom for a brief nap and evening she would be rope skipping or some other exercise in the nearby playground to keep herself physically fit. By virtue of a healthy routine she looked fit and fine in appearance. When it came to decking out the home, it appeared as if she trained in home science. In the in-laws' house she had slipped in like a fish in the water as if she had always belonged to this family. Without her the family began appearing incomplete. Later in the

evening she would join her mother-in-law in religious prayers. The new bride was outright shy, humble, docile and coy.

Mr Nath himself held an important post of Senior Superintendent Police and had been in different Districts of this Division for the last fifteen years or so. He had purchased three villas in different posh colonies in the city but lived in official villa. His son Shantnu too was a senior rank Government Officer.

Mr Nath belonged to a breed of officers for whom club life was a must. Except on the days of his official or inspection compulsions he could be seen in the club premises regularly. Like genes the traditions and habits also run in the family. His son Shantnu had inherited some of his father's habits, more particularly smoking, boozing and gambling over cards. Much to the dislike of his homely wife Protima there were days he would come home boozed. When his wife showed displeasure he began troubling her. Whacks, slaps and misbehaviour towards the meek girl became a routine. Slowly it became a habit for a Police Officer's son. The parents endorsed their son's misdoings believing the cane controls best. And on one such unfortunate days he pulled her hair hard, punched her face, head, breasts and kicked her in the stomach leaving her deeply wounded.

All along shy Protima bore husband's misbehaviour quietly. But that day's violence was too

much to bear for her. It was never expected of her but as if there was a sudden feeling of freedom the wife of less than two years unable to bear the cruelty, rebelled and quietly packed her bags to go to her parents.

The ill-perceived course of events happened in the backdrop of ill-gotten wealth the police boss had amassed over the decades. There was no dearth of unearned money collected from the rich farmers in the house. In the rural hinterland the rich farmers committed

*Even though there were no troubles from the law the life of Mr. Nath's family was thoroughly shaken in the wake of the offended bride's being in a strong position arising out of some of their past doings.*

crimes against the migrant labour employed on the farms. The migrant daily wagers were being used as forced enslaved labour. The inflow of ill-gotten money never ever sullied the public image of the police officer as the rural areas are rarely in the eyes of media coverage. Had a similar crime happened elsewhere the criminal could face stiff legal action but matters pertained to the house of police officer and more importantly the victim meekly acquiesced in the treatment meted out to her in in-laws' family and never ever thought of lodging any report. So

things went unnoticed by any one out of the walls of the house.

Even though there were no troubles from the law the life of Mr. Nath's family was thoroughly shaken in the wake of the offended bride's being in a strong position arising out of some of their past doings. The SP in view of official compulsions had transferred all his movable and immovable assets in the name of new bride. Under the official rules he could not have done it in the name of his wife. His son too was not a safe bet for ill gotten wealth in view of being in the Government. He found it safe to transfer all his real estate and cash in his coy daughter-in-law's name. All along she had behaved shy, meek, humble and submissive. Repeatedly prodded by parents the son was tasked to go to the wife to persuade her to return. On spotting him sad and angry Protima mouthed some of his abuses silently to remind herself what the man really was, got too bitter and his hollow sounding pleadings were spurned. In the meanwhile much less caught up with mental anguish, alone with her thoughts and free from violence in her parental house Protima's legal awareness about her self-worth in in-laws' house came alive. Being the legal owner of assets worth millions she re-discovered herself on an exceptionally strong wicket to salvage her pain. In her mind she resolved to get rid of what she was averse to.

The SP's family had a

serious meeting among themselves to find a solution to the suddenly cropped up problem. There was no way to overcome the problems they were in. In the changed scenario they had least love for the daughter-in-law but they needed a strategy to retrieve their lifelong underhand earnings more so because the Police Officer himself was not far away from retirement. The family was unanimous that all of them should be going to daughter-in-law's parental house to tender an unqualified apology and assure good behaviour in the future. Seated tall on a high revolving chair the daughter-in-law was all alone in the living room. She did not get up or respond to their greetings. She blinked a few times

and squinted. She closed her eyes for some moments and squinted again. For the first time her parents-in-laws saw her eyes were big and round.

She was in a stylish hair-do, head uncovered showing tucked-in broad maroon clips, wore denims and her feet danced back and forth in the hallow of the chair. The parents-in-laws had never seen this rebellious sight of Protima. Her parents were in the house but did not intervene. Turning round

All the properties and cash will continue to be in her name and original documents thereof must be handed over to her right in her parents' house.

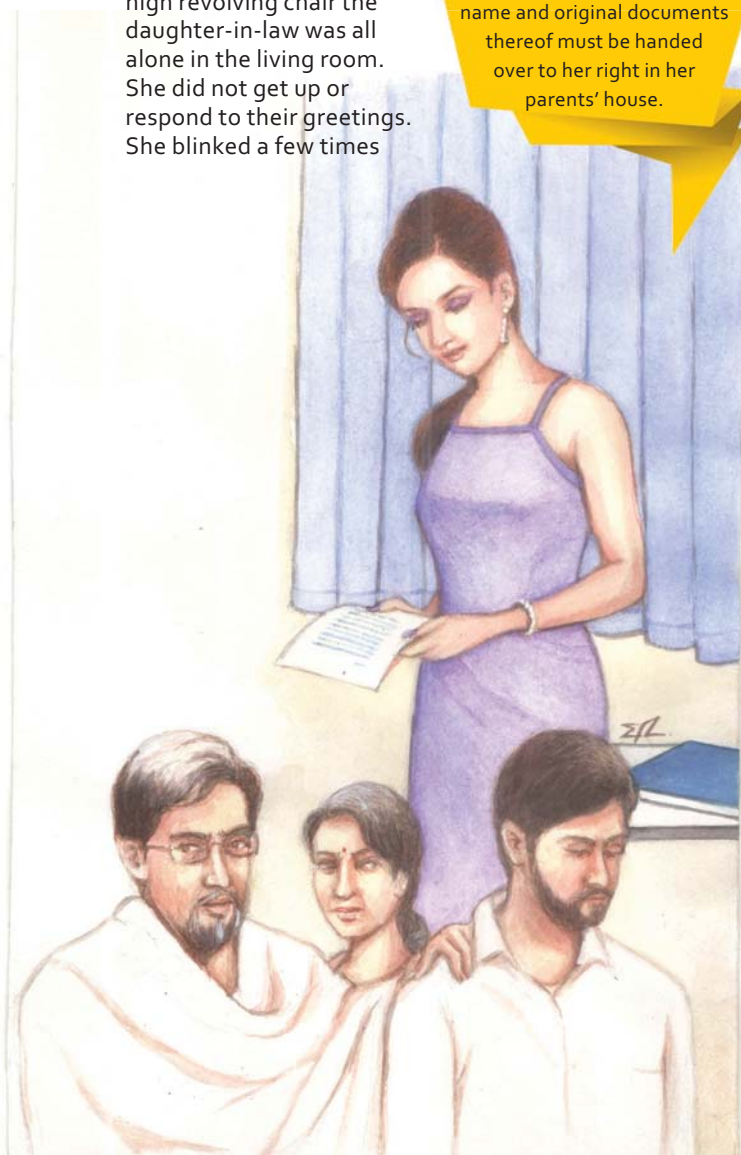
she spoke staring straight into the eyes of three individuals. To their utter shock the coy daughter-in-law was not coy any more. Her marginalised bitter days in in-laws' family combined with her come-alive legal wisdom could clearly see designs in their approach. She was in a full mood to negotiate the matters by herself. She put forth a condition before she could think of returning to their fold. All the properties and cash will continue to be in her name and original documents thereof must be handed over to her right in her parents' house. Her demand had further heightened tension of in-laws and the family went back blank.

Not too long after there was one more round of discussions among the in-laws' family. They surrendered all the ownership documents, happily accepted daughter-in-law's condition as the reconsidered wisdom was that wealth will not go out of the family at least. Despite having met the initial condition the trio was returned without any result in the next round of meeting as well, as bride added one more difficult demand that her parents-in-laws to buy a new house and live separately. The family was huddled in a fresh round of confabulations and even that demand was found to be acceptable. In yet another round, the bride wanted that the parents should leave this town to live in some other town. In yet one more round, the bride wished that the

father and son duo deposit their full salaries in her bank account every month. Her attitude was getting hardened with every fresh round. It began appearing that the bride wanted the matter never to end and wished to go on and on till eternity. As if for her there was yet much more to achieve.

Mr Nath felt extremely repentant for having put all rotten eggs in one basket. In the meanwhile his job saw the fag end. Having lost his ill-gotten wealth, authority and stature he was humble. From a life style lived in highways he was pushed into byways. In his service spanning over forty years he had tortured many a law abiding peoples to extract his pound of flesh. He had let many murder criminals go unpunished for enriching his own kitty. Even in his remotest dreams he could not imagine that a weak, meek, coy, docile, shy, homely young girl, without any legal authority, without resorting to courts, police or violence, without shedding her law abiding ways, all by herself confidently sitting pretty in the comforts of living room could torture him to that extent.

In the last round of meeting the week and coy relented a bit. A compromise was arrived at through a court mandated deed that his son would not contest the application of divorce to be filed by her. In lieu she would extend an interest free loan to enable that family to buy a Low Income Group apartment.





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# PILATES *Mantra to Fitness*

Do you want to stay strong healthy & happy?. By Japji Brar

**P**ilates can help you and it's never too late to learn. Whether you are curious or cautious, we have all the answers right here for you.

"You must squeeze every atom of impure air from lungs until they are almost as free of air as a vacuum" – Joseph Pilates.

Pilates is a low impact form of exercise. It combines deep breathing with gentle stretching to boost strength, balance and mobility. It generally targets the powerhouse of your body your abs, lower back, pelvic floor, hips and glutes.

What sets Pilates apart from other forms of exercises is its focus on toning the muscles with your body weight. The good news is that you can practice Pilates at home.

According to Wikipedia, Pilates was developed to help World War I soldiers to restore their inner body strength (both literally and figuratively) and millions of practitioners swear by its mind-body benefits. It involves syncing body with breath and delivers a nice, long stretch. Some people may prefer yoga over Pilates, but Pilates is more active and effective in toning the body muscles.

## **Trying to lose some weight?**

Pilates can help you drop numbers on the scale in a hurry. Like high-intensity interval workouts, the short repetitive movements, get your heart pumping so you'll burn some calories. The moves engage the muscles from head to toe. It helps to strengthen, lengthen and tone. The soreness one feels after a workout is basically when muscles are recovering- and the new routine is working out. Pilates does not put a strain on your joints unlike other running and high impact cardio exercises.





One is seated and balanced as one gets into shape, one stretch at a time. Pilates has many benefits. It can help you get flat abs and a sculpted waistline with the help of core conditioning. It also helps to ease muscle tension, joint stiffness and back pain. The moves are easy to learn and modify.

### How do I get started with Pilates?

Well, firstly get started right away. One should always start to learn from a certified trainer who will help put you through the correct form and paces. The moves may look simple but, they take a lot of precision and control. You will gain flexibility, better posture and a better sense of well-being. Always remember Pilates isn't aerobics. It will help you boss your flexibility. It is good for beginners and not very expensive, to begin with. It helps to strengthen the abdomen and pelvis. It helps to maintain a strong body-mind connection like yoga but is a more intense core workout.

Pilates can be very demanding, so one needs to start slowly. It can be tailored to individual needs if you have health issues like heart disease, high blood pressure, and cholesterol, You need to check with your doctor first. If you suffer from diabetes and have diabetic retinopathy, you may need to avoid some moves.

Pilates also helps you improve your sex life. There are several exercises which mimic the action of Kegel exercises (which strengthens the pelvic and floor muscles and constantly supports the uterus, bladder, small intestine, and rectum. It helps to strengthen the pelvic floor muscles, which increases pleasure in the bedroom. It also helps to increase blood circulation in the body.

According to a study after about 10 weeks of practising Pilates, there was an increase in the alpha peak power of the brain which plays an important part in the ability to think and solve problems.

So Pilates may be useful for



## ALWAYS REMEMBER PILATES ISN'T AEROBICS. IT WILL HELP YOU BOOST YOUR FLEXIBILITY. IT IS GOOD FOR BEGINNERS AND NOT VERY EXPENSIVE, TO BEGIN WITH.

people with brain degenerative diseases and cognitive dysfunctions.

According to another study, Pilates gives you a better and stronger spinal health and prevents the risk of injuries. Pregnant women may benefit greatly from the practice of Pilates. It can help with spinal and pelvic alignment. Women who are pregnant or have just given birth may have a strain on the alignment.

### Stressed out too often?

Tension can always build up in muscles, especially after long hours of work on a chair and desk. Pilates helps to metabolise the stress hormones that build up. This means muscles will relax, making you feel relaxed and better. You can do it at home. One of the greatest benefits of Pilates is that it is inexpensive and can be easily practised in the comfort of your own home.

One of the critical parts of health and well-being is a good digestive system. Thanks to the unique moves available in Pilates it affects the internal organs and improves

metabolism in the body.

Pilates makes you feel good and naturally increase your energy levels. Pilates is for anyone regardless of their age, fitness level and pain threshold. You may at first question Pilates but will eventually end up enjoying it.

### Spending a bomb on facelift surgeries?

With Pilates, you don't have to. It releases the feel-good chemicals called Endorphins. These leave you feeling "naturally high" and give a natural facelift look.

### Do you suffer from hypertension?

Pilates is a non-drug treatment for hypertension. Yes, you heard that right. According to a recent study, mat Pilates reduces clinical and ambulatory blood pressure. Just like many exercises which encourage muscle movement and breathing, Pilates can play an important role in boosting your immune system.

### Do you suffer from frequent migraines?

Poor posture can play a major role in contributing to back and neck ache and migraines. There are a few essentials that you must keep in your migraine relief kit. Pilates can help you find temporary relief in the short term, in the long term it aims at improving the posture so that one stops getting such aches and pains.

### Do you suffer from insomnia?

Pilates again is the answer. According to a study for a better mood and better sleep Pilates can be extremely helpful.

### Is Pilates a good workout?

Well, the benefits listed to you above will prove that Pilates is more than good as a form of workout. Pilates is one of the most amazing tips to stay active throughout your life. If you are a doubter out there, consider treating yourself to a few Pilates session to experience the benefits yourselves.

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# English Medium

How will English affect your future?

By Kalpana M Nagnoor

There is no nation in the world, like India, which is inherently a non-English-speaking country, yet a vast majority of us communicate in English. While some struggle with it, others are eloquent like Mr. Shashi Tharoor. Recently Indian pop music too enjoys inclusion of snappy rhyming words from English paired with Indian ones, and punch phrases that bring the rhythm to life, the television series *Bandish Bandits* is a classic example.

These songs make me wonder where the public is with the language. Travelling through Tamil

Nadu or even watching Tamil movies, it's hard not to notice that sentences and dialogues are liberally speckled with English. Tamil is one of the oldest languages in the world yet English idioms like 'cut and dried' have commonly mutated to 'cut and right', of course with an altered inference. Clearly Indians like English.

## NEP and Actuality

These are just nuances, but the bigger picture is the new National Education Policy. The schools were closed for the most of 2020 due to the pandemic and then online classes began. Connectivity and affordability came into play. New mobiles need to be purchased for 4G compatibility, against an economic downturn. The dilemmas of the lower income group grew as they grappled with changing times. They are ambitious to hear their children speak English fluently, but the pandemic, quandary in upgrading the mobile or the inability, burdened already by hefty tuition fee in private schools, it's hard for that ambition to fructify. Their perception is that English will

enable them with better job opportunities, which is a fact.

## Goals of an Educational Program

- Formulating a curriculum which the people want, and need is essential. Industries and job opportunities are in metropolitan and semi-metropolitan areas and where the workforce is culturally a mixed group. Here a common language is essential to communicate.

- Education must arm the generation with the ability to communicate in India and globally. The interdependence of countries for trade and commerce is factuality and our workforce must be able to cope and communicate with all.

- Any new educational policy must be formulated to enhance learning and make the incumbent industry ready. Children must be challenged to add skills to their environment, so they can as adults bring in the change in their socio-economic scenario.

- Ambitious parents are looking for English medium schools for their children, an elective priority, and







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**THE DILEMMAS OF THE LOWER INCOME GROUP GREW AS THEY GRAPPLED WITH CHANGING TIMES. THEIR PERCEPTION IS THAT ENGLISH WILL ENABLE THEM WITH BETTER JOB OPPORTUNITIES, WHICH IS A FACT.**

many are from the lower income group, these parents should matter to the government when they draft educational policies.

- Education is to make people more perceptive and therefore educational policies need to be made to increase mental skills, social awareness, and ethics, so the nation is enriched in morality. Morality is also a heritage the country is looking to carry against the backdrop of corruption.

**Political Apathy and Mileage**

Many political heads opine that the heritage of India must be continued and that they feel this must be done making the regional language or the mother tongue as the medium of instruction. This is an erroneous thought process, playing to the electorate. Education must be to empower the next generation into productive people. Heritage is a luxurious sentiment it cannot be carried by people living below the poverty line.

**Lack of an Ecosystem**

There are parents who are ambitious for their children to study for better prospects. Sadly, there are those too, for whom, it's just a life-process, nothing matters as long as their wards go to school,

affordable or better, no fee, the midday meal is a huge incentive. Whatever the reason, many families are not able to create an eco-system for learning because those opportunities were denied to them and they don't have the skills to create one. A new education policy needs to take this into consideration.

- How to impart education against the lack of familial ecosystem.
- How to motivate and incentivise teachers to add an ecosystem.
- How parents can become involved in education. Farming, handicrafts, carpentry, masonry and such subjects could be included and parents can be invited to give classes on these vocations, on some days of the week depending on the time they have to spare.
- Involving parents in some way in school and higher levels will create the ecosystem. Elevate self-worth as these parents will be viewed as educators. Everybody has something to teach!

My experience has made me privy to the advantages of English medium. We had a live-in cook, he lived in the quarters with his wife and son, R, and my parents put R through school and college. For

some reason whilst I was in high school, I took it upon myself to help him with his studies particularly English. He was an eager learner, passed his tenth with distinction, got into Christ College on merit, and joined Infosys, the company sent him on a two-year contract to Washington. So, that is the charm of English. I know most certainly had it not been for English he would not have landed that job, and the lifestyle he enjoys today. His two older brothers studied in their mother tongue medium, they landed ordinary jobs, not the Infosys kind. It takes brilliance to move from a regional medium of learning to English centric work environs. Not that it has not been done, but it is simply hard. Why would the government throw hardship to a generation at the most crucial juncture of their lives?

Ever since I have begun today attention to the problems faced by parents who have not successfully completed their education and hoping not to make that mistake, as they term it, with their children, informally teaching and sponsoring some children, I have come to realise that children are struggling at English medium schools because they do not hear it spoken at home. The regional medium students who pass out successfully struggle at work where English plays a predominant role.

Therefore, the government while formulating an education policy must look at the ground reality. Cultural heritage tastes bad on an empty belly!

Politicians often draw a comparison to developed nations, like Germany, Russia, Denmark, Japan, or even China for the progress they have made without English. But this would be wrong if we do it on a single point of language. Their economies have been efficaciously grown through good holistic planning and dedicated politicians and academics. India must now grow to match these nations, and it doesn't start with education alone. **We**



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# JUNIOR JENNIFER

Like mom, like daughter. By Aishwarya Rao

**Like a mirage, all of it faded away slowly as I came back to reality. Staring at a million-dollar framed picture does bring in nostalgia! I smiled blissfully keeping it back on the shelf. Heading next to my trophies, Mondays were always house-cleaning days and the shelf of sports souvenirs was my favourite department.**

**P**hreeem..", the whistle sound was always a gush of adrenaline to me. "4-1", the scoreboard read. 'Jennie, head to the left,' "Jennie, the left!", instructions to me never managed to catch my interest.

The ball and the net and how to put the ball in the net was all that mattered. Two steps right and one step left, side-side charge and a step forward; the ball was all under my control.

And with one hard hook kick, the ball went all the way across the field crossing by the defender

right into the net. "5-1, Jennie's team wins! "Phreeem"." and applause followed.

Like a mirage, all of it faded away slowly as I came back to reality. Staring at a million-dollar framed picture does bring in nostalgia! I smiled blissfully keeping it back on the shelf. Heading next to my trophies, Mondays were always house-cleaning days

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and the shelf of sports souvenirs was my favourite department.

I am Jennifer, Jennifer Louise Mathew. A former football champion. Now, a psychology professor, a mother to a 12-year-old genius and the wife of a business magnate, James Mathew.

Moving on to dusting my trophies, it was like stepping exactly into my past, to the match that got me this particular trophy. The opponents were supposedly dangerous ones, my coach warned me as the match began. It was tough getting control of the ball. I dribbled a little more and did a toe-tap. Good! The ball came in control. I now had to turn sideways and do the punt kick but even before I could turn, Sarah gave me a tough side-side charge, a deliberate push, a well planned attack piercing her shoes right through my feet. "Phreeem" and we lost!

"Ah! The guest walks in home! Much awaited surprise! Football champion of St. Mary's with a broken leg. How does it feel like to lose? Jennie!" Sarah sniggered.

"Well, in my case, Sarah, you must know that it'll always be a win-win!" I jolted her upon the wall, having a neat grip of her neck while I kicked really hard at her shin bone. "May you have a happy sick leave." I left her wimping just the way she did. This







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was me. Rough, savage, brutal and reckless.

Another suspension and we would have to dismiss your daughter, sir. The top ranker, the sports champion but yet! She has to deal with her temper issues." My dad had to handle several of my suspension disasters. "Jennie! Why do you keep repeating the same mistake over and over? Why do you hurt people? No matter what they do, doesn't mean you have to choke them like that and break their shin bones!" My dad, my superhero called me his best asset and his worst disaster. An Army captain in service, he raised me a tomboy. Little did he know that the brat his daughter used to be would change into mini-mother Mary! I giggled as I put the last trophy back in place and turned to the mirror.

Life changed after marriage! Not because my husband didn't love the boyish me. He, in fact, fell for my ruggedness. He was a nerd and I was, on the contrary, a bad-ass rowdy. Opposites attracted. He, an introvert and me, an extrovert. I took him up like a project and the more I studied him, the deeper I fell in love. After we married, along with happiness came in harmony. My interests changed, my temper tantrums vanished. Peace became a priority and a happy married life set in.

The doorbell rang. "Ma!", it was my little angel, Agni.

My daughter and I are polar opposites. We shared a strong bond, with a lot of emotions and not much

communication. Agni loves art and craft, the reason behind my little home being an art museum. She's more like her dad, calm and composed. A girl of few words, mature beyond her years!

Today, she looked peculiarly dull or rather upset. I preferred to observe than to investigate. The next three days, she didn't go to school – the first day because she had stomach ache. Might be due to menstruation. The second day because she said she had fever, but the doctor reports claimed perfect normalcy and the next day due to an apparent headache. At this point, it started getting me worried. My daughter never lies and rarely opens up. There was something which was definitely troubling her, something definitely solvable.

The 4<sup>th</sup> day, I chose to spend the evening with Agni in the garden. Agni sat by me, resting her head on my lap. "Baby, looking at you reminds me of my school days." I said, stroking her hair. "I had friends, plenty of them. And as I grew up, the number of friends multiplied. But then, now, I've got a friend who means a lot more than a best friend to me, whom I love more than anyone else. Guess who?" I looked into her large innocent eyes.

"Mmm. It's dad!"

"Nah." I smiled "Granny?" She

looked inquisitive.

"It's you, my girl. You are my best friend! I'd be with you through thick and thin. While you're sad or angry or happy or disappointed, I'll be there. When you're right and when you're wrong, when you've achieved and when you've lost, when you've done good and when you've done something wrong, I'll be there for you. Always!"

There was a tear in her eye. "Ma," she inched closer and hugged me tight. "Baby, if there is something, ANYTHING that you want to tell me, know that I'm your best friend!"

"Ma, I did a mistake and I'm scared." Her voice quivered.

"It's ok!"

Hah! Like mother, like daughter. Need I say more? I cupped her face and said, "Baby, I named you Agni for a reason. Those who choose to play with fire would indeed end up getting burnt."



Everybody makes mistakes, I've made mistakes too. What is it, my dear?"

"The other day, ma," she sobbed. "I was at school, doing my assignments after my teachers left. The security was walking by the corridor locking doors." She gripped me tighter and sobbed more. I went inside my class to get my bags and when I turned around, he blocked my way. I told him to move but he pulled me close and put his hand into my trousers, ma!" She broke into a million tears.

Blood inside me boiled. Gathering all the patience left, I asked, "And what did you do next?"

"Ma, I pushed him against the wall. Got hold of his neck and kicked him really hard on his knee. I feel so scared that I'd get expelled." She sobbed.

Hah! Like mother, like daughter. Need I say more? I cupped her face and said, "Baby, I named you Agni for a reason.

Those who choose to play with fire would indeed end up getting burnt. You punished him for the right reason. I am proud of you, my girl! You have now become independent and strong!"

Six months from that day, on my birthday, Agni gifted me a fairly large gift. What stood gleaming in front of me was a massive trophy that read "Football Champion on the year-agni louse mathew." The making of Junior Jennifer was at its peak. Genetics sure does play its part.






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**Hairstyle:** Pankaj Sagar  
**Photographer:** Ramesh Sharma



# Catch Time!

Take time by the forelock. By Dr. Rajendra Kumar Bhola

**T**o believe a business impossible is the way to make it to. How many feasible projects have miscarried thorough despondency and been strangled in their birth by a cowardly imagination and untimely creation.

Many lead a hurried and harried life simply because they are beaten by the clock. Instead of catching time by forelock, they vainly try to grasp it when it has flown by.

They find a lot of important chores staring at them making them irritable and uncomfortable. "We are chronically short of time," they lament.

They are procrastinators, adept in the art of postponing things. Their motto seems to be: 'why do to-day what can be put off till tomorrow?'

The habit can be broken. You must in the first place stop telling yourself that you are short of time. Compare yourself with a person who is never hurried on this account. Both of you have the same amount of time in a day 24hours. It is the difference in your respective approaches to the utilization of it that makes you an expert in dilly-dallying. You must acknowledge that you are not short of time but you are unorganized. You have to straighten our priorities. 'P' has done with remarkable success. Always pressed for time, he found that there were several unutilized spells of time which could be spent profitably. Just before leaving for work, he found ten millions, spell which he started using for quiet relaxation. In a like fashion he found

two spells of 20 minutes each in the evening. This time he used for checking his children work.

This is just to give you an idea how time, the most precious but wantonly spent commodity, can be profitably used. You may adopt any technique but the important thing is to see that you recognize your time. This will be a step towards overcoming procrastination.

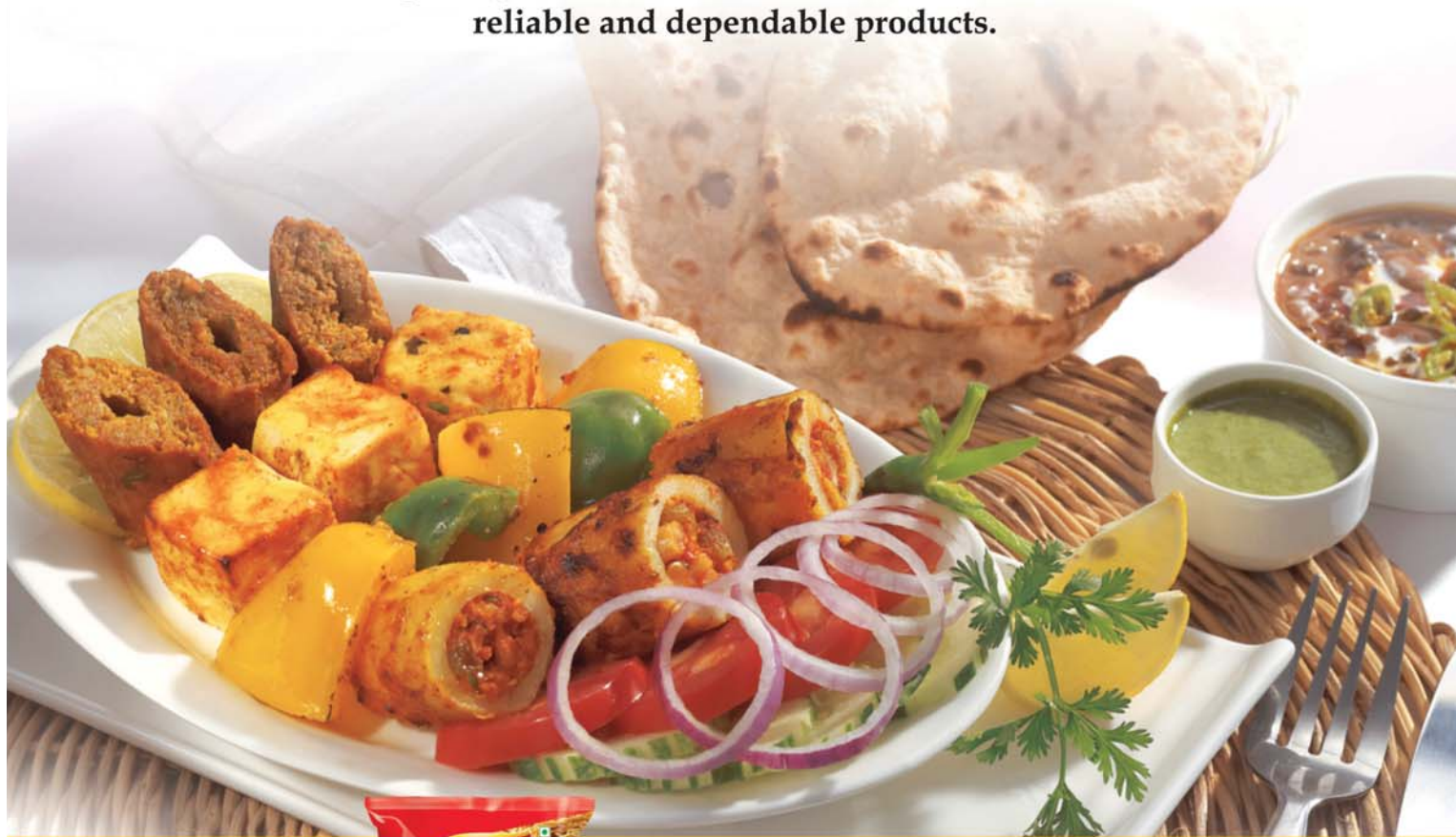
The greatest tragedy in life is the waste of time and talent. The talent is wasted because men and women never wake up, so that they can use their abilities and capabilities in an optimum measure. There is story of a boy who was unable to lift even a weight of fifty pounds but lifted one hundred pounds in a hypnotised condition. Where did the extra energy come from?





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Every individual has certain talent abilities in him and it is for him to bring them out. Sir Julian Huxley, once said, "The greater part of our possibilities; whether physical or spiritual, intellectual or aesthetic, are in all probabilities unrealized." It is a proven fact of life that we do well in those things which we like doing. What are the things that gave you the real pleasure? Is it engineering or medicine, writing poem or painting a picture? Try to fix in your mind firmly, the great and splendid thing you would like to do. Picture in your mind the able, earnest and useful person you desire to be.

Develop the power of positive thinking. Never fear the future. What was the power that made Churchill, a dull boy at school to become the wartime Prime Minister? What was the power which made Gandhi, a blundering youth, to become the Saint of the Century?

What was that power which made lone boy to become the most popular President of United States? Determination! It was determination, positive thinking combined with proper devotion and use of mine.

## PROCRASTINATION AND SELF-CONTROL

Tell yourself that a procrastinator is an expert in inventing excuses. He does it unconsciously, "I will do it in the early morning when I am fresh." "I need complete relaxation to write

**THERE IS ONE SURE WAY OF FIGHTING MOODS. REMINDS YOURSELF THAT TO BE CALLED A MOODY PERSON IS UNFLATTERING. HE IS VERY MOODY," IS NOT A COMPLIMENT. IT MEANS HE IS UNDEPENDABLE AND UNRELIABLE.**

letters" "I will finish this only after consulting so and so" are some of the excuses you unconsciously use to put off a thing for tomorrow.

There is a grain of truth in the excuses but not enough to warrant you to postpone the task. You have to black out this habit. You will find taking jobs in hand instead of your hands being full with them.

Another common factor contributing to your procrastination is your slavery to your moods. Often you say to yourself, "I am not in a mood to do it now. I will take it up tomorrow."

Moods must be mastered. If you leave yourself to the mercy of moods, you vacillate. Moods are whimsical masters.

There is one sure way of fighting moods. Reminds yourself that to be called a moody person is unflattering. He is very moody," is not a compliment. It means he is undependable and unreliable. Do you like to be called so? Do the right thing at the right time and you will

be the lord of your moods.

Many men have overcome the habit by writing the chores down and then sticking to the schedule as far as possible. But chronic procrastinators dismiss the idea with, "Okay, I will write them down tomorrow." If you decide to undertake it, do it right now.

Jot down at least some important thing you have wanted to do and then get doing them as per your schedule entered in the diary. Do not hedge the task. Do not let moods get upper hand. Plunge straight into the task.

Once the initial inertia is overcome, you will relish your accomplishment and you will want to do more. There is an immense emotional satisfaction in accomplishing a job. It is the reward, which spurs you to achieve more.

It may sound rather strange but it is a fact that you have no definite idea of how much time various chores take. Also, perhaps, you do not know that you postpone some chores simply because you have mistaken notion of time these will take. Have a fairly accurate idea of time it takes you to write a letter, dusting your room and preparing notes etc. this will enable you not to shun them as any unused spell of time will be used in doing something which you know can be done in that period.

Another common cause of procrastination is you want to tell yourself: it is humanly impossible to run life on such a tight schedule. Life cannot be capsule in rigid timetable. There is an element of truth in it. But the answer to this argument is: life without organization is utter chaos. Moreover timetables can be altered or cast a fresh.

The rewards of keeping it up-to-date are many. You finish your jobs quickly and on time. You are not haunted by the spectre of undone or half fished chore. Your mind becomes clear and not cluttered. Your leisure will be free from disturbing thoughts.

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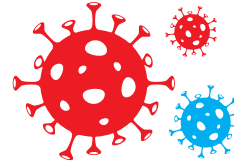
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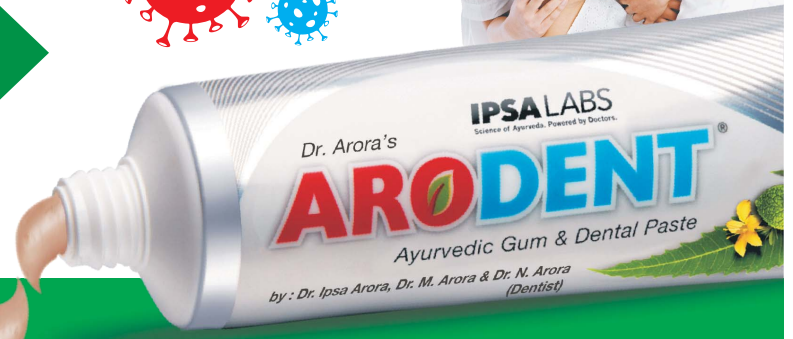
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# Winter Wonder Cravings!

Diet-friendly recipes.

People who are diet conscious find it really difficult to have something healthy yet taste. In this fast paced life, we do not have much time to prepare a heavy meal. Make sure you are having a well-balanced diet with protein, fiber, carbohydrate and healthy fats in required proportion. Add as much vegetables to your diet as you can and try to experiment with protein such as fish, chicken, tofu etc. Here are some nutritious diet-friendly recipes which you are going to love.

## CHICKEN CARROT DUMPLINGS

### INGREDIENTS:

1 cup finely diced carrots  
700 grams boneless minced chicken  
2 teaspoons soy sauce  
1 teaspoon sesame or olive oil  
1/2 cup finely chopped onion  
1 teaspoon salt  
Dumpling wrappers

### METHOD:

Boil the diced carrots. Drain out the water and let it cool. Take a bowl. Add the boiled carrots, minced chicken, onion, soy sauce, salt and sesame or olive oil then mixed all the ingredients well.

Take a full teaspoon filling and wrap it in a dumpling wrapper. Repeat this process and complete the wrapping of the rest dumplings. Keep the steamer pot on top of a vessel of boiling water. Place the dumpling in the steamer. Steam it for the next 15 minutes. Your dumplings are ready to serve.



Chicken carrot dumplings



# CHRISTMAS NACHO CANAPES

## INGREDIENTS

Cornitos Cheese and Herbs	
Nacho Crisps	1pkt
Diced Brinjal	100gm
Oil	2tbsp
Chopped Garlic	5gm
Chopped Ginger	5gm
Super Fine Sugar	1tbsp
Diamond Cut	
Red Chilies	2no
Water	4tbsp
Basil fresh	few leaf
Corn flour	4tbsp
Soy Sauce	1tbsp
Kafir lime leaf	few leaves

## METHOD:

Marination of Brinjal: In a large bowl, add diced Brinjal, add corn flour gently mix them so that brinjal get coated into white blanket of corn flour. Add oil in a



Christmas nacho canapes

heating pan, add the brinjal and fry marinated brinjal until crisp golden-brown, remove it on kitchen towel to remove excess oil.

Then prepare sauce. In a saucepan add little oil let it heat, add chopped ginger and garlic sauté it for 2min, add crushed lime leaf to extract the aroma into sauce, Add little water, then add soy sauce, add salt, add diluted corn flour with water to sauce to

thicken the sauce, add basil leaf to extract the flavor to sauce. Add crisp golden-brown brinjal to the prepared sauce, so that brinjal gets well coated in the sauce and enhance the flavor of sauce. In a platter arrange Cornitos nachos crisp, place a single piece of marinated brinjal, place a single leaf of basil over brinjal along with diamond shaped red chili. Serve it Hot with sauce.

# CREAMY SHRIMP PASTA

## INGREDIENTS:

1 packet of whole grain spaghetti
600 grams shrimps without shells
2 teaspoons olive oil
1/2 cup chopped red bell pepper
1/2 cup chopped green bell pepper
1/2 cup chopped onion
1 cup diced tomatoes
1 tablespoon butter
1/2 cup whipping cream
1/2 cup almond milk
1/2 cup shredded parmesan cheese

## METHOD:

Boil the pasta according to the package instruction.

Place a pan on medium flame. Put few drops of olive oil. Fry the shrimp for 2-3 minutes until it gets



a light golden color. Keep the shrimp aside. Add the remaining olive oil to the pan. Sauté the bell peppers, onion and tomatoes for 3-4 minutes on high flame until they become soft and aromatic. Place the vegetables in a bowl.

Put the butter into the same

pan on a medium flame. Add the whipped cream, almond milk, and the parmesan cheese. Stir the sauce till all the ingredients mix well. Add the cooked pasta, sautéed veggies and shrimp to the sauce and let it cook for another 5-6 minutes. Serve it hot.

## MAKHANA, CURRY LEAVES AND PEPPER PULAO

### INGREDIENTS:

2 cups cooked long Aeroplane  
Basmati grained rice – salt added  
2 tbps of ghee  
Small bunch of curry leaves  
2 tsps of lemon juice  
1 cup fox nuts – makhana  
1 sprig of fresh pepper or 1 tsp of  
pepper powder

### METHOD:

In a thick bottomed pan dry  
roast the makhanas till a light  
golden in colour. Remove and  
keep aside. In the same pan add



Makhana, curry leaves  
and pepper pulao

the ghee, lower the heat and fry  
the curry leaves. Mix in the  
Aeroplane Basmati rice and the  
pepper powder and lemon juice

and stir gently. Serve garnished  
with fresh pepper and roasted  
makhana. Can be served as a tiffin  
item or as part of the main course.

## CRISPY PANEER TACO

### INGREDIENTS:

10 corn tortillas  
1 cup finely diced paneer  
1 cup thinly sliced cabbage  
1/2 cup sliced radish  
4 tablespoons olive oil

1/2 teaspoons salt  
1/2 teaspoons black pepper

### METHOD:

Heat the tortillas for 15-20  
minutes. Put 2 tablespoons of oil  
into the heated pan. Add the  
cabbage, radish, paneer, salt and  
pepper. Stir fry for about 5-6

minutes. Let it cool down.

Make tortilla wraps with this  
filling.

Add the remaining oil to the  
pan on medium flame. Place the  
wraps and leave it for 3-5 minutes  
until they are golden brown.

Transfer them on a plate.  
Absorb the excess oil by putting  
them on tissues.



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## CHICKEN LETTUCE WRAPS

### INGREDIENTS:

4-5 clean lettuce leaves  
600 grams minced chicken  
1 small finely stripped carrot  
3 small chopped onions  
1 small green bell pepper  
1/2 teaspoon soy sauce  
1/2 teaspoon sesame oil  
1/2 teaspoon canola oil  
35 grams coarsely chopped cashews  
2 cloves minced garlic  
1/4 cup chicken broth  
1/4 teaspoon salt

### METHOD:

Take a small bowl. Whisk the sesame oil, chicken broth and soy sauce together.

Heat few drops of canola oil in a pan on medium heat. Stir fry the minced chicken for 1-2 minutes. Transfer it to a bowl and let it cool down. Add few other drops of canola oil. Cook the onion, carrots, bell peppers and garlic for 2 minutes.

Now put the fried minced chicken, cashew and soy sauce mixture. Stir everything for about 4 minutes. Spoon the chicken filling onto the lettuce leaves and wrap it.

## VEGETABLE CHICKEN NOODLES WITH PEANUT SAUCE

### INGREDIENTS:

1 packet whole grain noodles  
1 medium carrot finely  
1 cup broccoli  
1 cup fresh baby spinach  
1 medium onion sliced  
1 medium diced red bell pepper  
1 small onion chopped  
4 cloves of minced garlic  
1 tablespoon ginger grated  
1 tablespoon sesame oil  
2 tablespoons low sodium soy sauce  
1 tablespoon fresh lime juice

1/2 cup unsweetened peanut butter  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
1 cup water (if needed)  
1/4 teaspoon roasted sesame seed

### METHOD:

According to the packet direction, prepare the noodles. Drain the water and rinse it with cold water. Add little olive oil to the pan and toss the noodles on medium flame.

Sauté the vegetables in a large pan on medium flame for 4-5 minutes until the fragrance come out.

To prepare the peanut butter, add small amount of oil to a pan on medium flame. Add garlic, ginger and cook for 2 minutes. Now add the peanut butter, soy sauce, lime juice and water. Whisk everything well. Slow cook it for another 3 minutes on low flame.

Transfer the sautéed veggies and noodles to the pan. Add the salt and black pepper. Mix and cook for 1-2 minutes so that all the ingredients are combined well.

Serve the noodles with some roasted sesame seeds.

### Recipes by:

Pooja Banga  
Founder of Cultivating Health, is a certified Nutritionist.



Chicken lettuce wraps

Vegetable chicken noodles with peanut sauce







PRESENTS

IIT Bombay's

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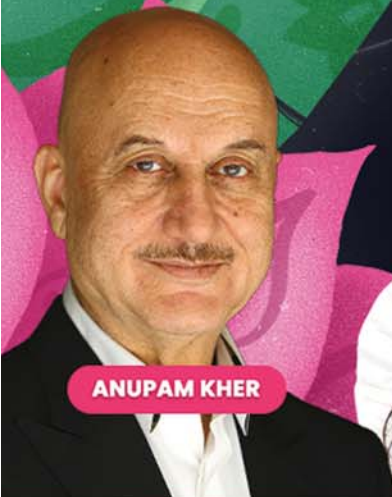
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# THANKS FOR VISITING!



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AAKASH GUPTA



LUCKY ALI

PARTNERS: **Woman's era**





# Women's Heart Health Matters

Complete guide for a healthy heart.

By Harshit Tripathi

**H**eat health is as important an issue for women as it is for men. A disturbing fact highlighted by the Indian Heart Association states that women are less likely to get themselves checked, or follow any preventive measures or health plan. The myth was that women are protected from heart disease. However, today, women in India are rubbing shoulders with men in terms of heart disease incidences, and more so in the urban population.

The main reasons for this increased prevalence are added work stress, lack of adequate physical exercise, consumption of junk food, and a rise in smoking habit. On the bright side, as diagnostic facilities are getting better, more women are coming forward for health screening.

Heart diseases in women result in various symptoms.

Chest pain is one major



# Improving Patient Outcomes Through Advanced Breast Cancer Screening

In a country where one woman is diagnosed with breast cancer every four minutes, it is not a battle we can win easily. According to the World Health Organization, breast cancer is the top cancer in women in both, developed and developing countries. In countries like India, increased life expectancy, rapid urbanization and lifestyle changes have triggered the increasing numbers. However, with increased awareness, India can fight the disease and save millions of lives. Health studies conducted over the decades have pointed to the fact that in countries like India, breast cancer is detected in later stages, putting many at risk. To address the breast cancer burden in the country, it is imperative that we look at a way forward with awareness leading the way.

## What is Breast Cancer

Breast cancer can start in different parts of the breast. The breast is made up of lobules, connective tissues and ducts. While lobules are the milk-producing glands, the ducts are responsible for carrying the milk to nipples. Breast cancers usually start in the lobules or ducts. It is likely to spread to other parts through blood vessels. Breast cancer is of two types— invasive ductal carcinoma, where the cancer starts in the ducts and then grows outside the ducts. The second kind is invasive lobular carcinoma, in which cancer cells spread from the lobules to breast tissues. Both types of cancers can eventually spread to other parts of the body.

The most common symptoms of breast cancer are— lumps or swelling under the arms, skin changes in the nipples or unusual discharge, visible changes in the breasts or abnormal shape.

The critical question here is, if we

know the symptoms and have the tools to fight the disease with early screening, where is the gap? The gap is lack of awareness.

## Advanced Screening Tools Are Aiding Breast Cancer Fight

An important thing to understand is that not all lumps are cancerous. 80 percent of breast lumps that undergo biopsy are benign, i.e. non-cancerous. Over the years, giant leaps in technology have transformed the way we look at breast cancer screening. Today, we have new technologies like 3D Mammography and Contrast enhanced Mammography and MRI that help in early screening and reducing the dependence on traditional examination techniques, imaging tests, surgical biopsy, nipple discharge cytology and others. New technologies like Vacuum Assisted Breast Biopsy (VABB) is a minimally invasive procedure to remove bits of the abnormal cells from the breast tissue, without having to undergo surgical excision. The tissue sample is then sent for histopathological analysis to determine if cancer is present or not.

VABB is done through the skin and uses mammography or ultrasound imaging guidance. Mammography guided biopsies have a computer software which accurately locates lesions such as microcalcifications ( which could be indicators of cancers lurking within the ducts), on the mammogram images to help the specialist guide the needle to the specific area in the breast tissue.

When VABB is done under ultrasound guidance the specialist is able to visualise in real time on the imaging monitor the needle as it goes into the area of concern. This outpatient procedure is done under local anaesthetic. The needle is



Dr Beenu Varghese-John,  
Chief Radiologist, Orchids Breast Clinic,  
Prashanti Cancer Care Mission, Senior  
Radiologist, Breast Imaging,  
Jehangir Hospital.

placed into the breast, attached to a vacuum device which draws the breast tissue through the needle's aperture. The needle is then rotated to complete an entire 360 degree to remove tissue which is stored in a chamber to be sent for testing. Once sufficient samples have been collected, the needle is removed and pressure is applied to the biopsy site to stop any post procedure bleeding. A biopsy marker is then placed in the breast at the site of abnormality for future reference and monitoring. A pressure bandage is applied to the site, and the patient is given pain medication and discharged.

VABB's assured 100 percent diagnosis is what gives it an edge over the conventional form of biopsy, especially for tiny sub cm lesions. Such small lesions, if associated with cancers can be detected and treated early, which gives the patient the best chances of a complete cure with minimal intervention.

Early detection of breast cancer is what increases a woman's chances of improved long term disease free survival. Creating awareness about the disease, periodic screening with mammography and providing specialised care is what will help us beat this disease.

To get more details on VABB technology, please write to [ankit.sancheti@bd.com](mailto:ankit.sancheti@bd.com)

symptom of a heart attack, and in addition, women may experience shortness of breath, pressure or pain in the lower chest or upper abdomen, dizziness, lightheadedness or fainting feeling, upper back pressure or extreme fatigue.

Some people manage to overhaul their exercise pattern, diet, and unhealthy habits with ease. This approach may take longer, but it could also motivate you to make some big changes.

**Keep a Lid on Stress:** The link between stress and our hearts is real. Feeling stressed can also lead to behaviors that increase heart disease risk, such as smoking, skipping exercise, and skipping out to our favorite fast-food joint.

**Lifestyle Actions:** Key lifestyle actions to lower triglyceride levels are:

- Lose excess weight
- Eat less sugar and other highly refined and processed carbohydrates, like white breads
- Eat more fish high in omega-3 fats
- Drink very little alcohol
- Exercise regularly

**Reduce Inflammation:** Chronic inflammation in our bodies is often brought on by excess bad cholesterol and other lifestyle-related insults like high blood pressure, high blood glucose, being overweight, and smoking.

**Prevent or Control Diabetes:** Preventing or controlling diabetes could save your heart – and life. Heart attacks occur two to four times more often in people with diabetes compared to non-diabetics. Strokes occur two to four times more often. Antioxidants help neutralize harmful free radicals which can contribute to heart disease.

**Lose Excess Body Fat, Particularly Belly Fat:** Obesity also can lead to heart failure, a very

serious condition in which the heart is incapable of pumping enough blood to meet the body's needs. The optimal way to shed fat, including belly fat, and keep it off is with a healthy eating and exercise.

**Take a 10-minute walk:** If you don't exercise at all, a brief walk is a great way to start. If you do, it's a good way to add more exercise to your day.

**Give yourself a lift:** Lifting a hardcover book or a two-pound weight a few times a day can help tone your arm muscles. When that becomes a breeze, move on to heavier items or join a gym.

**Eat one extra fruit or vegetable a day:** Fruits and vegetables are inexpensive, taste good, and are good for everything from your brain to your bowels.

**Make breakfast count:** Start the day with some fruit and a serving of whole grains, like oatmeal, bran flakes, or whole-wheat toast.

**Stop drinking your calories:** Cutting out just one sugar-sweetened soda or calorie-laden latte can easily save you 100 or more calories a day. Over a year, that can translate into a 10-pound weight loss.

**Breathe deeply:** Try breathing slowly and deeply for a few minutes a day. It can help you relax. Slow, deep breathing may also help lower blood pressure.

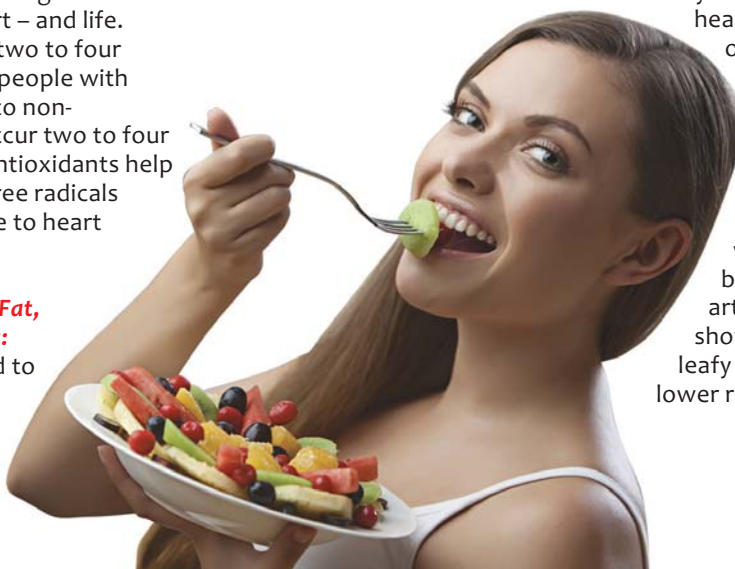


**Wash your hands often:** Scrubbing up with soap and water often during the day is a great way to protect your heart and health. The flu, pneumonia, and other infections can be very hard on the heart.

Heart disease accounts for nearly one-third of all deaths worldwide. Diet plays a major role in heart health and can impact your risk of heart disease. In fact, certain foods can influence blood pressure, triglycerides, cholesterol levels and inflammation, all of which are risk factors for heart disease.

An overall unhealthy diet and lifestyle is related to conditions like heart disease, more so than the over or under consumption of specific nutrients.

**Leafy Green Vegetables:** Leafy green vegetables are high in vitamin K and nitrates, which can help reduce blood pressure and improve arterial function. Studies show that a higher intake of leafy greens is associated with a lower risk of heart disease.





**Almonds:** Almonds are incredibly nutrient-dense, boasting a long list of vitamins and minerals that are crucial to heart health. They're also a good source of heart-healthy monounsaturated fats and fiber, two important nutrients that can help protect against heart disease.

**Green Tea:** Green tea is high in polyphenols and catechins. It has been associated with lower cholesterol, triglycerides and blood pressure. Taking a green tea supplement or drinking matcha, a beverage that is similar to green tea but made with the whole tea leaf, may also benefit heart health.

**Walnut:** Walnuts can help reduce cholesterol and blood pressure and may be associated with a lower risk of heart disease. They are a great source of fiber and micronutrients like magnesium, copper and manganese.

**Beans:** Multiple studies have also found that eating beans can reduce certain risk factors for heart disease. What's more, eating beans has been linked to reduced blood pressure and inflammation, both of which are risk factors for heart disease.

**Tomatoes:** Tomatoes are rich in lycopene and have been associated with a lower risk of heart disease and stroke, as well as an increase in "good" HDL cholesterol.

**Berries:** Berries are rich in antioxidants. Studies show that eating them can reduce multiple risk factors for heart disease. Berries can be a satisfying snack or delicious low-calorie dessert. Try adding a few different types to your diet to take advantage of their unique health benefits.

**Avocados:** Avocados are high in monounsaturated fats and potassium. They may help lower your cholesterol, blood pressure and risk of metabolic syndrome. One study looked at the effects of three cholesterol-lowering diets in 45 overweight and obese people, with one of the test groups consuming one avocado per day.

Women are the fulcrum of our families; their well-being have a direct effect on the happiness of the entire family. Prevention is the best medicine, so start today. Lifestyle changes are the key to living a healthy, happy life. It may be tempting to take small steps. **We**

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# Adult Acne Is Real

Here are the foods that can cause it.

By Shree Vardhan Mani

**F**atty foods, dairy, and sweetened treats can raise the risk of acne in adults. A study by French researchers found that foods such as milk chocolate or sugary drinks could trigger acne in adults. The results of our study appear to support the hypothesis that the Western diet (rich in animal products and fatty and sugary foods) is associated with the presence of acne in adulthood.

More than 24,000 adults in France took part in the study. They were asked to keep a 24-hour dietary record over a 2-week period. The participants were asked to note everything they ate and drank as well as the amounts consumed. The researchers concluded that fatty, dairy-based, and sugary foods can trigger an acne outbreak.

Drinking five glasses a day of either milk or a sugary drink increased risk of acne by more than 50 percent. One portion of fatty foods such as french fries or a sugary food like a doughnut increased the risk of acne by 54 percent, the researchers reported.

The fact that fatty foods, sugary foods (those foods that are high glycemic), as well as dairy foods (particularly low fat dairy) cause acne doesn't surprise me in the least. There have been a number of studies in the recent past which have suggested this particular link, and many of my patients have personally noted acne flares when eating such foods. Though the exact reasons aren't clear at this time, the current school of thought regarding why these particular foods may

cause acne to flare is that they may play a role in regulating certain hormones, such as insulin or androgens, which we already know cause acne to flare.

## What causes the acne?

The researchers suggest a diet high in sugar as well as the consumption of milk causes a rise in levels of circulating insulin.

This, in turn, stimulates cell production while also inhibiting cell death, promoting inflammation and the development of acne. In addition, an increase in insulin levels also encourages the production of hormones that produce sebum, which can cause acne.

Study participants who reported having current acne consumed significantly more milk, sugary beverages, milk chocolate, and fast foods than the participants who reported never having acne. The group with current acne also ate significantly less meat, vegetables, and dark chocolate.

**DRINKING FIVE GLASSES A DAY OF EITHER MILK OR A SUGARY DRINK INCREASED RISK OF ACNE BY MORE THAN 50 PERCENT. ONE PORTION OF FATTY FOODS SUCH AS FRENCH FRIES OR A SUGARY FOOD LIKE A DOUGHNUT INCREASED THE RISK OF ACNE BY 54 PERCENT, THE RESEARCHERS REPORTED.**

## Changes in diet


Dairy is an important source of calcium and protein, and generally can be a part of a healthy diet. If individuals with acne find dairy to be a trigger food, they can substitute nut milks instead.

More research needs to be done to determine a diet that could help prevent acne, but she says cutting back on sugar is a good place to start. A diet low in sugar and saturated/trans fats is protective against many diseases. For health, limiting sugar and saturated/trans fats while incorporating healthy fats, lean meats, whole grains with a foundation of fruits and vegetables is optimal.

## What about chocolate?

Milk chocolate increased the risk of an acne outbreak by 28 percent, while dark chocolate was linked to a 10 percent reduction in the risk.

Experts say there's some truth to the claim that chocolate can cause breakouts. Milk chocolate contains whey, a milk-derived protein. Intake of whey protein has been associated with increased levels of acne. Some individuals will be more sensitive to whey, dairy, and sugar (no matter the amount) than others. When we look at the composition of chocolate, it also contains sugar.

It's possibly related to rising amounts of stress, fluctuating hormone levels, or new medications, or even other reasons we don't fully understand yet, it's a common problem, and many adults aged 30 to 50 still have acne. 



## Kitchen queries



# Q & A

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.

**M**ANY 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, phosphorous, 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.

**N**OW 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.

**M**Y 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.

**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 heart's in trouble eat almonds. If you are prone to fractures eat cashews. If you are tired and low eat walnuts. If your blood pressure needs toning down eat figs. If you are prone to illness eat pecans.

**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

**"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 'aaa 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.

**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 flaxseed 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?**

Now a days 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. So nothing will boil over. Lastly it uses 10% less energy than a smooth-top electric range.

— SAVITA BHARGAVA

# Baby Boy

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stylish wear.





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one enjoy all day  
long.



Perfect party  
outfit for your  
cute toddler.

# All you need to know about Assisted Reproductive Technology

Innovations in the field of reproductive medicine. By Monika Agarwal

**I**nfertility is a fairly common problem, affecting an estimated 15% couples globally. The burden of the problem is even more pronounced in developing countries like India. As per WHO, one in four couples in reproductive age in India faces difficulty in getting pregnant. This comes with a lot of emotional and social stigma. Most of these couples are reluctant to discuss about their fertility issues openly which hampers the possibility of timely diagnosis and treatment. Scientists all over the world have been working tirelessly to find treatments to overcome infertility issues and the biggest breakthrough was the birth of Louise Brown on 25th July, 1978 in England.





She is the first baby to be born after successful IVF treatment in the world after years of efforts from Dr Patrick Steptoe, Robert Edwards and their team.

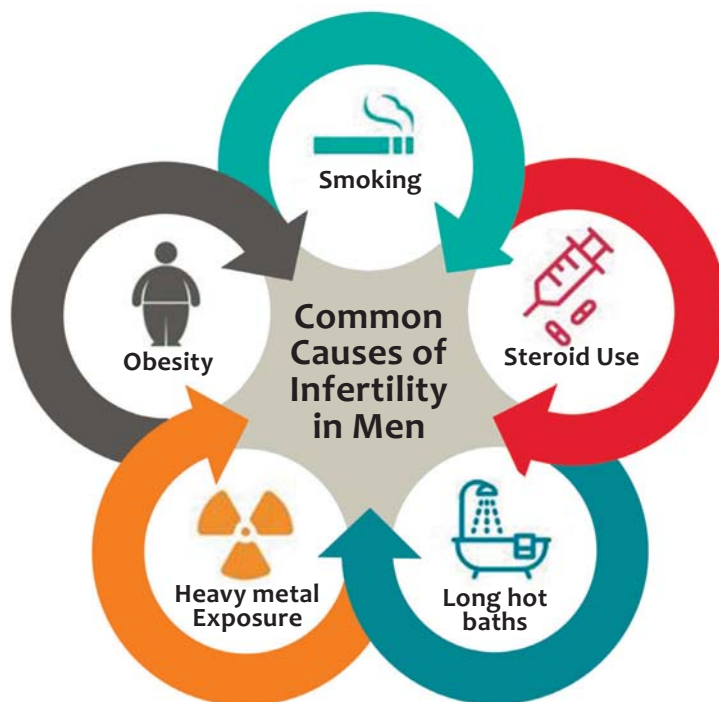
Louise Brown's birth is one of the biggest landmarks in the field of infertility treatment. Over these 42 years more than 8 million children have been born through various "Assisted Reproductive Techniques" including IVF as well as several other advanced techniques which have evolved since then. To mark the greatest innovation in the field of reproductive medicine this day i.e. 25th July is celebrated as the World IVF day every year.

**What are the common causes of Infertility?**

Women have always been considered as the bearer of infertility, however this is just a myth as in the current scenario men are as much responsible for infertility as women. The common causes of infertility include medical reasons like fallopian tube blockage, ovulatory dysfunction, endometriosis etc., in women and poor sperm quantity or quality in men. The other important cause for infertility includes lifestyle issues including increasing marital age, postponement in childbearing, stress, consumption of alcohol and tobacco and unhealthy diet.

**What does Assisted Reproductive Technology mean?**

ART includes all fertility treatments in which both eggs and embryos are handled. In general, ART procedures involve surgically removing eggs from a woman's ovaries, combining them with sperm in the laboratory, and returning them to the woman's body. This mainly includes In Vitro Fertilization cryopreservation of gametes (egg or sperm) or embryos, PGT (Preimplantation Genetic Testing). Through these procedures, many couples with otherwise untreatable infertility have given birth to healthy babies.



**Types of assisted reproductive techniques**

**In Vitro Fertilization (IVF)**

The union of sperms and eggs is one of the most important steps for pregnancy, however there are many factors that hinder this process of fertilization in the body leading to infertility. IVF is a method of



**THE COMMON CAUSES OF INFERTILITY INCLUDE MEDICAL REASONS IN WOMEN AND POOR SPERM QUANTITY OR QUALITY IN MEN. THE OTHER CAUSE FOR INFERTILITY INCLUDES LIFESTYLE ISSUES INCLUDING INCREASING MARITAL AGE, POSTPONEMENT IN CHILDBEARING, STRESS, CONSUMPTION OF ALCOHOL AND TOBACCO AND UNHEALTHY DIET.**

assisted reproduction in which the woman's eggs and man's sperms are fertilized outside the body in a laboratory dish, which is why it is also called a 'test tube baby'. One or more of these fertilized eggs (embryos) are then transferred in the woman's womb, so that they can stick in the uterine lining and grow. It is one of the most commonly used ART procedures and is used to overcome infertility due to many causes like blocked fallopian tubes, endometriosis and even when the cause of a couple's infertility is not known.



**Intracytoplasmic Sperm Injection(ICSI)**

This is a special technique of assisted reproduction that is most useful for male factor infertility where the sperm count or quality is very poor. This mainly involves the same initial steps as for IVF, except that for the process of fertilization, a special needle is used to inject the sperms inside the egg. Therefore eliminating the need for millions of sperms to fertilize the egg and pregnancy can be achieved even with very low sperm count.

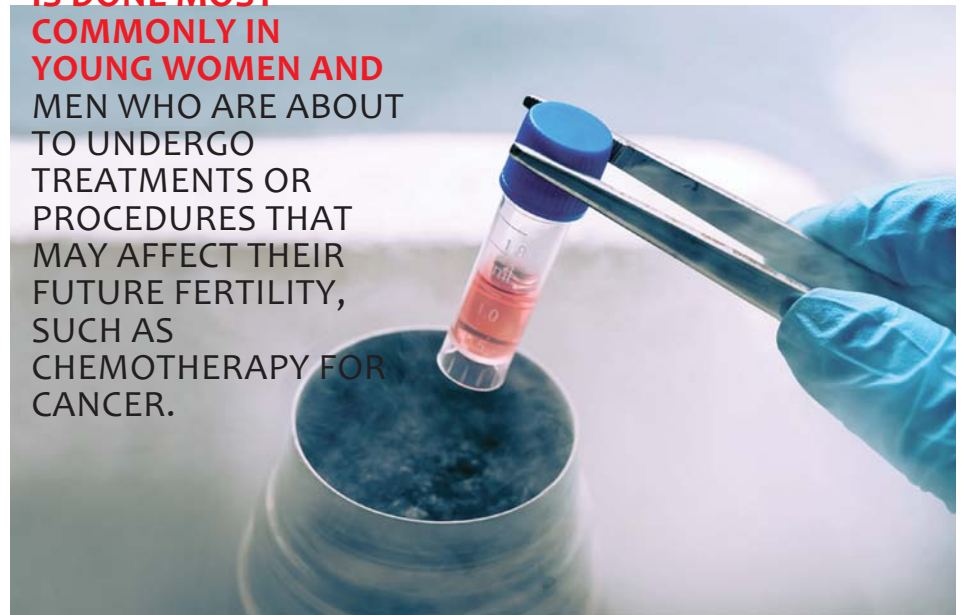
**Cryopreservation of Gametes / Embryos**

Cryopreservation or freezing is a technique in which the embryos, eggs and sperms are frozen in liquid nitrogen at -196 degree centigrade for prolonged periods. This is very useful for couples undergoing IVF treatment who have spare embryos left after the embryo transfer. Cryopreservation makes future ART cycles simpler, less expensive, and

less invasive than the initial IVF cycle, since the woman does not require ovarian stimulation or egg retrieval. Once frozen, embryos may be stored for prolonged periods, and live births have been reported using embryos that have been frozen for almost 20 years. Another

**ANOTHER VERY IMPORTANT ROLE OF CRYOPRESERVATION IS TO PRESERVE THE EGGS OR SPERM. THIS IS DONE MOST COMMONLY IN**

**YOUNG WOMEN AND MEN WHO ARE ABOUT TO UNDERGO TREATMENTS OR PROCEDURES THAT MAY AFFECT THEIR FUTURE FERTILITY, SUCH AS CHEMOTHERAPY FOR CANCER.**



very important role of Cryopreservation is to preserve the eggs or sperm. This is done most commonly in young women and men who are about to undergo treatments or procedures that may

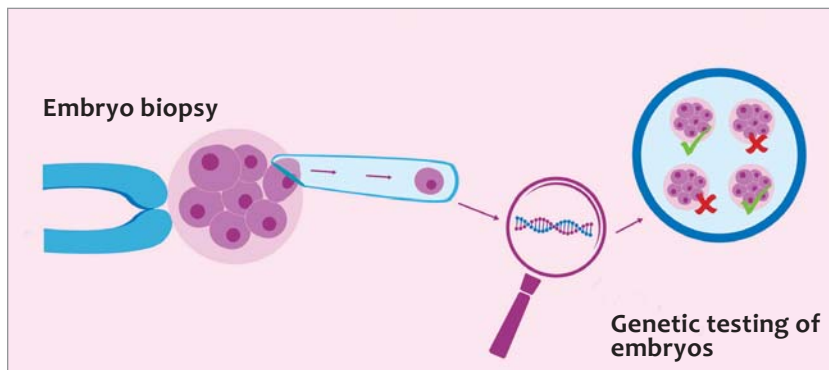
affect their future fertility, such as chemotherapy for cancer.

**Preimplantation Genetic Testing (PGT)**

Preimplantation Genetic Testing (PGT) is an early form of prenatal genetic diagnosis where abnormal embryos are identified, and only genetically normal embryos are used for implantation. This technique is a boon for couples who are either carriers of or suffer from genetic disorders that can be passed to their offspring. It involves

removal of some cells from the embryo, subjecting these cells to specific genetic tests in order to identify the presence of any genetic alterations in chromosome number or genes. This enables the identification and selection of genetically healthy embryos, thus improving the chances of a healthy pregnancy.

To conclude, scientific advancements have made it possible for us to treat a large percentage of couples with infertility, provided they come and seek help in time. It is a rapidly evolving field and newer techniques provide us deeper insights into the causes of infertility and treat these causes more effectively.





## Your Body



## Q & A

**I AM A 35 YRS OLD WORKING WOMAN, SINCE LAST TWO TO THREE months i am suffering from small warty growths over the vaginal area and area of skin around the anus, along with this I have profuse vaginal discharge also. I have consulted a gynecologist for this problem, after examination she told me that you are suffering from condylomata acuminata and advised treatment. I want your opinion about the disease.**

Condylomata acuminata are small papillary warty growths spread diffusely over the whole of the vulval area. A third form of condyloma must be recognised. This takes the form of isolated pedunculated cauliflower-like excrescences which involve not only the labia (outer part of vagina) but the area of skin around the anus. Almost always the development of such condylomata is preceded by profuse vaginal discharge. Many cases are found in pregnant women and a few patients suffer from chronic gonorrhoea. These warts are caused by a virus and are similar to warts occurring on the hands and other parts of the body. An effective treatment for most Varieties of warts is to paint them with 25 per cent podophyllin in alcohol or liquid paraffin but if this is ineffective cauterisation of the individual warts with diathermy under general anesthesia will usually result in a cure. If not achieved at one sitting the treatment can be repeated. Any source of vaginal discharge must be eliminated eg. a cervical erosion or chronic endocervicitis should be treated by cauterisation or diathermy conisation.

**M Y MOTHER IS ABOUT 65 YRS OLD, LAST MONTH SHE WAS operated for gall bladder stone. Since the time of operation, she is suffering from inadequacy of the relief of post-operative pain, pain usually remains at the site of operation. She usually remains restless and complains of increased heart rate, sweating and sometimes her blood pressure increase, we have consulted with operating surgeon for this problem. He told us that she is suffering from post-operative analgesia and advised treatment. What is your opinion about this problem.**

Many patients, including doctors, testify to the inadequacy of the relief of post-operative pain. Several factors, such as the site of the operation, the drugs used in the premedication and during the anesthetic, concomitant regional techniques and the emotional state of the patient, cause great variation between patients in the dose and frequency of medication used. When post operative pain is inadequately treated, the suffering of the patient increases the stress of the whole procedure and can delay recovery. The inability to cough and breathe deeply leads to retention of secretions, pulmonary atelectasis and pneumonia. Immobility leads to venous stasis, deep vein thrombosis and pulmonary embolisation. The signs of pain include

restlessness, tachycardia (increased heart rate) sweating, pallor and hypertension, if the pain is severe, hypotension may occur. For milder pain, it is to be remembered that oral non-narcotic or non-addictive narcotic analgesics can be most effective. A field block of the coetaneous nerves supplying sensation to the skin area surrounding the wound, using local anesthetic agents, may be performed towards the end of the operation.

**I AM A 30 YRS OLD WORKING WOMAN, SINCE LAST TWO TO THREE months I am suffering from pain and swelling on lower part of my left thigh, swelling is painful on pressure also. I have consulted an orthopedic surgeon for this problem. After examination and X-Ray he told me that you are suffering from Giant cell Tumour (Osteoclastoma) and advised surgical procedure alongwith radiotherapy. I want to know about this disease in detail.**

This is an important tumour because, though generally classed as benign, it tends to recur after local removal and sometimes behaves as a frankly malignant tumour, metastasising through the blood stream. It occurs most commonly in young adults. The commonest sites are the lower end of the femur (Bone of thigh), the upper end of the tibia, the lower end of the radius, and the upper end of the hummers. It destroys the bone substance. Pathological fracture is common.

A giant cell tumour often recurs after incomplete removal. When it is malignant (cancerous) it metastasises readily, especially to the lungs. Symptoms of the disease are pain at the site of the tumour and a gradually increasing local swelling. Sometimes the patient is made suddenly aware that something is wrong by the occurrence of a pathological fracture. Examination reveals a bony swelling which may be tender (pain or pressure) on firm palpation. X-Ray shows destruction of the bone substance, with expansion of the cortex. The tumour tends to grow eccentrically and often extends as far as the particular end of the bone.

Treatment depends upon the site of the tumour. If the affected bone is one that can be reasonably dispensed with such as the clavicle or fibula, excision of part of the bone or even the whole bone removal is recommended, to ensure complete removal of the tumour. But if the affected bone is one whose removal would cause severe disability such as the femur, the problem is much more difficult. Curettage followed by packing with bone grafts is attended by a high rate of recurrence, which may than necessitate amputation (removal of the part). Probably the wisest course, therefore, is to advise wide local excision, even if this entails sacrifice of major joint such as the knee or shoulder, which may have to be fused or replaced by a metal prosthesis. Radiotherapy is capable sometimes of bringing about permanent cure, but there is a risk that it may induce malignant (Cancerous) change. It should therefore be confined to tumours at sites that are inaccessible to operation.

– Dr Sanjay Teotia.



# Essential Oils *for Stress Relief*

Essential Oils will help you relax and is good for overall health.

By Shivani Naghnoor

Essential oils are made from parts of the plant such as rinds, barks, herbs, and leaves. It has been scientifically proven that these oils reduce anxiety. The aroma of essential oils will leave you feeling good and fresh. Take note of these stress-relieving essential oils.



## Lavender essential oil:

Lavender oil is commonly used oil in aromatherapy and is effective in fighting insomnia, based on recent study scientists have discovered college students who took in lavender oil experienced improved sleep. Students who inhaled lavender oil before sleeping showed improved energy levels during the daytime. The elderly population who breathed in lavender essential oil has shown improved sleep quality. Lavender oil is known to reduce stress, increase feeling of calmness, and reduce heart rate and blood pressure.



### Lemongrass Essential Oil:

Lemongrass essential oil is extracted from lemongrass herb and the scent is known to reduce anxiety and promote a relaxed feeling. Based on a study published in the Journal of Alternative and Complementary Medicine scientists have discovered individuals who inhaled lemongrass essential oil showed a quick reduction in anxiety. The other health benefits of Lemongrass Essential Oil are it has antifungal properties and is commonly used to treat ringworm and athlete's foot. It has antibacterial properties used for treating blood infections, pneumonia, and skin infections. The oil is known to be effective in regulating blood sugar, easing diarrhea, relieving nausea, and preventing gastric ulcers.



**A COMPOUND IN THE OIL CALLED LIMONENE WAS FOUND TO BE EFFECTIVE IN INHIBITING GROWTH AND PROMOTING THE DEATH OF COLON CANCER CELLS.**

### Lemon Essential Oil:

Lemon essential oil is derived from lemon plant and is known to be effective in reducing anxiety. Lemon contains linalool a compound that reduces depression, promotes sleep, improves mood, and relieves stress. Lemon oil scent is also known to reduce the feeling of nausea and promote a calming effect.



### Orange Essential Oil:

The smell of orange essential oil is known to reduce anxiety, according to a study published in Journal of Alternative and Complementary Medicine, individuals who inhaled the aroma of sweet orange essential oil did not show an increase in tension when subjected to anxiety situation. Orange Essential Oil is widely researched for its anti-cancer properties. A compound in the oil called Limonene was found to be effective in inhibiting growth and promoting the death of colon cancer cells. Based on 2017 study scientists have discovered orange essential oil is effective in inhibiting the growth of prostate and lung cancer cell lines.





### Bergamot Essential Oil:

Bergamot Essential Oil is extracted from a citrus fruit peel and it is effective in reducing stress. Based on a recent study published in Phytotherapy Research, individuals who were exposed to bergamot essential oil for fifteen minutes showed a reduction in stress. This essential oil can be used with carrier oil such as avocado, sweet almond, or jojoba.

**THE OTHER BENEFITS OF CHAMOMILE ESSENTIAL OIL ARE IT IS USED TO REDUCE SYMPTOMS OF NAUSEA, INDIGESTION, OR GAS, IT IS USED TO TREAT RASHES OR ECZEMA, IT IS EFFECTIVE IN REDUCING ARTHRITIS, NEURALGIA, AND BACK PAIN.**

### Jasmine Essential Oil:

Jasmine Essential Oil is known to improve well-being and also produces a calm feeling and it is also known to improve mood and reduce depression. This oil has antiseptic properties; scientists have discovered jasmine oil extracted from Jasminum sambac plant was effective in preventing the growth of an E. Coli strain. Jasmine Essential Oil helps ease symptoms of Generalized Anxiety Disorder; individuals who inhaled the oil for five minutes for more than ten days showed reduced symptoms of irritability, palpitations, and insomnia.



### Chamomile Essential Oil:

Chamomile oil is excellent to get optimum stress relief it helps to relax the nervous system, provides inner calm feeling and reduces anxiety. The oil has anti-cancer properties; based on a recent study a compound in chamomile oil called apigenin was effective in inducing death and preventing growth in human cancer cell line. The other benefits of chamomile essential oil are it is used to reduce symptoms of nausea, indigestion, or gas, it is used to treat rashes or eczema, it is effective in reducing arthritis, neuralgia, and back pain.



### Basil Essential Oil:

Basil Essential Oil calms the nervous system, and it improves mood and reduces anxiety. It also helps to reduce depression, fatigue, and mental strain and therefore has a calming effect on the nervous system.

**THE USE OF ESSENTIAL OILS FOR MEDICINAL PURPOSES IS CALLED AROMATHERAPY AND IT IS KNOWN TO EASE SYMPTOMS OF VARIOUS CONDITIONS.**



### Rose Essential Oil:

Rose Essential Oil is used as an aromatherapy remedy to treat migraines, menstrual cramps, anxiety, menopausal symptoms, and depression. If you just want to relax than Rose Essential Oil is a good option, based on study scientists applied rose oil on individuals to observe the effect the oil has to reduce anxiety. The result revealed participants showed a decrease in anxiety symptoms such as cortisol level, breathing rate, blood oxygen level, heart rate, and blood pressure.

### MORE ABOUT ESSENTIAL OILS

Essential oils have been in use for about 6,000 years to improve mood and overall health. These oils have many benefits such as insecticidal, antifungal, nematicidal, antiviral and antimicrobial and antifungal activity.

Essential Oils create a great feel-good factor; the pleasant aroma of it will help you relax. It is good to pamper yourself now and then, and feel good about yourself. On a day you are tired and stressed just forget about your worries for some time and experiment with essential oils.

The use of essential oils for medicinal purposes is called Aromatherapy and it is known to ease symptoms of various conditions such as Alopecia,

menopausal problems, menstrual problems, circulatory problems, headaches, muscular aches, insomnia, fatigue, depression, stress, body aches, and nausea.

Essential oils are commonly used to feel relaxed and treat ailments and these oils can be added to bath gels, creams, or vegetable oils. It is important to be cautious while using essential oils and not rub it on the eyes, nose, or mouth. It is also necessary to remember not to swallow essential oils. There is a certain way of using each essential oil, do thorough research before using it, and check for side effects. It is essential to check with a medical professional before using any kind of essential oil based on your medical condition and to just

be safe. Although essential oils are known to be healthy there are side effects from using it such as headaches, asthma attacks, irritation, and burning. If you are keen on using essential oils take protection measures such as consult with a doctor based on your medical condition, read the label carefully before using it. Be careful about using these oils on children, it is recommended that Eucalyptus oil should not be used on children below ten years of age and peppermint oil should not be applied on children below six years of age.

Essential oils are commonly used, it is however necessary to follow safety guidelines and advice from medical professional before using. **We**



**I WOULD LIKE TO LEARN ABOUT A CHILD'S MILESTONES IN THE FIRST YEAR OF LIFE.**

- Watching a child grow is one of the most fascinating aspects of parenthood. You can expect your baby to
- ✿ Smile within the first 6-8 weeks of life.
  - ✿ Turn his eyeballs from side to side at 8 weeks.
  - ✿ Hold his head between 10-12 weeks.
  - ✿ Turn his head between 12-16 weeks.
  - ✿ Sits with support around six months and without support at 7 months. He drinks from a cup at this age and can kick and roll over. Teething begins around this time.
  - ✿ Crawls between 8-9 months. Begins to chew.
  - ✿ Stand with support at 9 months and without support between 10-11 months.
  - ✿ Walks with support at 12 months and without support at 13 months. Say words with meaning at 12 months.

The sequence of events remain the same though the rate varies. Progress is from head to toe and is related to the maturation of the nervous system. Do not be unduly worried if your child sat up later than your neighbour's. There is a wide range within the normal. Only if the lag is significant, it is cause for concern.

**WHAT ARE THE SYMPTOMS OF CORONA IN CHILDHOOD?**

- Symptoms that have been seen in kids include:
- ✿ a fever that lasts several days
  - ✿ belly pain
  - ✿ vomiting or diarrhea
  - ✿ rash
  - ✿ red, cracked lips
  - ✿ red eyes
  - ✿ swelling of the hands or feet
  - ✿ joint pain
  - ✿ dizziness
  - ✿ vision problems
  - ✿ a headache
  - ✿ looking pale

Please take your child to a specialist as soon as you notice any of these.

**I WOULD LIKE TO KNOW HOW MANY TEETH A CHILD HAS AND IN WHAT ORDER DO THEY ERUPT.**

A child has a set of 20 milk teeth (upper and lower jaw combined) that comprise of 2 incisors or front teeth, a canine on either side of the incisors and the 1<sup>st</sup> and 2<sup>nd</sup> molar at the back on either side on each jaw. Dentition begins at 6 months of age and is completed by 24 months. The 1<sup>st</sup> to appear are the lower central incisors at 6 months of age

while the upper central incisors and the lower lateral incisors erupt at 7 months. The 1<sup>st</sup> molars appear between 12 to 14 months, the canines between 16- 18 months and the 2<sup>nd</sup> molars between 20-24 months.

**AT TIMES MY BABY MAKES A STRANGE WHEEZING LIKE SOUND WHILE SLEEPING. DOES HE HAVE ASTHMA? PLEASE TELL ME WHAT TO DO?**

Babies tend to breathe through their noses and as their nasal passages are narrow, small amounts of nasal fluid or mucus makes that makes them sound congested even when they do not have a cold. Neither does the noisy breathing indicate allergy or asthma as most parents tend to think. At times dried nasal secretions block the baby's nostrils. This creates problems in feeding for it becomes well nigh impossible to breathe with the mouth and nose closed. Put a drop of boiled and cooled water in each nostril. This will soften the secretions, which can be removed with cotton buds.

**HOW MANY HOURS SHOULD A NEW BORN SLEEP?**

Though the sleep pattern of every baby is different, the average newborn sleeps for 14-20 hours a day. At three months he sleeps for about 15 hours while a one year old sleeps for 13-14 hours chiefly at night. Babies up to 7 months of age need feeding at night. Typically a baby sleeps for periods of 3-4 hours at a stretch. His digestive system is so small that he needs nourishment every few hours and should be awakened if he hasn't taken a feed for 4-5 hours. You can expect your baby to sleep through the night (between 6-8 hours) at 3 months of age but each baby has his own sleep pattern and if your newborn is gaining weight and appears healthy do not worry if he sleeps less.

**WHAT SHOULD I DO IF MY CHILD DEVELOPS SYMPTOMS OF CORONA?**

If your child has symptoms of corona first and foremost, do not panic. Talk to your doctor on the phone first – a teleconsult with your child's pediatrician, who is well versed with his previous history or has any special risks. He will ask if anyone in the family or in the neighbourhood or anyone else he, or those in contact with him is a known or suspected case of corona. Depending on your child's symptom, the doctor will tell you what to do next and whether you need to visit his clinic.

If he says observation at home will suffice for the time being, see that your child gets plenty of rest and drinks a lot of liquids. Keep a close watch him and remain in constant touch with his doctor. Most people, including children, get better with rest, fluids, and fever-reducing medicine.

There are home care packages available in various hospitals wherein a health worker visits the patient daily and keeps a check on his progress. If he looks very sick and pale, has high temperature and breathing problems, chest pain, is dizzy appears confused, very sleepy or has fainted take him to the emergency immediately.

– Dr Amrinder Bajaj, MD.





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## Beware of Insects Bites and Stings

How to avoid them. By Jaidev Sharma

It has been often observed that during summer and rainy seasons come a host of nasty insects including bees, wasps, hornets and fly-ants—all ready to bite and sting.

Here are some useful measures to control and prevent those bites and stings:

- ❖ Stay as far as possible from stinging insects' nests.
- ❖ Hire a trained exterminator to destroy any hives and nests around your home.
- ❖ Keep areas around trash containers clean and keep away from them, as much as possible.
- ❖ Avoid wearing brightly coloured clothing and wear heavy scented perfume when outdoors.
- ❖ Wear closed-toe shoes and avoid going barefoot outdoors.
- ❖ Avoid loose clothes that might entangle a biting or stinging insect.
- ❖ Apply insect repellent before going into the woods and other areas where you may come in contact with insects.

- ❖ Do not put repellent on small children's hands, since they often put their hands in their mouths.
- ❖ Avoid swatting at insects or flailing your arms around them. Instead, retreat slowly and calmly when insects threatening.
- ❖ Do not put your picnic food out until you are ready to eat, and repack it as soon as you have finished serving.
- ❖ Always close car windows.
- ❖ Be careful when cooking, eating or drinking sweet drinks such as cola or any fruit juice outdoors, since the smell of food attracts insects easily. Keep all food covered until eaten.
- ❖ Take positive steps to manage your surroundings.
- ❖ While most people will experience temporary redness pain, swelling, itching at the site of the sting, those who are allergic to stinging insects can have severe reactions. So, they must see their doctor for necessary medication.

We





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# AS YOU SAY

## "DIVORCE: ENEMY OF HAPPY LIFE"



Apropos to the article "Divorce: Enemy of happy life" by Prabhuling Dandin in WE--Dec 20. The writer elaborating in detail the reasons for divorce is informative and a reminder to all

young couples that divorce is not the panacea to end marriage arisen due to misunderstanding on some issues. However, due to changing relationship paradigm in urban india, marriages between couples are slowly crumbling leading to divorce knowing well it only ruins a family as well have a bearing on the psyche of the children.

In fact, when indians could not imagine procreation and marriage as separate or even procreation and sexual as separate due to strong belief that marriage is forever, the change in the line of thinking by certain couples to go for divorce on the ground "irretrievable breakdown of marriage" only to find solace outside the marriage is improper. Notwithstanding the fact that both men and women are incomplete without marriage and the right persons make the journey of life worthwhile for both. Still, divorce on the rise among young couples when counselling is the best weapon available to sustain their marriage is a sad reflection of eroding socio-cultural values. Realisation dawning later will serve no purpose except giving pain and sufferings to man and woman.

In a nutshell, marriage is a unique relationship not only as man and wife but as a parent to their children and

divorce on the other hand acts exactly opposite is a blot on the sanctity of marriage.

Even then, institution of marriage will never disappear despite rise in divorce or live-in-relationship. In the final analysis, young couples disbelieving in the sacred institution of marriage by walking out of it on the assumption that marriage is no longer an absolute necessity only reveals their decadence. All said and done, It is hoped that wisdom dawns on such perverted couples so that they realise sooner or later their folly by going all out to save their marriage even if it is on the brink of fall out because the happiness lies in marriage which is paramount at all times.

– Srinivasan Ramaswamy,  
Secunderabad

## SUICIDE AND THE PANDEMIC: A SOCIOLOGICAL PERSPECTIVE



Pandemic and suicide were very resemblance words in pandemic. We were known from paper and social media that suicide rate rise in that pandemic. People lost their jobs and they

had no money, food, and not even shelter. They came back their native, ancestral home by barefoot because they had no penny or pelf to hire a vehicle. They understood that they do not run their family expenditure, for that despondency they committed suicide.

Yet not end here; peoples were confined in their home more than three and half months they could not communicate with their relatives, colleague's, friends, for that they were suffering by mental stress. In that stalemate situation they took extreme step.

Although, we hope this sombre situation will vanquish very soon, and we will see ray of hope.

– Shubhankar Bhattacharjee,  
West Bengal

## "BOOST BRAIN HEALTH"



The article " Boost brain health", Nov issue gave me an insight into the importance of sleeping and how disturbed sleep &

sleepless nights causes accumulation of amyloid-beta proteins in our brain resulting in Alzheimer's & dementia.

Insomnia which was related to old age in the past , has now become a common issue with all ages. Many people with Insomnia suffer due to stress, worries about children misbehaving , property, health issues, how to cope up with the future & what the future has in-store for us . These thoughts lingers our mind on hitting the bed ,preventing the mind from being calm & relaxed ,resulting in fear & unwanted nasty thoughts.

The steps mentioned in WE ,when followed is sure to make a person fall asleep ,without medication ,as this 'quality & quantity' of sleep is essential for our nervous system to cleanse itself ,thereby , not inviting diseases.

– Preetha Rengaswamy,  
Chennai

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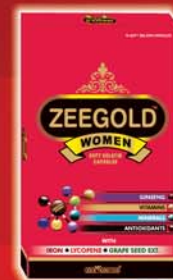


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