

# Woman era

HUMOUR  
IN FORCE

LOVE BEYOND  
REALITY

ADORE YOUR  
IMPERFECTION

FLAUNTING  
FLARES

HEALTHY  
LIFESTYLE

MOTHERING  
THE ORPHANS

MARRIAGE  
AS A VERB

FINDING  
YOUR LOVE

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INNINGS

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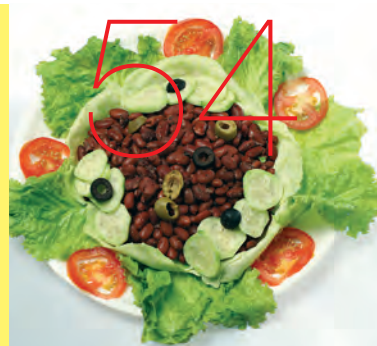
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## Messy LIC IPO

Finance minister Sitharaman should be held responsible for the fiasco of the LIC-IPO listing. Financial pundits will endorse that the decision on the IPO listing was erratic and taken at a time when the entire world economy had been under war, political crisis and energy imbalances. Even the currencies all over the world are in a tumble. The listing of the LIC IPO only highlights the plight of the government run institutions, which, for so long, have only swallowed the wealth of the common man and did not deliver profits. They do provide a sense of security to the common investor, but at no level do they provide an opportunity for growth, creation of wealth or creation of enterprise if they are invested into. Also, one fails to think why would the government wish to divest for such a small sum of money in government-owned companies, which in any case are going to be run by the government officials and the board of directors is going to have a little say over the PMO.

## Roads to Insolvency

Cash strapped Sri Lanka can safely be declared a victim of Chinese aggression. Had they not let the Chinese infiltrate their borders for using their port facilities in parts or in whole, the island nation would have never faced such a plight as it is facing now. Sri Lankans' love for foreign goods and brands prevented them from building anything indigenous. Discounting everything on regional imbalance and Tamil militancy, the population and the industry have safely gone abroad for shopping without understanding that building 'things' within the country is what runs the country and gives the country its own dominion along with a value to its currency. China has played well all-around India. It has reaches through Pakistan to the Karachi Port and parts of the Sri Lankan ports, with military rights. But in the process, it has forgotten that the very lands it may want to command will be perishing under their own weight. Even after debt settlement, Sri Lanka will never be able to rise on their feet and will always be dependent on imports. The price of Sri Lankan rupee against Dollar will always be under stress and the population will now get poorer with each passing fiscal. The next in line could be Nepal, since it follows the same Chinese direction as did Sri Lanka and Pakistan. As we are all aware, Pakistan is on the brink. Sooner or later, whenever the Chinese government and banks step in, you are pretty sure that bankruptcy will be round the corner. Speaking of Chinese investments, India has taken a categorical step, which is much cherished



against the Chinese investments into Indian companies. We may have stopped China in time from plundering our small companies and start-ups.

## Fiction Fights History

Audit of the religious places in the hands of judiciary is a tricky thing within the Constitution which is secular, and a democracy which thrives on dividing its electorate for votes by the fear of religious sanctions, often delivered in a populist speech by the ruling parties. Going by this paradigm, it is safe to say that India is a Hindu state and that the Hindus in India shall thrive better. An opportunity was given to other religions at the time of independence by the British to choose their territory; and perhaps, destiny as well. Most of them did. Some of them did not for economic reasons and for reasons of family. To go hundreds of years back, it can safely be said that buildings which were once constructed or constructed again with the previously used material, were constructed by

plundering the then existing buildings. Like, Delhi has a serial history of forts. The reality is that each new fort was built by scavenging or plundering the earlier fort. We cannot dwell into history and say that a temple was built on this mosque or vice versa, since it was, at that moment in time, either the need of the hour, or the building had been abandoned due to shift in population, or decided by a majority that the building be converted for a certain

other faith. To review or to revisit it now is a foul play on history itself. To put it simply, if a castle of a Rajwada was converted into a hotel in the present times, since that is the need of the hour or the call of society, or simply a financial deal, would it be called and seen by the community as a religious misdemeanour. It is a glorious decision of the apex and high court to refer the matter to District Court, which will be more in sync with the local conditions to understand whether a mosque had been built atop a temple. No matter what the findings, there will be a controversy and the more popular religion will win. Nothing new about this since this has been going on for hundreds of years, ever since humans divided population into religion, caste and sect, for the benefit of the ruling classes.

On the ending note, Congress is again at its wit, since a lot many leaders young and old have moved, culling the party of any revival. The latest news on Elon Musk being funded by the Saudis for takeover of one of the largest media companies on the planet could be worrisome.

editor@womansera.com 

# CINEPLEX

Katrina Kaif Returns To Mumbai After A Romantic Trip To New York With Vicky Kaushal

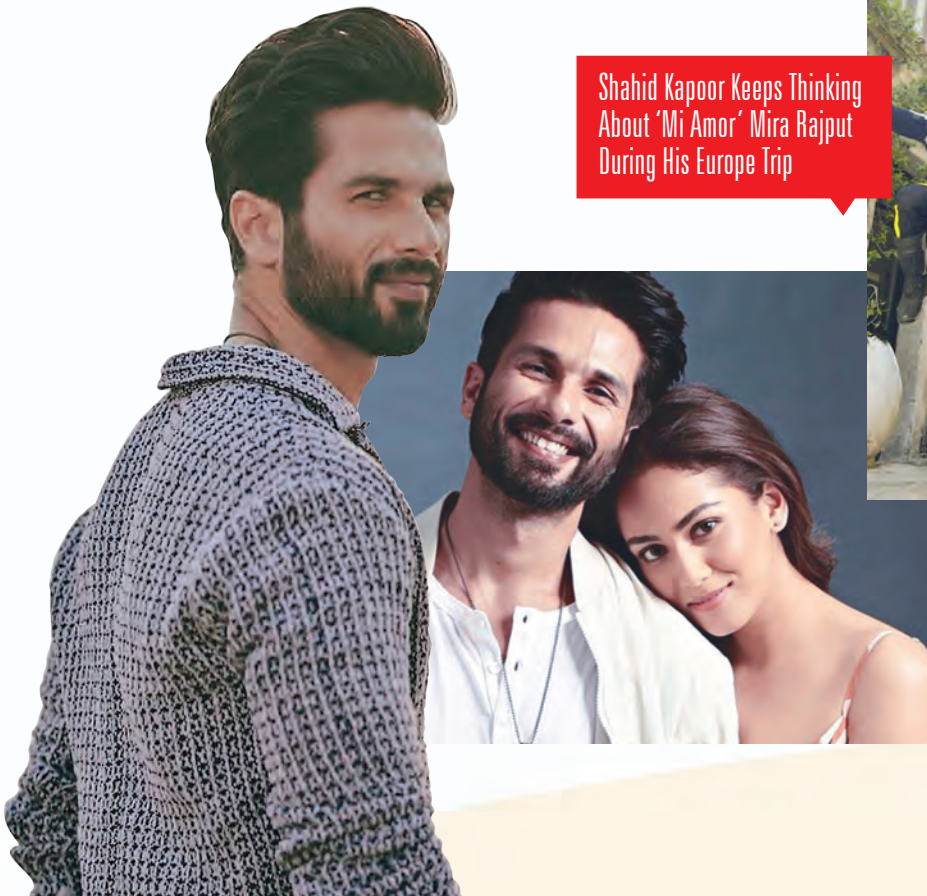
After some great couple goals, Katrina Kaif and Vicky Kaushal have finally ended their New York sojourn. Katrina shared a glimpse of her moments with Vicky from New York. They have been enjoying their time there since the couple arrived in the city. The images seem to be clicked on a rooftop, with high-raised buildings behind them. Vicky can be seen hugging Katrina from behind in one photo and kissing her in the second.



Shahid Kapoor Keeps Thinking About 'Mi Amor' Mira Rajput During His Europe Trip



Shahid Kapoor, took out time from his trip to Europe to write a sweet note for his wife Mira. The actor said that he has been missing Mira, the love of his life, even as he spends his best time during the trip. Shahid is accompanied on the trip by his brother and actors Ishaan Khatter and Kunal Kemmu along with other friends.



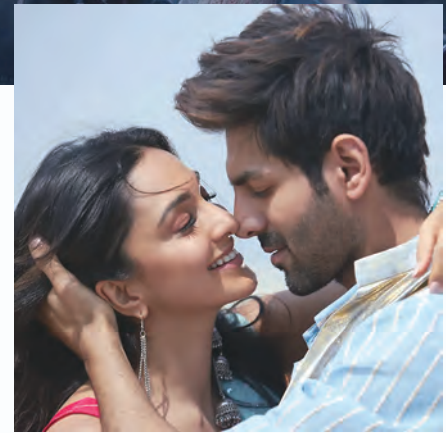
# FROM BOLLYWOOD...

**K**artik Aaryan, Kiara Advani and Tabu's film *Bhool Bhulaiyaa 2* makes a new record as this is the biggest opening of Kartik Aaryan's own career. His previous film *Love Aaj Kal* took an opening of Rs 12 crore. The film *Bhool Bhulaiyaa 2* has been released on about 3200 screens across the country. Anees Bazmee who directed film breaks the record of Akshay Kumar's *Bachchan Pandey*, which was thought of as the greatest opening 2022 up to this point.



**Bhool Bhulaiyaa 2: Movie Marks Big-Time Opening; Reveals Kartik's Charisma**

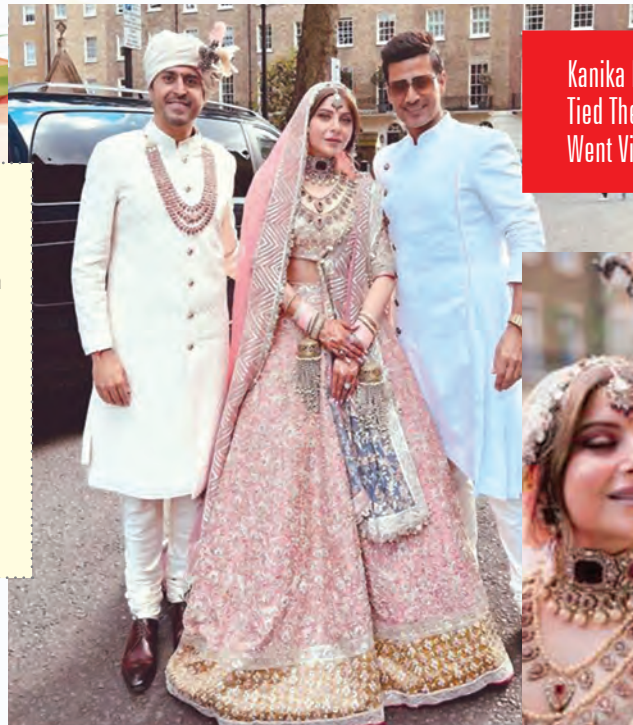
**Siddharth Shukla's Last Song 'Jeena Zaroori Hai' makes, Fans Emotional!**



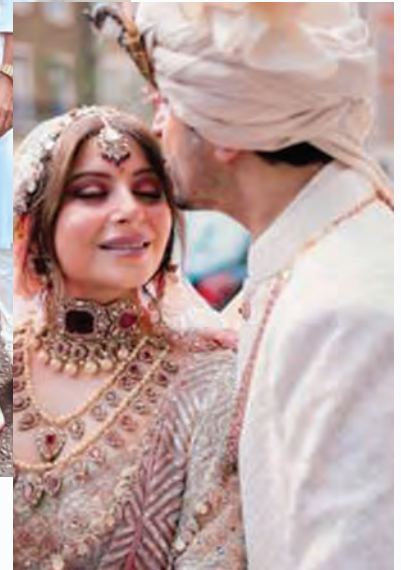
**W**ith the release of this song titled 'Jeena Zaroori Hai', fans will once again be able to see their favourite star on screen. Siddharth's fans became emotional as soon as this song is released. Commenting on the song, his fans were seen remembering the actor and calling him King. Apart from Siddharth Shukla, actor Vishal Kotian, who was seen in Bigg Boss 15, is seen in the song. Releasing the song, actors Vishal Kotian, Suresh Bhanushali and Photofit Music paid tribute to the late actor.



**S**inger Kanika Kapoor, who became famous in every house hold with the song *Baby Doll*, has tied the knot with Gautam. Their wedding rituals took place in London and the couple's first wedding photo has also surfaced, in which they both look very cute together. While Kanika is wreaking havoc as a bride, the groom Gautam is also giving a tough competition to his wife in terms of looks.

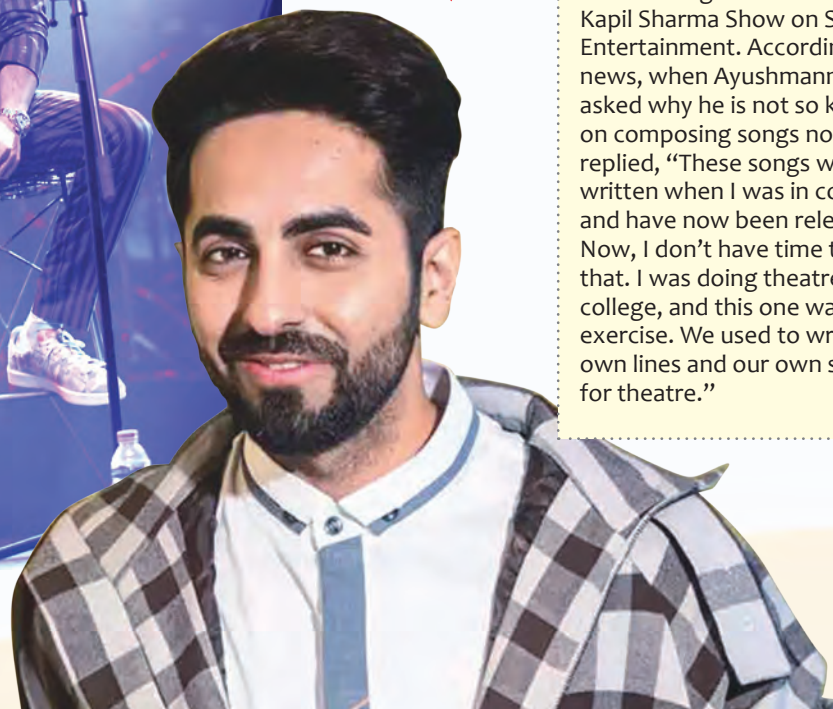


Kanika Kapoor and Gautam Tied The Knot, Pictures Went Viral!



Ayushmann Khurrana Opens Up On Distancing From Singing!

**A**yushmann sang many famous songs like the hit number *Naina Da Kya Kasoor*, Kishore Kumar's song *Hume Tumse Pyaar Kitna*, and his song *Pani Da* on The Kapil Sharma Show on Sony Entertainment. According to news, when Ayushmann was asked why he is not so keen on composing songs now, he replied, "These songs were written when I was in college and have now been released. Now, I don't have time to do that. I was doing theatre in college, and this one was good exercise. We used to write our own lines and our own stories for theatre."





**S**eema Khan, the fashion designer of Bollywood and Sohail Khan's wife, has changed her name on social media. By removing "Khan" from her name, she returned to her first name, Seema Kiran Sajdeh. A few days back, she was spotted with her husband, actor and producer Sohail Khan, at a family court in Mumbai. The two were reportedly filing a divorce petition.



Seema Khan Removes "Khan" On Social Media Handle After Filing Divorce!



Madhavan's Film "Rocketry" Gets 'Standing Ovation' At Cannes Film Festival!



**R**Madhavan, the famous actor of Indian cinema, was also seen attending this festival, and his upcoming film *Rocketry The Nambi Effect* got premiered at the Cannes Film Festival. Expressing his gratitude on this special occasion of premeir, Madhavan expressed his gratitude on social media. Famous composer and singer AR Rahman praised Madhavan on Twitter for his film.





After the tremendous success of her autobiography, Neena Gupta is expected to transform her story into a biopic. She has shared what she thinks about it. Neena Gupta opened up that she is in talks with people who have taken an interest in transforming her autobiography *Sach Kahun Toh* into a film. Neena revealed various unknown details for an unclarified glimpse into her life, behind and beyond stardom. Her book was an appreciable hit and soon might debut on the big screen.



A witty, hilarious and unapologetically honest autobiography

*Sach Kahun Toh*  
Out 14.06.2021

Neena Gupta Is In Talks With Filmmakers For Her Biopic!



Pooja Hegde Flaunts Salman Khan's Lucky Bracelet Wearing In Her Hand!



The most fascinating thing with regards to the image shared by actress Pooja Hegde on her Instagram is that the actress is seen wearing Salman Khan's lucky wristband. She is seen flaunting this bracelet. Additionally, while giving information about the beginning of the shooting of *Kabhi Eid Kabhi Diwali*, she stated, "shoot begins". Salman Khan always wears his lucky bracelet, so its appearance in Pooja Hegde's hand has turned into a whispering topic.

# Colour Your Greys: — A YOULRY.COM — MONSOON JEWELS EDIT

With the bleak monsoons all set to storm our lives, why not colour your greys this season with glistening jewels that will make your mood bloom!



## Pink Poise

Think an abstracted bud of the hibiscus flower in full bloom, its velvety petals alive with dewdrops as it bends under the weight of a raindrop. That is precisely the imagery that this striking necklace evokes, embedded with a dark pink monsoon stone whose bevelled edges reflect light like a limpid pool.



## Tropic Thunder

Manifest the glory of the rains in a finely enamelled palette featuring clusters of royal blue and aquamarine crowned with sparkling white stones. A jewelled bauble, a multicolour masterpiece, a flaunt piece of rich, tropical thunder.

## Living Lush

Imagine a jewel-like jungle, lush and dewy with its generous leaves and greenery. Wrap your ears with this delicate trellis of an earring to evoke the sparkling beauty of the rains.



## Mood Blue

When the weather is a vibe, bring some blue to your mood too. Get hued in colours of the rain with a hint of blue striking your wrist like the lightning colours of the monsoon sky.



## Happy Yellow

A pop of the sun against the watery skies, brighten up your greys with a happy yellow that will enliven your rainy days and quench your moodiness. Hip up with a light hue this season in this ring with a flaming motif and lemon-tinted precious stones.



Like the gorgeous waters falling from the sky, dress in the colours of the season with jewelled baubles that will hug your monsoon moods in a raincloud of glossed fusion!



# Tackling Dry Skin

Tips you can use. By Suman Bajpai

**D**oes your skin feel tight every time you wash your face? Or is it prone to getting fine lines easily? If so, then do you have dry skin? Simply moisturising or slathering it with heavy creams won't solve the problem.

The reason: dry skin can be caused by numerous factors that include poor eating habits, cosmetics and even your genes. Each factor warrants a different solution.

Here's what causes dry skin and how you can treat it.

## Pollution and UV rays

These are the two main reasons for dry and parched skin. The UV rays of the sun have markedly increased in intensity over the last few years. These rays don't just dry the skin by robbing it of its moisture content, but also lead to early and premature wrinkling as well.

“Use an effective sunscreen lotion or moisturiser twice a day. A good sunscreen must have some SPF or sun protection factor in it. The SPF is defined as the capacity of the sunscreen to protect the skin from the sun's rays. Our climate requires an SPF of about 30 or more,” opines a beauty expert.

## Soaps

Harsh soaps are also responsible for drying skin. Soap by composition has to be alkaline, although the degree of alkalinity varies in different soaps. The pH scale of normal skin is below seven, which makes it slightly acidic. Hence, if the soap is too alkaline, where the pH scale is above seven, it can dry the skin.

Avoid using perfumed soaps as they are more likely to dry your skin compared to normal soaps on account of chemical additives. So,

if you find your skin feeling dry, the first thing you need to do is to change your soap.

“Use a glycerin or super-fatted soap, which is a neutral cleansing bar. Super-fatted soaps have additional moisturising agents and are not alkaline, and hence do not dehydrate the skin,” says a dermatologist.

## Cosmetics

Often, when cosmetics like moisturisers, toners or a foundation doesn't suit you, your skin may start showing signs of dryness, which may mark the onset of an allergic reaction to them. This could happen because some of the ingredients in the beauty product may not complement your skin type. So learn to understand the language of your skin.

When you find your skin drying, first change the soap. If your skin doesn't return to its normal state

in about eight or 10 days, then moisturise, and use one that is especially for dry skin. As a general rule, use cosmetics only made by reputed manufacturers.

You also need to check your cosmetics to see if they are formulated for your skin type before using them.

Use a quality exfoliation product to remove dry and/or dead skin cells. By removing the old cells, you will expose the healthy cells and may be better able to fight against nature's harmful effects.

### Heredity

Your genetic make-up could influence the type of skin you have. Dryness in such cases is a regular fixture right from childhood. Generally, people who suffer from dry skin on account of heredity factors are also prone to allergies.

Use a moisturising soap or body wash, preferably one which is pH balanced. There are a wide range of moisturisers and cold creams available in the market today. Use one that suits you and relieves your dryness.

The effect of any moisturiser or cold cream will double when used immediately after a hot water bath. You can also moisturise your skin by having an oil massage, using sunflower or olive oil, twice or thrice a month.

Apart from these causes, dry skin can also be an indication of an internal disorder. A common problem that one encounters is a protein deficiency, which often leads to dry skin.

A lot of the current fad diets that advocate avoiding milk and protein can also lead to dull and dry skin.

Hormonal problems like hypothyroidism, some drugs like accutane that are used to treat acne, and, though a rare occurrence, some internal cancers like lymphomas can also cause dry skin.

It's also surprising that although water is very important for skin, reducing its intake rarely causes dry skin, unless the person is medically dehydrated.

**MAKE SURE YOU FEED THE SKIN FROM THE INSIDE. HAVE GOOD NUTRITION WITH FRESH VEGETABLES AND FRUITS FOR VITAMINS THAT TAKE CARE OF THE SKIN. GOOD FATS ARE IMPORTANT TOO, FOR EXAMPLE FLAX SEEDS AND WALNUTS. MAKE SURE YOU GET PLENTY OF FIBRE AND WATER.**



### For Extra Care...

- Make sure you feed the skin from the inside. Have good nutrition with fresh vegetables and fruits for vitamins that take care of the skin. Good fats are important too, for example flax seeds and walnuts. Make sure you are not allergic to anything. Get plenty of fibre and water.
- Pat your skin dry, do not rub it. Make sure the towels have been washed with skin-friendly soaps or detergent.
- For cracked hands, the first thing is to protect them against water use and extreme temperatures. Wear gloves when washing. Use fatty soaps and rinse lightly. Lotions are okay but balms are the best. If your lotion isn't working, try balms which are oil or plant based without all the extra stuff that creates lotions.
- For those cracked heels, do all of the above and do the same as far as balm and sleeping at night in socks. Use balms during the day as well. Do not use petroleum or Vaseline. These are products from the bottom of the barrel (literally) and form a barrier so that your skin cannot breathe.
- Use a humidifier, especially in the bedroom.
- Add one teaspoonful of lemon juice and honey to two tablespoons of apple paste. Apply this paste to your face, neck and hands and wash after 20 minutes. Use this pack once in a week for good results.
- Mix a few drops of lemon to a teaspoonful of warm olive oil. Apply this mixture to your face and neck and wash off it after 20 minutes.
- Mix three drops of lemon juice to one teaspoonful of milk cream. Apply this mixture to your face before taking a bath. This pack softens the dry skin.
- Mix egg yolk, rose water, lime juice, olive oil and orange juice (one teaspoon each) thoroughly. Apply a smooth mixture of these ingredients to your face in the morning and wash it off after 20 minutes.
- A face mask of honey, egg, olive oil and rose water works very well for dry skin.

We

A portrait of Dr. Ranjan Kumar Pejaver, a middle-aged man with glasses and a goatee, wearing a dark blue suit jacket over a light blue striped shirt. He is looking slightly to the right of the camera.

## Why is vaccination the best prevention?

### Dr. Ranjan Kumar Pejaver

FRCP, FRCPCH(UK), FNNF, FIAP

Immediate Past President of National Neonatology Forum of India (NNF)

Past Chairperson of Neonatology Chapter of Indian Academy of Pediatrics (IAP)

Chief Neonatologist, People Tree at Meenakshi Hospitals, Bengaluru, India

Immunization is one of the most effective and safe ways of protecting children from potentially life-threatening illnesses and infectious disease outbreaks. A vaccine is an inactive or weakened version of a particular organism that stimulates the immune system to produce antibodies without causing the actual disease. Thus, a vaccine strengthens your child's natural defense system to fight that specific infection in the future faster and better. Vaccines offer life-saving protection against childhood illnesses like tetanus, measles, polio, and many others - ensuring a healthy and quality life for your child.

While we all know that prevention is always better than cure, the best way of prevention is undoubtedly vaccination.

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# NO Problem

How *Jugaad* is used by our armed personnel. By Savita Singh

Our Indian Army is one of the best armies in the world. The American forces may have the best and the latest armament, the Russians the latest and best missiles, and the Chinese may be greater in number. But no one can beat our army where improvisation or *jugaadupan* is concerned.

Some of the biggest armies of the world have been known to have come to a standstill because of the lack of some small component of their best armament which either went missing or was destroyed. It is like the Americans left their best planes, tanks and armed cars in Afghanistan minus the keys to them.

The Taliban, with no knowledge about how to use or activate them, just destroyed most of arsenal. What a waste. Had it been our troops they would have probably said, 'No keys? No problem.' And they would have used some *jugaad* to use the treasure trove of arsenal left behind.

Our officers and men have always used their brains and improvised and done wonders. Let me tell you some of the true stories. Of course, I cannot disclose the exact location or give names for obvious reasons.

It was somewhere in the forward areas in Ladakh. The regiment had just come down from the glacier and not yet settled down properly when ADM (administrative) inspection was declared.



They had six offices but only enough furniture to furnish two. What was to be done? When the young officers came to know they said, 'No problem.'

While the ADM inspection was going on, the CO's wife noticed some jawans rushing along carrying furniture from one place to another. When she inquired what was happening they told her. 'Madam ji, poorti kar rahain hain' (we are filling in the gap).

What they meant was that immediately the Brigade commander left the first office to inspect the next, all its furniture was quickly transferred to the third office. Then while he was inspecting the third office, the furniture from the second office was shifted to the fourth and so on.

Not only the furniture but as even students for various classes being held in the regiment were less in number, quite a few were repeated in more than one class. Everyone hoped the Brigade Commander would not recognise any of the students who were repeated.

Once, a welcome arch was being built by a regiment to welcome the corps commander and the first lady of the regiment, who had gone along with her husband to take a look at it, saw that it was rather lopsided. She pointed out this defect to the Subedar Major in-charge of it.

The man did not look perturbed at all, although bricks are hard to get in Ladakh.

'No problem madam ji. *Mauka milte hi theek ho jaayega.* (it will be corrected at the first opportunity)' replied the Subedar Major.

Next morning, the arch was perfect. In the afternoon, an enraged villager reported that during the night, while he and his family were sleeping inside, someone had stolen the wall of his house. Everyone was sympathetic and it was decided that once the welcome arch was taken down the bricks used in it would be donated free to him to rebuild his house.

Once, a regiment was out on exercise and the Divisional



**THE TALIBAN, WITH NO KNOWLEDGE ABOUT HOW TO USE THEM OR ACTIVATE THEM, JUST DESTROYED MOST OF ARSENAL. WHAT A WASTE. HAD IT BEEN OUR TROOPS THEY WOULD HAVE PROBABLY SAID, 'NO KEYS? NO PROBLEM.' AND THEY WOULD HAVE USED SOME JUGAAD TO USE THE TREASURE TROVE OF ARSENAL LEFT BEHIND.**

Commander decided to pay it a visit and have lunch with them. The Commanding Officer (CO) realised that the signboards of the regiment were looking shabby and old. He ordered the Adjutant to get new ones made.

The Adjutant was rather overworked and remembered this on the last day, when the CO had asked him about it again. The CO blew him up and told him that he had let him down.

A downcast Captain used his brains and the next day the CO was pleasantly surprised to see brand new signboards all across the regimental area. After all the preparations had been done, the regiment waited for the arrival of Divisional Commander.



Hours passed but there was no Divisional Commander. It was hours past lunch time and by that time the Commanding Officer was very worried. Where had the general vanished to? They had tried to contact him by radio but it was one of those days when no radio signals were there in the desert.

## NO SIGNBOARDS

At last, nearly at tea time, they got a call from a harried General who was roaring with anger.

"Where is your bloody regiment? We have already covered more than three hundred kilometers and it is nowhere in sight!" he roared.

"Three hundred kilometers?" asked the astonished CO. "But our regiment is hardly ten kilometers from the junction turning sir," he replied puzzled.

"Why wasn't a signboard put up there? I think we took the wrong turning!" roared the General.

"But there is a clear signboard there Sir," insisted the CO.

"Well, there was no signboard. In fact, in the first fifty kilometers there



were no signboards. I think we are hopelessly lost,” said the General.

Then it dawned upon the CO, the mystery of the sudden appearance of the brand-new signboards all over the regimental area. Sure enough, when one of the boards was scrapped a little, another sign emerged from under the fresh paint.

All the signboards gracing the regimental area had been stolen from the road leading up to the regiment’s location and repainted and put up inside. No wonder the General had got lost.

Another time, the ADM inspection of a regiment was successfully over. So, the amendatory party was scheduled for the evening. Unfortunately, it was a Tuesday. No meat was available for love or money anywhere in the entire area. The CO’s wife was in despair.

When the adjutant was told, he said, ‘No problem’.

Within one hour, there stood the meat on hoof, a small sheep bleating away. The party went off well.

The next day, the head man from a village next door came crying complaining that, during the night, someone had stolen one of his sheep. As a gesture of goodwill he was given a few bottles of rum and sent off happy.

Our fleets of helicopters in the Army Aviation Corps are old. Most of them have been in service since 1971. But natural that wear and tear has taken place.

Once a pilot found that the door of his chopper would not close properly. At that time, the chopper was on a rescue mission. The condition of the patient was deteriorating fast. The soldier would die if he was not evacuated immediately. Everyone looked at the pilot in despair.

The pilot chewed upon some gum and said, ‘No problem’.

He procured some celo-tape from his pocket, secured the door with it and took off with the patient whose life was saved because of timely treatment.

## STORIES OF ARMY WIVES

It is not only the jawans or the officers of the armed forces who rise up to any occasion but so do their better halves. Let me tell you some tales concerning them.

The wives of army officers run what are known as Welfare Centres for the wives of the jawans. But not every thing they do here is appreciated or successful.

During an ADM inspection or during a visit the better half of the Brigade Commander/ General usually is hosted for tea and meets the ladies of the regiment in the Welfare Centre and inspects the work they have been doing there, like stitching, embroidery, making paper flowers or other crafts.

But some times, a jawan’s wife will turn around and tell you, ‘I do enough work in the village. I have come here to rest.’

That’s it. Now, if there is not enough material for a good display most of the officers’ wives bring stuff from their home and put it on display. Bad luck if the visiting lady decides she likes some thing and buys it, making her contribution in good faith towards the regimental Welfare Centre fund.

Again, various competitions are held during this time. In one regiment, there was a jawan who always won the garden competition. He seemed to have a green finger. The vegetables in his garden were always the best.

One year, the evening before the competition, the CO’s wife wanted to consult him about something and sent for him. The man’s wife sent back the message that he had gone to the sabzi mandi.

The CO’s wife was puzzled. Why would a man who grew the best vegetables in the regiment have to go to the sabzi mandi?

Next day, when the CO and the Second-in-Command’s wife were inspecting the various gardens, sure enough, that JCO’s garden was the lushest. Then they took a closer look and realised why the man had gone to the sabzi mandi the day before.

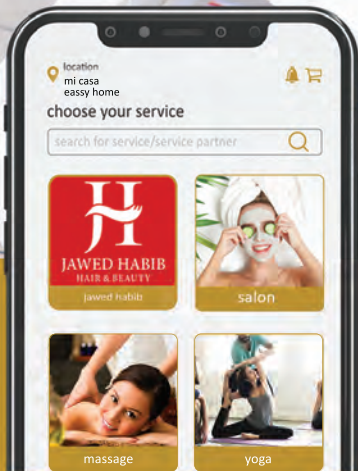
Each plant had the freshest vegetable attached with a bit of transparent celo-tape which was almost invisible. That was the secret of him winning the garden competition every year.

Most regiments also host a best kept housing competition along with the garden competition. The ladies of the regiment compete fiercely for this.

Once, the inspecting CO and SIC’s wife got delayed and reached the last house to be inspected two hours later. They were taken aback when they met an irritated housewife who glowered at them and said, “What is the point of coming now? All the furniture I had hired for the day has already been taken back.”

So you see; our armed forces are not the only ones who use their brains and *Jugaad* but so do their better halves as well, which often lead to hilarious situations.

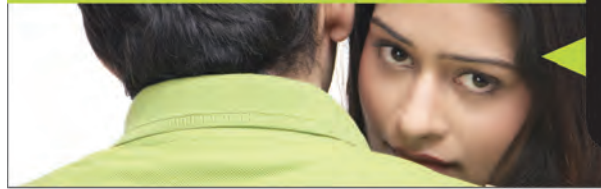
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## Personal Problems



I AM A 26-YEAR-OLD SOFTWARE engineer with a very good job. I am often sent abroad on projects and I have seen most of the world. I therefore thought that I was the luckiest person alive when, added to all this, I met a man in the same profession and we fell in love, and he asked me to marry him. I was sure that we would have a wonderful life.

Both sets of parents happily agreed to our getting married and the date has been fixed. I have started shopping for my wedding, but a week ago my fiancé told me that he had something important to tell me. He then told me that he had had a brutal attack of viral fever two years ago and that the attack had left him impotent. He explained that he would never be able to have sex with me or father a child. But he said that he was still in love with me and that if I agreed to marry him, he would try his best to keep me happy. I don't know how to take all this and I can't discuss it with my parents either. When I was in college, some of my friends constantly talked about sex and claimed that they were hungry for it. But I never felt like that. But neither did the thought of sex disgust me as it disgusted some other girls. Will I be able to live without sex? Can such a marriage be a happy one?

It would be better if you manage to see the doctor who had treated your fiancé and ask him the details of your fiancé's condition. This is not because you can't trust your betrothed, but so that you can get a complete picture of the problem and details of any treatment available. If you put it tactfully, your fiancé shouldn't have any problems with this. Once you have spoken to the doctor, you will have a better idea of the future that you may face. Your attitude to sex seems to be pretty normal. You were probably busy

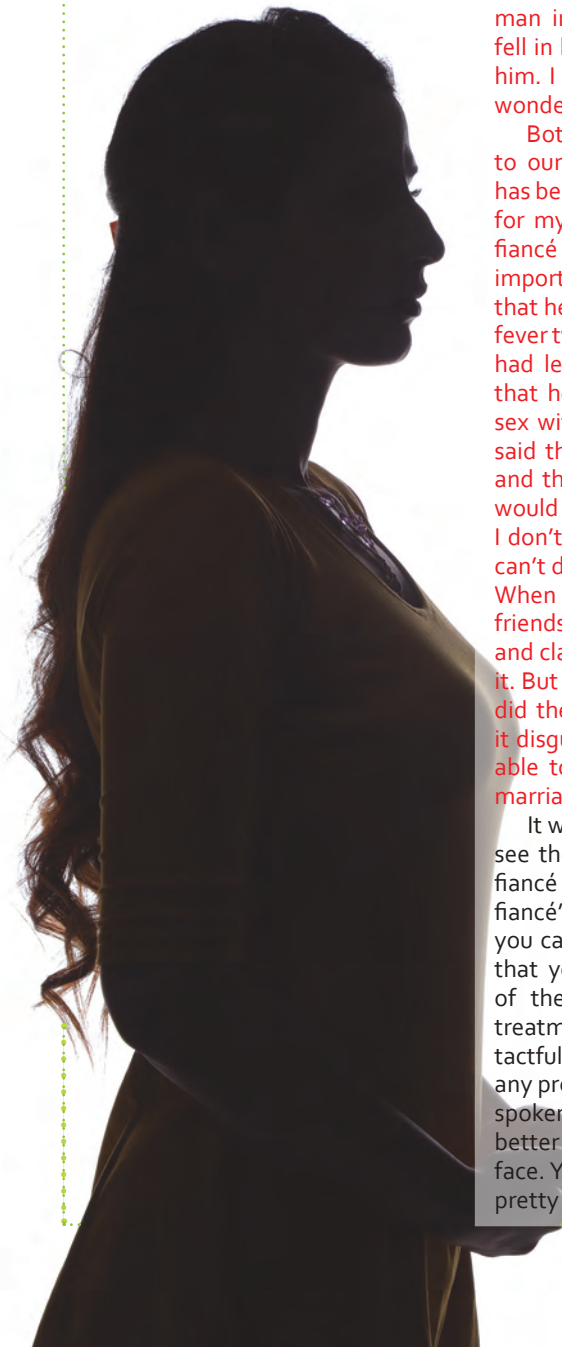
with your studies when you were in college and so weren't obsessed with sex as some romantic girls were, but you were not put off by the thought of intercourse. Having sex and children born through it are an important part of marriage and you should seriously think about whether you can live without both. Many marriages have broken up because one of the partners was not sexually satisfied. Not having children also causes many marriages to flounder.

But people who love deeply often make sacrifices willingly. You could go without sex if your love for your man is deep enough. But there is also the matter of how your partner takes his inability to satisfy you. Impotence often makes men feel insecure and then they begin to suspect their wives of infidelity.

You should be practical when you take this decision as to whether to break up with your man or not. As for children, you should ask the doctor if you could be impregnated with your husband's sperm and bear his child. You could also adopt and have the joy of becoming parents, while at the same time giving a child a chance in life. A visit to the doctor and some serious thinking are very necessary before you take a decision.

I AM A REGULAR READER OF YOUR magazine and especially enjoy this column. So, I am writing to you about my problem. I am 23 years old and have a married elder sister. A few months ago, my brother-in-law misbehaved with me. I struggled with him and tried to save myself, but he raped me.

When I told my parents and sister, they were all shocked. But they told me that I should not talk about this to anyone for the sake of the family



honour. I agreed and now things are going on in a manner that appears to be normal. My parents are now in a hurry to get me married, but something has happened to me and I am depressed all the time. I have also turned totally against men and marriage. I now want to spend my life working and looking after my old parents and disabled brother.

How can I convince my parents to let me do this? And how can I get over my depression?

People in our conservative society don't understand what trauma rape causes to a victim. They think that family honour and reputation are more important than this trauma, and that since what has happened can't be changed, they tell the woman to keep quiet and "forget what happened." They don't realise that being raped can completely change a woman and that she can begin to hate men and even lose faith in her family for not understanding her pain and being supportive. Your family too has been more concerned with avoiding scandal than with understanding your pain and helping you. It is absolutely understandable that your terrible experience has traumatised you and made you depressed. It has also led you to distrust men and has put off your marriage.

In advanced countries, all rape victims are offered counselling. Here too hospitals have counsellors and there are some private ones too in our metros. But, on the whole, counselling is not easily available.

But even if one can't go to a counsellor, talking frankly to a mature person who one trusts is also useful. So why don't you do that? Perhaps there is an aunt, teacher or older friend in whom you have confidence and whom you can trust not to gossip about your bad experience.

Speak to this person frankly about how unhappy you feel, the anger you must have against your brother-in-law and even your sister and parents, your fear of men, your antipathy towards sex, etc. You will feel better after doing this and you will slowly come to terms with your bitter experience. Also, talk to your parents frankly and tell them

how you feel and how the thought of marriage disgusts you now. Request them not to force you into marriage and then discuss your plans for a career with them.

I AM 28 AND HAVE BEEN MARRIED FOR 7 years. Mine was an arranged marriage and I just saw my husband for a few minutes before we got married. He is a good man and I have nothing against him, but from the moment I set eyes on his younger brother, my heart was not my own.

I soon realised that my brother-in-law was as attracted to me as I was to him and we confessed our love to each other. We knew that there was no hope of our families ever accepting our relationship, but we began having sexual relations.

No one suspected our affair all these years, but a few months ago, my in-laws got my brother-in-law married and since then we have not been able to meet. I know that our affair is now at an end and I am heartbroken.

I blame both my parents and in-laws for my misery and that of my brother-in-law. Parents claim that all they want is the happiness of their children, but this is not true. They are jealous of our happiness and try their best to see that we live as they want us to and not as we ourselves want to live.

Am I condemned to be unhappy all my life?

What exactly are you blaming your parents and in-laws for? For arranging your marriage to your husband and not to his younger brother? And later for not realising that you and your brother-in-law were having an affair and arranging his marriage to someone else?

How were your parents to have realised that you would be happier with their son-in-law's younger brother and how were his parents to have realised that you two were having an affair? And after realising this, you feel that they should have let you continue with your affair and not have got him married? Very strange expectations! Very strange indeed!

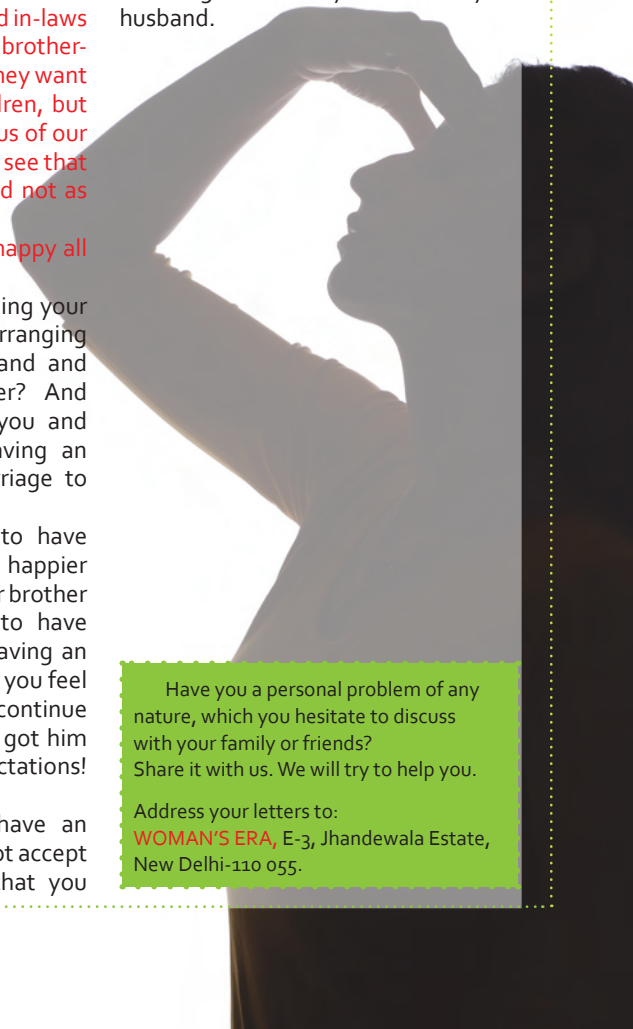
Why did you agree to have an arranged marriage if you do not accept its basic premise which is that you

should accept the man chosen for you wholeheartedly? Why didn't you tell your parents that you would like to meet the man you had to spend the rest of your life with?

Why didn't you leave your husband if you were so unhappy instead of staying with him and betraying him? And why didn't your brother-in-law refuse to get married when you were having an affair and you both felt that you couldn't live without each other?

You cannot refuse to take any responsibility for the present state of affairs and blame your parents and in-laws for your unhappiness. They couldn't be expected to know that lightning would strike when you and your brother-in-law met.

And you should certainly have known that your affair was very wrong and that if people came to know about it, the members of two families would be shattered. Spare a thought for your husband and your new sister-in-law. Accept the facts of your life and try to make a good life for yourself with your husband.



Have you a personal problem of any nature, which you hesitate to discuss with your family or friends? Share it with us. We will try to help you.

Address your letters to:  
WOMAN'S ERA, E-3, Jhandewala Estate,  
New Delhi-110 055.

Complaints about friendship degradation have become a staple of our conversation in digital era. The meaning and the way we think of friendship have changed in recent years.

In the world, as we know it today, relationships are different. We live online most of the time now. So, social media is the new coffee shop to meet and make new friends.

On the contrary, physical restaurants are full of people staring at their phones instead of talking. That selfie culture has made us addicts who care more about our social media than being present with each other.

Today's friendships are somehow more conditional than they were in the past, as we organise ourselves into "echo chambers" of like-minded individuals online and reject differing views.

Even the word "friend" has been replaced by social media. A whole new meaning in which being friends with someone means clicking "Accept" on their friend request.

It's not bad at all. Social media has benefited many friendships. Not only does it allow people to stay in touch with each other who have not been in touch traditionally but it has also enhanced personal relationships.

The digital age comes with its

consequences.

Social media has, in some ways, trivialised the idea of "friendship" and made it synonymous with peer or acquaintance.

Email, social networking sites, and communication apps allow friends to share the content of mutual interest such as memes and videos and thus keep the conversation going for longer than they can have.

You can chat and have a conversation on 24x7 basis; regardless of physical distance between you and your mate. This availability of 24x7 makes friendship less valuable for today's generation.

How about the idea that we now



# Key to Real Friends

New dynamics of friendship in an  
eve-changing world. By Anshika Sharma

live in a world in which friendship is debated? What social media encourages us to value is quantity over quality and project images of dazzling perfection at the expense of creating deep, intimate relationships?

The concern is that the quantity of friendship comes at the cost of quality.

Youngsters want to be popular on social media and for that they need to have more friends on their social media handles. Users with few friends on social networking sites are not considered so-called “cool”.

According to one study, the more “friends” one has, the less they value the intimacy of their friendship.

Internet friendships have taken precedence over face-to-face interactions, and as a result, the quality of personal friendships has deteriorated, as Ruth Whipman reported in *The New York Times*.

According to him, teens and young millennials are spending less time than any generation in recent history ‘hanging out with their friends. They are replacing real-world interactions with smartphones.

It cannot be denied that people find friendship online.

However, friends in real life are better than online friends, because, with friends in real life, one can meet and interact in person, and get to know the person’s character better. This is because, with friends online, we usually only see lines of text in instant messages, and are unable to see the person’s body language and tone.

Psychologists believe that face-to-face contact is almost always necessary to form a truly close friendship.

Fear of missing out (FOMO) can turn into a vicious cycle of comparison and passivity. Even worse, it can cause you to live out your “relationship” on social media.

Instead of enjoying

quality time with friends, significant others, or family, you’re looking at stories and photos of others with their friends and family.

We as a generation are obsessed with Instagram because it is a form of self-expression that allows you to choose your image. The world’s biggest pessimist can paint their Instagram page with smiles and words of positivity, and I look at it with admiration for the way they spread genuine happiness.

How do I ever know it’s not real?

This is where social media gets a little toxic. Friends split for college and so begins a silent competition to make fun of each other. Best friends in the healthiest relationships can participate in this with each other without even realising it.

**TODAY’S FRIENDSHIPS ARE SOMEHOW MORE CONDITIONAL THAN THEY WERE IN THE PAST, AS WE ORGANISE OURSELVES INTO “ECHO CHAMBERS” OF LIKE-MINDED INDIVIDUALS ONLINE AND REJECT DIFFERING VIEWS. EVEN THE WORD “FRIEND” HAS BEEN REPLACED BY SOCIAL MEDIA.**

When your best friend posts an Instagram pic with her new school friends, there’s an unavoidable amount of pressure to feel.

Maybe, you’re having fun at school, you just haven’t had a chance to post on Instagram, or maybe, you think your posts are lousy. If you’re not, you might feel the need to put a smile on your face and tell all your 800 followers that you’re having the time of your life.

## SOCIAL MEDIA GENERATION

Fakeness is the main reason why the meaning of friendship is changing these days. Friendship with someone will give you a safe place to have a heartfelt conversation with them without judging anyone.

If you have true friends with someone then you should feel proud of their success and not jealous.

Phone calls and handwritten letters from a few decades ago may sound healthier than today’s WhatsApp text, even their functions are same.

Social media is a platform designed to keep you connected with your friends, and if we all kept faking our way to 300 likes and 500 comments, we will lose our genuine friends because you can, of course, sign up as many people as you want, but that doesn’t make them true friends.

Social media provides a very effective way to keep old friendships alive. No matter how sympathetic someone may be on Facebook or Skype, in the end, we all need a real friend’s shoulder to rest our head and cry out our heart.

Friendships have a huge impact on your mental health and happiness. Good friends relieve stress, provide comfort and joy, and prevent loneliness and isolation.

So, remember it’s important to have real friends whether online or offline.





# Imperfect is Perfect

Quest for it may leave you disturbed mentally.

By Kasturi Rangachari

**W**riting this may sound selfish to some but it does not point any one particular.

Without creating a dramatic story I would start directly. There is something about this topic as whenever I get to hear this all I start having negative vibes.

Google has answers to all questions and during summer it is natural to have acne and breakouts on face. I was looking for some skin care tips but few links that my eyes got stuck on made very uncomfortable.



Google usually have those “People may also ask” portions and all I read was

- Can dusky be fair?
- Why is dusky not attractive?
- How can I get fair skin tone?
- What food whitens skin complexion?
- How to be slim?
- How to lose weight in two days?

... Over the years, many ethnicities have been programmed to equate fair skin and slim figure or, I should say, zero figure with beauty, success and happiness.

Why is this obsession with being fair? Why is it necessary to be slim enough to be called beautiful? What has happened to those catchy lines like “beauty comes from within”?

This is an unfortunate truth that we live in, where people are obsessed with beauty.

### Beauty Comes From Within

In the era of modernism, somewhere the society is still backward in terms of choosing someone on the basis of complexion. Society has placed so much emphasis on complexion and figure that it has aroused dangerously obsessive behaviour amongst us.

I agree on the concept of using products for skin care, especially in the current effects of global warming and polluted environment.

Society has dictated what is acceptable and what is not.

‘Rishta’. This is another level of stupidity. It is very common in the society we live ‘girl’ or ‘boy’ has to be fair in order to be termed as “beautiful”. I have seen this so many times and it is so surprising. How can someone choose a life partner on the basis of skin-colour?

Being fair does not make you complete or perfect, and remember “perfect is always fake”.

The worst part is that few fairness cream advertisements openly show the need of being fair.

I have no shame to say that even I have to go through it. I still remember my aunts asking my mom to give me saffron and milk every



## THE CONCEPT OF USING PRODUCTS FOR SKIN CARE, ESPECIALLY IN THE CURRENT EFFECTS OF GLOBAL WARMING AND POLLUTED ENVIRONMENT. SOCIETY HAS DICTATED WHAT IS ACCEPTABLE AND WHAT IS NOT.

night to make me fair because I had had sun kissed complexion.

### Perfect Is Fake

Using fairness creams, ubtans, haldi, and multani mitti was very common to me. Until I realised that this obsession with fair skin is making me lose my inner self confidence.

Another major drawback is eating habits that unfortunately affect our health in several ways. Certain types of eating causes weight gain and due to some metabolism issue few cannot gain weight.

Sometimes, food isn't the only problem that can make us fat or skinny; it can even be in our genes.

Being too fat or too slim can be hard to get rid of and it becomes even more difficult to get rid of those judgments that people have.

Why it is that society needs to comment on someone's figure or skin colour?

I agree being fit keeps you away from certain health problems, but somewhere this obsession has increased a lot. To add cherry on cake are the dangerous skinny celebrities and those advertisements giving fake inspiration, especially to teenagers who emulate them.

After being constantly compared to others for being dusky or broad it's been quite a tough journey to find yourself sexy.

You start believing in it, and adopt a self-image and start regretting yourself for not being perfect. Due to which even the smallest of the joke about you makes you feel as if someone is stabbing you deep and you die a little.

Believe me; it becomes really difficult to cover up such things in life with a smile. You never know what someone is going through. Passing comments, giving certain remarks does not make you a practical person.

We

## Your Body



# Q A

of the cornea, scrotal dermatitis in males; a magenta-coloured tongue and anaemia have been attributed to riboflavin deficiency.

Riboflavin clearly plays a vital role in cellular oxidation and there are communities and individuals who have both minimal dietary intakes and very low concentrations in urine or blood. Treatment consists of riboflavin in 5mg three times a day taken orally; other B complex vitamins should also be given.

**I AM A 50 YRS OLD WORKING WOMAN,** for about last one year I have been suffering from redness, itching and slightly inflamed skin at the angle of mouth, a zone of red epithelium at the line of closure of lips and enlarged follicles with full of cheesy material on the sides of nose and anaemia. I have consulted a doctor for this problem. After examination, he told me that I am suffering from riboflavin deficiency and advised treatment. What is your opinion?

Riboflavin is a constituent of the flavoproteins which are responsible for tissue oxidation. The best sources of riboflavin are liver, kidney, milk, meat, cheese and eggs. Green vegetables contain moderate amounts. The recommended daily intake is 1.7 mg in adults. When human volunteers have been given diets very low in riboflavin, the most consistent clinical manifestations were angular stomatitis, cheilosis and nasolabial seborrhoea. These responded to the addition of pure riboflavin in the deficient diet.

Angular stomatitis is not specific to riboflavin deficiency. Deficiencies of niacin, pyridoxine and iron can all produce it. It can follow herpes febrilis at the angle of the mouth. A common cause is ill-fitting dentures, associated with candidiasis. Cheilosis is the name given to a zone of red, denuded epithelium at the line of closure of the lips. It has occurred in experimental pure niacin deficiency. It is often associated with angular stomatitis and frequently seen in pellagrins.

Nasolabial seborrhoea or dyssebacea is the term given to enlarged follicles around the sides of the nose which are plugged with dry sebaceous material. It is seen in some patients with pellagra. Other abnormalities are vascularisation

**I AM A 48 YRS OLD WORKING WOMAN,** I am in menopausal age group and for the last six months I have been suffering from irregular and excessive bleeding. Initially I thought that these were menopausal symptoms, and hence consulted a gynaecologist. After examination, she advised me some procedure and biopsy also and told me that this is a common misconception that irregular and excessive bleeding during menopausal age group is a characteristic symptom of menopause. I want to know in detail about this problem.

There is much variation in the manner in which the menstrual periods cease at the time of the menopause. Only three variations should be regarded as physiological. These are sudden cessation, gradual diminution in the amount of loss with each regular period until they disappear, and gradual increase in the spacing of the periods until they cease for an interval of six months. Any departure from these three forms should be regarded as pathological.

It is a common misconception that irregular and excessive uterine haemorrhage is a characteristic symptom of the menopause. Even to this day, cases of carcinoma (Cancer) of the uterus are missed in their early stages because the irregular haemorrhage caused by the carcinoma is regarded as menopausal. The uterus should be curetted and the curetting must be examined histologically.

Apart from carcinoma of the uterus, other gynaecological conditions such as fibroid of uterus, polypi etc. give rise to irregular haemorrhage which very often can be easily treated and cured.



**M**Y MOTHER IS ABOUT 70 YRS OLD and suffering from irregularly shaped flat pigmented lesion on skin of cheek and outer aspect of hands since last seven to eight years. It enlarges slowly over the years and, sometimes, shows regression in some areas but now suddenly it is extending. We have consulted a doctor for this problem, after examination doctor told us that she is suffering from Hutchinson's melanotic freckle and advised surgery. I want your advice about this problem.

Hutchinson's melanotic freckle is an irregularly shaped flat pigmented lesion found most commonly in sun damaged skin of the cheek or temple in elderly people. Very occasionally, it can appear in other exposed areas, e.g., the dorsum of (outer part) of hand. It enlarges slowly over the years and may show spontaneous regression in some areas while extending in others.

Malignant (cancerous) change can occur after periods of the order of ten years or more and recognised by the formation of a nodule or nodules. This form of malignant melanoma is relatively less aggressive than the others and less frequently metastasises to the regional lymph nodes or systemically. It is treated by excision (removal) which does not require such a wide margin of healthy tissue as in the more usual types of the disease.

**I** AM 50 YRS OLD WORKING WOMAN and suffering from osteoarthritis since last one year and Tennis Elbow since last six months. I have consulted an orthopaedic surgeon for these problems. He advised me local injections on the sites of lesions. I want to know about the role of injections in these problems.

The indications for local injections fall into two groups — osteoarthritis or rheumatoid arthritis, in which the substance (usually hydrocortisone with or without a local anaesthetic solution) is injected directly into the affected joint with rigid aseptic precautions and extra-articular lesions of the type often ascribed (for want of more precise knowledge) to chronic strain, as exemplified by Tennis

Elbow, tendonitis about the shoulder and certain types of back pain. The response depends upon the nature of the basic lesion, permanent relief is often gained in extra-articular lesions such as Tennis Elbow but in arthritis the benefit is often not more than temporary.

**I** AM A 45 YRS OLD WORKING WOMAN, when travelling by air I usually suffer from discomfort and pain, deafness for a few days and sensation of noise (such as ringing or roaring) in my ears, which usually disappear in a few hours. But this time, these symptoms persisted for more than ten days. I have consulted an ENT surgeon for this problem. After taking history and examination, he told me that I am suffering Barotraumatic otitis media and advised some procedure also. I want your opinion.

Barotraumatic otitis media is also called otitic barotrauma. It occurs during rapid descent in non-pressurised aircraft or during compression in a caisson. Rapid descent produced locking of the eustachian tube resulting in retraction of the tympanic membrane owing to relative lowering of pressure in the middle ear. The decrease of pressure occurs because of absorption of oxygen by the tissue. Clinical features are increasing discomfort and pains are the first symptoms. They usually disappear in a few hours. Deafness may persist for a few days. Tinnitus (sensation of noise such as ringing or roaring) is a common symptom. Sometimes, there may be complaint of vertigo. On examination, the tympanic membrane becomes red soon after the onset.

Treatment consists of unlocking, may be done by frequent auto inflation (pressure after closing the nose with fingers). This treatment usually fails if the tube has been locked for more than an hour. If no fluid is present in the middle ear eustachian catheterisation usually helps. If fluid is present, myringotomy may be necessary. Use of antibiotics may be considered in case of threatened infection.

Prevention of otitic barotrauma is flying in a non-pressurised aircraft,

especially in presence of upper respiratory track infection, should be avoided. As the eustachian tubes are not opened by swallowing during sleep one should not sleep during descent of an aircraft. In presence of minor congestion one should instill decongestive drops during descent of an aircraft. During descent auto-inflation should be performed.

— Dr Sanjay Teotia



Readers are invited to send in any health and medical queries they would like to be answered. Woman's Era will provide answers to your questions and offer solutions to your problems. Individual replies cannot be sent. Address your letters (neatly written on white paper) to:  
Woman's Era E-3, Jhandewala Estate, New Delhi-110 055. Womansera.com

# Finding Mr. Right

How nice lasses can find nice lads. By I.M. Soni

**I**t's sad but true. Sometimes, you keep falling hopelessly for the wrong guy, one who turns you on sexually and romantically, but is incapable of giving you emotional support.

Your knees weaken for the charismatic, the handsome and the sensuous, who is also undependable and selfish while you are totally blind to unselfish, nice and unglamorous guy who really cares for you.

Rise of the digital age had allowed us to bend all rules and regulations of dating and cross all the boundaries of traditional dating tactics.



We are now able to reach more people through technology and foster greater connections.

But sometimes, it also leads to our downfall.

Here are some of the new constraints we've created ourselves, for finding "Mr. Right" is more confusing and difficult than ever.

It happens to the best of us. You're dating a handsome guy who says and does all the right things. Then one fine day, he is not contacting you at all or not even picking up your call and suddenly starts avoiding you.

Now, it's hard to tell if you were in a relationship, or if a crap guy put you in a meaningless position.

You need to learn ways to switch off your interest in the wrong guy and to open yourself to a good guy and a brand new world.

We don't always fall in love with someone because their positive qualities compliment us, but also because their negative qualities fit us so well.

Therefore, the first thing to do when entering into a relationship is to take a look at yourself and your past relationships.

Firstly, recognise your pattern of choosing someone with specific traits. You have something you can work with. By figuring out how you end up with the same offending partner in every relationship, you'll know what to do to break this cycle.

When it comes to love, it is advisable to not only go into it with your heart but also use your head to choose a partner for yourself. That way, instead of automatically selecting the same type of person for similar negative traits, you can try selecting a completely different partner.

### The wrong guy

It's body chemistry — bell-ringing, spine-tingling magic. Magic is terrific. But it can be dangerous, especially when the reason you're hooked is physical. Erotic pleasure is a powerful reward and you tend to do whatever you can to continue getting rewarded.

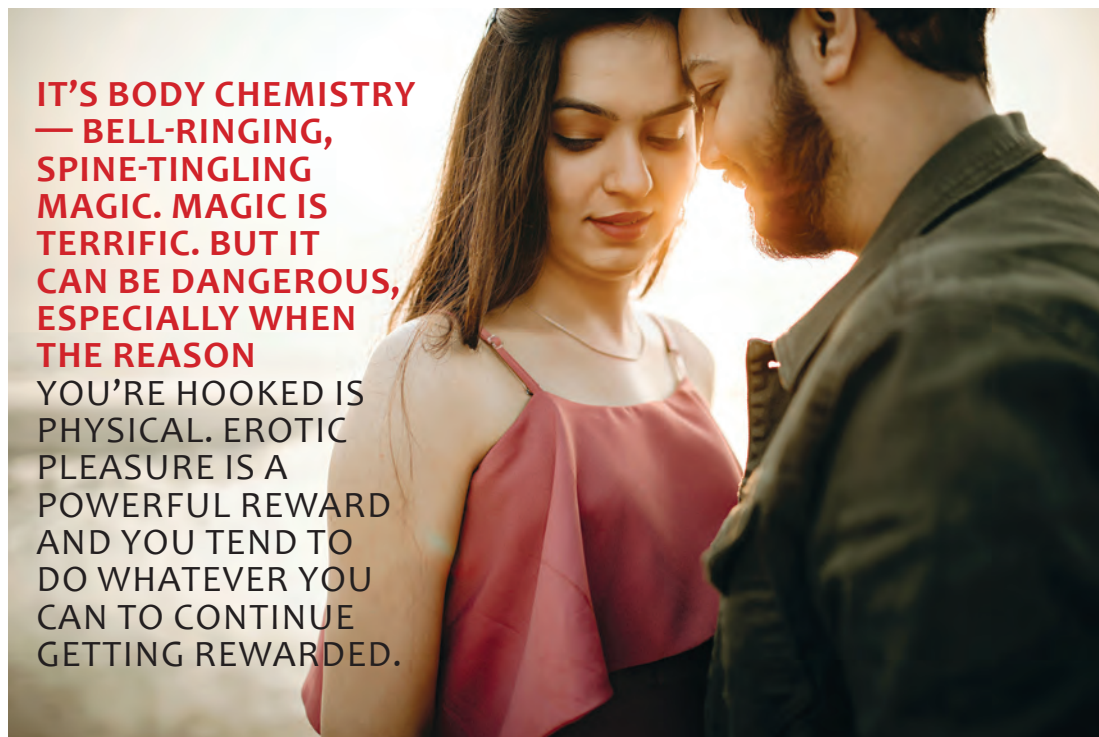
You become vulnerable and dependent. He makes you miserable. But even misery can feel exciting as you are tense all the time. Deep inside, you know that this guy is undependable, insincere and shallow.

The thing is, a bullshit guy will lie to keep his player's manner intact.

This time, beware! Have a laugh but don't build your life around him. Then when he dumps you, you'll still have your pride intact.

On the other hand, here are some sure-fire ways to dump him first!

Love yourself. If you care about yourself enough and have self-respect, you'll be more careful about getting hurt. Tell yourself that you are attractive, interesting, lovable, whatever with or without him.



**IT'S BODY CHEMISTRY — BELL-RINGING, SPINE-TINGLING MAGIC. MAGIC IS TERRIFIC. BUT IT CAN BE DANGEROUS, ESPECIALLY WHEN THE REASON YOU'RE HOOKED IS PHYSICAL. EROTIC PLEASURE IS A POWERFUL REWARD AND YOU TEND TO DO WHATEVER YOU CAN TO CONTINUE GETTING REWARDED.**

You bang your head against the truth but it doesn't really penetrate.

You know that he cares for you as much as he cares for a satisfying meal and that he'll be away like greased lightning as soon as he gets bored. But you shy away from facing this. Later, when the bitter last straw has broken you, reality hits you. You've fallen for the wrong guy. But sometimes, sadly, it happens again. You flip for another caddish clone.

A lot of men have a tendency to lie; they want an easy life, don't they? We can all do it at the best of times.

Healthy relationships usually begin with mutual interest and attraction that grows over time. If you want to find lasting love and keep yourself from getting hurt, you'll need to learn how to use your head a little more than your heart, at least in the beginning.

It is essential to lay a foundation of compatibility, shared goals and interests, and common values. Some things cannot be negotiated easily. Before you invest emotionally, it is wise to determine if you are fundamentally compatible. And the best way to do this is to go slowly.

## The right guy

No one is perfect, we all have flaws. And these flaws are not black and white; usually a person's greatest strength is tied to his greatest weakness.

He doesn't turn you on right now. But you communicate well with him. You can tell him your secrets and discuss your dreams with him. If only he could be both sensitive and sexy, nurture your body as well as your soul and be your friend as well as your lover!

But perhaps, you're taking a one dimensional view of him because your pre-conceived fantasy won't let him be a turn-on.

He loves your good qualities and accepts and embraces you without feeling guilty for your flaws. He is there for you when you need him, even if it is inconvenient for him. He takes care of you while making decisions both big and small.

The relationship is something more than each of you together may long for as an individual; he and you are a team. He communicates with you; even about difficult issues and even if one of you is upset with the other.

Brain studies show that if nerve impulses pass along their selected pathways long enough, they leave an indelible memory trace. It's like water flowing down a hill, cutting a channel and leaving a pattern in the earth. Allow all these conditioning techniques to open you to possibilities that are just as pleasant as the ones that used to get you into trouble

Now, that you've identified the nice guy go ahead. Ask him to accompany you to a party or a play. Chances are that he'll happily accept.

While you are partying, send out signals that you fancy him and him alone. He's bound to get the message! And suddenly you've got yourself a nice guy!

Just remember to put your time and effort on the people who really deserve it; who will give you what you need and will reimburse you for your effort in seeking the same things in life.

We



## You Can Look Beyond

I was born free  
My mother must have  
Blown bubbles,  
Or filled her mouth with air  
For me to strike and  
Chuckle.

I know this all because  
I am a mother now  
I want my child to  
Be endlessly happy,  
When my baby sleeps  
I spend don't know  
How much time looking  
At her calm and innocent  
Face.

I know sky is a limit for  
My child,  
but would she be free like  
a bird or butterfly?  
Would all bedtime stories  
I tell her come alive?

As she is growing up  
I stop and ponder  
Do I need to teach her  
You cannot look beyond?  
But I do look beyond  
And take liberty at  
Breaking the barriers,  
Jumping the boundaries  
Just to be myself  
I am myself not a  
Blindfolded statue  
Of law.  
So I wish to tell my  
Child  
Do look beyond  
Reflect and ponder  
Either break the barrier  
Or make your own way  
Never stop at boundaries  
To bear the everlasting  
strangle.

By Kiran Rawat.



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Ad Infinity/05/22



WB CM Mamata Banerjee and MP Shatrughan Sinha At 27th KIFF.

# 27<sup>th</sup> Kolkata International Film Festival

Finally manages to see itself through.

By Sudipto Mullick

WB CM Mamata Banerjee and MP Shatrughan Sinha at 27 KIFF.



Mitchell Camera of Pather Panchali at Ray exhibition.

Like an irritant cloud-cap, Covid-19 had prevented – firstly, deferred to early-January from mid-November and then postponed due to coronaviral cases in management, barely 48 hours after it was then officially announced — Kolkata’s world cinema enthusiasts from the festive glimmer of silver screen at their designated Nandan Complex.

Only with the opening ceremony followed by inaugural film, Satyajit Ray’s birth-centenary commemoration showpiece, the 20th Berlin IFF Golden Bear nominee, *Aranyer Din Ratri* (1970), this 24 April, it felt assured that the 27th Kolkata International Film Festival will run its intended



course till May 1 — a day shorter of its historic 8-day affair and Ray’s birthday.

**Screenings**

Unlike previous years, but like the last edition, only the government cinema halls and auditoriums — ten in total — had been earmarked for this festival, after waiving the 50 per cent occupancy diktat.

Though sanitisation was carried out after every screening, no show-slots were sacrificed allowing one to max out the full possibility of viewing 35 feature-length films.

Besides Ray (Born: 1921), this year’s birth-centenary tributes were also accorded to Magyar cinema ‘choreographer’, Miklós Jancsó (*Electra, My Love*; 1974), director-critic, and Chidananda Dasgupta (*Amodini*; 1994). They were all accorded an exhibition along with Buddhadeb Dasgupta, with Ray’s being the most comprehensive, displaying *Pather Panchali* shot Mitchell camera and accouterments sourced from his other films.

Special tributes were paid to Jean Paul Belmondo and Sumitra Bhawe as well. Compared with January schedule, the April exposition had excluded two participating countries to clock at 40 but gained by the same number, one each in feature films and shorts-documentaries section totalling 104 FFs, including 46 foreign flicks and 59 shorts and documentaries, culled from overall 1698 entries.

**The Wins**

Lavrente Indico Diaz, a key member of Phillipino ‘slow cinema movement’ and the jury-chairman of the International Competition: Innovation In Moving Images chose *Jhilli* (*The Discards*) as best film by Ishaan Ghoshe, son of attendant Gautam Ghoshe, which carries a magnanimous purse of 51 lakhs INR — the highest in the world, and the Royal Bengal Golden Tiger trophy, over 11 others in the fray.

Awarding of this contentious film essaying the existential crisis of stray-workers of Kolkata’s largest

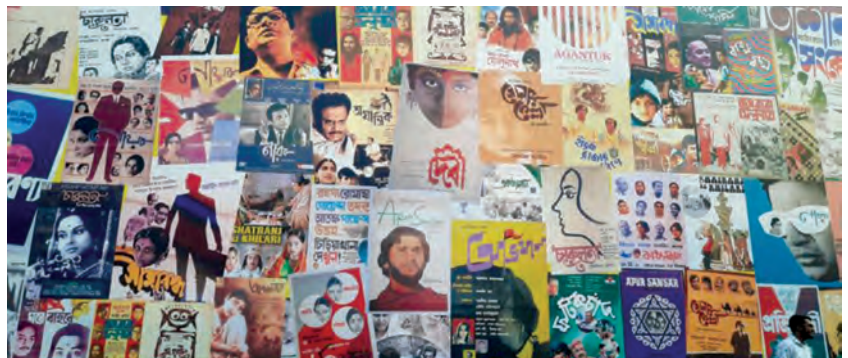


A section of 13 living (out of 27) Ray’s artists.

**THE BEST DIRECTOR AND SPECIAL JURY NOD WENT TO POLISH OLA JANKOWSKA FOR ANATOMY WHO PICKED UP 21 LAKHS INR AND THE TROPHY AND TO STREAMS. AMONG TEN ENTRIES VYING FOR THE HIRALAL SEN MEMORIAL TROPHIES.**



Jhilli wins Best Movie In International competition.



Glimpse of Satyajit Ray Centenary Exhibition.

dump yard, which is being converted into a recreational park, can be contextualised in Diaz’s statement that one comes across in his festival-featured film which stated: “Nothing is more violent than poverty.”

In that same category, the

best director and Special Jury nod went to Polish Ola Jankowska for *Anatomy*, who picked up 21 lakhs INR and the trophy and to *Streams* (Mehdi Hmili, Tunisia).

Among ten entries vying for the Hiralal Sen Memorial Trophies,

in the Competition on Indian Language's Films, which also had entries from Kerala — *Nishiddho* of Tara Ramanujan and *Mindgame* by Rajesh Touchriver and *Tamil Nadu Taya* — second sanskrit feature by G Prabha, *Adieu Goddard* (Dir: Amartya Bhattacharya), *Isirat Khan* (Film: *Guthlee Ladoo*) and *Prapti* (Dir: Anurag Patra) emerged as the winners of Best Film (7 lakhs INR), Best Director (5 lakhs INR) and Special Jury awards.

Two Indian films, shortlisted from eight, made it to the NETPAC (Network for the Promotion of Asian Cinema) awards which were triumphed by *Manikbabur Megh* (Dir: Abhinandan Banerjee).

It still carries only a trophy and citation and no monetary considerations.

The National Competition of 20 shorts, including two Deccan entries and 10 Indian documentaries was excelled by *Geru Patra* (Dir: Shristipal Singh) and *The Little Book of The Little Man* (Dir: Suchi Prasad) winning 5 and 7 lakhs INR respectively.

There also were 18 entries in the non-competitive Short and Documentary Panorama.

### Finnish Focus

Six films — *Tove* (Zaida Bergroth), *The Other Side Of Hope* and *The Winter* (Aki Kaurismaki — both), *Ladies Of Steel* (Pamela Tola), *Games People Play* (Jenni Toivoniemi), *A Blind Man Who Did Not Want To See The Titanic* (Teemu Nikki) represented Finland, this year's focus country, in its truest sense.

Since under Special Screening section, one saw Aparna Sen's *The Rapist*, similar notables like P.S. Vinohraj's *Koozhangal* (Pebbles), Chaitanya Tamahe's *The Disciple* seemed two baring absentees, as was Sanal Kumar Sasidharan's shot on-iPhone, *Kayattam*.

### The Lead Footballer Vijayan

*India Unheard*, dedicated to rare Indian languages made audiences aware of first feature in Kurumba



Visitors taking pics after a brief spell at 27th KIFF.

**IN SPECIAL SCREENING SECTION, ONE SAW APARNA SEN'S THE RAPIST, SIMILAR NOTABLES LIKE P.S. VINOTHRAJ'S KOOZHANGAL (PEBBLES), CHAITANYA TAMAHE'S THE DISCIPLE SEEMED TWO BARING ABSENTEES. THE FIRST 'DISRUPTOR IN CINEMA' AWARD.**

language (endemic to Kurumbas/ Kurumbars of Karnataka, Kerala and Tamil Nadu), *Mmmmm* (Sound of Pain) by Vijeesh Mani, *The Lead*

by iconic football striker, I. M. Vijayan; *Kodava* spoken in Coorg region, through *Nada peda Asha* by ex-soldier Prakash Kariappa; *Tulu* prevalent in select districts of Udupi, Chikkamagaluru and Kasaragod via K. Manjunath's *Yen Akka Nirmala*; *Rajbanshi* (Bihaan/Saurabh Saha), *Mising or Miri* (Boomba Ride/Biswajit Bora); and *Boro* (Bokhali/Arup Manna).

### Going International

This year's 23-film Cinema International package incorporating 2021 Cannes honour list had *Annette* (Best Director/Leos Carax/France); joint Grand Prix awardees — *A Hero* (Asghar Farhadi/ Iran) and *Compartment No. 6* (Juho Kuosmanen/ Finland), and *Memoria* (Jury Prize/Apichatpong Weerasethakul/Thailand) along with fresh hatches by acclaimed directors, Carlos Saura (*The King Of All The World/Spain*); Nanni Moretti (*Three Floors/Italy*), Tom Medina (*Tony Gatlif/French*) and Pedro Almadovar (*Parallel Mothers/Spain*).

Those that grabbed the eyes were: *Lingui* (*Mahamat Saleh Haroun/Chad*); *Commitment Hasan* (*Semih Kaplanoglu/Turkey*), *107 Mothers* (*Peter Kerekes/Czech*), and *You Resemble Me* (*Dina Amer/USA*).

As is its now habitual wont, glitch due to codec infraction surfaced on the very first day during the screening of 2021 *Palme d'or Titane* (*Julia Ducournau / France*) which lay broken for thirty-four minutes.

In a film festival hosting a Lav Diaz film who demands endurance — in this instance, all of 276 mins of *History of Ha*, the lengthiest turned to be 318 mins of Peter Brooks' *Mahabharata*, shown as a homage to its playwright, Jean Claude Carrier in The Special Tribute section.

The concluding day also witnessed 13 out of 27 Ray's living cast and crew members being felicitated in a programme entitled, *Satyajiter Shilpira* (Satyajit's Artists).

To end, it was novel to experience this primarily winter festival in sweltering summer.



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# Flaunt *Those Flares!*

An outstanding collection of flared outfits by Tjori.

This stylish and versatile olive green and dark brown sleeveless flared overlay with dark brown Ajrakh print kurta and flared skirt can be worn in multitude of ways.



A lovely long asymmetrical black shrug that has been handcrafted in rayon fabric. Pair it up with a cotton slub asymmetrical hand block dress featuring cut sleeves.



The one-shoulder bandhani print kurta in rayon slub, and has a slant neck, and comes with a grey embroidered belt and plain matching flared skirt.



This wrap around dress is perfect for a brunch outing. Features cut sleeves with V-Neck along with maroon belt.



Accentuate your ethnic look on the upcoming festivities with this gorgeous Russian green georgette dupatta.





An easy-to-drape  
kanak beige plain  
small floral butti  
drape with cotton  
beige dhoti and tie  
up gathered top.




This jumpsuit is our uber chic and comfortable apparel which comes with balloon fit. This set comes with orange and maroon ikkat shrug to add the chic style.



This printed black Angarkha with a dhoti pant which will add to the look and can also be repurposed for other outfits. Pair it with heels to complete the look.

*Credit line:*  
*Fashion & Jewellery by:* Tjori.com  
*Model:* Chunoti Bansal  
*Make-up:* Micky  
*Hair:* Aasim  
*Photographer:* Ramesh Sharma



Adolescence is a time of tremendous change and growth. Both the growth and development are happening at a rapid pace. Adolescence comes with its fair share, many of which can make parents anxious at times. These changes can be physical, psychological, emotional, sexual, moral values and self-discipline.

It is an age when teenagers discover their own identity and feel a growing need for independence. This period is also one of confusion when the teen is torn between the desire for autonomy and the need to be dependent on their parents.

Friendship also becomes important. In addition, peer pressure increases and behavioural changes are observed, which sometimes create conflict between the teen and their parents.

Puberty is the result of hormonal changes, which, in addition to being responsible for the physical changes of adolescence, cause mood swings. This requires a lot of patience and understanding from the teen's loved ones.

Even the most principled and devoted parents sometimes find that their teens do not display proper moral values. This undisciplined and unethical behaviour can be caused by many reasons, both biological and environmental.

# Don't Give Up Your Values

Guiding adolescents to discover their moral values. By Anju Jha



**ADOLESCENCE IS A TIME OF TREMENDOUS CHANGE AND GROWTH. BOTH THE GROWTH AND DEVELOPMENT ARE HAPPENING AT A RAPID PACE. ADOLESCENCE COMES WITH ITS FAIR SHARE, MANY OF WHICH CAN MAKE PARENTS ANXIOUS AT TIMES. IT IS AN AGE WHEN TEENAGERS DISCOVER THEIR OWN IDENTITY AND FEEL A GROWING NEED FOR INDEPENDENCE.**

In the present day, ethical or moral issues are as important as scientific and technological activities and progress. Surely, today's generation lacks moral values and the future generations, too, will be confused about their morality. Youth or teenagers are the assets of tomorrow; so lack of moral values is a serious issue in this important section of society.

Albert Einstein, a genius once said, "Don't try to be a successful person, but be a valuable person".

There are many books on moral values for teenagers, while the internet is also full of material on such topics. However, neither books nor the Internet can instill these values in adolescents.

It is the parents who can raise a child, who appreciates, upholds, and supports justice, loyalty, courtesy, respect, empathy, and other core values. What the youth of today learn will make or break them tomorrow.

Parents should provide boundaries beyond which the youth cannot stray. Setting boundaries around issues of safety and ethics allows young people to make their own mistakes and learn how to recover.

### **Why adolescents lack in moral values?**

In today's modern world, the decline of morality is very evident in our teens.

One reason for this is that many teens lack the self-discipline to resist temptation, and their fiery hormones overpower their morals. This lack of self-control in resisting impulses leads to premarital sex.

Although adolescents may not have the same decision-making abilities as adults, parental influence can affect the way adolescents behave and make choices. Parental behaviour plays an important role in adolescent decision-making.

For example, if a teenager sees his parents acting impulsively or making poor choices such as neglecting household

responsibilities or skipping work, the teen might believe that he is entitled to make similar choices.

Another reason is that many teens lack the courage or self-discipline to keep them from breaking down under peer pressure. During adolescence, peer influence plays an important role in adolescents' choices. Thus, when they move on; they are unable to say 'no' to their girlfriends, boyfriends, or even friends.

Under the Western influence, subjects such as sex, alcohol, smoking, and drugs are no longer considered taboo by our youth. They feel that it is okay for them to be the majority, which is a clear lack of principles.

Another lack of justification can be seen in the fact that, today, the adolescent crowd is turning to less ethical activities. Some examples are drugs, smoking, drinking, and shoplifting. As the younger generation becomes more and more materialistic, many teenagers are slowly setting aside their morals to make way for their desires.

Adolescents with more serious mental health problems may also display poor moral values.

### Parents' Role

Morality is something that cannot be imposed on anyone. This is something that parents nurture as they guide young people to consider what they value and the possible consequences of their behaviour.

It's good to share values with teens, but it's better to follow them first. There is a very famous saying that 'first practise yourself what you preach'. This doesn't mean you need to be perfect as a parent, but you do have to set a good precedent for your teen to follow in your footsteps.

Make it clear to the teen that there are some things you can't compromise upon. Share your

**DON'T MAKE THE MISTAKE OF ONLY TALKING ABOUT VALUES WHEN SOMETHING IS WRONG. NOTHING WILL DO MORE THAN PREACHING THE VALUES TO YOUR TEEN AFTER THEY'VE MADE A MISTAKE.**

personal experiences and ethics and explain why you value them or how they help you in your daily life.

This will help you start deep conversations with your kids. Adolescents should know why they should follow certain values and the impact these values can have on their lives.

Don't make the mistake of only talking about values when something is wrong.

Nothing will do more than preaching the values to your teen after they've made a mistake. Talk to them when everyone is comfortable, and do it in a light, conversational way. Be aware of using a "parental tone" which may compel your kids to run for the door.

Life is full of challenges and difficult situations. If we allow our teens to "give up" every time they encounter something difficult, we are creating the value of quitting that they will carry into adulthood. Instead, encourage your teen by telling them how confident they are that they can overcome any obstacle.

Your job is not just to share values with teens, but also to appreciate them when they practise these values.

Parents should reward such behaviour that exemplifies core values. So when your child is honest even when it's difficult, let them know how proud you are of them.

It should be a continuous process for inculcating moral values in adolescents and should start with the birth of the child. Children see and hear that whatever will happen around them can happen in a family of social order and say, 'we have to be careful that we are doing right'. And you don't assume the same thing to your child.

According to some studies, kindness, patience, understanding, empathy, sharing, respect for elders, sense of responsibility, and not going overboard with the authority given to them are some of the things that are deeply ingrained in their minds from their formative years to keep them on the right track of life.





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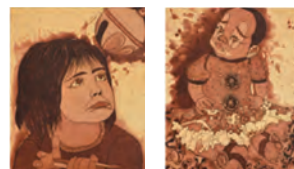
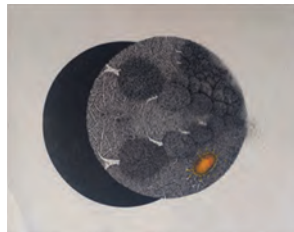
Praveen Mahto,  
Mamta Nath, Robinson, Artist  
George Martin, Artist Sailesh  
Kumar Sanghvi. (L-R)



# The Contemporary Aura of Story Telling

An aesthetically pleasing exhibition.

The Lexicon Art presented an exhibition on contemporary and new media arts in its gallery space at Connaught Place, Delhi, titled 'Telling A Story Beyond Painting As Contemporary Art', exhibiting the artworks of twelve young and emerging artists pan India. The show compiled a substantial range of awestruck artworks by artists Akshata Mokashi, Bharat Dodiya, Devesh Upadhyay, Hansa Milan Kumar, Dr Nisha Chadda, Pramod Jaiswal, Rabindra Shrestha, Richa Arya, Sheikh Hifzul, Subhadip Bhattacharya, Tarun Sharma, and Yashwant Singh. The exhibition fascinated the spectators with



Artworks of artist Subhadip Bhattacharya, Akshata Mokashi, Bharat Dodiya, Dr Nisha Chadda (L-R)



Artworks of Artist Devesh Upadhyay from the exhibition.





Artist Richa Arya



Artist Pramod Jaiswal



Artist Tarun Sharma



Artist Sheikh Hifzul

the stories and emotions infused in the artworks included with a mature colour palette and intricate techniques.

“The contemporary Indian artist is bound by no medium - they react. Fuelled by folklore and the inherited learning from mural painting and

miniatures to name a few, the artists strive to create their idea of humanity. Keeping in mind their training these artists on display have touched upon what is real to them. The exploration of materials beyond paint and invoking simple modernist lines are what tie this show together,”

said Sumitra Sunder, the content curator of the exhibition. From using hand-cut and wire stitched metals to soft woven tapestries, from mushy casted papers to convoluted pen drawings, from

adorable sculptures to satirical used-book cuttings, from mythological subjects to abstract depth, the show rendered new concepts, mediums, and artistic vernaculars. Breaking the conventional standards of the art sphere, these artists boldly and intensely put their personalities and

**TELLING A STORY- BEYOND PAINTINGS AS CONTEMPORARY ART AS THE NAME SUGGESTS IS A SHOW ABOUT ARTISTS' OUTLOOK AND CREATIVITY WITHOUT ANY BOUNDARIES.**

notions in the form of visual articulations before the world.

“Telling a story-beyond paintings as contemporary art as the name suggests is a show about artists’ outlook and creativity without any boundaries of concept, medium, or material. Each work tells a different story open to individualistic

interpretation, a quirk that translates into the uniqueness of the show itself. Such contemporary artistic expressions from a group of 12 young minds with origins across India and the Subcontinent resulted in

some wonderful and awe-inspiring artworks. This artistic liberty taken by each of them has thus created masterpieces in their own right,” said Mamta Nath, the Director and Founder of The Lexicon Art.

The inauguration of the exhibition went collectively well on the 27th of April, 2022 with a walkthrough delineated by theologian, poet, art curator, critic, and heritage walk curator Robinson amid the presence of eminent artists and personalities lifted the prominence of the evening. The exhibition is on view till the 3rd of June 2022.

The Lexicon art is persistently bewitching the viewers with its sequential spellbound exhibitions while aiming to open wide-ways for new media arts, notions, and talent in the art world.

**Location:** The Lexicon Art Delhi Book Company M 12, Connaught Place, Outer Circle, New Delhi - 110001 [www.thelexiconart.com](http://www.thelexiconart.com)



# Me & My Wonder Character!



## Falling in love with your favourite fictional character.

By S Anshika

**W**e all have moments when we're watching something or reading a book when we can't stop admiring a fictional character. And we all also have that moment when we think 'that character is adorable' or 'if this character exists, we'll be best friends forever.

There's nothing wrong with esteeming fictional characters and seeing them as role models. We can learn a lot from them and they can also help us in shaping our personality for good. We all take excerpts from different characters to build our personalities. However, when you become too obsessed with one character, it can be a sign of a problem. This may indicate that your sense of self is too weak to rely on your own 'self'. You are probably using a fictional character as a crutch for your personality. Children and adolescents have a weak sense of self. So they are more likely to focus on fictional characters.

### Ficto-Romance In GenZ Kids

Fictophilia is a state where a person has strong lust, sexual attraction, and passionate feelings of love for a fictional character, which are similar in strength and application to those felt towards real people. It can also be considered an addiction

or a fetish. Fictional characters can come from Anime characters, books, online game heroes, etc. In such fake, one-sided relationships, the audience believes that they have a personal relationship with the people they see on screen or in games. Teenagers mostly fall in love with fictional characters because of loneliness, social anxiety, or dissatisfaction with their real-world relationships.

**FICTOPHILIA IS A STATE WHERE A PERSON HAS STRONG SEXUAL ATTRACTION, AND PASSIONATE FEELINGS FOR A FICTIONAL CHARACTER, WHICH ARE SIMILAR TO THOSE FELT TOWARDS REAL PEOPLE.**

Fictosexuality and ficto-romance are terms that have recently become popular in online environments as used to describe strong and lasting emotions of love, infatuation, or crush for one or more fictional characters. It doesn't take long to realise that this is a serious problem for Gen Z people. There are countless cases where they report

falling deeply in love with a fictional character and have not been able to cope with it.

Fictophiles do not consider themselves to be fans of fictional characters or engage with a fantasy community. They often see their imaginary relationship as something beyond imagination. Although there is no official disorder that speaks of an obsession with fictional characters, it can be quite close to the symptoms of OCD because the obsession with fictional characters can undermine other aspects of their lives.

Teens need to understand that it is completely normal to become attached to a fictional character until it turns into an obsession. Because problems arise when their beliefs start to interfere with the reality. If you begin to cut yourself off from real relationships, missing out on opportunities for real relationships with another person, you've plunged too far into the imaginary territory.

Some teenagers form romantic relationships with fictional characters as an alternative to real-world relationships. Waking up from a dream is not always easy. But you need to understand that this is a real-world and not a fairyland. So, don't let your imaginary crush take over your life.

**We**



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Ad Infinity/05/22

# PIPABOX

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Pipabox derives its aesthetics and inspirations from a myriad array of cultures, architecture and practices. They as a brand have their roots in India, and are an infusion of Modern English, Victorian, classic French with a touch of Scandinavian in a happy marriage with India. They believe that luxury is quiet, it lies in the detail, in the quality of the material in crisp finishes, and aesthetics that subtly conveys their message in luxury. Log on to [www.pipabox.com](http://www.pipabox.com) to get a taste of their undying love for plush surfaces, rich designs and great textures that reflect in their designs.

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# Drool Over *Licious Cuisine!*

Try these scrumptious recipes at home.

## BAKED LASAGNE

### INGREDIENTS

Lasagne sheets - boiled  
 Butter - 3 tbsp  
 Onion - 2 finely chopped  
 Tomato – 4 deseeded chopped  
 Bell Peppers - 2 shredded  
 Mushrooms – 4 pieces chopped  
 Parmesan cheese or Pizza cheese  
 - 100 gms  
 Tomato Sauce – to taste  
 Peppers powder- to taste

Broccoli - 100 gms  
 Garlic paste – 1 tsp  
 Salt – to taste

### METHOD

Heat the 2 tbsp butter and garlic paste. Stir until it turns light brown. Add onion and stir it for 1 minute. Add all vegetables and stir continuously until tender. Add salt, pepper powder, boiled mushrooms, and cheese. Mix it well and Keep aside, in boiling water for 30 seconds. Take them out from boiling water and put them in cold water. Take out

the sheets from cold water and use them.

### How to assemble lasagna

Take a sheet, oil it on one side. Keep it on the bottom side and spread filling on it. Set another sheet on the above of the first filling and spread again the layer of filling. Repeat the layers in the same order, spread cheese on top and bake it for 20 minutes in the oven. Allow to stand for five minutes and serve it.

# FUSION SALAD WITH CHEESE

## INGREDIENTS

- Lettuce - 2 leaves
- Cabbage - 3 leaves
- Olives – 8 pcs
- Tomato - 2 normal sizes (sliced)
- Onion – 1 (sliced)
- Cucumber - 1 (sliced)
- Pepper powder - 2 pinch
- Whole red chilli – 4
- Black salt – to taste
- Cumin seed powder – ½ tsp
- Lemon juice – 1 tsp
- Cashew nuts – 10, 12

## METHOD

Wash lettuce leaves and Cabbage leaves. Cut tomato slice, onion slice and cucumber slice. Roast cashew nuts and roast cumin seeds and grind it. Arrange the salad on a plate. Decorate with olives and cashew nuts. Mix pepper powder, cumin powder, salt and lemon juice pour over the dressing.



Fusion salad with cheese

# BAKED CANNELLONI

## INGREDIENTS

- Onion – 1 chopped
- Parsley – Chopped 1 tsp
- Tomato – 1 finely chopped

- Salt – for taste
- Pepper – for taste
- Oregano – ½ tsp
- Rice – 1 cup (cooked in veg. stock)
- Lasagne sheets
- Cream – ½ Cup
- Vegetable stock – 2 cup
- Parmesan cheese - 150 gm
- Butter – 1 tsp
- Tomato sauce

## METHOD

Cook rice in veg stock as normal. Heat butter in a frying pan, add onion and fry for 1 minute, add tomato and fry for 1 minute. Add cooked rice, salt, oregano, cream, peppers, and fry for 1 minute. Add cheese mix well and keep aside. Boil lasagne sheets in boiling water. Keep on clothes for five minutes. Spread mixture on sheet, roll it tightly garnishes with sauce and parsley.

Baked Cannelloni



Orecchiette With Olives



- Bell pepper – ¼ finely chopped
- Oil – for frying
- Cheese – 2 tsp
- Salt – for taste
- Black pepper powder – for taste
- Cream – 1 tbsp
- Onion – 1 finely chopped
- Nutmeg powder – 1 pinch
- Mould of halfmoon or you can make like Gujiya

**METHOD**

Boil lasagne sheets and keep aside for 5 minutes. Heat 1 tsp oil in a pan and fry onion lightly. Put all ingredients in a pan and mix them well. Stir for one minute and keep aside. Take mould and apply oil in it. Now, keep sheet in the mould and shape and fry it until light brown.

## ORECCHIETTE WITH OLIVES

**INGREDIENTS**

- Orecchiette – 250 gms
- Olive – 20 pcs ready in vinegar
- Olive Oil – 3 tbsp
- Garlic – 1 tsp (grated)
- Salt – for taste
- Black Pepper – for taste
- Onion – 2 pcs (large size)
- Broccoli – boiled 1 cup

**METHOD**

Boil orecchiette pasta in water until it turns transparent. Drain the water, wash under tap water, oil it and keep aside.

Heat oil in a frying pan, add garlic paste and fry lightly. Add onion, black pepper, salt, stir it and add orecchiette. Mix very gently garnish with olives and serve.

## HALF MOON CHEESE

**INGREDIENTS**

- Lasagne Sheets – softened
- Rice - ½ cup boiled

Half Moon Cheese





# BRINJAL RELISH

Aubergine Relish

## INGREDIENT

Large Brinjal – 2pcs  
Wheat flour – ½ cup  
Bread crumbs – ½ cup  
Cheese – 100 gm  
Black pepper – for taste  
Salt - for taste  
Oil - for frying  
Garlic Paste – 1 tsp  
Parsley – to garnish  
Tomato – 1 cup chopped  
Oregano – 1 cup chopped

## METHOD

Make a paste of flours. Add some salt in it. Add garlic paste. Slice the Brinjal, dip into the paste of flour. Cover with bread crumbs. Heat oil in a pan and deep fry all slices in the same order. Spread Chopped tomato and cheese on every slice of Brinjal. Season with oregano, pepper powder and garnish with parsley.



# PEPPERONI PEPERONATA

## INGREDIENTS

Red, Yellow, green peppers. - Sliced  
Sliced Onion – 2 pcs  
Garlic paste. – 1 tsp  
Tomato sauce. – 2 tsp  
Chilli sauce. – ½ tsp  
Salt – for taste  
Pepper powder. – for taste  
Vinegar – ¼ tsp  
Oregano – ½ tsp  
Olive oil – 2 tbsp  
Cheese – for garnish

## METHOD

Heat oil in a frying pan. Add garlic paste and onion and stir it until it turns light brown. Deseeded sliced peppers. Stir for two minutes add salt, tomato sauce, chilli sauce, vinegar pepper powder and cook it. Uncover for a few minutes. Add oregano at the end and garnish with cheese.

Pepperoni Peperonata





Veg Grains Salad

## VEG GRAINS SALAD

### INGREDIENTS

Kidney beans (red rajma) boiled – 100gm  
 Feta Cheese – 4 tbsp  
 Cabbage – few leaves  
 Lettuce – 3 pcs  
 Tomato – sliced  
 Black Pepper – for taste  
 Salt – for taste  
 Olives – 8-10 pcs

### METHOD

Arrange all slices in a dish plate.  
 Season with pepper powder.  
 Garnish with olives and cheese.

## BAKED GNOCCHI

### INGREDIENTS

Milk – 2 cups  
 Suji – 1 cup  
 Butter – 3 tbsp  
 Parmesan cheese – 4 tbsp  
 Salt – for taste

For baking  
 Butter – 4 tbsp  
 Cheese – 6 tbsp  
 Green cardamom powder – 1 pinch

### METHOD

Heat the milk with salt and 1/3 of butter in a pan. When it boils, add Suji. Stir continuously to prevent lumps. Bring the mixture to boil. Heat 10-15 minutes on simmer.

Baked Gnocchi



The mixture will be thick. Remove from heat and sprinkle a little cold water on the work surface. Spread mixture out onto it in an even layer about 1/2 cm. Allow to cool. Preheat the oven to 220°C butter baking dish. Use a biscuit cutter to cut suji into round pieces. Place the pieces in a baking dish. Pour melted butter and sprinkle cheese. Bake for 20 minutes until the top is brown. Remove from the oven and allow to stand for 5 minutes and serve.

## FRITTERS WITH YOGURT

### INGREDIENTS

Big brinjal or eggplant – 1  
 Olive Oil – 4 tbsp  
 Garlic – 1 tbsp (grated)  
 Sparsely – chopped  
 Bread crumbs – 4  
 Parmesan cheese – 150gm  
 Wheat flour – 3 tbsp  
 Oil for frying  
 Yogurt – 1 cup  
 Chat masala – according to taste  
 Potato – 2 (boiled)

## METHOD

Preheat the oven to 190°C. Grease the eggplant and bake for 20 minutes until tender. Chop it and mix it, with garlic, parsley, bread crumbs, cheese, add salt pepper and mix well. Keep aside for a few minutes and add Boiled Potato. Make balls of mixture. Place the flour on a plate and season with salt and pepper. Coat fritters in the flour. Shallow fry the fritters until they turn golden brown. Take off on butter paper. Mix chat masala in yogurt, and serve fritters with yogurt.

Fritters With Yogurt



Cheesy Skewers

## CHEESY SKEWERS

### INGREDIENTS

White bread – 2pcs  
Mozzarella cheese or pizza cheese – 75 gm  
Tomatoes – 4 pcs (sliced)  
Basil leave for garnish  
Black pepper powder – for taste  
Salt – for taste  
Olive oil to brush  
Parsley, to garnish

## METHOD

Cut each bread slice about 1 cm thick. Cut slices of cheese 1/2 cm thick. Preheat the oven to 220°C, cut edges from bread. Cut each slice into four equal squares. Bake for 4 minutes until squares are golden. Remove from the oven. Make stacks, each starting with a square of bread then a slice of mozzarella, tomato and basil leaf. Repeat it again. Push a skewer through each stack. And bake for 10-15 minutes until the cheese begins to melt. Garnish with fresh

basil leaves or parsley leaves and serve with sauce.

## FETTUCCINE WITH CREAM AND TOMATO

### INGREDIENTS

Fettuccine pasta – 200gm  
Onion – 2 finely chopped  
Butter – 4 tbsp  
Cream – ¼ cup  
Parmesan cheese – ¼ cup (grated)  
Parsley to garnish  
Salt for taste  
Black pepper for taste  
Mushroom – 6pcs (fried)  
Tomato paste – 1 cup  
Tomato sauce for taste

## METHOD

Boil the pasta in a large pan of the speedily boiling salted water. Drain when it softens. Turn into plate and oil it to avoid stick.

Melt butter in a pan. Add onion fry lightly. Add tomato paste, Black pepper, salt, cream, pasta and mushroom. Stir it with steak and serve hot.



# Get Street Ready with Skechers

Skechers, offers streetwear sneakers for the fashion-conscious youth in India. This collection is designed to enthuse the youth with its fashionable designs and exciting range. The Street Ready is the embodiment of a young and energetic India looking to break away from the old stereotypes associated with men and women and establishes an ideal representation of who the modern-day generation actually is.



It's all about that top-floor style and comfort with this shoe.



Comfort and style will always be yours in a sneakers.



Rock Glitter & Star Quarter Design On Leather With Suede Overlays Lace Up Fashion Sneaker.



Classic air cushioned style meets updated comfort in this shoe.



Update your wardrobe with a boost of comfort wearing Skechers Street™ Uno 2 - Air Around You.



Get a fresh twist on a go-to classic with this Skechers shoe.



Get the spotlight on you sporting this shoe.

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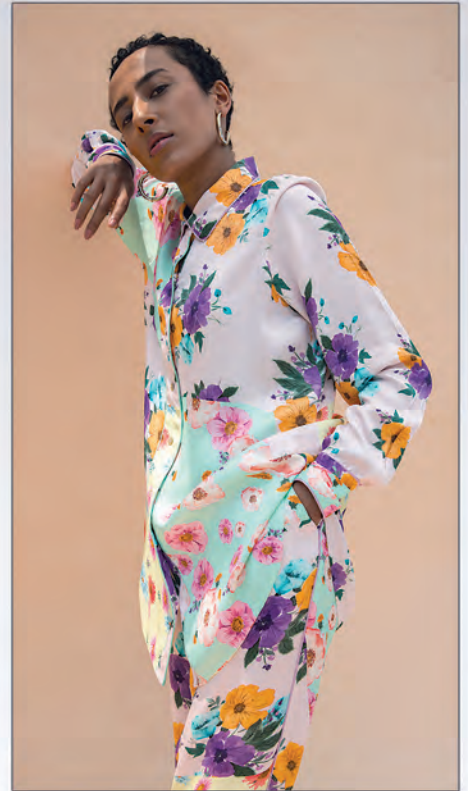
# Slow Fashion With A *New Twist*

The brand, Kavya Singh Kundu, was born in a pandemic. The world had literally slowed down almost as if it was time to craft a new way of living. The brand came to life by reinterpreting handcrafted techniques with a sharp and edgy modern sensibility. So here's unveiling a collection of slow fashion pieces with a visual language that's fresh and fun. The basic ethos is to build a brand on sustainable practices of design and craft for the contemporary and conscious world of today.

This collection explores rich bright colours and vibrant prints along with impeccable hand appliqué and finishing details. The silhouettes are simple, chic and wearable and the styles trans-seasonal and timeless.

Get your hands on this favourite dynamic duo of sustainability and panache.

This outfit echoes easy effortless style with casual luxe for an everyday look.



The Bloom Set crafted in Orange fiber silk satin is the perfect summer staple to beat the heat and look fabulous.

Crafted from recycled cotton this statement dress has appliquéd flowers in a contrast pink for a high impact chic weekend look



Kavya Singh Kundu  
@kavyasinghkunduoofficial  
www.kavyasinghkundu.com

# Versatility As Its Quintessence

# House of Vian

House Of Vian is a one stop shop for intricately embroidered footwear & exquisite handbags. Each product features exquisite embroidery, fine textures and vivacious colours. These products are ideal to style your everyday or ethnic looks and are a must have in every wedding trousseau. The gorgeous products by the brand are created by artisans that use their age-old craftsmanship skills of hand embroidery and jutti-making. All the products by the brand are a 100% handmade and additionally the bags and wedges are completely vegan.



Aafrah Juttis are a pair so versatile that you wont run out of styling options.



Jharoka Juttis is an ethereal shade of gold, delicately handcrafted using pearl white beads, mirror work and dull gold embellishments.



The quirky and playful Owlivia Jutti's showcase a pair of owl eyes gorgeously embroidered on the jutti's using a beautiful mix of embellishments.


The Ruby Potli is an image of sophistication created with stunning pearl sequins embellishments on pink textured satin.



The Kyra Gold Bag is a statement piece by the brand, the bag is made up of gold textured satin embellished with glass beads, pearl drops, pearls and beads.

An eye- catching shade of red, the Laila Potli is created using red velvet fabric adorned with various embellishments.



 @houseofvian  
www.houseofvian.com

# Organising stylishly with Premium leather Accessories

Organising items in your surroundings is crucial, so why not do it stylishly yet effortlessly with premium leather accessories, making life simpler? The Leather Story does just that!



This organiser will be your favourite desk partner as it can house your notebook, pen, relevant papers and even your phone, perfect on the go too!



The Chic Travel/Vanity Kit can fit all your toiletries and essentials you might require while you travel, helping you keep all your items in one place.



Your sunglasses deserve to be protected by the best, and this Sunglass Case will help you do just that, made of the best materials inside out.

This wallet is spacious enough to fit all your money needs like bills, cash and even your cards, a chic manner to store all your money matters.



For all those who deal only with cards, whether credit/debit or business, this wallet is the perfect accessory, as it is compatible and compact.



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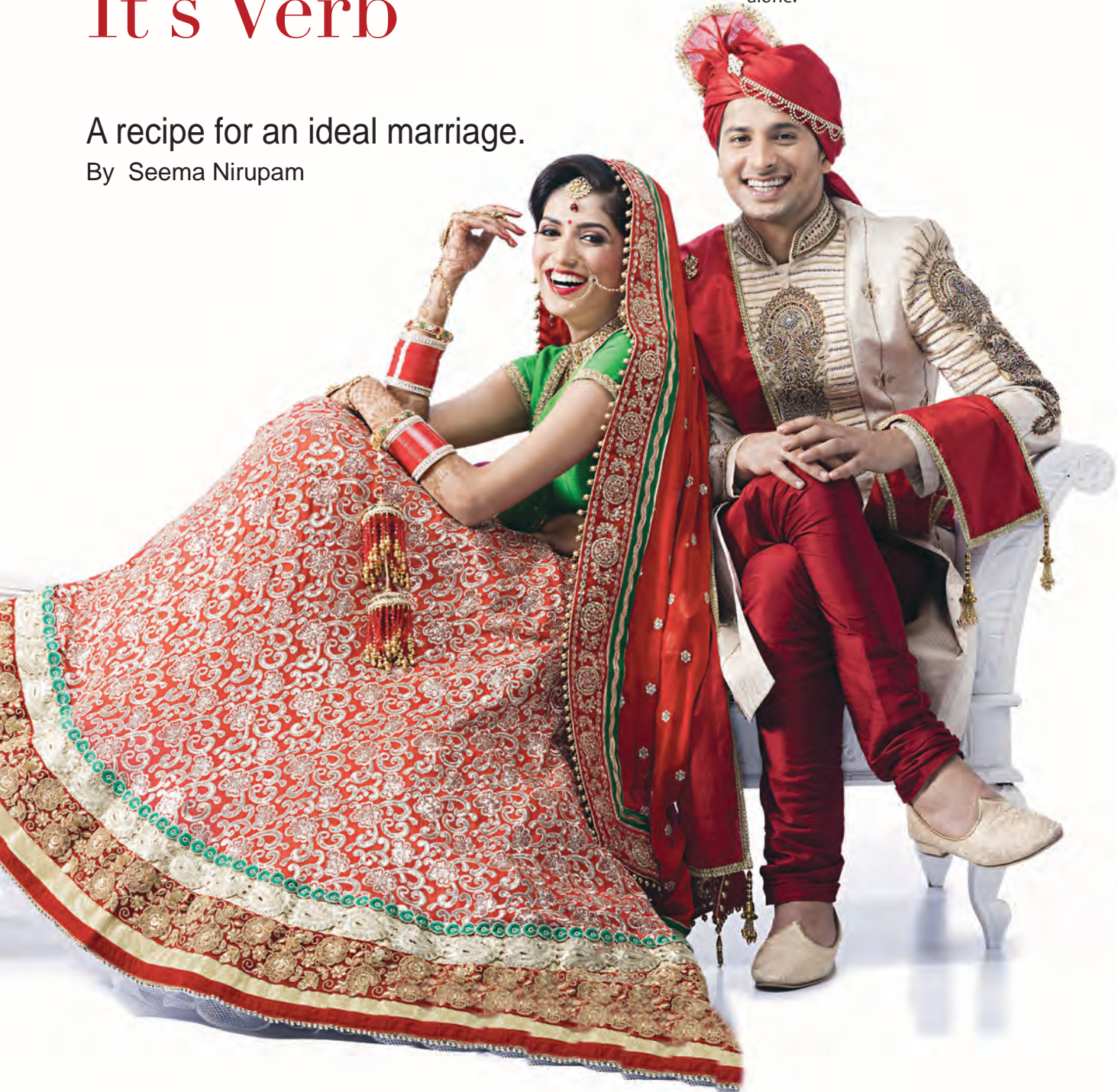
# Marriage Is Not A Noun; It's Verb

A recipe for an ideal marriage.

By Seema Nirupam

It is said that marriage is a relationship in which independence is equal, dependence is mutual and obligation is reciprocal.

This goes to show that though marriages are said to be made in heaven, a good one has to be created here on earth. This definitely is not easy and neither can a marriage survive on a sense of duty or sacrifice alone.





So how do some couples manage to live together for *janam, janam*, while others end up in separation so soon?

Neha and Mukul say they are blessed with each other. Married for 15 years, they are still to experience to proverbial the seven-year itch.

“I feel that the real love actually grows with years of togetherness. It surpasses physical attractiveness or the romantic atmosphere of the initial phase. Marriage is to care and share and this attitude is reflected in the little nothings your partner does. Mukul keeps his promises, never acts superior and respects me as a person,” reveals Neha, a teacher by profession.

Mukul adds, “Neha and I share perfect rapport. She loves me for what I am. And both of us have enormous capacities to forgive and forget. We put bitter memories at the back of beyond and they never haunt us.” Together, they make a pretty picture. Marriage clicks

when couples are really together, facing the world. With a willing heart, anyone can strive towards a perfect alliance. And it is never too late to make a fresh start as it is not only marrying the right partner that counts; it is also being the right partner.

**I FEEL THAT THE REAL LOVE ACTUALLY GROWS WITH YEARS OF TOGETHERNESS. IT SURPASSES PHYSICAL ATTRACTIVENESS OR THE ROMANTIC ATMOSPHERE OF THE INITIAL PHASE. MARRIAGE IS TO CARE AND SHARE AND THIS ATTITUDE IS REFLECTED IN THE LITTLE THINGS.**

### Be demonstrative

Cut loose. The dictionary is full of words — words of love and appreciation that can work magic. Many a time, we cease to express our feelings, assuming that the other person knows how we feel. But we ourselves crave to hear such words.

Don't shy away from making the first move. Endearments revive romance in life. Sit close to each other, hold hands and share little secrets walk together.

### Respect privacy

Respect your partner's privacy. Usually, it happens that when husbands return home, they are expected to spend all their time with the children or in running errands. Wives, as a rule, do not allow their husbands to have any solitude so that they can be at peace with themselves. Such husbands tend to bicker and pick fights.

It is essential to understand that a working man or woman must have

## Charm-up Yourself With OxyGlow Cosmetics

### OxyGlow Wine Facial Kit

OxyGlow Wine facial kit is packed with two of the best known super antioxidants Grapeseed oil and Lemon extract. Grapeseed oil neutralises inflammation, makes skin more smooth, fresh velvety and firm while lemon extract cleanses skin, minimises pores and normalises oil water balance.



### OxyGlow D-Tan Facial Kit

OxyGlow Herbals D-Tan Facial kit gives an instant dose of tan removal and brightness, especially for tanned and dull skin. The facial kit consists of D-Tan Cleanser, D-Tan Scrub, D-Tan Massage Gel, D-Tan Face Pack, and D-Tan Moisturizer.



### OxyGlow Bridal Facial Kit

This facial kit has many benefits like purifies, nourishes, hydrates, moisturises, and contouring the facial structure making it all ready for a fresh bridal look. Start your pre-bridal routine with this facial kit 3 months prior.





some time for himself or herself so that they can bounce back to face the next day. Respect your partner's individuality, for that's what you married him for. Never try to extract secrets out of him or her and keep the ones you know.

### Have trust

Have faith in your partner or you will live a life full of turmoil. Trusting others is a virtue and it shows that the person concerned has a lot of inner strength. Also, it is better to trust and be deceived rather than not to trust at all.

Sara was head and heels in love with Vishal. After crossing many hurdles they finally got married. She was totally committed to Vishal, who was the be all and end all of her existence.

Vishal was an executive with a top modeling agency and had erratic working hours.

Once, a model fell for him. When Vishal tried to dissuade her, she started spreading rumours about him. To top it all, Sara too blasted him for betraying her love. Cracks began to appear in their marriage pretty early. Soon they split up.

There is no greater put-off in marriage than a nosey wife or a hawk-eyed husband. Scrutinising letters or eaves dropping just goes to show that one is a shallow person and is not worthy of being loved. Trust allows you to be more open and giving. If you trust your partner, you are more likely to apologise for their shortcoming or behaviour that upsets you because overall you trust them and know they have your back.

**MARRIAGE CLICKS WHEN COUPLES ARE REALLY TOGETHER, FACING THE WORLD. WITH A WILLING HEART, ANYONE CAN STRIVE TOWARDS A PERFECT ALLIANCE. AND IT IS NEVER TOO LATE TO MAKE A FRESH START AS IT IS NOT ONLY MARRYING THE RIGHT PARTNER THAT COUNTS.**

### Compromise

Act mature when the other person throws tantrums or loses his or her temper.

### Ego

This lethal term can destroy the very foundations of a marriage. In love, one does not count the number of times one won an argument or lost one. Love is preserving the sanctity of marriage.

Even the most tuned-in partners sometimes lock horns. Such minor conflicts, however, are healthy mirror of individuality each partner has retained. The situation turns grave when neither offers to compromise.

When even a petty matter becomes a prestige issue, sour moments pile up, attacking the roots of the relationship.

### One-upmanship kills marriage

Marriages collapse when couples begin to indulge in one-upmanship try to "defeat" each other. There is no dearth of men who can't stand their wives being well known. Similarly, increasing number of women dislike the idea of taking their husband's surname.

They take this as meaning loss of identity. This is all right if it serves some purpose, but beyond that, it depicts only egotism.

The result...?

Such couples live solitary lives where they have only their own joys and sorrows and have practically nothing to share.

In happy marriages couples live together with a perspective. "Whatever happens, we are together," they say.

Anger, they say is momentary insanity, so it is essential to maintain one's dignity during combat. While arguing, many of us (those with good memories) tend to bring up the past and to throw it in the other's face.

The issue being debated might be trivial but this practice makes a mountain out of a molehill. So, keep to the point or the argument will leave bitter memories.

Also, don't hesitate to apologise if you are in the wrong. In fact if you do, your mate may be inspired to follow suit. Blissful marriages just don't happen on their own. They need to be worked on. For some lucky couples, the honeymoon never ends.

Such couples have common objectives and they approve of each other's sentiments. They laugh together, express gratitude and never go to sleep angry.

They believe love is a state of mind and heart and they don't settle for anything less than total commitment.

These couples remain united through better and worse.



## The Funeral Stage of Marriage

About four years ago, our kid ran away from us at the grocery store. I followed her down the pasta aisle where she was holding a big jar of red sauce. At that moment, I understood why parents do this. It all became clear. They are just too tired, not appreciated, overwhelmed, and annoyed to have to deal with another mess.

That's why I sweet-talked that jar of sauce from my baby's clumsy little hands as if it were the most precious and delicate family heirloom. I brought it back to the shelf.

When I finally found my husband, I was still short of breath following. In his trademark hoarse voice, he said, "While you were having a good time, I was here trying to figure out what to buy."

That night, I came home and started writing a novel about a woman who kills her husband and gets away with it.

Life had drained out of our marriage slowly and steadily.

Each new argument was like a paper cut. Taken alone, it wasn't a big deal. When added to all of the other problems, it was nearly lethal.

By the time our daughter was nearly three, I was planning my escape. On Mother's Day, I had dinner with a divorced friend. For 45 minutes, I ranted about my husband and tried to convince her that he was evil and a mistake, a person not good enough for me,

someone I should have never married in the first place.

She listened to me patiently. Then she asked, "What have you done to save your marriage?"

And then I admitted that I had tried nothing. She made me promise to try something, marital counseling perhaps. If it didn't work, then "sure," she said, "get a divorce."

I decided to read my way to a better marriage instead of going to a counseling. I bought book after book. I studied Internet site after site. And I tried tip after tip.

Oddly, some of it worked. Slowly over time, I realised My husband wasn't as evil as I once thought. He is clueless and unable to read my mind? The man actually wanted to make me happy. He just didn't have knowhow.

He wasn't the source of all of our marital problems. He didn't piss me off on purpose.

Yes, how did you?

We see many marriages floundering but we also see marriages between the unlikeliest of spouses, not only surviving but growing stronger with the years. Thanks to the tactics of one wise partner! Truly, a person's successful marriage just does not happen, it has to be worked at.

We would like to know as to how you overcame the crisis of a break-up or discord in your married life.

Did your husband (or wife) have an infuriating habit, a hot temper, miserly ways, a roving eye or a lazy disposition? Since he is your husband, how did you cope with the situation

and keep your marriage happy and home safe?

Share your secret with us and millions of our readers all across the world.

His surly tone was usually a result of his own inability to communicate coupled with a fear of confrontation. He had no idea I found his tone so scary and condescending. When I told him about it, he was floored.

I started talking to couples who had been married for 20, 30, 40, or 50 or more years about their marriages. "Did you ever go through a rough patch?" I asked. Usually, one or both of them would laugh and say, "Oh yes, did we ever!"

After they finished telling me about all of the hard times, I would ask, "Do you regret staying together?" Not once has a couple answered that question with a, "Yes."

And that's when I got my answer. More and more couples are realising that being happily married is not a mystical sensation spread by fairy dust. Rather it is a skill.

You can either learn or perfect that skill with your current spouse, or you can learn it with the next one. Either way, to be happily married, you have to perfect it.

Now, we are happily married and if someone today asks me if I regret giving my marriage another chance, my answer will be 'no'. I'm glad I didn't give up on my marriage or else we would never be happy.

—By Vanshika Gupta

Contributions should be neatly written on one side of the paper. A declaration that it is your own true personal story must accompany the contribution. If you so desire, your name will not be published and you can use any pen-name

### Send your entries to:

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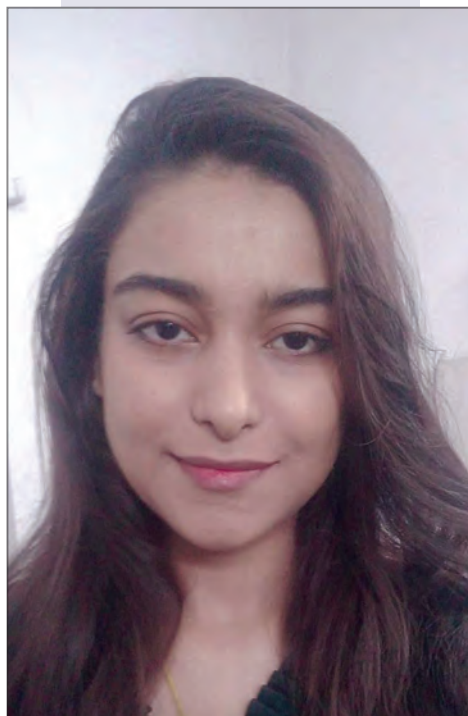
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# Makeup Magnifies *Your Beauty*

Glowing makeup for the win.



Before makeup

## *Step 1*

Firstly, apply primer and then apply foundation with a makeup sponge or foundation brush.



## *Step 3*

Add some colour back to your face using liquid blush with the brush.



## *Step 2*

Apply concealer to the areas you want to highlight like your cheekbones, chin and under your eyes.



## *Step 4*

Apply a lighter shade of eyeshadow similar to your skin tone to act as a base and then a darker shade to create shape and definition.



## Step 5

Fill in the brows using the thin tip of the pencil, and make short, hair-like strokes in an upward motion.



## Step 6

To give more drama to your eyes, apply eyelashes.



## Step 7

Apply setting powder near the centre of your face. Buff in small circles lightly with your brush.



## Step 8

Outline your lips with a beautiful shade of lip liner and then apply a similar shade of lipstick.



## Step 9

Lastly, complete your look with the deepest eyeshadow on your lower lash line.



**Credit Line:**  
**Model:** Almaas Khan  
**Make-up Artist:** Micky

All set to shine-up the party night!



# Facing The World Calmly

What we give is what we get. By Shailza

**I**t seems like that people often feel it is important to respond to anger or violence with immediate violent action. Tolerance and patience should not be read as a sign of weakness. They are signs of strength. But tolerance and patience do not mean you accept whatever consequences develop. Tolerance means that you should not develop anger or hatred.

Patience is the strength which a person needs to live a good life in the world today. It is a quality that all of us can develop and improve on at any stage of life. Actually, we never give a serious thought to knowing our patience or impatience level. We hardly realise that we can even set our patience levels on our own, through strong will power and determination.

Unfortunately, most of us never try to explore this inner strength of ours and give up so easily in day to day life. This giving up nature of ours puts us in more troubles most of the time. Always remember, patience is to undergo a tough period but wait calmly for a result that you expect, without losing your temper and being anxious or frustrated.

The level of patience can only be achieved by practising to enhance tolerance, compassion, understanding and even accepting them wholeheartedly, those whose maturity level, sense to behave correctly in difficult situations and ability to cope with challenges are less than yours.

One should understand that the setbacks are a natural force, which lead one to explore one's own potential and hidden talents.



It also helps in personal growth, because it will make one learn those things about life and oneself, which one may not have learnt or realised otherwise. By being impatient, people put themselves at the risk of always being stressed, dissatisfied with life, upset even for little things, and angry at themselves for their slow pace of growth, etc. They lose hope in life and then there is no control over their anger and temper.

They keep having outbursts every now and then which further damage their professional and personal life. Then things start falling apart just like sand, which quickly falls off the cracks if you try to hold it tightly and impatiently.

Whenever things are not working out as expected, some people start blaming others, disrespecting relationships, people, their jobs, etc.

They end up wasting their energy worrying about why things are moving so slowly, what will happen next and how and when things will change instead of directing that energy towards bringing the desired changes to their lives.

As a result, they withdraw from a situation which may be moving in a direction to get better sooner or later, because they can't see any result of their efforts at that point of time.

They turn off those people who genuinely want to support them but crib all the time for what they couldn't achieve due to the lack of resources or guidance.

It makes them pessimistic about life and restricts their vision to see only the 'half empty glass' rather than the 'half filled glass'. Finally, they lose even the slightest ray of hope and motivation to keep on trying. I am not saying that one should wait and wait forever but, yes, I would seriously like to say that one should give time to things, people or situations to gain a better perspective before jumping to a conclusion without knowing the facts or give up without trying where he or she can actually win.

## THE QUESTION

Now, the question arises: How to increase the patience level or how to deal with this issue?

Each person is a different personality, so the same rule cannot be applicable to all. As patience is a very sensitive subject.

Meditation is the first thing which is highly recommended to increase the patience level and helps generate the positive energy.

When you are positive towards life and people, you will broadcast your positive vibes into the

## MEDITATION IS HIGHLY RECOMMENDED TO INCREASE THE PATIENCE LEVEL. WHEN YOU ARE POSITIVE TOWARDS LIFE AND PEOPLE, YOU WILL BROADCAST YOUR POSITIVE VIBES INTO THE ENVIRONMENT AROUND YOU.



environment around you. It will bring lots of positive energy back to make you cheerful and happier than ever.

Whenever you feel that you have reached a level where you are not in a position to take any more, just sit back and take a deep breath instead of giving an immediate reaction. Taking deep breaths in and out will help you to calm down and analyse the situation carefully so that you can make right decisions.

Another interesting way to increase your patience level is to be around other impatient people and observe them when they lose their temper or patience.

Basically, we don't realise things till the time we see them happening to us. If you find their behaviour childish or stupid, imagine what impression others would be getting of you when you behave in similar manner.

Impatient behaviour reflects the amount of stress being encountered in routine life. Therefore, the first step is to identify the type of stress. Then analyse the source from which it's coming from and find a way to minimise it.

Otherwise, the people may take advantage by using your shortcoming of being impatient, against you, for their benefit.

I suggest be calm as you may have to handle many issues in your life simultaneously and make right decisions. It could be handling your committed relationships and fulfilling your responsibilities in your married life, towards your family, job, career advancement, etc.

All you have to do is to understand that gradual change and growth are far more durable than anything else. Believe that all your efforts, sacrifices and compromises are silently playing a vital role in enhancing your personality and self-esteem.

In the end, I would again like to say that "Patience is the strength that a person needs to live his or her life successfully, peacefully and respectfully."

We

# WHAT HARRY MEANT TO LIZ

Lifelong love. By Elsa Lycias Joel

*Decades passed. An email forward from an acquaintance gave Liz a jolt. She read and re-read the email id. Too many questions ran across her mind: Was it him! What if it's not him? If it's him, will he remember me? Will he care to reply! Is this just a coincidence or a destiny.*

Actually Liz felt keenly exultant. It was a time that is burnt indelibly into her memory. Harry smiled at her. Then after a few hours of chat with Liz's parents and relatives, he turned and walked away. Liz was silent for a few moments as she gazed at

her mother's cousin leaving her further and further behind. There was no way the little girl could run to him, hold on to him. Never heard of 'puppy love' or 'crush' but Liz was falling in love, over and over with her uncle's smile, his name and the way she got all his attention. A brief chat

Liz grew up to be a beautiful young woman, a dutiful wife, a loving mother of three children and a writer in her own small ways. At any rate, Liz's love for Harry remained unrequited.





with mother Beth ensued. In a piece of paper Liz tried calculating how old Harry will be when she turns 20. She seemed to succeed in her maths while Beth chose not to reply. Keeping her eyes focused on the frying pan as well as her daughter's eyes Beth wondered why her daughter was so excited, very eager to know more of Harry, who she met for the first time.

Beth comforted herself thinking that Liz must be intent on proving her maths ability. Still, she kept sweeping the spoon all over the pan anxiously as Liz continued calculating and fantasising. 'Kid talk', the mother dismissed. Just then, as if in answer to Beth's anxiety, Liz yelled, "Yay! So, I can marry him". The next minute the nine-year-old talked and behaved as if Harry never existed in spite of the whole family studying her eyes to size up her intentions.

The clock's hands moved to 24:00, she completed school and went on to university. Beth could only watch and wait. Liz grew up to be a beautiful young woman, a dutiful wife, a loving mother of three children and a writer in her own small ways. At any rate, Liz's love for Harry remained unrequited.

Decades passed. An email forward from an acquaintance gave Liz a jolt. She read and re-read the email id. Too many questions ran across her mind; Was it him? What if it's not him? If it's him, will he remember me? Will he care to reply! Is this just a coincidence or a destiny!

Why did I scan through the carbon copy! Memories came flooding. Memories of longing came flooding like a sea drowning her. A desperate longing remained throughout to just see him somewhere may be at a wedding or at a relative's house or a family reunion. Not every day, but many a day, the name 'Harry' flashed across her mind creating a feeling of longing. The email ID seemed to give Liz hopes, fears and doubts, in one go. A spray of cold water on the face helped Liz calm down and she typed excitedly, "I'm Liz. Hope you are one among the four brothers." For the next 10 days or so, logging in to the email account a lot more than usual didn't seem so tiring but was so disappointing for Liz. The wait was anxious as she waited for any reply from Harry. One day, in complete desperation Liz decided to check all folders. Bingo! The most awaited reply lay in the Spam folder. Harry had mentioned the colour of the frock Liz was in when he first saw her. Liz felt her goosebumps and her mind screamed with joy as she typed in her phone number.

A new day; Wednesday, 11 May, 2011. Liz heard her phone beep. A message flashed, "I'm one amongst the four." As she read the message, Liz felt belonged. From then on, every day was a day to celebrate. In some way or the other, Harry remained when Liz played her multiple roles as a daughter, wife, mother and an aspiring writer.

Sharing good old stories, recipes and dialect of their native village spiced up their lives. Two decades was a long gap yet time had given them a common reference and respect. They talked as adored uncle and fondest niece and quickly discovered they were indispensable to each other.

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Uncle Harry turning Santa every month was one of the best things Liz loved about him. Any gift, big or small was bought, tastefully wrapped and sent with love. The thoughtfulness that went into all acts of his pampering made Liz go numb with disbelief because everything was lavish in its colours, textures and designs. Every piece of cloth he bought suited Liz perfectly. Harry's gifts mirrored his spare taste or pared-down aesthetic. Both had a lot to be thankful for each other. No act of love seemed so fleeting as they helped each other live a life of fulfilment and gratitude.

On visits, Harry seemed so poised and self-possessed. After he left, Liz would relive each encounter, every

loving word and gesture, sometimes writhing at the thought of her childishness and immature reasoning. Even so, when Liz argued and fought over issues she sensed Harry's affectionate tolerance for her. Through his gestures, he so powerfully conveyed the essence of himself, his love. Just because Harry loved Liz and wanted to be with her, he did things her way.

When Liz wanted to turn a freelance writer, Harry helped her measure herself in terms other than money. Over the years, Liz saw in her uncle an unusual man – broadminded, but he had the sensitive emotion and a strong memory of emotions too. Throughout her life, Harry was both present and absent; participating in unforgotten moments. All in the family knew that for Liz, Harry was a compelling, real presence from the start. A man who favoured love for the sake of love.

It all went like clockwork. From the day Harry replied Liz's email until today, not a day elapsed. Liz's instincts rarely failed her.

Life wouldn't have been so full for the uncle and niece who fit in so perfectly in each other's worlds. In a close friend he confide, "I'm divided between Liz and a life with her and my other obligations. I've to get along with my divided self the best way I can."

Whenever Harry endearingly tells Liz: "You and I against the world," she smiles; he smiles as they share their little conspiracy.

We



# Pop Up Your Glow!

A peek into beauty trends for 2022.

By Anjali Kochchar

2021 was all about going minimal as the Covid-19 era refused to exit. At the same time, last year brought the industry closer to the use of technology. As it was quite unlikely for people to visit stores and try on the products they bought, trends like virtual try-on and virtual shopping experiences dominated the beauty world.

We are already half way through 2022, so here is a beauty trend forecast that will sort the rest of the year out for you.

With an assortment of opinions from expert brands, beauty influencers, and consumers, here is a peek into the beauty trends that will dominate 2022, including skincare, shades, the collaboration of beauty and technology and a lot more.



It's a season to make some loud noise!

While 2021 was all about finding beauty in silences by letting subtle shades shine on, 2022 is likely to make the messages loud and clear that this is the season of going bold, letting strokes shine bright, and the shades speak volumes.

Popular beauty blogger Debasree Banerjee believes that neons will dominate in 2022.

Adding to Banerjee's opinion, beauty enthusiast and influencer Ayushi Tyagi says that along with neon, next summer season will be dominated by pastels and ivory shades, meanwhile, she said, red will be "out of the picture".

Social media influencers made it clear that purple is the new pink when it comes to blushing. And from where we can see, people actually found lavender, purple, and violet better in eye shadows and blush.

"Not a single colour can dominate the entire year," says Simran Bhatnagar, a content expert at W Beauty. We think she said it all at once! Above all, the shades belonged to a similar pop family of colours. But another popular opinion is that darker shades will take the floor this year.

Anmol Wadhvani, Instagram beauty influencer, opines that dark browns and maroons will add to the highlights of the beauty trends in the next year.

Shubhii Verma, a beauty enthusiast and social media manager, adds, "In the past few years, we all have seen a lot of nude lips but I think darker shades will pave the way back in." What spices up your skin tone completely depends on you, but definitely, we got the message loud and clear! Isn't it?

### Be the 90s Pop Princess!

Another question that continues to intrigue us when speaking of beauty trends is: Would the retro look manage to surface again?

On that, we received responses that resonated with what we believe too! 90s dominance will not fade away any soon.



**ON DRAMATIC EYES, BELL SAYS, "SMOKY EYES AND STATEMENT LINER ARE REALLY KEY FOR 2022... A LITTLE NOD TO A PUNKY AND GRUNGY AESTHETIC, WINGED AND ELONGATED SHAPES ARE THE PERFECT WAY TO ADD A LITTLE DRAMA IN AN EFFORTLESS WAY.**

Well-known beauty brand Pixi Beauty's Global Director of Education and Artistry, Amanda Bell believes that 2022 will bring back the 90s beauty references.

"From bright and bold to *Supermodel* nude, those fantastic and expressive 90's nuances are coming back," she says adding that the easiest way to create this is to "bring in a lip colour that encapsulates the creative pop of colour that is either 90's pop princess or catwalk queen."

On 90s looks, Banerjee says, "They'll always be classics, except for thin eyebrows. I don't mind any of the retro trends coming back. Especially the 90s' neutral supermodel looks."



Meanwhile, Wadhvani believes bold red lips and winged-eye liners could return in 2022.

On dramatic eyes, Bell says, “Smoky eyes and statement liner are really key for 2022... a little nod to a punky and grungy aesthetic, winged and elongated shapes are the perfect way to add a little drama in an effortless way.”

Experts and influencers might set trends, but consumers are the ones who decide whether to accept or let go of them. So, we could not miss the widely accepted view on the 90s trends catching attention in 2022.

Verma, who loves keeping up with beauty trends, says, “Definitely, retro beauty is gonna return in 2022. Moreover, retro eye makeup is all about the cat eye and winged eyeliner, and that is already in trend. A lot of blush and you’re all set for a perfect retro look and who doesn’t like blush anyway!!”

The 90s beauty will also return in the form of people widely accepting thin eyebrows. A lot of social media

**NOT JUST SKINCARE, TAKE CARE OF THAT BEAUTIFUL SMILE, TOO! IT IS NO SECRET THAT BEAUTY PRODUCTS LOOK THE BEST ON FLAWLESS SKIN. TO KEEP THE GLOWING SPOT ON, THE KEY IS TO ADHERE TO A SELF-CARE AND SIMPLE DAILY ROUTINE FOR THE SKIN. SELFCARE IS ABSOLUTELY KEY FOR PERFECT SKIN.**

posts and blogs talk about people showing a growing interest in a more defined arch rather than going for fuller brows.

Popstar Rihanna is a perfect example of the fact that slender, sculptured brows still look chic.



While 90s’ beauty is expected to have a huge comeback in the next year, it would be up to you to decide whether to go retro or walk with the time.

Not just skincare, take care of that beautiful smile, too! It is no secret that beauty products look the best on flawless skin. To keep the glowing spot on, the key is to adhere to a self-care and simple daily routine for the skin. Many DIY skincare videos surfaced in 2021, and many more are ready to take the floor this year.

Pixi Beauty’s Bell says, “Selfcare and a simple daily routine are absolutely key, and the little extras like multi-masking are bringing the expertise from world-class aestheticians directly to your bathroom.”

She recommends the use of detoxifying and deep pore cleansing masks to keep the skin hydrated.

On skincare, Wadhvani points to the increasing use of facial tools like face massagers, wrinkle tightening tools, all-in-one facial hair tools and so on.

“There’s a lot to discuss when we come to skincare. The facial tools are talked about so much but still not given that much attention. Slowly, people are changing and trying to emphasise the use of facial tools and



I feel it'll again be highlighted more in the coming year," she says.

Adding to it, Tyagi points to the use of tools like quartz roller and Guasha, which she adds, "are very trending these days that help in reducing puffiness and improve blood circulation."

Ravina Jain, founder and CEO of The Skin Story, says, "Though not needed every day, these tools are a good addition to effective skincare routines and help bring long-lasting results."

Meanwhile, Banerjee believes that when it comes to skincare, the importance of sunscreen should not be ignored anymore. Verma added to the importance of "home skincare routines" still being relevant.

Summing up, Jain says, "Skincare is a growing segment and 2022 is set to witness quite a few additions with a definite shift in focus towards slow beauty, minimalistic skincare, and new skincare routines."

Well, if beauty is defined by our face then how can we ignore the power of a beautiful and bright smile?

In 2022, it will not only be about us taking care of our skin, but also about preserving our beautiful smiles.

We have heard since childhood that it is important to take extra care of dental hygiene and keep in touch with the dentist and we ignored it like every other piece of advice. But, who knew this will become a crucial factor influencing our beauty, someday?

Dr Namrata Rupani, founder and CEO, of Capture Life Dental Care, says, "A genuine smile instils confidence and trust," pointing out how tooth staining can impact the overall facial smile. She is confident that beauty experts will cover this crucial factor while releasing the beauty trends for 2022.

Beauty influencers and consumers, we spoke to, found her take on the importance of dental care to be listed in 2022 beauty trends very "useful" and "interesting."



## Lastly, a collab of beauty and technology

It is believed that the future of the beauty industry is backed by artificial intelligence. With the Covid-19 lockdown, the interest grew tremendously in technology-based trends in the beauty industry.

For example, the recently launched LO'real's Color&Co, where people have to answer three questions about their hair needs and then the system gets them in touch with hair experts for a video call. One of the commonest trends that have been widely adopted is the virtual try-on. Big brands like Nykaa have been leveraging this trend since long and 2022 is all set to add more precision and quality to such AI-backed trends.

On virtual try on, Banerjee said, "I think after Covid, everyone has been shopping online and with beauty not being able to try on makeup before actually purchasing was one of the biggest fallbacks. With this tool, we are kind of trying to bridge that gap."

Beauty enthusiast Mridu Malhotra was also confident that virtual try-on is going to reduce the

hassle of exchange and returns in the next year.

Meanwhile, Wadhvani was still sceptical about the tool's accuracy and looks forward to more precision being added to the trend. Similar was the opinion of Tyagi, who said, "I don't think virtual try-on will do that great, because we all have different skin types and every shade looks very different on camera than it does when you apply to the skin."

However, she believes that 2022 could be a game-changer if the try-on feature gets some advanced updates. Well, nothing can stop a perfect collab of technology and the beauty industry in the next year as we can foresee.

We think that you are now all set to embrace the rest of 2022, as beauty secrets from the industry experts are out. Cheers to the beautiful smiles you will have and spread with the beauty tips you gathered from this piece.

Until next time, a pro-tip-before anything else — Make sure you stay hydrated to keep the glowing spot on.






*From  
Fairytales  
To Fantasy...*

Glossy outfits for your little fashionista.  
Let her shine.

Life is a fashion show;  
the world is her runway.



Let your princess  
love the fun of  
clothes, not the  
status of fashion.



Give your girl the confidence and she can conquer the world.

A great dress can make her remember what is beautiful about life.

# Seeds of Great Health

Flaxseed the new wonder food.

By Aparna Pradhan

Can you imagine a tiny seed — slightly larger than a sesame seed — taking care of your overall health? Believe it or not, but it is a fact that the tiny seeds of flax are a true health food.

The seeds treasured by people for thousands of years have made a comeback as a super-food for wellness. The seeds are very small but the health benefits they offer are very big.

Research has unveiled the hidden potentials of flax seeds in promoting good health. This nutritional wonder is capable of taking good care of the heart, besides offering protection against the dreaded disease cancer, and improving the overall health.

The seeds have beneficial effects on every cell of the body. The credit for this goes to the rich nutritional profile of the seed.

Flax, also known as common flax or linseed, is an annual plant. The plant thrives well in moist, soil-rich clay, sand and silt. The plant grows up to a height of three metres and produces blue five-petal flowers.

The round fruit of the flax plant produces tiny seeds that have hard, smooth and shiny shells. Deep amber to reddish-brown in colour, the seeds are available in two varieties – brown and gold.

Whether the seeds are of the golden or brown variety, the nutrients in these seeds offer amazing health benefits. Flax seed oil (also called linseed oil) is extracted from these seeds.

## NUTRITIONAL PROFILE

The seeds are a storehouse of healthy nutrients and contain the following power-packed compounds:

### Omega-3 fatty acids

They are one of the richest sources of alpha linolenic acids (ALA), an essential fatty acid that the body requires but is unable to make. It has to be obtained from food sources. ALA is precursor to omega-3 fatty acids EPA and DHA. Flax seed oil is a great alternative for vegetarians who cannot take fish or fish oil supplements for omega-3 fatty acids.

### Fibre protein and lignans

Flax seeds are a great source of lignans and fibre. Whole flax seeds contain soluble as well as insoluble fibre. The seeds are also a good source of proteins.



## Vitamins and minerals

The seeds offer a generous amount of foliate, vitamins B6 and E and other phenolic compounds. The seeds are also a good source of minerals like calcium, iron, manganese, magnesium, phosphorus and zinc

## HOW TO USE THEM

To enjoy maximum health benefits, nutrition experts recommend the use of ground flax seed so that the nutrients can be best absorbed. Whole seeds are hard and difficult to chew. Eating whole seeds without chewing are of no use as they will pass out undigested in the stool. Grind the seeds in a dry mixer or coffee grinder and store in the refrigerator for use.

- Add ground flax seeds to the salads or yogurt.
- Sprinkle flax seed powder onto hot or cold breakfast cereals.
- The powdered seeds can be sprinkled over cooked vegetables.
- Flax seeds may be added to baked goods like breads, muffins and cakes.
- Ground flax seed may be added to smoothies or shakes.
- The powder can be sprinkled over cottage cheese.
- Flax seed oil in combination with equal amounts of olive oil and some lemon juice can be used as salad dressing.

## HEALTH BENEFITS

The nutrients in the seed and oil of the plant offer innumerable health benefits. Health benefits range from health of the nail, hair, skin to heart health.

Flax seeds fight high cholesterol, high blood pressure, heart disease, diabetes, cancer, menopausal symptoms, inflammation, arthritis, memory loss and dry eyes. It gives a boost to the immune system and can help maintain or lose weight. Omega-3 fatty acids and high fibre of the seeds are the biggest tools to fight against diabetes. It has been used as a laxative to fight constipation for thousands of years.

## Flax offers the following health benefits

Flax seeds fight cholesterol and promote heart health.

Flax seeds, high in omega-3 fatty acid content, are beneficial to heart health. The seeds offer the following potential heart disease-fighting benefits:

- Lower blood pressure.
- Reduce total cholesterol and LDL, the bad cholesterol.

## THE NUTRIENTS IN THE FLAX SEEDS PROMOTE HEALTHY SKIN, HAIR GROWTH AND HEALTHY NAILS. HELP REVITALISE SKIN, BESIDES KEEPING THE SKIN WELL MOISTURISED. PREVENT NAILS FROM CRACKING AND BREAKING.



- Lower blood triglycerides.
- Prevent the build-up of dangerous plaques in the arteries and hardening of the arteries, thereby preventing heart attack or stroke.
- Reduces blood platelet aggregation (clot formation) in arteries.
- Thins the blood and improves blood flow.

## Flax seeds combat cancer

- Laboratory studies confirm the potential of flax seed nutrients in reducing the formation, growth and progression of hormone-dependent cancers such as prostate, colon and melanoma (skin) cancer.

## Flax seeds and women's health

- Breast cancer  
Lignans in flax seeds are plant-based oestrogen that shows a lot of promise in reducing the risk of breast cancer. Lignans, also known as plant-based compounds or phyto-oestrogens, mimic the action of natural human oestrogen. Some studies suggest that dietary intake of flax seed reduces the progression of tumour growth in patients with breast cancer.
- Eases menopausal symptoms  
Regular intake of flax seeds can help in alleviating the menopausal symptoms like night sweat, depression, mood swings and hot flashes.

## Flax seeds boost brain health

- Omega-3 fats of flax seeds improve memory, help nerve cells communicate better and make the brain sharp and smart.
- Regular intake of flax seeds can keep depression, memory loss, mental disorders and Alzheimer's disease at bay.

## Flax seeds for enhancing beauty

- The nutrients in the flax seeds promote healthy skin, hair growth and healthy nails.
- Help revitalise skin, besides keeping the skin well moisturised.

- Prevent nails from cracking and breaking.
- Flax seed oil can keep dry scalp and dandruff at bay.

### Flax seeds fight inflammation

- Flaxseed oil can be a great boon for people suffering from arthritis and gout. Omega 3 fats present in its seeds help in reducing inflammation.
- a significant factor in conditions such as asthma, osteoarthritis and rheumatoid arthritis.
- It also helps in reducing the intensity of joint pains.

### Flax seeds can fight diabetes

- Flax seeds are helpful in maintaining healthy levels of blood sugar. Significant reduction in the levels of blood sugar has been reported in a study where individuals eat flax seed bread.

### Flax seeds can aid weight loss

There is a strong relationship between flax seeds and weight loss.

- Low in carbohydrates and high in fibre and omega-3 fats make flax seeds ideal for those trying to lose or maintain weight.
- The high fibre content creates a feeling of satiation makes you feel full and satisfied for a longer time so that you don't overeat.
- If you are suffering from constipation, flax is the answer

to your problem. Regular use of ground flax seeds can help alleviate and prevent constipation. It is very important to drink plenty of water during and after eating flax seeds so that there is no difficulty in bowel movement.

### IMPORTANT TIPS

- Drink a lot of water when consuming flax seeds.
- Consume ground flax seeds within 15 days so that they do not turn rancid.

### SAFETY ALERTS

- Talk to your doctor before using the flax seeds if you are on some prescription medication.
- Those on hormone therapy or oral contraceptives should use flax seeds under the supervision of the healthcare professional as flax seeds may alter the hormone levels.

**THE SEEDS ARE A STOREHOUSE OF HEALTHY NUTRIENTS ADD GROUND FLAX SEEDS TO THE SALADS OR YOGURT. SPRINKLE FLAX SEED POWDER ONTO HOT OR COLD BREAKFAST CEREALS.**

- Pregnant women and breast feeding women should avoid using flax seeds.
- Flax seeds may slow down the absorption of some oral medications if taken at the same time. Prefer having flax seeds at least an hour before or after having medicines.
- People with bleeding disorder should not use flax seed.

### HOME REMEDIES USING FLAX SEEDS

#### Flax-seed scrub

Combine half a cup of finely ground flax seeds with cream or milk and mix thoroughly to make a paste. This scrub can be used every day for a soft and moisturised skin. This is a great scrub for keeping dry skin at bay in winters.

#### Moisturising cream for skin

In a blender put four teaspoonful of ground flax seed powder, four teaspoonfuls of fresh cream, a slice of avocado and one teaspoonful of honey to make a smooth, creamy paste. Apply it on your face, neck and hands. This cream will moisturise the skin well and prevent wrinkles. Wash off with lukewarm water. Use this cream daily to keep the skin young, soft and supple.

- Topical application of flax seed oil can heal sunburns, acne and eczema.
- For getting rid of moles, make a paste by combining ground flax seeds, flax seed oil and honey and apply to the mole. After a few applications the mole will fall off.
- Massage flax seed oil into the scalp to tackle dry scalp. Leave it for 10-15 minutes before washing off the hair. The omega-3 fats and vitamins will moisturise and nourish the scalp and promote hair growth.
- Flax seeds are very effective in alleviating gout or arthritic joint pains. Make a flax seed poultice by adding water to the ground flax seeds to make a paste.

Enjoy the nutty flavour of the seeds, reap the amazing health benefits and stay healthy.





## Meeting Mr Grump

I met my soulmate at the most unexpected time, place and age.

Prior to knowing him, I had no serious intentions of getting married and was a highly focused professional at work. It was a period when I was looking forward for better work opportunities and spent a great deal of time on job portals. That special day, however, I was mentally tired after job search and switched to Facebook for some diversion and relaxation.

One of my neighbour's kids posted a photo of his uncle who was posing with a grumpy looking face.

It was quiet amusing to see someone posing with a grumpy face when we are in an age of camera ready and ever willing to say cheese for a click. So, without thinking much I just commented what popped on my mind, "Your uncle might have not liked the person who clicked the shot – probably that's why he is putting on a grumpy face."

Now, this grump posing man was the son of my father's colleague and we were neighbours as well. All I knew about him was he was the youngest son of my father's colleague, he was my super senior at school, he now works in the Middle-east and we have never spoken to each other before.

Instead of getting a reply from my kid friend on FB, I got a reply from his grumpy uncle saying that I guessed it right; he in fact did not like the person who clicked the shot!

I was taken aback as I did not anticipate a response from Mr Grump. I became slightly nervous thinking if I made a mistake in commenting about a third person whom I didn't know much about. To make things worse Mr Grump sent me a friend request and started messaging me on FB messenger, introducing himself and trying to initiate a conversation with me.

Feeling a bit cornered and kind of obliged to respond (as I took the liberty to comment about him on a Facebook for all to see), I began to exchange courtesies and replied him.

I found him quiet interesting, open and straightforward to chat with. He was not some flirt like I secretly feared. We started to have long chats on messenger and moved from messenger to WhatsApp conversations and calls. I was very much attracted to him and looked forward for his messages and calls. From short calls our calls branched to hours. We soon discovered that we had so much to talk and never ended up being bored of each other.

After couple of weeks, suddenly out of the blue he confessed his love for me and proposed me. Being a shy, strict and withdrawn person, I was with a strong opinion that such traits don't attract men. Hence, I was a bit shocked and thought he was playing a rude prank on me. I began to get very defensive.

But he was very patient, firm and matured with me. He assured me lovingly that he was truly serious about me and it was my withdrawn, strict personality that he found very attractive. True to his words, he took the lead and initiated his family to contact mine formally asking for my hand in marriage.

Both our families were very surprised to know how we could have fallen for each other by just online chat and sharing pictures of each other. They said he was, in fact, a man of few words and it

was surprising how he managed to crack my withdrawn personality and get me talking and also accepting his proposal. At the same time, they were equally thrilled as both our families knew each other for a long time. Our wedding took place in our small humble town with great joy and splendour.

When I sit back and think, I feel I have been extremely lucky to have accepted Mr Grump as my husband. He turned out to be the most kind, generous and witty man whom I keep falling in love every day, again and again.

Sometimes a soulmate is here to shake us out of complacency, to challenge us to think and to act differently, to grow beyond our comfort zones. This is never smooth and peaceful. Yet with that same soulmate, there are and will be moments of exquisite connection, serenity, and harmony.

I believe everyone could discover their soulmate. However, to find your soulmate, you must first understand that humans are not meant to be alone and that the purpose of a relationship is not merely to get our individual needs met—but rather as a challenge to grow—and to help our partners reach their potential.

– Sofiya Fenwick Arakkonam

## HOW I MET MY HUSBAND

True Incident

WOMAN'S ERA invites you to share your 'secret' with its readers; how and when the spark that kindled your whole being and generated that splendid feeling, came out.

Did you meet him in your college? Was he a childhood friend or an office colleague? Or was it love at first sight? And what did you find in him that changed the course of your life?

Contributions should be of about 500 words, typed or neatly written on one side of the paper only.

WOMAN'S ERA,  
E-3, Jhandewala Estate,  
New Delhi-110 055.  
Womansera.com

A man and a woman are laughing joyfully in the rain. The man is on the left, wearing a dark green polo shirt, and the woman is on the right, wearing a yellow and white patterned dress. They are both looking upwards and smiling broadly. The background is a lush green forest with sunlight filtering through the trees. The overall mood is happy and romantic.

# Love AT 50.....

I have fallen in love again.

By Usha Wadhwa

**L**ife has not been the same since he came into my life. It is now full of fun and laughter. The world has suddenly become a beautiful place to live in. Not only that, I feel a lot younger.

Never wondered what love could do to a person; even to a person on the odd side of 50!

True, he is not my first love. But it is after a long time that I have again truly experienced love — pure and divine. Songs come automatically to my lips now and I feel elated.



**I CANNOT THINK OF BEING APART FROM HIM EVEN FOR A SINGLE DAY. LIFE SEEMS SO EMPTY WHEN HE IS NOT AROUND.**

**HE LOVES ME TOO BUT NOT TO THE SAME EXTENT AS I LOVE HIM. MAYBE, THIS INABILITY IS INHERENT IN THE MALE SPECIES. THEY ARE BORN THAT WAY.**

I have lost interest in television, reading, and all the other things that I enjoyed doing only a short while ago. I have known him for the past two years. Two years is a long time, I know, but I wonder sometimes how I lived without him until now. I cannot think of being apart from him even for a single day. Life seems so empty when he is not around.

He loves me too but not to the same extent as I love him. Maybe, this inability is inherent in the male species. They are born that way.

He adores his mother more than he does me. I know that. Do I feel envious? Not at all! My love for him is selfless and undemanding. I am aware of the fact that I need him more than he does me.

My neighbours think that I have suddenly gone crazy. Quiet and sober till yesterday, I now sing loudly and try to dance when I do not know either of these arts. But he loves dancing and has got a flexible supply body.

He doesn't know much English but loves the latest Hindi hit songs. As soon as he hears a fast song, his limbs start moving. Nor do I feel embarrassed going out for a walk with him, hand in hand, or just standing outside watching the world go by, with his hand in mine.

He is no royalty. Not even someone from the aristocracy. But he has a personal maid all for himself and still expects everyone around him to wait upon him hand and foot. And they do, believe me; they all do, most willingly! He is vain and stands admiring himself in front of the mirror. But so what? Even I could keep looking at him the whole day without feeling bored!

### **MY UNCONDITIONAL LOVE**

He is selfish and must have whatever he demands at once. He never considers that others may need that article too. He wants everything to be served to him on a silver platter. But never mind I am all ready to do that.

He is noisy. There cannot be peace even for a moment with him around and though I have always loved my quieter moments I now long for his presence when he goes out.

He doesn't believe in discipline. All my efforts to make him take his meals properly at the dining table have been of no avail. He insists on having them in front of the television.

"OK, let him have his way," I say to myself.

He is messy. The whole house is in a mess with him around. But don't you think the house looks more lived in this way?

You feel more at home when everything is not spick and span. Anyway, I don't particularly like that hotel and love his messy ways.

Sometimes, when I am taking a short nap in the afternoon, in spite of my strict instructions that I am not to be disturbed, he quietly tiptoes into my bedroom. He stands near my head and, placing his hand on it and peeping straight into my closed eyes, he lovingly calls me -

"Dadi..."

All my resolves to take rest fly away through the window. I take my 2-year-old grandson, my prince and my darling into my arms. I hug him and kiss him.

The world is such a beautiful place to live in!



# Put Off Saying Sayonara to Life

As long as you can by living life the Japanese way.

By Sujatha Rao

**D**uring my childhood I got introduced to Japan through the popular Bollywood song that began with the word “Sayonara” which I came to know stood for “Goodbye.” As I hummed the song under my breath while going about my daily business, I often wondered about the country and its people.

After growing into my adulthood, the lovely images I found of cherry blossom flowers in full bloom across Japan filled me with an intense desire to visit the country. I am sure a lot of travel enthusiasts like me have visiting Japan during spring season on their bucket lists.

Spring time in Japan is nothing less than magical. This is the time when cherry blossoms – called *sakura* in Japanese – make a charming sight with their fleeting presence across various parts of the country.

White or pale pink or dark pink or yellow, at times changing color as the blooming period progresses, they symbolize the delicate and ephemeral nature of life.

When I got into my post-retirement days, my interest naturally got pickled with another interesting fact about Japanese people – that it is a nation known for its people having a very long life expectancy.

In fact, Okinawa, a tiny, remote Japanese island touts the special distinction of having the highest concentration of centenarians in the world with 90% of them comprising of women.



The primary credit for this wonderful statistic goes to “IKIGAI” – a way of life practiced by most of these Japanese people.

In a world that is hopefully emerging out of a long pandemic, as we make our travel plans to visit this beautiful country during the cherry blossoms season, can we also resolve to adapt ourselves to IKIGAI?

### What is IKIGAI?

IKIGAI word is derived from the Japanese words that roughly mean “happiness of living a full life.” It’s formed by combining two symbols that stand for ‘Life’ and ‘With meaning.’

All human beings are in pursuit of meaning in life. As Victor Frankle said in his most populate book “Man’s Search for Meaning” those who have a ‘why’ to live, can bear with almost any ‘how’.

### The Why

Simon Sinek, the author of the popular book “Start with Why” said the question “why” is at the centre of what we do in life.

IKIGAI is the “Why” of life. What if you don’t yet know what your IKIGAI is?

### Finding meaning even as we quarantine

With the pandemic unleashing terror across the globe, people are periodically in some sort of partial or full-blown quarantine. For those of us who are yet to find the purpose in life, this is perhaps the best time for some introspection to eke out what matters to each one of us in life.

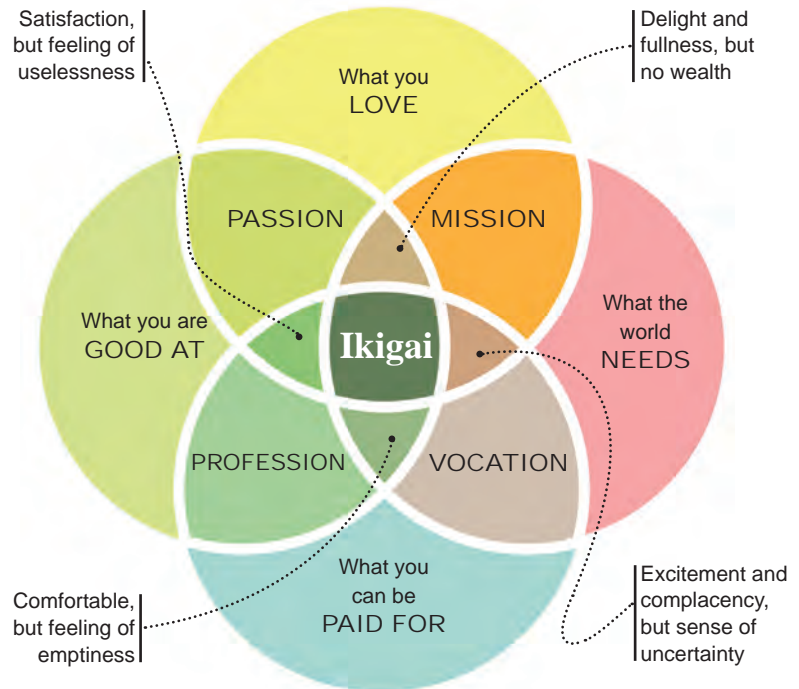
If you can manage to fit meaning, fulfillment and balance in your daily routine, whatever it maybe, you have found IKIGAI of your life. It is in a way what makes you jump out of your bed every day morning.

IKIGAI is at the core of the four things (a) what you love (b) what the world needs (c) what you get paid for and (d) what you are good at as shown in the schematic below:

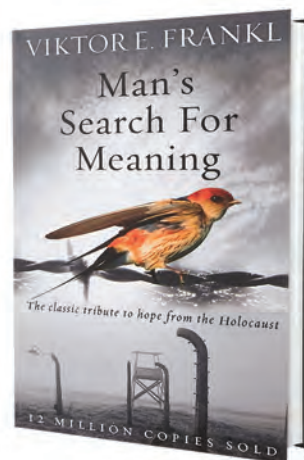
Many people argue that even as you trudge away in jobs for your

## Ikigai

A JAPANESE CONCEPT MEANING “A REASON FOR BEING”



**ALL HUMAN BEINGS ARE IN PURSUIT OF MEANING IN LIFE. AS VICTOR FRANKLE SAID IN HIS MOST POPULATE BOOK “MAN’S SEARCH FOR MEANING” THOSE WHO HAVE A ‘WHY’ TO LIVE, CAN BEAR WITH ALMOST ANY ‘HOW’.**



livelihood, you can still practice IKIGAI through defining and pursuing life goals that are not necessarily aimed at increasing your financial status.

An example of this is Mr Suhas Yathiraj, the first IAS Officer to participate and win a Paralympics silver medal in Badminton. He managed to balance his demanding work life with his passion for Badminton and won the medal in one of the toughest sporting spectacles of the world by overcoming his disability.

As Hector Garcia, one of the writers of the most popular book “IKIGAI: the Japanese Secret to a Long and Happy Life” said “You don’t need huge ambition to be very happy, you just need a bunch of friends to drink green tea and talk with. Get rid of the mess and at the core is your IKIGAI.”

Some of the practicable ingredients of IKIGAI are:

### Finding “Flow”

Shubha loves to draw. As a single child, she started it as a hobby to kills the hours. Now she hardly notices



the hours passing by when she is intensely focused on finishing her drawing.

Renowned psychologist Mihaly Csikszentmihalyi coined the term 'Flow' to describe a state of intense enjoyment and deep concentration which makes the person engaged in it not realize the passing of time. The chances of attaining such a 'flow' are high when you take up activities you love with some slightly beyond your reach complexity focusing on the immersion in the process rather than the final outcome.

Such 'Flow' experiences lead to a life of happiness and fulfillment thereby keeping you young at any age. Hence, it pays to prioritize these activities over the hedonistic pursuits of entertainment, overeating etc., which people often pursue out of sheer boredom.

### Find Your "Moai"

Post retirement the small group of friends who worked together in an MNC decided to move into community living that they had invested in when they were all still working. This like-minded group of people is enjoying their togetherness in their twilight years, to the great relief of most of their children who are spread across various parts of the globe in pursuit of their own livelihoods and IKIGAI.

**IT IS IMPERATIVE THAT WE LEARN TO KEEP OURSELVES FIT FURTHER AND FURTHER INTO OUR SUNSET YEARS. IKIGAI IS ONE OF THE TOOLS THAT MAKES US ACHIEVE THAT.**



In fact, Okinawa women think 'moai' (pronounced mo-eye is the Japanese word for a life-long group of supportive friends) is the main reason behind their healthy long life.

As we are physically distancing ourselves from our friends and family, it becomes even more important that we stay connected with our 'moai' through phone, text or any other virtual platform.

It is worth noting that "moai" groups can be formed to support varied interests such as social, health, financial, spiritual, as per the needs and inclinations of the people involved therein.

### Keep Moving

Shweta has learnt the lesson the hard way. After sitting for hours in front of her laptop for more than 12 hours at a stretch, her back went for a toss demanding that she rest it for months by taking a long break from her work – her very first one.

Having limped back to normalcy through painstaking efforts, she makes it a point to take a small stroll after every hour by setting reminders on her wearable.

Life is all about movement or progression from childhood to adulthood to old age. Time moves forward inside the perennial cycle of repeated days and nights. The same has to reflect in our lifestyles.

It's only when we 'die' we are absolutely still. So let's get busy moving and stop plonking ourselves in front of various devices.

### Practice "Hara Hachi Bu"

Dr Pushpa has made it a practice never to eat till her stomach is full. She also ensures to eat her meals in small chunks of healthy items. She feels this is the secret behind her energy and youthful looks.

Dr. Pushpa is practicing Japanese way of eating

A typical meal in a restaurant in Japan is normally served in five plates on a tray. Having five plates in front of you makes it appear like you are going to eat a lot, and you tend to eat less.

Makoto Suzuki, a heart specialist in Okinawa, one of the blue zones





**“HARA HACHI BU” IS AN ANCIENT PRACTICE WHICH ADVOCATES THAT YOU EAT UNTIL YOU ARE 80% FULL.**

**A TYPICAL MEAL IN A RESTAURANT IN JAPAN IS NORMALLY SERVED IN FIVE PLATES ON A TRAY.**

where people live healthy beyond their nineties without medication, did several studies on the Okinawan diet, beginning in the 1970s and he highlighted that their diet comprised of a wide variety of food and eating smaller portions and fewer calories.

**Stay young while growing old**

After retiring from an active career, Prasad took up volunteering work by helping out senior citizens in an old age home. He finds this work not only gratifying but also energizing.

Being productive as long as possible keeps you young. More often than not people slowly lose their zeal after they retire and settle into sedentary life styles which push them into an old age prematurely. So let’s get going with those passions of ours which we had kept at bay during our busy working lives – traveling, gardening, learning a new skill – anything that keeps us constructively engaged.



**Relevance of IKIGAI to Indians**

India, with its highest number of young population as of now would lead itself into a very big number of old age people in the not so distant future. When that happens, with the current nuclear family structure of one or two children per family prevalent in the country, the system will severely fall short to take care of the senior citizens. Hence, it is imperative that we learn to keep ourselves fit further and further into our sunset years. IKIGAI is one of the tools that makes us achieve that.

India is known to be the world’s destination for spirituality. IKIGAI is about balancing spiritual with practical. So, it is not about giving up the worldly pleasures adorning saffron robes, or roaming in the wilderness hunting for that elusive

inner peace, unless that is what happens to be your individual IKIGAI.

Whether you feel stuck in your job, marriage, life in general, or you want to experience life more deeply, or you are a retired person, who wants to live a long and healthy life, practice of IKIGAI may help you in achieving your goals while keeping you healthy.

In the traumatic times we live in our IKIGAI has the potential to be our ticket to sanity by steering our focus away from the negativity all around us.

The famous quote from the movie “Shawshank Redemption” goes, “Get busy living or get busy dying.”

Let’s get busy living with the help of our IKIGAI.



## Kitchen queries

# Q & A



**I WILL BE VERY GRATEFUL IF YOU TELL me how to make sambhar powder at home. I do not know much about South Indian dishes and would like to know how to make this and also the recipe for sambhar.**

I will give you a recipe for sambhar masala which I have used often with good results. However, like all other recipes, this, too, varies from place to place and person to person.

Roast together, or separately, over low heat, 1 cup of dry red chillis, 1 tsp coriander seeds, 1 tsp channa daal, 1 tsp toor daal, 1 tsp urad daal, 1/2 tsp fenugreek seeds, 4 cloves, and 1 inch piece cinnamon. Cool and grind. The tava or griddle you use may be smeared with a little oil.

To make sambhar, soak 100 gm toor daal in water overnight. Heat 3 tbsp oil in a pan and fry 1 tsp mustard seeds (rye) and 1/2 tsp asafoetida. Then add 5-6 curry leaves.

Add 2 small brinjals, chopped or quartered, 8-10 small Madras onions, peeled and left whole, and 1 tomato, chopped. Add in it 1/2 tsp sambhar masala, 1/2 tsp chilli powder and salt to taste. Cover and cook till vegetables are almost tender. Meanwhile, put daal in water (4 times its quantity) in the cooker. Add salt and 3 tsp turmeric powder.

Let it come to full cooking pressure (one whistle), then reduce heat and cook for 10 minutes. Let pressure fall on its own. Open and mix into the vegetables. Add about 1/2 cups of water. Let it come to boil. Meanwhile, soak one walnut-sized lump of tamarind in 1/2 cup of water. Remove pulp, strain out fibre and seeds and add to sambhar.

**PLEASE GIVE ME A RECIPE TO MAKE SOYA MINCE OUT OF NUTRELA SOYA BEANS.**

While you could well make the mince dish without using real minced meat, it will not taste as good. So, ideally you should use a mixture of soya granules and minced meat.

Take 1 cup of soya granules or flakes. Soak in hot boiling, salted water for 5-10 minutes (away from heat).

Drain out the water, squeeze dry and rinse out in cold water and squeeze dry again. If using granules, you may need to

grind them to the same consistency as minced meat.

In 2 tbsp oil or ghee, fry finely chopped onion till transparent. Add 4 cloves garlic, crushed, 1 inch piece ginger, grated or crushed, 1-2 green chillis chopped. Cook for a minute, then add 1 tsp turmeric powder, 2 tsp red chilli powder, 1/2 tsp coriander powder, 1/2 tsp cumin powder, 1 tsp garam masala and salt to taste.

Mix in 3 medium-size tomatoes, peeled and chopped. Cook till soft. Add 1 cup of minced meat. Mix well, cover and cook for 10 minutes over low heat. Then add the soya bean flakes. Put in a sprinkling of water if mixture appears dry. Cover and cook over low heat till liquid is absorbed and meat is tender. Mix in or garnish with chopped coriander leaves and serve. If de-sired you may add 1/2 to 3/4 cup of boiled peas to this to make keema mutter.

**HOW DO YOU PRESERVE NUTRIENTS WHEN COOKING BROCCOLI?**

While the best way to preserve and enhance the nutrients in broccoli is to steam it, there are many ways to cook broccoli. An easy way to steam them: Fill a large glass bowl with broccoli, add about a tablespoon of water to the bowl, cover the bowl with a plate, and then microwave it on high for a few minutes.

**WHAT MAKES CAKES TURN BROWN?**

Baking soda is also a reason for cakes to turn brown. It is used to help the cake rise by replacing the lengthy process that takes up leavening. When added to the batter, the baking soda reacts with any acid and produces carbon dioxide, which causes the batter to rise. The more baking soda you add, the browner your cake or cookies will be.

If you have any problem in cooking or kitchen, write to Woman's Era. We shall try to help you sort it out.

Address your queries to:  
**WOMAN'S ERA**, E-3, Jhandewala Estate, Rani Jhansi Marg, New Delhi-110 055. Click [womansera.com](http://womansera.com) to lodge your queries.





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# Maai: Mother to Orphans

Tree she planted by her now offer & shades to all. By Kaushik Joshi

**W**ith her steely determination, fortitude and patience, she could face seemingly insurmountable challenges and change her dramatic struggles into what can be called fuel to spur her personal greatness for the societal good.

That is how she viewed adversity. She didn't let it dishearten her. Rather, adversity and roadblocks shaped her character, clarified her priorities and defined her path.

Sindhutai Sapkal, an icon of motherly love to orphans in Maharashtra, passed away in Pune on January 4, this year, aged 73.

Fondly called 'Maai' in Marathi, Sindhutai will continue to live on in the hearts of about 1200 orphans she cared for giving them food, shelter, education and above all motherly love.

"I am there for all those who have no one," she used to say.

Growing up in childhood was daunting for Sindhutai as it was neglect, deprivation and poverty all the way. Worse, she was an unwanted child in the family as she was born a girl. Ironically, Sindhu was born on 14th November 1948 — which was later declared Children's Day — in Pimpri Meghe village of

Wardha district in Maharashtra, then in the Central Provinces and Berar of British India.

Fathered by Abhimanyu Sathe, Sindhu was called a 'chindi' (torn piece of cloth) in the family as she was a girl child. Her mother was against educating her but her father sent her to school despite that.

She was good at studies. When her mother objected to her schooling, her father sent her to school under the pretext of grazing. Since her father couldn't afford a slate for her, she would get leaves of Bharadi trees to write on. Such was the poverty.

Sadly, her schooling was cut short by abject poverty, family responsibilities and an early marriage when she was in the fourth grade.

Sindhutai was married off when she was barely 12, to Shrihari Sapkal, twenty years her elder. Her husband never respected her or cared for her.

Reminiscing that day of marriage, Sindhutai once said,

“I was told that there are only two processions in a woman’s life. Once when she gets married and the other when she dies. Imagine my state of mind when they took me in a procession to my husband’s home that day.”

When she was pregnant for the fourth time, the landlord spread rumours of her infidelity. So, her husband beat her up mercilessly and abandoned her to fend for herself. She was 9 months pregnant then and gave birth to a daughter in a cowshed.

She once told the tale of her agony saying how she cut the umbilical cord with a sharp stone then.

Sindhutai had nowhere to go. So she went to her parental home but her mother humiliated her and didn’t offer her shelter.

Once when she was at the wit’s end, she thought of committing suicide. But the sight of orphans she saw while begging in trains and streets changed all that was on her mind. She had to beg for herself and her daughter for the sake of the stomach to fill.

That is how she met orphan children and resolved to live and care for them. She spent days together at the railway station, cowsheds or cemeteries. Taking some children initially under her wings, she began to beg more for them.

Sindhutai had by now decided to play mother to these orphans. And the journey of begging for

Motherly love of Sindhutai.



## **SINDHUTAI HAD BY NOW DECIDED TO PLAY MOTHER TO THESE ORPHANS. AND THE JOURNEY OF BEGGING FOR THEM TOOK HER TO NUMBER OF VILLAGES TO RAISE FUNDS FOR FUNDING SHELTERS FOR THESE CHILDREN.**

them took her to number of villages to raise funds for funding shelters for these children.

One such journey took her to a place called Chikhaldhara city in Amravati district where she later founded her first NGO called Savitribai Phule Girls’ Hostel. She got the NGO registered since people who donated money asked for receipts.

Sindhutai first adopted Deepak. She found him on the railway track. Soon, there were 16 such abandoned children she adopted. Then it turned into her mission for life.

While at Chikhaldhara,

Sindhutai came to know that 84 surrounding villages were to be evacuated for the tiger conservation project. So, she took it upon herself to do something for the rehabilitation of the villagers.

She met Chhedilal Gupta, then the forest minister and got an assurance from him that the villagers would not be displaced until alternate arrangements were made for their relocation.

When the late Prime Minister Indira Gandhi came to open the tiger project, Sindhutai showed her the pictures of an adivasi woman who had lost her eyes to a wild bear.

Sindhutai is quoted to have told Indira Gandhi, “I told her that the forest department paid compensation if a cow or a hen was killed by wild animal. So, why not for a human being?”

And Indira Gandhi then ordered for compensation immediately.

### **Raising Shelter Homes**

Apart from working for the marginalised people, Sindhutai zeroed in on raising shelter homes for the orphans and the destitute women. It was challenging but her communication skills stood her in good stead in raising funds. She would share her own inspirational life stories. And it moved people and they donated money.

Maai with her daughter Mamta



Sindhutai sapkal recieved Padmashree award from President Ramnath Kovind.



After the speeches, she would outspread the hem of her Sari and ask for alms to feed and educate her adopted children. That is how she collected funds. And she wanted her story to spread and be shared widely so that others could be motivated to face struggles in life and emerge stronger.

Capturing her tale of struggle and survival, she once said,

“I had no one with me, everyone abandoned me. I knew the pain of being alone and unwanted. I didn’t want anyone to go through the same. And I feel immense pride and pleasure to see some of my children doing so well in their lives. One of my children even made a documentary on my life.”

In her lifetime, Sindhutai raised nine shelter homes for orphans and destitute and abandoned women where they are given food, shelter and education.

Her first shelter home was raised in Chikhaldhara in Amravati district

## **SINDHUTAI WAS GIVEN THE PADMA SHRI AWARD IN 2021, NARI SHAKTI PURASKAR FROM THE PRESIDENT OF INDIA IN 2017, MOTHER TERESA AWARD FOR SOCIAL JUSTICE AND ICONIC MOTHER AWARD IN 2013.**

of Maharashtra. She named one home after her daughter Mamta, called Mamta Sadan. Deepak, the first son she adopted refused to leave her and he runs one of the homes.

Whatever amount she received by way of awards, she used it to raise homes for orphans.

In order to make sure that she was not partial to her own daughter, Sindhutai gave away Mamta, her

own daughter, to Shrimant Dagdu Sheth Halwai in adoption.

She also raised a shelter called Gopika Gai Rakshan Kendra to save abandoned cows from being sent to slaughter houses.

In recognition of her selfless devotion to the cause of sheltering the orphans, Sindhutai was given the Padma Shri award in 2021 in the social work category besides Nari Shakti Puraskar from the President of India in 2017, Mother Teresa award for social justice and Iconic Mother award in 2013, Ahilyabai Holkar award in 2010 by the government of Maharashtra as also the honorary doctorate by Dr D Y Patil College of Engineering, Pune.

### **Orphan Children’s Mother**

These are only few of the numerous awards she received of which she did not care to keep count of. What mattered to her was wiping the tears from the eyes of the orphans and see smiles on their faces and helping them fulfill their dreams in life. Many of these children she adopted are qualified doctors, engineers and lawyers today, while some of them have even established their own shelter homes for orphans.

In 2010, filmmaker Anant Mahadevan made a biopic in Marathi entitled *Mee Sindhutai Sapkal*. The film was also selected for a world premiere at the 54th London Film Festival.

When her husband turned 80, he came back to her. But Sindhutai did not harbour any grudge and greeted him to the shelter home. And she would tell people that ‘He is my eldest adopted child’. Sindhutai left a large family behind with 207 sons-in-law and 36 daughters-in-law, who owe a debt of gratitude to Sindhutai, their Mai or mother.

Death cannot snatch away Sindhutai. She would live on in the hearts of the orphans she adopted and many who knew her for the irrepressible spirit she showed turning adversity on its head.

A tale of grit, empathy and loads of love for the hapless children. **We**

## Teenache



# Q & A

some broad-minded older relatives whose opinion they trust, to help them accept new ideas. Don't worry. In a few years' time, they will stop manipulating you and will treat you like a friend, rather than a silly wayward child!

**M**Y PARENTS ARE DISSUADING me from joining the medical course after school. They feel that it will take several years to finish and it is difficult to earn good money from medical profession. It has always been my goal to become a doctor. At the same time, I do not want to displease my parents. The cost of my medical education will also be a big burden on them. Should I give up my dream? I will feel very disappointed.

Often, the harsh practicalities of life force us to make compromises. It is clear from your letter that it will be difficult for your parents to finance your medical education. It could even affect family welfare and jeopardise the education of your siblings. It is best you make some sacrifices.

Why don't you consider shorter courses like Dentistry, Physiotherapy, Immunology, Microbiology, and other para-medical subjects? These are less costly, involve less time and have very good prospects too. You should also explore the possibility of working your way through your studies by taking up some part-time job if you have the time or energy for it.

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

Send your problems to:  
**Woman's Era** E-3, Jhandewala Estate,  
New Delhi-110 055, [Womansera.com](http://Womansera.com)

**I** AM A VERY ATTRACTIVE GIRL studying in college. My only drawback is my fat legs. I have never worn short skirts or shorts because of this problem. All the children in our family suffer from this defect. We have inherited this tendency from our father. Please tell me whether it is possible to overcome a hereditary factor with exercise or diet.

If your legs are fat, you can definitely make them slimmer with exercises like cycling or swimming. You can even use a stationary bike or a treadmill for your workouts. Although we inherit several family traits, we can rectify them with concentrated effort. You might have inherited the tendency to become fat over your thighs and shins, but that does not mean you have to resign yourself to the situation. After you have slimmed, you will have to, of course, take pains to see that you maintain your figure. Unlike other people, you will be prone to become fat very easily on these areas.

**M**Y PARENTS AND I JUST DO NOT see eye to eye on any matter! I am a 16-year-old girl and have my own views and opinions, but they want me to obey them in every way. I hate being at home nowadays and am seriously thinking of running away from all the tension which my rigid-minded parents are creating. Please suggest some way out.

You have fallen victim to the age-old phenomenon of the generation gap. Fortunately, many elders these days are aware of the changing social trends and are tolerant of their children's different views.

Sometimes, some parents are unable to give up their preconceived ideas and beliefs and force these on the younger generation.

The best approach you can have is to drop the antagonism and try conciliatory tactics. Be loving and affectionate so that they will not see you as a disobedient rebel but as their beloved child. Slowly, tactfully, introduce them to your way of thinking. Get your friends home to mingle with them. This will show them that your views are normal.

Love and cooperation can really defuse many harsh situations. You should not forget that they are only driven by their concern for you. Get



# BEARING A BURDEN

*Discovering lost love.* By A. S. Fancis

**M**h on returning home from school.

"Mom, listen!" chipped in his 14-year-old twin Ishika.

Indira, smiled to herself in the kitchen. Her kids were always excited to share the happenings of the day with her on their return from school. It warmed her heart to be part of their roller-coaster

journey of life. She felt so alive and wanted in their presence. Mentally she said a quick thank you. She was really content with her chartered accountant husband, Kamal, who was a caring provider, her loving son and daughter and good health of her family. Life was good.

She sat down with her children in the dining area and served them their

lunch while discussing their day. It so transpired that their school was to be a venue for a district sports meet and those children not participating in the sports activities would be getting a four day holiday.

Since last year's vacation was at Goa, as per the choice of Kavish, this year it had to be Ishika's choice. Her choice was a wild life sanctuary.

Since Kavish and Ishika were not so good in sports, they would be having a long break next week.

"Mom, please call up dad and tell him to take leave during that time and we can all go on a vacation."

"Please, Mom, please!"

"Let's wait for your dad to come back home and we'll speak to him





together." Indira knew that Kamal would be unable to say no, especially when Ishika would build a web of coaxing words.

Sure enough, in the evening, Kamal was assaulted with imploring eyes, pleading words and hopeful faces of his children. There was no option for him but to agree. Since last year's vacation was at Goa, as per the choice of Kavish, this year it had to be Ishika's choice. Her choice was a wild life sanctuary. The next couple of days passed off quickly in finalising plans, making reservations and carrying out preparations. Excitedly they set off for their holiday.

Good old-fashioned accommodation, light showers, spicy pakodas and tea added charm to their stay. They were able to sight tigers, wild buffaloes, blackbucks and herds of colourful birds. It was a rejuvenating family time for them all. On the eve of departure, Kavish and Ishika decided to go for a walk to enjoy the beautiful flowers growing profusely in that area. The flower-scented air, chirping birds and animated conversations made them lose track of time. It was dusk when they realised that they should be turning back. In order to avoid scoldings from their parents for being out so late they started walking briskly and taking short cuts. In the dark they could not very clearly see their path. Kavish stepped on a snake hole and was bitten by a snake.

"Help me, Ishu! I've been bitten by a snake."

"Kavu! Be brave. Nothing will happen to you." Petrified, Ishika held on to her brother, not knowing what to do but trying to give him courage. She soon found her voice and repeatedly screamed at the top of her voice, "HELP, HELP".

Their parents and watchman were as it is on the lookout for the children since it was late. They heard the desperate cries of help and came running. They did whatever possible to save Kavish but it was to no avail. In the lap of nature Kavish breathed his last with his parents and twin sister close to him.

Time has a way of passing, whether you like it or not. Days turned into months and it was now six months after the tragedy. Things were so different in this household now. Joy, cheer, laughter were all a thing of the past. Each family member was besieged with guilt and sorrow. Kamal as head of the household considered himself a failure. He had been unable to protect the life of his beloved son. He repeatedly kept going over the incident and wondering what he could have done differently, so that his son would be alive today. His home reminded him too much of what he had lost. To drown his sorrow he immersed himself in his work. Socially he became morose and withdrawn.

Indira's grief was no less. Why had she not stopped her twins before they went for a walk on that fateful day? Had she done that, Kavish would be spreading his sunshine and laughter in their house as usual. Indira now

became a very protective mom to Ishika. She was now smothering her daughter with too much of possessiveness.

Ishika had lost her twin, her friend, her confidant, her playmate. It was as if a part of her had gone. Ishika and Kavish had always been the best of friends and had never felt the need of making other close friends.

*Indira's grief was no less. Why had she not stopped her twins before they went for a walk on that fateful day? Had she done that, Kavish would be spreading his sunshine and laughter in their house as usual. Indira now became a very protective mom to Ishika. She was now smothering her daughter with too much of possessiveness.*

They had always had each other for company. Now, Ishika felt herself alone to face the world. She felt that she was to blame for her brother's death. Had she not suggested the wild life sanctuary as a holiday destination, the mishap would never have happened. Seeing Kavu die in front of her eyes, killed something in her forever. Additionally, the hormonal change of teen years, a possessive mom, a withdrawn father who was hardly at home she was at breaking point.

Indira's mobile rang. It was the Ishika's school coordinator calling! She

was paralysed with fear and could not bring herself to answer the mobile. She was sure, something terrible had happened to her daughter. In all these years she had never received a call from the school. Mustering up all the reserves of courage that she had, she could just croak a whispered "Hello".

On the other end, a pleasant, cultured voice enquired, "Am I speaking to Ishika's mother?" The pleasant voice gave her the confidence to answer in the affirmative.

"Mam, our counselor conducted a test on all the students of Class 10 today, to identify their vocational interests. We would like to talk to you about the findings of Ishika. There's nothing to worry, but I would like her father and you to come and discuss some things with us. Also, maam we would appreciate if Ishika's not told about this." Before terminating the call a mutually convenient time was agreed upon.

Apprehensively, Kamal and Indira reached the school. The coordinator and the counselor met them and made them feel at ease in the meeting room. "Sir, after conducting our tests, we realised that your daughter is exceptionally good in verbal skills and history. We counselled her to take these subjects in Class 11th and discussed the career aspects with her. However, she was insistent that she has to take maths, even though she does not have much of an aptitude for it. As we

chatted with her we got to know that she wants to fill the void created by Kavish's death. She feels that she has to become a chartered accountant, in order to help you out. She knows that you are so busy in office and hence unable to spend time at home. Had Kavish been alive he could have become a CA because he wanted to follow in his dad's footsteps. Now that he is no longer there, Ishika feels that she has to share your office burden. If she takes subjects of her choice, she thinks that she'll be of no help to you."

Kamal and Indira were stunned to know about the whirlpool of thoughts that was going on in Ishika's mind. They had been wallowing in their own grief and guilt and had not

adequately reached out to their daughter. Gently the counselor made them aware of Post Traumatic Stress Disorder (PTSD). It could affect anyone who has endured any kind of harrowing experience. In some it leads to eating disorders, others might become socially and emotionally withdrawn, some wallow in grief, yet others might take up risky behaviour (because they feel guilty about being alive). The ways of coping in each individual is different and in Ishika's case, it meant doing things which her twin would have done so that she can be your son as well as daughter.

"How do we change back our daughter to the same cheerful girl she once was?"

*Good old-fashioned accommodation, light showers, spicy pakodas and tea added charm to their stay. They were able to sight tigers, wild buffaloes, blackbucks and hordes of colourful birds. It was a rejuvenating family time for them all. On the eve of departure, Kavish and Ishika decided to go for a walk to enjoy the beautiful flowers growing profusely in that area. The flower-scented air, chirping birds and animated conversations.*

"Talk to her about Kavish, reassure her that the death is not her fault, go on outings like you did before, converse about trivial things and slowly the bridge of confidence and support between her and you both will be rebuilt."

Kamal and Indira understood their folly. As parents, they should have been more perceptive to the emotional needs of their daughter. They had already lost one child and could not lose the other one to the burden of expectations. With renewed determination they went back home to carry on their parental responsibility of bringing understanding, joy and cheer in the life of their beloved daughter.

**We**

## HUBBIES' HOWL(ER)S



### A Jocular Retort!

We keep an open note-pad on our door for visitors to write down their messages, in case they do not find us at home. When I go out I leave a note behind for my husband so that he doesn't worry when he does not find me in the house.

One evening, I went to the market before my husband's return, leaving a note on the note-pad. When I returned home carrying several bags, I found that the top most sheet of the note-pad had been removed and a new sheet with my husband's small neat handwriting on it, had taken its place.

I assumed that he had come home and, after reading my

note, had gone for some work, leaving behind a note for me. So, I rummaged through my purse for the door keys. Absently, I read the note.

I could not hold back my laughter. He had written that he had read several of my notes but never had the opportunity to write one to me. So, he was writing that he was inside the house!

—Rebecca Pinto

### An Optical Illusion

We had been married for a fortnight and had just come back from our honeymoon. The honeymoon mood was still there. My hubby suggested that we go out

somewhere so that we could spend some time away from the rest of the family members.

We were both excited. We went to the riverside in the evening. We sat down at a secluded place and were so engrossed in ourselves that any onlooker would have guessed that we were newly-weds.

After a little while, my husband looked up at the sky and he saw a golden moon behind the branches of a tree. We both appreciated the beauty of the moon for a while.

Finally, when we went to the car parked close by to go home, my husband said, "Darling, the moon has disappeared."

I looked up at the sky and found that there was no moon. I was not mistaken because the sky was absolutely clear and cloudless. Suddenly I realised that what we had been looking at all along was only a big halogen lamp on the road side which was partly visible as a tree stood before it. We had mistaken it for the moon.

—S.P.K.

# Labour Pain Or Covid Pain?

It made me stronger. By Pavithra Ramesh

As a tax analyst, calculations are my forte. But in real life, my calculations proved me wrong at one crucial juncture. While I had been working in the corporate set up, life brought me utmost joy with the news of my pregnancy.

Worried about the pandemic, I remained cautious right from the word 'GO'. There was no stepping out without a double mask. Sanitiser was a permanent companion.

I was due on 10th of January 2022 and was asked to be admitted the previous day to induce pain for labour. My family was thrilled about the arrival of the little one.

The day prior to admission, my husband and I visited the hospital and looked at our private labour room. We were excited, preparing ourselves to the most beautiful phase of our lives together.

We had also given the Covid test as per requirements of the private hospital that we were consulting.

The protocol allowed only one attender with the patient and since there was a rise in cases due to which my husband had to bring along a negative report too.

On the day of admission, we had everything ready – bags packed with little clothes for our baby and happiness on the wait. We were yet to receive the Covid report. I was asked to be admitted at 6 pm. At around 4:30 pm, we called the hospital and got the result.

To our utter shock, I tested positive while my husband tested negative. We were shaken, literally clueless on what we would do next.

I was trembling, worried about how I would deliver the baby. Would the treatment be different for covid patients? What if I got pain but doctors refused to treat me?

Fear – I realised what exactly that word meant at that moment. My parents had tears. We felt helpless about the situation and were running short of time.

Then, a different kind of courage took over me, the one that said I could do this.

I told my husband that we should go to the hospital right away and shall figure out what to do next. I assured my parents not to worry and I would return home with the baby.

When we reached the hospital, we called our doctor, informed her

**THIS IS JUST A REMINDER TO ALL MY FELLOW WOMEN THAT THE VIRUS CANNOT TAKE OVER US IF WE HAVE THE WILLPOWER. AFTER ALL, MOTHERS ARE ONE OF THE STRONGEST KINDS.**

about the situation. She told us that I could get admitted but I had to do it all alone. There would be no single attender allowed into the Covid ward.

Just when our hopes were raised, my doctor informed us that she would not be able to treat me due to her personal health issues.

It felt like a dead-end. We did not know where to go.

Arrangements were made for another gynecologist from the same hospital who agreed to treat me. I told my husband we were going to get over the horrid phase and entered the Covid ward.

A couple of hours later, I was induced with pain. At around 7:30 am my husband called me. He had slept in the car at the parking lot outside the hospital just to be around me. I was in severe pain and could not speak. At 7:48 am, came the good news I was praying for.

I gave birth to a baby boy, natural birth. Since I was a covid patient, my child was kept under observation in NICU for two days and I could not see him.

The news that he had also tested positive scared me further. By the end of three days, the ordeal ended. I returned home with my baby as I had promised to my parents.

The pandemic shook me during the most crucial time of my life, but I learnt it had only made me stronger. Just around the same time, another friend of mine in Bangalore faced the same situation and fortunately she also came out triumphant after the Covid challenge.

This is just a reminder to all my fellow women that the virus cannot take over us if we have the willpower. After all, mothers are one of the strongest kinds.



# The

# 7 Year Itch: Is Boredom In Marriage The Cause

Staying together in a marriage is getting more challenging with passage of time.

By Anita Choudhary

**T**he generation we live in has changed in terms of love and marriage completely. Now, be it a woman or a man, everyone is independent, they have self respect in themselves. So, nobody is actually relying on anyone, the term *pati parmeshwar* is vanishing quietly and quickly after years of patriarchy.

Of course, this is the case of mostly urban area, only in the educated family who has a good, modern upbringing, the ones in upper middle class. This idea has come from there, where women are not going to suffer anymore for any man in their life and also have the independence to choose the man whom she is comfortable with, whom she wants to live with all her life.

Not only that; women fight against abusive or any kind of abnormal behaviour as well, and they even take divorce because of the compatibility issues.

Whereas; at the same time, men are no longer rushing after marriage as soon as they are getting jobs. They wait for the right time to come when they have actually their mind settled for their marriage.

So, people are no more in hurry to get settle in life and have kids. They take time to choose their partners. Not only that; the people have multiple relationships, before they get married. They try to choose wisely. Things don't go the way they want it go, be it compatibility, ego clashes, extra marital affairs and sometimes boredom causes the failure of marriage.

So, why this is happening? Have you ever felt that your partner doesn't love or understand you anymore? Have the rose-tinted glasses you wore in the early days of matrimony clouded over? You need not complain about them. Could it be that your feelings towards your partner have undergone a seachange too?



People are bored from their lives. Sometimes, they think their partners are the main reason for it. They get irritated from their monotonous life, they do not want anything same in their life. The tension causing in the office, the family problems, people become vulnerable and frustrated very easily.

They want an escape from this situation as soon as possible. They stay away from house for long time; they don't give time to their family or don't want to spend time with them. They want to go out and try doing something new, spend time with themselves.

The frustration inside creates boredom around a person. People selfishly stop thinking about others or their partner; they want to live their life in their own terms. But, while some can adjust with their boredom; some fail and still some don't bother about it. They don't get what they should actually do.

**PEOPLE ARE BORED FROM THEIR LIFE. SOMETIMES, THEY THINK THEIR PARTNERS ARE THE MAIN REASON FOR IT. THEY GET IRRITATED FROM THEIR MONOTONOUS LIFE, THEY DO NOT WANT ANYTHING SAME IN THEIR LIFE. THE TENSION CAUSING IN THE OFFICE, THE FAMILY PROBLEMS, PEOPLE BECOME VULNERABLE AND FRUSTRATED VERY EASILY.**

"If you cannot direct the wind, learn to adjust your own sails," advises psychotherapist Mrs Ratan Kaul to avert any mid-life blues.

After marriage, or being in a serious relationship, the people tend to get more possessive towards their partners. This possessiveness sometimes turns into suspicion.

For example, some partners after tiresome day say – "What is the matter with you?" or "I have had enough of you, your children,



your home.... you are only good at complaining.” Or “This is a madhouse! Does anybody have two minutes for me? Should I stay or leave the house? I am sick and tired of you all!”

Such comments are heard when one feels that their spouses have gone ‘stale.’ Such a situation is invariably faced after 7 to 8 years of marriage, when one feels their partner have turned monotonous, predictable, child-centered and home bound.

They start losing interest in their partner and start to look for excitement and romance outside the four walls of their homes.

Sometimes, boredom can lead to great stress and marital discord and can be the main factor for broken marriage.

In order to keep your marriage was firm and intact as a rock and to keep your partner from going astray, you must recognise the warning signal and insecurities and work them out before your feelings and your marriage are irreparably scarred.

Widening marital rifts can be bridged by affection, caring and sharing and sensitivity to each other’s needs. Otherwise these rifts can become deep chasms, from where there is no looking back. Corrective measures have to be taken immediately; otherwise you will repent at leisure.

## DOMESTIC PEACE AND HARMONY

Invariably, the husband, like the wife, is looking for domestic peace and harmony. But when he sees the careless attitude of his wife, he tends to withdraw into his shell. Small incidents like the one faced by Ghosh are reminders that a husband should not be treated as a doormat by the wife.

## THERE ARE TIMES WHEN THE WIFE HAS TO BE SUPPORTIVE OF THE MOOD SWINGS HER HUSBAND IS GOING THROUGH RATHER THAN BEING CONFRONTATIONAL. WIVES MUST GIVE

## THE PRIDE OF PLACE TO THEIR HUSBANDS AND MAKE THEM FEEL WANTED. IF THE WIFE IS TOO BUSY IN HER ENDLESS PURSUITS, BE THEY IN THE HOUSE OR OUTSIDE, CHILDREN TOO HAVE NO ATTACHMENT TO THEIR FATHER.

When asked by his colleague why did not go home after office hours as the others did, Ghosh said, “In the early years of our marriage, my wife was loving and caring but had a kid two years ago.

Now, I am totally neglected. I yearn for a hot cup of tea with some snacks after a day’s hard work in the office and all that I get is a string of complaints. Baby did not burp today... he did not let her sleep in the afternoon... he did not have his cereal properly... the list goes on and on...

I have started staying back in office. At least, here, my secretary is at beck and call and I can call for endless cups of tea without any hesitation and she offers me a sympathetic ear too.”

There are times when the wife has to be supportive of the mood swings her husband is going through rather than being confrontational. Wives must give the pride of place to their husbands and make them feel wanted. If the wife is too busy in her endless pursuits, be they in the house or outside, children too have no attachment to their father.

In such a scenario, husband starts looking for alternatives – it could be in the form of female office colleagues, friends who like partying and drinking at other people’s expense or anyone who can give him full attention.

But the compatibility issues mostly arise from a man’s side, but it can also be vice-versa.

For instance, when the couple is working, they don’t have time for each other or spend some leisure time together. Because of their workaholic nature, they can’t even move out for vacation. Several issues arise between them; it’s all because they are losing interest from their partners.

They lose balance in their life; they forget many things or habits of their partner, which again causes misunderstanding and this in turn leads to unhappy marriage. Then, they look outside of the marriage or leave alone.



Another cause of failed marriage can be mid-life crisis, when spouse loses interest in their partner because of their looks. Many 'platonic' relationships soon get converted into sexual intimacy and after that there is no turning back.

## RELATION AND GLAMOUR

There are numerous cases of other occupying a predominant place in a married man's life in the film world. Such a situation was averted by Vamika. Her case is worth emulating by other wives who face similar situations.

She was originally a charming match to Gaurav, who was a 6-footer. He was tall, dark, and handsome and terribly 'figure-conscious.' After 7 years of marriage and two kids, Vamika could not retain her youthful looks, as she had stopped taking care of her physical self. Gaurav was a regular at the gym where he would go

for an hour in the mornings for a workout. Everything was fine till the day, Vamika noticed that Gaurav had started becoming moody and absent-minded after his workouts and be very upset and crabby the day he had to miss his daily dose of exercise.

One day, after dropping the kids at the bus-stop for school, Vamika decided to pick up her husband from the gym. What she saw there gave her a twinge of jealousy. Gaurav was engaged in conversation with an attractive girl who has an hour-glass figure. The girl was clad in black leotards and both seemed to be very comfortable in each other's company. Vamika controlled herself and took a step forward and introduced herself. She learnt that the girl was Priya who was working in a multinational firm and had joined the gym recently. Vamika told Priya that she herself was thinking of joining the gym, as she needed to shed some weight.

Vamika's resolve to shape up made her more confident as well as slim and trim. Instead of being suspicious and jealous at home, she turned her adversary into her friend. Now, the three of them not only share a good rapport but also a healthy friendship. Firstly, accepting yourself and getting a partner who accepts the way you are, irrespective of any flaws in your life. It is what makes a relationship stronger and mature.

Avoid jealousy and suspicion. Find out what has gone wrong in your married life and try to set it right. Temper tantrum should not be resorted to; instead merely admitting your mistakes to each other can dispel hostility.

Be honest with your partner. Tell him or her your true feelings. Mutual tension can be eased and peace and harmony can be restored. A bit of thoughtfulness and some loving gestures can go a long way in bringing you and your mate closer to each other.

We



### A CLOSE SAVE

In search of a job, I moved from my home to my sister's house. She is living in the city with her husband and children.

When I had newly arrived at my sister's place, I used to lock myself in the house because I was shy and not fluent in Hindi. As I had still not found a job, I offered to babysit my sister's kids aged three and one. As both my sister and brother-in-law used to go to work.

The flat was very close to the railway station. The children would bid their parents goodbye at home and would often stand in the balcony and watch their train pass by.

That train used to run between Katni Mawwara station and the new Katni junction yard. I would confine the kids to the house. The kids were naughty and ran around. So the only time I took them out was when my sister and my brother-in-law were supposed to arrive from duty.

One day the younger one was not feeling well and I was scared of what happened to her all of a sudden. The elder one wanted to go downstairs to play. When I forbade him to do so, he went to the balcony and started peeping out and calling his friends. So I took him downstairs and allowed him to join his friends but also told him not to go anywhere and only play here and then I return to the flat to take care of the younger kid.

After a while when I looked down from the balcony, he was nowhere to be seen I was frightened like hell. When I scanned the railway track. I noticed that signals were down for the Jabalpur Nizamuddin Qutab Express and soon the local trains would arrive.

I ran downstairs with the younger child in my arms and handed him over to the lady on the ground floor and quickly rushed towards the railway station.

As the local train reached there, one passenger noticed the child on the railway track. He ran as fast as he could and picked him up and then the train passed. It was a narrow escape. I quickly went up to that person and grabbed the child from him, thanking him profusely.

I just can't imagine what would have happened, had he not been here. I will always remain grateful to him.

— Suvarna.

# THE SHED

The wires going on around it. By Padmaja Menon

*She said, "I saw a lady there." He laughed and said she was imagining things as in his four years of running the hotel he had not seen anybody. Supriya had a bath and held her Tarot cards to the lamp and prayed.*

## Five years ago

He entered her bedroom. She was pretending to sleep but experience told her it made no difference. He would begin his business of caressing her breasts and smothering her with sloppy kisses which he actually believed she liked and looked forward to! Then he would ....she hated it, hated it. She also knew that the people in the town knew about it from their meaningful looks at her

whenever she went into town. She also suspected that they knew that her mum had been murdered by him. But somehow none dared to confront him, so neither did she ask for help. She grit her teeth and waited till he finished raping her and went away satisfied...whistling a tune.

## Until she became pregnant

When she told him he was silent for some days but his act continued... he wouldn't let her alone, it was he wanted to enjoy her when he could and it scared her that he must be planning something ....like getting rid of her..!Just like he had got rid of her mum.

## Now

Supriya stretched as she woke up. It was a chilly morning and the scene outside was exhilarating. She watched from her window as the clouds billowed forth. The sun rose as she watched and brought the countryside alive. Himachal was indeed blessed by nature. Her eyes fell on a shed, a garden shed below her window , a little to the left. It was a sturdy building and had an asbestos roof and a rickety door which had a large lock on it. Wonder what was so precious inside she thought and then it was like someone cracked her skull open! She screamed and Anil jumped up from

Himachal was indeed blessed by nature. Her eyes fell on a shed, a garden shed below her window





the bed. "Oh dear, she has gone into a trance," he murmured as he hugged her tight.

When she surfaced she was shaking like an aspen leaf in the wind. She felt the top of her head gingerly and was surprised that it was as usual but why had she felt as though it had spilt? Anil wasn't surprised, he had got used to his wife the Tarot card reader and medium.

They freshened up and went down for breakfast and some sightseeing. By the time they returned it was dark. The shadows played on the roof and the lawn. Before going up they just sat in the lawn and gazed at the sky. Later Anil went in to change and Supriya sat on lazily. Her eyes fell on the shed. As she was about to look away she felt a movement and someone was silhouetted against the window. Supriya felt sad and desperate and suddenly got up to go in. She couldn't understand this cloud of sorrow that engulfed her.

At dinner she asked their host if anyone lived in the shed. He gave her a surprised look and said, "No madam, that is an abandoned shed, have never opened it since I have been here."

She said, "I saw a lady there." He laughed and said she was imagining things as in his four years of running the hotel he had not seen anybody. "Ma'am, please read my cards tomorrow." It was agreed and early morning Supriya had a bath and held her Tarot cards to the lamp and prayed. She drew the cards in a general layout. The tower card made her wary and she

knew something was amiss. Next she got The High Priestess which said that some secret was going to be revealed. The third card was the Hanged Man which meant that something was topsy turvy. She sighed and went down to read her host's cards.

The first card she opened for him was the four of swords. Someone stealthily running away after an act of thievery or murder? She looked at him and he did not seem to be a killer but then who or what? When she finished his reading she was still not sure about anything.

Anil was busy with his job so she went into the nearby town. Sipping the Himalayan tea from a quaint bookshop she went into her jasoosi mode. The garrulous shop keeper explained that Solanki Saar was the boss in the village and he was quite the person who cracked the whip thereabouts. He did not have any heir or relatives as his wife was dead and a stepdaughter had disappeared a few years ago. Supriya's skull spilt again and she held her head till it subsided. The shopkeeper was concerned and kept hovering around her. When she could speak she asked what he meant by disappearing? He looked all around, pulled up a chair close to her and whispered, "There was talk of him keeping his stepdaughter, her name was Vibha, she used to come to town to buy groceries but hardly spoke to anyone."

"Why didn't anyone help her?" asked Supriya. He did not have any answer except for Solanki

being an important man. "What happened to the baby?" asked Supriya and he gasped, "How did you know that?" She did not know but yes she had felt nauseous suddenly somewhat like morning sickness.

That night a rattling noise woke her. It was someone banging on the shed door. She got up with a start and shook Anil awake. "That noise, someone is in the shed and wants to come out", she said. The banging got louder and on looking out she saw the silhouette again, against the window. But to her surprise no one else could see or hear what she could!

*There was talk of him keeping his stepdaughter, her name was Vibha, she used to come to town to buy groceries but hardly spoke to anyone. Why didn't anyone help her?*

Being a tourist she could not order anyone to open the shed but the next few days were awful. Her head ached continuously and she was woken up by an apparition whose head bled. Knowing his wife, Anil applied for a few more days' leave and also contacted his inspector friend who in turn called the inspector of that town who ordered the shed to be opened.

Supriya took out a card and the tower loomed large. She knew there would be obstacles. And it came in the form of Solanki. He wanted to see the people who wanted the shed opened. Supriya was nonplussed when she

saw him and she saw the apparition behind him. She clamped her mouth shut to stop herself from gasping. The apparition had blood streaming from her head, an open brutal wound and she was pointing to Solanki's scarf. After speaking to Anil, Solanki left, it seemed he did not want the shed opened but couldn't give any reason why not.

The shed was opened and it was like a normal shed with tools and cobwebs. Stuck on the cobweb was a scarf and below the scarf was a mound. Almost as though following orders from someone Supriya pointed to the mound and ordered it to be dug up. She did not know how she had the courage or why the people obeyed. Very soon a body was dug up. (It had on clothes that belonged to the stepdaughter as they found out later) and the skull was almost cracked in two. The apparition hovered around till the body was exhumed and sent for post-mortem. The scarf was found to belong to Solanki. A case was slapped against him.

Two weeks later Supriya had to appear in court and as Solanki was sentenced to hang, she saw the apparition again and this time the sorrow had lifted. Supriya saw the poor girl lured into the shed and murdered brutally. That was how the stepfather had taken care of her when he knew she was pregnant and would soon be obvious to all. As she watched she could feel the apparition fading. She raised her hand to Vibha. She had laid her soul to rest.

## Child Challenges



## Q & A

**M**Y 8 YEAR OLD DAUGHTER HAS got a dark brown pigmented area with hair on it. It is present since birth on her neck just under her jaw. What early and effective remedy would you suggest?

This is a birthmark. There are certain other characteristics of the mark that have to be studied by direct visualisation by a doctor. What is its size? Are the edges raised? Is it growing with age?

Other factors like the length of the hair have to be looked into. If it looks unseemly, the only treatment is surgical removal by a plastic surgeon. This should be done only after the child reaches maturity as the operation scar also grows with age. So just consult a plastic surgeon and wait till your daughter grows up.

**I**AM A WORKING WOMAN WITH A 3 YEAR old son. He doesn't like milk or any other food. He never demands food even if he is left hungry the whole day. I leave him in a creche during my office hours. There he takes full lunch (dal, 2 rotis, rice, sabzi). During evening hours he takes a full glass of milk. When he returns back home at 6 pm, he doesn't take anything.

We then force him to take a glass of milk before he sleeps. On Sundays/holidays he remains hungry the whole day. Owing to this, I can't leave the place and go for any outing. Otherwise, he is intelligent and very active. His height is normal and weight is 14 kg. He likes fruits and dry fruits.

I try everything so that he takes interest in his meals. I serve him separately during dinner. But he doesn't eat. He is anaemic and so I give him iron tonic.

It is difficult to understand why your child eats a full meal at the creche and not at home. Perhaps eating lunch is

a group activity at the creche and he enjoys doing so with his peers, or else you are being misled.

Also, not eating at home may be a way of showing his resentment at leaving him alone the whole day. On the other hand, you may be worrying excessively and unnecessarily. In spite of his lack of appetite, he is growing well.

His height is normal and 14 kg weight is not that bad for a 3 year old who is chronically under-fed. Why don't you maintain a chart in which a weight record is maintained on a weekly or fortnightly basis? If his height is increasing in spite of his seemingly poor food intake, you have no cause for worry.

Another thing is to stop giving him snacks, chocolates and ice-cream in between meals. This will make him sufficiently hungry at mealtimes to eat a proper and balanced meal.

**M**Y SON IS 2 YEARS OLD. HE IS unable to pronounce the Hindi alphabet clearly. He lisps and mispronounces some of the letters. His female cousin speaks clearly. I make him read and give him chilli but there is no improvement. Please advise me whom to consult.

He is just 2 years old and is entitled to a few mistakes in his pronunciation and speech. Do not be after him and create complexes at such an early age. Just let him be. Making an issue out of it won't solve your problem. In fact, it is not a problem at all in the first place.

There is no need to teach him the Hindi alphabet at this age! As for putting chilli powder in his mouth to make him speak correctly, it is positively cruel.

Do not compare him unfavourably with his cousin. Girls are usually smarter than boys. Moreover, every

child differs in his developmental and behavioural pattern. Do not worry as long as it is in the normal range. If you are getting paranoid about his 'speech defects', you can consult a speech therapist to dispel your fears.

**I**AM A 37 YEAR OLD WOMAN. I HAVE 19 year old daughter. Recently, my daughter has started developing grey hair. Just one or two hair started greying in the beginning. Now they seem to have spread rapidly. As my husband gets transferred often, people say that it is due to frequent change of water. She is otherwise quite healthy and seems to have no other physical disorder.

I started developing grey hair at the age of 30. Could it be hereditary? If so, why at the early age of 9? Please suggest some remedy.

Ans. Your mom is right. In all The premature greying of hair is usually hereditary. It could also be due to leucoderma of the scalp. The hair overlying the leucodermic patch turns white. There is not much one can offer in the form of treatment in either case. You should take her to a dermatologist (skin specialist) who will examine her thoroughly, arrive at a diagnosis and prescribe a cure, if any.

**I**AM A 33 YEAR OLD MARRIED WOMAN. I have a 9 year old daughter. She was born through normal delivery. I breast-fed her for nearly one year. Now, I want to adopt a newborn child and I would like to breast-feed it. Is this possible in any way? Are there any medicines or any traditional ways of increasing the milk output in a mother's breast, which will help me? Please advise..

There are ways of letting down milk, like injections etc. But these are neither advisable nor effective in a non lactating woman.

Adopt a child by all means but after a gap of 9 years of giving birth to a child; do not take any strong medicine for letting down your own milk. There are excellent formula feeds available in the market that can take care of the needs of a newborn infant. Try these instead of resorting to drastic measures.



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# Laugh to Live

Good dose of laughter has great benefits for your body.

By Shalan Savur



According to doctors, “For every 5 minutes you laugh, you add 5 days to your lifetime.”

Sharing a good laugh is fun, but did you know it can improve your health?

Laughter is a normal and natural physiological response to certain stimuli with widely accepted psychological benefits. Current research indicates that laughter has quantitative positive physiological benefits as well.

What is laughter, after all?

It is a reflex that sets your diaphragm going. It makes your respiratory muscles expand and contract rapidly, enhancing your breathing apparatus and revving up your circulation. The expansion and contraction increase the chest cavity and the lungs inhale more oxygen while expelling more carbon dioxide simultaneously.

As soon as this happens, a chain reaction is triggered off in your body, say fitness and health experts. It produces adrenalin, the ‘arousal hormone’ that awakens your senses. Simultaneously, your heartbeats quicken and your pupils dilate.

Due to this positive stress on your heart, the heart pumps a greater amount of blood through your arteries and draws in more of it through your veins. That is why your face gets flushed.

Moreover, the adrenalin thus activated causes your pituitary glands to release ACTH (adrenocorticotrophic hormone) which, in turn, stimulates the adrenal cortex to secrete cortisol. This has anti-inflammatory properties and is especially useful for people suffering from arthritis.

Dr. Lee Burke and Dr. Stanley Tan at Loma Linda University in California researched the benefits of laughter.

Their research has shown that the health benefits of laughter are far-reaching. Studies so far have shown that laughter can help relieve pain, bring more pleasure, and even boost immunity.

A 2011 study showed that women, who had undergone in vitro fertilisation, were 16 per cent more likely to become pregnant when entertained by a clown, compared to women who didn't have a clown encountered.

True laughter releases endorphins. One effect of the release of this hormone is that it increases the ability to tolerate pain. In one study, participants in a group watched a 15-minute comedy show. Their pain tolerance increased by 10 per cent more than before laughter.

A good, hearty laugh relieves physical and mental tension, allowing

your muscles to relax for up to 45 minutes. Laughter also improves blood vessel function and increases blood flow, which can help protect you from heart attacks and other cardiovascular problems.

### **Laughter And Workout**

A good belly laugh exercises the diaphragm, contracts the abs, and even works the shoulders, leaving the muscles more relaxed afterward. It also provides a good workout for the heart.

Laughter is a great cardio workout, especially for those who are unable to do other physical activity due to

**HAPPY INDIVIDUALS LIVE A BALANCED LIFE. SO THEY HAVE MANY SOURCES OF HAPPINESS. WHEN HAPPINESS DEPENDS ON ONE THING, YOU ARE ON SHAKY GROUND. HAPPINESS IS AT ITS MOST BRITTLE WHEN ITS CAUSE IS A ONE-POINTED MATERIAL POSSESSION.**

injury or illness. This gets your heart pumping and burns the same number of calories per hour as walking at a slow to moderate pace. So, laugh your heart out in health.

T-cells are specialised cells of immune system waiting to be activated in your body. When you laugh, you activate T-cells that immediately start helping you fight disease. The next time you feel like winter is coming, add laughter to your disease prevention plan.

Studies show that our response to stressful events can be altered by whether we perceive something as a threat or a challenge. Humour can give us a more light-hearted approach and help us see events as challenges, making them less dangerous and more positive.

If laughter is the voice of good humour, a smile is the expression of happiness the very foundation of a healthy life.

In his book, *Psychology of Happiness*, Michael Fordyce writes, "Happy individuals live a balanced life, so they have many sources of happiness. When happiness depends on one thing, you are on shaky ground."

Indeed, happiness is at its most brittle when its cause is a one-pointed material possession. Those





who felt the thrill vanish after acquiring a new microwave oven would know what the phrase “there is more fun in the anticipation than in the acquisition” means.

Fordyce’s suggestion makes sense in this context. Broad-base your foundations and you can live happily ever after in the house called happiness. And a smile really goes a long mile towards that destination.

Dr. Kataria says, “Laughing silently with your mouth closed is akin to blowing a balloon. It is especially good for asthma and bronchitis, the two common Indian ailments. Similarly, laughing silently with an open mouth is good for older people with chest infections.”

Interestingly, laughter is being seen as a stress-releaser in the West. ‘Watch a sitcom and de-stress yourself’ is the current catch-phrase.

**IT IS ESPECIALLY GOOD FOR ASTHMA AND BRONCHITIS, THE TWO COMMON INDIAN AILMENTS. SIMILARLY, LAUGHING SILENTLY WITH AN OPEN MOUTH IS GOOD FOR OLDER PEOPLE WITH CHEST INFECTIONS. LAUGHTER IS BEING SEEN AS A STRESS-RELEASER IN THE WEST. ‘WATCH A SITCOM AND DE-STRESS YOURSELF’ IS THE CURRENT CATCH-PHRASE.**

Psychiatrists are also urging their depressed patients to simulate a smile when the real thing vanishes in the blues. The mere movement of those minor muscles of the mouth sets in a smile and relieves your tension. And it isn’t long before the real thing occupies its place.

Laughter connects us to others. Just like with a smile and kindness, most people find that laughter is contagious. So, if you bring more laughter into your life, you can also help others around you laugh more and feel these benefits.

Going to a movie or comedy club with friends is a great way to bring more laughs into your life. The contagious effects of laughter can mean that you will laugh more than you would during the show, plus you will have jokes to reference at a later time.

Instead of complaining about life’s frustrations, try to laugh about them. If something is so depressing or distressing it is funny, realise that you can ‘look back and laugh at it’. Think about what this would sound like a story you could tell your friends, and then see if you can laugh about it right now. One study shows that smiling has a positive effect, be it a fake smile or a real. Fake laugh also provides the benefits mentioned above. The body cannot differentiate between the ‘fake’ laugh that you initiate on purpose and the ‘real’ laughter that comes from true humour.

While wasting your time watching something moderately funny can frustrate you. Watching really hilarious movies and shows is an easy way to bring laughter into your life whenever you need it.

You might want to share your tips with friends and you’ll have something to reference and laugh about together.

To conclude, laughter can prevent illness — depressed people are more prone to sickness than those with a sunny disposition. So, work on your funny bone. For, often all that you need is — a good hearty laugh to brighten up your day!

We



### Johnny Depp-Amber Heard Trial Enters Final Days

The defamation trial in Virginia between the actors Johnny Depp and Amber Heard has become a fierce battleground over the truth about their relationship, with both sides accusing the other of repeated domestic abuse in what was an unquestionably tumultuous marriage.

The Defamation Trial



### Fashion's Biggest Night, The 2022 Met Gala

We saw bedazzled garments, intricate embroidery and gold layered on gold as guests interpreted the Gilded Glamor theme.

Met Gala 2022



## Vesak Celebrations 2022

### Indonesians Celebrate Vesak At World's Largest Buddhist Temple

Hundreds of lanterns were released into the sky celebrating Vesak day at the temple of Borobudur for the first time since the coronavirus pandemic hit the country. More than a thousand Buddhists gathered at the largest Buddhist temple situated in Magelang, Central Java, to commemorate the birth, enlightenment and death of Buddha Siddhartha Gautama.

### French PM Jean Castex Resigns As Macron Prepares Cabinet Reshuffle

French Prime Minister Jean Castex on Monday handed his resignation to President Emmanuel Macron, part of a widely expected reshuffle to make way for a new government that could be the first led by a woman in more than 30 years. The departure of Castex, who was a surprise choice for the role in 2020, will enable newly re-elected Macron to reshape the cabinet ahead of crucial Parliamentary polls in June.



## Sri Lankan Crisis

## French Cabinet Reshuffle

### Ranil Wickremesinghe Is Newly Elected PM of Sri Lanka

Prime Minister of Sri Lanka  
The unending political drama and unprecedented street violence culminating in unexplained nationwide arson. Inherently, all Executive Powers of the State resides in incumbent Gotabaya Rajapaksa. By swearing in former prime minister Ranil Wickremesinghe as prime minister, President Gotabaya filled the vacancy caused at his instance.



## BTS Sweeps The Billboard Music Awards 2022

BTS have time and again proved why they are simply untouchable. Ahead of their comeback, BTS has created history yet again by winning three awards at the Billboard Music Awards 2022 held today. The septet was nominated in close to seven categories for this year's BBMAs and took home not one but three awards, creating history.

Billboard Music Awards 2022



## Ukraine's Victory



## Ukraine's Eurovision Win Amid The Ongoing Russian Invasion

Ukrainian band Kalush Orchestra won the 66th Eurovision Song Contest held in Turin, Italy, for its song 'Stefania', in a clear show of popular support for conflict-hit Ukraine that went beyond music. Ukrainian President Volodymyr Zelensky hailed his country's third victory writing "Our courage impresses the world, our music conquers Europe!"

## Queen Elizabeth II Attends Royal Windsor Horse Show

The Queen has attended the final night of an equestrian extravaganza show to celebrate her Platinum Jubilee. The 96-year-old was met with a standing ovation as she arrived in the castle arena at the Royal Windsor Horse Show.

Platinum Jubilee



# AS YOU SAY

## ABANDONED

The story, 'Abandoned,' appeared in Woman's Era, January 2022 issue, is very gripping I would say. Ms Nirmala Mangalath brought in many twists in the story as to create enough surprise. It is quite true that we did hear some cases of abandonment of old people having unable either to look after them or pressure from their spouses. The Police behaviour is exactly what the authoress described. We too had unpleasant experiences with them. Only a threat of reporting to higher authorities or politicians that stall



their brusque behaviour. Rajiv and Rima have taken the risk of finding the truth and helped the decrepit blind senior citizen. The realisation of Rima's father is laudable. All said and done though the Police for no truthful reason arrested Santosh, the happy ending gave the reader a great relief.

– By A. Raghavendra Rao

## BODY SHAMING



The article, Body Shaming, by Sharanya published in April 2022 issue, truly describes the mental agony of the victim of body shaming. When we pass negative remarks on somebody's appearance, the person gets deeply hurt. Some people are in the habit of ridiculing others for their being very thin or very fat which compels that person to alienate himself/herself from the toxic people. Everyone is blessed with good qualities, appreciate those good qualities and if you are concerned about that person's appearance render genuine help and guidance but never make fun of anybody. Sometimes the psychological negative effects are long-lasting, so refrain from body shaming someone,

even unintentionally. The writer has given valuable tips for the victim also, instead of listening to weird remarks, he or she should stand in self-defence by giving a befitting reply to the body shammer and focus on self-growth.

– By Harinder Kaur

## LET'S TALK ABOUT YOU & ME



Sexual hygiene is vital to our overall health. Let's talk about You & Me published in April 2022 was very incisive, inspiring and informative.

It is disheartening that many people (especially men) are poor at sexual hygiene; on the other side, others are very particular and discreet. Good sexual hygiene considerably decreases the chances of getting infections down there and leads to infertility as well as the possibility of contracting all types of STDs (sexually transmitted diseases). In women, the URETHRA is shorter than in men and the chances of Urinary Tract infections (UTI) are pretty more. The less length shortens the distance that bacteria must travel to reach the bladder. Poor hygiene can also cause LEUCORRHOEA in females.

– By Dr Sunil Chopra

## UP ELECTIONS VICTORY

Appropos to the editorial UP elections victory published in Woman's Era, April 2022. BJP winning hands down in UP assembly polls recently reveals that BJP under Modi not only articulated the narrative but actualised it to a great extent which caught the imagination of all segments of voters including the young electorate. Despite Yogi Adityanath's popularity was dipping as seen from the crowds at various places during his campaign, it was expected that UP would witness a hung assembly on account of farmers' agitation for a year, immense sufferings encountered by migrants returning home penniless and dismal medical care saw thousands of deaths after



the covid outbreak. However, it is only the electrifying presence of Modi who could convey successfully the subaltern psyche that he is determined to transform India had a great impact showing his ability to change mindsets. Above all, Modi's effort to beat anti-incumbency in the state through his pledge to transform the landscape through his many flagship initiatives to benefit the unemployed and others tilted the scale in BJP's favour once again this time. This not only tells the tale that India needs decisive leadership but also speaks volumes about the immense trust voters have reposed in Modi despite facing difficulties during the covid period.

– By R. Srinivasan

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invites readers' opinions and reactions on articles, short stories and features published in Woman's Era. E-mail to: [letters@womansera.com](mailto:letters@womansera.com) or by post to:

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