

*Fashion & Beauty Special*

MARCH 2021 ₹ 100

# Women's era



**FASHION  
TRENDS RUNWAY**

**THE MAN YOU  
MARRY!**

**WONDERS OF  
MEDITATION**

**EMPATHY IN  
EDUCATION**

**WORLD CLASS  
LUXURY HOTEL**

**STAY FIT,  
STAY YOUNG**

**ISSUES OF TEEN  
HOMELESSNESS**

**FEMALE  
BEAUTY MOGUL**

**TRICKING A  
TEA LOVER**

**GEEK AND  
GAMER GIRLS**

**GIRLS GLAMOUR  
WORLD**

**NUTRITION  
FOR TEENS**

**SONGS OF  
SPRING**

**IS TEENAGE  
LOVE REAL?**



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**EXO FAMILY. HEALTHY FAMILY.**

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



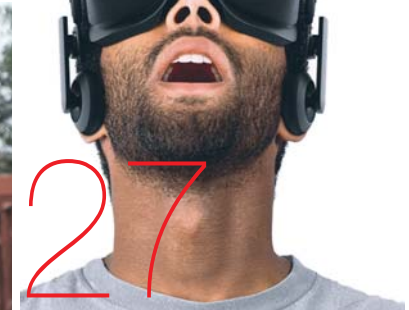
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RAMA CHOUHAN



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RAMZI



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NIDHI JAIN



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SELF-MADE FEMALE  
BEAUTY MOGUL

### NEW FAMILY FAVORITE!

- New family favorite
- Chicken taco soup
- Caribbean style steamed fish
- Vgrilled vegetable chicken kebabs
- Slow cooked chicken stew
- Mexican style stuffed peppers
- Zucchini pizza
- Gluten-free tomato pasta
- Brussels sprouts with honey musard chicken
- One-pot chicken soup with kale and white beans
- Bell pepper zucchini chicken stir-fry

## Cookery

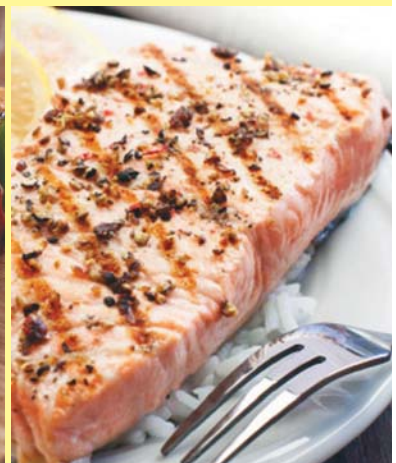


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# Intimacy Issues

## Obsessive-Compulsive Disorder and Sexuality.

By Roma Chouhan

We are not discussing individuals who have intercourse, again and again, forced by a need to accomplish specialized sexual flawlessness. Truth be told, OCD is bound to bring about a sexual coexistence described by need as opposed to rehearsed significant exhibitions. Here we talk about different ways that OCD can meddle with sexual ecstasy and push couples extremely close to dissatisfaction. Living with Obsessive-Compulsive Disorder (OCD) implies living with tedious and undesirable meddlesome thoughts—obsessions—that are startling to the individual encountering them. The substance of the obsession differs broadly. For instance, somebody with OCD may encounter vicious musings and pictures (for example committing suicide or others), explicitly interfering musings and pictures that are upsetting (i.e., sexual considerations including youngsters, relatives, creatures, strict figures, and so forth), or ungodly thoughts that conflict with somebody's religion.

### OCD's Impact on Sex and Intimacy

A few manners by which OCD can adversely affect somebody's sexual coexistence and closeness may include the following:

- Sex might be utilized enthusiastically to settle, demonstrate, or look for sureness about obsessions and should be forestalled.

### EVERYBODY ENCOUNTERS INTRUSIVE THOUGHTS, HOWEVER FOR THOSE MANAGING OCD; THE THOUGHTS STICK AS A RESULT OF HOW THEIR MIND IS RESTLESS.

- Decreased moxie and a failure to climax can result as a symptom of medicine used to treat OCD, or because of expanded tension from the OCD, and may mess with the individual's sexual coexistence.

### Regrettable Thoughts during Sex

Everybody encounters intrusive thoughts, however for those managing OCD; the thoughts stick as a result of how their mind is restless.

Individuals with OCD have a hyperactive dread community in the mind that ships off bogus alerts when risk is absent. For instance, think about the dread you feel when your alarm goes off in the middle of the evening and it's a bogus caution. This is the thing that happens as often as possible for those with OCD.

### Loving someone with OCD ?

Sexual issues brought about by OCD can build anxiety in a relationship that is as of now bearing the heaviness of the issue in different territories. Accomplices

might be baffled by the obvious absence of sexual interest that appeared by their cherished one. It is essential to recollect that sexual brokenness is a side effect of the disease and doesn't mirror an absence of affection or mindfulness. The individual with OCD may be excessively overpowered with stresses to feel sexual.

### Tension and discouragement

Even though researcher's examinations propose that a few sorts of nervousness may encourage sexual sentiments (i.e., watching a terrifying film, crossing a shaky extension), tension related to mental problems is by and large correspond to sexual brokenness. One explanation behind this is that significant degrees of nervousness might be related to mental interruptions, (for example, stress, obsession, and hyper carefulness) that can meddle with sexual reacting.

### Conclusion

Getting proficient assistance for OCD is a significant positive development, yet knows that treatment can likewise add to the issue—at any rate from the start. Openness-based treatment for OCD might be distressing, incidentally adding to diminished interest in sex, and medicine can bring about troubles that might be an impermanent. Try to discover an advisor with experience treating OCD utilizing openness and custom avoidance.

We



# Curd

*The miracle food!*

Health benefits of eating and applying curd on the skin. By Ramzi

**C**urd is one of the least complex yet delightful food sources that can be burned-through for what it's worth or added to plans to get a tasty punch and velvety surface. A rich source of proteins and minerals, the curd is a significant probiotic food. It goes about as a substitute for individuals who find it intense to process milk. As curd contains no lactose, it very well may be devoured by individuals who are lactose-bigoted. Peruse on to think about the wellbeing and excellence advantages of curd. Here are the principle advantages of curd. In summer, curd assists with cooling our body normally and keeps skin hydrated. It improves our stomach-related wellbeing and helps in losing weight. Curd has various advantages which have made it a staple food for us.

## Health Benefits of Curd

Curd is a typical yet marvellous food that is accessible almost in each family. With an incredible taste and tremendous medical advantages on the stomach-related framework, strong immunity, skin, hair, and bones, the curd is devoured around the world. It finds broad use in weight reduction, bringing down circulatory strain and expanding the pace of digestion. It has too demonstrated to be a normal coolant.

## Improves Digestion

As curd is a probiotic food, it contains live microbes that are acceptable for our absorption. These microscopic organisms help

in improving the wellbeing of our guts and digestion tracts. It is known to alleviate excited intestinal linings furthermore, ulcers. Helpless stomach-related wellbeing regularly brings about swelling and weight acquire. Curd helps in decreasing gas development and treats stomach upset. Particularly during summer, curd can be devoured each day after food to maintain a strategic distance from heartburn.

## More grounded Immunity

Curd has demonstrated to improve invulnerability in various examinations. Burning-through around two cups of curd every day has shown great outcomes in improving the insusceptibility of blood by multiple times than those not devouring curd. Being probiotic, curd contains great microorganisms that battle against the awful microscopic organisms entering the stomach-related framework through food and accordingly helps gastric invulnerability.

Brings down High Blood Pressure, Curd is plentiful in minerals like Potassium and Magnesium. It is known that salt contains sodium because of which

devouring more salt increments the measure of sodium in the blood that makes overabundance water hard to arrive at the bladder.


## Benefits of Curd for your face

Curd isn't just valuable for our wellbeing however has been utilized as a magnificent item for quite a long time everywhere in the world. With its remarkable saturating and recuperating properties, the curd is utilized in packs for firm skin and hair.

Curd likewise does some amazing things for dried skin. It helps in fixing broken skin by delivering dampness to it. Lips and heels can be treated with curd to get great outcomes. For Healthy and Radiant Skin Burning-through curd day by day gives sound skin from inside.

As it is high in dampness, it keeps the skin hydrated. Being a rich probiotic, when it is applied to the skin, it goes about as a characteristic chemical that helps in cleaning the skin completely.

## Forestalls Dark Spots

At the point when the curd is applied on the skin, on the dull spots, under the eyes, it shows obvious outcomes. Curd deals with these spots, and along with hydrating the skin and making it flexible, it helps in eliminating the dull spots. Burning-through curd consistently assists with disposing of skin break-out spots from the internal skin layer. Burning-through curd helps in making the skin gleam and lessens imperfections. 



# ARE YOU SUFFERING FROM THESE SYMPTOMS ?

JAGAT PHARMA

- Physical Tiredness
- Vaginal Itching and Burning
- Pain in the Back, Abdomen and Legs

You could be suffering from **WHITE DISCHARGE** or **LEUCORRHOEA**

Dr. Basu's

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Ayurvedic Capsules for White Discharge



100% Safe & No Side Effects



Maintains Vaginal PH



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in a Day for  
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# CINEPLEX



**P**riyanka Chopra doesn't seem like she's catching a break anytime soon. Being dubbed as the "first brand she has ever created," PeeCee is set to launch 'Anomaly' on February 1, exclusively at Target stores in the US. PeeCee's hubby, Nick Jonas was seen showering her with love as he shared the following picture, featuring his wife on his Instagram story, and wrote: "Congratulations on this incredible new venture, Priyanka Chopra." Anomaly is a clean, sustainable, and affordable hair-care label, and the couple can't wait till it hits the stores!



Nick Jonas Congratulates Priyanka Chopra For Her New Hair Care Line Launching This February



First Pic Of Anushka Sharma And Virat Kohli's Daughter Is Here: Announces the Name of Their Baby Girl



**O**n January 11, Anushka Sharma and Virat Kohli embraced parenthood for the very first time. The couple became parents to a baby girl. After the birth of their little munchkin, the two had requested paps not to click pictures of their newborn. Now, it has been 20 days since the arrival of their baby girl, and Virat and Anushka have finally shared a picture of their little one. A while back, Anushka Sharma took to her Instagram handle to share the first-ever picture of their baby girl and she also revealed the name of their daughter.

## FROM BOLLYWOOD...

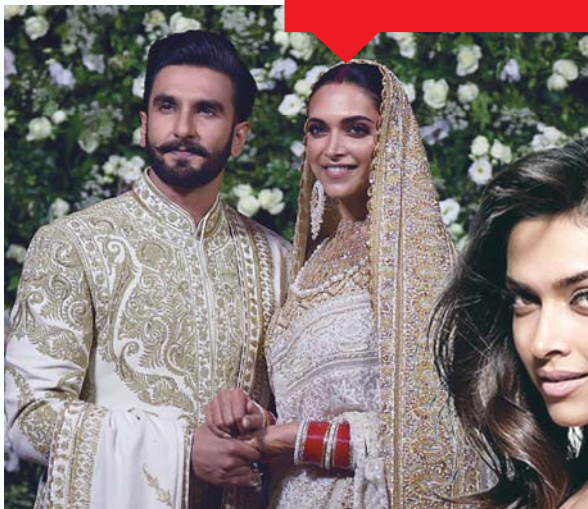
**K**apil Sharma and Ginni Chatrath is on cloud nine as the two become parents for the second time. On Monday morning, the couple was blessed with a baby boy. Kapil Sharma and Ginni Chatrath who tied the knot in December 2018, already have a daughter named Anayra. It was just a few days ago that the comedian had confirmed that he and his wife Ginni are expecting their second child. Kapil Sharma took to his Twitter handle to announce the arrival of their second baby. He wrote, “Namaskaar we are blessed with a Baby boy this early morning, by the grace of God Baby n Mother both r fine, thank you so much for all the love, blessings n prayers love you all Ginni n Kapil #gratitude.”



Kapil Sharma and his wife Ginni Chatrath blessed with a baby boy



Deepika on Marrying Ranveer: He was Comfortable When I Was the Bigger Star, Earned More Money



**D**eepika Padukone got real candid during the latest interview, wherein she spilled the beans as to why she decided to marry Ranveer Singh. After six years of dating, Deepika Padukone and Ranveer Singh tied the knot and exchanged their vows in a close-knit ceremony in Italy's Lake Como on November 14 and 15, 2018. She explained, “I married Ranveer because he respects my success and the money I make. Today, the kind of money he is making and the success he has is completely different from what he would have seven years ago. I was the more successful person and yet to genuinely be okay with the fact that I was working more; I was busier— there were days when I would not even come home because I had so much work— I was making more money but not once has it ever come in the way of our relationship. That is unique and I'd like to see more of that.”



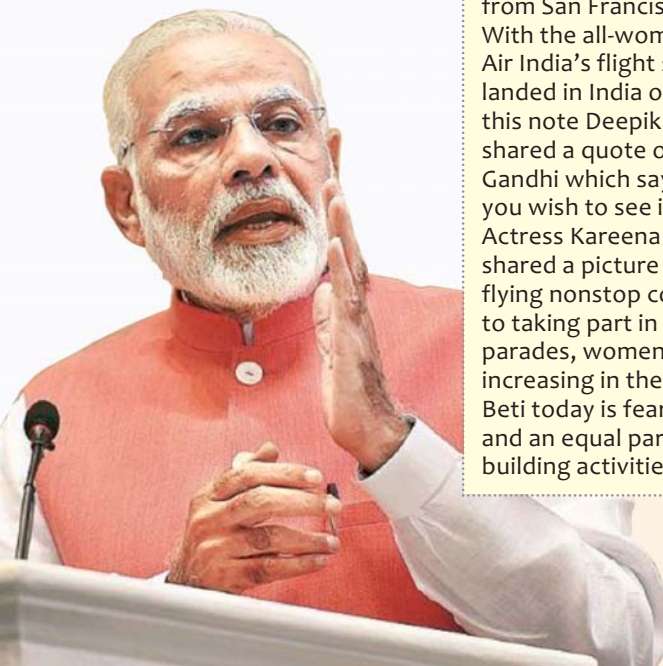


**P**reity Zinta is undoubtedly one of the most beautiful actresses Bollywood ever saw. The dimpled beauty has won accolades for her chubby nature and her bubbly personality. However, she has been away from the entertainment industry for a long time. In an interview with Spotboye, Preity Zinta revealed that she has been away from the entertainment industry because she is not into selling herself. She was quoted saying, "I am not the kind of person who will stand up and complain about anything. I have no complaints against anyone. If I've been away from the entertainment industry it's because I am not into selling myself. You won't see me buying space to get written about. I want to be appreciated for the work that I do."

Preity Zinta Makes A Shocking Statement, "Been Away From Entertainment Because I'm Not Selling Myself"



Kareena And Deepika Among Many Celebs Who Hailed The Women Empowerment Message In PM's 'Mann Ki Baat'



**I**n his monthly radio address to the nation, also known as 'Mann Ki Baat' PM Modi applauded four women pilots who recently made history by finishing the national carrier's longest flight from San Francisco to Bengaluru. With the all-women cockpit crew, Air India's flight successfully landed in India on January 11. On this note Deepika Padukone shared a quote of Mahatma Gandhi which says "Be the change you wish to see in the world". Actress Kareena Kapoor Khan also shared a picture which said "From flying nonstop commercial flights to taking part in Republic Day parades, women participation is increasing in the manifold. Desk ki Beti today is fearless, courageous and an equal participant in nation-building activities".

# Maxo Genius Automatic Mosquito Repellent Machine



With Multiple Automatic Mode Shifts  
For Maximum Protection

Mosquitoes are not just dangerous, but have become smart too. They sneak into our homes in large groups at different times and attack us. An ordinary mosquito repellent machine cannot give protection from such intermittent mosquito attacks. Bring home the **Maxo Genius Automatic**, a smart machine that automatically shifts between 'Attack' and 'Protect' modes as per usual timing of mosquito attacks. **So shift to Maxo Genius Automatic!**

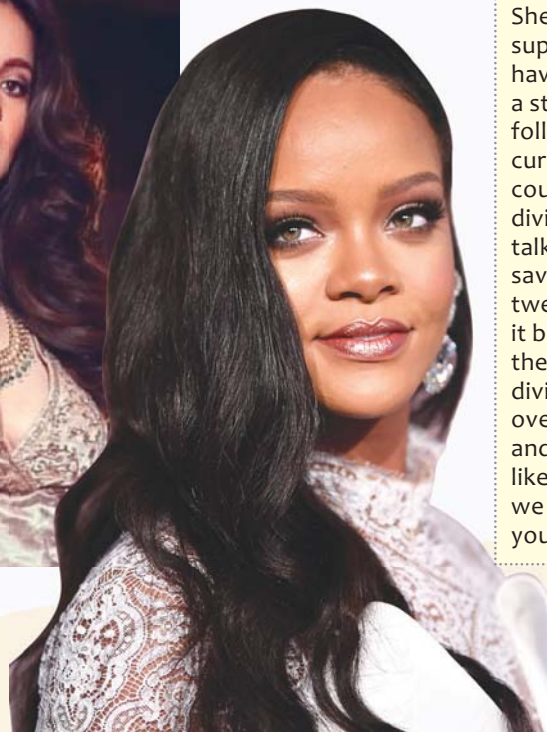


**S**hahrukh Khan is one of the most popular Bollywood stars. It's been over two decades that he has been delivering timeless movies to his fans. And one of his recent hit movies has been Dear Zindagi where he acted opposite Alia Bhatt. During that time, Shahrukh Khan had once said that he thought that Alia Bhatt has dated almost everyone in the industry and might've been disappointed if that came out to be true. SRK stated, "Everyone. I mean every young person that I heard about when she was launched... and I have known her as a baby, so for me, this is shocking. When Karan questioned if he would like to ask that to Alia now, SRK said, "I know I would be disappointed if there would be 3 or 4." Reacting to the same, Alia Bhatt said that she has not dated 3 or 4 even though at the age of 23 she could have done that.

Shahrukh Khan Had Once Thought That Alia Bhatt Has Dated Everyone In Bollywood, Alia Bhatt's Reaction Is Epic



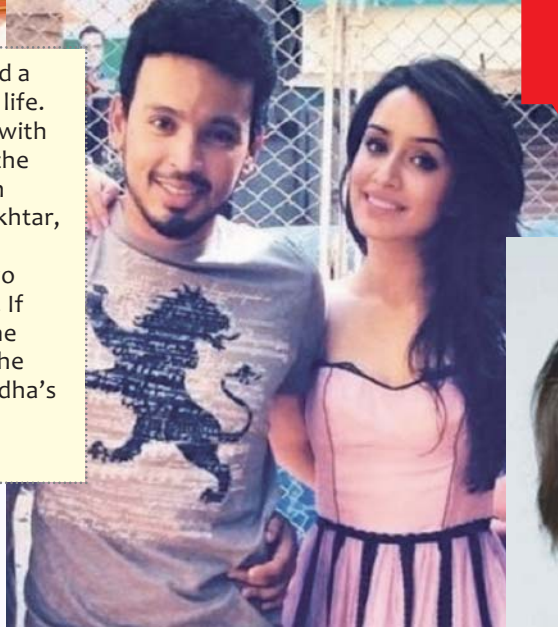
"Sit Down You Fool": Kangana Slams Rihanna On Farmer's Protest



**R**ihanna's tweet was sure to break the internet, and no one is surprised that it did. She was seen extending her support to the Indian farmers that have been protesting for months at a stretch now. Rihanna posted the following tweet in light of the current events taking place in the country, which had the Twitterati divided. She said, "Why aren't we talking about this?!" Kangana savagely replied to Rihanna, tweeting, "No one is talking about it because they are not farmers they are terrorists who are trying to divide India so that China can take over our vulnerable broken nation and make it a Chinese colony much like the USA... Sit down you fool, we are not selling our nation like you dummies."



**S**hraddha Kapoor has had a very secretive personal life. However, her relatives with Rohan Shrestha are quite in the news. After her breakup with rumored boyfriend Farhan Akhtar, she started seeing Rohan Shrestha and it seems the two have decided to settle down. If reports are to be believed, the two might be looking to tie the knot. And guess what, Shraddha's daddy Shakti Kapoor has no objection to her choice.



Shraddha Kapoor To Tie Knot With Boyfriend Rohan Shrestha? Daddy Shakti Kapoor Have No Objection



Zareen Khan Reacts To Being Called Katrina Kaif's Replica After Her Debut With Salman Khan In Veer; Says, 'The Comparison Got My Work Spoiled'



**B**ollywood actress Zareen Khan made her Bollywood debut in inverse Salman Khan in Veer. Since the time she entered the entertainment world, she confronted correlations and is called Salman's old buddy Katrina Kaif's lookalike. However, consistently Zareen has revealed her disappointment uncovering that the comparison has not driven her anyplace. Presently during her most recent interview with Navbharat Times, Zareen Khan by and by responded to being called Katrina Kaif's copy. The actress said that the correlation between her and Katrina Kaif got her profession ruined.

# Self-Made Female Beauty Mogul

**D**r. Leena S is a successful entrepreneur who grew up in Dubai and has been a qualified dentist, model, and actor before establishing her nationally recognized salon chain, The Nail Artistry. A strong advocate of women empowerment, Dr. Leena S is one of the most envied businesswomen of the country today, with a luxe salon brand to her name.



**Pic Credits:** Photography: Dabboo Ratnani  
**Makeup:** Pompy Hans **Hair:** Yianni Tsapatori **Stylist:** Mohit Rai  
**Outfit:** Abu Jani, Sandeep Khosla

DR. LEENA S,  
“I TRULY  
BELIEVE THAT  
EVERYONE  
MUST LOOK  
THEIR BEST,  
AND THAT IS  
EXACTLY  
WHAT WE  
OFFER.”

## Early Life, Qualifications and Career

After studying up to 12th grade in Dubai with three siblings, she came to Bengaluru for her graduation in Dentistry. While at the Oxford Dentist College, Bengaluru, she made it a point to explore her long-sown interests in the performing arts. Even after having completed her BDS degree, she never ventured into that profession. Instead, she found her calling in the film industry.

## The Nail Artistry: Inception and Growth

Talking about the interesting story behind The Nail Artistry's inception, Dr. Leena S believes it wouldn't have been possible if not for her husband, her eternal support. It was his idea that she set up a salon in Cochin, which lacked luxe salon brands to cater to women's grooming needs. What started as a nail-specific luxe service in Cochin soon spread to other cities with increased services.

Today, The Nail Artistry can boast being one of the most flourishing Indian salon chains with an impressive clientele. Their extensive nail services include acrylic extensions, gel polish, chrome nails, shellac nails, 3D art and much more. At the same time, they also offer luxe beauty care services like eyelash extension, micro-blading, and hair-related services. Their USP lies in autoclave machines which include sterilization facilities used in dental clinics and hospitals for ensuring the highest degrees of hygiene.

'Dream big and just follow your heart': Dr Leena S, Founder, The Nail Artistry



**Pic Credits: Photography:** Dabboo Rathnani  
**Makeup:** Pompy Hans **Hair:** Yianni Tsapatori  
**Stylist:** Mohit Rai **Jacket:** Rohit Gandhi, Rahul Khanna



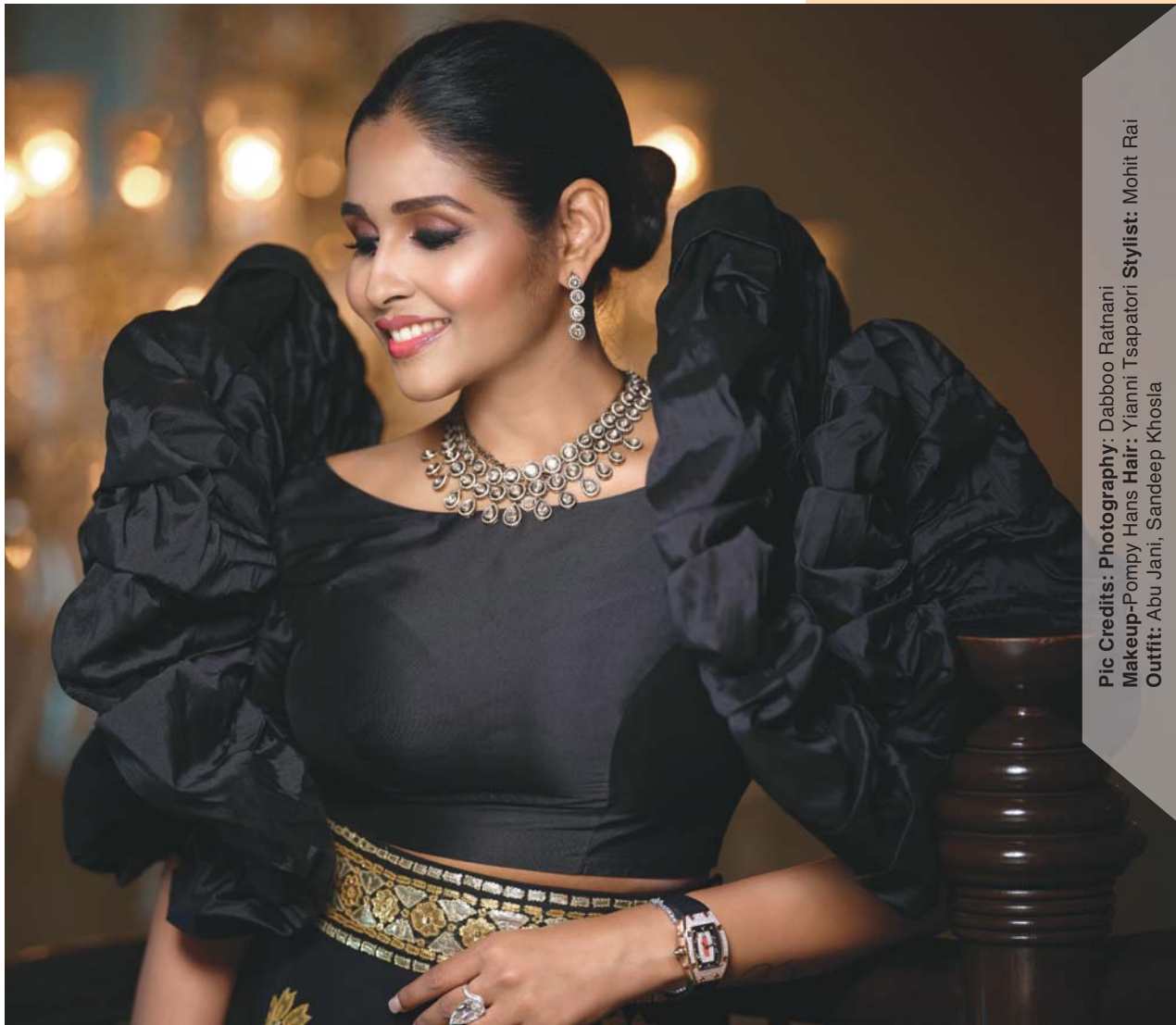
**Pic Credits: Photographer:** Dabboo Ratnani **Makeup:** Pompy Hans  
**Hair:** Yianni Tsapatori **Stylist:** Mohit Rai **Outfit:** Anamika Khanna

The most luxurious nail salon across the country.

Not just this, after having established a loyal customer base in Kochi and Chennai, The Nail Artistry also looks to take its chain ahead to cities like Hyderabad, Goa, and Dubai along with more cosmopolitan cities in the future with high demand and purchasing power.

### **Dr. Leena S: Beliefs and Ideology**

Dr. Leena S firmly believes in the power of self – one's failures and mistakes are the very stepping stones to success they need. She also feels that once you have a big dream, you must not lose grip and confidence. Follow your heart and your persuasion – these are pretty much the only guiding lights you need to channel your efforts in a meaningful direction.



**Pic Credits: Photography:** Dabboo Ratnani  
**Makeup-Pompy Hans Hair:** Yianni Tsapatori **Stylist:** Mohit Rai  
**Outfit:** Abu Jani, Sandeep Khosla

### **Achievements and Accomplishments**

Dr. Leena's The Nail Artistry has bagged several prestigious awards on both national and international platforms. Its top-notch services, super-luxe customer experiences, and bang-on safety and hygiene protocols are the reason behind its famed accomplishments. Here are a few of them:

- Fashion Award: Best Nail Salon in South India, Kochi 2019.
- Millennium Brilliance Award: Most Luxurious Nail and Hair Salon in India, Thailand 2019
- International Quality Awards, March 2019.
- Asia's Beauty and Wellness Awards 2019, India's Super Luxury & Most Creative Nail Art Salon of the Year.
- The Business Awards: Most Luxurious Nail and Hair Salon, Chennai 2019.

Even in the face of the global coronavirus pandemic, Dr. Leena S continues to channel her team's spirits and her customer's experiences to the positive side. She prioritizes her customers and employees before anyone else in these challenging times and continues to be a role model for several young women in the country and beyond.



# Date to Marry!

## 5 Signs you're dating the man you should marry. By Nidhi Jain

**W**e're all on the quest of finding our soulmate, the person who we want to spend our life with, the person we're going to love unconditionally and who's going to love us back the same. Finding that right person is not easy, but once you do, no words can describe that feeling and nothing will ever feel the same.

Many women struggle with the same questions and many would like to know if the man they're with is really the one. The most important thing you need to pay attention to is if the man you're with loves, caring, if he respects you and supports you, if he loves you for who you are and doesn't want to change you. If he makes you happy like you've never been before, if he makes everything feel better and simply makes you a better person. These are all the traits of a man you can spend your life with, the traits of a man who truly deserves you and would make your life feel like a fairytale.

The following signs will tell you if you're really dating the man you should marry:

### 1 You feel safe with him

When he hugs you, you feel like nothing can ever hurt you. His hug is the safest place on Earth for you and you could spend an eternity cuddled with him. He'll do anything for you and he'll protect you and defend you from anyone and anything; he won't let anything bad happen to you. He would never let anyone belittle you, say bad things

to you or simply make you feel bad. He's your knight in shining armor and there's nothing he enjoys more than looking after his princess.

### 2 You're his number one priority

We all have a bunch of things we need to do throughout the day, work commitments, chores, obligations and so on, but there's nothing more important to him than you. You're his number one priority and he will always make time for you, no matter how busy his schedule is. He puts your wishes,

## **EVEN THOUGH YOU LOVE HIM REGARDLESS OF HIS FLAWS, HE LOVES YOU SO MUCH THAT HE'S ALWAYS TRYING TO BECOME A BETTER PERSON FOR YOU.**

needs and feelings first on the list and will never make you feel like there's something more important than you and your relationship. He'll always ask you how your day was, how you feel and will never forget to spend quality time with you, regardless of how tired or stressed out he is. You know that you can always count on him and this makes you love him even more.

### 3 He wants to become a better person for you

We're all flawed and we all have our little imperfections that shape

us into the persons that we are. Even though you love him regardless of his flaws, he loves you so much that he's always trying to become a better person for you. He'll try to learn more, read more, do more, accept new challenges and overcome obstacles so that he can become the perfect man for you. He wants you to feel proud of him and he'll stop at nothing to make you proud.

### 4 He's honest

This is probably the best quality in a man and one that shows you he truly cares about you and your feelings. He'll never let you down by lying to you or being dishonest, he'll tell you the truth as much as it may hurt your feelings.

He knows that honesty is the most important thing in a relationship and he won't allow himself to do anything to break your trust. He knows that no matter how hard or harsh the truth is if he's by your side, you can deal with it.

### 5 He makes you feel beautiful

His words and actions make you feel like you're the most beautiful woman in the world, both inside and out and you love him for it. He loves your body and soul and he always makes sure you know how he feels. He knows how much you're worth and makes sure you know it too. He treats you like you're his queen and this simply rocks your world. No one has ever made you feel this way and no one will ever will.

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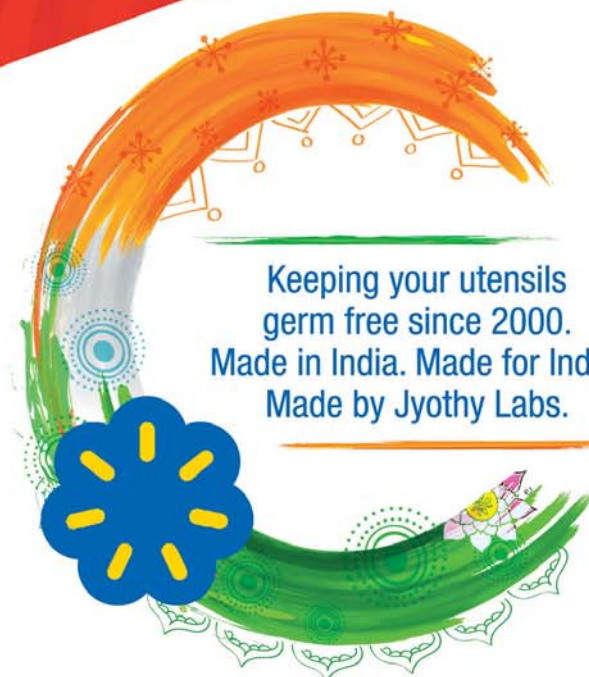


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This nude gown with flower pleated over the front cut for your fresher's party look. This will make you the center of attraction ensuring all eyes on you!



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embroidery to  
enhance the look!

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colour to your party  
collection with one side  
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***Hairstyle:*** Aasim  
***Photographer:*** Ramesh Sharma

# Virtual Reality or Cybersex?

How adult VR for women has changed during the lockdown.

By A. Kartikeyan

With the chaos brought by the pandemic early this year, people were forced to restrict themselves in numerous activities involving social connections and physical gatherings. Health protocols included social distancing and limiting one's self from going to public places, unless necessary. Because of this, many people have not been able to go out and meet with their loved ones, but the digital platform has made communicating with them still possible.

As physical connection and touch are no longer advisable yet, people's desire to make new relationships with others ignited. Dating apps experienced a surge in newcomers and activity today than in the pre-COVID era. During the onset of the pandemic, Tinder and other prominent dating apps experienced an increase of 10% to 15% in messages sent. Basically, the numbers tell everything.

Along with the spike of online dating app usage, another aspect that people crave during self-isolation is pleasure and intimacy which is on a decrease today. In this article, you're going to learn how adults explore their sexuality during these trying times.

## Porn industry and The rise of VR porn

While several industries suffered because of COVID-19 and have witnessed a decline in their sales and activity, the porn industry is progressing. Since people are stuck in their homes and are living in isolation, one of their top activities included watching pornographic videos. For porn industries to continue creating their content, they had to improvise and adapt to

technological trends, especially virtual reality (VR) porn. VR porn was actually practiced long before in 2016, but this pandemic situation shed more light on more VR porn consumption and experiences, particularly VR for men. The porn industry also boasts the following "sex technologies" such as teledildonics, online erotic games, erotic chatbots, and the like.

The porn industry has had a fair share of its revolutionary technologies which helped them to become more resilient during dire times for businesses. Virtual reality

**VR PORN WAS ACTUALLY PRACTICED LONG BEFORE IN 2016, BUT THIS PANDEMIC SITUATION SHED MORE LIGHT ON MORE VR PORN CONSUMPTION AND EXPERIENCES, PARTICULARLY VR FOR MEN.**

porn is only one of the industry's connected, immersive, and interactive sex experiences. Today, younger females are more open and encouraged to talk about their sexual desires and fantasies without feeling insecure. Their demand for porn entertainment and innovation has increased as well.

Women, in particular, will love VR porn as it offers a sense of intimacy and engagement. Instead of watching regular, two-dimensional porn, you'll feel that you're involved in a certain act because of the three-dimensional and immersive features of VR porn.

## Redefining VR Porn For The Women Population

Point-of-view (POV) settings are the most popular type of VR porn as it allows users to feel that they're more than the audience, but a participant.

Also, VR porn received excellent feedback because of the smiles and pleasure that the audience can feel while participating. On another end, erotic VR films with rougher and darker scenes received low ratings. Unlike traditional porn, VR for women has changed because it didn't feature faceless women anymore.

## Bottom line

While VR porn existed and expanded long ago, the circumstances put people to explore alternative ways to have fun with virtual reality porn. In light of this, both porn creators and enthusiasts are looking forward to a VR porn world that highlights the craving for a more respectful and intimate environment than what people were used to because of traditional porn.



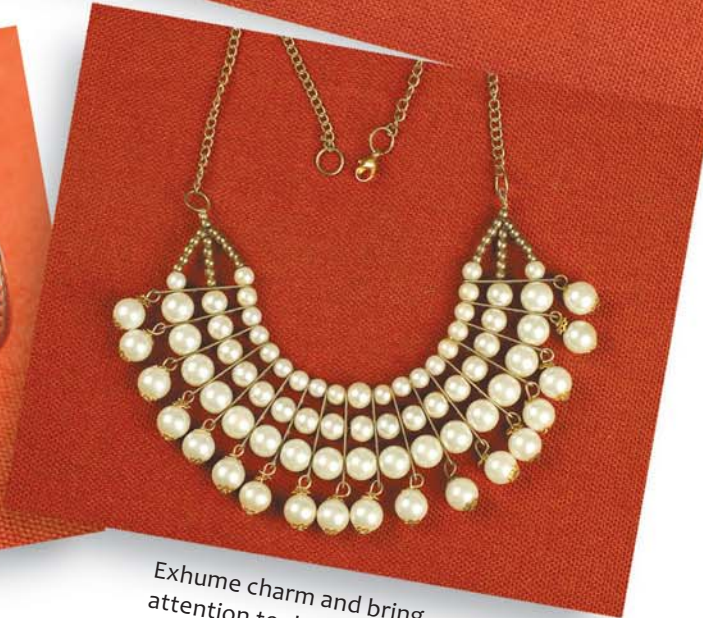
# Boho Twist!

Explore the Bohemian Statement Accessories.



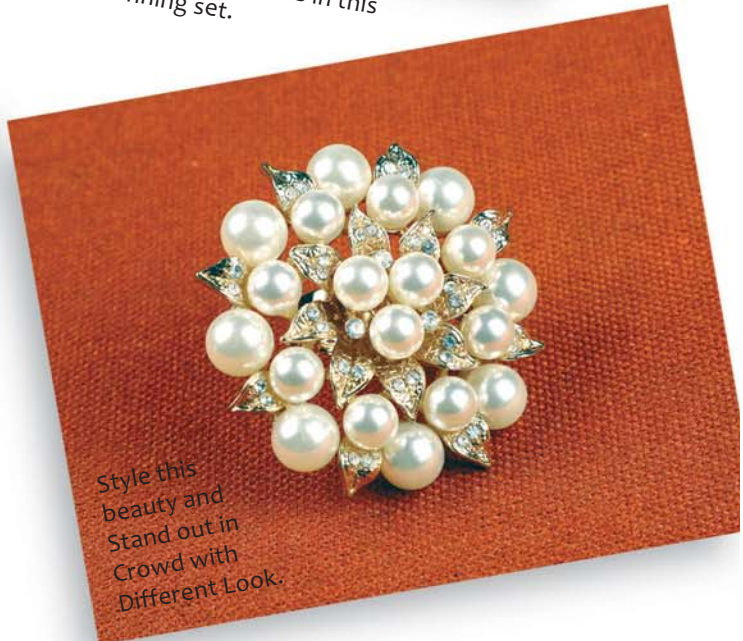
This piece will look so pretty with ethnic ensemble.

This set of bracelet is crafted in mixed metal and features various other geometric designs.

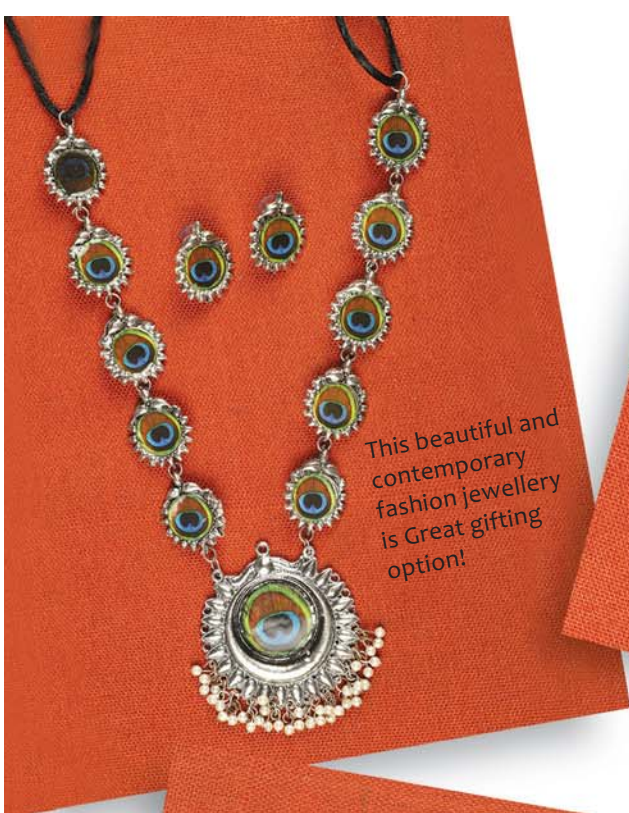


Exhume charm and bring attention to details in this stunning set.

Style this bracelet with your ethnic as well as casual attires to elevate the look.



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Add instant glam to your look with this exquisite pair of earrings.



Wear this with any ethnic outfit and accentuate your look for a festive party or wedding event.



Trends come and go, and style evolves.

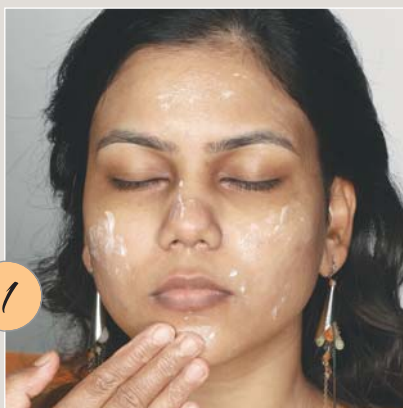
# World of Glam!

Makeup for a special occasion.



Step 1

Prepare your skin by applying moisturizer.



Step 2

Then apply colour corrector concealer.



Step 3

Apply foundation shade that suits your complexion all over your face.



Step 4

Give shape to your eyebrows.



Step 5

Eyeshadow can add interest to your makeup look.



Step 6

Use eyeliner and apply it on your upper lash line.





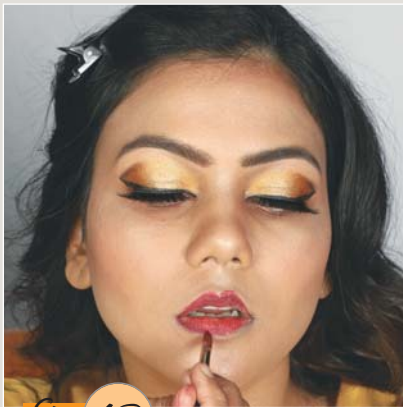
**Step 7** After your eyelashes are curled, grab your tube of mascara.



**Step 8** Apply eyelashes.



**Step 9** Pat the coloured blush onto the apples of your cheeks.



**Step 10** Begin applying your lipstick.



**Makeup Artist:** Gayatri Mahor  
**Model:** Niyati Mahor  
**Photographer:** Ramesh Sharma



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# Take It High

Boost Your Energy for Healthier Lifestyle.

By M. Vinayak

In today's fast-paced society, we're bombarded with various forms of stress that can wreak havoc on our immune systems. Many natural cellular processes in our bodies create waste, some of which form free radicals. If these highly reactive substances aren't neutralized, they can cause damage in our bodies which can lead to inflammation. A consistently high state of inflammation is considered to be a precursor to many common conditions in older adults, such as cardiovascular disease and various types of cancer.

The good news is that our bodies create antioxidants to balance this damage out! Antioxidants bind to free radicals and suppress their damage. However, since we are exposed to additional free radicals from pollution, cigarette smoke, pesticides, radiation, and some processed foods, we need to also take in additional antioxidants to neutralize the free radicals. By combining both forces, your immune system is better equipped to ward off many contaminants that try to invade the body through normal day-to-day activity.

Things you can do to boost your immune system

Vitamin D is known for strengthening bones and teeth by helping the body absorb calcium. People who get too little vitamin D may develop soft, thin, and brittle

**YOUR BODY WILL PERFORM BETTER IF IT GETS ENOUGH REST. STRESS CAUSES STRAIN ON THE IMMUNE SYSTEM SO MAKING SURE YOU GET ENOUGH SLEEP WILL ENABLE IT TO FUNCTION BETTER.**

bones, a condition known as rickets in children and osteomalacia in adults.

But did you know that it is also known to offer sufficient protection against a wide range of illnesses and chronic diseases like cancer? In addition, it improves the body's natural response to bacterial infections like tuberculosis and helps to increase the production of antimicrobial peptides which are very important in boosting the immunity.

Vegetables such as cauliflower, cabbage, broccoli and Brussels (all from the brassica family) produce chemicals that are known to inhibit the growth of cancer cells and boost the body's immune system. One great way to make sure you're getting all of your vegetables for the day is through juicing.

Maintaining a healthy diet is absolutely essential to maintaining a strong immune system. One way to do this is by avoiding or reducing

alcohol consumption. Although many people in our society consume it for recreational purposes, it is important to note that alcohol is a drug that can poison your body and deplete you of essential vitamins and minerals. Therefore, zero alcohol consumption translates into a super strong immune system.

Your body will perform better if it gets enough rest. Stress causes strain on the immune system so making sure you get enough sleep will enable it to function optimally. Getting your body moving and getting your blood flowing improves your overall health and helps to prevent illness. Your body uses Vitamin D to fight off infection and one of the few ways it gets Vitamin D is through exposure to the sun so next time the sun shines get out there and enjoy it.

The health of your immune system can depend a lot on the health of your digestive system. If you've taken antibiotics recently or don't consume a diet consisting of 100% organic foods then you will have antibiotics in your system which will kill all bacteria both good and bad. In order to replace the good bacteria, eat probiotic yoghurt or take a probiotic supplement.

Your immune system is a fine-tuned ensemble of vessels and nodes whose purpose is to defend your body from assaults from the world around you.

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# The Distinctly Majestic Mayfair Hotels and Resorts

An Iconic Coalescence of World Class Luxury and Hospitality.



Pooja Ray, Managing Director of Mayfair Hotels & Resorts.

Mayfair is synonymous with high quality hospitality and has a reputation for blending state of the art facilities with personalized service in properties that are elegant, luxurious and set midst nature.

The group is credited as being the first to bring five-star deluxe hospitality to Odisha and Sikkim. With its unique designs,

architectural style and accent on ecology, Mayfair stands apart from its peers in terms of its magnificence, grandeur and aesthetics.

In an interview with Woman's Era, Pooja Ray, MD of Mayfair Hotels & Resorts talks about the extraordinary architecture, exceptional experiences of guests and future plans of Mayfair.



Set amidst verdant gardens and a pretty lagoon, The Mayfair Lagoon, Bhubaneswar is a stunning property offering unparalleled luxury

**All the hotels and resorts of Mayfair have a different architectural theme. What was the basic thought with the interior and exterior looks of Mayfair?**

At Mayfair hotels and resorts, we realize that what we deal with are precious moments from the lives of our guests and hence we focus on giving our guests an all-around experience. If that means putting up architectural marvels or designing bespoke services around these wonders, we have been walking those extra miles for our guests since our very inception many decades ago, and that is evident in every property operated by Mayfair Hotels and Resorts. When we design our products, we take inspiration from the history of the location and incorporate luxury around this core idea, to this we add our touch of responsible and sustainable tourism practices, and we have a Mayfair product offering! Each Mayfair hotel or resort is a culmination of immaculate planning and execution at its highest level, making our hotels and resorts a destination in itself. Our usage of local materials and support to local artisans help support the micro ecosystem, and we are very proud of the many lives we touch, which are our actual achievements.



Captivating confluence of old world charm and contemporary comforts at Mayfair Tea Resort in Siliguri.

**How does the extraordinary architectural view help in raising a profitable revenue?**

While there are many factors leading to revenues and profitability for a hotel chain, we do believe that an exemplary architecture adds a lot of value to the guest. Every corner of our properties is designed keeping our guest, and their comforts in mind. It is not uncommon for our guests to be seen clicking selfies around our ornate hotels or our well landscaped gardens. Every time,

they click such an image, we find joy in having added value to them and every time they post their photographs on social media, they add value to us by making the concept go viral. Today, a very large number of guests come to us purely through positive 'word of mouth' which is followed by a very high percentage of our 'regular guests'. Both these segments are by virtue of our superior architecture, and we are only humbled by the accolades we have been receiving over the years.



Mayfair Palm Beach Resort, Gopalpur-On-Sea is a shining pearl by the beautiful beaches of Southern Odisha.



A luxurious lake resort offering world class facilities in Raipur.

**Mayfair stands as a true paragon of World Class hospitality and is one of the leading luxurious hotel chains. What does Mayfair provide for an overall family package?**

Our hotels and resorts provide 'best in the class' services, and are designed to cater to the needs of families travelling together, for short or long-stay vacations. From the architecture perspective, our oversized rooms, spacious suites and cottages are a hit with families; however, our Villas are always in tremendous demand for families travelling together. Our dedicated play zones, fun areas, reading rooms and curios are always much appreciated by families. However, our chefs go one step further and provide special menus for all our children, thereby making the 'Family Packages' a never-say-no deal. Our

marketing team is ever ready to design bespoke packages 'A-La-Minute' that will add tremendous value to your stay.

**What are the unique experiences that are offered by Mayfair Hotels and Resorts that makes it exceptional?**

While the Mayfair chain today flaunts 12 hotels and resorts spread across 10 destinations in India, we have consciously ensured that they are all uniquely different in their own quaint ways. While each resort will bring forth the architectural elements of the land that it operates in, it will also have certain finer elements of luxury that one associates Mayfair Hotels with today. Hence while our hotels at Bhubaneswar offer a colonial feel spread across acres of beautifully

landscaped gardens and is studded with an array of restaurants, our resorts at Gopalpur and Puri are all about the sea, and the good life one attaches to living by the golden sand beaches. Our latest offering is the 'Mayfair Tea Resort' which is the country's first tea themed resort and offers a deep insight into the simple tea leaf and the sheer joy it provides. At Mayfair, we are adept in blending antiquity and history along with the ultra-modern.

**From casino hotel to boutique tea resorts, from lake resort to ocean facing hotel, Mayfair has celebrated luxury and heritage. Where is Mayfair heading now?**

Mayfair group is very confident of its expansion plans, and has a list of upcoming projects that our team would have already put in place, had it not been for the lockdown. As per our revised launch schedule, we are happy to announce our next offering at Kolkata, which shall be opening within the next 18 months. We intend to redefine luxury in Kolkata with this project. We are working on a Golf Resort at Satapada at Chilika Lake, which will put Odisha on the global golfing circuit. We are also at an advanced level of planning for a mega convention hotel in Bhubaneswar. Exciting times ahead for brand Mayfair and its patrons!

**Do you have any plans for a subtle combination of nature and luxury in North or West?**

We are committed to a Pan-India footprint, and intend to double our inventory over the next five years. We started this journey with our resort at Goa, and to catalyze this process, we are in discussions with select 'like-minded' business houses to partner them in this process. We are talking to them to operate their existing and upcoming hotel projects. We are confident that this synergy shall add tremendous value to the business houses, while also providing our valued guests with more 'exceptional experiences' across India.





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A bride and groom are shown in profile, facing each other and embracing. The bride is on the left, wearing a white lace wedding dress and holding a bouquet of white flowers. The groom is on the right, wearing a blue suit and a patterned tie. They are set against a solid blue background.

Love is an intense feeling of deep affection, in other words, love is what one feels, Love should be seen not as a feeling but as an enacted emotion. To love is to feel and act lovingly. People who are in love generally feel a powerful sense of empathy toward their beloved, feeling the other person's pain as their own and being willing to sacrifice anything for the other person. Love means to be deeply committed and connected to someone or something. The basic meaning of love is to feel more than liking someone. It is a bond that two people share. There are a few things you need to avoid when building a new relationship like being too demanding. According to psychology, if you find yourself abandoning usual activities or feeling unusually optimistic, you might be falling in love.

Falling in love is one of the strangest and most wonderful things a human being can

# Love is not Enough

Scarcity of love in  
married life.

By Dr. Sanjay Teotia

experience. And while it's different for everyone, there are some common thoughts and feelings that can help people identify when it's happening. You might be experiencing one of the obvious indicators like not being able to think about anyone or anything else

but that person or the signs could be more obfuscated. Whatever it may be, there's no doubt that falling in love in today's labyrinthine dating landscape is complicated. In a bid to simplify things a little, psychologists identify some of the clear signs that you might be falling in love with someone like you can't stop staring at them, you abandon your usual activities, you don't mind when they do something unattractive, time flies when you are together, you feel unusually optimistic, you want to touch and kiss them, you always think about them, you want them to be happy, falling in love can warp your sense of reality a little. It is likely that if you feel deeply in love with someone, then you will have a somewhat unrealistic view of who they are and how they present themselves.

So whilst you might be inclined to be critical of someone else doing or saying something if your partner does or says them. You might love them for it because, in your eyes, they can do no wrong. Basically, scarcity of love looks like these words people use as I will never find anyone, I am too old now, all men seem to be looking for younger women, everyone seems to behave so badly online, I can't cope with getting another dick picture, and I don't want to go through that pain again. An unhappy or loveless marriage chronically feels bad. It's like a cold that lingers, leaving you drained and vulnerable. Scarcity of love in married life can cause constantly criticizing your partner we all get cranky. But you need to determine if your frustration is stemming from an actual lack of respect for

your plus one or if you are just having a bad day. If you find yourself using terms like never and always as in you never help me clean or you always forget to help, you are not just criticizing your partner, you are assassinating their character.

Couples who have unresolved, persistent conflict and a pattern of low-grade hostility even when they are not fighting, quickly stop viewing the other person as a source of comfort, support, or partnership. They stop treating each other like friends, planning fun things, confiding in each other, sharing their feelings, or even talking about their day. They pull back often due to a (realistic) fear of being rejected or attacked if they are too vulnerable. When you respond to each other with sarcasm, your marriage might be in

**SCARCITY OF LOVE IN MARRIED LIFE CAN CAUSE CONSTANTLY CRITICIZING YOUR PARTNER WE ALL GET CRANKY. BUT YOU NEED TO DETERMINE IF YOUR FRUSTRATION IS STEMMING FROM AN ACTUAL LACK OF RESPECT FOR YOUR PLUS ONE OR IF YOU ARE JUST HAVING A BAD DAY.**

trouble, contempt usually stems from a relationship rupture, infidelity, secrecy, or another transgression. Contempt is hard to come back from. It's not ethical to behave in hurtful, cruel ways with your partner and you should not be treated that way either. If you are willing to work through the issue that's at the root of this disgust, there's hope. But remember, you can't cure contempt without discovering what started it. Once respect is gone, you lose the foundation to rebuild your relationship.

## **(UN)HAPPILY MARRIED**

It is possible to be happy in a loveless marriage. After all, marriage is about family and not just your partner. A person's happiness is not tied to a single person, it never was and it never is. If there is one person in the world who is responsible for your happiness, it's you. Also, if two lies down together, they will keep warm. However, while love can be a powerful force in a relationship, it should go without saying that love is not the only force behind a successful marriage, as there a multitude of factors involved in it. Aromatic people, also known as aro, don't develop romantic attractions for other people. Romantic people do form strong bonds and have loving relationships that have nothing to do with romance. You no longer desire to spend any time together, do not dress up or try to look nice for your spouse, and genuinely are not concerned with your spouse's life. Your marriage should be a partnership. You are taking on the world together, making decisions together, and always have each other's back. Happy marriages are difficult to maintain and a woman can fall out of love with her husband. It's difficult for a couple to maintain



the level of excitement felt when they first met once they are sharing their lives day in and day out. Add to the monotony of daily life, marriage stressors, and a lack of skills for dealing with the stress and a wife can lose those loving feelings toward her husband. Not only is communication important in maintaining a bond with each other, how you communicate will determine how strong of a bond. The way a couple communicates is as important as the ability to communicate. Despite how happily they started as a couple, the pair was more than likely hiding a continuous cycle of unhappiness within their relationship. After striving to keep all their troubles hidden just below the surface for far too long, they felt that separation was their only option.

This is not unusual at all. Many couples struggle to maintain happy relationships but without the right tools their attempts at doing so can become futile and marriages still fall apart. Often couples lack alignment on the things that matter most and feel like their own personal goals or feelings are the most important ones to focus on. It is easy to get lost in your perspective and fail to see your partner's viewpoint on the important things, causing them to feel like they are not valued. Every person has unique needs they hope their partner will fulfill. But sometimes couples fail to speak up

about those needs or presume their partner's needs are the same as their own, often leaving their significant other feelings alienated. Letting disconnect become the norm, this is when couples start to say things like I love you but I am no longer in love with you. This should be seen as a call to action but more often than not couples seem to find this to be a final resting place, whether in divorce or mutual unhappiness. When you start to forgo sex, your intimacy and the resulting connection is going to start to drift apart.

## **SENSE OF DISINTEREST**

It is important to see this aspect of your relationship as just as much of a priority as any other and put in the effort to make a positive change. Even if there is a sense of disinterest or apathy, the effort can

**LOVELESS MARRIAGES USUALLY HAVE SEX LIFE EXCITING BUT NOT ROMANTIC. DECIDING TO LEAVE A MARRIAGE IS SCARY. THERE'S A DEEP FEAR OF BEING ALONE, NOT TO MENTION THE POSSIBILITY OF AN UNKNOWN FUTURE.**

take the form of scheduling sex or giving maintenance sex a try. What can you do when you're happy marriage feels miserable? Find a little perspective; focus on why you fell in love with your partner and what you want your life as a couple to become. Even better, tell your partner this without any expectations of them doing the same. Loveless marriages usually have sex life exciting but not romantic.

Deciding to leave a marriage is scary. There's often a deep fear of being alone, not to mention the possibility of an unknown future. Many stick with mediocrity settling for low-level pain and dissatisfaction instead. But that's not your best bet, staying in a seriously unhappy marriage can have long term effects on our mental and emotional health.

People in bad marriages usually have low self-esteem, struggle with anxiety and depression and have a higher rate of illness than those who don't. People feel sad and grieve when they decide to let go but people who divorce do recover emotionally and most find new relationships. One warning sign would be that your relationship is sexless or if you are having sex less than ten times a year. After all, it's an intimacy that separates a romantic relationship from all other sorts of relationships you might have. When that's going out the window, it's a really big red flag. A lack of visible physical affection like kissing or hugging is also indicative of a real problem. If you often imagine a happy future without your partner, that's a major sign that things are not right. This is a part of the emotional detachment process, during which you may try to convince yourself that you don't care anymore so that the eventual separation feels less painful. Detaching psychologically by fantasizing about having an affair or making plans for the future that don't include your partner can all be signs that you have fallen out of love.



## Personal Problems



# Q & A

**M**Y EX-BOYFRIEND HAS STARTED HARASSING AND blackmailing me. In the beginning of our relationship things were fine but then his behavior changed. He started reacting over petty issues and often abused my parents which is why I broke up with him. He thinks I have betrayed him and that's why he wants to take revenge. He has stooped to the level of blackmailing me by sharing our pictures with my friends and cousins. I even approached the police but nothing happened. I am really tensed and do not want to involve my parents in this mess. Please suggest.

Be strong and don't give in to his demands. Without wasting a single day, tell everything to your parents. They will surely understand and help you out of this mess. Once your ex-boyfriend knows that your parents are aware, in all probabilities he will step back and stop blackmailing you. But, if he still continues to do the same, you can go ahead and file criminal complaint against him for blackmailing and outraging modesty of women. He can be booked under various non-bailable offences.

Be bold and have faith in your parents and the matter will be sorted.

**I**HAVE BEEN MARRIED FOR 2 YEARS BUT NOT HAPPY WITH THE way things are going. I feel I have been cheated by my in-laws. Before marriage they had said that my husband and his brothers are together running a business. But after marriage, I got to know that my husband is working as an assistant in his brothers' shop. Also, the eldest of them purchased 3 properties for all but finally moved us to a 20 year old flat which is in a very bad shape. My husband is too reserved, doesn't say anything to anyone. I don't understand how he puts up with their bad behavior! I am really worried about our future.

Your brother-in-law has wronged your husband and his attitude is unfair and oppressive. Since it's a family matter, it will be better that it's discussed and sorted amicably within the family. Advise your husband to have a heart-to-heart with his brother and politely explain him that your family will also grow and would need a recurring income and a house which is good enough to live in. If need be, you both have a discussion with your brother-in-law and his wife. It might not happen in one meeting and may require a few rounds of discussions. If this doesn't solve your problem, you may take a legal action. But it is better that the matter is sorted within the family.

Don't lose heart, be patient and try to convince them in the most affectionate manner. They will surely come around.

**I**AM 29 YEARS OLD AND HAVE BEEN MARRIED FOR 3 years. I have a one year old son. Though I have everything, my life has become a hell because of my mother-in-law and 2 sisters-in-law. They have been harassing and torturing me mentally. I have been doing everything possible to keep them happy but their behavior is still the same. My husband doesn't realize this and always

takes their side. He is in a government job but doesn't want me to work. He is a miser and is reluctant to spend on basic needs and comforts. It's becoming difficult day by day to put up with their behaviours. Please advise.

Please start respecting yourself and stop tolerating any kind of injustice. You are your spouse's legally wedded wife and equal partner. You have to take a stand for yourself. Speak to your husband even if you think it will not make any difference. He will understand someday. Don't be a nagging wife and share your feelings in a subtle manner so that he doesn't feel that you are complaining all the time. Spend time with him, try to add some humour.

Try to convince him to let you work. This way you will become independent, contribute more towards the family and get rid of the daily mess. I know it's not easy but you will have to be patient and persistent.

Continue being a good wife and daughter-in-law and do your duties well but at the same time don't give in to your in-laws' coercion manipulation tactics to control you. Be transparent and make everybody understand that you are a part of this family and deserve the same respect as others. Also, learn to say NO but in the most polite manner, and don't let anyone rule you. Stand your ground. Be consistent. If ever they try to cross their limits, don't hesitate to take a legal action against them.

**I**AM A 24 YEAR OLD GIRL AND IN LOVE WITH A BOY. RECENTLY, HE broke up with me saying he wants to focus on his career. Also, he cannot marry unless his two younger sisters get married. But he still cares for me and wants to remain friends. I even tried to give him some space but he keeps sending messages. I am very upset and not able to concentrate in my studies. I am confused and not able to trust him. Should I block him or continue with him as a friend?

You are young and such feelings are absolutely normal. But have control over yourself. He is trying to distance himself from you. Maybe his reasons are genuine or maybe he realized that he doesn't love you but wants to be just friends with you. Both ways it's good on his part that he is not keeping you in the dark.

It's better that you do not assume anything, be practical and take him as a friend only, otherwise it might lead to a heart.

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.

# Naad Wellness- Ayurveda, Naturopathy, Yoga

Tops Wellness in Delhi NCR. By Khushboo Jain

Author



Khushboo Jain  
Wellness Advocate,  
Founder of  
MadAboutWellness.

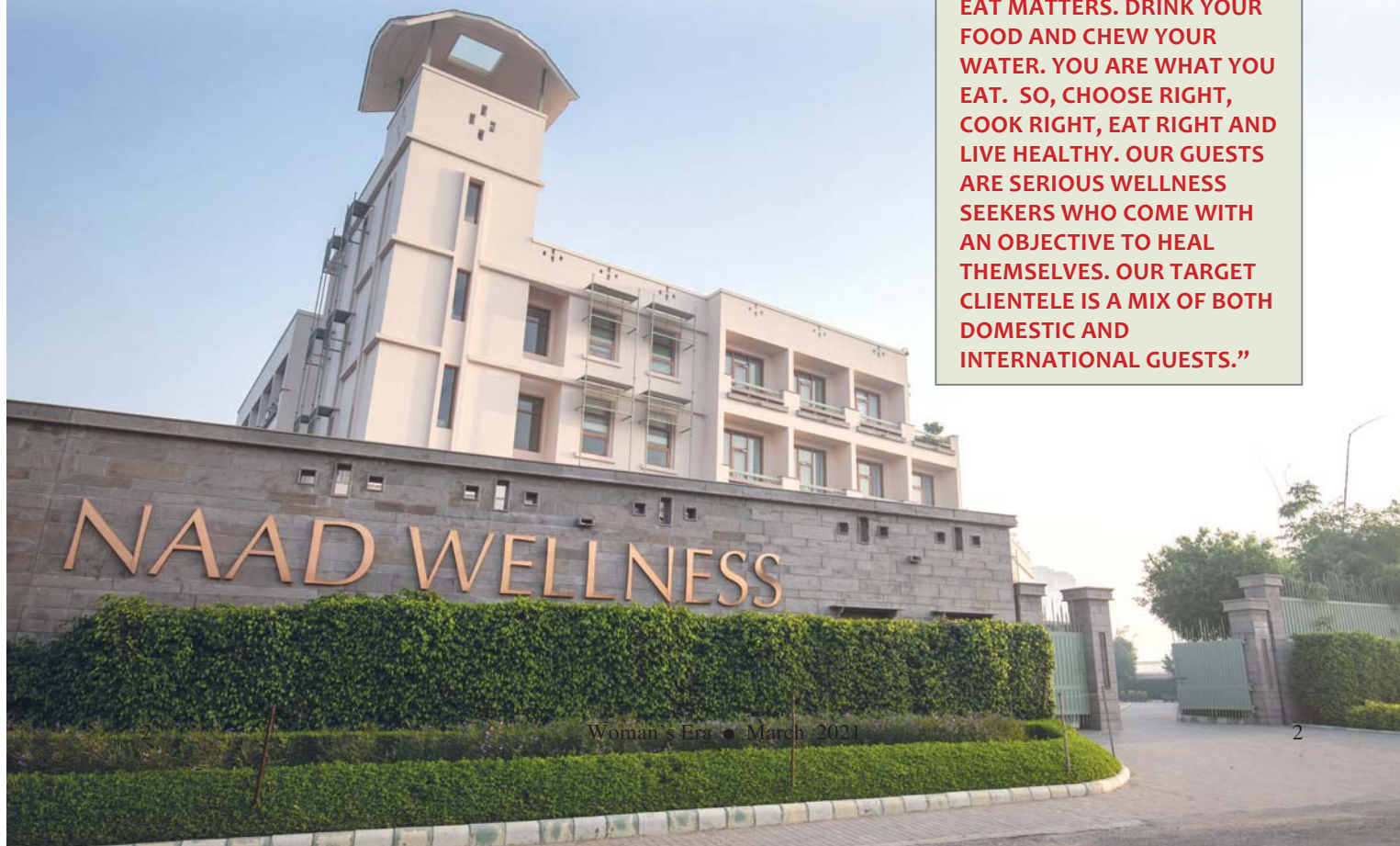
Amidst the aroma of ginger and lemongrass tea, pristine landscapes and green carpet, 39-room Naad Wellness located in Kundli on the outskirts of New Delhi, tops the wellness experience of North India. Shares Co-Founder Manoj Khetan, “Rooted in the ancient principles of Ayurveda, Yoga & Naturopathy, therapies and services are offered via residential experiences that restore balance to your five senses. Our curated experiences begin at 3 nights and go up to 28 nights.”

Choose from a combination of Experiential Packages (Detox, De-stress, etc) starting from 3 to 14 nights or Medical Packages (Diabetes Management, PCOS management, Spine Care, Sports Injury Management, etc) starting from 10 to 28 nights.



Manoj Khetan  
Cofounder, Naad Wellness

**“AYURVEDA SAYS MORE THAN WHAT YOU EAT, IN WHICH STATE OF MIND YOU EAT MATTERS. DRINK YOUR FOOD AND CHEW YOUR WATER. YOU ARE WHAT YOU EAT. SO, CHOOSE RIGHT, COOK RIGHT, EAT RIGHT AND LIVE HEALTHY. OUR GUESTS ARE SERIOUS WELLNESS SEEKERS WHO COME WITH AN OBJECTIVE TO HEAL THEMSELVES. OUR TARGET CLIENTELE IS A MIX OF BOTH DOMESTIC AND INTERNATIONAL GUESTS.”**





## HOLISTIC & MEDICAL PACKAGES

The team at Naad sets you on a transformational journey to bring back the balance of the five senses, while restoring good health and wellness.

Explains Dr. Hrishikesh Ashok, “We use cold-pressed oils for treatments processed in-house and medicines are from Arya Vaidya Pharmacy Coimbatore. Each guest experience begins with a one-on-one consultation with both Ayurveda & Naturopathy doctor. Our team of doctors then plan for a customized itinerary which is a combination of therapies, yoga, kriyas and nutrition. We heal the body, mind and spirit from within, addressing the root cause of any imbalance, rather than short-term solution.”

**The Naad Experience:** This package aims to incorporate healthy lifestyle choices in the daily routine. A combination of Ayurveda and Naturopathy therapies, Yogic kriyas such as Jal Neti, Kunjal Kriya, Laghu Shankh Prakshalan, Therapeutic Yoga, Pranayama, Guided meditation, Wellness

Cuisine, Fitness & Leisure activities and others help to restore balance to mind, body and spirit.

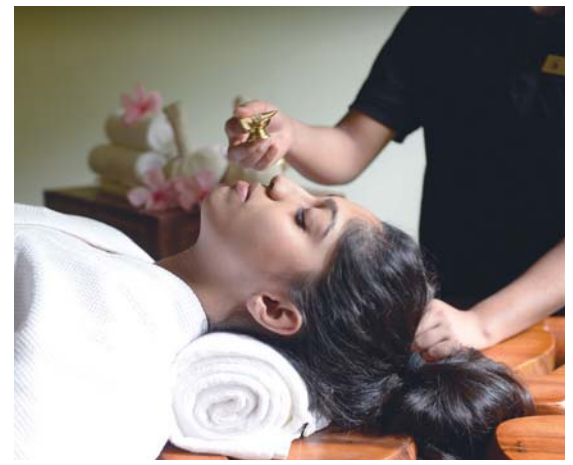
## CORPORATE WELLNESS PROGRAM

Enhance the productivity of employees and workforce by enrolling them in this program. It addresses common health issues such as eye strain, stress, dry eyes, backache, cervical spasm, and carpal tunnel syndrome to name a few.

**Punarnava Package:** ‘Renewal’ This experience works on your metabolism by cleansing metabolic waste from the body while providing intense nourishment to the skin.

**The Indian Experience:** Indulge in Ayurvedic Journey that takes you through various ancient Vedic healing & Ayurvedic therapies to restore balance to the senses. This journey shall balance your body doshas with specific treatments.

**De-stress & Detox at Naad:** Detox program Cleanses body with accumulated toxins, restoring vitality and building a strong



immunity. De-stress experience tackles Stress issues. It focuses on complete rejuvenation, restoring health and energy to the body, mind and spirit.

**Nikhaar by Naad:** Beauty is so much more than just being skin deep. The experience focuses on a complete detox and balancing the three doshas - Vata, Pitta & Kapha, and the governing bioenergies of the body. A holistic wellbeing approach includes, skincare, haircare, a yoga and fitness routine and optimum nutrition.



**Nirāmaya by Naad:** Cope up with the lasting after-effects of social distancing, like irregular sleep patterns, insomnia, irregular eating habits and more. The package focuses on mental and physical fitness, in order to build a shield around the body as a defense against any infection or virus.

**Weight Management:** Weight issues are tackled beautifully with Ayurvedic therapies like Shirodhara, Nasya, Shiroabhyanga, Acupuncture, Reflexology and others. After individual wellness consultation and body composition analysis, a combination of Ayurveda and Naturopathy therapies is prescribed along with Dental consultation, Yogic kriyas, Therapeutic Yoga, Pranayama, Guided Meditation, Fitness and leisure activities embodied with Wellness cuisine and non-alcoholic beverages.

## ARTHRITIS MANAGEMENT

This program works to ease arthritis symptoms, increase joint mobility and balance the aggravated dosha via therapies like Choorna Pinda Sweda, Upanaha Sweda, Compress/packs and Acupuncture and others.

**Hyperlipidaemia Management-** Go for this package if you have abused your body due to excessive alcohol consumption, obesity, medications such as steroids, incorrect food habits, unhealthy lifestyle, and lack of physical activity. A planned lifestyle regimen controls and modifies disproportionate cholesterol levels in the body.

**Diabetes, PCOS/PCOD, Hormonal Imbalances, Respiratory Diseases, Hypertension issues, Migraine, Spine problems like cervical spondylitis, lumbar spondylitis, sciatica and degeneration of the disc, backache, cervical spasm and carpal tunnel syndrome, Eye Problems, eye strain, dry eyes and others are treated and managed here.**

**Sports Injury Management:** The program can minimize the damage to a muscle or joint and increase the chance of full recovery, while improving performance, enhancing overall health and preventing further injury.



## WELLNESS CAFÉ

Meet Sekh Sahajan, the Head Chef who integrates the ancient Ayurvedic philosophy and modern scientific nutritional aspect of the cooking method to provide Tridosha (Vata, Pita and Kapha) balanced diet to attain wellness of the guest at all levels.

Pick your choice of seasonal and organic fruits and veggies from the Retreat's own kitchen garden and farm for cooking. Doctors at Naad prescribe food based on prakriti (body constitution) type and vitality of the guest, medical history and health objectives.

Quips Sekh Sahajan with pride, "In Naad cuisine, we use freshly

prepared natural ingredients with the right cooking style and method. The food is vegetarian, cooked in a combination of desi ghee and cold-pressed oils with ingredients. Only nature's freshest bounty is used in our kitchens, in sync with the six Indian seasons."

Naad invites you to experience good health and fulfilment with leading experts in its world-class facility.

## Naad Architectural & Design Highlights


The exterior is made from natural stone and features abundant natural light, streaming through its tall windows, glass doors and French windows.

- The 'yin and yang' inspiration for reflexology track
- Sustainable endeavors with 100% water and solid waste recycling (both used for horticulture) and rainwater harvesting.
- Wood polished with linseed oil to avoid emission of chemical fumes
- Temperature control Sandstone used in swimming pool & Plunge Pool to keep water cool in summers and warm in winters
- Handmade tiles sourced from artisans in Rajkot
- Lush greenery and sprawling lawns



- Clay courts for badminton and tennis
- 3-acre plot is carpeted with lush greenery and sprawling lawns.

**Contact: Naad Wellness,  
Naad Marg, Ansal Sushant City, Sector 62,  
Kundli -131028, Haryana, India  
Tel- 91-124-6030 400,  
namaste@naadwellness.com**



Writing this may sound selfish to some but it does not point anyone in particular. Without creating a dramatic story I would directly start. There is something about this topic as whenever I get to hear this all I start having negative vibes. Google is the answer to all questions and during summer it's natural to have acne and breakouts on the face, I was looking for some skincare tips but few links that my eyes got stuck on made me very uncomfortable.

Google usually has those "people may also ask" portion 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? .....

# Deal With Imperfections!

Imperfect is perfect.

By Bushra Hussain Khan

Over the years many ethnicities have been programmed to equate fair skin and slim figure or I should say zero figures 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 "beauty comes from within?"

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

In the era of modernism somewhere the society is still backward in terms of choosing someone based on complexion. Society has placed so much emphasis on complexion and figure that it has aroused dangerously obsessive behavior amongst us. I agree with the concept of using products for skincare, especially in the current effects of global warming and a polluted environment.

## SOCIAL NORMS

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 based on skin color. 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 I even have to go through it. I still remember my aunts asking my mom to give me saffron and milk every

night to make me fair because I had had sun-kissed complexioned. Using fairness creams, ubtans, Haldi, and Multani mitti were very common to me. Until I realized that this obsession with fair skin is making me lose my inner self-confidence.

Another major drawback eating habits that unfortunately affect our health in several ways. Certain types of eating cause weight gain and due to some metabolism issues 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

**AFTER BEING CONSTANTLY COMPARED TO OTHERS FOR BEING DUSKY OR BROAD IT’S BEEN QUITE A TOUGH JOURNEY TO FIND YOU SEXY. YOU START BELIEVING IN IT, AND ADOPT A SELF-IMAGE AND START REGRETTING YOURSELF FOR NOT BEING PERFECT.**



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

After being constantly compared to others for being dusky or broad it’s been quite a tough journey to find you 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



## Beauty Queries



# Q & A

**M**Y COMPLEXION IS FAIR BUT MY FACE HAS A FEW DARK patches, which I want to remove. Please tell me what could have caused this problem and how I can deal with it. I am 45 years old and live in Mumbai.

Dark patches could be due to several causes, and in most cases can be cured. Your age suggests that hormonal changes due to your pre-menopausal situation could be resulting in Chloasma or the darkening of skin. Dermatological treatment can be had for this.

- ✿ Check your iron level too for this darkening.
- ✿ Wash face with cold water. Use a good sunscreen lotion if going out in the sun.
- ✿ A mixture of milk cream and turmeric is a good skin lightener. Lemon juice also helps in decreasing stains.

There are good night creams from reputed cosmetic companies that contain skin lightening elements which you can find useful. The most important step you can take is to avoid exposing your face to the ultraviolet rays of the skin. Always use a sunscreen application with at least 30 SPF.

**I** AM A 19-YEAR-OLD GIRL WITH SHOULDER-LENGTH HAIR, VERY keen to have long silky hair. Is there a method with which I can make my hair grow longer quickly?

The length and texture of one's hair are often determined by hereditary factors. Some families have women with long hair, some short, some wavy, and some silky. Thankfully though, with modern cosmetic treatments, we can change all these conditions very well. But to make genetically short hair grow longer is a little tricky, but some methods do help.

Massage scalp with warm coconut or olive oil once a week to encourage growth. Use a few drops of a good serum at regular intervals. Clip the edges of the hair to remove split ends. Avoid overusing styling procedures and products like straighteners, dyes, etc. Heating elements to perm and set hair is best avoided.

Check your diet. Eat foods rich in zinc and iron. Do not tug hair in tight hair bands and ponytails. These measures will help your hair to grow longer gradually, but for more quick results, you can consider hair lengthening procedures in a beauty parlour.

**H**OW DO I GET RID OF UNDER-EYE BAGS? I AM ONLY 35 years old but I look 10 years older because of this ugly problem. Please advise.

Here are a few tips which can help you. Steep tea bags in water for a few minutes, chill in the fridge, squeeze these out and place it on closed eyes for 15 to 30 minutes. You can also chill a spoon in the fridge and place it on eye area. Cold slices of cucumber have the same effect, as a

cloth pad dipped in chilled water.

Hydrate by drinking a lot of water daily. At least 10 cups of water is good for women; you can drink juices and other liquids too.

Elevate your head when you sleep as it discourages blood pooling under your eyes. Find out if you are allergic to some cosmetic you are using, Antihistamines can deal with allergies.

Increase vitamin C foods in your diet as it helps in collagen building. Get at least 7 hours of sleep at night. Remove all makeup before going to bed.

**A** FRIEND OF MINE SAID THAT HER BEAUTIFUL HAIR WAS the result of balayage. What is this? Can I get it done to my hair? I get my hair tinted. Is this the same as balayage?

Balayage is derived from the French word "balayer", meaning to sweep. This is a technique where colour is painted onto the hair to give a graded effect, which looks more natural and attractive. In this, the beautician paints bleach or colour freehand on the surface of the hair without saturating the entire section. The colour is blended on to the hair seamlessly.

Balayage is different from highlights because the latter uses foils while balayage is a visual hand-painted technique. It does not damage hair at all; infact, it is safer than highlights, bleaching and tinting.

It last up to four months, with a little touching up if needed and does not need any special care. Consult your beautician for more details. You must have seen many women nowadays with balayaged hairstyles these days.

**P**LEASE TELL ME HOW TO USE CONCEALER. DOES EVERYONE need it? What are its uses? I am a 23-year-old girl working as a school teacher.

Concealer is a cosmetic formula which is like a foundation but thicker, It is generally used on the face to conceal age spots, dark patches, black circles around eyes and other such blemishes.

Apply concealer in small dots under eyes, close to lashes, to hide dark circles. Use a colour which is a shade or two lighter than your skin tone. Then apply it in dots on all spots and patches, around nose, chin and temples. Use the pad of your middle finger to tap in the concealer. Never rub it in. Concealers come in many shades. Choose the one which suits your skin tone and colour.

It is usually applied on top of foundation as it gets a smoother surface to work on. You can use it even under the foundation if you prefer. It is best to learn the technique from a beauty expert first so that you can get it right.

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

Address your letters, written legibly or typed on white paper, to:

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



# Fish Spa – The Harmful Effects of this Pedicure

The ugly side of the 'Fish Spa'.

By Maneka Sanjay Gandhi

A few months ago, a young woman went to her doctor in New York. Her toenails had gradually blackened over six months and fallen off. No one in her family had abnormal toenails and she had no diseases, no injuries, nor a family history of nail disorders. During the tests it was discovered that she had a fish pedicure six months ago. The fish had caused injury to the nail matrix, which is the nail growth centre. This led to a nasty case of onychomadesis, in which the nail plates that make up the toenail halt production and separate, causing her nails to fall off. The condition can cause deep grooves to run horizontally across the nails, or large gaps where there is no nail. The case has been reported in JAMA Dermatology.

This is not the only problem fish pedicures have caused.

Fish pedicures have transmitted *Staphylococcus aureus* and mycobacteriosis infections.

*Staphylococcus aureus* is a bacterium which is a common cause of infections, that range from minor skin infections, such as pimples, boils, cellulitis, folliculitis, carbuncles, and abscesses, to life-threatening diseases such as pneumonia, meningitis, osteomyelitis, endocarditis, toxic shock syndrome, bacteremia, and sepsis. An estimated 20 per cent to 30 per cent of the human population are long-term carriers of *S. aureus*. It can cause skin and soft-tissue infections, particularly when the skin has been breached. It can spread through contact with pus from an infected wound, skin-to-skin contact with an infected person, and contact with objects used by an infected person.

*S. aureus* can lie dormant in the body for years. Once symptoms begin to show, if untreated, the disease can be deadly. Once the bacteria have entered the bloodstream, they can infect various organs. Without antibiotic treatment, *S. aureus* bacteremia has a fatality rate around 80 per cent. With antibiotic treatment, case fatality rates range from 15 per cent to 50 per cent depending on the age and health of the patient – but the bacterium is now almost antibiotic resistant.

Mycobacteriosis is a chronic disease that occurs in fish reared under intensive conditions. Temperatures between 25°C and 35°C are ideal for the bacteria.

In the last decade there has been a steady increase in the frequency of *Mycobacterium marinum* infections in cultured fish, and human cases associated with fish aquaria have been seen all over the



**DURING A FISH PEDICURE, PEOPLE IMMERSE THEIR FEET IN A TUB OF WATER THAT CONTAINS SMALL FISH CALLED GARRA RUFA. THESE FISHES SUPPOSEDLY PULL OUT DEAD SKIN FROM THE CUSTOMER'S FEET, EXFOLIATING THEM AS THE CUSTOMER RELAXES AND ENJOYS THE TICKLE. THESE FISHES ARE SPECIALLY GROWN IN TANKS AND THEY ARE IMPORTED INTO INDIA.**

world. In fish, transmission can occur by consumption of contaminated feed, aquatic detritus, or entry via injuries, skin abrasions or external parasites. In humans, breaks in the skin serve as an entry point for the organism during contact with contaminated water sources, or infected fish and injury from fish fins or bites.

Mycobacteriosis infection most commonly manifests as a skin disease. Lesions tend to be noticed two to four weeks after exposure to the mycobacterium. The lesions swell and develop into ulcers which persist for months. In some instances, infection spreads to the lymph nodes. The skin, kidney, and liver are the main body parts affected in both fish and humans.

### **FISH PEDICURE CAN CAUSE DEADLY HARM**

Diagnosis can be difficult and is often delayed, and by then the infection has spread, causing considerable damage to tendons and bone. Deep infections typically require both antibiotic and surgical treatment. Skin lesions can be chronic and leave scarring. Deep infections can lead to the loss of joint mobility, and severe cases may need amputation.

I had written about the dangers

# Empathy in Holistic Special Education

Quality Education Access to specially Abled Children's. By Rama



Nirmala Amarnath, Chairperson of Amara Soundarya Foundation

**N**IRMALA AMARNATH, who was born on 27th October 1971 completed her MA, MBA in Education, Diploma in Family and Child Counseling, Diploma in Special Education, Diploma in Learning difficulties and Diploma in Life Skills. She Launched Antarmukha – the Silent victim in 2012 to create awareness regarding the prevention of child abuse. In conversation with Nirmala Amarnath, Chairperson of Amara Soundarya Foundation.

**Your college studies are mostly involved with education and child welfare. What was the motivation for it?**

I believed that formal modes of education were very stressful and so, in order to understand the psyche of children, I undertook various college courses related to alternate modes of education which made learning more holistic and enjoyable.

**What is your vision behind Amara Soundarya?**

Amara Soundarya Foundation is an Institute for children with mild to moderate intellectual disabilities. We seek to integrate mainstream education with specialized techniques, so as to allow seamless assimilation of children with such difficulties into institutes of higher education, vocational training, and ultimately, the workforce, thus enabling them to be socially and economically independent. We believe in the importance of holistic education and hence, provide not only curriculum-based instruction but also integrate therapies and vocational training into our scope of services. As a result, our students

graduate with not only knowledge of books but with significantly improved social skills and a working knowledge of various career opportunities.

**How the drive of philanthropy came to you first?**

My husband Amarnath and Sister-in-law Soundarya, both of whom were famous in the film industry, unfortunately, passed away in an accident in 2004. It got me thinking about how we spend the little time we have here focusing on taking as much as possible from the world, but very little on how we can give back. So I started thinking more about how I can give back. I decided on this school as it was my dream to do something for children.

**Being a woman how does it feel to run this huge empire, given that we see not many women entrepreneurs out there, do you feel there is finally a positive change coming for all the women?**

I feel blessed to have the privilege of running this institution. Many women are doing lots of amazing work today. They are also uplifting other less fortunate women in every way they can by giving jobs and providing training. Women are driving their own revolution and nothing can stop us.

**You launched Antharmukha for creating awareness regarding the prevention of child abuse. Why the issue of child abuse speaks to you the most?**

In many counselling sessions, I found that many children are abused in their homes, in terms of

berating, hitting, etc. These practices were seen as completely normal and thought that this is how a child is brought up. However, this has a devastating impact on these children. They were growing up to be anxious individuals with self-esteem issues. This hurt me a lot and hence, I decided to launch a program which educate parents and the society at large, how to prevent child abuse.

**How do you explain the part that a parent plays in the whole spectrum of child abuse?**

Parents need to understand what is acceptable and what is not. They need to build a rapport with their children and build a conducive atmosphere. They also need to respect their thoughts and opinions and not dismiss them as it is not important. This itself will go a long way in creating happy, confident young people.

**Your organization aims to cater to individuals with special needs. As a part of the education community, how do you feel that educators can contribute in motivating special children?**

Differently-abled children are unfortunately seen as burdens and the parents of these children only think about how to provide for them. Unfortunately, a lot of schools also fall into this mindset. Instead, we need to think about how we can empower these individuals with ample opportunities in every walk of life and recognize every single step they take. We need to stop hiding these children and start celebrating them instead.

of fish pedicures two years ago, but India has still got dozens of parlours offering the service. I have just returned from Goa where the main tourist areas have small shady shacks advertising fish pedicures.

During a fish pedicure, people immerse their feet in a tub of water that contains small fish called Garra rufa. These fishes supposedly pull out dead skin from the customer's feet, exfoliating them as the customer relaxes and enjoys the tickle. These fishes are specially grown in tanks and they are imported into India.

This is a typical case of "aa bail mujhe maar" - inviting a problem when you have none.

These little fish are not doctors, cosmetologists or inanimate loofahs. They eat human flesh because they are starved of their normal diet, which is plankton or vegetable matter. The fish themselves are so mistreated by this unhealthy diet that outbreaks of systemic bacterial infections in the animals are common, causing abnormal eye protrusions and haemorrhaging around the gills, mouth, and abdomen.

They carry bacteria responsible for a variety of dangerous tissue infections and the tubs in which you put your feet are a fertile breeding ground. They excrete like all living beings, and this excreta is what you

put your feet into. Government warnings across the world have warned people that fish pedicures may even cause Hepatitis C and HIV.

Since they are not cosmetic surgeons, their biting results in bumpy uneven skin, and some areas are bitten deep enough to draw blood. Their nibbling of human feet could spread harmful microbes from one spa guest's feet to the next. The hot water tub that you place your feet in is re-used, as are the fish and fungi, and disease-causing bacteria have been detected at fish pedicure spas. The mouths of the living fish cannot be cleaned or sterilized. The fish tanks are also not cleaned very often, or the water altered frequently enough. Obviously, all this increases the risk of spreading infection. These are the reasons that fish spas have been banned in many countries.

**SINCE THEY ARE NOT COSMETIC SURGEONS, THEIR BITING RESULTS IN BUMPY UNEVEN SKIN, AND SOME AREAS ARE BITTEN DEEP ENOUGH TO DRAW BLOOD. THEIR NIBBLING OF HUMAN FEET COULD SPREAD HARMFUL MICROBES FROM ONE SPA GUEST'S FEET TO THE NEXT.**




## THE FINDINGS APPEAR IN EMERGING INFECTIOUS DISEASES

In 2011 and 2012, the Fish Health Directorate of Great Britain intercepted five different shipments of Garra rufa fish from Indonesia, bound for U.K. spas, and tested them for bacteria. They found that all the fish carried a number of harmful bacteria, including Aeromonas spp, Vibrio vulnificus, Vibrio cholerae and Streptococcus agalactiae, which can cause skin and soft-tissue infections.

The strains were resistant to most antimicrobial medications, including tetracycline, gentamicin, neomycin and streptomycin. V. vulnificus can cause wound infections and primary septicemia, resulting in high mortality rates, especially among persons with liver disease, diabetes, or impaired immune function. S. I is a common cause of skin and soft tissue infections, especially in older adults and those with chronic diseases such as diabetes mellitus .

The findings appear in Emerging Infectious Diseases, a journal published by the federal Centers for Disease Control and Prevention in Atlanta, which has been monitoring health effects associated with fish pedicures.

In 2014, researchers from Italy reported cases of customers developing foot infections caused by the Staphylococcus aureus bacterium. Since then infections have been reported in Great Britain, according to the Health Protection Agency. In the absence of any regulation in India, shady shops have sprung up online which sell garra rufa fish. No one knows how they have been able to import them . I saw an ad of a Mumbai shop, Pedifish, which sells "fish spa" fish at Rs 8, and Rs 40 for garra rufa hybrids. They take orders of a minimum of 1000 "pieces" – which shows you how little they know, or care, about fish.

If you want to clean your feet use a pumice stone not a live fish. 



# Green and Zero Waste: Push for Sustainable Beauty

Switching from toxic to natural beauty products.

By Sonal Bhatia

The cosmetic industry is a booming one where women compete with one another on high end perfumes, beauty serums, and the like. This industry promises its audience for a fairer complexion within few days so that, greater number of women can be lured. But when we closely observe the flip side of this coin, pharmacists and lab researchers have found many chemicals such as parabens-, phthalates, aluminum, lead, mercury, fluoride and more hazardous substances that are extremely detrimental to our health.



**FROM GOING TO ORGANIC RESTAURANTS THAT SERVE YOU A VEGAN DISH, GETTING LOCALLY SOURCED FOOD- NOT LEAVING ANY CARBON FOOTPRINT ON THE PLANET, TO GOING BACK TO BASICS WHILE USING SKINCARE AND HAIR CARE PRODUCTS- MILLENNIALS DO NOT SHY AWAY FROM BUYING INEXPENSIVE YET NATURAL WELLNESS PRODUCTS.**

awareness about the hazards present in these chemicals, people are shifting their attention towards going organic- not just in skincare, but almost in everything. From going to organic restaurants that serve you a vegan/plant based version of every dish, getting locally sourced food- not leaving any carbon footprint on the planet, to going back to basics while using skincare and hair care products- eg using coconut oil as a moisturizer, taking bath with herbal powder body washes, using tooth powders, etc, millennials do not shy away from buying inexpensive yet natural wellness products. There are many upcoming 100% organic skin and hair care brands that offer a wide range of products like serums, body butters, eye liners, lip balms, face packs, scrubs, etc that cater to many skin and hair issues- naturally,

Chemical name	Commonly found in	Effects
Paraben	Shampoo, conditioners, lotions, hair colors, lipsticks, etc	Low sperm count in males, endocrine disruption, fertility issues in women
Formaldehyde	Shaving cremes, sunscreens, fragrances, mascara	Immune system damage, cancer
Ethanolamine	Hair spray, nail polish, mascara	Respiratory disorders, organ cancers
Phthalates	Hair sprays, lotions	Birth defects, kidney and lung failure
Triclosan	Soaps, deodorants, powders	Skin infection and irritation, early puberty, asthma, cancer
Mercury	Moisturisers	Impair brain development
Mineral oil	Hair oils	Blocks the skin's ability to release toxins

**Everyday use products  
Chemical hazards**

Can we ever think closely about the products that we use everyday- be it a soap, toothpaste, hand wash, moisturizer, kajal, lip liner, eye liner or a hair color? The first hazardous chemical that we use right after waking up is fluoride rich toothpaste. Such chemical products are heavily loaded with dreaded toxins and adulterants which make their way through our skin into our

bodies and can even cause cancer. It is a well known scientific fact that whatever we rub or apply on our skin, it is absorbed through its deep layers into the body. On an average, we use about 10 personal care products each day which can total up to 150 chemicals. A list of chemicals, what they are found in, and their side effects:

**Shifting patterns**

Owing to the increasing

without any chemicals. But people need to check the organic certification of the brand since many brands deceive us by just mentioning one herbal ingredient and broadly mentioning all their products organic.

**Natural remedies**

There was a time when our ancestors only put warm mustard oil/ghee in their hair and no wonder they had thick, dense, black and

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long hair. For a bath, they first massaged their skin with an oil, sat in sun for a while and then washed it off with an ubtan that removed all the dead cells away. Pure Rose water was used to cleanse and tone the skin. Aloe vera was used as a moisturizer, beetroot as a lip stain, potato for bleaching the skin, neem to get rid of acne, dandruff, lice, etc. Such plant based ingredients, when combined with modern biotechnology, produces a wide range of products which can solve all skin and hair issues, naturally.

Earlier, brides were anointed with a haldi chandan ubtan which gave her a shiny and moisturized skin. Her hair was kept oiled many days prior to the wedding to enable that she has perfectly silky smooth hair on the wedding day. She was bathed in raw milk to ensure a bright and clean look. Now, it been replaced with expensive chemical treatments that have many health hazards and put a hole in their pockets too.

### Animal cruelty

The rate with which animals are being tested dermatologically is alarming. Cosmetic testing is done on animals to check for the efficacy of the product and its safety too. This type of animal testing is opposed by animal rights activists and it is banned in many countries altogether. Yet many companies illegally go on with this trade and many animals like cats, and rabbits die in the process. So the next time you use an anti wrinkle cream or a deodorant, realize that an animal could have been killed for it, and might have been tortured.

### Environmental Responsibility

The plastic toothbrushes, empty plastic crème containers, shampoo bottles, etc form major portion of the plastic waste that we produce. Moreover, the expensive multinational brand products that we gift one another are heavily loaded with chemicals, they torture animals to increase their market, are overtly expensive, and increase



environment damage since they come in plastic packaging and they also leave a huge carbon footprint since they need to travel globally to cater to all nations. It becomes our environment responsibility that we

must use natural and plant based self care products that are locally produced and made from locally grown produce that is not very far from us. The nano particles that are present in chemical based products enter our bodies and the environment; they kill us and choke the environment too.

### Time to Switch

It is high time that we made a smart switch of daily care products from chemical to nature based. Tin and glass can be used in place of plastic packaging. Zero waste packaging must be ensured to minimize plastic waste. Shampoo bars can be used in place of liquid detergent based shampoos. Herbs and healing clays are a good substitute for chemical face and body masks.

Nature's bounty is huge and we can cure anything with it. Supplement this with that:



Detergent shampoo	Toxin free Shampoo bar
Hair Spa Kit	Natural Hair Mask made with reetha, amla shikakai, bhringraj, jatamansi, and other such herbs.
Hair colour	Henna and Coffee Mix
Normal face wash	Powder based natural cleanser
Mineral Hair Oils	Organic oils like coconut, mustard, etc
Chemical kajal	Organic kajal
Lip gloss	Beetroot lip balm
Regular moisturiser	Natural butters like kokum, cocoa, sal, shea.
Skin serum	Natural oils like mustard, coconut, olive, ghee
Toothpaste	Herb based tooth powder
Chemical face packs	Natural face masks made with rose petals, sandalwood, neem, cocoa, orange peel powder, licorice root, oats, rose clay, kaolin clay, etc



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# JUST AN EXPERIENCE

*It was difficult to identify the paternity of the baby.* By Binay Pathak

Mohit was at Infinity Mall in Malad for viewing recently released much talked about biopic of Sanjay Dutt Sanju. He had gone alone as he did usually because he found it difficult to adjust time with others. There were six screens in the mall and many attractive and dazzling shops were there. Attractive posters of running and coming movies were decorated artistically. Many girls, boys, men and women in attractive dresses were shopping and enjoying food in restaurants. As there were 15 minutes left for the show to start he preferred window shopping and watching shoppers in the glittering shops.

There he spotted a familiar face, Shweta Aunty. There was no chance of forgetting that face. There was a fascinating as well as ferocious experience with that beautiful face. Seeing

this face, time was reversed just 10 months back..... It was the November last year and it was his nineteenth birthday. Just beside his flat at an apartment in Andheri a couple lived, Shweta aunty and her husband Purab uncle. He used to call them uncle and aunty. Although Shweta aunty was not more than thirty years old, he called her aunty as she called his mother bhabhi. Shweta Aunty was a very attractive woman. He often saw her in the morning when she came out for walking and jogging in the park. Her physique was so cute that people might confuse her

to be a TV or cine-actress or model. Her body in tight fit track suit was capable of drawing the attention of any person. Her track suit was so tight that every curve of her body was perceptible. Purab Uncle was, to the contrary, a bulky and pot-bellied person. He seldom accompanied her in walking or jogging. He seldom walked. Even for a short distance he preferred using a bike or car. It appeared that he was almost 10 to 12 years old than aunty.

Although Shweta Aunty was attractive to the limit of enticing, he never had any thought for her. It was only an opposite sex formula that attracted his attention for a moment or two to her curvaceous figure. After all she was her aunty and was just

taboo for him.

She used to come to his home sometimes. Unlike the flat culture of Mumbai, she used to come to his home and his parents too occasionally used to go to her flat. She invited him and his family members on birthdays and marriage anniversaries. Likewise Mohit's family also invited her to their home on certain occasions.

On 14 November they were cordially invited for Mohit's birthday function. In fact, it was a very simple function and Mohit had forbidden his parents to celebrate his birthday. As he was basically from a small town, for him, birthday celebration was for young kids who very eagerly waited for their 'happy' birthday. As he was now grown up he did not like to celebrate such occasions, so only his very close friends and a few people from the neighbourhood were invited at the request of her mother. Purab Uncle and Shweta Aunty were among them.

On that day aunty had come alone.

"Where is uncle?" Mohit just asked her.

"He had gone to Pune for business and will be back day after tomorrow. I could not bring a gift for you. You must collect it from our flat tomorrow. I have ordered the gift for you online. The delivery boy called me and told that he could not deliver the packet as his bike got

It was the November last year and it was his nineteenth birthday. Just beside his flat at an apartment in Andheri a couple lived, Shweta aunty.





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punctured. He will deliver it early in the morning tomorrow. For the time being I have brought only this.', she said giving him a big packet of chocolate.

After some time the celebrations were over and everyone went home. Mohit too after checking gifts received on the occasion went to sleep. He was thinking of the gift that aunty had ordered for him. What may it be? He tried to guess but could not arrive at any conclusion. Next day in the morning while jogging aunty came near to him and said, "whenever you have time please come to my house. There is a surprise for you."

And there was really a surprise for him. When he went to aunty's flat and pressed the doorbell switch, she opened the door and as he entered the room she shut the door immediately. Mohit was surprised when he got sight of aunty. She was only in a bra and panty. He was nonplussed.

"Don't get awestruck, boy. Had not I told you that I have a fantabulous gift for you? This is the gift." She gesticulated towards her body.

Although he was dumbfounded as in front of him a woman was present in semi-naked position whom he called aunty yet body of a male was getting aroused seeing half naked body of a female. He could not stop himself.

It was not possible for him to desist himself as aunty had come near him and was caressing his organs and encouraging him. He consummated her desire. But that was not enough. Just after some

time she brought some food and drinks for him and after a gap of half an hour again she started caressing and kissing him and consecutively they had sex again.

After the sensual spell was over, she asked him how the gift was. He said it was decent. He never expected such an unbelievable gift. Putting on her clothes she went inside and brought a packet and asked with a lovely and mysterious smile, "What will you say to your parents and friends when they will ask about the gift? Will you narrate what gift you have enjoyed?"

Mohit kept silent.

This is what you will say- she unpacked the gift she has brought. It was a fitness tracker. She tied it around his wrist.

Mohit was pleased getting the tracker but the pleasure that he had achieved from earlier gift was something different. In fact he was in search of such gift again and again. But there was need of privacy for such a gift.

Mohit was in search of Shweta aunty but never met her. She too never came to his house after that meeting. Mohit did not dare to go to her house as he might have confronted Purab uncle. After a few days he saw uncle going outside by a taxi. As he was carrying big baggage with him it was clear that he was going outside the city for a few days. It was a good chance for him. He went to the flat of aunty and requested for the same gift. She flatly refused and intimidated him that if he again came to her she

would file a complaint with police for rape and as evidence she had preserved her undergarment on which his semen was present.

Mohit got frightened. After that he did not go to her and only after a few weeks she had relocated from there without telling anyone about her whereabouts. After a gap of 10 months he saw her in the mall.

*Mohit was surprised when he got sight of aunty. She was only in a bra and panty. He was nonplussed. "Don't get awestruck, boy. Had not I told you that I have a fantabulous gift for you? This is the gift." She gesticulated towards her body.*

By the time Shweta aunty had come just near Mohit. She was with Purab Uncle and a newborn was in her lap. Aunty and uncle were married for five years but they did not have any child.

Mohit had heard from someone that due to some health issues it was not possible for uncle to be a father. Only after the encounter with him had aunty conceived. It is my child, Mohit thought. How can I ascertain this? He became anxious.


Shweta just saw at him while crossing him and turned her eye as if he was quite unknown to her. Uncle too did not take

notice of him even after having eye contact with him for a while.

Mohit went into the theatre to watch a movie but he was so puzzled that he could not understand what was going on in the cinema what to talk of enjoying it.

While returning he was very upset. He did not hire a rickshaw and walked way home. There he saw a name plate reading 'Dr Ayusman, sexpert, time 7 pm to 9 pm' in a shopping complex. It was a quarter to seven. He entered the clinic and got an appointment. The doctor came in time. He was the first appointee. He met the doctor and told him the entire story and sought advice about ascertaining that the child was his son.

The doctor was a middle-aged person. He listened to him attentively, thought for a while and said, 'I would strongly suggest that you bring the activity to a stop. It is difficult to identify the paternity of the baby. And your interfering will only complicate the matter for you and them. Think of this as just an experience and move on.'

Mohit came out of the clinic. Although he was aware that with the help of the DNA test it is possible to ascertain the fatherhood of the baby, he had come across news in which a man had filed a suit against his biological octogenarian father about paternity and it was proved by DNA test. But seeing his age, study and other things he decided to go with the advice of the doctor- think of this as just an experience and move on. 

# The Fashionista Smile Maker!

## Finding balance with Dr. Rashi Jain.

I feel females of my generation have grown up watching beauty pageants personified with so much grace and poise. When divas like Lara Dutta, Aishwarya Rai, Priyanka Chopra won accolades for the country they impacted internationally not only as beauty symbols but as global humanitarian leaders. So, it won't be wrong to mention that I had a great impact of the pageant world on my mind during my growing years. I was supposed to choose a profession which could give me security, stability in my life and the burning urge within me to help my society and serve people made me choose a medical profession which also gave me independence in many aspects of my life. After my schooling from Ahlcon Public School in the year 2004, I went on to pursue my bachelors in dental surgery from the Institute of Dental Studies and Technologies completing one year of rotary internship in 2010. I started my career at Max Hospital as an observer and then joined in as a senior associate dental surgeon in Central Delhi with a reputed clinic (Mother Dental Implant Clinic). I worked there for 8 long years meanwhile, I got married to Dr. Anuj Jain an Orthopaedic surgeon, national gold medalist and gave birth to a lovable boy who is 7 yrs. of age now.

Life was busy and day to day challenges never left me! Something was missing and the busy life never gave me time to figure out what it was? It all started with my weight gain post pregnancy. I experienced what body shaming is in actual sense. I lost stamina, confidence and happiness. Finally, the deteriorating health made me decide to work on myself to take out time for my wellbeing. That was the turning point of my life. I started my workouts while managing everything else in the background it

was challenging but I did not give up, as a result in few months I felt change not only in my physical body but mentally, emotionally I felt stronger. It's then, when this opportunity to compete in MRS INDIA WORLD 2019 came my way, I exactly knew what I had to do. I appeared in the north zone auditions cleared it and my journey got a kick start. It was not easy being a married woman, a wife, a mother, a daughter in law and an accomplished doctor. The journey came with its ups and downs. Once again I decided to not give up.



With new learnings and a lot of hard work I appeared on the grand platform of Mrs. India World. This gave me a lifetime opportunity to represent my country on an international platform of Mrs. world held at Las Vegas USA where I won the award of best inspirational costume. My biggest achievements are the learnings and experiences I got through my journey. The whole process was life changing and empowering, which made me decide to share my experience and road map through my book in writing.

### FINDING THE BALANCE

Where I talk about my journey from a middle-class family breaking the old mindset and walking on the international stage leaving a trail of inspiration and self-belief. I also felt a strong urge to create a platform body & mind workshop, where with my personal experiences and learnings I want to provide a strategic map of transformation for all those women who face struggles as I did in my life and how to surge ahead for their passion while maintaining the balance. I am also practicing through Jain Specialty Clinic with logo Dr. Rashi's Dentistry located in the heart of Noida where I provide world class treatment facilities for the happy smiles of my patients.

### Achievements

- I was recently the jury member of Mrs. India world 2021.
- I crowned my successor who is going to represent India at Mrs. World.
- I was also one of the super achiever of Nav Durga program conducted by Indian dental association and women dental association.
- Jury member along side, Vivek Oberoi, Soha Ali Khan, Mrs. world Caroline Massimiwala youngest fashion designer.



# 26<sup>th</sup> KIFF in 2021

Cinema in the time of pandemic, endemic withstanding. By Sudipto Mullick

Pandemic can stay, maybe, for a few years. Endemic, it appears, is more persistent. While it is laudable that KIFF became the very first film festival in India to adopt the hybrid mode — melding online with offline — of conducting such an event, it could not keep itself bereft of its atavistic whimsies.

In keeping with the contactless protocol, all the registrations —

media and delegates — were done digitally. Even the inauguration, shorn off ostentation and the physical presence of any outstation brand-ambassador and celebrities, was held virtually from within the confines of the state CM's politburo.

This year it was decided that the delegate fees would be waived off and that the bookings of the shows could only be done online, two days

prior to their respective screenings and that too by scanning the ID card's QR code. But, even before any regular screening went underway, the online bookings were withdrawn, on the behest of the CM, who even called for a hundred percent seat occupancy instead of its half-capacity operational decree, which, if it had actually materialized would have flouted the very notion of precaution. It did for a while manage to elicit the déjà vu pronunciations of chaos on the various social media.

26th KIFF- Tribute mural of Soumitra Chatterjee.



## Screenings and Inaugural Film

Unlike previous years, only the government cinema halls and auditoriums were earmarked for this festival. Each venue had to sacrifice at least one daily slot to account for the sanitisation which were carried out diligently, before and after all screenings. Disinfection stations were also adequately active throughout the event.

The inaugural film of this year paid tribute to Soumitra Chatterjee, whom we lost to Covid-19. It was his acting debut, "Apur Sansar" (The World Of Apu) directed by Satyajit



Brillante Mendoza virtually announcing the winners.

The topic of this year's Satyajit Ray lecture was, 'Social Responsibility In Mainstream Indian Cinema'. There were no master classes but the daily breezy sessions at the purpose-built open-air audi was apparently a big draw.

### The End Sense

Since the last few years, KIFF had exhibited a propensity to promote the festival via innovative creatives. Likewise, this festival was more of a defiance to counter the unwarranted grip of the corona virus terror, to perpetuate the showbiz pulchritude that, no matter what, as visibly positioned in all collateral, 'The Show Must Go On'. **We**

Ray in 1959, which was one of nine films showcased in the festival. Respects to other mortal departures, that of Fernando Solanas, Kim Ki-Duk, Irrfan Khan, danseuse Amala Shankar, Rishi Kapoor, Santu Mukherjee, Basu Chatterjee, and Tapas Pal, were paid through one of their films, each.

Every year Children's Day which falls within the festival span is suitably commemorated with relevant films, but the shift in dates, rendered it incongruous. So, the organizers cleverly assimilated the concurrent Swami Vivekananda's birth anniversary by screening of four movies and documentaries.

### Competition and Contemporary Cinema

Despite the lockdown, KIFF attracted 1170 entries, out of which 131 –comprising 81 feature films and 50 short and documentary films, spanning 45 countries were selected.

### Exhibitions, Annual Lecture and Promo

For the very first time in India, the Fellini Foundation for Cinema (Sion) exhibited, albeit in a 'nutshell', posters and photographs of Federico Fellini, to coincide with his birth centenary.

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Dr Vidushi Agrawal  
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# What's Your Sexual Side?

Getting comfortable with sexuality.

By Deepshikha Pandey

Every person is a sexual being, and the best person who can tell if you're happy with your sexual side is none other than you. If you came from a conservative family or cultural background, you might have some hesitations about expressing your sexual side to the fullest. But you don't have to think twice about doing it, so long as you're not hurting yourself or anybody. As an adult, you're responsible for your own body and finding the best ways to provide what it needs.

A crucial step to feel more comfortable with your sexual side is to know your sexual needs. Because every person is unique—each has his or her sexual priorities. For example, one might need sex at least thrice a week to feel fulfilled, while others need daily stimulation to attain sexual satisfaction.

Sexual stimulation can be triggered by a person or a thing, such as a personal private part massager or vibrator. On the other hand, ladies can use their fingers or vibrators and find this act acceptable and sexually fulfilling.

Sexuality refers to a person's feelings, thoughts, behaviors, and attraction towards other people, which is personal, diverse, flexible, and unique.

Here are the common terms used to describe the different types of sexuality:

**Heterosexual:** This type of sexuality is also called 'straight.' It means that you're attracted to the opposite sex, such as men who like women, and vice versa.

**NOTE THAT YOU DON'T NEED TO ADOPT A LABEL OR CHOOSE A TYPE OF SEXUALITY TO DESCRIBE YOURSELF. PEOPLE EXPERIENCE ASEXUALITY BECAUSE OF DIFFERENT WAYS, SUCH AS DEVOTING THEMSELVES TO RELIGIOUS WORK THROUGH SEXUAL ABSTINENCE.**

**Homosexual:** This sexuality refers to having sexual attraction for the same sex. Women who are attracted to women are called lesbians. On the other hand, gays are men who are attracted to men.

**Bisexual:** People who are sexually attracted to both men and women are called bisexuals.

**Asexual:** This term refers to a person who doesn't experience sexual attraction. People experience asexuality because of different ways, such as devoting themselves to religious work through sexual abstinence.

Note that you don't need to adopt a label or choose a type of sexuality to describe yourself.

## Equip Yourself with The Right Knowledge And Skills

Knowledge is a powerful weapon to keep yourself protected while expressing your sexual side comfortably and confidently. From

the way you look to the things you do, it's important to be extra careful to ensure you're not compromising your health and safety.

**Existing Laws:** Enjoy showing your sexual side by abiding by existing laws. For example, you have to follow safety protocols during this pandemic by engaging in safer sex. It's one way to avoid acquiring or transmitting COVID-19 that could endanger people's lives.

**Safe Sex Practices:** Aside from the threat of the current pandemic, you also need to know the consequences of not engaging in safe sex. It could result in sexually transmitted diseases, such as the human immunodeficiency virus (HIV) or acquired immunodeficiency syndrome (AIDS). Be mindful and follow safe sex practices, such as using condoms and birth control pills.

## Conclusion

You can feel comfortable with your sexual side by applying the tips shared above. Knowing your sexual needs and sexuality will enable you to better express yourself and attain sexual satisfaction.

Equip yourself with the right knowledge and skills. Read up on current news, health updates, and relevant information that may affect your sexual life. Be responsible and accountable for your actions—prioritize your life, health, and safety above other things. Enjoy your sexual life and be confident expressing your sexual side using the right sex toys, materials, and other devices.





## An Affair to remember

We met at a common companion's gathering - he'd accompany his then sweetheart. I can't say there was moment fascination for we scarcely talked that night. Yet, I do recall him taking a gander at me all through the gathering which made me rather aware. I got some information about him the following day and my companion revealed to me he too had enquired about me! "You need to realize that I would not like to leave on any undertaking, regardless of how hard it might appear to accept. I just went out with him as I was interested and truly, incredibly complimented also. Subsequent to being hitched for more than 3 years, I'd failed to remember what it seemed like to have a man give you consideration. It occurs with all ladies. I didn't realize I was wanting that man-lady chemistry until it was not too far off, looking straight at me." My better half and I had been optimistic, in adoration and occupied with the ordinariness of our lives. We infrequently fought and I can't say that we were hopeless with one another. I found a sense of contentment with where my life was - my better half was the one I'd been enamoured with since school and marry him was probably the best choice of my life. But there was a missing thing. I simply didn't have the foggiest idea what that was. Also, when this other man came into my life, I out of nowhere acknowledged how alone I'd been. He was charming, appealing and mindful, all the things my significant other had quit being with me. I was a

hitched lady who adored her better half but was succumbing to another man! From the start, our condition was about sex.

He had quite recently emerged from a relationship and I was hitched to another person. We'd meet as and when our schedules permitted and I expected nothing in excess of a climax from him. Yet, things began to change when I understood I had started to succumb to him. Unexpectedly, it wasn't the sex I'd anticipate yet the discussions we would have all things considered. He was completely comprehension of my problem - I was a wedded lady who adored her better half but was succumbing to another man! We'd talk for quite a long time and I'd open up to him in a manner I never had with my better half. He never pressurized me for a responsibility, never requested that I leave my significant other. That was what made me succumb to him considerably more, I assume. He was cheerful simply being with me, no

conditions at all. At the rear of my brain, I realized it wouldn't keep going forever. I'd even push him to proceed to date another lady. In any case, he was totally dedicated to me. In a manner no other man had ever been. I floundered with the principal man who gave me consideration. It continued for around a half year. We even ventured out to streets together.

I lied about it being a work excursion to my husband and he never addressed me all things considered. I don't have the foggiest idea what happened yet in the wake of returning from that trip, I began feeling somewhat uncomfortable in our relationship.

I needed to be with my better half and I was finished messing around. I admitted nothing to my significant other however. What I did rather was begin putting forth attempts to invest more energy with him. What's more, when he saw me doing such a great deal, he too started putting efforts to back on work to be with me. We've been married for nearly 8 years now. It's complete happiness! Do I consider what life could've been had I decided to seek after my undertaking any further? Now and again, I assume, yet I don't lament anything.

—By Rama

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. 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. All contributions accepted and published will be paid ₹ 500.

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# “Learned Optimism”

## A Dose of Optimism Along with the Shot(s) of Vaccine.

By Sujatha Rao

**A**cross the world, the year 2021 is the most looked forward to year. In 2021, along with the shot(s) of vaccine, can we also inoculate ourselves with a bout of optimism? If there ever was any year in need of that, it definitely is this one.

At the same time, this job perhaps is made easier since when we look at the future, against the backdrop of 2020, even the most skeptics of us are perhaps more hopeful. But, how can we make this feeling of optimism to last for long?

In order to find an answer to this question, let's understand what this

phenomenon called 'optimism' is all about. The most often quoted parable in this regard happens to be the one involving a half full glass.

When you look at such a glass what do you see? Is the glass half full? Or is it half empty? Actually, what part of your body is in charge when this thing plays out? Is it the eyes or the mind? While eyes are the medium through which you see, it's the mind which processes what you see.

So, do you often find yourself toggling between both these views? If yes, then welcome to the club. Most of us see it that way depending upon our frame of mind at that time.

But we are often told that optimists see the glass as half full while pessimists see it as half empty. So maybe we are tempted to force ourselves to always answer "it's half full" in an attempt to feel good about ourselves.

Let's now examine optimism a bit further by going through some scientific research that is relevant. Though there have been a number of studies that have been carried out in this regard, the most significant one is the one by Dr. Martin Seligman, considered to be the founder of positive psychology.

As part of his research on classical conditioning, Dr. Seligman would ring a bell and then give a light shock to a dog. After a few times of doing so, he would place that dog in a large crate with a low fence in the middle, which can easily be jumped over by the dog if necessary. When the light shock was administered, he expected the dog to jump over to the other side to escape. But the dog simply lay down as though he felt it was hopeless to even try.



As the second part of his experiment, he tried the same shock with dogs that had previously not been exposed to shock and found that they jumped over to the other side quickly.

This, according to Seligman was due to “learned helplessness” on the part of the dogs that had encountered the situation earlier and had learned to give up.

From this study, Dr. Seligman deduced that the way “helplessness” was learned under certain conditions, “optimism” too could be learned by training the mind to focus on certain reactions to the situations.

Dr. Seligman who had been feeling highly frustrated with psychology’s overly narrow focus on the decrease and the negative, lapped up this opportunity to dedicate his research on human wellbeing and flourishing instead. So when he got elected the president of American Psychological Association in 1998, he totally threw himself into researching the life-giving rather than life-depleting field of positive psychology.

Since then several researchers have forged further in this direction, be it Mihaly Csikszentmihalyi in terms of focusing on “Flow” or Angela Duckworth who came up with the importance of “Grit” or Carol Dweck who studied the significance of a “Growth Mindset”.

These studies point out to the facts that optimism can be learned and nurtured. While you have no control over what happens to you, by practicing an optimistic explanatory style, you can avoid viewing these negative happenings in their most permanent, pervasive and personal light. In his bestselling book “Learned Optimism” Dr Seligman recommends ABCDE approach to help us lead a more optimistic life in general.

### ABCDE Technique

ABCDE technique is based on our explanatory style to the situations that we find ourselves in and is very simple to practice. During the

stressful situations we face in our daily life, the technique advocates us to analyze these situations from the following five aspects; ABCDE having been culled out from the first letter of each of these aspects:

Adversity; Belief, Consequences, Disputation and Energization

The premise of the ABCDE technique is that when a negative situation (Adversity) occurs, our thought process (Belief) actually leads to the way we feel



**DR. SELIGMAN'S RESEARCH RECOMMENDS RECORDING EACH AND EVERY NEGATIVE SITUATION IN A JOURNAL AND PRACTICING THE ABCDE TECHNIQUE CONSCIOUSLY OVER A PERIOD TO CHANGE THE WAY WE PERCEIVE LIFE IN GENERAL AND TO TURN OURSELVES INTO MORE OPTIMISTIC PEOPLE.**

(Consequence) which can be altered through changing our explanatory style (Disputation) thereby resetting the earlier consequence into a positive one (Energization).

The following example of a situation that is somewhat common to occur in our daily work life will highlight how the ABCDE technique is intended to play out:

**Adversity:** My Boss Mr. Gupta yelled at me in front of my colleagues in a meeting. I felt terrible and ashamed. Since then, I have this nagging feeling that the whole office is giving me condescending looks.

**Belief:** My Boss hates me and the whole office now thinks I am an incompetent jerk.

**Consequences:** I felt like disappearing into thin air at that moment. Now I dread going to work. Maybe I should simply quit.

**Disputation:** Just because Mr. Gupta yelled at me, it doesn't mean he hates me. He was the same one who had appreciated my work in front of everyone earlier and had even recommended me for promotion two years back. He is just criticizing the quality of my work on this particular project. As far as the colleagues are concerned, I think I am imagining things as they have been as helpful as ever.

**Energization:** Though I still feel a bit bad about being yelled at in public, I am feeling much better than before and I don't feel miserable about going to work anymore.

Dr. Seligman's research recommends recording each and every negative situation in a journal and practicing the ABCDE technique consciously over a period to change the way we perceive life in general and to turn ourselves into more optimistic people.

But why do we need to turn ourselves into optimists? What is in

it for us? Research has shown that:

- Optimists have better physical health and hence tend to live longer.

- Learning to change the explanatory style to a positive one seems to really pay off in children. In the Princeton Penn Longitudinal Study, it was found that the learned helplessness and pessimistic explanatory style were the cause of depression in schoolchildren.

- It was also found that everything else being equal, the individual with the more optimistic explanatory style would go on to win, as he would end up trying harder after every defeat since he wouldn't view it as all pervasive,

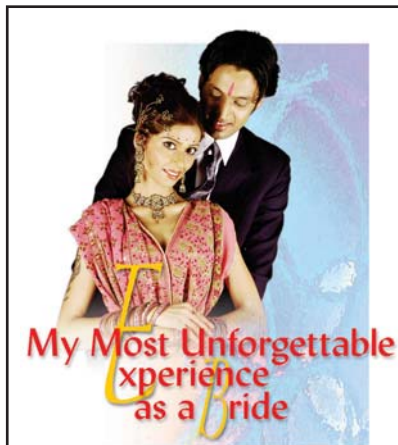
personal and permanent loss.

- Optimists are more successful at work. In fact, in a study conducted on insurance agents, Dr. Seligman found that the most optimistic of these agents sold 88% more than their pessimistic counterparts. The same study also highlighted that the pessimistic people were 3 times likely to quit these jobs than the optimistic ones.

- As surprising as it may sound, an in-depth research of the various speeches by the electoral candidates in America over the past several decades has revealed that American citizens were more likely to elect an Optimistic person to lead the country.

However, the optimistic explanatory style should not be carried so far as to draw a conclusion that it's a panacea. Well, it isn't. It has its own limitations. Carried too far, optimism may prevent us from seeing reality and even offer an excuse to some people for not owning up responsibility for their failures. But despite these limitations, the benefits far outweigh the negatives.

Now that COVID-19 has given us the shock and a wakeup call that we all needed to remind ourselves of the beauty in the transience of life, let's take a leap into the new decade by learning to unleash the optimism within ourselves. **We**



### Father of the Bride

When my dad walked me down the aisle and gave me that long look before handing my hand over to my husband-to-be, I almost got emotional! It was a special moment because so much is being said in that one gaze. It was then that I realize how emotional it must be for my father to tell me goodbye and, to watch his little girl grow up. Every bride goes through this emotional phase and realizes how special this moment is. From the time we were born, fathers (and father figures in our lives) are our heroes. There is something so lovely about the father and daughter bond. Each father-girl divides an advantageous

association and the affection among them just develops further with time. From encouraging her how to ride a bike to playing cooking sets with her, a dad is consistently there for his girl. Regardless of how old a young lady grows, to her dad, she is forever his little princess. Nonetheless, as per the conventions of the Indian culture, a dad needs to part with his little girl to permit her to begin her new wedded life. As much as it is a cheerful event, it is additionally a heartbreaking moment for each father out there. Some of our fathers are more impassive, while others are more affectionate. But we can always count on them to be one call away and ready to come to your rescue no matter how stupid things you do – from the time you forgot to bring your assignment to school to the time your car broke down on the highway. As he veils me and walks me down the aisle, my father is reminded of how much – and how fast his little girl has grown up. He brings himself back to the time when I was just learning to walk, or when I was graduated from university. When he holds my hand and watches me with that meaningful look, that moment is incredibly precious. I suddenly realize how emotional this moment

is for my father. It can bring a tear. It can bring a knowing nod. Right there and then, it becomes one of the most memorable moments of me as a bride. A daughter's marriage surely leaves a huge void in a father's life but he feels happy and content looking at the smile on her face. He makes peace with his mind thinking that even though it's heartbreaking that she's leaving, it is also a new beginning for her.

–By Roma Chouhan

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Has something happened in your life that has left an indelible impression on your mind? Some experience that gladdens your heart or which makes you shudder with pain or embarrassment even after years! Why not share your experience with the readers of Woman's Era? All published incidents will be paid ₹200. Please type or write neatly on white foolscap paper and send it to: **MY MOST UNFORGETTABLE EXPERIENCE AS A BRIDE**

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## Q & A

**P**LEASE HELP ME MAKE UP MY MIND ABOUT WHICH BOY TO marry. I am a 16-year-old girl who has two boyfriends. One comes from a traditional family background, is serious and dependable but compared to the second one, he is rather staid. The second boy is witty and fun to be with, and even a bit of a flirt. Both have asked me to marry them in five years' but I cannot choose between them. Who to hold on to and who to give up? Both of them are earning very well too. Please tell me how to make up my mind.

You are still too young and inexperienced to make such lifetime decisions. And also, you have to wait two years to marry legally and in this time, many things could change, including your minds! So, for the time being, play it cool, and refuse to choose between the two suitors. you will likely decide against both of them.

Marrying early will also make you miss out on the joys of leading a fancy-free, young adult life and chain you down prematurely to responsibilities of home, in-laws and even children.

When choosing a suitor, ask yourself this question: Do I want to spend my lifetime with him? Will I be happy with him till our old age? The honest answers to these questions will help you sort out your confusion.

**I**BELONG TO A FAMILY OF LAWYERS WITH MY FATHER AND TWO brothers being very respected luminaries at the bar. My parents are keen that I too study Law to follow the tradition; with the family clout, it will be very easy to gain entry into any prestigious firm. The truth, however, is that I am least interested in a career.

I love homemaking, and dream of marrying and becoming the mother of at least four children. This notion will indeed sound strange in these times, when girls want to work and earn money and not marry till they are pretty old.

I don't even want to go to college. After all, what will a degree give me, when all that I want is to be a contented homemaker? If my parents know that I would like to drop out of my studies, they will be shocked and angry. Why can't I decide to do what I like and not let others decide my life choices? I am a 16-year-old girl who will complete schooling next year.

You do have the right to decide what you wish to do with your life, but think carefully before making any drastic decision. Education empowers a person and helps one to stand on one's feet.

It does not imply that you should take up a career and give a back seat to marriage and home. When you are

educated and informed, you will become a much better wife and mother than a semi-educated person. You will be able to help meet your husband and an intelligent mother to the kids.

Education also helps you gain respect and attention from the world; and if the need arises, you can even help your spouse financially by taking up a job. It is understandable that you do not want to study Law as you are uninterested in that field, but there are so many other avenues to get a college degree, which can attract you.

Discuss this matter with your parents, and school counsellor, who can guide you into making a good and informed decision. On such condition, don't drop out from your school now. These are the golden years when you can garner as many qualifications as you can. Don't squander this time with such foolish ideas.

**I**LOVE MY MOTHER DEEPLY. INDEED, SHE IS THE SWEETEST person in the world, who is showering all her love on me. It makes me ashamed and ungrateful, therefore, to admit frankly, she embarrasses me in the company of my friends because she is uneducated and gauche in her behaviour.

In fact, she has studied only up to middle school. I go to a very elite Public School and my classmates belong to high society families. Although, they treat her with respect whenever they meet her, I have seen them sniggering in their sleeves too, making me both angry and sad.

**W**HENEVER MY PALS VISIT ME, MUMMY ENJOYS talking to them, quite oblivious of their secret amusement. What should I do? I am a 15-year-old girl.

It is unbelievable that you should pose this problem on our page, when the obvious answer should be staring you in the face!! Stop feeling ashamed of your own mother who bore you and has cared for you all these years, just to impress your so-called friends.

Let the good lady join your friends' group. Make it eminently clear that you are proud of her, and love her unconditionally. Drop the friends who make fun of her; they are unworthy of your friendship and are a despicable snooty bunch. Stick to the ones who show true respect to your mother, for these are the ones with the right values.

It is time too that you made a complete transformation yourself. If you love your mother, how can you tolerate someone ridiculing her? Stop wanting to impress such petty minded persons. If they desert you, good riddance to bad rubbish.

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

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# Young Love or Infatuation?

## Teenage Love Can Be A Confusing Emotion.

By Himshikha Shukla

Teenage couples often have people tell them that young love rarely lasts. These people aren't trying to be mean; they are trying to save teenagers from heartache. Chances are these people had their hearts broken by young love in the past and are trying to spare the feelings of the teenager they are talking to. But every teenager has the same response to this—"it's going to be different for us."

There are some young couples and high school sweethearts that make it. They stand the test of time. Their exciting young relationship grows and develops into true love. However, for every high school couple that remains together, there are many more that don't. And, of the couples that do get married after high school, over 50% of them

get divorced before they have been married for ten years.

Young love carries a lot of emotion with it. It can be an incredibly wonderful and intense emotion. It can also be extremely confusing. Love is difficult for many mature adults to manage, making it that much harder for teenagers. However, just because it's confusing doesn't mean that young love isn't real. Sometimes it is, and sometimes it's not. Here are some things to remember about young love.

Teenagers start a crush mostly to be able to say "I have a boy- or girlfriend," and to start to know the opposite sex. In fact, they are not falling in love as they never experience the sense of caring, commitment, and completeness in the relationship. They lack social

skills and control over their emotions which can all make the relationship difficult.

Romantic relationships can have very unhealthy outcomes. By cutting themselves off from friendship and other supportive networks, they can compromise the identity formation. Adolescents can be exposed to abusive and violent interactions or unwanted or coerced sexual activity within their romantic relationships. Aggression between romantic partners is common and when it occurs online, the ex-partners may share private photos or information on social media, causing embarrassment or humiliation. Some have been surprisingly seen to accept these situations by interpreting them as reflections of love, jealousy and overly possessive behaviours.

**IN FACT, THEY ARE NOT FALLING IN LOVE AS THEY NEVER EXPERIENCE THE SENSE OF CARING, COMMITMENT, AND COMPLETENESS IN THE RELATIONSHIP.**



### **Infatuation Is Confused With Love**

Relationships are confusing for young people because they are experiencing feelings of romantic love and attraction for the first time. They are just starting to figure it all out. Since these are feelings that many mature adults struggle with, you can only imagine how much more of a struggle it can be for teenagers. The first feelings that preteens and teens usually experience are feelings of infatuation or a crush. The feelings are more intense than the young person is used to, and are easily mistaken for love.

Young love tends to be based on nothing but feelings. The couple has not yet faced and overcome a challenge or difficulty together. They are passionate about each other. They think about each other constantly and want to spend all their time together. Chances are they blush at the mention of the other, get sweaty palms, experience a racing heart, and desire for the other. Many times, they don't even know each other well. These feelings are a natural reaction and not something the teen is choosing.

**YOUNG LOVE TENDS TO BE BASED ON NOTHING BUT FEELINGS. THE COUPLE HAS NOT YET FACED AND OVERCOME A CHALLENGE OR DIFFICULTY TOGETHER. THEY ARE PASSIONATE ABOUT EACH OTHER. THEY THINK ABOUT EACH OTHER CONSTANTLY AND WANT TO SPEND ALL THEIR TIME TOGETHER.**



When the relationship faces the first challenge, like a disagreement between the couple, it can be blown out of proportion. Those that are experiencing young love mistakenly believe that love comes without trials. However, the exact opposite is true. True love develops when a couple decides to overcome the challenges that face them and stay together despite them.

### **Teenagers Are Still In The Process Of Discovering Who They Are**

Young love is even more challenging because you are still in the process of finding out who you are. When you fall in love and are in a serious relationship before you know yourself, it can cause many problems down the road. To please the other person, you do things they enjoy doing. You may even believe that you like these things for a while. But in the future, there could come a day when you realize you have been wasting your time doing things that you don't enjoy to please someone else.

This makes young love confusing because the more you learn about yourself, the more you may find that you don't enjoy spending time with the other person like you once thought you did. And it works the other way as well. You may think you found the perfect person that you are compatible with, but then they start realizing they like different things. It's easy to feel betrayed when this happens. However, it's most likely not that the other person was trying to trick you but that they didn't know themselves well enough.

### **Teenagers Often Don't Know What They Are Looking For**

Experience and maturity are important in life. When you look for someone to be in a relationship with, you need to know what you

are looking for. Young love often blinds teenagers to the real situation. This can make love seem even more confusing. You may think that you found the perfect person, but as you continue to mature and

## **TEENAGERS ARE BUSIER THAN EVER THESE DAYS. THEY ARE EXPECTED TO STAY ON TOP OF THEIR SCHOOLWORK, WHICH OFTEN INCLUDES HOURS OF HOMEWORK AND STUDYING OUTSIDE OF SCHOOL. ON TOP OF THAT, MANY PLAY SPORTS OR HAVE A PART-TIME JOB.**

learn what's important to you, you may realize that your boyfriend or girlfriend isn't the type of person you want to be with.

### **A Lot Is Going On In Life**

Teenagers are busier than ever these days. They are expected to stay on top of their schoolwork, which often includes hours of homework and studying outside of school. On top of that, many play sports or have a part-time job. When you add these things in with family and friends, it's difficult to add a romantic relationship on top of that. If the two individuals don't agree on what the right amount of time is to spend with each other, then one or both will end up frustrated and confused.

Teens that find themselves in the throes of young love need to be open with each other about expectations. This can help to eliminate confusion in the relationship.

### **Peer Pressure Plays A Role In It**

Peer pressure is something that teenagers deal with at a much higher level than any other age group. It can make young love and relationships very complicated. Teens can feel pressured to be in a relationship even if they aren't interested because all of their friends are in relationships. They can also be pressured to take the relationship to the next level even if they are not ready to.

There is an intense desire to fit in with their peers, and it makes it easy to cross boundaries that they wouldn't have crossed otherwise.

### **It Might Be One-Sided**

There is nothing quite as upsetting as being a teenager in love with someone who doesn't feel the same way.

Young love is an intense emotion that can be overwhelming. If the feelings aren't returned, many kids struggle with



how to move forward. Some remain obsessed with the other for years until school ends and they are no longer bumping into each other on a regular basis.

### Tips On Young Love

Don't date your friend's ex. You may have strong feelings for that person, but you need to determine how important your friend is to you. Many high school friendships end because of young love that doesn't last. Your friend might even say it's OK, but you better know for sure before you date their ex.

Spend some time getting to know yourself. You want to be in a relationship with someone that likes you for you. That means you have to

know who you are, what you like, and what you don't like. Once you know who you are, don't compromise that for any other person, no matter how much you love them. Someone who loves you for the right reasons won't ask you to make compromises.

Don't isolate yourself. Don't sacrifice your relationships with family and friends for the person you are dating. You may want to spend a lot of time with them but make sure that save time for others as well.

Get on the same page. Talk to the other person to make sure you are both on the same page and feel the same way. Then communicate your expectations. If you are

playing a sport and need time to practice and spend time with your team, be upfront about this.

Don't lose focus. School is going to go by quickly, and you need to have a plan for what comes next. Don't lose focus because you are so consumed with your relationship. Whether you plan on going to school or starting a career, make sure you're prioritizing your future.

Don't be in a hurry to find love. Spend your time learning who you are and what you like. Enjoy time with your family and friends and trying new things. Life is an adventure. If love finds you, then make sure you deal with it the right way; but don't worry about trying to make it happen.

We

## He Didn't Spare Me

Brothers are scoundrels and some are morons  
I am saved in this life that I don't have a brother  
When I was in college I have seen my juniors, my batch mates  
Who have brothers, a lot of brother's  
Some were nice, but some were brothers with other needs

From when did I start hating brothers?  
From the day a brother behaved like a bastard,  
I was small, but he didn't spare me!

Whenever someone ask my father,  
"Oh, you have two girls! No boys"  
I feel like to carry his head in a basket full of chopped flesh  
Why can't he see me? Am I not enough for my father?  
Why should I invite an intruder? To harm my soul and body

When my little sister said "if I had a brother he would have taken me on a bike"  
The next day I drove a 220CC bike all south to meet her  
Once I had a friend who kept on saying  
"If I had a brother my life would have been better"  
I am still not sure how a brother can make her life better?

So do I have a brother?  
No my mother is saved from a boy child  
My father is saved from another man's mercy  
Always and always his word will be final  
I will never say "he is like my brother"  
Because not all likes are made of love.  
This poem is strictly not for "my brother is my world girls".

– Greema Michael, Pondicherry.



# SONGS OF SPRING

*The Power of Prayer* By : Someeta Das

*The mornings were never quite easy. The children had to be pulled out of their beds, groaning, and pushed to complete their morning rituals, given their breakfast and tiffin and finally packed off to school.*

Spring was in the air. The songs of the birds as they flew to their nests, sounded melodious and sweet as Rukmini stood on the verandah listening to them. After the day's hard work, it was late in the afternoon when she had some time for herself when she could tend to the garden in the small backyard. She was particularly fond of her garden, though it was just a very small patch, and there were only a few rose bushes, a tulsi tree, along with magenta petunia. But she always felt relaxed in this haven. For this place gave her a sense of freedom, as she could be amongst her favorite flowers and she depended on them as they did on her. It was an interdependence, they on her for their water and

sustenance, and she on them, for serenity and peace of mind. With her children Meeta aged ten and Raghav, aged twelve at school, and her husband Nitin at office, this time in the late afternoon, was the time she could call her own.

The mornings were never quite easy. The children had to be pulled out of their beds, groaning, and pushed to complete their morning rituals, given their breakfast and tiffin and finally packed off to school. Nitin too had to be woken with his tea at the

right temperature, his clothes to be readied, and then after a hurried breakfast, while Rukmini sipped her tea, with a goodbye- see -you- later-rush out, which meant that now she could catch her breath and bring some order into the disorder of the house.

Rukmini lived on the ground floor in a four storied apartment building, with her husband and children. It was a blessing to live on the ground floor for she had the advantage of the small area near the kitchen, which liberated her spirit from the monotony of daily routine life. It was here, she could spend the little time she had to call her own, where she could think, maybe even heave a deep heartfelt sigh of relief and even sometimes speak or sing to herself, without feeling guilty.

It was a blessing to live on the ground floor for she had the advantage of the small area near the kitchen, which liberated her spirit from the monotony of daily routine life.



She had planted the rose bushes herself-getting them from the nursery, a couple of red and yellow rose plants and could tend to them only at this time of the day. Though she managed to water them twice a day in the summer when they withered and appeared to have wilted in the heat, but in the winter when they blossomed, she had the satisfaction of seeing her roses bloom, red and yellow, their size surprising her. She loved all her plants, but the yellow rose plants held a special place in her heart. She had heard somewhere that one must treat plants like humans, which she did, talking and singing to them softly, sometimes even confiding to them, when she did not feel well, or after a difference of opinion with the children, or her husband.

It was spring, but both the red and yellow rose trees were still flowering. She knew with the summers setting in, the plants would be the first to suffer. Somehow she had the feeling that the plants fate was intertwined with her own. She did not believe in superstitions for she was well educated, and it not practical and defied logic, but she felt though strange it was true. Earlier, when the yellow rose bush was wilting she felt a sense of foreboding and discomfort, that something unfortunate was going to happen. Eerily enough, something did happen, just as she thought it would. She remembers edit had happened twice, that one time when one of the yellow rose plant was

wilting. She was puzzled as she had dutifully watered it, even had given the plants manure a couple of weeks earlier. But strangely, the particular plant did not respond to her care. She was a little worried for she cared for them like her own children, and worried in the same manner if either of them were sick. But all thoughts were driven away when the very next day her husband came home with a raging fever. She was upset and puzzled as Nitin had left home in the morning without any physical discomfort. It took quite a few days for him to recover from that bout of illness, and get back to his regular routine. The next time, she had noticed something wrong with one of the red rose plant. The buds were there, but before flowering they were falling off. She decided to call the nursery and ask them to send a gardener to deal with the problem. But this time curiously, the very next day Rangav came home from school with an injured leg. He had twisted his left leg while playing, and hurt it badly. He came limping back from school, accompanied by his sister. Rukmini soothed him, put some ointment gently and carefully nursed him, all the while thinking "Is it a coincidence?" Again, it took a few days for Raghav to be completely fit, before he returned to school. She thanked her stars that it was not a fracture, and apart from a couple of days rest, it was nothing serious. It seemed magical as the red rose tree started flowering once again.

That evening as Rukmini

was tending to her plants, she noticed that one of the yellow rose plant seemed a little withered. For a moment she stared and tried to figure out as to what was wrong. It was the month of April, and the summers had not quite set in. She had dutifully watered them twice, in between cooking lunch and cleaning. She tried to recall when she had last tended to them. Abstractedly she thought "Today is Wednesday-did I not give the manure last Thursday". Yes, she remembered that

*Rukmini soothed him, put some ointment gently and carefully nursed him, all the while thinking "Is it a coincidence?" Again, it took a few days for Raghav to be completely fit, before he returned to school.*

it was Thursday, for she had to buy the grocery from the local market. She had mixed the manure to the soil, and then bathed, having a quick lunch, hurried to the shops. Then it struck her, was something going to happen? She was filled with dread, and now had a sinking feeling in her stomach as she tried to stop panic setting in.

"What is going to happen? Are the plants trying to tell me something", she asked herself. She thought of taking her husband Nitin into confidence. But she knew that he would probably laugh at her, and

tell her to be logical and not let her imagination run wild. She knew she could not relate that sense of foreboding to anyone, so she just prayed silently, asking for courage to deal with whatever challenges came her way. She appeared to be quiet over dinner, as the children squabbled over something that happened in school. Noticing her being unusually thoughtful, Nitin asked "What is wrong? Are you feeling unwell?" Rukmini shook her head and smiled, saying "No, I am perfectly fine". That entire night she tossed and turned trying to imagine various things going wrong. Next morning with the usual hustle-bustle of the day, she forgot her misgivings and appeared to be her normal self. Settling the house once it was empty, the sense of dread returned. Glancing at the garden, she saw that the yellow rose tree seemed further withered. She hurried out, and started watering them and speaking softly asked, "Why don't you tell me what is wrong?" She felt a shiver run through her.

The call came just while she was having lunch. The shrill ringing of the telephone shook her out of her reverie. It was her husband, Nitin. His voice shaking a little, asked her not to wait for him and to have her dinner with the children. He seemed to be in a hurry, before Rukmini could ask him what was wrong, he had rung off. Now she was in a dilemma as his voice had revealed nothing. She went over every word he had spoken,

but could not deduce anything. Did his voice sound worried or anxious? She asked herself. At one moment she thought of calling him, but Nitin had said he would be busy, so she did not like to disturb him. Moreover, she felt that she was worrying unnecessarily and was reading too much into his call. Maybe he would be dining with a client, and therefore would be a little late, she reasoned. She hurriedly completed her work, and went to the garden.

She was now kneeling down besides the yellow rose bush, speaking tenderly to it, as she tried to find the reason for its wilting. She sang softly and it somehow seemed to her that the plant looked comforted. Was it a figment of imagination that it seemed to be responding to her words? She spent a few moments more and then hearing the voice of the children, she returned to the house in time to see them entering and searching for her.

Dinner, was the usual chatter, with the children asking about Nitin and then relating what had happened at school, Rukmini engrossed listened, as she asked about their lessons and saw to their homework before they went to play. Sometime later, putting them to sleep and glancing at the grandfather clock in the dining room, she saw it was quite late and Nitin had still not returned home. Again, she started feeling anxious and kept looking at the clock after every few minutes. Panic was slowly setting as it was way past ten and there was still no word from him. Rukmini decided to call him, but Nitin was not picking up the phone. It kept ringing till the automated service declared that the person was not responding to her call. She was already planning to call Nitin's office colleagues and ask them for help when the doorbell rang. Rukmini got

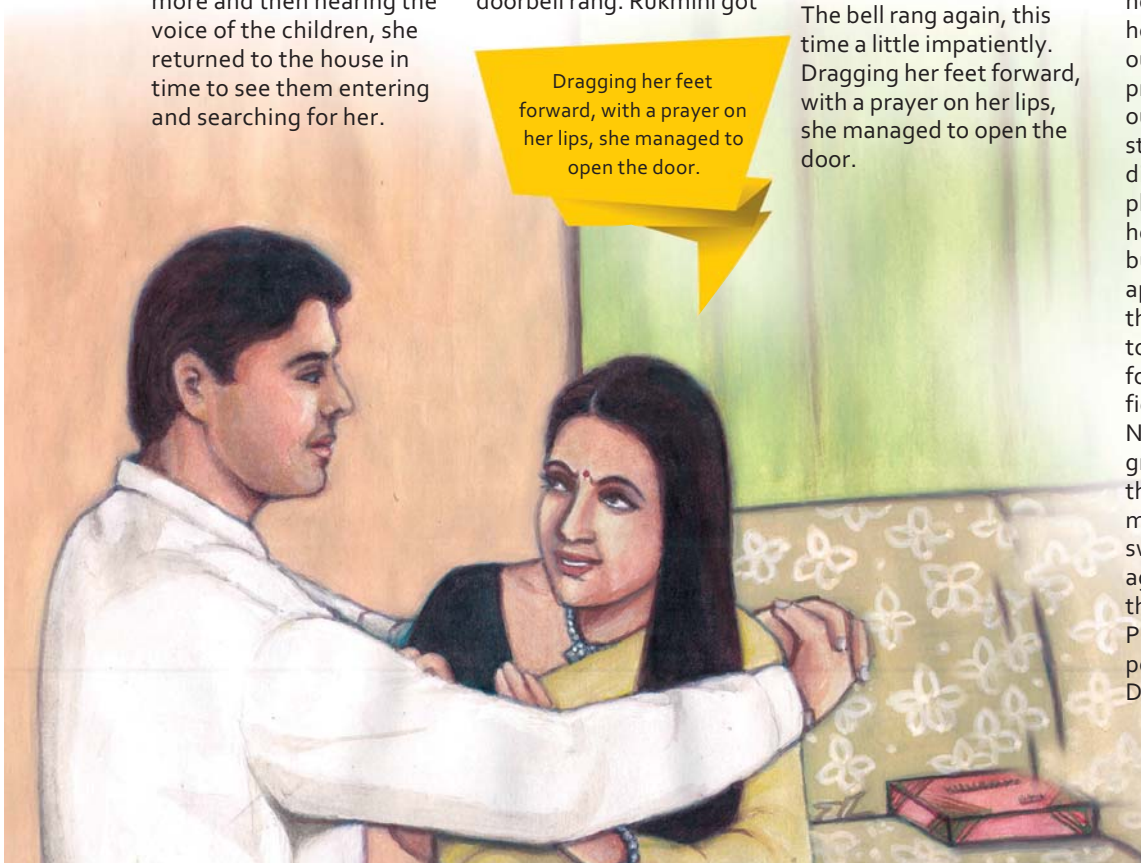
*She was already planning to call Nitin's office colleagues and ask them for help when the doorbell rang. Rukmini got up slowly fearing the worst. Was it someone from the police station saying that Nitin had met with an accident or someone from the office to inform her that Nitin had been admitted to the hospital.*

up slowly fearing the worst. Was it someone from the police station saying that Nitin had met with an accident or someone from the office to inform her that Nitin had been admitted to the hospital. Her hands had started sweating and her feet refused to obey her. The bell rang again, this time a little impatiently. Dragging her feet forward, with a prayer on her lips, she managed to open the door.

Dragging her feet forward, with a prayer on her lips, she managed to open the door.

But what was this? Nitin stood there with a box of sweets, a smile playing on his lips. Turning indignantly, Rukmini greeted him with a frown, about to speak angrily as to how worried she was, ready to vent her anger, when Nitin stopped her by saying "First listen to me and then speak, for you are speaking to the Vice President of the company" Rukmini's mouth fell open, as the angry words died on her lips. She knew that Nitin had been angling for the post for quite sometime, for the post had been lying vacant for a few months now. She knew that there was another contender for the post, and of late Nitin had appeared quite distracted. "The final interview was today" Nitin said. "I wanted to see the surprise on your face and so did not tell you anything".

Caught unawares, Rukmini started crying. Nitin put his arms around her as Rukmini sobbed her heart and troubles out. Hearing her out, her premonition, Nitin took her out to the garden. Rukmini stared in surprise and disbelief. The yellow rose plant now appeared quite healthy. She saw a small bud had just started appearing. She now knew that connecting the plants to her own sense of foreboding was just a figment of imagination. Nature, she knew was a great teacher. The ways of the Almighty were mysterious and so Rukmini swore to herself that never again would she connect the two as Faith and Prayers were more powerful than Fate and Destiny.





### A Big Impact

My husband, almost two year old daughter and a very pregnant I had gone to see a lifestyle exhibition in a Hotel.

I was a very possessive mother and almost never let anyone else take charge of my chick. Hence it was I who was toting along the aforementioned chick from stall to stall while she tried to touch things and basically stall my progress!

We came upon a stall with hand painted plates from Turkey and in order to have a closer look I left the hand of my daughter. In all of a minute I was done and automatically reached for her tiny fingers to only encounter air. Turning to my side and looking down I saw a lot of different waists and footwear but no kid. Confident that she wouldn't leave my side to actually get lost I looked in the stalls around all the while getting ready to scold her for leaving my hand. Never mind that it was I who had let go of an infant's hand. By airline standards any child below the age of two is an infant. Here I must admit that while I was super possessive of her I was also always treating her like a grown up child because she was and is an old soul and was mature beyond her years. Does this sound like an excuse for why I misplaced her?

Trying to hunt up my husband who had wandered off to maybe the next row of stalls I was unravelling and starting to hyperventilate when I saw him. Imagine a beached whale running towards an unsuspecting human. He managed to keep his balance as I crashed into him and clung on like a

barnacle to the side of a ship and quickly herded me out of the hall towards the customer service desk. It was a closed hall with minimal exit points so he told me to stay put while he took actions to plug the exits. He needed more eyes to hunt up the baby and needed the customer desk staff's help to do so. By now it was some 10 minutes since I had lost her and before he could start explaining to the staff what was up I just lost it and started howling like a Banshee. The worried staff and even more worried husband had to spend precious minutes calming me down lest I went into labour there and then. I remember some part of my mind being really surprised that I was reacting like this and going to pieces since till then I had always assumed that I had nerves of steel and could handle any crisis well. Till then being a mother who had lost her child was a theoretical concept with me acting as a silent Judge and Jury condemning any parent for this dastardly act. Probably the powers that be wanted to teach me some humility and also acquaint me with myself that led to this life altering incident.

Finally my husband's words penetrated that if he had to look after me how would he look for our baby? Leaving me to continue to sob albeit less intensely, the staff and he then got into high gear with the first act being to close off all the exit points and check any people leaving with a small baby girl. I don't remember how much time had passed when they found our daughter sitting behind a stall with a lady who had coaxed her into sitting down. When we ran (or waddled in my case) up to the stall the lady said that she had thought that this baby might be lost and thus made her sit beside her at the stall. She explained that she being alone couldn't leave her stall to go up to the customer desk and so had decided to wait for someone to miss a child.

Seeing my baby I had a bagful of

mixed emotions with relief and anger jostling for equal space. It's human nature to transfer the blame for our shortcomings onto someone else; even the one we've wronged. It was why I wanted to hug my daughter to within an inch of her life and also beat her up. Before you call child services, no, I didn't raise a hand on her. I remember staring at the floor rather than the lady at the stall and mumbling something before grabbing our daughter and leaving.

I don't think I thanked the kind lady enough because I was deeply embarrassed about the meltdown (everyone heard me howling I'm sure) and that I had lost our kid in the first place. I'm sure my husband thanked her enough for both of us. This incident was like a light shining upon my holier than thou bearing. I realised that A, I wasn't the better parent, B, I couldn't handle a crisis which involved my kids (remember I was expecting our second child) and C, my baby was just that, a baby and I needed to treat her as such. Taking kids to such crowded places was ok as long as one parent was a "Black Cat" and hyper vigilant about their whereabouts.

– By Suruchi Rastogi

TRUE

**Be a  
WINNER  
of  
CONTEST**

Incident

*Has something happened in your life that has left an indelible impression on your mind? Some experience that gladdens your heart or which makes you shudder with pain or embarrassment even after years! Why not share it with the readers of Woman's Era? All published incidents will be paid Rs 200. Send your entries to:*

**INCIDENT**  
**Woman's era**

*E-3 Jhandewala Estate, New Delhi-110055.  
Womansera.com*

Name: \_\_\_\_\_

Mobile: \_\_\_\_\_

E-mail: \_\_\_\_\_

# Homeless

How Teenagers Become Homeless?

By Rama

*Teens!*

Youngsters who become homeless are unexpectedly portrayed in the media. Here and there they are depicted as coming from families and homes that are portrayed by savagery. On different instants, they are depicted as youthful swashbucklers, who venture out from the home to explore the world and search out the gleaming lights of the enormous city. However different occasions,

they are viewed as rebellious teenagers who venture out from home for genuinely negligible reasons; as instigators burnt out on doing the dishes, who would prefer not to remain in school or find a new line of work, yet rather need to try different things with the 'bohemian' way of life. From this viewpoint, the roads are believed to 'pull' youngsters towards fervor and opportunity.



There are a few reasons why a teenager may be living in the present homeless circumstance.

### Living on the Street

Needy young people go through their days searching the roads for money and food. Some choose to join a gang figure the individuals will secure them. Notwithstanding, the posse movement is similarly perilous since a large number of them require new individuals to fight, put forward murder or take for commencement and build-up position inside the gathering. Asylums are accessible in huge urban communities; in any case, they top off quickly. A penniless young person's bed or perhaps a sweeping normally winds up in a recreation center, under a scaffold, interstate underpass, or in the forested areas. The colder time of year presents more concerning issues-particularly in colder atmospheres. Without satisfactory warm asylum, teenagers can turn out to be sick, experience the ill effects of hypothermia or stick to death.

### Discovering Homes in roads, or discarded Buildings

Some poor teenagers may have some kind of rooftop over their heads. They need to discover approaches to bring in money for food. Not being of lawful age to work implies numerous young people go to burglary. Some think that it's simpler to skillet handle or sell sex and medications for asylum, food, and money. In any case, this places them at risk for assault, actual maltreatment, and murder. Moreover, most lodgings are pay by week or day. Accordingly, this asylum could be lost at any second sending them back to the roads. Vehicles or deserted structures can be repossessed, which means youngsters should be ready consistently. They should have an arrangement for what to do if their impermanent haven is lost. We have come dangerously close to accepting the homeless situation.

### Surfers

These are viewed as the shrouded poor teenagers. They don't have a perpetual spot, so they depend on companions, family members, neighbors or outsiders ready to loan them a sofa to rest on. While these youngsters may have warmth or food, they don't have any feeling of strength since they need to locate another spot when they outstay their welcome. These destitute teenagers continually stress where they will rest and may go through certain evenings living in

the city or even in vehicles when they can't discover a spot. Moreover, these children may do random temp jobs, tasks or sexual courtesies for a spot to rest. With no spot to remain forever, all that they own normally fits inside a rucksack that they convey.

### Issues At Home

Several teens that are actually, inwardly, and additionally explicitly manhandled will runaway, so they don't need to suffer it any more. A few teenagers flee in light of the



**THE COLDER TIME OF YEAR PRESENTS MORE CONCERNING ISSUES-PARTICULARLY IN COLDER ATMOSPHERES. WITHOUT SATISFACTORY WARM ASYLUM, TEENAGERS CAN TURN OUT TO BE SICK, EXPERIENCE THE ILL EFFECTS OF HYPOTHERMIA OR STICK TO DEATH.**

fact that their folks are in a high clash separate. They may feel as though they are the motivation behind why their folks can't get along or they would prefer not to be around their folks battling. Guardians who have a dysfunctional behavior or are dependent on medications and additionally liquor might be careless or advice their teen to leave their home against his/her desires.

Parental Economic Difficulties Guardians, who are jobless and lose their temporary housing, may get penniless alongside their youngsters. In any case, in light of



the threats of the road and asylum accessibility, numerous teenagers separate from their parents.

### Home Instability

Kids who have experienced childhood in the outline may think that its debilitating when they should over and again move all through support homes. As a portion of these kids become young people, they become less adaptable about their everyday environments and choose to flee.

### Poverty

Many youngsters who become homeless come from families living in neediness. This doesn't really imply that the families are not mindful and strong. Nonetheless, we do realize that living in destitution can affect instructive and wellbeing results and on one's capacity to find a new line of work. Moreover, as youngsters get more experienced, it could be harder for families to keep on supporting them monetarily.

### Kicked Out

Vagrancy doesn't need to be a drawn out thing. A few teenagers have been kicked out of their homes

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on the present moment by their parents for different reasons. For instance, a parent may kick a teenager out after a fight. Teenagers may likewise be forever kicked out for drug infringement or crime as well.

### Sexual Orientation

The same number of as 40% of homeless teenagers and youth are considered among the LGBT people group. Either these teenagers may decide to flee from homes that aren't tolerating of their sexual direction or they may be kicked out by guardians that can't acknowledge their decision.

### Outcomes and Risks

At the point when youngsters flee, a significant number of them don't think about the results of living without a steady home. This way of life can prompt various dangers.

### Crime

Teenagers that live on the road are bound to perpetrate what are considered "survival acts," which much of the time implies crime. Not exclusively will they take, however they may likewise join a group or offer drugs to endure. Most homeless teenagers are vigorously 'in danger' of engaging in wrongdoings.

### Prostitution

Mostly homeless teenagers have exchanged sex for money and some for food or haven. Homeless youngsters likewise experience various kinds of physical and psychological mistreatment.

### Emotional wellness Issues and Suicide

Homeless youth experience a wide range of psychological well-being issues like discouragement, tension problem, lead issue, PTSD and low confidence at raised rates. These teenagers additionally have a higher pace of self-hurting practices.

### Lack of Education

Several young people that are homeless will need legitimate training. They either can't or don't decide to go to class. Some additionally can't pursue classes since they don't have enough resources.

We

## I am Pregnant



## Q & A

**I AM ONE AND HALF MONTHS PREGNANT. I AM VERY FOND OF gardening. It is in fact my passion and has a calming effect on my stressed nerves. Even the nausea of pregnancy decreases when I sit in my garden and breathe in the fresh, clean air. Please tell me if it is advisable to continue gardening during pregnancy.**

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

**I AM TWO MONTHS PREGNANT BUT THE ULTRASOUND REVEALED just a fluid filled sac with no baby inside. What does this mean? Am I pregnant or not? What should be done?**

You are pregnant alright but all is not well with the pregnancy. In all probability you have a blighted ovum. You should get the ultrasound repeated after two week.

If no fetal node has appeared by then the conceptus has to be aborted as it is defective. Your doctor may send the products of conception for karyotyping to detect chromosomal abnormalities if any.

**I AM EIGHT MONTHS PREGNANT WITH MY FIRST BABY. ON MY LAST antenatal visit my obstetrician told me that the fluid in which the baby floats is less, a fact that was confirmed on ultrasound. What does it signify? I am very worried.**

Decreased amniotic fluid alerts us to the fact that all may not be well with the baby. You will require more frequent antenatal checkups and serial ultrasounds to monitor the progress of the baby.

If no further deterioration is found, you will be allowed to carry the pregnancy to near term. On the other hand if the various parameters worsen, the baby will be delivered as soon as deemed necessary.

**MY RECENT ULTRASOUND SHOWED A LOOSE LOOP OF CORD around the neck. I am in the thirty sixth week of my pregnancy. Please tell me what to do? Should we opt for a cesarean section right away lest the cord strangulate my baby? Please tell me what to do.**

A loose loop of cord around the neck is no reason to panic and according to medical guidelines, not a reason to do a cesarean section. However, in rare cases it can be stretched at the time of labour when the head descends low down causing fetal distress which may require hastening birth by applying a forceps or vacuum.

Some people are not willing to take any risk and give a signature for a preference for cesarean section. Discuss the pros and cons with your obstetrician and make an informed choice.

**I SWIM REGULARLY EVERY SUMMER SEASON. THIS TIME I realized that I am pregnant. My family members do not want me to swim any longer but this the only type of exercise pleasurable, I would very much like to continue doing so. Can I?**

Swimming is an excellent form of exercise with or without pregnancy. You can continue doing so till term when the buoyancy of the water will ease the weight of the enlarged uterus and make you feel relaxed. However there is a risk of catching skin, eye, ear and intestinal infections from the pool so use one that is well maintained and take all the necessary hygienic precautions one takes before and after swimming. Also, do not overexert yourself. One does not realize that one can get overheated in the pool too and this is not good for the baby.

**I AM IN THE 8TH MONTH OF MY FIRST PREGNANCY AND HAVE developed severe itching all over my body. This has occurred despite the fact that I am very conscious about my body hygiene. There is no rash but the itch is making me miserable. Please tell me why has this occurred and what do I do about it?**

Itching without a rash in the last trimester of pregnancy could be due to a condition called Cholestasis of pregnancy wherein the liver functions are deranged, as confirmed by a blood test. This leads to a collection of bile in the body which causes the itch. Your doctor will prescribe medications for the same and you will have to apply lotions like lacto-calamine externally to soothe the itch. The obstetrical implication of this condition is that, on rare occasions, it can lead to intrauterine death of the baby near term. To avoid such a calamity, obstetricians usually induce labour and deliver the woman at thirty eighth week of pregnancy - two weeks before term.

**I AM EIGHTH MONTHS PREGNANT WITH MY FIRST CHILD BUT LOOK positively huge. At times I find it difficult to lie down, get up from the lying position. There is even difficulty in breathing. Earlier ultrasound have rule out the possibility of twins. Now it has been found that there is excessive fluid in my uterus. Please tell me why is it so? What are the implications of such a condition and is it possible to decrease the fluid and make my life comfortable for there is still a month to go.**

Excessive fluid in the uterus can cause maternal distress as you know. The reason for increased amniotic fluid is not generally known though some women with congenital malformations like anencephaly (absence of the baby's head) do have increased fluid. There is no treatment for hydramnios but if it is causing breathlessness, the doctors can give you temporary relief by removing some amount of fluid.

**I AM 21 YEARS OLD AND AM FIVE MONTHS PREGNANT BUT MY STOMACH IS BARELY NOTICEABLE. WHY IS IT SO?**

As this is the first time that you have conceived, the muscle tone of your abdominal wall is good and that does not allow the enlarging uterus to fall forwards. Get yourself examined by an obstetrician and if she says that the pregnancy is growing normally you have no cause for worry.

– Dr. A.K. Bajaj

New

# Family Favorite!

Everyday cooking recipes.

## CHICKEN TACO SOUP

### INGREDIENTS:

800 grams boneless chicken breast  
1/2 teaspoon coconut oil  
1 small chopped green bell pepper  
1 small chopped red bell pepper  
1 medium chopped onion  
1 small diced tomato  
6 cloves minced garlic  
2 teaspoons salt

1 1/2 teaspoon cumin  
1 teaspoon black pepper  
1 teaspoon oregano  
1/4 cup fresh lime juice  
1 cup chicken broth

### METHOD:

Heat a large pan on medium flame. Once hot, add the coconut oil. Put the onion, bell peppers,

and minced garlic into the pan. Cook the veggies for 3-4 minutes until they become soft.

Now add the chicken breast, tomatoes, lime juice, all the spices, and chicken broth. Stir the ingredients well. After a boil, let the soup cook for 25-30 minutes so that the chicken can be shredded easily.

Shred the chicken with the help of two forks. Mix the soup again. Serve it hot with some freshly chopped coriander leaves.



Chicken taco soup

# CARIBBEAN STYLE STEAMED FISH

## INGREDIENTS:

- 3-4 prominent pieces of fish of your choice (low fat)
- 1/4 cup lime juice
- 1 finely chopped green bell pepper
- 1 finely chopped red bell pepper
- 1 sliced onion
- 1 diced carrot
- 4 cloves crushed garlic
- 1/2 teaspoon black pepper
- 1 teaspoon salt
- 1 teaspoon butter
- 1 teaspoon olive oil
- 2 cups water

## METHOD:

Marinate the fish with garlic, salt, black pepper and lime juice and let it rest for 10 minutes.

Place a heavy bottom wide pot on medium flame. Add the butter and oil to it. After the butter melts completely, put the bell peppers, carrots and onion into it. Cook the veggies for the next minutes.

After adding garlic, add the



Caribbean style steamed fish

water and let it boil. Now, add the fish pieces. Put the lid on and leave the pot on low flame for 20 minutes. Have it with some brown rice.

# VGRILLED VEGETABLE CHICKEN KEBABS

## INGREDIENTS:

- 700 grams boneless chicken breast
- 1 small diced onion
- 1 medium green bell pepper largely diced
- 1 medium red bell pepper largely diced
- 1 small zucchini thickly sliced
- 2 teaspoons black pepper
- 2 teaspoons oregano
- 2 teaspoons of paprika
- 1/4 teaspoon Himalayan salt

## METHOD:

Pre-heat the grill to 350 degrees.

Boil the chicken with some Himalayan salt. Cut the boil chicken into small square cubes. Season them with paprika, black pepper and oregano. Keep it aside.

Deseed the bell peppers. Place the vegetables and chicken cube onto the skewers in your desired order.

Place them onto the grill for 4 minutes. After grilling each side, remove the heat.

The kebabs are ready to eat. You may sprinkle some salt additionally. You can have it only with hummus dip or can have it with some cooked quinoa.

Grilled vegetable chicken kebabs



## SLOW COOKED CHICKEN STEW

### INGREDIENTS:

800 grams chicken breast  
1 small onion diced  
1 small red bell pepper diced  
1 small green bell pepper diced  
4 cloves of garlic minced  
1 small tomato roughly chopped  
2 teaspoons olive oil  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
1/4 teaspoon paprika  
3-4 large cups of water



Slow cooked chicken stew

### METHOD:

Boil the chicken breast with a pinch of salt. Toss the chicken with paprika and black pepper.

Heat a large pan on medium flame. Add the oil. Now add the onion and garlic. Let it cook for 1-2 minutes. At this point, add tomatoes, bell peppers and chicken to the pan. Sauté the ingredients for next few minutes and add the water.

Cook the soup for next 1 hour on low flame.

You can have it with multigrain bread toast.

## MEXICAN STYLE STUFFED PEPPERS

### INGREDIENTS:

4-5 large bell peppers  
700 grams minced chicken  
2 teaspoons extra virgin olive oil  
1 teaspoon chili powder

1 teaspoon cumin powder  
1 small chopped onion  
4-5 cloves of minced garlic  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
1 small tomato chopped  
1 1/2 cups quinoa  
1 1/3 cup shredded cheese

### METHOD:

Preheat the oven to 375 degrees. Prepare the baking tray by applying some olive oil.

Deseed the bell peppers. Take out the remaining membranes from them. Cut them from the top. Place the cut bell peppers on the tray. Place a large pan on medium flame and add oil.

Now add the chicken, onion, garlic, chili powder, cumin powder salt and pepper. Cook it for 4 minutes until the chicken becomes slightly brown. Add the tomatoes and cook for another 1 minute. Add the quinoa and 3/4 cup cheese with the sautéed ingredients after removing the pan from heat. Mound the filling into the bell peppers. Add the remaining cheese on the top.

Pour little water into the tray. Bake uncovered for maximum 30 minutes until the cheese melts completely. Enjoy it hot.



Mexican style stuffed peppers

## ZUCCHINI PIZZA

### INGREDIENTS:

5 medium zucchini  
1 cup pizza sauce (You can make it at home)  
1/4 teaspoon salt  
1 teaspoon Italian seasoning  
2 teaspoons of fresh herbs- basil or thyme  
1/4 teaspoon chili flakes  
1/3 teaspoon olive oil  
1 1/4 cup of shredded mozzarella  
2 teaspoons fresh parmesan cheese



Zucchini Pizza

### METHOD:

Preheat the oven to 375 degrees. Prepare the baking tray by coating some olive oil.

Cut the zucchinis lengthwise. Scrape out the soft center of the zucchinis. Sprinkle some salt inside them. Arrange the cut zucchinis on the baking tray.

Spread pizza sauce inside the zucchinis generously. Add the mozzarella cheese, zucchini centers, fresh herbs, chili flakes and Italian seasoning. Sprinkle the parmesan cheese on top.

Bake for 20 minutes until the cheese melts and gets light browned. As it is very filling, you can have it only for lunch.

Gluten-free tomato pasta

## GLUTEN-FREE TOMATO PASTA

### INGREDIENTS:

1 packet gluten free pasta

1 cup diced tomatoes  
1/2 cup onion diced  
3 cloves of minced garlic  
3 teaspoons olive oil  
1 cup mayonnaise  
1 egg yolk  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
Some freshly chopped basil

### METHOD:

Cook the gluten free pasta according to the instructions. Drain the water and rinse it with cold water.

Take a large pot and place it on medium flame. Add the oil. Sauté the garlic, tomatoes and onion for 2 minutes. Now keep on low flame.

In a separate bowl mix the egg yolk and mayo well.

Add the pasta to the pot with the yolk mixture. Mix all the ingredients till you get a creamy consistency.

Stir everything gently on low flame for 3-4 minutes. Add salt and pepper. Mix again.

Transfer the pasta to a plate. Garnish it with freshly chopped basil.





Brussels sprouts with honey mustard chicken

## BRUSSELS SPROUTS WITH HONEY MUSTARD CHICKEN

### INGREDIENTS:

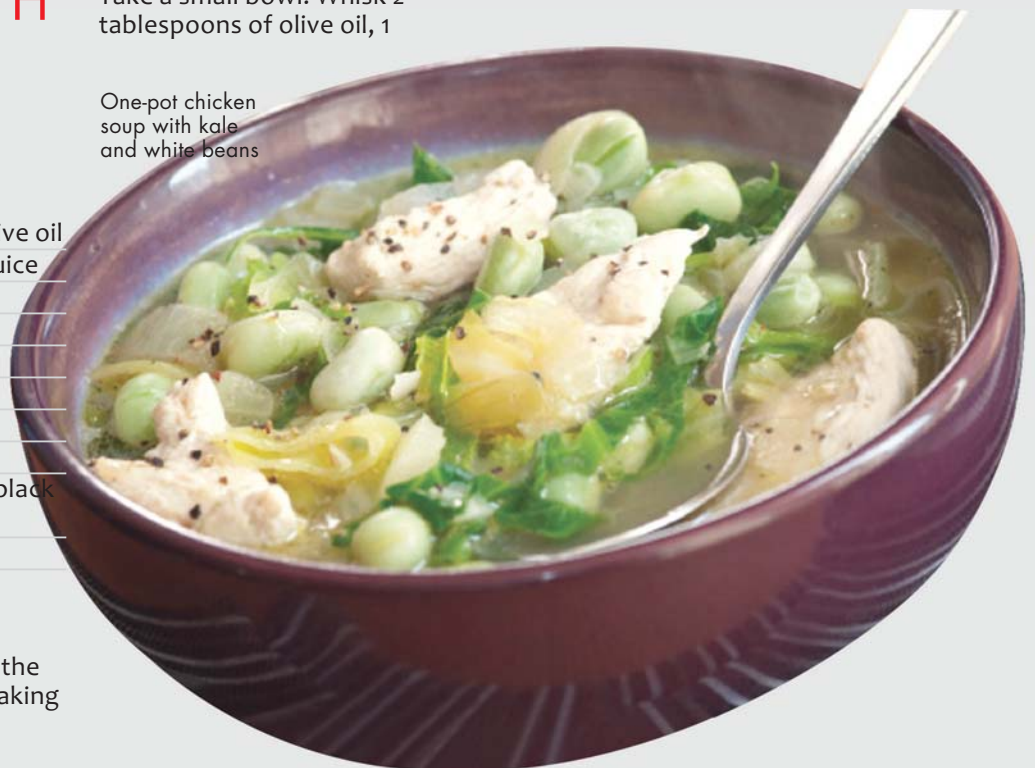
- 4 tablespoons extra virgin olive oil
- 2 tablespoons of fresh lime juice
- 2 tablespoons mustard paste
- 2 tablespoons honey
- 4-5 cloves of minced garlic
- 1 large chopped onion
- 4-5 medium chicken thighs
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 1/2 cup Brussels sprout

### METHOD:

Preheat the oven Preheat the oven to 425 degrees. Place baking

sheets into the nonstick tray and grease them with some olive oil. Take a small bowl. Whisk 2 tablespoons of olive oil, 1

One-pot chicken soup with kale and white beans



tablespoon lemon juice, mustard paste, honey, garlic, salt and pepper.

Dip both sides of the chicken thighs into the sauce and place them on the prepared tray.

In a separate bowl, mix the Brussels sprouts with onion, 1 tablespoon of lime juice and 2 tablespoons of olive oil. Season with salt and pepper and place the sprouts around the chicken on the tray.

Roast it for 35 minutes until the chicken is golden and the sprouts are crispy.

Serve this hot. You can have it with brown rice or quinoa.

## ONE-POT CHICKEN SOUP WITH KALE AND WHITE BEANS

### INGREDIENTS:

- 2 1/2 cups of shredded chicken



Bell pepper zucchini  
chicken stir-fry

- 7 cups of chicken broth
- 2 cups of chopped fresh kale
- 1 large onion diced
- 5 cloves of minced garlic
- 1 tablespoon olive oil
- 1 ½ cup slightly drained white beans
- 1/2 teaspoon sea salt
- 1/2 teaspoon black pepper

**METHOD:**

Take a large pot and heat it on medium flame. Add the oil and put the onion in it. Stir it for 3-4 minutes until the onion is soft. Now add garlic and sauté for 2 minutes. Add the chicken broth, beans, chicken and keep the flame on low. Cook for 15 minutes to enhance the flavors. Season with salt and pepper. Add the kale and cover the pot for few more minutes. Turn off the flame.

Enjoy the soup hot. The best part about this soup is it can be stored in the fridge for few more days. You just need to reheat the soup in the microwave before having it.

## BELL PEPPER ZUCCHINI CHICKEN STIR-FRY

**INGREDIENTS:**

- 2 cups of zucchini thickly sliced
- 850 grams thinly sliced chicken breast
- 1 tablespoon minced ginger
- 1 tablespoon minced garlic
- 1 cup low sodium chicken broth
- 1/4 cup gluten free soy sauce
- 1 tablespoon brown sugar
- 3 teaspoons sesame oil
- Some roasted sesame seeds

**METHOD:**

Take a large pan on medium high heat. Add two tablespoons sesame oil. Stir fry the sliced chicken breast for 2-3 minutes until it becomes tender. Transfer it to a bowl. In a separate bowl, mix chicken broth, 1/2 tablespoon sesame oil, soy sauce, brown sugar well so that all

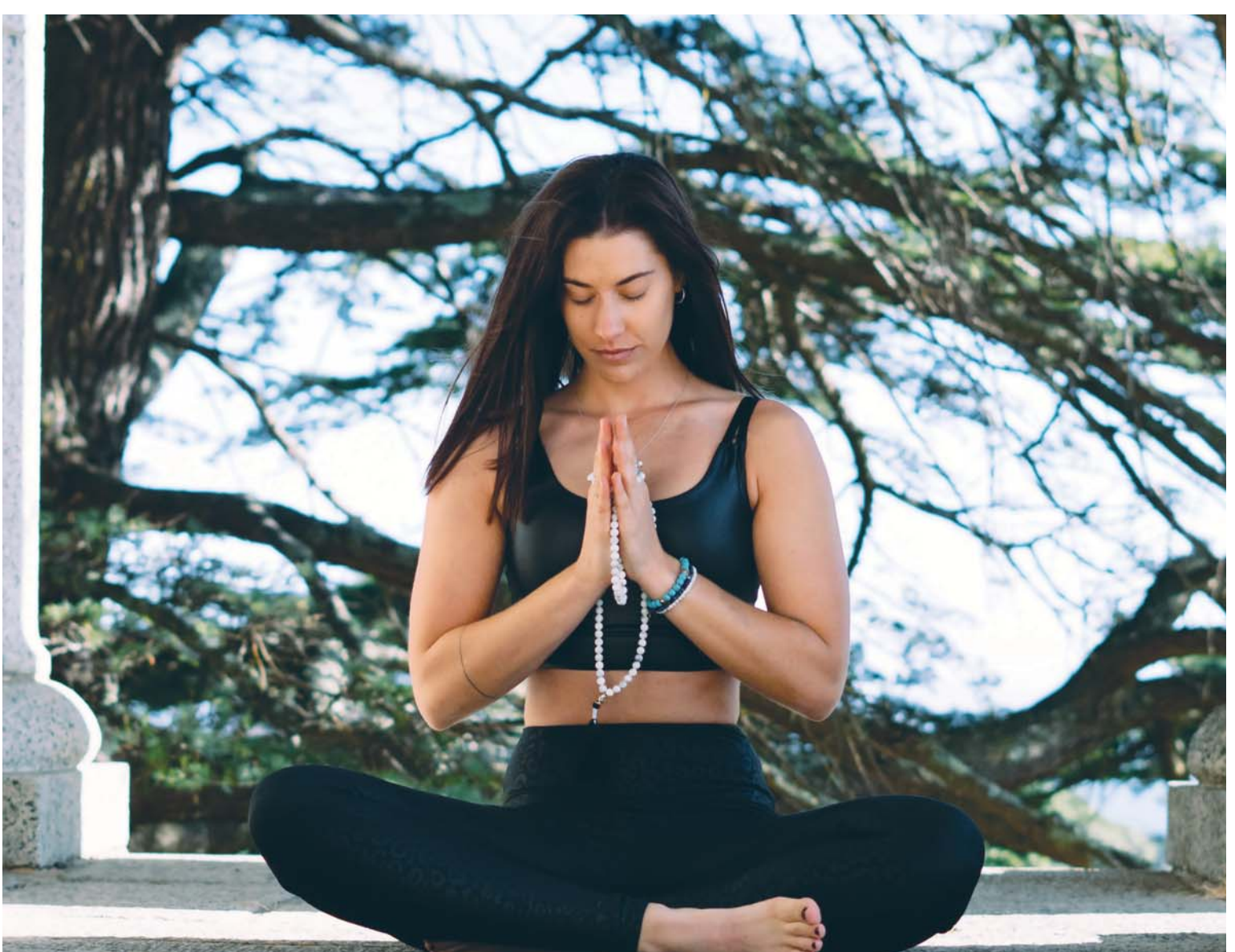
the ingredients get dissolved. Add the remaining sesame oil to the pan. Sauté the garlic and ginger for 40 seconds. Add the sauce to it and cook for 2 minutes. It is the time of add the zucchini. Stir them until the zucchini becomes soft. Turn off the flame and add the fried chicken to it and mix well. Garnish with the roasted sesame seeds.

**Conclusion**

It is not important to starve or indulge into bland foods while losing weight. In the weight loss process, you have to pick the right ingredients based on their nutrients but how to make them tasty is absolutely in your hands. You just need to make sure that you are not adding any harmful ingredients such as excess salt, ajinomoto etc. To maintain the healthy weight just stick to healthy diet, keep hydrated and workout regularly.

**Recipes by:**

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



# Meditation

5 myths to bust regarding peaceful act of attaining higher-self esteem. By Disha Sharma

**M**editation is a solution to cope with all the daily problems. Be it a toxic working environment or a constant quarrel, mostly we are recommended to practice meditation. No matter what, the yoga experts' videos and tips and tricks are all over the internet indicating it as a great stress-buster and anxiety resolution.

The sudden outbreak of a deadly pandemic Coronavirus has given us more reason to make it a habit of meditation. Unfortunately, due to

our working from home hectic and strenuous days in the present scenario, it is quite difficult to follow the meditative procedure as it requires a lot of time.

But if one tries to take out some minutes to allow them to breathe in mind, they can change the brain waves in another direction. This direction generally leads to the end of the positivity making you filled with optimism and enthusiasm.

When a day starts with meditation, your mind automatically makes a plan,

organize the whole day, and provides a sense of accomplishment of goals per day. Interestingly, a report suggested that in the coming years, the world witness a growing population of meditation. It has been estimated that 200–500 million people meditate worldwide.

In the past years, the practice has suddenly gained importance and immense popularity. Taking into the health benefits' consideration, it's no surprise that a large number of people use it.

Another study revealed that it can reduce insomnia by 50 percent among people. Most importantly, mindfulness meditation can immediately reduce post-traumatic stress disorder 73% of the time.

An interesting co-relation of meditation with children is that almost 10 times more children used meditation in 2017 as compared to 2012. In the year 2017, according to National Health Statistics 5.4 percent of children aged 4–17 had meditated in the past twelve months, compared to 0.6 percent in 2012. The percentage of boys and girls who used meditation was quite similar. However, due to various assumptions and theories available on the internet or through word of mouth, several myths have been developed around it. From labeling it as a religious practice to calling it a hard practice, meditation is surrounded by random hypothesis. Here are five myths that can be busted to make meditation a necessary component of your life.

### 1 **Myth: Meditation must be practiced in silence**

Vipassana meditation, which is generally carried out in peace and silence is mostly recommended by yoga experts. Meditation can be done while walking, running, humming, or singing. The idea is to allow a fresh breath of air in thoughts that can bring out the focus on the full attention towards our breathing. A quiet mind and activated brain are not necessarily to be accompanied by a still or quiet body, said Stephanie Thoma, meditation facilitator, networking strategy coach, and author of 'Confident Introvert'.

### 2 **Myth: Meditation is hard**

It's not challenging to sit down to meditate for long hours. But still, it can be easily done anywhere and anytime. It is a simple act of sitting and putting our all thoughts together. Our goal is to achieve a higher self and attainment of self-esteem growth. It should somewhere bring out the required



**AN INTERESTING CO-RELATION OF MEDITATION WITH CHILDREN IS THAT ALMOST 10 TIMES MORE CHILDREN USED MEDITATION IN 2017 AS COMPARED TO 2012. 5.4 PERCENT OF CHILDREN AGED 4–17 HAD MEDITATED IN THE PAST TWELVE MONTHS, COMPARED TO 0.6 PERCENT IN 2012.**

growth as a person to make us feel proud of ourselves. Problems like impermanence, anxiety, or stress can easily be removed by channelizing our thoughts by indulging yourself in meditation. Stephen McManus, a meditation teacher, and director of 'Three Jewels' Meditation Studio in New York City suggested the same.

### 3 **Myth: Meditation is a selfish indulgence**

It's a completely absurd statement that meditation is a selfish act of indulgence. Because sleeping and physical exercise are not at all considered selfish. Meditation is an essential exercise for your mind and awareness. It makes you calmer, less reactive, and

more centered. This positively influences people around you and empowers you to do a better job at work, said Giovanni Dienstmann, meditation teacher, creator of the meditation blog Live & Dare, and author of "Practical Meditation: A Simple Step-by-Step Guide."

### 4 **Myth: You must be sitting to meditate**

It's not necessary to practice meditation while you're not moving. Other than this, it can be walking meditations, hiking meditations, meditations, in which you observe your environment and narrate what's around you. Several types of research have suggested that meditations while moving are more beneficial than non-moving meditations. It includes reducing anxiety and worry, leading to achieving a more peaceful state of mind, and organising your thoughts. Moving meditation boost blood flow, increased blood circulation and improving digestion," said Dr. Judy Ho, clinical and forensic neuropsychologist, associate professor of psychology at Pepperdine University.

### 5 **Myth: Meditation is a religious practice**

The most prevalent notion regarding meditation is that it's a religious practice. But in fact, it not at all related to religion. There is no dogma of religion attached to the meditation. Be it Hindu, Muslim, Sikh, Parsi, Christian, or any person belonging to any caste, creed, or sect, a belief in God does not rely on the existing differences in the society. Whether it's a prayer from a Hindu or calling Allah, one person only tries to reach out to their higher esteem or self. Many theorists have stated that it's an act of balancing life acts.

Therefore, it can be said that meditation is beneficial to boost your mental and overall well-being of a person. It only enhances the growth of a person to live a better life with a sense of accomplishment all day.



# TRICKING A TEA LOVER!

*I Feel Curious...* By : Muniza Tariq

*High on tea, I told myself: must be nervous. It was her first day after all. As days passed, I realized that Sunita Didi was neck-deep in other people's domestic affairs and their weird food preferences. The second she would see me around, she would start ranting about how stingy a family is or how finicky people in general are.*

Hiring Sunita Didi as my cook was, at best, an act of desperation. If I had the luxury of time, I would have looked for someone who used oil more judiciously, salt more carefully, and words more sparingly but that was not to be. My job had been eating up my days and the acid in my stomach had been eating up its lining.

It was only understandable that I brought Sunita Didi onboard without interviewing her or sampling her cooking. Recommended by a friend who stayed in the same locality as me, Sunita Didi

was my last and only resort and I didn't want to reject her. So, even though my friend Riya the one who recommended her—kept insisting that I get her to cook once, I just called the cook over for one quick chat, took her phone number, gave her mine, and told her she was in! She was short. Her head was small and not the regular kind of small. It looked like it was compressed to fit a small

delivery box. She sounded like a bird flying around looking for humans to crap on. No horns, no claws - she seemed fine to me.

As it is the case with all beginnings, ours too was sort of rosy. She would show up on time and make tea for me. Which was the only thing she excelled at? Only with time did I realize that it was the perfect cup of tea that made me overlook her culinary disasters, which made them known from the very first day. The Aloo-Jeera sabzi she cooked the first day is impossible to forget, as it was to chew. Masoor Daal was so in love with the pressure cooker, it

I realize that it was the perfect cup of tea that made me overlook her culinary disasters.



refused to flow into a bowl, and the chapatis were all shapes but in one state: burnt.

High on tea, I told myself: must be nervous. It was her first day after all. As days passed, I realized that Sunita Didi was neck-deep in other people's domestic affairs and their weird food preferences. The second she would see me around, she would start ranting about how stingy a family is or how finicky people in general are.

How can I make chole in less oil, Didi? She'd ask me, beating the base of a pan with a ladle vengefully; sending a shiver down my spine that I felt was diminishing every single day.

Interestingly, most of the time, these one-sided bitching sessions ended with praises for me.

'Why can't they all be like you? You are not peeking into the kadhai, checking how much oil I am putting or how much salt I am adding. It is food. They should be grateful they have ample of it. Less salt, more salt, how does it matter? The stomach accepts everything. Look at you! You never complain. You eat everything I make with a smile. They must learn something from you.'

You must learn how to cook is what I wanted to scream at the top of my lungs but didn't because — any guesses? — that very second she gave me a cup of tea.

I made my peace with the burnt or uncooked meals that I swallowed without chewing. It was better than instant noodles

any day and that is what kept Sunita Didi in my life.

Then one day, after an early morning run, I returned home, humming a song, basking in the runner's high and completely missed the water that had leaked from the fridge. I landed on my tailbone and consequently, in a lot of trouble.

I was to be bed-ridden for days, which meant I needed someone to clean up my house as well.

Life further cornered me into choosing Sunita Didi for shouldering other domestic responsibilities as well. She met my expectations and failed at cleaning and dusting as miserably as she did at cooking.

The bitching sessions I had survived standing tall and restless were now served to me on the bed. She would pinch-hold the dusting cloth, slap random surfaces with it, talking aggressively. One day, when she sent one of my favourite lamps tumbling down a side table, the only thing I thought was it was long overdue.

All I could do was cringe and cover my face with the book I was reading. She didn't stop, neither to apologize nor to explain.

She picked up the jute lampshade put it back on the ceramic base which had a huge crack, thanks to the fall, and collected the shards of the broken bulb, before letting me in on a secret.

'Riya Didi, your friend, she and you are a world apart, no? I know I shouldn't be saying this but only yesterday, a bowl slipped out of my grip. She

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gave me an earful. It wasn't even my fault. The bowl was oily but no! But you are so different. Not a word about the lamp. And let me tell you something Didi, breaking of glass is good. It is supposed to avert physical harm. So, in a way, I saved you.'

As special as I felt, I couldn't help but wonder how long before I explode.

'Didi, Tea! With those magical words, she pulled me back and made me

forget, albeit temporarily, that she had the nerve to bitch about my friend and break my lamp almost at the same time.

As luck would have it, the following weekend, my friend Riya showed up to check on me.

She asked me how I was. I told her I was miserable. She said, 'Ahhhhh!'

Then she added; 'now I understand.'

I didn't so I asked her to tell me what exactly she meant by that.

With a nervous giggle, she said, 'don't tell Sunita Didi I told you, ok? But she was telling me that you have been cranky and you have been screaming at her. She told me you can't get over the lamp she broke.'

My eyebrows were one with my forehead and my fists were clenched.

'Relax! It is ok! It is only natural. You are bed-ridden and have every right to feel cranky.'

I was so furious; words left me and hid somewhere when she added: 'Try and be nice to Sunita Didi, ok? If nothing, she makes amazing tea, no?' We

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# Food Habits For Young Teens

Concerns of eating habits in youth.

By Himshikha Shukla

Teens need extra nutrients to support bone growth, hormonal changes and organ and tissue development, including the brain. Teens should eat breakfast, drink water and limit highly processed food, sugary drinks and eating out. Healthy eating habits and physical activity can help lower the risk of obesity.

The teen years are the time of rapid growth. They need extra nutrients to support bone growth, hormonal changes, and organ and tissue development, including the brain. The two main nutrients of concern for teenagers are calcium and iron.

Calcium is important for bone growth. If teens optimize their bone health, they have a decreased risk of fractures and of developing osteoporosis during adulthood. Females are particularly at risk if they do not meet their calcium requirements. Females aged 13 to 17 have a daily recommended intake (DRI) of 1300 mg/day. Males of the same age meet their requirements at about 1400 mg/day. Most teens do not meet these daily requirements.

Iron is another important nutrient for teenagers. Teens need iron as they gain lean body mass. Females also need iron when they start menstruating. On average, male teens meet their iron requirements with little difficulty. However, females aged 13 to 17 barely meet their requirements of 15 mg per day.



### Food habits

Along with physical changes, teens become more independent as they grow. Dietary options are one of the first decisions teens start making on their own. However, some teens tend to make poor food choices. Overall, teens tend to fail to meet their daily recommended amounts of vegetables and fruits and whole grains.

There are four major food habits of concern.

### Skipping breakfast

Breakfast is an important meal of the day as it helps to ensure daily nutrient needs are being met. It also improves school performance and helps maintain a healthy weight. The majority of teens do not eat breakfast on a regular basis.

### Increased consumption of highly processed foods

This includes foods such as soft drinks, snack foods, convenience foods and desserts. Everyone should aim to decrease their intake of these foods. However, for some teens, up to one half of their energy intake is from these other foods. This is of concern as highly processed foods are often high in fat, calories and sugar but are low in vitamins and minerals.

### Increased eating outside the home

Eating outside the home has increased, and a lot of the foods consumed in restaurants are high in fat and calories, especially at fast food restaurants. There has been an increased consumption of pizza, cheese burgers, and salty snacks with teens, mostly due to eating out. Teens should aim to eat more food prepared within the home, especially snacks.

### Increased consumption of soft drinks

A study looking at American youths aged 6 to 17 found soft drink consumption increased from 37 per cent in 1978 to 56 per cent in 1998.

The increase in soft drink



### WATER IS IMPORTANT FOR ACTIVE TEENS. PHYSICAL ACTIVITY CAN MAKE A TEEN DEHYDRATED. DRINK TWO TO FOUR CUPS OF WATER ONE TO TWO HOURS BEFORE PHYSICAL ACTIVITY.

consumption could be attributed to the increase in restaurant eating.

Water is also important for active teens. Physical activity can make a teen dehydrated. Here are some tips on staying hydrated.

- Drink two to four cups of water one to two hours before physical activity.
- Drink another two to four cups of water 10 to 15 minutes before physical activity.



- Drink about a half cup of water every 15 minutes during physical activity.
- Drink one to two cups of water after physical activity.
- Sports drinks and energy drinks are not usually necessary. For casual athletes, water is all you need.

### Healthy eating tips for normal and overweight teens

- Increase intake of whole grains, vegetables and fruits.
- Enjoy regular physical activity.
- Eat three meals every day and enjoy snacks between meals, five meals a day.
- Enjoy a variety of foods.
- Drink water instead of soft drinks, sugary juices or sports drinks.
- Limit foods high in sugar, sodium or saturated fat.
- Eat fast food and processed foods less often.
- Eat when you're hungry; stop when you're full.
- Pay attention to portion sizes.

Unhealthy eating habits like eating too much, not eating enough, or restricted eating can be bad for your teenage child's health and wellbeing, now and in the future. Encourage healthy eating habits by being a good food role model, creating a healthy food environment, and sending healthy food messages.



# Why Should Boys Have All The Fun!

Geek Girls And Online Gaming.

By Himshikha Shukla

Everyone knows that gaming isn't just a fun pastime, but also a viable career. If you're a professional gamer, you could make an obscene amount of money on competitive gaming, Twitch streaming, creating 'Let's Plays', and making yourself a brand name to your fans.

People know of Ninja and Fornite, PewDiePie on YouTube, but what about female pro gamers? I remember thinking that gamer girls didn't enjoy competitive gaming like StarCraft or Call of Duty, but I was dead wrong. Gaming is a billion-dollar industry, and these women are riding that expensive way to stardom and extreme wealth.



More and more female gamers are drawn to the fun, flexibility and freedom that mobile gaming affords. This is especially the case in Asia, where mobiles are the primary internet-enabled device for many people. Gaming has become extremely lucrative, not just for companies like EA and Activision Blizzard who make the games, but also for the best players in e-sports - competitive online gaming. Top female e-sport players have earned upwards of \$20m (£16m) through a combination of sponsorship, prize money and endorsements.

They are now seen as key influencers with millions of followers who watch them play online via live-streaming. In Asia, entire teams and leagues made up of female gamers are now making an impact on the world stage, including the Female Esports League, a regional gaming circuit to help boost female representation in esports. Last year, mobile communications firm Singtel provided sponsorship to the league.

The number of females playing video games in Asia is growing at a faster rate than their male rivals, according to the latest research. Women are levelling the playing field across all of Asia's key markets including China, India and Japan. The female video gaming community grew by 19% last year, according to data commissioned by Google. Asia is regarded as the global capital of video games, accounting for 48% of the world's total gaming revenue.

### Female Gamers: Huge Catalysts In Online Gaming

Among the millions of gamers joining the ranks every year, females have been a huge catalyst for growth. There are a number of factors that are contributing to this rise, with storylines becoming more inclusive and connectivity improving across the region. For 2019, the numbers of female gamers had grown to 38% of the 1.33bn Asian gaming population, according to Google which collaborated with



**THE NUMBER OF FEMALES PLAYING VIDEO GAMES IN ASIA IS GROWING AT A FASTER RATE THAN THEIR MALE RIVALS, ACCORDING TO THE LATEST RESEARCH. WOMEN ARE LEVELLING THE PLAYING FIELD ACROSS ALL OF ASIA'S KEY MARKETS INCLUDING CHINA, INDIA AND JAPAN. THE FEMALE VIDEO GAMING COMMUNITY GREW BY 19% LAST YEAR, ACCORDING TO DATA COMMISSIONED BY GOOGLE.**

market researchers Niko Partners. For China, they now account for 45%, while for South Korea, Japan and Southeast Asia the figure is 40%.

Men may dominate sports offline, but the online world is a great leveler for both sexes. A new survey finds that though popular



notion suggests that gaming is the bastion of men, women equally indulge in online real money games. And, that there isn't much difference between the time spent by each of these gender groups in playing these games.

The survey by YouGov, an internet-based market research and data analytics firm headquartered in the UK, has found that most of the active gamers in India spend less than three hours a week on these games (52 per cent of the respondents) and a third (30 per cent) spend between 3 to 5 hours a week playing these games.

What's more, it appears that women are not shying away from investing monetarily in these games either. The survey found that the only difference is that as compared



to men, on an average a higher number of women tend to be spending smaller amounts of up to Rs 100 (49 per cent vs 34 per cent), while men seem to be more indulgent than women and invest between Rs 101- Rs 1000 monthly in these games monthly (35 per cent vs 27 per cent).

Unfortunately, there is a dark side to the rise of female gamers as many have been harassed online. They are turned into memes and even was a victim of sexual harassment online. Once you go public and you get noticed there will always be people hating on you, finding faults and mistakes. The gaming community can be very toxic.

### Indian Girls As Gaming Streamers

Experts advise choosing a username that doesn't include your real name or other identifying information when creating accounts and profiles. From gamers to streamers to game developers and entrepreneurs, women are carving a niche for themselves in the online gaming arena. Indian female gamers are slowly storming the male-dominated online gaming space.

Nearly 18% of all gamers in India are women, according to 'Think



**SONNEETA THAPA IS A FEMALE GAMER WHO HAS TWO MILLION SUBSCRIBERS ON YOUTUBE. FOR THAPA, ANYONE CAN SUCCEED IN GAMING IF THEY HAVE THE PASSION FOR IT. ONLINE GAMING PLATFORMS ARE FOR ALL – MEN AND WOMEN — YOUR SUCCESS DEPENDS ON YOUR PASSION NOT YOUR GENDER.**

With Google APAC – Play like a Girl Report, 2020'. Moreover, the number of women is increasing at a faster rate than male gamers. For instance, Sonneeta Thapa is a female gamer who has two million subscribers on Youtube. For Thapa, anyone can succeed in gaming if they have the passion for it. Online gaming platforms are for all – men and women — your success depends on your passion not your gender.

Unlike popular belief, online gaming is just like any other field, so a woman's presence should be a normality not a shocker. It is an ecosystem where women are taking charge in the online sports industry as developers, as gamer artists, working closely with the product and the data.

### Online Gaming: as a lucrative career option

Gaming industry in India started to bloom about a couple of years ago in India. Though initially being a male space, the online gaming arena is now witnessing a sudden influx of women gamers coming on to the platform and the ecosystem. The gaming ecosystem has a bright path ahead, so women gamers who are looking at online gaming as a career option stand a lot to gain.

The gaming industry is booming at this time and anyone wants to be a part of it, this is the right time. People should not shy away from gaming and consider this as a lucrative career option. Indian gaming developers should focus on creating games which can be taken to international markets. The best way to stand up to slander is to simply prove your worth. Women gamers should not let anything ruffle them and simply focus on being their best. While five years ago, it might be unimaginable for anyone to look at online gaming as a career option, now the space opens a bright future in multiple dimensions for women to explore, if only they overlook the hurdles. **We**

## Your Body



## Q & A

**M**Y DAUGHTER IS ABOUT THREE YEARS OLD, SHE DEVELOPED fever, difficulty in respiration, nasal discharge and loss of appetite. We have consulted a local doctor for this problem. He advised treatment but treatment was not effective. After that we have consulted a child specialist, after examination and on the basis of symptoms he told us that she is suffering from Hemophilus influenzae infection and advised treatment and child get good response of the treatment. What is your opinion about the disease.

Hemophilus influenzae infections occur usually between the age of three months and four years and are nearly always associated with septicemia. Infection with H. influenzae usually begins in the nasopharynx and spreads locally or through the blood stream. Most nasopharyngeal infections are mild and confer immunity from subsequent serious illness after the early months of life. As the infants have transplacentally transferred antibodies during the first three to four months of life, infection with H. influenzae is relatively less frequent during this period. There is extensive destruction of bronchial epithelium and hemorrhagic edema. The onset of the illness is gradual with nasopharyngeal infection. Certain viral infections as those due to influenza virus probably act synergistically with H. influenzae. These alter the respiratory epithelial resistance and therefore promote proliferation of the bacteria in the damaged respiratory epithelium. The child has moderate fever, dyspnea, grunting respiration and retraction of the lower inter-costal spaces. The course is subacute and prolonged. Patients do not respond to therapy with penicillin. Complications of Hemophilus influenzae pneumonia include bacteremia, pericarditis (inflammation of outer, layer of heart), empyema (Pus in lungs), Meningitis and polyarthritis. Hemophilus influenzae pneumonia is best treated with broad spectrum antibiotics in divided doses for ten days.

**I** AM A 27 YEARS OLD WORKING WOMAN, MY BOTH PARENTS AND mother in law recently died of cancer. Because of three deaths due to cancer in my family I developed cancer phobia. I want to know about the preventive and early detective measures of cancer.

Cancer prevention as per world health organization is the elimination of or protection against factors known or believed to be involved in carcinogenesis and the treatment of precancerous conditions. It is necessary to give up-to-date information about cancer hazards and should be instructed in the avoidance of exposure to such hazards eg. cigarette smoking, strong sunlight, chewing betel leaves with or without lime and tobacco, consumption of alcoholic beverages, intake of hot and

spicy foods etc. Early detective measures or danger signals of cancer are a lump or hard area in the breast, a change in a wart or mole, a persistent change in digestive and bowel habits, a persistent cough or hoarseness, excessive loss of blood at the monthly period or loss of blood outside the usual dates, blood loss from any natural orifice, a swelling or sore that does not get better, unexplained loss of weight. Improvement of personal hygiene oral, skin and genital will help to reduce the incidence of certain types of cancer. All drugs, cosmetics and food additives should be tested for carcinogenesis. Special efforts should be made to reduce the amount of radiation. Early detection and prompt treatment of precancerous lesions such as cervical tears, intestinal polyposis, warts, chronic gastritis, chronic cervicitis and adenomata is one of the cornerstones of cancer prevention.

**M**Y MOTHER IS ABOUT 70 YEARS OLD AND USUALLY REMAIN sick, many times old age related problems. I want to know about the priorities explicit by clinician for optimal care in case of older patient.

Optimal care for the older patient is facilitated when the clinician explicitly sets priorities, deciding what specific evaluations and therapies are most likely to provide benefit. Setting these priorities should be based upon the patients goals for care and life expectancy, the prevalence of specific diseases, the performance characteristics of screening or diagnostic test and the effectiveness of therapeutic interventions. The concepts of 'number needed to screen' and 'number needed to treat' often help put diagnostic tests and interventions into perspective. Interventions that are likely to help well elders may differ from those that will benefit frail elders of younger people. Tight glucose control in an elderly diabetic who values her independence might be sacrificed if it would require initiation of insulin therapy with placement in a nursing facility. Colon cancer screening might be advised in an 80 year old man in good health who is highly motivated (number needed to screen to prevent one death over remaining life, about 200) but not for a man of the same age with multiple comorbidities, a life expectancy of less than 5 years, or an aversion to medical care. Some interventions produce almost immediate benefit and those may be useful at any age. Even the oldest old people can benefit from beginning an exercise program. Likewise, an 80 year old person with a limited life expectancy is likely to benefit from a screening for falls and a fall risk reduction program (number needed to screen to prevent one fall over one year, about 20)

– 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



# Beekeeping in India

Bitter truth about honey in India.

By Maneka Sanjay Gandhi

In 2013 India started using Neonicotinoid pesticides in order to protect a crop that Monsanto had promised the Indian farmer he would not have to use pesticides on. These are the worst pesticides in the world and they have been indicted for having killed billions of bees on the planet. I called a meeting of ICAR in 2014 to ask for the ban of these pesticides. ICAR refused, even though they admitted that the bee population has gone down sharply. They said cotton was more important than fruit, grain, and flowers which are dependent on bee pollination!

If the bees have gone down in number drastically, how has the honey production tripled? Till 2013 the yearly growth rate was only 0-

4.8%. From 2013-14 the growth rate rocketed from 5.3 to 11.1 percent. This could not have happened naturally. How have hundreds of honey companies come into the market? This question has always troubled me. I don't eat honey.

Last month the environment magazine, Down to Earth, answered this question in a deeply detailed investigation that they took months over.

You should read it. We do not take food adulteration seriously and yet it is the highest form of corruption and should have the death penalty on it. I will attempt to encapsulate what they have discovered, but again, I repeat, go onto their website and read the expose.

## Let's start with the basics:

Honey is eaten because it is known to be an antioxidant and has anti-microbial (killing germs) properties. It is expensive to create because thousands of bees have to be maintained and fed a steady diet of flowers. Sugar has no nutrient value and is known to add weight and cause chronic disease. It is cheap.

The FSSAI is the government organisation in charge of food standards.

In 2017 the FSSAI ordered that honey should be tested for adulteration with corn, sugarcane, rice, and beetroot syrups. The test was called C3 and C4. The tests were isotope tests, SMR, TMR, foreign oligosaccharides tests, and



pollen counts. In 2019, FSSAI mysteriously issued a directive revising, and downgrading, the parameters and allowing the adulteration to go undetected.

The Director of the National Bee Board told Down to Earth that he had written a letter to the government saying that by reducing pollen count FSSAI has legalised the practice of adulterating and selling rice syrup and corn syrup as honey. The cheating of the consumer, by



honey processors, has been legalised "You can understand why". By now the companies selling honey have increased massively and become very powerful. Baba Ramdev had jumped in as well. But strangely enough, the honey farmers were all going bankrupt because these companies had stopped buying their honey.

So, we have a huge honey industry that uses no honey? So, what do the "honey" bottles contain?

Sugar syrup imports into India from China have increased steadily. Fructose and glucose syrup was being imported from China to India in bulk amounts. In 2014, 10,000 MT came in. By 2017 it was more than 4,300 MT. These syrups are imported under the names of "Fructose syrup (F55/F42)", "Honey

**HONEY IS EATEN BECAUSE IT IS KNOWN TO BE AN ANTIOXIDANT AND HAS ANTI-MICROBIAL (KILLING GERMS) PROPERTIES. IT IS EXPENSIVE TO CREATE BECAUSE THOUSANDS OF BEES HAVE TO BE MAINTAINED AND FED A STEADY DIET OF FLOWERS.**

blend syrup", "Tapioca fructose syrup", "Golden fructose glucose syrup", even "Fructose Rice Syrup for Honey". Anyone from India can look up the marketing portals like Alibaba, Okchem, and Tradewheel,

and order from a host of Chinese companies.

The FSSAI issued directives to sugar importers saying they had evidence that this Chinese import was being used to adulterate honey. The FSSAI announced in 2020 that the Nuclear Magnetic Resonance Spectroscopy (NMR) was now mandatory for any company exporting honey (the Indian consumer is expendable, of course, so the standards for detecting adulteration in honey remained the low ones revised in 2019.)

Did the fructose syrup import stop? No. It simply changed its name.

## SUGAR SURUP

The Chinese were not hiding their product. On all the large Chinese portals they were advertising a sugar syrup called the All-Pass Syrup. The advertisements claim that the chemical mixture, called syrup, can pass the honey adulteration tests – C 3, C4, TMR, SMT, Oligosaccharides, and even NMR!! Companies in India are importing this chemical mixture, which was being sent to India in some cases as "industrial raw material", and even "paint mixture", from China.

11,000 tonnes of this mixture have come in annually. Nasik, Uttarakhand, Uttar Pradesh, and Punjab. The factories that make this syrup are all "legitimate food processing businesses." The FSSAI chooses to look the other way. Down to Earth ordered samples

online from two Chinese suppliers called Wuhu Foods and CNN Foods. In their order, they specifically stated that they wanted this syrup to pass all the government tests. Both companies wrote that their product could pass any Indian tests, even if the adulteration was up to 80%, and added that their Indian clients used this percentage in their so-called honey bottles. The samples that Fedex brought in simply said “syrup” and “paint pigment emulsion.”

**ADULTERATION RATIO:**

Down to Earth took pure raw honey and mixed it themselves with the Chinese and Indian adulterants (from a company in Jaspur) in different proportions – from 25% to 75% – and sent these to the Gujarat based lab Centre for Analysis and Learning in Livestock and Food (CALF) of the National Dairy Development Board. The samples passed all the tests up to 75% adulteration!

In August 2020, Down to Earth bought honey marketed by 13 companies and sent them to the same Gujarati Laboratory.

All the large companies passed the tests except for Apis Himalaya Honey (they probably put more than 75%!) Three of the smaller

brands: Dadev, Hi Honey, and Societe Naturelle, failed and even the C 3 test showed that they had more than 20-27% cane sugar. All these three are labelled as Raw Unprocessed Natural Honey! But Down to Earth did not stop there. They sent all the brands for the gold standard test - the Nuclear

**IN AUGUST 2020, DOWN TO EARTH BOUGHT HONEY MARKETED BY 13 COMPANIES AND SENT THEM TO THE SAME GUJARATI LABORATORY. ALL THE LARGE COMPANIES PASSED THE TESTS EXCEPT FOR APIS HIMALAYA HONEY (THEY PROBABLY PUT MORE THAN 75%!) THREE OF THE SMALLER BRANDS: DADEV, HI HONEY, AND SOCIETE NATURELLE, FAILED AND EVEN THE C 3 TEST SHOWED THAT THEY HAD MORE THAN 20-27% CANE SUGAR.**

Magnetic Resonance Spectroscopy Test (NMR). Dabur and Saffola have put it on their bottles that their honey has passed the NMR test.

There is only one testing point in India – the Export Inspection Council (EIC) in Mumbai. They refused to do the tests. So, Down to Earth contacted a well-known German Lab, which specialises only in honey adulteration tests including the NMR, and sent the samples – from the same batch that had passed the tests in Gujarat. They sent 17 samples from these 13 companies: Patanjali, Baidyanatha, Zandu, Saffola, Markfed Sohna, Nature’s Nectar, Dabur, Apis Himalaya, Hitkari, Dadev, Indigenous, Hi Honey, Societe Naturelle.

Only three companies passed the tests: Saffola, Markfed Sohna, and Nature’s Nectar.

All the others FAILED – including Dabur and Saffola, who put it on their labels that their honey has passed the NMR Tests. This means only these three companies are selling us, pure honey. The rest are all massively adulterated with chemical sugar syrup. In any other country, these people would be in jail and the company would be shut down. The Down to Earth article is meticulous in its exposure. But FSSAI has ignored the expose.

FSSAI is implicated in the scandal – after all, they agreed to previous attempts at adulteration by deliberately lowering the standards for the large honey companies. These honey companies have even failed the lowered standards of adulteration – with no action being taken against them.

During the COVID lockdown, people went all out to improve their health. Honey sales from March 2020 went up by 35%. But instead of making their bodies healthier, people were starting the day with shots of sugar syrup, which is just poison. Sugar increases the inflammation in the body, suppresses immunity, and makes the body vulnerable to disease, including diabetes, and Corona. **We**



## Child Challenges



# Q & A

**P**LEASE TELL ME WHAT SORT OF NAPPIES SHOULD I USE FOR my child? The disposable ones are too expensive and I do not know if cloth ones are good enough. Also please tell me how often should I change the diaper and what is the right way of doing it?

You could use cloth nappies, disposable ones or a judicious mixture of both - the latter while going out and cloth ones at home. You would probably need 10 diapers a day. Before changing the diapers make sure that everything you need is at hand so that you do not leave the baby unattended. After each bowel movement or if the diaper is wet, lay your baby on his back and remove the dirty diaper. Use the water, cotton balls, and washcloth or wipes to gently wipe your baby's bottom and genital area. When removing a boy's diaper, do so carefully because exposure to the air may make him urinate. When cleaning a girl child, wipe her from front to back to avoid infection. Do not powder the local area. Wash your hands thoroughly after changing a diaper. Make sure that your working level, be it in the kitchen or by the wash basin or nappy changing should be high enough so that your back remains erect while performing these chores. Repetitive/constant back bending can lead to chronic backache.

**M**Y BABY GIRL HAD TWO PEARL LIKE SHINY FRONT TEETH IN the upper and lower jaw. She looks beautiful when she smiles with her four teeth. I so want her teeth to look as beautiful as now. When should I start making her use a tooth brush?

Not now! As soon as your daughter has 10-12 teeth buy her first toothbrush with soft bristles, many fancy ones are available in the market to attract her attention. Make a game of brushing her teeth so that it becomes an enjoyable experience.

**M**Y SON HAS SYMPTOMS OF FLU. THE DOCTOR HAS said that we should observe him for a while. If they do not subside soon or worsen we might have to get him tested Covid 19. How his test to be done?

To test a person for coronavirus, a long swab stick is inserted in the nose or at the back of the upper part of the mouth to get a sample. The latter induces a gag reflex (a desire to vomit) the child can puke on the person taking the sample increasing the risk to the health worker, though he is fully protected with a PPE kit.

Coughed up phlegm (sputum) can also be used. Earlier it would take a few days for the report to come and patients were treated as Covid positive till the reports came but nowadays rapid diagnostic tests are available for a quicker report.

**M**Y SON HAS GOT MILD SYMPTOMS OF CORONA and is on home quarantine. How do I keep the other members of the family safe?

When one member of the family is in quarantine, the whole family will need to stay home. Keep other people and pets in the house away from your child as much as possible. See to it that only one person takes care of the sick child so that others are not exposed. If the child is over two years old and can wear a face mask or use a cloth to cover his nose and mouth, without finding it difficult to breathe, make him wear it when the caregiver is in the room. On the other hand do not leave him alone when he is wearing a mask or cloth face covering. On no account should the caregiver remove her mask when she is in the same room as the sick child, whether the child had covered his face or not.

If possible, the sick child should use a different bathroom from others. If not, clean the bathroom often. Keep other people and pets in the house away from your child as much as possible.

**I AM ABOUT TO DELIVER MY FIRST CHILD. PLEASE TELL ME WHAT TO EXPECT IN THE INITIAL STAGES?**

During the first few weeks you'll notice that your baby keeps his body curled up in the fetal position he was used to in the womb. Also, babies spend most of their time sleeping. You feed and burp him, change his nappy and he is asleep again. This is normal. Sneezing and hiccups occur frequently and don't indicate infection, allergies, or digestive problems.

I have an eight month's old son and as yet he has not developed sleep pattern. This is making all of us irritable. Please tell me how to make him sleep properly at proper times or is it too early to start doing the same. This is the right time to develop a proper sleep pattern.

To help him do so you could set a routine for every night and adhere to it. Put him to sleep at the same place so that he associates the place with sleep. Keep the area dimly lit and quiet so that he understands the difference between night and day. Do not switch on the lights while feeding. Quickly burp and change his nappy without talk or play as you would do in the day. You could put him to sleep by patting, singing to him, rocking or walking him around in your arms or in the pram. If he wakes up after he has settled down, gently soothe him back to sleep. Do not take him to the hustle bustle area of the house that will provoke him to wake up.

Such rituals may take up to an hour initially but after a month or so your baby will get the 'it's time to sleep' message and will miraculously fall asleep within minutes. If you need to wake your baby up for whatever reason do not do so by shaking him. Such rough handling can be dangerous. Instead tickle his toes or blow gently on his cheek.

— Dr Amrinder Bajaj, MD.

# Stay Young!

## The Eternal Fountain of Youth Within. By Sujatha Rao

Modern times abound with clichés like ‘sixties are the new forties. Even so, it is paradoxical that the quest for the eternal ‘Fountain of Youth’ seems to be as intense as ever during the present times too. There is no conclusive evidence of the existence of such a fountain anywhere in the world, even though tales of the same can be traced back right from the 5th Century BC in the writings of Herodotus, to the most popular legend associated with the Spanish Explorer and the first Governor of Puerto Rico, Ponce de Leon, who apparently travelled to Florida in 1513 searching for the same.

While people go all out hunting for that elusive fountain, Sophia Loren, the diva from yesteryears, had the ultimate word in this regard when she said “there is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.”

So instead of chasing the mythical mirage of the fountain of youth, can we focus on tapping into the abundant source that lies within each one of us and enjoys our lives to our greatest potential? The three major pillars for leading a life aiming at overall well-being are Body, Mind, and Soul. A healthy body keeps us active; a healthy mind builds our focus and a healthy soul makes us feel fulfilled. The link between the body, mind, and soul is scientific, with research revealing three separate neural pathway networks within us. This calls upon

us to manage the delicate balance amongst all the three by identifying ways to maintain and improve the well-being of each of these.

Though there are many focus areas under each of these pillars, let’s narrow them down to the following major seven. All the seven are within the realm of one’s circle of influence without having to rely on any external sources for



execution. Though they are listed under the particular pillar they majorly contribute to, they also make some overlapping contributions to the other pillars.

### Body

In many religions across the world, the human body is referred to as the “Vessel of God” and it’s through this vessel that we make sense of the world and also relate to the rest of the universe. It is our only true “till-death-do-us-apart” companion in life. So how do we take care of it to reap the best benefits out of it?

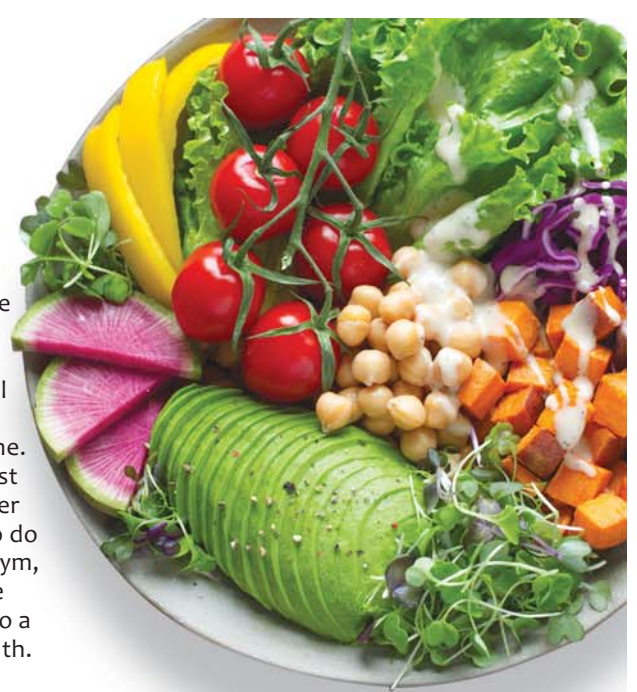
### Exercise

Contrary to the normal notion of taking care of our bodies by pampering them, it’s by putting to use every part and by stretching it to its limits, we render the body resilient and capable of delivering its best. The most common adage “if you don’t use it, you lose it” is best suited to the human body. Evolution has prepared our bodies for delivering physical tasks requiring great endurance, and sitting in front of various

devices for most of the day was definitely not one of them. While most of our modern-day occupations may demand us to do so, we have to consciously fill our days with activities that counter the ill effects of the same.

Research recommends at least 150 active minutes of exercise per week. While it would be good to do some work-outs by hitting the gym, even moderate ones done in the close confines of one’s house, go a long way in ensuring better health.

**ANYONE WHO HAS TRIED TO KEEP THOSE EXTRA KILOS OFF KNOWS THE MEANING OF THIS. WHILE ALMOST ALL OF US KNOW THE IMPORTANCE OF EATING HEALTHY FOOD, VERY FEW OF US CAN RESIST THE TEMPTATION OF GORGING UPON JUNK FOOD KNOWING VERY WELL ABOUT ITS HARMFUL EFFECTS.**



### Diet

In a sense, our bodies are what we eat. Anyone who has tried to keep those extra kilos off knows the meaning of this. While almost all of us know the importance of eating healthy food, very few of us can resist the temptation of gorging upon junk food knowing very well about its harmful effects. In recent times, we Indians have become more susceptible to life stage diseases such as diabetes, heart ailments, hypertension, etc., not only due to our genetic factors but also due to our unhealthy eating habits.

### Mind

“Biology gives you a brain. Life turns it into a mind” said Jeffrey Eugenides. Can we turn this super powerhouse into something that enables us to enhance its performance to the maximum? It appears that we can, by taking care majorly of the following:



### Stimulation

As per neuroscience, feeding the brain with new experiences and new challenges enables it to make better neuro connections thereby preventing it from atrophying. Being open to life-long learning, improving our skill sets across various areas, etc., go a long way in keeping our brain sharp and focused.

### Sleep

Sleep affects almost every system in the body – from the brain, heart, lungs to metabolism, mood,

**A PROPER 7-8 HOURS SLEEP PER DAY KEEPS THE HOUSEKEEPING JOB OF ELIMINATING THE TOXINS FROM THE BRAIN. GOOD SLEEP BOOSTS IMMUNITY AND ALLEVIATES THE BODY FROM THE ILL EFFECTS OF STRESS BY RECHARGING THE MIND. PROPER SLEEP ALSO IMPROVES BOTH COGNITIVE AND PHYSICAL PERFORMANCES.**



etc. A proper 7-8 hours sleep per day keeps the housekeeping job of eliminating the toxins from the brain. Good sleep boosts immunity and alleviates the body from the ill effects of stress by recharging the mind. Proper sleep also improves both cognitive and physical performances.

### Social Life

As human beings are social animals, healthy relationships are very vital for their overall well-being. People with better social life tend to live longer, undergo less

stress, and lead healthier lives. A Swedish study of people aged 75 and above concluded that dementia risk was the lowest in those with satisfying contacts with friends and relatives.

### Soul

Spiritual health is more than about religion and it includes people from all walks of life and beliefs. It involves identifying the greater purpose and direction in life and understanding what makes our lives uniquely meaningful to each one of us. It also means breaking free from

the tyranny of the past and the uncertainty of the future by giving our soul a chance to breathe free in the truth and beauty of the present.

### Mindfulness

Practicing mindfulness allows us to be fully present in the moment allowing us to venture into the workings of our mind, senses, and emotions. Research has highlighted the fact that regular meditation encourages neuroplasticity and renders the long-term practitioners have younger brains by protecting their brains from cognitive decline.

### Purpose

Having a sense of purpose is traced to better health in human beings. The purpose is what drove the evolution to take place by directing the individuals and species towards survival and flourishing. The goals that foster a sense of purpose, however small, lead to the uplifting of self and the community. The ultimate joy comes from finding meaning and purpose to drive one's life.

### Conclusion

To sum up, working out and eating right will take care of the body and you may end up 'falling in love with the shape of your body' and 'every day discovering something brand new' to quote the lyrics of Ed Sheeran's most popular song "Shape of You". Similarly, taking care of what is inside the head is far more constructive and important than worrying about that receding hairline on top. And the glow emanating from the person in possession of a kind and warm soul can blindside any wrinkles on such a person's face.

Hence, let's dip into that fountain of youth within ourselves and stop worrying about the advancing age. A person with an agile body, housing a razor-sharp mind and a kind soul within radiates beauty, poise, and warmth and for such a person age definitely is just a number.

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# TIME PAYS

And how! By Naushad Valiyakath

*Yes, we could guess that we are at the right place to tell a story, but we will have to wait for the right time to find it. When they close the stall to go home, we must follow them. Meanwhile, let us eat our vada pav. Hmm! What a yummy vada pav!*

Let us think about a story. A story is always waiting to be born where we have an interest in something and want to think about it. We can find a story easily in any place of the city, town, or village, if we are not one of the very few who could not feel such things. As we walk along the streets, we stop to look up at something, which interests us for a story and today we are here on a busy street looking for something unusual.

As we are walking along this street of a big city, we can watch many activities here but, so far, it means nothing to us. Then suddenly, a vada pav stall attracts our attention.

The first thing that interests us in this stall is its crowded customers to buy vada pav, which we have not seen at any other vada pav stalls of this street. The second thing is its staff. There are only two employees at the stall, an old woman and an old man, who seem to be husband

and wife, and might be the owners of the stall. The third and the last thing that makes wanting to know more about these individuals is their hurried actions. The old man is frying vada in the boiling oil and taking it out more quickly than anyone should do normally. The old woman is placing the vada pav in the customers' hands and taking money from them so speedily, as if she does not want to lose any of her customers.

Yes, we could guess that we are at the right place to tell a story, but we will have to wait for the right time to find it. When they close the stall to go home, we must follow them. Meanwhile, let us eat our vada pav. Hmm! What a yummy vada pav!

The old woman came

"Although we had closed our stall early today, it is now already 10 p.m. Shall I bring your dinner?" "Yes, please!"

from the kitchen and sat in the chair where the old man was at the table counting money. She poured coffee in a cup for her husband, and asked, "How much is our today's collection?"

The old man put back the money in the bag and took the coffee cup in his hand. He said, "Two thousand four hundred and forty four."

"How much is the today's profit you could think of?"

"Say about, one thousand."

The old woman sipped her coffee thoughtfully. "Did you make the fixed deposit in the bank yesterday?"

"No, yesterday was second Saturday and I wasn't aware of it. I will do it tomorrow."

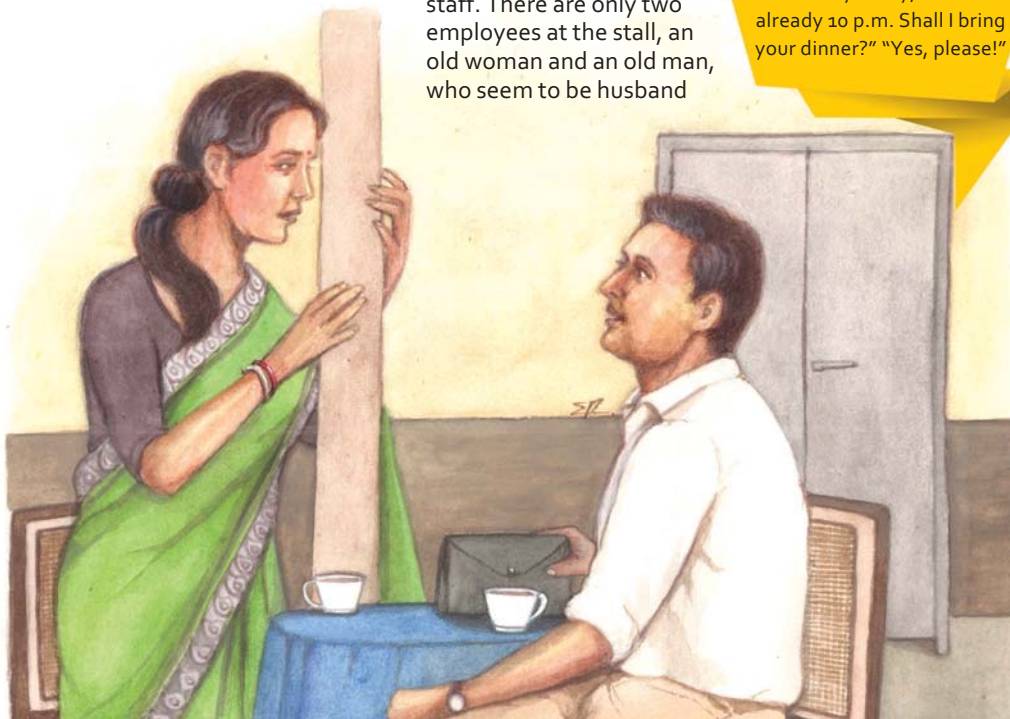
"How nice it is that we have one lakh rupees in hand to deposit in a bank!"

The old man laughed. "And that is within six months!"

The old woman smiled a little. "Although we had closed our stall early today, it is now already 10 pm. Shall I bring our dinner?"

"Yes, please!"

When she went away, the old man sat still at the table, thinking. 'How we love someone for life who would never love us back! We are all prisoners of relationships in the name of blood, and nothing! How suddenly a terrible change had taken place in our life! How was it only six months



ago, we had nothing to eat for days when our only son, Prayag, left us to go to live with his wife. Now we have one-lakh rupees in hand to simply deposit in a bank and forget it. Thanks to that, LIC policy's money, which had made us a vada pav stall owners and it is doing very well more than expected. It is doing well because of my wife only. If she has not served the customers so fast, half of them would not have stopped there waiting for vada pav. Yes, the stall runs so good because of her hard work only.'

Suddenly, the mobile phone rang. The old man picked up the phone to see that the call was from his younger brother, and he immediately put it on the answer.

The old woman was at the stove to make the meal hot, thinking. "How it was only six months ago, we became lonely here when our only son, Prayag, left us to go to live with his wife. We had never been so alone in our life as horribly as that moment! Now we have one-lakh rupees in our hands as another son to protect us. Thanks to that, LIC policy's money, which had made us vada pav stall owners and it is doing very well more than we expected. It is doing well because of my husband only. If he has not been making vada so tasty, the customers would not have stopped there waiting for long to eat it. Yes, the stall runs so good because of his tasty vada only."

Suddenly, her mobile phone rang. The old woman took her phone from the kitchen drawer to

see that the call was from her younger sister, and she immediately put it on her ear.

The old man put the phone on the table and moved towards the cupboard to open it. For the old man, the concerned thing in the phone call from his brother was much greater than his real life. He took out two note bundles of five hundred rupees from the cupboard and began to wrap them in a piece of paper. Just then, his wife was in the hall with the mobile phone in her hand. She asked with great surprise, "What are you doing with this money?"

"Oh! I am sorry!" the old man said. "I forgot to tell you. Praveen called me just now. He is in a great trouble. His life would be ruined forever if I would not help him with one lakh rupees."

"Did your brother ask for money?"

"Yes, he has asked me a loan of one lakh."

"How could he know we have money?"

"That I don't know, but he will be here tomorrow morning to take this money."

The old woman shook her head grudgingly, and said, "But I have made up my mind to give this money to Renu."

"Who, Renu?"

"My sister. She had just called me up and asked me a loan of rupees one lakh. You know she has trouble that I could not say now. She needs this money urgently, and I have decided to give this money to her only."

"No. I will give this money to my brother."

"You can't. I will give

this money to my sister."

The old man bit his lip, made an angry gesture and hit the table with his fist.

"Don't forget, we have made one lakh rupees in less than six months, because I could make very tasty vada. So I have the full right to give this money to my brother."

The old woman walked forth and back rapidly with an enraged look on her face. "You may be making tasty vada, but that doesn't mean you can sell it too. The stall runs because of my rapid selling of vada pav. So I have the full right to give this money to my sister."

*The old woman walked forth and back rapidly with an enraged look on her face. "You may be making tasty vada, but that doesn't mean you can sell it too. The stall runs because of my rapid selling of vada pav. So I have the full right to give this money to my sister."*

The old man reached near her and whispered in an unpleasant voice. "When husband and wife are in any doubt which one of the two has the full right over something? Anybody can tell that it is the husband who has the full right. So I will give this money to my brother."

"Nonsense!" she shouted. "There is no such rule in business. We two are the equal partners in our business, as the money we had to start this stall was

from one of our LIC policies, which had our joint names. My sister is also coming tomorrow morning to take this money and I will see that my sister gets this money. Good night!" she entered the bedroom, slamming the door.

"Try to have a good sleep, so that in the morning you would be fresh enough to win the cash from me. Good night!" the old man said, and lifted the note bundles from the table and carefully put it in his trouser's pocket. Then, he lay down on the sofa by kneading his empty stomach.

He began to think again. 'Man ought to be head of his house. I will turn everything upside down tomorrow to give this money to my brother. What happened to her today? She was not like this. She had always obeyed me without any question. Yes, earlier she depended on me and now she started earning. But she is still my wife. I pleaded a lot with my son not to go and when he still went away with his wife and children, I fell down unconscious. It was my wife, who took me to the hospital and stayed there with me to make me well again. My brother came to see me and spent some time with me on the hospital bed. Instead of giving me support and help, he stated his viewpoint. He said that what had happened to me was my fate. I was fated to lose my son. It had all been decided by fate and nothing could be done to change it. Yes, this was what Praveen told me when he learned that

Prayag had left us. If so, why should I interfere with my brother's fate? Who am I to let fate's plans go wrong? If Praveen's fate has decided to ruin him, then let it happen. I will not give him this money. I will tell my wife tomorrow to give this money to her sister.'

The old woman fell onto the bed and let drop two tears from her eyes by thinking. 'Never had I disagreed with what my husband wanted to do before. But it is for my sister. If she fails to return one-lakh rupees in time, which her son had taken from someone, then it would be a police case. After losing my son to his wife, I was extremely worried. It was my husband, who made me comfortable again. That time Renu came to meet me just once, and what she had told me! When she learned that Prayag had left us, she said to me that it all were depending on how someone was raised. She said it was all my fault, as I failed to bring up my son in a good way. If so, why should I bother for her fault to raise her son? I will not give her this money. I will tell my husband now to give this money to his brother.'

The old man opened his eyes and looked at the door opening sound. As soon as he saw his wife coming out from the bedroom, he said, "Dear, you give this money to your sister."

The old woman came and sat down on the sofa. She said, "No, dear, you give this money to your brother."

"To your sister."

"To your brother only."  
The old man rose to sit. "I don't want my brother to take this money. You give it to your sister."

"I also don't want my sister to take this money."

"Why? What happened?"

"You know when last time Renu visited us I felt very proud by thinking she had come to comfort me. Instead of comforting me, she had blamed me. She said I was to blame for Prayag leaving us, because we hadn't brought up him properly. Her words made me more uncomfortable, you know. Instead of giving her this money, I want to give her words back. So, you can give this money to your brother."

"You know, when I saw Praveen near my hospital bed I felt very proud by thinking he had come to help me. Instead of a word of support he said I was fated to lose my son. So, I decided to leave my brother on his fate."

"That's good! We will not give this money to anyone. We will put this money in the bank."

The old man smiled. "I will make this money a fixed deposit tomorrow."

Suddenly, mobile phone rang. Both of them jumped to their feet by seeing the name displaying on the screen—Prayag. The old man switched it on the speakerphone.

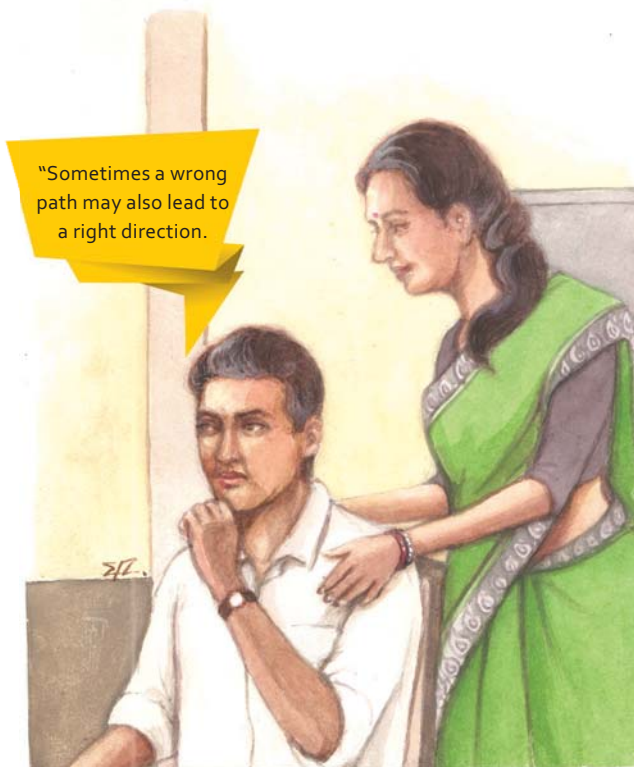
"Hello, dad! Are you at the stall or home?"

The old man said, "We are at home. Tell us."

"How is vada pav stall running?"

"We all are doing well."

"With a bit of my luck, I came to know that you have one lakh rupees in



cash!"

"How do you know?"

"Yesterday, I went to a departmental store to buy something and there I saw Praveen uncle and Renu aunty. While I was having some conversation with them, Ram Prasad came to us. Ram Prasad told us that he had met you near the bank as you had been there to make a fixed deposit of rupees one lakh, without knowing the bank was closed due to second Saturday."

"So?"

"After knowing that, I could hardly believe my luck. Two months ago, a friend loaned me rupees one lakh. Now he needs that money from me urgently and I didn't know what to do until this good news. Dad, give me one-lakh rupees to repay my loan."

"No, I can't give you. Sorry!"

"What is the use to put it in a fixed deposit? Give it to me, I promise I will return it soon."

"Whether it will be in our

use or not, this money is not for you."

"Then, for whom?"

"This money is for your mom and dad's old age. Bye, Prayag, good night!"

The old man put the phone on the table and turned toward his wife. He said laughing, "Your saved words to use on your sister will go in the air without hitting her ears, because I think your sister or my brother has so far no problem, but they will have a problem tomorrow."

"What problem?"

"They will have a problem of not getting our money."

The old woman laughed and said, "Sometimes a wrong path may also lead to a right direction. Next time when you meet Ram Prasad, tell him that you would be going to deposit ten lakhs in a bank. Let us see what happens then. Shall I bring our dinner from the kitchen?"

"Yes, please!" the old man said and sat down on the sofa, smiling.

W

## Kitchen queries



## Q & A

**WE ALL LOVED TO EAT PLUMS IN THE SUMMER SEASON, winters are a season of dried fruits including the dried plums. Do tell us how we can use them in our dishes.**

Dehydrated plums are all crinkled and wrinkly and are called Prunes. This dry fruit is a storehouse of nutrients and an excellent source of energy. Prunes are deliciously sweet and juicy. They not only induce enriching flavour to the dish but also enhance its colour. We can use it in the making of various dishes including cakes, puddings and even bread and stuffed kulcha. Prunes are quite versatile making it easy to be used in sweet and savoury dishes.

**WE HAVE HEARD THAT THERE ARE PLANTS AND HERBS THAT help one to cope with stress in our lives which are known as adaptogen. Please elaborate.**

Indian superfoods like ashwagandha, tulsi, mooring, turmeric have adaptogens and they are most effective prevention and treatment of stress and help lead a happy healthy life. Cordyceps, Siberian Ginseng, Holy basil, Goji berries, Licorice, Astragalus Root, Jiagulan and Reishi are some more of superfoods that can make our life tension free and happy. So for health, healing, happiness: eat well and sleep well.

**MOST OF US THINK OF TURKEY AS IMPORTED MEAT, but now we find there are farms breeding it in India. Please give us some tips for cooking turkey at home.**

Turkey meat is healthy. It is a leaner protein source compared to red meat and even chicken. It is full of minerals like potassium, zinc, selenium and lots of B vitamins. It's naturally low in sodium and lower in cholesterol compared to other meats. Cook different parts of the bird separately.

The turkey breast cooks very quickly. It is perfect for grills and roasts. Marinate with spices and make it into kebabs. The turkey leg is like red meat, you braise it and use in curries and stews. The offals, neck and wings are very flavourful and perfect to be had in soups.

**TILL NOW WE WERE TOLD TO EAT A BALANCED DIET IE GOOD variety, fresh seasonal fruits and vegetables and everything in moderation. But is it enough or we have to keep in mind some important way to consume food?**

Yes, the way food is consumed, too has a lot of bearing on our overall health. Research confirms that just by eating slower, you'll consume fewer calories. If you eat slowly you'll chew your food better, which will lead to better

digestion. Being mindful of the foods you eat, you pay attention to the aromas, textures, flavours and taste of food.

**BEING RICH IN HEART HEALTHY FATS AND FINE flavour, organic or cow ghee is undoubtedly an all time favourite of us Indians. Please tell us more about it.**

Yes the body needs good fats for the proper functioning of the brain, ghee has it all. It is a good source of vitamin K2. The health benefits of ghee are myriad, but only when taken in moderation. Too much ghee can have a negative impact on your health. Use cow ghee only, not ghee from buffalo milk. According to Ayurveda too cow ghee is sacred, cleansing, medicinal and nourishing food.

**PLEASE TELL US ABOUT SOME NATURALLY PROBIOTIC-RICH FOODS.**

It is very important to take care of our gut health for a healthy mind and body. The micro organisms in the gut consists of good bacteria and sometimes bad bacteria. The good bacteria is known as probiotics. Probiotics optimise our immune system.

Some of them are as following: yogurt, is a fermented food contains lots of probiotic cultures. Kimchi is a popular fermented cabbage and radish dish, it contains many helpful bacteria such as lactobacillus. Cucumber pickles are brined in salt water and fermented giving us beneficial bacteria.

Traditional buttermilk popularly known as grandma's probiotic is simply the liquid leftover from churning butter. It is low in fat and calories and contain several important vitamins and minerals. Kefir is a fermented milk drink which contains several major strains of friendly bacteria and yeast.

**WHAT ARE BACTERIA AND WHAT DO THEY DO?**

Bacteria are microscopic, single celled organisms that exist in their millions. Some are harmful but most serve a useful purpose in our body. Bacteria breakdown carbohydrates (sugar) and they help us absorb the fatty acids which cells need to grow.

The good bacteria colonise our respiratory and digestive systems. By having good bacteria in your body, bad bacteria don't get a chance to grow and cause diseases such as cancer, diabetes, obesity and cardiovascular problems. Without the right balance of bacterias your body might suffer from constant inflammation. Our immune system too needs the right combination of bacterias to keep us healthy.

**WHAT IS THE MYTH AROUND 'RICE', IS IT REALLY HARMFUL AS IT IS MADE OUT TO BE NOW A DAYS?**

Rice is very wrongfully villainised these days and is often cut out from diet by many people. However rice is an excellent source of energy and b vitamins. Also it is easier for digestion, especially for elders and children. Polished rice which looks shinier undergo a polishing process that robs them of their outer covering which contains many essential nutrients.

— SAVITA BHARGAVA

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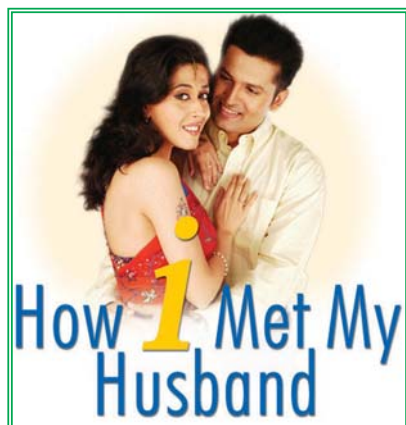
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## One Fine Day

I was in my late 20s and had broken up with a man I was dating for a very long time and he was my senior in high school. I went abroad to Dubai to get over the heartbreak and to get away from all his memories. At the point when I got back, I decided that I would transform myself, quit being hopeless and pessimistic, and discover the man I planned to

marry. I simply needed a pleasant typical person to settle down with. I played the drum and was additionally planning to return to playing and to discover my perfect partner. I posted an advert for a Drummer in nearby cafes. I had a few calls and discovered a band I loved and went along with them. I had one last call from a person name Madhav, who was approaching me if I was still searching for a band. I accepted the call and disclosed to him that I had discovered a band. He disclosed to me he was an engineer and additionally played the drums and I had a discussion with him, however, left it at that. I thought he appears to be a decent person. I had put a promotion on the web additionally, on a dating webpage. I filtered through 30+ likely folks and afterward went over his message to me. He noted in his message that he was an engineer and played drums. I pondered internally "Is

this the person I just addressed a couple of months back about the band"? I got together with a couple of folks from the site yet many were somewhat abnormal and not appropriate and I was going to surrender. So I figured I would attempt one final individual, Madhav. At the point when I rang him, he had no clue about what my identity was. We talked and understood that he was the very person that called me about the band gig!! We got together seven days after the fact and started seeing each other week by week, at that point day by day. We shared quite a few same hobbies and he seemed as though the typical decent person I had envisioned. He dropped a proposal for work in Delhi to stay with me. We currently have 2 kids and are still married 25 years later. I trust I made my luck and I believe we were bound to meet.

—By Rama



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# AS YOU SAY

## "ARE THE FARMERS RIGHT?"



Appropos the editorial "Are the farmers right?" in WE Jan 2021. At the outset, Farmers stir on the Delhi border has been a cause of great worry to the government as unions are stubborn with their demands by refusing to budge even an inch despite several rounds of talks. It is thus obvious, unions have made up their mind to continue until the government repeals the three farm laws. Despite the bleak optics in talks had so far, the silver lining in the black clouds is two sides agreeing to remain engaged to thrash out the

demands gives a ray of bright hope that victory is not far. However, further round of talks between unions and centre ending inconclusive after unions harped that centre withdrew the 3 farm laws and government asking the unions to come out with alternative plan or suggestions instead of repeal. As the stalemate continued with no outcome in sight, farmers should relent to end the impasse by looking at a larger picture of farm laws which confers benefits to farmers than sticking to a single demand of withdrawal of farm laws.

– R.Srinivasan, Secunderabad

## 'WOMEN'S HEART HEALTH MATTERS'



The article 'Women's Heart Health Matters' by Harshit Tripathi is pretty informative and timely. We believe that women are the best multitaskers.

A woman plays multiple roles one after the other and sometimes

juggling everything together simultaneously. Her transition from a daughter, sister, wife, mother, colleague, friend to grandmother (honestly, the list is endless) is commendable. As she grows older, the struggle and burden become harder. Maintaining work-life balance becomes challenging and it leads to stress and anxiety. In such stressful lifestyle, a woman can not certainly overlook her health.

– Sujata Reddy, Bengaluru

## ENGLISH MEDIUM



It is true, english is a very important subject in today's competitive world. Without english no one can communicate with others properly.

But along with english student must learn their mother or regional language. If, anyone can not speak his or her own language it is very derogatory. For that, in my opinion when any student stay in home please talk and communicate with family members with mother language. Also use regional language when write letters to relatives.

– Shubhankar Bhattacharjee, West Bengal

## "SOCIAL MEDIA EFFECTS ON TEENS"



The article "Social Media Effects On Teens" by Rama in Jan 2021 is an awakening call for teens as well as parents. An adverse effects told by the writer are totally fact based and today's reality which we can't overlook. However, we can not deny the truth that social media has positive aspects as well but looking at the present scenario one can firmly say social media has a high negative impact on teens/ youth...certainly! Today's youth is busy in their phones, chatting with friends, commenting and fighting on social media, watching silly videos, playing games, scrolling through the useless stuff of beautiful celebrities..honestly, the

list is endless! This has become part and parcel of their lives which is completely useless and pointless. Like cigarettes or any other drugs this phone addiction is ruling over the teens' minds eventually lives. It is literally destroying the young person's life. It's also highly distracting from their own personal goals, dreams and aspirations. Watching mindless stuff and spending hours together on social media can damage the career prospects. It may cause losing their ability to think, reason and logic and could be end up with inactive the brain. It can kill motivation and energy as well. According to the studies done by the various scientists, this can lead to anxiety and depression, unrealistic expectations, unhealthy sleeping and eating patterns, loneliness, cyber bullying etc.

– Sujata Reddy, Bengaluru

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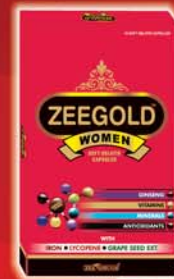


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