

COVID-19 OUTBREAK

Centre to use copters to end locusts' attack



RAJESH KUMAR ■ NEW DELHI

Unable to contain locusts' attack, the Centre has decided to use helicopters to spray pesticides in Rajasthan and Uttar Pradesh.

Bikaner and Nagaur. India has become the first country in the world to use drones for locust control after finalizing the protocols.

20K foreign medical graduates want to aid Covid fight, but Govt moving cautiously



RAJESH KUMAR ■ NEW DELHI

In view of the unimpressive past track record of the Foreign Medical Graduates (FMGs), the Union Health Ministry is treading cautiously as it remains non-responsive to the repeated request of around 20,000 such degree holders to rope in the battle against Covid-19 pandemic.

to work as doctors without the mandatory bridge exam that they otherwise have to clear to practice in India. They have sought licenses to work as doctors and aid in the fight against Covid-19.

RSS strongly backs Modi Govt's stance on LAC

PNS ■ NEW DELHI



The RSS has strongly backed the Modi Government's line on the LAC and sought to mobilise a strong public opinion around the world against Chinese "expansionist moves".

about its moves in areas other than the Galwan Valley - which was the point of a violent skirmish on June 15-16-like Aksai Chin, parts of Ladakh, Shaksagam valley, Uttarakhand and Arunachal Pradesh.

One deported, arrested in fake currency case from Thailand

PNS ■ NEW DELHI

The CBI on Monday arrested an absconding accused who was wanted in a fake currency case and evading law for about seven years after being deported from Thailand.

Delhi Govt's decision to set up plasma bank hailed

ARCHANA JYOTI ■ NEW DELHI

Health experts have welcomed the Delhi Government's decision to set up a plasma bank, a first in the country, saying that for the treatment of Covid-19 patients, plasma therapy may be still in the experimental phase but there have been encouraging results.

Delhi, Guwahati top TRA's Mental Wellbeing Index during corona

PNS ■ NEW DELHI

TRA Research, a consumer insights and brand analytics company, released a whitepaper on Monday tracking the Mental Wellbeing Index score displaying "Excellent" Mental ability.

CRPF records 58 new Covid infections in its ranks

PNS ■ NEW DELHI

The CRPF on Monday recorded 58 new Covid-19 infections in its ranks even as the tally of pandemic-hit personnel in the Force stood at 1,131 followed by 21 new cases in BSF and four in ITBP.

Yechury urges CEC to consult political parties before taking decisions

PNS ■ NEW DELHI

CPI(M) General Secretary Sitaram Yechury on Monday urged the Chief Election Commissioner Sunil Arora to consult political parties before taking decisions on change in election procedures.

D Raja says Modi's observations in recent Mann Ki Baat far from truth

PNS ■ NEW DELHI

CPI General Secretary D Raja on Monday said Prime Minister Narendra Modi's observations in the recent Mann Ki Baat about the defence sector are far from truth.

Prime Minister was far from truth. When the Britishers left India, there were only 18 Ordnance Factories and the arms, weapons, ammunition, etc. were manufactured based on British technology.

Incessant rainfalls bring monsoon mayhem in several N-E States

PNS ■ NEW DELHI

Several north-eastern States including Assam, Sikkim, Meghalaya and eastern States of Bihar and West Bengal have witnessed incessant rainfalls since Friday, causing floods.

received an excess rain of 29 percent and 36 percent respectively. According to the India Meteorological Department (IMD), due to monsoon trough continues to run along the Himalayan foothills with the convergence of strong southerly and south-westerly winds from the Bay of Bengal over the north-east and eastern India.

may be extremely heavy rain, in the next 24 hours. Widespread rainfall is also expected over Madhya Pradesh for the next five days.

IMD says there are two reasons for the intense monsoon activity. First, the northward shift of monsoon trough that runs from north Punjab to north-west Bay of Bengal.

the most - Dhemaji, Jorhat, Majuli, Sivasagar and Dibrugarh. In Sikkim, landslides swept away portions of Mangan-Chungthang road near Mangan Police Station and Lanthey Khola in North Sikkim district following heavy rainfall.

er department has issued a high alert for heavy rain in the entire state especially places located at north-central and north-east Bihar.

Cherrapunji, which is known to receive a lot of rainfall around this time of the year, has recorded up to 55 cm in a day.

Monsoon this time covered the entire country on June 26 - a good 12 days in advance. Usually, monsoon covers the country by July 8. But from last Friday an intense monsoon phase in the north-east and eastern India started.

Trend Glazer

Bhumi feeds families as a tribute to SSR

Actor **BHUMI PEDNEKAR**, who worked with Sushant Singh Rajput in *Sonchiriya* last year, is deeply shocked with the sudden demise of her co-star. She recently took to Instagram and penned an emotional note remembering the actor.

In a mark of tribute for the late young actor, she is joining hands with director Abhishek Kapoor's wife Pragya's *Ek Saath-The Earth Foundation*, to feed 550 impoverished families.

"I pledge to feed 550 impoverished families. Let us show compassion and love towards everyone that is in need, now more than ever," says she.



The lockdown and the growing emphasis on hygiene have given a new twist to the beauty industry, simply because it has made people realise that there are many essential items that can be found in their kitchen, which can help them deal with their grooming and looks. Recently, many brands, which have lost out on shelf sales and pickups by salons and parlours, are therefore rolling out DIY kits for replicating salon-like experiences at home.

Given the realities of working from home, following all the precautionary measures such as social distancing and mandatory wearing of the masks, the desire to wear make-up and fragrances is declining. As a result, along with the rise in DIY treatments — which had increased even before the pandemic hit — users are logging online to buy grooming kits that include products such as eyebrow shapers and tweezers, face massagers and hair trimmers. The next most sought after products are those that work on your skin routine.

Whether you want to make your own scrub or a home-made manicure at the fraction of the cost of your usual one, there are all sorts of kits in the market. Vibha Khanna Rastogi, Director of Sawadhee Traditional Thai Spa, shares the reason why customised kits are the way for the future, now more than ever. She says, "DIY treatments are on the rise right now as a lot of people are working from home and have more time on their hand than usual to experiment with ingredients easily available. Earlier, they had the luxury of stepping out of their homes to grab a professional service. Now they don't have that liberty. Many beauty brands are also regularly sharing tips and tricks for easy DIY methods, encouraging more people to indulge in them."

Dr Blossom Kochhar, founder and chairperson of the Blossom Kochhar Group of Companies, tells us that since the lockdown started, she herself has been teaching her clients to do DIY treatments with kitchen ingredients as they are natural and can work wonders for the skin.



The beauty fix

Many brands, which have lost out on shelf sales and pickups by salons and parlours, are therefore rolling out DIY kits for replicating salon-like experiences at home, says **AYUSHI SHARMA**

There will be more clamour for buying DIY products online, notes Shahnaz Husain, founder and chairperson and MD of The Shahnaz Husain Group. She has also been planning to launch her new range of herbal sanitisers soon.

In view of the global health crisis, debates and conversations around building immunity and inner wellness have reached the zenith. "At-home experiences like facials, face-masks (sheets), hair colour are on the rise. Brands are doing tutorials to create a salon-like feel at home using the same products available at a salon or a spa. It's amazing to see people preferring lasting wellness over instant gratification," says cosmetologist Seema Nanda, founder of Estetico — The Facial Bar.

Companies have suddenly redirected their pitches to express that their products are still relevant. Now, they have been targeting consumers by promoting various make-up routines on how to look your best while attending virtual meetings and video conferences. Also, they are presenting "skincare" as a calming ritual that offers a quick breather from the lockdown-induced anxieties. Recently, LOreal India shared that they were engaging with users online to help them colour hair at

'DIY treatments are on the rise right now as a lot of people are working from home and have more time on their hand than usual to experiment with ingredients easily available. Earlier, they had the luxury of stepping out to grab a professional service. Now they don't have that liberty'

home. "It might be time to take eyebrow grooming into your own hands," reads a line on an Instagram post of a makeup brand, Revlon, telling consumers that they can turn themselves into a pro. "You are doing your part by staying in, so we at Schwarzkopf want to help you feel like your best self at home," reads another caption on an Instagram post by the hair colouring brand. They recently shared ten foil methods to achieve the fully highlighted effect in order to help address consumers' concerns of limiting time outside of their homes. The ads and campaigns play up products in tune with the times such as skin, eye care and home hair-colouring kits. These are largely played out on social media instead of using television as a media.

The beauty industry has been resilient in the past but could this pandemic have a different outcome? And also, will this have a long term effect as people might start getting comfortable with the DIYs and avoid repetitive visits? Let's find out what experts have to say. "We believe people go to a luxury spa or salon, not just for the treatment but for the experience at large. DIY treatments have existed long before the pandemic hit us but people were



still preferring to go out as it's much more relaxing and done by a professional. The whole experience is very calming and rejuvenating and that cannot be substituted by DIY treatments," says Vibha.

Dr Kochhar and Seema add on that DIYs are great. With the products that brands are now offering, they can help you in taking care of yourself but what a professional service can do is way different. "It involves proper techniques, machines and the right kind of environment to give the right effect. May be off for a few months, people might not come for repetitive services but once they feel comfortable about the hygiene standards practised at the salons, they would be interested to visit," says Seema.

"The current DIYs that are trending are the use of seasonal fruits like papaya and watermelon for face packs and scrubs. Also, rice flour for scrub, honey and aloe vera for moisturising, banana and glycerine for hair nourishment are really popular when it comes to making packs at home," shares Dr Kochhar.

'The interesting part about the series is that it comes as a breath of fresh air on the digital platform which has a lot of dark content. While on one hand, it will entertain and has a lighter vein, on the other, it reflects some important issues of the society which we do not discuss aloud, such as the hypocrisy of a repressive society, adolescent sexuality and others.'

—Swara Bhasker

MANUSHI CHHILLAR has been roped in by UNICEF India to lend her voice in providing urgent support to children in severe Coronavirus crisis that's plaguing the nation.

Manushi says, "I have been blessed and fortunate enough to have had a safe, healthy and happy childhood. Today, I realise the importance of my upbringing that has impacted and shaped my value system, my perspective to the world and people and also made me the person that I'm today. I'm also disturbed knowing many children of my country don't get the childhood that they deserve."

'I'm as vulnerable as anybody else'

Hollywood actor **CHRIS HEMSWORTH** is as vulnerable as anybody else and grapples with uncertainties just like everyone.

The actor says he looks at vulnerability as an access point for the audience and feels they make the character more relatable. "I'm as vulnerable as anybody else," Hemsworth said.

"You know, anything involving children, children (being) in jeopardy or if their safety is threatened, having children myself, it's certainly easier to sort of draw upon the visceral nature of what that the circumstances would evoke in you," he added.



Canvas of realities

Artist **MAITREYI NANDI**'s works depict the truth, which consists of herself, family and the experiences that designed her destiny, says **UMA NAIR**



Artist Maitreyi Nandi put up collages/paintings on canvas that went beyond riveting. One look was enough to know her depth, density of thought and ability to weave metaphors and allegories that flit back and forth through time's tapestry. Her first painting — *It Does not Die*, depicts a foetus within a womb. The womb and the details are sensitively intricate and deeply inchoate in terms of resonance and reverie. Redefining the notion of hybridisation, Maitreyi conflates the symbols of Eastern and Western art historical traditions and political events to explore the intersection of individual experience and broader manifestations of culture. This collage is based on personal

experience and the trauma and grief of losing her son.

CONSTRUCTION AND COMPOSITION

It is her construction and composition that endears, its almost as if we are looking at an image of the earth. She has constructed small and detailed replicas of historic architecture of nature's intensities. Maitreyi emphasised the earth as a shelter and space as a vessel for life.

Its almost an exploration that unfolds like a series in which various creatures and characters emerge. She expands upon this theme with magical recreations. When we look closely at her little vines and creepers and forms that surround the little baby, its almost



as if we are looking at fertile basins from which culture springs. In her second image, *Fleeting Feet* again, we see an iconic structure of two feet with bangled thorns.

FLEETING FEET

This one is fascinating. She quotes Frida Kahlo: "Feet what do I need you for when I have wings to fly?" Maitreyi is a voracious reader. You can't create such works of deep thought and substance without literary associations. She places her feet on lush aqua flora: planting them with a variety of foliage, as well as a foreground of scaly biological exotica; it's almost as if she reimagines these seedbeds for a more peaceful life, but in effect renders them inert. The branches that ensue on top of the feet are more about the earth's soil and what lies above the horizon. But she draws our attention to the anklets of thorns. Tied down by despair and sorrow such a Frida Kahlo moment.

Maitreyi is like a mute planter, her symbols of sorrow and deep grief grow into ruined relics, as creeping vines cover

the façades of her canvas. Her works continue to subvert traditional modes of thinking and cultural stereotypes. She extols the virtues of experience which teaches that even if there are scars, they give us sombre reveries drowned in melancholia.

Sadness gives us time to think; Maitreyi has an uncanny ability to dissect cultural and aesthetic creations on canvas and create seemingly distinct juxtapositions which unfold into nuanced takes on history, natural identity, and artistic practice.

She tells us, "My earlier works were soft, soothing and happy, but things changed after a life-altering event. At some point we have all faced it. Whether it be the death of a loved one, a serious illness or some experience that reminds us of what really matters in life. In the blink of an eye, everything can change. Often, these life experiences can teach us valuable lessons, help us discover inner strength, and help us realise what is truly important in our life...I lost my son in 2014. He was only 22 years old. Being a single mother, life has taught me a lot! I've learnt that the only real thing in this world is our consciousness. Physical matter is all a holographic illusion... Life has changed me this way and these concepts reflect on my paintings too..."

And once again Maitreyi brings back the unforgettable words of Frida Kahlo. "I never painted dreams. I painted my own reality." For this, Maitreyi from Gurugram is a rare artist who transcends her real world to enter into the meandering islands of surrealism, conjoined to Mother Earth. Her reality consists of herself, her family and those experiences that designed her destiny, to influence her surrealism — agonised poetry on canvas.

'Time to reflect upon the music industry'

Singer **Sona Mohapatra** has a constructive message on the ongoing discussion on the music mafia.

In the midst of the raging discussion around nepotism and music mafia in the industry, Sona put out a candid video on her social media which is heading to a million views with a thumbs up from viewers and musicians alike.

Known for her outspoken views, Sona believes that the whole musical eco-system needs to be re-hauled from the ground up. The Indian music industry is merely an extension of the film industry and hence places too much emphasis on film music and mirrors the systemic problems of the film industry too. This has created a chronic lack of variety, quality and cultural influence, while strangling the chances of forthcoming talents.

She believes that almost everyone in the entertainment industry, seems to have a 'struggler' mindset. They refuse to feel secure enough to be able to look out for others. This has led to a myopic, short term view of the future of the industry because that can only happen by nurturing new, genuine talent of tomorrow.

The gatekeepers and tastemakers of the industry would only benefit by adopting more inclusive practices that welcome diversity. The gender disparity itself is telling, there are not more than eight odd songs in female voices for every 100 released in the mainstream. This, from the industry that spawned titans like Lata Mangeshkar & Asha Bhosle. While the world has progressed, our industry has regressed in that sense.

Elaborating her stance, she says, "The fact that we don't have a real music industry in a country as big as India should bother all of us. It's a mere subset of the film industry with a few inter-connected families calling the shots. There is more talent and love for music for us to have built a thriving independent industry. Music sells almost everywhere in this country including election



campaigns, toothpaste, sporting events and bid budget films but is sadly the most undermined commodity in the media landscape. Mainstream musicians go through a miserable and humiliating rejection and ragging process while making a soundtrack. The creator of a song doesn't even have the right to cast a singer and that itself is so disrespectful to the process of creativity. It is the reason why so many people are dubbed for 'scratches'. My belief is that ultimately, the song suffers. It is akin to it being 'flogged' in a sense."

She adds that while it is critical to have a discussion about music label monopolies and the lopsided clique driven power structure in the film industry, it is equally time for all of us to self reflect. It is important that audience aspire for world class standards in entertainment which comes from being more demanding of authenticity and integrity from our entertainers.



Make In India

Many imported components, including semiconductor display, magnets and capital intensive equipment, could be made by Indian firms if they were assured policy certainty because they required big investments, said authors of an article published in the International Journal of Drug Regulatory Affairs



DOCYARD

DR PUNEET GULATI

Consultant Neurosurgery

SAROJ SUPER SPECIALITY HOSPITAL, NEW DELHI



Covid yes, but malaria too

Come monsoon, and there is a surge in mosquitoes. While we are busy focusing on the pandemic, we need to make sure that vector borne diseases are not neglected, says DR MUKESH SANKLECHA



The entire nation has collectively been battling the deadly Coronavirus that has claimed millions of lives globally. The pandemic has changed the course of our everyday life and has demanded attention towards revised hygiene practices. As India grapples with the pandemic, the threat of vector borne diseases has also been emerging. While it is difficult to navigate the way forward, what can be said without doubt is that there will have to be comprehensive safety protocols in place to ensure overall protection.

The months beginning from May to September are those that witness a rise in mosquitoes. According to the data provided by the National Vector Borne Disease Control Program (NVBDCP) all over India, there have already been 29,340 cases of malaria reported until the month of March, 2020. The states with the highest number of malaria cases are Chhattisgarh with 10,929 malaria cases, followed by Orissa with 8,381 malaria cases, Jharkhand and Uttar Pradesh have 2,037 and 1,959 cases respectively, and lastly Maharashtra is at 1,533 cases of malaria. Although in the past two decades, cases of malaria have reduced, this year there has been a clear acceleration in the number of cases. Around this time last year we had not more than 20 malaria patients, however this year, there have been close to 10 cases in the span of just one month.

With the monsoons just around the corner, there is possibility of a surge in mosquitoes owing to the widespread availability of breeding grounds. As the country has been focusing on the pandemic, we need to ensure that vector borne diseases

are not neglected in the bargain. As fumigation practices had witnessed a hindrance owing to the lockdown, it is crucial to take precautionary measures at an individual level and use repellents like Goodknight, HIT, etc., to avoid further spike in cases. This is especially important because even if the fumigation practices resume, fumigation will only eliminate the adult mosquitoes and not the ones that are breeding in stagnating waters.

Children are more susceptible for contacting vector borne diseases. In accordance with the guidelines stipulated, although children going outdoors to play has reduced, we cannot restrict them for too long. When children start to go out to play, we recommend that they wear full sleeved clothes to reduce the area of exposure for mosquito bites. Secondly, children can be protected from mosquitoes with the use of repellents that can be applied on clothes that are made available by reliable brands such as Goodknight Fabric Roll-on and patches, as it is better to have repellents applied on clothes than on the skin. Apply these on the back so that there is no direct contact with the skin and there is no threat of the child putting it in the mouth.

To evade what could be yet another wave of diseases, some precautionary measures will have to be observed at individual capacity. It begins with the check of your surroundings to see if water has been stagnating anywhere. It is important to regularise checks of water tanks to ensure that our surroundings do not become breeding grounds for mosquitoes. To prevent this from happening, get your water tanks

It is important to regularly check water tanks to ensure that our surroundings do not become breeding grounds for mosquitoes. To prevent this from happening, get your water tanks examined by professional authorities to ensure that they are clean and covered

examined by professional authorities to ensure that they are clean and covered. With the unprecedented lock-down upon us and the lack of house help, people might forget

about cleaning their garages, balconies or terraces where there is a possibility of water stagnation.

For an overall protection, it is important to ensure that you are protected from mosquitoes both indoors as well as outdoors. Contrary to popular belief, mosquitoes don't only arrive during the night. We are used to employing repellents late in the evening or at night however, malaria mosquitoes are active between the hours of 9 pm to 5 am whereas dengue mosquitoes peak biting periods are early in the morning and in the evening before dusk. This is why it is important to ensure protection throughout the day even while you are indoors with mosquito repellent formats such as liquid vaporisers, coils and incense sticks. For those who use incense sticks to repel mosquitoes, it is important to be aware of which ones to use. The market has spurious incense sticks that are harmful for health and cause several problems because of their pesticide laced formulations. It is important to use branded products that are legally approved so that you don't harm yourself while repelling mosquitoes. If you are using liquid vaporisers, it is important to use effective ones that ensure eliminating mosquitoes from all corners of the room.

It is crucial to understand that while we focus on individual hygiene measures such as washing hands at regular intervals or wearing masks to contain the spread of the pandemic, we have to extend these measures to our surroundings as well so that we are protected against vector borne diseases. The writer is Paediatrician

NO ROOM FOR TOXICITY

With so much stress in our lives, it is important to surround ourselves with people who support us for our mental and emotional wellbeing, says TIESTA DUGGAL



In life, we come across all kinds of people. Some contribute to our growth, help us become a better person and provide us support and sometimes we come across people who instead of contributing to our growth, in certain ways may hamper it. The way to identify them is that either the relationship could be unhealthy, unsupportive or abusive in nature and rather than them bringing peace and support, this relationship does the opposite.

In such cases, it is important to ensure your well-being and cut ties with such associations as these not only impact your relationships but also your mental health in the longer run.

Some of the ways to do so are:

- Be in awareness: Be aware of how you feel around these people, if they bully you, make you feel bad about yourself, constantly criticise or drain you, then you must know it's not the most contributing relationship/friendship.
Set firm boundaries: As opposed to what many of us believe, setting boundaries is actually one of the most healthy things you can do in a relationship and also for yourself. Until we learn to honour our space and time, we truly cannot expect others to do so.
You do not always have to be nice: Many of us pick being a placater, the good person in our early years of life and keep trying to please people by going out of our ways, but if someone is causing you more distraught than happiness, it's good to be firm and take a step back.

Understand that their opinion about you is a projection and not who you are: Often times, such people project their stored insecurities and traumas on other people and may lead you to believe there is something wrong with you but it's very important to know the distinction between who you are and what others are projecting to protect your mental and emotional peace.

Focus on your good qualities and loving yourself: Most of the time when you let go of toxic people, they may make you feel bad about yourself or make you feel as if you are doing something wrong, please constantly remind yourself that there is nothing wrong with you and it is okay to maintain your space and distance where required.

Do not feel guilty as you take stand for yourself: Already due to various reasons, one has so much stress in life to take care of, so to protect your energy if it requires you to cut ties allow yourself to do so without attaching any guilt.

While it may be difficult for us to sometimes take stand for ourselves, specially when we are used to being the giver/pleaser in a relationship but it is essential to identify, have clarity and set boundaries accordingly as this not only helps you with maintaining your space but also contributes to your emotional and mental health.

The writer is Internationally certified workshop leader and life coach



Brain tumours are curable

Brain tumour is the tenth leading cause of morbidity in India. The incidence of this deadly disease is rising and different kinds of tumours manifest at different age groups. As per the Globocan 2018 report, issued by the International Association of Cancer Registries (IARC) associated with the World Health Organization (WHO), in India over 28,000 new case of brain tumour were reported annually. Around 24,000 patients lost their lives battling this neurological ailment.

A brain tumour is a collection, or mass of abnormal cells in the brain. These tumours can be cancerous (malignant) or non-cancerous. When a benign or malignant tumour grows, they cause immense pressure in the skull. This can lead to brain damage and it can be life-threatening.

Symptoms and signs of brain tumour depend on the size and location of the tumour. Some tumours can directly affect by invading the brain tissue while some cause pressure on the surrounding brain. Major symptoms of brain tumour include:

- Headaches (worsens in the morning)
Vomiting
Blurred vision or double vision
A change in mental functioning

Early detection and treatment can prevent complications that can occur as a tumour grows and puts pressure on the skull and brain tissue. In case of any symptoms, one should consult the doctor immediately

- Seizures
Weakness of a limb or part of the face
Difficulty in physical movements

The risk factors of brain tumour include:

Family history: As per a recent study, only five to 10 percent of cancers are genetically inherited, or hereditary. It's rare that brain tumour can be inherited but if you have family history of the disease then you should get health screenings done at regular intervals.

Age: Though the frequency of this disease is likely to affect people above the age of 55 years, but many such cases have also been seen in children in the age bracket of three years to 15 years of age, irrespective of the gender.

Exposure to radiations and chemicals: People who have been exposed to ionising radiations and chemicals have an elevated risk of developing brain tumour.

Endoscopic surgery can help

Endoscopic brain tumour surgery is minimally invasive treatment procedure that allows neurosurgeons to find and treat the conditions that are deep within the brain or access them through the nose.

During this surgical method, thin tubing that transmits the video images of the brain is inserted through one or two small incisions in the skull or through an opening in the body. This tube like instrument is called an endoscope which contains a small camera that allows the neurosurgeon to see the problem area of the brain. The ultimate goal is to remove tumour without causing damage to healthy parts of the brain.

Early treatment can prevent complications that can occur as a tumour grows and puts pressure on the skull and brain tissue. If experiencing any symptoms then one should consult the doctor immediately.

Endoscopic surgery is also commonly used by the surgeons in case of treating pituitary gland tumors, skull base tumors or those tumors that are deeply seated.

DadiKaKehna

Not all of us are blessed with a glowing and smooth skin. But fret not, a few simple kitchen ingredients can do the trick. ROSHANI DEVI shares home remedies that one can use for that perfect tone



Now is the best time to work on your skin. Since COVID-19 is keeping most of us homebound, it is time to dig into some of the kitchen ingredients that can help one to get rid of the blemishes and stubborn marks that refuse to go even with medicinal creams. Usually lemon and its juice is recommended for a skin whitening agent. But some skins are sensitive and lemon may irritate the skin. A good alternative is to mix a teaspoon of honey with yogurt with a pinch of turmeric. Make a smooth paste and apply it on the face. Leave it for 15-20 minute, wash off. Pat dry face. Apply aloe vera gel on the face, if you have and leave it overnight. Depending on how dark the marks and blemishes are, it can take anywhere between four to six week for good results to be seen. Another option is to use just raw honey. Apply it over the blemishes and leave it on for five to 10 minutes. Wash off. Do this daily till blemishes disappear. Make a scrub of coffee powder, sugar in equal parts and a couple of teaspoons of olive oil or pure coconut oil. Apply gentle on the face and scrub. Do this twice a week till marks disappear.



The light is not so bright

The shift to online education has brought with it a plethora of eye problems. PAMMI JAMALPURIA shares preventive tips

The Coronavirus pandemic has reformed the learning process of a child. This crisis has not only impacted our regular habits and livelihood but also leading to new eye health issues for our little ones. The main reason behind this issue is the paradigm shift of the education sector across the world following COVID-19 related restrictions. Online education has now become necessary. The merging of technology and learning has led to some unprecedented changes making children spend a considerable amount of time in front of digital devices such as mobile phones, tablets, laptops and desktops.



Now the textbooks have also been replaced with online assignments. With very little choices left the current situation has forced the parents to engage their kids with electronic devices to prevent any outside exposure. Children these days often complain about itchiness, irritation, redness in their eyes and the reason behind this issue is exposure to blue light or junk lights emitting from the digital screens. Blue light is a particularly intense light wave emitted naturally by the sun, and artificially by digital devices like smartphones, tablets and computers and even from the indoor LED lighting systems. It does not really matter if your kids have an eye power or not. It is advised to wear blue light protective lenses while using digital devices as it can help them to prevent eye strain or eye irritation. Additionally as blue light glasses act as filter for your eyes it actually helps in eye relaxation even when one is exposed to digital screens for a prolonged time. Since blue light filters ensure that eyes are protected from unnecessary strains it is implied that using blue light filters can help you in combating your sleep disruption cycle.

Apart from digital eye strain, all these digital shifts in the lifestyle impacts a child's vision and subject them to the risk of developing other issues like myopia, dry eyes and early setting of macular degeneration. It is extremely important to take preventive measures to check such fate among children by adopting a few simple steps:

- Making them use the right set of glasses/spectacles while using any electronic gadgets or digital devices.
Maintaining a minimum distance of 50-60 cm between the screen and the eyes
Controlling the brightness level of the device
Discouraging usage of digital screens two hours before bedtime
Eye exercises as suggested by your eye care practitioner
Mandatory annual eye check-up for every school going children.

The writer is VP- Corporate Marketing, Vision Rx Lab, Nova Eyewear

SUMMERCoolers

PEACHES: The look of the fruit itself is beckoning. Then there is the taste — the sweet juicy flesh on a hot summer day is sure to cool the body. But this is not all, the fruit packs a punch when it comes to vitamins and minerals especially Vitamin C. The fruit has antioxidant properties and plays a vital role in forming collagen. Collagen acts as the support system for the skin, promoting wound healing and enhancing skin strength. A cup of diced peach provides 319 mg of potassium; a cup of diced peach also has 0.42 mg of iron, which accounts for at least 2.3 per cent of an adult's daily iron requirement, depending on age and sex.



