



FIRST COLUMN

UNDERSTANDING ENERGY CONCERNS

A grasp of the methods of transition in the past, from one energy era to another, is important



VINAYSHIL GAUTAM

Each social grouping has its mythology. The sense in which the phrase social groupings is being used in this text refers to human aggregations popularly clubbed as a category, such as "the rich", "the poor", "the professional", "the sailor" and so on. The rich have a sub-category that is derisively referred to. This sub-category is called "the *nouveau riche*," which is supposed to be loud in its display of recently-acquired wealth. Whether as a characteristic this is true or not has never been empirically tested, however it is believed to be true. Similarly, many professional groups such as engineers, doctors, *et al* look down upon history as a discipline. A professional historian is neither taken seriously nor referred to with the mellowness which any "serious" professional would have been. So be it!

Applying this yardstick of traits to the profession of energy specialists, the same kind of syndrome can be found. Unexplained professional myopia prevents many of them from recognising that the need for green energy is not a first energy shift that has ever touched the human civilisation. Energy shifts are as old as humanity. When the physical energy of human beings was used to break down aggregations of natural material, such as branches or boulders, the substitution of physical human energy by power of draft animal energy was a major energy revolution. For any kind of traction or movement being substituted with the use of animal energy, there was an equally big revolution.



Ostensibly human beings took a long time to recognise that they need not walk to move from one point to another but they could instead ride an animal. This too was nearly as big a revolution as any. Lions remained untameable, elephants lost on speed what they gained on bulk. The horse was the clear winner and its popularity became so much that horse power became the unit of measurement and even today the strength of an engine is explained in terms of how many horse powers it represents. The message is simple. Each source of energy was a process which had its era of dominance. The shift from one era to another was as fundamental, drastic and dramatic as the shift one talks of today for an aspirational or needed change from fossil fuel to green energy.

Be that as it may, any such shift needed a change in technology. Other collaterals followed in the process of evolution: Size of the circle (often referred to as the wheel) and the concomitant size of the case which would contain the machinery (called the equipment). This meant change in the service industry and indeed the full gamut of ancillary skills. Hence, to understand green energy and the era in which many front-edge communities are locked in today, in a module of learning, is a complicated process. In the prevailing dominant social culture of "fast food", few have the time to pause and consider the nature of the problem.

There isn't any serious dissertation available on how long any era lasted before it gave way to the next era of energy usage. To recognise and change this framework of reference to a more holistic one is the need of the hour. The present obsession with one form of green energy or another, be it solar, wind, hydro, oceanic or biomass is proving good almost only for talking shop and the industry. There is a clear need to get our perspective right on the significance of power, *per se*. Energy is the underpinning of human civilisation. Its characterisation determines the periods of history. Understanding the methods of transition in the past, from one energy era to another, will help us to find solutions to the current energy concerns better.

(The writer is a well-known management consultant of international repute. The views expressed are personal.)

Need for affordable housing and microfinance for all



MOIN QAZI

While India continues to record improvement in dealing with poverty, homelessness has elicited a poor response from our policymakers

Among the many challenges that need urgent attention, more so after the COVID-19 pandemic invaded our lives, is housing. This vital segment needs a scientific and creative intervention to make it a sustainable proposition. Lack of proper housing is one of the reasons, apart from loss of jobs, that led to the mass migration of labourers from cities to the villages, during the initial days of the countrywide lockdown. Hence, expanding access to affordable housing is essential not just for equitable development but also for social stability.

Looking at the gravity of the issue, Finance Minister Nirmala Sitharaman in her Budget speech announced the extension of the tax holiday on affordable housing projects for one more year. The Government has done this to ensure affordable housing for migrant workers. The affordable rental housing projects are part of the 'Pradhan Mantri Awas Yojana (Urban)'.

While we continue to record improvement in dealing with poverty, homelessness has elicited a poor response from our policymakers. Consequently, slums constitute 17 per cent of urban households in India and in Mumbai they make up 42 per cent of the households. These slum clusters lack necessary amenities like private toilets and potable water. A high population density and a weak public healthcare system mean more susceptibility to COVID-19 and other diseases and epidemics. Necessary precautions like social distancing to stay safe of the Coronavirus cannot be practised under such deplorable living conditions that prevail in slums and *jhuggi jhopri* clusters.

Human health and well-being depends on a range of interconnected social, economic and physical factors that impact the environment in which we live and sustain ourselves. The key to good housing is to ensure that residents have access to transportation, affordable healthcare, jobs, education as well as other essential services. A decent habitat and shelter can contribute in not just individual or societal well-being but also have the potential to catalyse overall economic growth. It is, thus, critical to recognise housing investment as a basic, fundamental building block of economic activity.

Housing is not a standalone issue and is closely intertwined with other factors and lack of sustainable housing is often the cause of a slew of health and developmental problems. Poor ventilation and the inability to maintain basic hygiene are major causes of poor health. Fragile building structures undermine safety and increase vulnerability to disaster. Lack of lighting and space limits the ability of children to study. Inadequate privacy and lack of sanitation contribute to a host of diseases, hence perpetuating poverty.

For many people in the developing world, the land on which they live is their only asset. If that property is not recognised as legally theirs, they lose out on several social benefits. Land ownership is often the bedrock of other development interventions. Owning land boosts nutrition, educational outcomes and gender equality. The converse is equally true. Where land security is absent or weak —when men and women do not have recognised legal rights to their land and can thus be easily displaced — all other development efforts



MANY LOW-INCOME VILLAGERS HAVE OWNED THEIR LAND FOR GENERATIONS BUT LACK FORMAL OWNERSHIP DOCUMENTS. HENCE, THEY DO NOT HAVE ACCESS TO FORMAL FINANCIAL SERVICES. ONCE THEIR INHABITED LAND GETS FORMALLY TITLED, THEY COULD OBTAIN ACCESS TO SEVERAL PUBLIC BENEFITS, INCLUDING LOANS

The writer is a well-known development professional. The views expressed are personal.



go in vain and conflict arises.

Many who live in slums have little or no control over the ownership of the property they live upon. The lack of official land titles is a major impediment to the acquisition of housing finance. People do not have documentary proof of being owners of the land on which they live and are, therefore, legally insecure.

Many low-income villagers have owned their land for generations but lack formal ownership documents. Hence, they do not have access to formal financial services. Once their inhabited land gets formally titled, they could obtain access to several public benefits, including loans.

Traditional housing finance has not been able to offer much help to people in the low-income group. But a range of financial institutions are applying good microfinance practices, thus promoting housing. The increased provision of housing microfinance has resulted in safe and healthy housing conditions for millions. Successful housing microfinance providers have married the core principles of micro-credit — peer-based borrower selection and repayment enforcement, close follow-up on repayment and so on — with the technical expertise required to investigate land ownership and other classical housing finance principles.

This model has been highly successful wherever Governments are offering long-term tenancies

and shared-ownership housing. But the sector is still in need of more sustainable business models to get legitimacy in mainstream finance.

Housing micro-finance can include a range of financial services that support improving or upgrading housing such as home repair and expansions, additional cooking space, water and sanitation services, energy efficiency upgrades, the purchase of inhabitable land or permanent structures and the construction of new housing.

The demand for housing micro-finance is high. The clients are already channelising a good portion of micro-enterprise loans for home improvement; micro-entrepreneurs also use their homes as productive assets for generating income. A home can be a place to store inventory, produce goods and run a business. A home is also a personal asset that usually appreciates in value over time. Home improvement, thus, not only enhances living conditions but is also an investment.

The Government also needs to use creative approaches for making rental housing a safe option for house owners. Its share in overall housing has been steadily declining. There is clearly a need to replace the current rent control laws with modern tenancy laws, so as to give full freedom to tenants and owners to negotiate the rent and the length of the lease.

Rules with respect to eviction also need to be reformed to restore

the balance between the rights of tenants and the owners.

We need a differently structured and more professional market rental sector. A model Rent Act is needed to promote rental housing. There should be mutual agreement between the landlord and the tenant for a stipulated lease period prior to which the tenant can't be evicted and after the expiry of the lease period, the tenant will not be permitted to continue in the housing unit.

However, rent control laws give tenants so much security that landlords worry that they may not regain possession of their property at the end of the lease period. People often leave their properties vacant until they get a tenant they are comfortable with.

It is time the Government puts rental housing to use. Its share in overall housing has been steadily declining. There is a need for replacing current rent control laws with a modern tenancy law, which would give full freedom to tenants and owners to negotiate the rent and the length of the lease.

Policymakers, financial institutions and housing experts also need to evaluate their current policies, cultures and ways of working. With a thoughtful approach, they can be better prepared to tackle this humongous problem. The Government will have to change course and shift away from the legacy mindset before the problem gets out of hand.

POINT COUNTERPOINT

NOT JUST DINESH TRIVEDI, WHOEVER WANTS TO DO HONEST WORK CANNOT STAY IN THE TMC. IF HE WANTS TO JOIN THE BJP, WE WILL WELCOME HIM.

—BJP NATIONAL GENERAL SECRETARY
KAILASH VIJAYVARGIYA



I AM VERY GRATEFUL TO THE BJP AND ITS SENIOR LEADERS. I WAS TOLD THEY HAVE SAID THAT I AM WELCOME. BUT LET ME SETTLE DOWN FIRST.

—FORMER TMC MP
DINESH TRIVEDI

China in a tizzy to prevent 'feminisation' of male adolescents

This will eventually be resolved, as these things usually are, by the magic of generational turnover. The young will outlive the old and become the majority

It seemed innocent enough at the start: Just a surge in the number of boys coming to school with notes from doctors saying they were excused from playing contact sports. But pretty soon high schools all over China were having trouble finding enough willing young men to make up a football team. It was around the same time that attendance at the compulsory classes in Marxist-Leninist-Xi-Jinping-Thought crashed. Even when boys started talking about their feelings and trying to look like K-Pop stars, people tried to laugh it all off and dubbed them "little fresh meats." But some far-sighted people understood that the nation's soul was at stake here.



GWYNNE DYER

Gwynne Dyer's new book is 'Growing Pains: The Future of Democracy and Work'. The views expressed are personal.

Consultative Conference's National Committee and chairman of Harbin Electric Corporation, was warning that many of China's young males had become "weak, timid and self-abasing." From not playing football to not wanting to be an "army hero" is a short, slippery slope.

This "feminisation", Si harrumphed, "would inevitably endanger the survival and development of the Chinese nation unless effectively managed." And even as he spoke, limp-wristed young men with flowers in their hair were spotted lolling about in the street outside.

Just as Oscar Wilde heralded the fall of the British empire and hippie "peace and love" caused the US to lose the Vietnam War and start its long decline, so too, young Chinese men wearing make-up....Stop! Are you sure

that the Party wants you to go down this particular rhetorical road?

Well, okay, maybe not exactly those examples. But what would the veterans of the Long March say about these effeminate young girl-men? You can't turn them into proper soldiers. China will be easy meat for the first manly country that comes along. Harrumph!

China has a very big bureaucracy, so it takes a while for an issue to come to the top of the pile but by early this year it had arrived. It's not clear if President-for-Life Xi Jinping took a personal interest in the issue but his enthusiasm for football as a symbol of national strength and manliness is well-known, so the policy-makers knew they were on a safe track.

The Education Ministry took the lead, with the pub-



lication of a policy document last week entitled, 'Proposal to Prevent the Feminisation of Male Adolescents'. No, really, I swear I'm not making this up. Check it out online.

The document claims that China needs to hire more male teachers to serve as role models (at present four out of five teachers in urban

areas are women) and "vigorously develop" sports like football to "cultivate the students' masculinity."

The official Chinese news agency *Xinhua* instantly took up the cause, condemning "androgynous" young men as "slender but weak as willows," and there was a suspiciously instant chorus of support on social media for the notion that traditional forms of masculinity are the foundation of national military strength.

It probably sounds fresh to an adult generation of Chinese who don't even know their own country's real history. To people elsewhere, it sounds like a bunch of early 20th Century Englishmen in wing collars declaring that "the battle of Waterloo was won on the playing fields of Eton." (No, it wasn't. It was won when Blücher's Prussian

army joined the battle in the afternoon after a forced march.)

It sounds like a bunch of late imperial claptrap, because that's what it is. Playing football sometimes makes you better at playing football. It does not make you better at dominating foreigners or fighting wars — and why do you want to do that anyway? It's, therefore, pleasing to report that the response in Chinese official and social media was far from unanimously enthusiastic.

"Is feminisation now a derogatory term?" one Weibo user asked and received over 200,000 likes, and the *People's Daily*, no less, published an opinion piece arguing that diversity and tolerance should be encouraged among feminine and masculine men alike.

There is probably no

country on Earth where the generational divergence of opinions, especially among the male half, is greater than it is in China. From an almost entirely hierarchical society as late as the 1980s (Confucianism reinforced by the 'democratic centralism' of Communism) to a younger generation that is egalitarian and gender-fluid (at least in the big cities) is one hell of a leap.

It will eventually be resolved, as these things usually are, by the magic of generational turnover. The young will outlive the old and become the majority. And here is the authentic voice of the young, summed up in a single tweet: "There are 70 million more men than women in this country. No country in the world has such a deformed sex ratio. Isn't that masculine enough?"

GST officers to suspend taxpayer's registration for 'anomalies' in sales return

New Delhi: GST officers will immediately suspend registration of taxpayers whose sales return or GSTR-1 forms show "significant differences or anomalies" from the return filed by their suppliers, a move aimed at curbing tax evasion and safeguarding revenues.

The Central Board of Indirect Taxes and Customs (CBIC) has issued a Standard Operating Procedure (SOP) for suspension of registration of a person on observance of such discrepancies/anomalies which indicate violation of the GST Act.

Govt eases curbs on steel for highway construction to reduce cost

New Delhi: Doing away with restrictive conditions for use of steel in highways construction, the government on Sunday announced that all kinds of steel will be allowed for highways provided these meet the quality parameters.

Approval. The move is based on the analysis and discussions with stakeholders and also technical opinion. In view of the increase in steel prices, which can impact the cost of building national highways, Road Transport & Highways Minister Nitin Gadkari had suggested the need to re-look at all conditions which could be restrictive, without impacting the quality of material used for highway construction.

ONGC takes leaf out of Reliance's book

Floats subsidiary to buy own gas

New Delhi: Taking a leaf out of Reliance Industries Ltd's playbook, state-owned Oil and Natural Gas Corporation (ONGC) is forming a new subsidiary for gas business that could be used to bid and buy gas from the firm's own fields.

The government controls gas price which is less than cost of production," the source said. The government has fixed a price of USD 1.79 per million British thermal unit for ONGC's fields. This is half of the cost of production.

The government controls gas price which is less than cost of production," the source said. The government has fixed a price of USD 1.79 per million British thermal unit for ONGC's fields. This is half of the cost of production.

The government controls gas price which is less than cost of production," the source said. The government has fixed a price of USD 1.79 per million British thermal unit for ONGC's fields. This is half of the cost of production.

Petrol with additives cross ₹100 mark in Maharashtra's Parbhani district

Aurangabad: The rate of petrol with additives has crossed the Rs 100 mark for a litre in Maharashtra's Parbhani district on Sunday morning, an office bearer of a petrol dealers' association said.

The cost of petrol in Parbhani is one of the costliest in Maharashtra. The cost is higher due to longer distance of transportation. Fuel in Parbhani comes from Mannad in the Nashik district, which is at a distance of 340 km.

Sebi mulls cybersecurity fusion centre for securities market

New Delhi: Markets regulator Sebi is in the process of setting up a cybersecurity fusion centre, a move aimed at detecting cyber threats faster and resolve such incidents efficiently and effectively.

Keeping close eye on cost structure amid rising commodity prices: Maruti Suzuki official

New Delhi: Increasing commodity prices, especially those of rhodium and palladium, which are used in catalysers to meet strict emission norms, are putting cost pressure on automobile makers, according to a senior official of Maruti Suzuki India.

"Demand across the world has gone up but its mining happens only in Russia and South Africa. There, the mining was much lesser because of the pandemic," Maruti Suzuki India Executive Director (Marketing & Sales) Shashank Srivastava told PTI.

Srivastava said, "right now for semiconductors we don't have an issue. January was normal for us. February seems to be normal but there is a major semiconductor shortage in the auto industry. So, we are watching the situation very carefully. Right now we are not affected."

NCLAT asks Devas Multimedia shareholder to approach NCLT

New Delhi: The National Company Law Appellate Tribunal (NCLAT) has asked Devas Employees Mauritius to approach NCLT to raise its objection over the court's decision to admit a petition by Antrix Corporation seeking winding up of Devas Multimedia.

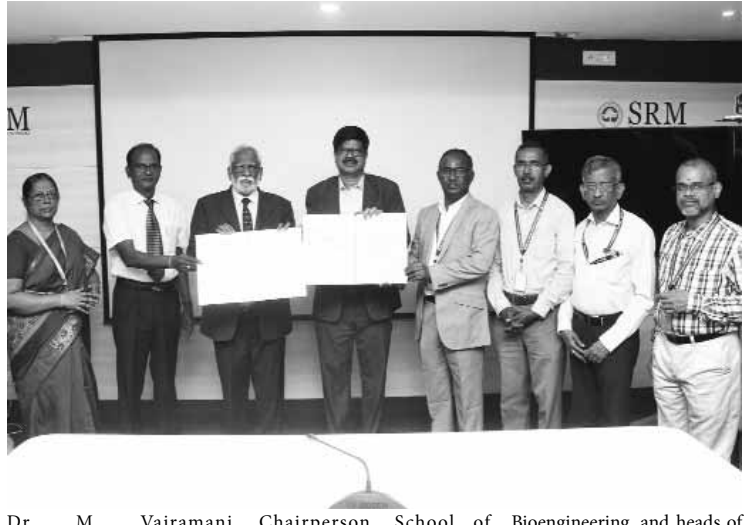
It had also directed the provisional liquidator to take control of the management, properties and actionable claims of Devas Multimedia.

ed out that just because an 'Order of Admission' is passed at the initial stage, the Appellant's interest is not likely to be affected or prejudicial because latent and patent reason that still it may get an opportunity to be heard when its Petition is Allowed."

SRM inks MoU with TANUVAS for joint research

Kattankulathur: SRM Institute of Science and Technology, Kattankulathur has signed a Memorandum of Understanding (MoU) with Tamil Nadu Veterinary and Animal Sciences University (TANUVAS).

The MoU was exchanged between Dr. C. Balachandran, Vice Chancellor, TANUVAS and Dr. C. Muthamizhchelvan, Pro Vice Chancellor (E&T), SRMIST in the presence of TANUVAS officials Dr. P.Tensingh Gnanaraj, Registrar; Dr. Cecilia Joseph, Director Research; Dr. V. Appa Rao, Dean Research and Dr. Premnath Manoharan, professor & HoD Food Processor Engineering, SRMIST officials Dr. S. Ponnusamy, Registrar; Dr. T.V. Gopal, Dean College of Engineering and Technology;



the departments and faculty members. Speaking at the signing ceremony Dr. C. Balachandran, Vice Chancellor, TANUVAS said, "The outcome of this MoU may bring new innovative ideas and solutions for the growing demand and recurring issues of the Food Processing and Health sector in India. Both the universities can now share knowledge, technology, and faculty exchange program. We need engineers when it comes to technology hence the scope is more in this sector."

PUBLIC NOTICE
This is to notify the public at large that our client, Mr. Mahboba Barak, wife of Sh. Abdul Sabar Barak, is applying to the Secretary to the Government of India in the Ministry of Home Affairs for citizenship by naturalization and that any person who knows any reason why citizenship by naturalization should not be granted send a written signed statement of the facts to the said Secretary.

PUBLIC NOTICE
This is to notify the public at large that our client, Mrs. Mahboba Barak, wife of Sh. Abdul Sabar Barak, is applying to the Secretary to the Government of India in the Ministry of Home Affairs for citizenship by naturalization and that any person who knows any reason why citizenship by naturalization should not be granted send a written signed statement of the facts to the said Secretary.

PUBLIC NOTICE
To be known to all that I, SURESH NAGPAL, the alleged trustee of Flat No. 6/47 ON THIRD FLOOR CAT-SFS-I, SECTOR-8, POKHETA VASANT KUNJI, NEW DELHI-110070. Vide DDA's File No.125/26/203/30/35/2010. My original documents viz. 1. Final and Final Demand Letter, 2. Possession Slip, 3. Correspondence Letters from DDA. I. At Bank Chaitanya Receipts in respect of the said property have been misappropriated. An Information Report of this effect has been lodged in Police Station, Connaught Place, New Delhi-110028 on 09/10/2021.

PUBLIC NOTICE
To be known to all that I, NADINI MALHOTRA through my son CHANCHAL MALHOTRA are the joint owners of Flat No. 1175 ON THIRD FLOOR CAT-SFS-I, SECTOR-C, POKHETA VASANT KUNJI, NEW DELHI-110070. Vide DDA's File No.125/26/203/30/35/2010. My original documents viz. 1. Allocation Letter, 2. Final Demand Letter, 3. Possession Slip, 4. Correspondence Letters from DDA. I. At Bank Chaitanya Receipts in respect of the said property have been misappropriated. An Information Report of this effect has been lodged in Police Station, Connaught Place, New Delhi-110028 on 11/02/2021.

Office of the Executive Engineer, Jammu Power Distribution Corporation Limited (JPDC), Batote Power Development Department
Email: pddbatote@gmail.com
e-NIT No: 51 of 2020 Dated 09.02.2021
1. INVITATION:- For and on behalf of the Lieutenant Governor of the UT of Jammu and Kashmir, the Executive Engineer, Electric Division JPDC Batote (Distribution), herein after referred as "Employer", invites online e-bids from Class 'A' registered contractors or Self Help groups for Supply, Execution, Testing and Commissioning of 25 KVA sub-station at Lower Movellote Ward. No. 3 along with HT/LT Network and Augmentation of 63 KVA Rai Mohalla Transformer from 63 KVA to 100 KVA UNDER CAPEC BUDGET 2020-21 ON TURNKEY BASIS UNDER THE JURISDICTION OF ELECTRIC DIVISION JPDC, BATOTE. Bidders are advised to study the Bidding Document carefully. Submission of e-Bid against this SEB should be deemed to have been done after careful/conscious study and examination of the procedures, terms and conditions of the Standard Bidding Document with full understanding of its implications.

ZEL JEWELLERS LIMITED
REGD. OFFICE : E-5, South Extension Part-II, New Delhi-110 049
CIN: L74990DL1949PLC05832 Website: www.zeljewellers.in
Landline: (91)-11-26252416, 011-26252988, FAX: 011-41640689
Email: ID:zeljewellers@yahoo.co.in
Extract of Unaudited Standalone Financial Results for the Third Quarter Ended December 31, 2019 (Rs in Lacs, except per share data)

PARTICULARS	QUARTER ENDED 31-12-2019 UN-AUDITED	QUARTER ENDED 31-12-2019 UN-AUDITED	NINE MONTHS ENDED 31-12-2019 UN-AUDITED
Total Income from operations	1504.42	1181.31	2045.84
Net Profit/(Loss) for the Period (before Tax, Extraordinary and/or Extraordinary Items)	89.87	48.22	148.61
Net Profit/(Loss) for the period before tax (after Extraordinary and/or Extraordinary items)	89.87	48.22	148.61
Net Profit/(Loss) for the period after tax (after Extraordinary and/or Extraordinary items)	66.73	37.29	110.34
Total Comprehensive Income for the Period (Comprising Profit/(Loss) for the period (after tax) and Other Comprehensive Income (after tax)	66.73	37.29	110.34
Equity Share Capital (In Qty.)	355.00	355.00	355.00
Earnings Per Share (of Rs. 10/- each) (for continuing and discontinued operations)	1.88	0.67	3.10
Basic Diluted	1.88	0.67	3.10

NOTES:
1. The above is an extract of the detailed format of Unaudited Financial Results for the third quarter ended and nine months ended December 31, 2019, filed with the Stock Exchange under Regulation 33 of the SEBI (Listing Obligations and Other Disclosures Requirements) Regulations, 2015. The Full format of the Financial Results for the third quarter and nine months ended December 31, 2019 is available on the Stock Exchange website (www.mse.in) and Company's website (www.zeljewellers.in).
2. The above unaudited financial results for the third quarter and nine months ended on December 31, 2019 have been reviewed by the Audit Committee and have been approved by the Board of Directors in its meeting held on 14/02/2021.
3. The above results have been prepared in accordance with Ind-AS notified under the Companies (Indian Accounting Standard) Rules, 2015 and relevant amendments thereunder.

Zel Jewellers Limited
3d-
Place: New Delhi
Date: 14th February, 2021
Rakesh Sharma
Chairman
Din:00122870



PLAY YOUR MIND

Positive mental health helps athletes handle the pressure and boosts their performance on ground. **AMRUTA KARKHANIS DESHMUKH** shares how



Sports players are considered as fit individuals who showcase their strength, endurance and flexibility to flex their bodies through tough circumstances and pull through their sport performance. They train day in and out to have command over their body and techniques. Every sport has their own demands and likewise a training schedule is devised by their coaches and followed by players and their parents for optimal performance. Long ago it was identified that despite best body and technique, something was stopping the players to achieve their best. On deeper investigation it was found that mind

had a role to play in performance which was often not understood. With time, coaches, parents and players recognised this gap and started understanding the need for mental training.

Despite increased awareness, the taboo of visiting a mental health professional acts as a huge barrier to adopt a positive and progressive change. Over years sport psychology (area of specialisation that uses psychological interventions in sports set up) has found its space and parents, coaches and players are reaching out to professionals for performance enhancement.

Winning is still the biggest moti-

vator for everyone involved in sports. Even after having an emphasis on participation and excellence, achieving success and avoiding failures takes centre stage for one and all. Whether one is playing an individual sport or a team sport, chief coach to subordinate coaches, sport science experts along with player's parents make a crucial part of the team which together influences the course of action for long.

Management of sports players involves binding the entire team

strongly and keeping them on the same page. In this competitive world, increased exposure to international competitive events, advances in support from corporate and government sectors has led to increased performance pressure. With time, sports has moved from mere joy, sense of satisfaction to pride and professionalism. The demand to perform is so strong that it comes with the tag of "Success at any cost." But do we really need success at the cost of our mental peace?

Mental health when disturbed

affects one's ability to recognise the self-potential and gets bogged down by stress. Talent wasted due to lack of professional help at right time can never stand the spirit of sports. Hence, it becomes essential to learn the mind-body connection and mental toughness to become resilient in testing moments of matches.

It's scientifically proven that exercise promotes positive mental health but sometimes this observation doesn't hold true. With increasing competition, competitive stress, pressure of expectations, financial crisis, logistic issues and infrastructural concerns, the challenges to perform good are not just vested in talent but in things beyond one's control too.

Anxiety, depression, personality disorder, mood disorders, panic, PTSD, eating disorders as well as more serious mental health issues are coming to surface in population as young as age 10. The peak years of sport performance and the onset of multiple mental health issues coincide and thus, this fact of understanding the underlying issues which need attention are simply side-lined. While the mind of a player is most important, even the mind-set of their coaches and the parents are equally important. It is essential to create a holistic approach in bringing a change in their perspectives towards winning and success. Lack of time, resources, myths that it is only for elite players have been wiped-out; the need of the hour is mental health training for all.

(The writer is a sports psychologist.)



WEBBED



BEHIND HER EYES (SEASON 1)

A single mother enters a world of twisted mind games when she begins an affair with her psychiatrist boss while secretly befriend his mysterious wife. Starring Simona Brown, Eve Hewson and Tom Bateman, the TV drama releases on February 17 on Netflix.



I CARE A LOT (2021)

A court-appointed legal guardian defrauds her older clients and traps them under her care. But her latest mark comes with some unexpected baggage. Starring Rosamund Pike, Peter Dinklage and Eiza González, the film releases on February 19 on Netflix.



PELÉ (2021)

Against the backdrop of a turbulent era in Brazil, this documentary captures Pelé's extraordinary path from breakthrough talent to national hero. It releases on February 23 on Netflix.

Arjun Kapoor and Ranveer Singh's on-screen bromance in the film *Gunday* was a hit as audiences really loved their camaraderie. Past the seventh anniversary of the film's release, Arjun shares why *Gunday* is and will always be one of his favourite films.

□What did you love about the film that made you sign it instantly?

At the time I was starting my career, I was hardly six months old in the business and Adi sir (Aditya Chopra) offered me a film which was a two-hero ensemble, big commercial set-up. When I met Ali (Abbas Zafar), I loved his energy and excitement towards treating it like a larger than life adventure. It was like a throwback and a tribute to the 70's & 80's cinema that I grew up watching. The 'Mukul Anand, Subhash Ghai space of cinema' and at the same time a film about brotherhood and gangsters. When you are a young actor starting out, these are all trappings that you love exploring and doing in mainstream cinema. You want to establish yourself at the beginning. You want to do mainstream stuff with a sense of heightened reality and that's what *Gunday* was all about. I got really excited about doing something so front footed and mainstream.

□Your bromance with Ranveer in the film was an instant hit. Tell us what made the bonhomie so special.

I think it was the off-camera love and respect we had for each other because we realised we have too much in common. In fact we are born just ten days apart from each other. It was much simpler for us to bond than we realised. And when you are starting out, you are not thinking about your career and rivalry. You are just trying to make the best film possible and have the most fun. Ranveer and I also knew each other before the film so it made it a little simpler to break the ice onset. Credit to Ali for writing a film that allowed us to be best friends. He was a big factor for bringing me and Ranveer closer. It just happened, it was just the flow. It's like chalk and cheese where even



Larger than life

Past the seventh anniversary of *Gunday*, actor **ARJUN KAPOOR** shares his love for the role and how his on-screen bromance with **RANVEER SINGH** instantly became a hit

though we are poles apart, we still manage to fit together. It's like sugar and spice, they are opposites but both sound good together. We were two people who were completely different but ended up getting along and working well together. People realised this when they saw the trailer where both of us looked good together.

□The film presented you in an all new avatar. What did you love the most about your character?

Costumes. To play a character in the 70's, a gangster, it's always exciting to go into. It was my first-period film at that time. The way I was styled, presented, the low angle trolleys and just being treated larger than life, running in slow motion, that introduction coming out of the train,

landing on a coal train and much more. I think the presentation was way bigger than any third film could have gotten me and it was cool, unique and exciting. You usually feel that you need to work a lot, before you get that kind of scale but here I was immediately, in the third film, within the first six/eight months of my career.

□What do you think was the film's USP?

I think the camaraderie between Ranveer and me and the big star cast coming together, was special. After a long time, there was a two-hero film and the youth loved the music. I know for a fact that the music and trailer made all the difference.

Here are five common myths around organic skincare products

Today consumers have become more aware and conscious of harmful chemicals hidden in their skincare products. They are skeptical of using skincare that wear the claim of being "organic" and "all natural", often questioning if these claims are just marketing gimmicks. Dr. Jagvir Singh, Founder and President, Refresh Botanicals lists five common misconceptions about organic skincare that will make you rethink your regimen.

MYTH 1: Using DIY masks is same as using organic products

People believe that whipping up a yogurt and honey smoothie in your blender and using it as a face mask will benefit their skin as much as an organic face mask.

While we're all up for a DIY face treatment once in a while, the ingredients you find in your kitchen can't really compare to the active ingredients found in organic skincare products. These special ingredients are usually extracted at the molecular level leaving behind the most active and potent part for your skin care.

MYTH 2: Organic products are ineffective

Many people are afraid of change and stick to a product that they are familiar with and have used for years. Unfortunately, many drugstore products have been diluted, watered down, and filled with an abundance of chemical preservatives to extend the lifespan. This means that while the product may offer quick results, you shouldn't hold your breath waiting to see any real long-term benefits for the health of your skin.

Organic products, on the



other hand, are jam-packed with vital nutrients, antioxidants, vitamins and minerals at high concentrations that truly feeds your skin. You'll instantly get that radiant, hydrated and clear skin.

MYTH 3: Organic products need preservatives to last longer

Highly organic products often require premium packaging that are equipped with airless pumps. This prevents the highly organic plant material from oxidising, thus spoiling. When looking for organic skincare, look for airless pumps — meaning that the product is being pumped through literally being pushed out of the container.

MYTH 4: Eating healthy is enough for great skin

There is no argument with the benefits of eating clean, antioxidant-rich foods and drinking tons of water. However,

a healthy diet alone is not necessarily enough for great skin. While everything you eat does have an impact on your skin, food cannot cleanse away impurities and environmental toxins the way a good face wash can, or provide a protective barrier on the skin the way a moisturiser can. For truly beautiful skin, be sure to eat healthy, exercise regularly and practice safe, organic skincare. Organic skincare products should accompany a healthy lifestyle for a more youthful and fresher complexion.

MYTH 5: All "Natural Types" of skincare are created equal

There is a thin line between organic and natural products. Note that we use the word natural here, and not organic. While many products may claim to be "all-natural" on their labels, it doesn't mean that their ingredients are in fact "organic." Natural products often contain natural

ingredients but may contain pesticides and other harmful chemicals.

For a skin care brand to be able to wear the claim of "organic," ingredient suppliers have to undergo a rigorous process where they are monitored for many years to ensure that their farming methods are free of pesticides, herbicides and chemicals. Additionally, skin care brands must ensure that their manufacturers follow stringent practices to ensure there is no cross contamination of organic and inorganic materials.

In today's time awareness about chemical-laden products is gaining momentum, which is highlighting the importance of natural organic skincare products. This increased awareness is making more people to switch to organic products. While more people are making the transition, more become mindful about the use of chemicals in regular everyday products and are adapting to the natural organic skincare regime.

TRENDBLAZER



AJAY BEGINS SHOOT FOR MAIDAAN

AJAY DEVGN began shooting for the final schedule of his forthcoming sports film *Maidaan* on Valentine's Day in Mumbai. The film is slated for a Dussehra release this year.

The film is inspired by the true story of Indian football coach Syed Abdul Rahim, who coached and managed the Indian national team from 1950 till his death in 1963, and is considered by many as the man who changed the face of modern Indian football. Major portions of the film, helmed by Amit Ravindernath Sharma, have been shot across Lucknow, Kolkata and Mumbai.

fairtalk

TANVI AZMI



'At home, I tend to create a lot of drama. So, my daughter says that I am dramatic about everything. I tell her that is because of my profession. I feel as an actor, you play various characters. You leave a part of yourself in every character, and a bit of every character stays back in you. So you are really not the person that you are claiming to be.'

dailytalk

GULSHAN DEVAIAH



'Every time there has been an adversity, my life seems to fall in place rather than fall apart. From failing exams, getting fired to heartbreaks, major sickness and serious injuries, my life has only fallen in place after every such event. I'm not exactly a super positive about everything kind of person but if it can happen to me, it can happen to you too.'

JANNEY PRAISES HER CO-STARS

Actress **ALLISON JANNEY** enjoyed working with Milla Kunis, Regina Hall and Awkwafina in the film *Breaking News In Yuba County*, and has praises to shower on each of them.

"The script really grabbed me from the start. It was incredibly exciting, dark, funny, and violent — a great mix," said Janney.





Labour (NCCBL) responsible for conducting rescue operations across India said, "Amid the pandemic, many were trapped in the sites of exploitation as rescue operations remained stalled. As the nationwide lockdown was announced, brick kiln sites, several construction sites in remote parts of the country, including the agricultural sector continued to function."

However, the meagre wages that the bonded labourers were getting was also stopped. They had appealed in the Chandigarh High Court and the Allahabad High Court, but the state was overburdened at that point and undertaking rescue operations became difficult. Even those who could be rescued were not being given repatriation and police protection, making their chances of falling back in the trap of bonded labour much higher.

Though bonded labour was outlawed in 1976 when the Bonded Labour System (Abolition) Act came into force, the news of rescues is fairly common. Convictions, however, are a few.

A senior official in the Central Labour Ministry on the condition of anonymity said, "There is widespread prevalence of violence in case of the bonded labour and the assistance, especially during the times of COVID has been delayed. However, when it comes to rescues, the responsibility lies with the respective states to act on these complaints."

The Centrally Sponsored Plan Scheme for Rehabilitation of Bonded Labourers has been in place since 1978 to rehabilitate those rescued. As part of this scheme, adult male rescuers are entitled to the financial assistance of ₹1 lakh, while those who come under special categories, such as women and children are entitled to ₹2 lakh. Others, who are rescued from forced or bonded labour from more extreme conditions like sexual exploitation, brothels or trafficking, as deemed by the District Magistrate, are eligible for financial assistance of ₹3 lakh along with some non-cash assistance from the state governments.

This financial assistance is funded by the centre but comes only after conviction. A person who is rescued is eligible to ₹20,000 as immediate assistance from the District Administration, regardless of conviction. Apart from the immediate assistance, those rescued are also entitled to a state-issued rescue certificate (RC), which makes them eligible for the rehabilitation measures; however, those getting the certificates remain abysmally low.

None of the people the writer spoke to had been provided with the compensation. Despite a large number of women workers, Women's work is unaccounted for and their labour is not recognised in the economy. Doubling the oppression of taking care of the food, family and suffering harassment from contractors, they remain invisible and unpaid.

Charakha Features



Towards a better society

To change the current situation, the lifestyles of the people need to change, says RAJYOGI BRAHMAKUMAR NIKUNJJI

Population, when unchecked, increases at a geometrical ratio. Subsistence increases only in an arithmetical ratio...," said Thomas Malthus in his thesis, titled *An Essay on the Principle of Population*, which was published in 1798. When he made this observation, the world-population was not even one billion. During the last 200 years, it has grown to around 7.8 billion. And the prediction of Malthus that the world would run out of food due to its growing population, has not yet come exactly true. There is no doubt, Malthus did not foresee that at some time in the future, there would be a spectacular increase in food production and that the earth would not produce exactly in arithmetic progression, yet no sensible person can deny that, after all, there is an upper limit to production of subsistence by the earth. But, strangely, we find that there is no effective clarity in regard to this hard fact in the minds of those who formulate national policies.

One can see that, even today, in most of the under developed countries, the situation is still Malthusian and the people there do not have enough food. It is a well-established fact that the population growth-rate in these countries makes it extremely difficult for their governments to eradicate poverty and unemployment. So the living conditions for large sections of people there are really poor.

In such a critical situation of stark poverty, high incidence of disease and extreme scarcity of health care facilities, many welfare and social service agencies voluntarily help the impoverished, the sick, the handicapped and the mentally unwell people. No doubt, immediate help in the form of food, medicine, shelter, health-care, etc. is needed for quite a large number of people and these charitable institutions do commendable social service. Nevertheless, the basic problem remains because the root of all these maladies is not eradicated.

The population in these poor countries continues to rise enormously and, alongside it, the number of poor unemployed, diseased and hungry people also continue to multiply. The reason for this is that no sincere and concrete steps are taken to give a high degree of clarity to the people.

Another factor that is responsible for this critical situation is the highly consumeristic and wasteful lifestyle of affluent nations or of affluent sections of society in the same country. It is not known to many that about 80 per cent of the gross world-products are consumed by the developed countries which constitute only 20 per cent of the world-population while remaining world population that dwell in developing countries get only 15 per cent of gross world products. So again there is need to give clarity to the people about the urgent need for simplicity in life. Hence, what people of developing nations should made to be understood that mere charity cannot solve the problems of poverty and hunger, created by exploitation, social injustice and the utterly selfish and wasteful life-style of some nations or some sections of society. In fact, some people have recently raised this vital question about the end-result of charity after a controversial documentary was made by a popular director in the West on charity work done by the organisations there.

Many scholarly people across the globe have made a strong observation and said that charity alone would not serve the purpose. One has, therefore, to reiterate that what is required more is clarity, by means of such knowledge that brings in its wake, the highly needed moral values of social justice, brotherhood, love, abstinence from sex-just and inspiration for a simple lifestyle. Remember, to change the current situation, the lifestyles of the people need to change.



Azaadi hai toh sab hai (where there is freedom there is everything)," said Rehana Begum, who along with her husband and children, was rescued from a Municipal Corporation toilet compound in 2017. Originally from Purnia in Bihar, the family moved states looking for work opportunities. "My husband and I were married without the permission from our families, so we had no place to fall back on, that is the price one pays for being a woman who dares to love," said Rehana.

"Initially, we were offered ₹5,000. As we lived in a rented space, the idea of moving into the complex full time seemed lucrative. As our entire family moved into the complex, I had to do double shifts of guarding the toilet and on several occasions, had to clean it as well. My work started at nine in the morning until 11 at night," added she. Taking care of three children, cleaning toilets and juggling housework, clearly took a toll on her.

She shared, "Living on the site permanently, we worked in the compound day in and day out. Our wages were stopped and when I refused to work, I was threatened with sexual violence. I had fallen sick at one point and was diagnosed with pneumonia but was not allowed to go to a hospital for proper treatment. The only saving grace is that I am finally free."

Rehana and her family were rescued by National Campaign Committee for

BREAKING CHAINS

Innovative solutions are needed to prevent bonded labour, says SUMEDHA PAL

Eradication of Bonded Labour (NCCBL). A court case is pending in Delhi for her rightful compensation and lack of accountability on the part of the Delhi Municipal Corporation. To survive, Rehana's husband, at present, is working as a rickshaw puller while she is trying hard to find a job as a domestic worker. The family fears that they may be trapped in debt bondage again as they look for jobs.

Not just Rehana, across India, an estimated 12 million workers are employed in brick kilns, garment factories, construction units among others. Over three lakh informal workers have been released according to the Government of India. India identified at least 1,35,000 bonded workers in its 2011 census, while the Australian charity Walk Free Foundation put the number at eight million in its 2018 Global Slavery Index.

Most of these workers are sourced from remote rural pockets with concentration of poverty through a vast network of contractors. While most of these

pockets exist in the Northern and Eastern part of the country, some developed states in the West and South, also have such pockets.

Desperate and vulnerable population of unorganised workers, who are in no position to negotiate wages or their rights, have become a massive pool for cheap labour. A large number of these labourers are children, forced out of school, bearing the burden of sustaining their families.

"I lost two of my children, an eight-years-old boy and one girl, who was barely 10, as they were sent off to work in a kiln in Himachal Pradesh. We were just informed that they both died but no one bothered to tell us how," shared Pinki, the mother of the two children.

Pinki and her husband, Kale, live in a small hamlet of Bandhera Khas in Deoband, Uttar Pradesh, a colony where several migrant workers like herself and her husband now reside. In 2014, Pinki and Kale, originally from Saharanpur, were taken to work in a brick kiln in Nawanshahr in Punjab and were

promised ₹1,500 per person per week by the contractor. The same person promised to pay the same amount for two of her children, giving them a chance of making more money.

Explaining what transpired at the kiln, she said, "The only means for us to have made money was to move cities. My children were taken to Himachal Pradesh. Instead of ₹1,500, we were paid only ₹500 every week or even less. With no money and no clue of our children, there was a sense of feeling trapped. I remember working around the clock carrying bricks on my back. It feels like a blur to me, the life that I lived for five years."

Pinki survived by living in a makeshift tent, eating corn kernels and bread. She was finally rescued in 2017 along with her husband by NCCBL. As per the wages promised to the couple, the contractors owed them over one lakh rupees. However, the family hasn't received a single penny so far.

For her, losing her children and never getting to see them again was the biggest trauma. "I was beaten up several times, I was not paid for my work, but losing my children was the scariest part," said she.

The COVID-19 pandemic and the lockdown imposed to contain the spread of the virus has worsened the situation for the bonded labourers as rescue operations have also come to halt. Nirmal Gorana of the National Campaign Committee for Eradication of Bonded

You are most influenced by the people you surround yourself with, so choose wisely. This was some really good advice I was given very early on in life. In my opinion, one of the biggest reasons people falter on their fitness plans or goals is peer and family pressure. So what happens when your spouse or partner joins you on this journey of yours? Would that make your life easier? Would it help you stick to your plan and process? Most likely, yes!

The pandemic has been a huge learning curve for a lot of people. Not only have their priorities changed, but also their attitude towards health and fitness. For someone like me, fitness has been a part of life since a very young age and even though I've suffered through my fair share of family or peer pressure, it's never actually made me waiver. My wife never really worked out in life to be honest. The only time she started taking her fitness seriously was after we had our first child. She's always been thin, but fit is something she's had to work on and really hard. I wasn't really enthused about the idea of us working out together if I'm being absolutely honest, but having a goal and working on it together has been a lot of fun. It also gives me an opportunity to make her push a little because I know if she trains alone, she isn't going to work as hard as she should.

For people who are just start-

Train together, stay together

Working out with your partner can have psychological benefits, shares SOHRAB KHUSHRUSHAHI



and each one motivates the other to achieve goals, both as individuals and as a couple. And let's be honest, we have our bad days where we don't feel like working out, on such days your partner could be the person who pushes you to get the work done. If one needs a push to get out of bed in the morning to workout, setting couple goals could be the answer. If they're awake and ready to go, you will be more likely to get your workout done instead of hitting the snooze button on the phone for the next hour. Having a partner can make you stick to your goals, even on days when a working out is the last thing on your mind.

It brings happiness to your relationship

Exercise makes you a happier person individually, thanks to all the endorphins you release during and after your workout. If you work out with your partner, you get to experience that together.

Pushing and motivating each other, then seeing the results of all the hard work you've put in,

creates positivity for your relationship.

It's a commitment to each other

If you and your partner make working out together a regular thing, you establish a common goal and respect that physical activity is important for yourselves and your relationship. There are a bunch of studies that show that individuals are more likely to make a positive health behaviour change if their partner does too.

Overall, fitness regimes can be made more interesting and working out as a couple is one of the ways to make that happen. What adds to the fun are those moments of slight humour in between workouts that is just understood between you and your partner through mere eye-contact. Also, following healthy eating habits becomes easier and a fun thing to do if the same is shared. Hence, the saying 'couples who train together, stay together.'

(The writer is the founder of Sohfit.)

ing out, the peer and family pressure can get a bit too much and nine times out of 10 they will falter. So having your partner or spouse join you on your journey will only make it easier.

Having said all of the above, there are documented advantages of working out with your spouse

that can benefit both parties.

It improves the emotional bond you share with your partner

According to various studies, working out with your partner like sprinting or jogging at the same pace, rhythmic weight-training or any workout has a plethora of positive effects. As a result, couples who work out together may feel more "emotionally attuned" with one another as compared to others.

Accountability

Working out together sets the accountability for both partners

Don't let yesterday take up too much of today.
 —Will Rogers

APPS THAT MAY ENHANCE YOUR PERSONALITY

A team of researchers have developed a smartphone app that may help people who are looking to work on their personality.

The majority of participants, who used the app for three months, said that they wanted to reduce their emotional vulnerability, increase their conscientiousness or extraversion.

Those who participated in the intervention for more than three months reported greater success in achieving their change goals than the control group who took part for only two months, indicated the findings published in the journal Proceedings of the National Academy of Sciences.

"The participants and their friends alike reported that three months after the end of the intervention, the personality changes brought about by using the app had persisted," said researcher Mathias Allemand from the University of Zurich in Switzerland.



GREEN VEGGIES MAY UP THINKING SKILLS

People who eat a Mediterranean-style diet — particularly one rich in green leafy vegetables and low in meat — are more likely to stay mentally sharp in later life, a study shows.

The study indicated that closely adhering to a Mediterranean diet was associated with higher scores in a range of memory and thinking tests among adults in their late 70s.

"Eating more green leafy vegetables and cutting down on red meat might be two key food elements that contribute to the benefits of the Mediterranean-style diet," said researcher Janie Corley from the University of Edinburgh.

The individual components of the diet that appeared to be most strongly associated with better thinking skills were green leafy vegetables and a lower red meat intake.

"In our sample, the positive relationship between a Mediterranean diet and thinking skills is not accounted for by having a healthier brain structure, as one might expect," said Corley.



STRESS LINKED TO RISK OF HEART ATTACK

Taking stress may not be good for your heart as a new study suggests that long-term stress may lead to increased risk of heart attack.

The study, published in the journal Scientific Reports, indicated that people with higher levels of cortisol are at an increased risk of heart attack.

"The levels of the stress hormone cortisol differed between people who have had a heart attack and those not affected. This suggests that cortisol in hair may be a new risk marker for heart attacks," said Tomas Faresjo from the Linköping University in Sweden.

Cortisol is a steroid hormone that regulates a wide range of processes throughout the body, including metabolism and the immune response. It also has a very important role in helping the body respond to stress.

The researchers showed that patients who suffered a heart attack had statistically significant higher levels of cortisol during the month preceding the event.



VR-BASED APP TO TREAT FEAR OF HEIGHTS

A team of researchers have developed a virtual reality (VR)-based app for smartphones to reduce fear of heights.

The findings indicated that trial participants who spent a total of four hours training with the app at home had an improvement in their ability to handle real height situations.

"What is new, however, is that smartphones can be used to produce the virtual scenarios that previously required a technically complicated type of treatment, and this makes it much more accessible," said lead author Dorothee Bentz, from the University of Basel in Switzerland.

Fear of heights is a widespread phenomenon. Approximately five per cent of the general population experiences a debilitating level of discomfort in height situations.



DOUBLE MASKS REDUCE EXPOSURE TO VIRUS

The US Centers for Disease Control and Prevention (CDC) has recently conducted experiments to improve the fit of masks amid COVID-19 pandemic, suggesting that combining cloth mask and medical procedure mask could reduce a wearer's exposure to virus by over 90 per cent.

In January, the CDC conducted experiments to assess two ways of improving the fit of medical procedure masks: Fitting a cloth mask over a medical procedure mask, and knotting the ear loops of a medical procedure mask and then tucking in and flattening the extra material close to the face, the Xinhua news agency reported.

Each modification substantially improved source control and reduced wearer exposure, according to a report released by the CDC on Wednesday.



