Looking for an adventure this long weekend? Look no further than Abu Dhabi, with its diverse range of action-packed activities – it’s an ideal holiday for those looking to get some thrills and create long-lasting memories.

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- Heading off the beaten path to explore beekeeping

‘I have transformed not only physically but also mentally’

‘Handling Life’s Curveballs’

SUNDAY, AUGUST 21, 2022
Ratan Tata has announced an investment in the senior citizen ‘companionship-as-a-service’ startup, Goodfellows! The investment has not been disclosed. The startup offers companionship to senior citizens as a service. Goodfellows was founded by Shantanu Naidu. At the launch of Goodfellows, Ratan Tata said, “You do not know what it is like to be lonely until you spend time alone wishing for companionship.”

One dance video of Shahid Kapoor is not enough, so Mira Rajput shared another one on her Instagram profile on Wednesday. The video features the celeb couple dancing their hearts out to Bruno Mars’ track, ‘Marry You’. Their smiles say it all. Shahid looks charming as ever in a crisp white shirt and black pants, while Mira is a ray of sunshine in a bright yellow anarkali in the video. What’s not to love?

Picturised on Ananya Panday and Vijay Deverakonda, the song is an upbeat number. The song has Deverakonda and Panday shaking a leg on the Punjabi beats. Deverakonda nails his turban look and Panday looks sizzling in her traditional outfit with her ‘coka’ complementing her entire look.

Taapsee Pannu is back on the big screen with yet another theatrical outing, Do Baaraa. She is in fact one A-list actress, who has seen maximum films of hers released ever since the pandemic broke down. The film has done well to create some kind of awareness, especially in the last 8-10 days, with Taapsee along with her director Anurag Kashyap making quite a few appearances and interacting with the media.

NASA has rolled out its new giant Moon rocket for the first time. The vehicle, known as the Space Launch System (SLS), was taken to the pad at the Kennedy Space Center in Florida to conduct a dummy countdown. If that goes well, the rocket will be declared ready for a mission in which it will send an uncrewed test capsule around the Moon.
Eritics, like fame, is fickle. When a player picks up a sport at an early stage of his/her life, then that sport becomes his/hers and the end-all of their life. And suddenly, one wrong step and their aspirations could come crashing down. A week ago, when former Pakistan speedster Shaheen Afridi posted a video on his Instagram account after his knee surgery in Australia, it reminded us of this very gloomy reality. In the video, the 46-year-old said, “I came out from surgery. It took around 5-6hrs. I am in a bit of pain, and I need your wishes. Hopefully, it is the last surgery. He is in a bit of pain, and I need your wishes.”

Sindhu’s post on Twitter read recently. Sindhu sustained an injury during the quarter-final clash against Goh Jin Wei of Malaysia at the Commonwealth Games 2022 in Birmingham.

“Fingers are not new, especially when it comes to sportsperson’s lives. But how can an athlete prevent the number of injuries or let us say come back stronger in the game. Former Commonwealth Games champion shuttler Parupalli Kashyap believes in reassessment. When he sustained a grade 1 calf muscle pull during the All India Senior Ranking Tournament in Hyderabad in January, he knew it was time to look back at the faults. “When I played Hyderabad Open, and I got injured in the first round, just when I was feeling really good, but it seems I wasn’t prepared enough for further matches. I manage to bounce back because I have the passion to play the sport. I always try to find solutions and catch even the slightest of possibilities. I have been lucky enough to meet really good people in my life, including doctors, trainers and physiotherapists who have helped me to cope with the bad times. It takes time to heal. I have sometimes taken six months to ten months to recover, depending on my injury. However, it is up to the player how he takes the whole situation or the recovery period. It requires a lot of patience to remain calm during your recovery process and there can be times when you might lose hope or feel shattered. But that’s how sportspersons life is! There is no other way. I feel lucky to have great people behind me,” Kashyap poured out.

“Injuries are very common in sports and your mind needs to be very strong to come back. Yes, sometimes it goes beyond what you think and depending on the situation you need to be very strong if you want to come back and brave to take the decision. Whatever it is, in my case I had many injuries, and I was always positive in my thinking, and I had the belief that I can really come back. I had a back injury which was there for almost 6 months. And there are many exercises which prevents injuries. We need to do them regularly and sometimes how muchever you do; some injuries will not be in our hands; then, you need to be strong if it happens,” said Bhamidipati Sai Praneeth, an Indian badminton player hailing from Hyderabad.

“Anderson Vihari, an Indian international cricketer, suffered grade two injury at the National Cricket Academy in Bengaluru. While he returned to action to lead Andhra Pradesh in the 2021 edition of the Vijay Hazare Trophy, Vihari failed to reach even double digits in the next five games. He recalled, ‘Although, I began with a good score of about 65 to gun down 332 posted by Vidarbha. Any kind of injury takes a toll on you. I can’t stop myself being injured because that’s how the sport is meant to be played. I do have my own coping mechanism, apart from the doctors’ treatment. I believe where there’s will, there’s power! If you are a dedicated player, you obviously want to let your team suffer. Sometimes, I have to make tough decisions but that is only because it is not about just myself but the whole team. Any sport I think teaches you the spirit of team and how to be each other’s arm. Minor or major; I have endured a number of injuries and have managed to bounce back. One should work on their whole body, not just physically but mentally too. These days we cannot skip our mental health.”

The Pioneer also got in touch with Dr. Dinshaw Pardiwala, Head of the department of orthopaedics, Kokilaben Dhirubhai Ambani Hospital. He shared, “Sports injuries are primarily of two types, one is traumatic, which one cannot often prevent, you can rehabilitate it and those can be prevented. Essentially, a good athlete is the one who can prevent injuries during his playing career and that is possible when the player is fit. So, athletes who work on their fitness and ensure that he has good strength, stability and fragility and is fit to do the job in the court is the one who is likely to get less injured.”

He elaborates, “Any treatment in a sports injury primarily involves identifying what the injury is and why it happened. So, if it is a traumatic injury and something is broken, then we can treat it often without surgery, but sometimes major injuries do require surgery. As far as athletes are concerned, the treatment process is not just about taking care of the structural problem. So, if something is broken, yes one can operate on it, fix it! If something minor has happened, you can rehabilitate it and allow it to heal with natural means... Continued on Page 4...
Injuries are inevitably part of a sportspersons’ career. Unfortunately, there is not a great management in India when it comes to sports. A lot of athletes need to move out of the country to get the treatment. Also, there is a lack of awareness. Players should be taught that any kind of injury whether it is a sprain or a fracture, cannot be ignored. Because it then leads to further complications. Most of the young athletes have no idea whom to approach for proper cure or how to do that. Often the injuries are attended to by any doctor. This sometimes leads to a situation where the injured player does not recover fully and cannot return to the field sooner.

— Christopher Pedra, Sports Medicine Specialist

...But ultimately getting an athlete back to his sport at the highest possible level also requires a lot of mental conditioning, a lot of preparation that is what rehabilitation is and often we have to make sure that the player is stronger than he was prior to that injury. And, so these are ways of performance enhancement and not performance enhancement with drugs rather with physical therapy.

According to studies, there were more than 41,000 injuries and more than 25 million athletes lost their chance to play in major sports events more than 41,000 injuries and more than 25 million athletes lost their chance to play in major sports events because of it. And, so these are ways of performance enhancement and not performance enhancement with drugs rather with physical therapy.

He also advised young players that to avoid injuries they must improve skills. Whether a player is on cricket field, tennis court or football court, wherever, he or she should constantly work on skills. To ensure that one is not injured one must work on the gym on physical fitness because that is only possible with a trainer. It is an individual’s physical fitness that is going to ensure a safe and long career. When a player is physically fit, his performances are going to be better, which is largely dependent on the skills and physical health.

Christopher Pedra, Sports Medicine Specialist, throws some more light on the details of the treatment and what are the loopholes in Indian sports management. He says, “Injuries are necessarily part of a sportspersons’ career. There cannot be a professional athlete who has not been injured on field. Yes, there are some who are more prone to get injured while others prevent it. Moreover, the reality is that nobody can actually prevent an injury, but definitely one can reduce the number of times one might get hurt while playing the sport. Unfortunately, there is not a great management in India when it comes to sports. A lot of athletes need to move out of the country to get the treatment. Also, there is a lack of awareness. Players should be taught that any kind of injury whether it is a sprain or a fracture, cannot be ignored. Because it then leads to further complications. Most of the young athletes have no idea whom to approach for proper cure or how to do that. Often the injuries are attended to by any doctor. This sometimes leads to a situation where the injured player does not recover fully and cannot return to the field sooner.”

Pedra also mentions about the emotional turmoil that comes with any kind of physical injury. While we understand and treat physical health of the sportsperson, we should equally give priority to the mental well-being. Any high-intensity or high-impact sporting activity is likely to affect even the fittest of players. They become vulnerable to injuries. We have seen many sportspersons getting dangerously injured. A career-ending injury does not necessarily mean a physical injury. It is often seen that players forfeit their careers due to mental illnesses too. A player might be able to recover physically but loses his mental well-being. Being out of the game for a long time can stress out a player. They have to deal with the stress of acceptance, fans’ expectations and even loss of money because they are not paid during their recovery period. Because of these reasons, they often try to come back to their sport before they are fully fit, and this destroys their future career.

Syed Nayeemuddin, known as Nayeem, an Indian football coach and former player, shares, “Injuries are sudden. I remember nearly all my injuries minor or major where I had to cope with so much turmoil. Firstly, the doctors give proper first aid, that is crucial to avoid complications. Then further treatment happens after undergoing observations and check-up. I remember a tear in my ligaments which needed surgical intervention. Post-surgery, the knee swelled up. The pain is excruciating and almost impossible to bear.”

All told, injuries are a part of sportspersons’ lives. With due precautions they can avoid some of the injuries. As for the unavoidable ones, they need to tackle them with mental strength that is complemented with physiotherapy and rehabilitative strategies.
Remember that iconic proposal, when Arjun proposed to Zoya on his knees in front of everyone on the road? Still, guessing? We’re talking about Emraan Hashmi and Sonal Chauhan starrer Jannat.

Sonal made her debut with this film, and ever since she’s won many hearts, including ours. She’s had a remarkable journey and is known for her fashion, the types of characters she plays, and is one of those actors known for speaking her heart out.

Today, we speak to this diva, who gets candid with us about her journey and a lot more.

Starting with that, we ask her about the experience she has had so far in the Telugu film industry. To this, she says, “My journey is an ongoing journey, but so far it’s been very good. The industry, from the beginning, has been very welcoming. They have accepted me with arms wide open. I hope I get to do many more films in Telugu and many different varieties of roles.”

The F3 actress shares that she has done some really intense training for this character. She continues, “The character is something I could not relate to in real life and I had no experience of that, so yes I had to have this perfect mood of how an officer works and talks. I had completely stepped out of myself and looked at the character from the outside. I had gone through some intense training because it’s very important for an officer to look very convincing when she’s doing an action sequence or when she’s holding a gun. But what I realised when I was getting into it was that when I was in that went on for two months, when you challenge yourself, when you push the boundary, you not only become physically but also mentally strong. I have not only physically transformed but also mentally transformed as a person. It gave me a lot of mental strength. It is a turning point in my life, not just in terms of my career but also personally. The training that I went through has been the highlight of my year. This is something I’m going to keep with me forever.”

She says that now being able to see more strong female characters, especially on OTT, she says that it’s the best time for the actors. “Previously, there was this burden of box office numbers, because of which there used to be certain limitations, and as a result, the writers and other filmmakers were not able to make up more strong female characters. That is exactly what is happening right now. There are many more female characters that are being written and even the audience is enjoying it. It is a great time, especially for female characters, because there are some fantastic roles that are being written and they are being cast in films and series. I am very happy, and it’s a very interesting time for all of us. It’s just like the sky is the limit,” she continues.

The Dictator actress has been giving us back-to-back films. Earlier in F3 and now in The Ghost, both her roles are in stark contrast.

“It is like an actor’s dream come true because that’s what I’ve been seeing since the time I started. I want to do a variety of roles, and I think an actor’s job is to be able to do every role that they can do convincingly. And if you’re doing one kind of role, it is not satisfactory because you really can’t really show your talent because you just limit yourself. I have seen that and that is what happens, unfortunately, most of the time that whichever role that an actor fits in, they are only offered that and especially in the film industry, there’s a high amount that is put up to make one film, but every once in a while an actor gets an opportunity to do something different,” she says.

It is a great time, especially for female characters, because there are some fantastic roles that are being written and they are being cast in films and series. I am very happy, and it’s a very interesting time for all of us.

Getting her training for The Ghost done in the City of Pearls, she shares the experience that she has had in the city. She says, “Hyderabad has been very special to me. It’s a place very close to my heart. I have had some of the most beautiful experiences of my life in Hyderabad. This year I did intense training, which has not only physically transformed me but also mentally. I have come out of it mentally stronger. Apart from that, I have some amazing friends in Hyderabad. The people of Hyderabad, I don’t know if it’s the vibe of the city, I just love that city. Every opportunity I get, I just jump into it.”

Apart from The Ghost, the actress has got a Hindi film that is going to release next year and she’s been in talks for some other films as well.

SUNDAY, AUGUST 21, 2022

CELEB TALK

‘I have transformed not only physically but also mentally’
STOP WORRYING ABOUT EXAMS & FAILURES

In our childhood, we were taught that studying hard and going by the book was the only way to move ahead in our careers. When we look at it now, for the same students, what has it brought?

Suicides, mental pressure, swin-dling! It’s the bitter truth that stu-dents and youth are resorting to suicide because either there’s so much examination stress on them, either they are witnessing fraudu-lent tactics in competitive exams being applied, or they are suffering from unemployment. Adolescence is a unique and for-mative time because physical, emotional, and social changes make these teenagers very vulner-able to mental health problems.

A health counsellor from Lissun, Tarun Gupta, informs us, “Mental health has again gained increasing importance since the pandemic. As they say, youth is the future of a country, so it becomes even more important for us to address this issue. However, mental health gets easily neglected in the busy lives we lead some-times. And more so in teenagers because of constantly growing competition and the pressure of proving themselves in the rat race. There is a direct and indirect per-formance pressure that adoles-cents go through that pushes anxiety to them, and this anxiety is one of the common disorders in teenagers. Severe anxiety can have long-term harmful effects by dis-rupting the normal functioning of a person.”

Lest they know, this rat race is endless. Nobody really wants to sacrifice their life climbing a lad-der they can simply try to own. You are a smart person who can do anything you set your mind to. You don’t belong in some races for years of your life, making some measly times with so much stress.

At least, this is what The Pioneer thinks. "As far as this, the leading clinical psychologist, Pragati Goyal, says, ‘I recently read an article which claims that suicide is the second leading cause of death among teenagers. It is saddening to even hear about this statistic! From an adolescent’s per-spective, there could be many rea-sons for them to attempt suicide. One very common concern that I see prevailing among students is the fear of failure. In the process of proving themselves in the rat race, one must not forget that fail-ure is inevitable. We all try to quantify our success and are mea-suring the success of teenagers in terms of marks and not achieve-ments, skills, or qualities a person has. It is highly important to shift the focus to the qualities that a person possesses rather than external benchmarks like ranks.”

We all know that most of the national-level exams held were marred by cheating. From the hacking of exam centres to take exams on behalf of students from a remote location in an engineer-ing entrance like JEE Main, to a gang impersonating students to attempt a medical entrance. In many others, like UPET, leaked question papers were making the rounds in social media groups. These unjust and unorthodox inci-dents added to the stress on these students who had worked so hard all year.

“Another increasing concern is the amount of time spent digitally by adolescents. Having easy access to technology has made them take any information without any filter. This opens the door to a slew of problems, including body image, exploitation, and cyberbullying. Teenagers may end up in bad situ-ations and find it very difficult to see a way out. In such cases, adult supervision is highly recommend-ed.”

"The increased consumption of over-the-counter drugs is another big issue and makes teenagers especially vulnerable. Substance use can also compel you to indulge in other illegal activities, and soon it becomes a vicious cycle which is difficult to break,” adds the health counsellor.

So, with ever-increasing com-petition, students are giving more importance to marks and end up falling prey to cheating scandals too, unknowingly. "We commonly compare ourselves with others. The comparison tells you what you don’t have and makes you focus on the negatives! But here’s the trick: compare yourself to your previous self and improve in any way you can. Move away from the fear of judgment, being mocked by peers, failures, body image, bullying, and life-changing events. In the transforming period from adolescence to adulthood, teenagers feel that they are the focus of attention for all, and the abovementioned issues become embarrassing for them to face. In such cases, you might resort to the option of ending your life! Don’t do that! We feel we need to inform the teenagers of all possi-ble avenues of help available to them. As a parent or friend, let them know that you are always there for them by showing ges-tures of care and love. Talk to them to understand their thought process—identify if they are going through any persistent stress and help them wherever they need it and be there with them emotion-ally,” finalised the psychologist.

Feel less anxious and stressed:

Eat properly: Your body needs the nutrients it gets from food in order to keep functioning proper-ly. Eating habits affect how you feel both emotionally and physi-cally. For example, foods with lots of fats or sugars can make you feel heavy or sluggish.

Sleep well: Wind down before bed. Your bed is a sanctuary, not a desk. A night of good sleep helps you remember what you learned. Get enough sleep, especially on the days before your exams.

Exercise: Physical activity like running and swimming will leave you feeling calm, fresh, and ener-getic for hours. So build exercise into your timetable.

Use some distraction strategies that can help you manage your stressful or anxious feelings, such as using a stress ball, chewing some gum, sipping on ice water, or using fidget toys such as an elastic band on your wrist or moulding putties.

Combat worry thoughts or neg-ative thoughts such as ‘I am going to fail!’ or ‘I can’t do this’ with pos-i-tive thoughts or cheerleading statements such as ‘I got this!’ or ‘I am going to try my best,’ ‘I know my stuff!’ Write these encouraging or positive statements out and post them around your study area.

Scored less? Fear not, this is not the end:

Whether it’s for your CBSE, boards, or another competitive exam. Students are already suffering from exam fever, and all of a sud-den, the situa-tion becomes worse if they fail in one or more subjects. Students need not stress over their bad results and keep in mind that there is always a way to reverse them. Analyse the situation and prepare yourselves effectively so that it does not happen again and you may get better results in the future. Remember, even if you have failed an exam, one or two or three times, don’t stop trying and keep attempting to clear the exam. Instead of getting depressed and grieving the failure, the most important thing is to look at your failure with an analytical view so as to determine the reasons behind it. Why did you fail? What might have produced a better result? What could you learn from this so that it doesn’t happen in the future? Try to find answers to all these questions so that you can improve your results for the next time.

Tell yourself that next time, you will be prepared effectively and will not let this happen again. For this, study harder and learn as much as you can, leaving no stone unturned. Work on the mistakes you made in the previous exam, other than the subject knowl-edge. Your mistakes could be due to poor time manage-ment, a lack of prioritization, incorrect concept selection, and attempt-ing the paper while nervous. So, iden-tify your mis-takes and change your approach toward your exams. Do not just keep thinking about the failure, but instead think above it. Bring in the posi-tivity inside you that can help you move ahead with a broad view to success. Just think that it was only a bad day that will not be repeated in the future. But always remem-ber that being positive is not ignoring the negative. Being posi-tive means overcoming the nega-tive.

We’ve all been through the phase when we scored less and started stressing ourselves to such an extent that we felt sick. These days, the way kids handle stress has changed and they choose to take their lives. The Pioneer’s SHIKHA DUGGAL speaks to mental health professionals on the same, who explain to us more about the issue and what to do in such cases.
The trend of getting inked has been on the rise. While there was a time when getting a tattoo anywhere between 2 square inches and 4 square inches was more, now, we see younger getting inked all over their bodies.

To our shock, there are people, who also get permanent eyeliners inked, so they don’t have to put effort into getting the perfect winged eyeliner. Isn’t that both funny and shocking?

While we are all aware of the effects of getting inked, the ones who wish to get inked will nonetheless get it done. For some, getting inked might just be a fashion. For others, it’s a way of expressing themselves. While some get inked with their partners’ names, some like to get different patterns that have some hidden message. For those who aren’t aware, we bring to you the news of how two people in Varanasi tested HIV positive. The reason turned out to be shocking.

According to Positive Life NSW, there has been an increase in HIV transmission through a tattoo due to sharing needles for tattooing. The doctor added that those getting tattoos are not aware of the possible dangers.

Doctors of the hospital had clarified that the patients had neither unprotected sex nor were transfused with infected blood. When they were counselled at the centre, it was found that they had started experiencing health problems after getting tattoos. The main reason for the infection was the use of infected needles for tattooing. The doctor added that those getting tattoos are not aware of the possible dangers.

“Don’t think that getting a tattoo is merely a harmless procedure. People just go to these roadside tattoo parlours without knowing the safety and hygiene procedures. People just go to these road-side tattoo parlours without knowing the safety and hygiene details. It might look funky and cool to have a tattoo, especially in sensitive areas. It might look funky and cool when you get it done. But you also need to understand the after-effect of it. For instance, if the tattoo artist doesn’t change the needle, and has already used the same one which they used on the customer who had it or not unless there is testing. If the needle is not sterilised, it can not only lead to infectious diseases like HIV, but also can lead to skin allergies. Getting a tattoo, especially in sensitive areas might look cool and fun, but you never know if the artist is, first of all, sterilising the needle or not unless done in front of you. I personally do not recommend getting a tattoo, especially in sensitive areas. It might look funky and cool when you get it done. But you also need to understand the after-effect of it. For instance, if the tattoo artist doesn’t change the needle, and has already used the same one which they used on the customer who might have some sort of infection. Because of using the same needle, you might also get infected by it. There is a lot of need for awareness not only for the customers but also for the artist. For instance, if the tattoo artist doesn’t change the needle, and has already used the same one which they used on the customer who might have some sort of infection. Because of using the same needle, you might also get infected by it. There is a lot of need for awareness not only for the customers but also for the artist. For instance, if the tattoo artist doesn’t change the needle, and has already used the same one which they used on the customer who might have some sort of infection. Because of using the same needle, you might also get infected by it.
Gender inequality is rampant in sports. Things have changed to a large extent in football, thanks to Indian women footballer Tanvi Hans — the first female Indian footballer to play in England. This week, for The Pioneer’s Dil Se conversation, SHIKHA BHUDAGAR, caught up to Tanvi Hans, who in 2015, as a 24-year-old, played for Tonkamun Houspurs Ladies FC in London. Tanvi then switched clubs and played for Fusion LFC. After stinting in England, the British passport holder moved to India. The Delhi girl, who was named as the captain of the Karnataka women’s football team in 2022, is bracing up for new challenges. I have always enjoyed playing football, but I never felt any sort of pressure or stereotype when I played. People used to label me as a ‘tomboy’, but I never cared about what others thought. I always gave my best on the field and proved them wrong. I have always had a heart for football and I was one of the very fortunate ones who got to play at a professional level.

Tanvi later said, “As far as I am concerned, I have always considered myself a footballer. I never felt like I was different or that there was any sort of difference bar being a woman. I always wanted my game to be played like a man and I always wanted to be in the thick of it." 

Tanvi’s journey started when she first took up football at the age of 8. She was always encouraged by her family and friends to pursue her passion for football. Her parents always supported her and even encouraged her to play with boys. She always felt that she was born to play football and she never regretted her decision. She always remained focused on her game and never let anyone discourage her. She always knew that she had the talent and the skills to play at a high level and she always wanted to prove it to everyone. She always worked hard to improve her skills and to become the best player she could be. She always wanted to make her country proud and to prove that women can play football just like men. She always wanted to show the world that women can play football just like men. She always wanted to show the world that women can play football just like men. She always wanted to show the world that women can play football just like men.
ne of the most significant improvements in the fashion industry has been the adoption of technology. Melding design education with science and technology fosters the development of a professional and inquisitive approach towards technical aspects of clothing production and garment fabrication. Aside from being a fashion designer, there are several lesser-known roles involved in the development of clothes before it is sold. Garment Technologist is one of these critical positions in ensuring the end product’s production proceeds properly. With the use of technology in garment production, it has advanced to a new level.

Garment technology is a vast subject since it incorporates a variety of separate technologies, each of which contributes uniquely to the creation of clothing. It is a discipline in which you learn about the various technical components of garment production. Technology evaluations ranging from web 1.0 to new age technology web 4.0 are being employed widely in the present day across the country, causing a transformation in the Indian job market. The present trend in textile manufacturing indicates that the future of apparel manufacturing technology seems optimistic. Machine learning, supply chain advancements, rapid data analytics, 3D capabilities, and bespoke production runs are five hot trending technologies in apparel manufacturing today.

The course is intended for students who have never had any exposure on an industry level but wish to pursue a career in the technical field of fashion designing. After successful completion of the course, students are in charge of the technical aspects of garment production.

Roles and responsibilities that you will be assigned:

A garment technologist is someone who works on various stages of clothing development. From determining whether the design is feasible to selecting the best method for making the garment and moulding the design as needed due to practical constraints. The garment technologist must also ensure that the correct techniques and machines are utilized in the manufacture of the garment. It is essential for them to keep costs in mind and devise the most cost-effective mix of materials and procedures for the clothing. They have to be actively involved in identifying the best fabric and ensuring that production stays under budget. The garment technologist’s role is to provide suggestions, assistance, and variants. Along with ensuring that the clothing fits correctly and is of high quality. A garment technologist handles every aspect of clothing production, including garment manufacturing, garment styling, operations, and maintenance. At the same time, it is critical for a garment technologist to be both innovative and sceptical. Technologists work closely with the design team, pattern cutters, and customers. As the liaison between the brand and the manufacturer, the garment technologist is responsible for ensuring that the product’s vision is aligned and as expected. Overall, a garment technology specialist oversees the technical aspects of garment creation.

Potential garment technology courses:

Garment Technology courses range from short-term certificate courses to high-level diploma, undergraduate and graduate programs such as B.Des., B.Sc., B.A., M.Des., and M.Sc. Specializations available include Garment sewing, Garment Manufacturing, The History of Costume, Fashion Designing, Science and Liberal arts, Fashion Styling, Design Management, Fashion Art and Sketching, Production of textile, Apparel Pattern Making, and different types of Garment Knitting including Computerised aided knitting, Trends and Forecasting for Apparel, Design process, production and planning, retailing and marketing, which are all covered in a Fashion Designing course.

Progression and career path:

As the fashion industry continues to modernize and incorporate new technology, the demand for individuals in technical roles grows. As a result, the demand for garment technologists is expanding. A garment technologist should study fashion design and development at an art college and get pattern-cutting experience. To accomplish the job successfully, you must understand body shapes, fabric performance, construction, and fundamental math. After earning a qualification in fashion or textiles, you may be able to start as a garment technology assistant and then progress to become a technologist through on-the-job training.

You would undoubtedly ponder a career as a Garment Technologist, if you enjoy machines, practical work, and technology.

HDFC Bank launches Rising Bankers programme

HDFC Bank, in association with Amity Global Business School (AGBS), has launched an 8-month certification programme known as ‘Rising Bankers’ for aspiring bankers. The programme is accepting applications from candidates across the country looking to get real-world experience and earn while they learn. The 8-month course will entail a 5-month stint at Amity Global Business School campus in Noida, where candidates will attend residential classroom sessions. This will be followed by a 3-month paid internship at any HDFC Bank branch across India.

Wipro Consumer Care announces financial support for girls

Wipro Consumer Care in collaboration with Wipro Cares has launched the seventh edition of the Santoor Women’s Scholarship Program in the States of Karnataka, Andhra Pradesh, and Telangana. For the first time, the scholarship will also be launched in the north and northeast regions.

Santoor Scholarship aims to financially support girls from disadvantaged backgrounds who are keen to pursue their higher education. Students in Karnataka, Andhra Pradesh, Telangana, and Chhattisgarh who have passed 10th and 12th grade from a Government school/college and have enrolled in a degree program with a duration of minimum three years, at a recognised institution are eligible to apply for the scholarship.

The application window is open till September 18, 2022. Students can apply online through the website www.santoor scholarships.com.

Students may send the completed application before the last date to: Santoor Scholarship Program, Wipro Cares - Santoor Scholarship, Doddakanelli, Sarjapur Road Bangalore-560035.

Get free NEET and JEE coaching and scholarships

Akash BYJU'S is offering free NEET and JEE coaching and scholarships to nearly 2,000 Class IX-XII students from underprivileged families, especially girls.

As per the project, all identified students will appear for Akash BYJU’S National Talent Hunt Exam - 2022 (ANTHE 2022), the institute’s flagship scholarship exam, scheduled to be held between November 5 – 13, 2022 across the country both online and offline mode. The top 2,000 students would be given free coaching to Aakash BYJU’S most sought-after NEET and IIT-JEE coaching programs, based on special considerations.

ANTHE is a one-hour exam. ANTHE online will be held between 10 am – 7 pm during all exam days, while the offline exam will be conducted on November 6 and 13, 2022 in two shifts: 10.30 am – 11.30 am and 4 pm – 5 pm at all 283+ centres of Aakash BYJU’S across the country. Students can choose a one-hour slot convenient to them.
**SCRUNPTIOUS FOOD TO SOOTHE THE SOUL**

**RAW JACKFRUIT BIRYANI TOPPED WITH CARAMELIZED ONIONS**

**WHAT YOU NEED**
- Basmati rice: 2 cups
- Jackfruit raw (kathal): 500 gms
- Ghee: 2 tbsp
- Onions, thinly sliced: 2
- Ginger, finely chopped: 2-inch
- Cloves: 6
- Garlic, finely chopped
- Green chilies, slit: 2
- Bay leaves: 2
- Cardamom pods: 2
- Brown cardamom: 2
- Whole black peppercorns: 1 tsp
- Cinnamon stick: 1 inch
- Star anise: 2
- Mace: 1 tsp
- Few saffron strands
- Sultana raisins: 1/4 cup
- Salt, to taste
- Mint leaves (pudina): 1/4 cup
- Few saffron strands, soaked in 1/2 cup milk
- Whole wheat flour for dough for dum cooking
- For caramelised onions:
  - 1/4 tsp pepper
  - 1/2 tsp salt
  - 1/2 tsp turmeric powder
  - 1 tsp oil
  - 1 inch 2-inch bay leaves
  - 4 cloves
  - 2-inch cinnamon stick
  - 500 gms jackfruit latex/sap present in the fruit does not get onto your hands and makes the cutting process hassle-free.
  - 1/4 cup dough for dum cooking.

**HOW TO MAKE**:
1. To begin making the jack fruit biryani recipe first prepare all the ingredients and keep them ready.
2. To cut raw jackfruit. Grease hands and the knife that we are going to use to cut, with oil. This important tip ensures that the hands don't get sticky from the natural fruit latex/sap present in the fruit does not get onto your hands and makes the cutting process hassle-free.
3. Keep a bowl of water mixed with some salt to put the cut raw jackfruit pieces to keep them ready.
4. Marinate the fish fillets in ginger garlic paste, red chilli powder, and nutmeg powder and mix everything nicely so that it.
5. As soon as the water starts boiling, add rice and cook till 50% done.
6. Once the rice is halved cooked to 50%, pass it through a strainer and collect the rice in a large tray, and spread well so that they don't stick to each other.
7. To make kathal ki yakhni, heat ghee in a large pan where you plan to cook the kathal biryani; add the onion, ginger, and garlic and saute until the onions turn slightly caramelised.
8. Now add all the whole spices along with bay leaf in the remaining ghee. Allow them to sizzle.
9. Once the onions are cooked, add the kathal pieces and yoghurt, coriander powder, red chilli powder, and nutmeg powder and mix everything nicely so that the curd mixes well with the kathal. Give it one brisk boil and stir in the mint leaves and salt to taste.
10. Pour the partially cooked rice over the jackfruit masala and level the rice evenly - do not stir the rice into the masala yet. Pour the saffron milk over the rice and place a lid over the pan.
11. Now it’s time to seal the ends of the vessel with the dough for dum cooking.

**FOR GARNISH**
- Ghee: 1 tbsp
- Cashew nuts: 1/4 cup
- Sultana raisins: 1/4 cup
- Mint leaves, chopped: 1/4 cup

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**Hunan Mutton**

**WHAT YOU NEED**
- Boneless mutton: 150 gms
- Ginger garlic: 20 gms
- Diced onion: 20 gms
- Diced bell peppers: 20 gms
- Dry chilli: 10 gms
- Oyster sauce: 15 ml
- Chili sauce: 10 ml
- Tomato sauce: 5 ml
- Oil: 25 ml

**HOW TO MAKE**:
1. In a pan, heat 25 ml oil and add diced onions, bell peppers, and dry chillies.
2. Stir in the oyster sauce, chilli sauce, tomato sauce, ginger garlic paste, and stir well.
3. Add 150 gm boneless mutton to the preparation and cook on low heat until the mutton is cooked.
4. Plate it on the platter.
ADIDAS, RICK AND MORTY TEAM UP

Today, with the help of the universe’s most brilliant scientist, Rick Sanchez, and his grandson, Morty Smith, adidas has created a new high-speed stability system which provides support, fit, and lockdown. The boot features a stability wing and support cage which keeps players’ feet locked in so they can play with absolute freedom when moving fast and changing direction.

CREATE & PLAY

Lenovo has unveiled its next-generation jewelled-crafted Yoga series; the battle-ready Legion and IdeaPad gaming laptops, in India, empowering consumers to Do More, Their Way.

The lineup includes Legion 5i, Legion 5i Pro, Legion Slim 7i and the IdeaPad Gaming 3i along with Yoga 9i, Yoga Slim 7i Pro, and Yoga 7i. All laptops are equipped with 12th generation Intel Core processor, faster graphics, improved battery performance, and sustainable design to further Lenovo’s Smarter Innovation for consumers.

Pricing & availability:

The Lenovo Yoga 9i, Yoga Slim 7i Pro, and Yoga 7i come in oatmeal, storm grey, and slate grey colours and are available at Rs 1,69,990, Rs 1,86,990, and Rs 1,14,990 respectively. The Legion 5i, Legion 5i Pro in storm grey color and Legion Slim 7i will be available at Rs 1,44,990, Rs 1,64,990, and Rs 1,50,990. The IdeaPad Gaming 3i in onyx grey colour will be available starting at Rs 84,990.

Boult Audio launches noise cancellation FXCharge neckband!

In order to cater to the growing gaming industry, Boult Audio has launched another advanced truly wireless stereo neckband Boult FXCharge with its proprietary zen technology. It comes with 32 hours of playtime, fast charging which gives a playtime of 7 hrs when charged for only 5 mins, IPX5 water resistance, 14.2mm driver, and Bluetooth 5.2 altogether creating an incomparable listening experience. Available in black and green colors, the power-packed in-ear neckband is available at www.boultaudio.com and Amazon at a special launch price of Rs 899 (Rs 4,499).

A CONTEMPORARY STORY OF A ROBUST LEGACY

AYA Home offers an exclusive collection of luxury drapery, upholstery, and accessories. Their products seamlessly weave in handcrafted indigenous arts with machine-extracted techniques unique to the mill, to create designs that are truly unique.

The new collection includes Asaro, Gulmohar, Lawrence, Olympia Drapery, Dunbar Borders collections. A collection of sea-foam greens, icy greys, whites, popping colours, curving, curling motifs, pastels brightened with deeper tones, and splashes of metallics, the new collection is all about clever weaves and tactile effects in exquisite colours.

Love Coffee? Here’s the coolest new coffee brand to try!

Are you a coffee lover tired of choosing between the same average coffee brands? If your answer is yes, you have come to the perfect place!

And we’ve got the perfect solution for you — The Simple Brew coffee. It will not only change the way you consume coffee but will also provide you with a more authentic coffee experience. Switching to The Simple Brew will not only change the way you consume coffee but will also provide you with a more authentic coffee experience. They provide coffee concentrates that cover all your needs — your morning coffee, the coffee you need when work stress you out, or even to add flavour to your weekend cocktails!

An ode to the power of femininity

WENOS — an ode to the power of femininity is a collection of classic whites by Cuin. Cuin’s latest launch is the story of a new dawn, when the first light breaks through the darkness, lights the sky, and WENOS rises again. The heart of this collection is the classic and experimental shapes that celebrate comfort and the female form. And the All White approach embraces the power of one colour to establish a mood that is alluring, confident and soothing at the same time. Furthermore, the zero-waste pattern cutting technique employed through one-half of this collection creates fresh styles. The all-white approach embraces the power of one colour to establish a mood that’s alluring, confident, and soothing at the same time.

‘A stylish affair’

There is no better way to launch an industry-first mobile phone that promises to turn millennial and Gen Z users into professional fashion photographers than a stylish fashion walk-through in collaboration with Cosmopolitan India. The Camon 19 series, which has tech-savvy users wanting to capture beautiful moments on its camera, witnessed its launch through the pan-India campaign: ‘A Stylish Affair’. A truly interesting strategy by TECNO Mobile, the evening featured garments by some of the most noteworthy designers in the country. The Cosmopolitan India x TECNO cocktail party held at the Shangri-La Eros, New Delhi, on August 10, saw designers like Dhruv Kapoor, Siddartha Tytler, and Pallavi Mohanin in attendance. The one-of-its-kind collaboration has been fashioned to lay the groundwork for thy designers in the country. The new collection of sea-foam whites by Cuin.

Every detail of X SPEEDPORTAL has been designed for the fastest players whilst remaining supremely comfortable, helping them unlock speed in all dimensions. adidas has created a new high-speed stability system which provides support, fit, and lockdown. The boot features a stability wing and support cage which keeps players’ feet locked in so they can play with absolute freedom when moving fast and changing direction.

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Managing finance for students
living alone in big cities

College life is very exciting and challenging. Moving alone and living alone managing will be difficult for students. There are certain things you need to keep in mind whether living alone or living with a roommate. There are different pros and cons for it. For students knowing how to afford living alone will help them to become more productive on their own. There are some financial tips that will make you experience of living alone in college a good one.

Learning the importance of money

The first and foremost thing is to learn the value and importance of money. The current situation of pandemic has taught us that the future is unpredictable and planning is very important in order to reduce damage and be safe. There are different type of people one who spends lavishly without thinking about saving, one who does not spend at all and the one who thinks before spending. Know who your are made working one who thinks before spending.

Working while studying

If you facing financial problem the best way to solve them while studying and living alone is to get yourself a part time job. A lot of place hire students as part timer. You’ll get extra money for managing your finance and your free time will also be used up.

Use online services

If you don’t want to go out and work you can take help from online service there are various online website that will help you get some income. As all students are tech based now and remote working is growing, it make it effortless for students.

Paying off debts

If you have college long or have credit card it is very important to maintain a good credit score the first thing to always is to the pay off your debts. You should keep money aside of your loan, rent and other bills. Then only you’ll get to know about how much cut down should be done on other expenses.

Saving 10 percent of your income

From the money that you have after paying for necessity and cutting down on few thing you will eventually save some money. Try your best to save at least10% of it. Buying think in bulk will help you to save a lot. Buy doing thing every month will help you get extra income.

Starting a saving account

You can create an emergency fund by creating an account and saving money. This will automatically give you the habit of taking out money and treat it as a monthly expense. More or less, you will end up saving with interest from bank for future trips and treat for your self and for any emergency.

Choosing a financial advisor

If you’re planning to invest your saving into the market. It is very crucial for young adult to be in touch with a financial advisor. They will give you advise on taxes, high interest saving bank account and how to protect your saving. May will educate you on risk and different potential for growth. Will Introduce you with the different scheme and offer related to students in the market and guide you to spend on the right time.

INVESTMENT IDEAS

On August 11, India celebrated the relationship between brothers and sisters. But, why celebrate the bond on just one single day? Gifting something to your sister just one the Rakhi day is too boring. It’s never too late to give your sister something useful that will also ensure her financial security and independence. What say? So here are five mone- tary presents you can give your sister to make her feel special any day anytime:

An emergency credit line

You probably can’t always be there whenever your sister needs you. But since FlexPay is also available on-demand and doesn’t require you to apply for a loan at any time, you need credit to fund a need, you can always provide them with a personal line of credit that they can use whenever they have short-term, smaller, urgent demands.

Digital gold

Particularly in India, gold is more than just a precious metal. It holds significant emotional importance in the hearts of millions of Indians. With just a few clicks, you can purchase, sell, and gift gold digitally from any location in the world thanks to services like SafeGold.

Equity Linked Savings Scheme:

The dream charm for those looking to save on taxes. Suggest your sister invest in an Equity-Linked Savings Scheme (ELSS), which is qualified for a tax break under Section 80C, to help her save money on taxes. Your sister will pay less tax if she makes a little investment in ELSS. If you want to be especially kind, she can invest up to Rs. 1 lakh a year and your sister can avoid paying up to Rs. 46,800 in taxes. You need to introduce your sister to the stock market as well. She can begin her equity investment journey by making a small investment in an equity index fund. With your help, the fund replicates the broad equity index and is passive. The lowest expenditure ratio is the best feature.
Aja Ekadashi is observed during the Krishna Paksha (waning phase) in the month of Bhadrapada, which corresponds to the months of August-September in the western calendar. Like all other Ekadashis, Aja Ekadashi is also dedicated to the worship of Lord Vishnu. Devotees observe vrat on this day to cleanse their sins and gain blessing for a healthy and prosperous life. Regions that follow the Amavasya Calendar observe the Aja Ekadashi during the Shravana month. But despite the difference in months, the ritual and observance of vrat remain the same all across the country.

Aja Ekadashi rituals

Vrat is observed by devotees to please Lord Vishnu on the day of Aja Ekadashi. The fasting begins on the day before Ekadashi (Dashami day). Nirjala vrat, where the person refrains from consuming even water, is observed only by the staunchest of devotees. The most common method adopted during fasting is to limit oneself to a satvic diet on Dashami day in order to purify one's body and mind.

On the day of Ekadashi, the devotee should get up early in the morning, preferably during Brahma Muhurta (4 am). After bathing, the puja place is cleaned and an idol of Lord Vishnu is placed in the auspicious position. A Kalash is also placed over a plate of rice. A Diya is then kept in front of Lord Vishnu and lit. Then Lord Vishnu is worshipped with flowers, fruits and other essentials. All kinds of grains and rice should be avoided as part of the vrat.

The devotees spend the day chanting the different names of Lord Vishnu and reading holy texts like Bhagavad Gita. The person should take care to keep their mind free of anger and other impure thoughts. He or she should be virtuous in words and actions throughout day and night. The vrat ends on the next day (Dwadashi day) morning.

Normal food is eaten along with others in the family from the next day (Dwadashi day) morning. Normal food is eaten along with others in the family from the next day (Dwadashi day) morning.

Important timings

- Ekadashi Tithi starts – 03:35 AM on Aug 21, 2022
- Ekadashi Tithi ends – 06:06 AM on Aug 23, 2022
- Time to end fast – 24th Aug between 05:55 AM to 08:30 AM
- Aja Ekadashi Vrat Story

Once upon a time, in Treta Yuga, there lived a king by the name of Harishchandra. King Harishchandra was kind and honest and was adored by his subjects. His wife was Taramati and they had a son named Rohitashva. They lived happily, as did the people in the country. Once, while pursuing a deer in the forest, under the influence of Vignaraja, King Harishchandra happened to curse Sage Vishvamitra who was in meditation. Vignaraja wanted to hinder Sage Vishvamitra’s attempts to gain sacred knowledge and had used King Harishchandra for it. Sage Vishvamitra’s tapas was broken and the sage lost the knowledge thus far gained through meditation. In anger, he proceeded to curse Harishchandra. But King Harishchandra, now free from the influence of Vignaraja, explained the truth and asked for forgiveness. Still angry, Sage Vishvamitra then asked King Harishchandra to donate to conducting the Rajasuya Yajna. To satisfy Sage Vishvamitra, King Harishchandra had to give up his kingdom and sell his wife, son and even himself to a Chandala.

As a servant of the Chandala, Harishchandra, now no longer king, had to prepare corpses for cremation daily in return for measly pay. After years of hard work and no respite, a dejected Harishchandra was on the verge of giving up his pious way of life when Gautam Rishi happened to arrive there. Harishchandra narrated his plight to Rishi. Hearing it, Gautam Rishi asked Harishchandra to observe the Aja Ekadashi vrat.

Harishchandra did as was told and as a result of his staunch observance of the vrat, all of his past sins were washed away. He was reunited with his wife and son and also got back his kingdom. Thus he became King Harishchandra again. After death, he received a permanent position in heaven along with his family. All of this happened because King Harishchandra observed the Aja Ekadashi vrat.

Significance

Observing fast on Aja Ekadashi redeems the person from sins committed in the past and brings good fortune, long life, health and pleasure into life. It helps to alleviate miseries and debts and blesses the person with peace and abundance. Observing the Aja Ekadashi helps in relieving the person from the constant cycle and birth and death and helps him or her attain moksha.

Depending on the sincerity with which the Aja Ekadashi vrat is observed, the wishes of the person will get fulfilled. Observing the Aja Ekadashi vrat with a mind focused on Lord Vishnu helps in the spiritual growth of the person which will help in improving the overall quality of life.

Why are Ekadashis considered important?

Ekadashi is the eleventh day of the lunar phase. There are two Ekadashis in a month, one during the waxing phase (Shukla Paksha) and the other during the waning phase (Krishna Paksha). According to Vedic Astrology, the Moon influences the mind during its orbital movement around Earth. Ekadasi is particularly relevant to the relationship between that of the Moon and the mind. The Moon’s influence on the body influences the different Chakras or the energy centres in the body, which ultimately influences the mind as well.

When the Moon waxes or wanes, the mindset also varies correspondingly. It peaks during the full moon and new moon days. The Moon’s movement tells upon the movement of the mind through the chakras. During Ekadashi, the mind finds itself in ‘home’ chakras. In other words, it is during Ekadashi that the mind gets concentrated and collected easily. So, spiritual people use Ekadashis to practice deep meditation, and also to observe fast. Fasting frees the body from excessive metabolism which improves blood flow to the head, which in turn helps with meditation.

<table>
<thead>
<tr>
<th>Lucky colour: Red</th>
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<tbody>
<tr>
<td>Depression may haunt you. It will make you stay away from meetings that would otherwise boost your career. Siblings will support you at this time.</td>
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<tr>
<td>Follow your heart. Be considerate towards the feelings of others. This will bring great success in your career and personal life. Expect financial help.</td>
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<tr>
<td>Lucky colour: Yellow</td>
<td>Lucky colour: Blue</td>
</tr>
<tr>
<td>Think beyond yourself. Broaden your perspective. Take a break from your busy life if you need it. But do learn to appreciate the finer things in life.</td>
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<tr>
<td>Lucky colour: Green</td>
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<tr>
<td>Do not let failures stop you. Keep trying until you fulfill your objective. Others around you will look up to you. Your success is their success also.</td>
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<tr>
<th>Lucky colour: White</th>
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<tbody>
<tr>
<td>Lucky colour: Green</td>
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<tr>
<td>Stay committed to your near and dear ones. Do not let office matters destroys your personal life. Go on a trip with your family. You need their love.</td>
</tr>
<tr>
<td>Stay alert against feeling insecure. Do not take up more than what you can handle. Seek help if needed. Expect support from spouses and children.</td>
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<tr>
<td>Lucky colour: Blue</td>
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<tr>
<td>It is okay to feel for others. Your emotions are not your weakness but your strength. For the support you give, others will see you as a god-send person.</td>
</tr>
<tr>
<td>Lucky colour: Red</td>
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<tr>
<td>Do not let work and no respite, a dejected Harishchandra happened to curse Sage Vishvamitra who was in meditation.</td>
</tr>
<tr>
<td>Lucky colour: White</td>
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<tr>
<td>You are the pillar of stability others will be leaning upon. Some may misunderstand your intentions. But you keep going forward. Victory will be yours.</td>
</tr>
<tr>
<td>Lucky colour: Pink</td>
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<tr>
<td>You may be misunderstood. Do not resort to emotional blow-ups or drown your sorrows in alcohol. Someone special will enter your life soon.</td>
</tr>
<tr>
<td>Lucky colour: White</td>
</tr>
<tr>
<td>Wanting to hinder Sage Vishvamitra’s attempts to gain sacred knowledge and had used King Harishchandra for it.</td>
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Ocean Builders, a Panama-based company that specializes in innovative marine technology, has just unveiled a fleet of revolutionary living pods that manage to bring all three together. Described as the world’s first eco-restorative homes, the pods, which range from around $295,000 to $1.5 million in price, are currently under construction in the Linton Bay Marina on the north coast of Panama. Designed by Dutch architect Koen Olthuis and his team at Waterstudio, the three models available include flagship model the SeaPod, built for aquatic living, the GreenPod, devised for land use, and the EcoPod, an ecologically and economically friendly option.

Okeechobee Tuber invents robotic legs for a snake

Mr Pan is a content producer who employs technical know-how to make homemade exoskeletons, battlebots, and other innovations that are the talk of the town. He has been recognized for his engineering techniques. Mr Pan is a roboticist and has a passion for making machines that can mimic natural processes.

YouTube invents robotic legs for a snake

Mr Pan released a video on his YouTube channel where he demonstrated his latest project—an exoskeleton designed for aquatic creatures. The project is called the "Marina Exoskeleton," and it is intended to aid aquatic animals in their natural habitat.

Man installs vacuum toilet in car

The project was funded through his YouTube channel, where he raised funds for the development of the exoskeleton. The video garnered a lot of attention, with viewers expressing their appreciation for his innovation.

Errors of omission and commission in remission

The recent unconscionable release of 11 convicts sentenced to life imprisonment in the 2002 Bilkis Bano gang-rape case from a Godhra jail by the Gujarat government in defiance of its own revised remission policy and the latest MHA guidelines is another glaring instance of the mockery of rule of law. The irony of their release on the day following the Prime Minister’s call, during his Independence Day speech, for a “change in mentality” to respect women, or ‘Nari shakti’ as he put it, was not lost on the nation.

As things stand today, already a victim of rape goes through the mental equivalent of her physical trauma during trial in a best-case scenario. In Bano’s case, she had been gang-raped when she was five months pregnant, and that too after the accused had killed seven of her family members, including her three-year-old child, during the Godhra riots. In January 2008, a special CBI court in Mumbai had awarded life imprisonment to the 11 convicts. The conviction was upheld later by the Bombay High Court.

The Gujarati government’s rationale now is that the convicts had applied for remission after having served a period of 14 years and that the government granted it after considering their application based on eligibility with reference to factors like age, nature of the crime, behaviour in prison, among others, rings hollow.

Is the criminal justice system stretching itself to test how much more a wronged woman can take? Look at what all Bano had been through, after having rejected the state government’s initial offer of Rs 5 lakh payout. The CBI itself stepped in on the orders of the Supreme Court, after Bano’s case was taken up by the National Human Rights Commission. In August 2004, the Supreme Court had transferred the trial (travesty of justice) from Gujarat to Maharashtra, considering Bano’s plea that she had been receiving death threats from the accused.

In 2019, the Supreme Court directed the Gujarat government to pay Rs 50 lakh compensation and provide a government job to Bano. She was aged 21 years at the time of the incident. The SC had directed the state government to also provide her accommodation at a place of her choice, since she had been leading a nomadic life following the traumatic events. Earlier, Bano challenged the lip service of the state government in the name of compliance with the court orders. For, instead of accommodating her, she had been offered a peon’s job on conditions which she had rejected.

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Is the criminal justice system stretching itself to test how much more a wronged woman can take? Look at what all Bano had been through, after having rejected the state government’s initial offer of Rs 5 lakh payout. The CBI itself stepped in on the orders of the Supreme Court, after Bano’s case was taken up by the National Human Rights Commission. In August 2004, the Supreme Court had transferred the trial (travesty of justice) from Gujarat to Maharashtra, considering Bano’s plea that she had been receiving death threats from the accused.

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