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Ace Director SS Rajamouli’s RRR has taken the centre stage globally after the filmmaker bagged the New York Film Critics Circle Awards for the Best Director. New York Film Critics Circle Awards is considered to be one of the most prestigious awards as 16 of the last 22 winners went on to win the best director at the Oscars. A large section of the audience was left disappointed soon after the Film Federation of India picked Chhota Show as India’s official entry to the Oscars. On October 6, the makers applied to The Academy for Oscars consideration in the general category. Looks like all hope is not lost after all! Fans across the globe are rooting for RRR to bag multiple awards at the Oscars.

The latest track of Vicky Kaushal and Kiara Advani from the movie Govinda Naam Mera is setting the temperature high. The remake of one of the most loved songs Kya Baat hai sung by Hardy Sandhu is again hitting hard to the listeners with a new twist of modern dance numbers. Apart from the catchy lyrics, the eye candy of the song is Vicky and Kiara’s hot sizzling chemistry. The much-loved song has been recreated by Tanishk Bagchi.

After impressing cinema lovers for years with his acting skills, Riteish Deshmukh has turned director with the Marathi film Ved. Riteish is also seen in the lead role alongside his wife Genelia. By the looks of it Ved is anything but a simple love story. It shows Riteish with a sombre and weather-beaten look on his way fighting and walking on the streets of Mumbai.

A photo of actress Maera Mishra is widely being shared on social media, where the television actress, who participated in a programme at Raj Bhavan with the women’s delegation, posed for pictures with the Governor’s chair. The picture was first posted on Instagram by the actress. As soon as the officials of the Raj Bhavan came to know about this, they expressed their displeasure. Many leaders and politicians, apart from the netizens had shared their reactions sharing this picture.

Viral videos of people unable to stand and acting weird on the streets of the United States has started a conspiracy theory that they are affected by some zombie virus. Other rational theories have attributed by the strange behaviour to drugs. Two women were seen moving super slowly with their mouths open flailing their arms and unable to maintain composure on the streets on Philadelphia. The man who posted the video filmed it likely from his car. The video was captured outside a store on the pavement in broad daylight.
TUNING IN CHANGE

Be it a good day or a bad one, most of us enjoy listening to music that strikes a chord with us depending upon our nature and sensibilities. Just as tastes differ, there are different genres of music, some more popular and appealing than others. Hip-hop is one genre that stands out when it comes to allowing artistes to express themselves in a telling manner. From questioning authorities to highlighting aberrations in society, hip-hop has been at the forefront of efforts to bring positive changes in society throughout the world. The Pioneer’s Amartya Smaran looks at why hip-hop is attracting ever-growing audience in the Telugu states, despite its late entry.

Hip-hop, at its core, is a style of popular music of US black and Hispanic origin, featuring rap with an electronic backing. Rap music, a musical style in which rhythmic and/or rhyming speech is rapped (chanted) to musical accompaniment, began taking the centre-stage in the early Seventies. This relatively new genre has just become a phenomenon in Telugu states. Up North, the genre has already been popularised by artists like Baba Sehgal, Bohemia, Naemy, Divine, YoYo Honey Singh, Badshah, Emiway Bantai, et al. Through rap, artistes draw attention to burning issues in society. Rapping entails the usage of poetically rhyming verses generally accompanied by a beat. A rapper is judged mostly by his/her lyrical ability. In the United States, the rapping scene hit an all-time high when the album: Niggaz4Life by N.W.A reached the top spot on Billboard 200. N.W.A was the first rap group in the country to reach the top spot. Since then, the trajectory of the rap industry has been moving upward with all-time greatest rappers such as Tupac Shakur, Notorious B.I.G, Nas, Snoop Dogg, Ice Cube, 50 cent, and Eminem raising the bar with their work. Most of these artistes are responsible for inspiring our Indian rappers today. Thankfully, Indian rappers managed to evolve and improvise their own style, pacing, and rhythm.

Barring a rare few, it is fair to say that people from Telugu states never really had significant exposure to rap music as the culture simply wasn’t prevalent. It was only after platforms like YouTube came into existence that the masses started exploring different kinds of music. For quite a long time, rap music was not as popular as other genres of music. For example, Baba Sehgal is widely regarded as one of the first rappers to have emerged in India. People took a keen interest in rap music post the release of his 1992 album Thanda Thanda Pani, which sold like hotcakes.

To turn the spotlight on rap music scene in Telugu states, The Pioneer interviewed some prominent hip-hop artistes like Pranav Chaganty, AsurA, Perne Israel, and Rowdrea. All the rappers were extremely cooperative and did not shy away from being brutally honest throughout the interview process.

Pranav Chaganty, who has been in the industry for a long time, is one of the few rappers from the city to lay emphasis on the power and beauty of the Telugu language. He is the creator of songs such as Telugu Vesta, Needhi ye kalame? and Thalli Bharama?

In a conversation with us, Pranav wonderfully underscores what makes the art form incredibly special. “In a movie called Sri Krishnarjuna Yuddham (1963), right before the battle between Krishna and Arjuna, they verbally counter each other with poems. This verbal tension is what rap battles are all about. Culturally, we have always had these kinds of poetic battles happening between people. I just feel Telugu is such a unique language in hip-hop and we need to address that. Pick a random village in the world, I am sure people know about the art form. This proves how influential the art form is. MCing and Graffiti have played a crucial role in hip-hop. This means the aspects of speech and visually representing a point to an audience is what make the art form so powerful.”

In 2012, at the World Alphabet Olympics, Telugu script was ranked second in the world and Korean script was at the top spot. When I was a kid, we often used the letter “bandira” for various words. Gradually over time, that letter has been substituted with “ra.” This bothered me, and I thought to myself why cut off future generations from the beauty of the language? This ignorance is why we stopped in second place and fell short of the Korean language. In our states, people are obsessed with ranks. Be it ITIs or the EAMCET, whatever it might be, it is ironic that the land which is obsessed with ranks is bragging about coming second. My question is: “Why are you satisfied with the second rank?”

The Needhi ye Kalame? creator is now on a mission to take the art form to new heights with the ‘Hip-hop in Telugu’ campaign. Talking further about the unique campaign, the artist explained, “Through Hip-hop in Telugu campaign, I wanted to point out: ‘What better language than Telugu to fit these key elements of the genre?’ Our language is visually grand and musically sound. The legendary Tamil poet Subramania Bharati had the highest regard for the Telugu language. Looking at two Telugu converses, the great Rabindranath Tagore wondered whether they were speaking to each other or singing with ease. These anecdotes just prove time and again how beautiful the Telugu language is. When the whole world is recognizing the treasure that we have, we are not realising it.” Indians have mastered the English language to an extent where the natives are often perplexed at how good we’ve gotten at it. We are taught at schools to perfect the English language so that we get good jobs. Now that English is a widely spoken language, it makes sense to put in the effort to be comfortable with it, but does it mean that we should completely ignore our mother tongue? The Abhinava Kavi reminds us of the power of owning one’s mother tongue. “Mother tongue enables us to emote with great energy and efficiency. It is just not about Telugu, but don’t ignore your mother tongue. One must realise that when the whole world turns against you, your mother tongue will always be your most treasured weapon to express your views clearly. And I am happy that quite a few rap artistes are emerging in the Telugu hip-hop scene, and I am sure we will be in a good place soon. I don’t want the world to miss out on a language like Telugu. There’s such magnificent energy in the language that the world doesn’t deserve to miss out on it… Continued on Page 4...
The whole point of the ‘Hip-hop in Telugu’ campaign is to introduce Telugus to hip-hop culture and at the same time, the effort is to let the wider hip-hop audience know the beauty of the Telugu language. In the series, I also demonstrate how perfectly rap sounds in Telugu, and alongside that, I will be launching the Abhinava Kavi logo, which is a beautiful play on the script of Telugu, giving a modern hip-hop form to it. Just by looking at the logo, people would be able to capture the beauty of the language. I have some great tracks lined up for next year and I am looking forward to taking the Telugu hip-hop scene international.”

Abhinava Kavi

Abhinava Kavi, a young hip-hop artist who gained popularity with songs like Maarava and Ninnu Valacha discusses the art form with great enthusiasm. “I started rapping to express my disapproval of certain things that take place in our society. Now, I want to make commercial music to bring more audience to my hardcore rhythmic poetic tracks. I feel like we must first cater to what the audience wants and then deliver what we really want to as our responsibility. If we really wish for the hip-hop industry to grow, we need to up our marketing game. The moment our own people start recognizing the potential of Telugu rap, we will soon reach many people nationally and internationally.” Speaking of his inspiration and upcoming tracks, Rowdraa enthused, “Pranav Chaganti’s Telugu Veera inspired me a lot and made me realise that I could properly rap in Telugu as well. I remember writing a couple of Telugu verses taking Eminem’s rap songs as my inspiration, it was Pranav Chaganti, who gave me that additional boost that I can indeed sound better. Kakatiya Kalakari, Padham music video, Aashhu, Kroadh, Yetakaram are some of the tracks that are going to be released in the near future.”

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Rowdraa
Young actor-director Pradeep Ranganathan has recently wooed the audience with his recent flick Love Today, with a whole different concept. His journey so far has been an inspiration to many who aspire to get into the art of filmmaking. The Pioneer got an exclusive opportunity to have a one-on-one chat with the Comali director. He takes us through his journey of starting from a scratch, and deeper insights into the concept of Love Today?

AMARTYA SMARAN

Young director-actor Pradeep Ranganathan is flying high with the success of his latest and second directional Love Today. The film turned out to be one of the most profitable ventures of 2022. Love Today was originally released in Tamil on November 4, and it opened to rave reviews both from the audience and critics. Looking at the fantastic response, the makers decided to dub the film into Telugu and released it a few weeks later on November 25. Guess what? The Telugu people couldn’t help but appreciate the film. The feature is an extended version of Apple’s (2017), a short film helmed by Pradeep himself.

The Comali director started off his career by directing short films. His keen interest towards filmmaking began when he was an engineering second year student. He continued making short films even when he was busy working in an IT company. However, while looking out for opportunities to work under the umbrella of an established director, opportunities knocked on the actors door. Thanks to the short films that he had directed in his engineering days. All the short films that Pradeep had made went viral over a period of time for its relatable subject matter. The experience that he gained by working on short films helped him excel at directing his debut film titled Comali.

In an exclusive conversation with The Pioneer, the super talented actor-director Pradeep Ranganathan discussed his humble beginnings, why he’d like to give credit to his short filmmaking days, his entertaining writing process and the success of Love Today.

The filmmaker gives all the credit to his short film days for the humongous success of his films. “I started off by making short films. The thing with short films is that you are bound to work on all the crafts of filmmaking now that you end up with limited resources. I used to act, direct, write, shoot and even edit. That helped me gain knowledge which helped me later while I was working on my debut feature Comali. Self-knowledge is really important because it teaches you so much. That's how I manoeuvred through my journey and learnt about all the crafts,” said Pradeep. Whenever we want to learn something, we often get stuck at “Where do I start?” We have our influences, idols, and favourites, but taking that first step is really important isn’t it? Do you want to know what inspired Pradeep to keep pushing himself? You all must be thinking it is some film or an actor whom he idolises, but to our surprise it’s YouTube! Well, you’ve got to hear this out. “I literally learnt everything from YouTube. Be it basic writing, editing, or directing, I spend a good number of hours on the platform to learn the craft. The advice that I’d give all the youngsters is to start learning in whatever way they can if they have an iota of passion. Nowadays we have a tutorial for every single thing. It is all available on the internet. Therefore, there is no shortage of opportunities in terms of learning the craft,” told the Love Today star.

Love Today has a compelling story line, where the couple is forced to exchange their mobile phones for a day. Exchanging mobile phones? Wow! Can you do that for a day with your partner? Trickly, right? Here the director delves deep into the origins of the idea. “We are two different people in the world outside and on social media. For example we are better off talking to the opposite gender on the net, but in the real world we’re not as charming as we think we are. I wanted to explore this idea and tell the story in an entertaining way. That’s when the idea of exchanging mobile phones came to my mind because doing that in today’s world means chaos. There is naturally a lot of anxiety when our phone isn’t in our hands. Therefore, I thought that would be a great hook to keep the audience engaged.”

Our curiosity to find out the method behind Love Today writer’s madness leads us to the next set of questions. Well, what about Pradeep’s writing process? How does he go about writing his scripts or stories? “Observing what’s happening around me helps a lot with my writing. The second thing, of course, is we all experience things which we’d want to put out there. I always think about “What do I want to tell the world right now?” After I find the answer to that question, I look for ways to tell that particular story in an entertaining way. Later, I generally follow the screenplay writing process that I had learnt and I don’t really follow a special process. Some films I start from the beginning and the other’s I find the ending first. Few have a take away and some don’t. Ultimately it’s all about how I can entertainly tell a story,” commented the craftsman.

One of the reasons why Love Today worked so well is because of how relatable the story is. The fan wars, trust issues, college romance, and of course, the chaotic social media drama. All these put together, the film makes for an amazing watch. Talking about one particular scene where the character takes refuge in his mother’s lap in the later half of the movie, the thespian explained, “I think people could relate to me so much because I behaved naturally in the film. Now that I know the film in and out, I never really had to specially prepare. If there is something really intense, I practise in front of the mirror before I perform. I didn’t want to show any amount of sophistication in any way. A person keeps all the inhibitions at bay and turns into a child when they break down in front of his/her mother. So, I exactly wanted to turn into a child while I was enacting that scene. All these things, maybe helped me to be a lot more relevant and perhaps it struck a chord with the public.”

The creator is being praised by the who’s who of the film industry. One such incident is when Superstar Rajinikanth looked Pradeep in the eye for ten seconds straight and said, “You have a bright future!” However, due to the dubbing work and promotions in the Telugu states, the actor says he hasn’t had enough time to really enjoy the success, but he reassured that he is super thrilled and happy to have been receiving the love from all sects of people. Without naming names, Pradeep confirmed that he’d be working with other directors from now on and besides that, he is simultaneously working on three other scripts of his own. For those who missed it in the theatres, Love Today is now streaming on Netflix.
Are you misusing antibiotics?

The sale of antibiotics in medical shops is going over-the-counter! The Pioneer’s SHIKHA DUGGAL spoke with a variety of medical practitioners to learn more about antibiotic overuse and to get a sense of a psychological shift.

A new term is making the rounds these days: antibiotic resistance. The sale of antibiotics in medical shops is going over-the-counter! If one antibiotic is ineffective, the manufacturer creates a new mix dosage, further complicating its use. Who’s most affected? The senior citizens! Antibiotics have become the most important drugs for them; without them, most of them can’t go to sleep, which is unbelievable. The 1928 discovery of antibiotics by Fleming transformed the world of medical science. We spoke with a variety of medical practitioners to learn more about antibiotic overuse and to get a sense of a psychological shift.

For example, Dr. Sudheer Reddy, a homeopath, gives us an alternative: homeopathy is a traditional healing system that has been used throughout the ages and is now backed by outstanding clinical research, so why not use it instead of antibiotics? The doctor from Wish Health Hones Clinic informed us, “Antibiotics are generally prescribed for more serious bacterial infections. Most common infections are caused by viruses, where an antibiotic will not be useful. So, always take the entire course of antibiotics as directed by your physician, even though you may feel better! This is important for your healing. If an antibiotic is stopped mid-course, germs may be partially treated but not completely killed, and bacteria may then become resistant to that antibiotic. Antibiotic overuse has resulted in some bacteria changing their form and becoming resistant to some medications, which may then fail to work when truly needed, and patients requiring higher doses of antibiotics. Some antibiotics may interact with other medications you are taking! This may cause reactions. When it comes to elderly people, they may have medical disorders and be on medication too. So, safer antibiotics with appropriate dosages should be prescribed. Patients want an antibiotic prescription and immediate relief, which makes for typical antibiotic usage! All antibiotics have their own effects and side effects, so overuse causes imbalance in the body. It’s time to understand the body’s ability to absorb and filter medicines, which can eventually make them addicted to or have side effects from a drug at a lower dose than a younger adult. Elderly adults can abuse any prescription drug. Apart from opioid painkillers, anti-anxiety medicines, sedatives, and stimulants, antibiotics also fall into the addiction category. With their growing age and weak bodies, elders tend to develop medical conditions and grow impatient when dealing with the same. In a fit for immediate ease in their health-related discomfort, they incline towards antibiotics. Seniors suffering from drug abuse syndrome should not hesitate to take strong antibiotics for petty illnesses! Intestines contain around 100 trillion helpful bacteria of various strains, known as gut flora, which maintain a natural balance in the gut, supporting immunity and proper digestion that antibiotics can throw out with aggressive intake. Unfortunately, while helpful for a severe infection, antibiotics can leave harmful gut bacteria immune to antibiotics to flourish while wiping out many good ones. Against antibiotics, bacteria have developed defences through horizontal gene transfer. Bacteria don’t need to reproduce to pass on their genetic protection from antibiotics. Instead, they can pass these genes to fellow bacteria passing through the colon to transfer their resistance genes to other bacteria. With antibiotic resistance spreading, rid-}

[1 in 25 participants was at risk for a significant drug interaction, and half of these situations involved non-prescription medicines. Most older adults suffer such drug abuse accidentally and without knowing it. According to the National Institute, half the people aged 55 to 85 take more than five medications or supplements regularly, which increases the risk of mistakes and drug abuse. Aging slows down the body’s ability to absorb and filter medicines, which can eventually make them addicted to or have side effects from a drug at a lower dose than a younger adult.}

Elderly adults can abuse any prescription drug. Apart from opioid painkillers, anti-anxiety medicines, sedatives, and stimulants, antibiotics also fall into the addiction category. With their growing age and weak bodies, elders tend to develop medical conditions and grow impatient when dealing with the same. In a fit for immediate ease in their health-related discomfort, they incline towards antibiotics. Seniors suffering from drug abuse syndrome should not hesitate to take strong antibiotics for petty illnesses! Intestines contain around 100 trillion helpful bacteria of various strains, known as gut flora, which maintain a natural balance in the gut, supporting immunity and proper digestion that antibiotics can throw out with aggressive intake. Unfortunately, while helpful for a severe infection, antibiotics can leave harmful gut bacteria immune to antibiotics to flourish while wiping out many good ones. Against antibiotics, bacteria have developed defences through horizontal gene transfer. Bacteria don’t need to reproduce to pass on their genetic protection from antibiotics. Instead, they can pass these genes to fellow bacteria passing through the colon to transfer their resistance genes to other bacte-

[ria. With antibiotic resistance spreading, rid-}

[ing patients of infection requires more prolonged and expensive ther-

[apy. Overdose of antibiotic usage has caused premature deaths, extended hospital stays, and lost remuneration related to antibiotic-resistant disorders,” said Dr. Prateek Bhardwaj, from Vesta Elder Care! Long ago, Alexander Fleming predicted that the day would come when anyone could buy penicillin in a store. There is the danger that the ignorant man may easily overdose himself and, by exposing his microbes to non-lethal quantities of the drug, make them resistant. It’s coming so true, it’s unbelievable! Dr. Bindumathi P. L., who specialises in internal medicine at Aster CMI Hospital, told a new facet: “Antibiotics that target bacterial infections have revolutionised modern medicine by allowing us to treat previously lethal communicable diseases. This has resulted in higher life expectancies! These days, the effectiveness of many antibiotics is diminishing at a concerning rate. Since commercialisation, inappropriate use has been common. Increased hospital stays, over-worked personnel, a shortage of staff, and obstacles in implementing infection control exercises during this time have also burdened the healthcare system and prevented the tracking of hospital-acquired antibiotic-resistant bacterial infections. Don’t take antibiotics for viral infections! The microorganisms are also playing the survival of the fittest game in your body. If they are healthy inside, they can even overcome antibiotic resistance. Too much antibiotic consumption will only increase suffering, and high-dose antibiotics are extremely costly, causing a financial burden on you. It is not necessary to take two antibiotics in one day. Many patients that come to me are already on way too many antibiotics; it’s alarming! Moreover, they are easily available at pharmacies, so who can control them? If you have a fever, try to control it with home remedies; don’t run for antibiotics immediately. Paracetamol is more effective! I also have information on a few homeopathics who misuse antibiotics.”]
Rage Therapy: Does smashing it out really work?

Anger management has been a big task, especially for the current generation. While it becomes difficult to control your anger, there are different and unique ways coming up for anger management. One such example is “rage therapy” or “smash therapy”, which has also been trending on social media. But is it actually effective? What is this therapy like? Does this actually happen?

The Pioneer’s TEJAL SINHA brings the answers to all your questions for this segment of FYI.
Ravi Kishan Shukla, popularly known as Ravi Kishan, is a versatile personality who has carved a niche for himself as an actor, film producer, television personality, and lately, as a politician actively campaigning for Prime Minister Narendra Modi. Currently a Member of Parliament from Gorakhpur, his film creations and performances have been mainly in Bhojpuri as well as Hindi cinema and of late in Telugu cinema as well.

Releasing a rap song ‘Gujarat ma Modi che’ on social media platforms ahead of the Gujarat Assembly elections, Ravi Kishan has gone on record that he would also be a biopic on Modi. In a conversation with The Pioneer’s SHIKHA DUGGAL, the Race Gurram star comes across as the quintessential beloved Bhojpuri star who knows how to strike a chord with the target audience.

SUNDA,S DECEMBER 11, 2022

**Ravi Kishan Shukla, popularly known as cinema and of late in T elugu cinema as creations and performances have been and lately, as a politician actively campaigning for Prime Minister**

**Gujarat ma Modi che**

**Ravi Kishan has**

**SHIKHA**

**the**

**NOT AN ORTHODOX STATE**

**revolutions (even my side, my state is at an explosion AT 75% from the time)**

**Mallika Chopra**

**Publicly picked in the present, the Chain, they have been, and it’s not**

**We are responsible for being**

**the world of glitz and glamour, the future generation of Social Media**

**But even after that, the Uttar Pradesh government**

**is a good actor, a reason for which the**

**the Uttar Pradesh government**

**in a manner such as saying, the first steps towards**

**is very different to say this time, it’s a matter of prosperity. The**

**the UPA has returned and it’s a matter of facts, how and every**

**the Government of UP has increased the number of seats by 30 per cent and that too**

**the teachers and education department and in the same time the government of UP has increased the number of seats by 30 per cent.**

**Also, it’s a matter of fact that the state in which I was born is not an all urban state.**

**FAATHER LASHED WITH BELT FOR CHOOSING ACTING**

**When I approached my father suggesting that**

**I would like to be, to my surprise, he didn’t support me at all.**

**He was a farmer. To him, acting was something that was not**

**the society, he could not imagine doing this. As for my career, I think it was**

**total failure. While we are experiencing**

**few of us went through long lasting grief and fury from her. He finally made it to a run to where I made him understand and realized that it is not**

**the lowest of low professions at all.**

**ARDENT MAHABHAT FOLLOWER**

**as an ardent Mahabat follower. I cannot start**

**a day without doing something to**

**Whatever you are doing the image of Sheru, once you are**

**in the role of Sheru, there should be no way you can have anything to do**

**your hand, you can keep your hand in your pocket.**

**was so crazy behind getting projects that I got my first**

**the phone and said do this project. They were very**

**same day. I was a decent person and I was not a**

**only, I don’t have the power to understand this.**

**FIRST MTNL PHONE**

**were just asking for more and more, but I was**

**Mr. Kumar was not even a big deal, and the active cit**

**in the country who is the one who has the power to**

**have perspectives towards the politics of this**

**a glow of sudh is burning in the country. It’s a time when we have to**

**for ages, earlier through**

**commercial purposes for ages, earlier through**

**standing on the stage and I was there. While**

**I was suffering from eye problems because of my**

**I was not there, but my political journey has been**

**or otherwise. They find a sense of pride in me which also**

**this beautiful facet of it that makes me want to visit it once a year,**

**aunpur is a very small village, and the residents are a family. It is**

**the village is something about which I can’t**

**a single penny.**

**also! With the onset of my stardom, now Gorakhpur is also a shooting**

**I thought this was a very unique thing and I was**

**I am elated that developments in Gujarat, Mahatma**

**Gujarati-Bhojpuri mix rap also describes about PM Modi’s honesty and his policy making**

**Gorakhpur I released my Gujarati-**

**the elections, but voters do. I still don’t understand, why do few of**

**I don’t lie! Crowds on or inside the buses don’t make**

**my state progress-**

**be safe under my shelter. My chil-**

**I want to be their**

**friend.**

**THERE ARE NO ADVANTAGES TO**

**That makes me want to be a politician. I want to**

**to start and build up something from scratch. There is no**

**longer the story about yourself, but it’s the story of**

**the one person I am bound to meet is Allu Arjun. I worship my cin-**

**however much power or influence I have. That’s why I want to**

**keep running on the track of politics.**

**Their generation has so much to**

**friends and some of their viewpoints was Vir Das. He spread**

**I don’t lie! Crowds on or inside the buses don’t make**

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Courses, skill sets & job profiles for a culinary career

Establishing a career as a culinary expert necessitates perseverance and effort due to the nature of the work. However, if you love cooking at home, have a natural interest in food, and enjoy cooking for others, you could be a good fit for a career in the culinary arts.

Whereas the path from novice to expert differs for each individual, they can gain their rank via professional experience and, in many cases, formal instruction at a culinary school. Some chefs will do traditional apprenticeships at restaurants or hotels under the supervision of a chef-mentor. In addition, some become entrepreneurs and start their businesses. Careers in the industry are diverse and specialized. The courses, skill sets, and potential employment opportunities accessible to people interested in pursuing a career in the culinary field are listed below. But, before we jump on that, let’s talk about what culinary art is all about!

Culinary art: A field of study

When most people hear the word culinary, they envision a chef at a restaurant preparing meals for customers. Though this is a part of the culinary arts, but, it is much more than just cooking. Simply put, the culinary arts are the preparation, cooking, presentation, and service of food. This is often in the form of restaurant meals, although culinary can apply to any career that involves preparing, cooking, and presenting food. The sector is becoming an aspirational career choice as it grows.

Courses for aspirants

There are several courses that individuals may take to become a professional, depending on their areas of competence and years of experience. However, before entering the sector, learners must first pass the 10+2 test in order to enroll in degree and diploma programs such as the Culinary Advance Diploma, Culinary Part-Time Program, and Undergraduate in Culinary Art and Business. A few institutes also provide certification to 10th-grade applicants. These programs typically run between 9 months and 3 years. The Academy trains students for a comprehensive grasp of the culinary world via exposure to a melting pot of many cultures.

Skill set required

To get to the top level, number of critical talents and job profiles are necessary. However, the following culinary skills are required in this profession:

- Creativity: The creative process is one of the most rewarding. It is wonderful to watch how a simple idea, or an unusual match or texture, can evolve into a new dish and an experience for consumers. However, creativity is useless in this field without a solid understanding of cooking procedures and ingredients. Professionals should also keep track of all their work and how they evolve. The expertise they gain through time will turn them into great culinary innovators.

Entrepreneurs: It provides an opportunity for applicants to create their restaurants, food enterprises, and so on.

- Executive chef: The position supervises the culinary personnel, develops work schedules, creates menus, and estimates food expenditures.
- Sous-chef: Helps the Executive Chef in the management of the kitchen.

To be successful in the culinary industry, professionals must know more than simply how to cook. To be prepared for any career in the culinary business, you will need to master both the culinary and non-culinary abilities outlined above. However, don’t stop there. Choose a Culinary Arts degree or certificate that combines business and marketing abilities and hospitality skills. They can assist with future culinary aspirations and activities, such as opening a restaurant or bringing unique cuisine to the people.

Career as a yoga teacher: An overview

Yoga has helped thousands of individuals all around the world heal naturally. For many people, learning yoga has now become essential. Through its preventative, promotional, and curative elements to support the healthcare system, the concepts and practises of many schools of yoga have made significant contributions to the welfare of mankind. The extensive studies and research in the field of yoga have demonstrated that the system has proven to be quite successful in the management and treatment of a variety of psycho-emotional illnesses, including lifestyle disorders.

Yoga is among one of the highest-paying professions in the modern world, both in India and internationally. Interestingly, you may start making money from yoga without starting a business. You might think about becoming a yoga instructor if you love helping people and doing yoga. Yoga instructors are needed in all educational institutions, hospitals, gyms, health care centers, companies and housing societies. Apart from this, many TV channels also hire instructors for their Yoga shows.

This is a noble career that contributes to both your physical well-being and the health of others. Being a successful yoga teacher merely requires having organized understanding of the practise, together with appropriate instruction and consistent practice. People in this great career have plenty of opportunities.

What does this role involve?

A yoga teacher is knowledgeable and skilled enough in the practise of yoga to teach others who are new to it. Yoga instructors perform many roles since they must set a good example for their students. As a guide, a mentor, and a class supporter, the yoga instructor is crucial in determining how people in his class learn.

Despite having diverse goals when people enrol in yoga lessons, they share some needs, such as good physical and mental health and emotional balance. In order to accommodate these goals, teachers typically base their lesson plans on the principles they have learned and are trained in. In order to meet the needs of the integrated personality, which involves the mind and body as a whole through the identification with human nature, the yoga teacher must possess a number of vital qualities.

Growing demand

Presently, there is a growing demand for yoga instructors in both working organizations as well as education. Yoga involves precise postures and controlled activities, which when carried out wrong have a tendency to inflict considerable discomfort to the muscles. This contrasts with other physical workouts, where muscular flex and stretch are extremely little and safe. To prevent making erroneous and incorrect decisions when teaching yoga, getting professional training and a certificate in the field is highly important and needed.

In order to become a yoga teacher, an applicant must have a Diploma in yoga training or Bachelors in Education (B.Ed) with a specialisation in yoga courses. Depending on the type of yoga, the training programme might span anywhere from a few weeks to a few years. A Master in Education (M.Ed) in Yoga also aids in acquiring considerable knowledge of various yoga techniques and philosophies, enhancing career chances for applicants in the fitness industry. Some aspirants enrol in B.Sc and M.Sc in Yoga as well. You can also choose to enrol in yoga teacher training programmes and so pursue your goal of teaching yoga in India and anywhere across the globe. You could get the abilities needed to become a yoga instructor by taking courses in Yoga teacher training.

Remember that in addition to having a thorough understanding of the many yoga schools, a solid yoga practise, and a deep understanding of the various yoga asanas, Understanding the Yogic Philosophies and how the world can benefit from this ancient tradition of Yoga is very crucial. Moreover, You could better comprehend the commercial side of teaching yoga with the aid of Yoga Teacher Training. Therefore, you can enrol in a Yoga Teacher Certification Programme even if you have a diploma and a master’s degree in Yoga.

(The writer, Alisha Faleiro, is executive pastry chef, APCA (Academy of Pastry and Culinary Arts) (India))
PRAWN FETTUCCINE FAJITA

What you need:
- Fettuccine: 150 gm
- Prawns (deveined): 150 gm
- Red and yellow peppers julienne: 10 gm
- Olive oil: 25 gm
- Butter: 25 gm
- Garlic chopped: 25 gm
- Parmesan cheese grated: 25 gm
- Cream: 10 ml
- Salt: To taste
- Pepper: 5 gm

FAJITA POWDER
  - Cayenne pepper: 1 tsp
  - Cumin powder: 1 tsp
  - Coriander seeds powder: 1 tsp
  - Garlic powder: 1 tsp
  - Smoked paprika: 1 tsp

How to make:
- Boil fettuccine as per instructions and refresh in tap water and drizzle with olive oil and set aside. Keep the pasta water aside.
- In a skillet of a frying pan, add olive oil and butter. Add chopped garlic and sauté till brown.
- Add prawns and sauté season with salt and pepper.
- Now add the fettuccine, and fajita powder and sauté gently. Add little pasta water to bring the dish together, while stirring gently.
- Add the cream and cheese and serve hot.

MALAI CHICKEN TIKKA

What you need:
- Chicken leg boneless
- Cashew paste: 100 gm
- Hung curd: 100 gm
- Green chilli paste: 50 gm
- Ginger garlic paste: 10 gm
- Salt: 15 gm
- Chaat masala: 10 gm
- Cardamom powder: 25 gm
- Cumin powder: 10 gm
- Cheddar cheese grated: 50 gm
- White pepper powder: 10 gm
- Cream: 100 gm

How to make:
- Soak cashews and blend in a mixer. Blend some green chillies, grate the cheese and keep aside.
- Cut the chicken leg boneless into cubes so they can be skewered.
- Now mix all the ingredients in a bowl and mix with a whisk. Let it rest in a fridge, to get firm.
- Marinate the chicken with the mix for 3-6 hours.
- Skewer them and cook them in the clay oven.
- Ensure not to burn or blacken
- Garnish with almond flakes and serve hot with mint yoghurt.

Ras malai Tres Leches

What you need:
- Milk full cream: 400 ml
- Saffron: 5 gm
- Milk toned: 100 gm
- Sugar: 50 gm
- Vinegar: 20 ml
- Rich cream: 30 ml
- Carrot: 20 gm
- Cardamom green: 2 gm
- Almonds: 20 gm
- Rose petals: 2 gm
- Pista: 10 gm

How to make:
- Firstly, in a hot pan boil full cream milk, add vinegar slowly and stir. Make chhena out of it and put it in a masking cloth.
- Add some cold water to drain the excess vinegar. Now make a carrot pudding to combine with Rich cream and sugar.
- Make soft rasmalai and boil it in the light sugar syrup until it floats on the sugar syrup. Now, slit the rasmalai into 3 pieces and stuff it with carrot pudding. Make sweetened saffron milk and pour it into the tres leches.
- Garnish it with rose petals and serve cold.

COURTESY: Chef Asif Iqbal, executive chef, Sanctuary Bar & Kitchen, Hyderabad.
Alcohol-infused desserts to amp up your celebrations

Coconut Cellar’s alcohol-infused desserts will undoubtedly liven up your celebrations. Sachertorte cake, coffee walnut loaf, amarula and dark chocolate cupcakes, whisky and cashew cookies, rochers, and many more alcoholic and non-alcoholic dessert alternatives are available. Coconut cellar exclusively uses imported liquors like amarula, kirsch, blood orange coingreau, mot and chandon champagne, baileys, kahlua, and malibu rum. The brand also makes Baileys cookies, cocoa msecu, rochers, dark chocolate cupcakes, and other popular desserts.

Price: Rs.75-1,200

Apple rolls out missing feature in Mac Find My app

Tech giant Apple has started to roll out a missing feature in Find My application for Mac, for finding AirTags and a number of other third-party accessories. With macOS 13.1 beta update, users can now use the Find My application on their Mac to ping nearby accessories, reports 9To5Google.

This feature was previously available in only the Find My applications on iPhone, iPad, and Apple Watch. Users were only able to play a sound on Apple products like iPhone and AirPods in earlier versions of macOS. For the first time, this update extends that same feature to AirTag and other Find My item trackers.

To access the feature, click on the ‘Items’ tab in the Find My application and click the accessory you’re trying to locate, the report said. Then, you will see all of the usual options to locate your item, including the new ‘Play Sound’ option. By clicking this, the application will play a sound on that accessory, the same as it does on iPhone, iPad, and Apple Watch.

Be ‘wedding season’ ready with these must-haves in your bag

It is officially the wedding season and all the preparations call for you to be at your organised best. Not only will you want to look your best, but it’s also important to have the right tools for doing so. We’ve got you covered with these must-haves that you need to keep handy while attending a wedding.

A beeswax lip balm: Wedding in winter months can also mean chapped lips. Beeswax is a natural moisturizer that works well as an anti-chapping remedy and helps keep lips soft and supple. While it is a crucial element of any makeup or skincare ritual it also fits perfectly in a small handbag.

A pen perfume: Smelling good also makes you feel confident. However, all the dancing and running around may require frequent touch-ups. The ITC Engage Click and Brush is a wedding-season essential. Not only is it easy to carry in a smaller handbag, but it can also be applied on the go too!

Blotting paper: Excess oil on your skin is never a good look and can also melt your makeup. A blotting paper is the perfect product to soak up the grease and can be easily transported in your teeny clutch. It leaves your skin looking air-brushed and also keeps the makeup in place for long.

Safety pins: Safety pins are every woman’s best friend. It can be used in endless ways at a wedding—whether it’s a sizing issue, a fashion mishap, keeping your dupatta in place and more. It is always recommended to keep a few safety pins in your handbag no matter what the occasion.

Tissues: A must-have for every wedding as someone you know may need a tissue to dab away the happy tears. Keeping a few tissues handy will always be a good idea while you’re at a wedding.

Flexnest forays into athleisure clothing

Flexnest has forayed into athleisure clothing with the launch of its new range of workout clothes. The new offerings are aimed at enabling women in their bid to feel more comfortable and at ease during training and workout sessions. The brand has worked tirelessly over the past year to develop an innovative ‘SuperFlex’ fabric, which is not only effective during workouts but equally comfortable to sport as a loungewear. The unique fabric, adaptable to all needs, is engineered and specifically tailored to give customers the feeling of a second skin with all the coverage one needs when moving.

MediaTek announces new Dimensity 8200 chip for premium 5G smartphones

Chip maker MediaTek unveiled a new Dimensity 8200 chip for premium 5G smartphones. Smartphones powered by the new chipset will offer flagship-level experiences such as connectivity, gaming, multimedia, displays and imaging, the company said in a statement. It also comes equipped with an octa-core central processing unit (CPU) with four Arm Cortex-A78 cores operating at up to 3.1 GHz, along with a powerful Mali-G610 graphics engine, for better performance across applications.

The chipset makes use of MediaTek’s HyperEngine 6.0 gaming technology to improve gaming performance so users can experience smooth high-framerate games without experiencing connection drops, FPS jitter or gameplay hiccups.

Homegrown sustainable fusion fashion brand

Since India, like other countries, is focusing on sustainable fashion, Prathaas also focuses on doing the same, along with creating wealth for the artists at the grassroots like the weavers, kariagars, and artisans making a positive difference in their lives. Prathaas as a brand has a purpose of treading lightly and leaving a small carbon footprint.
Most people’s largest investment in their lives is the purchase of a home. You must not only find the right location, but also the right mortgage. Finding an affordable home can be difficult with low inventory in many local markets and rising home prices nationwide. Between the euphoria of purchasing a home and the stress of its financial implications, a first-time buyer is prone to making mistakes.

Here are five common mistakes that first-time buyers make and tips to avoid them.

1. Not checking loan eligibility
   - The interest rate is the most important factor to consider when choosing a lender. However, there are several other factors to consider. Given that you will be spending a significant portion of your working life repaying this debt, a home loan product should be chosen after extensive research and due diligence.

2. Ignorance about tax benefits
   - Few people are aware of the taxes they must pay when purchasing a home, as well as the rebates available under various sections of the Income Tax Act. Not paying the taxes on your home purchase would be considered tax evasion, and failing to properly claim the rebate would result in financial losses.

3. Inadequate research
   - Research will help you understand the kind of projects in the market. The best way to begin the quest is to do adequate research. Identifying the right locality for your needs, estimating the prices in said area, having a general idea of reliable builders, having a basic understanding of interiors and construction etc will go a long way in protecting newbies from making rookie mistakes.

4. Failing to fix a budget
   - The biggest mistake potential homebuyers make is not having a specific home purchase plan in place. The first consideration is your financial capacity. If you don’t know how much you can afford to spend on a house, you’ll be in big trouble later, especially if your home consumes all of your earnings. It all starts with a budget, which is created after taking into account other major expenses, especially if you have other loans to repay.

5. Not comparing home loans
   - One should not proceed with the purchase unless the financial status is well understood. A typical purchase requires a down payment ranging from 10 to 25 percent of the actual value, the remaining amount availed as a loan from banks. It’s a good idea to get pre-approved for a loan to determine your loan eligibility. This will give you an idea of your financial capacity and will aid you in your home search.
How can I make my Saturn strong?

Whenever something goes wrong in life, you may hear people say—“Shani must be angry with you.” Shani or the planet Saturn is a very important planet in astrology as it has a strong impact on human beings and kundalis. Also, Shani is considered somewhat dangerous because its effects linger the longest, among all the planets. For instance, Shani’s mahadasha spans for as long as 19 years, which is almost one-third of people’s average life-spans. This makes the planet seem cruel and troublesome but that is not necessarily the case.

Saturn is, in actuality, a planet that plays the role of karma. So, if you are a good human being who works hard and does not wish ill on others, then planet Shani will not harm you. You may need to work harder to get positive results but, if you pay your due, you will come out on top. Alternatively, if you are someone who has a lazy nature, then a weak Saturn could be very dangerous for you. Read on to know more about all these aspects.

Importance of Saturn

Saturn is known as the son of the mighty planet Sun, and Chhaya or shadow. Since Chhaya was exceedingly devoted to planet Sun during her pregnancy, it is said that Shani was burnt by sunlight and became extremely tanned. This made him a laughing stock among his peers, resulting in a surly nature. As the slowest-moving planet in space, owing to his lame leg, Shani transits over one planet for a period of two and a half years.

Therefore, its effects linger on the house for a very long duration. Shani or Saturn is the lord of the 10th and 11th houses, and these houses are linked to karma and justice. In a person’s life, the planet Saturn controls everything from life and death to home, children, wealth and intestinal illnesses. As the arbiter of karma and justice, Shani also controls thefts, legal matters, and financial aspects. Therefore, ensuring a positive Saturn is of extreme importance, if you want to lead a happy life.

What happens when your Saturn is weak?

If you think your Saturn is weak, let us take a look at the things that happen due to this aspect. One of the biggest after-effects of a weak Saturn is the fact that, if your Saturn is indeed weak, you will end up facing many struggles in life. When you emerge from one bad event and hope that things will get better, you will get caught up in the next terrible thing and this cycle will continue because you are facing the wrath of Saturn. You may even find yourself losing all your wealth and falling into bad company. Since Saturn is also the governing planet for justice and the legal system, a weak Saturn may end up putting you in jail.

Also, a weak Saturn could lead to the individual suffering many stomach-related ailments since Saturn is linked to intestinal diseases. Overall, if you have a weak Saturn, you may end up facing a lot of bad news and occurrences in life, including delay in important matters, disappointment in both career and life as well as several obstacles in your path. Whatever you set out to do, your path will be blocked by a number of issues, leading to disappointment and heartening results. In fact, a weak Saturn wreaks havoc on every house of the chart, some in smaller degrees, and some in greater magnitudes.

How do you strengthen a weak Saturn?

If you have a weak Saturn, it is imperative that you strengthen it in order to have a fulfilling life filled with victories. Vedic astrology provides you many solutions to overcome this problem. Let us take a look at some of the remedies you can follow, to strengthen your Saturn and ensure success in life.

The first thing you must do is honor and respect Lord Shiva and the planet Saturn because Shani is extremely devoted to Lord Shiva. So, because planet Saturn is a devotee of Lord Shiva, only Mahadev is capable of freeing you from the clutches of a weak Saturn.

Reciting sacred mantras to Lord Shiva and Saturn will help protect you from the wrath of the karmic planet. You should repeat this mantra every day, for 108 times, to appease planet Saturn and work towards fulfilling your destiny. Also, as you recite the mantra and remain hopeful, you must remember that Saturn is an extremely slow-moving planet. You will need to be brave and patient as you wait for positive results so do not give up easily.

Shani Beeja Mantra

Om Shram Shashiswaraya Namah
Shani Tantric mantra
Om pram Preme Prah Shashishchary Namah
Moksha Mantra and Mahaa Mrtyunjaya Mantra
Aum Tryambakam yajamahe sugandhum pushhvardhanam

Urvaaarkamiva bandhanam
MrityrnukheeYa maamritrat
Powerful Shani Mantras you need to know to make Shani benevolent

The next remedy you can try is practicing yoga to remain mentally strong and courageous. A weak Shani is capable of making you lose all motivation but, if you remain brave and far-sighted, you will be able to fulfill your destiny. You should also be very focused on always speaking the truth, taking right actions, reciting mantras, consuming a healthy diet and leading a peaceful life, as these steps will take you closer towards achieving your goal.

You can also appease a weak Saturn by donating your valuable time, knowledge, effort and money. Indeed, donation is one of the biggest means to attaining good karma and, thereby, making peace with Shani. Make it a habit to donate valuable things— if you do not have money, you can donate your skills or your labour. You can also feed the poor, by donating food on special occasions as this is also an excellent way to strengthen your Saturn and move towards a happy life.

What happens when Saturn is strong?

When your Saturn is strong, you will be able to become very knowledgeable and scholarly. You will have a strong command over languages and financial matters. You will have tremendous success in trade as well as other careers, since a strong Saturn can be wonderfully beneficial. If you have been concerned about recurring problems in your life, chances are that you have been affected by a weak Saturn. Practice these steps to strengthen the planet and enjoy better chances of success in life.
Beautiful gets arrested for messing up Jabalpur bride's make-up

A beautician has been booked after her assistant allegedly spoiled the make-up of a bride and also for issuing threats when her family members protested in Madhya Pradesh's Jabalpur.

The bride, a resident of Ghamapur area, had booked an appointment with the beautician, who runs a beauty parlour in Kotwali Bazar, for her marriage on December 3, said City Superintendent of Police (CSP) Prabhat Shukula.

The beautician had taken advance payment from the bride's family and assured to reach the venue on time on marriage day to complete the make-up work, he said, citing a complaint.

After the beauty parlour owner didn't reach the venue, the family of the bride contacted her, but she told the latter to come to the outlet for make-up. The CSP further said when the soon-to-be bride reached the parlour, the beautician, instead of doing her make-up, assigned the task to her assistant who messed up the work.

Angry over the beautician's behaviour, the bride's mother registered a complaint at the Kotwali Police Station on Tuesday.

The complainant also accused the beauty parlour owner of misbehaving and threatening them when the bride's mother contacted her for messing up the make-up work, he said.

Viral video lands grooms in trouble for marrying twins

Twin sisters in Mumbai got married to the same man in a ceremony held in Maharashtra's Solapur district. The videos of the wedding of the two sisters, who are IT professionals, is trending on social media.

Both sisters, aged 36, decided to marry the man in an unusual arrangement, news agency PTI reported.

The police also filed a non-cognisable (NC) offence under section 494 (marrying again during lifetime of husband or wife) of the Indian Penal Code, instead of doing her make-up, she said.

The police said that both sides agreed to the marriage. The girls, of husband or wife) of the Indian Penal Code. The CSP further said when the soon-to-be bride reached the parlour, the beautician, instead of doing her make-up, assigned the task to her assistant who messed up the work.

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Redd. headmaster sets a World Record for longest ear hair

People always try to remove the hair growing on the ears by shaving or burning it but a retired teacher from India refrained from doing so and has set the Guinness World Record for unbroken longest ear hair.

The hair sprouting from the centre of his outer ears measures 18.1 centimetres (7.12 inches) at its longest point.

The Guinness World Record shared the information about Victor on Instagram on Thursday and also revealed that he was dubbed as an "ear-haired teacher" by his students.

The record holder, a retired school headmaster, has hair sprouting from the centre of his outer ears that measures 18.1 centimetres (7.12 inches) at its longest point. The record was set in 2007 and remains to this day. Anthony was also known as the “ear-haired teacher” by his pupils.

Social media users went into a frenzy and flocked to the comment section to give their opinion on it.

Sleeping on empty stomach: Some food for thought

A t a time when India is going gaga over its assumption of G20 presidency, the Supreme Court has opportunistically pinned the Centre by drawing attention to what is glaring in the country's backyard. "Nobody should go to sleep empty stomach". "It is our culture to ensure nobody goes to sleep empty stomach", the Supreme Court said on Tuesday, while asking the Union government to see to it that food grains under the National Food Security Act (NFSA) reach the last man.

New Delhi, which during its G20 presidency will chair over 200 meetings that aim to secure global economic growth and prosperity, cannot afford to be blind to the glaring fact that the fruits of India's growth post Independence have not trickled down to the marginalised sections of its population as envisaged by the founding fathers of the Constitution.

Together, the G20 members represent more than 80% of the world's GDP, 75% of international trade and 60% of the world's population. "Our guests will get full experience of India's amazing diversity, inclusive traditions, and cultural richness. We wish that all of you will participate in this unique celebration in India, the Mother of Democracy. Together, we will make the G20 a catalyst for global change," Prime Minister Narendra Modi declared emphatically after India formally assumed G20 presidency.

On the front, Modi cannot wish away the fact that the country's population, which gallops on auto-pilot, has also multiplied manifold the number of beneficiaries covered under the NFSA after the 2011 census, the apex court observed on October 12.

The court observed that the scheme provides meals to the poor at a subsidized rate. "I am only referring to the food grains covered under NFSA. What about others that are not covered under NFSA?" the court asked.

The apex court wanted more of the obviously galling fact that the fruits of India's growth post Independence have not trickled down to the marginalised sections of its population as envisaged by the founding fathers of the Constitution.

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