TROLLING KIDS OF CELEBS
Inhumanly hurting tender minds
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Effectively scheduling elective surgery

Striking out on her own

‘I want to be diametrical with no limits’
NEERAJ CHOPRA
Neeraj continues to create history by winning the silver medal for the first time in the World Athletics Championship. In his fourth attempt he managed to record a throw of 88.13m, which allowed him to move into the provisional podium spot in second place.

A video of people from Indore donating clothes to the Bollywood actor Ranveer Singh has been doing rounds on social media. In the video, people are seen dropping some clothes in a container. The container has an image of Ranveer Singh from the photoshoot with a text that reads, “Mere swachh Indore ne thana hai, desh se mansik kachre ko hatana hai.”

Alia Bhatt’s much-awaited first produced film, Darlings trailer was launched by the makers on Monday. The film stars Alia Bhatt, Vikram Varma, Roshan Mathew, Shefali Shah and is directed by Jasmeet K Reen.

Shaamat, the song from Ek Villain Returns has made the music lovers go gaga, with the fresh new pair of playback singers Ankit Tiwari and debutant Tara Sutaria. The song has been receiving amazing responses from the music lovers and the fans of Tara Sutaria.

S. Jothimani, a lawmaker from India’s main opposition Congress party, reacts after being rounded up outside Parliament. The members from the party were protesting against the Enforcement Directorate summons to their party leader.

Photograph: Reuters/Anushree Fadnavis

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TROLLING KIDS OF CELEBS

Inhumanly hurting tender minds

children of renowned people, film stars, politicians and celebrities, whether an active part of the industry or not, have of late been easy targets for trollers. These kids have been at the receiving end of a lot of avoidable vitriol from every Tom, Dick and Harry. However, that does not mean they endure all of it. While some know how to stand firmly against trolling and voice their views, there are others who are too young and naive to understand what is happening to them on social media platforms. In either case, their tender minds get hurt, regardless of the protection offered by their parents.

In December 2021, a BJP leader was slammed for body-shaming KTR’s son Himanshu. The TRS working president was taunted whether ‘development’ had taken place in the temple of Bhadrachalam or inside the body of his son Himanshu.

Dileep Konatham, Director, Digital Media, Government of Telangana, shares, “It is sad that the political discourse in this country has hit a new low with some trolls targeting even children of politicians. Whatever may be the issue, targeting kids for selfish political gains should not be tolerated. Some online trolls are resorting to this, thinking that they are anonymous online. Others who do this are thinking that this is a claim to fame.”

He added, “Online trolling leaves deep scars on the psyche of children. While the current laws help curb online trolling to an extent, I personally think we should do more to curb this menace. The Union government should formulate stricter internet laws that carry harsh punishment to anyone who trolls children online.

There is something inappropriate about a society that requires a father or mother to clarify to the media that his child is innocent. Jayesh Ranjan, IT Secretary of Telangana State, says, “People who are in the public eye, be it politicians or celebrities or sportspersons, there is something called occupational hazard. With some good, bad or negative will also come. And these comments are made without any logic or sensibilities. It is just to pull down someone! But everything has a limit. I believe it should be punishable. There are two things, online trolling and offline bullying. In offline case, it is easy to find the guilty and punish. But things are complicated online. If you ask me who are these people who troll and comment such stuff, then these are the people who are extremely jealous as they themselves cannot become a successful politician or actor. So, they just come up with nasty thoughts and spill to the social media walls of the reputed people. While social media is a good forum to democratise participation, it comes with a lot of negatives too. I truly want to see stricter laws and their implementation to prevent such things because internet and social media culture will only expand in future; it is high time we acted against trolling.”

To understand the motive behind this unnerving mentality of trollers, we spoke to Latha Srinivasan, a senior entertainment journalist. She opines, “Unfortunately, because of the democratic nature of the internet and social media and the anonymity it allows; comments that objectify, denigrate, insult, shame and are sexist and racist, find a voice here. Celebrities are more vulnerable to trolling obviously because they are in the public eye constantly and every aspect of their life - even if not newsworthy - is covered by the media and the paparazzi today. And celebrities end up getting policed by trolls for everything from their hairstyle to clothes to a comment they make. So, they know how tough the limelight is and celebrities, like all parents, want their children to be safe and protected. Sadly, in this day and age, where everyone has a smartphone, it is just impossible to protect their kids! We also see trolling happening more in the case of women celebrities and daughters of stars. Recently, we saw how trolls completely crossed the line in the way Nysa Devgn, Suhana Khan, and Ira Khan were attacked on social media. The hate trolls spread on social media about a person can take its toll on their mental health and this is why more people are talking about mental health issues today. How much can celeb parents protect their kids? It is not easy and there’s no simple answer.”

Today, a lot of celeb kids too are on platforms like Instagram because they also want to share, connect, be loved and grow their popularity since many may eventually end up joining the Bollywood film industry. It is important for celeb parents and all parents to impart the good and the bad about being on social media to their kids right from a young age. Social media is like a double-edged sword - on the one hand, it can make you an internet sensation and global star overnight; on the other, it can affect your mental health and cause depression. Learning to ignore trolls, blocking them, and turning off comments is something all of us should know and practice, celebrity or not. Continued on Page 4...
Speaking to us about the woes of a celebrity father, Ali Reza, an actor and a father of a baby girl, pours out, “No one has the right to speak about others and invade their private space. It is a choice, and we live in free nation. Like every other normal parent, I am also a protective father. I would not want to see any derogatory comments about my child. It is our life, and we have the right to live it the way we want to.” With reference to star kids’ lifestyle he says, “There’s already a lot that the celebrity kids deal with, like trying to keep up to expectations, age-related issues or whatever. Why are they made target when they have nothing to do with all of this? I would want to tell my child that there is nothing special in our profession. Just because someone is an actor or a politician or a sportsperson, it doesn’t mean they are ‘different from the rest’.

Popularity does come at a cost. Why should the children be dragged into the dirty politics or blame game? Evidently, trolling is not new. From nasty comments on a female celebrity’s outfit to derogatory comments on relationship status of the stars, trolls find content to cook from anywhere. However, it is in the recent past that the trollers have shifted their target to the second generation of these stars or reputed people, that is, their children.

Cihaya Sharma, mompreneur and parenting influencer, observes, “Particularly in the age of social media, keyboard warriors hiding behind their computers take the risky way of harassing and assaulting celebrities over unimportant matters. Parents want their children to grow up healthy, yet the internet culture has made things flimsier than ever when it comes to children, particularly celebrity case. Their children are sometimes too defenceless to be targeted. It is scary to see sometimes how people become so merciless at kids and forget that they are also human beings, and it can affect them mentally.

It is very easy to write bad lines about some kid or make fun about them, but it is very tough to understand unless you are personally experiencing how it feels to have thousands of people spewing hate at you constantly. People troll them for their appearance, way of speaking, walk, talk, laugh smile, dressing almost everything. This may make them anxious and can affect their mental health.”

"Many kids these days who have experienced trolling keep fearing that it won’t stop. It happens once, however the constant comments on the same keeps it active throughout. It is as if the troller has entered your house because it does not stop despite the time and number of days. This can have long lasting impact on developing minds of kids as they start looking at things from filters that others have created. The reason for this is online disinhibition effect that any of us can experience while we are online! It is the lack of restraint one feels when communicating online as compared to offline. The factors like anonymity, lack of empathy, and not being able to see the reaction immediately is making the world in general mean. Hence, it is important to spread awareness regarding this concept and at the same time help young children to deal with trolling effectively,” asserts Dr Chandana Shet, counselling psychologist.

Following an online survey completed by over 400 Reddit users, a study found that individuals with dark triad personality traits which are narcissism, Machiavellianism and psychopathy do this more often. Let us understand the reasons, what the psychology behind trolling is, and how it affects the behaviour of an individual. Why do we troll, especially the celebrities and their kids, while understanding the devastating consequences on physical and mental health? It seems, they feel rewarded. It is an atypical social reward, creating positive social environment and rewards with the motive of achieving negative rewards. This behaviour reinforces and conditions them after a certain period. There is an agendriven deliberately to hurt being selfish, impulsive, and emotionally imbalanced, having no remorse, exhibiting sadistic behaviour, and engaging in malevolent trolling. We can think an individual in the real world, sometimes may or may not be successful in his motives and extending these traits through his behaviour to the external and virtual world. Even though it is not an independent and unique predictor, still their motives and the type of esteem levels can determine, he/she is an antisocial or emotion-
SANDEEPA DHAR HAS MADE A REMARKABLE JOURNEY SO FAR AND IS CLIMBING THE LADDER OF SUCCESS WITH HER RECENTLY RELEASED WEB SERIES DR. ARORA. THE PIONEER BRINGS TO YOU SOME EXCLUSIVE INSIGHTS AND BITS CONNECTING WITH THE ACTOR.

- TEJAL SINHA

“I BELIEVE THAT THIS WILL START A CONVERSATION, A TOPIC PEOPLE WOULD TALK ABOUT. EARLIER, PEOPLE NEVER SPOKE ABOUT MENTAL HEALTH. BUT NOW WE SEE PEOPLE TALKING ABOUT IT. IT’S THE SAME WITH THIS. THERE’S A LINE IN THE TRAILER ALSO ‘JAB TAK GUPT ROGG RAHEGA’ UNLESS AND UNTIL YOU TALK ABOUT IT, IT IS GOING TO BE A DISEASE WE NEED TO TALK ABOUT IT IN ORDER TO NORMALISE IT. HOW PEOPLE HAVE OTHER ISSUES IT’S THE SAME THING. OUR EFFORT IS TO NORMALISE IT, HOW SUCCESSFUL WE ARE WE’LL GET TO KNOW”

- SANDEEPA DHAR

‘I want to be diametrical with no limits’

Ever since her debut in Rajshri Production’s Hindi film Isi Life Mein, Sandeepa Dhar has been one of those talents that never fails to grab your attention. Be it Anjali in Dubbing 2 or Renu in Heroapanti to Inaya Siddiqui in Mai, she’s impressed one and all with her performance.

Adding another beautifully portrayed character to her list is her most recent character Mithali, from Imitiaz Ali’s directorial Dr. Arora. While it’s every actor’s dream to work with Imitiaz Ali in his films, it was like a dream come true for her when the filmmaker himself liked her test for the character. We connect with the actor over a call to know some Behind The Shoot of Dr. Arora, how did it feel when she got to know she would be working in Imitiaz Ali’s Dr. Arora, she says for every actor it’s a dream to work with Imitiaz.

Taking through how it all began, she says, “I remember when initially I got a call for the show, they had not told me much about the show. I was just informed that Imitiaz Ali is doing the show there’s a character which is very interesting and we want to test you for it. I did give the test and later I just forgot about it because I was shooting for another show. One random day when I was shooting in Pondicherry, it was boring as hell there was no proper network. Somehow I got a call from the phone call was that Imitiaz Ali has seen my test and liked it and even thinks I’m a good actor. I’ll now pass Mujhe lagi tha (she sighs) he is one of the best ones in the industry. In his films actors perform the best.”

She continues. “He knows I exist he thinks I’m a good actor it was like I had won the Oscar. Getting a part or not won’t baaad ki baat hai but I had won my Oscar. I had to get on a video call with him. I never met him or spoke to him like this. It was just during the awards and stuff. You always think that the first impression is the last impression and I was like I hope I behave right and get the part I dint even know what he is looking for I was super nervous and we get on a Zoom call. It was just me and him on the call. There was this guy super chill and talking to me like a normal regular person. He spoke to me and I’m very glad he complimented me. At the end of the call, I didn’t know if I’m getting the role or not but I knew makers like him are appreciating my work and that was definitely the biggest takeaway out of all of that. I was overjoyed when I got the part.”

Sandeepa further shares that since it is a comedy show, the whole cast and team laughed throughout while shooting. She plays the character of Mithali and everyone calls her Mithu. She is from Morena in Madhya Pradesh. Dr. Arora is basically the story of the 90’s. Mithali is an independent, strong, and kind woman who is the wife of Morena’s Superintendent of Police. She’s like those ‘Chai se garam ke li’ she’s one of those who acts as if she’s the SP. She walks in attitude and talks to people as if she has this superiority complex very confident nakchadi kind of individual that’s outside. Inside, she’s completely opposite to her husband. Sweet nice a very loving relationship with her husband and she’s the one who always takes charge in their marriage too there are issues happening certain medical issues that he has and in small cities in the 90’s obviously, people were very shy to openly go to doctors for such issues. She’s also one of those, who’s been trying ‘Omar ke nuske’ nothing worked out. Mithali finally figures out this Dr. Arora and has to somehow send her husband to go see this doctor but again it’s a small town. Anything that you do everybody gets to know. In fact, between all of this, she has to navigate all of this and has to keep her husband’s position in mind.

How she navigates to get her husband to meet the doctor and then what happens is the most hilarious, says the Cartel actress. She adds, “My relationship is also the subplot of how we meet on a very wrong foot and how he becomes a friend and a confidant. There’s another twist that comes into play and then her character goes through a lot of ups and downs and yeah it’s very weird and complex in that way.”

Being able to work in a web series like Dr. Arora, which talks about sexuality and sex problems, Sandeepa shares that she is glad to be a part of something different you would have never seen such a show before.

To this, she explains, “It’s unique and different and that’s why I think it’s catching everyone’s attention you might shy away from the topic or whatever but you’ll still be intrigued by it. I remember when Imitiaz had told me the entire concept on the zoom call. I was very intrigued by it because he has always made these love stories and this is not a love story. A completely different story a different space from what he generally does. I was very intrigued to see how he has written it. And like they say that as a writer he’s the biggest trend as a writer is how he writes about interpersonal relationships between characters and I think that he has done it so beautifully that you’ll be seeing.”

She continues, “All the relationships have been so beautifully depicted and because of the OTT space people have become less shy and much more exposed now. Now there are so many concepts that you get to see, you don’t feel shy anymore to discuss the subject. I believe that this will start a conversation, a topic people would talk about. Earlier people never spoke about mental health but now we see people talking openly. It’s the same with this. There’s a line in the trailer also ‘tab tak gupt rahega tab tak rogg rahega’ unless and until you talk about it, it is going to be a disease we need to talk about it in order to normalise it. How people have other issues it’s the same thing. Our effort is to normalise it, how successful we are we’ll get to know”
You know of multiple surgical options, of which one of them is elective surgery. Seemed new to us, we tried finding out what is it in precision and that led us to speak to three experts in the medical field.

Elective surgery does not always mean it is optional. It simply means that the surgery can be scheduled in advance. It may be a surgery you choose to have for a better quality of life, but not for a life-threatening condition. But in some cases it may be for a serious condition such as cancer.

Examples of elective surgery include removing a mole or wart, and having kidney stones removed. It may also be done if other forms of treatment are not working.

What Dr. Preetpal Thakur at Glamyo Health told us exclusively was, “What’s concerning is the fact that the very term elective is impeding quality healthcare. Many medical sociologists believe that the current binary system of lifesaving versus elective care exacerbates social inequalities for marginalised members of society, especially women and the LGBTQ community. Many diseases like cataract, gynecomastia, gallstone, hernia, lipoma, etc. have no other cure other than undergoing elective surgery. While home remedies, medications and non-surgical treatments can stop the condition from worsening, it cannot cure these diseases. In such a case, surgery is the only left option that gives prolonged and effective cure.”

In India, the elective surgery market is worth USD 30 billion. Yet 90% of the elective surgery industry is unorganised, meaning that healthcare providers, doctors, and insurance companies are connected through a single interface. Approximately five lakh elective surgeries in India were pushed back by the global Covid-19 pandemic in 2020 as India’s already inadequate and substandard medical health facilities failed to cope.

She continued, “Elective procedures are important not just because they are urgently needed, but also because the underlying condition can be fatal. As most elective surgeries are usually scheduled in advance, patients are advised to be under medical supervision to avoid any worst-case scenario. It is possible for certain cancers to advance into later stages within a short period of 4-8 weeks, well within the estimated delays of elective surgical procedures. Many elective surgeries are postponed due to surgical phobia. Aside from the loss of revenue and resources to hospitals, postponing surgical care can result in worsening medical conditions, longer hospital stays, lowered quality of life for patients, and increased costs for more serious health conditions.”

The first time the abdomen was opened at an elective operation, the pathology excised and made a smooth recovery was not, as you might guess, performed in some famous university hospital in the British Isles or mainland Europe about a hundred years ago. She also informed, “Due to various government restrictions, hospitals were forced to close their OPDs during the recent Covid-19 pandemic, and now that restrictions have been eased. Many patients who had been postponing elective surgery are returning to hospitals. As a result, hospitals are not only overburdened but also operating at full capacity. A number of health care providers have urged patients to register for the surgical procedure because any further delay would mean inviting death in a time of crisis. In order to prevent future surgical care shutdowns, health-care providers need to significantly improve infrastructure and plan in the long term, especially since the COVID-19 crisis is looming.”
FOOD EATING CHALLENGES
LOOK FUN BUT THEY HAVE
GOT SOME DARK SIDE. THE
PIioneer BRINGS TO YOU
THE DARK SIDE OF THESE
CHALLENGES, WHICH YOU
MIGHT NOT KNOW OR EVEN
THOUGHT OF.

- Tejal Sinha

Have a Super jumbo size plate of Biryani and win a cash prize. Have a Baahubali size samosa and win Rs 51,000. Biggest shawarma eating challenge or 200 panipuri's in a minute.

Earlier, there was a time, when they were such food challenges being organised in villages during festivals. Looks like now, people have been inspired by the past. These food challenges are all over on the internet now. These food challenges are now like the most viral concept, that the influencers have been putting it up on their accounts. But are these videos really inspiring the viewers in a good way?

No doubt, these challenges are pretty entertaining. In fact, we might have for once started craving to have those foods while seeing these challenges. And, might have even thought to give this challenge a try.

But, wait! Can you really do this challenge? Is it safe for you to participate in such challenges? You got to really think about it now, before you give it a shot.

While, these challenges might be entertaining and you might be curious to try it out. But on the long term side, this can badly effect your health in a numerous ways. People might take in a sporting way. But, lets just clear it for you. From all the data that The Pioneer had researched on, not even one report suggested that these challenges are safe. These challenges can result to chocking, an immediate danger that often becomes very apparent and very quickly.

According to a report published in the Canadian Medical Association Journal, choking is one of the biggest risks faced by anyone who enters any kind of eating contest. This is just not the end. People who have participated in these challenges have died for various reasons. While no one is sure about what can be the long term effects of these challenges, one might end up having various eating disorders.

Why does this happen?

During these challenges, people don't generally chew the food properly. Not chewing the food properly and consuming it one-by-one can block the foodpipe. Not only this, but you can end up having issues related to digestion. We speak to some senior doctor and nutritionist who explain us about the same.

There have been specific reports of heart attacks and stokes occurring as a result of the stress of competitive eating. The stress of the activity can induce acute surges of adrenaline that can hurt the heart. Audience should avoid getting influenced by these challenges as they have long term health effects.

- Dr. Veerendra Sandur

What do the experts have to say?

Dr Naveen Polavarapu, MRBS, MRCP (UK), FRCP (UK), CCT (Gastro), Liver transplant fellow, Senior consultant Gastroenterologist, Apollo hospitals. Hyderabad explains to us and says, "In these challenges, they don't actually chew the food properly. If they don't chew the food properly, the gastric juices wont be released properly and its going to effect their health in multiple ways like digestion will be a problem, then they will start gaining weight very easily. Having a heavy meal at one go and then a long gap is not good. You need to have small meal at once and that is what is advisable. When you stuff the food or your basis metabolic rate is getting low, the body recognises the excess stuff will get stored as excess calories.”

Edwina Raj, Senior Clinical Dietician further explains us more about the risks and says, "Through these eating challenges, there are possible risks involved which could be immediate or long term detrimental impact for continued practice among such competitors. While eating there are possible risks involved due to the time constraint involved in the competition such as choking, vomiting, lack of supply of oxygen(aphaemia) and aspiration(food moving to wind pipe) that can even lead to death. Ideally, an average adult should consume around 1700-1800kcal distributed over a day but not recommended to consume at one meal with high speed due to which there is increased metabolic stress on your gut, liver, kidneys, pancrease, etc. It expands the size of the stomach and thereby post competition one may experience severe nausea, vomiting, dizziness, stomach ache, bloating, indigestion, diarrhoea and heart burn."

“Health effects of competitive eating include delayed stomach emptying, aspiration pneumonia, perforation of the stomach, Boerhaave syndrome, and obesity. There have been specific reports of heart attacks and strokes occurring as a result of the stress of competitive eating. The stress of the activity can induce acute surges of adrenaline that can hurt the heart. Audience should avoid getting influenced by these challenges as they have long term health effects. The harm caused by such challenges on the body are often irreversible. For instance, binge eating can cause stomach perforations in those with ulcers and gulping large quantities of water during training can lead to water intoxication, a condition caused by diluted electrolytes in the blood. Competitors will be at risk of becoming obese as they age, and binge-eating may become normal for them. Competitive eaters may not be able to shrink back their stomachs or relieve themselves from solid foods. As a result, they can become nauseous to food and lose their ability to eat," Dr. Veerendra Shetty, Lead Consultant - Med. Gastroenterology and Hepatology, Aster RV Hospital, highlights further.

Wait! Wait! This is not just the least. There have been several people who had participated in these competitions ended up using strong medications, that further resulted in much stronger side effects.

We speak to a senior diabetologist, who shared with us one such case, where the patient had participated in one such competition while watching a video on YouTube. During, this the patient obviously could not complete the entire amount of food, and started practicing for the competition. This resulted in the patient not only gaining weight but ended up being diagnosed with Type 1 diabetes. On one side, while the patient was on insulin, the patient also turned out being diagnosed with extreme depression for their excess weight. Without consulting anyone and browsing on internet, the patient ended up taking regular drugs like Marijuana. The patient’s condition got so worse, that the patient had to get into rehab.

While entertainment is important, remember don’t let your entertainment effect your physical and mental health.

Effects of these challenges
- Poor Digestion
- Obese
- Asphyxia
- Increased metabolic stress on several organs
- Diabetes
- Anxiety and Depression
Quite serious kid

I was quite a serious kid. In fact, if you ask anyone who knew me then, they would tell you that I was a bit of a bookworm. Reading was my passion, and I used to spend hours engrossed in a book. I guess I was born to be a writer. Even as a child, I had the habit of penning down my thoughts and ideas. I would write novels, short stories, and even a few poems. I was quite prolific in my writing, and I used to share my work with my friends and family. They were always amazed by my creativity and the way I expressed myself through words.

The break from showbiz

Then came the break from the industry. This was necessary because I wanted to do something different. I was tired of acting, and I didn't want to do it anymore. I took a break from showbiz, and I felt a lot more comfortable doing it. But I was important to stay off the treadmill back then. There was a lot of adoration and fanfare around me, and I didn't want to be a part of it. I needed some space to figure things out. I used some time to explore myself and to discover new talents. I started doing music, writing, and painting. I was taking a break from acting, but I was just starting to explore new creative avenues.

In love with her birthplace

Chennai, where the industry is set to grow like never before. Although it is not the heart of the industry, it is known for its beautiful baby in my memory. In my childhood, it was a place I visited every year. It was the birthplace of my name. But the truth was my name was not a big deal in Chennai. I was not well-known, and I did not have much of a following.

I never take away from the industry and the people who were part of it. But I am proud of that. But I also feel a bit of a stranger when I go back. I am not a part of the industry anymore. I feel like an outsider. But I am still a part of it. I have some connections and friends who are part of the industry. They are like family to me. But I am not a part of it anymore. I am a stranger in my own industry.

The most important thing is that I am happy. I am doing what I love. I am exploring new creative avenues. I am not looking back. I am looking forward. I am enjoying the journey of discovery. I am not looking back. I am looking forward. I am enjoying the journey of discovery.

Striking out on her own

Being different

Our family celebrates being different. We are very much a part of the industry, and we are proud of it. We are confident and comfortable in our own skin. We do not want to be like anyone else. We are unique and special. We are not afraid to be different. We are not afraid to be ourselves.

Stereotyped to be eerie

There had never been a child in my family who had similar traits. I love to see things from a different perspective. I am not afraid to be different. I am not afraid to be myself. I am not afraid to be unique. I am not afraid to be eccentric. I am not afraid to be strange. I am not afraid to be weird. I am not afraid to be different. I am not afraid to be myself.

Sant оса́н’s lifestyle

I had a lot to learn in the past. I have been here. I have been totally absolved of the lovelife. Because of this, I have been able to focus on my career and my personal life. I have been able to focus on my work and my relationships.

Complimenting her ally

Santosh is a special kind of guy. He is very protective towards her. He is always there for her. He is her rock. He is her support system. He is her best friend. He is her partner in crime. He is her confidante.

Taking the industry head on

I understand that Shruti Hassan is a force to be reckoned with. She is a formidable actress. She is a force to be reckoned with. She is a force to be reckoned with. She is a force to be reckoned with.

Questing towards spirituality

I discovered religion quite late in my life. I found peace and tranquility in religious practices, but it was not something I took on immediately. I took my time to explore and understand it. I took my time to understand the meaning and the purpose of it all.

When I walk the ramp, it is an honor to be able to showcase my art and my creativity. It is a thrill to be able to connect with the audience. It is a thrill to be able to make them feel good. It is a thrill to be able to make them feel happy. It is a thrill to be able to make them feel loved. It is a thrill to be able to make them feel special.
As every organization moves to the cloud, cloud computing will be ingrained in every infrastructure and development position you take up soon. Moreover, as a cloud professional, you are expected to gain expertise in hybrid cloud management and hone competency to work in a multi-cloud environment. In the future, organizations will be functioning with a multi-cloud setup. As a cloud professional, you should know the intricacies of different public cloud environments.

- BHAVESH GOSWAMI, CEO & FOUNDER AT CLOUDTHAT
Snack time recipes by Chef Kunal Kapur!

Grey skies, light drizzles and the earthy aroma of monsoons give us that much-needed escape from the sweltering heat. There’s a misty veil over the city, and the moment calls for a hot cup of tea or filter coffee. But is the moment really complete without a steaming plate of tasty snacks?

Try some of the snack recipes suggested by Celebrity Chef Kunal Kapur that fulfill your cravings without compromising on taste and won’t set you back when it comes to your fitness goals. These recipes have ingredients that are not only good for your heart but also for your overall health.

Makhanas are rich in protein and hence make an amazing addition to fasting food. The health benefits of makhanas are attributed to its antioxidant and aphrodisiac properties since it improves physical strength, increases stamina, and helps to manage diabetes and other diseases. Dry roast the makhanas with a small portion of Saffola cooking oil in a pan for 5 minutes, tossing them regularly to make sure they don’t burn. Alternatively, you can roast them in the oven at 170°C for 5-6 minutes. This will make the makhanas crunchy. Remove from the pan and set aside to cool at room temperature. In the same pan, heat ghee and add jaggery. Keep stirring till all the jaggery melts and there are no lumps. Turn off the heat. Once the flame is off, immediately add chilli flakes and Saffola organic honey. They will cook in the residual heat. Pour this mixture over the makhanas and mix till they are evenly coated. You can have them any time as a snack!

**Ingredients:**
- 150 g plain makhana
- 25 g Saffola organic honey
- 40 g organic jaggery
- 10 g chilli flakes
- 5 g sea salt
- 1 tsp of Saffola Gold cooking oil

**Recipe:**

**HONEY CHILLI MAKHANA**

For all of us, cheela for breakfast is an all-time winner in any North Indian household. It is light, healthy and can be a quick-fix for time-pressured mornings. For this delicious chatpata tandoori mushroom, marinate the mushroom in ingredients like salt, ajwain, sooji, water and leave for 15-20 minutes and in another bowl prepare cheela batter with besan, sooji, ajwain, haldi, salt and water. Make sure, the batter gets a dosa like consistency. Then, heat a kadhai or frying pan and add the marinated mushroom to it and toss on high flame to soak excess moisture. You can also use a microwave or oven to prepare the tandoori mushroom. Now, place a tawa on medium flame and grease it with some oil. Pour some cheela batter at the centre of the tawa and spread it out. Cook till the edges turn golden brown in colour. Flip and cook the other side. Add more oil if needed. Add some mushroom filling on one half of the cheela and fold. You may add some cheese to the filling to make it tastier.

**Ingredients:**
- Besan - 1 cup
- Sooji - less than half cup
- Water - as much needed (to bind)
- Salt - as per taste
- Ajwain - half teaspoon
- Haldi - a pinch
- Saffola Gold Cooking Oil - For cooking the cheelas

**Recipe:**

**CHATPATA TANDOORI MUSHROOM CHEELEA**

**Recipe:**

**OATMEAL AND RAISIN PANCAKES**

Ingredients:
- 2 large eggs
- 2 tbsp Saffola honey
- 2 tsp vanilla extract
- 1.5 tbsp Saffola gold cooking oil
- 1/2 cups rolled oats (quick oats)
- 1/3 cup raisins
- 2 cups buttermilk (or plain yogurt)
- 3/4 cup whole wheat flour
- 1/2 tsp baking soda
- 2 pinches freshly-grated nutmeg
- 1/2 tsp baking powder
- 2 pinches ground cinnamon
- 1/2 tsp sea salt
Choose Minimalist for your serum requirements

We have multiple brands with multiple face serum options where the number keeps increasing day by day. Some serums are ingredient specific whereas some are concern specific. Finding a serum that is not only trustworthy but also effective is an important task for us. Once you find the perfect serum for your skin, your skin concerns are better at bay. Serum is your skin’s BFF but fancier. When selecting the serum, look for your target points. Take your time and read the ingredients mentioned in the bottle. That step is super important. If you wish to target acne, look for treatment serums with Benzoyl peroxide or salicylic acid. For dull, dry skin, look for serums with ingredients of Glycolic acid, Vitamin C, Hyaluronic acid, Ferulic acid, and other antioxidants like Vitamin C. You can also layer multiple serums to target more than one goal, but before that, you should know which one goes together and which do not. At Minimalist, we stand by transparency, efficacy and affordability which are embedded in the crux of all our serums. Read through some of Minimalist’s bestseller serums that will feel light on your skin, rooted in scientific research and radical transparency.

**Vitamin C Serum**
A glow-boosting daily serum packaged with the goodness of Vitamin C & Polyhydroxy Acid (PHA) that brightens and tones sun damaged and dull skin with dark spots. Priced at: 699/-. 

**Salicylic Acid 10%**
A daily gentle exfoliant with 2% salicylic acid that wards off acne, blackheads and keeps your oils in check for that flawless matt looking skin. Priced at: 549/-

**Niacinamide 10%**
A nourishing, daily serum packed with pure Vitamin B3 (Niacinamide) and powerful antioxidant EUK-134. Together they reduce sebum, acne marks, erythema and inflammation, and also protect skin against UV-induced DNA damage. Priced at: 399/-. 

### Fastrack to launch their new smartwatch

India’s largest youth and accessories brand Fastrack is all ready to launch its next range of smartwatch Reflex Play. Fastrack Reflex Play is a fun fashionable and feature-rich smartwatch that comes with a 1.3” AMOLED Display and features such as Blood Pressure Monitoring, and SPO2 monitoring. The 1.3” AMOLED feature of the smart watch renders the best performance as compared to other display technologies. Available in four fun colours Fastrack Reflex Play has a variety of Animated Watch Faces and also supports Built-in Games.

### Skincare, home decor, coffee, perfume and much more

Friendship Day is around the corner and like every other friend you also might be confused on the options for gifting. Well, fret not! For here we are, with a variety of gifts that you can gift to your friend who was your dance partner during school annual day, to your friend with whom biking classes was a fun activity, to your friend who made college life bearable, for a friend who shared his first drink with you, for a friend who is a great listener, for a friend who first taught you how to ride a bike and to your first friend who helped you from the police if you never had license. They are precious and they have added immense value to our beautiful lives. Here’s sharing a roster of gifts that you can gift to your friends and appreciate them for being your Chandler, Jake, Timon, Meredith and Patrick.

**Oasis Eau de Parfum by Victoria Secrets**
Chance upon a blooming secret garden. A trio of heady, White Florals - Tuberose, Camellia and orange flower come together in a creamy, exotic bouquet.

**Fragrance Type:** Floral Notes: Tuberose Blanche, Camellia, Orange Flower Eau De Parfum is our most concentrated, pure version of the fragrance. Priced at: INR 899/-. 

**OR Sirona launches Menstrual Cramp Relief Roll On**
Sirona launched the Menstrual Cramp Relief Roll which is a dermatologically tested solution made up of all natural ingredients with no side effects. The solution provides quick relief from periods cramps. The roll on is effective for cramp relief on abdomen, lower back and legs. The roll on comes with no harsh chemicals and has a smooth application.

**Coffee percolator gift box by Something’s Brewing**
The elegant Moka Pot from Budan can be used to brew black coffee, filter coffee and tea. This comes along with a pack of speciality coffee. The unit offers a pressurized extraction for optimal brewing. The Moka Pot is easy to use and is compatible with all types of stoves thanks to its unique base design. It is engineered from high quality stainless steel for a robust build and has a pressure relief valve for safety. The plastic handle makes handling the unit comfortable. Priced at: 2349/-

### BODEN LAUNCHES SUSTAINABLE ‘REMIX EDIT’

Fashion and lifestyle brand Boden has launched a new limited-edition sustainable collection made from off-cuts of its most loved styles for women and children. The line is the first of its kind for Boden and has been developed in response to its goal for all clothing to be made from sustainable materials by 2025. There are three repurposed styles, tiered linen dresses for both women and children, including a matching ‘Mini me’ moment, alongside iconic Bretons that have also been reworked with a patchwork of classic stripes.

### Freiq unveils trendy streetwear for millennials

Hyderabad based streetwear apparel, Freiq has unveiled trendy streetwear collections at a pop-up exhibition in Banjara Hills. The expo saw renowned fashion connoisseurs checking out the latest apparel range launched by the brand which were on display at the show. Freiq is a brand breathing life into streetwear and avant-garde fashion in India by reworking the concept of bold simplicity in streetwear culture with interest in artistic graphics. Freiq’s aim is to elevate streetwear’s culture and develop India into the next fashion focal point. Every single design has a story behind it. Freiq has taken inspiration from various activities and emotions humans go through in their lives. The founders have spent hours drawing and painting the artistic graphics and have done the same to transfer it onto the clothing.

### Aqua Wave Bath Salt by Body Cupid

Body Cupid Aqua Wave Bath Salt is infused with Sweet Almond Oil, Peppermint Essential Oil, Mint Leaves and Epsom Salt. Cool and invigorating like an ocean dip. Gives your skin rich hydration, helps with skin detox, soothes fatigue and eases sore muscles. Priced at: INR 399/-

### Health & Glow Cosmetics Lipstick Energetic 4.2gm

Health & Glow Cosmetics Lipstick Energetic is a highly pigmented, rich color lipstick that stays for long hours. The lipstick offers full coverage to lips and offers creamy matte texture upon wearing. The unique formulation of the lipstick doesn’t make lips sticky or dry. Priced at: INR 245/-
when the stock market’s price falls down it is called as bear market. It is defined as long term of dropping price points. Bear market creates fear among the investors. When the price falls to 20%, this decline in the stock market is categorised as bearish market. It is also considered as regular and healthy part of an investment cycle. Bearish market has 3 stages: sharp down, reflexive rebound and drawn out.

Technical bearish indicators give an insight into the future stock price movements and intensity of the movement based on mathematical calculations on historic prices. It gives investor warning about the volume and present state of the stock.

Moving average
Moving average is a very helpful tool in identifying long-term trends. It indicates the arithmetic mean of the set of prices over days in the past. This duration can be completely customized with different time frames. When the price goes below the moving averages, sell signal is generated. In the long run, the prices are always trending near the moving averages. Moving average is one of the best amongst the other technical indicators in the bearish market.

Exponential Moving Average
A common technical indicator in the bearish market which generating signals for bearish market trend is called (EMA) exponential moving average. EMA is considered to be better than moving average. EMA is more responsive as it adds weight to the recent price and reduces lags as compared to other indicators. It creates multiple signals in a short period of time used in trending market with sensitive indicators.

EMA is calculated
EMA (current)= ((Price (current) – EMA (Previous)) * K (Multiplier) + EMA (Previous)

The commonly used parameters for EMA are 12 and 26.

An exponential moving average can be combined with various other indicators like MACD, RSI, trend, etc.

Relative Strength Indicator
Relative strength indicator is a well known technical indicators in the bearish market. RSI is an oscillator that shows the rate of change or momentum of stock prices. RSI is usually combined with other indicators and price trends.

RSI movement is calculated based on the price change over the last 14 days period and divided by the number of periods to attain the average. This movement is a combination of the overbuying and over-selling of the stock.

Overbought and oversold levels
RSI follows the prices in between 0 to 100 levels. 30% is considered oversold level and 70% is overbought level. In the bearish market the signal is generated when the RSI line moves from above to below the overbought line. RSI confirms the reversal of the trend is most effective in the ranging or sideways market.

Technical Analysis will help investors to understand the price movement and make investment decisions quickly.

Bear market creates fear among the investors. When the price falls to 20%, this decline in the stock market is categorised as bearish market. It is also considered as regular and healthy part of an investment cycle. Bearish market has 3 stages: sharp down, reflexive rebound and drawn out. Technical bearish indicators give an insight into the future stock price movements and intensity of the movement based on mathematical calculations on historic prices.

Mr. Prashant Sawant, Co-founder, Catalyst Wealth.
Raksha Bandhan 2022 – Auspicious Pooja Muhurat and Tithis

Purnima Tithi Beginning / Full Moon Date Start: 10:38 am on August 11, 2022
Purnima Tithi Ending / Full Moon Date End: 7:05 am on August 12, 2022
Raksha Bandhan Thread Ceremony Time: 9:28 am to 9:14 pm
Aparahna Time Raksha Bandhan Muhurat : 1:46 pm to 6:26 pm
Raksha Bandhan Bhadra End Time: 8:51 pm
Raksha Bandhan Bhadra Punchha: 5:17 pm to 6:18 pm
Raksha Bandhan Bhadra Muhaka: 6:18 pm to 8:00 pm

Wealth horoscope Before knowing the Raksha Bandhan 2022 date and auspicious timings, you must understand the meaning of the terms Aparahna Time, Pradosha Time, and Tithi in relation to Rakhi Purnima.

Aparahna
As per Hindu culture, Aparahana or Aparahna Time usually falls in the late afternoon. It’s the most auspicious time to celebrate Raksha Bandhan, to observe the most important ritual of tying the Rakhi on their brother’s wrist and praying for his long and healthy life.

Pradosha Time
In case you miss out on celebrating the Rakhi festival during the Aparahana Time, you can perform the rituals during Pradosha Time which is the second-best Muhurat as per Hindu scriptures and usually begins in the late evening.

Rakhi Purnima Tithi
It’s the culmination of both the auspicious timings into one and is one of the ideal times to perform the Rakhi ceremony.

Rakhi Celebrations in India – Traditions and Customs
Indians celebrate the festival of Raksha Bandhan 2022 with joy and enthusiasm. Since it’s an important day for the siblings, preparations begin well in advance. The sisters get busy purchasing or making unique Rakhi for their brother to mark their love. Also, it evokes a sense of pride for brothers to wear such custom creations often decorated extensively in an eye-catching manner.

The way Rakhi or Raksha Bandhan is generally observed is as follows:

On the auspicious day of Raksha Bandhan, the sisters take an early bath and get dressed up before welcoming everyone for a family gathering. The sisters prepare the Rakhi with care, which includes a small Doya, akshat (rice mixed with turmeric), Kumkum, sweets, and the Rakhi.

Once every member around, the sisters perform a Pooja and pray with the entire family. After offering Pooja, a small wooden platform has to be set on the floor with a Rangoli on its four sides. The brother sits on this platform.

Once the brother sits, the sister applies a holy red Tilak with Kumkum on his forehead and ties the Rakhi (symbol of their wishes, longevity, and security) around his right wrist. She does the Arti in front of him and offers him sweets.

The brother, in return, bestows some gift or money to the sister, which she humbly accepts.

The brother also pledges to protect his sister from any adversity.

After this ritual, all family members will have traditional delicacies like gulab jamun, ras-gulla etc.

The pattern of celebrating Raksha Bandhan or performing the Rakhi tying ritual would vary with various regions in India, but the whole idea remains the same.

Rakhi 2022 Significances – Why is Raksha Bandhan 2022 celebrated?

Raksha Bandhan is an auspicious Hindu festival dedicated to the pious bond between a brother and a sister. Festivals are a great reason for the Indian diaspora to celebrate their rich culture and traditions, and Raksha Bandhan is one such festival.

There’s something quite special about the bond brothers and sisters share. From fights, jealousy, anger, misunderstandings to the abundant love and possessiveness that siblings share for each other. It’s a unique bond that is to be cherished and treasured. Indians worldwide celebrate this bond on the day of Raksha Bandhan. It is a day to convey our love and affection for our siblings and pledge to be there for each other through thick and thin.

Raksha Bandhan is a sacred verse of unity and a message of togetherness. The man and woman who celebrate their bonding on this day need not be siblings by birth. Observing this festival and tying Rakhi is also a custom of establishing the brother-sister relationship between a man and a woman who vow their unconditional love for each other and mutual commitment. The term ‘Raksha’ means protection. In some places during medieval India, where women felt unsafe, they present a Rakhi or tie it on the wrist of men, regarding them as brothers. In this way, Rakhi establishes a new sibling-like relationship. It strengthens the bond of love and establishes unity. The festival of Rakhi is also celebrated by Jain and Sikh communities. It has also been an important tradition in the history of Sikhism, which is called Rakhi or Rakhi. On this occasion, Brahmins use to change their sacred thread (janoi) and dedicate themselves once again to the study of Vedic scriptures.

Lucky colour: Red

Selfish actions will hurt you. Hurting yourself to hurt others will also do you no good. Siblings will support you. There may be pressure, do not panic.

Lucky colour: Red

You may spend more time with children. You may develop ambitions and long-term goals. Energy and passion will help you overcome inner distress.

Lucky colour: Blue

Do not be embarrassed by your feelings. Keep up your spirit. Contact positive people. If needed, join a therapy group to make life better.

Lucky colour: Blue

Trying to be macho and dominating will cause delays in finishing tasks. Keep your thoughts to yourself. Embrace your sensitive side to feel good.

Lucky colour: Green

You may open your heart to someone close. Work goals may elude you. A change in character may lead to more confidence. You may become tough.

Lucky colour: White

Do not expect a lot from siblings. Problems can be overcome with patience and tenacity. Do not look down on others. Demand returns for work done.

Lucky colour: Green

Efficiency and charisma will win you accolades. The support you expected may not come to you. Insecurity may turn you from enjoying good times.

Lucky colour: Blue

Problems between siblings may be resolved. Be open in your communication. Adjust to others. Help others feel happy.

Lucky colour: Red

Do not be afraid to be different. Others may laugh, but it will bring you advantages. There will be new understandings. You may get a money bonanza.

Lucky colour: White

Everything may be a mess. Nothing may make sense anymore. Panic may set in. Relax. Talk to good people. Like a phoenix, rise from the ashes.

Lucky colour: Pink

There may be pressure in relationships. Be gentle with yourself and your loved ones. To divert focus, make changes you wanted to at work and home.

Lucky colour: White

Beauty and discipline will attract you. Your sense of humour will attract others to you. You may feel elated. It will pull you above the strain of daily life.
A classroom, "they said. Earlier, an incident of students with umbrellas during the rain even in the viral on social media. “This is the condition of quarters have taken a jibe at the picture going of the school buildings. People from several the classroom with umbrellas while teachers are ment. Congress’ state president Kamal Nath’s sharing the picture, Congress has raised ques-

A picture of a primary school in the Seoni district of Madhya Pradesh is going viral on social media, in which children are sitting in the classroom with umbrellas. While sharing the picture, Congress has raised ques-
tions about the Shivraj Singh Chouhan government. Congress’ state president Kamal Nath’s media coordinator Narendra Saluja has tweeted a picture in which the children are seen sitting in the classroom with umbrellas while teachers are teaching. The picture is revealing the condition of the school buildings. People from several quarters have taken a jibe at the picture going viral on social media. “This is the condition of the school buildings of the state that children are sitting with umbrellas during the rain even in the classroom,” they said. Earlier, an incident of students using ropes to cross a river to go to school had come to light.

Children use umbrellas in classroom

A respected Polish scientific institute has classified domestic cats as an invasive alien species, citing the damage they cause to birds and other wildlife.

Some cat lovers have reacted emotionally to this month’s decision and put the key scientist behind it on the defensive. Wojciech Solarz, a biologist at the state-run Polish Academy of Sciences, wasn’t prepared for the disapproving public reaction when he entered “Felis catus,” the scientific name for the common house cat, into a national database run by the academy’s Institute of Nature Conservation.

## GLOBE TROT

### Chess robot grabs and breaks 7-year-old boy’s finger during match

When the history of the rise of the robots is written, perhaps this might feature in the opening chapter, a seven-year-old boy has had his finger broken by a robotic opponent during a chess match in Moscow. The debate about exactly what happened, but it seems that the youngster took a move faster than the robot was expecting, possibly leading to the accident. Video of the incident shows the robotic arm grabbing and pinching the boy’s finger with a sudden movement. After a few seconds, people around the table rush to the child’s aid and manage to prize his finger free from the clutches of the mechanical adversary.

### Time for separate bail law, Soils in States/UTs on bail

At a time when arrest has become a reflexive action for law-enforcing authorities regardless of the gravity of the offence committed by an individual, and the term ‘Police state’ has become grossly inadequate to describe the present situation in the context of indefensible arrests of civil rights activists Jeeva Sethavan and AltiNews co-founder Mohammed Zubair, the Supreme Court’s observations regarding the need for a separate bail law and standing orders concerning the grant of bail in States and UTs sound like a whiff of fresh air.

Offences in India are broadly categorised by the Code of Criminal Procedure (CrPC) as cognisable or non-cognisable, bailable or non-bailable. For a cognisable offence, the police may register an FIR and arrest the accused without a warrant. If the offence is bailable, the police must release the arrestee upon a reasonable security; if it is non-bailable, only a court can order their release on bail. Normally, bail is to be granted if the person arrested is not a flight risk and is unlikely to influence witnesses. There is also a provision for anticipatory bail that those apprehending arrest can seek. In such cases, the person must move court to get an order of anticipatory bail.

In a set of clarifications issued in a 2021 ruling on guidelines for considering bail for offences under Cr PC, the Supreme Court observed that arrest is a ‘draconian’ measure that should be used ‘sparingly’. It held that bail continues to be the rule and jail an exception, the touchstone of Article 21, and highlighted the presumption of innocence until proven guilty.

Investigating agencies and officers ought to (but rarely) comply with Sections 41 and 41A of Cr PC concerning bail. So, the SC has ruled that non-compliance with Sections 41 and 41A at the time of arrest will entitle the accused to bail. Section 41 deals with the arrest in a cognisable offence where punishment is imprisonment for a term which may be less than seven years. Section 41A relates to the procedure for issue of the notice of appearance before a policeman in cases where the arrest is not required. A police officer is required to record in writing the reasons for arresting or not arresting as per the rule.

Section 41 of the CrPC was amended in 2009 to divide the non-bailable and cognisable cases where the police have the power to arrest into two kinds. Those carrying imprisonment of seven years or less, falling under Section 41(b), and those carrying a term higher than seven years, falling under Section 41(a).

As per Section 41(b) Cr PC, offences punishable with seven years or less are not to automatically lead to arrest. Before making an arrest in such a case, a police officer is required to record their satisfaction that the arrest is necessary to prevent the accused from absconding, repeating the offence, or tampering with the evidence. Where an arrest is not necessary for these reasons, it shall be recorded that the accused has not been arrested, and instead a notice under Section 41A to appear before the police and aid the investigation shall be issued. It is obligatory for the accused to comply with such notice. If there is compliance, there is a statutory protection from arrest. If there is non-compliance, or there are other compelling reasons for arrest, the fact must be recorded in writing and, on the orders passed by a competent court, an arrest may be made.

The SC bench has directed States and Union Territories to facilitate standing orders for the procedure to be followed under Sections 41 and 41A to avoid unwarranted arrests. The apex court directed High Courts to identify undertrials who are unable to comply with bail conditions and take action to facilitate their release. These are far-reaching orders that will bring relief to lakhs of undertrials languishing in jails, courtesy police high-handedness and a sluggish, insensitive magistracy. Nearly 80% of 6.10 lakh prisoners in the country are undertrials. Most of these prisoners, spread over 1,378 prisons across the country, have been deprived of basic human rights. According to data compiled by the National Crime Records Bureau, about 76% of all prison inmates in the country were undertrials, of which about 68% were either illiterate or school dropouts. Of the total 4,88,511 prison inmates, 3,73,848 were found to be undertrials. About 27% of all undertrials were found to be illiterate, and 41% had dropped out before Class X. So, we can imagine their ability to obtain bail, notwithstanding statutory provisions.

While thousands of undertrials are rotting in jails despite being eligible to be enlarged on bail, there are others who are jailed to suit the whims and fancies of the authoriti-

### Polish institute classifies cats as alien invasive species

The Centre. Arrest is not meant to be and must not be used as a ‘punitive tool’ but the criminal justice machinery was ‘relentlessly employed’ against Zubair, the SC said, while granting him interim bail. It took a bench of the SC to point out the incongruity of multiple FIRs and investigations against Zubair for the very same tweet. “Resultantly, he is trapped in a vicious cycle of the criminal process where the process has itself become the punishment,” the bench said illuminatingly. Individuals must not be punished solely based on allegations, and without a fair trial. Criminal law and its processes ought not to be instrumentalised as a ‘tool of harassment’, the apex court said.

Magistrates mechanically authorise remand whenever someone is produced before them. They decline bail, because as the process is a ‘defensive action’ it opposes it. The SC has made it clear that bail can be considered even without a formal application at the stage of production before the court, or when a person responds to summons or warrant. Moreover, the apex court has made the pernicious practice of arresting first and then throwing mud so that some of it sticks to the arrestee who may not be an offender in the first place.