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'I want to be
diametrical
with no
limits'

P:5



SUNDAY

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pioneer



TROLLING KIDS OF CELEBS

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tender minds

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PERSON

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.



VIDEO

PEOPLE DONATING CLOTHES TO RANVEER SINGH

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."



SONG

SHAAMAT

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.



MOVIE

DARLINGS TRAILER

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.



PICTURE

LAWMAKER DETAINED

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



TROLLING KIDS OF CELEBS

Inhumanly hurting tender minds

A RECENT THOUGHT-PROVOKING TWEET BY TRS WORKING PRESIDENT AND IT MINISTER KT RAMA RAO READ, 'GUYS, LET'S LEAVE THE KIDS OUT OF THESE POLITICAL BATTLES. IT'S UNBECOMING & NOT ACCEPTABLE!' THE FOCUS SHOULD RATHER BE ON IDEOLOGICAL, POLICY AND PERFORMANCE ISSUES, AND NOT DRAGGING CHILDREN, HE ADDED FOR GOOD MEASURE. THIS IS NOT FAR REMOVED FROM THE CONTEXT OF THE POSTS TROLLING UNION MINISTER SMRITI IRANI'S DAUGHTER. LIKEWISE, RECENTLY PICTURES OF MP AND BJP TS UNIT PRESIDENT BANDI SANJAY'S SON PARTYING IN A PUB WERE CIRCULATING ON SOCIAL MEDIA PLATFORMS DUE TO THE PUSH GIVEN TO THEM BY HIS POLITICAL OPPONENTS. FROM ALL THIS WE CAN INFER THAT IT IS NOT ALWAYS GLITZ AND GLAM FOR REPUTED PEOPLE'S KIDS IN SOCIETY. THE PIONEER'S **TANISHA SAXENA** GIVES YOU THE LOW-DOWN ON THE DISTURBING TREND OF TROLLING KIDS OF CELEBS.



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 trolls. These kids have been at the receiving end of a lot of avoidable vitriol from every Tom, Dick and Harry. However, that doesn't 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 negativities 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 trolls, 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 celebs 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 celebs, 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...



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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 does not 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 trolls have shifted their target to the second generation of these stars or reputed people, that is, their children.

Chhaya 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 is not over. 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 condition them after certain period. There is an agenda driven 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-

MANY KIDS THESE DAYS WHO HAVE EXPERIENCED TROLLING KEEP FEARING THAT IT IS NOT OVER. 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.

- DR CHANDANA SHET, COUNSELLING PSYCHOLOGIST.

ally unstable personality associated with sadism, bullying, lack of personal responsibility. We can undoubtedly say that these people are having low self-esteem, insecurities, personal inadequacies with the dominant traits of psycho-socio paths. If you listen to them verbatim, they enjoy upsetting others and feel funny sometimes understanding the harmful consequences. Sometimes it may lead to suicidal act. It is sometimes low self-worth, or outdated, old-fashioned if you are not tech savvy or do not use internet slang.

Tips to combat internet trolls:

- Stop creating the false image, it's an identity deception. This can only create negative environment and negative reinforcement. Leave narcissism, grandiosity! Understanding, introspection and staying in touch with the real world and people, working on your deficit areas would improve your behaviour.
- Active bystanders are the victims most of the times, who are against cyber-bullying or

such related acts. They do not tolerate, and triggers sometimes cause psychological distress. Ask a few questions to yourself like what is that is making me worry? Breakdown the problem, shift your approach to practical thinking. Down the line, how it's going to affect me in the long-term. Can I do something about it? Don't get influenced or attached. Respond with strict no tolerance. Do not get into personal association and start overthinking and rumination. Block them, and at the least, if you think there is no option and cannot deal with them, take the help of law.

Let us be responsible for the online environment and before resorting to any negative act, pause and think from the other person's perspective. This may lead to relief from some of the physical and psychological conditions such as depression, anxiety, traumatic disorder, neurotic symptoms, sleep disorders, and ultimately your immune system.



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 OPENLY. IT'S THE SAME WITH THIS. THERE'S A LINE IN THE TRAILER ALSO 'JAB 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”

- 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 *Dabangg 2* or Renu in *Heropanti* 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 Imtiaz Ali's directorial *Dr. Arora*.

While it's every actor's dream to work with Imtiaz 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 Imtiaz Ali's *Dr. Arora*, she says for every actor it's a dream to work with Imtiyaz.

Taking us 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 Imtiaz 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. I somehow got a call from

after the phone call was that Imtiaz Ali has seen my test and liked it and even thinks I'm a good actor. Till now bass Mujhe lagta tha (she laughs) 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 woh toh baad ki baat hai but 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 got 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 Mitthu. 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 ketli' 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 'Ghar 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 part, 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 in and then her character goes through a lot of ups and downs and yeah it's very weird and complex in that way.”

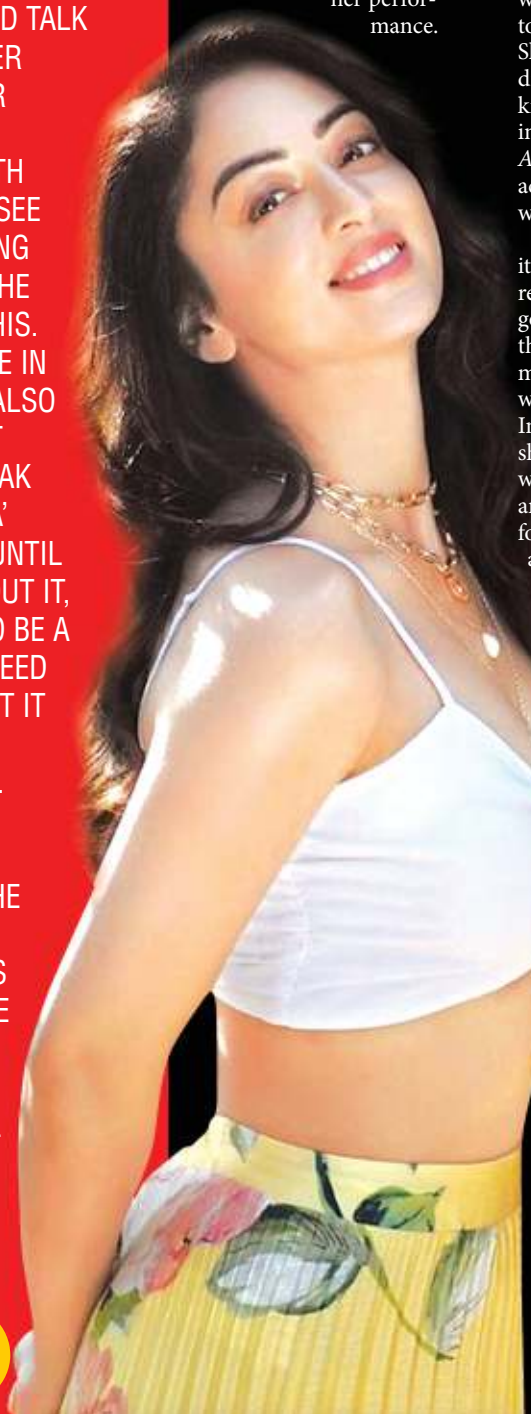
Being able to work in a web series like *Dr. Arora*, which talks about sexologist and sex problems, Sandeepa shares that she is glad to be a part of something different you wouldn't have seen such a show before.

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

Imtiaz 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 'Jab 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 and in fact, I think Sony liv has been doing some really interesting stuff with bringing some issues to the masses they take the stories from the heartland of India and bringing it to the mainstream audience in a nice way.” As an actor, she feels grateful to be playing completely opposite characters. She further signs off saying that she wants to be completely diametrical and not limit herself from doing different roles.



Effectively scheduling elective surgery

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, gynaecomastia, 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



There are several surgical options available now. Thanks to technology. How about elective surgery? *The Pioneer* brings to you a detailed analysis of the pros and cons of elective surgery

- Shikha Duggal

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."

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, lower 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



Alas, think before you stuff it

FOOD EATING CHALLENGES LOOK FUN BUT THEY HAVE GOT SOME DARK SIDE. THE PIONEER 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 chal-



lenges are safe. These challenges can result to choking, 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 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.

- Dr. Veerendra Sandur

What do the experts have to say?

Dr Naveen Polavarapu, MBBS, 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 won't be released properly and its going to effect their health in multiple ways like digestion will be a problem, then they will start gaining wait 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(asphyxia) 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, pancreas, 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 Sandur, 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



It takes a lot of grit for a self-willed woman to strike out on her own when she is the daughter of an influential and sassy father, who, at 68, is at his highest degree of giving young actors a run for their money. By choice Shruti Haasan works hard and remains out of the radar of nepotism. “I never tried it,” says the actress, who is also a bomb-ass musician.

In a freewheeling conversation with The Pioneer’s Shikha Duggal, Shruti Haasan, who has been appointed by Pulp as its brand ambassador, shares how caring for oneself and being different, even if it means weird, counts. She also lends her voice to informed discussions on mental health, PCOS, child education, adoption system, and more.



In love with her birthplace

I grew up in Chennai, where the weather is too hot. Although it is a cosmopolitan hub, there is ancient temple architecture you will see with some classical music. This city is a miraculous gift to Tamil Nadu. The development has been awe-inspiring. You walk down the city and can have gastronomic delights of local cuisine as well as modern fast food.

Quest towards spirituality

I discovered religion quite late in my life. In fact, my parents are spiritual, but do not use the labels of God and religion even at home. My father is an atheist. I have read scriptures and all of them taught me different kinds of lessons. My religious belief is to practice gratitude; that's how I roll. The way I observe spirituality is like bliss for me; you suddenly feel very much alive. It is a life-altering experience for me.



Striking out on her own

Quite serious kid

I was quite a serious child in my growing years. My parents used to say I had the habit of pondering for everything. I found myself as a weirdo back then (laughs). But the day Akshara was born; it changed a lot of feelings in me. She is my best friend today. I am very protective towards her. There had never been

complexes between us. There is a sense of belonging. I started giving her priority when she was a beautiful baby in my hands. In my childhood, I had the habit of concocting stories and that always landed me in trouble! Going to the circus was my fondest memory can never forget what the animals did there, especially a Pomeranian dog.

In the spotlight

Very early on I started writing prose and poetry. I graduated from a music school. During Math classes in school, I used to write stories instead, because I was so terrible at numbers. And then, I thought of becoming an actress at a very young age. But assessing the insides

from the industry just made me sure of how tough it is, and I did feel maybe I am not the pretty chick. The way I started in this industry was awful, as compared to others! I at times even felt out of place. Maybe my contemporaries were more intelligent than me. But none could intimidate me.

The break from showbiz

Then came the break from this industry. It was necessary because I wanted to realign myself. I felt like I was doing things that weren't making me happy, personally and professionally. At that time, a lot of people thought that it was an insane step that I was taking, but it was important

to step off the treadmill back then. There was a time when I stopped enjoying movies and music. I needed some quiet time to reinvent myself as an artiste. I took off on a path where I aimed to cleanse my mind, body and spirit. I wanted to start from a scratch. I focused a lot on music. I started performing live and enjoyed

doing gigs at my favourite venues. There used to be some Indians there, and they would sweetly ask me why I wasn't performing my film songs. But I was on the route of making and presenting my original creations. I wanted to test my music, and if it wasn't good, I knew that I would get an honest response from the audience.

Giving back to the community

To have a blockbuster film in the bag once a while is no harm. It draws the massive crowd; there are high-stake scenarios. Who wouldn't want to be associated with a popular film? And, if done right, they can be a critical darling too! But as a star we must give back and staunchly believe in the progression of child education. Women and stray animals

should be given societal support. I would love to take ahead the topic of adoption too because our adoption system is a little messed up. I know a few children who are waiting to be adopted, and some families that are desperately in queue to adopt them. Going ahead, all of us should understand the broader aspects of ecological balance too. Animals are being endangered. So, adopt sustainable living simultaneously. And

when I walk the ramp, I, as an insider, also am aware of how much waste the fashion and make-up industry produce, which is not cool. It is lovely to see celebs vocalising their voices. When I opened about my PCOS issue, a lot of women were relieved knowing that have someone relatable in the community. Sanitary napkins given in black polybags isn't the way to go, but eradicating these taboos are.

Being different

Our family celebrates being different. We are very artistic. I have never denied, and I don't think you should, when you have a surname. I know it opened a door for me. But I also know, with my hand on my heart, that I have never used my parents' name or connections to get through a job, get something done, or even pay my bills after I started working. I have worked through this business like any other person, and I am proud of that. But I never take away from the fact that my surname opened doors. When I came to the industry, there was a buzz around my surname. But the truth remains that staying was really hard and challenging for me. I was pretty much written off after my first film. But to come back and stay there, mainly because of the love for what I was doing, has been a wonderful learning experience for me on a human level. We all last only as long as the opportunities we have.



Practicing self-care

Getting comfortable and embracing my real self has been a process for me. It is funny because when I think back to my childhood, we all had our little bag of worries. But we also had clarity as a child about who we are, and what you like, and what you don't. I think that slowly erodes over time. For me, it has been a process about conversing with myself. There have been times when I have not had important conversations with myself. I had avoided things. I have gone down a road that I have not liked mentally. For me,

the big step was taking therapy, acknowledging, and working through with compassion! That is why I talk about loving yourself. It is something that requires kindness from you. Forget other people being kind to you or understanding you. You need to ask yourself how much of that you do with yourself? And that is really something I am really enjoying doing with myself right now. Then there are trolls who we got to deal with as celebs; they do affect me. Negativity on social media is toxic! It's baffling to me that their inherent abusive cycle comes out like this onto us.

Anxiety never goes away fully, but therapy taught me to at least acknowledge it. After taking this therapy in London, I feel rejuvenated and energised to take up new challenges. I must say 2022 is looking quite promising. It began with the release of my web show, for which I got immense love and appreciation. With that, I do look forward to taking up more Hindi projects. I have a few South projects, including Salaar with Prabhas, Chiru 154 with Chiranjeevi and NBK 107 with Balakrishna. I am also glad about the kind of reception south Indian films are getting today.



Complimenting her ally Santanu's lifestyle

I hid a lot in the past. I have been like 'Oh my God, I have been totally single' for the longest time. Because people were like 'you have to appear that way, you have to appear desirable, available'. And one day I was like, 'For whom? For what?' I also felt like it was disrespectful to my partner to hide it. It may or may not work out, we don't know but I think it is important to respect your environment and the people in it. But now, Santanu is my best friend. People think that a lot of the times we call paparazzi, and yes there are times we do when we are looking extra cute (laughs). But a lot of the

time we don't, and it was just getting silly to like being photographed. But I honestly think it would be much more annoying for him than for me. Also, I think my parents had the most beautiful intentions about their marriage. When it worked, it was a fantastic marriage and that is what I chose to take away from it. Things may or may not work out. I always like to look at what was the good side of it. My parents went through a lot, and they stuck it out. Just because their marriage didn't work, it doesn't mean that I would write off the idea of marriage. When it worked, they were a brilliant couple, and that is what I chose to look at. His art was

the key towards the beginning of this attractive relationship! There are times when I buzz off to work, he starts to paint on the canvas then and when I return — there is a whole world painted on it. His style of painting is intricate, forget about his eyes, I get lost in his art-work too. People like him are rare. I have dated actors before, and it was terrible because they didn't prioritise kindness at all. I love my heavy metal and my dark graphic novels, but actors just don't get it, I guess! It was only after I dated outside the film community was when I started discovering like-minded people.

Stereotyped to be eerie

Goth is just a word for me. It signifies that I am a dreamy realist. I find beauty in macabre. I love all things heavy metal. It has made me more open-minded instead and I vibe with a person who has similar traits that way. I love going all black! The sounds of wolves, the wind howling, thunderstorms stir me. Some people

don't understand it and says she looks like a vampire, horror or 'chudail'. I used to be like it is okay you can call it whatever you want. You can keep calling me 'chudail', that is my aesthetic, and it makes me feel powerful. Now they have given up. It is inspirational to me; so, who cares. When I was younger, I loved being that unexpected package in all black. It

immediately expresses and shows people a part of what you are. Even for my films, I would be like can we do more of this just for a song or can I help with the stylish of the song and have black leather. But after a point, I got advised by people you cannot dress like this for events. They were not wrong I think. Then I used to be like when I would go abroad I can

wear such clothes. So, it has come back to what I always loved. I always loved this sort and always felt comfortable dressing in that. Because being different made you special and not weird. Now I have two sides, one is what I show to play the characters and the rest of the time I can be Shruti and get permission to be what I want to be.

Taking the industry head on!

I understand that Mumbai feels like the centre of the universe to so many people, but it isn't the centre for me. I feel nobody should feel apologetic about where they choose to spend most of their time working. I have been in

that race where people say that as an actor, you must do one Hindi film a year. I moved to Mumbai ever since my parents split. I have been living here for many years. I speak in Hindi with my mother. So, when I consider Mumbai my home and the city considers me its own, then how

can someone from the Hindi film industry say things like, 'Oh, but you are a south Indian'. And, I have a fresh wave of understanding and I don't shy away from saying it that a lot of it is illusional in the industry. My mom keeps us grounded because she has seen it all! And, not to for-

get, I have the most amazing circle of female friends they didn't have to be an actor to get through Shruti Haasan. One is a HR, one is a crew member, one is a lawyer, and I am not a star to them.



TIME TO MAJOR IN CLOUD COMPUTING

- SHIKHA DUGGAL

Data is everywhere and this access to information has become one of the most impactful events in modern history. And, we live in the age of ubiquitous cloud computing. It offers agility, lower cost, and better access to resources on a global scale. So how did we get here? Bhavesh Goswami, CEO & Founder at CloudThat tells us exclusively, "Cloud computing careers have witnessed rapid changes in recent days due to two primary reasons. First, major cloud providers are expanding their offerings by embracing advanced technologies like Artificial Intelligence and the Internet of Things. Second, a spree of organizations are moving to the cloud for the first time, and the challenge of procuring skilled cloud professionals is huge." A recent research report by Gartner emphasizes that 85% of organizations will be cloud-first by 2025. The social benefits of cloud-based data are still being discovered as we continue to explore how our new technological era is evolving. As more and more complex applications are no longer confined to one physical location, this growth is becoming exponential. In our lifetime, we have seen the progression from floppy disc to zip drives, from CDs to USB storage drives and beyond. While millennials may believe that the cloud belongs to their generation, the roots of non-local computing can be traced back to the early 1950s. According to another survey from Gartner, the talent shortage is the most significant adoption barrier to 64% of emerging technologies in 2021 as against just 4% in 2020. "Also, the recent push for remote working has aggravated the IT talent scarcity in the domains of cloud computing, automation, and continuous delivery. In my opinion, recent developments expect cloud professionals to have dexterity in handling multi-cloud environments. That means the current job roles require you to have the skills to set up and run multi-cloud environments. Also, a fundamental expectation from aspirants is to have cloud plus skills along with other IT expertise. Therefore, they need to possess cloud plus development, cloud plus data, cloud plus operations, and cloud plus security skills. In addition,



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

tion, the most sought-after trait is to possess business acumen along with cloud skills. Earning certifications from major public cloud providers is a definite advantage for professionals as it helps to endorse your skill levels," adds the expert. Do you know? Cloud computing was already an important component in military too. It had cost several million dollars and the need for multiple people to access the technology and that's how it became a necessity. Moving on, according to the U.S. Bureau of Labor Statistics. Approximately 531,200 new job openings are expected to be created from 2019 to 2029, at a growth rate of 11%. The statistics from India are also promising and as per a recent NASSCOM report, India will need 20 lakh cloud professionals by 2025. With the current growth rate, India is expected to supply only an estimated 14-15 lakh cloud professionals during this period. "In my more than a decade journey in the cloud arena, I suggest you take a path that addresses your area of interest and

competency. Broadly you can take up two paths: the Infrastructure & Automation path or the Development & DevOps path. To take up the Infrastructure & Automation path, you must master tools like Terraform and earn AZ-104: Microsoft Azure Administrator certification. And, if you take up Development & DevOps path, mastering generic programming languages like Java, JavaScript, and Python and gaining competency in tools like Ansible, and Jenkins is essential. In addition, you should have advanced computing skills in the areas of cloud orchestration, linux administration, performance analytics, cost & workload management, a grasp of serverless computing, and an understanding of the intricacies of infrastructure as a code, and the ability to work in a multi-cloud environment," informs Bhavesh. The term cloud computing itself was coined in 1996 within a Compaq internal document. The term cloud was originally linked to the concept of distributed comput-

ing, which went mainstream at Apple-spawned General Magic in the early 1990s, with even earlier mentions in academic work before that. The concept was initially discussed by J.C.R. Licklider, the first director of Information Processing Techniques Office at the Pentagon's ARPA division in the 1960s, according to Computerworld. This statistic depicts how career opportunities in the cloud space are expanding for students. Interestingly, startups, unicorns, and big, small, and medium-sized businesses from all verticals require cloud skills in the current scenario. "Cloud computing offers a broad spectrum of job roles to develop as competent professionals. Important job roles that are popular are Cloud Administrator, Cloud Developer, Cloud Engineer, Cloud Architect, Cloud Security Professional and eventually, you can progress to top-most level as a Chief Cloud Officer. 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.

Further, as cloud developers, you should have serverless computing knowledge. Importantly, with rapid cloud adoption and enormous data availability on the cloud, you need AI/ML and IoT skills to extract meaningful insights," he throws some more light on this interesting field. Going back to history, Google and Microsoft were in an arms race to build more and more market share of this virtual environment. Suddenly, the cloud was everywhere and the expansion of PaaS, SaaS, and IaaS became a brand new industry with its offshoot, the cyber-security enterprise. In addition, The most crucial turning point in the wide adoption of cloud came with the onslaught of the pandemic in 2019 as organizations across all verticals were forced to embrace digital transformation, and remote working was accepted as the new normal by many organizations. This phenomenal growth has fueled the demand for cloud computing professionals across the globe. The data from a leading online recruiting firm clearly depicts the rising demand for cloud professionals." It's impossible to fully predict what cloud technology will become in the near, mid, and far future, but it's likely to continue to evolve beyond its current status. Here's hoping that we will all continue to reap the benefits while avoiding the pitfalls of such widespread access to data and information.

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 fulfil 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.

CHATPATA TANDOORI MUSHROOM CHEELA



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-pressed 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
- Ingredients for Tandoori mushroom filling:
- Mushroom- 2 cup (each sliced into two halves)
- Onion- 2 (finely sliced)
- Capsicum- 1 (finely sliced)
- Green chillies- 2 (chopped)
- Tandoori masala- 1 tablespoon
- Dahi- 3-4 tablespoon
- Fresh coriander leaves- 1-2 teaspoon (chopped)
- Salt- for taste
- Lemon juice- 1-2 teaspoon (optional)

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 makhana with a small portion of Saffola cooking oil in a pan for 5 minutes, tossing them regularly to make sure they

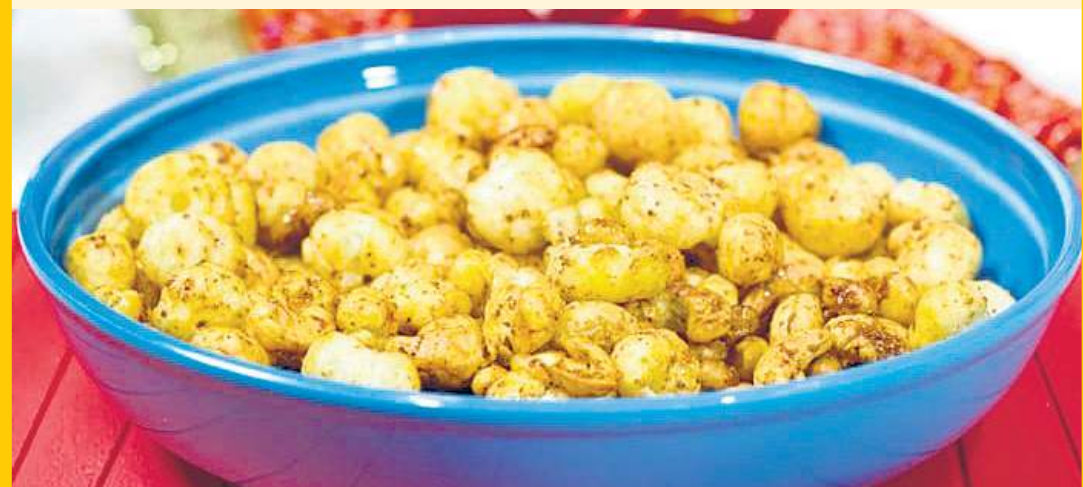
HONEY CHILLI MAKHANA

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



OATMEAL AND RAISIN PANCAKES

Perfect for those with a sweet-tooth who like to lead a healthy life, these Oatmeal and Raisin Pancakes will become your go-to monsoon meal. Start by preparing the pancake batter by whisking the eggs, honey, vanilla extract, and Saffola gold oil together. Add the oatmeal, raisins, and buttermilk. Mix and set aside for the oatmeal to soften. In a separate bowl, mix together the whole wheat flour, baking soda, nutmeg, baking powder, cinnamon, and salt. Mix the wet

ingredients into the dry ones. Fold till the dry ingredients are just incorporated; do not over-mix. Now the next step is to cook the pancakes. Preheat your griddle or frying pan to medium-high and then lightly brush the oil onto the griddle. Ladle the batter and let it cook for a few minutes, before flipping and let it cook through. Keep in mind these pancakes do take longer to cook than regular pancakes. Serve immediately with warm Saffola honey.

Ingredients:

- 2 large eggs
- 2 tbsp Saffola honey
- 2 tsp vanilla extract
- 1.5 tbsp Saffola gold cooking oil
- 1 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 E, Hyaluronic acid, Ferulic acid, and other antioxi-

dants 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: 599/-

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 bunking 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 8999/-

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 specialty 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.



SUPPORTING THE NEXT GENERATION OF INDIAN BEAUTY ENTREPRENEURS

The Estee Lauder Companies and NYKAA, one of India's leading omnichannel beauty and lifestyle retailers, are excited to announce the launch of BEAUTY & YOU India. Created by ELC's New Incubation Ventures and launched in partnership with NYKAA, BEAUTY & YOU India looks to discover, spotlight, and pro-

pel the next generation of Indian beauty brands. BEAUTY & YOU aims to help founders, innovators, and creators grow their businesses holistically by identifying brand goals, achieving scale ambitions, and curating product portfolios that speak to a new generation of consumers in the Indian market.



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 rebirthing the concept of bold simplicity in streetwear culture with interesting 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/-

Technical Analysis: Things to learn from the bear market

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 3stages: 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

$$\text{EMA (current)} = ((\text{Price (current)} - \text{EMA (Previous)}) * K (\text{Multiplier})) + \text{EMA (Previous)}$$

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 overselling 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 3stages: 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

Raksha Bandhan is one of the important festivals of Hindus. It is celebrated on Purnima (full moon day) of the Hindu month of Shravana. It is the celebration of the brother-sister relationship and their love for each other.

The term 'Raksha Bandhan' in Sanskrit literally means 'bondage of security' or 'knot of protection'. On the day of Raksha Bandhan, the sisters tie Rakhi, which is a form of decorative thread made from cotton (kava), silk, and gold or silver items, on the wrists of their brothers to protect them from evil influences. While doing so, they pray for their brothers' long life and happiness. The brothers, in turn, promise to love their sisters unconditionally and pledge to support and protect them throughout their life. For this reason, this festival is also known as Rakhi and Rakhi Purnima; Rakhi – the thread implying sacred love and Purnima – the full moon day.

When is Raksha Bandhan 2022?

The festival of Raksha Bandhan 2022 or Rakhi 2022 is observed throughout India and Nepal. In North India, it is celebrated with great enthusiasm. It usually falls in the month of August.

Raksha Bandhan 2022 falls on August 11, Thursday.

Raksha Bandhan 2022 – Auspicious Pooja Muhurat and Tithi

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 4:26 pm

Raksha Bandhan Bhadra End Time: 8:51 pm

Raksha Bandhan Bhadra Punchha: 5:17 pm to 6:18 pm

Raksha Bandhan Bhadra Mukha: 6:18 pm to 8:00 pm

wealth horoscopeBefore knowing the Raksha Bandhan 2022 date and auspicious timings, you must understand the meaning of the terms – Apaharan Timings, Pradosha Time, and Tithi in relation to Rakhi Purnima.

Apaharan time

As per Hindu culture, Apaharan 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

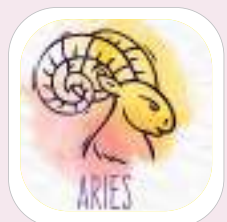
In case you miss out on celebrating the Rakhi festival during the Apaharan Time, you can perform the rituals during Pradosha Time which is the second-best Muhurat as per Hindu scriptures and usually begins in the late evening.

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.

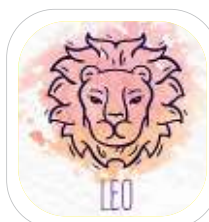
Rakhi Celebrations in India– Traditions and Customs

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 Rakhis 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.



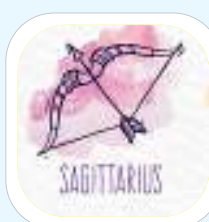
Selfish actions will hurt you. Hurting yourself to hurt others will also do you no good. Siblings will support you. There may be pressure, do not panic.

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: Red



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: Yellow



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

Lucky colour: Blue



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.

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



YOUR WEEK AHEAD

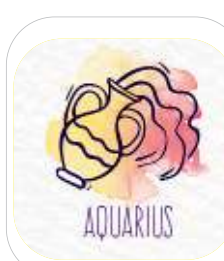
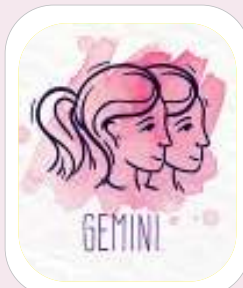


There may be pressure in relationships. Be gentle with yourself and your loved ones. To divert focus, make changes you wanted to at work and home.

Lucky colour: White

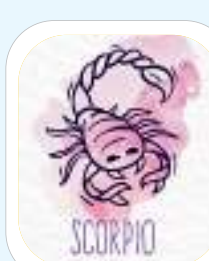
Do not expect a lot from siblings. Problems can be overcome with patience and tenacity. Do not look down on others. Demand returns for work done.

Lucky colour: Green



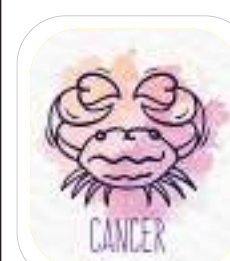
Efficiency and charisma will win you accolades. The support you expected may not come to you. Insecurity may bar you from enjoying good times.

Lucky colour: Blue



Problems between siblings may be resolved. Be open in your communication. Adjust coexist with 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



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 ki thali, which includes a small Diya, akshat (rice mixed with turmeric), kumkum, sweets, and the Rakhi.

Once everyone gathers 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 (symbolic 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, rasgulla 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 Rakhri. On this occasion, Brahmins use to change their sacred thread (janoi) and dedicate themselves once again to the study of Vedic scriptures.

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. There's some debate about



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.

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Children use umbrellas in classroom

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 questions 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 stu-



dents using ropes to cross a river to go to school had come to light.

Polish institute classifies cats as alien invasive species

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 response 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.



Time for separate bail law, SoPs 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 activist Teesta Setalvad and AltNews 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, coming under Section 41(ba).

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 2020 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, 3,71,848 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 authoritarian dispensation at the Centre. Arrest is not meant to 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 as soon as the prosecutor 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. Now it is for the police to stop their 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.



MURALI RAMASWAMY
Senior Journalist

LIGHT
THEESKO