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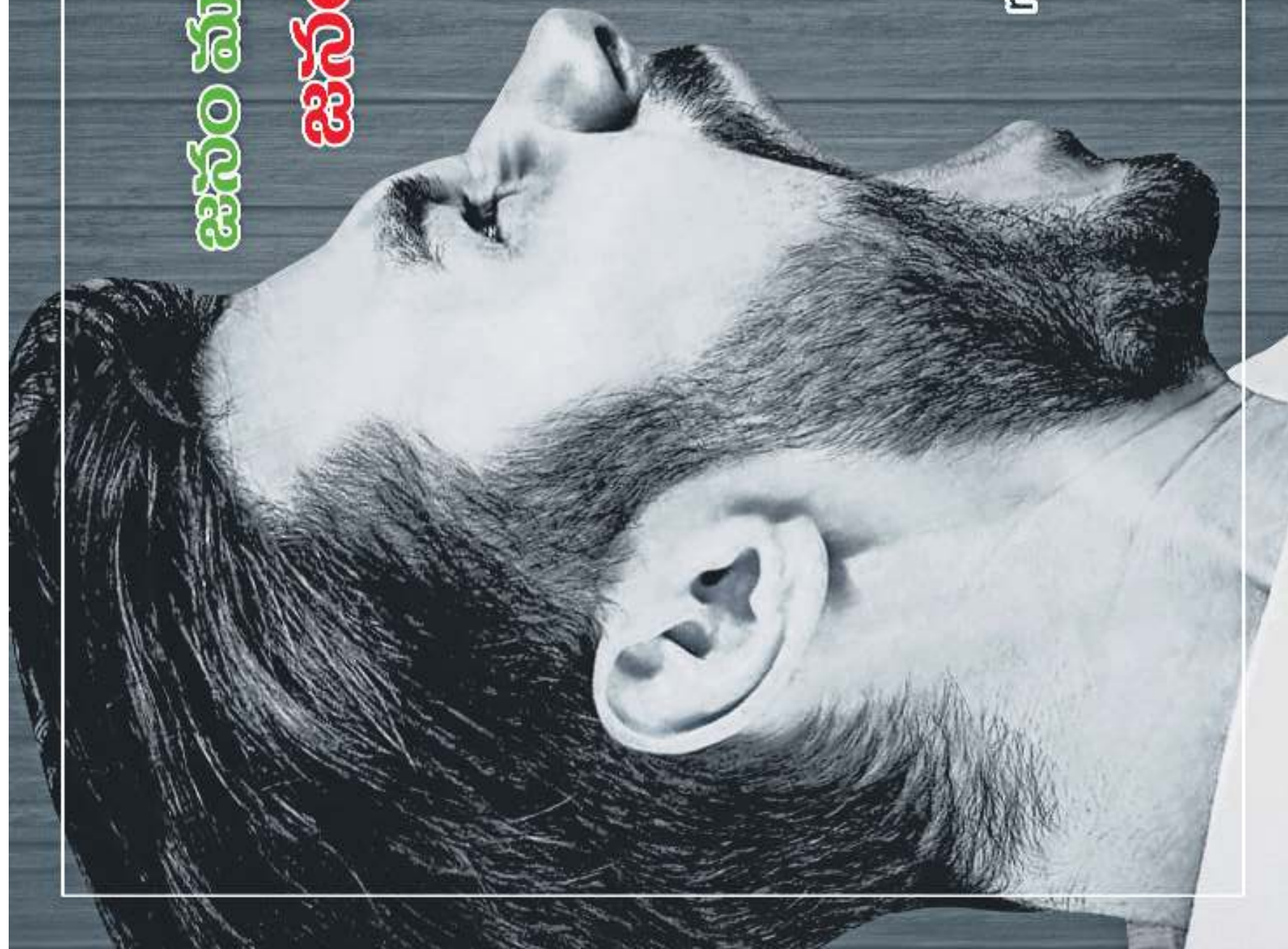
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స్వతంత్ర

24/7 తెలుగు సమాచార ఛానల్

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SUNDAY, NOVEMBER 20, 2022

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SUNDAY

SUNDAY, NOVEMBER 20, 2022

pioneer

**Bubbling
with energy**

P: 8&9

Alcoholism:
Preventing glass
mates
from tipping over
in life

P: 3&4

Etiquette to
help you
land your
dream job

P: 10



Let's
rock 'n' roll

P: 5



PERSON

SUPERSTAR KRISHNA

The 80-year-old superstar, Ghattamaneni Sivarama Krishna, popularly known as Krishna, was laid to rest on Wednesday in Hyderabad. He was cremated with full state honours at Mahaprasthanam crematorium. Krishna, the father of superstar Mahesh Babu, was admitted to a hospital in the city in the early hours of Monday and was put on ventilator support.



VIDEO

AEROPLANE GETS STUCK UNDER A BRIDGE

The aircraft was bought by a restaurant owner in Hyderabad in an auction in Kerala with plans to convert the aircraft into an aeroplane themed restaurant. It looks like one such scrapped aeroplane recently got stuck under a bridge in Andhra Pradesh on its way to Hyderabad. According to the videos that have surfaced online, the aircraft was bought by Pista House restaurant group.



SONG

JEHDA NASHA

The makers of *An Action Hero* shared the first track from the film on Thursday and it surely is the party anthem of the year. The track is a redux version of the viral song Jehda Nasha. The song begins with the titular action hero Ayushmann Khurrana checking into a film set, where he shoots for a video with Nora Fatehi.



MOVIE

UUNCHAI

Helmed by Sooraj Barjatya, *Uunchai* is a story of three friends who go on to climb Mt Everest to fulfil the wish of their late friend, played by Danny Denzongpa. Parineeti essays the role of a trek leader in the film. On receiving positive word of mouth about the film, Parineeti said, "I am truly so humbled and honoured at the success of *Uunchai*, I have gone through many ups and downs in my career but success like this and love from the audience like this just makes you feel that they continue to believe in you and appreciate you. I am going to give a big party very soon to celebrate this love that the audience is giving me."



PICTURE

AI TOOL REVEALS WHAT CITIES COULD LOOK LIKE IN 2100

To uncover the potential consequences of not meeting climate goals, the green energy team collaborated with the research director of Oxford University's Net Zero initiative to analyze emission data and the latest IPPC report to "identify how each country will be most affected by climate change in 2100 with the help of AI." The below image is how Toronto would look like in 2100.



Alcoholism: PREVENTING GLASS MATES FROM TIPPING OVER IN LIFE

Alcohol, a toxic and psychoactive substance with dependence producing properties, is perhaps the most abhorrent material willingly used in today's materialistic societies. Given the pervasive grip of alcoholic beverages over sizeable sections of population, who believe erroneously that socializing is not complete without those harmful drinks, it is easy to overlook or discount the health and social damage caused or aggravated by drinking. *The Pioneer's* **AMARTYA SMARAN** looks at the ramifications of alcoholism that hard drinkers face, how people get sucked into the vortex of drinking, inspiring ways in which celebrity addicts have successfully given up the habit, and the psychological inputs as well as support structures and organisations like the Alcoholics Anonymous that help an individual addict get over the pernicious habit even if its deeply ingrained.

Alcohol is the most widely used substance on planet earth. The World Health Organization says every year three million deaths are recorded across the globe due to the harmful consumption of alcohol. In several reports, drug experts have placed alcohol at the top spot considering its impact on crime and socio-economic effects, in comparison to drugs like cocaine, heroin, methamphetamine, and LSD. Yet, it is easily accessible to every individual above the legal age.

Every time the text "Alcohol consumption is injurious to health" scrolls across the screen, teetotalers can only sympathize with the hard drinkers sitting next to them when they burst out laughing in derision. If only we knew the severity of these substances, we'd be a tad sensitive. Alcoholism is considered a serious problem in India with over 2.5 million people suffering from alcohol dependence.

The National Family Health Survey-5 (2019-2021) declared in its report that 18.6% of men and 24.5% of women consume alcohol almost every day. This is inclusive of the men and women living in urban and rural areas. Going by the consumption volume, India is the 9th largest consumer of alcohol in the world. Over the last 30 years, the country's consumption rate has increased by 38 percent.

Addiction doesn't pick sides like us humans; it could take over us in a heartbeat. When one thinks of a celebrity, all that comes to our mind is a great life with no issues whatsoever. Who wouldn't want to trade lives with Robert Downey Jr? Did you know he struggled with addiction? Javed Akhtar, Mahesh Bhatt, Guru Dutt, Sunjay Dutt, Ben Affleck, Matthew Perry, Elton John, Tony Bennett, Robin Williams, and the list goes on. Even superstar Aamir Khan admitted that he quit drinking because he often found himself not being able to control his drinking whenever he partied. We must look at celebrities because their lives are out in the open and it kind of gives us an idea about the nature of the disease. Celebrities apart, how many of us have not heard of someone whom we are acquainted with struggling with addiction of some sort? Rich, poor, religion, caste, creed, color, none of these labels matter.

There are cases where someone goes without a drink for 50 years of their life and one fine day when they decide it's finally time to sip on a nice drink, they slip into a severe addiction. Studies have proved time and again that some of us are born with a sequence of DNA that makes us more susceptible to addiction. However, this risky genetic predisposition doesn't guarantee that one would go down the path of addiction. In a careful study performed on early adolescent individuals who have already started drinking between ages 12 to 14 years, it was discovered that environmental factors played a crucial role in individuals gravitating toward alcohol dependence. The environmental factors turn insignificant as the individuals grow older. Around the age of 18, genetics cement their place and take over. A family history of alcohol abuse could play an important role in someone developing an alcohol use disorder.

Another study done on addiction science and its genetics discovered that addiction indeed runs in family and is in part dictated by genetic factors. However, the study concluded addiction genetics is a developing science and it needs time to prove its worth in clinical studies.

Given the increasing number of addiction cases in several cities including Hyderabad, *The Pioneer* curated discussions with experts in the field to uncover various factors that drive people into a severe addiction.

V.S. Gideon, a de-addiction therapist and Managing Director at Living sober Rehab, takes us through the neuroscience of addiction. "There are neurotransmitters in the brain system and there's a chemical which is called dopamine which will be released when a person is happy. Addiction to any mood-altering substance is considered a disease by WHO and American Medical Association. We need to understand that there is a difference between social drinkers and addicts. Addicts lose the ability to say no to the chemicals. Whenever they drink that they want more and more. They lose the controlling capacity in the brain system. The release of dopamine chemical is normal for everyone, but in addicts, the release is four to six times more when compared to a normal person. They feel more satisfied, and their experience is more pleasurable. The brain has three normal functions also known as survival mechanisms: it teaches a person what is required, registers the action, and reminds them of a similar situation. If I'm thirsty, the brain tells me that I need water. If I don't drink, the brain pushes me to a level where I stop everything and go have water. This is a biological functioning of the body. If a person is addicted, over a period, that connects to their emotional system. Likewise, when a person takes a drug of their choice and if they have fun with it, the brain identifies it, then registers the memory and tells the person to have more and more of it to create the same experience. There is no hundred percent proof that addiction is related to genetics, but yes, it is also connected to genetics. Down the line, if someone in the family has it, that can also be carried by the generations."

Addiction is associated with people escaping their reality. When one can't deal with the current situation, one might turn to mind-altering substances to overcome reality itself. The expert went on to say that addiction is an allergy to the body and an obsession with the brain. He also talks about some of the symptoms that might prove problematic down the road. "In the case of addiction, whenever the person drinks, the body says I want more. This is the abnormal reaction that happens within the system."

Continued on Page 4...



Continued from Page 3...

Symptoms like craving for a drink the day after a party, not being able to stop drinking no matter what or if the drinking affects an individual's life, making excuses to drink, and increased frequency in the number of drinks over time, all these are the symptoms that could put people in the danger zone."

There is an extreme amount of social stigma attached to addiction, even if one is in dire need of help; sometimes, even family members of the addict might feel ashamed to come out in the open and put someone in a good rehabilitation center. The fear of society is what stops them from seeking help.

Gideon offers advice to parents who are in a helpless state due to the judgment of society, "One should approach a de-addiction counselor. Regular counseling sessions will not help addicts. They are good at manipulating anyone in this world except de-addiction therapists. We are trained to guess their next move and we totally understand what is going on in an addict's mind. The family members have trouble digesting the condition of their loved ones. Therefore, they will continue to cover up and tolerate the addicts' behavior. This in no way will help the person and worsens the condition. Also, denial plays a major role because addicts will never accept that they have an issue. The family must take a firm decision to bring the addict to the center for treatment. It is better to come to the centers when the addiction is at its nascent stages for better treatment. If the family sweeps everything under the rug and admits the addict when he/she is in a severely bad state, they must understand that it will be even more difficult for them to digest the situation. If you see abnormal sleeping patterns, rebellious behavior, multiple demands for money, isolation from people, and frequent night outs, parents must understand that there might be something wrong with the child. Unfortunately, addiction is an incurable dis-

Sobering fellowship

Support structures and a congenial environment in society are essential for addicts to give up their drinking habit completely. For instance, Alcoholics Anonymous (AA) is an international fellowship of more than 2 million recovering alcoholics throughout the world. In India, there are about 40,000 members. They meet in over 1,500 local meetings spread around the country.

In AA, alcoholics seek to get sober and remain sober through self-help and the

help of other recovered alcoholics. Alcoholics Anonymous World Services, Inc. is headquartered in New York City. All AA groups are essentially local and autonomous. To counteract self-indulgence and promote the group's welfare, members usually identify themselves only by first name and surname initial. Much of the program has a social and spiritual, but nonsectarian, basis.

AA began in May 1935 at a meeting of two alcoholics attempting to overcome their

drinking problems: a New York stockbroker, "Bill W". (William Griffith Wilson [1895-1971]), and a surgeon from Akron, Ohio, "Dr. Bob S". (Robert Holbrook Smith [1879-1950]). Drawing upon their own experiences, they set out to help fellow alcoholics and first recorded their program in *Alcoholics Anonymous* (1939; 3rd ed., 1976). By the early 21st century, Alcoholics Anonymous had some 2,000,000 members forming more than 110,000 groups in about 180 countries and territories.

ease, but it is treatable. It is very easy to relapse into addiction. Therefore, it needs life-long maintenance. Addiction is a bio-socio-psychological problem. If one wants to remain sober, they must work on these three areas for the rest of their life."

If we look at real-life examples, it is clear how the fear of society can lead to irreparable damage.

Rani, a houseworker from the city who's been living with an alcoholic all her life, shares her story: "I always knew my husband had a drinking problem. It was only after a year into our marriage that his drinking problem was accentuated. He never went to work and after a point, I learned how to cope with the problem. I raised all my kids without ever having to depend on him. There were times when he used to beat me up and I couldn't think of any other solution except having to adjust. Even if I wanted to part ways, I was scared that society would say bad things about

me. Living with an alcoholic is extremely difficult. Our social life took a beating, and nothing can ever repair that. I never knew there were rehab centers that could help treat the disease, or else we would try and help him out. Now, the situation is beyond our reach. So, we left him on his own to decide for himself as to what he wants to do with his life."

Namrata Rao, a research scholar, shares her thoughts on the topic of addiction. "There is a huge component of addictive behavior that is hereditary. There are a few genetic factors that predispose individuals to addictive behaviors. Studies have identified certain aspects of addictive behavior which are hereditary. However, this does not guarantee that a person can develop an addiction. There is this whole nature vs nurture aspect that contributes to it. It depends on the environment, familial factors, exposure to trauma, or negative life events that could lead someone to

drug addiction. There are many reasons as to why someone takes to substances. People might experiment with drugs to experience a higher stimulus. Slowly, that experimentation might lead to addiction. What happens is that the more someone does drugs, the brain adapts to the sensation and develops a tolerance, that is when an individual experiences withdrawals. The best way to deal with someone with this issue is to help them check into a rehabilitation center where proper treatment is at their disposal. Taking the help of a professional is the best way to deal with any kind of addiction."

No one can predict who can slip into addiction at any given point in time. We would be cheating ourselves if we don't help our loved ones who fall into the trap of mind-altering substances. Society will always have a thing or two to say about everything. After all, what makes a society is a group of individuals, like you and me. If each of us leaves our inhibitions at bay and picks the courage to help those suffering from addiction, we'd be creating a better society. We all go through some form of addiction, be it an obsession with mindless scrolling, coffee, cigarettes, or sugar. Whatever it is, we are lucky to be in a place where we can say, "Oh! I am so addicted to sugar" and go about our lives. We could be in the same spot very soon. There are people who can't function at their best without the drug of their choice. To shun them for being unlucky, to say demeaning things to them for what they've become instead of trying to put them in a better place, is unacceptable. It doesn't mean we all have to go and help everyone, but if we can identify those who are close to us, and ask them firmly if they need help, tell them they are not outcasts, make them feel like they still have it in them to be what they want in life and show them a path which would help them take charge of their lives, that will make way for inclusiveness.



Let's rock 'n' roll



This year, the National Centre for the Performing Arts will host the International Jazz Festival, which will feature Grammy-nominated musicians performing some of the finest and highest standard jazz our country has ever heard. The Mingus Big Band will kick off the festival on November 25, followed by Monty Alexander on November 26 and the Thilo Wolf Jazz Quartett featuring Johanna Iser on November 27.

And guess what? We had the opportunity to interview one of the two significantly talented jazz stars because there is much to cheer about the future of jazz in our country. Grasping the first interviewee's hand, Thilo Wolf, a German jazz artist, spoke to us and illuminated us, saying, "There are so many influences that come into play at a concert. And jazz musicians are able to react extremely quickly. In principle, jazz is a good role model for life too. We can rely on our experience and skills, but we are also able to react quickly. The most important thing is that we listen to the others; only then can we interact. That's the fascinating part of it, you see."

He was first discovered at the age of 13 at a city music competition. There were much more perfect players than him, but he came with his own composition and did his own thing! That impressed the jury. And, in the end, it was the first small step toward his own big band. As per the musician's expertise, who is also a pianist, he continued, "Jazz doesn't have any genres; they are both timeless. When good musicians play good music, it doesn't matter what style it is. They are just different ways of expressing a language that is common all over the world, namely music."

On the other hand, we spoke at length to jazz musician and holistic vocal coach Johanna Iser, and she apprised us, "I am so excited to visit the international jazz festival in India and very curious about the fusion of Asian culture and the influences of European music on it. I have performed with show bands in some Asian countries some years before also, but I have actually

never performed at a jazz festival in Asia."

The musician, who also runs a healing heart, continued, "My mother is the one with the musical background. She and her three sisters started singing at a very early age. First, they performed traditional music as a vocal quartet; later, they had local performances with songs from the 1920s and also jazz standards. I've always been fascinated by them and have listened to them. Passively and actively, I learned a lot from them."

Next to her mother, it was her maternal grandfather, who also played songs as a jazz musician (bass player) in a band. He sang and played jazz standards, and Johanna remembers writing down the lyrics of the tunes for him as they were spoken — and he did not understand any English! Although she was mainly influenced by Ella Fitzgerald and Betty Carter, she also listened to Amy Winehouse and Jamie Cullum. And, "I feel like improvisational music is very popular in Asia and creating quite a wave. It is a music of independence and freedom, and I think that in itself is very attractive to a modern society that is evolving. I guess jazz and other similar genres really have been hyped in Asia even more than in Europe for years now."

Sharing some insights about her own hub called Higher Frequency, she told us, "I am working as a singer, stage and performance trainer, plus a coach in human

design and EFT. Also, I have started to work as a sound healer! All these influences in my work have to do with frequency. When I am coaching 1:1 clients or groups, my aim is to basically raise their frequencies. So I have created a programme that is called higher frequency. It is a very deep and profound live online journey for people who want to elevate and truly empower themselves in order to live and embody their truth and heal shadow aspects of themselves. Basically, this is also something that deeply felt music can provide for us, too."

Jazz music in India originated in the 1920s in Mumbai and Kolkata, where African-American jazz musicians performed. They inspired Goan musicians, who then infused jazz into the sounds of India's Hindi film music industry. There has been much interaction between Indian music and jazz music. An active jazz scene exists today in cities like Mumbai, Pune, Delhi, Goa, and Kolkata, and that's how these international jazz

singers have chosen Mumbai to be the place to unfurl their jazz talent.



Grammy-nominated jazz musicians are ready to rock n roll in India! *The Pioneer's* **SHIKHA DUGGAL** got a chance to interview Thilo Wolf Jazz Quartett and Johanna Iser, who will also be performing at the International Jazz Festival. Read on to go on a musical ride with us.

Understanding, diagnosing diabetes in children

Diabetes in children and adolescents is on the rise as in adults. On November 14, we observed both Children's Day and World Diabetes day. Many studies were published on the day standing as a testimonial on the rise of Type 1 (Insulin dependent) diabetes among children and adolescents.

Diagnosing diabetes in children is a challenge, especially in small children less than six years of age, who are usually unable to understand or articulate symptoms of hypoglycaemia. Today, in this article we will learn how to identify if your child has diabetes, its symptoms and diagnosis.

American Diabetes Association recommends screening of diabetes for children, who are overweight/obese, children whose mothers were diagnosed as diabetic during pregnancy and all children after 10 years of age or at the onset of puberty.

If the result values are normal, it is recommended that the tests be repeated every 3 years.

The frequency of Diabetes is increasing across the world and studies have shown that children are at increasing risk of developing the disease. The types of diabetes mellitus in children are similar to those in adults, but psychosocial problems are different and can complicate treatment.

"Type 1 diabetes is the most common type in children, accounting for two thirds of the new cases. Type 2 diabetes, once rare in children, has been increasing in frequency in parallel with the increase in childhood obesity. It typically manifests after puberty and the decline in beta-cell function and development of diabetes-related complications are accelerated. Diagnosis of DM in children is based on the demonstration of hyperglycemia and presence or absence of symptoms. Children with type 1 diabetes most commonly present with hyperglycemia, with several days to weeks of urinary frequency, polydipsia, and polyuria. Some patients may present on the extremes with asymptomatic hyperglycemia or with life-threatening diabetic ketoacidosis. Polyuria may manifest as nocturia, bed-wetting, or daytime incontinence; in children who are not toilet-trained, parents may note an increased frequency of wet or heavy diapers. About half of children have weight loss as a result of increased catabolism and also have impaired growth. Fatigue, weakness, candida rashes, blurry vision and/or nausea and vomiting may also be present initially. In type 2 diabetes, the manifestation varies widely. Children are often asymptomatic or minimally symptomatic, and their condition may be detected only on routine testing. However, some children have a severe manifestation of symptomatic hyperglycemia, HHS or DKA," said Dr. Preeti Goyal, Medical Director of vHealth by Aetna.

According to the doc, the treatment of



Diabetes in children parallels that in adults with Insulin being the mainstay in Type 1. In T2DM, lifestyle modifications including calorie restriction and exercise, along with anti-diabetic drugs are successively used.

"Detection of diabetes in a child leads to psychological issues of anxiety, stress and depression for the child as well as the family and need counselling and support. Childhood diabetes should be managed by experts in the field namely Pediatric endocrinologists due to its specific needs and complications," she added.

Seconding Dr. Preeti, Dr. Geeta Chopra, MD Pathology, VP - Chief of Labs and Technical Operations, North SBU, Metropolis Healthcare Ltd, said, "Children may present with fainting due to hypoglycemia. Other symptoms may be excessive thirst, excessive hunger, increased urination, bed-wetting, irritability and mood swings, blurred vision, excessive fatigue and unexplained weight loss. Parents as well as the entire family need to understand the disease to be able to give necessary support to the child. It is essential that school is communicated about the disease where the child spends a good many hours and school should be able to closely monitor the child/teen. Monitoring of diabetes with blood glucose levels may have to be done multiple times a day, along with periodic Insulin and HbA1c levels. Also, there is immense importance of a healthy diet, exercise, weight monitoring, Insulin dose regulation (in Type 1 Diabetes) and periodic medical check-up."

leading causes of comorbidities in people. But children are more vulnerable to the complications related to diabetes," Dr Sharvari added.

Symptoms of diabetes in children:

- Increased hunger and thirst
- Increased irritability
- Blurring of vision
- Frequent infections
- Fruity odour of breath
- Nausea
- Dry skin
- Fatigue and lethargy
- Weight loss despite good appetite
- Pain in abdomen
- If children develop multiple symptoms amongst these, they should consult an expert immediately.
- Both types of diabetes have similar symptoms, however weight gain or obesity likely causes Type 2 diabetes and not Type 1.

Treatment of diabetes:

- Insulin- Type 1 diabetes requires insulin, which comes in various forms, either rapid acting, long acting or mixed. Some Type 2 diabetes patients require insulin too.
- Oral hypoglycemics - These are drugs that help in secreting insulin, maintain weight or help in carbohydrate metabolism.
 - Lifestyle changes - Lesser consumption of sweets, sugary food, junk and processed food, staying active since childhood helps in controlling sugar.
- Prevention of diabetes -
- Type 1 Diabetes is autoimmune or genetic and cannot be prevented with lifestyle, however early diagnosis and good sugar control can prevent children from developing complications related to diabetes. Since Type 2 diabetes is related to lifestyle diseases, one must encourage children to always be active, eat less sugar and processed food including junk food. Obesity is rising in children, and preventing obesity can help in preventing not only diabetes but many diseases related to obesity.
- In conclusion, diabetes in children can be managed well if it is diagnosed and treated in time. Complications related to diabetes can be prevented by managing sugar levels, and children can live a healthy life.

DIABETES CASES ARE RISING IN YOUNG PEOPLE. EARLY DETECTION AND TREATMENT IN CHILDREN AND TEENAGERS CAN IMPROVE THEIR HEALTH AND WELLNESS THROUGHOUT LIFE. IN ORDER TO UNDERSTAND VARIOUS SYMPTOMS AND EARLY DETECTION OF DIABETES IN CHILDREN, THE PIONEER'S K. RAMYA SREE SPEAKS TO A FEW EXPERTS, WHO EXPLAIN TO US IN DETAIL ABOUT DIABETES IN CHILDREN, POSSIBLE SYMPTOMS, EARLY DETECTION, AND ITS TREATMENT .

Timely diagnosis, proper treatment, and regular follow up to prevent complications can enable the child to live a normal life.

Diagnosis can be at in few months of birth or in the early childhood, added Dr .Sharvari Dabhade Dua, MBBS, MD (Internal Medicine) and Consultant - Rural Healthcare, Medyseva

"Nowadays, we are also seeing the onset of Type 2 diabetes in teenagers, and one of the most common reasons is unhealthy lifestyle. Diabetes is spreading like a wild-fire, and soon it is going to be one of the

With libraries disappearing 'virtually' and everything getting digital, it's been tough for bibliophiles to enjoy the experience of reading those hardbound books. But thanks to growing 'Book cafe culture', people can now enjoy food, while reading their favourite books. *The Pioneer's* **TEJAL SINHA** speaks to a few cafes and avid readers, to know their take on the same, and it looks like it's a win-win culture here in the city of Nawabs.



Good food & good book = good mood

libraries was a whole different experience.

For all the bookaholics, imagine if you could relish those experiences once again. Sounds amazing right? But you could actually experience it but with a twist. For the past few years now, there have been concepts of cafes, where one can sit with a cup of coffee, along with a hardbound book. One can simply get down to binge-read their favourite novel out of the many.

Yes! You read it right. One such cafe in the city of pearls is Comic Social, Jubilee Hills, not the kind of cafe, one would go on a rushed day, but rather make time for. The auditorium-styled library is home to shelves upon shelves of rare finds and all sorts of comics be it Wonderwoman, Superman, and even Hindi comics. Order yourself a coffee and you're all set for an afternoon of reading.

The best part about Comic Social is its spacious and natural light illuminates the space enough.

Founded by Rohit Madadi and Sandeep Patterm, business partners who run the cafe is home to their priceless comic collection, a few personal recipes, and great food.

We connected with Rohit, who shares that he and Sandeep, both have been huge Anime fans. Before they bought the city's first comic-themed cafe, they had explored different cities such as Delhi, Mumbai and Bangalore. He shared, "The concept of these cafes has been very much relevant in these cities. They had a lot of varieties of books, even more than us. As compared to South India, the concept of book cafe's are much in demand. Hyderabad is good in a way but it is catching up and we wanted to get into that market."

So are these an alternative to the experience we had reading these books in libraries? Rohit says, "In a way it is an alternative but again it comes down to people who want to read. Here we offer very good food and our comic books are an addition to it for people to read and enjoy with a cup of coffee and have a good meal."

Meanwhile, there's another such cafe named Sholay cafe in Sainikpuri, founded by three women, Poonam Gopiram, Rajani Gopiram, and Nallam Darpana, which began during the pandemic. The cafe began in the midst of COVID-19 and was initially a simple home-based cloud kitchen serving meals to covid-19 patients and regular meals to WFH employees.

In June 2021 once the lockdown was lifted they began their journey as Sholay Cafe and was open to the public from August 2021, and there has been no looking back.

"We are a conceptual place that serves our customer's fusion food, drinks, coffee, a place with board games, books and kids arena. People come here to have their time reading different kinds of books that are available for them to read. It's a perfect combination for people to have their favourite food and keep the culture of reading alive," said Darpana.

The list of such cafes doesn't end here.

Another such cafe is the Roastery coffee house in Banjara Hills, founded by Nishanth Sinha. His vision of the cafe is backed by serious research and legwork aiming to expand the brand's presence across all metros and eventually take it international. The cafe not only serves you some delicious signature dishes, but also provides free WiFi to its customers who

would want to read ebooks.

For the past few years, Sainikpuri has become a home to many new cafes. The place is now known for its various spots for you to go and have a good-fun day, with your friends and families. One of the oldest cafes in Sainikpuri is Coffee cup. You can not only enjoy your favourite food and beverages along with enjoying reading a book, but also the cafe lets you buy the book too.

Next adding to the list is Aaromale, The Gallery Cafe at Film Nagar. You might wonder, this cafe might also be one of them letting you read books. But, this cafe has a backstory. The building of the cafe is nearly 20-year-old, which was earlier the residence of politician and founder of Rayalaseema Parirakshana Samithi, Byreddy Rajasekhar Reddy. Later, in 2018, the family vacated the house. Anvesh Alluri, who has worked for a few days with director Gautham Vasudev Menon's unit, resided in the same neighbourhood. He thought this would be a great place to cherish creative communities. The ambience along with the food and your favourite book gives you a perfect relaxing vibe Aachal Dey, a software engineer and an avid book lover shares that she makes sure to visit such cafes twice a month, to spend some time staying around books and also enjoy her favourite food.

"People say 'Good Food leads to Good Mood'. But you know what? For people who love food and also books it's always a good mood when you are around books and also have good food. Going to these cafes gives you such a homely feeling. I personally feel it's definitely a good alternative for libraries," says Aachal.

It's always said that dogs are humans' best friends. But for many books are not just their best friend but also a way to find themselves.

There was a time when we used to go sit in the libraries and read books. And, oh wait! The whiff of the hardbound books, wasn't that an actual fun time for many of the bookaholics?

Today, as we have entered the digital era, everything has become easy. Be it ordering food, booking a travel ride, or even shopping, everything is done in just a fraction of seconds and in just a click. So, how could reading go offline? There are many websites and apps that provide you to read your favourite novels, either on rent or for free.

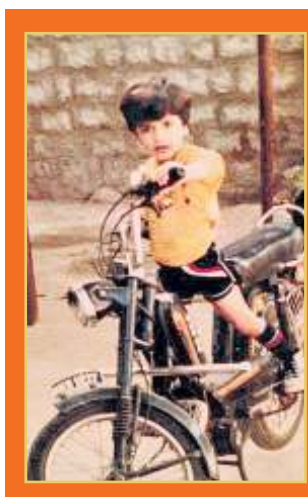
Though we do not have to travel all the way to how we travelled going to libraries, but the experience of reading books in

Bubbling with energy

Deemed on the distaff side to be the most eligible bachelor of T-town, Adivi Sesh, given the energy he oozes, comes across as man wedded to his craft. He left his imprint on the industry quite early with his impactful film *Karma*, not just as an actor but also as a director. He has displayed his acting prowess through versatile roles. The shining star's illustrious journey serves as an inspiration to those who want to rely solely on their instincts, strengths and dedication towards the industry's exacting demands. The success of *Major*, a sentimental flick, has been a game changer for the actor-director in many ways. In a conversation with *The Pioneer's* **SHIKHA DUGGAL**, Adivi Sesh shares how he found his calling and recounts the defining moments of his life in the tinsel town.

THE KINGDOM OF GOD IS WITHIN

I was a lot more spiritual while growing up. Lately, I realised that the effort to look within has diminished because I have had no time for myself. Nothing like finding inner peace in the presence of God! He created mankind in His likeness, He provides me with a conscience. I have an awareness of what is good and what is bad. That does not come from religion, it comes from inner beliefs.



ALWAYS AN INDIAN ACTOR

Many in the Hindi media think I have been in the movie business for 20 years! It is not true. As a 15-year-old, I had landed a small role in a Telugu film and then made my actual debut 11 years later. The small role was pitched to me as that of the protagonist and that is how the struggle goes for most. I also remember being five years old and pretending to be Rambo, by showing off muscles and a plastic machine gun. I have always been an Indian actor. Every shot, every dialogue, every scene was designed properly even in my last hit. It is not just dubbed. And, it is a true-blue film made in Hyderabad. In my next four films, I have at least two that are going to be shot properly scene for scene in Hindi.

I DO ONLY FILMS THAT I LIKE

When I first entered the industry, they told me that there are many young actors and it will be tough to sustain oneself in this business. And it is true, especially if you have no background in cinema because there will be no guidance. When there is no guidance, you will make wrong choices, wrong decisions, and pick the wrong films. I realised very early that the right decisions will take you a long way. That does not mean each film I do will be a hit, but I was fixed that I will only do films I like. Because many actors are in a position where though they do not like the film, they have committed to do it, so they are put in a state to act in that film. I do not like to do it that way. If a film does not work out, I will sit and talk, and then figure out how to do it better. Otherwise, from the first, I consciously think and do a film I like. That is also probably why I have done only four films in the past six years.



Dil Se

DELICATE

Not just calm, I was a very, very quiet child — so serene in fact that my parents recall me not even wanting to remove the original packaging of the soft toys they used to give me. I just did not want to see the toys getting soiled unnecessarily. And then, came God's most unexpected blessing: baby sister. She broke all my toys and tore up all those packaging material (laughs out).

QUITE COOL

I remember trying to steal a book from a store once, because my friend had told me that was a cool thing to do, failing which I would be labelled as not cool. That was the point of contention since I had a chance to become one of his gang members! Needless to say, I was horrible at it! I got caught. Luckily, the store owner was very forgiving.

FROM LONER TO LIFE OF PARTY

Yes, growing up in Berkeley was tough. The Indians in school were not fluent in English in the beginning. As for Americans, they did not relate well to my British Indian accent. So, it started off as a really lonely time. But Berkeley High School changed my life, to be very honest. Over time, I made friends and found an extrovert bone in my body! From a loner, I came to be known as the life of parties. Truly, it was my time in Berkeley High School that gave me the guts to try acting as a career.

LEARNED FAMILY

We are mainly a family of doctors. My dad, both my sisters are in the medical field. They are not just like any other doctor; they are extremely well-informed about their profession. They surprise me at times! I

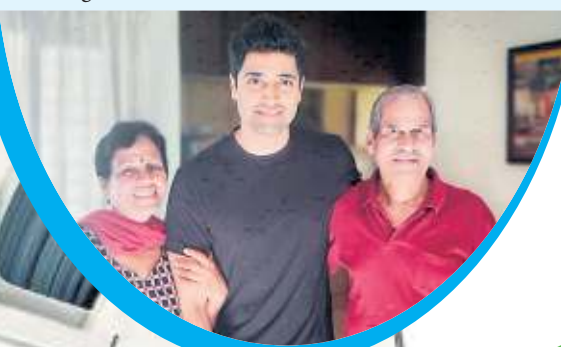
and my mother are known as 'street-smarts'. I am often told that I would have excelled in academics if I had put my mind into it. I think they just love me too much (giggles). But the idea of hard work is something my parents instilled in me at a very early age. To this day, I consider hard work as my *Brahmastra*.

GRANDFATHER'S EXAMPLE

My father is the youngest of eight children. As for my grandfather, he was a freedom-fighter and much older by the time I was born. I often found it so inspiring that he had taught himself English just from the newspapers he could find in his village! And he spoke English perfectly. I used him as an inspiration to learn Telugu, because I never had the chance to learn the subject in school. It brought me back in touch with my roots.

CHANGING MOODS IN MOVIE SET

My typical day on set is often anxious because I am my worst critic! And the set is ground zero. It is where you give your best. But the euphoria I experience when the director likes my performance in a shot is something I live for in this industry. I recently had my pinch-me moment of life in this industry when I got the seal of approval from Major Sandeep Unnikrishnan's parents themselves. Recently I also realised we are so much consumed with our acting lives that I am emotionally unavailable for my family sometimes. I am going to start working on this from now on.



MEDAL FROM COMMANDOS BIGGER THAN AN OSCAR

The people who live that life, people who are training to be officers in the National Security Guard, for them to validate it from a space of saying 'this is how our lives are' was incredible. In addition to that, this is from the NSG Mumbai, and the front gate of the Mumbai Hub is called Unnikrishnan Dwar, and the centre of the campus has a statue made in honour of Major Sandeep Unnikrishnan. So, for the people who worship him -- some of them have even worked with him; for them to give me this medal as a token of appreciation was gold, bigger than an Oscar for me.



INSIGHTS ON THE HIT SEQUEL AND MORE

The *HIT* universe is getting bigger, and grander. What had started off as one case in Telangana will expand into other cities and states all over India! With the canvas becoming much bigger this time, I was pitched the role of Krishna Dev, a laidback but charismatic cop who encounters a horrendous murder in a sleepy town. The film takes place in Visakhapatnam. It is riveting and intriguing. A lot of the Hindi film lovers who liked *Major* have been bombarding me with messages to dub it into Hindi. I think we might.

I DON'T ENJOY DIRECTING ANYMORE

I never was a master in directing. People don't realize this, but I have had four to five blockbusters when I wrote my films. But I did not enjoy the same success as a director! I don't enjoy directing now! And a lot of people don't realize that writing and direction are completely different art forms.

IMPOSTER SYNDROME IS ALARMING

My insecurity as an actor worries me sometimes; it is the imposter syndrome. Sometimes there are feelings of being inadequate -- nagging, experience of intense feelings that are not worthwhile. Those feelings that I am not good enough at what I am doing, these sometimes bog me down, but I know how to throw my shine again.

UNFORGETTABLE MOMENT

My most memorable experience in cinema was on *Panjaa*. They said the set was for a song and we are going to shoot it. I was surprised and said, "I have a song?!" I remember walking in for the song and that was one of my first experiences.

Rapid fire

Tell us your current top actor in the country:

Mahesh Babu

Which movie is having the best word-of-mouth right now: *Kantara*

Relationship status: It's complicated

One thing that makes you feel sexy: A shower and a trim

What's the meanest thing one has said about your acting: I once read a movie review that said, I simply act to fulfil my boy-hood fantasies!

ETIQUETTE to help you land your DREAM JOB

“Dreams don’t work, until you do”. It takes a little to dream something big but to achieve it, to attain it and to live it you have to put in a lot of effort and for that you need right guidance. Below are some etiquette tips that will definitely help you achieve or land on your dream job.

Start a bullet journal:

In your resume you have to mention your internship/ work experience but many times we forget what all we should write in that case journaling helps. Whenever you do anything, work or intern somewhere, write down in bullets all the work done and later while drafting your final resume/cv take help from that, you will not miss a point

Internships are important:

The only way a fresher can get a good job is when he or she has interned well. Internships equip you with relevant industry skills and prepare you for your main job. Your internship experience helps the recruiter believe that you can be a good fit for the role and also ultimately makes your CV super strong

Draft your CV/Resume properly:

It is the most crucial document required to get a job and it has to be drafted with perfection. Don't aim to make it look fancy, keep it short and precise. CV should be of not more than 2 pages and Resume should be of just 1 page. Do mention these headers in your CV:

- Objective
- Education Qualification
- Internship Experience/ Work Experience/ Volunteer Experience
- Skills & Expertise

Research well about your dream job:

Do you know where you want to work in what environment you want to work what sort of work you want to do is extremely important so once you have finalised your dream job or your dream sector research well about it that includes researching about the company job description of that company what are the skills that they wish their employees to have and work towards it. If an athlete knows that he has to participate in

a sport he starts preparing himself for it, similarly you have to prepare yourself for your dream job.

Focus on soft skills:

Communication skills, Teamwork, Time Management, Problem Solving skills are extremely important and you must invest in learning these.

Prepare well for interview:

You can ace even the most difficult interview if you have prepared yourself well which includes focusing on the pre-prep pointers, researching about the company, studying the job description, preparing answers to the basic interview questions and dressing well.



(The writer, Apoorva Aagarwal is a lawyer and a professional coach)

How teachers have a profound impact on students' life

It is not an exaggeration to say that a teacher touches not only students' minds but also their spirits — the way they see and feel about themselves for the rest of their lives. Having worked with teachers for more than a decade now, I can recall endless stories in which a positive relationship between teacher and student actually brought a very fundamental change in the student's life.

Power of teacher-student relationships

When a teacher cares about their students, listens to them, is aware of their student's learning, and adjusts their learning goals and expectations accordingly as needed, then they form a strong student-teacher relationship. It further involves getting to know your students better and encouraging them to become stronger and better human beings every day. This way, teachers also often act as counsellors or mentors to their students.

Most of the time, this is because a student feels more comfortable confiding in a teacher with whom they already have a rapport rather than the school counsellor. In light of the

fact that teachers interact with students on a daily basis, they may be the first to detect a student's issues.

All of this helps students' mental health development with teachers on their side to understand and support them.

Development of social skills, day in and out

A classroom is the first place students develop their social skills, such as interacting with fellow students, doing things collaboratively and being mindful. These skills also form their non-verbal communication and emotional quotient.

Even on a regular day, in and out, every teacher handles a bunch of situations which develop the social skills of a student. For example, helping students acknowledge their performance in an exam, instructing how to move past an interruption and focus back in the classroom, guiding students on their body language and non-verbal communication, and providing opportunities for teamwork.

Steep academic learning and progress

Students under the influence of

good teachers are more likely to absorb and retain knowledge. This happens because a good teacher makes learning fun, stimulating, and engaging-pivotal to a student's academic success.

While the textbooks, online resources, and past papers form the content, teachers act as supplements to facilitate the learning and understanding of the fundamental concepts.

It is a teacher who analyses the needs of different students and their different learning styles to cater to well-rounded learning experiences for all students. Such learning environments promote academic achievement and help students unleash their true potential.

Career guidance and mentorship

Teachers also help students make important decisions about their futures. Students constantly need guidance with the new opportunities available to them. And global competition, product innovation, process development and advanced technology do not make the process any easier for the student.

Career goal-setting is one key role

of a teacher that expands beyond the academic success of students. It's often the career guidance received from their teachers that helps a student clearly define their goals based on their interests and abilities.

In the marketplace, soft skills such as leadership, integrity, civility, and interaction are essential. And more often than not, teachers play a critical role in helping students develop these skills.

Helping them become good people in life

Test scores capture only a fraction of how teachers are capable of impacting students, as not every skill needed in adulthood is well captured by performance on the standardised tests. Skills to become successful in life, such as self-management, resilience, willingness to learn, communication, teamwork skills, and a positive attitude-if not entirely-but partially are formed under the able guidance of teachers.

What's next?



Teachers have a profound impact on students' lives, from helping them do well in academics to enabling them to grow and develop as good people in life.

However, to bring about such a long-standing impact, it is important for teachers to have certain skills. Bear in mind that teacher upskilling and student achievement are not only interlinked, but the latter is heavily dependent upon the former.

As we proceed as a society towards enabling better education for students, educating and upskilling teachers to facilitate better education has to be a key focus for us.

(The writer, Rishabh Khanna, is the founder and CEO of Suraasa)

Vanilla cupcakes

What you need for cupcakes:

- Self-rising flour: 1 ½ cups
- All purpose flour: 1 ¼ cups
- Unsalted butter, softened: 1 cup
- Sugar: 2 cups
- Eggs, at room temperature: 4 large
- Milk: 1 cup
- Vanilla extract: 1 tsp

How to make:

- Preheat oven to 350 degrees.
- Line two 12-cup muffin tins with cupcake papers.
- In a small bowl, combine the flours. Set aside.
- In a large bowl, on the medium speed of an electric mixer, cream the butter until smooth.
- Add the sugar gradually and beat until fluffy, about 3 minutes.
- Add the eggs, one at a time, beating well after each addition.
- Add the dry ingredients in three parts, alternating with the milk and vanilla.
- With each addition, beat until the ingredients are incorporated but do not overbeat.
- Using a rubber spatula, scrape down the batter in the bowl to make sure the ingredients are well blended.
- Carefully spoon the batter into the cup-



cake liners, filling them about three-quarters full.

- Bake for 20-25 minutes, or until a cake tester inserted into the center of the cupcake comes out clean.
- Cool the cupcakes in the tins for 15 minutes. Remove from the tins and cool completely on a wire rack before icing.

What you need for Magnolia Bakery Vanilla Buttercream:

Unsalted butter, softened: 1 cup
Confectioners' sugar: 1 box

Milk: 2 - 3 tbsl

Vanilla extract: 1 tsp

How to make:

Cream the butter in a large mixing bowl. Add the vanilla. Gradually add sugar one cup at a time. Scrape down sides of bowl often. When the mixture starts to thicken and appears dry add 2 TBLS of milk. Beat on medium speed until smooth and creamy about 2-4 minutes. Add more milk as needed if you want a thinner consistency. If desired, add a few drops of food coloring and mix thoroughly.

Store the icing at room temperature. Icing can be stored in an airtight container for up to 3 days.

Courtesy: Bobbie Llyod, Chief Baking Officer, Magnolia Bakery

Perfect Sunday

Beet and orange salad

Courtesy: Lollo Rosso, Goa

- Prep Time 10 mins
- Cook Time 1 hr
- Total Time 1 hr 10 mins
- Course: Side Dish
- Cuisine: American
- Servings: 4

What you need:

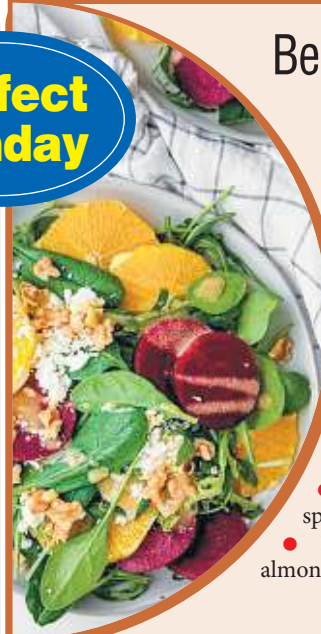
- 2 medium red beets (or 3 small)
- 2 oranges (caracara, navel or valencia).
- 2 ounce goat cheese
- handful of pea sprouts, mache or watercress
- 1/4 cup toasted chopped almonds or any nuts

Vinaigrette

- 1 tablespoon white, champagne or rice wine vinegar
- 1/5 teaspoon orange zest
- 1/5 teaspoon honey
- 1 tablespoon orange juice
- 3 tablespoon olive oil
- 1/8 teaspoon each, salt and pepper

How to make:

- Preheat oven to 400F
- **ROAST THE BEETS:** Cut off the green stems of the beets. Scrub the beets under running water to remove dirt and sand. Oil the beets, then wrap tightly in tin foil. Place them on a foil-lined pan (in case they drip) and roast for about an hour or until tender. Remove from oven and let cool a bit. Over the sink, slide off the skins. Wash your hands right away to avoid stains from the beet juice. Cut into wedges or slices - whatever look you are going for. See Note 1 for shortcut.
- **PREPARE THE ORANGES:** Peel oranges and cut into sections in between the membranes. Alternatively, slice oranges into 1/4 inch rounds.
- **MAKE THE VINAIGRETTE:** Place all vinaigrette ingredients in a small bowl or glass measuring cup and whisk well to blend.
- **ASSEMBLE SALAD:** Scatter oranges and beets on a serving platter. Crumble goat cheese and scatter around. Top with pea sprouts in an around the beets and oranges.



Marinated tofu, avocado, and spinach salad with creamy toasted sesame & soy dressing

- Prep Time: 15 minutes
- Cook Time: 20 minutes
- Total Time: 2 hours 5 minutes
- Yield: 4 servings 1x
- Category: Lunch & Dinner, Main Course, Salad
- Method: Baking
- Cuisine: Vegan

A hearty salad of baby spinach, marinated tofu, avocado, carrot, cucumber, red bell pepper, green onion with a creamy toasted sesame and soy dressing.

What you need:

For marinated tofu:

- 1 block (350g) firm or extra-firm tofu, pressed and cut into small squares
- 2 tbsp (30ml) low-sodium soy sauce
- 2 tbsp (30ml) water
- 3 cloves garlic, minced
- 2 tsp (10ml) sriracha (more or less to your preference)
- 1 tsp (5ml) sesame oil
- (Optional, for sautéing) 1 tbsp (15ml) canola oil (or other neutral-tasting

vegetable oil)

For creamy toasted sesame & soy dressing:

- 3-4 tbsp (45-60ml) low-sodium soy sauce
- ¼ cup (60ml) raw cashews
- ¼ cup (60ml) water
- 3 tbsp (45ml) toasted sesame seeds, divided
- 2 tbsp (30ml) canola oil
- 2 tsp (10ml) sugar
- 2 tsp (10ml) rice wine vinegar

For spinach, avocado, and marinated tofu salad:

- 8 large handfuls of baby spinach
- 1 carrot, grated
- ½ cucumber, halved and sliced
- ½ red bell pepper, sliced
- 1 ripe avocado, sliced
- 2 stalks green onion, sliced thinly
- 2 tbsp (30ml) toasted sesame seeds

How to make

- Heat skillet over medium heat. Add sesame seeds and cook, stirring often until golden-brown and fragrant. Do

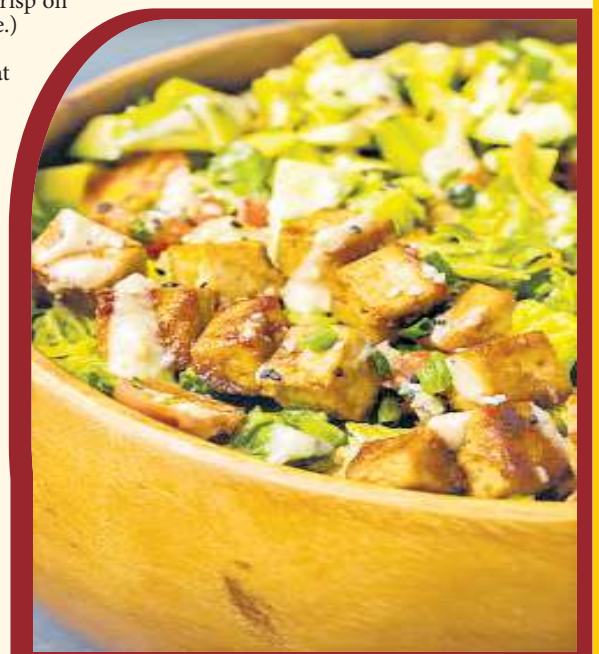
not leave unattended.

- Combine marinade ingredients. Add cubed tofu. Stir to coat. Marinate for 1 hour (stirring halfway through). If you're in a hurry, you can skip this step.
- **Baking Instructions:** (Uses less oil, slower method) Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper. Spread tofu out in a single layer with no pieces touching. Top with remaining marinade. Bake for 20 minutes (or until tofu is crisp on the outside and tender inside.)
- **Skillet Instructions:** (Uses more oil, faster method) Heat 1 tbsp canola oil over medium-high heat. Add marinated tofu cubes (reserving excess marinade) and cook, turning tofu as needed, until all sides are golden-brown and crisp on all sides. Stir in remaining marinade and cook until marinade cooks down and coats the tofu.
- Chill tofu.
- Set aside half of the sesame seeds. Combine remaining ingredients in a blender. Blend on high until smooth and creamy. Taste and adjust seasoning. Add remaining sesame seeds and stir. Chill in refrigerator.

ASSEMBLING SALAD:

- In a large bowl, add 2 handfuls of spinach. Top with grated carrot, sliced cucumber, red bell pepper, avocado, and green onion. Add ¼ of the chilled marinated tofu. Drizzle with dressing and sprinkle with extra toasted sesame seeds.

Courtesy: Lollo Rosso, Goa





L'Oréal Paris' 24H fresh wear foundation in a powder launched

A clutter breaking hybrid product, that covers like a liquid foundation and mattifies like a powder is this new launch by L'Oréal Paris. Suitable for all skin types, this weightless formula gives a strong visible transformation with full coverage in just 1 swipe and a natural, matte finish that looks fresh hour after hour. It is waterproof, sweatproof and controls shine. The formula feels breathable and light, comfortably lasting for up to 24 hours, keeping it sweat-proof, humid-proof and non-comedogenic.



Winter skincare by Kosmoderma Atoderm Intensive Gel Moussant

This soft purifying cleansing gel will make sure your skin gets all the nourishment it requires during winters. Not only will it gently cleanse the skin but will also soothe sensations of discomfort and irritation whilst protecting your skin from cutaneous dryness. Formulated with purifying agents and Vitamin PP, Atoderm Intensive Gel Moussant will help biologically strengthen the skin barrier. Price: 599

Atoderm Crème

This ultra-nourishing cream will protect your skin and is great for daily care. Enriched with Vitamin PP, it will immediately moisturise your skin whilst providing lasting results. It has the power to absorb quickly and is non-comedogenic, making it a great skin-care choice. Rs. 1,199

BSH Home Appliances enters freestanding cooking segment

BSH Home Appliances announced its entry in the freestanding cooktop category. Indigenously designed at the back of extensive consumer research and manufactured in-house at BSH India's Chennai factory, the Bosch Tabletop Cooktop is a spacious glass stove with a patented mechanism 'Tilt-Stop-Stay' to make cleaning of the kitchen counter top easier. These are the first and only cooktops in India to have Sabaf Brass Burners and are priced starting Rs 13,900.

Festive treats by Rage Coffee

The festive treats gift box is an attempt by Rage Coffee at ensuring that the festive season brings you and your loved ones good health and prosperity for years to come. It includes 50 g of our two bestsellers Irish Hazelnut and Butterscotch Delight.

Price: Rs 699



Lux Cozi Boyz expands its range with new products & styles for kids

Nati, Lux Industries Limited, (BSE: 539542 | NSE: LUXIND) known for its innovative and customer-demand driven product offerings, manufacturing more than 100 products across 14 major brands comprising a complete range of innerwear and outerwear for men, women, and children, announced the expansion of its kids' innerwear range, Lux Cozi Boyz with new products and styles. The Indian market for kids' innerwear range is worth Rs 2,000 crores and is expected to expand at a CAGR of 9-10%.

The new array of products will include white, colour and sports vests, semi long & long drawers available in plain and various prints, interlock drawer and briefs available in plain, print and stripe patterns and both designs, i.e, inner and outer elastic. The price of the products will range between Rs 50 - 90 and the products will be available at over 45000 retail stores across the country, Cozy World, an EBO strategic initiative from Lux showcasing all brands from the House of Lux and leading ecommerce platforms like Amazon, Flipkart and Myntra.



Tara Candles launches an exclusive 'Flavours of India' collection

The Mumbai-based candle manufacturing firm Tara Global - Tara Candles, which specializes in lighting, has mastered the art of home décor while remaining true to its principles of fusing functionality and luxury. The firm has introduced a gorgeous range of candles with a traditional charm to fit the seasonal appeal, citing the impending festivities.

Tara Candle has launched a special candle range "Flavour of India". Candle range brings India's famous fruits in the form of premium high-quality aroma candles with the purest performance ingredients to add fragrance to your home and enhance the atmosphere of your room with the comfortable glow of candlelight. Company has

created a range of flavors from all across India and given them very exciting names like Kolkata ke paan, lemon aroma Malabar ke nimbu and Kesari kutch ka aam, Nagpuri santre and many more. The cost range of this collection is between Rs 300 -400 per candle.

The collection was created especially for its lovely scent. This diverse selection will add color to celebration.

Currently, Tara Candles' product line consists of 8,000 pillar candles, 9,800 floating candles, and 2,240 container candles.



Indulge your skin with The Body Shop's new vegan avocado range

It's well-known that avocado is a superfood with a hoard of benefits for our health, especially for our skin. As a rich source of monounsaturated & polyunsaturated fatty acids and Vitamins A, D, and E, avocados are immensely beneficial in moisturising and conditioning our skin, protecting it from UV rays, and improving its elasticity. Formulated with 96% ingredients of natural origin, The Body Shop's Avocado Body Butter will replenish your skin with the required moisture and protect it from dryness and wrinkles for up to 96 hours. The creamy, aromatic body butter contains sustainably sourced Hass avocado oil from South Africa, which is the heart of the product, handcrafted Community Fair Trade Shea Butter from Ghana, and Community Fair Trade Brazil Nut Oil from Peru to enrich your skin with the required moisture that will help avoid dehydration without making it sticky or greasy. The Body Shop's Avocado range also includes a shower cream, a body lotion to oil, a hand balm, and a body scrub.



Five rules to rebalance your mutual fund portfolio

It is one of the key tasks to rebalance your portfolio. This process ensures that your investment mix is linked with your long term goal. For this, many questions come to mind such as how to rebalance a mutual fund portfolio? What are the challenges? What can be the best strategies to rebalance a portfolio? First we should all understand the challenges and recollect how to actually rebalance the portfolio.

Bring variations in investment performances

If you invest in different asset classes, you will fail to reach the expected investment performances. The asset allocations may get impacted by the portfolio returns and divert the alignment from the target asset allocation. Although, the equities which generate 20% return post per year, while debt valuations stay constant. By this, the valuation of the portfolio after one year increases the equity along with the same debt. To maintain the targeted asset allocation, the investor must sell a small portion of equity and invest in debt. Thus, asset allocation must be performed at regular breaks and should not lead to continuous churning or greater portfolio turnover.

Bring change in your preference of investing

The investors tend to change the investment preferences over time with experience and also due to alterations in risk appetite.



For instance, an investor concludes 60% equity and a similar ratio in debt to be an ideal asset allocation looking at the risk appetite and making investments accordingly. However, with more experience in financial markets, the investor comes up more confidently in equity markets and decides to possess a more significant allocation of 85% towards equities for long-term goals. According to the investor, he or she will liquidate some part of its debt portfolio and invest equally in equities so that the resultant

asset allocation is 85% equity and 25% debt.

Changes in Financial Goals

By bringing changes in your financial goals, the requirement may soar or plummet. For example, a person investing towards the goal of house property worth Rs 5 crores after a decade. However, due to the slump in real estate, the targeted amount has slipped back by 50 lacs. In such circumstances, the investor may decide to decrease the investment amount per month or con-

sider lowering the investment portfolio's return expectations by raising the debt allocation. Debt still stays constant and reasonable returns to investors. The investor might require to liquidate equity investments half-way and invest the same in debt portfolio to maintain the targeted asset allocation.

Eye-catching market valuations

This process may need the portfolio to be rebalanced appropriately. A universal investment theme during investing in equities is 'purchase less, sell more.' When equity markets trade at relatively cheap valuations, the investor should eye to allocate higher equities to gain benefits from prevailing valuations. Likewise, if the markets are trading at bigger valuations, he or she shall aim to book the profits earned and shift allocation towards cash/debt to avoid portfolio downside during market corrections.

Rebalance tax efficiency

After the imposition of dividend distribution tax on equity fund dividends, it makes economic sense to rebalance and shift from dividend plans to growth plans of equity funds.

Therefore, the portfolio rebalance should reflect two things. One, it should reflect the shift in your financial realities and your risk profile. Second, it must also reflect the changing realities in the market with respect to assets.

'2023 a challenging year for emerging markets'

A combination of weak growth in advanced economies, persistent inflationary pressures, the Russia-Ukraine conflict, tight financial conditions, and a subdued growth outlook for China will create a difficult environment for emerging markets (EM) in 2023, said Moody's Investors Service.

In a report, Moody's said next year will present a challenging backdrop for EMs.

"Our negative outlook on credit conditions for EMs will permeate to sovereigns, companies and banks. Although higher-rated EM issuers have the credit fundamentals to weather the turn in the cycle, weaker entities with ratings of B or below are vulnerable given their limited financing options and reduced capacity to absorb shocks," the credit rating agency said.

Relatively deep domestic financial markets and proactive monetary policies will support the resilience of most EM sovereigns with ratings of Ba or higher.

Lower-rated sovereigns in particular will

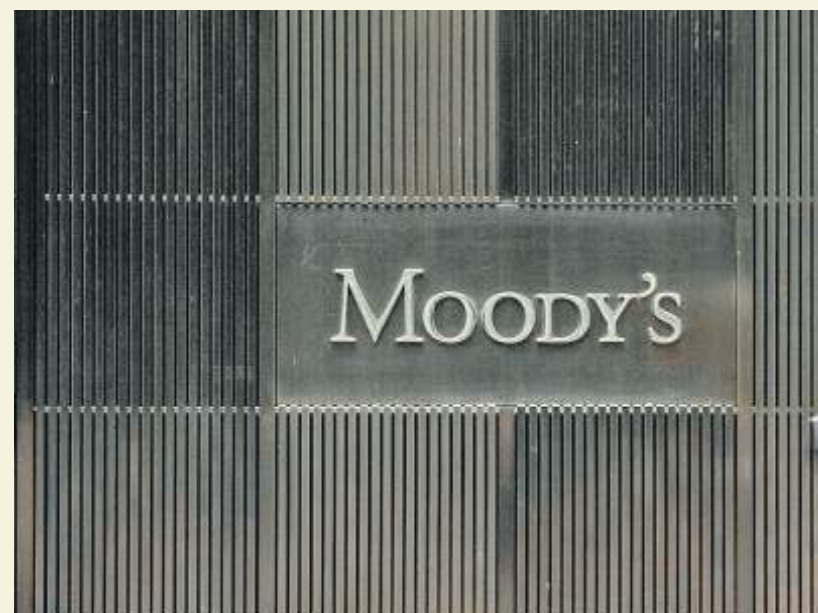
experience credit stress amid higher borrowing costs and diminished market access, Moody's said.

As regards India, food and fuel remain the main drivers of inflation because they represent a larger share of the consumption basket. For example, rising food prices have contributed to almost half of the growth in headline inflation this year in India, Moody's said.

With rupee depreciating against the US dollar, Moody's said the action taken by the central bank (Reserve Bank of India) ensures an orderly and limited depreciation.

Moody's said that Indian banks' asset quality will continue to improve on recoveries and write-offs of legacy nonperforming loans.

In India and China, wind and solar power are the least expensive energy sources, and governments are supporting the transition in the form of mandatory consumption targets or prioritising renewable versus fossil fuels in dispatching energy.



Sade Sati in horoscope

Sade Sati refers to the seven-and-a-half-year period in which Saturn moves through three signs, the Moon sign, and one sign before the Moon and the one after it. Sade Sati starts when Saturn (Shani) enters the 12th sign from the birth Moon sign and ends when Saturn leaves the second sign from the birth Moon sign.

Since Saturn approximately takes around two and a half years to transit a sign which is called Shani's Dhaiya it takes around seven and a half years to transit three signs and that is why it is known as Sade Sati.

The most infamous situation in Hindu predictive astrology is Sade Sati of Saturn. It is considered and calculated through the Gochar study of planets or mundane astrology.

Saturn is the slowest planet which takes a total of 28 – 30 years to move through the zodiac; it means that it remains for two and half years in each sign. Unfortunately, it is beneficial for the natives in only three houses of Lunar Kundali or Chandra Lagna Kundali. These are 3rd, 5th and 11th from the Moon sign. Saturn is more or less malefic in all other nine Bhavas and gives the worst effects, particularly the twelfth, first and second house from Moon Rashi. This transit during these three consecutive houses when it is most malefic in effects is called "SADE SATI OF SATURN". In other words, it can be explained as follows:

Except for the three signs – 3rd, 6th, and 11th where Saturn gives benefic effects, every two and half years period i.e. 4th, 5th, 7th, 8th, 9th, and 10th are called "Shani's Dhaiya" (Dhaiya is a period of two and half years). Sade Sati of Saturn is that seven and a half years period in which Saturn moves through three signs e.g. The Moon sign, one sign before the Moon sign and one after the Moon sign. Sade Sati starts when Saturn enters the 12th sign from the birth Moon sign and ends when Saturn leaves the 2nd sign from the birth Moon sign.

Recognise it in a horoscope

In present times, there are two ways to find out and calculate the period. Especially, in Hindu predictive astrology; namely, the study of Dasha, Antar Dasha, Pratyantar Dasha of detailed Birth-Chart (Janam-Kundli), and the other one is the study of planets in Gochar means the present positions of planets in the zodiac, which is calculated from the Moon sign of Janam-Kundli or horoscope. One has to see the movements of the planet in Gochar while studying the Birth Chart for the effects of Saturn or any other planet. It is to be kept in mind that the effects of planets either malefic or benefic are affected by the planet's position in the Birth Chart as well. Say, if the planet is a benefic (Yog Karak) in exaltation, in own sign, accompanied by friendly planets, the malefic effects are somewhat reduced, whereas if the planet is in debilitation or is aspect by malefic, occupies the enemy house, etc. may increase the ill effects of that particular planet, as per the position of that particular planet in the horoscope.

The beginning and the end:

- Aries Moon sign: Sade Sati starts when Saturn enters Pisces and ends when Saturn enters Gemini.
- Taurus Moon sign: It starts when Saturn enters the Aries and ends when Saturn enters the Cancer.
- Gemini Moon sign: It starts when Saturn enters Taurus and ends when Saturn enters Leo.
- Cancer Moon sign: Sade Sati starts when Saturn enters Gemini and ends when Saturn enters Virgo.
- Leo Moon sign: Starts when Saturn enters Cancer and ends when Saturn enters Libra.

- Virgo Moon sign: Starts when Saturn enters Leo and ends when Saturn enters Scorpio.
 - Libra Moon sign: It starts when Saturn enters Virgo and ends when Saturn enters the Sagittarius.
 - Scorpio Moon sign: It will start when Saturn enters Libra and ends when Saturn enters Capricorn.
 - Sagittarius Moon sign: Starts when Saturn enters Scorpio and ends when Saturn enters Aquarius.
 - Capricorn Moon sign: Starts when Saturn enters Sagittarius and ends when Saturn enters Pisces.
 - Aquarius Moon sign: It will start when Saturn enters Capricorn and ends when Saturn enters the Aries.
 - Pisces Moon: It will start when Saturn enters the Aquarius and ends when Saturn enters the Taurus.
- So, if you know your Moon sign in your Birth chart/Janam-Kundli and the position of

Saturn, you can make out when your Sade Sati will start.

Effects

Shani, or Saturn, is also called the lord of Karma. He brings results based on the actions of an individual. To those indulging in good deeds, Shani can be a friend, others may have to be afraid of him. The period of Sade Sati can be especially troublesome. Problems will crop up in different fields of life like health, family, education and career. Involvement in unhealthy relationships, bad career choices, disputes over properties etc. can happen during this period. Sade Sati effects and intensity will vary from person to person.

Remedies

Lord Shani Chanting Mantras Donating mustard oil, black gram and black clothes to the poor will bring down the harmful effects of Sade Sati. Wear an iron ring on your middle finger. Worship Lord Hanuman.

Chant Hanuman Chalisa on Tuesdays and Saturdays. Recite Mahamrityunjayam Mantra 108 times daily. The gemstone Blue Sapphire gives the best results with Shani Dev. Wearing this gemstone will help mitigate Sade Sati effects. Feed crows grain every day. Wear black clothes on Saturday. Avoid indulging in the trade of metals like iron during this period. Consume Urad Dal every Saturday and fast for half a day. Always face northward while praying and reciting mantras.

Puja to pacify Shani

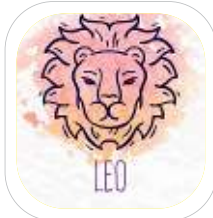
Performing Sade Sati Puja helps to pacify the malefic effects of Shani during this period. It increases the positive effects while neutralizing the negative effects of Saturn. Shani-related diseases like cancer, depression and other health problems can be cured by performing this puja. The individual can achieve success in worldly affairs and business and ensure a strong career with positive happenings.

Professional and personal life will become more stable by keeping away the perils of debt and poverty. The puja will ward off the negative effects of the horoscope and bring positivity and hope to the life of the individual. It will heal all wounds and scars and bring good luck and prosperity in life.

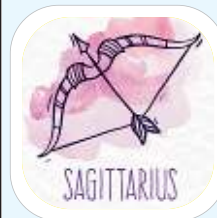
Performing the Sade Sati Puja is good for the removal of Navagraha Doshas in the horoscope. It promotes spiritual growth and helps in attaining peace and stability in mind. Performing the Sade Sati Puja destroys past sins and grants liberation and helps in meditation as well, thus enabling the individual to attain higher levels of spirituality. It removes ailments by boosting immunity and improves health, bestowing longevity on the individual. Performing the Puja protects the person from freak accidents and thefts. It brings freedom from diseases and ensures good health and prosperity in life.



Difficulties may arise. You need to dial back on your eccentricities. Talk to a counsellor if required. Patience and tenacity will get you ahead of others.



You are attracted towards beauty and harmony. Others will be attracted to you. A sense of joy will fill you. Do not be too open with your thoughts.



You are impulsive and looking for excitement. Your humour and enthusiasm will make you popular. This is a good time to go on a trip with your family.

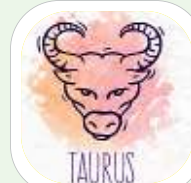


Be gentle with yourself and your dear ones. It may be difficult to manage relationships. Use words with care. Seek professional help if it is needed.



You may be attracted to someone you see quite regularly. Do not let it distract you from harsh realities. Self-improvement should be your motto.

Commit yourself to the task at hand. Be open to suggestions and adjustments. Family life may face problems. You may need moral and physical help.

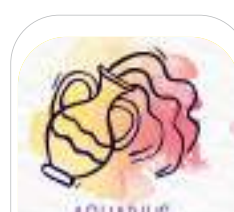
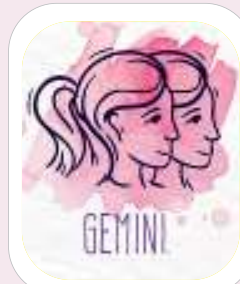


YOUR WEEK AHEAD

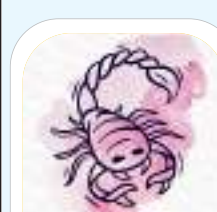


Everything will seem to be in a disarray. All of life's harmony may seem lost. At this point take a break and relax. You will know that things aren't so bad.

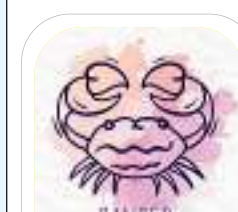
Maintain good communication in relationships. Do not let doubts take root. Better talk than let things degrade. Extend help and guidance to dear ones.



Help yourself by helping your dear ones. Do not give in to wrong ideas of power and authority. Nurture the caring, loving side of your character.

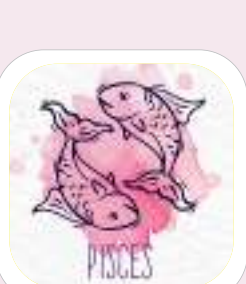


You will be witty, generous and endearing. Work may require some sacrifice on your part. Do not give meetings a miss. Remain calm and unbiased.



Relationships may hit a rough patch. Giving up will only add to mental trauma. Be open to mending ways. Hurting others will end in hurting yourself.

Being supersensitive will hamper your progress. You need to loosen up and take things less seriously. Spend more time with your children.



GLOBE TROT

Gurugram bans 11 dog breeds

After a slew of dog attacks rattled Gurugram residents, the District Consumer Disputes Redressal Forum directed the Municipal Corporation Gurugram to ban 11 foreign dog breeds, cancel their registration, take them into custody and keep all strays in pounds. The Gurugram consumer forum also ordered a payout of Rs 2 lakh as temporary relief for a woman who suffered critical injuries after being bitten by a pet dog in Civil Lines on August 11. The dog's breed was identified as Dogo Argentino.



Man completes marathon while chain-smoking a pack of cigarettes



One runner at the Xin'anjiang Marathon in Jiande, China, might think differently. A runner who goes by the nickname 'Uncle Chen' made headlines after he ran a marathon in three hours and 28 minutes while chain-smoking a pack of cigarettes. This was not the first time the 50-year-old runner from

Guangzhou was photographed smoking during a marathon—photos of Chen lighting it up surfaced from the 2018 Guangzhou Marathon and the 2019 Xiamen Marathon. In 2018, he clocked in at 3:36, and ran 3:32 in 2019. One anecdotal report notes that Chen apparently only smokes when he runs.

Qatar accused of paying 'fake fans' to dance ahead of World Cup

Qatar has been accused of paying hundreds of 'fake fans' to sing and dance in a series of choreographed videos ahead of the World Cup. Footage has emerged of various 'fan parades' in Doha ahead of the tournament's big kick-off this Sunday, including celebrations featuring supporters supposedly from England, Brazil, Argentina and several other nations. The TikTok channel Qatari Living, which has over 400,000 followers, has been sharing videos of the 'fans' from different countries waving flags and chanting songs as they walk along the Corniche in Doha.



Ragging: Inevitable when gurus are cool

The recent horrific ragging of a student of the ICAI Foundation for Higher Education's Business School in Hyderabad (IBS), amplified by its communal undertones, reflects a dangerous trend in the country's higher educational institutions, where values are irremediably on the decline under the nose of super cool gurus.

Basically, it was the result of a tiff between a 19-year-old boy (victim of ragging) and a girl student, both Hindus and from the same BBA-LLB first-year batch. Going by the victim's police complaint, the girl had labelled him a 'paedophile' because they have a three-and-a-half-year age difference and he did not want to engage in sexual activity with her. Their rift snowballed into a campus controversy as the miffed girl chose to share with her seniors screenshots of the boy's private chat with her, including a sacrilegious comment on Prophet Muhammad. Subsequently, around a dozen college mates, mostly Muslim, subjected the boy to dehumanizing torture.

The incident took place on November 1. Immediately the student wrote a three-page letter to IBS authorities. He followed it up with another detailed report, naming the offending students, on November 3. A right-wing politician's tweet on November 12 threw the spotlight on the ragging incident, which had been swept under the carpet by the college authorities. His tweet made people as well as the authorities sit up and take notice because, apart from posting a video clip of the ragging with clinching evidence, he drew attention to the communal angle in it with a snide remark on the MP under whose constituency IBS is situated. Until then, shamefully the college authorities did nothing! Eight faculty members, including six belonging to the anti-ragging squad, have since been arrested for failing to act on the victim's complaint. The police earlier booked 10 students, including a minor, in connection with the case. Five of the students were arrested subsequently.

Curiously, though the student had mentioned in his complaint that he was sexually assaulted by the accused seniors who had forced him to chant religious slogans such as 'Allahu Akbar' and 'Jai Mata Di', the Shankarpally Police censored the communal angle in its FIR. The students in question were charged under section 307 (murder attempt), 342 (wrongful confinement), 450 (trespass), 323 (voluntarily causing hurt) and 506 (criminal intimidation), read with section 149 (unlawful assembly guilty of offence committed in prosecution of common object) of IPC and sections 4 (I), (II) and (III) of the Prohibition of Ragging Act of 2011.

The Supreme Court has mandated notification of anti-ragging regulations and the formation anti-ragging committees in every higher educational institution. Still, anti-ragging committees are paper tigers. For, they are never constituted properly. They do not have representatives from non-profits, civil society, local media and the police. These panels are often packed with those cherry-picked by the heads of institutions.

The history behind the SC guidelines

makes painful reading. In March 2009, Aman Kachroo, then first-year student of the Rajendra Prasad Medical College and Hospital in Himachal Pradesh's Tanda town, died after being severely beaten by inebriated seniors in his college. An autopsy revealed that the 19-year-old died of a brain hemorrhage. In 2010, four senior students involved in the ragging incident were convicted of murder and jailed, but were released in 2014 for good behavior. Following Kachroo's death, in May 2009, the Supreme Court directed all educational institutions to adhere to anti-ragging regulations. Accordingly, the University Grants Commission's regulations were notified in June 2009. These regulations recommend an anti-ragging committee in every institution, a monitoring cell at the university

level for coordinating with all affiliated colleges and institutions as well as a monitoring cell at the level of the Chancellor of state universities. Besides, according to AICTE guidelines, every single incident of ragging must be reported to the local police by the institutional authorities.

As per the UGC's 2009 regulations (as modified in 2016), ragging may include any act of physical or mental abuse (including bullying and exclusion) targeted at another student (fresher or otherwise) on the ground of colour, race, religion, caste, ethnicity, gender, sexual orientation, appearance, nationality, regional origins, linguistic identity, place of birth, place of residence or economic background. Ironically, these days ragging cases cover the gamut of the foregoing categories as an increasing number of students are itching for sadistic pleasure derived from dehumanizing treatment of their juniors, while the faculty members and managements of colleges are worried only about the reputation of the institution concerned. The trauma of the ragging victims does not count!

According to UGC's anti-ragging cell, between 1 January 2013 and 30 April 2022, 832 complaints of ragging were recorded in Uttar Pradesh (UP), followed by 666 in MP. Medical colleges accounted for most of the ragging cases, with 126 cases being reported from those in UP and 101 from those in MP. The pandemic triggered a spike in online harassment. According to the anti-ragging cell, 511 cases of ragging were reported across the country in 2021, compared to just 219 in 2020 -- courtesy pandemic. In 2019 and 2018, the numbers of reported cases were 1,070 and 1,016 respectively.

Union Minister of State for Education Annapurna Devi told Parliament on 20 December 2021 that 2,790 complaints of ragging had been received from students since 2018. Action had been taken in 1,296 of these cases (about 47%). The 'action' included letting off students with a warning in 616 complaints, suspension of students in 620 cases and rustication of the accused students in 17 cases.

Nationwide, the real numbers are masked by underreporting or misreporting -- like in the IBS case. Students are led to believe from Day 1 that ragging or hazing is a rite of passage. When a specific incident takes a serious turn, there is firefighting at the institutional level to chill it. Our educational institutions today are antithetical to the nation's ancient Gurukuls. Ragging is inevitable if the gurus choose to be cool.



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LIGHT THEESKO