

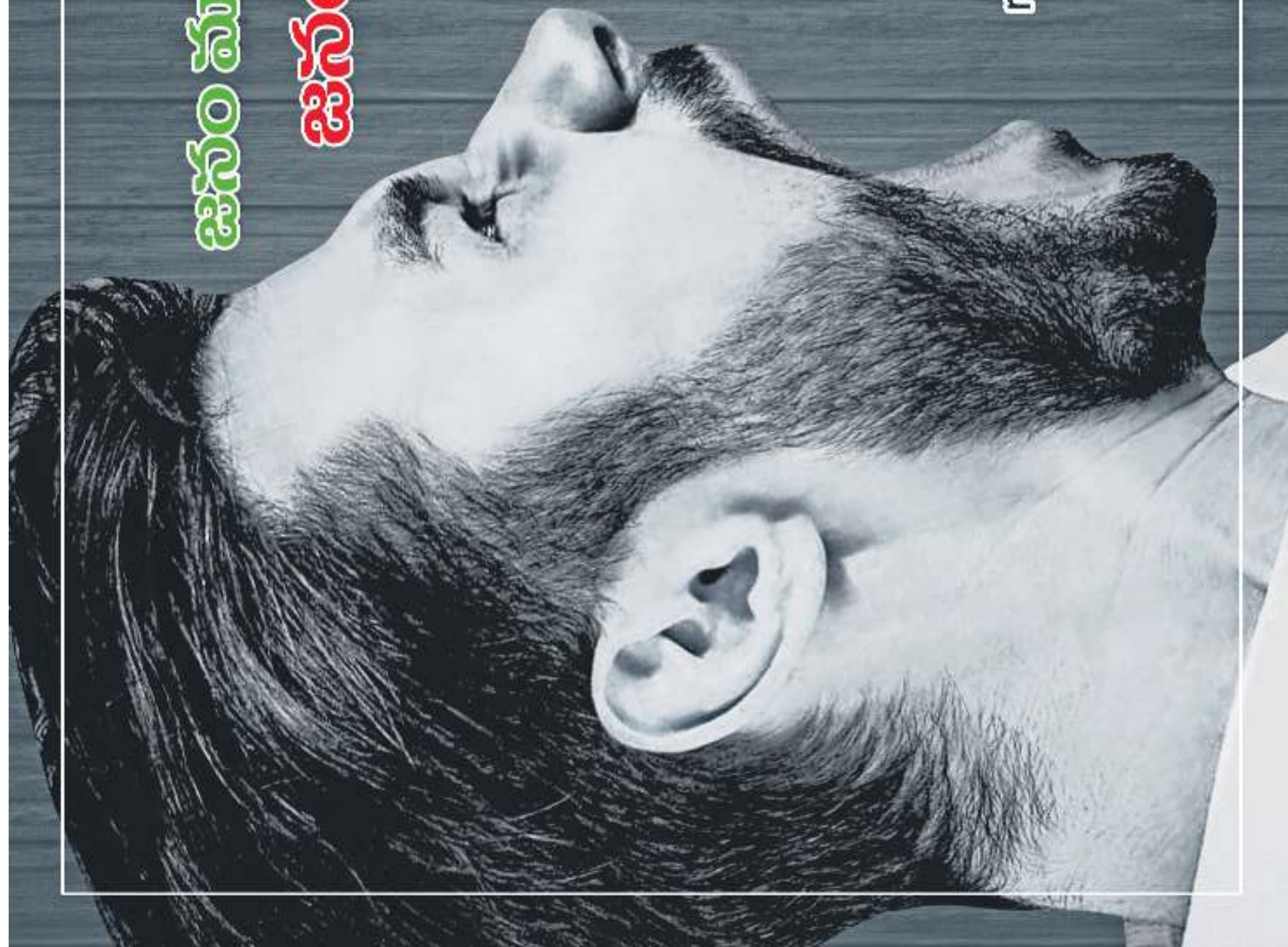
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SUNDAY, NOVEMBER 27, 2022

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**Partners
make or
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SUNDAY
pioneer

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PERSON

CRISTIANO RONALDO

Cristiano Ronaldo will be suspended for his first two games with his next club after the striker was handed a ban by the Football Association following an incident involving a fan's phone. Ronaldo was given a police caution after appearing to knock a phone out of a young supporter's hand after Manchester United's game at Everton in April. The FA have also handed down a sanction which will apply to Ronaldo's next two domestic games after it was announced on Tuesday that he has left Old Trafford. The ban would apply in any country governed by FIFA regulations.



VIDEO

PREACHING ISLAM AHEAD OF THE FIFA WORLD CUP 2022

Issuing his first response on Indian fugitive Zakir Naik's presence at the FIFA World Cup in Qatar, Union Minister for Petroleum and Natural Gas Hardeep Singh Puri, on Tuesday, said India will raise this issue and decisive action will be taken as well. Hardeep Singh Puri's remarks came as Zakir Naik has been invited to Qatar where he is slated to give religious lectures throughout the FIFA World Cup tournament. Zakir Naik faces charges of money laundering and hate speeches in India. In March, this year the Home Ministry declared Naik-founded Islamic Research Foundation an unlawful association and banned it for five years.



SONG

BIJLI

Makers of the upcoming quirky thriller film *Govinda Naam Mera* on Wednesday, unveiled the teaser of their first song *Bijli*. Sung by Mika Singh and composed by Sachin Jigar, the song will be out on November 25. In the teaser, actors Vicky Kaushal and Kiara Advani could be seen grooving together.



MOVIE

AN ACTION HERO

The director of Ayushmann new film *An Action Hero*, Anirudh Iyer, called him the bravest actor in the country. He's now gearing up for *An Action Hero*, where he plays an action hero, a superstar who's not as charming and captivating as he appears to be. He's surely hiding a secret, a shock that could shatter the shield with which he's hiding his real demeanour.



PICTURE

HOMELESS MAN SHARES HIS TINY MATTRESS WITH STRAY DOGS

An image of a homeless man is gaining traction on social media, where he is seen providing shelter to stray dogs. In the image, the man is seen lying down on the side of a road with a sheet of fabric under him. He appears to not shy away from helping those who can't speak for themselves as he is seen sharing his tiny mattress with approximately seven stray dogs. The picture was shared by IFS (Indian Forest Service) officer Susanta Nanda on Sunday. "Our heart has to be large enough to accommodate this big world," he wrote in the caption of the post.



Live-in relationship:

Partners make or break it

Recently one of India's most bizarre and gut-wrenching murders came to light months after the incident took place. A young woman named Shraddha Walker was strangled to death by her live-in partner Aftab Poonawalla. The couple, who had connected via dating app Bumble, began their relationship in 2019. Aftab had cut Shraddha's body into thirty five pieces and stored them in a refrigerator before disposing of the parts in a forest region over 16 days. During an interrogation, Aftab credited the American TV show *Dexter* for his decision to chop Shraddha's body into several pieces. While the Court is seized of questions such as whether Aftab killed her in the 'heat of the moment' or it was a 'premeditated, cold-blooded murder'; right-wing activists have started highlighting the 'love jihad' angle in it. Amidst all this, live-in relationships have come under the spotlight again as if the relationship form, gaining wide acceptance among the younger generation today, engenders such crime. *The Pioneer's* **AMARTYA SMARAN** gives the lowdown on whether live-in relationships *per se* trigger violent crimes of the type that dwarfs domestic abuse in both love and arranged marriages.

Following rape-murder cases, insensitive people point fingers at women. A Union Minister pontificated recently that educated girls should not get into live-in relationships (educated boys excluded?). A netizen went on to say, "So, a 25-year-old, financially independent woman can ask her parent to eff off, but can't leave an abusive boyfriend, despite being tortured by him to such an extent that she had to be hospitalised? Is the 'mahlyfmahrulezz' attitude meant only for loving parents, while abusive bf gets a free pass?" Such comments normalize the related murders.

Many people in India still think live-in relationship is a crime. While some see in a live-in relationship total disdain for traditional values, others open to or part of such an arrangement consider it to be the in thing in a world that is slowly but surely learning to shed patriarchal mindsets.

Preeti Kolluri, a High Court lawyer, shares: "There is no law expressly barring live-in relationships. The Supreme Court has held that living together is protected under Article 21 of the Constitution (right to life and personal liberty) and can't be considered illegal (even if some sections of society may view it as immoral). As there is no law barring live-in relationships, couples in such relationships are not committing any crimes by living together. However, a live-in relationship is not treated on par with marriage and does not give any spousal benefits to the couple under the law. One notable exception is the protection of the rights of women. If women face any violence in a live-in relationship, the Supreme Court has held that certain live-in relationships will be treated as domestic relationships under the Domestic Violence Act (which offers heightened protections to women)," commented Preeti Kolluri.

The Pioneer reached out to youngsters to find out what they think about live-in relationships and their implications from the standpoint of an as-yet largely conservative society.

"In my opinion, every individual is entitled to live their adult life the way he/she wishes to! If they get into a relationship and both are equally okay to stay in a live-in then they should. Our society is already pushing us back on a lot of things. At least a few of us are rising above the curve

of stereotypes and unlearning various methods that are treated almost as a sin. I support whoever is trying to unlearn the old methods and live their life in a better way. Every choice has a good and bad side, it depends on how

much you want the choice and how much you're willing to fight for it to be on the right side of it," observes Vaishnavi Alwal, a senior associate at Google Operations Center.

Speaking in support of live-in relationships, Srish Boddula, an IT employee, remarks: "You get to spend a lot of time together when you live together. A stronger bond results from more time spent together. As a result, you learn a lot about their daily routine, habits, expectations, and peculiarities. One would be able to tell if you can manage all their habits and behaviors in this way. It ultimately results in a decision about whether to stay together or separate. If you feel that your relationship is not working out, you are free to end it whenever you want without having to deal with any legal complications, the shame of being a divorcee, or the involvement of your in-laws. In a manner, live-in relationships assist you in determining whether your relationship is prepared for marriage. Before being married to a stranger, I think everyone should consider doing this."

Oliveti Vaishnavi, a young Journalism student from the city, says: "Live-in relationship is one of the few societal facts which is viewed as taboo in the perspective of a patriarchal society. Some consider it progressive; others consider it a sin. It is considered among the couple to know their compatibility and stability in a relationship, to put to test how they handle living together, and helping each other when needed to succeed in their goals and life. The societal view of it is quite opposite. It's more about being open-minded and learning about individuals respectfully-

ly to avoid 'separation' and 'Emotional trauma'. For some individuals, the thought or decision to be in a live-in relationship comes quickly, for others it depends on other aspects to even think of this thought. It does have its positive and negative aspects. But it can work successfully when the individual who decides to co-exist under a roof has a complete idea of each other's personal background and past, to be able to work on each other. Parents might not appreciate the efforts of this concept, but they can truly understand why they are land up on this decision."

There is no measure for violence, any act that threatens your physical or mental being and therefore causes harm is indeed considered to be violent. Let's look at what one can do to protect themselves by taking the right action. "From a legal perspective, if women are in danger of physical or mental abuse from partners, they should seek immediate help from law enforcement..."

Continued on Page 4...

Continued from Page 3...

To help build a case against a partner, it would help to document evidence of abuse (through photos, video, or medical reports), and file a formal criminal complaint. The victim should file a criminal complaint and approach the police. Apart from general offenses under the Indian Penal Code for assault or battery, the victim can also avail of protections under the Domestic Violence Act, 2005 in some situations,” details the young lawyer.

‘Trial by media’ is a phrase that came into prominence in the early 21st century. With the advent of social media, people have come to make their own peculiar judgments about the accused prior to the courts passing judgment. To cite a few examples, we have seen this trend with the sudden demise of Bollywood actor Sushant Singh Rajput, the feud between the couple Karan Mehra and Nisha Rawal, and the high-profile Johnny Depp and Amber Heard case. Is it because people don’t believe in the court of law or are they just passing judgment as a pastime activity?

Sharing her views on the razzmatazz of social media trials, Preeti opines: “We should be cautious of determining the guilt of individuals, especially in criminal cases. These cases often involve complex facts and evidence that police carefully put together. Quick opinions formed online often work to the detriment of innocent persons in Court. I think one fundamental principle taught to all lawyers is that people are innocent until proven guilty. The justice system is built with many checks and safeguards, as it is more important to stop innocent people from getting punished for the wrong offense (than quickly punishing many guilty ones). Another issue to think about is that we are all focused on a retributive justice system — a tit-for-tat idea, one life for another. Studies have shown that these retributive systems aren’t the most effective forms of punishment, or to fix what’s wrong in our society. We should all maybe think more about what other ways are to deal with crime, than wanting quick-fix Telugu movie style revenge answers to our problems.”

As per reports, at least once in their lifetime, around 736 million women fall prey to intimate partner violence or non-partner sexual violence, or both. According to the National Family Health Survey-5, 24.2%

(urban) and 31.6% (rural) of the women between the ages of 18-49 have experienced spousal violence. In India, one in every three women is a survivor of intimate partner violence. Domestic violence by a current or former spouse or partner in an intimate relationship against the other spouse or partner is known as intimate partner violence.

Psychologist Kavita Panyam of Mind Suggest Wellness Center helps us understand why it is extremely difficult for some people to come out of an abusive relationship. She lays emphasis on attachment styles and how they impact an individual’s behaviour in the long run. “One should be able to understand the attachment styles and the four response patterns: fight, flight, freeze, and fawn. One should know who they’re dealing with. For example, if they are caught up with a narcissist, they should be able to spot them. This can happen only when one is focused on a relationship. Usually, people are in love with the version of the person whom they think is right for them as compared to who the person actually is. In most cases, if it is not a secure attachment style and the other three are insecure, then you would be in love with the version of the person that is in your mind. This means you’d be ignoring all the red flags and be with the idealistic version of your partner, which is not the reality. One should let go of the imagination that they have created and look at the person for who they are so that it becomes easy to spot some of the red flags. Anyone who is trying to take things quickly in a relationship is not healthy. Wait for the relationship to unfold naturally and don’t be in a rush to have sex, plan your future and all of it if you’re not sure of their value system. The value system is more important than anything else. When you look at the value system, their attachment style, and how they regulate themselves, do they get angry very quickly? You need to look into all these things. When you know that you are in a violent relationship, it is all the more important to leave without creating much noise. You should take care that you need to move out smartly with a lot of planning.”

Diving deep into the topic, the expert further explains: “There is something called repetition compulsion. If one is a co-dependent or a people pleaser who always wants to make people happy or someone who struggles with low self-esteem, they might feel having a partner can make them feel a lot better. Even if the

partner isn’t good for them, they go by the policy of something is better than nothing. People with an ambivalent attachment style are already used to the emotional highs and lows, manipulation, violence, etc. When the brain is accustomed to something like this, they are constantly on the lookout for people who are toxic, rude, and avoidant. All this seems attractive because all the chasing and pleasing is what the brain craves. Without that, they might find their life to be dull and uninteresting. It is important to identify this and be aware of some of these patterns and make an effort to rebuild one’s life. A very important reason why people don’t leave abusive relationships is that they try to understand the abuser. Empathising with the abuser and trying to normalise the abuse and telling themselves that he/she has no other option but to be violent is a common pattern among people who struggle to come out of abusive relationships. One will never be able to identify the abuser until and unless they start acknowledging the abuse. Therefore, putting the abuser on a pedestal and romanticising them hoping for a better tomorrow is not going to help.”

Having seen multiple accounts of these cases, Kavita Panyam made it her mission to transform co-dependents. She urges people to not confuse love with abuse, pain, sadness, and heartbreak. “Love is just an emotion; it is the relationship that causes the pain and the rest of it. The notion that you hurt people whom you love and show your real self is a fallacy. The women are coached right from the beginning to tolerate abuse. He shows his real self to me, so I get the real him or only see the good in people; things like this disable people from coming out of abusive relationships. Looking at the situation the way it is and coming out of one’s imagination is the only way out. Mostly only codependents tolerate abuse and stay in relationships because they are in love with the idea of love. If someone is love-starved and a psychopath comes along and offers a crumb, the codependent will only see this but not the person for who he/she is. Fearing heartbreak, people carry on with tolerating abuse, but isn’t their heart already broken?” asks the codependency recovery coach.

Avanthika Reddy, a young content creator, points out how difficult it is for people to

walk out of toxic relationships. “Toxic relationships can’t easily be seen from the outside. It takes immense courage and strength to walk away from it. Being a woman, I understand how easily one is told, ‘you should’ve tried harder, he’s a man, he makes mistakes, he lies, forgive, forget and move on. Even if your partner gets abusive physically and hits you, you are asked to forgive him because you are the only person he could vent his anger on. Why have people made toxic relationships so normal? Mentally abusive relationships can’t be seen on the outside. The manipulation and gaslighting can only be felt by the one in it. Abusive relationships take a toll on you. I’m not here to support splitting up. Every relationship needs adjusting, compromising, and understanding but not when it comes to your self-respect and safety. Once your self-respect or safety is damaged, it’s no longer a relationship it’s just violence in a subtle form. Walking out of a toxic relationship is one of the hardest things ever. You are standing between waiting for the person to change or giving up finally. It’s a never-ending process until you make up your mind. Even after you walk away, the man is blamed that he couldn’t man up, and the woman is blamed because she couldn’t tolerate it. A relationship is healthy when you work on yourself to make things better for you and your partner. There must be equal understanding, adjusting, and compromising. If there isn’t mutual understanding, the relationship won’t last long. When someone shares their abusive relationship story, don’t just tell them time will heal. Try understanding the situation and be of help.”

Going by Avanthika has shared, there is a dire need for people to understand and empathise with the one in need. It is definitely not easy for a person in an abusive relationship to walk out of it. Helping them understand the severity of the situation is the least one can do.

As psychologist Kavita Panyam says, being aware of some of the attachment styles can give us a deep insight into who we are dealing with. All told, one can think about why we are so obsessed with the idea of being in love rather than loving the person. Let’s move on from a mindset that proclaims, “I hurt the people whom I love” to one that agreeably says: “I raise the quality of the people whom I am in love with.”



Actor Aparshakti Khurana has become one of the most loved actors over time. Today, he is known for his performance, and is trying to reach even closer to the audience's expectations. In an exclusive conversation with *The Pioneer's* TEJAL SINHA, Apar opened up about his recent song *Hum Dono*, the turning point in his life, his "real" life role as a father, and much more.

Comedy is not a priority, though it is always my comfort zone

Without even thinking of proving anything to anyone, Aparshakti Khurana has still proved to be one of the most versatile actors in the industry.

He is not only known for his roles as Omkar Singh Phogat in *Dangal* and Fahim Rizvi in *Patni, Patni Aur Woh*, but he also defines what a friend with a good sense of humour is.

It was only in his recent flick, *Dhokha Round D Corner*, that he played a grey and grim character like *Haq Gul*. Not that he couldn't pull off the character so well, which he actually did. But no one could actually expect Apar to play such a character so well. After this abrupt change in the characters he had previously played, he was back in the spotlight with his music video, *Hum Dono*, starring alongside Jasmin Bhasin. The song was sung, written, and composed by the super-talented Arko Pravo Mukherjee. The music video was directed by Vijay A. Ganguly.

Without further ado, we rang a bell for the actor for a fun chat about his song *Hum Dono*, the transition in his characters with *Dhokha Round D Corner*, the actual transition in his life, his "real" life character of being a father, and much more. Oh! And wait! Apar reveals during a chat with us that his own song is coming up in just a couple of days.

To begin with, the *Luka Chuppi* actor stated that when *Hum Dono* came to him, it was something that energised him. He goes on, "It's a very happy song, and anyone who is in love will resonate with it (he laughed). *Aaj kal toh longhe kuch zyada hi pyaar mai rehte hai*. It was good to shoot, and we shot in Mussoorie. Vijay Ganguly directed it, and I have worked with Vijay sir so many times, starting from *Kamariya* in *Stree* to *Luka Chuppi* to the last music single, which is with Jasmine Yaaron *Sab Dua Karo*, and now *Hum Dono*. It's exactly the same team that we had. We tried to come together, and we have been getting good love from people around us. Having said that, I haven't sung this song. This song is sung, written, and composed by Arko, but I am coming with my own song super soon."

When it comes to playing a negative,

gray-grim character, there's a lot that goes on, not only with the audience but also with the actor who plays it. After playing a character like *Haq Gul*, Apar was once again back with the 'Masti-mazak' person in his music video, *Hum Dono*. And he claims that the song helped him get out of the dark zone he was in after *Dhokha Round D Corner*.

His character of *Haq Gul* was definitely not something we had ever expected Apar to play with such ease. Being known for playing these comedy roles, he believes that it is important for everyone to come out of their comfort zone.

"Comedy will always be my comfort zone. This was something that I had not done before. People saw it and gave us lots of love and blessings; that really means a lot to me," he added.

When it comes to the type of content that he wants to play, he said, "Comedy is not a priority for me. Apart from that, I want to do all kinds of formats, from real cinema, from comedy to thriller to suspense to action. I'd love to do them all, as in, when the filmmakers feel confident that Apar will do the film in his own unique style."

While many would wonder if his character of *Haq Gul* in *Dhokha Round D Corner* was an attempt to break away from the type of roles that he plays, he straightaway refuted it and said, "I don't really try too hard to break away from anything. I am not here to prove a point to anybody; I

do my work in the happiest and most comfortable way possible. Who should I prove my point too, and what's the point of proving a point? You do not have to overestimate your life or try to prove a point to anybody. I am very happy with my life, and I will continue to do that for the rest of my life, till the time I am able to have complete sanity over my career."

Apar is not someone who worries about the number, and so does his audience. "As an audience, I want to watch

better performances than the numbers. However, if I talk as an artist, if I can be bluntly honest about it, I am not in a space where Apar comes on

the big screen and people say he has to honestly do the math on numbers. When people think about me, they do not talk about 100 crores; they come to me for a very different reason, and I'm not in that space where I or the makers of my film need to worry about numbers," he said, adding, "I'm in a very safe space where if my film comes out on OTT, that's also fine, or if it comes out theatrically, that's also fine. People don't really expect that Apar's film should only have a theatrical release. People know me for my performances, and as far as I have been able to deliver on their expectations, I have been able to do as much as possible."

It was in 2021 when Apar and Aakriti were blessed with a baby girl, Arzoie A Khurana, and we cannot stop adoring the family's cute and adorable videos that they post on their social media. "I wondered what he had to say about his "real" life and the never-ending role of a father," he laughed out loud and further said, "This has been so far the most fun role that I've played, and touch wood, this has been the biggest blessing of my life. I never knew what I was missing in life until it happened. I am literally enjoying it, and there cannot be anything better and more beautiful than this."

Coming back to professional life, Apar really wants to work with Vijay Sethupathi, Manoj Bajpayee, Jaideep Ahlawat, and Shefali Shah, who is totally on his bucket list when it comes to actors. Coming to the director, Vasanth Bala right now is at the top of the list after watching *Monica*, *Oh My Darling*, and he is looking forward to working with him. On the work front, he has completed working on a Zee Studio film called *Berlin*, a spy thriller in which he plays a sign language interpreter. Apart from this, he has also finished an Amazon original series called *Jubilee*, which also comes out next year and is directed by Vikram Aditya Motwani and features a never-before-seen character.

Oh! And how could we forget about his own song that's coming out soon? Exclusively revealing some details about his own song, he signed off by saying, "The song's name is titled *Neendran*, meaning Need, with Nikita Dutta. She is one of the most talented and real girls around. The song is composed by one of my colleagues in the music industry, Shashank-Shankar; they are from Punjab and have made a very beautiful melody. This song was shot in Turkey."



Doctors reveal there is no decline in semen quality among Indians

The big news: a recent study has revealed men are not producing as much sperm as they were decades ago! It's too scared stiff to even hear it for a moment. Sperm count is an imperfect measure of fertility, and some outside researchers said they have reservations about the new analysis. The question being asked around the world is, "What is happening to men's reproductive health?"

"Poor lifestyle, job stress, vehicle pollution, career demands, less relaxation, stationary work, inappropriate sleep pattern affect reproductive health and quality of sperms. Under pressure alcohol becomes no longer relaxation but addiction, adding to smoking, which in turn affects functionality of supermarket and concentration," told Dr. N Sapna Lulla, obstetrics and gynaecology from Aster CMI hospital. More research is needed to understand better whether sperm concentrations are declining so dramatically and what might be behind the issue.

"Exposure can be raised by preventive health check-ups, pre-pregnancy counseling. To quit smoking and drinking a behavioral complacency is a challenge in men! Inactivity in men is common due to work pressure and attitude issues and gender upbringing," added the gynaecologist.

Sperm can be difficult to count and characterise accurately, meaning numbers could vary from study to study and over time, depending on how sperm are counted. "Awareness of male health is low among men and hasn't changed much," she said, adding, "While acceptance of the men's health programme is limited, as is low socioeconomic status and literacy! It's a wake-up call for both men and women as it can hinder personal relationships and productivity and cause mental and financial drain."

Health experts already cautioned young men between 30 and 45 to lead healthy lifestyles following reports of increased infertility rates in the country.

She continued, "Forty percent is related to male disorders due to decreasing supermarket concentration and functionality. Lifestyle and habits affect the supermarket's quality and functionality! Overweight men with sedentary lifestyles have high oestrogen and low testosterone. These hormonal issues lead to erectile dysfunction and decreased libido too. We have a serious problem on our hands that, if not mitigated, could threaten mankind's survival! Men can improve their sperm counts by relaxing, quitting smoking, avoiding tight undergarments, excessive hot water baths, gold relaxation, and increasing their intake of vitamin C and antioxidants."

Researchers noted that this is dismaying in general for both male fertility and men's

health since low sperm counts usually come with an increased risk of chronic disease, testicular cancer, and a decreased lifespan. But here is the big reveal by Dr. P.V. Rao, who is an endocrinologist: "The report from Israel on temporal trends in sperm counts in India was only based on assumptions and not on large population data or even small community-wide data. No Indian samples were collected from India nor tested by the Israeli authors for this publication! The Indian references quoted in the publication did not have any statistically relevant data for the purported meta-regression analysis. Unfortunately, it caught the attention of the media and projected the wrong message about the reproductive health of Indian men. There have always been reports of a decline in the reproductive health of men worldwide over many decades, which prompted Indian researchers to periodically define baseline semen parameters in Indian men from different regions. The National Institute for Research in Reproductive Health is a premier institute of world standards, and they have been closely watching multiple parameters of reproductive health in Indian men. Apart from ICMR and CSIR institutes of repute, the All India Institute of Medical Sciences in 2006 independently evaluated semen profiles and sperm function parameters in 368 Indian men. These findings were consistent with previously published data from Indian men and did not support the contention of a decrease in sperm quality in Indian men! The real reason could be that there were also a few reports of environmental pollution affecting sperm counts and quality in small numbers of Indian men. Heavy metal toxicity was also reported to cause low sperm counts and motility defects in 57 Indian welders occupationally exposed to nickel and chromium for 2–21 years by Hyderabad doctors from Owaisi and Mahavir hospitals, with help from IICT and the Indian Institute of Genetics. However, such small reports are not generalised to the total adult population in communities, and such data are not used to describe the health of Indian men, as I believe as a responsible doctor."

On the other hand, we also spoke to the specialist in this topic, Dr. M. Prasad, who is a senior embryologist at Anutest Tube Baby Center with 30 years of expertise in spermatocyte estimations in Hyderabad! He has not noticed any new changes in the sperm quality and quantity among the men being investigated. However, he mentions that there are now more men volunteering to get tests done, escorting women to report to the specialists! "Earlier, only a few men were accompanying their partners for infertility



We hear that now more men are volunteering to get infertility tests done, while also escorting women to report to the specialists. Let us find out what is affecting reproductive health among the Gen Z, and more, as **SHIKHA DUGGAL** writes

testing, while blaming women for being childless.

With the assistance of other technical experts in Hyderabad infertility clinics, I discovered that an increasing number of men are being counted as infertile, as they are now receiving more men reporting for infertility tests, and at such young ages. In their opinion, there was no increase in the absolute number of men who were infertile. They also admit that they are only familiar with the sperm counts of infertile men and do not have data with them to attribute to all adult men in the general population. Sperm cells are usually only 80% of the total in the lab analysis reports. Even much lower numbers in semen are adequate for fertility. With evolving modern techniques, it is also possible to fertilise an egg with a few sperm cells, both inside or even outside in a "test tube", widely practised all over the country."

And, then, Dr. Raman Boddula, another senior endocrinologist at Yashoda Hospital, responded to our queries. "We do not have evidence that semen quality is going down in India. National data from Central Institutes do not support such reports. Overweight, stress, physical inactivity, alcohol, smoking, and drug abuse may be emerging risks affecting reproductive health in other countries as social progress continues. In a minor way, the same may contribute to the quality of sperm in Indian men, though not significantly. The awareness of early identification of the problem, early testing, and maintaining and improving reproductive health is increasing, at least in urban areas of the country. In

under-privileged and lower-income groups, women are considered

at fault for being childless. It was

taboo for many years to test a man for his deficiencies due to being infertile. After one year of married life, it is necessary to get medical advice and test both partners for infertility! The semen test is the simplest and least expensive of all the tests required. Properly collected, stored, transported, and tested, it will yield limitless information on reproductive health. There is no need for a "wake-up call" in this issue at present. The low semen quality does not warrant any alarming caution. The problem is not significant in our context. Neither is there an effective medicine for increasing sperm count or improving the quality of sperm, whereas some vitamins like E, anti-oxidants, and co-enzyme Q have some beneficial effects, although not always for everybody. No part of the Indian vegetable plant, the drumstick, has any proven effect on reproductive health!"

"Men should not be affected by stress reduction, abstaining from alcohol and smoking, and losing weight. There may be a few men with pituitary and gonadal hormone deficiencies, and they need medical attention for treating possible hormonal imbalances. If male hormone deficiency is diagnosed, hormone replacement therapy also helps. Pituitary hormones and testosterone are only taken on medical advice. Both may cause harm if taken unnecessarily without the advice of an endocrinologist."

Yummy gummy!

Does it really benefit your tummy?

Nutritional gummies are a new trend to take care of one's health in our fast-paced lives. Today, we discuss if these gummies are really as healthy as they claim to be, while we also answer the most frequently asked question on gummies: "How much is too much?"

SHIKHA DUGGAL walks you through gummies.

Sure, chocolate remains the top-selling treat across the globe, but there is a new market that's overhauling itself, and that is the global gummy vitamin market, which is projected to reach \$10.6 billion by 2025. Now the gummies have undergone a "healthy" makeover. So, in our fast-paced lives, taking care of our health remains paramount. Having these gummies, we hear, is like making a conscious lifestyle choice!

For example, the person who himself owns Power Gummies says, "Eating a nutritious diet and exercising are vital to maintaining good health. However, the fact is that diet alone cannot satisfy the nutritional requirements of our bodies. This is where supplements enter the picture! However, the aversion to vitamins has grown over time due to their bitter taste and potential side effects. To deal with this challenge, companies conceptualised nutritional gummies that suit consumers' taste buds and offer nutritional benefits."

Consumers are bombarded with health information telling them that taking

high doses of certain vitamins can benefit their health in many ways. However, taking too many nutrients can be hazardous! Here, gummy bears play their role: A Polish-born biochemist found that some diseases are caused by the body lacking certain chemical substances, which he named vitamins. Then marketers of gummy vitamins started targeting adults! By 2016, sales had increased."

Nutritionist Aparna Pande agrees to this and shares: "Gummies are supplements that should not be part of a regular diet. They serve as a supplement, but they are not a necessary part of a daily diet. If you do not have time for a whole food or a whole food is not accessible, pop a gummy, but treat it as a pill, not a candy."

Divij Bajaj from the gummies industry gives us a full insight by saying, "New brands are constantly entering the Indian nutraceutical gummies market and trying to change the country's health and wellness market. I thought of selling gummies with personal inspiration from my mother, who was hesitant to take her vitamin pills. Since then, the goal has been to make nutrition

fun and easy to consume! Gummies are packed with essential nutrients and are scientifically

backed by clinical trials to build efficacy and ensure the transparency of product development. What began with a few brands in the 1990s is now an organised market on the rise! The global gummy vitamin market is growing at a CAGR of 12.5%. Owing to busier lifestyles, rising disposable incomes, and growing awareness around preventive healthcare, consumers, especially millennials, prefer these health gummies. The other factors driving the market's growth are the growing nutritional deficiencies and malnutrition. The APAC region is projected to exhibit the highest growth, and India will be one of the fastest-growing markets for gummy vitamins."

Another surprising fact is that medical marijuana is legal. It is used as an alternative remedy more and more each day. It typically contains trace amounts of CBD, which can also be taken as CBD gummies, and these amounts are responsible for many essential health benefits associated with the plant. According to Exhale Wellness: "One of the simplest ways to introduce your body to CBD is by satisfying your sweet tooth and selecting the market's gummies. As beneficial as CBD oil tinctures can be, the most appealing thing for a first-time user is a sour CBD gummy worm or CBD gummy bear. By dosing these gummies, you may experience a delayed effect rather than a few drops under the tongue. On the other hand, taking CBD oil orally will get it into your bloodstream directly. That's the power of a gummy!"

Moreover, people today lack time to focus on their health and care for their dietary needs. "Gummies intends to address the consumers' health issues and ensure that they do not have to resort to medicines for health management. These gummies face their fair share of struggles, like any other brand in the segment. The challenges we have to deal with are the lack of evidence and information around the actual dosage of active ingredients in each gummy and the addition of sweeteners and artificial colors. Excessive consumption of any vitamin can result in medical conditions. Hence, it is suggested that the gummies be consumed as advised on the pack. With 20 variants, it now hopes to become the world's largest gummy nutrition player in the future. It aims to create a community of powerful people who are inspired to be their best possible selves. They are formulated to meet the daily nutritional needs of adults and play an integral role in preventive healthcare.

Whether it is your hair, nails, overall body, weight management, immunity building, or sleep issues, the market now has gummies for all medical conditions. Consumers even have the option of choosing from sugar-free, vegan, and gluten-free variants as well! Nutritional gummies are a new trend but are gradually making inroads into the industry and people's lives."



One has to pay a heavy price to achieve dreams in their entirety. The challenges become even more formidable when a person, despite having the requisite passion and dedication, has to make do with limited resources and go against odds.

Rakesh Mohan Dobriyal, IFS, Telangana's Principal Chief Conservator of Forests, is the quintessence of an accomplished bureaucrat who is living the ultimate life of a forester. With a string of achievements over 35 years of his exemplary service in the Forest Department, Rakesh Mohan Dobriyal tells The Pioneer's Deepika Pasham: "Dedication, passion of the forest officer can produce the desired results and help overcome challenges relating to working with wildlife, preserving forests, and providing employment or otherwise involving local tribes."

SELF-LEARNING DURING EARLY CHILDHOOD

I come from a remote area called Cheppaldungi in a village in Uttarakhand. My schooling was in a nearby Government Primary School. Those days we used to have a 'party' where we lighted carbon with oil and put a wooden plank on it to make it shine. Then we use to collect whitish soil, mix it with water, and then dip wooden pens in it to write. We resorted to these self-learning activities as the resources were limited. Then from third class we got our books.



SON OF A RETIRED ARMY OFFICER

I later studied in a Junior High School that was established by my father, who had retired as an Army officer. My father was in the British Army and very passionate about education. He initially ran this school on private basis. Later, it was converted to a government institution. Now, it has a college also.

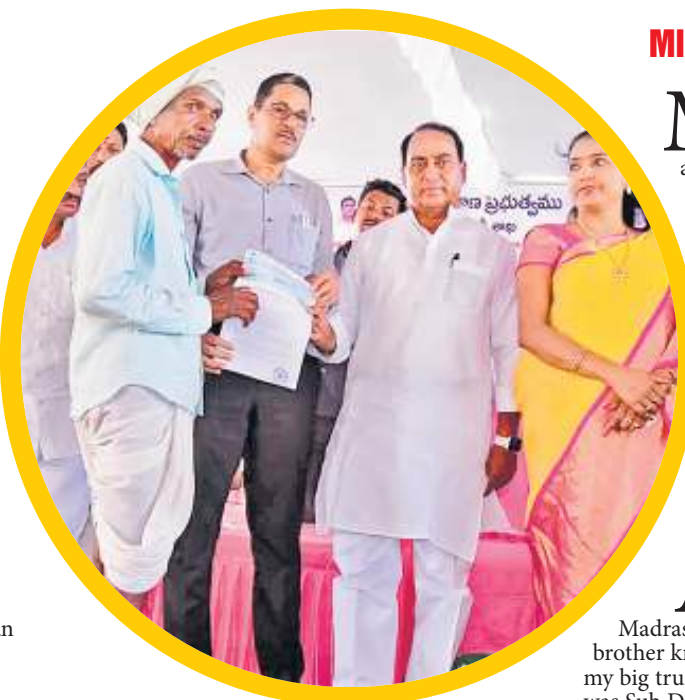
MY INTRODUCTION TO IFS

Although I knew that I was very close to nature, the thought of getting into forest service struck me first when my professor in Botany, Zoology and Chemistry course Prof Vinod Uniyal got it into IFS. I later saw that the entire town had assembled for giving him a farewell. Then I understood that this portfolio is important and I need to pursue it.

Another reason is my passion for Nature. I am attached to Nature and respect it. I keep interacting with the Professor, though he retired from Kerala as PCCF and lives in Dehradun now.

PROFESSORS LED MY WAY

Another Chemistry Professor permitted me to study in college for IFS and I cracked the exam in my first attempt because of the knowledge and access to library for material provided by them. They shaped me as a human being also.



MIGRATION WAS PART OF MY STUDIES

My father was familiar in the village. He gave me every bit of information that I required because of the limited resources available for studying. So, I went to another school from 7th standard. This process of migration continued. I shifted places for my 9th and 10th. For Intermediate, I first entered a proper town and it went on.

IFS AT 22

I was a gold medalist in Botany subject in my post-graduation. Later, there was a vacuum as to what I should do. I was then 21 years old. Then, with all their encouragement, I prepared and wrote the exam in 1986 and got into service in 1987. I have completed more than 35 years of service.

FIRST POSTING

After training, we were assigned our places for service and mine was Paloancho in Khammam. I remember my family telling me 'Oh! Is it South, then it must be Madras' because all we knew in South was Madras. But my elder brother knew that I will be working in Khammam. I still remember my big trunk in Academy with my name written on it. My first post was Sub Divisional Forest Officer in Khammam.

TOUGH TIMES

Our days of working then were very difficult because we had naxalite movements. Our headquarters being shifted to Manuguru, it was the most difficult part of our service. Although they never interfered in our work, they created problems for our staff. Now it is easy to work in interior places of forests as it is much more peaceful.

DIVERSE FIELDS

I have worked in Bhadrachalam, Warangal and Begampally. I have worked in the agriculture and horticulture sectors. I was in the Secretariat too. I was in-charge Vice Chancellor. I also served during the Chandrababu Naidu regime. All this helped me in understanding the roles of other departments and sectors.

A LIST OF CHALLENGES

We are now working on protecting interior areas. We are looking at what best we can do for wildlife, how we can

involve the local people in work. The task is related to Podu lands. I am focused on pushing ecotourism as it is the best area to implement ideas. Another area is man-animal conflicts, as tiger breeding is being observed. We are working on providing the habitats so that we control such incidents.

NO DECREASE IN TIGER POPULATION

The information being spread that there has been a reduction in the TS tiger count is false. Everyone is appreciating us for the work we are doing. Currently there are 24 to 26 tigers in Amrabad. We noticed one tiger with cubs in Adilabad. The reason we don't disclose the details is that people become panicky and sometimes there is the possibility of poaching the tigers. We are cautious about the count because tiger is top most in the food pyramid.

Another focus area of the Forest Department is establishing urban forest parks and we have around 109 of them.

ACCOMPLISHMENTS

In 2014, our State got divided and in 2016 I was made in-charge of the Telanganaku Haritha Haram initiative. I have been doing the needful for the past eight years.

This is a major work for my profile because we planted 270 crore plants. Everybody is complimenting the resultant greenery, with the green cover increasing by 7.7 per cent. For past seven to eight months, I have been helping initiatives launched by the Forest Department. As part of providing employment to locals, I have trained the first batch of local youth, including Chenchu tribal boys.

Another major work that is ready to begin is relocation of villages from the core area of the Kawal Tiger Reserve, Nirmal, Telangana. Two villages are being relocated with an outlay of Rs 21.20 cr. It is my pride. As a forester, I could protect and nurture these 129 patches of forests in and around Hyderabad, accounting for over 1.60 lakh acres.

Continuous efforts are being made to increase the number of tigers. Keep in view ecotourism and lung space, we have already established 109 urban parks.

FAMILY BOND

I have four brothers and four sisters. I am more attached to my elder brother as he had assisted me for my education. They all will be coming to my elder son's marriage (shortly).

My marriage was an arranged one. We did know each other as she is from a relative's family. I have two sons; the elder one has completed B Tech from BITS Pilani and the second one is pursuing LLM in Washington University

LONGING FOR THE HILLS

I have been to many places such as Canada, the Philippines, USA and Thailand. But I always long for the hills and verdure because I hail from a hilly place. I desire to visit my native place but due to time constraints I travel rarely.

SUGGESTIONS FOR YOUNG IFS

One must decide on what they can contribute to society before entering the service. Employment is one thing, but let me tell you I was the happiest to enter this service because this was my passion. Youngsters have awareness now and opportunities as well as scope to work on any of the areas. If one is not working in the area of their interest, then the output would be less. I push them in training by explaining the larger areas such as climate change related to forest. New technologies are being used in forests. Wildlife is a very interesting area to work on.

Rapid fire

Describe yourself : Honest and Hardworking forester
Nick name: Rakki
Favorite actor: Amitabh Bachchan
Favorite food: Vegetarian -- Paneer and Mushroom
Favorite colour : Maroon
Religious or spiritual: Spiritual



FREE TIME

I usually work 16 to 18 hours in a day and the moment I enter home, it is peaceful because of the bond I and my wife share. Then I have a large rooftop garden. I grow all the leafy and normal vegetables. Maintaining those plants and sitting down among greenery is peaceful. I do not buy vegetables from outside other than onions.



Rakesh Mohan Dobriyal

Living the ultimate dream of a forester

Career opportunities in the field of Optometry

Optometry is a medical science which focuses on the diagnosis and treatment of impairments related to the human visual system. A doctor of optometry, or optometrist, is a person skilled in evaluating the general health of the eyes and who holds an optometry license. Optometrists may examine your eyes to check for health issues and vision adjustments. They can identify vision problems, eye traumas, ocular anomalies, and health problems including diabetes and high blood pressure. They can also prescribe contact lenses and spectacles to address refractive faults. Patients may receive clinical guidance from optometrists in addition to health evaluations and assessments. A career in optometry can be very rewarding, with good earning potential and scope for development.

Education requirement to become an Optometrist

To become an O.D. (Doctor of Optometry), a candidate must pass the EYECET exam, which is the national entrance exam used to admit students to optometry programmers. An aspirant optometrist begins their education by finishing three or four years of college with a focus on pre-medical courses and receiving a bachelor's degree. That four-year degree should be in a field that is related to optometry, such as biology or physiology. To acquire an O.D., one can finish four years of study at a recognized optometry school. In order to obtain expertise in a specialty like ocular illness or poor vision rehabilitation, they may also do a one-year clinical residency.

Scope of optometrist

Optometric practice has enormous and limitless potential both in India and overseas. It is an exciting and demanding vocation that can lead to personal development, respect from the community, and gives job flexibility, financial success, and limitless chances. The major eye care and health practitioners who are concerned with vision care are optometrists or optometric physicians. They are specialists at identifying refractive errors and prescribing the right treatment. They handle vision screening (eye testing), diagnosis of visual issues, orthotics and vision training, optometric counseling of patients with partial sight, colour blindness, and genetic vision disorders, as well as designing and fitting of glasses, contact lenses, and low vision aids. In addition, they give patients who complain of visual problems like squinting and other similar ones vision treatment eye exercises.

There are also many different career paths you might take as an optometrist. You have the option of working as a researcher in a variety of industries, a postsecondary educator, an eyewear industry consultant, an occupational/industrial safety programme advisor, or a consultant. People who are interested in working as optometrists can also start their own independent private eye care practices. Some of the Valuable skills that are important for an

optometrist, and how they contribute to a thriving practice includes:

1-Interpersonal skills

Optometrists are less feared than dentists in the medical field, but both deal closely with patients. You must be able to communicate with people in a calm, professional manner and be at ease in close quarters. All of your professional encounters, including those with office personnel and coworkers, should be interacted in a friendly manner.

2-Communication skills

For both customer service and medical follow-ups, communication skills are essential. Optometrists instruct patients on crucial information on routine vision maintenance, ocular health and hygiene, and specialized treatment for injury or illness. When referring patients, requesting more details about a patient's condition, or seeking expert guidance, they must also effectively interact with other professionals. Any practice may operate more efficiently with good staff communication, which also keeps patients well informed about their care and any problems they may encounter.

3-Critical thinking

An

The digital revolution, which began in the late 1950s, brought in a new era of contemporary technology that resulted from constant development and innovation.

With its strong involvement, technology pushes startups beyond traditional approaches in today's environment and has become the most significant determinant in their success.

Startups rely on technology to level the playing field and make more resources available to them than ever before.

However, there are other paths to success in technology. The startup founder route may be the most mythologised, but if they have the necessary competence, other individuals may earn their ticket in technology. Indeed, superior technology executives frequently integrate more than one skill set, and many of the best combine technical talents with commercial expertise. Here are several essential skill sets that stand out right now. By mastering these skills, entrepreneurs or aspirants will significantly increase their chances of landing a job or building a successful startup. But first, we must comprehend the significance of technology in building a successful startup in this highly competitive environment.

Importance of technology for startups

Building a business from the ground up may take time and effort, with numerous risks and no guarantee of success. However, in today's environment, technology has become a critical component for startups since it provides inventive intervention with new information. The recipe for a successful startup includes information, devotion, and drive.

optometrist's career should emphasize the development of critical thinking abilities in the workplace. Critical thinking is important since it implies that you should have the appropriate response to a problem. Another key competency in this field is the ability to weigh the advantages and downsides of various findings, solutions, or approaches to issues. Critical thinking is important because it enables people and organisations to identify problems, generate solutions, and diagnose future problems that may not seem to have a clear answer at first.

4-Decision making skills

Making a choice between two or more alternative outcomes is known as decision-making. Making decisions involves choosing between various action plans as part of the larger problem-solving process. When making decisions in the field of optometry, one should either use



logic or a combination of logic and experience. When choosing the best course of action, take into account the respective costs and rewards.

5-Problem solving skills

Information, acts, discussions, and procedures that are already flawed or just incapable of performing the needed functions are present in both individual and commercial structures in large quantities. In our work as optometrists, problem-solving equips us with the ability to identify such items and offer solutions. Recognize complex issues, examine pertinent data, formulate and evaluate tactics, and implement solutions.

(The writer, YK Gupta, is pro chancellor at Sharda University)

Relevance of innovation in tech for leading a successful startup

Technology is critical to corporate operations because of its enhanced success rates in achieving outcomes. Technology can help startups earn money and provide solutions when they are in great demand.

Things to keep in mind when building a startup

Exploring high potential technology relevance with new business opportunities: Existing R&D environment and its support in both academic institutions and industries gives a chance to explore successful startup ventures.

Building innovative ideas for existing businesses in evolving industries: Focus on innovation to the existing businesses and its processes leads towards a successful startup.

Embrace a separate entrepreneurial mindset in faculty and employees: Academic institutes have a big opportunity to inculcate and link faculty and their research outcomes towards startup spinoffs and the industry can boost with a separate division of R&D setup with technology innovation leading a successful startup.

Faculty and employees training on new courses of innovation and entrepreneurship ecosystem: Academic Institutes can bring new courses on the I&E ecosystem like design thinking and innovation (DTI) & capstone projects to motivate faculty with their research outcomes towards a successful venture establishment and new courses like Product Development and Technology Readiness always put industry towards Technology Innovation

Technology readiness level (TRL) and its importance for grassroots' level innovations: A high priority to technology readiness level on the opportunities to map grass-root level innovation with technology integration leading

towards a successful startup.

Functioning of existing R&D wing leading towards the establishment of startup ventures: Existing R&D equipment, infrastructure, and facilities are available with minor changes, and through setting up a separate innovation environment and technology innovation can create new ventures from academic institutes.

Availability of academic research survey reports and successful market analysis case studies: Mapping research survey reports and market analysis towards viable business problem statements with technology innovation leading to successful startup ventures.

Technology business incubators and its operations: Incubation centers (TBIs) can play a key role in supporting hackathons and Bootcamps (technology specific) through regular activities and motivate both faculty and students towards technology commercialization and product development.

Paving the way for the future!

Furthermore, the firm gains a competitive advantage by utilizing cutting-edge technology, making it a superior organization to the rest of the market's rivals. This improves the brand's overall reputation and consumer perception, which is crucial for growth. Aside from that, technology enables entrepreneurs to track their competition. There is a lot that technology can do to help new businesses. Yet, in the end, being skilled with technology matters most.

(The writer, Dr. Krovi Raja Sekhar, is the director, Center for Innovation Incubation and Entrepreneurship, KL Deemed to be University)

Jingle of Jimador

What you need:

- Sliced jalapeno: 8 to 10
- Jalapeno pickled water: 30 ml
- Cactus syrup: 30 ml
- Tequila silver: 60 ml
- Lime juice: 10 ml

Garnish

Lemon salt chili rim

Glass

Double rock

Flavour

Sweet and spicy

How to make:

- Take a Boston shaker put 8 to 10 sliced jalapenos and muddle gently.
- After that add 10 ml of lime juice, 30 ml cactus syrup, 60ml tequila silver, 30 ml jalapeno pickled water and 10 to 12 ice cube. Then shake properly until the shakers are not chilled. After finished the mixing, take a double rock glass and make a rim with Lemon salt & red chili powder base.
- At last all the mixing doubles

Courtesy: Lollo Rosso, Goa



Raise a toast

NEGRONI

What you need:

- Monkey 47 Schwarzwald Dry Gin: 30 ml
- Italian bitters: 30 ml
- Sweet vermouth: 30 ml

How to make:

Stir all ingredients over ice. Strain over fresh ice in a rocks glass.



Frozen B&T Twist

What you need:

- Beefeater London dry gin: 60 ml
- Tonic: 50 ml
- Lemon juice: 15 ml
- Sugar syrup: 5 ml
- Tonic water: 50 ml

How to make:

Blend ingredients with ice. Top with 50ml tonic water.

Garnish with orange and lemon.



Grant's rose a toast

What you need:

- Grant's Distinction: 60 ml
- Simple syrup: 20 ml
- Pink peppercorns: 5-6
- Sepoy pink rose lemonade
- Edible flowers to garnish

How to make:

Pour in a goblet and stir

Top up garnish with edible flowers



BY ALL THINGS BABY

My First Bag Children's Backpack - Pink Copper

Discover the Childhome My First Bag children's backpack! The largest compartment is large enough for a lunch box and water bottle and in the small compartment your child can still take his/her favourite things. The removable and adjustable safety buckle ensures that the backpack always feels comfortable and stays in place!

Price-Rs. 4,499.00

Black Ops Black Navigators

The uber cool, stylish Black Ops Black



Navigators are everyone's favourite for every season! This pair of sunglasses for your little one will be their most stylish shades. As USA's most favorite babies and kid's sunglasses brand, Babiators - 100% UV Protection and flexible, durable frames.

Price-Rs. 2,499.00

Mini Drum Set

Here's a mini drum set for your mini. With realistic sound and functions, this drum set for kids is equipped with 2 cymbals and 3 drums. This is a great toy to build hand-eye coordination, concentration, auditory and fine motor skills. Let your little musician start early!

Price-Rs. 4,999.00

Nutrizeo launches oral strips for pregnancy, periods, and nausea

Introducing a paradigm shift in drug delivery worldwide, dissolvable oral thin films are a fast-emerging dosage alternative set to revolutionize the over-the-counter industry. Bringing the efficacy of these quick and effective solutions to the domain of women's wellness in India, India's first women-focused nourishment brand Nutrizeo, has launched three different sets of Oral Strips: Nail the Nausea to address the issue of Morning Sickness and nausea during Pregnancy. The strips have essential anti emetics, Gingerols, and multivitamins Vitamins C, E, and B Complex, Zinc, and Lemon. Prep The Pregnancy is a novel patented combination of essential minerals like folic acid and vitamins. It has 4th generation Folate called Quatrefolic which is clinically backed finished folate for higher absorption and effectiveness and Vitamins B6, B12, and D3 and are prescribed to be consumed for fertility during pre-conception and pregnancy and Calm The Chums which has Vitex Agnus Castus or commonly called as Chasteberry again a clinically proven ingredient along with the combination of Iron from AB-Fortis and Vitamin B6 for period pains, cramps, mood irritability, and PMS relief. These products seek to provide relief from different challenges faced by women during their lifecycles.



The Yellow Dwelling

Thanksgiving is a special time of the year to get together with family and friends and give gratitude. Whether you're opting for an opulent tablescape display laden with festive decor or something a little more simple, The Yellow Dwelling has the perfect decor items for your cherished family get-togethers. So all you décor enthusiasts, pin your location to The Yellow Dwelling for an entire range of placemats, napkins, throws, cushion covers inspired by the beautiful fall season and colours to give your home that welcome, season ready look

For more information call: 96062 46004

Shipping across India

Price starts from Rs 325/-

WINTER ESSENTIALS WITH KAMA AYURVEDA

For your face and body:

Eladi hydrating face cream: Inspired from the ancient Ayurvedic text of Ashtanga Hrudayam, Eladi Hydrating Face Cream is a blend of pure herbs processed in pure Coconut Milk and Sesame Oil. Costus and Cardamom are known for their Varneekarana properties – the ability to enhance skin texture. Costus is especially known for its soothing effect on skin. This cream also contains Aloe Vera which has antiseptic properties. It prevents acne, blemishes, fine lines and gives adequate sun protection.

Almond and coconut lip balm:

Heal chapped lips with this nourishing, nutty lip balm that combines a rich blend of butter and oils to rescue parched and dehydrated lips. Organic Beeswax forms the nutrient-rich base that forms a protective barrier and helps to seal in moisture.

Amarrupa oil:

An Ayurveda-based formulation containing anti-ageing Vayasthapana herbs to maintain youthful skin. This anti-aging face oil is clinically proven to result in 15% firmer skin, 36% smoother skin and 31% reduction in under-eye dark circles*. Both Indian Gooseberry & Citron Fruit are powerhouses of Vitamin C that improve complexion and enhance and nurture the skin.

For your hair:

Bringadi intensive hair treatment oil: The change in weather has an adverse effect on our tresses, triggering hair breakage, scalp infections as well as hair follicle inflammation. A rich earthy oil with potent Ayurvedic herbs infused in pure Sesame oil, Bringadi Hair Oil is a time-tested formulation that addresses major hair and scalp issues faced during the dry and cold winter season like hair fall and dandruff.

Bringadi hair conditioner:

Bringadi Hair Conditioner is a gentle, Ayurveda-based formulation that improves hair texture, reduces frizz & flyaways and restores lost moisture. Enriched with actives from Bringadi Oil, it strengthens weak, fragile hair and repairs damaged hair. Formulated with nourishing & restoring ingredients, it can be easily added to your shampoo routine.



'LEHER' by Aapro

This season Aapro is celebrating the spirit of womanhood with contrasting colours that bring together our co-existing desires for calmness with vibrant energies.

They are doing this by creating their first ever occasion wear collection - Leher - that has ensembles ranging from shararas to lehengas to co-ords sets, all while sticking to aesthetics that Aapro has come to be known by and loved for. The collection depicts the feminine side of women with its colours and silhouettes and at the same calls out their strong and bold nature through the use of dots and stripes.

sunWinter skincare by Dermafique

Aqua Cloud (Hydrating Crème) - Aqua Cloud is a dewy, cloud-like crème that deeply hydrates, nourishes and plumps skin. Infused with Sea Weed Extract from the sea of Bretagne (France) and enriched with the goodness of shea butter, olive oil and Vitamin E that leaves the skin velvety soft post usage.

Price: Rs 979
Dermafique Night

Replenish (Body Serum) - It is created to restore skin health and repair oxidative damage. This serum repairs the skin from the damage done during the day, supports skin cell regeneration at night and is infused with Vitamin beads that melt into the skin giving 30X Vitamin E benefits

Price: Rs 679
Soleil Defense All Matte SPF50- Dermafique skin sci-

ence brings to you Dermafique Soleil Defense [All Matte] sunscreen that protects your skin from harmful effects of the Full Sun Spectrum i.e., Visible Light, Infrared (IR), UVA and UVB. It is powered by the revolutionary Full Light* Technology that targets the 360° Sun Spectrum to protect skin with RSF 90, PA++ and SPF 50

Price: Rs 979



Starting young for a bright future

Teaching financial literacy to kids is a very important aspect that every parent must follow. It helps them develop the skills necessary to achieve financial success later in life. The earlier we teach kids good money habits, the better they understand the value of money. Below are a few ideas on how to instill good money habits in kids. Today, in this article we help you what and how to teach your kids the importance of finance.

For kids aged 5 – 8 years:

Identifying and counting money: Introduce them to different currencies and help them identify, sort and count money.

Earning money: Reward work with money like getting good grades, doing chores etc.

Buying experience: Help them take money to the store, and hand over the money and buy something.

Saving money: Get them a clear jar instead of a piggy bank to keep their money. This way they can see

their money grow which helps reinforce the benefit of saving.

Opportunity cost: Teach them to choose. E.g.: If they buy these shoes, they won't be able to buy those skates. This helps restrict impulse buying.

For kids aged 9 – 12 years

Take them to a bank: Show them what a Bank is and how it works. Open an account for them.

Goal-based savings: Help them set different goals for which they would need money and teach them to save accordingly.

Importance of giving: This is the right time to teach kids to help those who are less privileged than we are. Let them choose the cause they want to support and make them contribute in their own way.

Teenagers (13-18 years)

Make them manage their Bank Account: Get them to manage their own Bank account through Mobile Banking or even visiting the Branch.



- **Introduce them to investing:** Introduce them to the basics of investing when they turn 18. Open a demat account for them and help them get started.
- Get them to contribute towards their higher education by looking for scholarships.
- **Help them figure out how to make money:** Instill an entrepreneurial spirit in your kids by teaching them how to make money. For example: Starting a

side hustle esp. if they are skilled at something, this will help them learn important financial skills.

- Not just kids, even parents need to plan their finances in a more smarter way in order to give their child a more secured future.

Tips for planning finances for your child

- Lay down your goals, both short term and long term.
- Account for inflation.
- Start investing early to benefit from the power of compounding.
- Get insurance for you and your family.
- Build a contingency fund of 6-12 months.
- Consolidate all your financial information in one place.
- Appoint a nominee.
- Review your investment plan periodically.
- Inculcate good money habits in your child.

Things to do when your child

turns 18

- Apply for IDs like Passport, Aadhaar and a Driving licence. If documents are already available as a minor, update them with latest photograph and signatures.
- Apply for a PAN and get it updated in bank records.
- Convert the minor savings account to a regular Savings Account by submitting a signed request, latest photo of your child and KYC documents.
- Update your bank records with revised signatures so that your child can independently sign and operate the account.
- Apply for a personalised Debit Card for carrying out ATM and digital transactions. Additionally, you can also get an add-on Credit Card for your child and a Demat Account if you want them to start investing.
- Activate net banking, e-wallet and mobile banking.



Ujjivan Small Finance Bank increases interest rate on some FDs

The highest interest rate for regular customers would be 8% for 80 weeks (560 days). Highest interest rate for Senior citizens would be 8.75% for 80 weeks (560 days). Platina FD would get an additional interest rate of 0.20%. These are applicable for deposits above Rs.15 Lakhs and below Rs.2 Crores only.

Mr. Ittira Davis, Managing Director and Chief Executive Officer, Ujjivan SFB, commented, "The FD rate increase is a reinforcement of our commitment to offer our customers the best products. This also is in line with our retail strategy of building granular deposits and the

evolving macro-economic situation."

New rates are effective from November 5, 2022.

Customers can invest a minimum of above Rs 15 lakhs to below Rs 2 Crores under the plan. The Platina FD is non-callable, i.e. partial and premature withdrawal facility is not available in this scheme.

Ujjivan SFB allows monthly, quarterly and at maturity interest pay-out options. The Tax Saver Fixed Deposits comes with five years lock-in period.

The latest round of rate increases on FDs place Ujjivan SFB among the banks offering the highest Interest Rates on the Term Deposits.

CoinSwitch Pro becomes the 1st rupee-powered Crypto platform

CoinSwitch announced the launch of CoinSwitch Pro, a multi-exchange trading platform. The first-of-its-kind KYC-compliant platform will allow users to trade Crypto assets in Indian Rupees across multiple exchanges with a single login. With CoinSwitch Kuber, CoinSwitch revolutionised and democratised crypto asset invest-

ing and awareness among 18 million retail users, making it the largest crypto platform in India within two years of launch.

Founded by childhood friends Ashish Singhal, Vimal Sagar Tiwari, and Govind Soni, CoinSwitch raised \$260 million in Series C funding from Coinbase Ventures and Andreessen Horowitz (a16z) in

September 2021 to become a crypto Unicorn at a valuation of \$1.9 billion. The company counts Tiger Global, Sequoia Capital India, Ribbit Capital, and Paradigm, among other blue-chip investors. CoinSwitch is also set to launch its first non-crypto offering by the end of March 2023 as part of its mission to 'Make Money Equal for All'.



Graha doshas and remedies

Astrology heavily relies on planetary combinations or Yogas. Astrologers frequently take the power of Yogas into account when analysing significant life events, such as marriage, childbirth, business development, and others.

Numerous planetary combinations have the potential to be destructive and deadly, just as Yogas have positive effects. Many Graha Doshas have the potential to impede your progress or obstruct your path to happiness.

In this article, we'll discuss seven significant Graha Doshas and ways to get rid of them.

1. Kaal sarp dosha:

Rahu in the 10th house, Ketu in the 4th house, and the other planets squeezed in between are the conditions that lead to Kaal Sarp Dosha. It is also thought that these circumstances result from past life transgressions for which they are making up for the debt. As it is believed that they would have killed innocent snakes and other reptilian creatures in their previous lives, it is said that people with Kaal Sarp Dosh have a fear of snakes.

Remedy: Daily 108 repetitions of chanting *Om Namah Shivaya*. Daily 11 repetitions of the *Maha Mritunjay mantra*. On the Mahashivaratri eve, perform Rudrabhishek by offering milk and water to the Shiva Linga and praying to Lord Shiva. Reciting *Vishnu Sahasranama Stotra*. Observe an 11-Monday fast. Floating 11 coconuts in river or running water on Saturdays and on Panchami Tithi. Conducting Shanti Puja on Shasti Tithi. Worshipping Lord Shiva (Natraj) on Mondays.

2. Pitru dosha

When a person must carry the weight of the sins committed by his or her ancestors and atone for those sins throughout the cycle of his or her life, that is known as pitru dosha. Pitru dosh is caused when the planets in the 9th house or the lord of the 9th house, or the sun or Jupiter are in conjunction with Rahu and Ketu.

Remedies: Reciting the *Pitru dosh nivaran mantra*. On special days like Sankranti and Amavasya, brahmins should be fed and offered red-colored clothing as acts of charity. Pray to Lord Shiva daily and offer water to the Shiva Linga and banyan tree. Plant the tree ideally in front of your home. Perform specific Shradhs such as Tripindi Shradh and Pitra Visarjan, Pind Daan, Naryan Nag Bali Pooja and Naryan Bali Pooja.

3. Nadi dosha

One of the most significant planetary configurations that astrologers look for before a couple is prepared to enter the union known as marriage is Nadi Dosha, also known as Nadi Maha Dosha. There have been several instances where the Nadi dosha has caused marriage proposals to be withdrawn all over the world. Effects of the nadi dosha include infertility, difficulties getting pregnant, marital strife, children who are born with mental disabilities, and a lack of physical intimacy between couples.

Remedies: Reciting the *Maha Mrityunjaya Mantra* after marriage. Performing *Nadi Dosha Nivaran Puja*. The couple must ensure to perform this Puja together at an auspicious Muhurat. Donating food and other necessities to the poor and the underprivileged. Wearing appropriate gemstones, *yantras*. Women with Nadi Dosha are advised to marry a Vishnu-incarnation first, and then a human, in order to neutralise the destructive effects.

4. Guru chandal dosha

Guru Chandal Dosh can occasionally occur when Ketu and Guru are in a planetary conjunction, which has the potential to cause havoc and long-term distress. The individual is easily drawn to unrighteous and evil things. The native will

have a very difficult time excelling in school, and their career will suffer greatly as a result. Most of the time, the native will find themselves in financial debt. Marital conflicts will become common. There is a possibility that the individual will be impossible to deal with.

Remedies: Performing the *chandal yoga nirvana pooja*.

Wear a *Do-Mukhi Rudraksha* to shield themselves from the negative influence. Offer prayers to Lord Ganesha and Lord Shiva. Wearing yellow-coloured clothes is considered good. Engaging in acts of kindness towards animals and birds helps in warding off the negative effects caused by this planetary combination. Offering raw milk to the root of the banyan tree. Worshipping Lord Hanuman and reciting the *Hanuman Chalisa*.

5. Mangal dosha

Mangliks are people whose planetary combinations place Mars in the second house, which

is thought to be very unlucky. Frequently, those with mangal dosha are not viewed as the ideal partner for marriage.

Remedies: Chanting the *Gayatri Mantra* 108 times per day should become a habit.

Make sure to recite the *Hanuman Chalisa* at least once per day. If you can, go to a Hanuman temple and recite "Om Shreem Hanumante Namah" at least 108 times every day. Visit the temple of Lord Hanuman on Tuesdays and make offerings to the lord made of sweets and vermillion. Donate red coloured clothes. On Tuesdays, try to donate food prepared from Red gram and wheat. Wearing appropriate gemstones that are ruled by Mars. Performing *Mangal Dosh Nivaran puja*. Chanting *Mangal Mantra*

6. Grahan dosha

Grahan dosha also popularly known as Chandra Grahan dosh and Surya Grahan Dosh is one of the most nefarious dosha that one

could have in their planetary alignment. This occurs when they have their sun and moon in conjunction with Rahu and Ketu.

The effects of Grahan Dosh are often ghastly and cause some serious turmoil and trouble for the affected person.

Remedies: If you have a guru, find solace by offering your unconditional respect and services to him. If you have a Surya Grahan dosha, then, you should offer water to the planet sun every day. Make it a daily practice to chant the *Aditya Hriday Stotam*. It is advised to skip consuming salt or salt-based food products on Sundays. Donate red-coloured garments to a girl child. If you have the Chandra Grahan Dosh, then it is advised to make kheer and feed to female children. It is also advised to donate white-coloured garments. To nullify the negative effects of Rahu and Ketu, it is advised to pray to Lord Shiva and Lord Hanuman. Make it a point to chant the *Mritunjay mantra* 1,25,000 times.

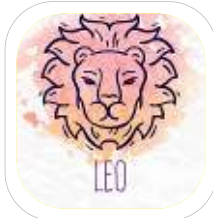
7. Gandamool dosha

The Gandmool Dosha is present when one's natal moon falls within any of the six of the 27 stars that make up one's planetary alignment. According to Hinduism, children born during this planetary alignment will adversely impact their parents, grandparents, and other members of their immediate family.

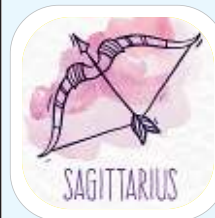
Remedies: Offer prayers to Lord Ganesha if your stars are Moola, Magha, and Ashwini. Feed as many brahmins as you can. Perform the *Gandamool Shanti pooja* 27 days after the birth of the child. It is crucial that the child's father stay away from the new-born during these 27 days. Perform *Shiv Archana*. Frequent chanting of *Maha mritunjaya Jaap*. Keep the leaves of 27 radishes from the day of birth for 27 days, and then float them in water on the 28th day. To prevent any snake-related nightmares and dreams, worshipping Mercury would be beneficial.



The efforts put into ventures will bring benefits. Sit down, relax and pluck the fruits of your hard labour. Adjustment is needed at the workplace.



Ups and downs are part of life. Do not let minor setbacks affect your willpower. Hard work will bring benefits now or later. Remain active, always.



Think before offering left-handed compliments. Don't give unwanted advice. You may get a chance to display your skills. Your soft side will blossom.

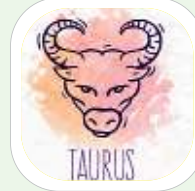


You can proceed with your plans. Benefits are sure to reach you. Adjustments may be needed. A big situation is developing. Remain calm and neutral.



Do not be casual in your relationship. Go forward with plans you had been fabricating in your mind. Benefits are sure to reach you. Be ready to adjust.

You are restless and impulsive. It will be difficult for you to find peace of mind. Novel ideas will come up frequently. Ensure the support of others.

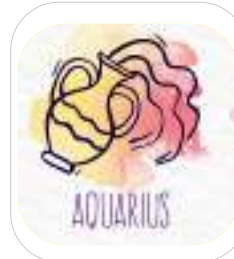
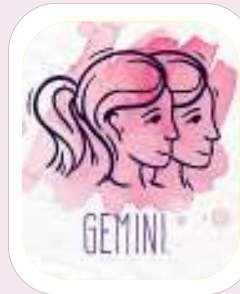


YOUR WEEK AHEAD



Your way of life may cause others to think you are unreliable. Be patient and accept their advice. You will rise above stress. A sense of joy will fill you.

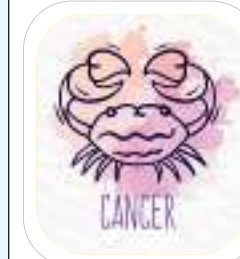
You may turn a workaholic. You rarely rest your body and mind. Hard work will bring results. Don't expect a lot from siblings, you'll be disappointed.



A sense of joy and cheerfulness may fill you. Rise above the strain of mundane existence. There will be new ideas. Work to win over colleagues.



The support you expected may not come. Do not let it stop you. Continue with your efforts. It is a good time to realize your plans. Keep a clear mind.



You may be feeling angry and hurt. Small things will get on your nerves. Spend time with your diary. Train yourself to rise above routine stress.

Hard work put in the past will reap benefits. Enjoy them, but do not become lethargic. Be nice to others. New people may enter your life. So, enjoy.



GLOBE TROT

Travellers without full name on Indian passports barred in UAE

The United Arab Emirates has barred the entry of travellers without their full name on an Indian passport as per new guidelines. Air India and AI Express, in a joint circular, have notified that any passport holder with a single name will not be accepted by UAE immigration. INAD means 'inadmissible passenger', an aviation term used for people who are not allowed entry in the country they want to travel to. Those passengers identified as INAD are taken back to their country by the airline, the circular said. The new



rule applies only to passengers with visit visa/visa on arrival/employment and temporary visas and is not applicable to existing UAE Resident card holders.

Couple from Argentina breaks record for most body alterations

Gabriela and Victor Hugo Peralta, a couple from Argentina, have broken the record for the most body alterations. The duo has gotten 98 tattoos and other body alterations so far because they are passionate about them. As per Guinness World Records, They first set the world record in 2014 with 84 modifications. However, since they were enthusiastic about it, the duo continued to get tattoos and other modifications, so now their total stands at 98. The Guinness World Records also further added, About 24 years ago, Gabriela and Victor met at a motorcycling event in Buenos Aires, Argentina, and fell in love with each other. They knew then that they would spend the rest of their lives following their passion for bodily alterations and implants, some of which, they confess, are



extremely painful. Together the couple has 50 piercings, eight microdermals, 14 body implants, five dental implants, four ear expanders, two ear bolts, and one forked tongue.

Twins born from embryos frozen 30 years ago

Twin babies have been born to an Oregon couple from embryos frozen more than 30 years ago. It is believed to be a new record for the longest-frozen embryos ever to result in a successful live birth. They were stored at around -196C (-323F) in liquid nitrogen on 22 April 1992.

According to NBC News, Tennessee couple Tina and Ben Gibson welcomed their daughter Molly in 2020 as a result of a 27-year-old donated embryo, with assistance from the National Embryo Donation Center. According to NBC News, Molly's sister Emma was created in 2017 from a 24-year-old frozen embryo. The Ridgways weren't deterred by the embryos' age.



According to Rachel, "We wanted to locate those embryos that have been waiting for the longest and have been passed over numerous times." They reportedly asked, "Who needs to be picked out?"

When asked about the time when their children's embryos were placed in storage, Philip replies, "I was 5 years old when God gave life to these embryos." It's just mind-blowing to think that God was giving life to twins somewhere else at the same time," he continues.

'Lakshman rekha': For judicial or executive overreach?

Union Law Minister Kiren Rijiju's concerns over lawyers' protest on transfer of judges are misplaced, considering that the heartburn over palpable Executive overreach is widespread among judicial circles in many states, though unseemly protests among members of the legal fraternity spilled on to the streets in Gujarat, Telangana and Tamil Nadu against the proposed transfer of High Court judges. Given the Centre's current track record, Rijiju will have a tough time justifying his criticism of protests by lawyers.

Although the SC Collegium is yet to finalize some of the transfers in question, media reports suggest that, apart from Justice Kariel of the Gujarat High Court, two judges of the Telangana High Court viz. Justices Abhishek Reddy and Lalitha Kanneganti and Acting Chief Justice of the Madras High Court, Justice T Raja, are slated to be transferred. Legal luminaries have reasons to believe that it is no longer a question of the transfer of one or two judges, but the very independence of the judiciary.

At a recent media conclave, Rijiju described the Collegium system as 'opaque' and 'not accountable'. In the next breath, he betrayed the Union government's intention by suggesting that, in the wake of the Supreme Court's judgment on the National Judicial Appointments Commission, the Centre had respected the top court's decision, and did not act immediately to find alternative ways. His caveat: "...it does not mean the government will be silent forever" no doubt sounds ominous.

The Supreme Court, in its October 2015 verdict, struck down the NJAC Act and the Constitution (99th Amendment) Act, 2014, leading to the revival of the Collegium system. The NJAC Act, 2014 had sought to give a major role to the Executive in appointing judges to the higher judiciary.

The Collegium system is once again under spotlight because of the unconscionable delay in the appointment of even those judges whose names had been duly cleared and the view in some circles that it has resulted in denial of equal opportunity to thousands of lawyers who are otherwise eligible, meritorious, and deserve to be considered. To cite a telling example, the name of advocate C Emalias (duly recommended for the Madras HC) had to be eventually dropped because the unexplained delay in his appointment saw him cross the age of 55. The SC Collegium had initially recommended Emalias' name for appointment as judge of the Madras HC on December 4, 2017. It reiterated its decision in August 2018. Still, the Centre ignored it.

On February 16, 2022, the SC Collegium, headed by then CJI N V Ramana, recommended Nidumolu Mala, Sunder Mohan, Kabali Kumaresh Babu, S Sounthar, Abdul Ghani Abdul Hameed, and R John Sathyan for appointment as High Court judges. These names had been sent by the Madras HC Collegium to the SC Collegium in 2021. While four judges were appointed, the recommendations of Hameed and Sathyan are still pending. The government has neither

returned the file to the Collegium nor made the appointment.

The name of Calcutta HC advocate Sakya Sen was first recommended by the HC Collegium in December 2017. However, the SC Collegium in August 2018 sent the name back to the High Court for reconsideration. In July 2019, the SC Collegium recommended Sen after the Calcutta HC Collegium sent his name again. Sen is yet to be appointed. Senior advocate Nagendra Naik, who belongs to Bhatkal in Karnataka, was counsel for the Central Bureau of Investigation under the Congress-led UPA government. The SC Collegium recommended him on October 3, 2019, along with eight other advocates. The government appointed all of them except Naik.

The Collegium system is not infallible. Certain elevations in the past have raised eyebrows. There have been cases of relatives of SC judges being appointed as High Court judges, sacrificing merit at the altar of nepotism. When Ranjan Gogoi was CJI, two high court judges, then at serial number 21 and 33 on the All-India Seniority list, were appointed to the Supreme Court, eclipsing many Chief Justices and judges senior to

them. If such examples of the Collegium's recommendations are fit to be called 'opaque', then the Centre, being party to those appointments, must also do some soul-searching. If it is not OK to willfully recommend the wrong persons; so is the case if the right persons are not dutifully recommended. The name of Justice Akil Kureshi, who retired as Chief Justice of the Rajasthan High Court, was not recommended for elevation to the Supreme Court, though he was the senior-most judge in the All-India Seniority list of judges. Likewise, the overnight transfer of Justice Muralidhar of the Delhi High

Court to the Punjab and Haryana High Court raised eyebrows in judicial circles that were privy to the fact that he had taken the Delhi Police to task for not registering FIRs against

BJP leaders accused of making hate speeches.

If Rijiju's comments presage the Centre's move to introduce reforms in the Collegium, there is dire need for a broad-based consultative process to arrive at a consensus on contentious issues without the threat of a repackaged NJAC-like Act hanging like a Damocletian sword over the judiciary. The Centre must clarify what it means by dubbing the functioning of the Collegium system as opaque. A distinction must be made between discussions in the Collegium among lesser mortals leading to the choice of an unmerited candidate and the informed decisions made by it to pick the best names among merited and probable candidates.

At the media conclave, the Law Minister expressed his displeasure at the Supreme Court getting involved in bail petitions and putting in abeyance the sedition law. The Minister spoke of a 'Lakshman rekha for everybody', adding: Do not cross the Lakshman rekha in the interests of the nation." The sage advice applies to the Centre as well, considering the Constitution provides for sufficient checks and balances to ensure that the Executive, Legislature, and the Judiciary act in perfect coordination.



MURALI RAMASWAMY
Senior Journalist

**LIGHT
THEESKO**