No Entry 2 will have 10 heroines, stay tuned: Anees

A career in garment technology

SUNDAY, SEPTEMBER 4, 2022

Dr Poonam Malakondaiah
SERVING TO GIVE WOMEN THEIR DUE

P. 5

DEALING WITH DISSENT: INSULATING INTERPERSONAL TIES FROM DIFFERING OPINIONS

P. 3 & 4
Suspended Jharkhand BJP leader Seema Patra, arrested for torturing her domestic help, allegedly sent her son to hospital for exposing the abuse with videos that led to the help’s rescue. Her son Ayushman, disturbed by the torture, had reportedly shared the videos with his friend, a government employee. The friend, Vivek Anand Baskey, went to the police with the videos. Seema Patra allegedly admitted her son to Ranchi Institute of Neuro-Psychiatry and Allied Sciences when she learnt he was trying to help Sunita. She told NDTV she had sent him to hospital because he was unwell.

The 32-storey Supertech twin towers in Noida came crashing down on Sunday. The razing down of these two towers—Apex and Geyame, were due to the dogged pursuit of justice by a group of majorly senior citizens. These men didn’t let factors like age, travel, and a lack of funds come in the way of their pursuit of justice. This battle began in 2009 when four residents raised an alarm against Supertech’s violation of building byelaws by building the twin towers. When the people started moving in, the society comprised 15 towers with 660 flats. An Apartments’ Owners Association was formed, which consisted majorly of senior citizens.

A new song called ‘Dance ka bhoot’ from Brahmstra, was released. In the short clip, Ranbir Kapoor danced with devotees as they celebrated Dussehra. Brahmstra stars Ranbir in the lead role alongside wife Alia Bhatt! The 39-second-long teaser video started with Ranbir Kapoor entering a Dussehra pandal and shaking a leg with the other devotees.

Season 4, part one of the most famous supernatural drama series, Manifest, is now all ready to premiere on Netflix in a couple of months. The release date of the fourth season is out now and it is going to be released on November 4, 2022, on Netflix. The show debuted on September 24, 2018, on NBC, having 16 episodes in its first season. The series is created by Jeff Rake stars Melissa Roxburgh, Josh Dallas, Athena Karkanis, and J.R. Ramirez, along with many others.

Artisans have over the years given filmy touch to idols of gods and goddesses, and this time it was the turn of actor Allu Arjun, and his iconic pose from the movie Pushpa: The Rise. Pictures and videos of a Ganesh idol, dressed in all-white kurta pyjama as Pushpa Raj, and the signature Pushpa pose is going viral on social media.

Photograph: AFP

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Dealing with dissent

Insulating interpersonal ties from differing opinions

Last week, American author Adam Grant tweeted that it was a mistake to unfollow people for disagreeing with your views. The voices that challenge your opinions often help sharpen your thinking. Tuning out trolls and tuning into thoughtful critics is how you keep an open mind. In a multicultural and multilingual nation, however, it is a challenge to adhere to this precept.

Religious debates have significant impacts on the public. Differing perceptions are reflected most in conversations that happen among individuals who may otherwise be close. Be it among members of family, friends or colleagues, the schism is visible. Friends and families may not take time to build hatred against one other because of the conflicting opinions they have on matters related to politics or religion-based issues. The Pioneer’s TANISHA SAXENA spoke to a cross-section of people on this subject to understand the ramifications of dissent in a country that once prided on its secular credentials.

Shreya (name changed), a journalist from the city says: “My friend and I had a conversation about allowing Munawar Faruqui show in Hyderabad. Since he did not joke about religion and everything went on peacefully, we were all good until the Raja Singh issue happened. Then we saw what Munawar said about Gods, and we did find it amusing. But then since we were debating, I asked: ‘Had Munawar joked on Islam, would he still be allowed to perform in Hyderabad?’ My friend got triggered that I was taking sides and blocked me as he did not want to prolong the discussion. His point is he did not do in Hyderabad; so, we need not discuss hypotheses.”

Similarly, Jafar Khasim Ansari, a professional from Telangana, says: “There is growing religious intolerance in our country, even across the world. No religion teaches to hate other religion, but some people who do not understand, donot practice it tightly, do some non-sense. While expressing opinions, which might have different orientation, we need to express in a very balanced way. I remember being judged in my own family when I supported a particular opinion at the time of hijab row. My family had stopped talking to me just because my views did not match theirs.”

A look at all such instances offers us insights into the vulnerability of people in India today. Hate and vigilantism is being normalised in society. Almost every day there are fresh reports, reflecting the extent to which killings can go.

The Pew Research Center report, ‘Religion in India: Tolerance and Segregation’ (June 2021), presents instances of Hindu-Muslim conflict in the country. The survey also presents comparative data pertaining to four other major religions: Christianity, Sikhism, Jainism and Buddhism. The study broadly confirms the growing influence of Hindutva politics on India’s social fabric, especially over the past decade or so, with public...

Continued on Page 4...
personal relationships. According to the report, “India’s concept of religious tolerance does not necessarily involve the mixing of religious communities. While people in some countries may aspire to create a ‘melting pot’ of different religious identities, many Indians seem to prefer a country more like a patchwork of a fabric with clear lines between groups.” However, a close look at the conceptual foundations on which the report is premised could lead to a vastly different understanding of tolerance in India. “In Queer community, most of us are either abandoned or run away from homes, so we tend to make a chosen family and as we come from different sections of religion, caste, region, we usually celebrate all around us nowadays. I would not watch rifts being created between groups.” However, a close look at the conceptual foundations on which the report is premised could lead to a vastly different understanding of tolerance in India.

Sundari, Dalit woman from the city, had a harrowing experience. She shares how her friendship with her childhood friend drastically changed after the BJP came to power in 2014. Being an atheist, Deepti never imagined that religious opinion would ever affect her equation with her childhood friend who firmly believes in religion. She remembers that one day while discussing religion, her friend started taunting her family and in particular her parents who had an inter-faith marriage. “He was not like this before 2014, but then things just changed when he started following Modi and his Hindutva ideology. Whenever I used to post anything related to religion or otherwise something that is against that very ideology on social media, he used to get angry and gradually we parted our ways,” shares Deepti.

“Deepti, a Dalit woman from the city, had a harrowing experience. She shares how her friendship with her childhood friend drastically changed after the BJP came to power in 2014. Being an atheist, Deepti never imagined that religious opinion would ever affect her equation with her childhood friend who firmly believes in religion. She remembers that one day while discussing religion, her friend started taunting her family and in particular her parents who had an inter-faith marriage. “He was not like this before 2014, but then things just changed when he started following Modi and his Hindutva ideology. Whenever I used to post anything related to religion or otherwise something that is against that very ideology on social media, he used to get angry and gradually we parted our ways,” shares Deepti. The superiority of one’s own religion and cultural chauvinism might lead to hatred, intolerance, and xenophobia. Yes, I am disliked by my family and kin for my unconventional logics and analysing the religion with a critical lens. I can say that most of the mainstream media is reinforcing the dominant ideas about a religion. There are alternative practices and beliefs which are very less discussed. We need multiple ways of imagining religion and disrupt religion and politics. The combination of religion and politics is always fatal,” shares Pushpesh Kumar, Professor at University of Hyderabad.

Does that all mean that now people must decide whether peace and life or religion and strike? The Pioneer dug into some of the studies published around the idea of socio-religious tolerance among kin. While religious beliefs are typically considered at the individual level, religion is fundamentally a social phenomenon. Sociologists long ago recognised not only that religion is social in function, but also that it is socially produced and reinforced. For instance, “faith which has come to be regarded as the essential, the substance, of religion, is first a relation between individuals.”

Sriji Mukherjee, a student of psychology in University of Hyderabad, opines: “I have had experience watching rifts being created between people on the basis of religious or even political debates happening around us nowadays. I would not name anybody, given they are close to me. And I have felt that personally as well. I have felt disturbed by some of the views some people close to me have put forward in religious and political matters.” Mukherjee believes that it is right to say that we have become very polarised in this sense. But he also thinks that it is not a problem. According to him, engaging in a debate with someone is same as having an objective conversation with them. “I believe I can uphold that territory when I talk to people about religious matters, I make sure that I don’t take anything they say personally. But if they do practice what they preach when it comes to religious issues, then that is where I would feel a bit distant from them. But that has nothing to do with debating about it. I think debates leading to fights show the lack of intellectual maturity. One disagrees with another’s views, not with their persona. If the views are egregious enough, perhaps it is perfectly fine to question their thought processes and call them out. If I were called out on such grounds, while I would feel disturbed or offended, I think I am mature enough to know that it is not a personal attack. I usually see it as an opportunity to investigate my own thoughts,” adds Mukherjee.

In fact, as per some students at University of Hyderabad, we should have more of these debates anyway. Above all, require people to look beyond their prejudices. They believe that it is an opportunity for all of us to cultivate that level of self-awareness where we learn to critique one’s own opinions.

Concluding the discussion, we have Aishwarya, an HR manager in the city, who explains that one cannot expect what you think is right to be right universally. She stressed how an individual’s ‘background’ plays a crucial role in giving weightage to any sort of an opinion. She says, “My life and my experiences have led me to form certain opinions about things and most of these opinions are based on how something impacted me. What I want to say is that instead of being dogmatic we could try to understand why that person believes a certain thing, instead of trying to prove ourselves right. It is easy to believe politicians because they operate on propaganda, instead of plain facts and actions. So, for instance if someone believes Modi is a great leader, they have failed to hear the propaganda. I would rather just leave the conversation. Similarly, if someone does not understand the queer community and question the existence, then they just don’t want to see facts or have been conditioned to believe that their existence is unnatural. The problem is when dogmatic people are in positions of power.”

In essence, it is nearly impossible to take either sides. Yet, what all of this suggests is that how intolerant we have been all the while discussing about politics or religion. It rather leaves us to ponder our interpersonal communication and relationships and how our beliefs affect them.
No Entry 2 will have 10 heroines, stay tuned:

Once called as 'family films', arrival of Anees Bazmee's films started the trend of hilarious movies with ensemble casting that no one ever looked down upon in the 90s.

Ajay-Kajol starrer Pyaar toh hona hi tha brought him commercial success! There was no stopping him post that — No Entry, Welcome, Singh is King, Ready and latest being Bhool Bhulaiyaa 2.

With multiple Bollywood projects failing to allure the audience to the theatres, filmmaker Anees's movie emerged as a ray of hope for Hindi cinema after impressive run at the box office.

And now, with a big announcement that he's coming back with No Entry 2, we are all so excited! In the telephonic conversation, he was equally exhilarated and said, "The stakes are higher now, my audience have a lot of expectations from no entry 2 since the former one was a super commercial success. If you take my Bhool Bhulaiyaa's example, I denied to repeat a psychological thriller and decided on a horror-comedy. Prayadarshan worked so well in it earlier! I sometimes am terrified of the comparisons, so it's okay to just leave an initial glimpse of your previous movie and move on to the next plot. The atmosphere of Bhool Bhulaiyaa 2 was set up in a haveli but we changed the interiors! Formulas keep changing in this industry — the science of it differs so does its algebra. This is the beauty of our cinema that are there no hard and fast rules here. But, being a filmmaker isn't a piece of cake either, there are no precise calculations for us to do that will ensure us a box-office hit."

Seventy films old, the screenwriter refuses to watch his own films on television, asked him why, he clarified, "It's an intentional move. Those plus points of my films will remain in my sub-conscious and I'll repeat those in my next. I can't afford to do this! I don't want to be highly impressed by my own films (he laughs). What's more gratifying is when I hear good things about my films even after two years of its release. I am hoping No Entry 2 turns out to be a miraculous success too!"

Spilling some exclusive details on the upcoming movie, he revealed, "The genre is going to be same, the tonic of comedy is increased. The cast is similar yes, Salman and Anil will be there and Fardeen Khan will be seen making a comeback. All of them will be seen doing double roles! No Entry 2 requires at least ten heroines and a special character being played by Boman Irani!"

He made No Entry because he wanted to see if he can make all kinds of films or not and to know if he can make all genre films without any kind of hindrance. No Entry was a very big hit. Speaking of his direction style, he tells, "Shots do not change but the language has to change in film-making. Then comes the mood! Sometimes I go into jerk mode also and it turns to be an action thriller like Deewangi. As I grew older with films, my style continued to change. Check out the De Taali song in Bhool Bhulaiyaa 2 — it garnered so much attention amongst the teens and it was unexpected move. You can call me an aware filmmaker for sure! Also, I ensure my leading ladies aren't dumped in distress. Bipasha Basu also took away major credits from No Entry and we justified her playing the character of a sex-worker. Take another example, Welcome — Mallika Sherawat arrived post-interval but none has forgotten her!"

The excitement of the script should never die is what he meant. He continued, "Comedy films are in demand, and it should be because none of us are having a pat of laughter anymore. What has happened to the world? When people claim comedy is Anees's forte, I want to prove them right! I have never taken shortcuts in my films, no double meaning jokes are cracked, I don't make my actors look like a buffoon on-screen. What else am I known for is the masuri on my sets!"

The novice feels the north vs south debate of movies has no credence. "Mujhe iss baat mein koi dum nahin lagta mein Dialogue mein nahin lofta was his statement! Both the film industries are existing for many years and have been making good films. Hindi films have been remade in the south and vice versa. There are talented directors and actors in both industries. If you want to talk about only the three hits and not the 13, Hop, it's pointless. Because every year almost 200 films are made in India out of which 5-7 become hits. So, this time those three films from the south were very good and worked aur humari filmein nahin chalti. That's all there is."

Moreover, "A four month schedule of Bhool Bhulaiyaa 2 increased to a three year schedule yet we made an uncountable memories. But no matter what, Ajay Devgn is the naughtiest in this industry (he giggled) Recently, with the help of cast, we gave Kiara a hell of a time on the sets. Crazy laughter was echoing in the haveli. I also remember opening a door in the haveli, weird noises trying to horrifying us and I am not even kidding. The moment we got it opened — there were the most tiniest owls I had ever seen making those terrible noises. Tabu was the most impressed by the edit!"

Taking us back to the 90s, he discloses, "Many things have changed here. Scripts have become even more interesting now! Ajay Devgn had a very impressive image as soon as he stepped into this industry — people were apprehensive of seeing him in a romantic role but my gut wanted me to take this risk and I did. Rest is history! There were no hors-
After COVID-19 and monkeypox, Tomato flu or Tomato fever has become another cause of concern. To understand the new disease, The Pioneer’s Tejal Sinha connects with a few doctors, who explain and break the myths around tomato flu.

Tomato flu: Here’s all you need to know

Dr. Sivaranjani Santosh, Paediatrician, Rainbow Hospitals, shares, "There is no reason to panic. The symptoms show up 3 to 6 days after coming into contact with the affected child. It may start with a fever, runny nose, and cough, which may last 1 or 2 days, and then itchy/painful blisters appear on the soles, feet, legs, buttocks, elbows, knees, palms, and hands. Ulcers appear in the mouth, and the child drools a lot. Symptoms usually last a week. It’s rare for it to cause complications like the involvement of the brain and spinal cord, especially in India. It’s not exactly dangerous, but dehydration can lead to serious complications. So, it’s crucial to focus on hydration. It can spread when the infected child coughs or sneezes onto the other, and when a person handles the infected child’s stools, nasal secretions, fluid from the blisters, and saliva. It also spreads when a child touches the surfaces sneezed or coughed on by the infected child. Spread can be prevented by isolating the child from other children till all symptoms subside, drooling stops, all the blisters have dried up, all the mouth ulcers have healed, and no new blisters or mouth ulcers are appearing."

Meanwhile, adding to Dr. Sivaranjani, Dr. Jagdish Kathwate, Paediatrician from Motherhood Hospital, shares, “Fever, painful sores in the mouth, a rash with blisters on hands, feet, and buttocks, tiredness, joint pain, stomach cramps, nausea, vomiting, diarrhea, coughing, sneezing, runny nose, high fever, and body aches are some of the signs of tomato flu. They are similar to the symptoms of chikungunya. Additionally, this flu can affect the child's ability to do his or her daily activities with ease. Other symptoms include discoloration of the skin on the hands, knees, and buttocks. The leading cause of this flu still remains unknown. That’s why there isn’t yet a specific medication or treatment for this flu, but it is a self-limiting one. This means the symptoms go away over time if supportive care is given.”

Tomato flu and hand, foot, and mouth diseases: There have been several hand, foot, and mouth diseases that take place every year around this time. To this, Dr. Sivaranjani says, “There is nothing to panic about at all. Tomato fever/Tomato flu is similar to ‘Hand Foot and Mouth Disease’ we see among children every year. This is more common in children under 5 years of age, though it can rarely affect adults as well. Good handwashing practices and surface cleaning practices are very important.”

Treatment and precautions:
What better than early precautions to cure the disease as early as possible? “If you have somebody who already has these symptoms do not send them to school or play. You can be with them but not let them be with others. By doing this spread of the virus can decrease a lot. To prevent children from getting it then don’t send them to people who are known to have this. Or hear about someone having it or multiple students in school having it. Schools also need to be responsible and close the school or that particular section for a few days. Parents also should inform the school management if their kid has been infected. The main treatment is all symptomatic. We give medicines for fever, pain, rash, itching, weakness, or dehydration. We do not need any special medicine for it. It is a limited disease that goes off within a few days. It does not last a long time or is dangerous in terms of long-term problems,” shares Dr. Ravikiran.

To this, Dr. Sivaranjani adds, “Treatment is symptomatic and supportive. Appropriate and judicious control of fever, judicious use of anti-itching creams/tonics as per doctor's advice, judicious use of mouthwashes as per doctor’s advice, being thorough with first aid for seizures, and very importantly, ensuring good hydration is all that’s needed. You can send your child to school only after all symptoms subside, drooling stops, all the blisters have dried up, all mouth ulcers have healed and no new blisters or mouth ulcers are appearing. Your child may still spread the disease for a few weeks through his/her secretions and through his stools for a few months, but that need not stop you from sending your child to school.”

Is there a link between tomato flu, COVID-19, and monkeypox?

COVID-19 and Monkey Pox have been the most recent diseases that have led to a huge cause of concern. And, since tomato flu has been on the rise now, it is important to understand that it has nothing to do with COVID-19 and monkeypox. The symptoms that you have for COVID-19 and Monkey Pox are different from those of Tomato Flu.

The symptoms that you have for COVID-19, cold cough, fever, it very rarely has a rash. Even if you do have a rash, it is a faint rash. Your body just becomes red, unlike in Tomato Flu. This is similar to chickenpox to some extent, but not to COVID-19 or monkeypox. Monkeypox is again a very rare disease in a very small population and mainly in adults for people who are sexually active. Most of the cases have been sexually transmitted,” says Dr. Ravikiran.
Forget FOMO! What is FOBI now?

After FOMO, abbreviated for Fear of Missing Out, we bring to you new anxiety or phobia called FOBI (Fear of Being Included).

Here is a detailed analysis of what FOBI is and how it is different from FOMO and Social Anxiety Disorder (SAD), by TEJAL SINHA

Over the past decades, we have come across several types of shortcuts, or let's say, nicknames, for phobias. When people started talking about their fear of missing out (FOMO) a few years ago, it became a trend.

So let's just first understand what FOMO is! According to the psychological definition by the National Library of Medicine, “Fear of missing out (FoMO) is a unique term introduced in 2004 to describe a phenomenon observed on social networking sites. FoMO includes two processes; firstly, the perception of being left out, followed up by compulsive behaviour to maintain these social connections. We are interested in understanding the complex construct of FoMO and its relationship to the need to belong and form stable interpersonal relationships. It is associated with a range of negative life experiences and feelings due to it being considered a problematic attachment to social media. It is associated with problematic social media usage and can be experienced as a range of negative emotions and feelings related to the need to belong.”

And now there's another kind of anxiety called Fear of Being Included (FOBI). According to self-reports, FOBI is distress or reluctance about being invited to join a group or social event. It is a more conflicted subtype that occurs when a person initially expresses an interest in joining or going to an event or social group, but later experiences anxiety and distress when they are included.

In FOBI, the person starts to doubt the value of an event or group if it lacks the discrimination to accept or embrace them. The group or event is re-evaluated in a critical fashion, as there is enhanced hyper attention to the negative aspects of the members or event/association. Comments such as “It takes too much time.” “I find them boring.” are examples of comments that emerge after the individual receives the invitation or acceptance into the group. At times, the onset of the devaluation may be delayed, and the person distaste for the event or social group may only emerge right before the meeting is about to commence. This can occur because of anxiety about participating or living up to the expectations that the group or event may request of the members. In this context, devaluing is a defence against being rejected.

To understand more about the same, we spoke with Dr. Srikanth Goggi, a licenced clinical psychologist, hypnotherapist, and vice president of the Telangana Association of Clinical Psychologists, who says, “It is a kind of anxiety in some social situations. It is mostly like the fear of being rejected, judged, or being labelled. This could be a sign of general anxiety. This is inborn, genetic, and environmental. You deliberately avoid social situations. Though you want to attend the events, you avoid them because of the fear of being rejected people with trait anxiety tend to feel more anxious when they are in a social situation where their existence or credibility is questioned, making fun of them. So they have a feeling of low self-esteem. Due to this, they’ll trudge, stumble, cannot speak out, start sweating, and pounding hearts. It is only restricted to the situation. You start anticipating that something will happen. After the social situation, they become completely normal.”

Sometimes, an individual with FOBI also has a FOMO condition. The person may initially experience FOMO and desire the affirmation of being included in a social event or group. They feel slighted when not included, which can stem from self-esteem issues. However, once invited, the individual realises that the only thing appealing about the group or event was getting in. They were so caught up in wanting affirmation that they lost sight of the fact that they were not interested in what they initially thought they desired. Introverts are more prone to FOBI, while our extrovert friends are more likely to get FOMO.

However, some individuals are extremely internal and introverted. Being around people can create distress and anxiety because it takes them away from their own self-exploration and thoughts. They experience being part of a group as imposing on their internal space. At times, they may overestimate how much energy and responsibility participating in a group or event will consume.

The difference between FOBI and Social Anxiety Disorder or Social Phobia is that FOBI is a feeling, while on the other hand, social phobia is a condition. According to Medical News Today, social anxiety disorder is a mental health condition characterised by a fear of being watched or judged by others in social situations. People with social anxiety disorder are fearful of or anxious about certain social situations due to a fear of negative judgment, embarrassment, or rejection. People with a social anxiety disorder may feel worried about appearing anxious, such as blushing or trembling, or about others thinking that they are awkward or unintelligent. Many people also have strong physical symptoms, such as an increased heart rate, feeling sick, or sweating. Although the person may acknowledge that their fear is excessive, the anxiety often feels overpowering and out of their control.

Meanwhile, with FOBI, one might feel:

• It's draining to be "on" all the time.
• I feel like I need to perform (be fun and full of energy).
• I feel peace and quiet — I don't always want a long conversation.
• Overstimulation (lots of people competing to be heard).

FOBI management tips:

IDENTITY:
One needs to understand that being accepted into a group or attending an event does not define your identity. It may be helpful to be a part of something and still maintain your identity.

TEMPORALITY:
The unpleasant event will pass and you will eventually return to where you are most comfortable. Riding out the event like a wave and understanding that the event will pass can help.

NEGATIVE JUDGMENT:
Instead of negative feelings, focus on the positive ones and try to engage with something or someone at the event. Maybe you will end up surprised and happy that you are there.

DECISION MAKING:
Do you really want to be included or do you just desire affirmation? Don't be impulsive or say "yes" with out thinking. Pay attention to your reaction. How can you be better at avoiding unpleasant or unwanted activities or social events.

You may have FOBI. But you just don't have to worry. You're not alone and it doesn't have to be different from the rest, and you're not alone (though you’d prefer to be). You just appreciate your own company. So, just enjoy it!
I was at the Andhra Pradesh cadre and after completing IAS training at Mussoorie, I became an IAS officer. Everyday is a challenge and an exam.

I joined service before marriage in 1988. My father Dr Sudama Singh and my mother Urmila were thrilled to hear his heroic deeds. When I was selected as Collector - Bhadrachalam, I took up the challenge. You should be prepared to face the challenges with a positive attitude and a solid plan. During the pandemic, everyday was a challenge. My sphere of responsibilities included serving farmers and fisherfolk, among others, and their problems. All of these challenges helped me face the challenges with a positive attitude and a solid plan.

My aim is to do my job well and serve the people. I need to earn the trust of the people to see India on top on all fronts globally. My aim is to do my job well and serve the people.
A career in garment technology

There are several lesser-known roles involved in the development of clothes before it is sold. Garment Technologist is one of these critical positions in ensuring the end product's production proceeds properly. With the use of technology in garment production, it has advanced to a new level.

Garment technology is a vast subject since it incorporates a variety of separate technologies, each of which contributes uniquely to the creation of clothing. It is a discipline in which you learn about the various technical components of garment production. Technology evaluations ranging from web 2.0 to new age technology web 4.0 are being employed widely in the present day across the country, causing a transformation in the Indian job market. The present trending technology in textile manufacturing indicates that the future of apparel manufacturing technology seems highly promising.

Along with ensuring that the clothing fits correctly and is of high quality. A garment technologist handles every aspect of clothing production, including garment manufacturing, garment styling, operations, and maintenance. At the same time, it is critical for a garment technologist to be both innovative and skeptical. Technologists work closely with the design team, pattern cutters, and customers. As the liaison between the brand and the manufacturer, the garment technologist is responsible for ensuring that the product's vision is aligned and as expected. Overall, a garment technology specialist oversees the technical aspects of garment creation.

Potential garment technology courses


What ‘Medical Referral’ means in your Qatar visa application process

The Ministry of Interior, State of Qatar has mandated select residency procedures on its behalf through the Qatar Visa Centers. All those going for work in Qatar must complete their biometric enrolment, sign their work contract, and complete their Visa Medical Process in their home countries before going to Qatar. Some of the key medical services that are covered during the Visa Medical Process at the Qatar Medical Center include essential medical check-up, various types of blood tests & X-ray and administration of vaccinations as per requirements.

Medical referral process:

As a part of the visa application process, after the review of the initial medical reports, some applicants (Lounge/VIP included) may be issued a medical referral to undergo advanced medical investigations as per the protocols defined by the Qatar authorities. These advanced medical investigations are called Medical Referrals. They include:
- Additional X-ray images - Applicants may be required to revisit the Qatar Medical Center for additional X-ray images based on MoH instructions.
- Additional lab tests - If additional lab tests are required, then blood samples are sent to external labs for further testing.
- External Specialist tests - Applicants may be referred to specialists at approved hospitals for further tests based on MoH guidelines (may require the collection of referral letter/document submission).

After the review of the initial medical reports, MoH may prescribe additional x-ray images/lab tests/specialist tests for deeper diagnosis or for confirmatory analysis.

Is medical referral process mandatory?

In case applicants receive these Medical Referrals do not wish to undergo such investigations, they may choose to not proceed with their visa application by filling out the refusal form available at the reception desk at any time.

The applicants are notified through SMS or call. It is suggested to provide correct active contact information at the reception when asked.

How to book medical referral appointment?

The applicants may need to book a referral appointment to undergo the referral process which is explained by SMS or Call. Additionally, they may call QVC helpline number to book an appointment for Medical Referrals.

Time taken to complete the medical referral process?

These tests may take from days to weeks to be completed depending on the nature of the advanced tests. In certain cases, there could be a further delay in the additional checks/verification review of the medical reports.

Do external medical facilities prescribe any tests directly to applicants?

Medical referral applicants are required to complete only the test(s) that are recommended by MoH in their referral letter issued by Qatar Medical Center. Any request for additional test(s) that are not mentioned in the referral letter can be reported to Qatar Medical Center by calling +974 41 6133 133 or by writing to info@qatarmedicalcenter.com/ info.ind@qatarvisacenter.com

Where are advanced medical referral tests conducted?

- Visit External Healthcare Facilities for certain advanced medical investigations issued by Qatar MoH, including CT scans, Quantiferon tests, and other tests.
- Re-visit Qatar Medical Center facilities for additional X-ray scans as per instructions from Qatar MoH, either on the same day of their visit or later based on their availability.
- In certain special cases, the applicants may be allowed to complete their advanced medical tests at a different Qatar Medical Center location within the country.

Can applicants visit any external hospital/lab of their choice?

To ensure that all advanced medical tests are carried out as per the guidelines, healthcare related regulatory compliances and meet the overall quality standards, Qatar Medical Center identifies and empanels accredited healthcare facilities (hospitals/labs) that meet regulatory standard requirements like NABL (National Accreditation Board for Testing and Calibration Laboratories) and NABH (National Accreditation Board for Hospitals & Healthcare Providers). Hence, applicants must complete their referral process only at the approved external labs/hospitals to complete their process.

Are there any additional charges involved?

The Qatar Medical Center conducts additional X-ray scans at no cost to the applicants. However, for advanced medical investigations that are conducted at external approved medical facilities, the applicants may be required to pay the test charges directly at the referred medical facilities. Applicants will be issued an official receipt by the external medical facilities.

Reason to declare applicants medically unfit:

Decision on medical status is declared by MoH as per their protocols and guidelines. Applicants are updated directly about the status through Qatar Medical Center system or Qatar Visa Center website. Reason for Medical - Unfit status is not revealed by MoH.
**Sweet potato kheer**

**WHAT YOU NEED**:  
- Sugar: 2 tbsp  
- Thickened milk: 200 gms  
- Cardamom powder: 1 tsp  
- Raisins chopped: 2 tbsp  
- Cashew chopped: 2 tbsp  
- Almond chopped: 2 tbsp  
- Sweet potato boiled and mashed: 200 gms  
- Milk: 550 ml  
- Rice powder: 1 tbsp

**HOW TO MAKE**:  
- Heat pan, add milk, cover, and let it boil.  
- In a small bowl, take rice powder and mix it with cold milk.  
- Keep it aside.  
- Add sweet potato to boiling milk and stir well.  
- Add thickened milk and stir.  
- Add sugar, and rice powder mixture, and cook on low heat till it thickens.  
- Add cardamom powder, almonds, cashews and raisins, cover and cook for 2 minutes.  
- Garnish with almonds, and serve chilled.

*Courtesy: Celebrity chef Chef Karra Sarita*

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**LIVE THE SWEET LIFE**

**Adadiya Pak**

- Urad dal stta (coarse): 150 gms  
- Channa dal atta: 150 gms  
- Mix dry fruits: 100 gms  
- Gondh: 100 gms  
- Khus khus: 25 gms  
- Milk: 3 tbsp  
- Sugar: 250 gms  
- Ghee: 250 gms  
- Saunth powder: 50 gms

**HOW TO MAKE**:  
- Take 2 cups of split black gram flour (urad dal flour should be coarse like suji, make sure it’s not in powder foam).  
- In a large bowl, combine flour, milk and ¼ cup clarified butter, and mix thoroughly. (We called in this process dhabo).  
- After half an hour sieve this flour by pressing mildly. Set aside.  
- In a heavy-bottomed pan heat the clarified butter and fry edible gum on high flame. Set aside.  
- Chopped edible gum uneven and make a coarse powder using a mortar.  
- Add the flour and poppy seeds to clarified butter and Roast it on a low flame stirring continuously till light brown or until 25 to 35 minutes.  
- Once it is browned add finely chopped edible gum.  
- Mix well turn off the flame, and let it cool for 10 to 15 minutes.  
- Add in all saunth powder and sugar, and mix well.  
- Spread it on a square or round plate and garnish it with almonds.  
- Cool for 3 to 4 hours then cut into the desired shape or make laddoo.

*Courtesy: Maharaj Bhanwar Singh, corporate chef, Khandani Rajdhani.*

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**CHOCOLATE LAVA KULFI**

**WHAT YOU NEED**:  
- Chocolate – bittersweet: 270 gms  
- Unsalted butter: 270 gms  
- Castor sugar: 260 gms  
- Eggs: 10 no. to be at room temperature before being whipped  
- Flour: 145 gms

**HOW TO MAKE**:  
- Melt the chocolate in a microwave.  
- Combine chocolate and butter in a bowl. Mix chocolate and butter until smooth. Keep aside.  
- Use room temperature eggs. Crack eggs in a bowl and beat the whole eggs with an egg beater on medium speed until frothy consistency. They should appear to double in volume.  
- With the egg beater running, slowly add castor sugar, and pour the melted chocolate into this egg mixture. Fold with a spatula until well combined.  
- Add the flour and gently fold until no lumps of dry flour are visible.  
- Apply soft butter to a baking cup and lightly dust with flour.  
- Pour chocolate lava batter into cups and bake for 10-11 minutes.  
- Serve hot with malai kulfi popsicle.

*Courtesy: Chef Sandeep Rane, corporate chef, bakery and confectionery at Hitchki*
SAMSUNG ANNOUNCES
GALAXY WATCH5
SERIES, BUDS2 PRO

Consumers pre-booking Samsung’s new Galaxy Watch5 Pro, Watch5 and Buds2 Pro are eligible for exciting offers.

The Watch5 Pro and Watch5 come with Samsung’s unique BioActive Sensor, which uses a single chip for extensive readings such as heart rate, blood oxygen level and stress level. Galaxy Watch5 series also understands sleep patterns through Sleep Scores and monitors stages of sleep, along with snore detection and blood oxygen levels and helps improve sleep habits with advanced and personalized Sleep Coaching. Additionally, fall detection ensures that your emergency contacts are notified if you fall out of bed or stumble at home.

Galaxy Watch5 Pro features the durable Titanium Casing, enhanced Sapphire Crystal that resists any wear and tear and protruded bezel design that protects the display. The new Magnetic Band offers rugged durability along with a sleek and clean fit. Galaxy Watch5 Pro has the largest battery on a Galaxy Watch.

Galaxy Watch5 starts at Rs 27,999, while the Watch5 Pro starts at Rs 44,999.

MAJESTY OF MUGHALS IN EVERY PIECE

Taking inspiration from the eternal paradise on earth Kashmir, Tilsim’s very first collection is inspired by its mesmerizing valley and the flowers from the famous Mughal gardens. With a pure heart and intentions meaning ‘Amal’; there is nothing as pure as mother nature hence, the collection draws inspiration around the same theme. The intricacy of the Mughal gardens of Kashmir, lends itself to the motifs and patterns of embroidery on the garments. Special focus is on keeping the work delicate and showcases the age-old technique of ‘aari’ work and usage of zardozi. The fabrics are luxurious chiffons, organza and silks that lend a sophisticated aura. The collection is created using their own signature palette and the silhouettes are Indian, but the pastel color palette of the Fabrics gives an unique contemporary look to the ensemble. The color spectrum ranges from shades of blue, pink, purple, red and has been inspired from the trending pantone colors of the season. Tilsim brand lexicon is contemporary, chic, soothing, serene, and takes inspiration from the multiverse of Indian culture. Therefore, you will find everything and all occasions outfits in the collection from co-ord sets to lehenga, Anarkali’s, saris and Sharara’s.

NutriGlow launches anti-aging skincare range

Homegrown beauty brand NutriGlow has partnered with Indian fashion e-commerce major Myntra to launch its limited-edition range of anti-aging skincare products on the platform. The advanced organic line of products is designed to be easily integrated into the AM-PM skincare routines of all skin types to reduce signs of aging and give a healthy glow while nourishing the skin from deep within. All products by NutriGlow have natural and certified organic ingredients and are vegan-friendly, paraben-free formulations for diverse skin needs. The products launched exclusively on Myntra are NutriGlow Advanced Organics Anti Pigmentation Serum, Anti Pigmentation Night Cream, Age Repair Tightening Serum, Age Repair Tightening Day Cream, Vitamin C Skin Lightening Serum and Vitamin C Skin Lightening Night Cream.
Contrarian investing is basically going against the crowds. Contrarians are usually in the minority. The first and foremost quality of a contrarian investor is to have an independent mind (independent thinking). From an early age, people are taught to conform. This makes them susceptible to ‘groupthink,’ where a person/investor perceives that if a large number of people are talking about a stock or buying, it must be the right thing to do. After all, so many people can’t be wrong. The contrarian investor carries no baggage. He/she usually buys when there is an utter lack of interest in the stock and/or when they perceive the situation differently from others.

A quote from investing legend John Templeton is apt here — “It is impossible to produce superior performance unless you do something different from the majority.” There have been numerous examples of contrarian investing — Nestle is India’s second largest consumer food and beverages company after HUL. In 2015, it was facing a crisis due to the ban on Maggi Noodles. The Central Food Laboratory confirmed that the amount of Lead found was more than what the company claimed. It was the most challenging and dramatic situation for the company, and the same was reflected in the share price.

The stock crashed almost 20% just within a few days after the ban in June 2015. Eventually, everything fell in place and the ban was lifted by most of the states after a few months and the stock has not stopped rallying since then. A contrarian investor ahead of the curve would have taken the advantage of the price fall in June 2015 and realized healthy capital gains just after one year. However, it is not a guarantee that all stocks that fall will rise in the near future.

Here’s another example of how it works: Let’s say that the majority of investors, seeing the Omicron variant taking over, sell all of their hospitality-related stocks. A contrarian investor buys these stocks instead, believing that consumer demand will ratchet back up as soon as advanced COVID vaccines and boosters hit the market. A contrarian investor might also choose to short overvalued stocks.

An investor should have a deep understanding of the business and industry in which the company operates before making a contrarian bet on the stock.

**PROS AND CONS:**

**Advantages of a contrarian investing strategy are:**

- **Buying stocks when they’re out of favour creates a considerable margin of safety relative to the stocks’ intrinsic values, theoretically reducing downside risk.**
- **Your portfolio is more likely to outperform the market on a long-term basis as a contrarian investor.**

**DISADVANTAGES:**

- **It’s psychologically challenging to remain committed to an investment in the face of overwhelmingly negative sentiment about the investment.**
- **Contrarian investing requires creative thinking, market expertise, time devoted to conducting research, and the prioritization of long-term outlooks. It’s a rigorous practice that takes years to master and an investing style that can be easily derailed by the influence of short-term noise.**
- **Your portfolio will likely underperform, perhaps for a long period of time, before your contrarian investment strategy starts to pay off. You can also miss out on expected gains if market sentiment shifts for legitimate reasons in a way that further delays your long-awaited payoff.**

After carefully analysing the situation one can bet on the stock and wait for the hypothesis to be proven.

**Benefits of contrarian investing:**

Timing is very important in such investments. If the transaction is carried out at the right time, contrarian investing helps an investor gain high returns. Take this for an example: you bought 500 shares of a company at Rs 50 apiece when everyone else exited the company. After the company posted profits, its share price zoomed to Rs 300. On selling, you make a profit of Rs 250 a piece that’s a whopping Rs 1.25 lakhs.

There are many things that an investor should check before investing in a stock, few questions that an investor should ask before investing are:

- **Is the company in which I’m investing involved in some unethical practices or is there a Corporate Governance issue in the company?**
- **Is the fall in stock price due to impairment of business?**
- **Is the change macro or micro?**
Adjusting home duties with work obligations may become tough. Make sure you spend time with your loved ones. It is better to be safe than sorry.

Lucky colour: Red

Frustration may creep in. You may feel like your efforts have not been properly rewarded. Do not let this stop you. Also, don’t commit any blunders.

Lucky colour: Red

Maintain cautious behaviour at your workplace. Don’t be too sensitive. Take things less seriously. Those criticizing you are doing it out of insecurity.

You will find more time to spend with loved ones. Your charm and wit will endear you to them. You will overcome distress with your zest for the best.

Lucky colour: Yellow

Dealing with issues may take up time and energy. You may require therapy for more satisfaction in the social scene. Be open to the ideas of others.

Lucky colour: Blue

There may be some new situations. You will feel relaxed and efficient. Confidence will help to face matters coolly. Keep a tight grip over emotions.

Lucky colour: White

Do not say no to the ideas of others. There may be mistakes on your part. Consult someone before taking decisions. However, do not wait too long.

Lucky colour: Green

You will become popular for your humour and enthusiasm. Postpone new beginnings to a later period. Take a few days off. Go on a family trip.

Lucky colour: White

You will be relentless and driven in your struggle toward achievement. Self-improvement will be your motto. But take care not to overdo things.

Lucky colour: Red

Things may not go as you anticipate. Hope for the best as this may lead to an utter change in your life. Don’t commit or get too attached to anything.

Lucky colour: White

Parabhava: Will have extra-marital affairs, may lose money and suffer poverty.

Plavanga: Hard-working and helpful to others but may suffer from diseases.

Keelaka: Will have extra-marital affairs, may lose money and suffer poverty.

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China-based astronauts grow rice seedlings

China-based astronauts onboard the Wentian space laboratory, have successfully grown a variety of rice seedlings. The Wentian space laboratory was docked with the Tiangong space station. The space lab is China’s largest and heaviest spacecraft with a weight of 23 metric tons and a height of 17.8 meters. The rice experiments began on July 29 and have since seen the rice seedlings of a tall shoot variety grow to about 30 centimeters, while a dwarf rice variety, known as Xiao Wei, has grown to about 5 centimeters.

Campa Cola set to return

The red-brick building near Shankar Market is in a dilapidated state. But if you look hard enough, you can still see the image of a big bottle on the wall, and a faint five-letter word emblazoned next to it: “Campa.” Production of the drink stopped at this location in 1999. But Campa Cola was back in the news this week with Reliance acquiring Campa from the Pure Drinks Group, and planning to relaunch it: “Campa.” Production of the drink is reported to have been set up in India’s move to set up a Central Fraud Registry to help manage digital transactions. The move is expected to give confidence to customers for making payments online. Payment system participants will be provided access to this registry for near-real-time fraud monitoring. Hopefully, the aggregated fraud data would be properly used to educate customers on the existing and emerging risks. Given the sophistication of the digital payment ecosystem as well as existing infrastructure, volume and value of digital payment transactions; fraud risk monitoring and management by all the stakeholders is vital. So, the registry will be of use only if it can accommodate the interests of all stakeholders, down to the marginal customer accessing ATMs. Most banks do not understand the agony of those who feel let down at dysfunctional ATMs. Authorities at various banks often go to unreasonable lengths to seek proof of non-dispensation of cash at ATMs after the money is debited from the customers’ accounts. Although the registry will capture information like internet protocol (IP) addresses and phone numbers, long-term goal should be to record every single instance of proven fraud, instead of waiting for racketeers to repeat their nefarious activities and establish an identifiable pattern. The registry will build on the integrated consumer grievance redressal mechanism launched last year by RBI for addressing service deficiencies in banking, NBFCs, and digital payment systems. Fortunately, the ‘One Nation, One Ombudsman’ scheme has one email, one portal, and one address for the benefits of customers. The portal allows customers to lodge complaints in Hindi, English as well as 10 local languages. The customer-friendly Ombudsman Scheme saw 4.18 lakh complaints being filed during 2021-22 as against 3.82 lakh in the previous year. As many as 97.9 per cent cases were cleared last financial year as compared to 96.5 per cent in the preceding year. About 39 per cent of the complaints received by RBI during the last financial year related to digital transactions. As per official data, the number of fraud cases in both public and private sector banks dropped from 265 in FY 21 to 118 in FY 22. Frauds in the banking sector involving Rs 100 crore or more declined. From Rs 1.05 lakh crore in 2020-21, banks have reported cases worth Rs 41,006 crore in 2021-22. More than 40 per cent of the complaints received by the Ombudsman every year relate to credit cards, debit or ATM cards, and mobile and internet banking. Around 10 per cent of all complaints relate to incidents where an individual has tried to withdraw cash from an ATM but found that while the money got debited from their account, cash was not dispensed by the machine. The site draws attention to the key area where RBI needs to put in place proper checks and balances. Losses reported at an individual level cannot be treated on par with losses recorded at institutional (i.e. banks’) level. There are bail-outs for banks, but no such mechanism for individual customers! Hence, it has to depend on the discretion of the authorities of the bank, which may or may not be concerned about its customer. In July 2022, the Rajya Sabha was informed that, during the past five years, public sector banks reported 32,839 cases of fraud worth Rs 87,284 crore. Union Minister of State for Finance Dr Bhagwat Karad said: “As per Reserve Bank of India data, PSBs reported 2,369 cases of frauds involving Rs 3,204 crore in FY22. While FY18 witnessed fraud worth Rs 28,884 crore, during FY20, there were 11,074 cases of frauds, which were highest in past five years. Over the past five years, there is a decline in number of fraud cases and the amount involved.”

Predictably, the Minister had no answer when he was asked to also provide the list of defaulting companies and the amounts involved in these scams. He did say that RBI has told the Centre that information regarding the involvement of current members or former members of the state legislatures and Parliament in scams is not maintained by it. Why should RBI, which has woken up to the ills of votes-oriented freeways of States, fight shy of maintaining database of lawmakers involved in scams? These days many fake or mirror websites are passing off as genuine government or private portals offering aspirational products at temptingly low prices. People who fall for the price bargain end up compromising their bank accounts by sharing sensitive personal data. The RBI should launch a campaign to educate people on how to identify a website; identify mirror sites that do not obviously have extension as ‘.gov.in’ but something deceptive similar or with symbols of government. It should also launch a website linking to government websites and portals offering deep discounts, especially on aspirational products such as mobile phones, tabs, electronic gadgets. People often go for black-lister shopping portals that fail to deliver products, even once, by mining data on their customer review pages. The RBI’s educational campaigns must be complemented with systems to prevent firms and individuals from falling prey to all types of scams or mirror websites.