How can we attain, sustain it?

Waist size matters

HEALTHY MIND
How can we attain, sustain it?
Alia Bhatt, along with her husband Ranbir Kapoor, was in Hyderabad to promote their film Brahmastra. During one of the promotions, the actress sang the whole Kesariya song in Telugu, despite it not being her native language, and netizens couldn’t stop but adore her cuteness and her singing prowess. Not just that, the pregnant lady wearing a dress with ‘Baby on Board’ stitched to it during the promotions has taken the internet by a storm.

The first half of the year 2022 has looked bleak for Bollywood with a slew of films underperforming or falling prey to boycott narratives. However, Akshay Kumar and Rakul Preet Singh starrer Cuttputlli, produced by Pooja Entertainment, available on Disney+ Hotstar, opened to excellent reviews from both critics and audiences alike and emerged as the most viewed film.

Life has been thrown out of gear in Karnataka’s Bengaluru, the IT capital of India, with severe waterlogging, flood-like crisis and traffic woes in several parts of the city triggered by heavy rainfall. Among the many striking videos to have come out of Bengaluru over the last few days was of Vinod Kaushik, founder-CEO of a construction start-up, getting on to an open truck with his family and pet dogs as they were evacuated from their home in DivyaSree 77 East, an upscale locality in Mahadevapura, in the eastern part of the rain-lashed and waterlogged city.

BLACPPINK’s Pink Venom adds a second week at No. 1 on the Billboard Global 200, as the South Korean act’s first leader on the list drew 108.4 million streams and sold 7,000 downloads worldwide in the Aug. 26-Sept.

The remains of a female ‘vampire’ dating back to the 17th century were reportedly discovered by a group of archaeologists from Nicolaus Copernicus University in Poland. The skeletal remains were found with sickle on neck and padlock on toe, which were some of the measures apparently used hundreds of years ago by those who thought that the dead would rise. It is said that the sickle would have decapitated the alleged blood-sucker monster when it sat up. On the other hand, the use of the padlock would have made it impossible for the beast to return.
In Focus

Healthy Mind

How can we attain, sustain it?

The World Health Organization has defined health as: “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”. By extension, mental health is a state of mental well-being that enables people to cope with the stresses of life, realise their abilities, learn well and work well, and contribute to their community.

Mental health is determined by a complex interplay of individual, social and structural stresses and vulnerabilities. It underpins our individual and collective abilities to make decisions, build relationships, and shape the world we live in. It is a lot more than mere absence of mental disorders. According to WHO, mental health conditions include mental disorders and psychosocial disabilities as well as other mental states associated with significant distress, impairment in functioning, or risk of self-harm.

Today, with information overload, social media-induced narcissism, anger springing from proliferation of fake news and doctored posts, and basic human choices driven by heartless and faceless influencers having huge following of lost characters, tramps and addicts, it has become very difficult to determine who is sane and who is not so.

Let’s say you have had a bad day at work. Nothing went the way you had planned out with your fine-tuned to-do list. To cap it all, your way back home, you were left wondering whether you were going to make it home because of the suffocating traffic on the roads. Finally, you reach home, lie on the bed, and sigh in utter disappointment: “God! I am so depressed; I am such a schlemiel.”

Hey! Come on! Are you really depressed? Or, are you simply stressed out because you started your day thinking that you’d kill it like James Bond in every possible situation only to realise you ended up more like James Bond in every possible situation?

Depression: Lack of interest in pleasurable activities that comes with sadness or just feeling blah or numb, no energy, poor/increased sleep, poor/increased appetite, guilt, worthlessness, self-esteem problems, suicidal thoughts, and other related symptoms. The feeling of depression is just feeling completely down and unable to feel happy.

Anxiety: Overly worrying about things and unable to control the worry. The feeling of anxiety is one of being on edge and anticipating something bad happening; so, it’s feeling very nervous and uncomfortable. Heart rate increases, and you may feel sweaty a lot.

Sadness: Sadness is just one feeling; it’s a normal feeling like we have when bad things happen in our life. It is an emotion and like a wave, it comes and goes. Sadness can be a symptom of depression, but depression consists of many other symptoms as well.

Depression and anxiety, they are like best friends; often they are co-morbid, meaning they happen together.

Now that we know the shades of differences among the most vaguely used mental health terms, let us make a segue into when exactly you may have to approach a professional for therapy. “The feelings of being depressed, anxious, and sad are experienced by almost all of us in short bursts at different junctures of life. It is only a concern when the symptoms stated above persist for a long period of time [2-3 weeks]; then one must rightfully approach a professional psychologist”, says Diana Monteiro.

Dr. Purvima Nagaraja, psychotherapist, Dhrithi Wellness Clinic, believes people should not be denied quality help if they cannot afford it.

A decade ago, it would have been an anomaly to talk about Mental Health in public. Nowadays, with the advent of the internet, there are multiple ways in which one could reach out to a therapist. However, some people turn a blind eye to mental health disorders. To debunk some of the misconceptions surrounding mental health, The Pioneer’s AMARTYA SMARAN gives you a run-down of what constitutes sound mental health with inputs from experts.

Continued on Page 4...
There are so many NGOs and free counseling centers: in fact, the police have taken it seriously; the media, Bharosa centers, and the SHE team centers are doing a commendable job working day and night with volunteers to help people suffering with mental health issues.

In a conversation with The Pioneer, Dr. Purnima Nagaraja elucidated on the topic of accessibility of mental health centers in remote villages, “All they need to do is go to their Gram Sarpanch and say that they need help; there are Sakhi centers all over Telangana and these are following suit even in other states. Slowly every state is taking measures to offer centers for domestic abuse, child abuse, interpersonal issues, and psychiatric issues.”

As for the stigma attached to people with mental issues, Diama Monteiro explains that stigma exists everywhere, not just in India. We have been told not to talk about personal things with others and keep it within the family. But nowadays I see a lot of change in the younger generation as they are literally exposed to counselors in schools and colleges which means the stigma is slowing down. She adds that de-stigmatising mental health by talking about such issues in schools and colleges will help students learn about it at a young age.

“Any mental illness can never be about a single factor; there are genetic factors, environmental factors, childhood trauma, sexual abuse, isolation, loneliness, vulnerabilities, abandonment, etc. Certainly, there could be a sudden bereavement, losing all the finances, and things like this can also cause mental health issues,” amplifies Dr. Purnima Nagaraja.

She continues: “Faulty microbial environment in the stomach could cause schizophrenia, OCD, depression, anxiety, autism; being more mindful about what you eat, exercising, journaling, adequate sleep, seeking help are some of the things that you can do to keep your mental health in a positive state.”

“People talk about hemorrhoids openly, but when you say you are depressed, there is an unusual silence. Why do all the mental health professionals, they say unreasonably silly things like, ‘Oh! Can you read our mind?’” Dr. Purnima Nagaraja.

By knowing these terms and what causes these conditions, you not only empathise with the ones who go through the disorders but also impart knowledge to the ones who are outright ignorant. To people who are distressed, it might give them a sense of relief the moment you lend an ear. By being nonchalant, and not making the unfortunate ones fall prey to such illnesses feel left out, you might actually give them a ray of glaring hope in times of misfortune.

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— DR. PURNIMMA NAGARAJA

**K’NO’W QUIET QUITTING**

Jack Zenger and Joseph Folkman, writing for the Harvard Business Review, say ‘quiet quitting’ (currently trending on the net) about bad bosses, not bad employees. ‘Quiet quitting’, they say, is a new name for an old behavior. The authors, having conducted 360-degree leadership assessments for decades, asked people to rate whether their ‘work environment is a place where people want to go the extra mile’. Their data indicates that quiet quitting is usually less about an employee’s willingness to work harder and more creatively, and more about a manager’s ability to build a relationship with their employees where they are not counting the minutes until quitting time.

If you think quiet quitting is about someone quitting his/her job, you need to look closely at the concept. Think of quiet quitting like this: “You are done with your 8-hour-long schedule at the office, but your boss sends you 10 more emails to check. Now you are like, ‘Wait! I am done for the day. Why are these people making me work such long hours?’”

Of course, over time the stress will take a toll on you; so, you decide to take it easy and vow to yourself, “From today onwards, I will only do the things that my job requires me to do. Nothing more, nothing less.” Therefore, not quitting your job in the literal sense, but you conveniently step back from the brouhaha of the hustle culture in order to avoid burnout and strive for a better work-life balance. In other words, you are being extremely discreet about your actions.

Anthony Klotz, an associate professor at UCL School of Business, London coined the term ‘The Great Resignation’ that started in 2021. The concept of ‘The Great Resignation’ is that people were no longer interested to sign up for jobs that demand an individual to work long hours, pay less and do not assure a proper work-life balance, thus resigning in flocks.

Recent happenings such as the pandemic made people realise the importance of work-life balance and altered their views on the current job market. Stress is one of the primary reasons why the present generation is quite quitting lately. As per the ‘The State of Global Workplace 2022’ report on gulf.com, disengagement at the workplace costs the global economy about $7.8 trillion in lost productivity. That is roughly equal to 1% of the global GDP!

In a candid conversation with The Pioneer, Dr. Purnima Nagaraja says: “Quiet quitting is a way to save yourself from burnout and help yourself from sinking into depression and anxiety.” According to the Deloitte Global 2022, Gen Z and millennial survey, 46% of Gen Zs and 45% of millennials feel burned out due to the intensity/demands of their working environments. 44% of Gen Zs and 43% of millennials say many people have recently left their organization due to workload pressure, around 75% percent of Gen Zs and 76% of millennials prefer remote or hybrid working patterns.

With a revolution in the work culture post-pandemic, it is high time companies rethought some of their work hour policies. The younger generations have made up their minds to take a different approach to work. So, the real question is: ‘Why don’t the companies do the same to fix the existing issue in the market?’

Zaid Khan, one of those who made the term go viral, says: “You are still performing your duties but you are no longer subscribing to the hustle culture mentality that work has to be your life. Because I have set work-life boundaries, and strive for a better work-life balance, I have gotten time outside of work to be able to explore hobbies and other things that do bring me fulfillment.”

The adage ‘Don’t judge a book by its cover’ holds true in the literal sense when one looks at terms like ‘Quiet quitting’. It is certainly not what you think it is. It is a term trending on the internet to expose the exploitative nature of present-day companies and throws light on toxic trends in the corporate world.
Sunday, September 11, 2022

CELEB TALK

‘It is the unpleasant moment that defines us’

I am laser focused on my film career at the moment and have no plans whatsoever to get hitched, says Kiran Abbavaram, who has some really interesting films lined up for the release.

Ever since, the actor made his debut with Raja Vaaru Rani Gaaru in 2019, he has been the talk of the town. Looks like, he managed to strike a chord with the Telugu speaking audience, as all his movies played to large numbers of fans.

Off-late the young actor has been extremely busy with a plethora of projects under his belt, all being produced by some of the big production houses in the industry like Geetha Arts, Mythri Movie Makers, et al. The reason could be his previous ventures like Raja Vaaru Rani Gaaru, S.R.Kalyanam Manchapam, Sammathame, have been commercially viable at the box office.

Coming from a non-filmy background, it is quite interesting to note how Kiran is only climbing the ladder upwards. But of course the journey wasn’t as glorious, as it is portrayed online. He had to kick his well-paid job to become what he is today, and to receive immense love from the Telugu audience by becoming their boy-next-door.

Looking back at how it all started, Kiran expresses, “It took me a year of contemplation to quit my job and do what I am doing today. Coming from a humble middle-class family, we were always taught to become doctors or engineers and same was in my case too. It wasn’t easy convincing my family about my dream job — acting. There is a lot of fear involved in picking an unconventional career like acting, but, when I turned 25, I really wanted to achieve something in life and that is when I took the leap to pursue my love for acting in the film industry.”

Ahead of his latest flick, Nenu Meeku Baaga Kavalasinaavadi, which is all set to release on September 16 in the theatres. The actor-writer Kiran Abbavaram shares with The Pioneer, the turning point in his life that made him decide, which of the two options is harder — acting or monthly salaried job?

“There are so many people who’re stuck doing something which they find dreadful due to their circumstances. The only advice that I’d like to give them is, ‘the moment you feel like I need to achieve something for myself, something which I can be proud of and call it my own,’ that is the moment you need to take the necessary steps and devise a plan for your future endeavours. At the most, you may struggle for three or four years, but you will be happy for the rest of your life,” says Kiran, whose next, Nenu Meeku Baaga Kavalasinaavadi, revolves around the life of a driver named ‘Premisthe Madan’ (played by Kiran). He is constantly reminded by every Tom, Dick and Harry that he is a driver, so, he better behave like one, this ultimately tests his patience and leads to a series of events which we will only get to know after the release.

Kiran Abbavaram is super excited about how the audience are going to receive his latest flick as it’s his first out and out commercial film made with an intention to entertain the family audience.

Speaking of hardships in the industry, Kiran Abbavaran was quick to respond that he never lets his guard down, when he doesn’t make a mistake. He believes that an individual must and should stand up for him/herself during tough times. “It is only those unpleasant moments that define us. It is testament to our conviction and dedication towards our profession. Standing tall in such situations makes us mentally tough,” he asserts.

Kiran is known for choosing soft scripts that any audience can connect with. His stories are so relatable with not much drama and action, and that’s what makes him close to the audience. Kiran, who was last seen in Sammathame, usually gravitates towards picking concept-oriented films like Sebastian P.C. 524, where he plays the role of a cop with night blindness, and someone, who has tried his hand at something different this time around with his latest film. The audience will get to see him in an all new avatar.

So, how does he pick up his scripts? The Sammathame actor replied, “I always think like an audience. I ask myself one quintessential question — Would I buy the ticket and go watch the film in theatres, if someone made this film? Rather, does it excite me enough as an audience? That is how I pick my films.”

Since he has some exciting projects gearing up for release, Kiran feels the next six months are very crucial for him. “These six months are going to be extremely crucial for me as I have some really interesting films lined up for the release; Vinod Baagiyam Vathakadha is going to be a rare film that people won’t get to watch often. Then there is Metre produced by Mythri Movie Makers. This film is going to be a big one for me. I am playing an average student in Rules Rangon, the film is being presented by A.M. Rathnam garu,” says the actor.

On a lighter note, we cheekily asked him about his love life and his take on marriage. To which, he wrapped up saying, “I have been on a few dates, but nothing exciting. When it comes to marriage, it depends on the person and their state of mind at that particular point of time. It is ultimately their personal choice.”
Maintain a healthy gut during the monsoon

While rain can be the most needed respite after a hot, muggy day, it cannot be denied that rain can also bring certain diseases associated with the season. Our immune system is compromised during the monsoon, which leads to a rise in water-borne illnesses. To be safe and protected, we should all be aware of why our bodies are sensitive during the rainy season and what we should consume to protect ourselves from common rain-borne infections.

Due to unsanitary circumstances and a lack of basic precautions, the danger of getting infections during the monsoon season is significant. There are several prevalent ailments throughout this season. In India, the monsoon season is the peak cold season. The common cold or influenza is the most prevalent ailments throughout this season. In India, the monsoon season is the peak cold season.

The hot, humid and wet weather makes it favorable for the microorganisms to reproduce and multiply. This also results in many respiratory tract diseases and skin infections too. While colds and flu are the most common infections, typhoid, a waterborne infection caused by Salmonella, causes gut ulcers and fever during the season. The hepatitis A virus, another common illness during the monsoons, causes contagious liver infections. It’s a waterborne virus carried by flies and contaminated water or food.

Dengue fever is a mosquito-transmitted virus that often results in severe joint and muscle discomfort, bloated lymph nodes, headache, fever, fatigue, and rash. As a result, staying fit and healthy during the rainy season necessitates some extra effort.

Nutrients play a significant role in this! Here are some immunity-boosting nutrients you should consume during the monsoon, as mentioned by Kamayani Naresh, health expert and founder of Zyropathy, in conversation with The Pioneer.

**VITAMIN C**

When we think of Vitamin C, we immediately think of its ultimate benefit, which is to boost the body's immune system. This nutrient is more important to your overall health. Firstly, vitamin C promotes the production of white blood cells, which aids in the body's defence against infection. Secondly, it improves the function of these white blood cells, protecting them from free radical damage. Thirdly, because vitamin C is recognised as the holy grail of skincare, it strengthens the skin's barrier.

It can be found in citrus fruits such as oranges, lemons, limes, broccoli, bell peppers, and strawberries.

**PROTEIN**

Protein is an essential part of our bodies and is necessary for survival. What is the purpose of protein in the body? Protein is required in the body to repair old tissues and cells as well as to create new cells. As a result, it is critical for the proper functioning of our bodies. Furthermore, proteins contain different amino acids, which aid in immunity and disease prevention.

**VITAMIN D**

We’ve all heard about the benefits of vitamins and how crucial they are for our immune systems. One of the most important vitamins is vitamin D, also known as the “sunshine vitamin”. It is both a nutrient and a hormone produced by our bodies. Include vitamin D-rich foods in your diet during the monsoon season to meet your daily requirements. Vitamin D is required for calcium absorption and phosphorus levels in the blood.

Adequate vitamin D levels in your blood may improve your body’s immune system and protect you from diseases such as osteoporosis and cancer. To get enough vitamin D in your body, eat foods like egg yolks, fatty fish, dairy products, and cheese.

**OMEGA-3 FATTY ACIDS**

Omega-3 fatty acids are a type of polyunsaturated fat that has been shown to provide a variety of health benefits. These fatty acids benefit your overall health and well-being by strengthening your immune system, defending you against illnesses such as cancer, and reducing inflammation in the body.

Omega-3 fatty acids are commonly found in seeds such as flax and chia, walnuts, fish, soybeans, and blueberries.

**ANTIOXIDANTS**

Vitamin E, C, beta-carotene, carotenoids, lycopene, selenium, and magnesium are examples of antioxidant nutrients. All of these antioxidants improve the immune system in different ways and may lower the risk of many diseases such as heart disease and certain cancers. The antioxidant is a potent nutrient that helps your body fight infections and thus has a profound effect on the immune system.

Start making these nutrients an integral element of your monsoon eating plan to help bolster your body and stay healthy.

Simple and useful precautions can be taken in advance of the rainy season. Regular preventative health exams can help identify problems at an early stage, allowing for quicker treatment and full recovery.

Here are some tips to keep illnesses at bay:

- Try to keep mosquitoes away from your house and the area.
- When going outside, wear full sleeves and insect repellent.
- Stay away from congested areas to lower your risk of viral infections.
- Only consume boiling water.
- Eat wholesome, home-cooked cuisine.
- Ensure that your home has adequate ventilation.
- Handwashing before consuming any meal.
- Refrain from touching your mouth or nose with unwashed hands.
Waist size matters

Have you ever considered that the size of your waist or the flab around it can lead to a variety of illnesses by the time you reach old age? The Pioneer’s TEJAL SINHA sheds light on how having a healthy waist can help you stay away from heart diseases and other forms of illnesses.

If your BMI is:

IF YOUR BMI IS:

• Between 18.5 and 24.9, you’re at the lowest risk of developing health problems.
• If you’re between 25 and 29.9, you’re considered overweight.
• At 30 or more, you’re considered obese.

Managing your weight doesn’t mean that you have to alter your lifestyle dramatically. Take small steps, aim modestly and realistically, and then build from there!
In the early part of one’s career when one picks service to people as the main goal, sometimes throws up politics as the best arena to realize one’s dreams. This is best reflected in the life of Baji Reddy Govenderhan, Member of Legislative Assembly from Nizamabad (Rural). Upon taking over as Chairman of the Telangana State Road Transport Corporation, Baji Reddy Govenderhan declared that he would not take salary or allowances from the loss-making corporation. The man who has survived Narcotic attacks and endeared himself to his constituents by sheer work tells The Pioneer’s DEEPIKA PASHAM: “We are on this earth for a cause. No matter what obstacles come, believe in positive vibes. I had three dangerous accidents in life, but they could not disturb me. I stood by people and they stood with me today.”

Responsive to people’s needs

As a child I wanted to become a military man and enter the armed forces. I liked war uniforms as such and also wanted to habituate to wearing khaki uniform, which signifies heroic character. I joined the Police Department after my schooling. For the next few years, I thought about the army involved and quit the job.

Tough moments

I was once attacked by narco actors and it deeply affected my vocal cord. Then I met with an accident. Later, there was a planned attack on me, with bricks being thrown at me. Luckily it escaped. All these things happened because I am a stubborn man. I don’t surrender to anybody. They also blamed my house twice in the village. But I never gave up.

Mass leader

I am known as a mass leader because of my approach towards people. I am always among the public, interacting with them. I use the situation from that standpoint, with their eyes. I know when they support me and when they don’t.

A contented man

My children have grown up with me. I sent them to different countries. They got educated and now settled. They all are married. My older son in TSRTC, member, while the younger one is doing business. My daughter stays at home. They listen to my advice. No worries about them.

Spending free time

We really get quality time. I am always with my people on the ground, or they walk to me directly, or I walk to them. I make decisions clear to them in advance.

Performance as TSRTC Chairman

The Telangana State Road Transport Corporation (TSRTC) was going through a lot of financial losses and I was running into losses. Employees were paid salaries at the 20th of each month. But, we changed this scenario. We conducted review meetings. Now we pay monthly salaries to employees on time. Employees have health benefits. On Raksha Bandhan day this year, we collected Rs 20.000.000 — a record attributed to teamwork.

Shifting to TRS

My approach towards people made TSRTC party leaders to approach me. I didn’t accept any leader, but I told my people what I wanted. I had made my choices clear to them in advance.

Traditional leader

I am always ashamed of my traditional clothes because I like to be a hero, not a leader only in that attire. If I were seen, they may not like it. So, I am habitual in wearing kurta and shirt.

Three idols

There are three of us. Y.S. Rajasekhar Reddy, Chandrababu Naidu and K. Chandrasekhar Reddy. These leaders have knowledge and experience on any issue.

Political career

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Fantasy sports gaming opens up new career opportunities for sports fans

With time, the gaming industry in India has become one of the fastest expanding industries and has grown to become a billion-dollar sector. According to IBEF, the industry is poised to exceed $5 billion by 2025. The report further states that the Indian gambling industry has crossed the milestone of 300 million users and just surpassed the United States.

This era of thriving mobile gaming and cheap data rates has led to the significant growth of the online fantasy gaming sector. Based on these figures, it is obvious to see the surge in gaming acceptance in India. Simultaneously, the growth has also increased the demand for job opportunities.

Fantasy sports: An emerging sector in India

Fantasy sports are online games that allow users to create teams with genuine players from a specific sport. The player’s squad then participates in the fantasy contest, and the achievements of the players in the virtual world are dependent on their real-life performance. According to a report by Statista, the Indian interactive video gaming market is predicted to reach a gigantic valuation of more than 50 billion INR by 2025.

Creating future-ready jobs

The industry is always looking for innovative ways to improve accessibility and provide a more immersive experience for its customers. In this scenario, fantasy sports, being a technology-driven industry, has created a demand for talents such as product management, web, and application development, UI/UX, ad-tech, data analytics, cloud, storage, security, and digital payments. As a result, the fantasy sports market in India now employs 3,000–4,000 individuals, according to IBEF. While attention is frequently drawn to the absolute number of employees, we will notice that a large proportion of these occupations require future-ready skill sets.

Furthermore, the sector has encouraged tech investment and entrepreneurship, as well as the creation of lucrative commercial prospects in sports technology and analytics. Along with this, the industry is predicted to add 10,000–12,000 jobs over the next three years, creating opportunities for highly skilled professionals and others.

Additionally, with the advent of social media, influencers are becoming increasingly important in boosting FS engagements through social media. These influencers, who range from sports enthusiasts to fans who enjoy the excitement of analyzing matches and performances, play a vital part in the spread of FS. They have established a source of income through influencer marketing, in addition to providing a space for user involvement and disseminating knowledge to the people.

Subsequently, the expansion of the FSP industry may increase demand for such a skill-based personnel pool in India to make them future-ready.

Paving the way for future

In recent years, the Indian gaming industry has seen remarkable growth in the domain of fantasy gaming. As previously stated, its popularity and users are only increasing with time due to the ease of access and the numerous benefits of these games. Based on this, it’s easy to assume that fantasy gaming is a game changer that’s here to stay. Given fantasy games’ spectacular performance in recent years and their promising future, it is clear that gaming has immense potential to extend and reinvent career opportunities in our society.
Here are the top 4 mouth-watering recipes made with oats straight out of Chef KUNAL KAPUR’s Kitchen.

**CHANA DAL PAYASAM**
*(COOK TIME – 20 MINS)*

**WHAT YOU NEED**
- Chana dal: ¼ cup
- Oats: ¼ cup
- Jaggery: ¼ cup
- Mustard: ½ tsp
- Cardamom powder: ¼ tsp
- Cashew nut: 4
- Ghee: 1 tsp
- Hing: 1 pinch
- Oats: 1 cup
- Curry leaves: 1 tsp
- Poha: ½ cup
- Coconut: ½ cup
- Coriander leaves: 2 tsp
- Oil as required
- Rice: ½ cup
- Chana dal: ¼ cup
- Coconut slices: 2 tsp
- Cardamom powder: 1/8th tsp
- Dry ginger powder: 1/8th tsp
- Cashew: 6 pc
- Melted ghee: 1 tbsp
- Oats: ¼ cup
- Raw banana: 2 pc
- Oats: ½ cup
- Jaggery: ½ cup
- Coconut milk: 1 cup
- Dry ginger powder: 1/8th tsp
- Cardamom powder: 1/8th tsp
- Cashew: 6 pc
- Melted ghee: 1 tbsp
- Coconut slices: 2 tsp
- Jaggery: ½ cup
- Rice: ½ cup
- Poha: ½ cup
- Oats: 1 cup
- Carrot: ½ cup
- Onion: ½ cup
- Hing: 1 pinch
- Mustard: ½ tsp
- Green chilli: 1
- Coriander leaves: 2 tsp
- Curry leaves: 1 tsp
- Oil as required

**HOW TO MAKE:**
- Roast the chana dal and oats till fragrant. Then add to a pressure cooker.
- Add in just enough water to submerge the dal lightly, and pressure cook over medium flame for 3 whistles.
- Let the pressure cooker cool down before opening. Bring back to heat and add in the jaggery softened with some hot water. Stir well until mixed. Mash the dal while heating.
- Add very little water to the coconut and puree in a mixer grinder. Put in a muslin cloth or a fine mesh and squeeze or press to take out coconut milk.
- Add to the pressure cooker, and switch off the heat. Finally, add in the cardamom powder and allow to cook.
- Garnish with cashew nuts and ghee before serving.

**MATHANGA ERISSERY**
*(COOK TIME – 25 MINS)*

**WHAT YOU NEED**
- Pumpkin slices: 1 cup
- Oats: ½ cup
- Coconut, grated: ½ cup
- Turmeric, salt and red chili: ½ tsp
- Garlic cloves: 2
- Cumin seeds and mustard seeds: ½ tsp
- Green chilies: 3-4
- Pepper powder: ½ tsp
- Curry leaves: 3-4
- Oil: 2 tsp

**HOW TO MAKE:**
- In a pan add oil, Pumpkin slices and turmeric and salt, and boil them for 5 mins. Once cooked mash them with a spatula.
- Now add the coconut and oats paste into the pumpkin mash and let it simmer for 5 mins on a medium flame.
- Once it’s ready, take another pan, add 1 tsp oil, mustard seeds, curry leaves and red chilies, when they start to splutter add it to Erisseray as a garnish.

**PRADUM PRADAMAN**
*(COOK TIME – 10 MINS)*

**WHAT YOU NEED**
- Pumpkin slices: 1 cup
- Oats: ½ cup
- Coconut, grated: ½ cup
- Turmeric, salt and red chili: ½ tsp
- Garlic cloves: 2
- Cumin seeds and mustard seeds: ½ tsp
- Green chilies: 3-4
- Pepper powder: ½ tsp
- Curry leaves: 3-4
- Oil: 2 tsp

**HOW TO MAKE:**
- In a pan, heat oil, add in the mustard seeds and hing, splutter the masala and add in the curry leaves green chilli, onion and carrots. Sauté until soft and add to the batter. Mix Well.
- Heat a paniyaram pan and oil each wising with a tissue dipped in oil.
- Begin adding enough batter, to each depression, to fill them halfway.
- Cover with a lid and cook for about 3 minutes until the batter seems cooked halfway.
- At this point use a toothpick to lightly flip the paniyaram. Cook for another 2 min till a brown colour is developed.
- Serve along with coconut chutney.

**HOW TO MAKE:**
- After soaking, remove excess water and blend to smooth puree along with poha and oats, using minimal water. The batter should be thick like a shake.
- In a pan, heat oil, add in the mustard seeds and hing, splutter the masala and add in the curry leaves green chilli, onion and carrots. Sauté until soft and add to the batter. Mix Well.
- Heat a paniyaram pan and oil each wising with a tissue dipped in oil.
- Begin adding enough batter, to each depression, to fill them halfway.
- Cover with a lid and cook for about 3 minutes until the batter seems cooked halfway.
- At this point use a toothpick to lightly flip the paniyaram. Cook for another 2 min till a brown colour is developed.
- Serve along with coconut chutney.

**PANIYARAMS**
*(COOK TIME – 15 MINS)*

**WHAT YOU NEED**
- Urud dal: ¼ cup
- Poha: ¼ cup
- Oats: 1 cup
- Carrot: ½ cup
- Onion: ½ cup
- Hing: 1 pinch
- Mustard: ½ tsp
- Green chilli: 1
- Coriander leaves: 2 tsp
- Curry leaves: 1 tsp
- Oil as required

**HOW TO MAKE:**
- Add jaggery and oats to a pan, add ½ cup water and heat it up for 2 min just for the jaggery to get dissolved. 2. Trim the edges of the raw banana. Cut each banana into 2 pieces and steam cook for 10 min on medium flame. Insert a knife and check if it’s cooked.
- Peel off the skin and transfer it to the mixer and pulse it once then add a little water to puree it and set aside.
- In a kadai, heat ghee, fry cashew till golden, and set aside. Then fry coconut flakes until golden.
- Now in the same kadai, add banana puree and cook for 2 mins on low flame.
- Keep stirring often to avoid sticking to the pan. Add jaggery syrup and mix well.
- Add the coconut milk and cook for a few mins. Then add the dry ginger and cardamom powder.
- Finally add thick oats and coconut mixture, fried cashews and coconut pieces, stir well and serve warm or chilled.

**HOW TO MAKE:**
- In a pan, heat oil, add in the mustard seeds and hing, splutter the masala and add in the curry leaves green chilli, onion and carrots. Sauté until soft and add to the batter. Mix Well.
- Heat a paniyaram pan and oil each wising with a tissue dipped in oil.
- Begin adding enough batter, to each depression, to fill them halfway.
- Cover with a lid and cook for about 3 minutes until the batter seems cooked halfway.
- At this point use a toothpick to lightly flip the paniyaram. Cook for another 2 min till a brown colour is developed.
- Serve along with coconut chutney.

**HOW TO MAKE:**
- After soaking, remove excess water and blend to smooth puree along with poha and oats, using minimal water. The batter should be thick like a shake.
- In a pan, heat oil, add in the mustard seeds and hing, splutter the masala and add in the curry leaves green chilli, onion and carrots. Sauté until soft and add to the batter. Mix Well.
- Heat a paniyaram pan and oil each wising with a tissue dipped in oil.
- Begin adding enough batter, to each depression, to fill them halfway.
- Cover with a lid and cook for about 3 minutes until the batter seems cooked halfway.
- At this point use a toothpick to lightly flip the paniyaram. Cook for another 2 min till a brown colour is developed.
- Serve along with coconut chutney.
CONDITIONING as a step in the hair care routine is important to add moisture back into it. What better than an Ayurveda-based conditioner with the goodness of Kama Ayurveda’s award-winning Bringadi Oil! The newly launched Conditioner, Bringadi Hair Conditioner, is enriched with actives from the brand's award-winning Bringadi Oil. The Conditioner is formulated with nourishing and restoring ingredients such as Bhringraj that activates hair proteins, improves blood flow and promotes hair growth. The formula is rich in antifungal properties, Liquorice Root Extracts (Glycyrrhiza Glabra Root), Balloon Vine Extracts (Cardiospermum Halicacabum Extract) and Camphor (Cinnamomum camphora Bark Extract) to help prevent scalp infections and reduce flaking.

A wishad CBD gummies are a fun and tasty addition to your daily life; it is a vegan and THC-free product. Made with the purest Broad Spectrum CBD, Awshad CBD Gummies come in using natural flavours — Grape, Orange and Lemon. They are antioxidant-rich, packed with flavours, and are probably the easiest way to consume CBD to derive its manifold wellness benefits. Awshad’s CBD gummies fit perfectly into your wellness routine as they help you focus better, take control of anxiety and stress, fix insomnia and provide a sense of overall well-being for you to take on your day!

Delhi-based label Cain, is a contemporary fashion label established around the idea of optimising less to the fullest. They care about our planet and so sustainability is at the core of the brand. They create fashion that enables consumers to take part in their creative process and sustainability practices, creating timeless pieces that stay in a person’s closet for a longer time. By elongating the life of a garment, they offer a more conscious lifestyle to their consumers. Cain now launched its latest collection HIBIKI MOMO, trans-seasonal 22/23. Here are some pics.

Elevate your skincare

itchiness, dry flakes, flared acne and dullness are soon to be things of the past. Seems unrealistic? Well, not anymore! Bid goodbye to skin irritants and say hello to naturally healthy glowing skin as recognised skin cleansing expert Bioderma launches its latest dermatological products to enhance your skincare results.

Sebium Gel Moussant Actif: An anti-blemish cleanser that acts right from the first stage to supplement skincare. Enriched with glycolic and salicylic acid, the purifying cleanser through its ecological mechanism unclogs pores whilst respecting one’s skin ecosystem. Price: Rs 1799

Sensibio Defensive Rich: While we all enjoy the monsoon breeze, the increased skin sensitivity that it brings along with it is quite a bummer. To reduce skin sensitivity, Bioderma presents ‘Sensibio Defensive Rich’, an advanced technology that will strengthen both, sensitive and sensitized skin. Price: Rs 825.
Passive investing is an effective way to put your money to work and potentially build wealth. Smart investing may allow your money to outpace inflation and increase in value.

Investors have two main investment strategies to generate returns on their investment, passive investing and active investing. Today, we will talk about passive investing. Passive management is an investing strategy that tracks a market-weighted index or portfolio. Passive management is most common in the equity market, where index funds track a stock market index, but it is becoming more common in other investment types, including bonds, commodities and hedge funds.

Passive Investing’s goal is to build wealth gradually. Also known as a buy-and-hold strategy, passive investing means buying a security to own it long-term. Unlike active traders, passive investors do not seek to profit from short-term price fluctuations or market timing.

Passive investing minimises buying and selling activity and replicates a specific benchmark or index (like the Nifty 50 index). Passive funds are cheaper and have a lower expense ratio. Replicating benchmark/index returns is its objective, whereas active investing requires frequent buying and selling. Actively managed funds have a higher expense ratio compared to passive funds.

Why passive investing is on the rise?

It is mainly because of significant reforms in information disclosure by companies. Secondly, because of the SEBI categorisation of mutual fund schemes, strong guidelines around FIIIs and FPIs improved trading infrastructure and better research coverage.

Passive investing strategies:

- There are several ways to be a passive investor. Two common ways are to buy index funds or ETFs. Both are types of mutual funds — investments that use money from investors to buy a range of assets. As an investor in the fund, you earn any returns. Because index funds and ETFs let you invest in holdings from various industries, passive investing can help you diversify, so even if one asset in your basket has a downturn, it shouldn’t affect your entire portfolio.

Passive fund options:

Mid-cap index funds: Midcaps can be volatile but can also give higher returns in the longer run. The options here are Nifty Midcap 150 and Nifty Midcap 50. International index funds: For most investors, having a US-based SP500 index fund is sufficient and offers good exposure to developed markets.

Large Cap index funds:

These would include Nifty 50, Sensex

Sectoral funds and gold:

Nifty IT, Nifty Bank, Nifty healthcare, Nifty Auto, Nifty CPSE, Bharat 22 and Gold Funds are some of the thematic funds.

Smart beta strategies:

Nifty Alpha has low volatility, and Nifty has equal weight.

Advantages of passive investing:

- Ultra-low fees: There’s nobody picking stocks, so oversight is much less expensive. Passive funds simply follow the index they use as their benchmark.
- Transparency: It’s always clear which assets are in an index fund.
- Tax efficiency: Their buy-and-hold strategy doesn’t typically result in a massive capital gains tax for the year.
- Passive investing via indexing is an excellent way to achieve diversification.
- Passive investing is subject to total market risk vs an individual portfolio manager risk.
- Simplicity: Owing an index, or group of indices is far easier to implement and comprehend than a dynamic strategy that requires regular monitoring and rebalancing.
- A little variation from traditional passive investing (smart Beta Strategies) adds a pinch of active management in passive funds while keeping all advantages of passive funds intact.

Drawbacks to passive investing:

- While passive investing has a great many benefits, it has its drawbacks too.
- Live by the benchmark, die by the benchmark.
- Index funds follow their benchmark index regardless of the state of the markets.
- Translation: They’ll rise when the index is performing well, and they’ll also drop when prices decline.
- Lack of flexibility: Even if index fund managers foresee a decrease in their benchmark’s performance, they typically can’t take such steps as cutting back on the number of shares they own, or taking a defensive, counterbalancing position in other securities.
- Fewer windfalls: Since passive funds are designed to mirror the market, investors are unlikely to experience the big coups that actively managed funds can sometimes provide.

In other words: No catching that rising stock star. Even if a fund did, it might not benefit as much, since the returns would be mitigated by the other holdings in the portfolio.

- Less pain but less gain: Buying and holding can be a winning tactic in the long run (at least a decade or two). You weather the market volatility. But evening out the risks also flattens out the rewards. In shorter time spans, active investing often provides better results and juicier gains.

Bottom line:

The preferred strategy for the typical retail investor is now passive investment. It saves time and money by eliminating the need to spend a lot of it on stock research and market monitoring.

The fundamental tenet of the plan is that individuals who wait it out would benefit financially from the market’s long-term increase. And that minimal trading produces the most profits. Although the buy-and-hold strategy has a few drawbacks, not everyone is a good fit for it. In the end, investors who want to remain hands-off and have long-term goals, such as saving for retirement, are better suited for passive investing.

On the other hand, passive strategies are probably not a suitable fit for investors who prefer more direct control over their portfolios or who lack patience.
**ROHINI VRAT 2020**

India with its diverse culture and religions is a melting pot of customs and traditions. Vrat or fasts are observed in almost all religions, be it Hinduism, Jainism, Buddhism, Sikhism, Christianity, or Islam. Fasting is a spiritual act mainly performed to purify the body and mind and acquire divine blessings. Rohini Vrat is one of the main fasts undertaken every month by women from the Jain community.

Women observe Rohini vrat for a long, fulfilling married life as well as for the longevity of their husband’s life. Women end the fast with the rising of the Margashirsha Nakshatra. The religious texts describe 27 constellations, among which one is the constellation of Rohini. The Rohini nakshatra rises on the 27th day of every month. So Rohini Vrat is observed once every 27 days by the women of the Jain community when Rohini Nakshatra (star) rises in the sky after sunset.

**Rohini Vrat in September 2022:** The upcoming Rohini vrat is on Saturday, September 17, 2022. Rohini Nakshatra begins on September 16, 2022, at 9.55 am. Rohini Nakshatra ends on September 17, 2022 at 12.21 pm.

**Why is Rohini vrat observed?**

Jainism advocates strict forms of spiritual practices. While sants follow the strict codes, the common man is granted flexibility in the spiritual practices followed by the Jain community. Rohini vrat helps the women in Jain households observe the spiritual discipline in a trouble-free way since it is usually difficult for them to observe strict fasts.

When women observe Rohini vrat, their husbands, and immediate family members too receive blessings. The fast helps to imbibe patience, self-control, and harmony within oneself. It helps one endure all difficulties in life and also control desires. This helps them to cultivate good values and understanding within the families.

Usually, only the women of the family observe Rohini Vrat, but in some households, the entire family observes the vrat. On Rohini vrat day, the women revere Bhagavan Vasupulya and seek blessing for the family. The women pray for prosperity and enrichment of their quality of life.

**Benefits**

Rohini vrat is undertaken by women to secure the good health and long life of their husbands. Undertaking this fast also dispels poverty and brings in prosperity. Misunderstanding between couples is cleared and promotes a harmonious and happy relationship within the family. Women can feel peaceful and help to maintain peace and tranquility at home.

**Fasting rules**

The vrat can last for three, five, or seven years, continuously. Vrat for five years and five months is the most advocated duration and it is completed with the Udyapana. On the day of Rohini vrat, the women undertaking the fast wake up early in the morning and take a holy bath. They set the altar in the puja room with the idol of Bhagavan Vasupulya who is one of the twenty-four Tirthankaras. Elaborate rituals are then conducted by giving the idol a bath with holy water, followed by decorating with fragrant materials. Puja is performed and finally, the Prasad is offered.

At the conclusion of the puja, the fasting process commences which lasts until the Margashirsha Nakshatra rises in the sky. Women who observe Rohini vrat can decide on the duration to observe the vrat; at the end of this period, the vrat should be concluded with an appropriate udyapana, or concluding ritual, which may include feeding the poor and the needy, visiting the temple of Vasupulya and engaging in charity.

**Rohini vrat katha**

Just as every fast has an associated story, Rohini vrat also has a vrat katha which should be recited while undertaking the fast. The story is as follows: King Madhava of Champapura lived with his queen Lakshamipati, seven sons and a daughter named Rohini. Once, the king consulted a gyanib (learned man) to know about the ideal husband for his daughter. The gyanib said that Rohini will be married to Ashoka, the prince of Hastinapur. Upon the gyanib’s advice, King Madhava organized a Swayamvara in which Princess Rohini chose Prince Ashoka as her husband and they were married. One Prince Ashoka along with family went to meet Sage Sricharan in the forest of Hastinapur. Ashoka confided in the sage that his wife remained very calm and asked the reason for her calmness. The sage narrated that in ancient times, there lived a king named Vastupala in Hastinapur city who had a friend named Dhanamitra. Dhanamitra had a daughter who had a foul body odour and was therefore called Durgandha. Dhanamitra was always worried about his daughter.

**Sage Amrutsen visiting Hastinapur**

Once, Sage Amrutsen visited Hastinapur and Dhanamitra went to meet the sage along with his daughter to enquire about her future. The sage stated that King Bhupal, who ruled in a city near Mount Ginnar had a wife, Sindhumati, who was very proud of her beauty. Once, when the king and the queen went out to visit the forest, they saw the sage and the king asked his wife to arrange for the sage’s feast. While Sindhumati agreed to obey her husband’s order, she was enraged within and in her anger, she served the sage a bitter gourd and after consuming the food, the sage died. When the king learned about his wife’s deeds, he was enraged and expelled her from the palace.

Due to her evil deeds, she was afflicted with leprosy and had to face a lot of anguish before finally dying. After her death, Sindhumati reached hell where she suffered a lot and was then finally born inside an animal before being born as Dhanamitra’s daughter.

**Moksha**

Hearing this, Dhanamitra asked for a solution to overcome this curse. The sage stated that Durgandha should observe the Rohini fast on Rohini nakshatra every month and abstain from consuming food. She should spend time performing religious worship and charity and should perform this fast for five years and five months. Dhanamitra and his daughter Durgandha duly fasted on the day when the Rohini fast on Rohini nakshatra arose in the sky and as a result of her fast; she attained moksha and reached heaven. She later became a godess and then became Princess Rohini who became Prince Ashoka’s wife.

**Rohini Vrat dates in 2022**

September 17, 2022, Saturday October 14, 2022, Friday November 10, 2022, Thursday December 8, 2022, Thursday.

**YOUR WEEK AHEAD**

- Face situations calmly. Emotional blow-ups will only worsen the situation. Sympathize with the plight of others. Do not expect much from friends.
- Your zest for pleasure and entertainment will lead you to beauty and harmony. Others will want to be near you. Your popularity will soar this week.
- Patience must be the prime word for you. Your popularity will soar. An irresistible humour and enthusiasm will help you mingle with others.

**Lucky colour:**
- Green
- Red
- Blue
- White
- Pink
Urban flooding: Paying heavy price for lessons not learnt

The urban flooding in Bengaluru once again underlines the perils of uncontrolled urbanisation, unregulated changes in land-use pattern due to avaricious anthropogenic activities, construction of natural drainage capacity by nefarious activities, and development of age-old natural structures interlinking lakes and tanks for suicidal concretisation, among other factors.

Thanks to post-mortem by experts, several instances of catastrophic urban flooding, be it in Chennai (2015), Kerala (2018), Patna (2019) or Hyderabad (2020), have drawn attention to what all must be done to check urban flooding. Still, the civic authorities everywhere, regardless of the party in power, have always failed to do what is required. The underlying problem gets buried until the next disaster surfaces.

In the latest instance of Bengaluru, two of the city’s biggest lakes, Bellandur and Vathur, are overflowing, apart from most of the upstream lakes. Described as ‘the second wet season seen by Bengaluru in the last 50 years’, the torrential rains have filled 162 lakes. The Dakshina Pinakini river, which had been dry for three decades, came alive and breached the banks, submerged portions of the city’s tech corridor. The flooding has spared no segment of population or living area – slums and workers colonies, upscale gated communities, tech parks or whatever. The Mahadevapura zone, which houses dozens of info-tech parks, is among the worst affected areas. According to one report, Epsilon – a gated community that is home to 150 elite members, including billionaires like Wipro’s Rishad Premji, Byju Raveendran, Britannia’s Varun Berry, Big Basket’s Abhinav Choudhary and Page Industries’ Ashok Mangal, a symbol of friendship between India and Mongolia. Like last time, Singh would leave Tejas in Mongolia itself. The Defence Minister’s office says Mangal is hale and hearty.

India consumed over 500 crore antibiotics!

Researchers found that India consumed over 500 crore antibiotics of which Azithromycin was the most consumed antibiotic molecule. The study aims to establish the need for new regulations and strengthen existing ones to monitor and regulate the sale and use of antibiotics. Published in the journal Lancet Regional Health Southeast Asia, it states that the inappropriate use of antibiotics is a significant driver of antibiotic resistance in India. The research identifies unrestricted over-the-counter sales of most antibiotics complicate the availability and sale of medicine.

mongolia’s President gifts a horse to Rajnath Singh

During his ongoing visit to Mongolia, Defence Minister Rajnath Singh was gifted a horse by Mongolia’s President Ukhnaagiin Khurelsukh. Singh had received another horse during his last visit to the country in 2018. While the current one described as a magnificent beauty by the minister is named Tejas, the last one was named Mangal, a symbol of friendship between India and Mongolia. Like last time, Singh would leave Tejas in Mongolia itself. The Defence Minister’s office says Mangal is hale and hearty.

Four held for smuggling whale vomit

Four members of a gang that was smuggling whale vomit were arrested in Lucknow after a raid, the Uttar Pradesh Police Special Task Force said on Twitter. During the raid, the STF found 4.12 kilogramme of whale vomit in their possession, which they said is worth Rs 10 crore. The Wildlife Protection Act of 1972 forbids the sale of whale vomit, which is a sought-after component for perfumes. Sperm whales create whale vomit also known as grey amber and floating gold which is frequently referred to as one of the strangest natural occurrences in the world.