

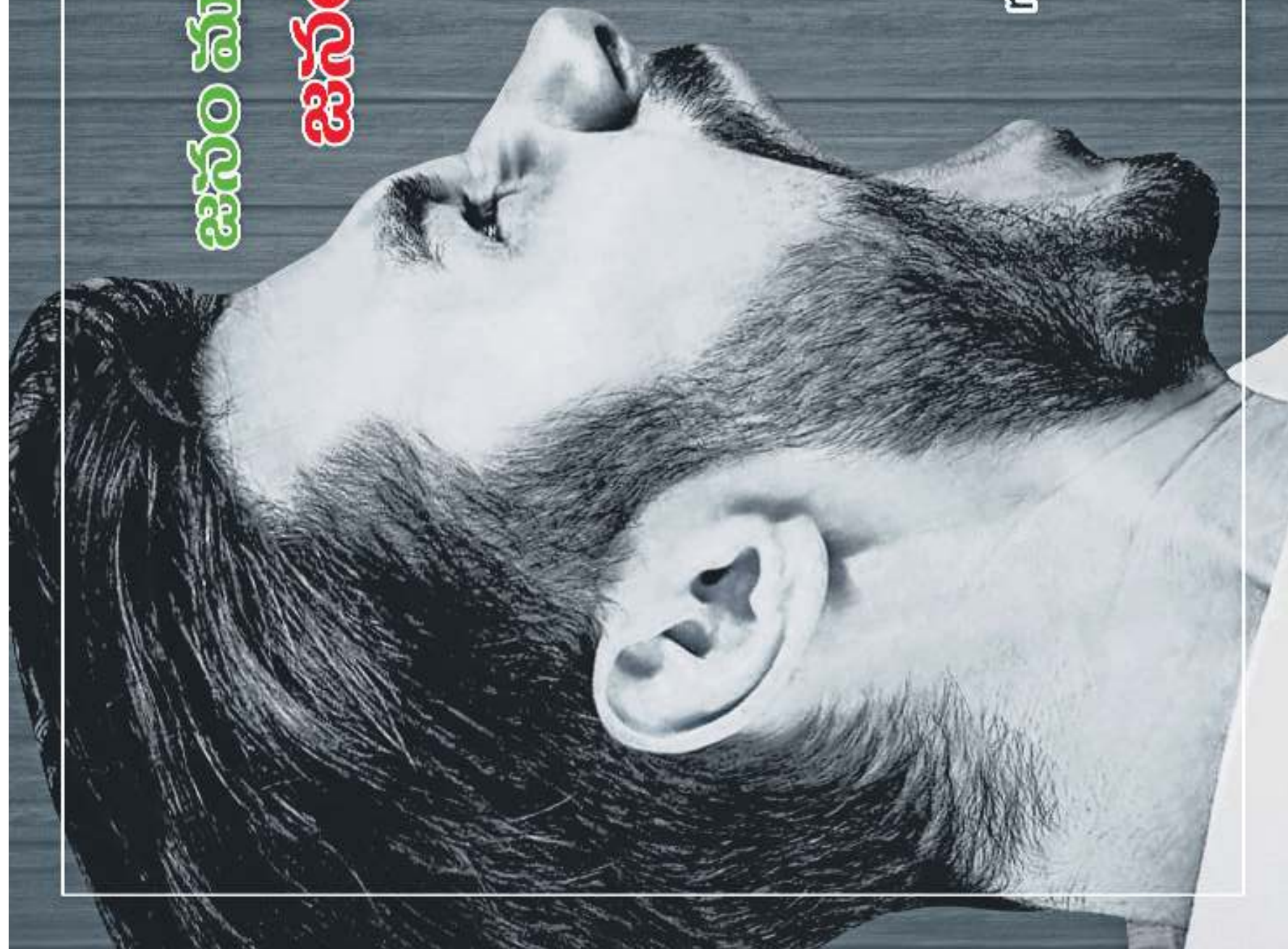
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స్వాతిరా

24/7 తెలుగు సమీక్షా ఛానల్

reach us at [info@swaifanra.news](mailto:info@swaifanra.news)



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## PERSON

## RAJU SRIVASTAVA

Comedian Raju Srivastava passed away in Delhi's All India Institute of Medical Sciences on Wednesday morning. He was 58. Raju was admitted to the hospital on August 10 after experiencing chest pain and collapsing while working out at the gym. The comedian was rushed to the hospital after suffering from a heart attack and was undergoing treatment for the same. The ace comedian's last rites were performed at Nigambodh Ghat in Delhi on Thursday, September 22.



## VIDEO

## CHANDIGARH VARSITY HOSTEL CASE

In Chandigarh University, a case of a female student sharing personal videos of fellow boarders with her 'boyfriend' has come to light last week. What's known so far is that one girl from the hostel took a video of girls taking a bath and leaked them online. This plunged the Mohali institute into a spiral of fear, rumours and unrest since late Saturday, culminating in the duo's arrest on Sunday even as the authorities clarified there had been no privacy breach. Students in large numbers staged protests in the vicinity demanding justice.



## SONG

## MANIKE

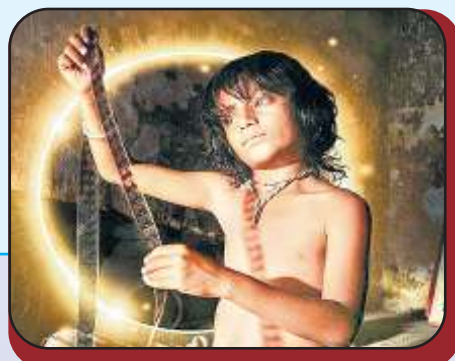
Titled *Manike*, the song is a remix of the viral sensation *Manike Mage Hithe* track by Sri Lankan singers Yohani and Satheeshan Rathnayaka. Yohani returns to sing the remix, which has been picturised on Sidharth Malhotra and Nora Fatehi. Yohani has been joined by Jubin Nautiyal and Surya Ragunnathan. The rap verse has been written by Mellow D. Music for Thank God has been composed by Tanishk Bagchi and Chamath Sangeeth.



## MOVIE

## CHELLO SHOW

The Film Federation of India has announced India's official entry to the Oscars 2023. The Gujarati film, *Chhello Show*, which is titled *Last Film Show* in English, has been selected as India's official entry to the 95th Academy Awards. It has been selected in the Best International Feature Film category. *Last Film Show* had its world premiere as the opening film at Robert DeNiro's Tribeca Film Festival and has won multiple awards across various international film festivals, including the Golden Spike at the 66th Valladolid Film Festival in Spain. *Chhello Show* will release in theatres on October 14 in India. *Chhello Show* is a coming-of-age drama, which revolves around a 9-year-old boy who resides in a remote village in India and his love affair with cinema.



## PICTURE

## BRIDE HIGHLIGHTS THE BAD CONDITION OF ROADS

A bride from Kerala decided to make her wedding shoot memorable by highlighting the issue of potholes in the area. A video featuring the bride and the wedding photographer is doing rounds on social media. The video shows the bride dressed in a red saree walking on a road riddled with potholes. In the video, the bride is walking with a lot of grace along a large pothole which is completely filled with muddy water. The clip also shows vehicles passing by while struggling to safeguard themselves from falling. A photographer is seen capturing the bride's pictures from a distance.



# Tackling OCD to prevent effing the mind

**C**ompulsive sexual behaviour disorder is characterised by a persistent pattern of failure to control intense, repetitive sexual impulses or urges resulting in repetitive sexual behaviour. The pattern of failure to control intense, sexual impulses or urges and resulting repetitive sexual behaviour is manifested over an extended period (e.g., 6 months or more), and causes marked distress or significant impairment in personal, family, social, educational, occupational, or other important areas of functioning.

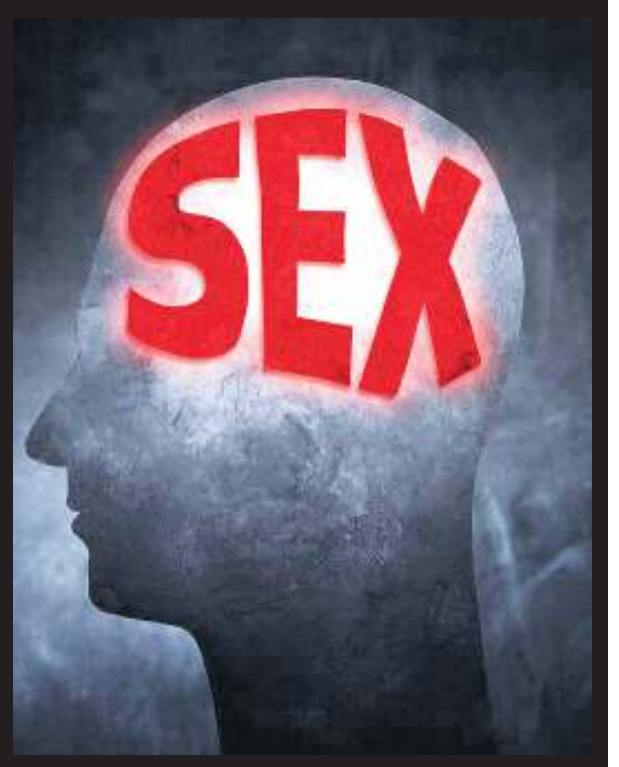
We all fancy pleasurable things in life. While some know where to draw the line, the rest tend to fetishise some of the worldly pleasures obsessively. When you are young, the body does its magic; in many instances, you might feel a sudden rush of the hormonal pump. Sex is one of the most-talked-about things in the world. Of late, with the advent of the internet, exposure to pornography has increased drastically. Be it soft porn or hardcore graphic 'A' rated content, it could have an impact on the minds of people, particularly youngsters who associate real word sexual experiences with the glamorized world of the adult industry. They might develop sexually addictive behaviours or performance anxiety.

The Pioneer approached Dr Kavita Panyam, founder-director of Mind Suggest Wellness Centre, Secunderabad, to know why people tend to be smug when it comes to drawing the line between real sex and porn.

She quoted: "Porn sets an unrealistic benchmark. Performance anxiety sets in when one starts comparing themselves to a porn star; starting from the way they look to the lighting used to the sounds that they make. What they must understand is that someone is shooting all this, which means it is made to entertain you. One can't have perfect bodies and the people who perform in these videos are trained to behave in a certain way. The moment one believes that porn is reality, that's when self-esteem and self-confidence take a beating. Coming to real sex, when people are in the exploration phase of what is sex, how do

When you find someone repeatedly washing his hands before eating with a spoon or another continually rearranging her bookshelf from morning till evening during study time, you can rest assured that they are victims of what is called Obsessive-compulsive disorder (OCD). It is characterised by unreasonable thoughts and fears that deteriorate into obsessions leading to compulsive behaviours. OCD often centres on themes such as a fear of germs or the need to arrange objects in a specific manner.

Biological or neurological factors can cause OCD. Symptoms usually begin gradually and vary throughout life. Treatment includes talk therapy, medication or both. According to experts, OCD can manifest in four main ways: contamination/washing, doubt/checking, ordering/arranging, and unacceptable/taboo thoughts. OCD branches out into different subcategories of behavioural disorders like eating, gambling, checking, picking skin, and sex. In this article, *The Pioneer's* **AMARTYA SMARAN** focuses on compulsive sexual behaviour disorder.



you do it? Which is the right way, what is love making? If there is no one who can explain it to them the right way, that is when they start searching on the web and try to fix up the jigsaw puzzle based on whatever information they receive. That information obviously will not be the actual information because there is so much misinformation on the internet. Sex is only the body; and lovemaking, body and the mind together."

Talking about performance anxiety, she pointed out: "Performance anxiety is when you have a problem in that area. Whether it is erectile dysfunction, or in the case of women, they feel they have something like 'vaginismus' [When the penetration is about to happen, they feel that the area clamps down]. Once they encounter that, women may also have performance anxiety as men may have with erections."

Given the ease of access to adult content on the internet, it is imperative to look at some of the figures pertaining to cybercrimes in India. Although compulsive sexual behaviour is not always indicative of

the atrocities committed against women, here's an overview of the cybercrimes as per the NCRB reports for 2021.

According to the reports, 10,303 cybercrime-related cases were reported during the period in Telangana, which accounts for the highest number of cases in any state. In the neighbouring state of AP, 1,875 cases were reported in 2021. As per the cybercrimes reported in metropolitan cities, 3,303 cases were recorded during the period in Hyderabad, putting the City of Pearls in the second spot on the list, after Bengaluru (6,423) and Mumbai (2,883). The report also documented 17,539 sexual harassment cases for 2021 under the IPC crimes category. Out of which, 418 cases were reported at work or office premises, public transport system (357), in shelter homes for women and children (436), and others (16,328).

A media report on September 12 highlighted how an 89-year-old satyromaniac was found forcing his 87-year-old wife to satisfy his sexual desires, despite her being seriously ill. The family had to call up a

helpline to tackle the issue. We know what you're thinking: an 89-year-old, forcing himself? Well, unfortunately, this nails the point that compulsive sexual behaviour is not to be taken lightly. Here, perhaps, age is just a number.

To those who are struggling to find an outlet for their sexual desires and fantasies, psychologist Dr Kavita Panyam suggests ways to ease the resultant tension. "Now I don't know why people say that sex is like drinking water... biological needs, etc. Might be right, but it is not like drinking water because it is not as simple as opening a bottle of water and drinking it or asking your neighbour to give you water. It is sex, it is your body's need. So, you do not do that in public; voyeurism as they call it. So, what you need to understand is that excessive sexual tension can be relieved by exercise. You need to go for a job, pump up the sweat, skip, jog, run, or hit the gym. Masturbation or self-pleasuring is not a bad thing. Provided, it must be done when there is a genuine need; not like six or seven times a day. Then, it becomes an addic-

tion. One must find coping mechanisms like exercising to tone down one's sexual desires."

Sex therapist Dr Udaya Shanker Araga explains: "Hypersexuality or sex addiction is a condition where there is an obsession with sexual thoughts, urges and behaviours that may cause distress and/or affect health, job and relationships. It is still being debated as to whether sex addiction is a separate pathological entity or is a part of other psychiatric disorders such as bipolar disorder, obsessive-compulsive disorder etc. These disorders can have hypersexuality as a part of their symptomatology. Just as an alcoholic or a drug addict needs a "fix" and consumes the drug or alcohol in the same way sex acts as a "fix" to a sex addict."

He added, "Symptoms of sex addiction include chronic obsessive sexual thoughts, compulsive relations with multiple partners including strangers, lying, a sexual preoccupation that can interfere with job efficiency, putting oneself in danger, and feeling remorse after the act."

Continued on Page 4...



Continued from Page 3...

A paper published in the *Journal of Behavioural Addiction* points out that compulsive sexual behaviour disorder is defined as an impulse control disorder as per the eleventh revision of the International classification of diseases. Another paper named 'Hypersexuality and Recidivism', published in 2013 by Drew A. Kingston and John M. Bradford of the Ottawa Institute of Mental Health Research, mentioned in their findings that individuals with hypersexuality were prone to reoffending either with a sexual or violent crime.

Reverting to the question of whether there is a correlation between compulsive sexual behaviour and sexual offences,

Dr Udaya Shanker Araga tells us: "A study has shown that hypersexuality is a meaningful risk factor for performing sexual offences. A high proportion (12%) of sexual offenders met the clinical criteria for hypersexuality. Therefore, according to this study sex addiction may be associated with violent recidivism."

Several studies have linked childhood sexual abuse with hypersexuality. With sheer conviction, Dr Kavita confirmed, "In the cases of people who have had sexual abuse wherein, whether it was oral or penetrative or molestation or any kind of these things, then they have been predisposed to sexual advances and exposure at a very young age. So, it is like innocence being wiped off. For children, who have been exposed to sexual molestation or penetrative sex or any oral pleasuring. Two things happen—either they can totally shut off from talking about the events or they might do it excessively. They tend to seek out people at that ripe age and get into relationships for sex or anything of that grave nature, as early as about six, seven, or eighth grade without knowing anything about it, just because they've been exposed to such activities at a very young age."

In conclusion, access to the right kind of information pertaining to such disorders from a young age would help achieve a sense of understanding. This can bring about a radical change in how one perceives and deals with any of these situations. In today's day and age, help is available at the click of a button. However, it could be daunting for some to take that step to reach out for help. In such cases, taking refuge in the garb of any form of escapism could worsen the situation and have serious repercussions. The only solution is to muster courage and check into a clinic to get expert counselling.

AMARTYA SMARAN

According to UNICEF, for the first eight years, the child's mind is highly plastic and responsive to changes around us. Factors such as negative interactions, unsafe conditions and lack of education could have an irreversible impact on the child for the rest of his/her lifetime.

Gone are the days when the idea of 'Spare the rod and spoil the child' was taken a tad too seriously. Now, parents of the younger generation have mellowed down. We hear parents talking about good and bad physical touch, mental health issues, love, sex education and life in general. Someone growing up in the 70s or the 80s would have never imagined talking about these topics out in the open without being stopped. Of course, exceptions do exist. Parenting today is evidently different from what it used to be several years ago.

On the maxim 'Spare the rod and spoil the child', Dr. Kalpana Sringar says: "Beating children is definitely wrong. You should never hit the child. We were never beaten as children. Our parents were very assertive. They would tell us what we were supposed to do, and we would simply do it. You can call it a military rule or anything, but it worked for our own good. The best kind of parenting in today's age is to teach good habits to children like reading, respecting elders, and mingling with people. The social system has entirely changed with the advent of social media; kids don't want to be corrected by elders anymore and have become hypersensitive. They are becoming weaker and weaker by comparing themselves with others on social media. Parents should teach children the values of inclusion, not division."

The way parents interact with their children has an extraordinary effect on their self-esteem and confidence. We have seen so many cases of adults citing childhood traumatic experiences which continue to interfere in their day to day life. The lack of stability in certain households is one of the leading causes for a child's mental despair.

#### 'Father of self-esteem movement'

Dr. Nathaniel Branden (1930-2014) in all his books emphasised that a child should be respected and treated with honour. He explained in one of his articles [Your role in your child's self-esteem] that when a child is treated with dignity, respect and benevolence from an early stage, the child comes to perceive these qualities as normal.

Dr.

Kalpana Sringar, a clinical psychologist based in Hyderabad, points out the two things that parents get wrong about their children.

The first big misconception that parents have is regarding the child's career choice. She explained, "See, children have their own interests. Some would want to pick a different career path from the ones in the trend like Engineering, Law, and MBBS. The moment the child says he/she wants to become a musician, singer, cartoonist, dancer or something else, the parents think he/she is making the wrong career choice. They need to come to terms with the fact that making a career choice comes from an individual's attitude and aptitude. So, they must allow children to choose whatever they like."

"The second misconception is imposing restrictions on the child's interpersonal life, whether it be with friends or their romantic partner. When someone chooses his/her partner, the parents feel offended and think what the young ones are doing is bad. They must realise that the times have changed and let the kids pick their life partners for themselves," remarked Dr. Kalpana Sringar.

Speaking of career choices, Akshitha, a 28-year-old mother of a 2-year-old boy from Vizag opined, "Back in those days, studying well, settling down in life by getting a good job was all that our parents wanted. There was no concept of letting the child explore whatever he/she likes. They were happy if we got good marks and studied sincerely. I wanted to become an architect, but unfortunately I couldn't pursue it for various reasons. One of them being, my parents never really understood in totality why I wanted to pursue it. I only wish they pushed me harder to pursue it when I told them about it. I would not want to make the same mistake with my son. I will let him do what he likes, and I would want him to explore things for himself. Just in case it does not work out, we as parents will



always stand by him in tough times."

We all can unanimously agree that we have been subjected to peer pressure at one point of time or the other. Recalls a contributor to this article:

"In my case, it started in kindergarten; my mom wanted to tie me a ponytail because on the first day of kindergarten, for some weird reason almost everyone turned up with the same style to the class. Later, my dad took the matter into his hands and explained to my mom that there are more girls when compared to boys in the class. Thank God she backed off. We got her eyes checked too."

Kidding aside, peer pressure is a real thing. Dr Avnish Kumar and Dr Vinita Kumar, a couple residing in East Marredpally, have some interesting observations to make here. "When we were young, there was a tremendous amount of peer pressure on the parents and children for various reasons. Unfortunately, peer pressure still exists in society. If someone is doing engineering at IIT, everyone wants to send their kids to the IITs. It is sad that things have not changed in the last thirty years. Of course, the number of professional career options have broadened, but not to the extent of what it should have been."

The couple also underscored the importance of paying attention to the emotional well-being of children. "During our time, the concept of joint families was still in practice. At least, 10 people lived under the same roof. Therefore, parents were in a constant

state of irritation. So, they couldn't have the patience to explain the same thing twice. The only thing that was important for them was to put food on the table, just buy some clothes so that we looked presentable, and pay the school fees. The concept of 'how to nurture a child emotionally' did not exist. So, having experienced that life, we want to give our daughter a much better environment to thrive in. In terms of parenting, that emotional aspect has changed compared to our childhood."

In conversation with *The Pioneer*, psychologist Kalpana remarked, "It is imperative for parents to put their kids on the right track. A certain level of discipline and good values must be habitually cultivated in the child. Also, parents should learn how to control their emotions in front of their kin. In the case of a single parent who is divorced; they must not criticise their partner and project them in a bad light as it may create a false perception for the kid. They must explain it to them after they attain mental maturity."

This gives us a clear picture of evolution in society. When it comes to parenting, the ones from the older generations were assertive in nature, while the current generation parents have rather found their own ways to be more effective in raising their children.

I suppose, there is no good or bad way of parenting. Every generation has its perks and setbacks. However, the crux of parenting, as Dr.

Nathaniel Branden puts it, is to treat the child with respect, dignity and benevolence from a very young age so that these qualities become second nature to them.





# 'My lively nature makes me the life of the party'

**E**xperiencing all the joy and happiness that life has to offer — you'll always find the old-timer Mona Singh guffawing no matter what. Born and brought up in an Army family, we think she has inherited these qualities of accepting surprises and unexpected changes in her life from birth. Take the example of *Laal Singh Chaddha*! Her recent unfortunate failure didn't bog her down and she's back on new terrain now. Yes, you'll be watching her explore short films too, and one such is *Ek Chup*. Although she's a famous television icon, it was Rajkumar Hirani's *3 Idiots* that made everyone realise her true potential. When in conversation with the 'pundit' herself, she uttered, "I have completed 19 years in this industry and I am still the spontaneous, fun-loving, bubbly, and brimming with positivity sort of woman. I have never done a repetitive role in my entire career. Doesn't that speak a lot about my versatility? On the other hand, my lively nature probably makes me the life of the party (she laughed)."

Just a few days ago, we all heard how sad the actress was when these boycott trends were being spiralled against Aamir Khan, who she knows off-screen too. She went on to ask what Aamir Khan had done to deserve this. But, as we say, the show must go on. After signing *One Silence*, she felt the intricacies way too well with a British award-winning filmmaker. She suggested, "My director was sensitive on sets — she asked me to keep my feelings very subtle. But there was something about the role that started a turmoil inside me. But, she became conscious of it and ensured that I was not injured in any manner while displaying abuse for the audience to see."

During the conversation, we caught hold of one thing, and it is that Mona Singh isn't a filmy person at all. She doesn't understand the

box office at all! What she's here to focus on is her ambidextrous quality. Her short film is based on the surge in cases of domestic abuse during the pandemic, and her artistic nature made her come on board for this. That's Mona for you! Adding a little to that, she said, "The pandemic was no boon to me — there was a limitation of autonomy. There was an impact of a new routine in life that we had to get used to! And then, I saw people experiencing anguish and loss. There was a flip side to it too. Many of us rediscovered our families. We stopped sharing life at a distance! It gave us hope, vision, and light during some dark days. I myself was having a busy schedule, but it helped me pick up the thread of my life and see how generosity was taking over our lives."

When the shooting of the film was completed and it was edited, she remembered AK calling her and telling her how good she was. Just that validation from a humongous star made her feel so blessed. Nevertheless, with all these mindless debates going around in the industry, she asserted, "I am a very vocal human and would suggest the fraternity address the intricate issues. Tackle it! And, if I go back to my character in the short film, she's also pretty similar in this way. The growing accessibility of the internet on smartphones is apparently one of the key reasons for such a paradigm shift that we are seeing short films also take centre stage. Selling like hot cakes!"

What she actually wanted to showcase is that, as Indians, most mothers tell their daughters to keep quiet and that everything will work out. However, she wants women to stand up for their rights and she thinks this movie and the script were just absolutely perfect to talk about this topic. Continuing the mix reactions to her last film — "I have watched *Forrest Gump* and I was shocked to know that there was

going to be an Indian remake of that classic. Aamir Khan had also been saying that he couldn't believe that Atul Kulkarni was attempting to adapt the film. I was blown away when I read the script. It's so simple, so Indianised and has such different takes from the original film. It was a whole new movie altogether. I think it is really important to make a film like this in today's time when there is a whole generation, who might have missed that classic. But to our surprise, it didn't run at the box office. In spite of that, to me, it's not a flop or a hit because I did receive immensely beautiful reviews."

She did two scenes in her audition: the death scene and the scene with the school principal. They just asked her to be this strong Punjabi woman, who doesn't plead nor beg but holds her ground. She tried her best and three-four days later, the director, Advait, and Aamir Khan called her. They both didn't stop talking about her audition and telling her how good it was. They then called her to their office for a script reading. All the actors came together for the reading, and they just had a great time. It rarely happens that a movie can touch you in this way. It was an instant yes from all of us, and it's been the most memorable journey of her life so far. She has no regrets! She rose to prominence in the 2000s as the eponymous heroine in the soap opera series *Jassi Jaissi Koi Nahin*, and she was a natural performer who captivated us all.

Versatility is the essence of Mona's successful life. This bundle of talents is all set for the release of her upcoming short film *Ek Chup (One Silence)*, *The Pioneer* got in touch with the actress, who gave us some tidbits about the short film, while talking about life and others in this little fun chat with

**SHIKHA DUGGAL**



**I WAS BLOWN AWAY WHEN I READ THE SCRIPT. IT'S SO SIMPLE, SO INDIANISED AND HAS SUCH DIFFERENT TAKES FROM THE ORIGINAL FILM. IT WAS A WHOLE NEW MOVIE ALTOGETHER. I THINK IT IS REALLY IMPORTANT TO MAKE A FILM LIKE THIS IN TODAY'S TIME WHEN THERE IS A WHOLE GENERATION WHO MIGHT HAVE MISSED THAT CLASSIC. BUT TO OUR SURPRISE, IT DIDN'T RUN AT THE BOX OFFICE. IN SPITE OF THAT, TO ME, IT'S NOT A FLOP OR A HIT BECAUSE I DID RECEIVE IMMENSELY BEAUTIFUL REVIEWS.**



# Obesity & pregnancy: It's time to control weight gain

**W**e humans come in different shapes and sizes, and our beauty is in our differences. It's an era where people are becoming body positive, and are accepting the way they are. However, according to the surgeon general, obesity today is officially an epidemic. It is arguably the most pressing public health problem we face, costing the health care system an estimated \$90 billion a year.

Recent studies have reported that globally, more than 1.9 billion adults are overweight and 650 million are obese. Approximately around 2.8 million deaths are reported, as a result of being overweight or obese.

In India, abdominal obesity is one of the major risk factors for cardiovascular disease (CVDs).

But did you know that overweight and obese women require more time to conceive, and that these women have a higher risk of miscarriage and a lower pregnancy rate?

A study published in the journal *Obstetrics and Gynaecology*, has found that the overall prevalence of obesity in India during and after pregnancy is high, with huge variation across regions. A high prevalence of obesity (>40%) was observed in over 30 districts across 10 states.

Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health. Body mass index (BMI) over 25 is considered overweight, and over 30 is obese as per the WHO definition.

To understand the affects of obesity on women, we spoke to a few doctors and a research analyst, bringing to you a detailed analysis on the importance of maintaining a healthy weight while planning a pregnancy and more.

According to Dr. Shimi Sundharan, Head of Research and Development, Metropolis Healthcare, Polycystic Ovarian Syndrome (PCOS), is a hormonal imbalance more commonly seen in obese females. It is one of the most common endocrine dysfunctions in women of reproductive age group. Women with PCOS may have irregular menstruation, failure to ovulate and excessive hair growth. Various inflammato-

We are all aware of various chronic health issues that are linked to overweight or obesity. But did you know a woman with obese can face several issues during pregnancy, and sometimes a miscarriage too? *The Pioneer's* K. RAMYA SREE brings to you a detailed analysis of this, as she speaks to a few experts in the field.

ry markers like C-reactive protein (hs-CRP), tumor necrosis factor- $\alpha$  (TNF- $\alpha$ ), and interleukin-6 (IL-6) are elevated in obesity contributing to these symptoms.

"Intervention-Obesity may be managed by conservative methods like dietary intervention, physical activity, use of weight-reducing drugs or interventional methods like bariatric procedures. An adequate education within the family about healthier habits is necessary right from childhood to prevent and reduce incidence of obesity," says Dr Shimi.

Meanwhile, Dr. Uma Vaidyanathan, senior consultant obstetrics and gynaecology, Fortis Hospital, sheds some light on the association between obesity and reduced fertility.

She says, "Association between obesity and reduced fertility in women is due to excess fat deposited around the abdominal area leading to hormonal imbal-

ance. It causes an increased production of androgens, leading to a condition called hyperandrogenism (excessive androgen production). This condition is evident in obese women who experience scant or absent menses."

According to the doc, Increased Body Mass Index, lifestyle stressor, anxiety and depression, smoking and alcohol intake, lack of exercise and unhealthy eating habits have a huge influence on weight and in turn, fertility prospects.

Furthermore, obesity is also often associated with increased insulin production and insulin resistance. This is further compounded by a strong family history of diabetes. These two factors are believed to contribute to hyperandrogenism in obesity because insulin is important for the regulation of sex hormone production. This can be seen in obese women with PCOS, where excess weight gain leads to excessive insulin production, promoting increased androgen secretion and abnormal follicles in the ovary. This results in an overall disruption in ovarian and menstrual activity, causing infertility.

Obese women undergoing IVF also face additional obstacles compared to non-obese patients, linked to poor egg quality and decreased implantation rates. "Even though hormonal medications can be given to treat ovulation failure, these women are more resistant to the effects of these treatments. The chances of failure of artificial reproductive techniques like IVF are also higher in these women. Being overweight also predisposes a woman to other metabolic diseases like hypertension, diabetes, and high cholesterol. These condi-

tions not only impact fertility adversely, but also lead to complications in pregnancy," shares Dr. Sunita Varma, director, obstetrics and gynaecology, Fortis Hospital.

Seconding Dr Sunita, Dr. Preeti Goyal, Medical Director of vHealth by Aetna, shares, "Hyperandrogenaemia (increased male hormone levels), insulin resistance, dysfunction of the hypothalamo-pituitary-gonadotropin axis, and endometrial dysfunction are some of the major mechanisms responsible for these undesirable outcomes. Weight loss has been objectively shown to improve not only conception rates but also the chance of an uncomplicated pregnancy and the successful birth of a healthy newborn."

## Main fertility issues arising from obesity in women include:

- Ovulatory disturbances leading to menstrual irregularity.
- Increased androgen levels
- Pcos
- Increased risk of pregnancy loss.
- Decreased success rates with IVE.

## Pregnancy problems that are more likely if you have a high BMI are:

- Thrombosis (blood clots).
- Gestational diabetes (diabetes in pregnancy).
- Premature birth (where the baby is born before they are fully developed).
- A longer labour.
- Emergency caesarean section.
- Heavy bleeding after birth.

## Best way to lose weight to increase fertility:

- Lifestyle modification in the form of regular exercise and a healthy diet leading to weight loss is the only treatment that can address these issues. Even a 5% weight loss can lead to regular periods and ovulation, and no medication can replace the effect of a healthy, non-sedentary lifestyle on fertility issues.
- Focus on doing something healthy every day.
- Eat complex carbohydrates, which you can find in whole grains, beans, and vegetables.



# Voyeurism vs voyeuristic disorder

Voyeurism is defined as a sexual preference for observing others, typically adult females, engaged in an intimate activity, be it bathing, undressing, or engaging in sexual behavior. While there have been several disorders, voyeurism is also a psychological disorder. But it is not the same as an act of voyeurism. Bringing to you a detailed explanation of this, **The Pioneer's TEJAL SINHA** differentiates between voyeurism and voyeuristic disorder and speaks to a few professionals who share their views on the same.

When it comes to some of the most heinous crimes that take place, rape, sexual harassment, and domestic violence are a few of the crimes that top the list. But, there's also one more crime that's equally as serious as the ones mentioned: voyeurism.

Voyeurism is an act where someone becomes aroused when they see another naked, undressed, or engaged in any kind of sexual activity. In simpler terms, voyeurism is a type of behaviour in which someone gets turned on by watching other people, especially in some sexual situations. Voyeurism under the Indian Penal Code, 1860, section-354C describes the act as, "Viewing and/or capturing the image of a girl or woman going about her private acts, where she thinks that no one is watching her is a crime. This includes a woman using a toilet, or who is undressed or in her underwear, or engaged in a sexual act."

According to the recent data revealed by the National Crime Records Bureau, 'TABLE 19A.5 Disposal of Persons Arrested under IPC Crimes (Crime Head-wise)-2021', a total of 1499 people were charge-sheeted, out of which 1472 were male and 27 were female. However, only 46 males

were convicted. Meanwhile, according to 'TABLE 19B.1 Age Group and Gender-wise Persons Arrested under IPC Crimes (Crime Head-wise) in Metropolitan Cities (2021)', three juvenile boys were apprehended and 133 boys in the age group of 18 years above and below 30 years were found guilty.

A recent incident has also taken place at Chandigarh University in Mohali. According to a report published by *News24online*, "A girl has made a video of 60 girls while taking a bath, which is now viral on social media. The case is from Chandigarh University in Mohali, Punjab. After learning of this, approximately eight of them attempted suicide. The girl who made the video sent it to a boy in Shimla. Later, the boy made this video viral on social media. It is being said that for a long time, the girl was making videos of other female students while taking a bath. She was sending it to a boy from Shimla. The boy used to share it on social media platforms."

Voyeurism is basically an act of watching rather than engaging with a person. This condition typically develops in adolescence or early adulthood and is more common in men than in women.

Meanwhile, voyeurism involves acting on voyeuristic urges or fantasies or being distressed by or unable to function because of those urges and fantasies.

While there is a very thin line that exists between voyeurism and voyeuristic disorder, as both are completely different concepts, "Voyeurism can be described as obtaining pleasure or interest by means of observing someone while undressed, naked or engaged in a sexual activity wherein the interest of the voyeur is inclined more towards observing such activity rather than the person performing such activity, as it solely refers to an interest in watching others and there are maximum chances that it might never progress beyond a fantasy. Meanwhile, on the other hand, in some cases, voyeurism can become a paraphilic disorder known as voyeuristic disorder. Paraphilic disorders are defined as having sexual fantasies or urges that most frequently result in causing affliction in an individual. They may involve inanimate objects, children, or unconsenting adults," shares Dr. Pallavi, clinical psychologist.

Voyeurism, by its nature, implies that one party or the person who has been observed doesn't consent and is unaware of the act. However, the feeling of arousal while watching someone undress or engage in sexual activities from afar refers to an individual's voyeuristic interests. There is nothing to feel ashamed or uncomfortable about, as studies show that sexual motivation is the most dominant and leading driving force in human beings and is considered to be normal behavior. But contrary to this, casual voyeurism can become problematic when an individual takes steps that violate a person's right to consent or their expectation of privacy. That's when it actually amounts to a serious sex offense.

Dr. Shradha Shejekar, Consultant Psychiatry, Aster RV Hospital, explaining more about it, says, "Voyeurism is when a person gets sexually aroused upon watching others in a sexual act, or naked or in a private moment. The disorder is when a person has the urge to repeatedly peep and see others naked in sexual activity. A person with a disorder may also engage in sexual activity repeatedly to the extent that it can be done without consent. They may also become aggressive, give up on work, and their performance in personal and occupational life may see a

decline. There have been cases of accidental injuries, strangulation, and even death of the person or the other person. There is no gender bias. There is a higher frequency in males. But women are not spared."

Vexillistic disorders can be effectively treated with either psychotherapy, medication, or both, depending on the severity of a person's condition.

The key to coping with voyeuristic disorder is first recognising that you need help and then reaching out for it. You can start by confiding in a parent, friend, or loved one who will be supportive and can help you get the treatment that you need. If you notice that a loved one is exhibiting symptoms of the condition, help them get the help they need. You could do this by referring them to a medical expert or encouraging them to join support groups.

It's often hard for people with this condition to recognise that they have a problem that needs to be treated until they get into trouble. Just speaking with them and helping them realise the gravity and consequences of their condi-

tion is a good start to convincing them to seek treatment.

Vulgarisation can be a debilitating condition, but it's a treatable one. With medication, therapy, or the right combination of both, you should be able to successfully overcome voyeuristic fantasies and urges and prevent yourself from acting on them.

## SYMPTOMS:

*The most common symptoms of voyeuristic disorder include:*

- Observing people engage in sexual activities causes persistent and intense sexual arousal.
- Becoming distressed or unable to function as a result of voyeurism urges and fantasies.
- Engaging in voyeurism with a person who doesn't give their consent.

## CAUSES:

- Sexual abuse
- Substance abuse
- Hypersexuality
- Sexual preoccupation





Mahankali Srinivas Rao, Chief Executive Officer of T-Hub, has come to be known as a serial entrepreneur. With more than three decades of experience in the Information Technology industry, he is now the Chief Executive Officer of the world's largest innovation intermediary and business incubator based in Hyderabad. In a free-wheeling conversation with *The Pioneer's* **SIDDHARTH KUMAR SINGH**, Srinivas Rao goes down the memory lane to attribute his entrepreneurial success to the habit of doing everything 'dil se'.



SEEING INDIA DURING CHILDHOOD

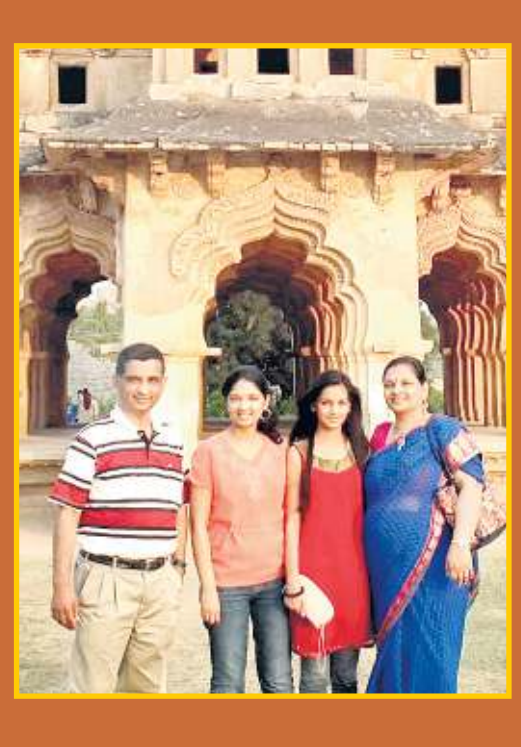
My father served the Indian Railways and consequently our family traveled all over India. I did my schooling in multiple locations. I studied in Vijayawada, Hubli, Sholapur and Secunderabad. I am one of four siblings. I had a good Indian middle-class childhood. I got opportunities to see a bit of India because of my father's profession. I was focused on academics and also interested in other activities like quizzing, sports and reading.

NO SPECIFIC AMBITION

As a child, I did not really have a specific ambition. But by the time I got to Engineering, I was doing very well academically. I came to realize that Engineering is not what I should pursue. I had the option of doing my master's in Engineering, but I opted out of it. After that I thought I could either start preparing for the Civil Services examination or pursue a master's degree in Business Administration (MBA). After thinking about it, I decided to do my MBA. And, touchwood it worked out very well!

'HOLI' PUNCH

People familiar with me know that I have a broken tooth. Once during Holi celebrations, some guy was trying to put silver paint on me. I strongly objected to it. After that, he got frustrated and punched me in the face. That led to the broken tooth. I was sort of a quiet child.



PARTICIPATING IN QUIZZES

By the time I got to my 8th standard, I used to be very keen on quizzes. There is a club called K-Circle. As its member, I used to participate in a number of quiz competitions. In those days, on Doordarshan there was a show called 'Quiz Time' hosted by Siddharth Basu. In that show, I represented IIM Bangalore and reached the top 8 in the country.

Mahankali Srinivas Rao

Putting missing pieces together for job creators



GIVING BEST SHOT ALWAYS

Pressure is required; without pressure, one cannot deliver. The first thing is never take yourself too seriously. The second thing is nothing is ever as good as it seems, nor as bad as it feels. The sun will rise tomorrow whether things go your way or not. Do not worry too much about the outcomes; one cannot control the outcomes. Whatever you are doing, just give it your best shot.



READING 30 BOOKS IN A YEAR

At one point of time, I used to read about 30 books a year. Now it has come to one-third of it. I am also passionate about cricket. I follow the game very closely. Also, whenever possible, I try to support young entrepreneurs. For example, I share with them the mistakes I had made so that they do not have to go through that hurdle.

INDIA NEEDS ENTREPRENEURS

Entrepreneurship can be a very fulfilling journey because for everything you elect to do, ultimately you are going to be responsible for it. The joy of creating something where nothing existed is very unique and very personal. Secondly, it is not an easy game. For every successful entrepreneur you read about, there are others who are not as successful. It is about ideas, team, market and execution. Be prepared to put in lots of energy. You will have ups and downs; you do get disheartened when things do not go your way. Still, India needs entrepreneurs in a big way. Without entrepreneurship, job creation will not happen.

ENTREPRENEURSHIP IS ABOUT TRYING TO SOLVE THINGS

Quizzing and reading go hand in hand. By nature I am curious. When I meet somebody I try to understand them; when I visit new places, I try to understand those places. Entrepreneurship in some ways is about discovery; it is about trying to solve things, trying to do things differently. I did some interesting work in entrepreneurship and the opportunity of being the CEO of T-Hub came along last year.

SUPPORTIVE FAMILY

I got married very early. Karuna, my wife, is an engineer. She worked for 10 years and then she decided to take a break as we had two young kids who were growing up. After 8 or 9 years of her break, she started working again. She is a special educator. I have two daughters. Both of them pursued their studies in Engineering. After that, one of them went on to do her MBA from ISB Hyderabad and the other daughter did her master's from the University of Southern California. The elder daughter Divya currently lives in Singapore and my younger daughter lives in Seattle.

EVENTFUL JOURNEY

Overall, the journey has been very interesting. The vision of the leadership should be placed on the table. The concept of T-Hub is such that it should run independent from the government. People are brought in from the private sector to support entrepreneurship at scale. It is similar to a board-run company. This kind of vision is very hard to think of. I try to understand the missing pieces to work on so that entrepreneurship reaches the masses.

DOING EVERYTHING 'DIL SE'

My journey so far has been in three parts. First 12 years (1897-99), I worked for others. The next 20 years (1999-2019), I had two stints as an entrepreneur, both of which were reasonably okay -- got to learn a lot, meet different people, build teams, solve problems, and scale both the entities to a larger level. The last three years have been mostly a part of how I can help in contributing to support entrepreneurs. Whatever I set out to do, I do it 'dil se'. The whole idea is to enjoy the journey.

HAPPIEST MOMENT

In my personal life, the happiest moments were when I got married and when I had my children. Coming to my professional life, it was when I built two companies to a reasonably successful level. Staying in touch with the people I have worked with. Nobody cares how much money you have in your bank. It is about what you have done.

LOWEST MOMENT:

I do not take myself too seriously. I always believe in the philosophy of 'This too shall pass'.



RAPID FIRE

- How do you describe yourself: Calm, empathetic and focused
- Nickname: MSR
- Favourite colour: Blue
- Favorite food: Curd Rice
- Favorite movie: Invictus and Swayamkrushi
- Favorite actors: Sanjeev Kumar and Meryl Streep
- Favorite books: To kill a Mockingbird, The difficulty of being good, 21 lessons for the 21st century and The Bhagavad Gita
- Favorite holiday destination: London
- Place you wish to visit: Ladakh
- Religious or spiritual: Spiritual, I believe in a greater being than us
- Your inspiration: Mahatma Gandhi
- Your driving force: All of us will be here for a short while, just do your best



# Tips to beat common issues faced by IAS aspirants!

**P**reparing for a civil service examination is considered to be toughest of all because of the lack of familiarity with the examination and the folklore surrounding it. Students face tremendous challenges in getting ready for the same! They spend months preparing for the exam through trial and error methods. Many aspirants tend to lose interest and choose a different career path, fearing multiple attempts and revisions. The ones who conquer the battle of talent, endurance, and perseverance can ultimately enjoy the position of a civil servant to serve in India's highest administrative services. Therefore, it is critical to understand the problems faced by UPSC aspirants so that they can avoid the common pitfalls. Let's see some common issues students face during UPSC exam preparation and how they can overcome them.

## Understanding the mammoth syllabus:

The central part of the civil service examination is understanding the syllabus before starting preparations. Aspirants must develop knowledge regarding what to read. The examination requires candidates to be knowledgeable about something out of everything. Consequently, they must cover the selected syllabus smartly and not try to plumb the depths of the subject. So, choosing the right optional subject in the civil service examination is immensely crucial. Besides, there is a vast pool of available supplementary reading materials and massive information glut in the market. So, aspirants should opt for NCERT books to acquire the desired clarity in subject fundamentals. Moreover, candidates should never neglect the previous year's question papers, as they are the best guide to understand the syllabus best and identify critical areas from which questions emerge.

## Keeping up the morale throughout the preparation:

If aspirants consider the examination extremely tough, their journey becomes more complex, as candidates lose confidence and cannot perform their best. The UPSC examination depth is equivalent to the 11th, 12th and sometimes 10th standard. However, the position of an IAS officer is most respected and praised by the entire nation. When we understand the gap between the standards of the exam and the stature of the job, students' energies get unlocked. Keeping up morale is another crucial issue for various reasons. Candidates can lose track/focus for multiple reasons, social, physiological or academic. Therefore, students need to create a bal-

ance in a single-minded manner.

## Use of simple language in writing:

The language issue has been another big problem faced by many aspirants. Many students think jargon and high-level language can help them stand out. But, they must remember that the 11th and 12th standard language is the best to follow as it is simple and allows them to describe the topics in a simplified yet impactful manner. The language needs to be simple and effective and concepts have to be clear and precise.

## Sticking to a conventional preparation strategy:

When candidates carefully read the questions in the preliminary, it is clear that 40% are fact-based and quite open to memorizing and recalling, and the rest are analytical. So students should stick to a conventional preparation strategy similar to the 11th-12th standard.

## Not falling prey to casualness:

Many aspirants believe that their first attempt is a trial attempt, and then they will have a fair idea of the exam pattern from the next attempt. Students should strictly avoid such a casual attitude; if they prepare, they should be serious about it. Additionally, aspirants must always take luck as a bonus and not the base.

So, while the guidelines mentioned above can help aspirants clear several common challenges, the ultimate UPSC exam preparation strategy depends on the aspirants' uniqueness and dedication. This expert guide will help them approach the competitive UPSC examination from a clear perspective and cut down the anxiety and uncertainty associated with the examination.

(The writer, Sriram Srirangam, is the founder of SRIRAM'S IAS which is an institute established with a mission to guide all aspirants, including students seeking government jobs, graduates, and post-graduates, and help them acquire appropriate analytical skills successfully for prestigious government positions)

## Vocational learning, the need of the hour

**V**ocational training and con-

tinuous upskilling are always seen as key contributors to a nation's productivity and competitiveness. However, India has never fully utilised it up to its full potential. This will likely change as the country prepares for the National Education Policy 2020 (NEP 2020). The NEP imparts special attention to the importance of vocational training and upskilling and brings it to the mainstream. Vocational training so far has always been viewed as somewhat inferior to academic degrees.

According to National Sample Survey Office (NSSO) data, 24% of students from rural areas are enrolled in Industrial Training Institutes (ITIs) or any other vocational training institutes; however, only 8.3% of urban students are enrolled in any vocational training institutes. Only 15.3% of the population is enrolled in formal vocational training institutes. The lack of upskilling centres and limited mobility for students of vocational studies in

higher education has led to the view that vocational studies and academic education are watertight compartments, where one can only achieve dignity of labour through the latter.

Let us look at how the NEP tries to overcome these challenges and blends vocational learning into mainstream education.

## Skill gap analysis & mapping of opportunities:

The NEP offers a structured approach to vocational education and stresses the practical aspects of vocational education. NEP para 16.6 states, "Vocational education will be integrated into all school and higher education institutions in a phased manner over the next decade. Focus areas for vocational education will be chosen based on skills gap analysis and mapping of local opportunities."

To achieve this, the policy discusses setting up "skill labs" in collaboration with local industries. Here, the concentration would be on enhancing curricula around vocational knowledge content and improving course alignment with skills standards and cross-curricular content connections. In addition, the goal would be to develop job-related skills and knowledge, along with internships aligned with on-the-job training to help to shape attitudes.

This is an excellent step that will ensure that the workforce is trained according to what is currently needed in the employment market and prepare them for Industry 4.0.

## Vertical mobility for students

According to the policy "by 2025, at least 50% of learners through the school and higher education system shall have exposure to vocational education, for which a clear action plan with targets and timelines are to be developed." For this, educational institutes will give equal attention to vocational subjects and their academic contemporaries. In addition, secondary schools and higher education institutions will offer vocational education in partnership with NGOs, ITI, and various industries." The quality of B.Voc degrees will be improved while also opening up vocational subjects to stu-

dents of other degree programmes. In addition, short-term certificate courses in higher educational institutes, a knowledge hub for vocational studies, will be accessible to learners. At the same time, the option for Open Distance Learning (ODL) will also be exploited to further strengthen the enthusiasm for vocational studies.

## Quality holistic education:

The policy lays great importance on holistic education, one where much attention is given to character building and laying the foundation of well-rounded citizens that imbibe the skills and values of a 21st century learner. The policy mentions, "A concerted national effort will be made to ensure universal access and affordable opportunity to all children of the country to obtain quality holistic education—including vocational education - from preschool to Class 12."

This is a noteworthy step that pushes for a pedagogical shift towards experiential learning, that integrates arts and sports education, story-telling-based pedagogy to help students explore their aspirations in a flexible manner.

## Professional training for vocational teachers:

Teacher training and upskilling lie at the heart of the NEP. Without it, the reinvigoration of vocational education will only be a far-fetched dream. Hence, the policy highlights the role of pre-service training, short-term training courses and the use of innovative pedagogical approaches to teaching and training to boost the capacity building of vocational teachers.

External trainers and close collaboration between vocational education teachers and other key stakeholders like research institutes, Cluster Resources Centres, District Institutes of Educational Training (DIET), etc., are going to be an essential part of the preparation of teachers for the new horizon in the Indian education system.

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





# Plant-based dishes for a healthy you

**P**lant based recipe is simpler than you would imagine! According to research published in the *Journal of the American College of Nutrition*, a vegan diet is better for weight loss than a Mediterranean diet.

There is no doubt that the pandemic has made people more conscious of the impact their lifestyle choices on their immunity, health, mental and physical well-being. In order to fulfill this core idea, several brands have launched Plant-based dietary supplements for daily nutrition, natural healing and overall wellness! A plant-based diet is built

around foods derived from plants, including fruits, vegetables, whole-grains, legumes, nuts and seeds. The majority of people most likely made an informed and deliberate decision to completely avoid non vegetarian diet. People are more getting aware and attracted towards plant based for a variety of reasons, including health, weight management, and dietary allergies.

*Basic aim to eat plant-based recipes:*

## Health

It is now established beyond any doubts that a plant-based diet is the key to prevent, many ailments for healthy life.

## Animal Welfare

Plant based diet pro-

motes animal welfare by not supporting animal agriculture and therefore not participating in the extreme cruelty and animal abuse.

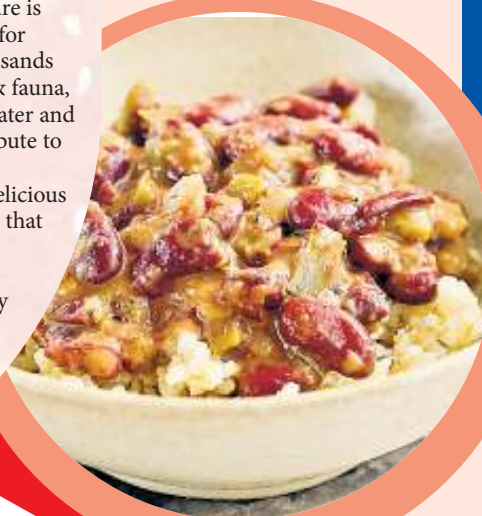
## Environmental Conservation

Animal agriculture is largely responsible for destruction of thousands of species of flora & fauna, pollute bodies of water and significantly contribute to greenhouse gases.

Here are some delicious plant-based recipes that go well with your favorite sides. Very easy recipes, so they are perfect for plant-based beginners!

Try this vegan, full of fiery and smoky flavors and bursting with vegetables. It's healthy, low in fat and calories, yet big on flavour

## Smoky spiced rice



### WHAT YOU NEED:

Cashews	Cherry tomatoes
Oil	Kidney beans
Carrots	Canned tomatoes
Onions	Rice
Celery	Water
Peppers	Vinegar
Garlic	Sugar
Paprika	
Chipotle paste	
Tomato puree	

### HOW TO MAKE:

- Dry-fry the cashews in a large saucepan over medium heat until golden brown. Remove from the heat, leave to cool, then roughly chop.
- Heat 1 tbsp oil in the same pan over high heat, then fry the corn on each side for 20 seconds to char. Remove from the pan, set aside, then tip in the carrots and fry for 5 mins.
- Heat the rest of the oil in the same pan over medium heat and fry the onions and celery for 10 mins until soft and slightly coloured.
- Tip in the peppers and garlic, then fry for another 5 mins before adding the Cajun seasoning, smoked paprika, chipotle paste and tomato purée. Fry for 1 min until the spices are fragrant, then add the cherry tomatoes and fry for another 2 mins.
- Stir in the kidney beans, canned tomatoes, rice, stock, vinegar and sugar, then stir until everything is combined. Bring to a boil, then cover with a lid and simmer with a lid on for 35-40 mins on medium-low heat, stirring halfway through, until the rice is cooked and liquid absorbed.

## OTHER HEALTHY COOKING OPTIONS

### Coconut rice bowl

Healthy and flexible vegan coconut rice bowls are delicious! Coconut milk is used to prepare the curry-flavored jasmine rice, which is then topped with seasonal veggies and tofu (or your preferred protein). Fresh cilantro, mint, and toasted coconut flakes are all added to a straightforward, tasty sauce.

### Vegetable biryani

A flavorful rice meal from India made with chickpeas, veggies, and Indian spices. A simple vegan meal recipe that is suitable for any season.

The truth is that most plant-based recipes incorporate flavorful spices, delectable sauces, and a variety of healthful replacements to produce filling, whole meals. There are countless meat-free options, ranging from healthier versions of our favorites to distinctive plant-based meals on their own. You may find a selection of hearty favorites here that are cooked with the healthiest whole grains, beans and nuts that are high in protein, and fresh fruits and vegetables.

At last plant-based recipes are easy to cook and are a great way to incorporate more veggies into your diet.

Cheers to eating a more plant-based diet for a Healthy India, Fit India.

(The writer, **ABHISHEK SHARMA**, is the founder of Health Veda Organics)



### Chocolate peanut butter overnight oats

#### What you need:

Frozen raspberries  
Oats  
Water  
Salt  
Maple syrup  
Peanut butter

#### How to make:

- Stir the frozen raspberries into your oats with 150ml water and a pinch of salt, then cover and chill in the fridge overnight.
- The next day, mix in the maple syrup, then top the oats with the peanut butter.





## Indianness in easy contemporary silhouettes

Salt Attire has unveiled an exclusive collection, 'Barqat,' ahead of the upcoming festive season. Launching at the beginning of a series of Indian festivals, Salt Attire's Barqat collection offers 16 unique creations that exude an old-world charm in easy contemporary silhouettes. Barqat promises to be exquisite and perfectly captures the vibe of the festive season with the right assortment of colours, prints and motifs. Crafted with the working woman in mind, the collection offers a range of work-appropriate festive outfits, including easy-to-wear dresses, standout tops and elevated shirts.

Ranging from Rs 2,000 and above, Salt Attire's latest launch features gathered, pleated and ruched tops, shift, A-line, flared and midi dresses, crisp shirts, tunics and camisoles in subtle pastels as well as deep hues.



## Get festive ready with the trendiest makeup, skincare products

### Finite face cleanser for all skin types

Start with cleansing your face with a Finite cleanser which maintains the skin's barrier without stripping and retains essential moisture giving you a non-drying experience with long-lasting hydration. Price: Rs. 499

### Recode Beauty Concealer, Colour Corrector & Contour Palette

Recode all in one color palette will perfectly define your facial features and hide the blemishes. It is the ultimate professional makeup tool that amazingly erases dark circles, uneven skin tone, redness and even scars. Price: Rs. 1995

### Amp up your look with Hawtlash Flutterby collection

Hawtlash lashes are light natural volume lashes that will create a delicate angelic look. This flare lash gently adds a touch of charm to any soft glam or daytime look. This lash is the ultimate addition to any festive party. Price: Rs. 999

### Get those perfect festive eyes with smudge proof liner by Recode

This Recode black Liquid Eyeliner gives your personality bold, black and beautiful eyes every day. The liner is water proof and smudge proof which lasts upto 14 hours. Price: Rs. 299



## Whispers of luxury

### Smart washing machine

Panasonic Life Solutions India (PLSIND) launched a new line-up of India's truly smart washing machines this festive season. Powered by Panasonic's connected living platform - Miraie, the new range of top-load smart washing machines come with unique smart features along with premium design. The new models come in multiple capacities ranging from 6.5 kg, 7kg to 8 kg starting at Rs 19,690. It has a smart built-in heater with econavi technology, active foam system, gentle hand wash mechanism and more. Panasonic's new range of smart washing machines can be operated via voice assistants such as Alexa and Hey Google.



This season, Disha Patil's collection exudes romance in the form of intricate work of beads, katdana and pearls handcrafted on raw silk lehengas and skirts. The collection also is an amalgamation of poetic geometry and graceful symmetry. The outfits boost a soft and soothing colour palette of white, beige, silver and more which whispers opulence and luxury. "I truly feel the new-age girls are globetrotters and want something which is soothing yet elegant and that can be worn in any part of the world and is not restricted to only certain events. My garments are for those girls who believe in adorning our Indian garments across the world with confidence and panache," says Disha.



## Get glowing

This festive season sees three exciting new additions to the Forevermark Avaanti collection. Adding a fresh, contemporary chapter to the evolution of the modern collection, the latest designs embody a spirit of possibility, inspiring the wearer to realise their power and make a lasting statement every day. The new rings, pendants and earrings all feature a genuine and natural diamond, set in 18K yellow, white or rose gold. The clean, dynamic designs are also available with the added radiance of pavé-set diamonds. Worn together or alone, these earrings, pendants, and rings make a bold statement of confidence, adding to the ever-evolving story of those seeking their next adventure.



### India gets its first dry feel swaddle wrap for babies

SuperBottoms announced the launch of Super Dry feel swaddle wrap for babies made with lightweight cotton fleece. The new extremely soft and breathable swaddle wrap comes with a super soft Cotton Fleece lining, also known as the SuperDryFeel layer on the inside. It will help keep babies warm in winter and cool in summer besides minimizing discomfort. CPSIA-certified, the new swaddle is totally free from harmful chemicals. Priced at Rs 500 upwards, the swaddle is available on the SuperBottoms website, marketplaces like Amazon, Nykaa & Flipkart's leading e-commerce portals, and baby-care stores across India.



## Boult Audio launches earbuds with 35-hour playtime

In the era of wireless earphones, Boult Audio, a high-end homegrown consumer electronics company, has been grabbing every opportunity to surprise its customers with its latest innovations. The brand is all set to introduce its latest pair of profes-

sional grade true wireless earphones-Maverick - to provide a superior experience of environmental noise cancellation and fast charging. It is available on Amazon, Flipkart and www.boultaudio.com at the price of Rs 1,799.



## Ultra luxurious refrigerator

Samsung launched its All-New BESPOKE refrigerator with ten ultra-luxurious and customizable colour combinations to turn your kitchen into a designer corner. Staying true to its design philosophy - Designed for You, by You - Samsung's latest BESPOKE 4-Door Flex French Door Refrigerator in 936-liter capacity comes with four glass panels that are interchangeable.

Consumers can also try out different colour combinations using the BESPOKE Simulator on Samsung.com.





# HEALTH INSURANCE FOR SENIOR CITIZENS: KEY POINTS TO PONDER

**T**he health insurance sector has undergone a sea of changes. Over the past few years, senior citizens over 60 have had more access to health insurance options.

People who have reached the age of 60 and are considered senior citizens are more prone to diseases and other health issues. Older adults are also more likely to become unwell and require hospitalization as they age because they are more susceptible to illnesses and diseases. Any medical emergency after the age of 60 can turn into a financial emergency because you may not have a consistent source of income and debt crisis might result from financial troubles.

Hence, every senior citizen must have a health insurance policy to protect against routine hospitalization expenses, coverage against critical illnesses, lifestyle disease like diabetes, hypertension, and costs of major surgeries like knee replacement, cataract, prostatectomy, hernia, etc.

Healthcare costs are four to five times higher for the senior citizens, so it is important to have health insurance, which protects against the high medical expenses and the lifelong savings accumulated for the retired life.

Typically, a senior citizen's health expenses are covered by Family Floater Plans.

Elderly persons can purchase Family Floater Health Insurance Policies. Still, it is recommended to choose a senior citizen health insurance policy or an individual health insurance policy instead because they have significantly different premium costs. Additionally, policies explicitly tailored for seniors offer extra advantages not included in regular health insurance coverage.

Most insurance companies offer various health insurance plans to senior citizens. However, the advantages and affordability of premiums are seldom equal. Here's how to choose the best health insurance strategy to meet your requirements.

**What one should know while buying health insurance plans for senior citizens:**

**Look at the maximum entry age:**

The age element is a crucial component of senior citizen health



insurance plans. Even the best features are useless if someone cannot purchase a health insurance plan because their age exceeds the policy's maximum age restriction.

Several insurers offer health insurance policies for seniors between the ages of 60 and 80. Other insurers offer health insurance with no upper age limit on enrollment.

The finest senior health insurance plans offer enrollment even for those who are 80 years old. Choose a plan that allows registration at any age and offers medical coverage that lasts for a more extended period.

In addition to entry age, the maximum renewal age is an essential factor that individuals need to check when taking health insurance policy for seniors. The age at which a health insurance policy may be renewed by the insured is known as the renewal age. Some health insurance policies only permit renewal until the age of 80, beyond which policyholders cannot renew the policy. Choose a plan that meets your needs because different insurance providers have different age restrictions for renewal.

**Opt for a health insurance policy that covers critical illness:**

Critical illnesses are life-threatening diseases that severely threaten one's health. As we age, we might become more likely to develop critical illnesses such as cancer, diabetes, kidney failure, paralysis, and heart attacks.

Furthermore, compared to standard therapies, the cost of medical care for critical illness is significantly higher. Most health insurers do not include a critical illness policy in their standard health insurance, but they sell it as an add-on to the standard plan. You can get a critical illness cover with your health insurance policy for a slightly higher premium to be

financially covered against such illnesses.

**Look for products which cover Preexisting Disease from Day 1:**

Preexisting diseases, as the name implies, are health issues a person has before purchasing health insurance. The likelihood of a senior citizen having a preexisting condition is higher than it would be for a person of a younger age. As a result, it is advised that before purchasing a specific health insurance policy, such as when purchasing a critical illness cover, you examine the list of preexisting conditions that are covered in it.

Many health insurance providers have time-bound exclusions (12 - 48 months) for covering preexisting conditions. This defeats the purpose of opting for a health insurance policy. Therefore, consider a policy with the lowest waiting period for preexisting diseases.

**Buy higher sum insured coverages with affordable premium:**

The premium amount will increase as one grows older. However, the premiums of senior health insurance plans will also be influenced by lifestyle choices, family history, general health, etc. Seniors who are in excellent health might have to pay cheaper premiums for better coverage.

Typically, it is seen that many people choose the insurer's minimum amount of insurance cover to save cost.

While it might sound like the right option, a bare minimum insurance cover might not be enough to cover the medical needs that come with ageing. Moreover, senior healthcare treatments are expensive as the procedures can be more complicated than that of a regular individual. Therefore, it's crucial to determine your required insurance coverage amount based on the potential demand for medi-

cal assistance.

In such a scenario, choosing a health insurance policy that offers maximum coverage at affordable costs is essential.

It will defeat the point of purchasing a health insurance plan if you cannot obtain an appropriate amount of sum insured because you will only be covered up to that amount and will be responsible for covering any additional medical costs.

Several insurers have come up with monthly payments of premiums to make payment of premiums easier.

**Select plans with minimal or no co-payment conditions:**

Most senior citizen plans come with a co-payment clause. In the case of medical expenses, the expenses are borne by both the insurer and the policyholder in the proportion of applicable co-payment. The co-pay amount is set by the insurance provider and varies depending on the type of medical service.

Co-payment varies between 0-25% of the claimed amount.

For a little higher premium, some insurance providers do, however, provide senior citizen health insurance policies without the co-payment conditions.

**Go with nil sub limits or higher Sub-limits coverages:**

Most senior citizen plans come with a sub-limit clause. It is a predetermined limit placed on your claim amount by the insurance company and applies for a specific disease, rooms, ICU charges and/or treatment procedures.

Sub-limits can reduce your premium costs but may also impact your claim. It is better to have a plan that approves your claim in full, and a plan with sub-limits for older individuals is not recommended.

**Domiciliary and Home Healthcare coverages:**

Domiciliary hospitalization or Home-based treatment is a situation in which a person suffering from a disease, illness or injury receives treatment at home just like treatment taken at a hospital.

Some medical procedures for elderly patients might demand lengthy, hospital-like care at the patient's home. Home-based treatments might be necessary if the

patient cannot transfer the senior citizen to a hospital or the facilities are not available in the hospital.

Domiciliary care is a benefit that some health insurers include as part of their standard health insurance plan; however, for some, it is an add-on cover that must be acquired separately and comes with a minor premium increase. When purchasing health insurance for senior citizens, domiciliary care insurance is crucial.

**Annual Health Check-up**

Few insurance companies offer complimentary annual health checkups as a benefit. Earlier, this was available after four years of continuous policy and no claims.

Many of them have started providing health checkups every year irrespective of claims. Look for a plan which offers annual checkups every year. It will help Senior Citizens to monitor their health conditions regularly.

**Offers wellness services like teleconsultation, disease management care, psychiatric and diet counselling:**

Many insurance companies under "Wellness Services" offer the benefit of online doctor consultations. Some provide a wellness coach/mentor under the wellness program to guide the policyholder with respect to disease management, appropriate diet intake, acquainting with the proper exercise routine, providing the right nutritional advice, ceasing smoking habits, managing the correct body weight, and many more. These activities improve the health of customers. Involvement in these activities is usually rewarded with discounts or other benefits.

**No claims bonus:**

Every insurance company offers a 'no claims bonus' in the absence of any claims in the preceding year of a policy term. In most cases, no claims bonus may range from 5% to 100% of the sum insured. As a result, the bonus accumulated increases your coverage amount, which will be an advantage when you are old and grey at later stages of life.

(The writer, Pankaj Arora, is the MD & CEO of Raheja QBE General Insurance)







## All about Shardiya Navratri

**N**avratri is one of the most significant Hindu festivals, which is dedicated to the worship of Goddess Durga. It is observed biannually, the first one being observed in the month of Chaitra and the second during the month of Sharada. Shardiya Navratri is held during the bright half of the month Ashvin, corresponding to September and October in the Gregorian calendar. It is the most popular and significant of all Navratris. It begins on Shukla Paksha Pratipada of the Hindu month Ashwin and concludes on the 10th day with the Dussehra (also known as Vijayadashami) festival. It is also referred to as Maha Navratri. During Navratri, Hindus worship the nine forms or avatars of Goddess Durga which are: Shailputri, Brahmacharini, Chandraghanta, Kushmanda, Skanda Mata, Katyayini, Kalaratri, Mahagaur, Siddhidhatri. In some regions of India, the celebrations include not just the worship of goddess Durga but also the worship of other goddesses like Saraswati and Lakshmi. In 2022, the festival will be celebrated from September 26 to October 5.

### Colours of Navratri

White, red, royal blue, yellow, green, orange, grey, pink, purple, and peacock green are the sacred colours for Navratri. Every year, the colours to be followed during Navratri change. Confused? Do you want to know why? Well, the secret of the changing colours is due to the day on which Navratri commences. The first colour of Navratri is determined by the weekday on which Navratri commences or when the Ghatasthapana or Pratipada occurs, while the rest of the 8 days follow a fixed colour cycle. Each weekday is assigned a particular colour. More facts about Navratri are as follows:

#### Navratri day 1

Date: Monday, September 26, 2022  
 Tithi: Ashwin Shukla Paksha Pratipada  
 Favourite flower: Hibiscus  
 Colour: White  
 Goddess form worshipped: Shailputri  
 Mantra: 'Om Devi Shailaputrayai Namaha'

#### Navratri day 2

Date: Tuesday, September 27, 2022  
 Tithi: Ashwin Shukla Paksha Dwitiya  
 Flower: Chrysanthemum flower  
 Colour: Red  
 Goddess form worshipped: Brahmacharini  
 Mantra: 'Om Devi Brahmacharinyai Namaha'

#### Navratri day 3

Date: Wednesday, September 28, 2022  
 Tithi: Ashwin Shukla Paksha Tritiya  
 Flower: Lotus  
 Colour: Royal blue  
 Goddess form worshipped: Chandraghanta  
 Mantra: 'Om Devi Chandraghantayai Namaha'

#### Navratri day 4

Date: Thursday, September 29, 2022  
 Tithi: Ashwin Shukla Paksha Chaturthi  
 Flower: Jasmine  
 Colour: Yellow  
 Goddess form worshipped: Kushmanda  
 Mantra: 'Om Devi Kushmandayai Namaha'

#### Navratri day 5

Date: Friday, September 30, 2022  
 Tithi: Ashwin Shukla Paksha Panchami  
 Flower: Yellow Rose  
 Colour: Green  
 Goddess form worshipped: Skandamata  
 Mantra: 'Om Devi Skandamatayai Namaha'

#### Navratri day 6

Date: Saturday, October 1, 2022

Tithi: Ashwin Shukla Paksha Shashti  
 Flower: Marigold  
 Colour: Grey  
 Goddess form worshipped: Katyayani  
 Mantra: 'Om Devi Katyayanayai Namaha'

#### Navratri day 7

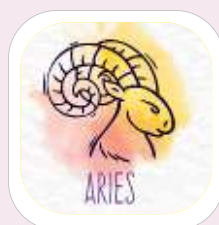
Date: Sunday, October 2, 2022  
 Tithi: Ashwin Shukla Paksha Saptami  
 Flower: Krishna Kamal  
 Colour: Orange  
 Goddess form worshipped: Kalaratri  
 Mantra: 'Om Devi Kalaratryai Namaha'

#### Navratri day 8

Date: Monday, October 3, 2022  
 Tithi: Ashwin Shukla Paksha Ashtami  
 Flower: Jasmine  
 Colour: White  
 Goddess form worshipped: Mahagauri  
 Mantra: 'Om Devi Mahagauryai Namaha'

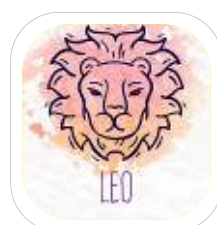
#### Navratri day 9

Date: Tuesday, October 4, 2022  
 Tithi: Ashwin Shukla Paksha Navami  
 Flower: Champa  
 Colour: Red  
 Goddess form worshipped: Siddhidatri  
 Mantra: 'Om Devi Siddhidatryai Namaha'



There may be financial pressure. Your ego may be hurt. Endure everything and keep pushing ahead. Gain lead when others give up out of exhaustion.

Lucky colour: Red



Your desire for beauty and harmony will bring new experiences. You will feel more relaxed. A sense of joy will fill you. Be sure of yourself. Never hesitate.

Lucky colour: Red



There may be some strange situations. A good talk will solve everything. Do not let emotions control you. Ego and pride can hamper progress in life.

Lucky colour: Yellow



You will be a target of attraction. Work your mind and rise above mundanity. Inclination to greed will invoke enmity. You may go through difficulties.

Lucky colour: Blue

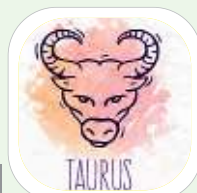


Emotional blowups will create more problems. Be ready to face any situation. Showing sympathy to others will never bring any harm to your image.

Lucky colour: Green

Your vibrant nature will endear you to others. You will be feeling restless and eager for action. There will be favourable signs in every step you take.

Lucky colour: White



## YOUR WEEK AHEAD

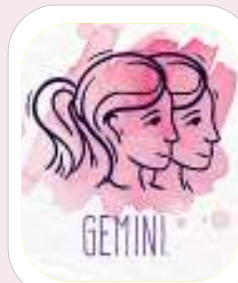


Expectations may not be met. Others may let you down. You may find it hard to commit to the tasks at hand. Focus on improving your communication.

Lucky colour: White

Focus on solving the problem than stand back and criticize. This will make others committed to you. Their support will help you achieve your final goal.

Lucky colour: Green



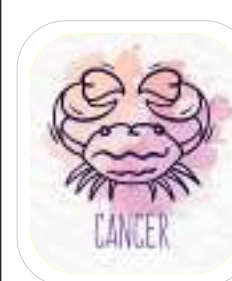
You may be feeling generous. Your emotions are vulnerable to manipulation. Others may see you as unreliable. Pluck the fruits of hard work now.

Lucky colour: Blue



Time to organize your work methodologies. There may be a money inflow. Don't start new ventures. The opportunity to prove yourself will come soon.

Lucky colour: Red

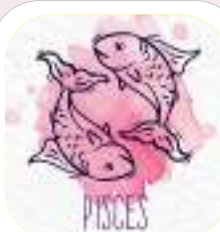


You may be feeling both angry and hurt. Small things may get on your nerves. Venting out stress creatively will help you reach new understandings.

Lucky colour: White

Do not miss out due to ignorance. Spend quality time with kids. A clear mind and sharp senses will help you face any obstacle and emerge unscathed.

Lucky colour: Pink



such severe atonement and killed one of the brothers, 'Karambha.' This fuelled Rambha's desire for vengeance, and he became more stringent in his penance as a result. Many Gods were impressed by his worship, and they bestowed upon him the boon of being extremely powerful and unbeatable by anyone, neither Gods nor demons.

Rambha once fell in love with and procreated with a female buffalo. During this time, a male buffalo entered and set his eyes on the female buffalo. As Rambha's boon had not included death by animal, the male buffalo was able to kill Rambha. The female buffalo was impregnated by the copulation with Rambha. She gave birth to an attractive calf. But heartbroken at her husband's death she committed suicide by jumping into the fire. From the fire a half-buffalo, half-human 'Mahishasura' emerged. The gods and demons were all defeated by Mahishasura. He attacked and conquered heaven, enslaving the devas/gods and declared himself to be Indra, the gods' lord. The gods, therefore, led by Brahma, requested Vishnu and Shiva to assess

the situation and sought the end of Mahishasura. The destructive Mahishasura wreaked mayhem and instilled great rage in the Hindu trinity. The Trimurti then combined their energies to form Nava Durga, the pinnacle of power. Every God then accorded all of their distinctive weapons on the new feminine power. Shiva gave the trident, Vishnu his discus, Varuna his conch, Agni gave his spear, Yama gave his cudgel, Vayu bestowed the bow, Surya his arrows, Indra's Vajra, Kubera gave his mace, Brahma bestowed the water pot, Kaala his sword and Vishwakarma his axe. Lord Himavan bestowed the mountain lion as the vehicle of Durga. Seeing the magnificent goddess, Mahishasura fell in love with her and proposed marriage to her; however, the goddess had a condition. She agreed to marry Mahishasura on the condition that he should defeat her. Thus ensued a severe battle which lasted 9 days after which Goddess Durga assumed the form of Chandika and pinned Mahishasura under her foot and pierced him with the spear and cut off his head with her sword.

Namaha'

#### Day 10

Date: Wednesday, 5 October 2022  
 Tithi: Ashwin Shukla Paksha Dashami  
 Colour: Royal blue

#### Rituals:

In Hinduism, Navratri holds special significance; thus, devotees of Goddess Durga observe various forms of rituals during the nine days of Navratri. This is the most powerful epoch in history. Navratri commemorates the presence of the ultimate Shakti, Goddess Durga in her nine forms. Divine love pervades all worshippers who partake in the rituals, customs on this majestic occasion. During Navratri, it is believed that these feminine divine energies generate positivity in the universe.

#### Mythology:

The story connected with Navratri and Durga puja is narrated in the Markandeya Purana. The defeat of Mahishasura is the central mythological context to Navratri. Rambha and Karambha were two brothers who practised severe penances in order to attain power. Indra was alarmed by



## GLOBE TROT

### Women in anger cut their hair

In Iran, women in anger are cutting their hair and posting their videos on social media, protesting against the country's strict hijab rules. Talking about her plight, common to other women in Iran, activist from the country Masih Alinejad said if females don't cover their hair, they are not allowed to go to school or get a job. Massive protests erupted in Iran, after Amini's funeral in the Kurdish city of Saez on Saturday, 17 September, and quickly spread to other parts of the nation, including Tehran.



### Dulles Plane Pull competition a hit this year

Every year residents of Virginia in the United States get an opportunity to participate in a unique fundraising event called the Dulles Plane Pull competition. The competition, which started 30 years ago, involves groups of 25 people getting together and pulling aeroplanes till they cross a distance of 12 feet. The team that crosses this mark fastest wins. The competition takes place during the Dulles Day Festival and attracts thousands of people. All the money raised during the event, either through tickets or the fee paid by participants, is donated to fund the Virginia chapter of Special Olympics, which provides year-round sports training to more than 22,000 specially



abled athletes in the state. This year the Dulles Plane Pull competition took place on September 17. As per the website of Dulles Plane Pull, \$440,000 (approximately Rs 35,000,000) was raised for the Virginia Special Olympics this year.

### Man meets love of his life in traffic jam

A man shared how he met the love of his life after getting stuck in a Bengaluru traffic jam. Reddit user MaskedManiac92 said that he met his wife near Sony World Signal. One day, when he was dropping her home, they got stuck in a traffic jam due to the Ejipura flyover's construction work.



### Man breaks Guinness World Record by having a drink at 67 different pubs in 24 hrs

An English man broke a Guinness World Record by having a drink at 67 different pubs in a single 24-hour period. Nathan Crimp, 22, took on the record for most pubs visited in 24 hours (individual), and he ended up visiting 67 pubs in the Brighton, England, area in the space of about 17 hours. Crimp, who was accompanied by a pair of friends, aimed to beat the record of 56 pubs, which was set by Gareth Murphy over the course of 10 hours in Cardiff, Wales, earlier this year.



## Cheetahs translocated: Good, hunt for grasslands now!

Prime Minister Narendra Modi's return gift to the nation, which celebrated his birthday on Saturday, was the release of cheetahs flown in from Namibia into a special enclosure at the Kuno National Park (KNP) in Madhya Pradesh. Eight cheetahs were brought to Gwalior in a special plane. The Prime Minister released two of these cheetahs into an enclosure at the KNP, which has an area of 344.686 sq km. It is one thing to crow about the maiden transcontinental translocation of the wild Southern African cheetah anywhere in the world and quite another to make an honest assessment of where India stands in respect of its wildlife conservation efforts.

The cheetah (*Acinonyx jubatus*) is listed as 'vulnerable' in the International Union for Conservation of Nature Red List of Threatened Species of 2021. There are only 6,517 mature individuals left in the world. In India, the last cheetahs in the wild were recorded in 1948, when three cheetahs were shot in the Sal forests in present-day Chhattisgarh's Koriya District, with the species being declared extinct from India in 1952.

The 'African Cheetah Introduction Project', conceived in 2009 and launched in 2022, with Rs 39 crore budget for a period of five years, aims to allow the cheetah to perform its functional role as a top predator, while providing space for the natural expansion of the cheetah within its historical range, thereby contributing to its global conservation efforts. The other key objective is to use the cheetah as a "charismatic flagship and umbrella species" to garner resources for restoring open forest and savanna systems that will benefit biodiversity. What the authorities have glossed over is the fact that the average area required for a single cheetah is 100 sq km. Besides, cheetahs are known to travel beyond 1,000 sq km in a year. India has lost about 90% to 95% of its grasslands -- more than a third of it between 2005-2015. The moot question is: Where will the cheetahs roam, granting the authorities recreate the wild for them. Experts say that India does not have the habitat or prey species for wild, free-roaming African cheetahs.

One can imagine the fate of the African Cheetah Introduction Project by looking at the ground reality in the case of tiger conservation efforts. India is the world's largest home for Royal Bengal tigers. The country accounts for more than 70% of the total tigers on the planet. Back in the early 19th century, there were about 40,000 Royal Bengal tigers in India! In less than seven decades, their population dwindled to 1,800, reflecting criminal neglect of the national animal. Project Tiger was launched in 1973, mainly to solve the menace of hunting and poaching. Launched from the Jim Corbett National Park in Uttarakhand, the professed aims of Project Tiger were to identify factors causing a reduction in tiger habitats and mitigate them through suitable management practices; correct damage already done to the habitat for restoring the natural ecosystem; and maintain a viable tiger population for their economic,

ecological, cultural, and aesthetic significance. Project Tiger looks after 50 tiger reserves spread across 72,749 sq km of green cover to conserve the population of the Royal Bengal tigers. Yet, the numbers of tigers have not increased significantly. The first Tiger Census of 2006 projected 1,411 tigers were left in the country. The total tiger population as per the Tiger Census 2018 (latest) is 2,967 tigers. Penny wise, pound foolish.

Experts have attributed the failure of Project Tiger to *inter alia* poor methodology to generate a count of tigers considering that identification of pug marks is not foolproof; ill-trained, ill-equipped and insufficient staff; weak communication and intelligence network, poor management of tiger reserves with

no assessment of tourist accommodation capacity due to which excessive numbers of VIP tourists were allowed after artificial corralling of wild animals into smaller spaces limiting their habitat; non-allocation/misuse of funds by states and non-demarcation of boundaries of many of the Tiger Reserves by states.

That apart, India's first inter-state tiger relocation project too failed. In 2018, two big cats, a male (Mahavir) from the Kanha Tiger Reserve and a female (Sundari) from Bandhavgarh from Madhya Pradesh were relocated to Satkosia Tiger Reserve in Odisha to shore up the tiger population in the state. The arrival of the tigers was followed by severe protests by villagers living on the fringes of the reserve. Forest Department officials were attacked, and their offices torched. The villagers feared the big cats would endanger their livelihoods, lives and livestock. There was trust deficit between forest department officials and the villagers, who had been taken for granted. Within months of the translocation, Mahavir was found dead, courtesy poaching. Two persons were mauled to death by Sundari. So, the project was suspended. In March 2021, Sundari

returned home, tranquilised and caged before being relocated once again.

According to conservationist experts, the project failed because field staff and the tiger reserve management were not prepared. Capacity for tiger monitoring was poor. Local communities were not taken into confidence even about the benefits from tourism that tigers could bring them.

Coming back to cheetahs, protests have already begun over the prey for the cheetahs in Kuno National Park. The Madhya Pradesh Forest Department resorted to firefighting when reports appeared that chital from Rajasthan are being ferried to KNP for the newly acquired cheetahs to prey on them. Alert members of the Bishnoi community in Rajasthan wrote to birthday boy Modi protesting the alleged capture of chital by Forest Department officials to bolster prey numbers in the Kuno reserve. When Bishnois take up an issue, we can imagine what will happen. They are going to watch hawk-eyed how the cheetahs in KNP are going to be fed. After filing four cases related to blackbuck and chinkara poaching against Salman Khan, they have neither forgotten nor forgiven the actor for over two decades now.



MURALI RAMASWAMY  
Senior Journalist

**LIGHT  
THEESKO**