

రాజకీయ పార్టీల,
నాయకుల వార్తల్లోనా
ఎప్పుడూ...
మీ కోసం, మీ గురించి
వార్తలు తెచ్చే ఛానల్
వచ్చిందిప్పుడు



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SUNDAY

pioneer

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PERSON

JUSTIN TRADEAU

Canadian Prime Minister Justin Trudeau and his wife, Sophie Gregoire Trudeau, announced on August 2 that they are separating after 18 years of marriage. The two said in statements posted on Instagram that they made the decision after "many meaningful and difficult conversations." A statement from the prime Minister's Office said both have signed a legal separation agreement.



VIDEO

RANVEER, DEEPIKA WALK HAND IN HAND AMID DIVORCE RUMOURS

Ranveer Singh and Deepika Padukone were recently spotted stepping out on a date night as the couple watched *Rocky Aur Rani Kii Prem Kahaani*. The paparazzi managed to capture glimpses of the couple as they were walking hand in hand after the movie date. While Ranveer was seen in all black look, Deepika rocked the denim on denim trend. But what grabbed everyone's attention was her jacket that had her husband Ranveer Singh's name initials 'RS' written on the front and his colourful image imprinted at the back. Fans showered all their love on the couple as their video hit cyberspace!



SONG

NEE CHUTTU CHUTTU

Blockbuster maker Boyapati Sreenu and Ustaad Ram Potheni's highly anticipated mass action entertainer *Skanda* is getting ready for release. The first and title glimpse of the movie presented Ram in a never-seen-before mass *avatar*. To continue building the anticipation for the film, makers have kick-start the musical festival of the movie releasing its first song. The Telugu version of the song is titled *Nee Chuttu Chuttu* and sung by Sid Sriram.



MOVIE

AP DHILLON: FIRST OF A KIND

Amazon Prime Video has unveiled their latest docu-series, titled *AP Dhillon: First Of A Kind*, which delves into the life and journey of the acclaimed singer-rapper AP Dhillon. AP Dhillon, whose real name is Amritpal Singh Dhillon, has gained fame with chart-topping tracks like *Brown Munde*, *Insane*, and *Excuses*. This unscripted Amazon Original series will take us on a captivating journey, delving into AP Dhillon's humble beginnings as a self-made musician hailing from Gurdaspur in Punjab. The series provides an inside look at his meteoric ascent in the music industry, highlighting his influential collaboration with Run-Up Records, one of Canada's leading record labels. Through the power of their hit songs, Dhillon's music became a global sensation, propelling him to become an icon.



PICTURE

COMMUNAL VIOLENCE IN GURUGRAM

Charred remains of a shop and other temporary structures, set ablaze by miscreants in a fresh case of communal violence after Monday's attack on a VHP procession in adjoining Nuh district, at Sector 67 area in Gurugram. Six people, including two home guards and a cleric, have died in the clashes that erupted in Nuh over an attempt to stop a Vishva Hindu Parishad procession and spread to Gurugram over the past two days.



Gabbar Singh Tax vs GST

If you extort, how can it be GST?

Six years is quite long enough to understand the pros and cons of the Goods and Service Tax (GST), obviously imposed without adequate study and preparation to complicate the lives of people who pay their taxes honestly in the country. Of course, if you can fudge records, evade taxes, and turn a willful defaulter on multiple bank loans, the system will not hound you; for you would only be a VIP fugitive. For the aam admi, GST has been and will remain 'Gabbar Singh Tax' — as it was first described by those who can't see proper reasoning behind its imposition on some of the goods and services.

For instance, the Authority for Advance Ruling (AAR) in Bengaluru recently ruled that hostels are not residential dwelling units and are henceforth not exempt from GST. This week, Tanisha Saxena talks to people to assess the legality and ethics behind the imposition of GST on hostels' rents and looks at the implications of this ruling beyond those on the applicants.



"In the process of nation building, we often arrive at a moment which leads us to a path-breaking juncture and opens up a plethora of opportunities imploring us to aspire for new dreams. At the stroke of the midnight hour today, together we shall ensure a pioneering future of the nation. Within a few moments from now, our nation will embark upon a new economic regime. The entire 1.25 billion citizens of the country are a witness to this historical event. I do not believe that this process at GST is restricted to the scope of economy only. This momentous occasion stands today as a testimony to the concept of co-operative federalism in Indian democracy. This hallmark day was possible due to the relentless efforts put in over decades by several stalwarts under whose guidance various teams developed this GST framework," said Prime Minister Narendra Modi in his speech at the Launch of GST from Parliament in July 2017.

Six years later, we stand at a crossroad trying to figure out what good it has brought into the lives of people and especially the lower- and middle classes of the country who invariably pay taxes. Inflation has almost choked the middle class and poor people. Recently, in two separate rulings the Uttar Pradesh and Karnataka AARs clarified that hostel stays or PGs are categorised as 'non-residential'. It simply means that

now the students will have to pay 12 per cent GST just like the way small hotels and Inns charge from guests.

Doctor G. Vijay, professor of economics in University of Hyderabad, asserts: "This seems to be the consequence of changes made to 'residential' classification by state governments. This is perhaps for increasing state revenues. It will certainly affect rentals for youngsters residing in urban areas for educational or work purposes. This could mean education could become more expensive for youth. Middle class will be adversely affected."

As per Census 2011 (the last one), a total of 32,96,340 men and 21,61,216 women have migrated from their native places across India because of education. Men constitute 60.4% and women 39.6% of this category of migrants. Of those who migrate for education, 60.4% and 60.5% from rural and urban areas respectively are males and the rest constitute females. Together they constitute 1.2% of the total migrants in India.

The 2011 Census data shows that, for education, the largest migrant state was the erstwhile Andhra Pradesh (including Telangana) with 9,33,354 migrants or more than 16% of the total migrants in this category.

Doctor Vijay amplifies: "I am shocked. How can this be the case when it directly impacts the students, subsequently affecting youth vote in the upcoming elections? It definitely needs clarification and reassessment. The students who migrate from one state to another already struggle a lot. Many families rely on loans for the further education of their child. Now, 12% GST would have a huge impact on the pocket of students."

Shipra Sharma, a student of BA(Hons) from University of Hyderabad, says, "I have a single parent and she too lost her job during the pandemic. It is extremely difficult to pay high rent. I moved from Moradabad, Uttar Pradesh to Hyderabad a year ago to do my graduation. When we decide to move to a different state we already face so many challenges that an increase in rent would simply break everything apart. I really hope this ruling is not applicable in other states."

BEFORE, WE UNDERSTAND THE CONCEPT OF GST ON HOSTELS' RENT, LET'S FIRST UNDERSTAND THE PROVISIONS OF GST IN RELATION TO ANY ACCOMMODATION:

1. CGST Act 2017 has provided that certain activities or transactions as provided under Schedule II (Section 7) are to be treated as Supply of Goods or Supply of Services. Accordingly, the following clause is of importance for our discussion:

- Clause 2. Land and Building –
(b) any lease or letting out of the building including a commercial, industrial or residential complex for business or commerce, either wholly or partly, is a supply of services.

2. Later, the Act has provided for a specific exemption vide Notification No. 12/2017- Central Tax (Rate) issued on 28th June 2017 for the following:

- Sl. No. 12 - Heading 9963 or Heading 9972: Services by way of renting residential dwelling for use as residence.

Continued on Page 4...

Continued from Page 3...

- **Sl. No. 14 - Heading 9963:** Services by a hotel, inn, guest house, club or campsite, by whatever name called, for residential or lodging purposes, having declared tariff of a unit of accommodation below one thousand rupees per day or equivalent.

3. However, Notification No. 04/2022 - Central Tax (Rate) dated 13th July 2022 has provided that serial number 14 and the entries relating thereto shall be omitted. That means the exemption provided above is removed in 2022. So, till the time the exemption was removed, all the hostels were making use of this exemption notification as the rent any way will not exceed Rs. 1,000 per day in most of the hostels.

4. Now they are left with only one option of exemption i.e., under Sl.No. 12. That is, to consider the hostel as "residential dwelling" used for residential purposes.

The crux is, CGST Act has nowhere defined "residential dwelling" and hence it has become difficult for the exchequer to charge GST on hostels even after lifting the exemption provided under Sl. No. 14.

5. Now coming the question of Advance Ruling given by the Karnataka and Uttar Pradesh AARs on not considering hostels as "residential dwelling" used for residential purposes. They have interpreted that the "residential dwelling" means which is leased for the purpose of permanent residence for a specified period of time and which has facilities which are used generally by residents such as kitchen etc., which obviously hostels will not have individual kitchens for each of the residents.

Purpose of GST on hostels rent

CA Vijay Srinivas Kothapalli explains, "GST is charges on all services, irrespective of nature, except for those which are specifically exempt from taxation vide Exemption notifications. As the residential houses are exempt from GST, hostels were considering themselves as residential units and hence were taking the shelter of exemption notification. As mentioned above, till 13th July 2022 even hostels etc., which were charging lease rent of Rs. 1,000 or less per day are exempt. Whereas the exemption was removed from 13th July 2022."

But why this step now when it would directly impact the youth and subsequently affect votes? "This step is not yet taken by the Government through the Act. It is only the advance ruling given by AARs of Karnataka and Uttar Pradesh wherein it would be applicable to only those States. However, now that they have made this interpretation the GST Council might consider this and accordingly may notify them in future meetings. The GST Council may not consider this point immediately till the elections. However, we cannot rule out this after the elections," says CA Kothapalli.

The implications of this GST on hostels rent

One major implication will be on those states which depend mostly on education system and Universities such as Telangana, Andhra Pradesh, Delhi, Mumbai, Karnataka etc., because 40-50% of the outstation students stay only in hostels, though rest might stay in shared rooms, university premises etc.

Kothapalli gives an example to break down



the situation. If the hostel is charging Rs. 5,000 per month from a student, including food etc., after this amendment takes effect, it will be Rs 5,900 per month. Though we might see a direct increment of Rs. 900 i.e., 18% the burden of tax will be totally on student, because the hostel owners will claim Input Tax Credit on grocery purchases, internet provision, furniture purchases etc.

Continuing the above example, let's assume there is a hostel with 25 rooms provision and assuming there is 100% occupancy and for which they are charging rent of Rs. 5000 per room, which includes Rs. 3000 for food, Rs. 1000 for internet, TV, Study room etc., and Rs. 1,000 is margin.

Total rent from rooms: Rs. 5,000 X 25 = Rs. 1,25,000

GST on this amount = Rs. 22,500

So, total amount charged from students = Rs. 1,47,500 ÷ 25 = Rs. 5,900 per student

Whereas the hostel GST workings will be as under:

Total GST payable = Rs. 22,500

GST on inputs:

Kitchen groceries: Rs. 3000 X 25 = 75000. GST on this is Rs. 13,500

Internet and TV bills etc., assuming a total of Rs. 5000. GST on this Rs. 900

Therefore, the hostel will pay GST of Rs. 8,100 after adjusting above GST on inputs.

So, the entire burden of GST will be only on students and hostel owners will not feel its impact. Unlike other businesses, hostel business is mostly unorganised in structure, and it would be a herculean task for the GST

authorities to ensure proper tax collection from the hostels. Already there is a huge gap identified in GST collection from hotel businesses from that of actuals. We have witnessed many surprise raids by GST authorities have unearthed duplicate POS systems engaged by hotels and thereby paying less tax than actuals. If business like hostels have such issue, we can imagine the magnitude of deficiencies in collection from hostels.

Essential commodities

We are gearing up for the 2024 General Election and sixteen per cent of the population think that inflation will have a huge impact this time. On the contrary, 14 per cent of people believe that it is uncontrollable and that there's no politics in this. They also think that it is all because of the tensions that spread due to Russia-Ukraine war.

If we look at the consumer sentiments index in 2023, then we observed a growth of about 0.9% in the month of May, while the cumulative growth for the first five months of 2023 stood at 17.4%, a tad lower than 17.9% in the corresponding months of 2022, as noted by CMIE (The Centre for Monitoring Indian Economy) in the labour report.

In July 2022, the ruling party was slammed for the levy of GST on essential items such as pulses, cereals, and rice. The Congress had said it is Gabbar Singh Tax! Similarly, Delhi's Chief Minister, Arvind Kejriwal called GST on essential commodities an 'ill-thought-out and arbitrary' step. Well, all these comments hold

importance because today the high inflation is evidence of the fact that the GST imposition has done more harm than good. It directly impacts the household budget.

On the other hand, Union Finance Minister, Nirmala Sitharaman made it specific that the step has been taken owing to the revenue leakage cases wherein businessmen are misusing the exemption provision for unlabelled food items by not registering them.

Commenting on this, financial analyst Harsh Kumar shares: "GST is a clean path which leaves no scope for fraudsters. Once your business is registered under the GST Act one has to present a crystal clear picture of their business. I have seen even small businessmen paying GST because they want to work systematically. And their business has in fact grown up significantly in a span of two years."

We might consider that the decision to impose GST on hostels has been taken in the light of some unavoidable reasons. However, it remains a matter of scrutiny.

Considering the social impact of the decision to identify hostels as "commercial dwellings", instead of treating them as "residential dwelling", for the purpose of GST and also the amount of collections which the exchequer will have from this business and also considering the utilisation of the tax infrastructure in making such collections, it may not be a right decision on the part of government to include the hostel collections under the purview of GST.

Apart from the direct impact of GST, students also have to bear the cost of compliance i.e., to ensure filing of GST Returns along with proper reconciliation of ITC will require a proper consultant or account whose charges in present market is around Rs. 15,000 per month. This cost also will be recovered from students, increasing the overall impact of hike in hostel charges by 20-25%, which is pretty high on the pockets of students from middle and lower classes.



'WHEN LIFE GIVES YOU A SECOND CHANCE, YOU VALUE IT MORE'

Sushmita Sen — when one thinks of her, all that comes to mind is. She's always been one of the celebrities that the industry has been blessed with, and she never fails to inspire the audience. Even today, she still exudes a young glow and can compete with any actress in the business. In addition to being a fitness enthusiast, Sushmita is a kind person who consistently radiates optimism.

It's been over 29 years since she was crowned Miss Universe, and to date, she is still renowned for her style. Do you also wonder about her fashion *mantra*? Well, today we've got the diva herself onboard, who exclusively speaks to us about her fashion, upcoming project *Taali*, and more.

"I'm somebody who doesn't like to dress up with a lot of different accessories in my personal life unless I'm doing a film," says the *Aarya* actor, adding, "I don't follow trends; I never have. I think style, like all other aspects of your life, is ever-changing! So one thing works today and another thing works tomorrow, depending on your mood, your state of evolution, and your experiences."

As kids, most of us dreamed of becoming actors, singers, or doctors. But would you believe if we said that the *Main Hoon Na* actor, who has been an inspiration to many of us since childhood, had always wanted to reach people's hearts? "Since I was a child, I had one desire, which was to reach people's hearts, that relationship that people have with their loved ones at home. I wanted to share that with the entire country. So that's something I never forgot — through good times and bad, that stayed with me, and that kept me going."

Since being titled Femina Miss India and Miss Universe in 1994, something that's been a constant for her over the last decade has been comfort, and then comes everything else. She believes, "If you're not comfortable, it clearly shows, and to me, that's not stylish. For me, style is very personal and a representation of who you are, so maybe that's why people put so much thought into it. Being stylish isn't just about the clothes you wear or the accessories you choose. It's about the way you feel. Wearing a bold watch like the one I have on (Art Deco Automatic from Nebula by Titan) makes me feel very warrior-like and empowered."

As we were also discussing watches, she had recently launched Nebula

by Titan's Art Deco collection. And we were eager to know what was something that attracted her the most to get on board, and she says, "Well, if you look at this watch, it's made of gold, which is really timeless and always beautiful. Its design is inspired by a style of architecture called Art Deco, which first began in France 100 years ago. That style became popular across the world, including in India. I learned just recently that Mumbai has the second-largest number of Art Deco buildings in the world! And this collection of seven watches from Nebula is inspired by that legacy. We are literally in the lap of heritage, and that's also timeless. I love that about the collection — the fact that it celebrates India and the world, the modernity of it."

She's in fact someone who buys a watch so that she can pass it on to her children, and then it can be further passed

on. So yes, she says, "I think the very vintage quality of a brand that you trust in and deeply admire is also important."

Going further, she also sheds some light on the important life lesson she would give to her daughters, which is to value authenticity and being true to oneself. "It's an often repeated statement, but it's very easy to become someone else because that's how the world perceives us. The greatest success you can ever have is to be yourself."

If you'd noticed, we mentioned her as an inspiration several times in our interview today. She has truly been an inspiration, not only to date with her journey but having recently also spoken in length about suffering a heart attack and recovering from it. And for her, this phase was short-lived. "I'm extremely fortunate to be

on the other side. I no longer feel afraid of it; instead, I feel hopeful and have something to look forward to. When you are given a second chance at life, you value it more and are more cautious."

While we could not stop hoping for her to be fit and fine, the team behind *Taali* had recently released an outstanding teaser for the web series. Sushmita is seen wearing a sari

Actress
and 1994

Miss
Universe
Sushmita
Sen, who to
date radiates
optimism with
the glow that she's
always had, speaks
to *The Pioneer's*
TEJAL SINHA about
fashion, her love for
watches, and her
upcoming web
series
Taali.

and adjusting her big bindi at the start of the teaser as she looks at herself in the mirror. One can see a photo of queer icon and iconic singer Usha Uthup on her cupboard. We then see members of the transgender community greet and touch the feet of Sushmita, who plays Shreegauri Sawant. Initially, when the project was announced and the first look was released, the actress and filmmakers faced a lot of flak for not hiring a trans actor to play the lead role. However, her performance, as shown in the teaser, has shut down her haters for good.

"It was very empowering. And I'm hoping that the honesty with which I have tried to portray the story of Gauri Sawant's life comes through, because it's a tribute, more than a performance, not just to her but to the whole community. I have tried to portray the story of Gauri Sawant's life so that honesty comes through, because it's a tribute, more than a performance, not just to her but to the whole community," she signs off on a brighter note.



MITIGATING HAIR LOSS

AFTER DELIVERY

When television actress Debina Bonnerjee shared a snippet of her postpartum journey, the reverse effect after the delivery caught everyone's attention. In medical terminology, hair loss that occurs after delivery is called pregnancy alopecia. But excessive shedding doesn't usually happen right after delivery! Instead, it begins a few months after delivery, often peaking around four months postpartum.

To confirm this, Dr. Shailendra Chaubey, an ayurvedic practitioner, verified, "As miraculous as the human body is, it undergoes numerous changes during pregnancy. Motherhood is an extraordinary journey filled with joy, love, and immeasurable happiness. However, amidst the joys and wonders of this transformative phase, women face some unexpected challenges. One challenge that often surprises new mothers is post-pregnancy hair loss. There is a likelihood that a new mother sheds about 400 hair strands in a day, whereas an individual sheds about 80–100 hair strands a day."

Scientifically known as postpartum telogen effluvium, it is a common concern experienced by many new mothers due to hormonal changes during and after pregnancy. At the onset of pregnancy, persistent soaring of oestrogen and progesterone levels causes hair to remain in an ongoing stage of growth, creating thicker, more lustrous strands. However, in the months following childbirth, estrogen levels fall, causing your beautiful, thick head of pregnancy hair to begin the shedding phase.

The spiritual healer continued, "While it can be distressing, it is important to remember that postpartum is totally normal and usually temporary. Also, it can be effectively managed through ayurvedic solutions. Often, hair oils and serums crafted with ayurvedic ingredients are underestimated by us. Curatives through organic materials undoubtedly resolve the hair condition with a rare occurrence of side effects. So, regularly massage your scalp with ayurvedic oils such as bhringraj, brahmi, or amla oil. Or, ayurvedic supplements like ashwagandha, shatavari, or triphala can help with hormone-related hair fall and promote holistic care. Considering the impact of hormone levels on hair health, it is crucial to engage in supplements to fight hormonal fluctuation."

It is advisable to opt for mild, herbal shampoos and conditioners that are free from sulfates and parabens for continual hair growth and conditioning. Avoid using chemical-based hair products without learning about the harsh ingredients in the products! Besides, the consultant at TRAYA endorsed, "Herbal hair masks deeply nourish the scalp and hair, thereby treating the deficiencies. One of the trendy formulas is to add herbs to your mask material. These herbs provide essential nutrients, strengthen the hair shaft, and reduce hair fall. Do not forget that postpartum hair fall is a temporary condition that can be effectively managed by adopting a nourishing diet, managing stress levels, and exploring the above-mentioned ayurvedic solutions."

It looks like this condition is often self-limiting and associated with nutritional deficiencies of vitamins A, E, C, B, zinc, and selenium during the post-pregnancy phase. Dr. Sweta Suvarna, women's specialist at ASTER CMI Hospital, explained, "According to ayurveda, postpartum hair loss is caused when vata and pitta doshas increase in the body, which is common post-delivery. Sootika Paricharya offers new mothers a specialized protocol to help them recover quickly from the

Scientifically known as postpartum telogen effluvium, it is a common concern experienced by many new mothers due to hormonal changes during and after pregnancy. *The Pioneer's* **SHIKHA DUGGAL** speaks to experts and brings a detailed story on how to deal with hair loss post-delivery.

stress and strain of childbearing. These customised guidelines are specified for six months and take care of nutritional balance, stress management, and balancing estrogen levels. Classical ayurveda interventions, including abhyanga, shiro abhyanga, a balanced ayurveda diet, and special medicated ghee, help correct aggravated vata and pitta doshas, leading to prevention of hair loss as well as restoration. Practicing yoga also helps improve stress levels caused by sleep deprivation. It is important to consult a specialist doctor in ayurveda, Stree Roga and Prasuti Tantra, to benefit from a personalised prescription of diet, lifestyle, herbal medicines, and therapies, including do-it-yourself therapies."

During motherhood's joys and challenges, Rajeshwari, an assistant professor and mother of two boys, faced an ordeal: postpartum hair loss! Oh, the beauty of a woman's hair turned into her worst nightmare. As she went through the transformation of carrying a baby and giving birth, she also went through postpartum depression. She illuminated, "In the year 2020, amidst the lockdown, my hair started saying goodbye to me. I didn't even realize it was happening until five months after my baby's birth,

and it was a lot of frustration. I couldn't bear the thought of facing my students with thinning hair, but luckily, online teaching came to my rescue. Yet, the question remained unanswered that was spinning in the back of my head: why was this happening to me? I never bothered to Google it because I literally didn't have time to do the same, rather relying on vague explanations from others. It started from the left side and right side of my head, and the middle remained the same, resulting in a new look." She battled with countless bobby pins and headbands. People speculated about nutrition and baby gazing, but she couldn't find a definitive reason. The struggle continued, and she faced each day with a mix of despair and determination, unwilling to give in to this unexpected hair drama. Through it all, I learned to adapt and embrace new hairstyles. It was my younger sister who used to come up with a new hairstyle for my leftover hair and secure it with a lot of bobby pins. And so, my hair journey goes on, with hope in my heart and bobby pins in my hair. Eventually, my hair started growing. As I adapted to the changes, my hair journey continued with the birth of my second baby in the year 2022. I was anxious that the same nightmare of hair loss would repeat, but to my surprise, it didn't happen this time. During pregnancy and after giving birth, my hair grew beautifully, eliminating the need for bobby pins or headbands to manage it. It's been a roller coaster memory, filled with challenges, as I navigate this ever-changing hair journey with strength."

Hair loss can be triggered by anything that involves a change in the estrogen hormone balance in your system. Discontinuation of birth control pills or any other hormonal type of birth control method, miscarriage or stillbirth, abortion, or a hormonal imbalance Dr. Sunil Kumar, senior dermatologist at Aster RV Hospital, shared, "Avoid pigtales, cornrows, hair weaves, braids, and tight hair rollers, which can pull and stress your hair. Eat a diet high in fruits and vegetables, which contain flavonoids and antioxidants that may provide protection for the hair follicles and encourage hair growth. Use shampoos and conditioners that contain biotin and silica. Hair is fragile when it is wet, so be gentle and avoid fine-tooth combs. If you need to use blow dryers and other heated hair instruments, use the cool setting."



Kaizen: The continuous move to overcome laziness

Everyone's lazy to a certain extent. In some cases, being lazy can affect our productivity at work and sometimes lead to delays. While we look for various ways and techniques to overcome our laziness, today for our weekly segment of FYI, *The Pioneer's* **TEJAL SINHA** brings to you a Japanese technique to beat laziness.

You're more likely to maintain your slothful mood later in the day if you start the day by snoozing your alarm or skipping breakfast.

For instance, you might have had the option to prepare a nutritious salad and bring it to work, but because you slept in too late, it took too much time and effort. Instead, you pick up a greasy, calorie-dense breakfast sandwich from a fast-food restaurant on your way to work. By mid-morning, you feel like you've already failed, so you take a sweet treat that someone brought to work, telling yourself that you'll try again tomorrow. You now feel really lethargic and a little queasy, so you may want to have a few drinks after work to numb yourself.

At the rate you're going, there's a strong possibility you'll snooze again tomorrow, and the cycle will repeat itself. Food might not be the issue; perhaps tomorrow you'll opt to leave work early since you had a poor day of productivity and are too exhausted to make phone calls.

While there have been various ways and techniques to overcome laziness, today we are going to discuss Kaizen, with the approach of dividing the larger chores into smaller, more achievable steps to deal with the overpowering feeling of sloth. People can develop momentum and make consistent progress by concentrating on minor tasks.

According to reports and experts, Kaizen, or the 1-minute principle, is a Japanese strategy that requires people to perform an activity for exactly one minute each day. The words Kai (change) and Zen (good) are combined to form the word Kaizen. The term was first coined by Masaaki Imai, an organisational theorist and management consultant, and was introduced for the betterment of the management sector in Japan.

To understand more about this, we have Krisha Rao, a mental health professional, who explains it to us with an example. "A person who generally avoids exercise would, as a result, procrastinate. However, if he begins exercising for only a minute each day at the same time, it

might start to appeal to him. That is what Kaizen is all about. One shouldn't think of it as a technique for anyone in a specific field. No matter if you're a sportsperson, businessman, teacher, or any desk employee, this technique is beneficial and also helps one to find their goals."

The process of the Japanese technique includes determining the root cause of the problem, addressing the root cause, carrying out changes consistently, assessing the impact our continuous improvement efforts create, and determining how else we can keep improving.

Going ahead, Dr. Somashekhar S. P., Global Director, AIIO, GCC, and India, Lead Consultant, Surgical and Gynaecological Oncology, and Robotic Surgeon, Aster CMI Hospital, Bangalore, puts some light on it. "Kaizen is a Japanese belief that focuses on sustained improvement, and it means 'Change for Better'", he says, adding, "It emphasises the importance of setting achievable goals and breaking them down into doable tasks. One can avoid anxiety and work-related stress by focusing and achieving smaller goals. It is all about making oneself better than yesterday. It stresses small changes that can lead to transformations over a period of time. This approach helps one get out of the laziness cycle and get into self-discipline and a productive lifestyle."



THE KEY ASPECTS OF KAIZEN INCLUDE

RECOGNISE THE HABIT OF LAZINESS

To change something, it is crucial to recognise there is a challenge and accept it; thus, it is important to know how to combat laziness and work out the areas where you are bound to be lazy. If you are spending too much time on social media, procrastination, looking for excuses to not complete a task, and being highly unorganised are some of the signs of laziness.

TAKE CHARGE

Lack of self-discipline is often the cause of laziness; thus, it is crucial to train your mind to avoid falling prey to temptations and inculcate self-discipline. It can be accomplished by setting deadlines and prioritising tasks, which will help you stay focused and disciplined in what you are doing. Create and maintain a work schedule, and follow it up on a regular basis.

SET ACHIEVABLE GOALS

Setting achievable goals and accomplishing them boosts your confidence level, reaffirms positive behaviour, and keeps you motivated to stay focused on your goal. While you are focusing on the goals, you tend to reduce the enormous feeling of laziness.

CELEBRATE SMALL WINS

Celebrate small wins as they give you a sense of accomplishment and foster positivity, boosting one's morale, self-esteem, and confidence. It will also keep you motivated towards your long-term vision. When you are confident and hopeful, you can concentrate better and work towards achieving your next goal.

ONE-MINUTE RULE

As the rule name says, if a particular work takes less than a minute to finish, do it immediately. This rule helps in dealing with procrastination and increasing focus. Though it sounds minimal, it is beneficial for overall well-being. Eventually, you can apply the one-minute rule to complete bigger tasks, breaking them down into a one-minute timeline.

ADOPT A "GROWTH" MINDSET

When a person focuses their thought process on growth, learning, and improving, instead of being discouraged by hurdles and challenges, they start visualising tasks as an opportunity for success. Personal development is a

journey and not a destination; if one realises this, they will achieve their goals and success in life.

THE POMODORO TECHNIQUE OR TIME MANAGEMENT

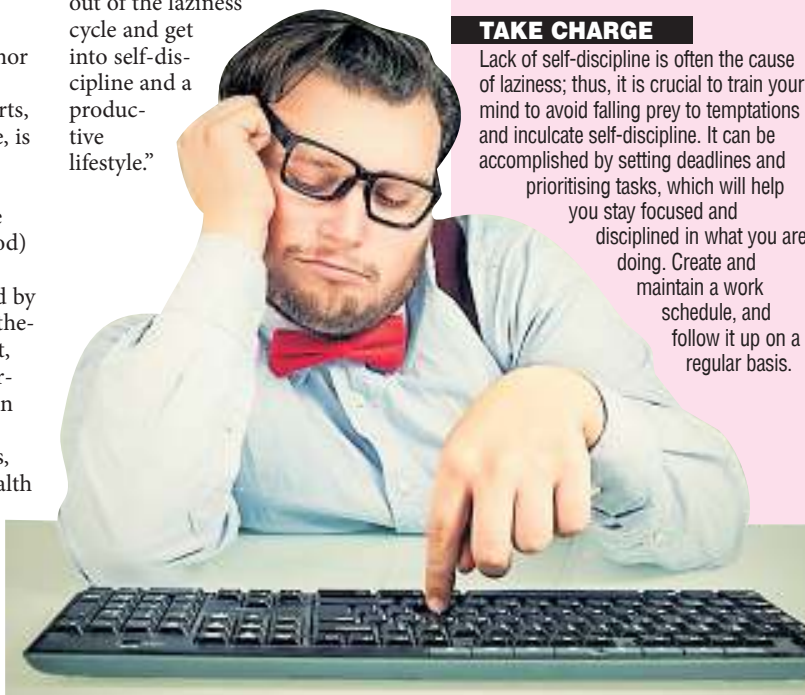
Pomodoro is an Italian word for tomato. It is a recognised time management technique that talks about breaking complex work into smaller activities, which increases one's productivity. It talks about focusing on a particular task for 25 minutes with a 5-minute break. This helps one to be attentive, concentrate at work, and increase productivity at work with no stress.

PRACTISE A REGULAR REGIME

Be consistent and follow a regular regime; this can help combat laziness. Follow a routine and maintain a daily activity calendar; have a timeline for work, play, exercise, and family time. This helps in developing discipline, instilling discipline, and reducing the inclination towards laziness.

FIND A LIABILITY COMPANION

Create or join support groups that share similar passions and goals. Engage in regular discussions, share your successes, and hold each other accountable. Working with like-minded people will inspire and keep you motivated.



FORMED GIRL GANG

During my early years, I was a very obedient child — not just at home, even at school. All the subsequent traits of obnoxious behaviour, such as throwing tantrums started only after I passed my eighth grade. I had my own girl gang! We made an impact on my school. They used to always get me into trouble, while staying clear of any mess. I remember a phone call going home when an important teacher had not come, and we were meandering in our school uniforms. A melodramatic scene happened! There was also a certain pressure on me to be the best in whichever field I had selected, considering my parents are successful doctors. We have a hospital of our own as well. My father is known for organising blood and eye donation camps across the country.



ARNA GAVE A SPIRITUAL EXPERIENCE

The idea of having a baby is spiritual. My daughter's birth was sacred. When it comes to delivery, it does get challenging but our labour pain is intensified according to our cultural messages and life experiences. I reconnected with my innate wisdom during pregnancy! I took a break from social media, embraced pregnancy, nurtured my connection with the baby, created my birth vision, prepared for endurance, knowing my body has a spiritual dimension.

LIKE MOTHER, LIKE DAUGHTER

Most people describe my daughter as 'calm', though she has become very naughty. If you leave her unattended for a second, she turns into a curious kid on exploratory missions. She'll start ambling towards the *pooja* room, touch *deepaks*. Most of the time, I am behind her. Everything is whirling around my daughter presently. My parents remind me of my fondest childhood memories with the help of their granddaughter: "Oh, this is what you used to do in your childhood as well". For example, she has a pattern of holding a soft quilt without which she is not going to sleep. I used to be like that when I was a small child, I am told.

WHY HINDUTVA IS AN ISSUE

From what I can see today, Hindutva is becoming an issue. We are supposed to follow our scriptures! It is very strange for me to see one wishing "Happy Diwali" and they are called 'fundamentalist'. I find that offensive! We are perceived as so many different character types on Twitter, for example. The left is trying to "project" that Hindutva and Hinduism are two different concepts. Then they are bringing Hindu terror in this! Our *dharma* is very harmonious and how dare someone dismantle it. I don't understand what's this facade if I talk about my roots, I am claimed to be defending Sanatana dharma. I get comments like "you are jeopardizing your career" because the industry is full of liberals. So what? Without naming anyone, the same actors who are known to be liberal call Sanatana dharma intolerant: How did this happen? Even being a nationalist is looked at as if I am being pro-BJP and here comes a face palm. When I identify with my basic culture, Twitter calls me a "Hindu sherni" and it seems really hilarious to me. Sometimes, my tweet leads to an uproar! But what about the times when a certain movie team weaves a controversy by hurting the sentiments of followers of Sanatana dharma? I was saddened because actors from our fraternity never took a stand against this! They want to be people-pleasers.



LOVES CELEBRATING UGADI

I believe that no festival is complete without traditional dishes, and for me, my favourite festival Ugadi has always meant feasting on what seemed like an unlimited amount of *bobattlu* ever since I was a child. When I was younger, I never gave a second thought to how many *bobattlu* I should eat! I try to make it healthy by adding some roasted and crushed almonds to the filling of the dish. As my daughter Arna grows up, I would love to teach her how to make bobattlu at home. I remember making it in different shapes at home when I was young. It is a fond childhood memory. I believe cheat meals are not necessarily bad and enjoying them in moderation can reduce overall cravings and help maintain a more balanced diet. I mostly wake up feeling hungry, so I snack on something easy to pack in the right nutrients. My go-to option is to eat a handful of almonds after I wake up every day as it is a tradition passed down to me by my mother.



HAPPENING HYDERABAD

Of late, my involvement in Hyderabad has lessened. I am not shooting over here often. But whenever I do, we have a big gala party with my crew. I can see so many new reels about Hyderabad, the development is maddening. It was so basic during 2010. Today the city has all the international brands. I always used to get mobbed! But I miss the moments spent with Pawan *garu*. We used to have long chats about life and how one should deal with it. He has a unique sense of humour which I love more than anything. His swag is something to die for. I am waiting for another chance to do a film with him.

GETTING BACK TO CINEMA

It has been a decade working for the entertainment industry. Now, I am venturing into Malayalam cinema! It is even more special because I am making a comeback, post my delivery. You won't see me doing any full-fledged roles in Telugu movies anytime soon. Because doing three films at a time becomes very hectic for me. As an actor, we travel a lot to shoot! From finishing the make-up, rehearsing lines to going for dance rehearsals after pack-up/following your fitness regime, including diets, is all very arduous. And then comes the press meets! There have been days when I spent afternoons shooting in Mysore and by night I would be in Hyderabad.

PRAM WALK NEW WORKOUT

My mother is a gynaecologist. So, that helped make a lot of decisions. I took up Pilates post-delivery and that was a lot of fun. It is light on the body, too! Dancing helps in flexibility; so, I do that regularly and nothing beats the classic running outdoors with music. I try to workout three days a week and usually do it in the afternoon when my daughter is napping or at night after she falls asleep. I swear by pram walk. My daughter loves the outdoors and it is a wonderful way to connect her with nature. Pushing the pram counts as a workout for sure. Also, I don't workout on the days when I take her out on a pram walk. I have heard that in some traditions, moms are given nothing but two rusks and a small glass of water. But my mother had told me that it is important to eat nutritious food. Post delivery, the body is healing, recovering. So, we need a lot of energy. I was the hungriest and thirstiest after delivery. I stuck to listening to my body. I love food and eat everything my body craves for.



AFFABLE WITH SOUTH MEDIA

My experiences with the media in south have been very friendly. They are not critical of the body of work I do; they don't put me under the scanner. It is okay for them to know that I am prioritising myself! Most importantly, they don't judge me. Whoever calls me from south media, I feel very affable and I instantly lift their calls. Even if I am not giving a release, I am still on their minds. Not so amiable with the PR game, after my second release I was asked to hire a PR team; and, for what? To be seen everywhere! I don't enjoy that. This mostly happens in B-town, whereas when you travel down south, you are solely based on your acting talent and not on your OOTD. Those are the right opinions to judge us and not by which gym or salon are we coming out from! And filmi parties are also a pressurizing point for me because I don't like to dress up at all.



COMMERCIAL SUCCESS IMPORTANT

Commercial success is very important to me. It gives me the appropriate motivation. With it, I will have the power to choose my next film on my own. I want my line-up to look credible, a valid filmography. A better reach and influence! I was instantly in the limelight as an overnight sensation. I was suddenly seen and heard; my voice became relevant. Commercial success doesn't come only with 'your looks': surely, your look matters; but, only to some extent. Our jobs are hyper-visible! So, don't conflate the reality of an actor with the fantasy of a celebrity.

FAME IS FICKLE

There is something that pulls me to take up the role of an investor: different businesses caught my attention. It is a hit or a miss game! But towards the end, I couldn't give much; so, I withdrew. I was not lucky enough to be born this way, unlike the rich. Simultaneously, I made some brilliant investments with my own money. Fame is fickle, so we can always set up a nest egg after the curtains close for me. I don't want to publicize my social work and would like to keep it secretive. I have got into this social service because of my parents. In Bengaluru, we have adopted two schools and have been taking care of them.



DEALING WITH CRAVINGS

On my journey to overcome binge-eating, I took a big step by adding lots of fresh fruits and veggies to my meals. Trust me, the impact has been incredible! These vibrant foods not only provide essential vitamins and minerals, but they also have the added benefit of being low in calories. I could munch on them whenever I had cravings. Without guilt weighing me down, I started enjoying tasty salads bursting with flavours, yummy fruit bowls filled with juicy goodness, and crispy veggie sticks that satisfied my cravings for something crunchy. And you know what, these alternative food choices not only helped me take control of my cravings, but they also left me feeling genuinely content and fulfilled. It is like a double win for my taste buds and my overall well-being.

ACTING IS MISUNDERSTOOD

Celebrity endorsements are very quantifiable. On social media, the numbers game is followed the most! We do get caught up with the 'likes' and the perceived reach. But I know of my contemporaries who are extremely famous in real-world but they hardly have followers on social media or vice-versa. So, followers are definitely holding value for us! Even getting cast is also based on how popular you are on social media these days. The production is eager to know who's my target audience! So, acting is so misunderstood. Be a working actor, and a not a famous one.

MY FIRST AUDITION: I never auditioned; the ADs around me taped my conversation and I was picked up as an actress

THE APP SHE CHECKS EVERY MORNING: WhatsApp

NOSTALGIA TRACK: *Kal Ho Na Ho*

FIRST CELEBRITY MEETING: Anil Kumble, we are neighbours now

ROLE MODEL: Priyanka Chopra

PRANITHA SUBHASH

A picky actor and a doting mother



How freelancing is helping rebuild diversity in technology sector

The technology sector has long struggled with diversity and inclusivity, particularly concerning gender representation. From our constant interaction with companies we have observed that despite various initiatives aimed at promoting gender balance in tech companies, the industry continues to grapple with a lack of women in leadership roles and technical positions. In fact, recent events have shown that the traditional office-based work model can be particularly challenging for women, leading to an exodus of talented professionals who have found a sanctuary in freelancing. This shift to freelancing is playing a crucial role in rebuilding diversity in the technology sector, offering women greater flexibility, autonomy, and empowerment.

The persistent gender gap in tech: The gender gap in the technology sector is well-documented and has been an ongoing issue for decades. Historically, women have faced numerous barriers in entering the tech industry, with stereotypes and biases hindering their progress. For BeGig, being in the space has also revealed that many talented women still opt for different career paths or leave the tech sector altogether, leading to a severe underrepresentation of women in technology-related roles.

The call of the office: a deterrent for women: The COVID-19 pandemic forced a sudden shift to remote work for many technology companies, and this transition initially appeared to be beneficial for women in the industry. Remote work offered increased flexibility, allowing them to better balance personal and professional responsibilities. However, as restrictions eased and companies started calling employees back to the office, it became evident that the traditional office-based model was not conducive to the needs of many women. News reports highlighted that women were leaving their tech jobs at higher rates than men when asked to return to the office. This phenomenon was



attributed to various factors, including the absence of adequate support systems for childcare and eldercare, long commutes, and inflexible working hours. Women solopreneurs at BeGig still state these problems as roadblocks to their professional growth. As a result, the progress made in promoting gender diversity in tech was at risk of stagnation or even regression.

Freelancing: an empowering alternative: Freelancing has emerged as a transformative solution for women in the tech sector. Platforms such as ours, enable and empower women to work and deliver projects from anywhere. We have had hundreds of conversations around how women in India need a system that solves their unique problems. The rise of the gig economy and the advent of remote work platforms have opened up new avenues for skilled professionals to embrace freelancing. For women, this shift to freelancing offers a plethora of advantages, which are instrumental in revitalizing diversity in the technology sector.

Flexibility and autonomy: We know that

micro entrepreneurs like to have the freedom to set their own schedules, choose projects that align with their values, and work from any location. This level of flexibility empowers women to tailor their work-life balance, leading to higher job satisfaction and retention.

Inclusive work environment: Gig working platforms such as ours promote a more inclusive and diverse work environment by offering equal opportunities to all irrespective of gender, race, or background while ensuring the best quality of projects and other tasks. This environment fosters a sense of belongingness and eliminates potential biases that women may face in traditional office settings.

Access to global opportunities: Solopreneurship or freelancing enables women to access a global talent pool, transcending geographical boundaries. This expanded reach allows them to connect with diverse clients and collaborate with international teams, enriching their professional experience. In our experience, this has helped women in building their portfolio

while also enjoying a great control over their careers and experiencing autonomy.

Entrepreneurial empowerment:

Freelancers are essentially entrepreneurs of their own skills, taking charge of their careers and financial independence. This sense of empowerment is particularly important for women who may face glass ceilings and limited growth opportunities in conventional employment structures. To have a workforce that's skilled to take any entrepreneurial endeavor with utmost confidence, we need to promote more autonomy and decision making power amongst these micro entrepreneurs.

Networking and skill development:

Solopreneurs also actively engage in diverse projects, honing their skills and building a robust professional network. This constant learning and exposure to new challenges contribute to their personal and career growth. Our platform fosters a strong sense of community, allowing women entrepreneurs to connect with like-minded individuals, form partnerships, and collaborate on innovative projects. BeGig's supportive network ensures that they are not alone on their entrepreneurial journey. The exodus of women from the technology sector due to the call back to office highlighted the persistent challenges that women face in the workplace. However, freelancing emerged as a powerful antidote to this problem, offering women greater flexibility, autonomy, and empowerment. By embracing freelancing, women in tech can rebuild diversity in the sector, fostering a more inclusive and innovative industry. Policymakers, businesses, and society at large must recognize the benefits of freelancing and actively support initiatives that promote diversity and inclusivity in the technology sector, ultimately creating a stronger, more vibrant, and representative industry for all. We stand at the threshold of an extraordinary opportunity to shape the future of work on a global scale and bring diverse people to work together.

ADVENT OF DIGITAL TECHNOLOGIES

Key to success in today's evolving library environment

With significant advancements in digital technologies, libraries now find themselves amidst both challenges and opportunities. Succeeding in this dynamic environment requires adapting as well as developing new strategies to retain relevance along with meeting the transforming needs of patrons.

Adopting technology and incorporating it into literary services is one of the key strategies for libraries to prosper in the digital age. Ebooks, multimedia collections and online databases are just a few examples of digital resources that are increasingly utilized by library patrons. Libraries may draw tech-savvy customers and meet their desires for quick and easy information access by investing in digital collections and providing access to various online resources.

Moreover, libraries can utilise technology to optimise the reader experience within their physical building. Self-checkout kiosks, digital displays, and interactive booths are just a few examples of how technology may be employed in a library



environment. These innovations simplify processes, boost productivity, and foster a more engaging and dynamic environment for library patrons. Integrating such tech developments draws in a wider audience, promotes community, and encourages discovery by establishing environments that combine conventional resources with technological advancements.

Utilizing digital technologies allows libraries to reach readers beyond their physical boundaries, practically creating a limitless literary space. This allows patrons to remotely access library resources and services with the help of virtual libraries and internet platforms. By creating user-friendly websites and mobile applications, libraries enable readers to explore their catalogue, reserve materials, and communicate with librarians from the comfort of their homes. Virtual programming, such as online book clubs and webinars, enables libraries to interact with a broader audience, including people who might have mobility or geographic restrictions. Libraries can expand their services to marginalised communities and close the digital gap when integrating such

technological developments into their operations. Many people, especially older citizens and members of marginalised groups often need more knowledge and self-assurance to successfully navigate the digital world. To assist people in gaining digital literacy skills, libraries can provide workshops, one-on-one support, and technical training programmes. Since libraries have long been regarded as reliable arenas for education, study, and intellectual inquiry, they must continue to retain their traditional principles and vital services while adopting new technologies. Libraries serve as gatekeepers of trustworthy and verifiable information in a time of overabundance of data and fabricated news. With a foundation of information literacy and research, librarians are uniquely qualified to assist users in navigating the complex digital environment and assessing the reliability of online sources. Libraries must continue to place a high priority on knowledge curation and preservation, making sure that both physical and digital collections are accessible to and well-protected for future generations.

(The writer, Amandeep S. Kochar, is the president & group CEO of Baker & Taylor Group of Companies)



CLASSIC MUSHROOM

WHAT YOU NEED

- **Medium size mushroom:** 180 gms
- **All purpose flour (maida):** 10 gms
- **Corn flour:** 20 gms
- Salt to taste
- **Sugar:** 5 gms
- **White pepper:** 5 gms
- **Cream:** 100 ml
- **Chopped ginger:** 5 gms
- **Chopped garlic:** 5 gms
- **Chopped onion:** 10 gms
- **Spring onion for garnish:** 5 gms
- **Oil:** 250 ml
- **Butter:** 10 gms

HOW TO MAKE

- Step 1:** Boil mushroom in a bowl and keep it aside.
- Step 2:** Mix well boiled mushrooms with maida, corn flour, sugar, salt, and pepper.
- Step 3:** Now take a deep fry pan and add oil to it. Now on slow fire, fry the mushroom until it turns brown in color and then remove the oil from the pan and keep the mushrooms aside.
- Step 4:** Now add some oil and heat, add ginger, garlic, and onion chopped, and mix it well

until it turns brown.

Step 5: Now add the fired mushroom, salt, sugar, and pepper, and mix it well.

Step 6: Remove the platter and add some cream to top up the mushroom.

Step 7: Now garnish the fired mushroom with some fried cashew and spring onion and serve it hot.

Courtesy: CHEF VH SURESH,
CORPORATE EXECUTIVE
CHEF, Platform 65



A croque monsieur is a hot sandwich made with ham & cheese. The name comes from the french words croque (crunch) and monsieur (gentleman).

HOW TO MAKE

- Step 1:** Apply mustard sauce on the bread slices.
- Step 2:** Add the slices of chicken ham grated with yellow cheddar cheese.
- Step 3:** Grill it till the cheese melts.
- Step 4:** Make a bechamel sauce using butter, flour, milk, thyme and Italian seasoning.
- Step 5:** Apply bechamel sauce on the bread and top with yellow cheddar cheese.
- Step 6:** Place it in the oven to gratinate till cheese melts.
- Step 7:** Serve directly from the oven with potato wedges on the sides.

WHAT YOU NEED

- **Bread:** 2 slices
- **Butter**
- **Mustard sauce**
- **Chicken ham:** 4pcs
- **Yellow cheddar cheese**
- **Béchamel sauce**

Courtesy: Enchante Cafe & Confectionary

CROQUE MONSIEUR SANDWICH



CREAM OF SORGHUM SOUP

WHAT YOU NEED

- **Sorghum grain:** 100 gms
- **Leek:** 20 gms
- **Celery:** 20 gms
- **Carrot:** 20 gms
- **Onion:** 20 gms
- **Turnip:** 20 gms
- **Veg stock:** 1000 ml
- Seasoning to taste
- **Bouquetgarni:** 10 gms

HOW TO MAKE

- Step 1:** Clean and boil sorghum along with all the vegetables.
- Step 2:** Add a spring of bouquetgarni.
- Step 3:** When all the ingredients are well done remove bouquetgarni.
- Step 4:** Blend it in a mixer and bring back in a pan to re-boil.
- Step 5:** Adjust the seasoning and add a dash of fresh cream.
- Step 6:** Serve it piping hot with garlic bread.

Courtesy:
Kailash Gundupalli,
Director Culinary - Novotel
Hyderabad Convention
Centre & Hyderabad
Convention Centre



POCO MARKS ITS ENTRY INTO THE AIoT SPACE, LAUNCHES POCO PODS IN INDIA

POCO India has marked its entry into the TWS segment with the launch of POCO Pods. Built for a truly immersive listening experience, POCO Pods are engineered to deliver unmatched dynamic audio performance and powerful bass. The POCO Pods will be available on Flipkart starting July 29, 2023, at an irresistible price of INR 1,199.

POCO Pods are equipped with 12mm drivers, finely tuned to deliver accurate bass performance, immersing users in rich, clear, and precise sound. Offering an impressive battery life of up to 30 hours on a single charge, these earbuds offer the convenience of fast charging, where just a 10-minute charge grants an extra 90 minutes of listening pleasure.



SID'S FARM LAUNCHES SALTED BUTTER RANGE

Sid's Farm announced the launch of its new salted butter range which includes- Cow Butter and Buffalo Butter. This product will be available in Hyderabad and Bengaluru markets, where it will be distributed through the direct-to-consumer channel from August 1, 2023. The new butter range, which boasts of No Antibiotics, No Preservatives and No Hormones, comes in attractive 100g boxes for easy application.



OPPO RENO10 5G REDEFINES PORTRAIT PHOTOGRAPHY WITH TELEPHOTO CAMERA

OPPO has announced that its Reno10 sale which went live in July 27 at INR 32,999. The handset is available at OPPO E-Store, Flipkart, and mainline retail outlets. The Reno10 5G sports an ultra-slim body — available in Ice Blue and Silvery Grey — with a 3D curved design that is light and easy to hold. It features a 120Hz 6.7-inch AMOLED display and a 93% screen-to-body ratio for a borderless and immersive viewing experience. It comes with a Dragontrail Star 2 display and a sturdy polycarbonate back. Its 2412 1080px screen is capable of 1 billion colours with HDR brightness of 950nits to deliver detailed and crisp visuals even under direct sunlight. Also, you get Dual Stereo Speakers — with Real Original Sound Technology, tested by Dirac — for a surround sound experience.



HAUTE DREAMS

Get ready to embark on a luxury experience like no other as AiSPI, the ultimate curator of style, returns to Hyderabad for the highly anticipated Haute Dreams: A Date With Couture trunk show. Hosted at the Manish Malhotra flagship store, it transforms the space into a visual playground through a flirtatious and daring curation. A perfect amalgamation of Indian couture and international allure, it brings together 24 celebrated global designers from Italy, France, Turkey, Germany, Denmark, Japan, and others.



This year, we proudly launch five exciting talents in the country. Discover the avant-garde luxury eyewear of For Art's Sake from London, fall in love with the artisanal bags by Bera from Istanbul, indulge in the playful yet sophisticated handcrafted bags of Wai Wai from Rio De Janeiro, experience the impeccable craftsmanship of Moi Meme bags from Milan, and let your imagination run wild with HVISK, the Copenhagen-based bag brand known for their meticulous attention to detail.

EMBRACE THE MODERN SPIRIT

DEWAR'S announces the launch of 'The New Old Fashioned' mixer in India, bringing to market the premium whisky cocktail experience. Crafted in collaboration with leading cocktail mixer brand Jimmy's, this ready to serve premium mixer caters to the evolving preferences of new-age consumers. Enriched with exciting flavors and offering a hassle-free experience, it allows individuals to elevate their at-home whisky drinking experiences with a premium serve. Originating in the early 19th century, the Old Fashioned lives up to its name in history, and is one of the most popular whisky cocktails enjoyed around the world. The new mixer presents a contemporary twist on the timeless Old Fashioned, packaged in 250 ml glass bottles which serves up to 4 cocktails. This latest innovation by DEWAR'S is now available for purchase on drinkjimmys.com and in leading retail stores in 20+ cities, with plans to expand to quick commerce platforms soon. As the year progresses, the availability of these mixers will expand nationwide, allowing consumers across the country to enjoy the product.



SPACE OF JOY

Space of Joy is delighted to introduce power and peace — the inaugural collection of wall coverings and wall art in their masters' range. Created in collaboration with acclaimed calligraphy artist Achyut Palav, this collection holds great significance. The collection is designed to celebrate the power and peace that can be found through unity, with a particular focus on the importance of family.

RAY-BAN DEFIES CONVENTION WITH ITS FIRST-EVER INVERTED LENS 'REVERSE'

Decade after decade, Ray-Ban dares to examine unexplored territory. Driven by this insatiable curiosity, Ray-Ban turns eyewear on its axis with the release of the revolutionary REVERSE collection: four unisex sunglass styles featuring an impossible new lens, completely reversed.



An exceptional feat of advanced engineering, the shape of the lens shifts from traditional convex to concave without sacrificing optical precision, thanks to the innovative astigmatic, prismatic and resolving powers. Finished with a high-performance

anti-glare treatment, the pantoscopic lens is primed to reduce up to 70% of the reflections at wavelengths to which the eye is most sensitive. Four iconic silhouettes serve as the springboard, inverting the meaning of classic design with its entry into the avant-garde.

Pricing: The new Ray-Ban Reverse collection starts at INR 11090 and is available at Sunglass Huts and online at rayban.com/India.

WELLNESS HAMPER BY ANAHATA ORGANICS

Anahata is a sustainable lifestyle brand which focuses on wellness-based beauty products. The formulation of the products is curated in the Himalayas, where founder has spent several years learning and experimenting.



JISORA

Jisora, the architect of phenomenal design, is redefining the loungewear section as no brand has ever before. With the pandemic giving rise to a new category in fashion, work-from-home, many have been on the hunt for comfortable yet fashionable leisure wear. For those who want to stay in style and within budget, it is the perfect choice. Breaking the stereotypes that fashion cannot be comfortable, and combining what every customer wants, their line is sure to elevate your wardrobe!

SAMSUNG BRINGS ULTRA-LUXURIOUS MICRO LED TO INDIA



Samsung announced the launch of its ultra-luxurious Micro LED in India. Available in the massive screen size of 110-inch, it stands for absolute splendour and next-level technology. Unbelievably striking and boasting a sleek design, the Micro LED has been tastefully designed for consumers willing to go the extra mile for ultra-premium viewing experience. It perfectly resonates with the individual style of consumers who want to make their luxury interior spaces more distinctive. The Micro LED sports 24.8 million micrometer-sized ultra-small LEDs, which are 1/10th of large sized LEDs. All these micro-LEDs individually produce light and colour to create an incredibly immersive experience through impressive depth, vibrant colours and a heightened level of clarity and contrast. Made from sapphire material, the second hardest material on Earth, the Micro LED allows vivid colours on screen that never fade.



Professional indemnity insurance key for medical practitioners

In India, the medical profession is highly esteemed, with doctors in high regard. However, doctors, like anyone else, are prone to making errors. These mistakes can have severe fallouts for both patients and doctors. In such cases, doctors may face legal consequences, resulting in financial burdens and emotional stress. However, this can be avoided if doctors have comprehensive professional indemnity insurance. This type of insurance protects doctors from the financial repercussions of lawsuits and helps preserve their medical practice and reputation.

It is important to note that doctors never intend to harm their patients, whether financially or physically. Nevertheless, a single error, negligence, or omission can have significant consequences.

Doctors can be responsible for patient losses, leading to legal complications and financial burdens.

This is where professional indemnity insurance plays a crucial role. It provides doctors the necessary safety net to cope with the financial burdens of legal proceedings and compensations. It ensures that their medical practice and reputation remain intact.

PROTECTS REPUTATION

The importance of professional indemnity insurance lies in its ability to offer financial protection against claims arising from professional errors, omissions, or negligence. In India, professional indemnity insurance is legally required for certain professions, including doctors, lawyers, accountants, architects, and insurance brokers. This coverage helps professionals manage legal expenses and protects their reputations. Medical and legal practitioners are strongly advised to have this insurance due to the nature of their work. The increasing number of professional liability claims further emphasizes the importance of having such coverage. Sector-specific requirements may exist, and consulting relevant authorities and insurance providers can provide more specific information.

Recent years have witnessed a 400% increase in medical negligence cases in India, as reported by the Indian Journal of Medical Ethics. This highlights the pressing need for professional indemnity insurance in the healthcare industry, particularly for doctors who are increasingly subjected to lawsuits due to errors and negligence. Without appropriate insurance coverage, doctors can face significant financial strain

and damage to their reputation.

Professional indemnity insurance serves as a boon for healthcare professionals, safeguarding their reputation and financial future. Lawsuits arising from negligence can cause substantial harm, and professional indemnity insurance provides doctors with the necessary resources to defend themselves and protect their reputations.

To illustrate the importance of professional indemnity insurance, let's consider an example. In a case, a doctor recommended surgery to remove gallbladder stones for a patient who unfortunately passed away due to post-surgery complications. The patient's family filed a complaint alleging medical negligence. The State Consumer Disputes Redressal Commission (SCDRC) found the doctor negligent, but the National Consumer Disputes Redressal Commission (NCDRC) overturned this decision based on available evidence. However, the Supreme Court, upon reviewing the case, found that the NCDRC had made an error by not considering crucial evidence. As a result, the hospital and the doctor were ordered to compensate the complainants with a sum of Rs 25 lakh. This case highlights the potential financial consequences doctors can face without proper insurance coverage.

IMPORTANT FOR OUT-OF-COURT SETTLEMENTS

The significance of professional indemnity insurance also extends to out-of-court settlements. Such settlements are essential for mitigating potential damage to a professional's reputation and are often more efficient in terms of time and cost compared to lengthy court proceedings. Professional indemnity insurance covers settlement costs, enabling professionals to effectively resolve disputes while safeguarding their reputation, maintaining client relationships, and potentially reducing claims.

In conclusion, professional indemnity insurance is an indispensable safeguard for doctors, providing vital protection for both themselves and their medical practices. By offering coverage against potential legal consequences arising from medical negligence cases, professional indemnity insurance becomes a crucial necessity for every healthcare professional. Investing in professional indemnity insurance can be viewed as a wise investment, ensuring the preservation of personal and professional well-being in the face of potential financial ruin.

(The writer, Yogesh Khemani, is the co-founder & CSO of CoverYou)

Know the effect of your lagna on your career

In astrology, the *lagna*, also known as the rising sign, is one of the most significant components of a person's birth chart. It refers to the zodiac sign that was rising on the eastern horizon at the exact time of an individual's birth. The *lagna* is an essential factor in understanding the way a person presents themselves to the world and how they interact with their environment.

To calculate a person's *lagna*, the astrologer needs the exact date, time, and place of birth. With this information, they can determine the sign that was ascending at the time of birth. The *lagna* is located at the cusp of the first house in the birth chart and, along with the position of the planets, plays a vital role in shaping a person's personality, behavior, and appearance.

The sun sign (a zodiac sign based on the birth date) is what most people are familiar with, but the *lagna* sign adds another layer of complexity to a person's astrological profile. The sun sign represents the core essence of an individual's personality, while the *lagna* sign reflects how that personality is expressed outwardly to others. Regarding career, the *lagna* can offer insights into the types of professions or work environments that may suit a person's natural tendencies and approach to life.

Aries

The professions could be linked to various fields such as salt, medicines, chemicals, colours, fuel, petroleum, kerosene oil, and related industries. Engaging in any of these areas might yield favorable results for the individual. Additionally, they may find success in businesses related to coal and cement. As Aries is one of the cardinal signs, individuals born under this yoga may excel in selling goods sourced from different places. They might also consider venturing into the travel and tourism industries. Agricultural or gardening work could also lead to success for individuals with Aries in their *lagna*.

Taurus

Individuals born under this Lagna tend to earn their livelihood through various artistic pursuits such as dancing, singing, acting, drawing, painting, embroidery, and other fine arts. Additionally, they may find success in careers related to fragrant products, gemstones, luxurious clothing, and interior design. There's a possibility that this person is drawn to engaging in social work, demonstrating a desire to contribute positively to society.

Gemini

This individual possesses the ability to excel in various fields, making them well-suited for professions such as music, writing, teaching, and literary pursuits. Additionally, their inherent curiosity and flair for creativity can lead them towards entrepreneurial ventures and other artistic endeavors. Their communication skills are often top-notch, enabling them to excel as artists or effective business representatives. Mercury, the ruling planet of this lagna, adds a keen interest in intellectual pursuits to their character.

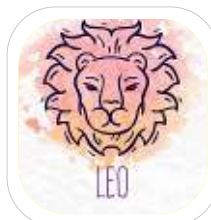
Cancer

People born under this *lagna* may excel in professions related to water supply, well construction, or pond development. They might achieve positive results in dam construction and find livelihood opportunities in irrigation works. Cancer lagnas might find success in the dairy industry, possibly running their own dairy business. These individuals may exhibit proficiency in fields like glassware, photography, and fine arts. Those born under this sign could reap profits in professions related to beauty products, catering to the creative aspects of these industries.

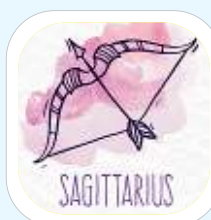


You possess the sense of humor and enthusiasm of an innocent child. There will be some worries over money and pride. Face situations calmly.

You will get the most out of every day. Negativities will vanish. New projects will be approved. Time is apt to start a new venture. Success will follow you.



You will win the appreciation of your superiors. You can now proceed with your plans. Patience is a must. Be positive and mild to your subordinates.



You will deal with people more confidently. Be gentle with yourself and your loved ones. There will be new ideas. Your projects will attain success.



You will want to improve yourself. Keep a tight grip on emotions. This isn't a good time for a new start. Take a few days off and spend it with your family.

Negativities that had been haunting you for a long may finally go away. There will be an opportunity to exhibit your skills. You will need outside help.

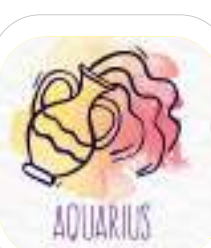


YOUR WEEK AHEAD

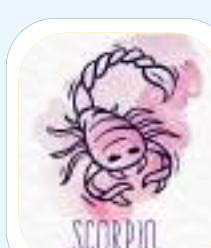


Your ability to experiment will prove to be a boon. Enjoy the benefits, but don't be lethargic. Give naysayers a deaf ear. There will be more joy in life.

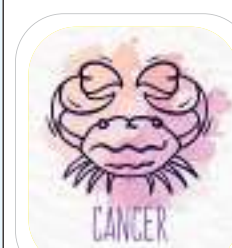
You are sensitive and irritable. Show patience to accept advice from others. Certain friendships may deepen. You will turn negative to positive.



You are under significant pressure. Action movies and hard rock do not define masculinity. Maintain good communication with friends and colleagues.

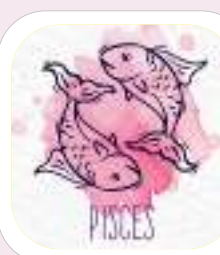


Don't overestimate your abilities. Be patient in the face of problems. Others will appreciate you and care for you. Postpone changes to a later date.



There will be an influx of new ideas. Siblings will back you. Recheck your ideas before presenting them. Tenacity and drive will bring you success.

Those who used to laugh at you will go silent. You have to be the pillar of strength for your dear ones. You will be duly rewarded for your endeavors.



Leo

The individual's profession may have connections with nature, particularly forests, mountains, and agricultural products. They are likely to flourish in occupations related to grass, wood, cotton, herbs, fruits, clothing, paper, and other natural resources. This person possesses the potential to excel as an actor or business manager, showcasing their charisma and leadership abilities. Alternatively, they might pursue a career as a soldier, security guard, or lawyer, drawing upon their innate sense of courage and justice.

Virgo

The person possesses a noble and intellectual demeanor. Patience and diligence define their approach to their duties, minimising the likelihood of errors in their work. This placement fosters potential careers as a meticulous and active employee, a prudent businessman, or a capable treasurer. The possibi-

ties include becoming a broker, agent, teacher, psychologist, or engaging in tasks related to accounting and banking. In general, job-oriented professions are more favorable than entrepreneurial pursuits.

Libra

The career can be as a judge, lawyer, or adviser. Given that Venus governs Libra, the individual may excel in businesses related to cosmetics, import-export, and luxury products. Fields such as music, drama, photography, painting, and cosmetics align with Venus's influence.

Scorpio

The career could be in astrology, music, dance, or mathematics. Their confidence and inclination to serve others make them excellent doctors or surgeons. The water element attributed to Scorpio opens opportunities in pharmaceuticals and other water-related fields. Courageous by nature, they may find success in

engineering, the armed forces, the police, science, or politics. Additionally, businesses related to oil or gemstones can be viable options.

Sagittarius

The career could be in spirituality, education, or science. They are compassionate, benevolent, and hold a keen interest in art and knowledge. A path in religion, academia, or science often leads to fame and prosperity. They can excel as counselors, religious preachers, and in fields related to financial management, literature, and philosophy.

Capricorn

Practicality, hard work, and patience are hallmark traits of individuals with Capricorn lagna. They navigate challenging situations with success, but at times they may experience feelings of depression or disappointment. Careers in agriculture, production, minerals, and land-related professions can lead to success.

Additionally, ventures related to appliances, LIC, and gambling may also prove fruitful.

Aquarius

Aquarius lagna people have intellectual inclinations. The influence of Saturn, the ruler of Aquarius, encourages potential success in engineering and writing. Businesses related to machinery also align with this placement. They may excel as writers, scholars, and philosophers and can contribute effectively in the fields of engineering and management.

Pisces

Pisces lagna natives will be good in careers related to transportation, healthcare, and the hospitality industries. Success in cinema, entertainment, acting, modelling, and cosmetic products may also be within reach. Jupiter, the ruling planet of Pisces, opens opportunities for careers as teachers, professors, writers, journalists, and in import-export businesses.

GLOBE TROT

Russian cat as tall as 4-yr-old child stuns internet

A cat is making waves on social media for its size. The feline is a pet of Yulina Minina, who lives in Stary Oskol town in Russia's Belgorod region. The woman keeps sharing the video of her huge cat on Instagram, which she said is the size of her four-year-old daughter, Anechka. In the most recent clip, the cat can be seen standing on its hind legs and reaching for the door's handle. Ms Minina said that the cat names Kefir is a Maine Coon, one of the largest domesticated cat breeds.



In the video, Kefir is seen rushing outside after opening the door to stretch its long limbs in the sun before relaxing in the garden. Other clips and photos show Ms Minina, her daughter and Kefir spending time together in the house.

One adorable clip sees the inseparable pair lounging on the sofa, while the youngster watched cartoons.

"Beautiful, beautiful baby. Wow! Our pets are better than many people. They deserve our love and deep care. Pretty baby I will say prayers to keep you in God's care," one user commented on her Instagram post.

Maryland woman blasts a world record-breaking 107-decibel burp

A Maryland woman's unusual talent earned her a Guinness World Record when she let out a belch that was measured at 107 decibels.

Kimberly "Kimycola" Winter said she was encouraged to seek the world record for loudest burp (female) by viewers of her YouTube and TikTok channels, where often shows off her booming belches.

Guinness World Records required the belch to be measured in a soundproofed room, so she attempted the record live on the air during iHeartRadio's Elliot in the Morning show.

GWR confirmed Winter broke a record that had stood for about 14 years. Winter's burp was measured at 107 decibels — about as loud as a motorcycle at full throttle.

Winter said she prepared for her

attempt by experimenting with different foods and beverages. She said she ended up having coffee and beer with her breakfast on the day of the attempt to guarantee the maximum belch volume.

Winter's record was just short of the male version of the record, 112.7 decibels, which was set by Australian Neville Sharp in 2021.



Japan man spends ₹20 lakh to transform into wolf

A man in Japan is living his childhood dream - by transforming himself into a wolf. Toru Ueda, an engineer, spent three million Yen (Rs 20 lakh) for the custom wolf costume, according to UK-based The Times. The suit was delivered to him earlier this year and he was extensively photographed wearing it. His story is going viral again now. The suit has been created by Zeppet Workshop, a specialist production and modelling company that provides costumes and figures for the film and TV industries. Four employees of the company spent seven weeks to make the wolf suit. But despite the huge cost, Mr Ueda does not wear it for fancy dress parties, saying he would be uncomfortable while walking in the wolf suit.

The 32-year-old, however, said that he

slips it on at home to relax and forget his troubles.

"When I wear my costume I feel I'm no longer human. I'm free of human relationships. All kinds of troubles, related to work and other things - I can forget about them," Mr Ueda said. The man said that putting on the suit is a "powerful experience" for him.



Haryana: Political schism spurs administrative failure

On Wednesday, when Chief Justice DY Chandrachud, halted a Constitution bench's discussions on the now-scrapped Article 370 of the Constitution and rostered an urgent hearing for a petition on the riots in Haryana and elsewhere, the message must have been loud and clear to the powers that be that enough is enough on the communal front. Wonderful beginning! Hopefully, the plea will be taken to its logical conclusion.

The Supreme Court has meanwhile directed the central and state governments to prevent any hate speech or violence during marches held by the Vishwa Hindu Parishad and Bajrang Dal. The order also asked for the deployment of additional police or paramilitary forces and the installation of CCTV cameras in sensitive areas. The specifics are important. For, communal clashes broke out between two groups in Nuh on the afternoon of 31 July, after a mob attempted to stop the *Brij Mandal Jalabhishek Yatra* taken out by thousands of devotees to mark *Shravan Somvar*. In the communal frenzy that ensued, at least six persons were killed, comprising two home guards and four civilians. Besides, around 20 police personnel were injured. The clashes have since spread to the adjoining areas of Haryana, including Delhi, Rajasthan's Bhiwani, etc. As usual, supposedly as a fire-fighting measure, mobile internet services were immediately suspended in Nuh and Faridabad up to Wednesday. But the state government has extended the shutdown till August 5 in the wake of adverse events in Nuh, Faridabad, and Palwa. The situation remains critical in sub-divisions of Gurugram.

As of Thursday, 176 people were arrested and 93 FIRs (including 46 in Nuh, 23 in Gurugram, three in Faridabad, three in Rewari, and 18 in Palwal) were registered. Besides, 78 people were taken into preventive detention. Among those arrested is Dinesh Bharti, who heads *Jai Bharat Mata Vahini*. He has been booked for posting a video inciting communal violence. In Gurugram, police have identified 50 social media accounts carrying objectionable posts. On Tuesday night, five warehouse were set ablaze and two meat shops ransacked in the Gurugram district by flash mobs. On Wednesday, two 'jhuggis' were torched and a tea shop was vandalized. Many huts in a slum were ransacked. Stray incidents continue to happen, though prohibitory orders are in force in Nuh, Gurugram, and other sensitive districts, pointing to orchestrated violence.

According to an FIR registered on a complaint from a subdivisional engineer, 400-500 rioters held 35-40 devotees hostage at the Ram Mandir in Ward No 9, Nuh. The complainant had been stationed at the Nuh Police Station as Duty Magistrate for the yatra. The FIR was registered under Sections 148, 149, 186, 332, 307, 342 of the Indian Penal Code and Section 25 of the Arms Act against 700-800 unknown persons. According to the complaint, 700-800 rioters started pelting stones and opened fire with illegal weapons on the devotees and police personnel. They also torched government and private vehicles. According to another FIR, an additional Chief Judicial Magistrate and her three-year-old daughter, a

gunman and a server assistant had to hide in a local workshop on Monday when a mob attacked their car in Nuh. The car was torched. The rioters also pelted stones and fired shots in the area.

When well-meaning people are questioning the need for yatra participants to carry swords, guns, and other weapons, Bittu Bajrang, a participant in the yatra and cow vigilante, boasted that the swords were meant for puja. Those carrying guns had licences for their weapons, he added for good measure. "We participated in the rally with women and children. Will we attack anyone," he then asked, suggesting the provocation came from members of the minority community.

Reflecting deep erosion of confidence in the Haryana government, migrant families in

Gurugram are reportedly preparing to leave for their hometowns in other states. Caught in the crossfire of communal violence, Gurugram-based and other major firms, including KPMG and American Express, have taken proactive measures to provide safety for employees. Several companies have reinstated work-from-home policies temporarily.

All told, the latest bout of communal violence in Nuh and contiguous areas has exposed the schism in the ruling Bharatiya Janata Party-Jannayak Janta Party coalition in the state. The *Brij Mandal Jalabhishek Yatra* was asking for trouble and it did become the flashpoint. Divergent views are coming from even within BJP's Haryana unit. No wonder, Haryana Chief Minister Manohar Lal Khattar and Chautala differ on the yatra itself. Khattar sees a 'conspiracy' behind the attacks on the yatra. Deputy Chief Minister and Jannayak Janata Party chief Dushyant Chautala has blamed the organisers of the yatra (VHP and Co) and said that they did not give a proper estimate of the crowd to the administration. Union Minister and BJP MP from Gurugram, Rao Inderjit Singh observed: "Who gave weapons to them for the procession? Who goes to a procession carrying swords, or sticks? This is wrong. A provocation took place from this side too. I am not saying there was no provocation from the other side."

Inderjit Singh's comments blunt the CM's 'conspiracy' theory. The same Inderjit met Prime Minister Modi on Wednesday but said cryptically later: "Details of every meeting need not be disclosed (to media)".

Evidently, the JJP has distanced from the BJP due to the latter's stance on the farmers' protest and the wrestlers' protest, apart from long-standing issues over seat-sharing.

A close look at the train of events in Nuh and elsewhere in Haryana and nearby areas suggests that the violence, though preventable, went out of control because of the friction in the ruling coalition and total administrative failure attributable to lack of clear orders from above.

Chief Minister Manohar Lal Khattar Haryana notoriously declared: "Police and Army cannot protect everyone". Of course, for him, saying so was not a matter of shame. But, what about the implications of such a statement coming from none other than the Chief Minister of a state? Is it not abdication of responsibility? May God save the double-engine *sarkar*!



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THEESKO**