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 నాయకుల వార్తల్లోనూ
 ఎప్పుడూ...
 ము కిషోం, ము గులింజి
 వార్తలు ఆచ్చే ఛానల్
 వచ్చిందిప్పుడు



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SUNDAY, JANUARY 22, 2023

SUNDAY



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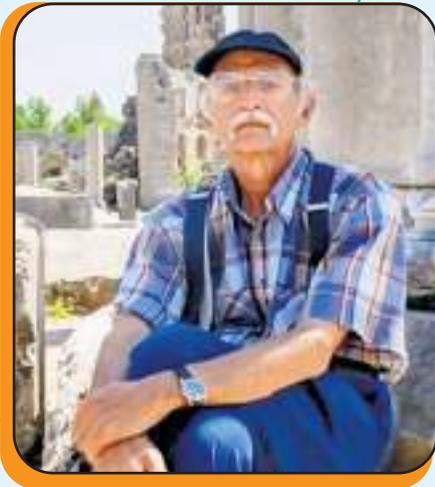
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PERSON
MUKARRAM JAH

Nizam Mir Barkat Ali Khan Siddiqi Mukarram Jah, Asaf Jah VIII (6 October 1933 – 14 January 2023), less formally known as Mukarram Jah, was the titular Nizam of Hyderabad between 1967 and 1971. Mukarram Jah, the titular Nizam VIII, passed away in Istanbul, Turkey. He died on January 14, according to a statement issued by one of his offices on Sunday. He was 89. As per his desire, he was laid to rest in his homeland in Hyderabad on January 17.



VIDEO
INDIAN PASSENGER LIVESTREAMS NEPAL PLANE CRASH

A passenger from India recorded in a livestream the last seconds before the plane, he was on, crashed in the city of Pokhara, in Nepal. A video that has gone viral in India showed Mr Sonu Jaiswal going on Facebook Live as the plane – a twin-engine propeller plane operated by Yeti Airlines – was trying to land at Pokhara's airport on Sunday. The footage showed the plane gliding gently over the honeycombs of buildings dotting brown-green fields surrounding the airport. He turned the camera on himself, and smiled. He then turned it around again to show the other passengers, chatting and laughing. Seconds later, the phone lost focus but a deafening crash and screaming could be heard. The video then kept on recording.



SONG
MUNDA SONA

"Munda Sona Hoon Main", the first song from Kartik Aaryan and Kriti Sanon-starrer Shehzada, was released on Monday. The song, which has Kartik and Kriti dancing at a picturesque location, is composed by Pritam, and crooned by Diljit Dosanjh and Nikhita Gandhi. The song's beats are groovy. However, Bosco Caesar's wacky dance moves redeem the song.



MOVIE
MISSION MAJNU

One of the most anticipated films, Mission Majnu, starring Sidharth Malhotra and Rashmika Mandhanna finally premiered on Netflix. For the unversed, directed by Shantanu Bagchi, the espionage thriller is set in the 1970s and has Sidharth Malhotra essaying the role of a RAW agent who leads a covert operation on Pakistani soil. He eventually falls in love with his wife and hence, the film's title Mission Majnu, which is also the codename for his covert operation. The film also marks Rashmika Mandhanna's second film in Hindi after 'Goodbye'. 'Mission Majnu' was supposed to be her first film, but the numerous delays in the release of the film made sure that 'Goodbye' became her first release in Hindi.



PICTURE
VANDE BHARAT EXPRESS TRAIN

On Sunday, Prime Minister Narendra Modi flagged off the Vande Bharat Express train, which connects Secunderabad and Visakhapatnam. The train is Indian Railways' seventh Vande Bharat Express and the first to connect the two Telugu-speaking states. Secunderabad-Visakhapatnam Vande Bharat Express would operate on the Visakhapatnam-Rajahmundry-Vijayawada-Khammam-Warangal-Secunderabad route six days a week (excluding Sunday).



Hair-raising finding! Baldness linked to sugary drinks

Cool drinks are a guilty pleasure for practically all of us. Be it at the cinemas, during a family get-together, on a cute date, or while lounging on a beach on a sunny afternoon, guzzling down a fizzy drink teleports us to a different world altogether. Energy drinks, which contain high levels of a stimulant say caffeine, as well as sugar and often supplements such as vitamins or carnitine, are the in thing. It is believed that they enhance mental alertness and physical performance. They differ from sports drinks in that the latter are used to replace water and electrolytes during or after physical activity. The downside to consuming some of these irresistible, cool liquids is the quantity of sugar and additives it contains. *The Pioneer's* **AMARTYA SMARAN** looks closely at the consequences of indulging in cold drinks at a time when the industry is engaged in cut-throat competition for packing into the potentially addictive drink questionable ingredients to slake our thirst and give us a momentary high.

A 600ml Coca-Cola bottle contains 69g of sugar per serving, which is equivalent to 17.3 teaspoons of sugar! A serving size of 250ml Red Bull contains 6.8 tsp of sugar and then there's Lipton Iced Tea, which consists of 6.6 tsp of sugar in a 500ml serving. Forget all this, a 240 ml or 8 oz healthy glass of orange juice is equivalent to seven teaspoons of sugar.

Healthcare experts believe that human beings need one type of sugar. Any guesses? Well! Glucose is all you need to survive. Glucose acts as an important fuel for the body. The human body can naturally make glucose by breaking down food molecules like carbohydrates, proteins, and fats. Sugar is the number one contributor to the obesity epidemic around the globe. It is safe to say that much of the sugar that we consume is to please our taste buds. We often see people asking for extra sugar when they buy a glass of juice from a vendor. Coming to milkshakes, there is always an enthusiastic champ who yells his/her lungs out for "extra whipped cream!!!". What about the desserts? At an Indian wedding, a serving of 'Gulab jamun' is not enough, it must be topped by a lavish scoop of ice cream. The point is we all indulge in sugary items only to regret it at some time later.

There are also those who decide to cut down on all kinds of sugar. Alas! One trip to the supermarket ruins their resolve. Even if they avoid eye contact with the shelves displaying sugar-infused drinks; the ones displaying chocolates, biscuits,

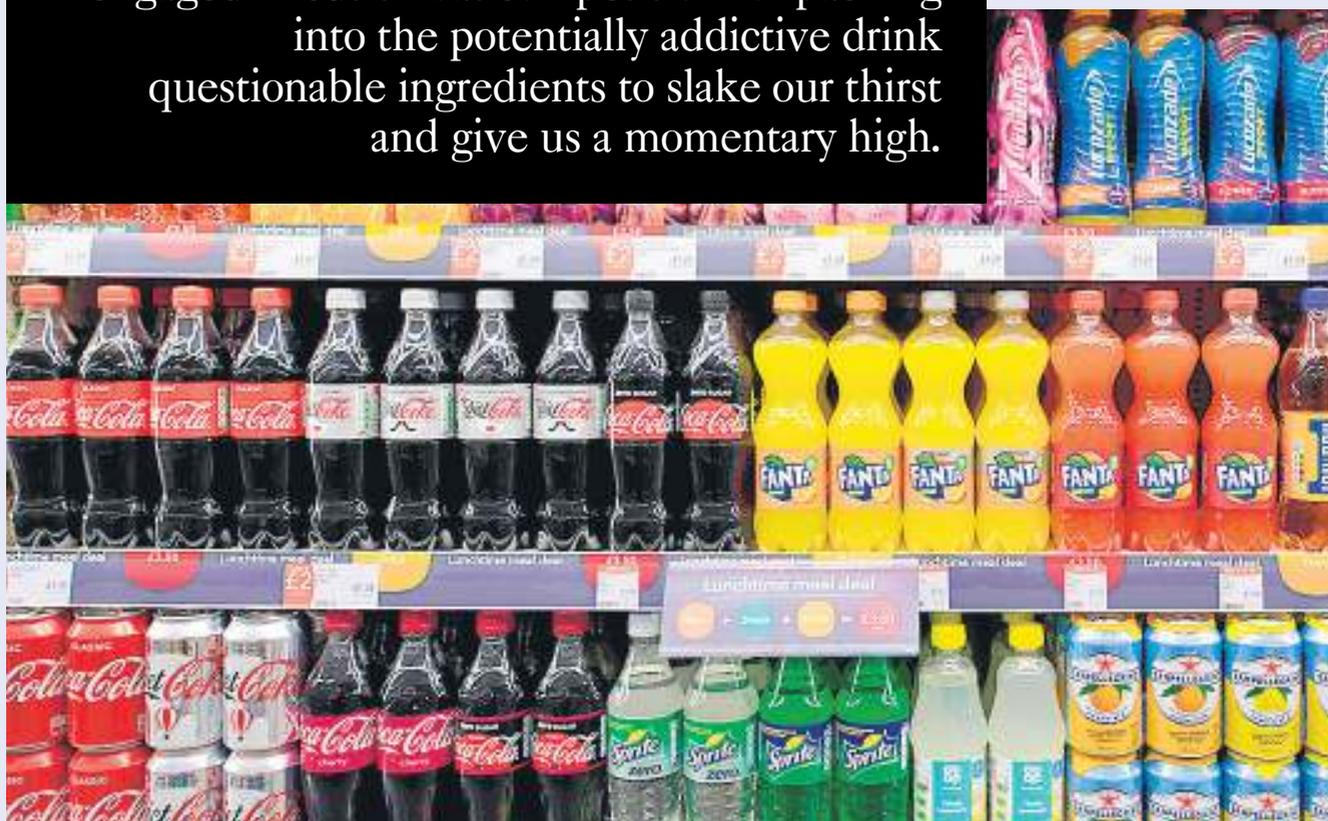
candies prove to be their nemesis. Good lord! Sugar is everywhere and there is escape from temptations.

Scientifically speaking, when the sweet taste receptors send signals to the cerebral cortex, our brain's reward system tells us to do the same task again and again, only because it is enjoyable. It is not different from what goes for drugs and other kinds of addictive substances. Aren't we all familiar with the tug-of-war between our willpower and cravings? To maintain the initial high, we crave for more and more. And if we fail to maintain the same dopamine rush; we get restless, irritated, and annoyed at everything around us.

The amount of sugar these drinks contain has always been a matter of concern. Experts warn people against consuming large quantities of drinks with heavy sugar content. Excessive intake of high-sugar drinks can lead to obesity, type 2 diabetes, tooth decay, and weight gain. Besides, going by anecdotal evidence, there is the newly identified risk of hair loss in men.

Researchers who surveyed nearly 2,000 young men in China discovered that there is a higher risk of male pattern baldness among those consuming sugar-laden drinks. The American Academy of Dermatology Association has stated that hair loss could occur in someone as young as 20. According to the Cleveland Clinic, signs of hair loss can be seen in 25% of men before they turn 21. The research also pointed out that nearly 50% of men turn bald by 50.

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"Individuals whose diet consisted of fried foods, sugary desserts, and fewer vegetables were more likely to have male pattern hair loss. Participants who retained their hair had diets featuring cereals, roots, fruits, fish, and other forms of seafood," says diabetologist Dr. BrijmohanSubhedar. He points out that the presumption of sugary drinks solely causing hair loss should be further investigated. "The small sample size of the study and the lack of conclusive research on this specific subject does not yet allow scientists to firmly establish a causal link between the regular consumption of sugar-sweetened soft drinks and the risk of premature baldness."

The diabetologist adds: "Sugar-sweetened beverage consumption is associated with weight gain, obesity, type 2 diabetes, heart disease, kidney diseases, non-alcoholic liver disease, tooth decay or cavities, gout, and arthritis, the CDC says. Data shows participants with male pattern hair loss consumed significant amounts of sugar-sweetened beverages compared to normal participants. The weekly consumption of sugar-sweetened beverages was 4,293 mL in male pattern hair loss individuals versus 2,513 mL among normal participants."

Striking a note of caution to avoid diabetes, he shares: "Physical activity at least 150 minutes per week. If overweight, lose weight. Avoid or stop smoking and alcohol. Avoid junk food and aerated/sugared drinks, oily or fried food; eat plenty of vegetables, and whole cereals. Avoid mental stress and lean meats."

As per the Centers for Disease Control and Prevention, 63% of people who are aged 18 years and above consume at least

one sugar-sweetened beverage a day. Studies have also shown a 21% increase in hair loss in those who consumed one to three sugary beverages per week and the percentage grew by 5% in people who consumed four to seven drinks in a week.

In general, we lose around 50-100 hair strands a day on average. Androgenetic alopecia is a common form of hair loss in both men and women. In this condition, the androgen receptor gene causes balding. Hair loss is also caused due to testosterone deficiency and testosterone derivative DHT(Dihydrotestosterone) issues were linked to around 80 % of male pattern baldness cases in India.

Recent studies suggest that an estimated eighty-five percent of men in India would suffer from male pattern baldness. The age of onset for male pattern baldness has significantly come down over the years and signs of baldness could be spotted as early as 21 years.

Dr.Praveen Kumar Boppani, MD DVL, Dermatologist, chips in on the topic: "Directly and indirectly, these sugary beverages and artificial sweeteners have many harmful effects on the body such as cardiovascular diseases, obesity and it will also cause dental problems. Regarding hair loss, there are two mechanisms: direct and indirect mechanisms. Directly it affects when one consumes sugar content, the glucose concentration in the blood increases and it suddenly triggers the polyol pathway in the blood. When the body has more glucose coming into the blood, the polyol pathway consumes glucose via positive feedback to maintain the normal level in the blood. This positive feedback shoots up with the usage of these sugar sweeteners. They reduce the amount of sugar available to the hair follicles. In

the hair follicles, we have the inner and outer root sheaths. The availability of glucose will be limited to the outer root sheaths. Due to this, there is depletion of energy in the hair. This causes hair loss. Besides the direct causes- thyroid and diabetes indirectly cause hair loss."

"Another thing is that these sugar sweeteners cause psychological problems like anxiety, depression, and stress," explains Dr. Praveen Kumar. "These psychological problems indirectly cause hair fall. Coming to baldness or hair loss, genetics directly cause baldness or hair loss. Most youngsters are having to go through baldness purely because of job or family related stress. Hormonal imbalances due to thyroid, dietary deficiencies, or exposure to pollution might also lead to hair loss. Tight hairstyles cause traction alopecia. It strains the hair follicles and that is one of the causes."

Going further, Dr. Praveen Kumar gives tips on how one can avoid hair loss. "One must avoid stress by doing stress relieving exercises such as yoga and meditation. One must maintain a proper diet by taking the right amounts of protein, zinc, iron, and biotin. Don't go for harmful procedures like hair styling techniques, chemical treatment, or keratin treatment. By doing all these things one can prevent hair loss or baldness."

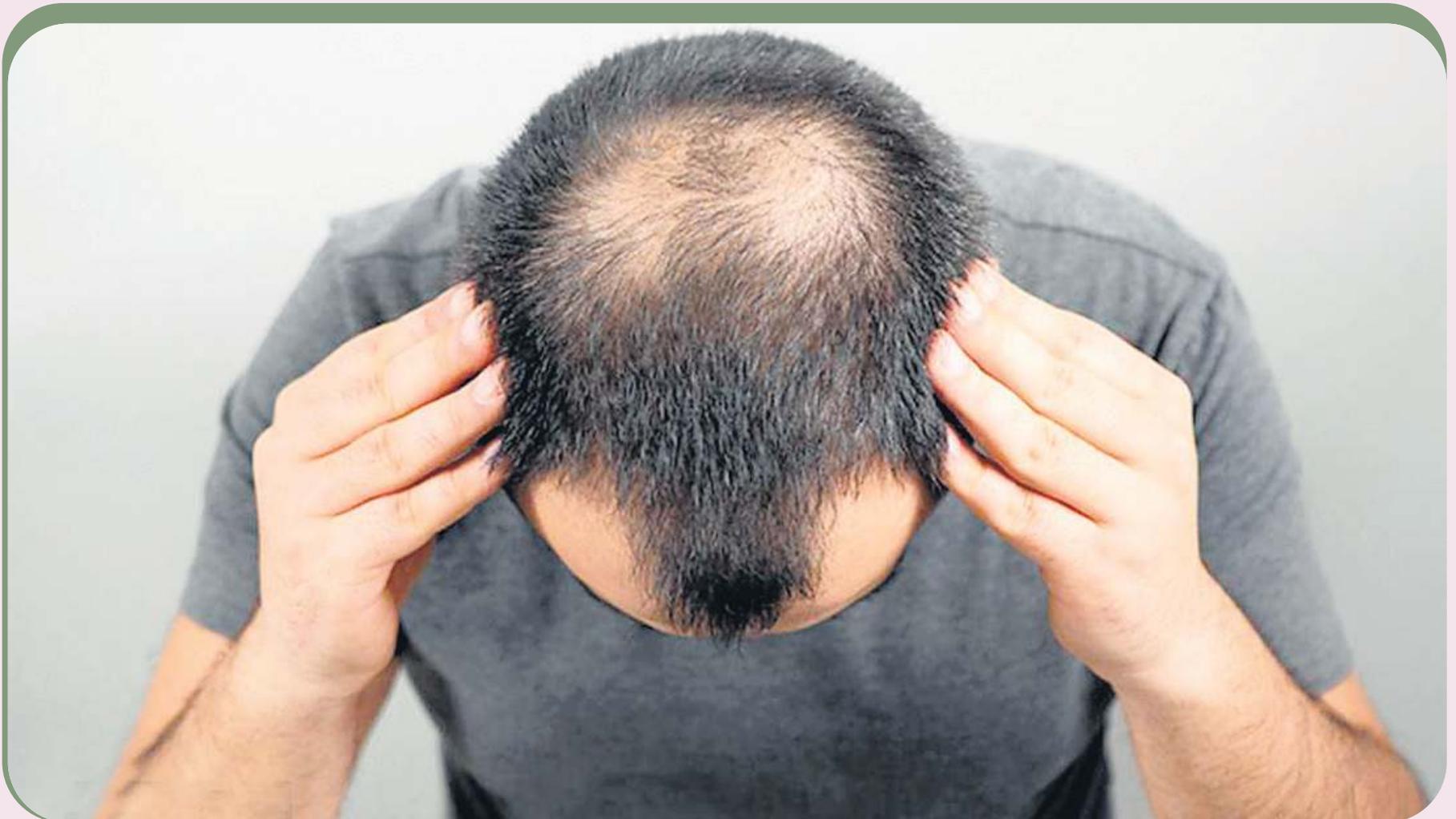
The anxiety of losing hair is one of the most daunting experiences. Men experiencing hair loss or balding go through a range of emotions that gradually seep into daily life and hinder their overall well-being.

P.V. Maha Lakshmi, counseling psychologist, lays emphasis on the importance of identifying the cause of the problem and giving time for oneself to tackle the anxiety

caused by hair loss. "It is important to identify the reason for hair fall because it might cause psychological problems. People fear missing social life because of hair fall and it causes a kind of despair. Firstly, one should analyze the reasons for hair loss — Are you working more than you should? Are you having a proper diet? One must rule out all these and start the prevention. One must practice identifying why and what is causing certain distress. Feelings are not always facts, so, one should give oneself some time."

From a psychological standpoint, Dr. Maha Lakshmi shares with us the importance of loving oneself amidst the chaotic happenings of daily life. "You must be socially organised, and people judge based on physical appearance. If one is not able to recognize any of these feelings, it is advisable to go see a professional. And one must learn how to regulate thoughts, emotions, and feelings. If these three things are monitored, everything will fall into place. I think we didnot speak about loving self and acceptance, which are the key points for self-esteem. Once we are firm in our thoughts, nothing can touch us, irrespective of the situation."

The recent findings correlating sugar-laden beverages and hair loss in men raise several questions with respect to our food choices. One can only begin to wonder and be baffled at why there is any need to push the envelope despite knowing the health risks involved in consuming excessive amounts of sugar. Going further, comprehensive studies will be able to substantiate proven results. People will soon have a clearpicture about the potential link between sugary beverages and hair loss. Until then, amongst other things, watch out for your sugar intake.



'I have no anxiety about my future'

Actress Raashii Khanna has carved a niche for herself in B-town. The actress, in a conversation with *The Pioneer's* SHIKHA DUGGAL, said she has a plethora of films and a multitude of opportunities, but she hasn't created larger boundaries for herself. Let's find out more about her movies, co-actors, life, and more in this week's Celeb Talk with this charming actress.

Thank You actress Raashii Khanna has entered the jungle of B-town, bringing a huge fan base from southern states and wanting to rule the hearts of Hindi audiences with *Farzi* now. When in conversation with the leading lady, we learnt that the actress has a competitive advantage over others because she's only focused on building a brand for herself. She's all set to spread her charm once again.

"Having thought of the series to be made some 8-9 years ago, I am as pleased as punch to be the leading lady of *Farzi* presently. The team is relieved by the duo's decision to not go ahead with it as a feature film because it deserves to be on OTT! Our research is so dominant that we wish not to cut down on any parts of it. While filming, I got privy to information about fake notes; I don't think so because it wouldn't have held the same relevance as it does today because audiences are evaluating what we do, which is good," the actress said.

The crime of counterfeiting is as old as money itself, and *Farzi's* team was motivated to destabilise this concept, in which Raashii plays a critical role. And, for such an essential role, a lot of research is required, as she explained: "I had collected all the information about the concept before coming on the sets. I know about the policy responses too! I was taught a specific 'ink' is used on the notes, we have to be careful about the serial numbers, and there are lines present on a note. This helped me understand the feel of the note and the types of fake notes. Research was

indispensable. Cowrie shells were once considered a viable option for use as counterfeit currency. This kind of information was opening my eyes. We are true to originality because nobody else, as per my information, has yet made a series on this kind of theme so openly."

Raashii completely agrees that the system favours the elite and that the "middle class is suffering". "They have financial problems, poor education, and I know some who don't even have medical insurance; they are under a lot of pressure to keep up with technology, and no one is paying attention to them! Their provisions are segregated. When it comes to basic necessities, the wealthy have nothing to worry about because they are never ignored by the same system. On the other hand, the middle class is treated badly; they are getting sucked in from all corners of our society. When it comes to currency counterfeiting, the middle class does not have a million-dollar solution, but our entire economy is being disappointed by this propaganda," she asserted.

Blurring any dividing lines on her own, the actress is very well aware of who she's working with, and she calls filmmaker duo Raj and DK "the organised directors who know what they are getting into." She continued, "Even if we are showing 'how to make fake currency?', none of you will ever be able to find out how one actually does it. You just can't replicate it! The factual process is shown, but we haven't gone deeper for the sake of protecting the country from harm. For clarification purposes, we are not glorifying counterfeiting. As I previously stated, we are excited to present you with something new in the form of a series because a feature film would have brought with it limitations."

Is this the series that will make or break popular Tollywood actresses? She politely nods into a "no." We ask her why? She said, "Not all my hopes are on *Farzi*. I have a plethora of films and a multitude of opportunities, but I haven't created larger boundaries for myself. Let me explain: if the series does not become a smash hit, I will not become depressed. I am always optimistic because South films have consistently surprised me throughout my career. Deep down in my heart, I know Raj and DK can never go wrong with their filmmaking creativity. Cheering up after a flop is the most challenging part of being a top actress in this industry."

Shahid Kapoor's funny statement about the streaming giant's contract being very scary to sign made his co-star burst into laughter. She mentioned, "I have no idea what Shahid has in his contract that is alarming (she laughs again). OTT giants know they are coming with a rage; the power is in their court, and hence their interests take an upper hand while signing an A-lister. We as actors are also cooperating with the giants, trying to coexist because formats have changed. To me, personally, it's no big deal! I have no anxiety about my future; I hate imagining unbelievable scenarios in my head. It's actually social media these days that can play a little with your mind. Because I am an extremely private person, it's difficult for me to be unlocked on my social media handles."

Sharing her camaraderie with the heartthrob Shahid, she expressed, "The more outgoing Shahid is, the more reserved I am (she giggles). I don't like to mix my friendships with those of my co-stars. My "true" friends are found outside of this industry. I don't look for friendship on the sets of a movie! Having said that, it doesn't mean I dislike my co-actors. No, all of us share an amicable bond, but it's just that I am way too professional on the sets or during promotional activities."



‘Procreation between first cousins is unhealthy!’

Not just in films, but in real life too, people have married their cousins. Cousin marriage is an intriguing concept because it is the root cause of the demise of a family of German royalty in the 15th century. There's a special term used for these marital unions called "consanguineous." The question is now, "How is it leading to higher rates of genetic disorders?"

"In clinical genetics, approximately 1.1 billion people currently live in countries where consanguineous marriages are customary, and among them, one in every three marriages is between cousins. The frequency of genetic disorders among such children is around twice that of children of non-related parents! It is associated with an increased risk of "congenital malformations" and "autosomal recessive diseases" with resultant increased postnatal mortality in the offspring of first-cousin couples, and such infants usually die in the first month of birth. Cancer, mental disorders, hypertension, hearing loss, diabetes mellitus, epilepsy, asthma, leukaemia, beta thalassaemia, and congenital and noncongenital heart diseases are all risks for the children of consanguineous parents! Severe "mental retardation" is associated with consan-

guinity because many autosomal recessive conditions include moderate-severe MR. Most studies are unclear on the impact of consanguinity on the fertility of couples. At the moment, the data is comparable between the two groups. Because it's a sensitive topic, we can't reveal the case study right now," explained Dr. Ravish I R, a urologist at Aster CMI Hospital!

Ghafoor Hussain Shah was a 56-year-old teacher and father of eight children in Kashmir. According to tribal customs there, he said he is expected to arrange the children's marriages within his extended family. However, he knew about the potential risks of genetic disease prevalent in children from inter-family marriages. He married his maternal cousin in 1987, and three of their children now suffer from disorders. This is what the doctors are warning about!

"Each cell in our body has 23 pairs of chromosomes, and we all get genetic material, half from our mothers and a half from our fathers. Through cousin marriages, genetic material is exchanged within the family, and if these continue for several generations, there is a chance of genetic problems in babies. For single-gene disorders, there are basically five different ways that inheritance can occur: autosomal dominant, autosomal recessive, X-linked dominant, X-linked recessive, and mitochondrial. In cousin marriages, there is a high chance of having carriers for the disease who appear normal, but offspring might be affected if both parents are carriers. The most common diseases that are seen in cousin marriages are "blood diseases." In a third-degree consan-

guineous marriage, the wife is the husband's sister's daughter. Many generations of their family had cousin marriages. The husband's grandfather had a hearing problem that went unnoticed until he was an adult. They have two sons, both of whom were normal at birth. In their college days, both boys started having hearing difficulty and were diagnosed with sensorineural deafness and are now on hearing aids," informed Dr. Sarada M., consultant obstetrician and gynaecologist at Yashoda Hospitals in Hyderabad.

An andrologist enlightened further: "Demographic and socioeconomic factors must be carefully managed. No significant negative correlations have been found between reproductive indicators like miscarriages and fertility. It is essential to understand that if repeated cousin marriages occur in specific groups, then the relationship increases between two cousins who are half-siblings, which is even more dangerous, so it is essential to understand the history of the spouses and the historical relationship between them. This leads to increased congenital disabilities and genetic disorders in the offspring. Genetic counselling must be done for such spouses whenever they come to the OPD. People frequently ponder why a child in a consanguineous marriage is typically diagnosed with a genetic disease. It is so because most people get roughly 50% of their genes from both parents. In these situations, there is a 25% probability that the

faulty or recessive gene carried by both parents will be passed on to their child. According to a study, 19.7% of consanguineous couples were more likely to have a child who had a genetic disease. In the study of British communities of Pakistanis, it was found that they have been carrying a lot of genetic diseases and multiple mental and physical abnormalities as they have been following the practice of cousin marriages for many years. According to the study, 700 babies are born each year with congenital disabilities, which is a significant number that proves cousin marriages are not ideal for offspring."

In clinical genetics, approximately 1.1 billion people currently live in countries where consanguineous marriages are customary. Cancer, mental disorders, hypertension, hearing loss, diabetes mellitus, epilepsy, asthma, leukaemia, beta thalassaemia, and congenital and noncongenital heart diseases are all risks for the children of consanguineous parents! In this week's Health Talk, **SHIKHA DUGGAL** looks at genetic disorders linked to consanguineous marriages.



Can doleful music bring relief to your sadness?

Sadness is an emotion that is typically accompanied by a plethora of other feelings, like the loss of someone, disappointment, disinterest, low mood, hopelessness, and helplessness, to name a few.

Though the reason for the sadness could vary from person to person, the symptoms of sadness are generally the same. We generally tend to easily label an emotion as positive or negative. Happiness, for instance, is considered to be a positive emotion, while sadness is perceived to be a negative one. Because all emotions play an important role in our personal and social functioning and are valid at the same time, they do not need

to be judged.

On the other hand, music is an escape for many. In fact, many say that the music that they listen to can tell you more about them than they themselves could. No surprise, the majority of us not only groove to music but also use music as a shoulder to lean on when we are upset.

Now, you might wonder, why are we talking about sadness, emotions, and music.

According to recent research led by Prof. Laxmidhar Behera, now Director of IIT Mandi, despite our natural inclination to avoid sadness, this particular emotion has a strange and enduring appeal when expressed through art. This so-called "tragic paradox" has puzzled philosophers for centuries. It has been postulated that the tragedy paradox arises simply because of the aesthetic appeal of gloomy tunes.

"We wanted to find out how the brain reacts when listening to sad music after having an adverse experience or memory," said Prof. Laxmidhar Behera.

To learn more about the subject, we spoke with a psychologist and musician, both of whom shared their perspectives.

Sree Ganapathi, aka Gannu, is an independent artist who comes from a musical family and for whom music has always been a part of life. While his dad writes and creates music, his extended family understands how to play various musical instruments. Not only this, but while staying with his uncle for a while, he learned that his uncle was not only a piano tutor; he had also worked with legendary music composer AR Rahman and worked on various background tracks. This inspired him to pick up musical instruments and find satisfaction.

In terms of personal composition, he says, "Music for me is a means of personal expression. It's a way that I translate my

experiences so that the listener can understand. Not only can the lyrics have multiple meanings, but the melodies behind them could represent the other side of the story. Since I have been writing and composing for a while now, music is also a compilation of life experiences for me."

Talking about his personal experience with music and emotion, he says, "In music, every emotion that we have is associated with a certain raga or tune. Studying a little about those tunes

helped me personally formulate music in authentic and organic ways. Typically, we as humans associate songs set on a minor scale, as Darcor said. This is because we are conditioned to this way of thinking. Moreover, songwriters use these tunes to dictate what words will be used as lyrics in the songs. The tune and the lyrics establish the mood for the song."

When we spoke with Dr. Srikar Krishna, a clinical psychologist, he stated, "I have many people coming up to me and saying that when they are upset, sad, or even depressed, they love listening to sad songs. Sadness tends to

last longer than pleasure, so sadness is what remains at the end of the music, and that is what is reported. Listening to sad music when we are already hurting triggers psychological processes that are so rewarding and pleasurable that they are almost cathartic. However,

looking at it from the other side, it also depends on the individual. There have not

He shared, "Healing a person's internal wounds is definitely an easier job. I personally believe that listening to sad music can uplift one's state of mind, but I also believe that, on the contrary, it can make the person more miserable. This also simply depends on the individual and what they want when they listen to music. I use

music as a personal form of therapy. I use it to work on myself. It is my personal way of meditating and finding comfort. Music is my consistency in life when nothing is constant."

"Music can make you feel better for a while, but if one isn't able to cope with their sadness for a long time, it is advised that they consult a professional," said Dr. Srikar.

While many say music has been an escape for them, for Gannu it is more of a reality than an escape because "I choose to see it like that. I use my experiences to write songs that I hope everyone will enjoy, which comes from the fact that I have to face my reality every time I write. Music helps me face it head-on and gives me a clear picture of who I want to be, what I want to write, or how I should change for the better after the situation because my music is my own reflection."

When asked by Dr. Srikar about why the current generation enjoys sad songs more than other genres, he says, "It's simple! They're filled with numerical thoughts. They feel their situations are much more relatable to these sad songs. Many feel it's an escape; that's what we hear from many of them. However, it may only provide temporary relief, making you feel better for a short time before returning to the same feelings and thoughts."

"Feelings are inconsistent, but with the new generation, it seems that feelings of slow sadness are what the majority of people feel and can sympathise with. They would want to listen to sad music and ignore the reality of their feelings. They are swimming in a pool of fantasy where their preferences won't impact them, where they can be seen or heard without judgement from the artist of the song," concluded Gannu.

While it is clear that music can affect our emotions and cognitive abilities, scientists and psychologists believe that more research is needed to understand the relationship between sad music and the brain entirely.



When we say that music can make you feel better, many would agree. But does listening to sad music really help you out when you're in a low mood? In our weekly FYI segment, *The Pioneer's* TEJAL SINHA talks to a musician and a psychologist about their perspectives on the subject.

only been studies but also cases where this link between music and the emotions of sadness or even depression in young people has led to music being blamed for the suicide of several youths."

In the conversation that we had with Gannu, who is a musician, he believes that music has a part to play in bringing down mountains when given a chance.

Sahebzadi Feroze Jahan Begum, the great granddaughter of last Nizam of the Princely State of Hyderabad Mir Osman Ali Khan, in this special edition of Dil Se, recalls the immense contribution of Mir Barkat Ali Khan Siddiqi Mukarram Jah (Asaf Jah VIII), popularly known as Mukarram Jah, who passed away in Istanbul on January 14.

Mukarram Jah, titular Nizam of Hyderabad between 1967 and 1971, despite his elite upbringing, was simple by choice, courteous, and always generous. He was close to former PMs Pandit Jawaharlal Nehru and Indira Gandhi. He never flaunted his wealth, says Sahebzadi Feroze Jahan Begum, in a conversation with *The Pioneer's* SHIKHA DUGGAL. She also shares how her 'personal royal blog' would cover reminiscences from the heritage palace hotels in which she stays occasionally as well as the significance of Nizam's Museum, Purani Haveli, Chowmahalla Palace, Salar Jung Museum and other enduring symbols of Nizam's heritage.

MUKARRAM JAH NAMED MY MOTHER

When my mother was born, he had flown to Hyderabad to name my mother. The royal protocols were followed. As soon as she was born, a cannon was lit in anticipation of the celebratory moment in the royal family. It may have sounded somewhat unusual for others, but to us, it signified a lot of reverence. These protocols were meant to honor members of the royal family.

Mukarram Jah shared a beautiful bond with my grandfather. What my mother recounted often was how she and his father used to go for "tafreeh". Mukarram used to interact a lot with my grandfather. They shared a beautiful bond so much so that my uncle was the one who chose the bride for my grandfather. My grandmother also belonged to an influential family, being the daughter of a financial advisor to the Nizams. Mukarram Jah found her to be the best fit for our family. Surprisingly, the age difference was 26 years, but it was a successful marriage. Until he was alive, it was the 7th Nizam's prerogative to choose the daughters-in-law entering the royal family. It was he who used to officially confer the status of daughter-in-law everytime! Another royal protocol was that newlyweds must get officially clicked in the King Koti Palace wearing the Nizam jewelry.



FABLED JEWELS

The coveted jewels of our era are sometimes on display. They are from the fabled Nizam treasure, a shining example of our Deccani craftsmanship. They were relegated to the vaults of the Reserve Bank of India in 1995, after a prolonged battle for its possession between the government and us. My aunt has once again appealed to the government to bring the jewels back to Hyderabad and make them Deccani showpieces. After the formation of Telangana, Chief Minister K Chandrasekhar Rao had promised my aunt that he would initiate talks on getting the jewels back to the city. We know that the jewels have been kept safely in the vaults as the government considers them to be a priceless national heritage which should not be auctioned to foreigners. So far, the jewels have been displayed twice at the Salar Jung Museum in Hyderabad but have otherwise been largely kept away from the eyes of the public. After Mir Osman Ali Khan decided on the accession of the State of Hyderabad to India in 1948, the jewels were moved out of the palace and trusts were created to safeguard them. We also stipulated that the jewels must not be sold until the death of my uncle's eldest son Azam Jah.

ELITE UPBRINGING

Born in 1933, my uncle moved to Turkey and had been residing there until his death. To fulfill his desire, his children travelled to Hyderabad with his mortal remains (Mukarram Jah was laid to rest at Mecca Masjid on Wednesday with full state honors). He was a private man, but his classmates included King Faisal of Iraq and his cousin King Hussein of Jordan. Such was his upbringing.



TURKISH INFLUENCE

We started to embrace all ethnicities across the world when Mukarram Jah got his sons married to the Princesses of Turkey. There was a revolution then! He became the Caliph's successor. The Niloufer hospital we all know is one of his assets. A lot of Turkish influence has come in and my parents saw through the processes, while adopting Hyderabad culture. They were glad. A special mention must be made of Princess Esra. Her ex-husband had left the city, but she continued to love Hyderabad. She literally brought our famous palaces back to life. She was the main woman involved in the restoration of Chowmahalla Palace! She built Taj Falaknuma Palace from scratch.

HOW HE MET PRINCESS ESRA

While holidaying in Istanbul, he met Esra Birgin. Daughter of a research chemist, she lived on one of the Princess' islands. The pair married secretly. My great grandfather briefly served as Jawaharlal Nehru's ADC. He counted this as one of his greatest achievements. He was spending his final years in Istanbul, being looked after by a caregiver. He leaves behind four children: Azmet, his eldest son, and a daughter Shekhyar by his first wife Esra; Azam, his son by his second wife, Helen; and Niloufer by his fourth wife Manolya Onur. Over seven generations, we have created a state that is a repository of Islamic culture and learning. Our culture attracted Muslim migrants from across the world who had worked with us in varying capacities from traders, money lenders to military personnel.

TIES WITH THE GANDHI FAMILY

It's true that he was a friend of Pandit Jawaharlal Nehru, and the latter had wanted him to become his personal envoy to a Muslim country. Nehruji then introduced my uncle to Indira Gandhi and Sonia Gandhi. Indira Gandhi often used to come down to Hyderabad just to meet him. Once, there was an immediate requirement in the Indian Army and he donated five tonnes of gold in their service. He was the first person to do so across the whole country! The Gandhis were impressed. One day my mom told me that Indira visited Mukarram Jah post his dinner time when he stops meeting anyone and there she was at the entrance. As soon as he got to know it was her, he broke the protocol and met Indira Gandhi owing his respect for Pandit Jawaharlal Nehru because she had come in an emergency. The two major assassinations in the Gandhi family were extremely catastrophic and we even saw a lot of those in our family too. Royalty comes with a price, sometimes!

GENEROUS RULERS

After 'Operation Polo', it was my uncle who was allowed to keep most of the assets; yet, he was so unassertive in his demeanor. I feel with his death, it's also the magnificent end of a lineage of its own. Running from 200 years, we knew he missed Hyderabad, and I am pleased to be a part of his legacy. I convey my heartfelt condolences to my great grandmother and my cousins. I still remember, it is a usual treaty that the throne should be passed on to the 'son', but in my uncle's case - this treaty was die-casted due to personal reasons, and he eventually turned out to be the prince! From the day of his demise, the phone hasn't stopped ringing. Princess Esra is taking care of his cremation rituals on the burial ground prominently. What happens in a royal family is that we get too involved in discussing wealth and court cases that we forget our bequest. I promised my uncle that until my last breath I'll continue to save his inheritance. Our heritage is very rich, I want to inspire the youth about who were the Nizams and what were their intentions.



'KHADA DUPATTA' A LEGACY

Our family is getting bigger and bigger. My cousins did face classified prejudices, but I was lucky. My classmates were inoffensive to me. The crowd of Hyderabad accepts us whole-heartedly! But for obvious reasons, nationalist movements are gaining prominence and political developments are bringing repercussions to us. No matter what, I will continue to promote our era because the present generation hardly knows what our ancestors did, how they built an empire! The education system is deleting important history chapters that should be known to this generation. For example, our 'khada dupatta' will always remain dear to me. It belongs to my uncle's legacy: begums and daughters have worn it.

NO COMMUNAL EXCLUSION

During Mir Osman Ali Khan's regime, financial support of Rs. 97,000 and more than two lakh acres of land were donated for Hindu temples. Hindu temple histories in Hyderabad, both oral and written, feature close interaction with the Nizam's court and administration. The Aurobindo Ashram was given a large donation and numerous grants were made to the gurdwara at Bidar. He also offered funds for regular pujas and ceremonies of Hindus! Annual grants were sanctioned for the temples at Gowlipura, Madannapet, Yadgirigutta and Gohnaka too. We also helped to institute a Gokhale Memorial Scholarship, which shows my great grandfather's zeal in helping the cause of education.

MUKARRAM JAH NEVER FLAUNTED HIS WEALTH

Mukarram Jah's upbringing was unconventional, even by princely standards. His Doon School teachers noted, somewhat optimistically, that he was very keen on carpentry and spent a good deal of his spare time in the workshop and this can provide unlimited scope in the future. We describe him as a person who was courteous and generous. He never flaunted his wealth. After graduating, he joined the Royal Military Academy, where he could indulge in his greatest passion: engineering.

ANCESTORS WERE TOLERANT

As I mentioned earlier, I am deeply rooted in our Hyderabad culture. I miss our tehzeeb passed on by my ancestors. They were not at all intolerant; they were so secular in their behavior! Their courts had both Muslim and Hindu officials appointed with so much of dignity. These two prominent religions were like both their eyes, catered equally. There is a book published on this too, I go through it every now and then and learn diverse variations about both the religions. It is the world's most important political document today! All our generations follow that book. Our ancestors used to correspond to all the holy places equally. They opened uncountable trusts for the deprived too!

RELIGIOUS ATMOSPHERE CHANGING

Why people called him courteous was because he never wasted his wealth. He could see other kings of the country being so flamboyant about their status; still he continued to be well-bred. He wanted to teach other rulers to be just as simple as him. Instead of wearing moneyed accessories, he distributed things to the needy and that too to every religious community! I also remember when a religious head from northern India wrote to him that a part of the popular temple was being demolished and floods had devastated the region, he immediately sent a heavy amount of grant to them without being biased. Looking at our atmosphere changing today, belonging to the youth, it hurts me. One religion is becoming dominant over others now. Eighty-year-olds come up to me and call this religious divide a "total rubbish". We were so happy earlier. Presently, religion is taken far more seriously. Today's generation believes in how we are separated as different "religious communities" way too seriously because of media. This is destruction to our legacy in Hyderabad!



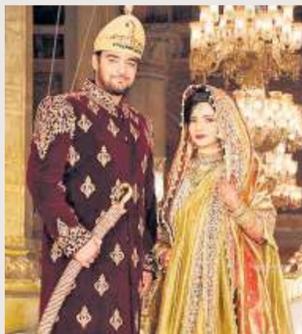
ROYAL BLOG

My early years of education were in Nasr school. Later I went on to do my master's in Psychology and Mass Media. I am starting a personal royal blog. I stay in all the palaces of the country and promote our heritage by being photographed in royal attire. A part of my project will also involve spreading the history of historic places that I visit. My first destination was Bhopal! Realized how it was a kingdom of female rulers. I also cover the heritage palace hotels as a part of my luxury project. The part of our heritage which is up on display includes the Nizams Museum, Purani Haveli, Chowmahallah Palace, Salar Jung Museum which gets me nostalgic about the exquisite jewels which were once displayed there as an exhibition but sadly now lie in the RBI vault. These should be up for public display; it will boost the morale of Hyderabadis! Back in those days, the best of craftsmen, architects and artists were made to fly down from all parts of the world to inculcate the best that could be offered to finish an assignment, besides utilizing the local craftsmen in the best possible way.

Tracing Nizam's heritage in royal blog

HAVEN FOR THE FAMILY

The Taj Falaknuma Palace was previously in a dilapidated state. It was in 2010 that the princess restored it. An English architect designed the palace. It is made completely with Italian marble. The palace was built in the shape of a scorpion with two stings spread out as wings in the north. We are avid travelers, and her influences show in the architecture. We had previously used the palace as a guest house for royal guests visiting Hyderabad. The last important guest was the President of India Rajendra Prasad; it was in 1951 and later the palace fell into disuse. My mother has celebrated many of her parties at that beautiful palace. It is the architecture that attracts celebrities! Even when we visit every now and then, there is an aura that we are surrounded by. My mother is deeply attracted to it; she is often nostalgic about her newly wedded days spent there. Most of my kids' birthdays are always celebrated there. It was our haven during the spread of coronavirus.



EXPLORING HERITAGE

Because of the era I was born into, I am deeply intrigued to explore the Nizami heritage. I am helming a private project on this too! I acknowledge we are privileged, for example, none of the ladies are allowed to step into the kitchen. My mother was not allowed to cook. We have a royal "messkhana". My uncle owned seven bungalows in a row opposite the King Koti Palace; they were for the first seven sons born. There is always an official taster appointed to check whether the food is poisoned: those were spine-chilling moments.



Best specialisations for engineers wanting to pursue management

India is a country with a vast population. Although rise in population is a big problem, economy wise, India is well on its way to become the youngest country in the world with the median age of 29 years. In a young country with more and more graduates looking forward for a bright future, India produces over 1.5 million engineers every year out of which only 20% of them get employed. So, what are they lacking? Is engineering degree enough? Is it sufficient to cope up with the multi-tasking requirement of the current corporate scenario?

The answer is simple, India's thriving-commercial environment asks for managers across all verticals. Only people with exceptional managerial and leadership skills are able to find their way up the ladder in the long run. Even after engineering, the need is to acquire managerial skills to offer the employers a perfect blend of analytical and leadership qualities and stand out in the crowd. A well thought off management course after engineering is the right approach for a thriving career ahead. But out of so many management courses available, which one suits the best for an engineering graduate? Here's an exhaustive list of the best suited courses crafted for engineers looking for the right direction of specialisation.

1. MBA in finance

If MBA is your next destination after engineering, then finance is a specialization that will make the best use of your engineering skills. Being a challenging special-



ization, it involves a lot of mathematical skills that almost all engineers are pros at. With regular projects, assignments, and research during their engineering days, financial calculations aren't a hurdle for them. Moreover, Engineering with MBA in Finance, especially if it is done through a reputed college, is an excellent combination and opens a world of opportunities for the aspirants. Management roles such as Finance manager, General manager, Banking technology officer, and more are ideal positions for this combination.

2. Course in data science

Everything that we perceive as information is set to undergo a radical change with Data science. Engineers who already excel in analytical skills amalgamate perfectly in

the research and study of data science and analytics. There's no denying that the rising demand of data scientists has made it a thriving field. From the giants such as Google, Amazon, and Facebook to small businesses and blog sites; every business is data-driven and the need for data scientists is only going to rise in the coming years.

3. PGDM in entrepreneurship

Bringing an idea to life is the work of an engineer but to bring that idea to the market and make it a success requires more than just the knowledge of engineering. If you aspire to drive business growth with an innovative product, then PGDM Entrepreneurship is the course you should aim for. PGDM in Entrepreneurship gives engineering graduates an exceptional plat-

form to learn business critical entrepreneurial skills that are essential to make a product commercially successful. With a clear focus on driving innovation through effective entrepreneurship.

4. Specialisation in digital marketing

India is a country with over 460 million active internet users. It is one of the largest online markets in the world, second only to China. In a scenario where the Internet plays such a big role in shaping the economy, Digital marketing specialization is the next best thing to do. For an engineering graduate who is already familiar with flexibility and adaptability to change, the challenges of digital marketing are thoroughly enjoyable. A career in Digital marketing specialization gives an engineer a perfect platform for innovating new strategies, understating market budgeting and analytics, but also develops a solid base for the ever-evolving digital scenario.

5. Masters in international business

This is the course that prepares you to work in accordance with the global economy. With a sound technical engineering background, Masters in International business is enough to give you the right organizational capabilities to perform well in the competitive international business environment.

(The writer, Dr. Kulneet Suri (Senior Director of IMS Noida and Alumni of Harvard University(HKS))

5 ways to boost employee morale in a downsized firm

While layoffs are likely, managers need to have plans in place to maintain employee morale during their absence. Here are five methods for carrying it out.

Showcasing personal and professional growth

It is very important to be able to maintain a lean team and ensure every employee is seeing a personal and professional growth in any job they are pursuing. Ensuring employee's success in their roles helps them be happy at workspace psychologically as well. Providing all the relevant tools and resources that help them do their job well will help them see the results and be motivated.

This does change from employee's working at office and remotely. Employees working at the office might have a better edge at the resources, although it is important to create a roadmap and a plan where everyone is seeing a growth personally and professionally. Employees are expected to be open to learning as well and encouraging them to do better and offer resources and time for training will help the organization shape for future leadership roles.

Employee recognition

Include employee recognition and feedback as part of the entire company process which is transparent and helpful for employees to be motivated and excel better.

Activities might include from setting up fast track learning programs, building next gen leaders, setting targets and objectives. It is always good to motivate people on the positive front, as in the process there might be employees feeling let down on being unable to perform but it is essential everyone is part of the activities and looks at the positive side of hard work and determination. Recognitions might include any from setting employer of the month, giving extra perks for external fitness memberships, gift cards or more. Employee recognition might be of low cost but does showcase a high impact.

Employee feedback

Providing a medium to receive employee

feedback is a very essential and helpful way to let them know that companies do care for their welfare and suggestions. When an employee sees the company hears them, they feel more welcomed and involved in all the growth of the company.

The culture of the company is essential, and teamwork does play a huge part in this. Employee feedback is also vital for growth of the company and will also help the performance, development of each individual and help's the company shape up better objectives for each and every individual.

Team building activities

Team building activities will help in increasing productivity, collaborative work, enhance the workplace culture. It also helps in problem solving skills and reduces the dependency of the heads of the department as someone within the team starts to take initiatives that will help solve problems. Often, we observe such activities help in building newer ideas, solve problems and also boost morale. In most of the scenarios, it helps one understand the scope of work in a

bigger spectrum as everyone from various perspectives do get involved.

Now as we have workplaces which are collaborating physically in real-time and remote, it is essential to include activities that involve everyone equally so the location doesn't matter but the objective of an activity is truly achieved.

Train the next gen leaders

Companies often do look out for key roles to hire from the market but it is very important to know that the key to growth of the company is in building the current team and workforce in becoming the next leaders in the organization. It is important to observe who has the leadership skills and parallelly help the same workforce in also growing and strengthening their leadership abilities.

Employee retention has become one of the most spoken terms in the recent terms and it is essential to motivate the workforce, understand their motives and also help them in building their future teams which will help the growth of the company in the longer vision.

(The writer, Manikanth Challa, is the CEO and founder of Workruit)



A toothsome experience @Farzi café

K. RAMYA SREE

With unique and innovative restaurants popping up in cities around the world, dietary trends making a big shift and now including everything from fat-free to paleo, it only makes sense that having a perfect blend of cuisines is only the perfect thing to attract customers.

Recently, Farzi café, known for amalgamating traditional global and Indian classics, with Indian influences, contemporary presentations, culinary styles and ambiance, has launched their new menu for the food connoisseurs in the city. It is a quirky, chic, modern Indian café, where guests enjoy a sensory experience through the finest modern Indian cuisine, with a high energy ambiance.

Before we dive into talking about how the food and the overall experience was, let us tell you what Farzi means. It apparently means "creating an illusion". Simply put, "fake" is what the waiter has told us.

"If you order for dal chawal, we will give you 'dal chawal with cheese,'" is how the waiter described what being "farzified" is. Now, you can imagine what the place has to offer for its customers.

We were welcomed to calm, and a plush ambiance, with soothing music. While the outdoors had an impressive seating with swings and tables, one of the indoor sections is reminiscent of the Hogwarts library in the Harry Potter series (Well, not literally!). What better place than that to have a quiet and peaceful dinner amidst a bunch of books.

As soon as we seated ourselves, we were



welcomed by a yoghurt based welcome shot that looked more like a toffee, to cleanse your palate.

In starters, we ordered Nagarjun chilli chicken, Charcoal Bengali Fish Chop, Butter Chicken Bao, Prawns Tempura, Mutton Galouti Roll, Chicken Momos, Chicken Candy, Chicken Cigar Roll and Videshi Chicken in Desi Style.

Nagarjun Chilli Chicken is for the South Indian palettes. Charcoal Bengali Fish Chop topped the list for us. Layered in edible charcoal and sprinkled on top was edible charcoal ash, the dish was delectable. The flavours in it were gustatory. Videshi Chicken was more like semi-dried butter chicken. The prawn tempura here is not your usual tempura. You will again get "farzified" here. The tempura prawns are tossed in chipotle mayo and presented to you. It was

fresh and juicy. The one dish that caught our attention was chicken cigar roll. It was served in a wooden box to replicate the classic cigar rolls. The presentation was impressive and so was the taste. This dish is for those who are non-spice lovers.

Now comes the king of all dishes we tasted. It is the pull-up mutton biryani. It tastes more like a Chennai-style biryani, but was flavourful, the mutton was juicy and the rice had an adequate amount of masalas needed for a person who belongs in the "City of Biryani".

Not just that, we had Pink Dazzle, Manhattan, Old Fashioned, Boozy Raspberry, in alcohol-based drinks. The fruit-based cocktails were actually very mild. You won't easily get drunk with them. However, the clarified drinks such as Old Fashioned and Manhattan are for you if you

want to get tipsy.

The average cost of these starters begin somewhere around Rs 425 and go beyond. Cocktails cost around Rs 625 and upwards. Same goes with the main course.

Although the new launch menu tastes good, the farzified flavours might not satisfy everybody's taste buds. The new menu seems to have been made meticulously to cater to a certain set of audience.

That being said, a visit here is an experience in itself. Be it the lighting and the swing at the brand, and the library, the dance floor, the seating placement, all are worth trying. You will return with many memories in your bag. Oh hey, all the social media buffs, this is a cute picturesque place where you can get dozens of Instagram worthy pictures.

In conclusion, the waiter was really accurate when he carefully explained the meaning of FARZI. To our surprise, almost every other dish came with a heavy serving of mayonnaise. The chicken momos, tempura prawns, butter chicken bao, all these dishes were presented to us perhaps to show their strong affair with the mayo mix. We came out of the cafe thinking, "Sab Mayo Maya Hai". Also, if you think this is any ordinary restaurant/café, you will be farzified looking at the overall bill. Yes, it is slightly on the expensive side.

Our recommendations:

Pull-up mutton biryani
Charcoal Bengali Fish Chop
Nagarjun Chilli Chicken

Average cost for two:
Rs 2,000 without alcohol

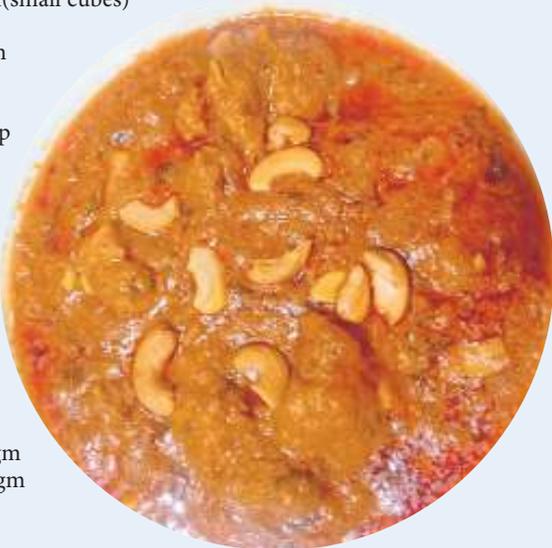
Rayalavari kodi kura

What you need:

- Chicken boiled: 200 gm (small cubes)
- Chopped onion: 30 gm
- Chopped tomato: 50 gm
- Curry leaves: 5 no's
- Green chili: 10 gm
- Ginger garlic paste: 1 tsp
- Chili powder: 1 tsp
- Turmeric powder: 1/2 tsp
- Salt to taste
- Tandoori powder: 1 tsp
- Cashew nuts: 40 gm
- Dry coconut: 20 gm
- Coriander leaves as required
- Oil: 2 tsp
- Cashew nuts paste: 40 gm
- Dry coconut cubes: 20 gm

How to make:

First take a pan add 2tsp of oil to it. Now add chopped onion, turmeric powder, ginger garlic paste, green chili, curry leaves, chopped tomatoes, and toss it well. And add chicken. Add chili powder, Cashew Nuts paste and cook it for 10mins. Now add some water, Salt, and tandoori masala powder to it. And cook well until the gravy becomes thick. Now take a big bowl and server it hot. Add Cashew Nuts, coriander leaves for garnish.



POTTELU MAMSAM IGURU

What you need:

- Mutton: 150 gm
- Salt to taste
- Chili powder: 3 tsp
- Chopped onion: 50 gm
- Chopped tomatoes: 50 gm
- Cashew: 50 gm
- Dry coconut: 40 gm
- Garam masala: 1 tsp
- Ginger garlic paste: 1 tsp
- Oil: 2 tsp
- Coriander leaves: 10 gm
- Cumin seeds: 1/2 tsp
- Turmeric powder: 1/2 tsp
- Chopped garlic: 5 gm
- Curry leaves: 5 gm
- Green chili: 10 gm

How to make:

First take cashew and dry coconut and make it into paste. Marinate mutton with salt, chili powder, turmeric powder, and ginger garlic paste and keep it aside. Now take a pan add oil of 2tps, and add

chopped onion, Curry leaves, green chili, chopped garlic, turmeric powder and toss it well.

Add chili powder to it.

Now add marinate mutton and toss it.

Now add salt to taste.

Add chopped tomatoes and cook well...After sometime add water to it.

Let to cook for 15mins. Then add garam masala powder and cook until the liquid turns into gravy.

Serve the hot Pottelu Mamsam Iguru and garnish with coriander leaves on it.



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



ECOVACS Robotics unveils exciting products

Making life simpler with their efficient and feature-packed robotic vacuum cleaners, ECOVACS Robotics, a leader in home service robotics is set to delight customers with special offers across few of their most renowned products as part of the Republic Day Sale.

The sale goes on till January 26 in retail outlets.

Best-selling products of ECOVACS namely DEEBOT N8 and DEEBOT N8 PRO along with DEEBOT OZMO T8 are available at attractive prices in retail outlets as well as selective online marketplaces.

The DEEBOT N8 PRO will be

available at an attractive price of Rs 28,900 as part of the Republic Day sale.



Serenading every woman's love for footwear

Most celebrated spanish footwear brand, LODI that pioneers in wedges and debra pumps has been in existence for over 40 years and has been worn by the Queen of Spain, Queen Letizia. Its launch in India marks its expansion into a new and large market. Through its legacy and timeless designs, it is renowned for its high quality and impressive materials. Each shoe is crafted ergonomically to offer the best comfort while wearing them. The brand adds a touch of elegance to women's footwear with contemporary and signature designs in their Pumps, Slingbacks, Sandals, Ballerinas and Yutes.



Sustainable fashion brand FOReT unveils cork-based vegan jewellery for men

FOReT, a premium sustainable fashion brand has recently unveiled an extensive new collection of sustainable and handcrafted wearables for men suited for any occasion. In line with the brand's ethos to create stylish and sustainable fashion products in India, FOReT has introduced an accessories range featuring luxurious cork. The new collection from FOReT includes - cuffs, wraps, wristbands, bracelets, and rings.



Exotic fusion of botanical ingredients

NatureCode's sulphate and paraben free, mild hair cleanser is a blend of remarkable ingredients that are deeply embedded in Ayurveda. This potent Ayurvedic formula gently cleanses the scalp and replenishes it with the goodness of oils present in it. The versatile ingredient aloe vera along with other beneficial ingredients like Tea Tree Oil, Lavender Oil, and Geranium Oil, provide nourishment and gives voluminous hair. Make this cleanser a part of the hair care routine and bid adieu to all the hair worries and get gorgeous hair along with our other hair-care range.



Jamawar woolen shawl by Exotic India Art

The magnificent jamawar shawl produces a sophisticated woman's ensemble by having highly defined borders and all-over patterns that look elegant. The Maroon fabric with grey and light yellow floral patterns and paisley motif border are hand woven with jamawar wool threads and serves a blend of delicate flower and psychedelic design that represent traditional art forms of the Indian subcontinent.

Rs.1209.60

Deep-Lake pure pashmina shawl by Exotic India Art

Pristine Deep-Lake pure pashmina shawl is expertly handmade and meticulously embroidered. This piece is a magnificent display of the technique, with the exquisite motifs infusing the delicate wool of the changra goat with unmatched splendor. The opulent sozni in the foreground of the shawl highlights its pristine silken beauty. The needlework is executed in a uniquely feminine palette of colour combinations.

Rs.38,388



A new age e-tailor!

The brand The Pant Project is known for its custom-made bottom wear that is ridiculously comfortable and made just for you. They are a timeless fashion brand that can form a core part of your wardrobe. Their products are proudly made in India and stitched to perfection in state-of-the-art modern facilities by experienced craftsmen who are empowered with cutting-edge technology. Their product range includes power stretch, formal pants, jeans, cargo pants, chinos, smart casual, cargo shorts, chino shorts, all-weather essentials pants and joggers.

QUENCH BOTANICS IS LAUNCHING 3 LIP OILS IN THE COMING MONTH AND THIS CAN BE A GREAT GIFT OPTION FOR VALENTINE'S DAY. HERE ARE THE DETAILS BELOW:

Mon cherry illuminating lip oil: With Quench Botanics' Mon Cherry Illuminating Lip Oil gives a super-shiny makeover. It has the goodness of plant-based oils like patchouli oil, mandarin orange oil and orange oil along with glycerin that heal dry lips and deliver a ton of nourishment and care. Totally lightweight and quick-absorbing, this lip oil leaves behind a non-sticky coat of reflective shine on your lips.
 Mesmerice lip smoothing oil: Mesmerice Lip Smoothing Oil has the goodness of like plant-based natural oils like orange oil and frankincense oil that heal dry lips and deliver a ton of nourishment and care. Totally light-weight and quick-absorbing, this lip oil leaves behind a non-sticky coat of reflective shine on your lips.
 Yuzu fine brightening lip oil: Yuzu Fine Brightening Lip Oil gives the lips a super-shiny makeover. It has the goodness of orange oil and mandarin orange oil that heal dry lips and deliver a ton of nourishment and care to your delicate lips.
 otally light-weight and quick-absorbing, it deposits a non-sticky coat of reflective shine along with a hint of natural tint.

Your financial plan will decide your success or failure

Financial planning is a comprehensive guide to manage your finances in order to achieve your financial goals. This process takes into consideration an individual's current net worth, savings, cash flows, debt, and long-term goals. Only having a single approach is not suitable for effective financial planning. It consists of several factors like your current earnings, savings, loans, etc. that can affect the way of deciding your financial future. Now we will discuss some financial plans that will decide your success or failure.

Success

1. Have a complete financial objectives and goals
The goals and objects will be the map to your financial plan and should provide a guide for the financial future. The targets and agenda should include features such as:
 - a) Quantifiable and achievable,
 - b) Clear timeframe,
 - c) Separation of your needs and wants.
 These three features should be agreed and green-signaled with your financial advisor who will assist your measure progress. They should be checked periodically to capture changing circumstances and to ensure they remain relevant.



2. Analysing your financial and personal data
The four ratios such as solvency ratio, savings ratio, liquidity ratio and debt service ratio are produced to develop your understanding of your financial circumstances and to pinpoint areas of strength and weakness. Your attitude, tolerance, and capacity for risk are assessed using a

psychometric designed risk in relation to investment assets. This process is used to access your asset allocation for investment or personal goals.

Failure

1. The habit of delaying
The habit of postponement is the first biggest step for your financial failure.

Majority of people tend to delay beginning to save. As there's a famous saying "Tomorrow never comes", the time to start saving early comes to an end. To build wealth, a gradual process is to start saving at the earliest. An easy factor here is, if inflation is climbing exponentially year after year, so does the return of investments. The key is to start before the clock starts and make advantageous use of time. As soon as you make a financial plan, start saving at the earliest.

2. Ignorance

The only person who is immune to financial plan failure is someone who has unlimited wealth. This is because such a person does not try at all. If you stay ignorant, it will push you amidst the crowd where you won't have any clue about anything better than the rest. If you have a financial fear, do not ignore them. Fearing is the biggest failure in financial planning. Therefore, you should address those failures to your financial planner. They might help you to clear your fear and assist you in attaining your financial goals as according to the plan.

However, it is really important to check this four factors that will determine whether your future financial plan is a success or failure.

Tips to find great investment properties in 2023

Real estate investing is a major decision that anyone must make. When investing in real estate, you must ensure that it will provide a good return. There's a lot more to it than first appears. You don't want to invest in a property that won't help you grow your wealth in the long run. It is critical to invest in the right property for this. Choosing the best investment property necessitates research and careful planning. For that, you should seek professional assistance.

Currently, the real estate industry is in great shape despite the ongoing pandemic. Sure, COVID-19 adversely affected the industry for most of 2020, but things took a turn for the better in Q4 of that same year. Fast forward to today, despite the coronavirus still looming over us, the industry is on the rise.

Here are some of the tips that can help you in making the right property investment:

Location of the property

When it comes to investing in real estate, location is everything. Before deciding on a location, make sure it is accessible to railway stations, metro stations, markets, and schools. Properties with good infrastructure provide a good return on investment and

also generate high rental income. For those looking for long-term investments, investing in emerging markets with future growth potential can be a good option..

Property type

Investors must decide whether to invest in under-construction or completed projects, or whether to invest in resale or new properties. If you choose a completed project, you will avoid the hassles of project delays and will be able to move in immediately if the deal goes well. On the other hand, investing in an under-construction project can be advantageous because the property can be purchased at a lower rate than a ready-to-move project, and there are numerous tax benefits associated with a home loan. You must be clear about the type of property you are investing in in order to make an informed decision..

Figure out your property cost

This is a critical metric to consider, especially when purchasing an existing rental property. As a general rule, you should seek out investment properties with high cap rates. This means you can expect high returns and enough money to cover your mortgage and other expenses associated with owning a rental property. You should

invest in areas with potential for development because such areas earn higher returns than already expensive areas because there is little room for future price appreciation.

Purpose of investment

Investment objectives play a significant role in determining which types of investment properties are best for you. Long-term investors prefer properties that provide capital appreciation and thus seek properties in developing areas, whereas people looking to invest in a property for rental income seek properties with easy access to basic amenities. Whatever your investment goal is, keep it in the forefront of your mind when evaluating investment properties for sale. This will

assist you in making wise decisions that are in line with your goals.

(The writer, Aman Gupta, is the director of RPS Group)



Purnima Vrat 2023

Purnima is the word used for the full moon in Sanskrit, and it is the day on which the full moon occurs. There are numerous ways of spelling Purnima/Poornima/Pournima, and it is also called Purnamasi or Purnamasi. Purnima Vrat is considered auspicious and has important significance in Hindu culture. Moon has its full brightness on that day, and on this day, people all over the country worship Lord Vishnu and his avatars. Here we offer a quick guide to the occasion – Purnima/Full Moon.

The significance of Purnima/Poornima can be judged by the fact that several renowned Hindu festivals fall on this day. Moreover, devotees fast and offer prayers to Lord Vishnu on this auspicious day.

Significance of Purnimas

Paush Purnima

Pausha Purnima is also celebrated as Shakambari Jayanti, dedicated to the worship of Goddess Shakambari. The tribal communities of Chhattisgarh celebrate the harvest festival of Charta on Pausha Purnima day. Pausha Purnima marks the beginning of the ritualistic Magha snan or bath and also the end of winter. It is believed that taking the Pausha Purnima bath absolves the devotees of all their sins and fulfils their desires and wishes. Pausha Purnima provides an opportunity for the devotees to eliminate their inner darkness.

Magha Purnima

The month of Magha is considered to be one of the holiest months in the Hindu calendar as it is dedicated to Lord Vishnu and Lord Shiva. Magha Purnima is considered to be a sacred day to perform spiritual and religious rituals. It also coincides with the Kumbh Mela. It is believed that performing a bath in a holy river on the eve of Magha Purnima is highly auspicious. Hence devotees flock in large numbers to the banks of rivers Ganga, Yamuna, Godavari, Narmada, etc.

Phalgun Purnima

Phalgun Purnima is the last Purnima on which the festival of colours, Holi, is celebrated. This day is also observed as Lakshmi Jayanti in some parts of the country. Lakshmi Jayanti is the birth anniversary of Goddess Lakshmi, the Goddess of wealth and abundance. It is believed that observing the Phalguna Purnima Vrat and worshipping Lord Vishnu and the Moon God on this day bestows the devotees with divine blessings and also absolves them of their past and present sins.

Chaitra Purnima

Hindus consider Chaitra Purnima as a time to correct their words and actions and get rid of negative deeds. Devotees seek the blessings of god to lead a life of virtue. Chaitra Purnima also coincides with Hanuman Jayanti. Performing charities and making donations on this day are considered pious acts to absolve one of their past and present sins.

Vaishakha Purnima

Vaishakha is the second month according to the Hindu calendar. The significance of Vaishakha Purnima is highlighted by the Skanda Purana. On this day, devotees worship Lord Vishnu and are blessed with abundance, peace and happiness. Observing the Vaishakha Purnima vrat bestows prosperity on the devotees. This day also holds great significance as people also celebrate Buddha Jayanti.



Adjustments may be essential at the office and at home. There may be a critical situation. Be calm. Do not let the struggle for success strain your soul.



Maintain punctuality. Delays will eat into benefits. There will be joyful moments shared with siblings. Keep away selfish instincts. Be calm and unbiased.



You will be relentless in your struggle for success. All projects you take up will be fruitful. There may be enlightening experiences. Meditation will help.



Frustration may creep in. Your efforts may not get desired results. That's okay! Time is good to clear differences with siblings and get back together.



The urge to experiment may take you to hostile waters. Take each new step with care. Your help and guidance will do good for your near ones.

Work and life balance will stretch you to the limit. Be open to advise. Remove fallacies in your mind. Do not be afraid to be different. It may strike gold.



YOUR WEEK AHEAD



You will get outside help to overcome insecurity issues and remove delusions. This will boost your creativity. You will be able to achieve your goals.

Do not let setbacks hit you. Hard work will bring benefits sooner than later. Expect support from siblings. Love may come from unexpected places.



Too much openness will gain you nothing but the spite of those around you. Use your reasoning to make sense of the world. Siblings will support you.



Being selfish will make others turn against you. A sense of insecurity may cause depression. You will itch for emotional closure. Seek help if needed.

Do not rubbish the ideas of others. Your instincts may not always be right. Keep your eccentricities hidden for your career's sake. Seek help if needed.

Siblings will tend to be supportive. Inactivity and lack of energy may make you prickly. Obsession with perfection is good! Do not be insecure.



Jyeshtha Purnima

Jyeshtha Purnima is considered to be of great significance by married Hindu women as they worship Goddess Savitri on this day. This day celebrates the marital devotion and purity of women in their marital life. Besides Goddess Savitri, women also worship Lord Brahma, Yama, the god of death and Sage Narada on this day.

Ashadha Purnima

During the month of Ashadha, on Purnima day, the moon is positioned in Purvashada or Uttarashada Nakshatra. If on the Ashadha Purnima, the moon is positioned in Uttarashada nakshatra, then it's considered to be very auspicious and fortunate to be blessed with abundance, prosperity and wealth. Ashadha Purnima is also celebrated as Guru Purnima, with the day having great significance among Hindu and Buddhist cultures. On this day, devotees

seek the blessing of their Guru and their teachings.

Shravana Purnima

On this day, rituals such as Upanayana and Yagyopaveet are performed. This day is considered the most sacred day for performing the Shudhikaran ritual by Brahmins. Devotees offer special prayers to Lord Shiva on this holy day. The festival of Raksha Bandhan is celebrated on Shravana Purnima. According to the Puranas, the sacred Amarnath Yatra begins on the eve of Guru Purnima

Bhadrapada Purnima

Bhadra Purnima is considered to be very auspicious and sacred for conducting Griha Pravesh ceremonies by worshippers of Lord Vishnu. Devotees seek the blessings of Lord Vishnu for the betterment of their life and blessings of abundance. Bhadrapada Purnima also holds significance as the very next day of

Bhadrapada Purnima marks the beginning of the Pitru Paksha Shraddha.

Ashwina Purnima

Ashwina Purnima, is the day when the moon is closest to the earth. It is believed that on this day, the moon is full of its 16 Kalas or virtues and drips the nectar of eternity. The Hindu scriptures also indicate that Goddess Lakshmi, the Goddess of wealth and prosperity, was born on this day.

Karthik Purnima

It is believed that performing the ritual bath (Karthik Snan) and worshipping Lord Vishnu bestows immense fortune on the devotees. This day is also considered auspicious for conducting religious ceremonies as it brings joy and happiness. Devotees believe that performing the ritualistic Karthik Snan is equivalent to performing 100 Ashvamedha Yagna.

Margashirsha Purnima

It is believed that young unmarried women who take a bath in River Yamuna on Margashirsha Purnima will gain a life partner of their desire. Observing the Margashirsha Purnima vrat bestows blessings of all kinds and attain moksha. The Hindu calendar considers Margashirsha as the month of commitment. Margashirsha Purnima is also devoted to the worship of Lord Dattatreya in South India and is also known as Dattatreya Jayanti. Lord Dattatreya is considered to be the combined form of Trimurti (Brahma, Vishnu and Maheshwara). Legend has it that on Margashirsha Purnima during the Pradosh Kaal, Lord Dattatreya was incarnated on the earth. Margashirsha Purnima is also known as Battisi Purnima, Korala Purnima, Naraka Purnima, or Margashirsha Poonam Udyatithi Purnima across various parts of India.

GLOBE TROT

80-year-old sets fitness goal, runs marathon in a saree

A participant who stole the show at the 18th edition of the iconic Tata Mumbai Marathon, which was held on Sunday, was an 80-year-old woman who surprised everyone by running in the marathon.

Her granddaughter, Dimple Mehta Fernandes, took to Instagram to share a video of her participating in the marathon. In the video, the 80-year-old woman named Bharti can be seen comfortably running the marathon in a saree



and a pair of sneakers, while carrying the tricolour in her hand. She clocked 4.2 km in 51 minutes.

The video was captioned as, "So inspired by the sheer will and grit of my 80-year-old Nani who ran the TATA Marathon this Sunday."

Man discovers bear in Toblerone's logo through AI after eating it for 30 years

Ralph Aboujaoude Diaz, HFS Research - Practice Leader recently took to LinkedIn to reveal that he recently noticed the bear in Toblerone's iconic mountain for the first time in 30 years. A computer vision algorithm helped him discover it.

Diaz took to the professional networking site and wrote, "More than 30 years eating Toblerone and I have to wait for a computer vision algorithm to tell me that there is a hidden bear in this iconic mountain. Once seen, it cannot be unseen!"

He added, "(apparently the bear repre-



sents the Bern bear because Toblerone is made in Bern, Switzerland) Now I understand how AI-enabled tech makes us more intelligent."

Pilot touches her father's feet and hugs him before takeoff, wins hearts

Parents wish their child to succeed in life and fulfil all their dreams. In order to make their children's lives better and help them accomplish their goals, parents don't shy away from making sacrifices. In turn, children also wish to make their parents feel proud of them.

One such heartwarming video of a father-daughter duo has surfaced on social media, winning hearts online. The daughter, who is a pilot, took her father on her flight, and a video of the moment has gone viral on Instagram. The video aptly captures the pilot's happiness and unparalleled joy of having dad on her flight.

Captain Krutadnya Hale posted the video from the Airbus 320. She captioned the clip as, "Pilot daughter flying her



dad..His Happy Tears.. Blessings before we take off I never leave my home without my parent's blessings, sometimes I fly early morning, and leave home at 3-4 am when my parents are in deep sleep, though leaving home without touching their feet is incomplete."

"His Happy Tears," read the on-screen text on the video.

Moonshot AI projects: Time for universal regulatory framework

In November 2022, when India took over as Council Chair of the Global Partnership on Artificial Intelligence (GPAI) for 2022-23, Union Minister Rajeev Chandrasekhar declared: "India along with member states will work hard to build an AI framework that will be good for the citizens, with guardrails to prevent misuse."

Launched in June 2020 with 15 members, GPAI today has 29 members. Yet, none of them is individually capable of addressing the imaginable perils of moonshot projects of tech titans should tools involving Artificial Intelligence and/or Machine Language go haywire.

In January 2015, following the publication of a letter initiated by Stephen Hawking and Elon Musk and signed by many prominent AI researchers, the potential danger of AI was a hot topic of discussion for some time. Musk then called AI research "summoning the demon" and Hawking warned that the development of AI could "spell the end of human race".

Recent developments concerning the astounding capabilities of OpenAI's ChatGPT, coupled with fresh insights on AI's potential to replicate or even outclass human cognitive abilities, have once again drawn attention to the need for regulating advances in AI and ML at a global level.

AI has been (mis)used to minimize workforce deployment in the backdrop of pandemic-induced social distancing. Training data used for AI systems rely on a lot of private information that is often accessed on the sly or openly in geographies without sufficient data protection laws. AI has been used with malicious intent. Already deepfakes are being used to propagate misinformation with serious consequences on society. The vulnerabilities in AI and ML models can be easily exploited by rogue players to launch adversarial attacks with frightening repercussions. So, consensually evolved and universally accepted regulatory laws are the *sine qua non* of orderly growth of AI and ML.

Few countries have come up with laws specifically governing AI systems. China has come up with regulations for Internet Recommender Systems that provide 'Internet information services' within its mainland territory. Recommender systems and content decision systems can undermine individual privacy since they rely on the "collection and processing of private personal information of users". They can also potentially undermine national security.

In 2021, the European Union proposed the Artificial Intelligence Act that seeks to ensure that AI systems are safe and respect the fundamental rights of people under its jurisdiction. Brazil and Canada also have pieces of legislation intended to ensure responsible development of AI.

In India, there are no specific laws for regulating AI, ML and Big Data. Minimal obligations are mentioned in the IT Act-2000 and the rules made under the law. Only personal data is protected under the fundamental right to life and certain provisions of the *Information Technology Act 2000*. Data other than personal data is not governed by specific pieces of legislation. So, there is a lot of uninformed compromise by citizens when it comes to anonymized data that tech companies using AI and MA leverage. India's anti-competitive law prohibits

practices like collusive bidding, coordinating prices and production to mimic a monopoly or restricting the market output to increase prices and profits. No law specifically covers the use of AI as a means of colluding among competitors. The Union government has constituted four committees to bring in a policy framework for AI. The NITI Aayog has enlisted seven principles for responsible AI that includes principles of safety and reliability, equality, inclusivity and non-discrimination, privacy and security, transparency, accountability and protection, and reinforcement of positive human values. Besides, the Department of Telecommunications has formed the AI Standardisation Committee. The panel's AI Stack paper highlights five major horizontal pillars and one main vertical pillar, thus covering some of the most crucial

aspects in AI deployment today, including security, data storage, privacy, customer experience and computing. Other than that, nothing significant has been done till date.

At a recent symposium on 'AI in Defence', Defence Minister Rajnath Singh sounded a word of caution that India must be ready to face the upheaval that AI will bring soon. The Minister's fears are understandable. Instead of focusing on the

looming perils of AI, tech industry leaders are engaged in the game of one-upmanship. While most people are going gaga over ChatGPT, there are others who take its capabilities with a pinch of salt.

"When it comes to very powerful technologies... we need to be careful", Demis Hassabis, CEO of Google's DeepMind Technologies, told a magazine. He has gone on record that DeepMind's AI chatbot can do things that ChatGPT cannot. DeepMind's milestones include beating human world champions at the complex board game Go and predicting over 200 million structures of all known proteins.

DeepMind's Sparrow chatbot reportedly has features that ChatGPT lacks, including the ability to cite sources through reinforcement learning.

Sparrow could be released as a private beta in 2023. Most importantly, Hassabis said that AI is "on the cusp" of reaching a level that could cause significant damage to humanity. "When it comes to very powerful technologies - and obviously AI is going to be one of the most powerful ever - we need to be careful," he said. "Not everybody is thinking about those things. It's like experimentalists, many of whom don't realize they're holding dangerous material."

For that matter, even OpenAI CEO Sam Altman has warned of "scary moments" and "significant disruptions" with human-level systems.

Regulation must involve all the industry leaders so that AI ultimately has only a positive impact on human lives with there being not even a remote possibility of its erratic behavior or malicious use. Such technical standardization requires implementation of policies by government authorities who comprehend the nitty-gritty of regulating technology in an objective manner for universal good. This requires collaboration among lawmakers, policymakers, academics and engineers, coupled with solid backing by stakeholder groups, such as corporations, citizens, and human rights activists.

Otherwise, fiercely competitive tech majors will unwittingly advance Armageddon!



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