

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



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SUNDAY, JANUARY 29, 2023

# SUNDAY

pioneer

## Meditating on mike

p. 8&9

Diet: Tailor it to your body type, lifestyle

P. 3&4

"Tape Face" all set to tap your funny bone — p. 5 —







## PERSON

## FLYING BEAST

On the occasion of the 74th Republic Day, Captain Gaurav Taneja, popularly known as Flying Beast, created the largest map of India as a part of the nation-unifying patriotic endeavour known as "Aasman Mein Bharat". Taneja took to his social media accounts and made the big announcement about his mission! For the unversed, Gaurav Taneja is an IITian, an airline captain, a law student, a national-level bodybuilder and India's celebrity vlogger. He amasses a massive following on social media.



## VIDEO

## LUCKNOW BUILDING COLLAPSE

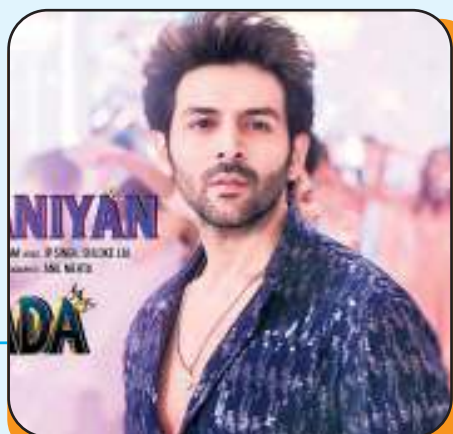
The five-storey Alaya Apartments in the Uttar Pradesh capital's Hazratganj area collapsed Tuesday evening, trapping more than a dozen people beneath it. The son of a Samajwadi Party MLA was arrested in connection with the collapse of a multi-storey building in Lucknow, which killed two women and injured several others.



## SONG

## CHEDKHANIYAN

Kartik Aaryan-starrer *Shehzada* released its new song *Chedkhaniyan* on Tuesday and while the song is an original number in a T-Series film. However, Kartik Aaryan has turned this into a dance number, which will appeal to his many fans. Composed by Pritam, the song has been penned by IP Singh and Shloke Lal, and sung by Arijit Singh and Nikhita Gandhi. The music video has Kartik's character and his newfound family in the film all celebrating their love and togetherness. Kriti Sanon also appears in the music video.



## MOVIE

## PATAHAN

After a hiatus of 4 years, King Khan returned to the silver screen with the much anticipated *Pathaan*. The film opened to positive reviews from the audience. Although a few film reviewers criticised the film for being over the top and mindless, the film is currently having a dream run at the box office with extraordinary footfalls. The Hindi version of the film collected around Rs.50 crores on the very first day bringing back the lost glory of Bollywood. At this pace, Siddharth Anand's *Pathaan* is set to shatter many records.



## PICTURE

## LENTICULAR CLOUD IN TURKEY

A "lenticular cloud" that is reminiscent of a UFO loomed large over Bursa, Turkey for over an hour. The beautiful saucer-like cloud took the internet by surprise and netizens flooded their social media accounts with several pictures and videos. The rare sight occurred at sunrise Thursday morning about 2000-5000m high from the earth's surface.



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# Diet: Tailor it to your body type, lifestyle

The term 'diet' is originated from the Greek word called 'diaita', which translates to a 'way of life'. In good old days, the word was used synonymously with the overall well-being of an individual. However, in the modern world, the term has come to signify the restricted sense of a quick fix adopted to reduce weight. It is a different matter that diet can be adapted even to gain weight. One in three people we come across nowadays will tell you that they are on specific type of diet such as ketogenic diet, paleolithic diet, vegan diet, vegetarian diet, Mediterranean diet, Atkins diet, along with add-ons like intermittent fasting, and the like.

There are millions of people who struggle with their weight. Our quest for quick fixes to attain the 'ideal' weight puts our minds and bodies to a lot of stress. Who doesn't love food? We all would love to come home and enjoy a bit of variety in eatables. Some of the restrictions associated with certain diet types rob us of the variations we look for. The unbalanced and restrictive food regimen might serve us in the short term, but they will test our patience in the long run.

The adoption of unhealthy lifestyle, coupled with stressful jobs, has contributed to a spike in obesity cases across the world. The Covid pandemic has normalized sedentary lifestyle. Rapid weight loss appears to be the only possible solution for those fattening with no control over their eating habits. However, experts across the globe caution that extreme quick-fix diets are most likely to fail in the long run. When one adopts an artificial diet that cuts them off completely from eatables that yield gustatory pleasure, boredom is bound to follow at some point or the other.

According to a paper published in the Indian Journal of Medical Research, maintaining a negative energy balance is the best way to sustain weight loss. It also lays emphasis on following a sustainable diet, along with moderate physical activity, to achieve overall mental and physical well-being.

The all-or-nothing attitude with respect to lifestyle choices is alarming. And, with exposure to social media posts, people are exposed to different kinds of preposterous diets, some of which could lead to potential health risks like eating disorders as well as heart and kidney-

related problems.

Clinical nutritionist Hafsa Farooq shares: "Every time somebody opts for a shortcut method to lose weight, they sign themselves up for failure. According to statistics, 85% of the people who go on an unreasonable diet gain all the weight back

results."

"I'd say around 10-15% of the people actually manage to stick to their diets provided that the diets are sustainable," remarks Hafsa,

Every health-conscious individual is familiar with the word 'diet', though not many are aware of the pros and cons of different types of diet linked to popular cuisines. Contrary to the claims associated with various fads and fanciful diet types, experts underline the need for mindful eating that takes into account your body type and lifestyle. There is nothing like a 'one size fits all' diet. *The Pioneer's* **AMARTYA SMARAN** talks to experts who share diet secrets to chew on.

within 6-24 months. In a lot of cases, these individuals end up being heavier than they were before they started their diets. The constant loss and gain of weight causes a lot of internal health problems, which include increased risk of developing type 2 diabetes, cardiovascular health problems, and a lot of psychological disorders."

People easily gain all the weight that they lose the moment they fall off the bandwagon.

on. Guess what? They immediately seek refuge in the comfort of extreme diets; thereby continuously gaining and losing weight. This is known as the 'yo-yo' effect, which slows down metabolism.

According to a study, the risk of heart attack-related deaths is three times higher in 'yo-yo' dieters. The worst part of this weight cycling process is that the weight never again comes back to normal, which could lead to further frustration.

Shedding more light on the concept behind weight cycling, Hafsa observes: "Weight cycling in simple terms could be defined as the repeated cycle of losing and gaining weight. Weight cycling often happens as a result of unhealthy approaches towards losing weight. People end up looking for a quick fix for their weight problems, which only ends in a relapse of weight and the cycle continues. The diet industry is a 7 billion dollars industry and it only aggravates the yo-yo dieting culture by selling people products and services that can help them magically see

looking at the consistency rate of her clientele. "The main reason why most people quit is due to a lack of discipline and the inability to stay consistent with their goals. Most of them aim for instant gratification, which comes with seeing the numbers on the weighing scale go down. Once they stop seeing the results, they give up without making any further adjustments in the current diet. Everyone needs to realise that eating healthy and working out are

not short-term goals; they are a lifelong investment. If you inculcate good eating habits and have a solid workout routine as a part of your lifestyle, you will automatically see the results you want in the long run."

The idea behind a ketogenic diet is to deprive the body of glucose. Our cells in the body thrive on glucose and when the body is deprived of glucose, it takes its fuel from ketones. The significant drawback here is that too many ketones will lead to kidney-related issues. These extreme diets impede the body from receiving the essential nutrition it needs, with the metabolic rate taking a beating as a result of it. People turn a blind eye to the drawbacks of crash diets to look presentable. Risking lives for one good picture on Instagram or Facebook doesn't seem reasonable, isn't it?

"Compulsive dieting has a negative impact on both your physical and mental health," opines the clinical nutritionist, while

speaking of the adverse effects of extreme diets on the body. "Our bodies were not designed to be in a state of constant distress which is what majority of the crash diets do to you. Most people who start compulsive dieting end up developing disordered eating habits, body dysmorphia, serious medical conditions, and eating disorders, which usually result in intervention by a professional. In most cases, people develop an extremely unhealthy relationship with food, anxiety and depression, low self-esteem issues, and a lot of other linked conditions."

Dr. Ankita Gupta, senior nutritionist and founder at Nutriediet, says: "Everybody wants a quick fix. People undergo weakness, muscle loss, anemia, and many other medical conditions after following these crash diets for a certain period. Suddenly increasing the protein content or suddenly going with a very low-calorie diet definitely has an impact on the mind as well."

Back in the 70s and 80s no one was ever so conscious about their diet. Gradually, people got exposed to a lot of these diet types. The fashion and film industries promote the idea of having a perfect body and skin. Of course, social media plays a crucial role in making people believe that 'perfect bodies' exist.

Dr. Ankita, discussing why people fall into the trap of extreme diet, says: "It is because of our lifestyle. If we see our parents or grandparents, their work patterns were totally different. They could strike the right balance between food and physical activity. Now, that balance is missing. It is nec-

essary to change the eating pattern as well. When you are not doing much physical activity, you must also change your eating pattern. When people do not change their eating patterns accordingly, that is where the problem starts."

"Everybody wants to go with the keto diet or vegan diet," observes Dr. Ankita Gupta, while discussing the flip side of diet. "Generally in a keto diet, the person stops the intake of carbohydrates and goes with a good amount of protein and fat. They certainly lose weight very quickly but once they stop the diet, they bounce back. A diet should be sustainable and it should fit into your lifestyle. From childhood, you are eating your roti, rice, and all the carbohydrates.

Continued  
on  
Page 4...



Continued from Page 3...

Suddenly when you stop everything, your body will also get surprised, thinking about what's happening. This causes adverse effects on the body. I don't believe in all these crash patterns. The problem is not the diet, but the portion that we consume. If we control the portion for a specific period of time, it is possible to maintain a good balance."

As per experts, exercise intensity determines how our bodies utilize fats when compared to carbohydrates. However, it is important to focus on the number of calories burnt as opposed to the ratio of fats and carbs.

The fat burning heart rate is supposed to be the rate at which a person's heart should beat per minute to achieve maximum fat burning results. A person's fat-burning heart rate is the ideal zone for fat loss. The ideal amount of fat burns at an intensity of 138 heart rate per minute in a situation, where 37.4 per cent of energy comes from fats and 62.6 per cent of energy comes from carbohydrates. This helps a person burn around 13.4k/cal per minute (5k/cal from fats and 8.4k/cal from carbs). Spending time in this zone is a great way to maintain good health, but ultimately it all boils down to caloric expenditure.

Unfortunately, there is no specific diet plan that works for everyone. What works for your friend or a relative might not work for you. Kolluri Samson Azaraiah, an internationally certified healthcare professional, elaborates: "There's no universal diet. One should really find what suits their body or you should be under the supervision of some nutritionist who can do the job for you and help you understand the kind of foods your body can take. If you suddenly switch to eating junk food after following a strict diet, you will have a bad reaction in the stomach. Generally, there are combinations of foods that our body is not used to since our childhood. There are only a few people who can eat anything and everything. You must choose a diet plan that suits your system more than anything else. Just to understand what's working for you, you can go to a professional for a month or two. Once you know what is put into your system, then you are on your own. No nutritionist in the entire world can provide a single diet plan that works for everyone."

From a psychological standpoint, Yasaswi Puvvada, rehabilitation psychologist, points out the various reasons why one might end up struggling to manage their weight. "During childhood, parents exert control over the child's diet and restrict them from eating certain foods. On reaching puberty, these children revolt and might start giving in to such foods leading to

unhealthy eating styles at an alarming rate. Individuals struggle to manage their weight because of various reasons some of which include personal issues, emotional issues, and financial issues. Eating is also seen as a distraction from work. Most people in the IT sector, working for long hours feel they need a break and their breaks are usually spent in the cafeterias. A break is synonymous with a cookie or a samosa. What our body wants isn't the cookie, but it needs rest and repair."

She gave us a run-down on the psychology behind dieting: "When we consume food, our brain rewards us for collecting the calories. This hunger is controlled by various hormones inside the body, and an imbalance in this can cause an increase or decrease in hunger. Health psychologists focus on the perceptions of people about their health and their beliefs about health. Weight loss or weight gain does not just happen when someone has less or more food nor does it just mean to exercise more and eat less. It includes a change in the behaviour and the attitude of an individual towards food. Unhealthy eating patterns are the precursors to extreme weight gain or loss. Binge eating as recognised by the DSM -5 TR is an emotion-driven response to anxiety. Sigmund Freud in his theory of psychoanalysis talks about the mouth being a source of pleasure for children, when one is fixed at the stage one may show overindulgence in activities related to the mouth, one of which is eating. These individuals take pleasure in eating food. An individual usually binges when anxious, angry, bored, and stressed."

According to

National Eating Disorders Association, 35% of the "normal dieters" progress to pathological dieting, and 20-25% of these individuals develop eating disorders, shares Yasaswi, adding: "The popularly known eating disorders are anorexia, bulimia, pica, orthorexia, night eating syndrome. Healthy eating patterns do require the mental efforts of individuals as well. Mindful eating helps one

to consume food in a holistic way and not just chomp down. Self-monitoring can become handy during healthy weight loss/gain. Setting realistic measurable goals and tracking one's progress must be necessary. Social support helps one to stay on track, and associating with groups that have similar goals keeps one motivated. Finally, it is more beneficial to eat little of one thing rather than bits of many things."

A good diet is one that is sustainable and helps you achieve overall well-being. Losing and gaining weight purely for the sake of appearance has become a norm in today's world. Sticking to a sustainable diet plan, which is inclusive of all nutrients, would prove to be effective.

At the end of the day, the reason why many people fail to keep up with their strict diet regimen is that they get lured by the temporary results and leave out the long-term goals. Mindful eating and gradually stepping away from the all-or-nothing attitude will help us understand the subtle tendencies with respect to food and weight.





# “Tape Face” all set to tap your funny bone

Globally acclaimed comedian ‘Tape Face’ aka Sam Wills will perform in our country.

Ahead of the India tour, the comedian, regarded as the clown from New Zealand, got candid with *The Pioneer*’s **SHIKHA DUGGAL** about prospects of India tour, how comedy happens to him and more.

Sam Wills, the famous prop comic, busker, and clown from New Zealand, is embarking on his first ever visit to our country, and we cherish his presence. Also known as “the boy with tape on his face,” he will be performing silent comedy. Interesting on another level! Also featured in America’s Got Talent is the guy in striped sweatshirts who mimes his way through the challenges of daily life.

In an exclusive conversation with us, he shared, “The atmosphere whenever I perform is eclectic and exciting. I enjoy surprising my audiences with new tricks! I think I have worked at the show long enough to know what works and what doesn’t for me, and I have definitely built a fan base over the years. My show is truly international and can be presented to any audience on the planet, and they all will have a good time.”

Without uttering a word, he leaves the audience in splits. We are amused! And the professionally trained clown said, “I started out performing as a child magician and in 2016 found myself on the stage of America’s Got Talent. My journey has been challenging, but eventful and fulfilling. I never stop learning and am always on the lookout for new and meaningful ways. I never intended to take silent comedy as seriously as it is today, and I go as silly as I can when on stage. My life is always on the move; once every five years, I get to take a break and go on vacation for myself. It always surprises me when I travel without my props! (he laughed).”

“Tape Face” brings a collection of inanimate objects to vivid life. “I have done all sorts of different styles of comedy, ranging from improv to stand-up. Very soon, I realised that stand-up with no talking was my calling! Knowing how to read and engage a crowd, creating a sense of spectacle and surprise using nothing but my performance skills, and with brief snatches of music and a succession of homemade contraptions, people are immediately intrigued as to how I can entertain them for so long without saying anything.”

Plunging his fans into this fictional universe, Sam, who also taught juggling for two years, said, “I tend not to believe in any hype. I am just doing what I do best. I like focusing on improving my performances, and although compliments are always welcome, I don’t pay much attention to them and try to only concentrate on making my audiences laugh with my acts.”

The tape faces loved talkative comedians, and those are Jimmy Carry and Joey Delaware, and we’re about to get our first dose of a hilarious, quirky, and inventive show. “Once I

started going down the silent comedy road, I discovered a whole new side of comedy sight gags. The language of comedy is universal. If you stay true to who you are as a comedian, people will love you. Stop second-guessing yourself and just enjoy the journey,” he shared.

Lost for words because he’s bringing Las Vegas to India, he mentioned, “I can’t wait to be in India! I have been looking forward to coming to the country for some time now, and to finally get the opportunity, it’s amazing. I am looking forward to interacting with my Indian fans and performing a show for them on my first-ever multi-city tour. This is also going to be my first ever visit to this beautiful country, and I am very excited to try the Indian food that I have heard so much about.”

The modern-day silent comic star also said, “The most entertaining part of my show is the audience interaction. I call someone to participate with me on the stage, supported by the rest of the crowd. My performance is unrestrained by language barriers, and anyone who comes on stage will feel special. I am sure people will be interactive and everything will go as per my plan. The goal is to make the show a super-duper success that has the audience entertained.”

When Simon Cowell pinned him as the modern Charlie Chaplin, there was no turning back for him from then on: “I am just doing what I do; I tend not to believe in way too much buzz like that. Although it’s such a huge honour, I don’t pay much attention to these comparisons and try to only concentrate on keeping my audiences entertained and improving my performances.”





# Celebrate your stretch marks

**P**ermanent stretch marks are appalling! Reading here and there about known people coming out on the challenges on not having smooth skin does to a woman's mind is even more daunting. It struck us: how we are obsessing, believing that a skin alteration like this is "ugly". That's when we contacted experts to learn about this insecurity for our upcoming health talk.

Our first specialist, Dr. Sunil Kumar Prabhu, dermatologist and aesthetic physician at Aster RV Hospital, said, "Striae are indented streaks that appear on the abdomen, breasts, hips, or other places on the body. They are common in pregnant women, especially during the last trimester! They also occur during an adolescent growth spurt and by dieting or putting on weight in adults and children. Stretch marks aren't painful or harmful, but some people don't like the way they make their skin look. So, sometimes, they fade with time; however, treatment may make them less noticeable more quickly. A stretch mark is a type of scar that develops when our skin stretches or shrinks quickly! The abrupt change causes the collagen and elastin, which support our skin, to rupture. As the skin heals, stretch marks may appear. These grooves in your skin aren't harmful to your health, but they aren't great to look at either! And even though they will never really go away, they might fade over time or with help from certain products

and procedures. Their severity is affected by several factors, including your genetics and the degree of stress on the skin. Cortisol levels in your body may also play a role. Cortisol is a hormone produced by the adrenal glands. The permanency of the skin lesions causes pregnant women embarrassment, which can negatively impact pregnancy and their quality of life. It can sometimes have an impact on self-esteem and clothing choices! Stretch marks and the concerns about developing them may be contributing factors for depression or anxiety in the perinatal period, which affects up to one in seven women during pregnancy and postpartum. If uncontrolled or untreated, perinatal depression can lead to adverse pregnancy or neonatal outcomes. "Bringing attention to the emotional and psychological impacts of stretch marks on patients can hopefully help in the identification and treatment of mental health disorders during pregnancy and in the postpartum period."

Dealing with a changing body type can be difficult for girls as well. "The key to preventing stretch marks usually apart from pregnancy is to do muscle building gradually with adequate protein intake and to check for cortisol excess if predisposing conditions are present," said Dr. Dilip Gude of Yashoda Hospitals. "Understanding the pathophysiology, accepting the reality, and embracing optimism that the stretch marks will fade away with time definitely help! There is no place for insecurities. The

majority of causes of striae are not personal flaws or failures that make one feel guilty. On the other hand, one should wear them proudly as battle scars. These show how the person has overcome the underlying disorders and come out victorious. People who have stretch marks may dread summer because their marks may be revealed by clothing. But loose-fitting, full-sleeved clothing can definitely help prevent the visibility of striae. The use of sunscreens can also help prevent pigmentation and the worsening of striae," he added.

There is no perfect woman with flawless skin. "The generation before us grew up watching curvy actresses, while the trend changed and glorified women based on their weight. It's unfortunate that we grew up in this environment, and many people around me feel worthless because of a few extra kilos. In this pursuit, we are moving away from our traditional and local foods and attracting so many health issues. Fortunately, there is a huge body positivity movement that is happening across the world, and I am so glad that we are the generation changing this. It is all about how we think and how we embrace ourselves. It is quite natural that one feels good when appreciated for how they look or what they do. However, trying to do something just to get that kind of appreciation is where the problem arises! This could stem from various aspects that could impact a person. Parenting, childhood insecurities, comments and critical state-

ments thrown at you by society, the influence of cinema, and now the pressure of social media: all of these have rooted life-changing insecurities in us, so working on these aspects requires a lot of confidence. If you look at it, Krishna and Ram were also dark-skinned. Our culture has always been very inclusive. People who interpret various aspects of our history and culture create societal constructs, which are the source of many insecurities. Beauty is very layered. According to me, physical appearance is just an aspect of it. I am not here to define anything, but according to me, being confident is being beautiful! There is great power that comes with making your own choices for yourself. For some, it's about staying fit, while for others it's about grooming themselves to enhance their features, and for others it's about just embracing themselves the way they are," shared Harshitha, who is a renowned cosmetologist in the city and was awarded an honorary doctorate by American Pontifical University.

## How to get rid of stretch marks, if any:

- Use scar-lightening creams
- Use laser therapy if necessary.
- Microdermabrasion is another option.
- Micro-needling
- Radiofrequency therapy is another option.
- Use chemical peels.



"Be happy and comfortable in your own skin"; is this as easy to follow as we just say it? We don't think so. In this week's Health Talk, *The Pioneer's* **SHIKHA DUGGAL** speaks to experts about permanent stretch marks, concerns women have about them, and ways to deal with underlying issues.



# Mental health insurance coverage: A welcome step or a confused case?

While the conversation on mental health has gained traction and there is incessant commentary around it from all major quarters, the field is still riddled with stereotypes and stigma. It is often not thought of as a legitimate illness that requires intervention by a trained and licensed professional. Until now, health insurance plans have only covered physical ailments, but the Mental Healthcare Act of 2017 and IRDAI's recent push to include mental illness in insurance is a step in the right direction!

"Mental health is not just a concept that refers to an individual's psychological and emotional well-being; rather, it's a state where an individual is able to use their cognitive capabilities to meet the ordinary demands and functions in society," Vaneeta Batra, a transformational life coach, explained. According to the WHO, there is no single 'official' definition of mental health. There are many factors, theories, and assessments that affect how mental health is defined. Mental health is related to the personality of a person as a whole. Vaneeta elaborates, "One of five people around the world is experiencing potential mental health problems. To make things even more worrisome — children and teenagers have a bigger proportion. Mental health determines how you think, feel, and act. In a state of good mental health, one feels positive about everything, while those who experience issues dealing with day-to-day problems are going through phases in life that they can't control; this could be a sign of a mental health problem and should be addressed." Like in any other physical illness, we spend a significant amount of money in hospitals and on medications; similarly, someone suffering from mental illness spends a significant amount on outpatient department expenses such as doctor consultations, medicines, and daycare treatments.

"With the rise in overall stress levels and mental health disorders, which can occur at any age and are more common in today's world due to the pressure of day-to-day life, peer pressure, all increasing at an alarming rate, the idea of getting mental health insurance does make sense! Just keep in mind to opt for policies that include OPD expenses as well! Mental health disorders are not limited to a particular age. However, people with a family history, those who have been through a traumatic experience, or those who have a history of antidepressants should strongly consider purchasing insurance," the life coach advised.

Abhishek, a senior sales executive at

As per a survey report by Deloitte in 2022, 80 per cent of the workforce reported mental health issues, and reaching out to mental health professionals is a luxury! Health insurance companies had never covered mental health until the pandemic compelled them to do so. **TANISHA SAXENA** provides a detailed analysis of recent developments following the Insurance Regulatory and Development Authority of India's mandate that companies cover mental illness as well as physical illnesses.

Policy Bazaar, gives us insightful information about the implementation of mental health insurance cover-

the system. Until recently, the IRDA had paid no attention to mental health insurance coverage, but since the pandemic has

such as anxiety, depression, post-traumatic stress disorder, attention-deficit/hyperactivity disorder, bipolar disorder, schizophrenia, obsessive-compulsive disorder, and psychosis will be covered in the health insurance. It will be covered after 30 days if the case is fresh. On the other hand in case of pre-existing conditions, depending on the severity of symptoms, it will get covered in 2 to 4 years. Moreover, if any mental condition arises due to alcohol consumption or drug abuse it will be excluded from insurance policy." Having said that, Abhishek points out that the implementation is at an initial stage and the premiums are also getting revised. Some companies have not yet adopted it, so gradually things will change.

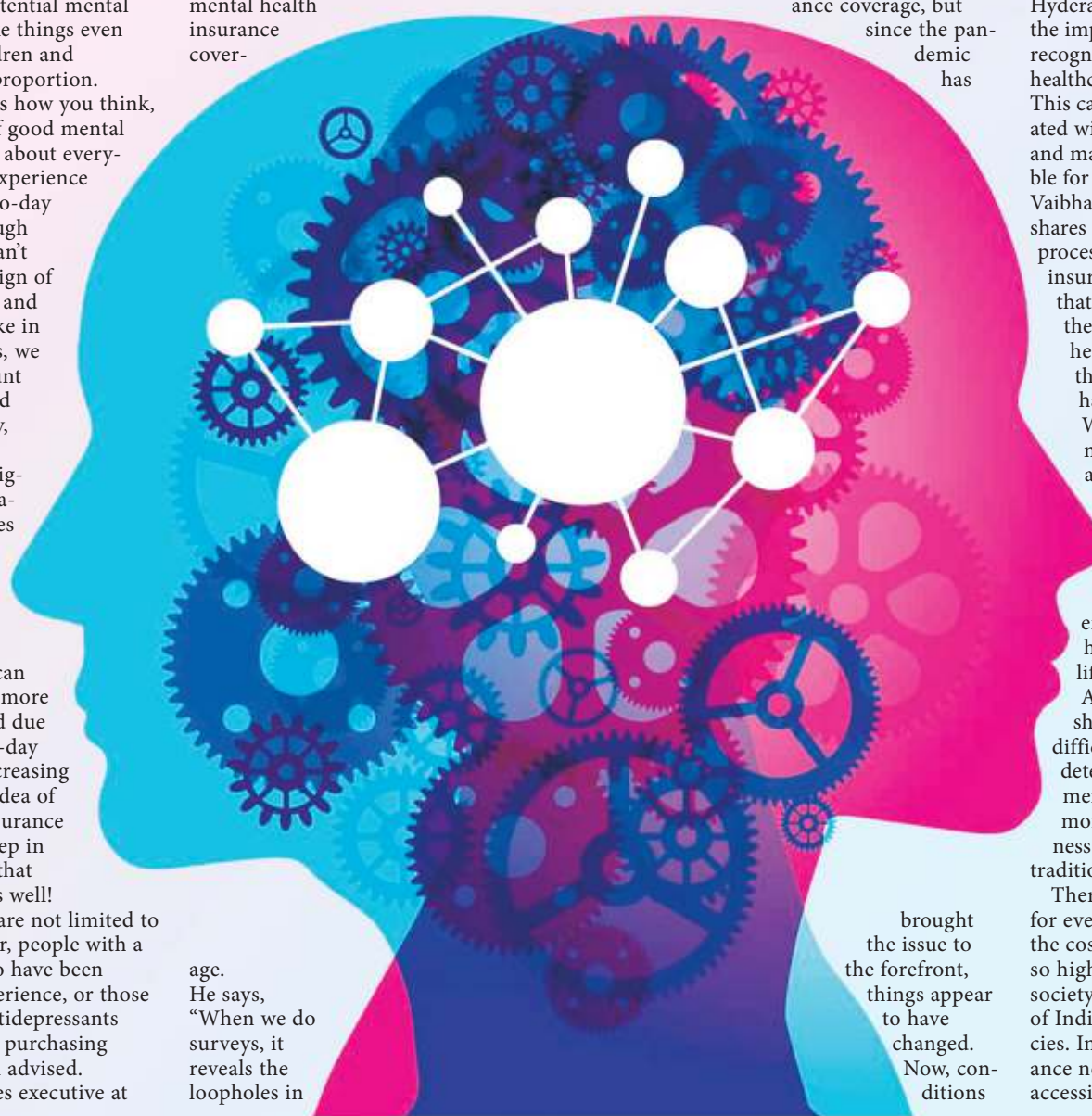
While IRDAI's announcement is indeed a great step, there's more that needs to be done than said. We connected with mental health professionals to hear their point of view, too. Welcoming the initiative, Vaibhav Khandelwal, co-founder of Felicity, a start-up aiming to help people get access to mental health therapy through online video counselling in Hyderabad, says, "The step acknowledges the importance of mental health and recognises that it is a legitimate form of healthcare that should be accessible to all. This can help to reduce the stigma associated with seeking mental health treatment and make it more affordable and accessible for individuals who need it." But Vaibhav looks at the bigger picture and shares what could be the challenges in the process of implementing mental health insurance coverage. He stressed the fact that, "As insurers start to re-examine their policies and incorporate mental health into their plans, it is imperative that we look into the impact this will have on the insurance premiums. While keeping it affordable to ensure maximum coverage, the insurers also have to make sure that top-quality care and qualified professionals are provided to the beneficiaries. With the limitations of physical centres in terms of accessibility and breadth of experience, online therapy providers will have a huge role to play in the proliferation of mental healthcare."

Another big challenge that Vaibhav shed light on is the fact that it can be difficult for insurance companies to determine the cost and coverage for mental health services, as it is often more difficult to measure the effectiveness of these treatments compared to traditional medical treatments.

There are only 75 psychiatrists in India for every one crore Indians. Furthermore, the cost of medications and treatment is so high that it is far beyond the means of society's middle class! In fact, only 30% of Indians have general insurance policies. In conclusion, mental health insurance needs to be more nuanced and accessible to the masses.

age. He says, "When we do surveys, it reveals the loopholes in

brought the issue to the forefront, things appear to have changed. Now, conditions







## PHILOSOPHY OF LIFE...

I live this moment. It is not worth -- worrying about the past and worrying about the future. I believe in the present moment. Whatever comes, just face it. That's life. There will be ups and downs, and you have to face them. That's my philosophy of life. I am not like any coward who would take extreme steps. Enjoy every moment of life, even those when you are sipping a cup of coffee.

## BALU ANNA'S FINAL WORDS TO ME...

I could not tie the rakhi one last time. It was a trying time for all music lovers, families, and fans. That phase was very difficult to overcome. That day, when I called him, I asked him if I could tie him a rakhi; he told me to come the next day, and I said okay, that's when he went to the hospital. He did not speak anything after that. My last words to him were: "The entire world is waiting for you" and he said: "Even I am waiting to come out". That was his last word to me. I was hoping that he would come back. And then, it happened. I could not accept the fact that he was no longer alive. It took me some time to digest the facts and understand the situation. The whole year was very difficult. I still have his phone number and the phone on which only he calls, and it is difficult even today when someone else calls that number.

## FIRST SONG...

I was hardly 13 years old when I sang for the first time. I was so ignorant at that moment. I was singing the song along with my sister. I used to sing in competitions and shows. I was quite comfortable singing in front of the microphone. The music director happened to be my Anna's best friend. We were all comfortable in our zones. I did not have any butterflies in my stomach. It was a very simple song that we sang in just one hour. After realising that I had sung for a movie that has only one song, which my sister and I sang, everyone called and congratulated me. Then I realised I had sung correctly, and I was happy.

## HUSBAND IS MORE OUTGOING...

My husband, Subhalekha Sudhakar garu, is very outgoing. He is very friendly with everybody; even in the first meeting, people feel that he has been their friend for a long time. I am a little bit conservative in that matter. I am choosy. I have little time, so I want to spend that time with my family and friends, practise music, and take care of my house. I have a very little social life. It is very intimate.

## DEFINITION OF MUSIC...

Music is my life. I sing every day. I love music, listening to music, and learning so many things from it. Music is my spirit; I can even feel the presence of God while singing. It is also a form of meditation to me. Music is very important to me when shooting.

## BONDING WITH SP CHARAN...

Charan and I have a great and healthy relationship. Now he is very mature, and he is singing and practising very well. He is doing a lot of shooting, and I am very happy with him.

## FOCUSED ON PRIVATE ALBUMS...

I am focused on stage shows and albums these days. People are now calling me for private albums. But we need to accept the reality. There are so many upcoming singers; they have to sing now to survive. I had my piece of cake. I had everything -- lots of songs to my credit, a good name, and fame. I had my time. Let the youngsters sing now. If someone asks me to sing, I will gladly oblige.



# Dil Se Meditating on mike

## FAMILY TIME...

We all love cricket and watching matches. He loves sports. If there's a good movie on, we all sit down and watch it. We enjoy eating at night. We will have one meal together for sure. We go on an outing. Ours is like any normal Indian family.



## BIGGEST STRENGTH...

I am patient by nature. May be it comes from my mother. She always laughs, and she always used to say: "Laugh at everything; don't worry about anything; things will change." That's my motto.



## TRYST WITH SAGARA SANGAMAM...

Acting is a time-consuming job. Even for Sagara Sangamam, I had strictly said no. I did not want to act. Recording and singing are much more comfortable for me than acting. However, K Vishwanath sir approached my father, who later convinced me to take up the role. I felt acting was easy, but dancing was tough. I learned Bharatanatyam, but in the movie it was more of Kathak and Kuchipudi. So, I did a lot of practice, and it was a tough job for me. Looking back now, that feels like so much recognition. I sang beautiful songs in that movie. I feel that was a boon for me.

## BIGGEST HIGH IN LIFE...

I haven't faced any insults so far. Even if someone had done it, I might have ignored it. Speaking of the biggest high in my career, my brother Balu sir used to feel that I should get a national award for Sagara Sangamam. However, bad luck, have no regrets. The other one was when we had a show in Hyderabad. The preparations were so high, I was given Asha Bhosle songs. Balu Anna kept telling me that I should sing well, so much so that at one point I felt like not singing at all. However, the show came out so well that, on the stage, he kissed and blessed me. It was the highest moment for me. Getting appreciation from him is very difficult when it comes to family. So, we were always on our toes. That was the greatest moment of my life, which I will always cherish.

She has a euphonious voice that can captivate anyone, including the tone-deaf, when it is at full play at the hands of music directors and composers who can play around with the full range of melodies. When the situation demands, she can coo like a dove and chirp like a nightingale to wow composers. Many extremely popular heroines in Telugu, Tamil, Kannada, and Malayalam cinema owe the accolades for the sweetness of their dialogue delivery to Sailaja, who also lends voice to films. Such is the versatility of SP Sailaja, one of the greatest singers and voice artists in India's film industry today. Apart from recording over 6,000 songs to date, she has acted in Kamal Hassan's superhit film *Sagara Sangamam*. She is also a classical dancer. Some of the chartbusters in south Indian cinema that reflect her accomplishments as a singer include *Kammani*, *Botany*, *Kinnerasani Vachindamma*, *Ve Vela Gopemmela*, and many more. The self-made singer, in her conversation with The Pioneer's **K. RAMYA SREE**, talks about music, life, losing her brother and eminent singer-actor SP Balasubramaniam, family, and more.





# Visual merchandising: All you need to know

Revamping something is exciting, whether it's clothing, a store, or a house where ideas can come true. Has this ever happened to you? Then you should try to pursue a career in visual merchandising. Visual merchandising is the practice of designing and showcasing products in a retail outlet with the aim of attracting customers and increasing sales. It emphasises the promotion and depiction of specific products to draw in buyers. With the proliferation of malls, retail shops, and boutiques across the country, the profession has become more appealing. Visual Merchandising acts as a silent seller by enticing customers to enter the store, guides them through directional signage, helps them find the correct size and style through customized visuals and graphics and supports the store to achieve desired sales.

Visual merchandising is about enhancing the shopping experience by focusing on display and promotion of merchandise with a primary objective to boost sales.

Brands have installed huge windows, invested a lot on lighting and mannequins, so that it can grab the attention of customers and convert passers-by to shoppers.

## Who is a visual merchandiser?

Visual Merchandiser is responsible for making the store look presentable at all times. They should have a keen eye for detail with a strong sense of fashion and design.

Visual Merchandisers are not only responsible for beautification of the store but to make the shopping experience more convenient.

Some broad responsibilities of visual mer-

chandisers are –

- To maintain the look and feel of the retail store.
- Planning and execution of store specific visual content such as product launch or to reflect a festive season or theme.
- Train store team members on brand display guidelines.
- Communicate and coordinate with other team members and stakeholders for better understanding of business and to formulate visual merchandising strategy accordingly.
- To manage in-house/third party vendors for getting timely execution and installation of posters, banners and fabrication of props, mannequins and other brand communication for stores.

## Planning to make a career in visual merchandising?

If you are planning to become a visual merchandiser, there are certain things which you should understand. For becoming a visual merchandiser, creative flair is a must. If you consider yourself creative, you can do great in this field.

Another consideration could be love for fashion and a fast paced retail environment. If you like the fashion industry and are inclined more towards the business and management part of fashion, Visual Merchandising could be a great career choice for you.

One important thing to consider is that the retail environment is very competitive and versatile. If you are someone who loves innovation and is willing to multitask most of the time, You will do great as a Visual

Merchandiser.

## How to become a visual merchandiser?

You can go for a bachelor's degree in any form of arts, Space, Interior and Communication designing to be specific or you can go for short time Visual Merchandising courses. There are numerous degrees and diploma courses. Duration of a diploma course is 6 months to 1 year, Degree courses in designing range from 3-4 years.

There are numerous post-graduation courses with 2 years duration.

If you don't have a design degree, don't be disheartened. There are specific courses on Visual Merchandising too. One can opt for courses such as Fashion Business Management which emphasises on practical leaning on various subjects required for surviving in a creative retail environment such as understanding of fashion, retail and economics.

Once you complete such courses you can directly start working with brands. Initially you might work as Visual Merchandiser for a specific retail store or cluster of stores but as you gain experience you can work at Regional level or work directly with a brand's international team or might work as a freelancer. The sky's the limit.

## Job role and responsibilities

Visual merchandisers typically develop a strategy using their creative talents for showcasing fashion items through the use of visual presentation, marketing, and also establishing various promotional activities to interact and advertise to the target cus-

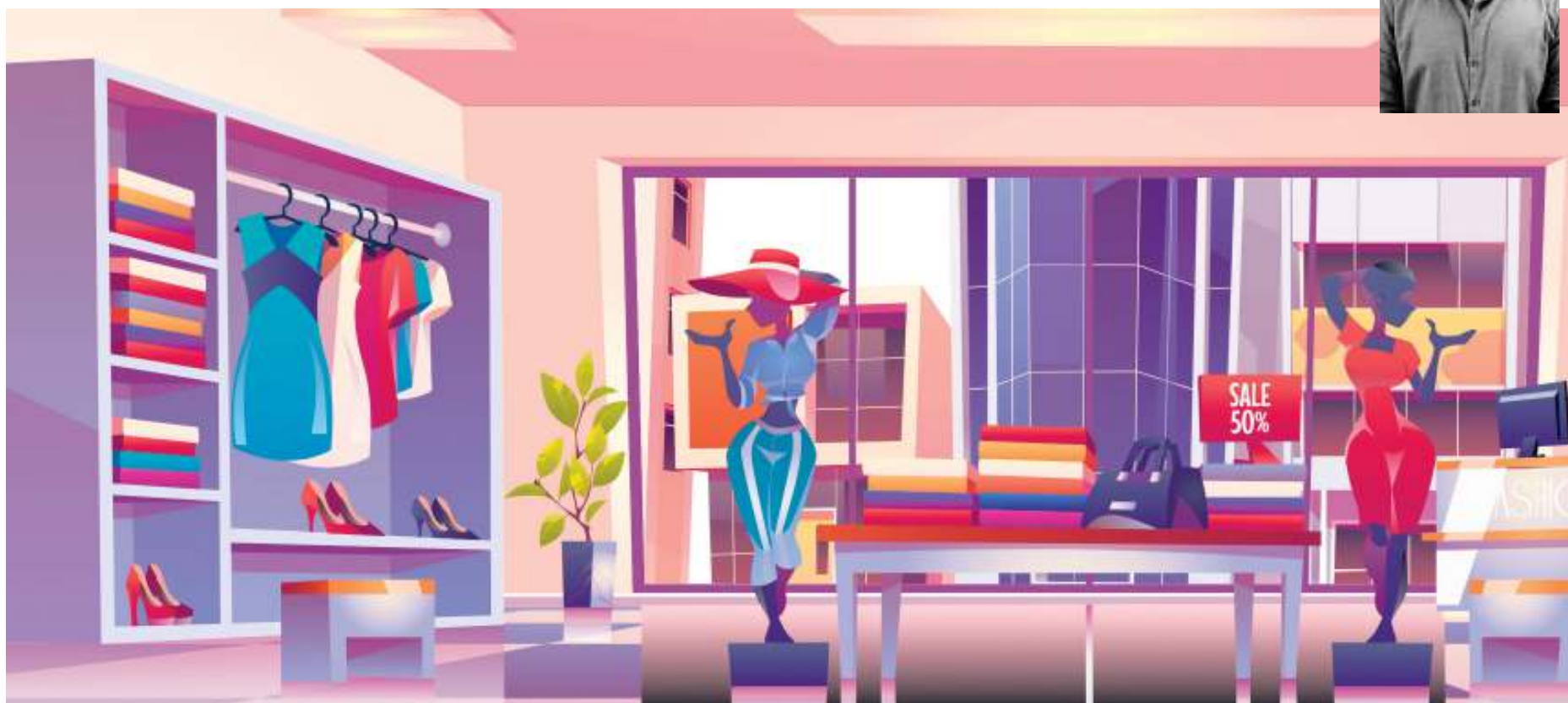
tomers.

The visual merchandiser's job is to capture customers' imaginations both inside and outside of a store. The best visual merchandisers may transform the window area of their store into a captivating art display or cleverly arrange a shelf to increase the likelihood that its contents will be purchased. Effective visual merchandising can raise public awareness, attract customers to a store, and significantly increase sales. Generally speaking, a visual merchandiser is in charge of organising and constructing store displays, which on a daily basis entails moving inventory and equipment, making signage, setting up lighting, and maximising both creative and financial impact.

## What are the average salaries and job prospects for visual merchandisers?

- Visual merchandising is in high demand.
- The course's cost is moderate. Students must spend between three and four lakhs on this course.
- Those that work in visual merchandise get very high wages. For students, the median annual salary is higher than 5 lakhs.
- It takes students a year to prepare for the entrance exam for visual merchandisers due to the moderate level of preparation for this field.

(The article writer, Anshuman Srivastava, is the assistant professor, Fashion Business Management, IAD)





# Smoked pumpkin salad

Home smoked pumpkin with, palm hearts, crumbled tofu and miso mustard dressing

## What you need:

- Silken tofu- 10 gm
- Palm hearts- 10 gm
- Roasted pumpkin seed- 02 gm
- Mixed cress- 05 gm
- Watermelon radish- 20 gm
- Green apple- 30 gm
- Roquette- 20gm
- Edible flower- 2 no

## For smoked pumpkin

- Yellow Pumpkin- 200 gm
- Wood chips- 04 gm
- Olive oil- 15 ml
- Garlic cloves- 3 no

## For miso mustard dressing

- White miso- 3 tbsp
- Japanese mustard- 4 tsp
- Rice vinegar- 2 tbsp
- Salt- to taste
- Pepper powder- to taste
- Sugar- 1 tbsp
- Mirin- 1 tbsp
- Water- 1 tbsp
- Salad oil- ½ cup

## How to make:

### For dressing

Mix water and mustard. Add Mirin, sugar and rice vinegar, add miso and blend well. While continuously whisking slowly pour in the oil and let it blend in the mixture, adjust the seasoning

### For smoked pumpkin

- Wash and peel pumpkin.
- With the help of vegetable slicer or mandolin slice it thin through its length.
- Rub all the pumpkin slices with oil and little salt and roast for 8 minutes at 200 degree celsius.
- In a small metal bowl or fire dish burn some wood chips and drop the slices in the same bowl. Cover it with the lid. Leave it for 10 mins so that pumpkin can absorb the aroma.
- Roll each smoked pumpkin slice with mixed cress filling and keep it on side.
- Dress seaweed, palm heart, radish, green apple slices and rocket leaf with miso mustard dressing and arrange it on the plate with rolled smoked pumpkin and crumbled tofu.
- Dizzle miso mustard dressing and sprinkle some pumpkin seeds (roasted) and serve.



COURTESY: CHEF NITIN BHARDWAJ, CULINARY HEAD, TARO HYDERABAD

# Japanese shibuya honey toast fruit cake

## What you need:

- Bread loaf – half
- Unsalted butter – 3 tbsp
- Honey – 3 tbsp
- Strawberry ice cream – 1 scoop
- Green tea ice cream – 1 tbsp
- Strawberry sliced – 3 pcs
- Kiwi sliced – 3 pcs
- Mulberry- 3 pcs
- Blueberry- 10 nos
- Red cherry – 10 nos
- Fruit macron- 1 no

## How to make:

1. Hollow out the loaf and cut the removed portion into bite sized pieces.
2. Coat the inner part of the loaf and bite-sized cubes with melted butter.
3. Preheat the oven to 360 degree Fahrenheit( 180 degree Celsius) and toast the bread for 8 minutes. It should turn golden brown once done.
4. Fill the toast cake box with the bread cubes and all the sliced fruits. Drizzle honey on top.
5. Decorate with both scoops of strawberry and green tea ice-cream and fruit macron. Finish off your honey toast fruit cake by drizzling more honey all over.



# Schezwan orange roasted pork

## What you need:

- Diced veg: 1 piece of each red/yellow/green capsicum
- Shitake mushroom
- Sliced orange: 2 pcs
- Pork: 1 portion
- Garlic
- Ginger
- Celery
- Champan
- Tomato ketchup: 1 tsp
- Orange squash: 1 tbsp
- Salt
- Pepper
- Chilli paste
- Sugar
- Vinegar: 1 ½ tbsp
- Schezwan pepper
- Spring onion
- Refined oil/butter

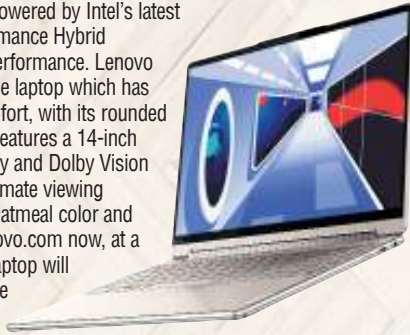
## How to make:

- Take a preheated wok and blanch all the diced vegetables. Once done, keep the veggies aside
- Now, heat refined oil/ butter in a wok
- Add some chopped ginger, garlic, celery, sauté them with Champan ingredients
- Add some tomato ketchup along with some Chilli Paste, and Orange Squash
- Stir these ingredients till a thick consistency appear
- Now add the salt, pepper, sugar and vinegar as per taste
- Add Schezwan pepper for flavour
- Garnish with Spring onion!



## Lenovo launches Yoga 9i laptop

Lenovo, introduced the country's first laptop powered by the latest 13th Gen Intel® Core processors. The premium Lenovo Yoga 9i is crafted for versatility and is powered by Intel's latest processors that leverage the Performance Hybrid architecture to deliver impressive performance. Lenovo Yoga 9i is a thin and light convertible laptop which has been aesthetically designed for comfort, with its rounded finish and more ergonomic grip. It features a 14-inch touchscreen OLED PureSight display and Dolby Vision with up to 4K resolution, for the ultimate viewing experience. The Yoga 9i comes in Oatmeal color and consumers can pre-order it on [Lenovo.com](https://lenovo.com) now, at a starting price of Rs 1,74,990. The laptop will also be available at Lenovo Exclusive Stores, Amazon.in, Croma, and Reliance, January 29 onwards.



## Have a SKIN-TASTIC year

The Body Shop's much-loved end of season SKIN-TASTIC sale is back! Several products, including bestsellers that have never before been on sale and pre-packed gifts for special occasions like weddings and birthdays at attractive prices are now on sale. The sale will go on till January 31, 2023.

The Body Shop's SKIN-TASTIC sale has something for everyone! With a significant number of the brand's products carrying the Vegan certificate and all of them being cruelty-free in recyclable packaging, the wide range of products will cater to a wide demographic.



## LOUIS XIII

A legendary Cognac from the prestigious house of Remy Martin, Louis XIII is made only using grapes grown in Grande Champagne within the cognac region and aged between 40 and 100 years, packaged in a gorgeous hand-made Baccarat decanter. The cognac inside a LOUIS XIII decanter contains blends of up to 1,200 Eaux-de-vie from the Grande Champagne AOC, renowned for its exceptional terroir. Provenance is experienced in every drop. As is the knowledge and expertise of every LOUIS XIII Cellar Master, passed down from one generation to the next. Since 1874, the Cellar Masters have selected the best Eaux-de-vie, aged in century-old oak casks and blended to retain the signature taste of LOUIS XIII cognac throughout time.

Price: Rs 3,95,000



## MYLO's MADE-IN-INDIA ESSENTIALS CLOTH DIAPERS

Mylo Cloth Diapers is your next go to choice for your baby's to keep their skin free from harmful chemicals. The length and waist of the diapers are adjustable with snap buttons providing a snug fit for the baby. They are waterproof, come with free insert pads, can be easily machine or hand washed and are available in multiple prints. These MADE-IN-INDIA cloth diapers are one-size fits all and are suitable for babies from 3 months to 3 years of age. The diapers' adjustable snap buttons can fit babies weighing from 5 to 17 kgs, meaning you can buy them once and be set throughout your baby's diaper-wearing life stage. Available in packs of 1, 2 and 3 diapers and soaker pads. These are priced at Rs.599/- onwards and are available on Amazon, Flipkart and [www.mylofamily.com](https://www.mylofamily.com).



## Galaxy A14 5G, A23 5G go on sale

Samsung's latest 5G smartphones - Galaxy A14 5G and Galaxy A23 5G - went on sale at exciting prices across Samsung exclusive and partner stores, [Samsung.com](https://samsung.com), and other online players. Galaxy A14 5G and A23 5G offers a complete package of the latest Galaxy innovations and 5G connectivity at an affordable price, making awesome technology accessible to everyone. Galaxy A23 5G is powered by Qualcomm Snapdragon 695 chipset, and Galaxy A14 5G is powered by Exynos 1330, 5nm, Octa-core processor for smooth performance and enhanced multitasking. Both smartphones come with up to 8GB RAM with the RAM Plus feature. Galaxy A14 5G is available at a monthly EMI starting from INR 1382, and Galaxy A23 5G at a monthly EMI of INR 1576.



## Carnival De Soi

In a carousel of corals, vibrant prints and romantic silhouettes, House of Soi's new collection 'Carnival De Soi' is an invitation to nostalgia and the winsomeness of youth. Galloping from sunset tones, sophisticated blues, and candy floss pink to nuances of beige. The collection is true to the fashion forecasts for SS '23, with an abundance of bold deep hues and prints. Fabrics used in this collection are the Bemberg Crepe and elegant Satin Linens which deliver excellence. Fusing the best of both like waffles and cream, House of Soi brings to you a carnival of a collection that is versatile, providing comfort in luxury, and evoking memories of forgotten merriment seated in bumper cars & the twinkling delight of the cityscape in the Ferris wheel.

## Hair care

Created by pros, this first-of-its-kind professional scalp care service aids in deregulating the scalp and has 4 treatments that serve as a solution for 4 different scalp and hair concerns. So be it dandruff, oiliness, scalp discomfort or hair thinning, the L'Oréal Professionnel Paris Scalp Advanced Range is your go-to hair treatment.

## Diamonds? Oh, yes!

An exquisite diamond collection by Reliance Jewels of lightweight, party and occasion wear pendant sets perfect for minimalist attires has been launched. The collection is inspired by kites and its various forms. Crafted in 14 kt Gold and finished in both yellow gold and rose gold, each of the designs is unique and set with lustrous diamonds to glam up your party look.





# Looming clouds of recession: Here's how you can save up

A recession is defined as a period of economic decline, characterised by high unemployment and low economic growth. The Centre for Economics and Business Research (CEBR) has forecasted that the world will experience a recession in 2023. The International Monetary Fund (IMF) has forecasted that more than a third of the global economy will contract and that there is a 25% chance that global GDP will grow by less than 2% in 2023, which it defines as a global recession. A separate Bloomberg survey of 42 economists predicts the probability of a recession over the next 12 months now stands at 60%. The Wells Fargo Investment Institute expects the U.S. to see a full recession, recovery and rebound by year's end. The Barclays Capital says that 2023 will be the worst global economy in four decades. While it is impossible to predict with certainty when a recession will occur, it is important for investors to be prepared for potential economic downturns.

The looming recession of 2023 is caused by the rising interest rates. When inflation picks up and the Fed, the US Central Bank, responds by pushing up interest rates to suck liquidity from money markets. Since the borrowing costs rise, businesses generally make fewer purchases, fewer investments, lay off people etc to save costs. The Fed has already hiked interest rates

from near 0% to the 4.25%. As a consequence, home sales in Nov 2022 was down over 35%.

However, this looming recession of 2023 will be different as white collar jobs will be more severe than blue collar jobs. The FANG Company (Big Tech giants of Silicon Valleys) have already announced major job cuts. In short, this looming recession will severely chock the middle class first.

This begs the question that for 2023 how

do we invest so as to save our wealth and generate returns that annual inflation.

Primarily all major investment houses focus on buying stocks of companies that have a history of performing well during economic downturns. These companies are typically those that are considered to be "defensive" in nature, such as consumer staples, healthcare, and utilities. These industries tend to be less affected by economic downturns as people still need to buy food,

healthcare, and pay their utility bills. Even the so called category of "sin stocks," such as alcohol, tobacco are considered recession proof.

Further, in recession the smart money tends to shift to investing in bonds. Bonds are a form of debt that are issued by companies and governments. During a recession, bond prices tend to rise as investors flock to safer investments. This is because bonds are considered to be less risky than stocks, and offer a fixed rate of return.

Additionally, the smart money also moves to assets such as gold and real estate. These assets tend to hold their value during recessions and can act as a hedge against inflation.

However, if we have a long term view recession provides an excellent opportunity to build a portfolio. As Warren Buffett says "be greedy when there is fear". While it can be tempting to sell off investments in a panic, it is important to remember that recessions are typically temporary and that the economy will eventually recover.

In conclusion, a looming recession in 2023 is not something to be ignored and it is important for investors to take steps to protect their portfolios.

*(The writer, Nishant Chandra, is the founder of Blocktickets)*



## Budget 2023-24: Wish list of startups from different segments

The entire country is eagerly awaiting the presentation of the Union Budget 2023-24 by Finance Minister Nirmala Sitharaman on February 1st. The government has been working to encourage the growth of new businesses in the country. So it's no surprise that the startup sector has high hopes for this year's budget. The following are the expectations of various industry players for the upcoming budget.

Gaurav Rathore, Co-founder - EVeez, a pioneer in Electric Mobility as a Service (eMaaS) shares his expectations for the Electric Vehicle sector, "With Fame II subsidy drawing to a close, a key expectation from Budget 2023-24 is a newer and broader FAME III to be introduced which has at least five times the targets of FAME II. In addition, it must also include electric vehicles (EVs) which are currently sold without a battery and which rely on battery swapping networks so that EV adoption (especially by commer-

cial fleet operators and logistics companies) through newer operating models like electric mobility as a service (eMaaS) can be accelerated."

Sharing his expectations for the MSME sector, Arjun N, Founder & CEO - SolutionBuggy, India's largest manufacturing consulting platform, says, "Expectation from the budget is to do a balancing act between global volatility (survival) and focus on growth. MSMEs are the backbone of the Indian economy. The existing production-linked incentive (PLI) schemes are limited to corporates and big players concentrated in specific sectors. Extending the scheme to manufacturing MSMEs can provide a boost to Atmanirbhar Bharat (especially focus on Import substitution) and create jobs. Revamping of the Credit Guarantee Scheme for MSMEs can provide an easier line of credit which is one of their essential requirements to maintain liquidity for the sector.

Lowering compliance costs (regulations/licences/compliances) especially for Micro enterprises can also be a small but positive step towards supporting MSMEs"

Urvisha Panchani, Director - Fabcurate, an online fabrics store, expects the textile industry to flourish and says, "If the government relaxes tax laws and opens up more opportunities for foreign investment, the budget for 2023-24 might boost the textile industry. By 2025-2026, the Indian textile and apparel market is projected to increase at a 10% CAGR, totaling US\$184.44 billion. Around 4.5 crore people work in India's textile industry, and the government should take into account the enormous number of people involved in the industry and offer new programs with lower tax burdens. Rules governing the export and return of goods should be made simpler to enable SMEs to export their goods smoothly."

Harsh S Kedia, Co-founder - Auburn

Digital Solutions, a full-service digital agency, shares, "The benefits of SEIS export incentives to advertising/tech companies based in India are multifold. While the proposed incentives will push the country's service-based exports to global clients, these will also help in intensifying digital penetration among the masses in the country. These benefits will boost India's digital economy and lead to the creation of a Digital Advertising Ecosystem with all-encompassing benefits for all participating stakeholders. Experts also hope that the creation of the Digital Advertising Ecosystem will prove instrumental in the development of better policies for e-commerce, fintech, agri-tech, and other such tech-based industries. This, in turn, will push the envelope on Digital Adoption and support for digital advertising companies across the spectrum. Further, the segment of the creator economy will receive its share of benefits."



## Love or arranged marriage: What is in your future?

Among the planets, Venus represents passion. Therefore, this planet is considered the dominant planet that majorly influences the marriage astrology of a person. The position, conjunction, and aspect relationship of this planet in the relevant houses will impact an individual's love marriage prediction and the nature of the prospective life partner. If Venus (the Lord of the 7th house), Mars (the Lord of the 2nd house), and Moon influence the 7th house directly, they are strong, indicating the quality of your married life.

### Role of other planets in marriage

#### Sun

The Sun signifies ego, power and authority. The Sun is often used in artistic portrayals to depict power and dominance over others. When it comes to married life, the couple mustn't have ill-placed Sun in their horoscopes. Such placement of the Sun will adversely impact their relationship, understanding and willingness to adjust.

#### Saturn

Saturn is a natural malefic and is notorious for causing delays and obstacles to every occasion in life. A malefic Saturn can cause delays in marriage. It can affect trust between husband and wife which will eventually result in them distancing away from each other physically and emotionally.

#### Rahu

Rahu is behind obsessions in persons. A badly placed Rahu can deflect focus from relationships and can cause breakups. It can cause confusion and distrust in marriage. Rahu has the most negative contributions to causing divorces.

#### Ketu

Ketu causes detachment in a person. A badly placed Ketu can result in him or her gradually becoming dissatisfied in the relationship. The person will become distracted and oblivious to the emotional and physical needs of the partner.

#### Mercury

Mercury has a benign influence on married life. Well-placed Mercury opens the door of communication in a relationship. The person will be able to deal with relationship issues intelligently and logically. However, too much rationality will steal away the ability to indulge in romance which may lead to marriage losing its steam down the lane.

### Combinations for arranged marriages

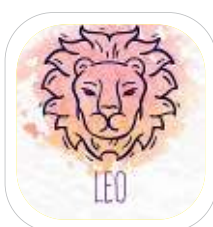
If you are eager to have your prediction checked by date of birth and know whether it is love or arranged marriage that is awaiting you, check the position of Venus in your horoscope. If it is placed in the 3rd, 10th, 11th, or the house of the ascendant, it means that you are likely to have an arranged marriage. Similarly, if the lords of the 2nd, 7th, and 11th houses are combined, and these houses are under the influence of the Sun or the Moon, then arranged marriages are most likely to happen. Such marriages will be decided and fixed by the parents. Another possibility arises when the 7th house lord gets placed in the 8th, 10th, 11th, or 12th house, while the lord of the ascendant, or the lagnesh, is placed in the 3rd, 6th, 8th, 10th, 11th, or the 12th house. Even when the lord of the ascendant gets placed in the 9th house, and the 9th house lord is placed in the 10th house in conjunction with the lord of the 10th house. But if the lord of the ascendant doesn't combine with the 7th house lord, the probability of arranged marriage gets higher.

### Combinations for love marriages

Suppose Venus and Saturn planets are in conjunction with Mars in a strong position within your horoscope; you are likely to have a love marriage.



Do not outright reject the ideas of others. Those above you will think negatively of you. Bring down your eccentricities and your desire to experiment.



Your ability to experiment will win you praise. Too much openness will gain you nothing. Don't waste time arguing. Siblings will support you in your aim.



You will be attracted towards beauty and balance. There will be no strain in life. The mind will be filled with joy. You may meet some good people.

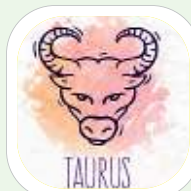


Do not give up if you fail on the first chance. Try again and again if you feel so. Focus on getting things done. They do not have to be perfect.



You will successfully finish assigned tasks on time. Adjust wherever it is necessary. Stay committed to the task at hand. Be calm and neutral all the time.

You will place quality above money. A sense of joy and cheerfulness will fill you. Being relentless to succeed will help you rise above routine existence.

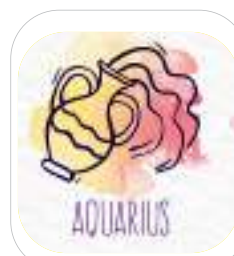


## YOUR WEEK AHEAD

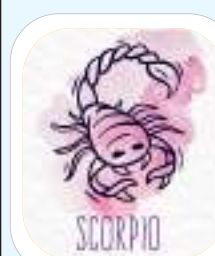


Harmony is the keyword. You will get along with everybody. Ignorance is not a virtue. Patience and tenacity will help you deal with your problems.

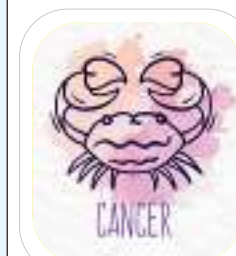
There will be frustration. Your efforts will not be acknowledged properly. But you will find a special someone with whom you can share your interests.



Remain cool in face of pressure. Keep a tight grip on emotions. Time is not good for new starts. Do not be depressed. Good fortune will arrive soon.

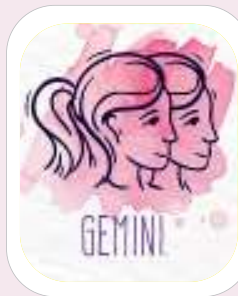
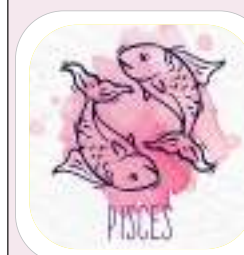


Do not overestimate your abilities. Chances are that you may go wrong. Think twice before saying something. Time is not favourable for changes.



Some of the negative traits in you will disappear, thanks to the influence of a special someone. Do not be insecure and don't be afraid of emotions.

You will have a wave of ideas. Choose the best by using your ability to experiment. Minor setbacks should not affect you. Hard work will bring results.



If the lord of the 7th house gets placed in the 1st, 5th, or 12th house, it indicates that you will end up marrying someone who was close to you and yet not romantically linked to you during the time.

If the planet Venus is afflicted and is in an aspect relationship with Saturn and Mars combined, it means you will have a marriage of your choice, but family and society will oppose your union.

Your birth chart (natal chart), holds the key to your marriage, whether love or arranged.

### Love Vs arranged marriage:

In numerology, the fortune of a person can be known by knowing his or her birth number. The birth number is calculated by adding the numbers in the date of birth of the person to its final single digit. For example, if a person is born on 2nd January 1990, the date of birth of that person is  $2+1+1+9+9+0 = 22 = 2+2 = 4$ . The birth number of the person

can be between 1 and 9. The fortune of the person, including marriage prospects, will depend on the birth number.

### Role of numerology in marriage

**Number 1:** They tend to be dominant in the relationship. They are choosy, practical and are willing to wait for the right person to arrive in their life. Theirs is more likely to be a love marriage than arranged one. They are committed and loyal as lovers and as life partners.

**Number 2:** They are sensitive and tend to be moody. They value emotional connection over physical pleasures. They follow their heart and once they get attached to a person seldom do they part ways. Arranged marriage is the better option for them.

**Number 3:** They are fearless and ambitious. They are generally not romantic and want to marry the best. For them, career takes precedence over romance. They are practical and generally do not

follow their heart. Love marriage is not for them.

**Number 4:** They tend to be unorthodox. They value the pleasures of the flesh. They remain dedicated as lovers and partners but may seek outlets to experience something different. For them, being dominant in a relationship is not at all important, and so is whether the marriage is love or arranged.

**Number 5:** These people want their partners to be perfect. For this, they are willing to try out one person after another. So, they are likely to be involved in many relationships before settling on the perfect one. Sex is important to them in a relationship. They need a stable partner who can keep them grounded. So, arranged marriage is the better option for them.

**Number 6:** They can be charming and are subservient to their emotions. It is important for them to be mentally and emotionally connected to their partners. This is possible more in a

love marriage than in an arranged one.

**Number 7:** They are dreamy and thoughtful people. Their mind is powerful and they can make something happen through sheer will. Number 7 people are emotionally connected to their partners. They are loyal and constantly try to keep the relationship perfect. Marriage, love or arranged, works just fine for them.

**Number 8:** They are the most loyal and often the most misunderstood. They value ethics and are not open to compromise. They need partners who understand them to the core. Arranged marriage, after having the horoscopes matched, is the best option for them.

**Number 9:** These people are aggressive and energetic. They want their relationship to be sexually compatible. While they stay attached to their partners, sex outside marriage merely for the sake of pleasure is not out of the question. Arranged marriage works better for them.



## GLOBE TROT

### Justin Bieber sells his share of rights to his music for \$200m

Justin Bieber has sold his share of the rights to his music to Hipgnosis Songs Capital for a reported \$200m. The firm now owns the pop star's stake in some of the biggest hits of recent years, including Baby and Sorry.

Bieber, one of the best-selling artists of the 21st Century, joins a growing group of artists who have cashed out on their catalogs. The move means Hipgnosis will receive a payment every time a song it owns is streamed or used on radio, TV or film.

The company – a \$1bn venture between financial giant Blackstone and the British Hipgnosis Song Management – acquired Bieber's publishing copyrights to his 290-song back catalog. It has also acquired his share in the original master



recordings of his songs. That includes all of his music released before 31 December 2021.

Hipgnosis has not disclosed the terms of the deal, but a source told the news agency AFP it was worth around \$200m.

### Woman orders sanitary pads from Swiggy, receives chocolate cookies along with it

Swiggy's express grocery delivery platform Instamart has become increasingly popular in the country and made life a lot more convenient with its quick services. Instead of going to grocery shops, people can get items for daily needs within 15 minutes on Swiggy's instant delivery app. Recently, a woman who ordered sanitary pads from the app was left pleasantly surprised after she received a few chocolate cookies along with the order.

Twitter user Sameera took to the micro-blogging site Twitter to share her experience. Calling the gesture "thoughtful", she tweeted, "I ordered sanitary pads



from @SwiggyInstamart and found a bunch of chocolate cookies at the bottom of the bag. Pretty thoughtful! But not sure who did it, swiggy or the shopkeeper?"

### Woman scares Metro passengers in Noida by dressing up as 'Manjulika'

Pranking people for social media likes has become the new trend among content creators. A video has now surfaced on the internet which shows a woman dressed up as 'Manjulika', from the 2007 Bollywood movie 'Bhool Bhulaiya'. The woman, dressed in a yellow saree is seen entering a Noida metro with dishevelled hair, some jewellery and messed-up makeup on her face.

She is seen roaming around the metro compartment, while enacting the possessed character 'Manjulika', trying to scare people. Not only that, she is even seen approaching people who are comfortably seated, trying to gain their attention with her yelling and gestures. However, some were simply unbothered.

One of her victims was a youth sitting in the corner seat with his headphones on, oblivious to what was happening around him. Trying to scare him, she aggressively



tapped on his shoulder, forcing him to vacate his seat. The clip ends with the woman taking the man's seat while continuing to scare people in typical 'Manjulika' style.

Meanwhile, the video has received mixed reactions from the audience, with some people calling it 'harmless fun', while others criticised the woman for disturbing other passengers, especially children.

## Moral compass and India's Constitution

Amid the current inharmonious relations between the Union government and the Supreme Court of India, despite the checks and balances provided in the Constitution with clear-cut separation of powers among the Legislature, Executive and Judiciary, the bold remarks of Chief Justice of India DY Chandrachud characterizing the basic structure doctrine as the North Star are welcome. The CJI's point that the craftsmanship of a judge lies in interpreting the text of the Constitution with the changing times while keeping its soul intact is well-taken. "The basic structure of our Constitution, like the North Star, guides and gives certain direction to the interpreters and implementers of the Constitution when the path ahead is convoluted," he said. The CJI elaborated for good measure: "The basic structure or the philosophy of our Constitution is premised on the supremacy of the Constitution, rule of law, separation of powers, judicial review, secularism, federalism, freedom and the dignity of the individual and the unity and integrity of the nation."

The message that the basic structure doctrine provides the moral compass for following the Constitution in letter and spirit must now be amply clear to the Centre, particularly to Vice President Jagdeep Dhankhar, who had the political compulsion to question the landmark 1973 Kesavananda Bharati case verdict that had crystallized the basic structure doctrine. Dhankhar, by claiming that the verdict had set a 'bad precedent', has reopened a can of worms. By positing that it would be difficult to say 'we are a democratic nation' if any authority (read Judiciary) questions Parliament's power to amend the Constitution, he has sought to trash a sound doctrine that had evolved over more than three decades, thanks to towering legal luminaries of independent India.

The grouse of the Centre obviously is that the basic structure doctrine guided the apex court in setting aside several Constitutional amendments, including the one brought to prop the *National Judicial Appointments Commission (NJAC) Act* on the appointment of judges in the higher judiciary. Dhankhar's assertion that parliamentary sovereignty and autonomy are quintessential for the survival of democracy and cannot be permitted to be compromised by the executive or judiciary should be seen in the present context of who is encroaching on whose territory. The ugly exchange of words between the Supreme Court and the Union government over appointment of judges to the higher judiciary mirrors enough.

The CJI highlighted the basic doctrine opportunistically while delivering the Nani A Palkhivala Memorial Lecture. The CJI aptly remarked: "Nani was a true constitutionalist and dedicated his entire life to preserving the integrity of the Indian Constitution. If not for Nani, we would not have had the basic structure doctrine in India... Nani was opposed to the protectionist economic policies of the government. Nani's fight was not simply against the economic ideology of the day, but it was also against policies which denied people from exercising their liberties."

Recalling vividly the circumstances under which the verdict containing the basic doctrine was delivered, the CJI observed: "Palkhivala was rather troubled by the barrage of questions directed at him by all the thirteen judges. A young girl accompanied her father to Court to witness the proceedings and after the day's session, the young girl asked her father 'who was the young man trying to interrupt the thirteen well-dressed gentlemen?'... In the end, the hearing lasted for 66 days in the span of five months, and Palkhivala argued for the petitioners for a total of 31 days. By a thin majority of 7-6 judges, the Supreme Court held that while Parliament had the power to amend any part of the Constitution (including the chapter on Fundamental Rights), the power cannot be so exercised as to alter or destroy the basic structure or framework of the Constitution."

Commenting on the decision in *Kesavananda Bharati*, Palkhivala wrote: "Logically speaking, the limit to the amending power should be that the Constitution cannot be made to suffer a loss of identity through the amending process. The identity of the Constitution is the sum of its essential features. Therefore, if the Constitution is not to suffer a loss of identity, each of its essential features has to be preserved."

For the unversed, it took nearly three decades for the basic structure doctrine to gel. In 1951, Parliament's power of amending the Constitution under Article 368 was held to include the power to amend Part III containing the Fundamental Rights in *Shankari Prasad v Union of India*. In 1965, Parliamentary supremacy and its power to amend any part of the Constitution was upheld again, with two Justices dissenting. In 1967, in a complete reversal in *Golaknath v State of Punjab*, the Court ruled that Fundamental Rights could not be amended by

Parliament, unless another Constituent Assembly is formed. In 1971, under the 24th Constitutional Amendment, Articles 368 and Article 13

were modified to allow Parliament to unilaterally amend the Fundamental Rights, overturning the *Golaknath* ruling. In 1973, in the *Keshavananda Bharti v State of Kerala* case, which has since become a beacon for Courts, the Supreme Court ruled that all parts of the Constitution, including Fundamental Rights, can be amended keeping its 'basic structure intact. In 1975, under the 39th Constitutional Amendment, the election of President, Vice President, Prime Minister and Speaker was placed beyond the scope of judicial review, of course in the backdrop of Emergency. The same year, in *Indira Gandhi v Raj Narain* case, applying the 'basic structure' doctrine for the first time, the Court struck down the Amendment. Free and fair elections were held to be part of the basic structure. In 1976, under the 42nd Constitutional Amendment, Constitutional Amendments were protected against being called in question by any court. Parliament's constituent power to amend was declared as limitless. In 1980, under the *Minerva Mills v Union of India* case, the modifications were rejected by the court, which clarified that Parliament's power to amend the Constitution is limited by the Constitution itself.



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