

డబ్బా నుంచి ప్లాస్టాకి మారారు... మరి మీరు చూసే వార్తలూ మారాలి కదా...



విఖార్జైన
వార్తల కొనసం...

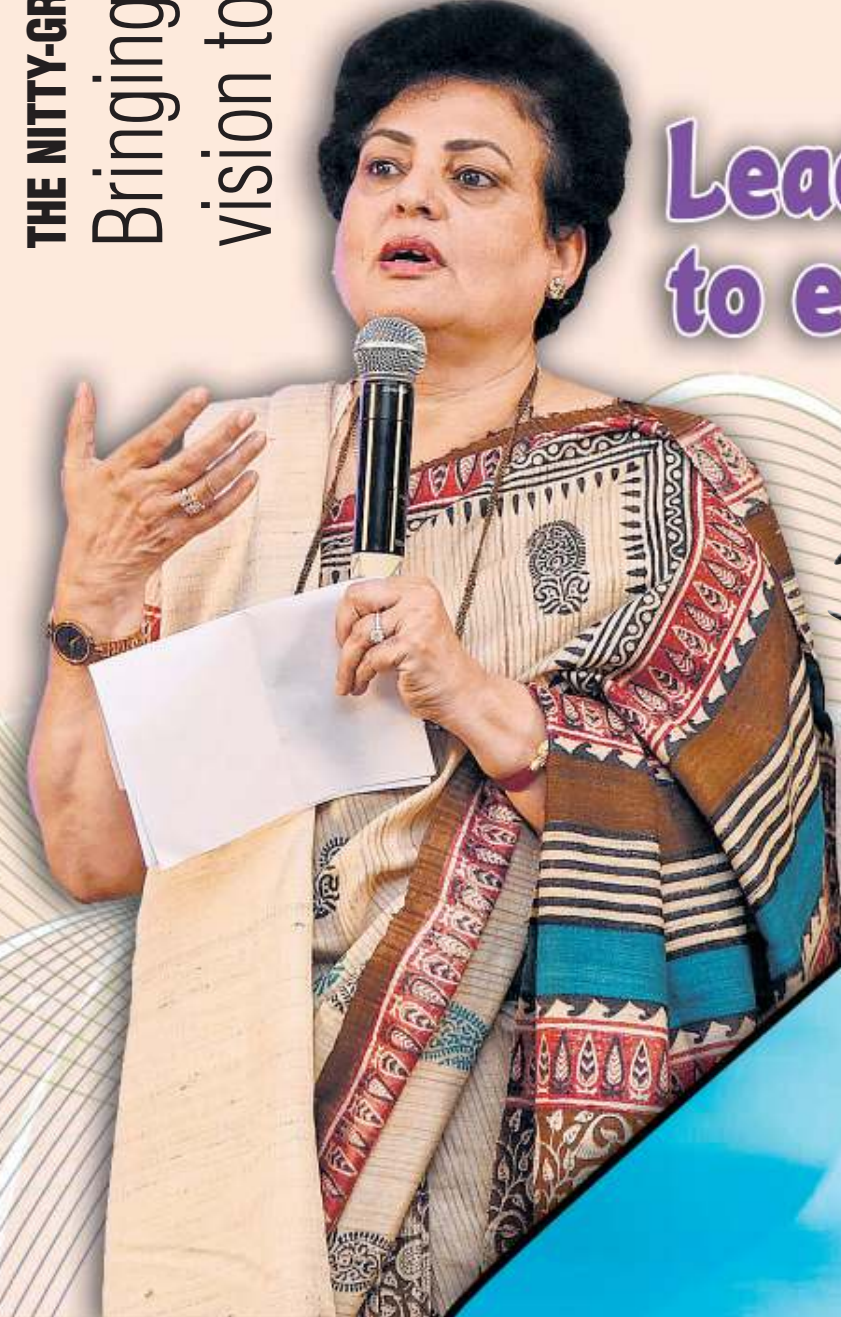


చూస్తున్నే ఉండండి... స్వతంత్ర న్యూస్ ఛానల్

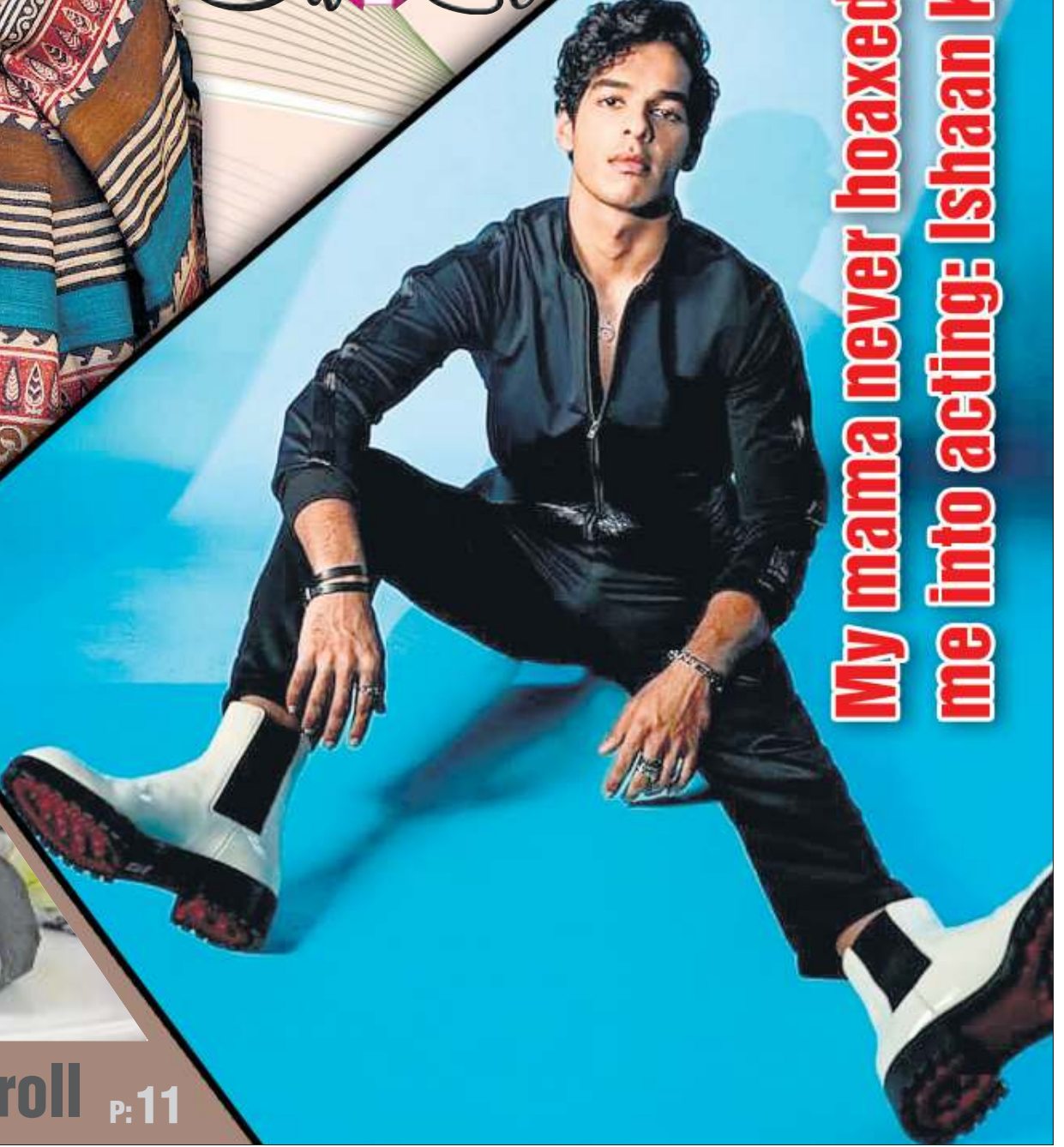
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SUNDAY, JUNE 4, 2023
SUNDAY
pioneer

PERSON

SANGEETA PHOGAT

The country's top athletes have been protesting for weeks, demanding the arrest of BJP MP Brij Bhushan Sharan Singh, whom they have accused of sexually harassing women wrestlers. After the wrestlers were taken into custody, a selfie of Vinesh Phogat, Sangeeta Phogat and others clicked in a police vehicle started circulating on social media, with the claim that the wrestlers were seen smiling even after being detained by the police. However, it is found that the image had been morphed using Artificial Intelligence app called FaceApp. The narrative was grossly manipulated to show that the protest was just a propaganda tactic. The original photo does not have the grapplers smiling, but simply sitting inside the bus teary-eyed. But the smile sends a message that they are not serious about the protest and its entailments and are putting up a facade.



VIDEO

NERVE WRACKING MURDER IN DELHI

CTV footage of a gruesome murder that had taken place in Shahbad Dairy, in Delhi has shook the nation, ever since the video had gone viral all over. In the video, Sahil (accused) stabbed a 16-year-old Sakshi around 30+ times to death. Well, that wasn't enough, he later battered her with a huge concrete slab, and also kicked her a couple of times.

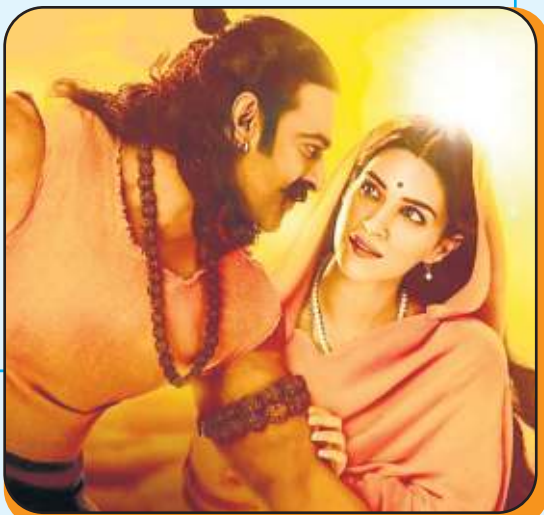
Something that sparked a huge debate was, even after people wandering around, none came out to help the victim. According to reports, the accused killed the victim since she stopped having any sort of interaction with him.



SONG

RAM SIYA RAM

Prabhas's Raghava and Kriti Sanon's Janaki long for each other following the latter's abduction by Lankesh in the VFX-heavy music video of the Adipurush song Ram Siya Ram, a rendition of the popular devotional song, dropped by T-Series. Sung by Sachet Tandon and Parampara Tandon, the number garnered over 1.7 million views on YouTube in less than two hours since its release. Sachet and Parampara have also scored the music for Ram Siya Ram, the lyrics for which have been penned by Manoj Muntashir Shukla.



MOVIE

ASUR 2

Asur, starring Arshad Warsi, Barun Sobti, Sharib Hashmi and Amey Wagh, is the story of a fanatic serial killer with religious ties. The psychological, edge-of-the-seat drama, directed by Oni Sen, pits two opposite worlds against each other as the battle of science vs faith results in mayhem and a bloody trail of innocent deaths. While the first season was lapped up the audience, the second season will be out.



PICTURE

MS DHONI LIFTED RAVINDRA JADEJA AFTER IPL FINAL WIN

Chennai Super Kings all-rounder Ravindra Jadeja turned into a match-winner in the early hours on Tuesday, hitting 10 runs off the final 2 balls to hand Gujarat Titans a 5-wicket defeat and help his side win the Indian Premier League title for the 5th time. After Jadeja hit the winning runs, Dhoni gave the star cricketer the biggest of hugs, lifting him up in the air as he ran towards him as CSK clinched the title. While there have been rumours over an alleged conflict between Dhoni and Jadeja, the latter's Instagram DP put all those talks to bed. After playing a pivotal role in Chennai's triumph in the IPL 2023 final, Jadeja changed his Instagram DP to the one where Dhoni had lifted him up in the air.



Emoting on screen is not easy. Even consummate actors need to get the vision of the director right before they can excel in their individual capacity. Up-and-coming actors and those aspiring to make it big in the tinsel town would do well to understand that technology can to some extent complement the requirements of a director. But nothing can replace the skills committed actors hone assiduously by getting involved in every role that comes their way, be it small or big, for performance on stage or on screen. **AMARTYA SMARAN** takes a close look at what goes into the making of a good actor.



THE NITTY-GRITTY OF ACTING

Bringing director's vision to screen

The craft of acting is the first thing that the audience notices while watching a film. Soon after the screening, atypical moviegoer begins to analyse the dramatic performances of various actors in the film. Technical aspects are rarely considered. We often hear comments like, 'He was so natural'; 'She really got into the skin of the character'; 'Oh! That actor's body language was so stiff'; 'If only he wasn't so artificial while doing that one scene'.

The great American comedian George Burns once said: "The most important thing about acting is honesty. If you can fake that, you've got it made."

Emotions are universal. Everybody on the planet earth smiles, laughs, cries, smirks, gets angry, and feels jealous. The job of an actor, I posit, is to transport the audience into the emotional space of the particular character he/she dons. Irrespective of the language, humans can quite easily resonate with emotion. Filmmakers can play with the range of human emotions using skilled actors by deploying various film techniques.

Usually, it all boils down to 'natural' vs 'artificial' acting. Acting has also evolved over the years. From the early slapstick humour to talkies, acting has come a long way in films. While early cinema relied heavily on actors performing with their bodies, modern cinema is largely about close-ups. Film theorist David Bordwell called the practice of breaking a scene into tight close-ups, 'intensified continuity'. Directors use this method to emphasise the intensity of an actor's emotion through close-ups.

What some feel is natural acting may not resonate with others. All in all, it depends on the perception of the viewer. Some might have felt Vijay Deverakonda's conception of *Arjun Reddy's* character a bit over-the-top. Fair enough! But a majority of the audience bought the idea primarily because of his own acting to essay the part. Somewhere they could relate to the overall emotion carried out by the actor.

Putting forward his idea of modern-day acting, Michael Caine, arguably one of the greatest actors in the world, in his book *Acting in Film* (p.6), said, "The modern film actor knows that real people in real life struggle not to show their feelings. It is more truthful, and more potent, to fight against the tears, only yielding after all those defense mechanisms are exhausted."

During our interaction with Gautam Vasudev Menon (GVM) right before the release of *Vendu Thanindhathu Kaadhu* aka *Life of Muthu* in Telugu, we asked him at what moment he knew the film was falling in place. His reply will help you all understand the importance of what actors can do in order to make or break a film.

"On the very first day, when I was shooting with Simbu, Radhika ma'am and the actor playing Simbu's sister, as they spoke the lines and the dialect they used, that is when I felt the film was falling in place. Then, there was tremendous consistency with Simbu's performances. I can go to any length to say that this is one of his best. Later, when I sat with Rahman Sir for the recording, that was one of those moments I felt like, 'We have the

film'" Here, the actor's ability to speak the lines with conviction, and the lead's (Simbu) consistency helped translate GVM's vision to the screen.

In an exclusive interview, Avasarala Srinivas told us that he attempted a docu-Indie style of filmmaking with his last outing, *Phalana Abbayi Phalana Ammayi* (PAPA). This means, PAPA was far away from the traditional tropes of commercial Telugu cinema. Avasarala had to rely completely on the spontaneity of his actors-Naga Shaurya, and Malvika Nair.

"When I watch a film, the first thing that comes to my mind is the actor's performance," shares Avasarala Srinivas. "That's what draws you to a film and what Shaurya has contributed to my films, be it *Oohalu Gusagusalade* or *Jyo Achyutananda* or PAPA is something that I'm really proud of. If somebody asks me, "Hey! Name one good thing in your film?". The first thing that comes to my mind is Shaurya's performance. Now that we had trouble getting visas, we were shooting in the UK with a limited 10-member crew. As a result, there are things that go wrong everyday but one thing that I was sure that would not go wrong was Shaurya's performance that day. He really put his heart into this film and I thank him for that." That mirrors how much filmmakers rely on actors.

No matter how great the story is, a filmmaker can't possibly bring the world he intends to create to life without the support of his/her actors. Therefore, actors can be looked at as a connecting bridge between the audience and a filmmaker's vision.

Washington Post's Chief film critic, Ann Hornaday, in her book *Talking Pictures: How to watch Movies* (p.69) remarked: "Good acting is simply telling the truth, without the benefit of clumsy "indicating" or mugging, through the control of voice, body, facial expressions, emotion, and some deep-seated, inexplicable intuition."

Most aspiring actors feel auditioning is this dreary process. 'Oh God! They are testing me for my skills. What if I go wrong, and don't get the part?' Think of auditioning like this, "Someone wants to make a movie. How will they make it without actors? I've got something to offer. If they like what I have to offer, they might as well take it. I have complete faith in my ability as an actor. Let me go give it a shot."

Surabhi Santhosh, actor and acting trainer, director- Curtain Call Theatre, shared his insights into the often misunderstood auditioning process. "One thing that I keep telling my students is, 'There are thousands of actors, and why should anyone pick you out of the huge pool?' One must find their specialisation. I urge people not to deliver cinema dialogues in an audition, because casting directors will not consider you for the part."

Speaking of the importance of creating an acting portfolio, Surabhi Santhosh says, "If one thinks he/she can bag roles without a proper portfolio, it's not going to be easy. In the 60s, 70s, and 80s, directors would go watch plays and pick their actors. Although some directors still do it today, it's really rare. Times have changed."

Continued on Page 4...

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Portfolio is nothing but a collection of your previous works. Something that makes it clear what kind of an actor you are. That can be created only when you put in the work, and explore the passion in you as an actor."

"I keep seeing a lot of actors giving auditions, but 80% of the actors walk in with a lack of experience. Again, film dialogues are a strict no. And another thing is I urge people not to attend random auditions," suggests Santhosh. By random auditions, he means, the ones where casting directors ask actors to perform anything they like. As an actor himself, he avoids attending these "random auditions." He usually asks for a scene paper, and if the casting director denies, he stays out of it.

He further continues: "People behind the camera should first assess if the actor in front of the camera looks the part. How does he/she function in front of the lens? Do they have spontaneity? Actors should adapt themselves to different scenarios. That's crucial. Even if one decides to go for a random audition, I suggest actors prepare themselves to emote two to three emotions, and find out about the production house. What's the genre of the film? One may not get all the information at all times, but you must try."

Here, he takes the example of two directors: Anil Ravipudi (F2, and F3), and Boyapati Srinu (Legend, and Akhanda). Anil Ravipudi is known for his trademark slapstick comedy, and punch-laced dialogues. Whereas, Boyapati Srinu is known for making mass-commercial flicks. Now, as an actor, it is you who needs to pick your spot. When you walk into that audition room of either of these directors, if you really understand the director's taste and requirement, chances are that you will walk out thinking you've done the right thing. You still can go and prove your mettle as an actor by putting out a dramatic performance for an Anil Ravipudi production, but what are the odds considering his taste in films? So, pick your spots right, and invest in the right characters.

Another kind of audition is when the casting directors are sure about what they want. "When you send your solid portfolio to the casting director, based on how apt you look for the character they're looking for, the casting director will give you a scene paper, and ask you to perform the scene with a certain emotion," shares Santhosh.

To make it a lot more clear to our readers, we asked actor Naresh Vijaya Krishna (Jamba Lakidi Pamba, Ante Sundaraniki) to share some audition tips. He shares, "It's a fact that only a minority can crack it. That's the reason why out of a large population of actors, only a mere hundred are busy. However, platforms have opened up and there are ample opportunities. Compared to our generation, the youth are a lot more educated when it comes to filmmaking. Our generation had a chance to give flops and get away, but the present generation has a very tight chance. All told, I am certain that the younger generation is better equipped."

Going further, he advises, "Just look at yourself in the mirror, and perform for yourself. Be sure of yourself, and do not ape anybody. Perform for that one minute in a convincing way. Then you might succeed if you have the mettle. It's a talent more than an education."

R.P. Patnaik, a popular music director, director, and actor, spoke to us, and shared some interesting insights into the topic. "It's all about carrying energy with you. It's not about how good looking you are. It's about how energetic you are. A lot of artistes walk in with low energy. When they go in like that, directors will

reject them right away. If they walk in with good energy, that energy will take them forward. The moment you go there with low confidence levels, you're out. So, maintain positive energy at all times to better your chances of being picked for roles. Actors must work on their confidence levels and be confident."

During our interaction with actor Naga Shaurya (Phalana Abbayi Phalana Ammayi), he confirmed that he depends on recollecting memories to bring out the best, "Let's say someone loses their mother; another person gets cheated on by his/her lover and lastly, he/she loses a friend. In all these situations, the common emotion is loss, but the way we cry and react to each of these situations changes. I feel, unknowingly we all experience and observe some of these scenarios. When the director narrates a scene with a certain emotion, my ability to recollect those moments from my life which are relevant to the scene is what makes me an actor and that's what I believe acting is."

One of the most underrated actors in Indian cinema, Vineeth Kumar Singh (Mukkabaaz, and Gangs of Wasseypur), shared the importance of staying disciplined to get in and out of characters. In an exclusive interview ahead of the release of Siya, he said: "See, I meditate, exercise and always mentally keep myself in a good space. Losing oneself in the character's world happens during the preparation phase. People around me notice the teeny-tiny changes in my body language and speech. Early in my career it was difficult for me to get out of character, but nowadays, I can come out of character within a few days after wrapping up the shoot."

More recently, a young actor called Pradeep Ranganathan took everyone by surprise with his performance in Love Today, which hit the screens in November, 2022.

One of the reasons why Love Today worked so well is because of how relatable the story is. The fan wars, trust issues, college romance, and of course, the chaotic social media drama. All these put together, the film makes for an amazing watch. Talking about one particular scene where the character takes refuge in his mother's lap in the later half of the movie, the thespian explained, "I think people could relate to me so much because I behaved naturally in the film. Now that I know the film in and out, I never really had to specially prepare. If there is something really intense, I practise in front of the mirror before I perform. I did not want to show any amount of sophistication in any way. A person keeps all the inhibitions at bay and turns into a child when they break down in front of his/her mother. So, I exactly wanted to turn into a child while I was enacting that scene. All these things, maybe helped me to be a lot more relevant and perhaps it struck a chord with the public."

Dearth of local actors in Tollywood:

iRWIN, new age screenwriter, filmmaker, and founder of tedycINEMASaloon (a multifarious film community and cinema organisation) is of the opinion that we (Tollywood)

give more importance to an actor's appearance than talent when compared to other industries. More so in the case of women. His argument is that a handful of Telugu-speaking heroines in the present day would've been stars by now had they been in the Tamil industry.

The filmmaker also raised an interesting point that a majority of the creators here don't really appreciate theatre enough unlike Tamil creators. He says that a lot of upcoming filmmakers, for example, go watch Koothu-Pattarai plays, and cast their actors.

"We don't have that culture here," says iRWIN. "Theatre is a platform where you'll find real acting talent. That's the place where actors evolve. Sankalp Reddy, is one filmmaker who mainly cast a lot of actors with a theatre background in his film, Ghazi (2017). We need to see more of that to find local talent. I wouldn't just blame the filmmakers here. When I suggest actors go do some theatre, they say, 'iRWIN! Tell us about something that makes us money, and not something that burns our pockets.' They already think they're star performers! That attitude needs to change, and top directors, and producers must attend plays and encourage talent."

He took the example of some of the popular actresses in other industries-Kollywood, Mollywood, et al-openly admitting to taking up roles in Tollywood only because the makers offered a handsome remuneration. Those actresses, he says, often received parts that offered them a window of opportunity to shine in dramatic parts on home turf.

Tollywood soon became a place for other industry actors to come and make a great deal of money. This is not to say that they don't perform well, but the general perception is that local talent goes unnoticed because of their presence.

Even today, every Friday, one can spot quite a lot of other industry actors/stars on the big screen in substantial parts. We especially have a tendency to rope in leading ladies, and antagonists from, let's say, Bollywood, Kollywood, etc.

For instance, filmmaker Srikanth Odela spent eight long months searching for the perfect Telugu-speaking leading lady for his debut film titled, Dasara, in vain. Finally, he zeroed in on Keerthy Suresh for the role of Vennela. Asked about it ahead of the film's release in March, 2023, Srikanth said, "There is a problem! I don't know what the reason could be. Seriously speaking, after eight long months of searching for the perfect lead, I simply ran out of time to even crack what the problem could possibly be."

In RRR, for example, S.S. Rajamouli cast big names from Bollywood: Ajay Devgn and Alia Bhatt. This was his way of letting the word out in the northern regions of India where people were not really aware of stars like Ram Charan and NTR Jr., before the film was released. This casting choice most certainly

might have stemmed from marketing the film as truly pan-Indian. Directors cast actors from other industries in order to promote their film in an effective manner, away from home.

On the other hand, one of the biggest blockbusters of 2023, Dasara, doesn't have a single Bollywood star. The makers still promoted the film in Bollywood only because of their faith in the content. In the aforementioned scenario of RRR, we can be rest assured that the choice of casting was nothing more than a business decision. Sure! Alia Bhatt is a good actress in her own capacity, but can you think of a replacement? Perhaps, yes!

The curse of casting couch and what genuine creators seek

"Yes! Casting couch is a real thing," says iRWIN. "The job of an AD (assistant director) is to discover actors in their own capacity and suggest them to directors. I won't say all, but there are quite a lot of ADs who look at it in terms of 'I will give you this character. Provided, you entertain me. If you entertain me, I'll give you a big role. If you don't, I will give you a small role.' I know someone who switched careers from acting to filmmaking/writing only to get away from this filth. Industry is supposed to be a safe place for cinema, but because of a few big names, and people who indulge in such line of work, cinema has turned out to be an unsafe space for many people, especially for women."

One fine day, after iRWIN took the audition of an upcoming actress, he got a call from her, and she asked him, "How many people should I cooperate with? Are you the only one, or do I have to cooperate with all the other ADs?" The creator was shocked hearing such a question from a young actress.

"I mean, they've decided that something like this has to be done to get a role. I politely told her, all this is not required. We will call you if we like your performance. There are directors with bad intentions, and there are directors with good intentions. Maybe the ratio is a little less, but don't leave those directors. Follow up with them, and try being a part of the creation of these handful of good directors. Good and bad are always there everywhere. Try to go behind the good. Good people are here also. Stay away from people with bad ideas and intentions," reiterated iRWIN.

As a director, he shares with us what genuine creators seek, and distinguishes between the qualities of a good and bad casting director: "I don't for anybody's personal character, and I don't for Emantivi Emantivi (Yamadonga) monologues. I look for my character which I've written. I want to see my character in the actor. We have nothing to do with their personality at all. I've given you this kind of character sketch, this is my story, and you do it. If I can see the character, and not him/her, and if the actor can make me believe that he/she is my character in real life till the film finishes, that's what I am expecting in an actor. A good casting director will specifically look at what value an actor brings to the project. They look at the requirements of the characters in depth, get all the character traits to the bone, and then go through all the portfolios in the database, and provide according to the character requirement. Bad casting directors don't give prominence to the content. They just look for superficial attributes of the actors."

If you're an aspiring actor, trust your ability and read whatever material you can, work on being a better actor. You must understand that filmmakers depend on you to bring their stories to life. That's your position, and be the character, period.



My mama never hoaxed me into acting: Ishaan Khatter

When we speak of actor Ishaan Khatter, a lot of people are intrigued to know what is happening in his life. Because he just loves laughing, talking, and having a good time. There is also something else about him that makes him a performer, and that quite surely is the charisma that follows and his commitment to Indian cinema. Whatever little we know of him, we can vouch that the proliferating brother of Shahid Kapoor is not that lazy guy in this self-starter business.

"I have a cultural background in the arts. My mother is a professionally-trained kathak dancer. I grew up in the world of rhythm and music. It was actually she who introduced me to the films at a very young age! I remember she made me watch all the "golden age" movies from the 70s and 80s. She herself was a huge Rajesh Khanna fan! It was then that the "keeda" of acting started to pop. But my mother never hoaxed me into becoming an actor. She gave me a very liberal upbringing. Now I have become academic about acting. Initially, when I had just begun, it was my internal desire to do some theatre or at least intern with Naseeruddin Shah, but due to various reasons, that couldn't happen. And there is something I would like to disclose: 'Even before *Beyond the Clouds* happened to me, some directors had already offered me films as the younger brother of Shahid Kapoor, but I dropped all those offers because I was busy preparing," he said.

In the interview, the actor touched on some of the philosophical notes on how he thinks, such as how the sense of self is more important to him than any agenda happening outside in the public. He is constantly at risk of overworking, sometimes just to impress himself! He has a reason for it — he doesn't want to be mediocre. He wants to keep growing because he doesn't want his five seconds of fame to fade away from the industry. He confided in us that he never entered the entertainment industry just to become popular! Ishaan continued, "I am still very young in my career. I am not expecting every movie to come to me. Right after *Dhadak* happened, I was feeling

very awkward taking narrations because subconsciously, what was going on in my mind was, 'Who am I to say no to the director?' Gradually, with time, I have understood that I can choose my work and not be apologetic about it. I'm a little bit shy about asking for work from directors, but I still asked some of them, and they were very forthcoming (he laughed)."

Ishaan doesn't listen to everybody in the house who is from the same fraternity — because he feels if he's doing this, the sense of clarity goes away. In a personal context, we learned, "I wasn't only brought up with a single mother; I had an elder brother to look after me, who everybody knows as Shahid Kapoor, and he was doing really well for himself when I was just 10 years old. And I have no regrets about the way I was brought up by these two beautiful human beings in my life. A lot of people think that they know my story, but they don't know an ounce of it. I have great respect for women, looking at how my mom conquered it all. The kind of upbringing she has given me has made me so strong in life that I don't get intimidated by it anymore. I don't like to publicly narrate my sob story, and I hate the word struggle attached to my interviews. I prefer "hustle!" shared the *Dhadak* actor.

Ishaan is not a huge believer in superstition or zodiac signs, but his mother strongly believes in those. So,

Ishaan is definitely intense and brooding. Nowadays he is working more on expressing himself apart from the goofiness that he shows: "I know how to express, but I am not able to express deeply. I am more of a listener, actually. I am even happy to laugh at myself. I have no embarrassment at all. And each to its own, expressing myself on social media will be a really wrong representation of who I am."

Actor Ishaan Khatter has carved out a niche in acting and is certain that he will surely create his own empire in the acting world. But more than acting, Ishaan is proud of the way he was brought up by his mother and the values he learned from her. In a first, the actor spoke to *The Pioneer's* SHIKHA DUGGAL about his life, budding days, and more.



Skin-to-skin, or kangaroo care, is believed to be associated with a gamut of benefits. It is one of the best methods of caring for the newborn, especially babies with low birth weight (2.5kg) or preterm babies. Simply put, it means keeping the baby continuously between the mother's breasts, in skin-to-skin contact for a prolonged period, and feeding with only mother's milk. Why is it named Kangaroo Mother Care? A kangaroo in Australia invariably delivers a premature baby. The premature baby kangaroo stays in the pouch of her mother, where it gets warmth and exclusive breastfeeding until it is mature enough to survive outside. We follow the same principle for human babies born with low birth weights or prematurely.

Doctor Sindhura Munukuntla, consultant paediatrician, Yashoda Hospitals, Hyderabad, opined, "Kangaroo mother care satisfies all five senses of the baby. The infant feels the mother's warmth through skin-to-skin contact (touch), listens to her voice and heartbeat (hearing), suckers breast milk (taste), has eye contact with her (vision), and smells her odour (olfaction)."

It has benefits for both mother and the baby, as well as for family and society. The doctor listed them as follows:

For mother:

- Improves bonding
- Improves breast feeding
- Reduces stress
- Reduces anxiety

For baby:

- Provides warmth
- Reduces infection
- promotes breastfeeding
- Improves breathing
- Improves growth
- Enhances brain development
- Enhanced survival
- Early hospital discharge

ally. In 2020, the health expenditure in India was estimated to be US\$73 per capita, of which 65% were OOOPE, a regressive method of health financing." Therefore, seeking healthcare in India imposes a burden on households in low-income brackets. Reports suggest that kangaroo mother care is extremely powerful and drastically reduces the number of days a newborn is supposed to be under professional observation at the hospital.

It is believed that skin-to-skin contact with a newborn baby helps relieve the newborn's pain and stress. We asked doctor Munukuntla, "How does it reduce the discomfort of the baby?" To this, she explained, "Most new-borns undergo painful procedures in their first weeks of life. Recent research has revealed that new-borns can experience pain just like adults do. According to the researchers, the core connections in pain pathways are formed even before birth, and a human foetus may sense

pain stimuli even before 30 weeks of pregnancy. KMC helps keep infants' physiological stability stable and lessens their pain tolerance. By promoting maternal-infant co-regulation and stimulating the nervous system (ventral tactile and proprioceptive systems in newborns), KMC lowers stress and pain responses in neonates. As a result, it is an easy, efficient, and secure way of providing pain relief during painful procedures in neonates."

Skin-to-skin contact reduces postpartum depression. Doctor Vasundara Cheepurupalli, senior consultant gynaecologist, Robotic and Laparoscopic Surgeon, KIMS Hospitals, said, "Contact triggers the release of oxytocin, which reduces postpartum depression. In KMC, the mothers feel improvements in their sense of peace, being stronger, better compliance, energy, satisfaction, being relaxed, happy, and having a

more relaxed mind. These effects can minimise the risk of postpartum

It is believed that skin-to-skin contact, or "kangaroo care", as it is termed, is an effective method to give care to a newborn. However, it still remains an alien concept to parents, and not many are aware of the numerous health benefits that the experience brings. In this week's health segment, **TANISHA SAXENA** gives the lowdown on kangaroo care.

depression. Preterm neonates are usually separated from their mothers immediately and transferred to the NICU. Due to this separation, both the new-borns and their mothers experience stress. The risk of depression in mothers of preterm neonates is higher than in mothers of term neonates. Maternal depression affects the care of the child, and thus KMC reduces the stress and improves the health of premature new-borns as well as the mental well-being of the mother."

Doctor Jeelson Unni, senior consultant, paediatrics, Aster Medcity, said, "I was researching the data, and I would like to share that in an initiative by the Indian government in 2022, KMC was initiated in 87% of eligible babies. At discharge, 85% received skin-to-skin contact care, 60% received effective KMC, and 80% were exclusively breastfed. At home, 7 days post-discharge, 81% received skin-to-skin care, and 79% were exclusively breastfed in the previous 24 hours. We need to spread awareness and tell people about the importance of KMC. It is not widely written about, and therefore, either by word of mouth or alternative sources, people must be informed."

How to practise Kangaroo Care?

The baby, with a diaper, cap, and socks, is placed in skin-to-skin contact between the mother's breasts. The baby's head should be partially extended and turned to the side so that the baby can breathe well. The baby must be flexed (hips and arms bent) and well supported. The baby may be held in this position with a binder. The mother with her baby in KMC can either sit in a chair or lie down on a bed with many pillows to maintain a semi-reclining position.

"KMC also calms and relaxes both mother and baby, which

Kangaroo care for the newborn

"For the family, it provides an opportunity for family bonding, reduces illnesses, and promotes breastfeeding through financial benefits. For the society it is eco-friendly, less illnesses, so less burden on hospitals and there by economic benefits. Evidence of the effectiveness and safety of Kangaroo mother care for stable preterm new-borns and low birth weight babies is now formally established," added doctor Munukuntla.

An updated Cochrane review demonstrated that it reduced mortality, severe infection, and hypothermia in babies, along with improved weight, length, and head circumference, an increased breastfeeding rate, and better mother-infant bonding.

As per data, "In 2019, India accounted for approximately one-fourth of all neonatal deaths glob-



improves growth and enhances brain development. Moreover, during skin-to-skin contact, most infants fall asleep easily and achieve deep sleep, also known as quiet sleep, for an hour or more. This quiet sleep is beneficial for accelerating brain patterning and maturation. Development of mature brain function in infants is impacted by the quality of a baby's sleep cycling, and hence KMC improves brain maturation," informed doctor Munukuntla.

We also wonder about the fathers. Can they give kangaroo care? To this, doctor Cheepurupalli shared, "Father's can also provide kangaroo mother care. It is especially useful for preterm babies in the NICU, performing the same as a mother keeping her baby to her bare chest."

Self-talk: Far from being toxic, it can be helpful

Are you someone who often talks to yourself? Well, you're not alone!

According to a study, 96 per cent of adults say they have an internal dialogue. While self-talking out loud is less common, 25 per cent of adults say they do it. Many people talk to themselves in everyday situations.

So, before we go ahead and understand in detail why one talks to themselves or the benefits, we'll first have to understand what self-talk is.

Self-talk is something you do naturally throughout your waking hours. People are becoming more aware that positive self-talk is a powerful tool for increasing self-confidence and curbing negative emotions. People who can master positive self-talk are considered more confident, motivated, and productive.

While there has not been a great deal of research as to why one talk to themselves, according to a few psychology journals, there have been some possible explanations for it.

Social isolation: People who spend time alone and have fewer interactions with other people may be more likely to talk to themselves. While a few studies have shown that people who've been the only child have been more engaged in external self-talk, Meanwhile, a few studies have also found that people who are lonely and have a strong need to belong are also likely to talk to themselves.

Cognitive disruption: People may tend to talk to themselves due to cognitively disruptive events like feelings of anxiety, obsessive-compulsive tendencies, et al.

Though there's been an immense amount of stigma around self-talk, psychologists have suggested that talking to yourself loudly as external self-talk has several psychological benefits.

Manisha Dalmia, certified child psychology counsellor and managing director of "Abhivyakti", Future Relevant Consulting LLP, who's been working with start-up founders' families, children, and pregnant women, shared, "I can attest to the benefits of engaging in self-talk. Despite the stigma surrounding talking to oneself out loud in public, talking to oneself is a common and natural human behaviour. When we talk to ourselves, we intentionally immerse ourselves in our surroundings, actively processing and interpreting our experiences, allowing us to gain insights, make connections, and develop a deeper understanding of ourselves and the world around us. By verbalising our thoughts and emotions, we create a channel for self-reflection and self-expression, leading to greater self-awareness and personal growth. For start-up founders' families, children, and pregnant women, engaging in self-talk under an expert's guidance can be particularly beneficial to navigate the unique challenges they face, managing stress, and fostering resilience. By externalising their thoughts and concerns, individuals can gain clarity, find solutions, and build confidence in their decision-making. In summary, talking to oneself, whether through internal dialogue or out loud, is a

powerful tool for personal growth and understanding. I encourage everyone to embrace self-talk as a valuable resource for navigating life's complexities and fostering overall well-being."

Possible benefits of self-talk:

Motivation: According to one study, basketball players fared far better than a control group when they used motivational or instructive comments when speaking to themselves. Talking to yourself might also inspire you. Take into account the instances in which you pumped yourself up for a challenge by telling yourself, "I can do this" or "You've got this."

Better memory: In one experiment, participants were required to look for things in a store silently. However, throughout the experiment's search phase, the participants were instructed to repeat the names of the objects they were looking for. The findings suggested that talking to oneself made locating what one was seeking easier. The participants allegedly enhanced their recall and strengthened the link between the words they were saying and the visual targets they were looking for by speaking to themselves.

Problem-solving: Speaking to yourself can help you get through any issues you may be having. Self-explanation is a technique that can be used to track development and enhance performance while solving a challenge.

On the other hand, Dr Neeraj Raj B, Consultant - Psychiatry and Counselling Services, Aster RV Hospital shares, "There is

nothing wrong in talking to ourselves. Some may find it as part of their self-introspection of day-to-day happenings. However, from a mental health perspective, we need to differentiate from auditory hallucinations wherein an individual may mutter to himself and maybe talk with the voices of the person he is hearing. Usually, it may be accompanied by other behaviour disturbances like sleep difficulties, suspiciousness, with or without withdrawn behaviour or irritability."

Self-talk and schizophrenia:

While we went ahead with our research, we found out that Self-talk and hallucinations could be signs of schizophrenia or another mental illness.

A person should seek medical assistance if they self-talk while having a hallucination. A person with schizophrenia could undergo mental and behavioural disturbances, such as delusions or hallucinations. A person who is experiencing hallucinations has sensations that are just present in their mind and are not a part of the physical environment. In schizophrenia, hearing voices and responding to them is a typical hallucination. The person who is experiencing these voices and experiences believes they are genuine. According to medical professionals, the brain responds to these voices in the same way that it would if they were discussing with a real person.

Schizophrenia patients may also experience social withdrawal, lose interest in routine contact with friends and family, and struggle to express their emotions.

Self-talk has long been stigmatised in society. But now is the time for people to wake up when it comes to self-talk. Research by mental health professionals suggest that self-talk can have psychological benefits for a person. Yes, you read it right! This week, *The Pioneer's* TEJAL SINHA brings you detailed information about self-talk and its benefits.



STUBBORNNESS A VIRTUE

During the house warming ceremony of our new house in Dehradun, all my cousins decided to go to Nehru Park. Later, they dropped the idea. I was so stubborn that I sneaked out of the house, went alone to the park and enjoyed myself. I came back in the evening, really afraid of my parents. I chose to hide myself and surfaced only after everybody had started searching for me in anxiety.

CHANGING FACE OF NCW

When I joined the National Commission for Women, it was not in the limelight as a changemaker. People were thinking of it as a parking place for women who were not getting electoral places. It was me who changed the narrative! I advised women to be economically independent and empowered. I demanded strengthening of law and order amid the rise in the incidents of crimes against live-in partners. I visited states following complaints of sexual harassment and the list is endless. So, now what happens is even if it is not my job to secure them, they still come to the Commission with their complaints.

HELPING THE DISTRESSED

Half the time I am travelling on NCW-related work. I believe more in working on the field than in sitting in an air-conditioned room. Seminars do not fulfill the services of the position I hold today! I can bring changes for women only if I am present with them; otherwise, it would be pure lip-service.



HAPPY CHILDHOOD

I was born in 1963 in a middle class family. My father was a government servant. We are five siblings. There was no gender discrimination in our house. Although it was tough to run the family with five children like us, my parents ensured that all of us got equal opportunities for education. There was nothing extravagant in my childhood. I made my life good on my own terms, because I was very different from all the other siblings. I had a bicycle to myself and that made me independent. I used to do chores right from the time when I was in class 4. I used to participate in debates, and it was my father who used to write scripts for me! He was the biggest cheerleader in my life. He accepted me the way I am. He never forced me to be like the other siblings.



TALENT BLOOMED IN DEHRADUN

I have sweet memories of gushing streams, deep ravines, lustrous valleys and majestic mountain ranges in Dehradun. I can see why everywhere Dehradun girls do better than girls from other states. I have been on my own since the time I was born there. I saw a shocking difference in politics when political leaders (women) used to request for lifts from men. I was the opposite! I saw them addressing other men as 'bhai sahab', but I never did that. That didn't go down well with those men, for obvious reasons. I used to address them by their names! It became a very big thing in Haryana that I am not addressing them as 'bhai sahab'!

FATHER'S IDEALS

My father was a very forward-looking kind of a man. My mother wasn't so educated, but no regrets. She used to stop me from wearing clothes of my choice. I was then interested in wearing pants. I didn't want to wear a *salwar kameez*. My mother wanted me to be my older sisters' replica. But my father always stood by me in my sartorial choices!

GETTING MARRIED

I was 15 years old when I met my future husband. I had decided to get married to him after finishing my graduation. I was the one who proposed to him! On hindsight, that was stupidity. I was in my teens and did not know about appropriate choices in life. I just went ahead with loads of affection! There was no concept of dating in those days. As soon as I completed my graduation, my husband joined the army. Prior to that he was doing law in Dehradun! He didn't say yes to me until he joined the army. Post that we got married. We traveled across the country and rehabilitated army wives. They were 'our women'.



Leading by example to empower women



National Commission for Women chairperson Rekha Sharma, making the most of her upbringing in a family that valued gender parity, is harnessing the best from her team today to make women empowerment and women safety a reality in several parts of the country. Under her leadership, NCW has crossed several milestones and launched initiatives with lasting impact, be it the 24/7 helpline providing support to women affected by violence, gender sensitization program for police personnel, WhatsApp helpline number to assist pregnant women with medical emergencies, or 'Empowering Women through Entrepreneurship' programme. Rekha has become an inspiration to women, because, despite her humble background, she has risen to a position of great influence with sheer hard work and determination. In a conversation with *The Pioneer's* **SHIKHA DUGGAL**, Rekha shares how she has been fearless from her childhood, how she manages to chair Mahila jansunwais (public hearings) in several states, and what drives her to address issues related to female prisoners, among other things.



DAUGHTERS DOMINATE

I have two daughters and along with my daughters we dominate the whole family (laughs). I believe every university should offer a course on digital safety to protect women from cybercrimes. Women should speak up when they are targeted by cyber bullies. Reporting is a must.

SENSE OF CONTROL IN LIFE

I have always been self-assured by nature. I remember working in a smaller position than this in Panchkula. Without any hesitation, I used to approach DGs and all. I never took advantage of my political power! I never ever made for myself a professional name card; for, the public should know me by my work.

BEING ECONOMICALLY INDEPENDENT

Don't marry a person who does not agree with you on critical issues. Marriage is not important. It is important to be economically independent. Every girl should be economically empowered. We need to ensure that we treat our children with respect and refrain from treating them as possessions. It is important to treat children, especially when they come of age, as friends. We must allow them to confide in us about their problems, sorrows, and joys.

LIVING LIFE ON HER TERMS

Right from childhood I have tried to change things that are not right in terms of gender parity. People in Dehradun know me as a bold woman! Once when I came across an instance of eve teasing, I bashed up those boys single-handed. My nickname in school was *khatra*. Then I settled in Panchkula, where my daughters were studying. That's when I discussed with my father that I wanted to enter politics!

DIFFERING SIBLINGS

My older sisters are poles apart in comparison to me. You won't believe they will never step out of their *sasural* without permission. They 'ask' and I 'tell' — at my home! This mentality of asking permission from a man angers me. Now, the tables have turned. I take care of my older sisters.

BJP DOES HOLD A LOT OF MUSLIM FACES

Bhartiya Janata Party is not a party meant only for Hindus. To think like this is very wrong. I am not their spokesperson anymore, but I am an individual too. My organisation, National Commission for Women, is not a political body. Still, I would like you to know that the BJP party holds a lot many Muslim faces too! Many of the political leaders' kids are married to Muslim men or women. Bharatiya Janata Party is not dividing society. They are only talking about nationalism!



NO PR

I don't want to get promoted in the media! My tweets are official. For me, the Commission is a priority. I believe in gender equality. On Twitter, these days people are talking also about men rights. They think people like us are against them. I am not against you: I am just for women, mainly because of the age-old exploitation they have suffered.

ENDLESS EMERGENCY CALLS

I am used to pulling all-nighters now. We were working non-stop. I do have a team, but when senior officials are involved I have to jump in for rescue. Emergency calls are getting way too taxing for me nowadays. I have requested people to WhatsApp me their stories instead.

COMMENT ON WRESTLERS' STIR

We are not talking to the media. That doesn't mean we are not doing anything about it. We have written to the Commissioner of Delhi Police, asking for an action taken report. We will soon increase the number of special cells to expand our reach. We need to strengthen our visibility through active engagement in communities to put down gender-based violence.

SUPPORTING VULNERABLE SECTIONS

I joined the Bhartiya Janata Party in 1996. I was appointed as the district secretary. Gradually as the days passed by, I started to handle their social media and became their spokesperson for some time. My priority was to become a social worker; so, I was running an NGO in Haryana, giving opportunities of work to women over there. I had been to the interior areas of Haryana where I heard stories of women suffering with husbands who never did chores and spent their entire salary on drinking liquor. I then had no idea how NGOs work; so, I put in my own money to run that organisation. The business that we started from that NGO was making *sevaiya* on our own through *maida* and you won't believe my daughters and my house help was a part of it too. Another packing machine was kept in my house. I marketed that product to Panchkula, Mohali and Chandigarh.

Trends for the next decade in retail jobs

The retail sector is a major contributor to the global economy, providing employment opportunities to millions of people worldwide. The retail industry is continuously evolving with new technologies and innovations that impact consumer behavior and expectations. As a result, job roles in the retail sector are also evolving and becoming more complex.

This article will focus on trends and forecasts for the next decade in retail jobs, including job roles and eligibility criteria.

Retail sales associate: A retail sales associate is responsible for assisting customers with their purchases and providing excellent customer service. They are also responsible for maintaining store cleanliness and organisation, restocking shelves, and processing transactions. Retail sales associate roles typically require a high school diploma or equivalent, with on-the-job training provided by the employer. Customer service skills, communication skills, and a positive attitude are essential for this role.

As the retail industry becomes more competitive, sales associates will need to have a good understanding of the products they are selling and be able to provide exceptional customer service. They will also need to be comfortable with technology, as retailers increasingly use digital tools to engage with customers.

Store manager: A store manager is responsible for overseeing the day-to-day



operations of a retail store. This includes managing staff, inventory, and finances, as well as developing and implementing sales strategies to increase revenue. Store manager roles typically require a college degree in business administration or a related field. Relevant experience in retail management is also desirable. Store managers must possess excellent leadership, communication, and analytical skills.

As the retail industry becomes more data-driven, store managers will need to have strong analytical skills to make informed business decisions. They will also need to be able to manage a diverse workforce, develop effective sales strategies, and

ensure that their stores meet evolving consumer expectations.

E-commerce specialist: An e-commerce specialist is responsible for managing an online store, including website design, marketing, and customer service. They also manage the supply chain and logistics associated with online orders. E-commerce specialist roles typically require a degree in computer science or a related field, as well as relevant experience in e-commerce management. Candidates should have strong technical skills, including website design and digital marketing.

The continued growth of e-commerce is expected to drive demand for e-commerce

specialists. These professionals will need to stay up-to-date with the latest digital marketing trends, be able to create compelling online experiences for customers, and manage complex supply chain logistics.

Data analyst: A data analyst in the retail industry is responsible for analyzing sales data and consumer behavior to inform business decisions. They identify trends and patterns to improve sales and marketing strategies. As retailers increasingly use data to drive their decision-making, data analysts will become more critical to the industry. They will need to be able to collect, analyze, and interpret large amounts of data to inform business decisions and improve the customer experience.

Merchandise: A merchandiser is responsible for creating visually appealing displays to attract customers to the store. Candidates should have excellent communication and organizational skills, as well as a good eye for design. As the retail industry becomes more competitive, visual merchandising will become more critical to attracting customers. Merchandisers will need to stay up-to-date with the latest design trends, be able to create visually appealing displays across various channels.

(The writer, Hariom Seth, is the founder of Find. Inc.)

Holidays are a much-awaited time of the year. With schools closed for a few weeks, children get a break from their regular academic routines and have the opportunity to explore various activities. Many families plan vacation to escape the scorching heat while others engage in recreational activities such as swimming, cycling, and playing outdoor games. However, for high school students, who are preparing for admission to Ivy League schools, summer vacation can be a great opportunity to learn new skills, pursue their passion, engage in community service, and embellish their overall profile.

The Ivy League is a group of eight prestigious private universities namely Harvard University, Yale University, Princeton University, Columbia

- **Pursue online courses:** By successfully completing online courses, students can express their skills of working independently, setting goals, and staying motivated without the structure of a traditional classroom setting. These qualities are highly valued by Ivy League admission committees. Furthermore, online courses provide an opportunity to enhance academic profile and exhibit proficiency in specific areas. There are many online programs and courses available that can be completed from home. For example, Coursera and edX offer free online courses from top universities around the world. These courses can be a great way for students

- **Engage in community service:** Engaging in community service denotes students' willingness to dedicate their time and efforts to helping others. It highlights their empathy, compassion, and sense of social responsibility. Engagements like river/beach cleaning drives, book donation drives, animal welfare, education of girl child, tree plantation campaigns and so on, not only indicate students' ability to organize, collaborate, and lead a team towards a common goal but also broaden their understanding of societal issues, cultural diversity, and the challenges faced by various communities. Since the



How to utilise holidays for preparation of admission to the Ivy leagues?

University, Brown University, Dartmouth College, University of Pennsylvania, and Cornell University in the northeastern United States. These institutions are renowned for their academic excellence, rigorous admissions process, and rich history. Ivy Leagues receive thousands of applications every year and are highly selective. Hence, being admitted to an Ivy League institution is considered a spectacular achievement.

The question is: how to prepare for admission to this most coveted and highly sought-after group of colleges? Ivy Leagues are looking for well-rounded students who excel both academically and in extracurriculars. Let's discuss some ways for students to make the most of their summer break to boost their application and prepare for the admissions process.

to amplify their knowledge about a specific subject or area of interest and manifest their commitment to academic excellence.

- **Write research papers:** Ivy Leagues place a strong emphasis on academic excellence and intellectual curiosity, and research papers provide a way for students to demonstrate their ability to think critically, conduct independent research, and engage with complex ideas. Submitting research papers with college applications can provide a competitive edge and exhibit students' potential to make significant contributions to their chosen fields as they illustrate their ability to conduct in-depth research and communicate findings effectively.

Ivy Leagues have a strong commitment to community service and social justice, active participation in community service will help applicant's interests to resonate with the institution's values and mission. Students can either work at local NGOs, hospitals, orphanages, old age homes, religious institutions, local government and municipalities, or even check with their schools or colleges for any outreach opportunities.

- **Participate in extracurricular activities:** Ivy Leagues are seeking students who have excelled in their interests; played a sport at national or international level; mastered some form of art; or made noteworthy con-

tributions to their communities. Extracurricular activities not only provide context to a student's application but also demonstrate their potential as a college student. They can help admissions officers understand who the applicant is as an individual and how they can add value to the university's diverse community. By showcasing their skills, accomplishments, and unique experiences, students can stand out among the thousands of applicants to the Ivy Leagues.

- **Prepare for standardised tests:** The SAT (Scholastic Assessment Test) or ACT (American College Testing) is an important component of the Ivy League admissions process. These standardized tests assess a student's critical reading, writing, and mathematical skills, and are used by universities to evaluate applicants' academic readiness and potential. Utilizing summer holidays to prepare for the SAT/ACT can be a strategic way to enhance students' chances of success in Ivy League admissions. Students must take a diagnostic test, develop a study schedule, take advantage of online resources, and practice regularly to work on the weak areas. Overall, preparing for admission to top Ivy League colleges requires a combination of academic excellence, extracurricular involvement, research experience, and strong communication skills. With additional hard work and dedication over the summer break, students can improve their chances of acceptance and join the ranks of some of the most successful and accomplished individuals in the world.

(The author, Nimisha Padliya works as a lead counselor at Scholarly. She is a post-graduate in Electrical & Computer Engineering from North Carolina State University, Raleigh, US.)



Prawns tempura roll

What you need:

- Sushi rice: 110 gms
- Nori sheet: 1 sheet
- Tempura fried prawns: 4 pcs
- Roasted sesame seeds: 5 gms
- Spicy mayonnaise: 30 gms
- Wasabi: 5 gms
- Gari: 10 gms
- Kikkoman soy sauce: 15 ml

How to make:

- Fold and cut the nori sheet into half, place one half of nori sheet on the mat.
- Slightly wet your hands and spread the sushi rice evenly on the sheet.
- Sprinkle roasted sesame seeds on the sushi rice.
- Flip the sheet, and spread the spicy mayonnaise on the nori sheet.
- Arrange the tempura fried prawns evenly over the mayonnaise.
- Place both thumbs below the sushi mat while using the other fingers to hold the avocado slices in place.
- Roll and shape using the sushi mat.
- Cut the roll into 8 even pieces.
- Pipe drops/small balls of spicy mayonnaise on the pieces of sushi and serve alongside gari, wasabi and kikkoman soy sauce.

● **Sushi and more has successfully completed 12 years of revolutionizing the way Indians indulge in Japanese cuisine. Founded by Japanese entrepreneur Harry Hakuei Kosato, who has recently been honoured as a Japanese Cuisine Goodwill Ambassador by the Japanese government, he has emerged as a pioneer in the industry, consistently meeting the evolving needs of its thousands of customers and contributing to the growth and promotion of Japanese food and ingredients in India. He shares with *The Pioneer* three unique and easy recipes for our readers.**



Classic cucumber roll

What you need:

- Sushi rice: 200 gms
- Nori sheet: 1 sheet
- Cucumber: 1 pcs
- Wasabi: 5 gms
- Gari: 10 gms
- Kikkoman soy sauce: 15 ml

How to make:

- Place the nori sheet on the mat.
- Slightly wet your hands and spread the sushi rice evenly on the sheet.
- Peel and deseed the cucumber, cut in to long strips.
- Arrange the cucumber strips neatly in the centre on the rice.
- Place both thumbs below the sushi mat while using the other fingers to hold the cucumber strips in place.
- Roll and shape using the sushi mat.
- Cut the roll into 8 even pieces.
- Serve alongside gari, wasabi and kikkoman soy sauce.



Chicken yakitori

What you need:

- Chicken leg boneless: 150 gms
- Teriyaki sauce: 70 ml
- Salt a pinch
- Black pepper powder: ¼ tsp
- Corn on the cob: ¼ pc
- Oil: 1 tbsp
- Butter: 5 gms
- Chopped spring onion greens: 1 tsp
- Cooking sake: 1 tbsp

How to make:

- Cut the chicken into strips and put them on a wooden skewer.
- Heat oil in a pan, sear the chicken from all sides.
- Add the corn on the cob to the same pan.
- Add sake, cover and cook for a minute.
- Sprinkle salt, black pepper powder, ensure that the chicken is cooked well.
- Now add butter to the pan, then add the teriyaki sauce.
- Glaze the chicken skewers and corn in the sauce.
- Garnish with chopped spring onion greens. Serve hot.

Born in 2019, Haruharu Wonder is a Korean-based skincare brand with an ideology of 'Clean Beauty, Clean Life'. The coexistence of beauty and nature is synonymous with it. The name is derived from a Korean word which signifies their efforts to provide clean beauty products to everyone. The idea of launching such a brand came from the founder's experience of using products with high preservatives that contribute to irritating skin. Haruharu products are vegan.



Gizmore, announced the launch of its latest 'Made in India' smartwatch GIZFIT Glow Z. Featuring a 15-day marathon battery life, this cutting-edge wearable is tailor-made for power users who lead active lifestyles and need a reliable wearable that can effortlessly match their constant on-the-go demands.

At an unbeatable price of Rs. 1,999



Ikaigai launched Giuggiola, a result of a collaboration with the Industrial Design students at the University La Sapienza of Rome. Giuggiola is an armchair by Calia Italia that exalts the beauty and strength of women and is inspired by the "crocchie" (the braids with which women who lived in the Sassi collected their hair). It is a model that welcomes you with its chic and creative comfort experience and is available in fixed, swivel and storage seat versions.

The Raghavendra Rathore Jodhpur is a brand that stitches bucolic simplicity with classic panache creating dynamic synergy. Intrinsically inspired by aesthetics bestowed upon him by his rich historical and cultural inheritance, Raghavendra Rathore is the quintessential man behind the brand. Today, the brand is considered the mecca of custom-made Bandhgala's and is responsible for his name being inked into the pages of Indian fashion history. His label symbolizes culture as much as it does fashion, and the two combine to celebrate the brand's rich heritage.



Amazing range of Google TVs from Acer launched in India

Indkal Technologies announced the launch of the new Google TV lineup from Acer in India where it revealed a wide product range across screen sizes, display technologies, and price segments. Among the products announced, the flagship O series with an OLED display and a 60-watt speaker system with large woofers really caught the eye. The OLEDs will be launched in two sizes, a 55-inch, and a 65-inch variant.

Among other eye-catching products, the launch also included a revolutionary affordable QLED range under the V series which will allow customers to enjoy an advanced QLED display at an affordable price which has generally remained at inaccessible price points to the masses in India. The pleasant surprise was the availability of a 32-inch entry QLED variant along with the regular 43-inch, 50-inch, and 55-inch variants.

The other products launched were the I and G series value segment products, which with the addi-



tion of some top-of-the-line features such as MEMC, Dolby Atmos and Vision, and UHD Upscaling, along with high-end brightness and contrast really compete with the premium products in other brands.

Google TV is also now available on the existing range of premium QLEDs, the W series, with the unique Anti-Glare Display, Wallpaper Design, Aural Sound, and Motion Sensors.

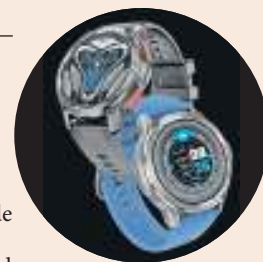
This Father's Day, celebrate unconditional love with these fun gifts

From teaching us to ride a bicycle to being our driving instructors, fathers have been an unwavering source of support throughout our lives. Their love and guidance shape us into the individuals we become, and Father's Day is the perfect occasion to express our profound gratitude for their constant love and support.

This Father's Day, let's move beyond the realm of ordinary gifts and seek to create an experience that captures the essence of our "Super Cool Dad." We've curated a collection of thoughtful ideas designed to ignite a spark of joy in your father's heart and make this day truly unforgettable.

Smartwatch

NoiseFit Force Plus: A rugged smartwatch such as NoiseFit Force Plus is the perfect Father's Day gift for dads who seek a tech companion for their adventures. Equipped with a 1.46" AMOLED display, an impact-resistant build and a sports mode shortcut button, it is ideal for his outdoor escapades. With additional productivity and health monitoring features, this watch has a stylish design that comes in various colours to match your dad's personal style, making it a fashionable accessory and a practical device.



Perfume

King's Blanko: When it comes to finding the right Father's Day gift, nothing beats a thoughtful fragrance that is an extension of their king-sized personality. Blanko's Dawn and Dusk combo will enliven his sensory spirits and cater to his round-the-clock needs. Let Dawn awaken his senses with its refreshing morning scent and Dusk ends his day in high spirits with its captivating notes. Gift him the ultimate fragrance experience that helps create a lasting impression.



Vegan leather laptop bag

Rashki's Vegan Leather Laptop Bag: If your dad is into chic accessories and appreciates a meaningful gesture, Rashki has got you covered. This Father's Day, take his fashion game a notch higher with Rashki's Vegan Leather Laptop Bag. Crafted with love and care using sustainable banana leather, it offers a luxurious feel with an eco-friendly touch. With its minimalist design and smart dual-tone colour, it is the perfect everyday work bag. Complete with pen holders, card holders, and a zipper pocket, it combines functionality with fashion. Whether your dad is fashion-conscious or a neo-leader, the sophisticated and colourful vibe of this bag will suit his taste perfectly.



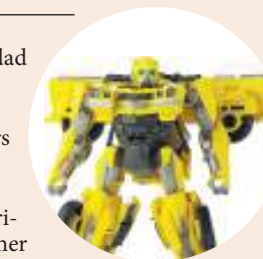
Car air-purifier

Qubo Smart Car Air-Purifier: This Father's Day, enhance your dad's driving experience and prioritise his health with the Qubo Smart Car Air Purifier. Perfect for those who spend a lot of time on the road or appreciate a clean and fresh environment, this air purifier removes allergens, airborne bacteria, dust, odours, and harmful and toxic pollutants from the car's air. With its 3-layer filtering system and air monitoring feature, it ensures a safer and more enjoyable journey, uplifting his mood while driving.



Action figure

Hasbro's transformers range: Give your dad a gift that ignites their inner child and reminds them that they will forever be our action-packed champion. The Transformers Range of action figures is a great way to transport them back to their childhood when they battled imaginary villains and triumphed over them. Bonding with your father over these toys will make them relive their most cherished memories and create new ones with moments of shared adventure, laughter and connection.



How new investors must navigate share market corrections



Investing in the stock market can be a rewarding experience. It can also be a lucrative opportunity for investors looking to diversify their portfolios and capitalise on India's fastest-growing economy, but it can also be challenging, especially during market corrections. A market correction is a sudden drop in stock prices of at least 10 per cent, and it can be a horrible experience for new investors who are not familiar with the market's ups and downs. Market corrections can be caused by various factors, including economic indicators, geopolitical tensions, and many other events. Here we will discuss how an investor can deal with these corrections effectively:

Understanding market corrections:

The first step in overcoming market corrections is to understand what they are and why they happen. Market corrections are a natural part of the stock market cycle, and they occur when there is a temporary decline in stock prices. This decline can be caused by various factors, such as economic downturns, political uncertainty, or global events.

It is important to note that market corrections are not the same as market crashes. A market crash is a sudden and severe drop in stock prices of at least 20%, and it can take years for the market to recover from a crash. On the other hand, market corrections are usually short-lived, and the market tends to recover within a few months.

Staying calm during market corrections:

One of the biggest mistakes new investors make during market corrections is panic selling. When stock prices start to drop, it is natural to feel anxious and want to sell your stocks to avoid further losses. However, this is not always the best strategy.

In fact, panic selling can often lead to bigger losses, as you may end up selling your stocks at a lower price than you bought them for. Instead, it is important to stay calm and avoid making impulsive decisions. Remember that market corrections are usually temporary, and the market tends to recover over time.

Diversifying your portfolio:

Another way to overcome market corrections is to diversify your portfolio. Diversification means investing in a variety of stocks, bonds, and other assets to spread your risk. By diversifying your portfolio, you can reduce your exposure to any one stock or

industry.

For example, if you only invest in technology stocks and the tech industry experiences a market correction, you could experience significant losses. However, if you have a diversified portfolio that includes stocks from various industries, your losses may be less severe.

Investing in the long term:

Finally, it is important to remember that investing in the stock market is a long-term strategy. While market corrections can be stressful, they are usually temporary, and the market tends to recover over time. By investing for the long term, you can ride out market corrections and benefit from the market's long-term growth. For example, let's say you invested Rs. 10,000 in the Nifty 50 index in 2008, just before the market crashed. If you had held onto your investment until 2018, your investment would have grown to Rs. 1 lakh, despite the market crash.

Here are some examples of Indian market corrections:

During the global financial crisis of 2008, the Sensex fell from a high of 21,206 in January 2008 to a low of 8,047 in March 2009, representing a decline of more than 60%.

In 2011, the Sensex fell by more than 20% from its peak in November due to concerns about inflation, high interest rates, and global economic uncertainty.

In early 2016, the Nifty and Sensex both fell by more than 20% from their highs in 2015 as a result of a slowdown in China's economy and falling commodity prices.

In March 2020, the Indian stock market experienced a sharp correction due to the global COVID-19 pandemic. The Nifty and Sensex both fell by more than 35% from their highs in January before beginning a gradual recovery later in the year.

It's important to note that corrections are a normal part of the market cycle and that past performance is not necessarily indicative of future results.

So we can conclude that market corrections can be a challenging experience for new investors, but they are a natural part of the stock market cycle. By understanding market corrections, staying calm, diversifying your portfolio, and investing for the long term, you can overcome market corrections and benefit from the market's long-term growth.

(The writer, Sooraj Singh Gurjar, is the founder and managing director of Get Together Finance (GTF))

Impacts of *karanas* on personality

The Vedic calendar is based on the *pan-changa*, which comprises five elements: *Vara*, *Nakshatra*, *Tithi*, *Yoga*, and *Karana*. *Karanas* occur when the Moon moves 6 degrees relative to the Sun, while *tithis* represent 12 degrees of movement. Each *tithi* consists of two *karanas*, resulting in a total of 60 *karanas* within a lunar month. However, there are actually 11 *karanas*, with the first seven being movable (*char*) and the remaining four being fixed (*sthira*). In this article, we explore the significance of *karanas* and their influence on an individual's personality.

List of various *karanas* as per the *tithis*

Thithi	1st <i>karana</i>	2nd <i>karana</i>
1st	Kimstugna	Bava
2nd	Balava	Kaulava
3rd	Taitila	Gara
4th	Vanija	Vishti
5th	Bava	Balava
6th	Kaulava	Taitila
7th	Gara	Vanija
8th	Vishti	Bava
9th	Balava	Kaulava
10th	Taitila	Gara
11th	Vanija	Vishti
12th	Bava	Balava
13th	Kaulava	Taitila
14th	Gara	Vanija
15th	Vishti	Bava
16th	Balava	Kaulava
17th	Taitila	Gara
18th	Vanija	Vishti
19th	Bava	Balava
20th	Kaulava	Taitila
21st	Gara	Vanija
22nd	Vishti	Bava
23rd	Balava	Kaulava
24rd	Taitila	Gara
25th	Vanija	Vishti
26th	Bava	Balava
27th	Kaulava	Taitila
28th	Gara	Vanija
29th	Vishti	Shakuni
30th	Chatushpada	Naga

Impact of different *karanas* on personality

Among the 11 *karanas*, the first six movable *karanas* (*chara*) are considered auspicious, while the 7th *chara* and the four *sthira karanas* are deemed inauspicious. Individuals born on the 29th, 30th, and the first half of the 1st *tithi* are believed to have an inauspicious birth. The *karana* in which a person is born also exerts a definitive influence on their personality.

Movable *karanas* (*char*):

Bava (*Simha karanam* – lion):

Symbolizing sexual or creative energy, *bava karana* is favorable for activities like transportation and sowing seeds. Those born in Bava Karana tend to be spiritually inclined, sincere, dedicated, liberal-minded, and enjoy material prosperity. They excel in various types of jobs, both temporary and permanent.

Balava (*puli karanam* – leopard):

Balava karana is associated with *Yajna* (sacrificial rituals), *Homa* (fire worship), and Vedic studies. Individuals born in Balava Karana are deeply spiritual, undertake pilgrimages, and possess knowledge of auspicious times and actions. They are bold, fortunate, playful, and often engage in religious activities.

Kaulava (*panni karanam*):

Kaulava karana signifies a traditional family

and is conducive to stable relationships, agreements, and long-term commitments. People born in *kaulava karana* are sociable, friendly, caring, and adaptable. They excel in various professions but may also exhibit secretive and fickle-minded tendencies.

Taitila (*kazhuta karanam* – donkey):

Taitila karana represents respect and is favourable for activities related to authority and decoration. Individuals born in Taitila Karana possess wealth and experience love as a significant aspect of their lives. They are well-suited for government jobs and may accumulate properties. They exhibit firmness, fierceness, and an adventurous spirit.

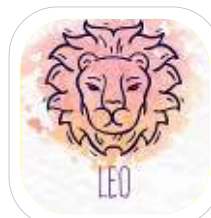
Gara (*gaja karanam* – elephant):

Gara karana symbolizes a demanding nature and emphasizes discipline and punctuality. Those born in Gara Karana possess inherent destiny that favors

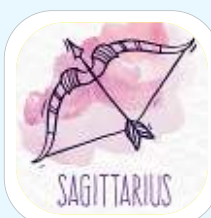
Don't say no to the ideas of others. Patience must be the prime word for you. You possess an irresistible humor sense. Be calm, always.



You have the ability to experiment. Count on your siblings to support your dream. You may come under pressure. Be silent and humble.



You love having fun. You are obsessed with perfection. You will find a way to get the most out of life. Relationships may become difficult.

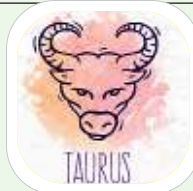


You are generous with money. The family is looking up to you to stay normal. There will be joyful experiences. Stop finding fault in others.



You are vibrant and enthusiastic. Pleasing the family will become hard. They will rely on you to solve their worries. Take a break from work.

You will finish tasks on time. Now is a time to reveal your mind to your lover. You will stay aloof from others. Insecurity may haunt you.

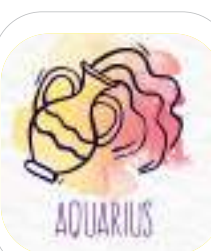
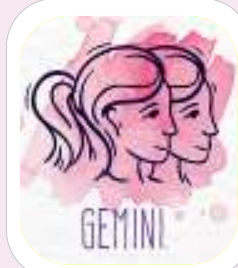


YOUR WEEK AHEAD

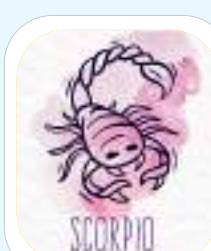


Harmony is the keyword for you. Dear and near ones will give you mental trauma. You remain optimistic. Work may not be enjoyable.

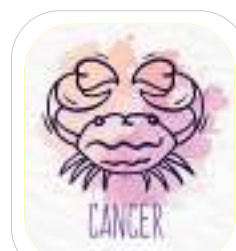
You will help and guide others. Make space for new projects. You feel like you are being betrayed. This may stress you and test you.



Frustration may creep in. Help and guide your loved ones. Emotional blowups make matters complex. You may be the object of affection.

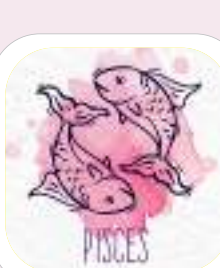


Be gentle with yourself. Most people are too weak to compete against you. Spend more time with the kids. Unleash all hidden virtues.



You will feel more relaxed and efficient. Your view of the future changes. Friends will assist you. Find emotional support from your family.

Keep aside your proud nature. Be witty and generous. Patience will make it easy to deal with the problems. Others will appreciate you.



them and are determined in their endeavours. They excel in the science of mantras and are well-suited for animal husbandry and construction-related professions.

Vanij (cow):

Vanij karana is associated with intelligence and business acumen. Individuals born in Vanij Karana are adept at trading and possess extensive knowledge of business activities. They are inclined towards prosperity and success in their endeavours.

Vishti (hen):

Vishti karana is considered inauspicious, associated with negative behaviours and involvement in immoral deeds. Individuals with Vishti Karana may exhibit distrustful characters and engage in destructive activities. They possess a fierce and adventurous nature, excelling in their pursuits.

Fixed *karanas* (*sthira*):

Shakuni (bird):

Shakuni karana represents jus-

tice and problem-solving skills. Those born in Shakuni Karana excel in mediating conflicts and possess wit. They are proactive, patient, intelligent, and specialized in the study of omens.

Chaturshpad (four-legged animal):

Chaturshpad karana is associated with respect for learned individuals and a passion for assisting animals. Those born in this *karana* may find success as animal veterinarians. They are active, powerful, and capable of diagnosing animal diseases and prescribing treatments. They are also skilled in overcoming enemies through Tantric methods and can thrive in cattle-related businesses.

Naga (snake):

Naga karana symbolizes exceptional knowledge and the potential for facing challenging events. Individuals born in *Naga karana* must rely on hard work and determination to achieve success. They possess extensive

knowledge of minerals and metals and demonstrate dedication to their work despite life's struggles and problems.

Kistughan (insect-moths):

Kistughan karana brings good fortune and a penchant for charitable works and virtuous deeds. Individuals born in this Karana enjoy a good education, lead a prosperous life, and find contentment in charitable activities. While they may experience loneliness, their efforts and philanthropy contribute to their overall satisfaction.

Understanding the impact of *Karanas* on personality provides insights into an individual's inclinations, strengths, and areas for growth. The movable *Karanas* offer auspicious qualities, while the fixed *Karanas* bring unique characteristics and opportunities. By recognizing these influences, individuals can make informed choices and align their actions with their innate tendencies.

GLOBE TROT

Woman freezes leftover food for almost 8 months, serves them in her wedding

A woman says she was left "horrified" after learning her sister's wedding buffet was actually made up of leftovers from her own wedding reception, held some eight months before. Environmental officials confirmed the source of the discolouration on Monday after images on social media showed a bright patch of green around the Rialto Bridge, near an embankment lined with restaurants. According to the 26-year-old bride, she and her husband had thrown a big wedding with around 200 guests. Knowing there would likely be leftovers, the happy couple had arranged before-



hand for any spare food to be donated to the soup kitchen they sometimes work with.

Man survives crocodile attack by prising its jaws off

A Queensland man who survived a crocodile attack by prising the reptile's jaws off his head says he was "simply in the wrong place, at the wrong time".

Marcus McGowan, 51, was snorkelling near the Charles Hardy Islands, 40km off the Cape York coast, with his wife and friends when he was attacked on Saturday.

The Gold Coast resident was taken from behind by the saltwater crocodile and initially thought it was a shark until he reached up with his hands.

"I realised it was a crocodile. I was able to lever its jaws open just far enough to get my head out," McGowan said in a statement released by the Cairns health service.



"The crocodile then attempted to attack me a second time, but I managed to push it away with my right hand, which was then bitten. I was able to escape the crocodile's grip once again and swim to the safety of the boat which was coming after they heard our screams for help."

Teen from Dharavi makes it to Hollywood

Maleesha Kharwa, hailing from the slums of Dharavi in Mumbai, has recently made waves by bagging two Hollywood film offers. Maleesha, is also the face of luxury beauty brand Forest Essentials' latest collection, The Yuvati. She began her extraordinary journey in 2020 when she caught the attention of Hollywood actor Robert Hoffman during the filming of a music video in Mumbai.

Impressed by her striking appearance and captivating personality, Robert created an Instagram account for Maleesha and initiated a GoFundMe campaign to support her aspirations.

Since then, Maleesha Kharwa's



Instagram following has soared to over 250,000, propelling her into various modeling opportunities, the latest being her collaboration with Forest Essentials. Additionally, Maleesha has showcased her talent in a short film called Live Your Fairytale, which revolves around the experiences of five underprivileged children dining at a restaurant for the first time. Her achievements have earned her coveted

spots on the covers of *Peacock Magazine* and *Cosmopolitan Magazine*. Maleesha also actively engages with her audience through her YouTube vlog, where she provides insights into her daily life and shares her personal experiences.

Bout with wrestlers: Time to pin Centre on the mat

The decision of nearly three dozen *khaps* from five states to approach President Droupadi Murmu seeking justice for wrestlers demanding action against BJP MP and Wrestling Federation of India chief Brij Bhushan Sharan for 'sexually abusing female grapplers' is unlikely to result in any positive outcome. If anything, it would further demean the office of the President of India that could do precious little when Droupadi Murmu herself was pitifully ignored during the recent inauguration of the new Parliament building. It appears that the Centre is determined to hold out against public outrage across the nation and international opprobrium at the ugly turn of events until the protesters and their powerful back-ersp in the Centre on the mat.

The recent scuffle between cops and the protesting wrestlers seems to have been a trailer of what the administration has in store for them in the absence of clear-cut orders from powers that be. Delhi Deputy DCP Suman Nalwa's specious statement that she cannot give a deadline for the investigation in the case related to the alleged sexual harassment by Brij Bhushan Singh indicates that nothing substantial will come out of the 'probe' that is supposed to be on, though reports did emerge on Wednesday that there wasn't enough evidence against Singh. At the end of the day, why will the Delhi Police do its job when nothing has moved the Centre till date, right from April 23rd when the wrestlers launched their protest at Jantar Mantar?

It is but natural that the wrestlers' long-drawn protest has drawn the attention of international media. After all, they are not ordinary sports figures: Vinesh Phogat is a world championship medallist, Bajrang Punia won bronze at the deferred Tokyo Olympics and Sakshi Malik is a Rio 2016 bronze medallist. The latest on this front is that the United World Wrestling (UWW) has condemned the treatment meted out to protesting Indian wrestlers and their detention following a scuffle with the police. "The events of these last days are...worrying," it said. The UWW also threatened to suspend the Wrestling Federation of India (WFI) if it fails to hold its election within a period of 45 days. Thanks to leaders of farmers' associations (forget about spineless sports personalities), the protesting wrestlers put on hold for five days their plans to immerse their medals in the Ganga river on May 30. As things stand, it appears that the Centre has no qualms in letting them do the *visarjan* of medals after the deadline. For, there is no sign yet from the Union government that it would proceed against Brij Bhushan Singh even as mere tokenism.

Going by media reports of the reach of Singh, the Centre will dare not go against him. The 66-year-old MP has spread his wings in Uttar Pradesh and contiguous areas ever since he was elected to the Lok Sabha for the first time in 1991. Even when Singh was denied a ticket in 1996, following his indictment in a TADA case for allegedly

harbouring associates of Dawood Ibrahim, his wife Kektidevi Singh was fielded by the BJP from Gonda and she won. In 1998, Singh lost to the Samajwadi Party's Kirtivardhan Singh, from Gonda; still, nothing happened to his clout then or thereafter.

Singh's influence transcends the political arena. He runs nearly 50 educational institutions, spread across a 100-km belt from Ayodhya to Shravasti. He is credited for bringing educational institutions to Gonda, Behraich, Shravasti and Balrampur, which had been educationally backward districts till the early Nineties. His relatives too have jumped on the bandwagon and established such institutions. Local BJP sources have shared privately that Singh's poll machinery

is run mainly by this set-up, reflecting how independent he is within the party and why he is *bindaas* about the whole murky episode.

BJP leaders have shared with media persons in confidence that Singh's relations with UP Chief Minister Yogi Adityanath have deteriorated. This attributed to the clash of interests between the two in the Ayodhya region. Singh's direct access to the brass of the

party has complicated matters between the two.

A fair-weather friend of the BJP, in 2009, sensing the downside of BJP, he had switched to SP, and won from Kaiserganj defeating a BJP candidate. He has close ties with the Sangh Parivar and was close to late Vishwa Hindu Parishad chief Ashok Singhal. The best part of his bio sketch is that he was at the temple town when the Babri Masjid was demolished on December 6, 1992. He was booked along with others for 'provoking' kar sevaks to demolish the structure. It was during his days as student in Ayodhya that he

learnt wrestling at an *akhara* near Hanuman Garhi. On Thursday, Singh said: "The day I feel my capacity to struggle has ended... I would embrace death." He previously described the wrestlers' protest as an 'emotional drama' and asserted that there was no shred of evidence against him.

India's G 20 Sherpa Amitabh Kant crowed on Thursday that for the first time India was setting agenda for G20 and the whole world was responding to its positive and constructive initiatives. India's job, he continued, was to bring consensus on a vast range of issues, including economic and developmental, which are impacting the emerging markets of the world. Sports is not on the agenda of G20. Fine.

As an aspiring Vishwa Guru, a bright spot in a world economy battered by recessionary trends, and a significant influencer in the current geo-political scenario, New Delhi can ill-afford to wink at the wrestlers' protest in India's backyard. The sooner the Centre steps in to mend matters the better.

Fortunately for the protesting wrestlers, leaders of very strong farmers unions and representatives of nearly three dozen *khaps* are on their side. If the farmers' unions and *khaps* dig in further, the Centre may have to tender an apology and correct things like in the case of the withdrawal of controversial farm bills in November 2021.



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Senior Journalist

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