The People's Magazine

Health and Fashion

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What is Hospital Clowning?

Get ready to dive in ocean of flavours....

Let's Meet Pramodita Saravanan, The Teenage Hero

The 4 W's to solve all your hair Transplant worries!

Trendiest Diets Of 2019

THE RIGHT SKIN CARE ROUTINE FOR YOU

Respite care - Short interventions for long-term relief

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Editorial

Health and Fashion Magazine have one goal and that is to keep our readers updated on the latest developments in both the above-mentioned sectors. We work with the best of our ability and zeal to present our readers with infotainment at its absolute best. We make sure that we keep up our research to the best of our abilities and achieve results to keep our readers well informed.

The **doctors** who went on a strike against the state finally called it a truce after a meeting with the West Bengal Chief Minister, Mamta Banerjee. At the meeting they promised protection from exploitation by the state as well as their patients. They were promised proper security at government hospitals and all the entries and exits were ordered to be under strict CCTV surveillance. This seven days long strike ended on June 17, 2019.

Minister of Health and Family Welfare, Dr. Harsh Vardhan, who is a physician by profession was seen going for work at Nirman Bhavan on a bicycle for his first day for office. Though this act impressed many, there still is the statistics which say that 86% of the rural and 82% of the urban population is not insured by life insurance, which needs his immediate attention. In the armed forces, health sector has taken on a major development. Indian Radiological Imaging Association (IRIA) has planned a radiology training for the army doctors. This training expedition is expected to begin by the mid of this July from Manali to Ladakh.

The **fashion** industry is undergoing some changes pertaining to kids and teen styles. For the ages 9 to 15, the sector still sticks to cartoon characters and Disney as the inspiration, whereas the kids want a change. They are more drawn towards street styles and comfort clothing designs that are more prevalent in the adult sections. Young teens prefer buying clothes of the smallest sizes from the adult hangers rather than from their own part of the store. Seeing that the juniors are as brand and style conscience, brands like Jack n Jones have outed their clothing range for boys from ages 8 to 15 with the best of adult street style. Other brands like the American clothing brand, Forever 21, US Polo, Titan and UCB are also joining the league for restyling kids and teens range.

The biggest household name, Reliance, led by **Mukesh Ambani** has made its spot at the top retailers in the offline markets. Challenging the big fishes of the e-commerce, Amazon and Flipkart, Reliance is now ready to set foot in the sector. While its been some time since the apparel brand of reliance and its baby organisations collaborated with Ajio for e-commerce sales, it is a known fact that their sales are nowhere as compared to the others. The Ambani led company is planning some big steps this year to give a tight competition to the now masters of online industry.

This was just a trailer of the information we offer at **Health and Fashion** Magazine. Its is our prime goal to keep our readers up to date and make sure that we feed them the correct knowledge. But all this amazing work we are able to perform is not the team, the credit actually goes to the people who read and give their precious feedbacks. How thankful we are to our readers cannot be expressed in words.

Narendra B. Davey
Editor

content

04
Application of knowledge and hard work can mould the way for success

50
THE RIGHT SKINCARE ROUTINE FOR YOU

56
Indiens Et Le Festival De Cannes

44
The 4 W's to solve all your hair Transplant worries!

16
Trendiest Diets Of 2019

30
What is Hospital Clowning?

22
Get ready to dive in ocean of flavours....

33
Colour your world with paint on nails...

54
Bless this home with love, happiness & fashion

34
Bringing back humanity to the healthcare system...

12
LET'S MEET PRAMODITA SARAVANAN, THE TEENAGE HERO

24

Sensational Adventures….. waiting for you and your "CULLINAN"

Application of knowledge and hard work can mould the way for success

Dr. M. Hemalatha is an obstetrician and gynecologist from Madurai, Tamil Nadu. She is also the director of **Hema Medical Centre,** an **exclusive women's health centre in Madurai.** It is a place that works for all diseases related to women's health and a blessing for infertile couples with a chance to become parents. She is a dedicated doctor and has zeal to work for the betterment of society. She has devoted herself entirely towards women's health; her passion is particularly in laparoscopic and hysteroscopic surgeries and artificial reproduction.

We recently had the opportunity to interact with her and get to know more about her life which left us inspired. **Dr. M. Hemalatha** was ambitious about going in to this noble profession since the age of three. Her parents who did not have the opportunity to go to college were determined to bring up their daughter as a doctor. Understanding her parent's wish and difficulties in her life, she spent all her time

Dr. M. Hemalatha

and energy on her goal. After scoring an honorable percentage in her class 12th, she got enrolled for MBBS in Madurai medical college. She consecutively completed her Diploma and masters degree in OBG in Madurai medical college without any break.

After completing her studies, she kick started her professional career as a junior consultant in OBG, at **Apollo hospitals,** Madurai. Her passion and sincerity for the profession uplifted the gynecology department to peak in a short span of time. Her thirst for knowledge made her to pursue laparoscopic and hysteroscopic procedures. She best utilized the platform for her career she also widespread her wings in to the field of reproductive medicine, which later became the solace of her life. Persuading artificial reproductive techniques was decided from the sympathy she felt over her patients indulging in suicides just because of infertility. She said that there was a time when infertility was regarded as a curse and there were not enough medical advancement to in down south Tamil Nadu.

Ever after being such a learned person her **hunger for knowledge** never stopped. She became the knowledge magnet and her successes in her field never stopper her from gaining more and more of it.

Application of novelties which benefits her patients with utmost care is her strength for her success. The other strength is appropriate applications of knowledge and treatment to the individual and not practicing generalized formulas and protocols to everybody. After serving tenure of 15 years in corporate hospital, she stared her own hospital, **Hema Medical Centre** exclusive for women's health, because of the financial constraints faced by the patients in a corporate hospital. Reason behinds starting the centre in Madurai, is she said that it was the place where so many people inspired her to persuade medical profession and to provide a platform for addressing **women health** to the people hence forth uplifted her to the present status. Her husband basically an anesthetist helps her to march forward in all the steps. The backbone of her success is her family, blessed by the devoted parents and understanding children.

Hema Medical Centre has 25 beds right now and a trained staff of about 45 people. With two gynecologist, anesthetist pediatricians, embryologist, 15 admin and 20trained staffs, this place is a blessing to people who wish for a child.

The success of the centre is the humble approach of all the staffs with great compassion and **sincerity**. All the proceedings in the hospital is very transparent, so that the **confidence** on the centre by the patient is relatively high by good counseling, **pregnancy classes, yoga classes** above all positive approach by all right from the watchman to the chief doctor. The patient's well being and **comfort** is the top priority for them. The strength of hospital is **cleanliness** which we can observe from the entrance.

Hi-Tech care and advanced procedures is practiced in both gynec surgeries and in reproductive medicine. The success rate of their fertility centre is nearly 50% on par with universal standards at an **affordable cost.**

Madurai is surrounded by many villages. Definitely **Hema Medical Centre** is a boon to all the people in an around Madurai because of the world class treatment with motherly care given at an affordable price with good success rate.

Motherly care is the motto of the hospital which can be sensed everywhere; inside the campus her future aim is to make the centre the one of the best women health centre on par with international standards.

Dr.Hemalatha is an ideal for all those who want to be successful in life. The mantra is to keep learning and never let success give birth to an ego . From the talk of her we can succeed is any field and take our nation to greater heights if we work with dedication and sincerity.

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Perfect lashes .... perfect you

Confidence and beauty are correlated to each other in the same way as peace and meditation. Looking beautiful makes you look perfect and in the process of making you look graceful eyes lashes plays a leading role. Eyes are the most captivating beauty. Eye lashes plays the most leading role in enhancing the beauty of your eyes.

Long,fluttery,fuller lashes are global desire. Now no more struggles for eye lash is required as the first ever lash studio "The Lash Studio.in has commenced in Chennai ,featuring Renuka Praveen, a certified lash artist from UK. The lash studio with it's team of beauty experts are known for their magical work.

You will bestowed for the best and latest eyelash extension and lash lifts.For lash extension semi-permanent light lashes are applied by experts on your natural lash, it gives a magical fluttery look. New enhances 2D,3D,4D extensions are also offered which gives natural,captivating ,fluttery and gorgeous lash. For innovative style lovers lash lift is there. It works on natural lashes at the root by lifting,curling and tinting them to make it look longer and thicker. It's best part is that it is not time consuming but requires only 45-60 minutes and lasts much longer up to a whole month.

The grand and modernist launch was featured Kollywood by star Meena in presence of many celebrities,fashionista socialites and lifestyle blogger from the city. With new opportunities to elevate your beauty this salon will bring a new revolution for lash lovers of Chennai.

Top 10 Make-up Products In India

'Diamonds are women's best friends', said whoever clearly did not ask a woman about the importance of make-up in her life. If done correctly, make-up can enhance the beauty of a woman in such a way that the effects are pleasantly surprising at times. There are thousands of make-up products in the market today and hundreds of brands and choosing what's best becomes a tedious job. This is when our assistance comes in. We have here made a list of the ten best make-up products in the market right now.

1.Clinique Moisture Surge 72-Hour Auto-replenishing Hydrator

This is a refreshing gel-cream that would give your skin the power to hydrate itself. Keeping the skin twice as hydrated, it gives 150% instant moisture boost and the skin appears glowing from inside out up to 72 hours. **COST: Rs. 2,550/-**

2.Lakme Absolute Sun-Kissed Bronzer

It is two toned and an extremely pigmented product. With a thick texture, it is smooth and easy to blend. It lasts for up to 3 hours.
COST: Rs. 750/-

3.Maybelline New York Dream Touch Blush

It is a cream-based product and contains a lot of shimmer which also enables it to be used as a highlighter. With a smooth texture, it blends well with the skin and stays for long.
COST: Rs. 400/-

4.Lakme Absolute Mattreal Skin Natural Mousse

It is a light-weight mousse with a silky-smooth texture. With the coverage being light to medium, it has a matte finish. It controls oil in the skin and helps hide the minor imperfections. The mousse stays for 10 long hours and provides the perfect photo finish. **COST: Rs. 750/-**

5.L'oreal Paris Infallible 16 Hours Concealer

COST: Rs. 550/-

A very easy to apply product, l'oreal concealer gives medium coverage. The pigmentation is excellent and does not cause dryness. It is very easy to apply and stays for up to 8 hours.

6.M.a.c. Pro Long Wear Foundation

M.A.C Foundation stays for up to 10 hours in any environmental condition and is slightly thicker than liquid foundation. It provides a natural finish to the skin and makes one feel light. It does not oxidise on the skin.

COST: Rs. 2500/-

7.Lakme Eyeconic Kajal

This kajal by Lakme is smudge proof and has a convenient twist-up format which lasts up to 22 hours. It is waterproof and has a deep black finish.

COST: Rs. 180/-

8.Lakme Sun Expert Ultra Matte Spf 40pa+++ Compact

It prevents skin against UV and UVB rays and prevents sunburn, dark spots and premature aging. This compact gives a matte finish and prevents skin from tan lines.

COST: Rs. 220/-

9.Lakme 9 To 5 Complexion Care Face Cream

It provides UV protection and moisturises the skin. Giving a smooth coverage, it blends easily on the skin and lightens the skin tone.

COST: Rs. 99/-

10.Lakme Enrich Lip Crayon

This easy to use lip colour in crayon format has a soft texture and smooth matte finish. It comes in bright colours and contains olive oil to soften the lips.

COST: Rs. 190/-

FRAGRANCES IN THE MARKET

Women are biologically programmed to smell heavenly and that is why a person's odour holds so much importance in their prospective. Perfumes and fragrances only enhance that beautiful feminity they have and therefore it is important to keep around only those which are worth mixing in it with their aura. Allow us to assist you finding some:

1.ESTEE LAUDER BEAUTIFUL

Been around for almost three decades, this one is a beautiful symphony of notes of jasmine, carnation and rose mixed with citrus.

COST: Rs. 6.659/-

2. COACH NEW YORK THE FRAGRANCE EAU DE PERFUME SPRAY

With a fruity and flowery essence, this perfume speaks class and luxury. The exterior is as pretty as the fragrance kind of like Cinderella's pumpkin carriage.

COST: Rs. 5,850/-

3.TITAN SKINN NUDE

The Titan Skinn range of perfumes is best amongst the affordable ones right now. Nude has aromas of lychee and rose.

COST: Rs. 1,190/-

4. ORIFLAME QUEEN OF THE NIGHT

Look at that bottle, it speaks sensual and feminine. This one is exactly what you need for a dinner date.

COST: Rs. 1,099/-

5. CALVIN KLEIN EUPHORIA EAU DE PARFUM

COST: Rs. 4,631/-

With notes of exotic fruits and enchanting florals, this one is sure to make you the centre of attraction of the night.

How a man smells is the most essential part of his appearance, say 9 out of every 10 women, ergo having a nice fragrance is as important has owning a pair of black leather shoes. But with so many options available, which one to choose becomes a difficult task especially for men since they are not shopping creatures. But worry not! We have here the best shortlisted for you:

1.GUESS MAN

One look at the bottle and you are in love with the perfume and one sniff of its musky scent and the world is in love with you.

COST: Rs. 2,190/-

2.VERSACE MAN FRAICHE EDT

Leaving a refreshing and intense aura, this one has the extracts of carambola, rosewood, cedar leaves and white lemon.

COST: Rs. 2,900/-

3. FERRARI NATURAL SPARY

This one is very sharp and masculine featuring a woody scent. The black exterior also sure compliments the kind of impression it leaves.

COST: Rs. 5,200/-

4. JAGUAR CLASSIC BLACK

Want something sour and spicy? This is your pick. With notes of citrus, lotus and spicy ginger, this bad boy is also very affordable.

COST: Rs. 925/-

5.GIORGIO ARMANI ACQUA DI GIO

First, its Armani. Secondly it has notes of jasmine, lemon, bergamot and tangerine. Lastly, it has a symphony of flavours like no other.

COST: Rs. 4,250/-

LET'S MEET PRAMODITA SARAVANAN, THE TEENAGE HERO

Ms. Pramodita Saravanan, an 18-year-old medical student at Saveetha Medical College has recently been awarded the Guinness World Record and Asia Book of World Records for conducting a medical heath campaign. On 12th May 2019, ***Pramodita*** *addressed the audience for an hour long regarding the health of adolescents. Amongst the listeners there were almost 360 adolescents and youth. Conducted at Rani Seethai hall in Chennai, the awareness speech included topics on physical, mental and sexual health at this tender age.*

Born to medical professionals, **Dr. Saravanan** and **Dr. Mahalakshmi** who have built the **ARC Fertility Hospitals, Pramodita** had always dreamed of being a doctor and serving the community. Currently in the second year of her MBBS, she is quite the multitasker. She has been managing her education, NEET entrance exam (National Eligibility cum Entrance Test) and her awareness initiative simultaneously and has been very efficient in doing so. About her future plans, Saravanan says that she would continue working for this initiative and also keep perusing her studies side by side.

When asked about how she got an idea to work towards such a noble initiative, she mentioned not being very confident in the beginning. She said that she was reluctant at first but when she herself experienced her high school to college transition she realised the kind of mental, emotional and physical stress that one has to undergo. She then changed gears and went on to work on the afore-mentioned topics. She studied and realised that how important it was to educate the children from ages 11 to 20 about adolescence and its implications. She then elaborated saying that this is an age when children go through growth spurts. Though there is a lot of physical and mental growth in childhood, but the major part of the physical development occurs in adolescence. Not only this, the sexual development is a major part of this period as the teenagers reach the puberty age. While any development during childhood is similar for boys and girls, in adolescence it isn't the case. The facts during this age are very different for the two and this is bound to cause stress and confusion. Feelings, emotions, nature of the decisions one makes, outlook towards the world and relationships, everything shifts and generally to an extent where it takes a 180 turn and this in turn causes stress to the individual.

She explained that with so much development and so many hefty changes going on in the body, the child tends to develop a temper, incur mooed swings and show drastic behavioural changes. The aim behind this initiative, says Pramodita, was to tell these adolescents that they are not alone ad mist this turmoil and there are so many others like them who are undergoing these issues like confusion, identity crises and psychic stress.

She also told us how wonderful it was to have such busy parents. She and her brother spent a lot of time with their grandparents and learnt a ton of wonderful things from them. Though both of them are doctors, her parents have different approaches and roles at their hospitals. Her mother, as she mentioned, is more inclined toward the medical avenue and her father is more into the management of the place. She also mentioned owing the success of the 19 brands and the newly launched ALM Ayush to her parents and their hard work. This new venture is based upon natural medicine and has been constructed to honour her grandfather, Mr. Arcot Lakshman Mudaliyar, who was himself a very learned and simple man. ALM Ayush focuses on natural weight therapies. Their aim is to work in the areas of weight loss, pregnancy and stress management.

She went on to explain to us her process behind the initiative. She said that she watched a lot of videos on YouTube regarding the subject and researched the social media. This information, she said, is available in abundance on these platforms but the right medium to assure that it reaches the mass is missing. She focussed on adolescent development and gave her audience steps on how to manage a stress-free adolescence. She went step-by-step through this. First, she got a hold of all the causes and root-problems and explained them well. Next, she focussed on giving out solutions associated with the problems. Some of which were eating a balanced diet so that the body maintains the strength to accept all the major changes it is undergoing and yoga or other forms of physical activity to keep fit as well as for stress management. Yoda calms nerves and releases endorphins and Pramodita's advice is to try it for at least 21 days before deciding on whether to continue or not. She also mentioned that there are many organisations where they teach yoga and educational institutions have also started providing yoga sessions as a part of their curriculum.

Pramodita Saravanan is a true teenage hero. She is not only working selflessly towards a noble cause but also preparing well to be a part of the noble medical profession someday and keep serving the community. It's people like her who do not only talk about making a difference but make it their life's aim to do so. And it would be people like her who are bound to take our nation out of the developing list and make India enter the 'developed countries' club. We need more people like Pramodita, who realise how lucky they are to be born in affluent sectors of the society and have all the opportunities to gain any kind of information they want to, from the best sources and use that information to help those who weren't as lucky as them.

NOIZZYBOX

SOUND TO INSPIRE, SOUND TO ADMIRE

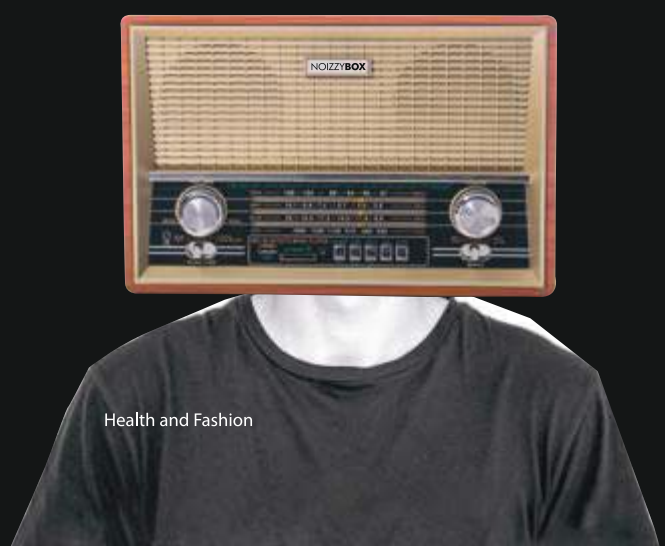
RETRORIZE – NOIZZYBOX +

Sound can effectively control our mind and thus commands our mood swings. A good sound can make everything look soothing and beautiful whereas a bad sound can irritate you even more and spoil your mood. With the combining effort of innovation and hard work Noizzy Box has become India's largest vintage speaker manufacturer. Carrying the effective slogan "with great innovation, comes great sound, they have actually done the innovation and enhanced the use of cutting edge technology.

Their all innovations tend to give their sound system peerless perfection. Their speakers are engrossed with modern functions like Bluetooth, port, TF card and DSP radio. Their speciality includes superior quality of bass, the durability of system and perfect balance of sound to give you crystal clear music. Indulging in radio and retro it has became an authentically classy invention at reasonable price.

If you are a timeless classic lover, then for you there is Noizzy Box Retro XXL which is unique and lodge with all the specialities of golden millennia. It will take you to the time of timeless classic, to make you feel nostalgic and to recreate your love for your favourite ones. It provides with wide range of band radio including AM, FM, etc. Immersed in four equaliser modes vocals, classic, surround and theatre it has high selectivity function to enhance signal to noise ratio. It is highly portable and can be carried anywhere without much effort.

For the retro era lovers, for the love of old soul in you, who wants to live in the nostalgic world? Noizzy Box has exclusive Retro XS for you to fill your emptiness. It takes the place of your workout motivator, BFF and wingman making you fall in love with it. Its design is also classic to give it a classy look. It has smooth analogy controls with elegant LED background. It is rechargeable with gigantic 1400 mAh Li-ion battery to avoid any interruption for long 7 hours. To make up for your all mood swings it has patented amplifier, Bluetooth, 3.5 mm Aux-in, FM and SW radio, USB port and SD card reader. It has all to make you feel connected to the best of both worlds.



TRENDIEST DIETS OF 2019

It has been scientifically proven that a regular healthy eating plan is one hundred times better as compared to a fad diet. They sure make you fit and bring you in shape, but they do not contribute in making you any healthier. Though with all said and done, we also know how difficult it is maintain healthy eating on a regular basis given the variety of delicious treats all around us and ergo fad diets are helpful when you haven to suddenly drop an inch or two for a cousin's wedding or a college farewell. Deciding on what diet too pursue is such a tedious thing to do. There are so many of them available on the internet and with all the scientific language associated with them, it becomes quite the task. But no worries here! The most popular diets are enlisted for you below to choose from.

KETO DIET

This one is probably the most popular of them all. Well the Kardashians follow this one, so the popularity justified. The sugar and carbohydrate intake are strictly restricted, and the dieters are in fat burning mode, since no energy supplier nutrients are given to the body. Instead of butter,

Photo by Trang Doan

cream, full fat yogurt, dieters go for meat, green leafy vegetables and seafood. Keto diet is also sometimes recommended for those suffering from diabetes mellitus. Though its cons may include liver and kidney disorders, so consulting a doctor before digging into the diet is a must.

FODMAP DIET

Fermentable oligosaccharides, disaccharides, monosaccharides and polyols are foods that are high in their sugar content. Invented at the Monash University in Australia, a low FODMAP diet means the restriction of any food product that has sugar and carbohydrates in it, namely, honey, lentils, avocado, cakes, soft drinks etc. since the FODMAP foods pull water into the intestinal tract by the osmosis principle, they are not digested well and can also cause irritable bowel syndrome in addition to the obvious weight gain.

THE DUBROW DIET

A plan originated from the reality T.V. couple Heather Dubrow and Terry Dubrow, this diet is more of an intermediate fasting regime in which the dieter fasts for 16 hours a day and limits his eating window to 8 hours. This plan if nothing else keeps the person from snacking his day away. The allowance of alcohol after a week into the diet is what is unique about this diet.

THE MEDITERRAINEAN DIET

This one is said to be the best for the brain and body. A perfect combination of vegetables, lentils, healthy fats from meats and whole grains is healthy as well as appealing to the palate. This diet is one hundred percent processed food free and the plate looks so colourful that a person wants to be on this diet forever.

THE CARNIVORE DIET

This is a veggie-free diet and is a bit tough to maintain. Meats, eggs, fish and dairy are parts of this diet, but it can be a monotonous to consume these things all time. This gives you all the necessary protein, but the absence of dietary fibre causes digestion problems and other nutrients that non-vegetarian food items do not have.

BITTER DIET

This diet involves more consumption of bitter food items. Nutritionists say that this is a moderately difficult to maintain diet and one has to develop the taste so as to be able to manage it better. Bitter food products help detox the gastro-intestinal tract and they are bile which

works wonders for digestion. Also, it betters the functioning of the thyroid gland.

These diets all have their pros and cons. But as mentioned earlier maintaining a regular healthy eating regime has long term effects and is preferred. Before going for any fad diet, it is important that one must consult the doctor and plan accordingly.

Photo by Ella Olsson

Athulya™
Assisted Living

Respite care –

Short interventions for long-term relief

When was the last time you felt a fresh wave of energy? When was the last time you did something for the first time? It would have been a vacation. It could have been a short, brief encounter. A short period of relief or rest can always come off as a pleasant experience. Not to mention the unexpected benefits that may accrue as a part of the experience. This is the point behind short vacations or trips. So it is, in senior living. Respite care is one of the practices in elderly care that has the potential to bring about favourable positive outcomes, not only to elders but also the caregivers or the family members concerned.

Respite care is the short stay at a senior care or senior living facility, to take time off and rest. The reasons and benefits of such short stays are many but the outcome desired is the same – getting back the mojo of seniors. If you're looking at how to boost your aging parents' morale, respite care might be the solution.

Senior care in the best hands

t's unfortuante that seniors undergo sickness and treatment but alas, not completely inevitable. But what comes after, can help seniors get back in their groove soon. Often it's not the treatment or medication but the period of rest that determines the success of recovery. What better place than an assisted living centre, with the right environment and right people? Which gets us to,

The right environment for recovery

Apart from having the clinical assistance round-the-clock, an assisted living centre is a better choice of place for recovery given the ambience and senior-friendly infrastructure. The senior living experience in these facilities has the power to enhance the socialising ability of elders. When mingling with different individuals from the same age-group, the need to be understood is automatically taken care of. The activities and other programs at the senior living centres can bring seniors out of the predicament they face – both physical and mental.

Time out from regular routine

Sometimes, it may not be an illness or injury but just a short break from the routine of life that is needed. Short stays can achieve this as well. Just like in the good old days, when a stay at relatives' place far away would feel refreshing. The newness experienced, the new friendships forged, all of these can encourage seniors and re-inspire passion in them. The sojourn can help seniors break the monotony of life, allowing them to return to the routine refreshed and recharged.

Break for the caregiver

Respite care is not only advantageous for seniors but also for the caretakers. Caregivers of seniors, predominantly family members, also need time off occasionally. Respite care can ease the stress that caregivers may face in the course of continued caregiving. There are other times when it can come handy for caregivers. An unavoidable trip overseas or a vacation with the kids, events etc, all can make it stressful to render the best care to seniors. Respite care comes to the rescue of the caregivers on such instances.

Trial of Senior Living

Choosing independence over safe and known terrritory can be difficult. More so when we are advanced in age. That being the case, it can be difficult to simply choose a senior living space and move in. With short stays, the intimidation looming over seniors' minds can be cleared. Having an idea of what the future will be like is a good decision-making tool, one that leads to well informed decisions. Trying out assisted living for oneself is much better than any recommendation or suggestion.

With all favourable or utilitarian benefits, respite care or short-stays can be given a shot. After all, trial costs nothing. It in fact, gives insight. Why choose one among many, when you can choose the best? Get unparalleled care for your loved ones without compromising on their preferences and independence.

www.athulyaliving.com

Get ready to dive in ocean of flavours....

Akshayaa Niveditha

For the food lovers, good food is everything they wants. For every age group it holds true that good food always makes good mood. When we eat something delectable, it's not only our taste buds which gets delighted but our mind and mood also reaches the same level of pamperness.

On the auspicious 6th anniversary of SALT-INDIAN RESTURANT,located at Forum Vijaya Mall has launched an exclusive alluring brand new menu. This appetizing menu comprises of dishes with excellent blend of Indian culture and it's scenic dishes.The perfect combo of old traditional charm with new interesting elements.

The celebration was featured with Big Boss Fame Aishwarya Dutta and Yashika Aannand as guest of honour. Presenting Chef Bala's expertise in innovating with the finest Indian species,with proper blend of traditional Indian culture. Offers perfectly congruous dine with an aromatic flavour and nostalgia.

It's menu is a flawless blend of North and South Indian dishes to fulfill demands on each and every taste buds. The most toothsome among them are Dahi ke kabab,Prawn porichathu, saffron chicken tikka and filter coffee. Come and experience the fascinating Indian flavours that will give your taste buds the lavish treatment they deserves.

Sensational Adventures..... waiting for you and your "CULLINAN"

With the advancement of life to super luxurious one, we begin to carve for innovation in every field. Our innovation just not relate to the simple advancement but an advancement which assure the comfort and fantasy we want. Entire folk either a travel lover or a normal people all want t travel any place in such a way that don't compromise with their comfort and luxury.

For the need of this lavish and elegant lifestyle, presenting to you all the most awaited "cullinan", which is ready to exceed the expectation of today's customers by it's luxurious and prominence refinement with astonishing off road performance. It is perfectly perfect to satisfy all round needs and ideal addition for India vast and diverse market. It is at the peak to fulfill all the expectation of automotive luxury you can think of.

It is designed as a special and high bodied car with dual expectations. Firstly to give peerless capabilities to Cullian and secondly to provide a revolutionary definition to automobile luxury and comfort. They are designed in a way such that it can bring a new coup for sports and leisure hobbies acquiring patrons.Everything indulge in it is perfect whether it be it's name, named after largest discovered diamond or it's feature of being first "three-box" car in SUV sector.

It is well tested all over the globe for your overall safety. It can walk all the terrain without compromising with your comfort. You can arrive at any remote destination without even dirtying your trousers legs as both the front and rear coach doors wrap low under the sill of Cullinan to prevent dirt from entering it. It is a miracle among automobiles with it's stunning off-road capability along with the world famous 'Magic Carpet Ride' of Rolls-Royce. The luxury and comfort it provided during it's campaign and adventure in desert is enough to exclaim it to be precious than ruby.

It's engine power is really astonishing with 6.75 litre twin-turbo V12 Rolls-Royce engine delivers 563bhp/420KW and 850Nm/627lb ft

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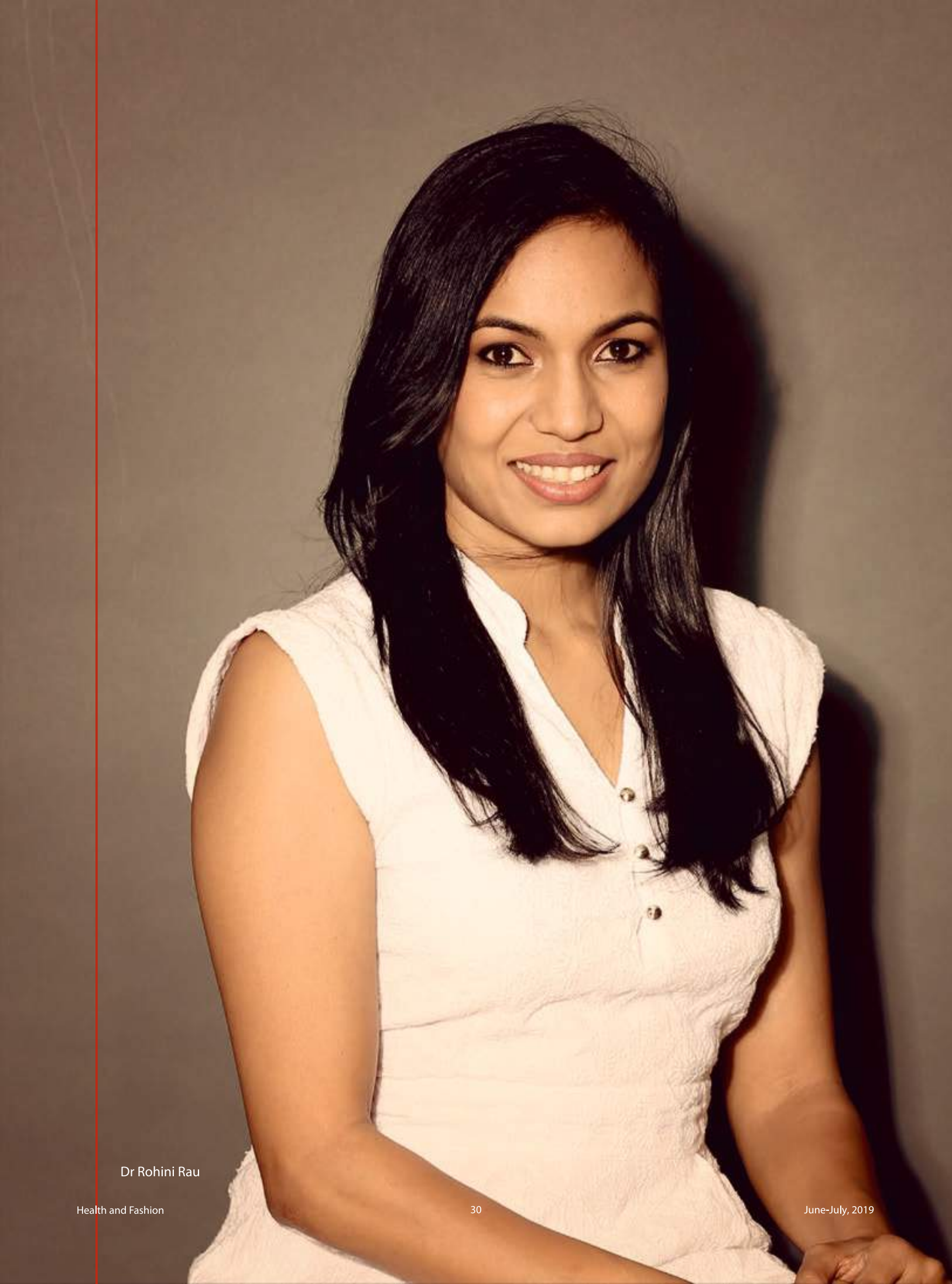
of torque to all-new-all-wheel drive which is more than enough to sustain in any challenging terrain.

Considering every leisure and comfort it has been engrossed with enormous latest features. It is occupied by 'The clasp' with rear profile containing two parts "D-Back' format. To make your every move effortless just with one touch of the key fob button 'The clasp' opens into two sections. It's rear seat is designed to give you the comfort of being at home, consisting of Lounge seat or individual seat.with just a single touch both seats folds down and move the headrests upwars to avoid an imprints on seat cushion.

The rear compartment offers a wide space of 560 space which grows to 600 with the removal of parcel shelf. To carry your love of Art Gallery a loading length of 2245mm and loading capacity of 1930 Litre upon electronically raising the boot floor is also awarded. In addition to all the enhanced innovative features you can enjoy a separate ecosystem different from outer environment. The soothing peace inside the 'cullinan' will separate you from outdoor hustle-bustle.

It's technical specification engrossed with the values of fuel consumptions shown, are determined according to European Regulation(EC)715/2007. it's values are already based on new WLTP regulation and to ensure the correct comparison translated back into NEDC. For the proper understanding of customers "Guide to fuel consumption,Co2 Emission and Electricity consumption of New Passenger Cars" is available for no cost at your local government authority.



Dr Rohini Rau

What is Hospital Clowning?

Hospital Clowning has been interchangeably used with Therapeutic Clowning and Medical Clowning in other countries.

Modern day Hospital Clowning started with Dr. Patch Adams in1971. He wanted to integrate a traditional hospital with alternate medicine. He firmly believed that you could solve most mental health problems with laughter. Many countries like UK, USA, and Australia have dedicated hospital clowning programs. Israel offers paramedical courses in hospital clowning as well; it is now fast spreading across Asia.

Although we dress up like clowns, Hospital Clowns are trained allied professionals who undergo intensive training to become a certified "Hospital Clown". They are trained in the art of clowning, improvisation techniques, physical comedy, etc. They are also taught to follow medical precautions and protocols for safety.

The difference between volunteer clowns and Hospital Clowns is that apart from the training, they also wear less make up and less garish clothes so that they look more human like and hence easy to relate to.

A Hospital Clown breaks the status quo between doctor/ nurse and patient. They involve the entire family and medical staff into their act, so it is a moment that is shared by all. Even if lasts only a little while, It takes them away from the illness and the worries and focuses on something that is pure fun! The effect of it lasts much longer after the clowns have left. They use different skills to engage their audience who are mostly pediatric patients, by using magic, improvisation, theatre games, juggling, singing, storytelling to bring back control to the patient. Just like when you are a patient you also lose control of your body, your independence and everything that happens around you to negatively impact your mental health.

They also use distraction therapy - eg while putting in an IV line; the Hospital Clown can distract the patient using different methods. It is the anticipation of the injection that is usually more painful than the actual prick itself.

It is interesting to note that Children laugh up to 200 times a day. As adults we laugh only 15 times a day and in a hospital setting it is as low as 'ZERO'.

We know that most of our pain is in our mind and that laughter is the best medicine. So if there is a chance that this works it becomes almost mandatory that we include this into a hospital.

Studies have shown that Hospital Clowning can reduce the amount of painkillers needed post-surgery and sedation that is required prior to procedures and imaging in the paediatric age groups. Thus reducing the harmful side effects of these medicines.

Hospital Clowning is in its 4th year in Chennai with The Little Theatre Hospital Clowning project. It was the brainchild of the founder/ Managing Director Mrs. Aysha Rau.

This is the first Hospital Clowning Troupe with 13 certified Hospital Clowns. We visit the Government Children's Hospital once a week. We have worked in private hospitals and are looking at more hospitals to get involved. It is usually difficult to explain the concept of Hospital Clowning and the benefits although seen cannot be easily measured. It's more of a ROR – return on relationship.

Currently in India, there is no center / hospital that treats patients with modern medicine (allopathy) AND **creative therapy.** Creative therapy refers to a group of techniques that are expressive and **creative** in nature. The aim of **creative therapies** is to help clients find a form of expression beyond words or traditional **therapy** such as cognitive or psychotherapy.

The Little Theatre along with the Children's Government Hospital, Egmore, Chennai, will open India's first center for Creative Therapy and Hospital Clowning. With this Center, we hope to bring Arts and Healthcare under one roof. We have a panel of 40 Arts Therapists who use different forms of Arts Therapy such as Dance therapy/ Music Therapy/ Drama Therapy to aid in the treatment and mental health of the patient and family.

There will be sessions for the patients and for the parents depending on the modality. It will be primarily focused on children undergoing cancer therapy as they spend a lot of time in the hospital. It will run as a workshop format initially with volunteers who will take sessions once or twice a week at the Studio for small groups. We hope to hold regular sessions in the future and to involve as many patients and family members as possible.

This is the first of its kind in India. We hope that in time there are many more centers that can be built within hospitals. In time we hope Hospital Clowning and Creative Therapy becomes a full time professional activity in every hospital.

Mental health has been neglected for far too long. It is wrong to think that being in a hospital is a normal way of life and has no effect on our mental health. Ground reality is with all the negative emotions, stress, anxiety, loss of control, helpless feelings involved, it has a huge impact on the patients and their family who accompany them. It augurs well for the patients if Hospital Clowns and Arts Therapists are able to take care of the mental health of patients without giving additional medication. This will have a huge positive impact during treatment. This is one way to help doctors and nurses who are already understaffed and overworked.

With this Studio we aim to develop new ways/ tools to better our practice by having training sessions with the core team. Hospital Clowning needs to integrate with the medical facility to see its true potential. (Assisting invasive procedures, sedation during imaging and more) We will also be holding certificate programs to train new Hospital Clowns to expand the troupe and benefit more children in hospitals.

The Honorable Health Minister of Tamil Nadu is all set to inaugurate the studio within the hospital premises on 31st May 2019 along with the ICH & Children's Hospital Director Dr. A.T Arasar Seeralar.

By: Dr Rohini Rau
Msc Internal Medicine (University of Edinburgh)
Senior Resident Kauvery Hospital, Chennai

Colour your world with paint on nails…

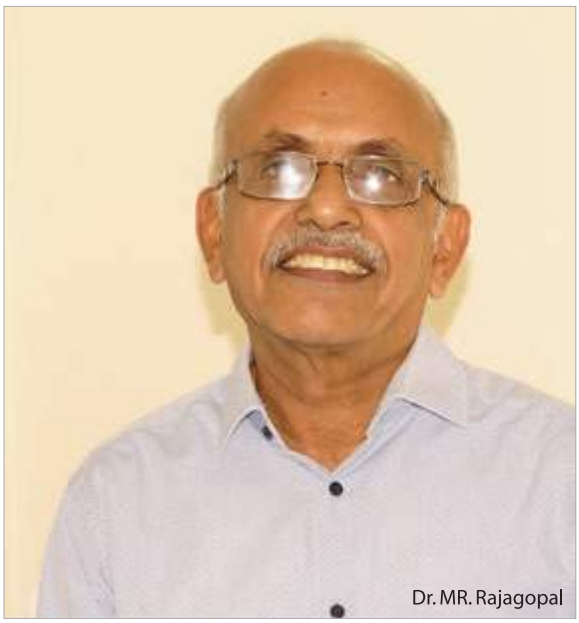
Wearing nail polish is among one of those fashion which is never ever out of trend. With the various advancements in fashion industries nail paints experienced various innovations.It has became an strategy for women to express themselves,to show who they are and what they like with different color,style and design.

"Nail artistry",India's most luxurious nail salon is again present with a bran new store in Chennai. With speciality in creative applications such as holographic gel extensions and polishes,glitter extensions and polishes,acrylic extensions,chrome nails,shellac nails,3D art,and image painting it is known for elevating the concept of beautiful nails to form wearable art.

For the fabrication of fascinating nails, salons offers pampering pedicure and manicure services ,foot and hand massages and for hair styling services too.

The launch of salon featured actors **Tammannah Bhatia** and **Kajal Aggarwal** and **cricketer Sreesanth** as special guest. The attendees were also given many ultra-luxury features,such as private pedicure pods equipped with TVs and glamorous gold-themed ambience,as they enjoyed a range of superior nail service.

You can reach the new salon out at TTK Road, which spread over two floors. The first floor is exclusively for nail services and second floor is for hair services. These exclusive nail fashion can give you an unparallel charm filled with confidence and will prove to be a new hit among the fashion lovers.



Dr. MR. Rajagopal

Bringing back humanity to the healthcare system…

Meenakshi Girish

*In an **exclusive interview** with a reporter from **Health and Fashion** , **Dr. MR. Rajagopal** opened up about his education, career and the current projects he is working on in his quest to make palliative care more important in medicine. Dr. Rajagopal is an Indian palliative care physician and well-known anaesthetist. He is the **founder of an NGO, Pallium India.** With an initial practice of palliative care in Kerala, which later blossomed to a national level, Dr. Rajagopal has been highly influential in integrating palliative care into the healthcare system. **This Padma Shri awardee** is now on a quest to bring back humanity in the medical business and ensure that patients with life-limiting diseases can die with dignity. Edited excerpts follow.*

What made you choose palliative care over all other methods of therapy?

I am an anaesthetist. Our business is to treat pain, to prevent pain during surgery and the application of the same principle except differently, is to treat pain in other situations. So, I started treating people's pain and my patients taught me that their problems are huge. Not only pain, but that we have a duty to look at suffering with pity. So, my search for an answer brought me to palliative care, which was already existent and I studied it.

You have a very eminent NGO, Pallium India. Tell us a bit more about your NGO. What are your current projects? What are your endeavours right now?

The work of my colleagues and I for the past many years was confined to Kerala. When we found that people are suffering all over the country, Pallium India was created with an intention of improving access to palliative care throughout the country. Later, we changed our vision to integrate palliative care into all healthcare. It is about suffering, whether it is a disease which is treated in three months. Imagine somebody with fifty thousand burns in the body. The person needs all the attention to the suffering, not only to the burnt body. That kind of integration of palliative care into healthcare is our vision.

Reiterating that point, how far do you think you and your NGO have succeeded in integrating palliative care into the healthcare system?

In that journey of a thousand miles, we have travelled about one mile. It is very, very early. It has been twenty-five years and I am sad to say that even now, less than 2% of the needy get access to palliative care and for even them, the care reaches too late in life. We have a long way to go.

On that note, how far do you think the accessibility and affordability of pain relief drugs and medicines is reaching the public now, as compared to earlier?

Maybe from 0.1% it may have gone up to 2%. It is not a question of affordability. In fact, very much otherwise. Access is poor for a variety of reasons. Sometimes, I wonder if low cost is one of the products. Who is interested in something that costs one rupee per tablet? The profit margin is low. The industry is not interested. The industry would be interested in something that costs 150 times as much. So, it is really not a question of affordability. We grow poppy in our country and we make morphine, which is a main pain relief drug. We make opium and can make it available at a very low cost. Indeed, we do for a small number of people. It is mostly about the society and the medical profession accepting it as a duty to treat pain and suffering. It is not a question of cost.

Are you coming to say that the value of a product reduces owing to its low cost?

It is not the value reducing. It is just the fact that healthcare is not a service anymore, it is an industry and something that is not attractive enough for the industry does not get done unless it becomes a part of the society and the government's responsibility. If we integrate all healthcare to the industry, I think that is a calamity. If the public healthcare system improves up to a point, then it can do any kind of service. But that foundation is not there.

You rely on donations and provide free service to poor people. Do you think the poor people are more aware of the various methods that you are providing to them? How do you think you can make palliative care a lot more widespread?

This is a very important question. True, we provide free treatment and we provide it mostly to the poor. Certainly, it shouldn't be that way. It should be available to everybody. Just because a man has some money, why should he be denied care? And it is happening more. At least some corporate hospitals are incorporating palliative care into their work, but the truth is still that in my state of Kerala, palliative care reaches the poor much more than the rich. That is because the rich man goes to a corporate hospital and still palliative care is not a part of the care process in a majority of corporate hospitals. So, they have aggressive interventions, treatments, artificial life support systems till their very end. That is a tragedy that has to change. It can change only with more public perception. What you are doing, the role of media becomes very vital here.

Who do you think palliative care is more necessary for? The patient or to their family? Because once the patient passes away, it is the family that requires financial support and they find it harder to cope with their loss. So, who requires palliative care more?

Ordinarily, when the patient is alive, the primary focus is that person along with the family. He is not just a body. He is a part of an ecosystem that involves his family. Ignoring his family and their suffering would be very bad. But when you ask who is more, I would say my primary focus is on the patient along with the family. And when the patient is gone, understandably, the care has to continue for the family.

Clearly, being such an eminent specialist at palliative care, you have encountered a lot of scenarios and treated a lot of patients in various sessions. Would you like to share with us your most memorable session?

That is a bit difficult to say, but there are some very precious memories. For example: Somebody who is couched in pain for weeks together for most of the time, because they could not even tolerate that position of ordinary human life. And that person sits up and enjoys a cup of tea. A young girl rolling and groaning in pain wears a string of jasmines in her hair and smiles even though she has to be on crutches. When a person who is confined to four walls and attempted suicide twice eventually gets palliative care, gets up and walks about

"You should be finding out why they find life more painful than death and take care of the problem. It would be totally inhuman to kill them"

and when you go to visit her at home, she apologises for being five minutes late because she was at the temple. The fact that she was able to be at the temple or in her club or something, that is enormously satisfying. It is about people living their life rather than dying through a long process of living.

On that note, do you advocate for mercy killing? Because euthanasia is becoming more and more popular, these days.

Euthanasia in our country is certainly being talked about more than palliative care. I think that is a shame. We in palliative care, several times every year come across people begging to be killed. At least thrice, I have had a spouse coming and saying, "Please kill him. I can't bear to see him suffer anymore." The next day, they are sitting and eating together. When somebody asks you to kill them, what should you be saying? You should be finding out why they find life more painful than death and take care of the problem. It would be totally inhuman to kill them. That is the way we are discussing this issue now. We are talking about euthanasia. This is now illegal in our country. There is no question of euthanasia in India. But we are discussing that more than we are discussing how to relate the suffering people are having due to an incurable disease. I am not claiming that for everybody life will become enjoyable after palliative care, but I do believe that for the vast majority we can make life liveable. When we have made palliative care available for those who need it, like in Switzerland or the Netherlands, let us then discuss the merits and demerits of euthanasia. If without making even basic pain relief available, if we discuss euthanasia, it is an obscene discussion. It is not what a cultured society should do.

That is very true, sir. During my research, I came across this very interesting statement, "Pallium India

allows natural death with dignity and in incurable diseases with access to palliative care, rather than intensive care". Would you like to elaborate more on this?

Over a half century, there has become a stranger that was not a stranger to the people of my generation. As a child, I was not shooed away when my uncle was dying. I and other children were there for the funeral, we saw the cremation and the rituals that followed. We accepted that as a part of life. Now, what are children learning? They are learning physics and chemistry without knowing the fundamentals of life. With no exposure to the realities of life. This has unfortunately happened already. So, what do we do? We have technology and we can avoid that. If a kidney fails even for a 94-year-old person, as me tomorrow, you diagnose. My life at that time wouldn't be enjoying the sunlight on the porch, it would be inside the hospital, looking at the ceiling fan and bleeding the sheets. Interventions keep people going. You know what happens to VVIPs in Delhi. They are all put on life support measures and when the lungs fail, you put them on ventilators. If they are immensely rich and powerful, when the heart fails, you still put them on cardiopulmonary measures for three days and then allow them to go. That is so sad. You are doing a great service to the essential humanity of that person. You are converting a human being into a body and ignoring the suffering in that person completely. When my time comes, I will have a final message to be conveyed to my wife. It may be something silly by your standards. It may be very important to me. I may panic and be emotionally disturbed. I may hang on to my son's hand and if my grandchild comes and kisses me on my cheek, nothing is more precious to me at that time. In those days, weeks or months, what is most important for the person is definitely physical comfort. If you are in pain, you cannot have any space. But when you are physically comfortable, the only things that matter to you would be the love that you give and the love that you can get back. My car, my degrees, my awards are of no use and mean nothing to me at that time. What is important to me is systematically denied to me by the modern treatment. I am shut up inside four walls, never a moment of peace, no difference between night and day, always gleaming lights, masked aliens walking all day all over me and in 48 hours, anyone will have a chance of losing their minds. They will become delirious, see visions, panic and that kind of existence is stretched out over them. That is sad.

Technology is advancing greatly in today's generation and it is being incorporated in the healthcare sector very well. We have tele-medicine, which is a very fast-growing industry. We have virtual surgeries possible and now, we are even able to remotely connect to another doctor in another part of the country or another hospital. But do you think all these compromises the value of physical touch and basic sensitivity, while breaking the news of death to a patient?

Anything at all may be used properly and the best tool can also be used as a weapon. Technology is well and good. It helps us. A fisherman's wife sends me a message now and asks me to treat her husband and I can treat him today. Isn't that because of technology? I can even see them and talk to them. But does that replace my laying a hand on their hand and wiping a tear? It cannot do everything. When we use it appropriately, as you said, the poor person, the geographically isolated and even for routine follow ups; technology can be valuable. And it makes education so much accessible. Be it palliative care education, health education, anything. For doctors, nurses and anyone. All this is possible because of technology. But when you leave it to a robot to go to a person and communicate the bad news of a person having cancer that is incurable and that the person has only a few more days to live, then that is the most irrational, inhumane way of using technology. Not as a tool, but as a weapon that can inflict suffering.

Do you think the need for palliative care is becoming more prevalent amongst children? Both as the patients themselves, as well as a member of the patient's family.

Absolutely. It is interesting. We all really love children. But here, we are cruel to them. We won't consider them as persons. Nobody explains anything to them. So, when they are patients, the parents cannot bear the thought of leaving them and giving them up. So, you keep forcing useless treatment on them till the last moment. If the doctor says it is of no use and must be stopped, they find another doctor who will do it. As an adult, it is much easier to get palliative care. For a child, it is much harder.

"Please kill him. I can't bear to see him suffer anymore."

As my final question, what are your plans for the future? What are you currently working on? Are you planning on expanding your business in palliative care?

We will continue to work. It is a long journey. In twenty-five years, from 0.1% we have gone to 2%. We won't be able to see this as a business, but this mission will continue. I may not be able to complete it and my colleagues may not be able to complete it in their lifetime. But we have to bring humanity back into healthcare. We have to be able to see suffering as an entity. Our mission will be to continue to advocate for demonstrating suffering and pain; and to ensure that the person gets relief and to ensure that healthcare system sees it as its responsibility to relieve their suffering.

Dr. Rajagopal has constantly reiterated his point of globalising palliative care and the need to incorporate humanity in the healthcare system on a larger scale. A strong believer of physical and mental comfort, Dr. Rajagopal advocates for consistent effort and untiring hope in the attitudes of medical practitioners for the future of healthcare. This down to earth, yet profoundly knowledgeable anaesthetist has rejected euthanasia and the idea of embracing death to overcome unendurable pain. He has achieved innumerable feats in his field of excellence and still has a lot more in store to offer.

INNOVATION AND GENERATION

Innovation and generation, both are invariably integrated to each other. This bustling lifestyle we are engaged in, urge for enormous new innovations day by day.innovation is a mixture of old and new creative stuffs which has enormous potential to astonish the world and fulfill it's raising demands.

In this buzzing lifestyle we are mostly exposed to blue light rays which is more harmful than UVA and UVB as they results in faster ageing,skin pigmentation and many grave skin damages like color changes,inflammation and weakening of the skin's surface.

To effectuate the commitment to introduce innovative products in Indian market and to quench the thirst for latest innovations,"Organic Harvest" has launched it's exclusive range of sunscreens. These sunscreens are known to induced with blue light technology to protect ourselves from blue rays emitted by electronics device and sun's UV rays.

The product range constitute of SPF30,SPF50 and SPF 60 for normal and oily skin.This diverse range is suitable for both men and women as innovation with purest form of nature.

SPF30 and SPF60 are perfectly suited to serve oily skin. It contains Kaolin clay,certified organic glycerin and certifies zinc oxide as key ingredients which works against discoloration,inflammation,absorbs excessive oil release by skin and cleanses pores by removing grime,dirt,pollution and germs.

SPF30.SPF50 and SPF60 are compatible with normal skin.it's key ingredients comprises of Aloe vera extract.certified organic glycerin and certified Zinc oxide.it not only shield skin from blue light rays but also protect it from free radicals and bacteria in air to avoid acne and seal in dampness.

The intelligent use use of plant free from pesticides and chemicals with certification by Global Organizations like EcoCert adds feature to it. Give your skin a little more attention with this innovative range and reveal them their elegancy.

Robin Miller:

Robin Miller has been a TV personality, food writer and nutritionist since 1990 and she is the author of ten books, including **Robin Takes 5** and the New York Times bestseller, **Quick Fix Meals.** Her popular show, **Quick Fix Meals with Robin Miller,** aired on Food Network for 5 years.

Robin's show, **Real Life Cooking,** launched on NBC Universal-owned Bluprint in January 2018. Robin co-hosts the show with her friend Katie Workman and together they tackle real life cooking challenges and kitchen conundrums. In each episode, they dish up delicious, simple recipes, offer time-saving tricks and techniques, share quite a few confessions, and have a LOT of laughs along the way.

Robin's regular food cover story appears in the **Arizona Republic** (circulation 300,000), USA Today Food, and on the Gannett wire service to more than 144 newspapers nationwide. Her column, Robin's Rescue, and associated videos can also be found on **AZCentral.**

Robin has been a guest on hundreds of local and national television and radio programs. She has hosted home videos (for Jane Fonda), cable television vignettes (for Food Network and a variety of international food companies), satellite media tours (a few each year), and spoken at media events in various markets nationwide.

Robin has a master's degree in Food and Nutrition from New York University.

Chicken and Rice in Tomato-Parmesan Sauce

1 cup rice

1 tablespoon olive oil

1/2 cup chopped onion

2 cloves garlic, minced

1 pound boneless skinless chicken breasts, cut into bite-size pieces

Salt and ground black pepper to taste

1 teaspoon dried oregano

1 teaspoon dried basil

1 cup tomato sauce (from a carton or can)

1 cup chicken broth or chicken stock

1/4 cup grated parmesan cheese, plus more for serving

Chopped green onions for serving, optional

Cook the rice according to the package directions (see my note above).

Meanwhile, heat the oil in a large skillet over medium heat. Add the onion and garlic and cook for 3 minutes, until the vegetables are soft and golden. Add the chicken and cook for 3 to 5 minutes, until browned on all sides, stirring frequently. Add the oregano, basil, 1/2 teaspoon salt, and 1/4 teaspoon black pepper and stir to coat. Cook for 1 minute, until the herbs are fragrant. Add the tomato sauce and chicken broth and bring to a simmer. Reduce the heat to low and simmer for 10 minutes, stirring occasionally.

Stir in the parmesan cheese and simmer until the cheese melts. Season to taste with salt and pepper. Serve the chicken mixture over the rice and top with green onions if desired. Serve with extra parmesan cheese on the side.

Serves 4

Vegetarian Stew with Pearled Couscous

Note: I like to leave the parmesan rind in the stew when I serve it – if there's any left after cooking. You can remove it if desired.

1 tablespoon olive oil

2 cups chopped leeks, rinsed well to remove dirt
1 cup chopped carrots
2 celery stalks, chopped
2 cloves garlic, minced
2 teaspoons chili powder
1 teaspoon dried oregano
1 teaspoon dried cilantro
1/2 teaspoon smoked paprika
4 cups vegetable broth
1/2 cup tomato sauce (from a carton or can)
15-ounce can pinto beans, pink beans, great northern beans, or white beans (or a combination of beans), rinsed and drained
2-inch piece parmesan rind or 2 tablespoons grated parmesan cheese
3/4 cup pearled couscous (also called Israeli couscous)
1 medium zucchini, chopped
Salt and freshly ground black pepper

Heat the oil in a large stock pot or saucepan over medium heat. Add the leeks, carrots, celery, and garlic and cook for 3 to 4 minutes, until the vegetables soften, stirring frequently. Add the chili powder, oregano, cilantro, and paprika and stir to coat. Cook for 1 minute, until the herbs and spices are fragrant. Add the broth, tomato sauce, beans, and parmesan rind (or grated cheese) and bring to a simmer. Reduce the heat to medium-low, partially cover and simmer for 10 minutes. Stir in the couscous and zucchini. Cover and simmer for 10 minutes, until the couscous is tender. Season to taste with salt and pepper and serve.

Serves 4

Honey -Sriracha Glazed Carrots with Brown Butter

2 tablespoons butter, preferably unsalted
2 tablespoons honey
1 teaspoon sriracha sauce, or more to taste
1/2 teaspoon minced fresh garlic
2 cups baby carrots
Salt and ground black pepper
Chopped green onions for serving, optional

Preheat oven to 425 degrees.
Melt the butter in an ovenproof skillet over medium high heat. When the butter is bubbly, whisk and cook for 30 to 60 more seconds, until it's frothy and lightly browned. Add the honey and garlic and remove from heat.
Add the carrots and toss to coat. Season with salt and pepper.
Cover with foil and bake for 15 minutes. Uncover and bake for 15 more minutes, until the carrots are tender and golden brown, stirring once or twice during cooking.
Top with green onions before serving if desired.

Serves 4

Joy

Rahul Puri

Sanjana

Krithika & Kanthi

Sunil Reddy

Rajini

Health and Fashion

Sherine

LET'S DECORATE OUR DREAM HOUSE

Vasu & Rohini (owners of Dreapes & Dreams)

Every house is not a home, home is the house enriched with love. Is the definition same for home fashion lovers also?? Most probably no, for home fashion lovers it may be like "home is the house filled with love and home adornments". Fashion lovers want their everything to be perfect and adorable starting from wallpapers to their pillow covers. Like inclination in food taste we have also been inclined towards European design.

Drapes and Dreams the leading decor revolutionaries in Chennai, by bringing long awaited European designs for you at very reasonable value. Their chief concern of creating a royal lifestyle for any place is brought by communication of colors, patterns, textures and materials. It is spread lavishly in 20000 sq ft ranging all your decor demand and elegant dreams. The products includes vast range of indoor and outdoor furniture, curtain, wallpapers, lighting, carpet, Bedding and Artefacts.

Exclusively being known for its lighting it holds a unique position in market as partner for "Swarovski and Schonbek". Many indoor furniture brands are also present in close association with Drapes and Dreams like (www.Saritahanda.com), (www.alfitalia.com), etc.. The entire outdoor furniture range from (www.loomcraft.com)

For your loving window from where, you wish to see the morning energising sunshine and the calm and soothing moonlight night, a complete perfect collection is there. It will sum up statement piece and the stunning outdoor view with great coordination of style and fabrics. They care about the complete life cycle right from track installation, roman blinders, roller binder's installation, steam ironing and maintenance of curtains. Window treatment provided by Hunter Douglas (www.hunterdouglas.com) at Drapes and Dreams offers a vast choice of roller shades, child safe, room darkening manual and motorized roller blinds.

To embellish your walls who are eyewitness of your happiness and sorrows, an enormous variety of wallcovering from totally environmental friendly products like wood veneers, sisal, jute, silk, etc are present. Sporadic collection from UK and US market with stunning indigenous designs in classical, geometric, destressed and plain are its captivating features.

Apart of every love, love for good mattresses is no less then love for great food. Life is full of uncomfortable zones but for you, to put you in exclusive comfort zone during your most loving drowse Drapes and Dreams has bought to you Magniflex (www.magniflex.com)from Italy offering vast and diverse range of high quality mattresses.

Last but not the least of collection, Rug the most important ornament of home decors are crafted and presented in Tufted, Hand knotted, jute, silk and women form by most famous brand Carpet Cellar(WWW.carpetcellar.com).

You can reach the awesome collection at inscription no.-48, Sterling Rd, Nungambakkam, Chennai 600034. It is also available at just your fingertips on web page https://www.drapesanddreams.in.

The Aamlicious Delicacy

Mango has always been first and foremost love for all of us. Not only children but younger and older ones all the equally fervent about mangoes. In India the love for mangoes is just peerless, after all we have such a vast variety of mangoes. Starting from the most famous Ratnagiri , Badami, Dasheri, Kesar to mouth watering Langra and Raspuri all have unique taste and smell along with alluring colour and look.

In this fragrant season of mangoes,just for the love of folks of Chennai opeaning of your favourite Khandani Rajdhani outlet in Velachery present with it's brand new special surprise. Waiting deliberately to serve you divine innovative ,modern mango dishes with a gorgeous contemporary interiors to take you to the peak of comfort.

You will be welcome with refreshing serving of Mango Lassi and Mango Thandai. You wil be given a beautiful start with Aam khasta kachori,KacchaAam Chinese Bhel,KacchiKairikhichiyachaat,kararakairi Roll,Mango corn Canapes,Mango Pizza,Mango Pizza Dhokla ,there names only are enough to mesmerize you …just think of it's taste..

The main surprise is yet to come with the mind blowing main course embraced with AamchuriGunda Ki Subzi, KairiMasale Bhat,Kacche Aam Ki Laungi and KairiThepla. The deserts are enough to enhance your love for mangoes, with the serving of Hapus Jalebi, Mango Gulkand Malpua,Mango Sabudana Kheer.

These auspicious Aamlicious season will start on 24th may and last till 10th June. Price per thali is 550 all-inclusive and for weekend it will be 590 .For all the mango lovers it is going to be a big hit.

The 4 W's to solve all your hair Transplant worries!

Take a minute to think of the number of times we check our hair in the mirror as we pass by, the number of times we touch or brush our hair and think about the innumerable ways in which we can style it. The answer will be 'several times' for most. Hair is your crowning glory and the symbol of beauty. Regardless of how much money we have, what we do for a living, or how perfect and flawless our body and attire may be when our hair isn't right, we don't quite feel right.

Dr. Apoorva Shah

More often than not, hair loss is nothing more than a signal of internal imbalance arising out of poor health, lack of adequate nutrition in our diet and stressful lifestyle. But, sometimes hair loss is irreversible in men and women due to some disorder. The most common type is Male pattern thinning (MPT) and Female pattern thinning (FPT) which leads to baldness. Baldness is no longer something you HAVE to endure. The key lies in early detection, prevention and control. But do you want your hair back? There are many solutions, but the most effective and permanent is Hair Transplant.

Dr. Apoorva Shah- Pioneer of Trichology in India and Founder of RichFeel is providing 4 important W's that will give a complete knowledge of Hair Transplant for an amateur.

1, Why Hair Transplant

Balding has always been related to ageing and bald men are termed wiser. Is that a fair and true statement? Nowadays, when you see younger men and women showing signs of balding, it is more a problem than a symbol of wisdom or an asset!

In an age, where the theme revolves around **"Living Young",** it is crucial to provide solutions that work well for men and women of all ages.

In this day and age, while talent can alone help you shine and move forward, confident looks and attractive personality plays an amplifying role in getting further opportunities. It helps you stay confident and live life on your own terms.

Loss of hair has to be understood scientifically to make the right choice of treatment, particularly when you have a lot of misleading advertisements around showing magical results of **'BEFORE & AFTER'.**

Hair loss can be reversible & irreversible. Reversible hair loss means the hair root remains functional and all the losses can be 100% reversed, but the most common pattern seen as Male pattern baldness or Female pattern baldness is irreversible hair loss. So the only way to restore such hair loss is to get a hair transplant done.

2, Who needs Hair Transplant

Anyone who wants to regain natural hair needs to do a hair transplant. But generally, as per the science of Trichology, to have genetically safe hair, a person has to be beyond 25 years of age.

Earlier hair transplant was thought to be only for aging men suffering from baldness, but this misunderstanding is now getting cleared. Men & women are more aware, so do watch out for the right signs, consult a Trichologist and take informed decision to opt for hair transplants.

Apart from being a solution for irreversible hair loss, hair transplants play a significant role as a solution for certain conditions like scarring alopecia (caused by injury or burns) and in the reconstruction of facial hair like eyebrows and moustache lost due to physical injury or genetic anomaly.

3, When do you need a Hair Transplant

Baldness is a gradual process that can take several years. Below you can see the various stages in Male/Female pattern baldness.

As you see, there is no rapid loss of hair. What happens is that, over a period, with each new hair cycle, the affected hair does not grow as long as others and they become finer in diameter. Eventually, tiny hair remains. The whole process takes at least ten years and can go on for as long as forty years. It is irreversible. So, if you need a permanent solution to this concern, Hair Transplant is the most effective choice, when done at an early stage.

Only an experienced certified Trichologist or a hair transplant surgeon can evaluate the prognosis and help with the right course of action. Which brings us to the question of whom you should consult and where you should go for a hair transplant?

4, Where should you go for Hair Transplant

Hair Transplant is a surgical procedure; hence you would need to go to a place where they have the right blend of high medical expertise and advanced technology to aid the process. You need a reputed hair transplant clinic which can offer such a blend, encourage awareness of the process, guide you right and stay with you every step of the journey.

RichFeel, founded by the first certified Trichologists in India, brings to you the right blend of unparalleled medical expertise and world's most advanced technology, to provide solutions to all your hair needs and particularly for specialized procedures such as a hair transplant.

If you were looking to clear those doubts clouding your mind and wanted to know more about Hair Transplant, these 4 W's would have given you a lot of clarity. Do consult your Trichologist if you notice excessive hair fall. For any more queries regarding hair & scalp care, please mail on the following ID: hairqueries@richfeel.com

THE CLASSY ASPECT

Good looks are always admired by everyone. In the midst of crowd, a good looking person always gains peerless attraction. The love for kurta now a days is really astonishing. For all festive occasions, fashionable kurtas are ultimate love. Their dazzling charm and perfect remix of colour can give you a neoteric appearance.

The "Manchester of South India", Coimbatore has featured lots of well known brand. One such brand is Gammaa which is renowned as best brand of fashionable quality kurtas. To bring the best for you they work with best craftsmen in the country. With the combined effort they transform the best fabrics into new-fangled everyday wear and meaningful clothing at affordable prices.

Their prime aspiration is to produce a perfect blend of traditional and modern aesthetics to give you a classy look. To provide you with infinite comfort and perfect fit they design the kurtas through computer aided design machines along with top known software present. Their infinite comfort and reasonable price give them the edge over others.

The distinct fabric and artful usage of colour used in kurtas give them a fascinating appearance. Gammaa is really simplicity that shines and makes you shine like a start amidst rush. To explore the world of fashion, explore Gammaa once.

DELIGHTFUL CHOCOLATIER TREAT IS WAITING FOR YOU AT "SEASONS"...

Chocolate has always been an ultimate love for everyone. The delicious taste, texture and aroma it indulges, carries an enormous potential to fascinate anyone. Everyone's loving and favourite "seasons" really have something interesting waiting for us to pamper of taste buds. Good presentation always gives an astonishing charm to chocolates.

Seasons the creative hub appreciates our love for chocolates and gives lots of attention towards making and presenting chocolates. For making the base of chocolate they consider all age groups and uses dark, milk, and white. They present us with 30 plus flavor and varieties to choose from and each with special appearance and unique taste. They care so much about the customer that they provide the customers with opportunities to customize the chocolate as per the demand of their taste palette.

Among all the varieties, most plausible ones are berries, nuts, caramel, coffee, orange, fruit and nut, health bar. We are equally popular in truffle varieties like creamy choco bombs, rocher balls and 5 flavours in ganache. Last but not the least of the menu, we specialise in making cookie chocolates. The chocolates are mainly long lived with an average life of 2 to 3 months. The best part of these chocolates is that they have an outstanding, creative packing. It gives them an fascinating and ecstatic appearance.

They cover all occasions. You can call them for birthday ,Friendship day,Rakhi, Diwali Or any such auspicious occasion. They also specialise in corporate gifting and has worked for companies like amazon, spr builders, dlf,etc. so just think of you really have a perfect way to impress your boss.

Apart from cherishing your taste buds they also work hard to provide you with peerless stationery products like handcrafted envelopes, gift tags, bookmarks, handcrafted bows, etc. These handcrafted materials are really astonishing with the use of innovative ideas.

READY TO BEAT THE HEAT

The sun is on its high rage, with temperature touching 50 degree Celsius across the country. It's really challenging to survive in such unbearable condition without putting your work on stake. At the same time we can't allow any change in our daily schedule.

In such a condition,summer beverages are always centre of attraction and big hit in market. They are scrutinized as best way to resist the heat, Not only among youngsters but among the adult working populations also. After a long struggling meeting or a lengthy class the first thing that comes to mind in summer is to have some taste buds pampering beverage.

Appraising the same, this season **STARBUCKS** is back with it's mouth-watering,consoling, ultimate Summer Beverages ranges. Each and every new drink is best in itself with the ultimate flavour. The most fascinating ones in the stores are Triple Mocha , Dark Caramel Coffee,Double Mango Frappuccino. Yes,absolutely like it's name its flavour and taste are also innovative.

With Triple Mocha topped with rich Dark Mocha Sauce ,Dark Caramel Coffee topped with rich and buttery delicious Dark Caramel sauce these beverages have unparallel alluring appearance. Double Mango bursts with deliciously peerless Alphonso mango blended with milk, which no doubt will give you the feel of an innovated and recreated Alphonso.

All these avant-garde ranges are available in our stores all across the county with a price ranging from **Rs.345** onwards. This 15 minutes experience will firmly remains in your mind and transpire whenever you will think about summer beverages.

THE RIGHT SKINCARE ROUTINE FOR YOU

Dr. Shefali Trasi Nerurkar, MD Skin,
Consultant Dermatologist,
Dr. Trasi's Clinic & La Piel

Conversation With A Skin Care Expert

With modern times we have become very conscious of our skincare routine. Also it is very important as the polluted environment around us makes us age earlier and damage our skin. We all have different skin types and so the routine for those skin types also vary. Always remember that very skin is unique so the products which your friends use may not suit your skin. To elaborate more here we will discuss the products/ingredients suitable for a certain skin type.

Daily Skin Care Needs for Oily Skin

Cleanse morning and night. - People with oily skin do well with a gel based or "soapy" cleanser. This will help clean out pores and strip away excess oil. Look for a cleanser that says specifically for oily skin. There are good salicylic or glycolic acid cleansers available in market made in different technologies to wipe the excess oil away without making the skin too dry.

Use a toner to pick up left over dirt, oil and cleanser- Simply apply toner onto a cotton ball and swipe over your face paying special attention to the areas that may be forgotten such as the crevices around your nose

Use a light moisturizer. Many people with oily skin are afraid of moisture; however your skin needs it. Use something light, like a serum to give your face the moisture it needs. Oil in water type of moisturiser is really light on skin and provides the adequate hydration.

Exfoliate once or twice a week. Exfoliating your skin helps to get rid of the dead skin cells and encourage cell turnover, which brings healthy skin to the surface faster. If you're acne prone, be gentle. Over exfoliating can cause more breakouts.

Use a weekly mask. There are some fantastic masks on the market that help clean out your pores and tighten them. Large pore size is a common complaint for those with oily skin, so pick a day each week for your weekly mask. It will quickly become a routine when you see the difference it makes. Masks made with clay are great for oily skin.

Skin Care Tips for Dry Skin

Now a day's lots of people complain of dry skin. It is important to note that dry skin is the result of low oil and moisture which is produced by sebaceous glands present in our skin. Especially, in women, with those below 35 years usually come across simple dry skin due to lack of natural oil formation in their bodies.

Dry skin often results in fine lines, enlarged pores and sagging skin which accelerate aging, consequently from lack of oil and moisture.

Dry skin is a result of genetics, diet, nutritional deficiencies, environmental factors and utilization of excess of chemicals and cosmetics and also the use of harsh soaps on skin.

Use of creams containing squalene, aloe vera, phytosterols etc can be used as moisturizers.

Daily application of these moisturizers along with gentle face cleansers containing cetyl or stearyl alcohol can help maintain the oil in the skin.

Skincare for Sensitive skin

AVOID USING A BAR OF SOAP TO CLEANSE SENSITIVE SKIN.

The binders that hold a bar of soap together are in an alkaline base (high pH balance) which will strip all the water and natural oils out of the skin, causing

the surface of the skin to dehydrate and create sensitivity. Your skin cells need to stay moist in order to be healthy, and without water, acne conditions, sensitive and dry skins will be aggravated.

KEEP YOUR SKIN CARE PRODUCTS COLD

Especially in the summer time when it's hot outdoors, the increase of blood flow can increase heat and sensitivity in the skin. Try keeping your skin care products in the refrigerator. Cleansing, toning and moisturizing with cool temperature products will constrict the capillaries to ease redness and irritation.

AVOID EXFOLIATION OF SKIN

This popular treatment is beneficial for exfoliation, but for sensitive skin, it's a no-no. Sensitive skin is caused from a weakened protective barrier that lets irritants penetrate and moisture escape. And because these treatments are designed to break down the skins barrier in an aggressive way, it will only aggravate sensitive skin. Instead opt for mild chemical peels or mild facials.

Avoid eating spicy foods, drinking alcohol or spending time outdoors in hot weather, when you want to keep your skin looking calm. Also, when washing your face, use lukewarm/cooler water.

WHEN IN DOUBT, DO A PATCH TEST

If you have extremely sensitive and allergic skin, it's always recommended to do a patch test for compatibility prior to using any new products. The best place to patch test skin care products is the side of the neck. This area is actually more sensitive than the skin on the face but a good place to test out any new products. Apply a small amount of product to the side of the neck, gently rub in and wait 24 hours. If there isn't a negative reaction, you can conveniently use the product.

Skin care tips for combination skin

Cleansing: Cleanse the T-zone more thoroughly use a gentle foaming cleanser.Take care that while massaging the cleanser on the skin the oily areas are targetted better than other areas. Alternate between two different types of cleansers like oil or cream cleansers. This will avoid the skin to become too oily or dry.

Toning: Apply more toner on the T-zone. Then apply on dry areas. Again apply two different types of toner on different zones. A stronger astringent toner for the T-zone and a milder toner for the dry zone.

Moisturising: in combination skin it is best advised to moisturise the T-zone minimally. Also use a light weight (oil in water type) cream that is non-oily.

One can also use a moisturisng mask or clay mask which performs dual functions like refreshing the oily areas, clearing the clogged pores and nourishing the dry skin.

Thermal spa waters or face mist can be used to hydrate the dry areas of the face.also one can use a primer to control oil on the T-zone.

Made with lots of love

Cookies are natural appetizer and spreader of happiness. Cookies always remind us of our childhood days, the days of fun and laughter. Even now while having cookies we surely think of those golden days and just starts smiling. It's really hard to remain sad while eating cookies.

With the passage of time the natural, touching flavours and fragrances of cookies has somewhere vanished. The artificial flavour has stained it's natural charm. To bring back the charm that traditional cookies carries chef Karthikeyan along with his wife, poorni take the initiative. Rickyscookie to create an interesting range of scrumptious and wholesome cookies. Chef karthikeyan has worked with several Michelin star chefs. He was a member of founding team for Avartana and also headed two restaurants at Taj Coromandel, Chennai.

After hundreds of trial over sleepless night to gift Chennai an indulgent yet a happier range of cookies finally, Ricky's cookies was born in December 2018. each an every cookies of menu is result of experiment with unconventional flavour. All the ingredients used in cookies are sourced fresh with no any artificial flavour or colour used. All the cookies are unique with comical flavour to cherish you.

For all the cookies lovers, great cookies made with natural ingredients and lots of love is waiting at Rickyscookie with wide ranging menu consisting of Green Pod, Back to Roots, Ruby white and many others. You can reach them at their website www.rickyscookie.com. what could be a better gift other than cookies to bring a smile on your loved ones' faces.

DAWAT-E-RAMADAN

The sacred month of Ramadan carries an enormous treasure of blessing, forgiveness and love. It is believed that Allah has made fasts obligatory upon ourselves, the doors of heaven are opened in this month and the doors of hell are closed, devils are chained and every night is far much better than thousands of normal nights.

In this consecrated month, along with blessings delighting food are also an integral part. After full day fast every food served carries a unique charm. To make those food little more special, lodged with explosion of flavour "Barbeque Nation" one of India's leading casual dinning restaurant chain, on this auspicious occasion inviting all the food lovers offering best food specialties of Ramadan.

Here to quench the appetite of your greedy belly after fasts you are presented with Roohafza and Iftar platter. What could be better stuffs other than these mouth watering Hyderabadi Haleem,HasratAli SheekKebab,Reshami Chicken, Lucknow Biryani to break your fasts.Doubtlessly their names are just more than sufficient to fill your mouth with water.

Not only for Non-vegetarian for vegetarian also it offers a wide variety of aromatic dishes like Chilli Mango Paneer, Cheesy Anar Mushroom, Sigri Vada, Gobi Mussalalm, Broccoli Makhana Pulao all among them are really innovative with fusion of flavour.

It's special feature is that it offers you live counters where you get the freedom to make the dish relevant for you by adding your special instructions. The desert section is not only filled with the lavish taste but a fascinating treats,featuring Shahi Phirnee, Mango Shrikhand, Sheer Khurma, Mawa Samosa.

You can reach it at T Nagar, Vadapalani, Nungambakkam, Porur, Velachery, OMR, Chrompet all across Chennai. dinner time is exclusively from 7 pm to 11 pm, with approximate cost for meal of two is 1600.

DECOR

Bless this home with love, happiness & fashion

Home fashion has always been an integral part of our lives. Not only now but during ancient times also people were concerned about decorating their houses. With the passage of time and advancement in technology decorating materials have changed but the concept remained same.

People of Chennai always shows interest in varying culture and varying range of home decors and furnishing. To quench the need of home fashion lovers of Chennai, D'Decor accord a new lavish showroom at Palladium Mall, Velachery exclusively for the loving folks of Chennai.

The store offers a vast and varying range of lavish and elegant home furnishing products comprising curtains,upholstery, beds and baths,blinds,wallpapers and rugs of enhanced quality.it has 10000+ designs to suit every mood, every colour and every taste. It has a blend of contemporary or classic , eclectic or neutral, Victorian or rustic. It is eye-catching one stop destination because of use of wide scoping jacquards, velvets, plain, textures, linings and others.

To assist you with valuable advice and choice, you are provided with expert advice and consultants who are adroitly marvellous in home fashion. They help you to visualize your space and choose the best suited one. The store look care of all your comforts and comprises of dedicated relationship managers to help you to go through the collection without trouble and also provide you with catalogue to choose. If you are planning to give your home a new look, then D'Decor is surely the one you are thinking of.

INDIENS ET LE FESTIVAL DE CANNES

Cannes film festival, which was called the international film festival till 2002, is an annual previewing of films of all genres from all around the world. Held at Palais des Festivals et des Congrès in the city of Cannes, France, this festival is one of the biggest film festival on the globe. It was founded 72 years ago in 1946 and has been growing ever since. Generally held in the month of May, Festival de Cannes was held from the 14th to the 25th of May this year.

A lot of movies were screened, and the best were awarded. While Bong-Joon Ho became the first Korean director to receive an award at the Cannes, British actress Emily Beecham took home the best actress honour. While Festival de Cannes is known to be a film festival, the fashion statements made on its red carpet are undeniable. We see people of the entertainment industry from all over the world dressed in their best. India has also been a pert of this festival for quite some time now. This year also saw many celebrities from India on the red carpet of the Cannes Film Festival.

Beauties from India namely, Deepika Padukone,

Diana Penty, Priyanka Chopra Jonas, Huma Qureshi, Sonam Kapoor Ahuja, Aishwarya Rai Bacchan, Kangana Ranaut and Hina Khan were seen looking exquisite at the French Rivera. Some added a dramatic touch while some choose to keep it simple.

Deepika Padukone representing Loreal was seen full on in style and sported different outfits. While she grabbed eyes with her black and white gown by Peter Dundas the first day, drama and bright colours were seen the second day. Her first ensemble by Dundas was paired with Lorraine Schwartz jewellery and had a big black bow from the waist to the torso. The Giambattista Valli gown was a voluminous dress which featured a long train and layers of ruffles, paired it with a pink headband.

Priyanka Chopra Jonas who was a debutant at the festival was nothing if not elegance at the Cannes. Her black shimmery Robert Cavalli high slit gown looked beyond words. If her black dress looked devilishly pretty, the off-shouldered white ruffled Georges Hobeika gown with Chopard jewels was heavenly dreamy. More than the designer ensembles, what enhanced PeeCee's look was her and her husband's beautiful love story which was very much evident on the red carpet and fans were in awe. The

singer was seen arranging her dress train so that his beautiful wife could look perfect while posing for the paparazzi and even opening an umbrella for her when unexpected whether changes graced Cannes.

Following last year Aishwarya Rai Bacchan being a Loreal brand ambassador and Kangana Ranaut who received the invite from a liquor brand were also in attendance. Not only this but accompanying her mommy in full fashion was the youngest Bacchan, Aradhaya.

Wearing Jean-Lewis Sabaji iridescent yellow fish cut dress and hand in hand with her little angel who she was twining, Aishwarya looked like a breath-taking mermaid. Kangana on the other hand was seen wearing a synergy of traditional Indian and western. Her native Kanjiwaram saree was accompanied by a Falguni-Shane peacock corset and royal burgundy gloves.

On the second day the Tanu weds Manu actress was seen in a white Michael Cinco gown looking like modern royalty. Mrs. Bacchan also chose the colour of angels for her second look. She wore a white Ashi Studio feather motif dress and along with she adorned a faux-feather scarf.

What was new this year was the presence of the Hindi television actress and Bigg Boss 11 runner up Hina Khan for the unveiling of her film Lines at the festival. Her presence and her breath-taking looks were very much notices by the world, and she seemed more than excited. She took to Instagram to thank Priyanka Chopra for being so cordial to a her in a foreign land and introducing her as a fellow Indian Star. Her first look was a baby blur crystal embellishment gown by Zaid Nakad and the other one was a metallic grey Alin Le'kal shoulder-less dress.

Diana Penty who was invited by the jewellery brand Chopard and Huma Qureshi were also in the French Rivera. While Diana's Amrita Agarwal white saree was food to eyes, Huma's magnificent Gaurav Gupta grey gown was beautiful.

Last but not the least another Loreal brand ambassador and style icon Sonam Kapoor Ahuja was seen making people gasp with her looks as usual. Her sunshine yellow Ashi Studio dress was refreshing but what made people miss a heartbeat was her modern 'Maharani' look. Designed by Abu Jani-Sandeep Khosla, Sonam looked etheral in her attire.

While women of India won hearts at the red carpet of the Festival de Cannes like true rockstars that they are and made the country's chest swell with pride, the audience of the nation were a tad-bit disappointed with the fact that no Indian movies were screened at the festival and neither was any citizen a part of the jury. Amongst the 1845 feature films which were more than any other country were submitted, only three filmmakers got a chance at presenating their work. Huma Qureshi said that it was a shame and Indian cinema needs to push boundaries. She pointed out that we do not have the budget or willingness to make Cannes worthy movies and that box office numbers are most important in our nation. Indian cinema is only bent on making the quintenssial Bollyood films and it's about time that we shift gears and make quality rather than quantity films.

SUCCESS ESTEEMS THE WELL GROOMED

We always admire our heroes, tries to facsimile them and consider them as our ideal too. The popularity and admiration that a cricketer carry is very enormous because of cricket being most famous off all the sports.

Male grooming, over decades has emerged to be one of the fastest growing sector in India's Personal Care Segment. People have started giving their look foremost importance as it is leading step for self-confidence. Evaluating the present scenario and its stimulation Himalaya MEN announced Virat Kohli and Riahab Pant as their brand ambassador.

Himalaya has always been known to envisage the benefits of herbal remedies. These products emerged as life enhancing product, they not only care about people but also about environment. With the continuous research in Ayurveda and development in science, this brand became first and foremost choice which is safe, gentle and most importantly trustworthy.

This auspicious occasion was escorted by first commercial ad featuring Virat Kohli and Rishabh Pant, they were seen rapping the brand new preposition by Himalaya MEN, "Looking Good ……And Loving It" and assuring "Wellness in Every Home and Happiness in Every Heart" with glamorous look and confidence.

Virat Kohli on being announced as brand ambassador manifested his happiness and signifies it to be a matter of over bliss to get associated with one of his favourite brands. Rishabh Pant also expressed his gladness on being associated with the company engaged in helping people to lead happier and healthier lives.

Himalaya MEN care have really lot more for you, with a wide range of Face wash, Hair Care and Beard Care to provide you with a full range grooming products to boost your confidence.

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You Don't Have To Afraid Of
Cancer Any More...
We Can Take Care Of You...

Services

- Breast Cancer
- Colorectal Cancer Program
- Gynecologic Oncology
- Medical Oncology
- Head And Neck Cancer Program
- Neuro-oncology
- Pediatric Oncology
- Radiation Oncology
- Thoracic Cancer Program
- Urologic Cancer Program

The **Dr. Rai Memorial Medical Centre** strives to be a leader in cancer care by providing expert services and state-of-the-art technologies to patients in our community. As one of the most comprehensive cancer programs in the India, the Dr. Rai Memorial Medical Centreprovides a full range of services, including the latest medical breakthroughs in detection, prevention, treatment, and research.

The **Dr. Rai Memorial Medical Centre** provides exclusive cancer services and the largest clinical research program, and is on the forefront of discovering and improving cancer treatments to make a difference in the lives of each individual patient we serve.

Dr.Rai Memorial Cancer Institute

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Shri. Ravi Pachamoothoo

Chairman - SRM Group

WE BELIEVE EVERY PATIENT DESERVES THE BEST

KEY HIGHLIGHTS

- 345 Bedded Multi Super Specialty Hospital
- 7 Specialty Centric ICUs
- Patient Centric Institute Approach
- State-of-the-art Radiodiagnostic & Imaging
- City's Largest Laboratory Services
- 15 Modular Operating Theatres
- Multi Organ Transplant Centre
- International Travel Health & Vaccination
- 18 Advanced Life Support Ambulances with GPS Navigation

KEY SPECIALITIES

- Cardiac Sciences
- Onco Sciences
- Obstetrics & Gynaecology
- Internal Medicine
- Endocrinology
- Neuro Sciences
- Renal Sciences
- Anaesthesia & Pain Services
- Transplantation
- Diabetology
- Orthopaedics
- Plastic & Reconstructive Surgery
- Paediatrics
- Pulmonology
- Rheumatology
- Gastro Sciences
- ENT
- IVF
- Emergency & Critical Care

24/7

- Accident & Emergency Care Unit
- Trauma Care Unit
- Paediatric Emergency
- Pharmacy
- Dialysis
- Blood Bank
- Laboratory Services
- Diagnostic Services

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