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The People's Magazine

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Health and Fashion

April-May : 2020 Vol. 10 Issue 3

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the fabric of
tomorrow

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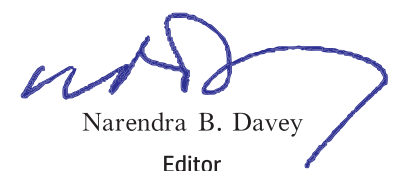
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Editorial



Stay safe, stay informed – we will get through this soon

In times of hardship, while the world is fighting against an invisible enemy, the consumption of magazines and newspapers has shown a significant increase. Since, the virus has called for us to stay home; the only source of passing time is to engage yourselves in doing something useful, which can be a result of you, spending additional hours of the day to read columns, which you previously did not have the time to acknowledge. This period is the perfect time for you to utilize and take into consideration the fact that, staying home is the only possible way for you and your loved ones to stay safe. Keep yourself motivated and encouraged in every possible way with the hope that this will end soon. Apart from keeping the health factor in mind, the fashion industry is still on the rise. With 'work from home,' being the current trend, fashion designers and artists have managed to keep the spirit high, by interacting with each other through video calls and making things work out. We, at Health and Fashion, are here to provide our readers with viable and verified information to enable preventing our readers from getting caught into the vicious trap of fake news. With the same fervor and zest, we try our best to put across information that you would like to read and would educate you. At the same time, we request all of you to stay indoors and keep each other informed, because there are people out there who have left their families, just to keep us safe. Be the hero and get past these difficult times, for you to be able to pass these success stories forward. On the other hand, due to unfortunate circumstances, the 7th edition of the Mayan Awards, that were supposed to be conducted this year, has been postponed for now. On an ending note, we, from the entire team of Health and Fashion would like to thank our 'real heroes' – doctors, police workers and all those who are taking the risk, just for our well being. So, wash your hands regularly and don't be one of those – 'covidots!'


Narenda B. Davey
Editor

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Organic Cotton - the fabric of tomorrow

With people becoming conscious of what they are consuming, a large chunk of them have started maintaining an organic lifestyle, where they consume organic food, which does not grow with pesticides and fertilizers. They also use organic supplements and practice organic cleaning. But, the adaptability to organic fibre is something that has spiked a huge rise in the eco fibre industry.

This industry not just supports the development of conservative synthetic cotton, but also protects the environment from chronic diseases and generates a profit for the farmers. With China and India, serving as the key areas for eco fibre, the industry will see a demand in the upcoming years, which according to the predictions made by a report released by Grand View Research that, eco fibre market will reach \$69 billion by 2025.

This will also see a progressive graph in the online fashion retail with a worldwide trend towards the disposable income and the creation of innovative fabrics. Along with it, the manufacturers have started adopting new techniques with the usage of advanced and automated technology, and support of manual labour.

With high-end fashionable apparel and designer garments catering to eco fibres becoming the trend, there is a huge variety of options to choose from. Ranging from absorbent, antimicrobial to insulating and highly breathable fabrics, all are available to you as you please. Besides, the report also found that, regenerated eco fibres such as viscose rayon, pitched a revenue of 52.7 per cent in 2018, reason being the sustainability commitments made by manufacturers.

While, Asia Pacific accounted for 32.4 per cent of the revenue in 2018, on the other hand, the United States generated the revenue of USD 8.96 billion in the same year.

When seen on a worldwide scale, companies like Nike and Patagonia are shifting their models towards sustainability to reduce carbon emissions and waste. On the other hand, many companies like Nature Fab, trade bamboo clothing online, made from real bamboo sticks and other varieties.

But, apart from acceptance and adaptability, eco fibres are no longer itchy or unflattering. In fact, consumer participation has increased when it comes to purchasing eco fibres. While, there are people who would opt sustainability, there is another category that refuses to believe in the myth that, eco fibres aren't baggy and unbleached.

There is a huge market shift and consumers have shifted their choices to organic which both directly and indirectly is mutually beneficial to the eco-system and there is growing demands for the organic cotton worldwide, main reasons being the in-trend right now and people have changed their tastes to organic fabrics due to the adaptability of the mind-sets of the current generation.

There is a huge debate which does go behind the making and processing of normal vs. organic cotton the way it is made and extracted. This has not just seen a shift in indie brands who were retailing clothes which were made up of non- organic cotton but the trend has also impacted huge companies like, **GUCCI** to shift their trends and have seen volumes of profits.

In 2017, it was recorded that, nearly 18 countries had started production of organic cotton and it was also proved that it took nearly 3 years for farmers to make their soil suitable for the cultivation of organic cotton and they had to be registered and lab tested to be proven and start the cultivation of organic cotton.

The top producers in India include states like, Madhya Pradesh, Rajasthan, Odisha and Maharashtra and due to fluctuating prices of cultivated organic cotton, the market saw huge fluctuations in prices and in production in 2016/17, main reasons being there was no minimum support price being provided to the farmers and they weren't able to continue production. But it was anticipated that, there will be a rise in growth by 35- 40 per cent in the coming years.

The world in terms of **fashion** and textile are slowly but surely moving towards the consumption of organic materials and are coming off the concept of traditional clothing, and this trend will not only just shift the consumer and help the ecosystem and the economy, but will also ensure the advancement of the industry from its traditional ways.



Losing Weight or Gaining Health — What is Your Priority?

In a world of fad diet, where the emphasis is on looking slim (good?), and where losing weight tops the New Year Resolution list of many, no wonder health takes a back seat!

It is possible to be overwhelmed by a ten-second clip showing the transformational video of people on social media, who once were overweight and now seem healthy and happy. However, what these videos don't show is the time frame, as this change cannot happen overnight. The people in videos could have taken long to lose excess kilos, probably some months and even years.

Fad Diets and Weight Loss

In an endeavor to lose weight, people start losing their health. Fad diets come with their own set of issues. One may become irritable, experience a dip in his/her stamina, lose hair, look shrunk etc. There are hordes of changes a body experiences if you follow a fad diet without giving it a thought. Also, your weight will rebound back once you resume a normal diet.

So why these fad diets don't work? That's because your body is changing every single day! If you follow a specific-calorie diet plan every day, then let me tell you that the idea is flawed!

Your body behaves differently on different days. If you have less physical work and more sedentary sort of work on Monday, then your body may require fewer calories that day. Say on Tuesday, if you are doing a strenuous activity, then your calorie requirement will increase. So instead of conforming yourself to any diet plans, include foods in your diet that suits your body type. This will allow you to eat mindfully, lose weight and gain health.

Planning a Workout Routine

Following someone else's workout routine is another grave mistake that most people do. Do not imitate other's activity. For instance, if you want a body like an athlete, remember that a typical day of an athlete is – train, eat, sleep...



*Mr. Luke Coutinho,
Adviser of Integrative Lifestyle and
Nutrition, Purenutrition.me*

Your routine could be different from that of an athlete. Consider the amount of physical activity that you perform each day, your stress levels, sleeping hours etc. and chart out an exercise plan. Eating less and exercising more will cripple your metabolism, and deprive your body of the essential nutrients. It will affect your body's immune system and negatively impact your kidneys, liver and heart health.

If you think getting up in the wee hours of the morning to do yoga can do good to your health, then THINK twice. You may have to reach the office by 9.00 am, come back at 7.00 pm, tend to family's needs and retire to bed at midnight, then how will get that 7 hours of recommended sleep each day? Don't do extremes to lose weight. Be real.

Being real will make you happy! Focus on changing your mindset first.

Practice the Art of Chewing

Our lives have become so fast-paced that people have forgotten the mantra – chew your food well. Chewing food into pieces helps banish acidity, promote proper digestion and enhance better absorption of nutrients in the body.

If you don't chew your food well, your stomach will produce more acid to digest the large chunks of food. More acidity means you will feel bloated after the meal. Too much of acidity in body causes inflammation, which is the root cause of obesity and major diseases such as cardiovascular ailments, cancer, diabetes, etc.

Counter the acidity by chewing your food well and drinking a glass of lemon water in the morning (after you wake up). You can add mashed ginger to it as well. This natural, alkaline detox drink is especially good for your liver, which performs 500 different kinds of functions including burning fats, filtering blood etc.


If you think lemon doesn't suit you, try apple cider vinegar. Put one tbsp. of apple cider vinegar in a glass of lukewarm water in the morning. It will help detoxify your body and help your liver function effectively.

Make Gaining Health a Priority

Focusing on being healthy means taking one-step at a time. Lead a lifestyle, which comprises of having nutritious food, exercising regularly, going on a long walk, (good if you have a companion or a pet dog), get enough sleep, switch off the TV and engage in some healthy conversations during the mealtime with your family.

In short, start doing things that connect your mind with the body. Embrace positivity and disengage from anything that is overboard. That doesn't mean you shouldn't aim for ideal body weight. Set goals and make healthy living a priority and you will see you have gained a lot more than mere weight loss!





The Reason Why You Get Headaches When You Wear Spectacles

Frequent spectacle wearers must be familiar with the discomfort of getting new pairs of glasses. It does not matter how trendy or stylish the new specs are, people mostly loved their old pairs. They only change unless it becomes absolutely necessary to do so.

Changing from a rectangular shaped frame to a round frame, or vice versa, can change the curve of the glass. Or moving from a large frame to a smaller frame can change how the frame enters your peripheral vision. While an optometrist can adjust the prescription for the shape, it could require some time to get used to new glasses. And even if your new frames don't affect your vision, how they feel on your face can require a few days of adjusting.

This happens with all the people who wear spectacles often because of the annoying, splitting headache. Here we will tell you why this happens and how to handle with this situation.

The reason for this pain

If one wears prescription specs, that simply means that you are compensating for the refractive errors of their eyes, which are

faults in the eye muscles that makes it tougher for them to focus on anything. If they are myopic or short sighted, they will not be able to see the object that has been kept far. In case they are hyperopic or long sighted, they will find it harder to focus on the object kept near them.

Apart from these two usual problems, there are other issues in association to the eyes, that are corrected by prescribed specs. In any of the situations, your eyes cannot bend the rays of the light, properly, as you see images blurry.

When one wears a pair of glasses for a long period, the muscles of your eyes self-adjusts to the fresh lenses. Your eyes will not at once adapt to the changes. This happens only when the prescription changes. If it has not, then the eyes will adjust pretty easily.

Apart from headaches, some people face or experience pain in their eyes, when they start using new glasses for the same reason.

The other problems that one may face while wearing new

glasses is, one, distortion. Different parts of the vision might change slightly as they are starting to adjust to new glasses, perhaps depending how far an object is.

Two, fishbowl. The image may seem "bent" at the edges. The center of the image might be clear.

Three, depth perception. One may find it difficult to discern how far away or how close an object in the beginning.

When is it not normal?

Mild headaches and pain in the eyes are usual, but it should not bother you for longer than a week. If it stays for over seven days, then it is definitely not normal and they should consult an ophthalmologist, especially if the pain is accompanied by dizziness or faint.

In a number of cases, the glasses' frame, stronger or weaker prescription also makes the situation worse.

How to fix this problem?

The starting few days can be difficult but one must do what needs to be done. If one does not switch to a new pair of glasses, it becomes more harmful to the eye muscles. Rather than wearing the glasses for the whole day, small steps can be taken.

They must wear the glasses for three to four hours in the beginning and then use their old glasses. After a week, their eyes will adjust to the new glasses and it will be easier for them to wear the glasses throughout the day.

Do not switch back and forth with an old pair. While it's tempting to go back to your older pair, this can slow the adjustment to your new glasses.

cycle, increase intensely, and a novel hormone, one that's distinctive to gestation, called human chorionic gonadotropin starts to be generated.

Progesterone is very significant to conceive in the first place owing to the fact that it prepares the lining of your uterus for the egg to implant successfully and acts as a muscle relaxant, averting your uterus from contracting till the start of labour. These muscle relaxing properties can also lead the to-be mother to feel constipated, as it slows down your digestive tract. Additionally, this hormone is also linked with that typical irritability in the premenstrual phase—and since your levels of progesterone stay raised during your pregnancy, mood swings can be a big side effect, for example it is quite normal for you to get angry in one minute and happy in the very next moment.

Meanwhile, estrogen facilitates to control progesterone levels while also upholding the endometrial lining that is important for the baby's growth. Estrogen is believed to endorse an upsurge in the flow of blood, which is the key for nurturing the baby, but that additional blood flow has a side-effect of leading to

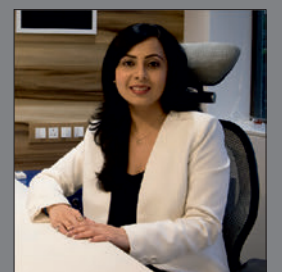
HORMONAL EFFECT ON EACH TRIMESTER DURING PREGNANCY

There is no escaping the fact that from the very moment that you start expecting, till the weeks after birth, your body hormones take you on a rollercoaster ride. The phase of pregnancy can absolutely take a real toll on your body as your hormones work to create a new human. From emotions that fluctuate on a dime to a whole range of abdominal twinges and troubles, your pregnancy hormones like progesterone, HCG and oxytocin can take you for quite a ride in almost all three trimesters. These ever-fluctuating pregnancy hormones will affect your mind and body during the upcoming nine months.

Below mentioned is the role played by hormones during all three trimesters in pregnancy -

Your hormones in the first trimester

During the first trimester, a woman's body is going into overdrive to develop and nurture that tiny embryo. Your blood volume upsurges and your immune system alters to safeguard the growing foetus and your bloodstream is flowing with a whole wallop of hormones. When you start expecting, progesterone and estrogen, hormones that are a part of your regular monthly



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breast pain and tenderness. In some women, an increased blood flow can also cause stuffy nose by causing a swelling of the mucous tissues present in your nasal passages. The escalated blood flow is also responsible for causing frequent bathroom trips in pregnant women since your kidneys will process the additional fluids and your uterus will put tremendous pressure on your bladder building the urge in you to pee. The only advantage of this hormonal change is that it lends you a healthy pregnancy glow. The Human chorionic gonadotropin, or also termed as hCG, is known as the pregnancy hormone since it's usually only generated during pregnancy. This is the hormone which gets detected in your urine when you take a home pregnancy test, indicating a positive result. When you are expecting, your hCG levels will upsurge speedily, doubling every few days prior to reaching their peak in the first eight to eleven weeks. Thyroid-stimulating hormone, or TSH, is formed in the pituitary gland in the brain and it facilitates in regulating your other vital thyroid hormones. The increase in hCG and estrogen can further arouse the thyroid all the more, particularly in someone expecting twins or multiples.

Your hormonal changes in the second trimester

The 2nd trimester is generally known as the "best trimester" owing to the fact that at around the thirteenth week, many expecting mothers start to feel human again. The morning sickness often starts to fade away, but you will begin to witness other visible alterations. During this trimester your joints, muscles and pelvic area might feel uncomfortable due to the hormone relaxin, which aids in relaxing the smooth pelvic muscles, like the cervix and uterus, and stimulate the advance of the placenta. During this phase, estrogen and progesterone will endure surging to allow the function growth of your baby but will also motivate the melanocyte-stimulating hormone. This will cause your skin's melanocyte cells to generate melanin, which lends your skin colour. You may also begin to witness a dark line appear that travels up to your stomach, called the linea nigra, and darkening of your nipples. Your hair volume may also begin growing more speedily at this point thanks to these same estrogen surges.

During this trimester Cortisol hormone will also surge. The increased levels of this hormone may

be related to some of those unwanted signs like the appearance of the stretch marks, issues with blood pressure, and additional redness in the face and cheeks. Human placental lactogen (HPL), a hormone which is secreted from the placenta, majorly helps the baby to grow. It's also one of the foremost hormones linked to insulin resistance during gestation, or gestational diabetes, which at times develops in the second trimester and can result in overgrowth of your baby.

Hormonal effect on the third trimester

By the time you start your third trimester, your little miracle is starting to pack on the pounds and your body is nothing but increasing some of the hormones it will require postpartum. Estrogen and progesterone are at the peak around thirty-two weeks and your levels of estrogen are the highest they will ever be during this trimester which is about 6 times higher than before getting pregnant. During this trimester, you might witness a whole lot of inflammation around your feet and ankles. While this could be connected to the lymphatic system, estrogen may also have a major role to play since it's indirectly involved in producing a hormone correlated to salt and water retention. By the time you enter the later stages of pregnancy, females may also experience acid reflux or heartburn problems, since progesterone has relaxed the sphincter at the base of the esophagus, letting edibles and stomach acid to move back upwards. Meanwhile, relaxin facilitates in loosening those pelvic muscles close to the end of pregnancy to get you ready for delivery. This is the time around which Prolactin, a hormone that is known to stimulate the growth of your breast tissue to prepare for lactation, ramps up. Though your body will not essentially generate milk at the breast till the progesterone and estrogen levels drop down post-birth, it does begin to get ready with colostrum, the first milk that to-be mothers generate for the baby, while you're still expecting.

In due course, for most women, all these hormonal changes will get back to normal once you start getting your regular menstrual cycle, but for some, it could take almost a year or even longer for your hormonal fluctuations to level out completely. Knowing what physical and emotive hormonal alterations to expect during all your trimester's can aid you to face your entire pregnancy with confidence.



Audi A8 L and Audi Q8 are ready for Chennai roads

Marking its arrival with a double bang-on, the excitement level in Chennai couldn't get any intense. The all new Audi A8 L and Audi Q8 are finally here!

Having showcased its flagship on March 4, 2020, the Audi A8 L, in its fourth generation, exhibits a conspicuously stylish design with the price value starting from INR 1.56 crore. Besides, the Audi Q8 is big on customization, with the pricing starting from INR 1.33 crore.

Commenting on the showcase, Mr. Balbir Singh Dhillon, Head of Audi, India, said, "We are extremely happy to showcase two very important products in Chennai. The new A8 L marks the dawn of a new design era for our brand, Audi. The car is sophisticated, technology and feature rich. We have fundamentally re-engineered the Audi A8 L in its fourth generation – it now boasts larger dimensions and is heavily customizable."

This new edition possesses a 3.0L petrol engine, with an engine power of 340hp and 500Nm of torque, setting the car in motion from 0-100kmph in 5.7 seconds. It also provides a standard for – 'Vorsprung durch Technik,' featuring a new design language, an advanced touch screen operating concept, a bunch of luxury features and infotainment options.

Mr. Dhillon further added, "With the launch of the Audi Q8, we are targeting individuals who want their car to

match their personality. Each Audi Q8 will be made-to-order, available with a plethora of customization options to choose from; we want every Q8 in the country to look different, from the outside and the inside. We are entering a new segment with the Audi Q8 but the guiding principles remain the same – bold design, cutting edge technology and exciting performance. The A8 L and the Q8 are an epitome of luxury and form an extremely important part of our product portfolio for 2020 that focuses on the push for C & D segment cars."

The Audi Q8 is equipped with a powerful yet efficient 3.0 TFSI engine, which generates an engine speed of 250KW (340hp) and 500Nm of torque, setting the car in motion from 1-100kmph in 5.9 seconds. With a combination of a four-door luxury coupé and a versatile SUV, it is richly equipped, comprehensively connected and tough enough for off-road duty, serving as the companion for both – business and leisure.

Commenting on the occasion, Mr. Amit Jain, Dealer Principal, Audi, Chennai, said, "In its tenth year of operations, Audi Chennai is ecstatic to present the fourth generation of Audi's flagship luxury sedan – the Audi A8L. This car offers convenience and technological innovation in large quantities, and it simplifies the act of driving, while its lavish cabin shields you from the chaos of your commute. On the other hand, the Audi Q8 is richly equipped, comprehensively connected and tough enough for off-road duty, and is a confident companion for business and leisure. Both these products are exquisitely designed and herald a new road map for Audi India in 2020."

Furthermore, the German luxury car manufacturer has taken e-commerce to the next level, where customers will be able to purchase the merchandise online, proving that, this is just the beginning!

Philosophy meets modernism

Belief is a source of commitment, confidence and courage. If you strongly believe in yourself, you are likely to be goal-oriented, hard-working, determined and persistent in striving for success. Examples of one such belief are Karan Ahuja and Shweta Agarwal who set foot in conceptualising and laying the foundation for their label – roka which is derived from the light gleaming through woven cloth considered to be the celebration of the imperfect.

The label strikes a balance between traditionalism and sophistication, by reworking on the basics, along with putting forth their ideas by playing a game of mix and match, which is always unravelling. Entangled with layered textures and embellished silhouettes, crafted from hand-woven fabrics, this is where the philosophy finds its way in. Each and every garment is a standalone, and finds its space on the individual.

With a sense of expressive abstraction and powerful simplification, the label's latest collection, 'Void,' is an expression of lightweight linens, hand-woven muslin, tinsels and organic cotton for the summer. From oversized blazers to cinched waists, both the styles have a feminine approach and a masculine appeal. Everything seems held together yet free, representing a full void by using basic forms for abstraction.

As the founder poetically expresses her sentiment behind the collection,







"Emptiness has its shapes and shadows. You may begin with shrouded thoughts, looming like obscure ghosts for company. Then before you know it, you may find yourself buried under an avalanche of charcoal sentiments. However, gradually and perhaps painstakingly, you'll begin to feel like a whole entity again, standing atop firm ground. The drifting will stop and you'll catch yourself vibrantly filling a void you thought you were lost in." They further emphasize on the tagline – 'We build upon imperfection to become a whole, plaid the pieces to an ensemble.'

The permutations and combinations of not just textures and patterns but also how every piece of garment which is been curated from the beginning is what makes roka stand out.



Replace through fat to 'flat' abdominoplasty

How many of you are familiar with how the process of abdominoplasty works and why is it done? Well, at some point, every one of us has a struggle about having fat bellies, but some of us either reduce it through work-outs or just to fit in a workout in our tedious schedules. Whereas, the other set of people who can't lose it through physical or lifestyle changes, choose to lose their excess fat through treatments and medications due to medical conditions mostly.

Also known as the tummy tuck procedure, the treatment works to remove the excess of fat and skin of the abdomen and also tightens the muscles in the abdominal wall.

This procedure is applicable mostly to women who have had children, or those who have



recently lost a large amount of weight, often struggle with lower abdominal fat, loose sagging skin and stretch marks. To solve such cases, this procedure further falls into three more types,

- Mini tummy tuck
- Classic tummy tuck
- Extended tummy

The procedure of mini tummy tuck is applicable to remove excessive fat and skin in the lower abdominal wall. This requires a mini incision which is horizontal, just above the pubic pouch. Since the incision is smaller and the abdominal muscles are not tightened, the recovery is faster and pain-free.

In the case of classic tummy tuck, it is done for patients having umbilical or incisional hernias, of which the hernia repair is done through muscle strengthening. The umbilicus is reconstructed here and the fat is removed, both in the upper and lower abdomen, and a liposuction can be added to get the best results.

Whereas, if fat from the sides are needed to be removed, the procedure of extended tummy tuck can be applied

Post treatment, the scar is a lower horizontal or a 'U' shaped scar, which is also termed as the 'bikini scar,' as it is covered by your undergarments or swim – wear.

Apart from this, the lifestyle that follows right after the tummy tuck procedure requires you to avoid strenuous exercises for the first two weeks, after which a brisk walk can follow. Keep a target of six weeks, in order to start abdominal exercises and patients are also provided with a diet chart and an exercise regimen, along with an abdominal binder.

However, there are doubts often raised on whether a woman can get pregnant right after the tummy tuck procedure. Answering to which, this procedure does not affect the patient's ability to get pregnant. A woman should be able to get pregnant just as easily after tummy tuck, as she would before surgery.

And, as far as the weight factor is concerned, most women drop two to three clothing sizes, result being a flatter, trimmer, fitter and smooth abdomen.

Facts that one should know regarding the procedure

- The average amount of fat that is removed is five pounds.
- Moreover, there is no age factor for the tummy tuck procedure.
- This procedure is long lasting, and is a permanent cure.

Keeping in mind the facts related to the procedure, one can easily lose abdominal fat, in order to fit into the clothes you have been longing to wear, and boost your confidence with them.



Dr. ANISHA ASHOK MS GEN SURGERY.
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Astrea Beauty Bar

– now in Palladium, Chennai

Personal beauty is a greater recommendation than any letter reference. During the times, where the human race is exposed to vast levels of pollution on a daily basis, Astrea Skincare has now opened its second experimental Beauty Bar at Palladium, Chennai. With the success of their first outlet in Express Avenue, a need was felt to make their products available to other parts of the city, as well.

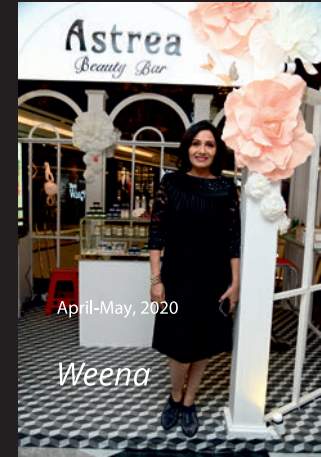
Astrea's Beauty Bar is an experiential store where customers can have an interactive experience through hands-on events like Natural Skincare and Wellness & Health. The launch took place on March 6, 2020, with over 40 products, ranging from lip balms to body scrubs, along with an exclusive offer thrown open to the special invitees and to all those who walked in on that day, at a special price. Other experiences that were offered included Fresh Mask Day, Meet the Expert Day, Get a Natural Makeover, and All about Deep Cleansing.

Being 100 per cent wax-free with zero chemicals, their product range is all-natural and has no preservatives at all, result of having a six-month shelf life.

With Astrea being the only brand to manufacture Customised Face Oil, it became in-favour and in-demand as a special offering at a beauty conclave amongst celebrities, influencers and customers. After due consultation, Astrea's therapists, blended pure essential oils for every invitee and customer on that day.

For those of you who believe in personal hygiene and care, will be taken aback by the extreme rejuvenation and affordability that their products offer. With Ms Sharon Natarajan, being the mind behind these products, Astrea has 2000 satisfied customers.

Since more and more people are moving towards the consumption of natural products, the growth of these products is mainly through the expansion of distribution channels and customer reach. Moreover, the products are processed in-house and are available at different kinds of fragrances. The bonus that these products offer are healing properties that they carry to solve numerous dermatological issues, like acne, eczema, rosacea and pigmentation.



COPING WITH A FAILED IVF CYCLE

If you have ever faced difficulty in conceiving naturally, testing negative for pregnancy might not be any new for you, but witnessing the single line post an IVF cycle hits very hard. A failed IVF cycle often leaves you upset and panicking about what next can be done. But for women who have never personally fallen prey to infertility and have never undergone an IVF treatment, the understanding of how it actually feels post a failed IVF cycle is mainly impossible. The multifarious emotions involved, are not easily understandable and the agony you have suffered to end with nothing; is quite challenging to even imagine.

When we speak about a 'failed' IVF cycle, the damage is unbearable, the irritation and fury of it all come crashing down, and you understand you won't be able to get your little bundle of joy this time. But it is vital to note that an unsuccessful IVF cycle can offer a lot of information for a positive subsequent IVF treatment. Most issues understood in a futile first IVF attempt can be effectively addressed in order to eliminate or lessen its probability from occurring in a second IVF cycle. Nevertheless, if you have experienced a failed IVF treatment, there are many things you can do to aid you in coping better with your day-to-day life. Below mentioned are some effective strategies on how to cope when IVF does not work.

Never blame yourself or your partner: If you have experienced a failed cycle, it does not mean that you or your partner have done anything wrong. This is just biology and nature doing its job, your medical experts have definitely done all that they could to handpick the healthiest embryo to implant into your womb and post which things get beyond anyone's control. There is definitely nothing that you can do to influence an embryo inserting effectively. Hence you must stop playing the blame game.

It is ok to vent your emotions out: An IVF cycle that has not worked out is equal to the loss of a dream which is distressing for many aspirant parents. It is completely ok and natural to feel this way. It is essential to take the time out to express sorrow and deal with the painful situation, or else the feelings won't go away. Instead, they will keep on piling in you and can further grow to control every aspect of life. Hence you must allow yourself some time to enable the healing of your head and heart.

In your follow-up appointment focus on what can be done differently: The moment you and your partner are ready you should meet with your fertility expert to access the cycle, comprehend the various results and form an expected success rate for the second attempt of IVF. Try to avoid making any decisions until you have met with your doctor. You may find that there are modifications that can be made to the protocols that might facilitate your odds on a subsequent cycle. There may also be more advanced techniques or fertility surveys that can be conducted.



Dr. Rajalaxmi Walavalkar,
Medical Director,
Senior Gynaecologist and
IVF specialist at Cocoon Fertility

Medical Points to discuss with your doctor at your follow-up appointment: The first thing that you must discuss with your doctor is the receptivity of the endometrium that is discussing your implantation window. In certain patients, the timing of the embryo transfer has to be modified because the lining of the uterus gets ready either earlier or later as compared to the normal schedule. Therefore, your health expert may suggest an ERA test which is why you must discuss the same with your doctor to check if you are eligible for it and need it. Secondly, you must discuss about the quality of the embryo because sometimes despite the egg and sperm being nice and healthy, the quality of the embryo may not be great and hence the cycle might not have worked out. Thirdly you must discuss about creating a fresh batch of embryos because if a certain batch has not given you a fruitful pregnancy and if you

have already attempted two transfers with the same batch of embryos, then probably creating a new batch of embryos will give two benefits that is - it will give us a different batch to work with and secondly it also gives us more number of embryos so that we have enough for further attempts. This is because the success of IVF increases with every successful attempt. The next thing that patients can consider is looking into doing finer tests. Hence taking the HBA test or sperm DNA fragmentation test for sperms. Other interventions to discuss with your doctor would be how to time the next cycle, you must discuss about taking a break and what you must do during the break. In the transfer cycle itself, you must consider increasing the number of embryos. This means in case you had a transfer with one or two embryos, you must consider getting three embryos transferred because sometimes an increase in the number of embryos increases your chances of pregnancy. Lastly, you can also discuss with your doctor about getting a sequential transfer done, which is putting one embryo on the third and one on the fifth day and this might also improve your chances of pregnancy.

Implement appropriate lifestyle changes: Following an enhanced fertile lifestyle sends the brain signals that a new and healthier strategy is being presented, and it can hence anticipate having a restored outcome. Modifying your lifestyle could include regular workouts, weight management, averting smoking and reducing alcohol intake, avoiding caffeine and learning new ways to manage your stress levels.

Consider Egg Donation: In cases where advanced maternal age or identified genetic illnesses are hampering egg quality, it might be a good option to talk about the prospect of making use of a donor egg. While it's true that the baby will not carry the female's inherited material, fertility clinics work exceptionally hard to match couples with egg donors that tend to meet their own bodily and individual profiles. In exchange, you are assured the chance to produce embryos from young, healthy eggs, which can considerably upturn your chances of IVF success.

Consider Embryo Donation: If your embryos seem to be of bad quality, the reserve of your egg is too low to retry and/or the male partner has an infertility analysis, you can embrace donor embryos. It's an exceptional route to enjoy the wonder of pregnancy and giving birth.

Get yourself counselled: Counselling with an infertility expert on issues can be extremely helpful. Most coupled tend to gain a lot of strength and hope from counselling.

Nurture your relationship: Sometimes with any disturbing loss like a failed reproductive cycle can take a colossal toll on your healthy relationship. For some couples, the relationship itself can become less significant than the aim of having a child. Hence one should foster your relationship with your partner, spend more time talking and being sympathetic to each other's grief, and endure to make time for yourselves.

Although in present times IVF success rates are improving day-by-day, IVF failure can occur and it can often take tea numeral IVF cycles before a patient being able to witness a fruitful outcome.

Doctors' Advice: Because one IVF has failed does not mean that the next one is going to fail too. About 50 percent of the people for whom the first IVF cycle did not work will fall pregnant with the next attempt. Hence having one failed IVF is not the end of the world.



In an age of cutting-edge treatments and medications which help to recover bone density, we often tend to ignore simple exercises and movements that can help to avert and reinstate bone density. Although nutritive aspects of nurturing bone health, like getting plenty of calcium, are very significant, but certain ways to work out and move your body can facilitate in creating the appropriate weight-bearing load your bones require to get sturdier.

While exercising is known to surge density of bone and advance the overall bone health, it is important to note that not all physical movements are equivalent when it comes to building robust bones or even to stop osteoporosis or loss of bone mineral.

Tai Chi - Tai chi is an effective mind-body practice that originated in China as a form of martial art. Although it's a known fact that exercising alone won't upsurge bone density, but tai chi does appear to slow the process of bone loss. An exceptional workout for treating osteoporosis, it is a weight-bearing exercise that involves supporting your body weight through your hands, arms, legs and feet. It is an extremely safe substitute to conventional exercise for upholding bone mineral density (BMD) in postmenopausal women. Bone mineral density is one of the significant indicators of bone strength.

Tai Chi encompasses of gradual and gentle body moves, while inhaling deeply and meditating. However, tai chi may also recover stability, lessen frequency of fall and upsurge musculoskeletal strength.

Pilates Exercises - Pilates reinforces and tones your core, encompassing abdominal, back, shoulders and pelvis muscles, potentially refining your stability and posture. Pilates is an exceptional skeleton-saving exercise for those with low density of bone. Below mentioned are a couple of Pilates moves which majorly help in improving bone density:

- **Single Leg Kick:** Reinforces back extensors that are the muscles attached to your spine that enable standing and lifting, alongside firming hamstrings and glutes.
- **Double Leg Kick:** These moves help in creating extension in the thoracic spine which is your upper back, and open the upper torso while engaging your glutes, abdominals, and extending the shoulder girdle.
- **Shoulder Bridge:** This form of Pilates helps to strengthen your glutes and hamstrings along with engaging your triceps

Yoga -

Dolphin Plank Pose - This pose reinforces and tones the core, thighs, and arms.

Step 1

Start the exercise in dolphin pose with knees being bent. You must walk your feet back till the time your shoulders are placed directly over the elbows and your chest is equivalent to the ground.

Step 2

You must press your inner forearms and elbows tightly against the flat surface. By firming your shoulder blades against your back, extend them away from the spine. In the same way, you must spread your collarbones away from the sternum.

Step 3

While you press your front thighs towards the ceiling, you must resist your tailbone toward the floor as you lengthen it toward the heels. Elevate the base of your skull away from the back of the neck and you must look straight downwards towards the ground, keeping the throat and eyes soft.

Step 4

You must stay anywhere from thirty seconds to a minute. Then, you must release your knees to the flat surface with a breathe out.

Stair Climbing - While walking is a great way to improve your bone density, climbing stairs is considered to be an all the more appropriate and advantageous weight-bearing exercise. While walking is an exceptional bone-building exercise, stair climbing takes it up a notch in terms of putting more stress on your muscles and joints (in a good way) thus building strength and reducing your peril of falling. While you climb stairs, you must focus on your stability and effectively work your muscles and joints. So the next time you witness a flight of stairs next to an elevator, you must definitely opt for those stairs owing to the fact that



Ms. Shalini Bhargava,
Director at JG'S Fitness Centre

EXERCISES TO IMPROVE BONE DENSITY



you are not only getting your day-to-day physical activity in, but you are also increasing and improving your bone strength too.

Strength Training - Lifting of weights or performing calisthenics, are forms of strength or resistance training. You are working out against some form of resistance -- whether it is a set of free weights, your own body weight, or the heaviness of the weight machines -- to stress an arrangement of bones and muscles. It is recommended that functional strength training at least 2 times in a week is essential to encourage bone growth.

Choose from the above-mentioned effective workouts that are sure to rally your bone health.



Ms. Fatima Agarkar, Educationist

'Edutainment'

The nature of entertainment has changed drastically and dramatically in the past two decades given the exponential technological growth. Thirty years ago, we spoke about the internet as “worldwideweb” without any access to it (we did not have one computer per child, simply used the blackboard learning to answer exam questions about ROM and RAM). We did not know that learning and recreational activities would be transformed by technology in the decades to follow, leave alone the deep and mechanical learning advantages it would offer. Like natives and novices, we waited and watched the developments and the sweeping changes that took place. Bystanders for most parts.

The world since then has evolved into this wonderful reality that uses the inherent strengths of learning and technology and voila - the creation of edutainment online and offline – from the physical world to the virtual world, the marriage has worked! This convergence has quite frankly, resulted in more exposure, more options, productive use of time, skill-building foundations, self-learning, independence – all useful life skills that aid progress and become important foundational milestones. Adults, be it, parents or educators, awakening to the advantages have been consciously influencing the creators of these edutainment platforms as they share success stories of how effective these are for the development milestones.

In a fast-paced world and with the speed of evolution, most platforms combine many parameters to optimize on the time and

effort and therefore edutainment emerges as this “perfect” solution. Analyze further, and one does recognize that if children are engaged in their free time via classes, these classes could cater to 'recreation' as well as a 'learning connection' to make it more well-rounded for the children. Like that, on-line apps and platforms, use technology and bring in elements of gaming with a learning goal – like Minecraft for example. Used effectively, it combines math, science in a way that brings alive the learning and understanding while “playing”.

“Scientists have recently determined that it takes approximately 400 repetitions to create a new synapse in the brain – unless it is done with play, in which case it takes between 10 to 20 repetitions. – Dr. Karyn Purvis” Using this logic, platforms are developed using entertainment/play to embed learning and make a well-packaged option for the audience.

So, while we battle with “overuse” of technology and screen time causing a host of mental health concerns in the young generation, if edutainment is the route, then technology becomes an important tool for self-learning, subject mastery and constructivism, while allowing a bit of downtime for the students which is the balance everyone seeks.

Given the interconnections we make in our everyday life and work with convenience and customization, platforms of this nature make for more time-efficient strategies while providing more exposure and opportunities.

‘You can do it, and you will’

A fitness expert with 26 years of experience in the **fitness industry** and a pioneer of 'Pilates' physical fitness system in India, **Yasmin Karachiwala** has earned the reputation of being the number one celebrity fitness trainer with her clientele enlisting the crème de la crème of Bollywood like **Katrina Kaif, Deepika Padukone, Alia Bhatt, Preity Zinta, Bipasha Basu, Nora Fatehi, Vani Kapoor, Sophie Choudry, Ananya Pandey, Khushi Kapoor, Hardik Pandya**, to name a few. Her association with **Miss India pageant**, *Get Gorgeous* and other fitness programs on television adds to her glorious reputation and she can aptly be called the 'soul and the life force' behind many of her clients as she motivates them to be consistent in their fitness regime and advises them to adopt the right lifestyle for a healthier and happier life.





Q) Being disinterested in the field of fitness, what made you get into the field of fitness and what pushed you to become a renowned trainer of the field?

Nobody really inspired me to get into fitness; I don't have a first inspiration. The way I got into fitness was completely by fluke. I was forced to join a studio with a friend of mine and stumbled upon an aerobics class. I didn't know how to do anything. I was stumbling my way through by the end of the class. I was very de-motivated that I decided to keep going back and learn the exercises and kept going back to a point, where my instructor thought I could take the class for her. She encouraged me to do a fitness course or certification in group fitness as I was going to the States; she thought I had the flare for it. At that time no one in India was really certified, everyone used to watch Jane Fonda and teach. So, it was a step that I took unknowingly not knowing that as I learnt more about fitness, I would also fall in love with it and I would do it for the rest of my life.

Q) What has been the journey of Yasmin's body image with its completion of 25 years?

I started my career in 1991 after earning a certification as a group fitness trainer from the American Council on Exercise (ACE), teaching step classes. In 2006, then went to the US to complete my Pilates training and in 2014, I became India's first Pilates master trainer. The moment I started my training in Pilates, I fell in love with it as it not only made me strong from the inside; it also helped me perform better in everything else I chose to do. I never planned it. I never even imagined that this is what I would be doing one day, it just gradually happened. Kareena Kapoor Khan happened to hear about me from a friend and she became my first celebrity client. She had come to check out what my workouts looked like and that's how the process began. Celebrity personal training was a gradual progression, an incredible journey from an economics graduate at Mumbai's St. Xavier College to being one of the most in-demand fitness trainers for popular celebs.

Q) Being a celebrity fitness trainer, what are some of the challenges you as a trainer face on a day to day basis?

The biggest challenge about training a star is keeping up with their timings and that's purely because they don't have a fixed schedule. It's like every month I ask each of them

Being the first BASI certified Pilates instructor in India, she introduced the concept in the country and has managed to take the concept from no-awareness at all to developing train-the-trainer programs. She has also been felicitated with the 'Best Fitness Instructor' award at Vogue Fashion Awards 2013, Elle Beauty Awards 2015 for Best Fitness Expert, Giants Awards 2015, Rotary Award 2015 for contribution to fitness & wellness, World Women Leadership Award 2016 for excellence in Health, Wellness and Fitness, Super Woman Award, 2015 by 94.3 Radio One, Business Icon for Fitness 2019 by ET Business, Fitness Innovator of the year 2019 by Jaslok Hospital, Fitness Excellence award for Best celebrity trainer – Female 2019, Fit and Fab Award 2019 by Global Spa.

*Apart from Basi she is also first Balanced Body Master Pilates Instructor and Fletcher Pilates instructor in India. Below, is a one-on-one conversation with **Yasmin Karachiwala**.*



to give me their schedule so I can plan accordingly other stuff that I need to do. So, I think that the most challenging aspect of training a celebrity is that I don't have a time to plan stuff. In my opinion, celebrities (the top celebrities) are careful about the workout they do because they know that it's not a workout for a short period but that they need to do it for the rest of their life, to look the way they do.

Q) What is the way you push your clients, who are especially new to your routine with?

Three things are very important: find what you enjoy doing, don't follow fads and celebrities, and understand your body and what works for you. It's satisfying to explain to people how their bodies are different and that they need to work to their potential and not aspire to be someone else.

Q) How is Pilates any different from any other exercises that people perform, being a BASI certified in Pilates?

I discovered Pilates and trained as a certified Body Arts and Science International (BASI) instructor, in the US. As a mother myself, I understood how important post-natal fitness is for women. I wanted to help women get rid of that post-pregnancy abdominal fat and knew Pilates was the answer. For me Pilates is the beginning and end to every other workout that you do. I don't tell people that it is all that you should be doing – but I do recommend it as one of the workouts you must try. It balances you, strengthens your core and centers you. It just improves your quality of life. I spend a lot of time researching it before I agree or disagree with any form of exercise. I believe in Pilates and there are a lot of new things that have come up, such as new machines and new ways to do the same thing. That is what I try out with my clients.

Q) What inspired you to write Sculpt and Shape – the Pilates Way, published in 2015?

Being a fitness trainer means inspiring people, educating clients and being examples of the change that we want to see in them. We (Zeena Dhalla & I) have always been astounded by how we both think the same, work the same and train the same, despite being across the world. Then this opportunity to

write a book came along. Writing a book was a big challenge for us as it takes patience, focus and commitment. Our goal was to teach the readers the science, the reasoning and the methodology of how to perform pilates properly. We spent a lot of time discussing posture, since it is the key to physical longevity and injury prevention. I encourage the readers to go through every chapter and also try the exercise, do the postural assessments and practice the breathing as well, because with proper movement comes proper results. India has seen several changes in the fitness industry's trends, but it has yet to fully

embrace the world of Pilates. It's now time for India to see and understand that fitness can be fully achieved with precision, control and concentration that Pilates develops.

Q) Why do men, especially grooms avoid doing Pilates, even though it was founded by one of the 'muscular men'?

It's a common misconception that Pilates is only for women. There is nothing specifically different about Pilates training for men. You may have heard a lot of myths about Pilates. For example, it's only for ballet dancers or just for women. Perhaps you've heard it's an easy workout. Well, none of those things are true. If you want a hardcore workout that will make your core harder, your body stronger, and everything else in your life better, you need to try Pilates. This exercise was originally developed by Joseph Pilates in the early 1900's to help cure ill health. Does leaving the gym feeling totally drained, stepping into cold weather, wearing layers, and covered in sweat sound appealing to you? Of course it does not. In Pilates, you actually sweat less than you do with other forms of exercise, especially weightlifting and cardio. Core strength, flexibility, balance, uniform development, and efficient movement patterns—all are hallmarks of Pilates training and highly relevant to men's fitness. The integrative component of Pilates can be especially beneficial for men, whose workouts often emphasize a part-by-part approach to muscular development, such as in weightlifting. Ultimately, you leave the studio feeling challenged, refreshed, longer, and leaner. But don't worry; you'll feel it the next day.

Q) What are the trends related to the fitness industry that you have observed, changing overtime?

There will always be new fitness trends coming out. Whenever there is something that attracts me, I try them out and test it out to see if I can incorporate that in my gym (not all of them are great workouts though). I spend a lot of time researching on it, before I agree or disagree with any form of exercise.



Q) With Google being an open book for brides, don't you feel they get misled of what they are viewing online which can be misleading, what can be followed which can keep them in shape which is easily available on the internet?

Mindset is one of the most important things about fitness which I always tell people. I totally believe that you need to have a very positive mindset and attitude towards life in general, to your body and to yourself. That's one of the reasons I call my studio 'body image,' because we are working on each person's individual image.

Q) According to you, is Pilates an apt starter's workout?

A typical workout is 45 minutes to an hour long. Contrast this with a traditional weight training regimen, where you repeat each exercise for two to three sets, often increasing the weight and diminishing the number of reps. Quite often, a weight training routine stresses 'maxing out' each muscle group. Therefore you may not be able to train the entire body on a given day

Q) What do you feel has pushed everyone to work out and have those muscles standing out and those six pack abs, in the recent years?

Whether it is a six pack or an eight pack look, there is no one who maintains that pack because it is very challenging. You have to constantly be cutting down on a lot of stuff from your food. You get a six or eight pack when your body fat percentage is at its minimal.

Q) Your YouTube channel is inspired not just the B Town celebs, but others as well. What do you feel is the most challenging part of it?

My goal each day is to reach out and be able to motivate everyone to lead a fitter life. I'm constantly posting easy workout options on my YouTube channel just for people to know easy workout options when you cannot afford a personal trainer. There is no quick fix into getting in great shape. The only time that you can do it, is if you are in decent shape and you want to tweak it to get into a better shape. Working out is not a destination. It is a journey and I think everyone should understand that.

Q) How do you choose the workouts for different celebrities?

Training celebrities is always fun as they have certain looks they need to do for a movie or a song. It is always fun training celebrities to achieve their various looks for different roles. It keeps me on my toes to think differently and make new workouts. They work extremely hard despite their shooting schedules. Be it in the gym or in Pilates, I work with different types of clients with different body compositions and so we plan a workout accordingly. I discuss every workout before it is made and for what purpose we give an exercise to a client. For example, Katrina and Alia have very different body types which everyone can see and because of that, their workouts are very different. Katrina has been working out for a very long time and her workouts consist of a lot of strength, functional training and a lot of Pilates. To balance it out, we do one day Pilates, one day strength training or functional and she does a lot of cardio as well because cardiovascularly she is very fit. Alia on the other hand, is also strong but in a very different way from Katrina. Alia is more of a Pilates person than a gym person and she enjoys her Pilates and we tend to do a lot of that with her. They do a balance of both gym and Pilates depending on what the look is and what their goal is, we focus on one more than the other at different phases.

Q) What is your cheat meal?

I believe in eating smart and staying fit. A good food plan along with exercise is equally important to be fit. And I absolutely believe in 'cheat' days! On Sundays, I indulge in my guilty pleasures, biryani and cheese cake!



Q) Your top 10 recommended workouts to lose weight?

1. Split Squat – 3 sets x 15 reps each
2. Push up - 3 sets x 12 - 15 reps
3. Triceps Dip - 3 sets x 12 - 15 reps
4. Crisscross - 3 sets x 15 reps each
5. Alternate Lunges - 3 sets x 15 reps each
6. Squat – 3 sets x 15 reps each
7. Bridge – 3 sets x 15 reps each
8. Forward Lunge- 3 sets x 15 reps each
9. Mountain climber – 3 sets x 10 each side
10. Squat jacks – 3 sets x 10 each side

Q) What is the pro-fitness tip you would like to give your readers?

Be fit because you deserve it. There is no shortcut to becoming fit or staying fit. Yes, the road will be filled with challenges but you owe it to yourself to lead a healthy, happy life. Three things to I would persuade people to change in their diet is give up sugar, gluten and try to cut down on dairy.

Move: Be active throughout the day, take the stairs, walk around the office – just move

Eat smart: We all know what kind of food to avoid, like sweets, fried food etc. and eat healthy lots of veggies, fruits, lean proteins and good fats

Strength Train: Even for own body weight exercises, you need not go to the gym

Hydrate: You need to drink 8 – 10 glasses of water. Most people don't know, but if you are thirsty, that means your body is already dehydrated. So, keep drinking water.

Attitude: Be positive and believe you can do it and you will!

Q) Do you have any plans to expand in other cities as well?

I have one studio in Bandra which is my signature studio and I have franchises all over. I have a franchise in kemps corner, Andheri. I have a franchise in Dhaka, in Dubai and we have one in Delhi, Ahmedabad, Indore and I have one coming up in Gurgaon.



The Significance of Experiential learning in Early Childhood Education

Imagine that you wanted to learn how to make creamy mushroom soup. You are more likely to master the soup making if you actually try out the recipe as compared to simply watching someone make it on a cooking show! Research suggests that children too best learn through positive interactions and experiences.

Rich and positive experiences help shape their malleable brains. 90% of the child's development takes place before the age of six. These early years create the blueprint for the child's physical, emotional, cognitive and social development; hence the quality and variety of experiences and interactions a

child is exposed to in the early years can create a lasting impact in the child's life.

Why is Experiential Learning so important?

Experiential learning is an educational philosophy that believes that children discover knowledge. This discovery has to be fueled with curiosity, facilitated exploration, and knowledge assimilation. While experiential learning is often more expensive to provide and requires educators to maintain a low child: faculty ratio, the children reap significant benefits from the approach.

In contrast to experiential learning, didactic learning is an approach when

Ms. Sonia Agarwal Bajaj,
Founder- Little Chipper International

children are given rigid instructions and are expected to reproduce that learning. While this is a cost-effective way to teach, true learning is compromised and independent thinking and creative collaboration are inhibited.

Here are a few ways to provide rich & positive experiences for your child:

(1) PRETEND PLAY:

Participating in a variety of pretend plays allows children to not only explore different roles, in different settings but also stir up their imaginations.

(2) Face-time over screen-time:

Personal interactions with the people and the surroundings significantly contribute to the child's development. So don't let screen time take over your bonding time with your little one!

(3) Positive Disciplining:

When children are scolded or feel threatened, the pre-frontal cortex (a part of the brain responsible for learning) gets blocked. Children best learn when they are in a positive mindset. Guiding them in a calm and objective way can help them build their socio-emotional skills.

(4) Play & Learn

Play is the primary and most effective way for children to learn. Playtime allows children to explore and celebrate their learning. It is important for children to be provided with age-appropriate toys and books since they are born.

(5) Finding the right education partner:

Finding a preschool that actively adopts experiential learning can further your child's development significantly. There is a rising trend for early education centers to embody this educational philosophy by providing a spectrum of rich and positive experiences. Preschools are also a wonderful avenue for peer-to-peer learning.

(6) REFLECTING ON EXPERIENCES:

After engaging in a rich experience, it is crucial that parents and educators help children reflect on their experiences. This reflection allows them to recall their learning.

Experiential learning is a learning approach that many educators will adopt in the coming years and positively transform the lives of many young learners.

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C Salt

the subtle depiction of authenticity

Being taglined as – 'The perfect place to entice your senses with surreal views and flavors,' Sheraton Grand Chennai Resort & Spa have aesthetically designed – C Salt that specializes in the regional coastal cuisine, which came to life on February 29, 2020.

The rustic ambience and tropical environment combined to make this restaurant a first-of-its-kind in the city. The 'sea to plate' freshness is the highlight of the menu, which reflects the authenticity of the traditional Coastal South Indian food. Overall, the simple design and comfortable seating is what lures customers in for. The menu has been crafted keeping in mind the locally sourced ingredients and spices, as well as the crockery and traditional utensils, that help hold on to the true authenticity of the dishes. From seasoned soups made with organic ingredients to appetizing nibbles, such as deep-fried banana flower, tender prawns sautéed in Andhra spices and fresh fish wrapped in betel leaf served with gooseberry dip, along with which, some signature dishes have also been added.

Executive Chef, Mukesh Sharma said, "C Salt is one of the most awaited

outlets of the property that offers a regional and local Coastal cuisine. We have a team of specialized Chefs who have travelled across and studied culinary culture of South India to bring in the native essence and authenticity, apart from sourcing ingredients locally, we have created a chef's garden where we would be cultivating select ingredients to produce homely grown organic vegetables and spices for signature dishes".

The restaurant also offers classic cocktails such as Gods Own Nectar, East Coast Paradise and Malabar Mule, made exclusively to suit every season. To create a comfortable ambience which is both lively and upbeat for every age group adds on to enjoying perfect evenings with your loved ones.

Shibil Malik, General Manager, Sheraton Grand Chennai Resort & Spa said, "After a successful

launch of the first Sheraton Resort in India, it gives me immense pleasure to announce our fourth addition to our existing food and beverage concepts. C Salt will specialize in South Indian Coastal cuisine and will give our guest's an unique experience of dining by the bay in a rustic & tropical settings. This outlet will give a new reason to our non-residents guests to enjoy the drive on ECR and dine with us. The ambience at C salt will also supplement the overall experience of staying in a resort."

Designed with minimalistic décor and enchanting music, it makes the location perfect to catch-up over drinks.





POOJA SHROFF — THE PORTRAYAL OF 'CONTEMPRÊT' FASHION

Being the alumni of Parsons, New School of Design and a reputed member of Fashion Design Council of India (FDCI), Pooja Shroff is an avid traveller and creative soul when it comes to having connections with eco-friendly textiles and batik prints.

With contemporary and prêt, being the foundation of her brand, she channels her creativity and artistic flair that serve as an instant conversation starter. While her designs are crafted for the free-spirited woman, she gathers inspiration from the various cultures that she has been exposed to, and creates designs that are one-of-a-kind.

Having earned several accolades at Amazon India Fashion Week Autumn/Winter'17, she is also the member of the Young FICCI Ladies Organization and the IMC Ladies Wing. These achievements and memberships have carved a strong foundation for the designer in the industry of fashion, across the country, as well as, on an international level.

Over the years, Pooja has received clients from Hong Kong, Jakarta, Dubai and Bangkok. Apart from this, her work has been recognised in Indonesia, where she was awarded with a certificate from the Indonesian Embassy for her refined work using batik prints. Paying homage to many Indonesian artists



that she works with and sources from, the designer's 'Resist-Aur-Dye' collection offers a variety of designs that match the summer look, with eclectic batik prints. Moreover, Pooja Shroff's collection is displayed and retailed in the country's top multi-designer stores, including Aza, Manomay, Ole, Kayra and Vesimi. Ranging from easy-to-style silhouettes to wearable fabrics, she is the definitely a fashion force to be inspired from.

How to avoid overeating while working from home during the lockdown

Staying fit and healthy is always important but has gained a lot more importance these days due to the lockdown. As the stress levels are going up with people having to sit at home leaving their work and daily activities aside, it is important to keep one's body healthy and fit at the same time.

Over eating during these difficult days is something that's troubling almost everyone. Being at home all day long, makes a person turn towards the refrigerator and the kitchen, a bit too often. Since, health is always important, it is more crucial now, during the lockdown. With no physical activity, and too much opportunity to snack and eat while sitting on your couch can have adverse effects on our body, weight and overall health. How to avoid this?? How to keep your eating in check and not over indulge?

Here are some tips-

First and foremost, **MONITOR your eating schedule.** I always emphasize on maintaining a food log, food journal, by mentioning the time of intake and what food was eaten. Also, mention the number of glasses of water taken. This may sound very methodical and a bit too tedious, but is doable during the lockdown. This serves as a powerful tool to connect your brain with your physical and emotional hunger. Since, boredom can turn people towards food, a bit too often, a food journal can help them understand that whether it's a boredom call or real hunger.

Feed yourself on **Fibrous fruits and vegetables.** Foods that are high in fiber, keep us full and give us energy for longer time periods. Also, these foods are excellent for a healthy gut. High fiber foods are also generally high in vitamins and minerals, and hence provide us with a great balance of essential vitamins and keep us healthy.

Indulge in **daily physical workout** every day. Having a sedentary workout can not only



Ms. Preeti Tyagi,
Nutritionist, &
Founder of MY22BMI.

pose a threat of weight gain but also to many heart diseases and lifestyle diseases. Along with that, physical activity is essential in keeping your mood happy. Physical exercise releases certain hormones and essential brain enzymes that are responsible for bringing the mind to a state of happiness. Hence, a physical workout even at home, will help people to remain fit both physically and mentally.

There are many good workout and dance videos on the Youtube. These can be useful tool, to keep you motivated and engaged in a daily workout. Joining some Health and Fitness groups and communities on Social Media Networks can keep people motivated and help you connect with other people with similar interests.

Drink enough WATER. Water is essential to keep us hydrated and satisfied both physically and mentally. Also, often enough when our bodies are thirsty, our hormones may trick us into believing that we are hungry. This is something

that often leads us to overeating or binge eating. Hence, it's important to rule out the possibility of thirst over hunger before consuming extra calories. So, every time you feel like eating a snack in between meals, first go and drink a whole glass of water. Give your mind and body two minutes to realize. If you feel hungry still, then go grab a healthy snack, otherwise, give it a pass.

Feed on **Healthy snacks.** Keep some healthy snacks always handy during the lockdown. It's important to munch on something that provides you nourishment as well as satisfaction that will help you ensure that you don't feel hungry again and again. Examples of such snacks are- almonds, walnuts, pumpkin seeds, flax seeds, coconut flakes, fresh coconut, coconut water etc. All these foods are full of essential components as well as are good sources of healthy fats. These help you stay full and keep your food and sugar cravings under control for longer.

Remember,
staying fit is
crucial now
during the
lockdown, like
never before...

Long-lost habits and food cravings into reality with Ciclo!

Have you ever heard about cafes providing for top-class facilities, both in terms, of cycling enthusiasts and hospitality, in India? Probably not, and is only seen on TV in American series like, F.R.I.E.N.D.S and How I Met Your Mother? Now you can also experience it out of your TV screens and in your city, because the Ciclo Café is here to fulfil all your desires that you would attain, only if you planned to travel abroad!

Set in motion in March 2015, it is the city's first bicycle café and it serves as a hub and provides for the sales and services of premium cycles, merchandise, accessories, along with expert advice on cycling and special rides. As much as hospitality is concerned, premium F&B services with international cuisines are put forth across on a platter, making it the most unique and voted amongst 'The 10 Most Exciting Restaurants in India in 2015' by NDTV and also amongst the 'Top 11 Global Cafes' by India Times.

Besides, no one would like to eat at a place with noise and dirt in their surroundings right? At Ciclo Café, the customers are taken utmost care of. The café not only provides for a comforting ambience, along with a staff that is

friendly and courteous, but is also equipped with chefs who make you feel at ease with the facility to customize your food, according to your preference.

Marking their 5th anniversary, there is the spin-the-wheel game which has been introduced just for the month, for any customer who walks in. The pointer can land on a number of options, which range from flat discounts off your bill to a complementary dessert. The customers have to clap their hands in glee, when the pointer lands on the dessert.

They have come up with a new menu, which includes distinct and unusual varieties of food which are incorporated across cuisines which includes the Japanese cuisine, featuring the fried sushi, non-veg gyozas and chicken karaage, along with a new kebab section. To add on to the sinful experience, a sinful five-layered creation has just been added on, which the customers have to name, along with sweet potato fries.

The stars of the shows also include Mrs. Jila's Mutton Dhansak, the peanut butter protein shake and the OMG Banoffee pie. Last but not the least, there is an add-on of a croissant with a wheat base, which certainly does sound unusual, but is worth your taste buds and the money. The diabetics and gluten free forks can also have a merry time, as they are dedicated sections for those too.

Their average cost comes up to Rs. 1,120 for two people, along with free Wi-Fi, indoor seating and home delivery. For those who consider Ciclo café as their pit stop after a long ride, they would not advise you to miss the Sunday's breakfast.

No issues if you aren't a foodie, you can always go in for looking into the cycles, which is an



attached store retailing premium cycles of international cycle brands, such as Bianchi, Cannondale, Mongoose and Schwinn for sale, and you can very well remind yourself of the good old days where the only means of transport that people used were cycles and is one way through which people will get closer to the sport!

Human Mind during Self-Isolation and Quarantine in times of COVID-19



Dr. Asgar Alam, MBBS, MD
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VS Hospitals,
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QUARANTINE AND SELF ISOLATION

To put it simply Quarantine means separation from others before the onset of an disease and observation of those suspected of being a vector or carrier. Isolation means separation from the others after the onset of symptoms from a disease, and this is mainly done to prevent the spread of the disease. Self-Isolation is when people are advised to do it themselves with proper instructions from the concerned health professionals or Government authorities to prevent the spread of the disease if the scale of disease is epidemic or Pandemic.

Impact of COVID-19 (Coronavirus Disease 2019) on the minds of people with and without the disease

What happens when you are isolated or quarantined? The Fear that you might or have the disease can be quite distressing,

and the first reaction that an individual has is shock and denial of the disease. In spite of all the information that you might have, it will still take its toll on your mind by merely imagining the consequences heard or seen in the news or social media which may also be associated with physical symptoms. This can result in feeling of impending death and further worsen the functions of the brain. The stress reaction that follows can result in insomnia, panic attacks, and even hallucinations while in isolation along with frustration which can have behavioural consequences like person running away from quarantine or other self-destructive behaviour putting others in the community at risk. People who are not yet affected are being told what to do and how to do by various officials, but you can still see there are people especially youngsters not taking it

seriously despite the data coming in from various countries. Why are they doing it despite knowing the consequences? It may be due to STOICISM. Stoicism, which is an indifference towards the suffering and/or disease, feeling of invulnerability and thought that it affects the weak play a bigger role in negating the seriousness of the disease. Many have gone to the extent of believing that things are being hyped by the governments and agencies in turn making the matters worse. It may also be because everyone in the news and social media are only seeing numbers. Number of people dead, tested positive and recovered etc. The sympathy that a fellow human being has died has been lost or reduced to numbers, the very lives a human struggles to live up until the moment of acquiring COVID-19 being accounted as a mere number is disheartening. Lack of remorse and



neutralizing the effect of pandemic by memes and jokes could also be a reason for the indifferent behaviour among individuals.

Rise of Post-traumatic stress disorder and depression, anxiety or other stress related illnesses are inevitable in near future

We have not learned from our past mistakes. During the Spanish-flu in 1918, almost 50 million people died. The impact on the survivors were catastrophic as they described about the horrors of seeing so many dead people around. This followed during the last phases of world war 1 which made the management very difficult. The reason for the massive spread was partly stoicism, yes and that hasn't changed one bit even today and downplaying by the press media and governments to prevent diversion of resources from the great war. They all treated it like it was an ordinary flu till it hit them hard. The methods people were told to follow were self-isolation, avoiding travel and gatherings, almost the same as what we have been told now. Sounds the same isn't it? yes it is, we had 100 years to prepare and what did we do? I will leave that for you to ponder.

MANAGING THE INFORMATION INTAKE AND OUTPUT

First thing to keep yourself confident and motivated is by managing the information that comes through via phone, social media or news. Get to know the facts before jumping to conclusion, take extreme precautions if stepping out for basic necessities, and please do not believe the information on WhatsApp blindly. Learn new things from the internet, update your knowledge about your current work or project, do some short courses online. Limit the screen usage as well, as it's better to interact with family members or loved ones when at home. You can sort differences among the family and friends via videocall or phone, catch up with old friends and get to know how they're doing which works both ways – one you get to care for them and two you can dispel the myths on COVID-19 if they have any. Most important thing is Do Not Discuss about COVID-19 with others the whole day while at home, which will increase the level of anxiety and stress not just you but others as well.

WHAT CAN WE DO?

To change the stoic and carefree attitude, it might take a long time and time is against us with COVID-19. Rigorous restraining strategies by the government is our only hope. Perhaps when this is controlled at great human cost, we can devise a strategy to imbibe sense of understanding and educate people to prepare for future epidemic and pandemic. Numbers are vital to keep a tab on the statistics and in keeping the health programs intact to battle the disease, but what does that do to other people? morale might be low, induce anxiety and panic attacks, insomnia etc. Some are forced by employment and the rest by poverty to carry on with their routine. Governments must ensure they pour in funds and resources to overcome the misfortune. Those fortunate are taking precautions but it's better late than never. Bracing for the worse can help in reducing the catastrophe that smiles at our doorstep. Keeping your mind and body intact must be the priority. Engage with friends, family and colleagues online, the real good side of social media can be used to the potential in these times. Isolation is only physical but you can converse, engage, share via online platforms and support people emotionally battling the virus. Boosting morale of those in isolation or quarantine reduces the risk of mental health problems related to stress. Sharing via group chats, playing with kids and pets at home, spending quality family time will help people recover faster and better. Do not attempt to do things beyond control and kindly do not spread the word on COVID-19 without verifying.

AFTERMATH OF COVID-19

Now, what happens to those recovered from the COVID-19 or those who have lost their loved ones to COVID-19? Seeing their loved ones in numbers as dead or seeing themselves in numbers of recovered can significantly impact mental health. Increased low mood, withdrawn behaviour following isolation, loss of interest, insomnia, excess fear and some might also have a feeling of guilt and regret. People who lost someone might feel guilty and suffer from overwhelming grief which can prolong and turn into depression or PTSD. In

“which will increase the level of anxiety and stress not just you but others as well”

times when people are told to self-isolate when in contact with the affected might also result in lack of social and family support to recover from grief, turning it into an abnormal grief. Grieving alone can result in distress and irritability.

Those recovered might feel relieved but the ordeal of being positive might stick as a stigma for some time in the community, this could further worsen their mental health. Convalescence phase from the virus can be varying depending on individual. The exhaustion and myalgia might last from days to weeks and combined with stigma of the disease might take longer than expected. Feeling of abandonment, suicidal ideas and fear of losing their loved ones, guilt and regret that they might have infected others could be alarming and distressing. Hence it is important we keep in touch with those tested positive and have survived and try to support them emotionally along with motivation to help them fair better in near future. We must be prepared for overwhelming rise in mental illness majorly PTSD, Depression, Addiction and Anxiety in all community population including health workers battling the disease, perhaps more prone than general population. When the previous pandemic hit us in 1918 it was combined with horrors of World War 1, hence there was great suffering and pain. More resource were funded towards military might which has been rendered ineffective against a tiny organism. Now although we are more technologically superior things might be equally worse as number of people suffering will be higher than in the past and will test the limits of every health professional. Resilience will be tested, But in time we will conquer as we always had in the past and hope we can manage better in future, with better funding for research and compassion towards fellow human beings and their sufferings.

Limerick – do it the sartorial way

As the name speaks for itself, Limerick by Abirr n' Nanki, celebrates the dynamism of prints with delicately entangled patterns and embroideries. Founded by Abirr and Nanki Papneja, the brand encompasses the mellifluous medley of art against the canvas of sartorial conversation-starters.

The Delhi-based label offers timeless pieces for the modern women. Nanki's passion for graphic design is finely woven into every piece created at Limerick. On the other hand, Abirr with his rich background in textiles put the brand into force, with a duality of purposes. Putting together modern design techniques and experimental prints, both have offered pieces that are wearable and shareable.

Ensuring that the label continues to gain success along with honouring sartorial hallmarks of the present, artisanal prints serve as the spark of the label's sartorial signature. Having worked at Cosmopolitan, Pankaj and Nidhi and Ritu Kumar, the design philosophy further expresses the proximity of indigenous methods.

The label's Autumn/Winter'19 collection – 'Intergalactic,' focuses on interstellar artworks and telescope imagery of heavenly bodies. To prevent pieces from being identical, spatial images are reimagined as textile yardages through complex form of craft of marbling on water. Each length of printing is diligently hand-done on fabrics that are free-flowing and allow the print to presume centre stage.

With elaborate prints, painstaking hand-embroidery and fluid silhouettes being the focus of Limerick, a transitory lineup of flowy separates and breezy layering, caters to the result.



Luminox inspired by Bear Grylls

With yet another partnership after Rado and Zimson, the iconic swiss watch brand, Luminox, has partnered with Bear Grylls, known worldwide as one of the most-recognised faces of survival and outdoor adventure, to bring out timepieces with inputs. The latest collaboration – 'Bear Grylls Survival MASTER Series – 3149,' comes with an orange rubber EPDM strap, loaded with endless features, for this summer.

Having spent his career in the most extreme situations, the latest model comes with a water-resistant feature, which can go upto 300 metres and is cased in light, durable and tough CARBONOX™. The watch also features the logo given Bear Grylls – 'Never Give Up,' on the dial and case back. It also incorporates count-up, compass and the Luminox Light Technology, so that the watch is visible in any lightning conditions, for up to 25 years.

"Working with Bear Grylls is perfect for Luminox. We have always developed watches for the toughest people and situations on earth, for use by Navy SEALs, first responders, law enforcement and more. Bear is famous for thriving in the world's most challenging environments, and so is Luminox," says Niels Moller, CEO of Luminox.

Priced at INR 71,022, Luminox, the original self-powered luminous watch brand, is the watch of choice for global outdoor adventure icon Bear Grylls, U.S. Navy SEALs, The Icelandic Association for Search and Rescue (ICE-SAR), Lockheed Martin's F-117 Nighthawk™ stealth and other jet fighter pilots, elite forces worldwide and professional divers.

Luminox's motto – 'Every Second Counts,' dovetails flawlessly with Grylls' Never Give Up. There is no better watch to be on Bear's wrist than a Luminox, especially a Luminox which Gryll shepeld design and develop.



Lets 'feel it' with Hrithik Roshan

Beginning its journey in Lengnau, **Switzerland, Rado** is a globally recognized brand, with a brand philosophy of – 'if we can imagine it, we can make it,' and has been soaring high, since then.

Coming up with an idea to create some of the world's most durable watches, it unleashed an all new concept – 'Feel it,' under the True Square Collection. To mark the same, **Rado's** brand ambassador and Bollywood megastar, **Hrithik Roshan**, served as the guest of honor at the Rado Boutique by Zimson at its tie- cutting at Express Avenue, Chennai.

Viewing the launch, **Mr. Shakeel**, Director, Zimson said, "Today we launched our Renovated Boutique at Express Avenue on the Ground Floor. We've just had Rado's brand Ambassador, Mr. Hrithik Roshan visiting and launching our Rado Boutique and he also launched the Rado True Square collection, the one that I am wearing."

Mr. Matheen, Director, Zimson said, "We are very happy to have **Hrithik Roshan** at our **Rado Store at Express Avenue** and we thank everybody and would like to ask our customers to come into our store and browse through the collection."

Apart from this, Zimson has been a strong player, ever since 1948, and has spread across the key cities of South India, including Chennai, Coimbatore, Bangalore, Salem, Madurai and Mysore. Being one among the players in the collection of watches, it has retailed with numerous luxury, fashion and premium watch brands, for over 72 years and has built exceptional trust with its customers.

After their business in wall-clocks and accessories, they have their stores spread across the streets in Chennai – T Nagar, Adyar, Chromepet and the leading shopping malls, namely, Express Avenue, Phoenix Marketcity, VR - Anna Nagar, Forum Vijaya, Ampa Skywalk and Marina mall – OMR.

Besides, its relationship with Rado is all-the more interesting. Zimson offers its clients with a large variety of Rado watches and displays them in the International Standard ambience. On a positive note, the industry hopes to view many such successful partnerships, in the future.

Tips for healthy & pearly white teeth



Dr. Karishma Jaradi, Aesthetic Dentist
Dentzz Dental

Healthy teeth bring a charming smile, also a sparkly white smile will enhance your overall personality. To maintain a healthy smile, all through your life, it is important to follow good dental habits early on in life. Getting a glistening smile is the biggest reason for you to keep your teeth and gums in the healthiest condition. There are simple ways that help you keep your teeth healthy and strong right from childhood to old age. A happy set of teeth will not only enhance your oral condition but will help uplift your overall appearance. Going by the well-known saying 'Prevention is better than cure', it is vital to maintain good oral hygiene to help prevent various dental issues.

Leaf through some below-mentioned tips, you can follow to get healthy and pearly white teeth -

Improving brushing and flossing techniques:

One major tip to enhance oral hygiene is to improve your brushing techniques. A consistent and correct tooth brushing routine is mandatory and is something that one must religiously follow. Use the right kind of toothbrush that has soft bristles and can help in removing food particles, thus dropping the risk of gum infections. Cleaning of the tongue should also be a steady ritual post brushing. This will aid in removing the bacteria that has been deposited and formation of plaque. Bacteria gets formulated even on the toothbrush, so it's necessary to replace the toothbrush once it gets worn out.

Dentures must be taken out of the mouth at least for four hours in a day to uphold the healthy condition of the lining of your mouth. Even though a good toothbrush and toothpaste will help in cleansing your teeth, it is nearly impossible for a brush to clean all the spaces in between your tooth, hence failing to destroy the plaque formation and bacteria.

Quit smoking & chewing tobacco and avoid binging over sweets:

Consumptions of cigarettes and tobacco will cause your enamel to become yellow and also cause bad breath that can affect the normal functioning of gum tissues and other gum-related problems, periodontal diseases and oral infections. Avoid consumption of edibles that are high on sugar. This will definitely increase the acidic level in your mouth, thus attacking the tooth layer leading to problematic dental conditions. Stay away from soft drinks and aerated drinks as they cause great damage to the teeth due to their high acidic content.

Regular Dental Check-ups:

Regular dental check-ups are very essential to maintain good dental health and to prevent tooth decay. The dentist will be able to detect any kind of dental issue at an early stage and advice preventive measures to avoid future problems. Irregular dental visits means being ignorant about various dental issues taking shape in the teeth.

Why over-doing dental hygiene is not recommended:

Excessive-flossing can irritate and injure your gum tissue making them sore and swollen. Aggressive tooth brushing can also aggravate your gums causing them to shrink away from your enamels, mainly if you have thin gum tissues. If you are under the impression that your teeth are in the best of health by over-treating them, you definitely need to rethink on your decision. Over-doing a dental treatment will do no good to your oral health. For example, a simple cavity in the tooth can be cured by just performing some minor fillings, getting a root canal done to eliminate such small cavities and bacteria is a sign that you are over-treating your teeth. A root canal is only recommended to remove the decayed nerve and pulp inside a tooth. In some

cases, a slight change to the bite may reduce the discomfort.

Living with a Diabetic-friendly mouth:

Your mouth is a reflection of your health. There is no doubt over the fact that an appropriate amount of nutrition is an important component of overall wellness, however the kind of food choices that you make are likely to affect your oral health particularly if you have diabetes. If you were under the impression that the disease could harm only your eyes, heart, nerves and kidney, you need to pause a bit shifting your attention to your mouth. Diabetes has the capability to take your dental hygiene for a toss leading to grave gum disease and infection. This is because diabetics have a higher than usual risk of contracting periodontal maladies, thanks to the high level of glucose level.

The oral snag of diabetes can range in severity from being bothersome to hazardous. The most common hitches are periodontal disease, like gingivitis, periodontitis, oral candidiasis, built-up of cavities and dry mouth, inflammation in the mouth and diminished taste function to name a few. While a tight control of blood glucose is very vital, it is also equally important to keep a tab on your diet, thus totally eliminating toxic foods. It will be a wise decision for everyone either with diabetes or without to evade or limit these food intakes since these are high in calories, sugar, carbohydrates, sodium and also contain a high level of Trans fats.

Dealing with diabetes is a long-term commitment that can be fulfilled without ignoring dental hygiene. Holistic dental care coupled with optimum nutrition is all you need to keep diabetes at bay and your efforts will definitely be rewarded with a lifetime of strong teeth and gums.

Nasal Tooth Pain:

A lesser-known cause of toothache is the one caused due to a sinus infection. The first and foremost question that arises in your mind is how is it possible for nasal maladies like sinus to cause you an unbearable tooth pain? Sinusitis commonly known as a sinus infection is basically a swelling of your nasal opening lining, and a cold that continues for more than two weeks can mature it into a severe sinus contagion. This commences in your maxillary sinuses, which is located

just overhead the roots of your molar teeth and has a strong possibility to inflate with the accumulation of microbial or disease-causing mucus. The burden it puts on the oral nerve endings can result in an aching sensation on one or more of your teeth. In many occurrences, the root cause of tooth agony is obvious, but nasal sinus in an unseen culprit. In sinus, the roots of the uppermost molars lie in closeness to the sinus cavities. Thus, when the sinuses become infected and inflamed, the following pain is often wrongly believed to have been initiated in the teeth.

You are bound to experience discomfort in your upper molars due to the sinus infection because of the proximity of the roots of those teeth with the sinus. Most of the times the pain in the enamels may be an open pathway to a sinus infection and an unusual communication between the maxillary sinus and the dental cavity, a condition known as Oroantral fistula. Hence it is vital for patients to visit their dental expert to check if the teeth are infected and is likely to cause a sinus infection. If the skilled oral care practitioner detects any kind of infection he immediately needs to start with the treatment.

The above-mentioned dental guidelines are focussed towards offering healthy and happy teeth. So, go ahead and flaunt your glistening smile!

After a long freezing winter, now is the time to experience the warm sunshine of summer. Warm weather brings a new set of challenges for each one of us especially for newborns; there's nothing quite like the soft, delicate skin of a baby.

In the first few months of life, newly formed skin is thin with a sensitive coating that is comparatively dry with that of an adult's skin, which indeed is prone to external agents. Studies have shown frequent cases of redness and irritation and sometimes dermatitis appears during the summer season, mainly in the nappy area of the baby. The secretion of sebum decreases rapidly starting from birth, leaving the baby's skin particularly vulnerable to dryness in a few weeks and therefore, it needs to be protected with products that can prevent in developing rashes and redness of the skin. With these simple summer skincare tips, new parents can enjoy the summer season without any worry and can easily protect and maintain the natural balance of the baby's skin.

Regularly changing of Toddler's Diaper

Changing the baby's diaper at regular intervals should be done correctly. The Nappy or Diaper that you choose for your baby should be slim and made of breathable fabric that is comfortable to wear while allowing maximum absorbance. Since the baby's skin is soft and sensitive, the diapers that you choose should also be dermatologically tested such that it doesn't irritate your baby's skin. When changing a used nappy to a new one, it is important that a newborn baby's skin, which is delicate and sensitive, receive the appropriate cleansing treatment using childcare products that are not harsh on the skin and effective in preventing irritations caused by organic residues absorbed through the skin's protective barrier.

Choose Diaper rash cream that contains panthenol which help to rejuvenate baby's dry cream

It is seen that regular usage of diapers can cause heat rashes and redness on the baby's skin. They can be observed as tiny red bumps on the upper or lower torso making a child grumpy. To cure this, parents should be mindful of carefully cleaning all the dirty areas and checking the condition of the baby's skin at the very first step. If there is any redness, applying a soothing and protective cream enriched with 10% Zinc oxide and Panthenol is a must. In case there are no traces of skin irritation present, still, it is recommended to apply a diaper rash-free cream as a routine to keep the skin healthy and prevent it throughout the summer.



Photo by Daria Shevtsova

the baby thoroughly is not an option. Baby wipes are the solution; it is an ideal option to freshen up the toddler. Thanks to their soft texture, they are ideal for changing nappies and cleaning the baby's face and hands without water. The wipes are designed in such a way that it cleanses a baby's skin while maintaining its physiological balance. The product allows you to obtain a deep cleansing and a soothing treatment at the same time. One should always look for the wipes that are soap-free, aloe vera for moisturizing action and chamomile for soothing action.

For cleaning baby's clothes, use a Baby laundry detergent

We understand that a newborn's skin is soft and sensitive, therefore whatever touches the baby should be equally delicate, hence it is advisable for parents to choose a laundry detergent that is specially formulated for cleaning baby's clothes i.e. it should be gentle on clothes and skin while also proves its efficacy on all types of stains that a baby is prone to get. Given that in summers there is a lot of sweating which may attract germs on baby's clothing too, hence the laundry detergent should be such that it kills 99% commonly found bacteria & fungi. Besides, it should also be dermatologically tested on sensitive skin and free from Phosphorous, Fluorescence, Brighteners, and Colorants to prevent any irritation resulting in being gentle & safe on your baby's clothes and skin.

Baby skincare:

Tips to keep newborns' skin healthy in summers

Keep the baby cool and breezy by using talcum powder

Keeping the optimum body temperature of the baby is quite a task in summer. It is advisable to use a talcum powder made with some natural ingredients like rice starch, which does not clog the baby's pores and if it also consists of Zinc Oxide for a soothing action against rashes then it would be a very good option for baby's delicate skin. Also, it helps maintain the baby's organic residues keeping the skin dry and refreshed always.

For a swift cleanup, use baby wipes

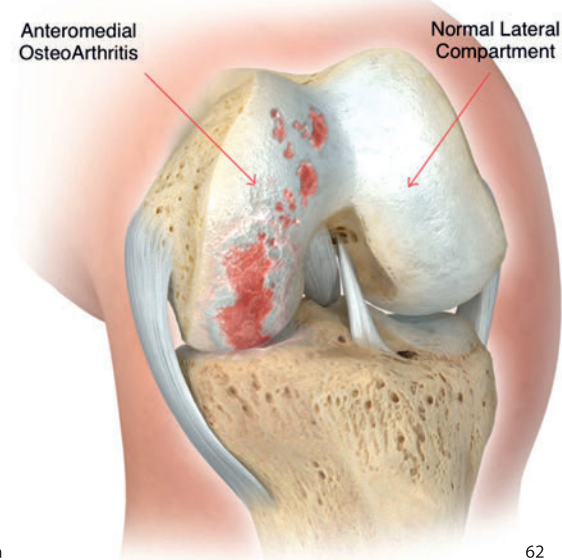
It gets embarrassing when parents are out in public or in a place where cleaning

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Partial knee replacement – is it right for me?

As we all know, knee osteoarthritis is one of the common problems in today's age. You may have seen a lot of elderly patients around complaining of difficulty in getting up after sitting on the floor or difficulty in walking. All these patients need to undergo treatment to improve the quality of life and to maintain mobility in day to day life. Traditionally all such patients were treated with medicines and injections for a long duration of time to control pain. Once the pain became unbearable, there was no option but to undergo a total knee replacement procedure. Needless to say, taking medicines for longer duration do come with their drawbacks.

However, it's worthwhile to understand that this transformation doesn't happen overnight. Knee degeneration passes over stages over the years to land up in an arthritic



Dr. Abhishek Arun Nerurkar,

knee. And hence, we can treat the patients at appropriate stages with alternate procedures, and either prevent the total knee replacement completely, or delay the requirement for significant time interval.

Why think about alternatives? Is there any problem in total knee replacement?

Total knee replacement is a very satisfactory procedure. We do get excellent pain relief and the outcomes are very predictable. However, since the knee joint degeneration typically occurs in inner side of the knee first, and it usually takes years for the damage to go towards the outer side of the knee, there are good number of patients in which we can prevent the replacement of the normal side of the knee joint. The idea is to preserve what is natural and selectively change only the damaged parts of the knee.



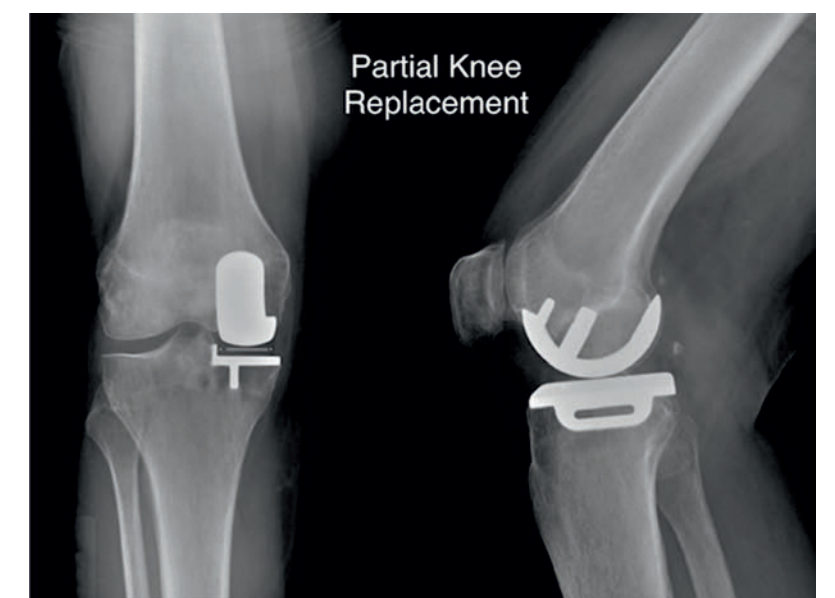
Well, the technique of partial knee is such that all the normal structures in the knee are preserved and that's the beauty of the procedure. All the ligaments around the knee are preserved. These ligaments help in normal functioning of the knee joint and also in recognition of joint position. Hence patients with partial knee have near normal knee function and usually they get feeling of normal knee as compared to the artificial feel of the total knee replacement. Additionally, we almost always achieve complete bending of the knee after partial knee. All patients can sit on the floor with their legs crossed and can also do squatting comfortably as compared to the patients with total knee.

Partial knee replacement is done with minimally invasive techniques and the incision is very small. Since we don't have to cut the muscle to access the joint, the recovery is also very fast. All functional activities can be achieved much faster. The most important benefit with partial knee is the amount of natural bone that we save during the procedure. All the bone stock saved is extremely useful in the long run for further procedures.

Who is the right candidate for partial knee replacement?

This surgery cannot be performed for all the patients with osteoarthritis. Patient selection is very important and your surgeon will have to evaluate you thoroughly to understand whether the arthritis is limited to single compartment or not. Once the patient problems and clinical findings are carefully assessed, you need a few tests to diagnose whether partial knee would be helpful. X-rays of the knee joint are taken in specified profile to assess the damage to the joint. Standing X-rays are helpful to see the effect of loading (body weight) on the knee. Stress X-rays are taken to find out the status of ligaments. Long film X-rays, also known as Scannogram, are helpful to find out the alignment of the thigh bone and calf bone. They are also useful to look for deformities in the bone. Since this procedure does not deal with correction of ligaments, all such patients will have to be excluded from partial knee replacement. In cases of doubts, your surgeon may ask for MRI scans to look for integrity of the ligaments and also to look for cartilage damage in the portions that is going to be left alone. After careful assessment of all the above, an informed decision has to be made and discussed with the patients.

In the opinion of **Dr. Abhishek Nerurkar**, Consultant Orthopaedic Surgeon, Hinduja Healthcare Surgical, SL Raheja **Fortis and Surya Hospitals, Mumbai**, as the life expectancy of our population increases, the need for preservation of bone in elderly patients has become of prime importance to prepare them for future decades of active life. We have also seen the changes in lifestyle of elderly patients and awareness to remain active, patients do want to get rid of daily niggles of medical knee pain, and partial knee is an excellent option for all such individuals. After the surgery, patients get back to their functional levels very early and it gives them positivity to fulfil their bucket lists. Mobility is one of the most important factor in human life and being pain free is vital to keep the cogs running.



Does Calorie Count of Raw Food Changes When They Are Cooked



If you have ever tried to lose weight or thought of eating clean to stay fit, you would know how important it is to keep a count of your calorie intake. Both the quantity and quality of your calories matter when trying to stay healthy. Every food item has a specific caloric value. All processed foods and beverages have specific calorie counts, calculated on the basis of products used to prepare it. When on a mission to lose weight, we basically try to create a calorie deficit that can only be done by consuming food containing less amount of calories. You will find calorie value of a product on its packet when it is raw or uncooked but the same figure may not hold true when it is cooked. So, the major question is do calorie counts change when food is cooked? Let's unveil this secret today.

Cooked vs Raw food

Yes, the calorie count of a food item changes when it is cooked, but the method of cooking also plays a major role in it. The calorie count alters depending on how you are cooking it - whether you are boiling it or stir-frying. For example, raw breast meat without skin contains 136 calories, but when it is fried, the caloric value increases to 312 and when it is roasted, it will have 220 calories.

The right way of cooking

If you are using oil or butter to cook the food, the caloric content will increase. This is because when you add oil or butter, you are adding more calories to it. Fats and oils contain a high amount of calories. So, when you are working on your weight, try not to use fat or oil to cook your food or use less amount of it. On the other hand, when the food is boiled or baked, the water and fats from the food decreases, making it more healthy. When the food is cooked in water, the calorie count does not change, but it has a significant impact on the nutrient content. The nutrient content of the food changes depending on how fresh the food is and how long it is cooked. If the food is overcooked, then it will definitely have fewer nutrients.

The bottom line

It is best to have grilled, boiled or baked food when attempting to lose weight. If you are using any kind of fat then remember the calorie count will increase. Also, do not overcook your food as it will lead to nutrient loss.



Ways To Accelerate Hair Regrowth



Dr. Prerna Taneja,
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Some girls have long and lustrous hair by birth and some have a good hair care routine just to achieve soft, shiny, smooth looking hair. One does not just have to have a good daily hair care routine but also a lot of factors has to be concentrated upon like hairbrush, how often you're using the hair dryer and the air range of it, vitamins needed, pillow used, water consumption and many more other factors. There are a lot of small but very essentials steps that we need to adapt but avoid due to lack of knowledge. Therefore, we are sharing 6 ways to accelerate hair regrowth with you all:

Keep a check on your body deficiencies

First check about the deficiencies or the hormonal imbalances in your body. If you have any kind of deficiencies like calcium deficiencies, iron deficiencies or hormonal imbalance then there will be decrease in the regrowth of the hair and also increased hair fall. So, it is important for us to know about the deficiencies of our body and help our body with the supplements that will supply fight these deficiencies.

Take care of your diet

Consume food which is rich in nutrients, antioxidants, biotin, calcium, iron, vitamin B complex. Make sure you have all the healthy dietary ingredients which promote hair growth like iron rich vegetables- potatoes, mushrooms, kiwi, berries etc. Having a healthy diet not only help our body in preventing hair loss but it also resources your hair to stay strong and shiny. Avoid oily street food as it is very harmful for our body.

Keep your scalp clean

It is very important to keep your scalp clean. You can use paraban free shampoo for cleaning your scalp as it improves and also retains hair's natural oil; and increase moisture in hair. Make sure that your scalp is clean at least twice a week depending upon the exposure to the external environment and also the place where you are staying.

Ensure not to have dandruff or psoriasis

Dandruff and psoriasis is a disorder that prevents scalp regrowth. But actually the main cause of hair loss is not the dandruff alone rather the reason behind dandruff is the cause of hair loss. Having said that, severe dandruff damages the scalp or the hair follicles which stops hair growth. Also, psoriasis is a reaction that cause itchy and scaly patches. Although it is not dandruff but it causes hair loss.

Oil and massage your scalp

You should keep in mind to at least oil your hair once a week as it stimulates the hair follicle and blood stimulation and also relaxes your mind. It also increases blood flow and enables hair growth. Massage the scalp in circular motion and don't use fingernails while massaging. Oil and massaging is one of the most effective way to accelerate hair growth.

Always invest in nutra-therapy

The Nutra-therapy supplies various nutrients to our hair follicles which are below the surface of the scalp. So through this therapy vitamins and nutrients are infused in our scalp through which the hair follicles get strengthen and we get a good hair regrowth. Instead of going for a hair spa go for a nutra-therapy. This is a doctor procedure and ensure that you consult your doctor to get Nutrathery.

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