

It's in the genes:
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about lung cancer

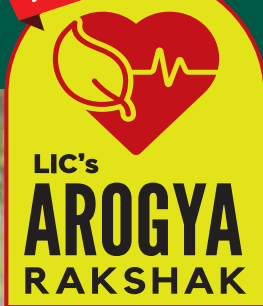
Why beauty
brands are getting
more concerned about
environmental
sustainability ?

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The season of new year resolutions

The tradition with which every year starts on a new day, is by making new resolutions and an attempt to not break them. With the beginning of a new year, you look back at your failures to achieve various goals in the prior year and think about you have changed, and how the new you will be different. This disconnect, often makes us more optimistic about our own capacity to set more goals than we ordinarily do. Unfortunately, most of us fail to understand, that, changing one self and making a decision are two different things. Habits are never formed out of decisions. At the end, and with time, we go back to doing things we did earlier. The central problem lies in changing oneself, on how to make behaviour an choices consistent across the different points of time. The challenge is to stay consistent with a choice. The best way to do this is to figure out practical steps to make the changes you think about, more easier. Sticking to a routine, has a lot to do, about how it makes you feel about yourself. Once you start sticking to a routine, it helps you to understand, what you want and how you wish to do it. To form a habit, you need to gain some positive experience while doing it. The positive experience becomes the incentive while you start sticking to the habit. Rewarding oneself, makes oneself look forward to the habit, which makes it more enjoyable. For example- I decided to not eat unhealthy food for a week, and would reward myself for one such meal at the end of the week. This made me look more towards the end of the week and stay consistent throughout the week. Before writing your resolution, stick it somewhere you can see it daily, before announcing it on social media. Understand what prevents you from doing that habit. Understanding what holds you back from adopting a habit, makes you tailor solutions that you have to adopt to face the challenges. Turned out to be good and different for me, might be the same for you too!!


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Step Up with Live Lenin

Live Linen, a brand established in Jaipur, revolves around the concept of comfortability and quality. The brand establishes at adding value to the society and touching the world at large. As a team of stylists and fashion designers, the brand discovered linen as the principal material, providing quality and comfort. The Executive Officer Nimit Singhi says “double quantity” is where our quality linen meets quality production. We pay attention to details in making contemporary designs of clothing, home décor and linen bedding, kitchen table clothing and aprons. We have come to reinvent past in the present and keep the culture of linen alive. We as a brand strongly believe the comfort it offers and should not go extinct- its value should be savored and become a part of lives. To every corner, our linen products are delivered in excellent condition. Giving all the details you want; we bring imagination to reality. Talking about the products that the company offers-

Linen Ama Cushion Cover/Pillowcase

For those who like the corners of the home, comfortable and elegant, the timeless covers will make the dream come true in a jiffy. Crafted from the best linen fabric, Printed Cushion cover displays a mix of Ama patterns finished in a subtle hue. The designs are skin friendly and come with a set of zippers and are easy home wash.

Line Quilt- Hand Quilted

The premium quality linen quilt is comfortable and lightweight. A 100% linen skin hand quilted quilt, it is soft textured, durable and long lasting. With this product, comes along breathability and comfortable with machine washable beddings.

Linen Harbor Dress

Crafted with 100% linen, the dress extends a flawless fair in every crease. The outfit plays a cupid in all the seasons, keeping the customers snug and stylish. With a sigh of comfort, the sharp V neckline and $\frac{3}{4}$ sleeves which accentuate the simplicity of the natural weave.

Linen Swaddle Wrap Initial with Chicken

Made to wrap your baby with care, this swaddle is soft and comfortable and made with 100% breathable linen. Ensuring your child, a sleep of care and comfort.

Linen Crossback Apron

Lightweight and easy to wear, the apron is made of 100% linen duvet cover set and is pleasant, skin friendly and crafted with care. Suitable for both men and women, the apron makes your experience in kitchen wonderful. Easy to wash and durable; retains its quality despite repeated use.

Linen Natural Needled Duvet Cover Set

The pleasant, skin friendly needled duvet cover set is crafted with utmost care. An all-weather conducive design, the fabric is high quality, environment friendly, durable and will retain its vintage look despite its repeated use.

Linen Ruffle Medley Tablecloth

A good dining space should be full of flavors. For this, the Linen Ruffle Medley Tablecloth is the perfect choice. Made with 100% premium linen table cloth, the Ruffley Medley collection comes in an array of designs, and is an ingenious assessment of soft and soothing hues. Crafted to galvanize your love for cutlery and feast, the ecofriendly cloth will give you a dandy dining experience right in the comfort and warmth of your homes.



Why Linen Should be Your Go-To Material For Household Items

-Nimit Singhi, Founder of Live Linen

Linen is nothing but simple, from the way it looks to the way it feels.

The philosophy of linen revolves around it being simple, classic, and yet luxurious. It should be everyone's go-to material whether it is for clothing or home decor items. The quality and benefits of linen are unparalleled.

The Messier It Gets, The Prettier It Looks

No one likes a messy look, but when it comes to linen, the wrinkles make it look lived in and comfortable. With linen, there's no caring about the creases since there's so much more to the material.

Highly Durable

Linen is a survivor, it has survived environmental effects for 30,000 years. Linen as a material is 30% stronger than any other fabric and history stands proof of the same, historians have found ancient articles that are still well intact.

Easy To Clean

The process of cleaning Linen is quick and easy. The fabric resists dirt more easily than other textiles and when washed correctly, it looks as good as new.

Simple yet Luxurious!

The speciality of Linen is its simplicity. Even the simplest or most basic of products look and feel luxurious. It is the one quality of Linen that most people adore. Despite being so simple, it still has a luxurious aesthetic and vibe.



Madras Bridal Fashion Show is back with it's 5th edition.

The Madras Bridal Fashion Show, is an extravaganza fashion show, showcasing a stunning array of bridal couture by diverse ethnic designers and promotes cultural diversity in high fashion. MBFS is back this year, on the 26th of December, at ITC GRAND CHOLA, starting 6.30pm onwards with a tribute to weavers and farmers, and believes fashion begins with them. To felicitate and honor them, female entrepreneurs will be ramp walking wearing various traditional attires representing the National Award-Winning Weavers.

The show is organized by SHAN and DENE every year. The 5th edition of MBFS is presented by PVR and co presented by KIRTILALS, powered by SRI KUMARAN STORES and CHALLANI HOUSE OF SILVER as the associate partner. The showstoppers for this year are actress Dushara Vijayan, Vedhika, Pranitha Subhash, Iniya and Samyukta Shan.

The show features collections from the country's top-notch designers showcasing their bridal inspirations. This year the collection is taken from designers like Anjalee and Arjun Kapoor from Delhi, Vaani Ragupathy from Chennai, Deepthi Ganesh from Hyderabad Kirtilals from Sri Kumaran Stores.







Anjalee and Arjun Kapoor, are a brand personifying opulence, perfection and delicacy. Their bridal collection is the ultimate expression of Haute Couture reflecting characteristics of renaissance and grandeur as they launched the Renaissance Reborn. The designers have built their name in the industry and have dressed celebrities from Bollywood. Their collection usually collects bridal artworks with a mix of muted and deeper corals with 3D state of embroidery

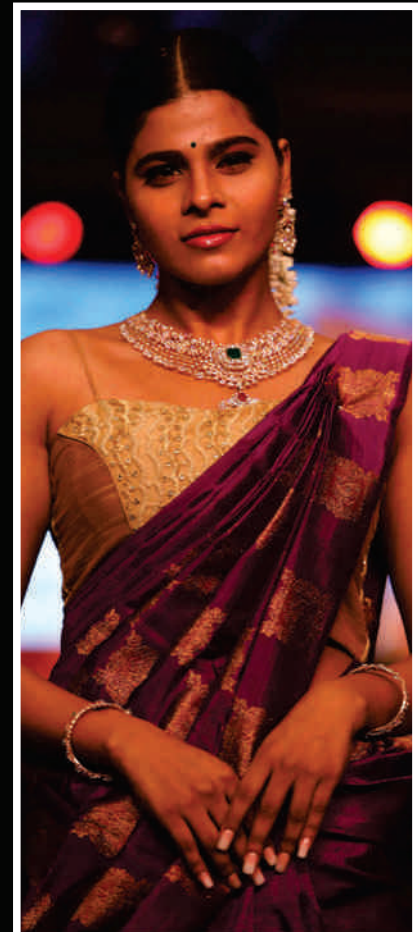
Vaani Raghupathy found her calling in the fashion world as a self-taught designer, who takes inspiration from travel to nature. Started as a part time hobby, and now in a full-time business, her brand Mangoliaa is derived from the name Mangoliaa. The designs, relevant in multiple settings, are infusions of contemporary designs in traditional clothes which boost the confidence through style and comfort.

India is known for its diversity, but also for its Weaves. The Indian weave is a part of the history and each weave carries its own charm. By mixing these weaves together, the collection from Deepthi Ganesh re phrases the term "Classic looks". Her team takes pride in their locally sourced and handcrafted weavers. The label is known for their social and professional circles with rich accomplishments and high designs in celebrities, actresses and models.

Kirtilals, a highly reputed and renowned manufacturer and retailer of fine diamond and gold **jewellery** since 1939, has expanded its presence through South India and USA with 14 showrooms. With new technologies and innovative spirit, the brand has become relevant to the younger 4 generations of the clientele. The brand has exclusive lounges at selective stores for the customers to customize their own jewellery. "Adoring generations since 1939" is the essence of the confidence that the brand has built over 8 decades. The brand is also into CSR initiatives and the core area of focus on women empowerment, education and environment friendly initiatives.

Sri Kumaran Stores is the leading stores in Chennai since 1955, spreading the

good tradition of pure silk. The seeds of this landmark were sown by Kanjipuram's PC Chengalvaraya. The company has its own productions and has branches in Kanchipuram, Arani and Kumaboknam. Each saree sold at the store is a work of art put in by skilled hands taking hours of effort. The company also takes pride in themselves in the level of innovation introduced in their work. Some of their products are Pocket Saree, Denim Silk, Ullae Veliyae, Jodi Pattu, 3D Pattu, Gold Pattu, Glow Silk and Magic Pattu.





Wild Drum introduces a low calorie, vegan and gluten free hard seltzer

Introducing to you, the global hottest trends of the coolest Indian drinks. An all new category of alcoholic drinks which is gaining skyrocket popularity having actors like Priyanka Chopra, Gordon Ramsay raving about the hard seltzer.

Wild Drum is one of the very first companies to introduce hard seltzers in the Indian market. Launched in August 2021, hard seltzer is a new category of alcoholic beverage, taking the international market by storm. The brand plans to address the needs of the community of health conscious people by offering a beverage that is vegan, gluten free, low calorie, fat free and with no added preservatives.

Wild Drum is a super hydrating and invigorating alcoholic beverage with no added color. It is a refreshing drink made with clear carbonated water and alcohol and infused with natural fruit flavorings. With the introduction of this drink by the brand, it is a step into the realm of a healthy binge, because of the low calories of the drink which makes it the perfect alternative for health conscious people.

Hard seltzer has become the latest trend amidst the millennial drinkers across the globe, and is perfectly positioned for social occasions that are less fixated on alcohol and mornings that are less obscured by its repercussions.

Talking about the brand, the founders of Wild Drum shared, "For us, entertaining the nouveau hard seltzer is a huge step forward. They are becoming increasingly popular across the globe as a combination of a hydrating and a refreshing alcoholic beverage. It is healthier and thus a more preferred alternative of beer. Our brand

have spoken to a diverse group of people, who revel in a variety of ways ranging from going relaxed to going totally uninhibited and wild. The audience is largely aware of the negative effects of alcohol combined drinks and appreciates the option of a novel drink with outstanding drink that is guilt free. With Wild Drum, having a good time is no longer compromising on one's health.

The brand's outlets can be found in all major wine shops throughout Maharashtra, Goa and Madhya Pradesh and will be available for online sale in the future, according to the firm.

To know more about the brand, visit www.instagram.com/wilddrumofficial





A shift in mindset: Schooling the emotional, social, and behavioural health of your children

By - Ms. Fatema Agarkar, Educationist and Founder of ACE



Photo by Gustavo Fring



While some states and cities in India saw the partial opening of schools for a short period of time prior to the new virus mutations that make the second wave so much more severe, it is a fact that pre-schoolers and those in elementary years, including primary years, continued to operate with their virtual engagements. As it was not deemed 'safe' for them to be in physical environments other than the safety of their homes given a host of reasons that were agreed upon by governments, education departments, local administration, etc. In fact, if reports are to be believed, even those that could attend school as a physical class had many parents deciding against this, forcing schools to adopt the blended format of learning.

This 'wait' for the physical school for those that were denied entry, to the 'anxiety' associated with the physical classes did create a further impact on children and the way they express themselves.

The conversations around Covid are not joyous ones and be it news channels or discussions at home with everyone is locked in did its fair share of damage to these little minds who suddenly found themselves 'distanced', isolated, restrained, and being exposed to circumstances that were totally alien. From the 'breaks' they got from their home when in school, or outdoors, playing or even in classes, this around the clock with nowhere to go and dependent on their family for support was a challenge for these children and that is a simple fact. They missed their friends, the comfort of their teachers helping them and generally life turned on them!

The teachers tried their best to engage, create activities, parents with their own workload toiled away, but the 'distance' for the younger children was especially difficult and teenagers have complained of fatigue as well. Their little world turned upside down in the past 12 months, a school year has gone by, and to be told yet again that the world will not normalise despite some 'vaccines' because the 'numbers are rising' is all too much for children this young. If adults are experiencing languishing, lethargy, lack of motivation, depression, and loneliness, imagine the children!! As Harvard researchers point out, they are still 'work-in-progress' and do not have the

experience to manage or cope, and yet they are being forced to!

Makes a strong case for adults be it teachers or parents to think long and hard about the well-being - emotional, social, and behavioural health of the children. For starters, consider that they are 'little broken' despite those smiles and the strong facade and with that create an approach of being compassionate, communicative, proactive, and empowering.

10 simple things to remember:

1. Be alert for signs and have a 'routine' of checking-in protocols which are not 'how are you feeling' questions, but instead sharing a story of someone feeling low and testing what their reactions are! Children respond with ease when the attention is shifted to someone else, and while they begin to identify with the story, they may find themselves opening up without pressure. That's what you need to ensure that you understand their emotional state and deal with this accordingly.

2. Before jumping into solving the problem, and being very mindful of allowing them to express themselves without judgement, remember to focus on the 'emotion' or the moment as opposed to the individual. For example, during a temper tantrum instead of calling the child, a 'bad boy' considers saying, 'I sense that you are feeling bad about something, and I know it is making you upset, once you are ready to talk, I am here to listen.' Sometimes, a hug following that will work, sometimes walking away will work. You have to gauge the pattern.

3. The 2 F's (Food and Fitness) for me are always a huge trigger point that results in emotional and behavioural challenges. 90 percent can be attributed to lack of exercise or fitness routines and a diet that does nothing for the nutrition that will not help them regulate their moods. I am not saying recommend to families to alienate their favourite foods (how much more will we distance them from the things they love) but social media is buzzing with recipes that make for delicious food that will work for children in keeping with their palate. Kids need to have some form of physical activity be it yoga, skipping, running,

playing, or even doing errands through the day by organising themselves! For every two hours of sitting in one place, there must be 20-minute breaks - think of it as a long airplane ride, remember what the voice always tells you - move around. Apply this principle. Especially when planning lessons - include a treasure hunt, physical break time to dance or jump, etc!

4. Kids need to interact with the kids of their own age, and therefore recommend to families to make an effort (if safe) to connect with other families in their building or neighbourhood to meet with social distancing and safety norms. This 'physical' presence helps them develop the social skills and this can always be organised when consulting the family, their health status, etc. If this is a strict no-no then try games played online with fellow kids, chatting in zoom parties, or participation in summer classes where they can engage with children of their own age.

5. Sleep deprivation is another contributor to the emotional and behavioral changes in a child, and almost all the time, this is either an irregular and lopsided day with extreme access to the screen, poor eating habits, and almost no physical fitness routine. A child needs 10 to 12 hours of sleep to allow the mind and the body to develop and this sleep deprivation is a major cause, this would be non-negotiable as a recommendation to parents.

6. Communication does not always have to be direct with children - as explained earlier use books, perhaps YouTube videos, or a movie to get kids into conversations and discuss about their feelings, their fears, their joys. Often as adults, our instinct is to ask, 'is everything ok?' - instead of the negative, focus on the positives (did you see how she jumped with joy when she saw her favourite ice cream was available) as well and then make your way to the negative. It allows the child to ease into a conversation and makes it less threatening. Also, do not play the guilt game or reward them for opening up - they have nowhere else to go, so they will open up, but it takes time and patience and by maintaining this consistent communication, you have

allowed them to know that they can connect with you which is critical for the emotional needs.

7. Maintain a journal and a diary of the child's behavioural changes if any. It is important to understand the trigger points, the pattern and in some cases of trauma or abuse, it must be important to report this to the counsellor to seek professional intervention.

8. As facilitators, it is critical to understand that this Covid schooling requires a re-orientation of some academic targets for the students in favour of mental well-being. Children need to feel enthused to learn, and if there is a period of 'languishing' then better to bring in the ice-breakers and games than try and teach them fraction word problems. Be flexible, adjust and prioritise well-being.

9. Planning activities to include plenty of group work, group games, etc will help children slowly regain their confidence with social skills. They can be 'taught' these by encouraging words, giving them strategies, and reassuring them that they are on the right path by role modelling as well!

10. Home-school partnership cannot be emphasised enough, and the connection must be real-time, proactive, and transparent about the challenges faced in school and at home to help the child transition to this Covid phase. Some children breeze through it, some require direction while some simply struggle, so important to have personalised and customised approach for them.

Academic milestones are critical when one thinks of developmental goals, but these can be 'made-up', what is extremely difficult is regaining the strength or the confidence to be emotionally secure, and content, aware, etc. which means the focus for adults who engage with these children must be about well-being a priority.

Schooling isn't about words and numbers, and learning about mountains and rivers and moon and stars, what does any of this mean when the child is lugging around a heart that is so full of emotion, and pain that it dulls every information coming in!

Sophistication and style to the bedroom!

In an exclusive interview with a reporter from Vista India, KaramSuri, the founder of Dusk Attire, a loungewear label, talks about his childhood, work life and building his brand right from scratch. Karam, the brand's co-founder, always had an inkling towards business. After completing his degree from New York in business, he joined the finance world as an investment banker. The knack for fashion and to get involved in something with aspects of tangibility, touch and feel, made him build the brand. With his paternal side belonging to the textile business, his inclination was more towards the same line. The beginning of the pandemic. Karam left his corporate job and moved back to India from New York. The need for quality and timeless sleepwear, made the research for the available options in India start. The search of proper sleepwear serving a dual purpose of lounging and with a formal style, unable to find them, Karam teamed up with his brother to build a brand which could provide a premium quality sleepwear, with silhouettes and prints, well enough to flaunt at a Sunday brunch. This is how Dusk Attire began.

How did the journey start?

Dusk Attire was born in the year 2020 in New Delhi to cater to the huge demand of nightwear after the pandemic. Sophistication never runs out of style, be it your naptime or brunch. Sophistication however should always be accompanied with comfort and versatility, that's how it gets better, and thus the brand.

What were some hurdles you faced?

The brand was launched in the middle of the pandemic, and with the pandemic, came a lot of lockdowns and other restrictions, that made a constant change in our operations. Changing to working from home and with factories being shut down during the manufacturing process, we faced a lot of difficulties. There were days where we couldn't operate because of the lack of staff and shortage of inventory due to the lockdown. In such days, we packed orders from our living rooms. It's been a difficult journey but the effort is what counts.

Why do you give so much importance to lounge wear?

With the pandemic hitting our lives, there is one thing guaranteed that every individual has learnt- to adjust in all kind of situations. This is how exactly the need of loungewear rose, as the free movement was restricted, we don't see an end to it, because of the ongoing turbulence caused by it. Homes have become new office spaces and it is difficult to deal with both domestic and professional situations at the same time. The least to be done to solve the problem is to be comfortable in our own spaces in terms of environment and clothing which is not too formal.

How would you describe your loungewear?

Dusk Attire's main idea of loungewear is to make something which is comfortable for the people to wear, easy on the skin and versatile. An outfit which is good enough to relax in, work from home as well as step out and go for brunch. Cozy yet chic, is our main idea, especially during the pandemic and in the current situation.

What is unique about your product?

The core values of Dusk are comfort, style and consciousness, which makes us stand apart from others. We have a rigorous process, right from manufacturing to retail, and other process which are all based on our core values and stick to our true idea of 'slow fashion'. Our aim is to give the finest quality and craftsmanship to our clients which makes their life easier in any small way that we can.



What is slow fashion according to you?

Slow fashion is the exact opposite of fast fashion. From the procurement of raw materials to the retailing, everything that comes under the umbrella of sustainability comes under slow fashion. The products of slow fashion are not seen only as disposable but also as a conscious consumerism which are of utmost importance. The manufacturing of products, human labour and the marketing strategy are all foreseen from the lens of long viability.

What are your plans on diversification?

The Sleepwear segment was started out initially, and the effort to make it more chic and creating more garments which can be worn right from streets to sheets. In the coming future, we plan to launch collections that focus on





coordinated sets and dresses, expanding beyond sleepwear into casual and evening wear.

What are your best sellers?

Our best sellers include –

Butterfly Garden Pyjama Set

Kiss of Flower Co-ord Set

Unchained Co-ord Set

Blue/White Tie-Dye Pyjama Set

Hibiscus Co-ord Set

Where do you see yourself in 5 years?

We wish to become the household name that comes to mind when one thinks of both chic and comfort. Our five year vision is to keep expanding into new categories and eventually grow offline. In the coming time, we see huge growth in 2 tier cities and would love to expand our reach and interaction with customers from those cities.



It's in the genes: An encomium

Started in 2005 as a very small startup with barely 3 employees, “Nehas Bags” has around 30 workers currently. To say **Mrs. Ranitha Rajendrasingh** got inspiration from her mother would be an understatement. It was more of a though ideological revolution.

“I was born in a conservative family from Virudhunagar, down south of Tamil Nadu. My mother always encouraged me to learn whatever I wanted, like embroidery, knitting, crochet etc. I got married into a blessed business family. I happened to be a

contented homemaker, living with my parents-in-law, taking care of them and my children”.

Age is certainly not a restriction to materialize your passions, she feels! “Once I became a grandmother, I thought of doing something different, as my children got settled early, by God's grace and I had enough time to spare!”

She always had the thought that expensive leather handbags never go well with the colorful silk saris or silk garments. So, she planned to concentrate on silk handbags. Her husband, who happened to be an avid traveler to foreign countries on business, too encouraged her to start this new venture, as this would keep her occupied. Thus she started the business in the name of their grand-daughter, Neha!

“Everything was new to me and I dismantled my old handbag to have a look at the fine details. The handworks I learnt from my younger days proved to be helpful!” Slowly, the company developed and she was keen on appointing under-privileged women who knew nothing about stitching. Many of them happened to be earning their living by rolling beedi leaves and never had the experience of threading a



needle, even! They were very happy to learn a new handwork. She had a young boy, who is slightly mentally retarded, for about 6 years to teach him tailoring! To her disappointment, his father sent him to another job. She still has a deaf and dumb tailor!

She appointed more tailors, as the company grew, by God's grace. She regularly participated in the Central Silk Board's exhibitions in Chennai, Bangalore and Coimbatore, after registering with them to use their prestigious Silk Mark tag. She had the opportunity to export her products to a few countries in a small level. She concentrates on making her products with washable spun silk, which proves to be more durable. Her dresses and shirts simply glow with this silk and unlike the pure silk which can only be dry-cleaned, these dresses can be washed regularly.

“My father-in-law, **Mr.A.Chelladurai**, the founder of Bell Group, happened to be a unique personality and I had the privilege to learn so many fine qualities from him! Every single day he walked the extra mile to make someone else's life a little better.” He always instructed his sons never to give up the quality of his products – pins, safety pins, staples etc. and emphasized that the products should be like sovereign gold. “This fine quality has gone deep down in me that I never give up the quality of my handbags. I cannot compete with the Chinese handbags which are very cheap and low in quality! Moreover, ours is a Small Scale Industry, with all benefits for my workers like ESI, PF and Bonus!” She appreciates our government for the ESI hospitals which give wonderful service, not only for the



“Everything was new to me and I dismantled my old handbag to have a look at the fine details. The handworks I learnt from my younger days proved to be helpful!”

worker, but the whole family- from regular ailments like cold or fever to major cardiac problems. They get the best treatment and they are very happy about the care they get.

Another valuable lesson she has learnt from her father-in-law is his encouraging words as 'Every problem has a solution'. So many challenges she has faced in her entrepreneurship but with the challenges come success. “God really guided me to help my workers give good education to their children and I'm so happy that many of them are well settled and few of them are engineers. Some of them have constructed their dream houses. The parents are so proud of themselves that they could achieve their goals. Still some of my workers are yet to be uplifted and I'm eagerly awaiting some good orders.”

She takes special orders for return gifts for weddings, birthday parties, with their names embroidered. She customizes the products as per their imagination. She makes exclusive lehengas, salwars, party-wears, flower girl dresses, baptism dresses etc.

“My father Dr. Lysander used to say not to withhold good from those whom it is due, when it is in the power of your hand to do it!” Start something you long to do, with priority to uplift someone in need. Be it a small talent of



yours – cooking or teaching, or whatever your passion, please enjoy your life by bringing a smile on the face of downtrodden people, even in a small level. I learnt it from my father who happened to be a great doctor!”

Every person has someone to motivate her in life and her motivation happened to be her father. She is very grateful to her husband, who encourages her in all phases of her life, whenever she gets dejected by the challenges, like the workers leaving abruptly, the ego among the male workers and the customers who cheat! Her son, Vashikaran, who is in the printing line happens to be the backbone of her progress and her daughter, Nithya Jaswanth and daughter-in-law Preethi Vashikaran update her with new ideas. Her face blooms as she says, “You'll be surprised to see my new web-site, www.nehasbag.com, designed by my 12 – year old grandson, Vinod Vashikaran!” Her family supports her so much in bringing up Nehas to this height!

The way kindness rules her personality, her soft persona and her limitless love for her family and her workers can clearly be seen as a passed down trait from her father. Growing up in a family and an environment with nothing but love, she is determined to give the same to her family and workers!

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SKIN PANTRY- BEAUTY SHOULD BE GOOD FOR YOU!

Founded by Colette Austin, The Skin Pantry is a range of handcrafted skincare products, with certified organic, plant based and wild sourced ingredients. The brand is based on the philosophy that you shouldn't put on your skin, what you wouldn't put in your mouth.

The brand features ingredients that are sourced both locally and globally, are organically farmed and the products are cruelty free. Right from the lush and effective shea and cocoa butter from Ghana. Volcanic lava clays from France and Morocco, Madagascan vanilla beans, the Bulgarian and French lavender, tangy lime and essential oils such as lemon, bergamot, chamomile, bitter almond, jojoba and camellia seeds.

The brand, staying away from any type of chemicals and preservatives, promises a deeply nourishing honest- to- goodness range of skincare products that are suitable for all skin types. The products include moisturizers, delicious face masks, non-soap face washes which are a blend of essential oils and pure minerals and body butters that are popular for their soufflé texture.

As the founder comments, he says "The journey of Skin Pantry has been a very personal and emotional one. A few health setbacks in 2015 made me relook at my food choices and I decided to make my own skincare products. I wrenched open my kitchen cabinet and reached out to any ingredient I found and started making

my own creams. The experience came with a lot of challenges, yet when an emulsion comes out perfectly, the joy is indescribable."

While they look at themselves as the Nigella Lawson of skincare, the brand puts together the products in small batches, which feel good and divine. At the heart of the brand's pantry is the studio kitchen where these vibrant products, are brought to life. With zero emissions and no chemical waste, the studio is proud of its

—the—
SKI
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FACE SCRUB
WALNUT & APRICOT

sustainability and with the efforts to make sure that the products score high on safety and hygiene lab tests despite the non-usage of chemicals.

The brand promises a huge range of luxuriously handcrafted skincare products, made fresh to order and created on the belief that beauty should be good for you!



Why beauty brands are getting more concerned about **environmental sustainability** ?

By : Namrata

It is no secret that the unhealthy consumer habits of the past have led to a bounty of environmental consequences ranging from waste build up to growing rates of cancer to climate change and even the mutation of sexual organs in frogs thanks to industrial run off and biomagnification! Consumers are being made aware of ethical consumer practices every time they open up their phones, read the newspaper or even speak to one another, and this is great! It also holds brands accountable to these consumers and consequently to the environment.

While meeting the demands for a more educated and aware customer base is one of the propelling factors behind this shift there are a number of reasons that it beauty brands have started investing more in environmental sustainability, lets examine a few:

Product Longevity :In terms of supply and demand, a shift to more natural and sustainably sourced products will put less stress, financial and otherwise, on the producers. The earth and its reservoir of non-renewable resources are not exactly at their production peak, in fact they are under far more stress than they can take, so shifting to natural renewable resources allows companies a greater abundance in supply, a lower economic burden in procuring resources and ultimately a longer future in the market because this supply will likely outlast their non-renewable counterparts.

Less Toxicity :It is becoming more and more evident that natural products are the way to go for our overall and long term health. With tons of research coming out about the various after effects of the build up of toxins in the human body, and in the environment, both consumers and producers are being forced to

look at what goes into their products. There has been a global trend to shift back to natural ways of healing with Curcumin being used extensively for cancer treatment and CBD being used to treat a myriad of problems ranging from high cholesterol and neurological disorders like seizures to topical skin ailments like acne.

Better for Overall Health : In addition to less toxicity, natural products have been shown to have more benefits than their intended purpose. For example, Hemp seed oil is used to treat a number of different health issues, so though one may be using it topically for their acne, it could, as an added bonus, also be treating dermatitis and anxiety!

Better for the Brand Image : Any intelligent brand you look at today would have a dedicated page directed towards their sustainability and environmentally friendly efforts. We live in a world where everyone has access to information at their fingertips and brands are well aware of this, upping their sustainability standards are directly proportional to upping their consumer base, and which all in all, is directly proportional to a healthier and happier future for us all!

Awareness about Ethics and Animal Testing : After The Body Shop famously touted their 'no animal testing' policy, many other beauty brands were also held to those same standards. If a huge player in the global market like The Body Shop was able to separate itself from the cruelty associated with animal testing, then why not everybody else? Consumers today are not only intelligent but they are thinking ethically, so brands, again, are held to those standards.

There you have it, there are a number of reasons why beauty brands are, rightfully, getting more concerned with environmental sustainability, the crux of it all being, the only future we have is a sustainable future. The immediacy with which brands are seeking out sustainable options today is far more rapid than ten years ago. We are running out of time and resources and the beauty industry has to completely re-look at the way it is structured because of this. Thankfully, there are already a number of sustainable, 100% natural, locally sourced, ethical and environmentally friendly beauty brands that are already on the market. Do some research and hold your producers to these standards!



Building and Eating a balanced diet: Tips on how to achieve it



In the midst of the pandemic, consumption of wholesome edibles remains a vital part of upholding your health. While there are no specific foods that can facilitate in shielding you from the virus, following a nutritious diet can enhance your immune system thus helping you to combat the symptoms.

A balanced diet is one that delivers vitamins, minerals, and proteins that your body requires in the right proportion. These are essential nutrients that you must derive from food since your body is unable to produce them itself. Intake of a balanced diet also implies fuelling your body with the right number of calories it requires. This means that caloric intake must not be additionally high and neither should there be a scarcity of calories. Most of your day-to-day nutrients should come from the five food groups like fruits, vegetables, grains, proteins, and dairy. The keystone of a healthy diet should be to substitute processed edibles with natural ingredients.

Leaf through these simple tips, that help you learn how to build and stick to a healthful and nourishing diet that is as good for your mind and body:

We all require a balance of fat, protein, carbohydrates, fibre, vitamins, and minerals in our diets to withstand a healthy body. Instead of eliminating certain types of food from your diet, you must rather select the healthiest options from each category.

Protein: These nutrients lend you the energy to keep going while also bracing mood and cognitive functioning. Choose lean proteins, and ensure you have an assortment of the following subgroups like poultry, seafood, eggs, nuts, seeds, legumes, and soy products. Limit processed foods and treated poultry.

Fat: Not all fats tend to be the same, while bad fats can ruin your diet and upsurge your peril of certain ailments, good fats guard your brain and heart. In fact, healthy fats—such as omega-3s—are vital to your physical and mental well-being.

Fibres: Intake of edibles rich in dietary fibres like legumes, grains, fruit, and vegetables can facilitate in lowering your risk for heart ailments, stroke, and diabetes. It can also improve your skin and move you closer to weight loss goals.

Calcium: Alongside contributing to osteoporosis, not getting enough calcium in your diet can also lead

to bouts of anxiety, depression, and sleep problems. It is important to include calcium-rich edibles in your diet, eliminate those that reduce calcium, and get enough of magnesium and vitamins D and K to enable calcium in performing its job.

Carbohydrates: These are one of your body's foremost energy sources. But most of them should come from complex, unrefined carbs like grains, fruits, and veggies rather apart from sugars and refined carbs. Eliminating white bread, starches, and sugar from your diet will help in prevent speedy spikes in blood sugar, variations in mood and energy, and a fat accumulation, particularly around your waistline.

Making the switch to a healthy diet

A better approach towards building a healthy diet is to make a few healthy diet alterations:

Make the right changes: When you cut back on unhealthy foods in your diet, you must ensure it is being replaced with healthier options. For instance, substituting trans fats with healthy fats can have healing impacts on your health.

Stay hydrated: Water aids in flushing out of toxins and waste from our systems. It is common to mistake thirst for hunger, hence staying well hydrated will also facilitate you in making healthier food choices.

Portion control is key: Start by reducing portion sizes of unwholesome foods. As you lessen your consumption of unhealthy edibles, you may find yourself craving them less or thinking of them as only sporadic indulgences.

Keep emotional eating under control: We might not always eat to content our hunger pangs. We might at times turn to food to release stress or cope with unpleasant emotions. By learning restored ways to uphold stress and emotions, can help you to regain control over your food intake and feelings.

Eating and building a wholesome diet is not about strict limits, or depriving yourself of the foods you love. Rather, it is about refining your well-being and enhancing your mood with the right food choices.



Dr. Siddhant Bhargava:

Fitness and Nutritional Scientist & Co-Founder- Food Darzee

In a world rife with fad diets and trendy workout regimens, it can be overwhelming for the layman to make an educated choice towards a healthier lifestyle. There are, however, those who aim to decode diets and put an end to formulaic fitness. This is exactly where **Dr. Siddhant Bhargava**, Ketogenic diet specialist, celebrity nutritionist and co-founder at **FoodDarzee** gains an upper hand. The son of an internationally renowned performance enhancement coach, **Shalini Bhargava**, Dr. Sid (as he is popularly known) is a disruptor in the truest sense. He has shaken up conventional nutrition ideas and affirms that there is no one-size-fits-all policy when it comes to meeting fitness goals. Till date he has dealt with close to 4,500 clients leading them to shed around 20,000 kgs of stubborn body fat, thus supporting their weight loss goals.

After having completed MBBS from Nair Hospital in Mumbai, Siddhant proceeded to co-found FoodDarzee - a health and nutrition company that prepares customized meals based on individual dietary requirements coupled with fitness goals.

Adding another feather to his professional qualification, Dr. Siddhant Bhargava is also a certified personal and a Stott Pilates trainer at JG'S Fitness Centre which is one of the most well-equipped fitness stations in Mumbai. His fitness credentials from the Indian

Fitness & Aerobics Institute add to an already unique skill set. His first-ever stint with fitness came after he was diagnosed with an autoimmune condition at a young age. Back then Siddhant experienced weight gain as a side effect of his treatment. The young go-getter instead of getting disheartened embraced this discouragement and channeled it towards bettering his lifestyle choices. This led to the birth of an all-consuming hunger (quite literally) for seeking out the best in nutrition and fitness.

Siddhant functions in consultation with over 3,500 clients including some esteemed celebrities such as Alia Bhatt, Katrina Kaif, Sarah Ali Khan, Sonam Kapoor, Parineeti Chopra, Arjun Kapoor, Subrata Roy, Amit Sadh, Zaira Wasim, Rohit Roy, Sonakshi Sinha, Sohail Khan, Esha Gupta, Prince Narula, Minisha Lambha, Sharman Joshi, Samir Soni, Harman Baweja, Sweta Salve, Yuvika Chaudhari, Abu Jani & Sandeep Khosla, Akanksha Ranjan Kapoor, Jubin Nautiyal, Rahul Vaidya, Helen & Anita Hassanandani under his belt.

Siddhant brings a unique perspective as well as medical legitimacy to the brand and is undoubtedly the driving force behind the brand's success story.

D

I WILL GET INTO POLITICS SOON

*Legendary actor, **Sathyaraj's daughter Divya** is a popular nutritionist in India. She had written a letter to the PMO a few years ago concerning malpractices in medicine, after which the letter went viral. Divya was recently awarded the title of an honorary doctorate by the international Tamil university in the USA. Shortly after, she started a People's movement called 'Mahilmathilyakkam' to provide nutritious food, free of cost to people from the lower income group.*



1) You have been awarded an honorary doctorate in nutrition by the International Tamil University in the USA. How has the journey been?

I am truly honoured and privileged to have received the honorary doctorate in nutrition from the international Tamil university, USA. Looking back in time, I wasn't a very intelligent student. My brother, Sibi, was the brain, but my parents never made me feel like an under achiever. I was extremely hardworking and focused on having a successful career. And, wanted to be financially independent. The award has definitely been a motivation. I shall continue to improve health and nutrition among the lower income group.

2) Tell us about 'Mahilmathilyakkam.'

We at 'Mahilmathilyakkam' strongly believe that hunger is not an issue of charity, but of justice. The fact that good health appears to be the privilege of those who can afford it, is not acceptable. The lack of sufficient nutrition in the early years of a child's life cannot be compensated for later. Indian women are disproportionately suffering the ill effects of poor nutrition. Every second Indian woman suffers from anemia.

According to UNICEF India, the sad reality is that nearly 38% of Indian children are stunted. Owing to poor nutrition, they have not reached their potential height, nor have they been able to fulfill their cognitive potential. The ability of an unhealthy population to fight off the effects of deadly pandemics has been compromised. At the same time, India wastes an obscene amount of food at lavish weddings. Which is why, this movement is an effort to combat malnutrition in Tamil Nadu. The purpose is to identify areas in the state where access and awareness of nutritious food is lacking. Through focused interventions, we hope to improve conditions. Our team's activities will include promoting

awareness on the importance of nutrition and distributing hygienic and healthy food free of cost, to those in need.

Honestly, I was looking for a Tamil name for my movement. I loved the name 'Mahilmathi,' since my amma's name is Maheshwari. We call her Mahi, and Mahilmathi was also the name of the kingdom in appa's Baahubali. I am glad amma and appa are connected to my dream. Although I am looking at a journey in politics, 'Mahilmathilyakkam' is a people's movement and not a political movement.

3) Tell us about your childhood and about your interest in politics.

I spent my childhood in a tiny apartment. While appa was playing the villain in movies, Amma had a road side

**“As a Periyarist,
I strongly believe
that every woman
should have the
freedom to wear
what she wants”**

ice cream shop. There was less money, but lots of fun and laughter. I was a fussy eater and a skinny kid. So, my parents would come up with interesting stories to make me eat and gain weight. Appa would feed me paruppusadham with ghee and poriyal, and tell me stories about Thanthai Periyar and Puratchi Thalaivar, the love for food and politics began. I had two goals when I was growing up: Goal number 1 was to become a successful nutritionist and help people eat healthy to beat diseases, and Goal number 2 was to become an MP (member of parliament) and work selflessly for my people, since I could

tick off goal number 1. I am working towards goal number 2.

My parents taught me the value of money. I was never obsessed with diamonds and Louis Vuitton. Appa made me realise that a self-centred approach to life would eventually make us feel empty. Driven towards the ideology, there is a lot that I want to do for the people of Tamil Nadu. We desperately need a universal health care system that brings hope and healing to people in the lower income group and it is unethical to deny medical assistance to people who desperately need it. I have realised that one has to be in the system to improve the system and I want to be a part of the system. I have been doing a lot of field work and will get into politics soon. I hope to contest in the next Lok Sabha elections in Tamil Nadu.

4) The image of you holding a basketball created a lot of controversy. Is basketball a mere hobby or have you played for a professional team?

I am crazy about basketball and I play every Sunday. I have also played for the district level team. My well-wishers advised me against posting that image on my social media stating that an aspiring politician should be seen in a cotton saree. As a Periyarist, I strongly believe that every woman should have the freedom to wear what she wants. I will never project an image that is not me. I sincerely hope people believe in me for my work.

5) What are your father's views on you getting into politics?

My parents have always believed in me and have encouraged me. My appa is my source of inspiration and my best friend. I talk to him about everything. From boyfriends to break ups to PMS, appa is the coolest dad and is very excited about my decision to get into politics. He has been telling me that he can't wait to campaign. Appa believes that I will be an honest and hard-working leader.



During covid times here are some illnesses that should not be overlooked

By Mr. Sameer Bhati – Director at Star Imaging and Path Labs

The whole world is waiting for lockdowns to end and for life to return to something like normal. Covid-19 has dominantly become the part of the daily talks. Since everyone is talking about Covid-19 these days, there are many other illnesses that are being overlooked. Does the current focus on COVID-19 risk pushing aside other health crises in the minds of the public? We think, yes! People have become so frightened that the only disease that come to their mind after observing a symptom is covid-19. But linking anything and everything to covid-19 is not right, you may be missing out on other illnesses that may be the cause. Following are some illnesses that should not be overlooked during covid times.:

Diabetes: In diabetes, the amount of glucose in our blood (blood sugar level) exceeds the required level. There are two reasons behind its occurrence - Reason one being - our body is not producing sufficient amount of insulin required; and the other being - our body is not responding to the insulin that is produced by the body. One should look out for the following common symptoms of diabetes:

- They may experience more thirst or hunger.
- They may experience a sudden weight loss.
- They may feel constant weakness and tiredness throughout the day.
- Their wounds may take longer time to heal.
- They may experience frequent urination.
- Their vision may start to blur.
- They may get skin infection and itching.

Diabetes is often not diagnosed until complications start to appear, and approximately one-third of all diabetic patients may have no knowledge of it.

Malaria: Malaria is one of the most life-threatening diseases. It is transmitted when a mosquito infected with Anopheles bites you. Infected mosquitoes carry the Plasmodium parasite which is released into your bloodstream when the mosquito bites you. The parasites then travel to the liver, where they grow. After a few days, the parasites start entering the bloodstream and begin to infect the red blood cells. One should look out for the following common symptoms of malaria:

- Chills
- High fever
- Headache
- Nausea
- Vomiting
- Abdominal pain
- Diarrhoea
- Muscle pain
- Anaemia

Jaundice: Jaundice is an illness in which the skin, the eyes (white portion) and mucous membranes turn yellow in colour. The yellow colour is the result of high levels of bilirubin, a yellow-orange bile pigment. Bile is a fluid that is secreted by the liver. Bilirubin is produced by the breakdown of red blood cells. Following are its symptoms:

- Yellow tinted skin
- Whites of the eyes turn brown or orange
- Dark urine

- Pale stools
- Fatigue
- Vomiting

Typhoid: Typhoid is a bacterial infection which leads to high fever, vomiting and diarrhoea. It is caused by the bacteria Salmonella typhi. The infection is usually passed on through contaminated drinking water and food. It is more likely to happen if one visits a place where handwashing is less frequent. Untreated typhoid can be life-threatening. One should look out for the following common symptoms of typhoid:

- High fever
- Weakness
- Stomach pain
- Headache
- Poor appetite
- Rash
- Fatigue
- Diarrhoea

Asthma: Asthma is a medical condition in which the airways of the body narrow and swell and produce extra mucus. This condition can make breathing difficult and trigger coughing. Asthma can be minor or it can interfere with daily activities. In some cases, it may lead to a life-threatening attack. Symptoms of asthma may include:

- Coughing
- Shortness of breath
- Tightness in chest
- Panic
- Fatigue
- Difficulty in talking

Major causes of Borderline Personality Disorder and know the right way to help someone with this disorder

by Ms. Shaili Mehta Sonani, In-house Psychologist, Veda Rehab & Wellness

With the ongoing pandemic, we all are on the conjuncture of a variety of mental health disorders which didn't make sense ever! But dig closer to understanding your moods, thought processes and the way you perceive a situation – sadly, you might end up finding something wrong!

Borderline personality disorder (BPD) is one such mental health disorder that has been rising. BPD is a complex mental health disorder affecting the way one thinks and feels about themselves/others. It includes self-image issues, difficulty in managing behavior and emotions, and a pattern of unstable relationships. Here are few major causes and the right way to help someone listed down below as per **Ms. Shaili Mehta Sonani, In-house Psychologist Of Veda Rehab & Wellness.**

Causes of BPD

Unfortunately, the exact cause of BPD is not known yet. However, experts believe that a variety of causes contribute to the development of BPD. These may include:

1. **Genetics:** Studies suggest that there is a genetic predisposition to the development of BPD. In many cases, people with BPD have an immediate relative with a mental health condition.
2. **Environmental factors:** Evidences suggest that there is a link between

distressing childhood experiences and BPD. Such experiences may include parental insensitivity, emotional or physical neglect, early separation from caregivers, and physical and sexual abuse.

3. **Neurological factors:** Certain studies have found functional and structural differences in the brains of people with BPD.

How to Help Someone with BPD

People with BPD tend to have major difficulties with relationships. However, with the right treatment and support, many people with BPD can get better and have more stable and rewarding relationships.

Here are a few ways how you can help someone with BPD.

1. Recognize the signs and symptoms of BPD and understand that it is coming from a place of deep emotional pain.
2. Learn to take care of yourself first by finding support, managing stress, and taking care of your mental health.
3. Listen actively and try to make the person with BPD feel heard.
4. Focus on the emotions of the person, and not their words.
5. Avoid getting defensive in the face of criticisms and accusations and try your best to stay calm.
6. Encourage them to discover new interests or resume old hobbies.
7. Set and enforce healthy limits and boundaries. It will help your loved one to gain control over their behavior and help them better handle their current situation with an important sense of structure.
8. Encourage your loved one with BPD to seek professional help.

Skincare tips to glow this festive season

Ms. Devanshi Shah, Production Analyst, Cinderella

With the festive season fast approaching, it's time to pump up your skincare routine. It is time to put on our best outfits and accessories to make the most of the festive celebrations, why settle on an ordinary skincare practice? As a matter of fact, skincare is an essential part adding to that much needed festive glow. While following the latest fashion and makeup trends, it is imperative that you take care of your skin too. So, here are 5 skincare tips on how you can give your skin the much-needed love and care:

Healthy diet: Everyone wants to look their best during the festive season, and taking care of the skin is the foremost step. A balanced diet rich in whole foods, good proper daily movements, stress management and hydration levels are key when it comes to good quality skin. Healthy skin is an outcome of a balanced diet, providing your body with the right amount of nutrients and nourishments through fruits and food.

DIY face masks: All the dirt, oil and pollution that gets clogged into our pores can be cleansed with the help of a homemade scrub, this should be the most essential part of one's skincare regime. Turmeric face masks, Milk facial masks, Tomato masks, Coffee face masks, Beetroot face masks are a few of the DIY beauty treatments that won't only help give your skin that flawless, smooth glow, but also some remedies

can reverse all the damage caused from pollution and other skin related triggers.

Exercise regularly: Have you ever noticed the glow on your face post-workout? Yes! That's the effect of exercising. When people think of exercising, they are most likely trying to get fit, lose some weight or improve their overall quality of life. But did you know that exercise has a positive impact on our skin? When we exercise, we're increasing our blood flow to the living layers of the skin. Thirty minutes of exercise every day can guarantee you glowing and healthy skin. Choose any form of physical exercise of your choice and you are sorted.

Night skincare routine: Your skin deserves every bit of attention, especially before festival season. After an exhausting day, do ensure to wash off the dirt from the face. Make a routine, it doesn't have to be a multiple step skincare regimen but something that suits your skin and is effective.

Beauty sleep: Getting beauty sleep is extremely important to keep your skin

rejuvenated and fresh. The hype about beauty sleep is fully correct. The amount of sleep you get affects your health along with your skin to a great extent. During bedtime, your body and especially your skin are in repair mode, thus, don't forget to get your daily quota of beauty sleep.



How to recognize eating disorders in kids.



Eating disorders are disorders characterized by abnormal or disturbed eating habits. Eating disorders can lead to life threatening health problems and the awareness about such topics is close to none but with the rise in awareness of mental health some platforms have been developed to support and educate people on this topic. The sign makes it easier to get your kids help for them, you can go to a therapist or other mental health professional.

Eating disorders are never easy to overcome. You need to provide your child with the proper support and care as they fight this disorder. By taking steps towards recovery, you can improve the child's quality of life and even save their life. Recovery from an eating disorder is possible with the right treatment and support. Eating disorders can affect their mental, physical, and emotional wellbeing.

It is hard to recognize symptoms in kids as sometimes they are mistaken with being a picky eater or in some cases people assume they are growing which is why they are consuming more food. However some of the symptoms are clearly visible and can be treated if recognized, depending on the type of disorder and its effects.

There are three common types of eating disorders.

Anorexia, Bulimia, and Binge eating.

1. Anorexia - A disorder in which a child with a fear of obesity refuses to consume adequate calories.

2. Bulimia - Overeating (binging) followed by laxative use or vomiting to prevent weight gain.

3. Binge eating - A disorder where a person eats an unusually large amount of food in one sitting and feels out of control.

There are many reasons why a child may develop an eating disorder. Some of the reasons why children may develop eating disorder are

1. Stress or anxiety - Your weight and eating habits can be affected by stress by increasing the levels of stress hormones (specifically cortisol) in your body.

2. Body image issues - some kids are led into thinking that their body is too fat or too thin this makes them feel unacceptable and they are to "fix" it which in some cases can lead to eating disorders.

3. Genetics and biology - People with specific genotypes are more likely to develop eating disorders.

There are many other reasons why eating disorders may be caused but these are some of the most common ones.

Some common symptoms are

★ Always having thoughts about food or dieting - kids may constantly think or worry about food or lose concentration in other things.

★ Unusual low or high body weight - kids who have an eating disorder may have weight that is unusual for their age. This makes it easier for others to recognize an eating disorder.

★ Dietary irregularities or Eating alone or secretly - in some occasions kids choose to eat alone because they are shy to eat in front of others as it makes them more conscious about their eating habits or

appearance.

★ A concern for physical appearance and the way others perceive your body- kids with eating disorders may constantly check their weight or measure their body because they are concerned about the way they appear, adolescents tend to be more worried about their appearance and start dieting or starving themselves to achieve the body they think would make them look better.

★ Feeling abnormally stressed or uncomfortable about eating habits - kids with eating disorders may try to avoid topics regarding their food habits because they feel that it's abnormal.

Force feeding kids, body shaming them, comparing their appearance to other kids can have a very negative impact on your child. Talk to them about, make it clear to them that they are loved and cared for just the way they are having healthy communication with them regarding their mental health are some ways you can support your kids.

To prevent an eating disorder-

★ Don't force feed them and teach them to listen to their body.

★ Don't bribe them into eating more food instead try being creative with their food to make it more interesting.

★ Make sure they are not being body shamed or bullied for their looks and weight.

Talking to a mental health professional is a must before taking any steps to improve the child's mental and physical wellbeing. There is treatment available for eating disorders. Make sure you listen to them and support them,

About the Author

Dr. Rohini Patil, Nutritionist and published author of The Lifestyle Diet.

She specializes in the field of Diet and Nutrition, has done her graduation in MBBS and is one of the very few Doctors Working in the Field of Diet and Nutrition. Over the last 8 years she has passionately done intense research in the field of diet, nutrition, fitness, mental health and overall lifestyle modifications.

Health and Fashion



Dr. Rohini Patil

OFF THE RECORD LAUNCHES A NEW BAR IN CHENNAI

All new bar was launched by Off The Record on 23rd December at Nungambakkam, Chennai. The bar, built with artistic interiors of zany wall paintings and installations, serves an all new menu featuring refreshing drinks and good food.

With zany décor elements inspiring a party and a menu curated to tantalize your taste buds, it is celebration time around the corner. The signature meal- Linguini Penny Pasta and Achari Paneer Tikka are must tries.

Pair your meals with the fancy Stephanie St Clarie(made up with vodka, gin, tequila, elder flower tonic and edible gold sheet) or Al Capone (made with infused tequila, home made tamarind syrup and lime juice) and with their mouth watering Vegetable Sushi or Wasabi Prawns and kick start your celebrations with Off The Record.



SHANMUGA DEVI & LAKSHMANA PERUMAL



NSK RAMYA



BALAJI MURGA DOSS



HARSHA



HARI CHANDRAN



44

DARSHITHMITHA



MICHELLE SHETTY



ADITI



RUCHIRAJ



JAYA



JITHAN RAMESH

Health and Fashion



KARUN RAMAN



Making the most out of involuntary “me time” in the pandemic

With lockdowns, quarantines and health risks increasing, people have been forced to spend time apart. With this comes the impact on the mental health of people. The lockdowns have made people more anxious, stressed and depressed. According to a survey in February 2021, a significant number of respondents around the world said they feel lonely most of the time.

Prof John Cacioppo, a social neuroscientist at the University of Chicago, specializing in the impact of loneliness on human individuals and societies, explains how loneliness can have a dangerous effect on the mind “It’s dangerous, as a member of social species, to feel isolated and our brain snaps into self-preservation mode. That brings with it some unwanted and unknown effects on our thoughts and our actions towards others.”

A study from 2018 shows that loneliness not only affects you mentally but also physically. It leads to a higher risk of dementia and also diabetes. Another study from 2020, says that when we feel lonely, the same region that ‘lights up’ when we are hungry becomes activated. We feel hungry for human contact in this way. Chronic illness triggers the expression of a gene called CtrA, which alters the immune response in such a way that it makes the body more prone to illness.

Talking to Sara Making, M.S.Ed., NCC, LPC, founder and CEO of online counseling practice Makin Wellness, and Lee Chambers, M.Sc. M.B.Ps.S., an environmental psychologist and well-being consultant, they offered tips on how to turn the undesired time into a positive experience.

With recent research looking at questioning our relationship with modern day tools, specially social media, it is a double-edged sword, both a connecting and isolating experience.

According to Chambers, people should “unplug” from social media for well-being and spending quality time alone can sometimes help people and connect more socially.

Communication with others by methods in any way can generate an element of positivity resonance, which is protective. It is also beneficial to talk about your feelings with somebody trusted, consider starting something new for novelty and social opportunity and even consider learning something, boosting your intellectual well-being in the process.

Chambers noted that focusing on lifestyle factors are within our

control- like following a nutritious diet, having a proper sleep, exercising can help in improving well-being.

A good way of “tricking” ourselves out of loneliness, according to Makin, is by engaging in activities that you enjoy, which can even mean making use of existing hobbies and finding new interests that boosts levels of joy.

Both Makin and Chambers suggest spending time in nature, have a huge impact on mental health. Close contact with nature and place to connect can give good fresh air and sunshine.

Making an effort to shift the way we think about being alone can go a long way towards dissipating the feeling of loneliness, according to both Chamber and Makin.

“Teach yourself how to shift your perspective on loneliness and isolation from negative to positive,” Makin advised: “For example, when we are not home, we are so active living our very busy lives that we do not have a moment to check in with ourselves and see how we are feeling. This is a great opportunity to spend some time with ourselves and practice enjoying the present moment.”

Accepting that we find ourselves alone and reflecting on ways to make the most of that can go a long way in shifting loneliness. Finding a place of acceptance that the period will be flexible and out of our direct control helps to build a commitment to ensuring a positive journey.

No matter how overwhelming it is, acknowledge and seek support from means available to you. Contact professionals and seek help that are comfortable with you.

Finally the most important step in coping with illness is, as Chambers emphasized to MNT, is being kind and compassionate to yourself and finding acceptance. All these play a role in being able to turn loneliness into a happier experience and providing pathways to move towards a more positive and socially connected future.

To support oneself and the mental well-being of your loved ones, during this difficult time, is a great deed.

Medical myths about lung cancer

According to Centre for Disease Control and Prevention, in 2018 there were 2,18,520 new case of lung cancer and 142,080 related deaths in United States.

Globally, in 2020, lung cancer was the second most common cancer after breast cancer with 2.21 million deaths. However misunderstood, we learnt a couple of facts about lung cancer with the help of Dr Fred R Hirsch, the executive director of the Center of Excellence for Thoracic Oncology at Mount Sinai's Tisch Cancer Institute, in New York City.

1. It is false that only smoking can only lead to lung cancer. According to CDC, 10-20% , non smokers also have lung cancer.

2. There are several ways to reduce lung cancer, the first and foremost is smoking prevention and smoking cessation." Explained Dr Hirsch. Nonsmokers who are exposed to smoke are also prone to lung cancer.

3. It is false that only older people have lung cancer. Individuals below the age of 50, are also diagnosed with lung cancer, specially women. Exposure to nitrogen dioxide, nitrogen oxide, sulfur dioxide, and fine particulate matter were positively associated with a risk of lung cancer. Occupational exposure to air pollution among professional drivers significantly increased the incidence and mortality of lung cancer."However, comparisons between pollution and

smoking are harder to make. "Living in polluted cities is a risk factor, but no one knows for sure whether it is worse than the use of tobacco products, and the combination might be even worse," explained Dr. Hirsch.

4. Smoking cessation reduces the risk of lung cancer significantly, according to Dr. Hirsch. Aside from lung cancer, stopped smoking also reduces the risk of developing a range of other conditions, including heart disease, osteoporosis, and diabetes. It does not matter how old you are or how long you smoke, when you quit smoking, you add years to your life.

5. Smoking cannabis, does not increase the risk of lung cancer, but we need more long term studies to prove that.

6. People with lung cancer, does not mean you continue to smoke. People with lung cancer, who quit smoking have a better prognosis" confirms Dr. Hirsch

7. Lung cancer, does not make lung cancer spread" Dr Hirsch told MNT. He explained why it is necessary to have an early surgery and then take measures to avoid the spread. Lung cancer is advised in early stage cancer. If a tumor is large or has loco- regional dissemination, therapy such as chemo therapy will reduce the risk of having cancer cells in the blood."

8. Studies show that a higher risk of lung

cancer is involved in people who work in talc mining and processing, because of the radioactive gas radon.

9. Lung cancer does not always show symptoms. It can be detected in asymptomatic patients also with slight respiratory issues. This is why screening should always be done.

10. Lung cancer is always terminal. It has a cure rate of 60%. Even lung cancer diagnosed in more advanced disease today has a much better potential for long term survival in certain situations. Progress in therapy and outcomes for patients with advanced lung cancer that has specific genetic mutations, which can be targeted by specific therapies, has been tremendous over the last decade.

11. Antioxidants play an important role in protecting our cells from DNA damage that could include cancer causing mutations or genomic abnormalities. There are a few studies indicating that several dietary antioxidants like carotenoids and vitamin C may protect against lung cancer, but the results overall are somewhat ambiguous.

12. Smoking is not the only factor that is responsible for lung cancer. Other factors like history of lung cancer, exposure to air pollution, exposure to radon, exposure to asbestos, previous radiation to chest and chronic lung disease are also factors for lung cancer.



Medical myths about cholesterol

Cholesterol, an essential component of animal cell membranes, is synthesized by all animal cells, which is the essential of life. However, when being present in high levels in blood, it increases the risk of cardiovascular disease.

Along with other substances like fat and calcium, it builds up the plaques on the walls of arteries. This narrows the blood vessels, can lead to complications including heart stroke and heart attack. According to Centers for Disease Control and Prevention, in 2015-16, 12% of people aged 20 years old and above, in the United States had high cholesterol.

With the help of three experts from Medical News Today, we clear out misconceptions of cholesterol.

1. Cholesterol is a vital component of the cell membranes. Aside from that, it is also important in the production of steroid hormones, Vitamin D and bile acid. So although, it is responsible for a high risk of diseases, we can not survive without cholesterol. The way in which cholesterol is deposited is also detrimental to health. High density lipoprotein is the good cholesterol, because it transports cholesterol back to the liver. Once cholesterol is removed from the body, it reduces the cardiovascular risk.

2. Healthy weight does not mean you cannot have high cholesterol. Yes, you can. Cholesterol balance is really a function of what we eat but also our genetics. According to Dr. Paz "Even if you have a healthy weight, your cholesterol can be abnormal. Other factors that impact your cholesterol are the foods you eat, your exercise habits, whether you smoke, and how much alcohol you drink." People who have a healthy weight may have unhealthy cholesterol, some unhealthy people may not have high cholesterol.

3. This is another myth, Dr. Paz told MNT "In most cases, high cholesterol does not cause symptoms. That is why it is recommended to get periodic blood testing to screen cholesterol."

4. The amount of cholesterol you eat does not correlate with cholesterol levels. According to Dr. Lajoie "Eating sugars or carbohydrates can result in higher carbohydrates even if

someone does not eat high cholesterol." She also explained "People who exercise are less likely to see elevations in cholesterol compared with sedentary people."

5. Your target of cholesterol is based on whether you have a history of certain diseases and your risk of developing them, which is based on things like age and high blood pressure.

6. It is false that only men should be worried about their cholesterol levels. Dr. Paz explains that during 2015-18, the prevalence of high cholesterol in women is 12.1%. Women, develop heart disease at an earlier age and are more prone.

7. Aside from taking medication to lower your cholesterol, you can improve cholesterol by maintaining a healthy weight and eating the right food. Diet and exercise are extremely important to maintain a good cholesterol.

8. Taking statins, does not mean you can eat whatever you want to. If you eat what you want, and consume calories, you are bound to gain weight. When gaining weight, you develop a condition, called metabolic syndrome. Statins do not help in reducing drugs, they only lower the bad cholesterol.

9. Cholesterol does not come once you grow old. Many societies such as the AHA, recommend start screening at the age of 20. Dr. Greenfield told MNT "The longer your blood vessels are bathed in blood that contains too high a cholesterol level, your risk of cardiovascular disease increase. The recommendations state that first cholesterol should be checked during teenage life, and having a family history, should make you check it earlier."

The end message by Dr. Greenfield is "I encourage my patients to ask questions and research their medical conditions. The amount of fair information is misleading, so please be careful."

Is clean eating safe?

With clean eating become the hot of many conversations, it is a controversy whether it can lead to disordered eating or not. Food bloggers , social media influencers often promote the so called clean eating, Many supporters of the concept promise benefit such as weight loss, radiant skin and improved energy. The fundamentals of clean eating include choosing natural, nutrient and dense food and avoiding processed and refined foods. Taking a clean approach to eating can lead to an healthy lifestyle and weight management. However with some interpretations of clean eating, there might be unhealthy consequences too.

Clean eating can be described as choosing foods that are natural and wholesome. This includes foods that are free from additives, preservatives and refined and processed ingredients.

According to a study published in the journal *Nutrients*, examined perceptions of clean eating among a large diverse sample of adolescents and emerging adults in the United States. Within those who were surveyed, 70.8% believe that clean eating is healthy, whereas 18% look at it as both beneficial and harmful. Studies have found that women who followed dietary advice from clean eating sites were more likely to meet dietary guidelines for fruit and meat alternatives.

Additionally, a study published in the *Journal of Eating disorders* found that clean eating is viewed favourably by US based college students even when it leads to emotional distress.

Clean eating can and does lead to benefits because it reduces sodium, sugary beverages and ultra processed foods. A proper clean diet with whole grain, fruits can support an individual's overall health and weight management.

However, research also suggests that clean eating can also lead to excessive food restrictions resulting in nutrient deficiencies and loss of social relationships. Eating “good” without strong evidence can lead to people categorizing between food. This puts pressure on individuals to eat in a certain way and can lead to a harmful obsession with healthy eating. Clean eating, according to the NEDA, can lead to to orthorexia nervosa.

It is important to eat healthy, to find ways between a healthy diet and clean eating. All processed foods are not bad and neither should they be consumed a lot. To ensure nutrient needs are met, a diet should include the following-

1. Vegetables of all types and colors
2. Fruits, all types of fruits
3. Grains, half of them whole grains
4. Dairy, including low fat or free milk and cheese
5. Protein food including lean, meat, poultry, eggs and others
6. Oils including vegetable oils and oils in nuts

Since the definition of a clean diet, differs from a person to another, there is no way to prove that it has more benefits other than dietary patterns. While some follow a clean eating pattern, some follow another pattern.



Photo by Polina Tankilevitch

BLACK ORCHID PRESENTS “RJD- THE BAND”

Formed with over 60 years of collective experience, RJD The Band, has been associated with several musical acts across the country. Black Orchid presented a performance by the band on the 17th December, 2021 at RA Puram, Chennai.

The band is headed by Ritesh John Dharmaraj, who is on the vocals and guitar and other members Jitesh James Dharamraj on Bass and Backing Vocals, Siddhart Kumar on Keyboards and Backing vocals. Elvis Mark Gabriel on Guitar and Vinay Ramkrishnan on drums. Each musician in their own staples performed in the Chennai music night.

With a very definite sound, and winning everyone's hearts, the band plays a variety of music, spanning multiple generations and genres. With soulful melodies, smooth harmonies, driven guitars and thumping energy, RJD makes sure you groove and move along with the. The band's members have also had an opportunity to support great international acts such as Iron Maiden and The Scorpions during their tour of India.

With a multi instrumentalist driving the sound of the band, the night was nothing short of a magical night, as each member melted into the music while entertaining the audience.



SIDDHARTH KUMAR



ELVIS MARK GABRIEL



JITESH JAMES



MANASA



RASIKA



PRITHVI, RACHNA & PETER



RITESH JOHN



Are carbs really bad?



Carbohydrates are one of the three macro nutrients that occur naturally in plant foods, the other 2 being dietary fats and proteins. Carbs are considered important to the body to function properly. The primary role being able to provide energy to all the cells in the body.

Generally there are 3 types of carbohydrates- sugar, starch and dietary fiber.

Also called simple sugar, these carbs contain one and 10 sugar molecules and are present in fruits, vegetables and dairy products. Those carbs with one sugar molecule are called monosaccharides, while those containing 10 are called oligosaccharides. These are simple carbs.

Complex carbs are made up of polysaccharides, which are longer and include both starches and dietary fiber. Dietary fiber is the indigestible part of plants- in whole grain, fruits, vegetables etc.

Carbs often get a bad rap due to their excessive association linked with weight gain, obesity and diabetes. Over time, low carb diets have become popular among people who are interested in losing weight and managing blood sugar levels. However several studies prove that the quality of carbs is as important as the quantity.

Carbs can be considered unhealthy because they are less nutritious and are included in polished rice and flour, sugar sweetened beverages and highly processed snacks. The excessive consumptions of simple added sugar is also linked with an increased risk of insulin resistance, non alcohol related fatty liver disease, strokes and other health conditions. Experts recommend eating a healthy diet that consists of healthy carbs and in moderation.

Carbs can be seen as healthy when they are taken in the form of fruits, non starchy vegetable, whole grains and dairy and dairy products. Research links that diets with complex carbs such as the Mediterranean diet help in reduced risk of chronic disease. Healthy carbs can help improve PCOS, insulin resistance, reduced risk of heart disease and others.

To decide whether the carb is healthy or not, the glycemic index and glycemic load are 2 measures used. The GI is a measure of the blood sugar- raising potential.

Despite the popularity of low carb diets, they are not suitable for everyone. For eg- athletic performance becomes compromised on a low carb diet and a high carb diet is the best for an athlete. A carb restriction of 45% or less of daily calories is more effective for short term blood sugar but may be unsustainable and not provide long term results than a range of 50-55% from carbs.

The bottom line is that, carbs are not bad when people manage the amount and types that they consume and tailor to their specific needs.

New pub in town, that's the tea!

Fellow chennaites, New Year's right around the corner....this calls for celebration. Here's a new pub in town, to be added to your "must try list". A fun-filled pub, with safety protocols of course is probably the best place to hit when the night is young.

Sound amazing, what's in it for me?

Nightlife, dance-floor, restaurant, valet parking, full-bar.....sounds convincing? Presenting to you, seven sins, a brand new pub in Chennai, made for those who dance the night away.

Located in the heart of the city at Tnagar, this pub serves everything from dosa to lasagne at just

Rs. 1000 for 2. Give it a go, and who knows you might soon find yourself there every weekend.

Adhering to the COVID-19 safety protocols, this place might just be "the" place, for all those moon-lovers out there.



Karun Raman & Venky



Ramya NSK



Jithan Ramesh



Prabhakar & Krish



Damini



Luma Beatty



Aalap & Disha & Rahul Nambhair



Rio



Madhumita

Designer Nidhi Chordia launched her collection "HolidaySeason" at Taj Connemara, Chennai

Designer Nidhi Chordia, launches her collection 'Holiday Season' online on the 11th of December at hotel Taj Connemara, Chennai. The event dazzled with the presence of celebrities like Vandana Srikanth and Priya Thakur along with Chennai's favourite fashionistas and bloggers.

The collection features a wide range of women's western wear, both stylish and comfortable. Inspired by animal, geometric and chevron prints, featuring Western Wear for women such as jackets, blazers, sequined trousers and dresses available in shades of browns, electric blue and shocking pink.

Speaking at the event she says, "Shopping nowadays is not active in the stores, and hence the collection is launched online in collaboration with Shop Connect. My goal is to make the collection accessible to everyone.

The collection can be shopped and purchased at nidhisales.shopconnect.live/target/61b2333fd1a09b1e2188f53.

The customers can easily select their looks and have the option to connect with the live store and shop from her collection as well.



Neha Choudhary



Designer Nidhi Chordia



Smita



Vandana Srikanth

Why genes found in South Asians cannot explain susceptibility to COVID-19



Photo by Tim Douglas

A recent study suggests that a variant of the LZTFL1 gene explains why South Asians are more prone to Covid 19. The gene helps the cells in the lungs respond to viral infections. The variant which is thought to be inherited from the Neanderthal ancestors is found in more than 60% South Asians and 15% Europeans but almost absent in Black Africans and East Asians.

For scientists who have interests in population genetics and molecular biology, the study is exciting. Such discoveries are significant as they provide new diagnostics and treatments for Covid-19. However these studies have proved that there are serious concerns in the communities which are affected by these discoveries, particularly when the reporting is sensational.

The South Asian people need to be careful, whether this gene could really make them more prone to Covid 19 and the question whether Covid will always be with us?

This type of study also provides ammunition for those who have a genetic determinist mindset and want to divide people on the basis of race and ethnicity.

The discovery of this gene makes many assumptions. The public needs to accept

that this variant makes us not only prone to Covid-19 but also to influenza. This sequence of events is not fully supported and raises more questions, the most obvious about the prevalence and pathogenicity and how the South Asians survived it so well?

However, if the gene is so transmissible, then how is it not widespread in the whole population? Presently, no such survival advantage has been identified, so perhaps the gene is not as lethal. Why is there such a vast difference between the impact of Covid 19 on Bangladeshis and Indians, who carry the same amount of the gene? Shifting the blame. The blame lands on people who are suffering the most already, rather than focusing on the structural issues.

However this study also helps us understand why the Neanderthals died out. Could the presence of the gene variant be a key driver for their extinction? Sounds more like a compelling story.

Time and tide wait for no one

Have you ever halted at a coastline and watched the rhythmic movement of the waves of the ocean? Regardless, the amount you need to hold it in the cusp of your hand, it will stream back, not waiting for you, and the following flow will return too. The same applies with time.

The progression of time goes on with its own pace, regardless of how tragic, hopeless or cheerful one is. In the past time, numerous rulers have announced themselves as leaders, but overlooked at the restricted time. Time, is boundless, can make you homeless or develop you in seconds.

The proverb "time and tide wait for no one", the substance of the proverb is to utilize the dispensed time in imaginative and positive interests instead. Time once lost can never be recaptured. Needless to say, if you don't utilize time, you stay in lament for the remainder of your lifetime. For example- A student who shields away his school a long time out of interests will consistently feel the the touch of the absence, of training, now matter how far he voyages.

Time is the most important thing, one can have on the planet. Additionally, it should not only be utilized for the high or to benefit others, it also reflects on a superior future for the public. Sitting around will only issue you and others around you. For adequately, time should be used which will help focus on life. According to the Hindu theory of creation, "Kalachakra" is the cycle of time and is the manifestation of God. Time is intangible, and everything that comes also goes with time.

Time well employed is Satan's deadliest foe. Spending time to the most useful tasks, saves from many vice and evils. Name, fame, success and wealth, only come when time is used beneficially.

Yesterday is a dream, the tomorrow is unknown and what is today is ours. It is only today, when the aim can be achieved. In the military field, a delay by a few minutes may change the destiny of a nation that Napoleon lost the battle of Waterloo, because a marshal officer was a minute late to come to his side.

Spending time properly can bring in great heights. The idea of having a lot of time to accomplish things, makes us waste time. So use your time and make time work for you and your dreams. The power that time holds, nothing ever holds.

Photo by KoolShooters



Health and Fashion



Does gluten sensitivity exist?

Gluten, is one of the most controversial and misunderstood food compounds. Often seen as a single protein, gluten encompasses a number of proteins called prolamins. These are present in wheat, rye, barley and a cross between wheat and rye known as triticale.

These proteins are resistant to complete digestion by digestive enzymes resisting in the gastrointestinal tract. This is because enzymes that the pancreas, stomach and brush border of the intestinal tract produce are unable to fully breakdown proteins having high content of proline residue.

Gluten intolerance is an umbrella term that refers to 3 major types of gluten related conditions. Celiac disease is one of the most known gluten related medical conditions. It is an autoimmune disease that involves the immune system reacting to the gluten proteins. When people with this disease, eat gluten, it leads to damage in the small intestine. According to experts, this condition is present in females and has affected around 1-2% of the population of the United States.

People with wheat allergy have an allergic reaction to proteins present in wheat. This type of allergy is much more common in children, but can also affect adults. It can produce severe symptoms including anaphylaxis which is a life threatening allergy. However, unlike the celiac disease, the wheat allergy can be immunoglobulin mediated. This means that the wheat allergy is more threatening.

Some people react to gluten, this type of gluten tolerance is called NCGS. According to 2019 review, NCGS is more common than the celiac disease and impact 13% of the population. NCGS is more common in females. People with NCGS experience symptoms like bloating, gas, diarrhea, anxiety and headaches. According to scientists, other components of wheat, can also cause NCGS, which is still unlearned.

Dec-Jan, 2022

How To Tell If Your Skin Is Purging Or Breaking Out



There's always that time of fear when you see in the mirror and notice spots all over the face. While you may automatically think that these spots are affected by a normal breakout, that's not certainly the case! In fact, certain stains could be created by the skin purging itself of old cells to increase new and healthy ones.

Recognizing and getting the skin is a key part of handling it perfectly. So, before the quick foam breakout with a lot of topical products, here's ArthiRaguram, Founder of

Deyga shares a secret on what needs to understand about skin purging versus breakouts and their difference.

There is always required for a face mask, serum, or dying for a drop of vitamin C for our skincare routine. While using a new skincare product and the skin flares up with acne, it can be difficult to understand whether the skin is preventing or reacting with a proper breakout. If the skin reacts to an active ingredient that is in the product, it can create an enhanced cell turnover movement known as skin purging. It can control the build-up of all the dust and bacteria that block the pores of the skin before showing new and clearer skin.

Causes Skin Purging

Purge breakouts on the skin can present in the form of a mix of whiteheads, blackheads, acne, or sores. In other terms, skin purge is a breakout that happens if we begin to use a new skincare habit.

Due to this, we began seeing breakouts in the usual spots where we use to get them. The skin regenerates itself on a menstrual cycle, so any purging cannot serve longer than that. It is not the effect of skin purging if there are no hints of healing or clearing up following six to eight weeks. In this case, stop practicing whatever skincare products that you are using on the face.

Ingredients make skin purging

Our skin and skin purging are triggered by active ingredients that are utilized to manage acne. It becomes more harmful before it gets better. Retinoids, vitamin C, AHAs and BHAs (glycolic, malic, lactic, and salicylic acid) can likewise initiate the skin's purging. Retinoids are the main ingredient that can create skin purging. Retinol is observed in most acne skincare products, is an active ingredient that is known to create a skin purge. Some major retinoids such as oral isotretinoin and local tretinoin that can begin reactions on the skin and trigger skin purging. Various chemical skins treatments and exfoliating acids can also cause a trigger effect that can start skin purging.

How to protect your skin from purging

During skin purging, hold to a moderate skincare habit while skin gives symbols of cleaning to avoid worsening the situation. It can heal normally painful pimples, strengthen the dry, irritated skin, and remove bacteria to check expected breakouts. At this moment, the most crucial thing is to hold the urge to skip a bedtime of cleansing. It is most obvious that you may be tempted to discontinue using the product that made the skin purge in the first place, but you should avoid this. Elements that make the skin flash up with acne, those ingredients heal various skin problems. Make it move its course. Don't choose or damage the skin during this time.

The acne created by purging is for time being but picking or scratching the skin can make the scars lasting. Always practice a good diet and eat fresh when one is working through a skin cleaning, but it can further speed up the method. Because sugars from junk food, fast food, and hidden carbs can increase the form of acne. You should withdraw from eating these ingredients that can better balance the hormones and clear up your face.





Meet the Brand Committed To Bridging the Gap in Women Health Segment



In a recent study conducted by Emcure Pharmaceuticals that surveyed working women, brought to light the societal stigma around women's health-related issues in India. Despite the rising interest in health and fitness across the country, the findings lay bare the reality of women's health and the lack of conversation around it.

The statistics are disturbing as it is not the rural or underprivileged women we are talking about. The study reveals the situation of well educated, independent women of modern India, 90% of whom have faced conflict of interest while attempting to balance familial, personal, and professional obligations. The pressure to create this balance between career and home has forced most of the urban women to choose an unhealthy lifestyle which subsequently results in PCOS, skin issues, and other lifestyle disorders.

To bridge this rising gap in the women's health segment, Oraah, a women health brand was conceptualized to reassess the overall wellness of millions of women in the country. Bringing common health issues of Indian women to the fore, the startup offers a solution with its innovative product line to cater to their personal care and wellness needs. The brand offers an exclusive range of natural products to supplement nutrition, promote personal hygiene, and keep women healthy inside out.

Empowering the new-age women in India, the women-focused brand has resorted to centuries old Ayurvedic remedies and combined it with modern science to create a unique array of products that address the immediate nutritional and wellness needs of Indian women.

Stepping over the stigma attached to commonly occurring issues like UTI, the brand launched UTI support drink that helps bring up the normalcy level of the urine tract and cures infection. The balanced blend of Ayurvedic herbs, vitamins, and essential nutrients in drink has shown favourable results in flushing out toxins and reducing pain related to the disease. To the reported 22.5% of Indian women suffering from PCOS, Oraah PCOS/PCOD balance drink comes as a boon. Specifically formulated to correct PCOS symptoms, irregular periods, and acne problems, the drink helps in

balancing hormones and addressing related issues.

Besides these two usual issues, the women's health brand also offers products for commonly ignored issues around menstrual cramp, hygiene, and personal care. With intimate wipes and other unconventional products, Oraah is determined to change the dialogue around women's health in the country. The brand has already made a mark in the industry with its revolutionary products and is all set to make holistic health for women a part of leading conversation in the nation.

Bringing the conversation around women's health to the fore Oraah, have also highlighted that commonly-occurring issues such as Polycystic Ovarian Syndrome (PCOS) and breast cancer – which affect a large chunk of women in the country – are still surrounded by stigma.

Our lives have become very fast-paced, and all of us are always chasing some goals. While all this makes us more successful and accomplished, this often leads to an unhealthy lifestyle. We do not eat well, we do not get the time to exercise adequately, and we more often than not live in long periods of stress.

All these unhealthy habits have led to an increase in the PolyCystic Ovary Syndrome or PCOS statistics in India 2021. Today, about 22.5% of women or every one in five Indian women suffers from PCOS.

In India, women face numerous health concerns. The health of a woman depends on her status in society. Also, the approach towards women affects women's health especially in rural areas but also in urban areas. Because of low-level education and lack of employment offered to girls making them dependent and in control of family or other members.

The main issues in women's health are reproductive health, less nutrition, menstruation issues, PCOS, and many others. Whereas in 2020 women respondents reported that in India 16.07% were mentioned as menstruation problems, 10.64% as POS, vaginal discharge 7.12%, then breast pain with 4.43%.

The health status outcomes in a growing population of aging women should be made mandatory. The woman must be provided with knowledge and expertise that will combat her health problems.

Oraah is trying to evaluate and address women's health more effectively so it can be called out for research and discussion. Oraah aims to guide and spread awareness about how to develop women's health. Her health care needs attention and to be studied. It is worth noting that this will direct the way towards Empowering Women.

Bridging the Gap in Women Health Segment

Oraah is working to bring the products that have the goodness of Ayurveda and will help to enhance their day-to-day life. Balancing both domestic and professional life women overlook their hygiene. Intimate hygiene is something that is not discussed just like Menstruation Cycles. Presently measures are taken to talk about Menstruation but Intimate Hygiene is still not getting enough attention. In order to address Poor Hygiene and work on self-care Oraah has brought personal care nature-based products like intimate wipes. The Wipes are made with 100% natural extract to protect sensitive skin and free from chemicals.

The main aim is to bring products that are enriched with natural goodness making them free from chemicals. It's time that Women should understand about advancing their health in a better approach. "She" is a person with the ability to handle every role. So, she should comprehend her health issues. Oraah aspires you to take a moment and think about yourself, as self-love must be the priority.

Importance of "Women Health"

It is also stated by the national health survey that for women over the age of 18, nearly 13% are in fair or poor health. Various health concerns affect women differently, but most of them go undiagnosed. It is also found that most of the drug trials do not include female test subjects. The response to medications is differently done by men and women's bodies. Women have a

risk of getting drug adverse reactions.

Women Health is the terminology that should be taken into consideration while solving Women's issues. Women are often seen as subordinate in society; they also need pointed recognition. Oraah is a healthcare provider doing their part of educating society to give recognition to women's health.

Oraah and Women's Health Intertwined

For everyone the most Vital is Fitness. Getting enough nutrition is necessary. With the hectic schedule, it's always difficult for women to manage to take enough nutrition. Oraah brings a UTI drink that is packed with nutrients and includes ayurvedic ingredients. Oraah brings Fitness and nutrition products specialized for women with Wellness Drink and boosts the day with Wellness Tea. Oraah is taking the Initiative to satisfy the specific needs of an aging woman.

Oraah is trying to bring awareness to women's health issues.

Half of the population is women, if her health is not being considered then it will just not affect her but her family, kids, and parents. There are numerous things that women can do to improve health and fitness. She should be supported by her nearby ones. Oraah was made with the aim to have an impact on the health and wellness of women. Oraah is trying to achieve sustainable health for Women that will be priority-driven to strengthen women's healthcare services.



The Life, Love & Money Show with Summer & Jen

Written By

Summer Watson, MHS, PhD & Jen Fontanilla, Certified Money Coach (CMC)[™]

How to identify toxic people?



I am sure at one time or another you have been in a situation where you have met someone, clicked right away, and about three to six months down the road, they exhibit behavior that feels controlling and overbearing. It takes a few months of direct interaction with someone to really understand their personality and the way they perceive the world around them, how they move through the world, interact with people, and their expectations of others in and outside of their circle of family and friends.

When thinking about what defines a toxic person, in general terms, it is someone that is manipulative and overbearing. It is someone that wants to control the thoughts and behaviors of others. To feel in control of their space and those around them, they have to find ways to manipulate their family, friends, and their significant other. Some behaviors that a toxic person might exhibit:



- ▷ Difficulty getting along with others
- ▷ Needy
- ▷ Critical of themselves and others
- ▷ Bullying
- ▷ Jealousy
- ▷ Lying
- ▷ Does not take responsibility for their decisions or actions
- ▷ Imposing
- ▷ Has lack of respect for others' space, person, property, or belongings
- ▷ Is unkind
- ▷ Cares only for their welfare
- ▷ Has a lack of empathy

There are multiple traits that can be attributed to the toxic person. These are people that have formed a harsh opinion about the world, other people and themselves. This can be due to what they have experienced growing up and as a result have a distrust of others, see the world as harsh and unkind, or even see themselves as unworthy of close and authentic relationships.

Many times, when a person finds themselves in a toxic relationship, it's hard to see the manipulation until the toxic person feels comfortable enough around you to let down their guard and exhibit their true behavior and thoughts. It can also be that person who you have been around your entire life. A toxic person can be a friend, co-worker, boss, parent, sibling, someone you're dating or married to.

When you are aware of the traits of a toxic person, it will make it easier to determine if you are in a toxic relationship. People that are toxic can be manipulative. A manipulative person can be rather sneaky and skillful in how they influence others to do things for their benefit. In some of these cases, the toxic person can be rather versed in gaslighting those they want to manipulate. Gaslighting is where someone emotionally influences another to question their own thoughts, beliefs, values, action, and memories. If you are someone who is in a toxic situation, it can be a challenge to actually see the toxicity for what it is, because the gaslighting can be so bad that you're questioning your own stability and decisions.

If you find yourself in a situation with a toxic person, there are things you can do for yourself. First and most importantly, listen to your intuition. If you are feeling uncomfortable around a person, how they treat you or others, and if they react to everyday situations in extreme ways, it may be time to really listen to your inner-knowing and decide if this person is going to contribute to your life in a healthy way. Don't discount or ignore that inner voice. Many times, we brush our inner voice aside and rationalize the behavior or actions of another, because we want to hold on to the relationship, but to what end? It might be time to take a deeper look at what you're really holding onto and how this person aligns with your values and beliefs in both their words and actions.

PORSCHE EXCLUSIVE NIGHTS HELD FOR CUSTOMER PREVIEW

With more than 3 reasons to celebrate, they being- a successful year, a strong third quarter sales result and 2 new models for their customers to preview, a series of Porsche Exclusive nights was held by Porsche India across 5 cities of the country as a token to thank their customers for their loyalty and support throughout the year of 2021.

Starting in mid November, with more than 1200 customers, who witnessed the grand reveal of the latest models- Taycan, the first fully electric sports saloon car and the latest Macan compact SUV, the models can be expected to be available for order from the first quarter of the year of 2022.

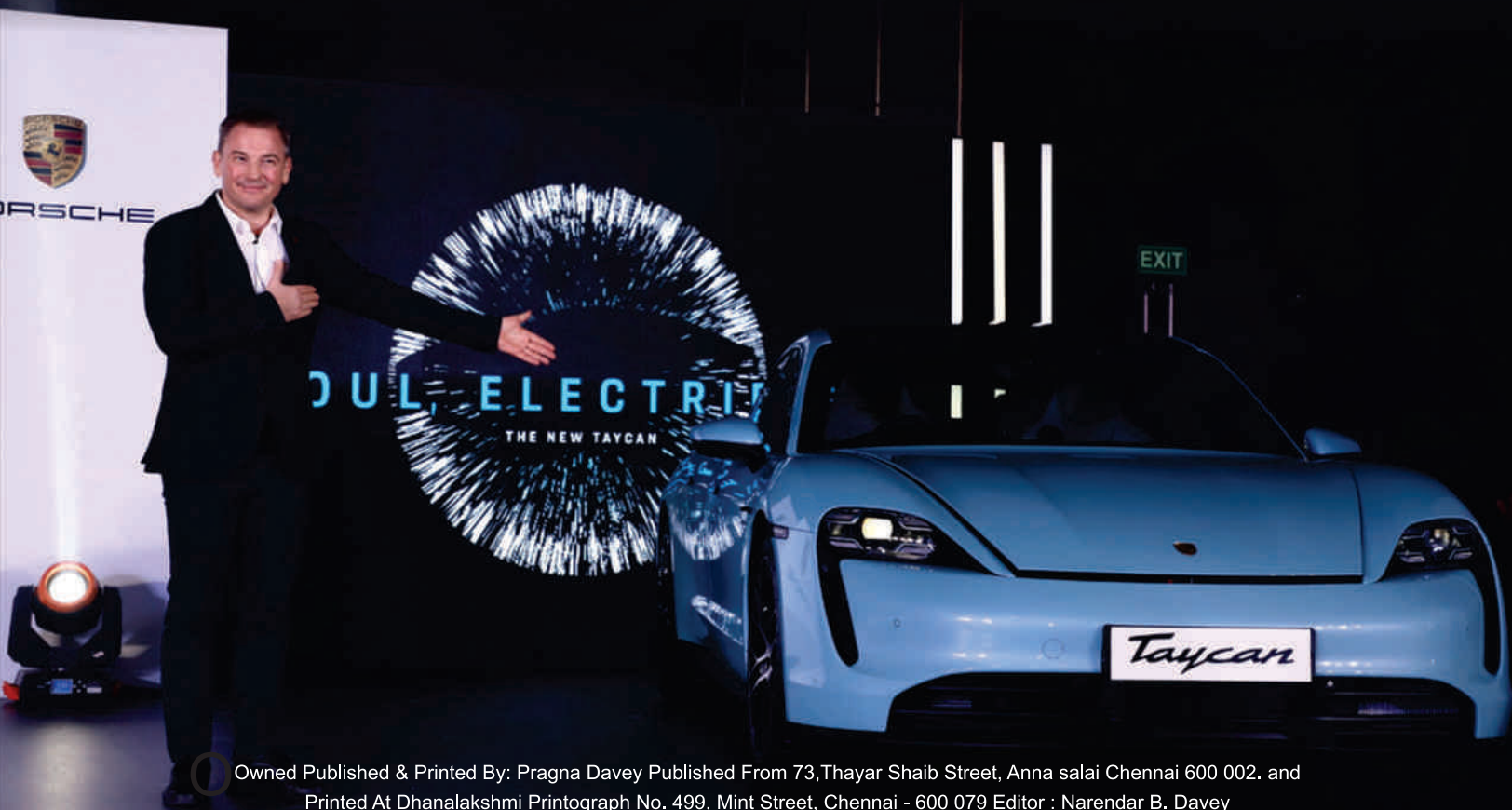
Talking about the success, **Manolito Vujicic, Brand Director at Porsche India**, said "Our customers have helped achieve a remarkable bounce back even after the severe pandemic situation. The demand for the cars has had a good sale across the country, with 96 percent gain in the third quarter over the 2019 sales. The result has also recorded a 24 percent increase over the last best third quarter, which was recorded back in 2014." Talking about the series of events held, he says "Our customers have helped Porsche achieve a bounce back after the

severe pandemic situation." "The nights are a way of thanking our loyal customers in person and also giving them an exclusive preview of what is to come with the all new launched electric vehicle range of Taycan and Macan models that have already gained enormous interest."

Starting at a retail price of INR 8,321,000, the all new launched Macan with an increased performance and more sharply styled design, comes in 3 variants, comprising of the Macan, Macan S and Macan GTS with a range of 14 colors exclusively available for Macan.

Complemented by the exciting Cross Turismo, that adds versatility of extra ground clearance Gravel Model and 1200 litres of rear cargo space, the all new, electric Taycan is available in 4 saloon models, comprising of the Taycan, Taycan 4S, Turbo and Turbo S. The model starts with the price range of INR 15,028,000.

With a number of projects in full swing, the company is confident about their business performance to reach great heights. The current plans of the company include the expansion of the national dealer network with new partners to allow and join several facilities to be upgraded to the brand's latest C.I. The aim is to cover 9 locations through the network by the end of 2022.



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