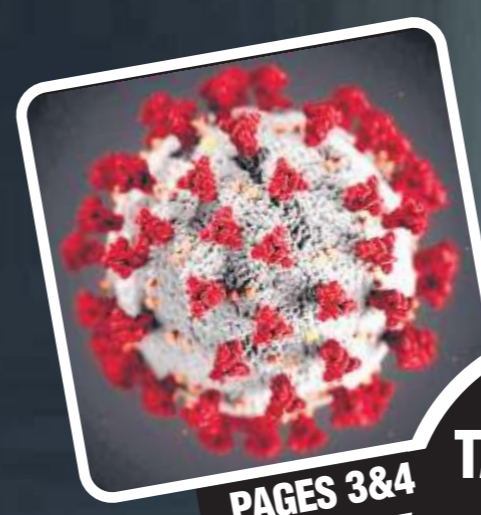


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PAGES 3&4

TAKING THE
 LID OFF
 COVISHIELD

CHILDREN
 BREAK THE
 MOULD OF
 PARENTAL
 EDUCATION

PAGE 10

BALANCING THRILLS
 OF ACTING WITH JOYS
 OF MOTHERHOOD

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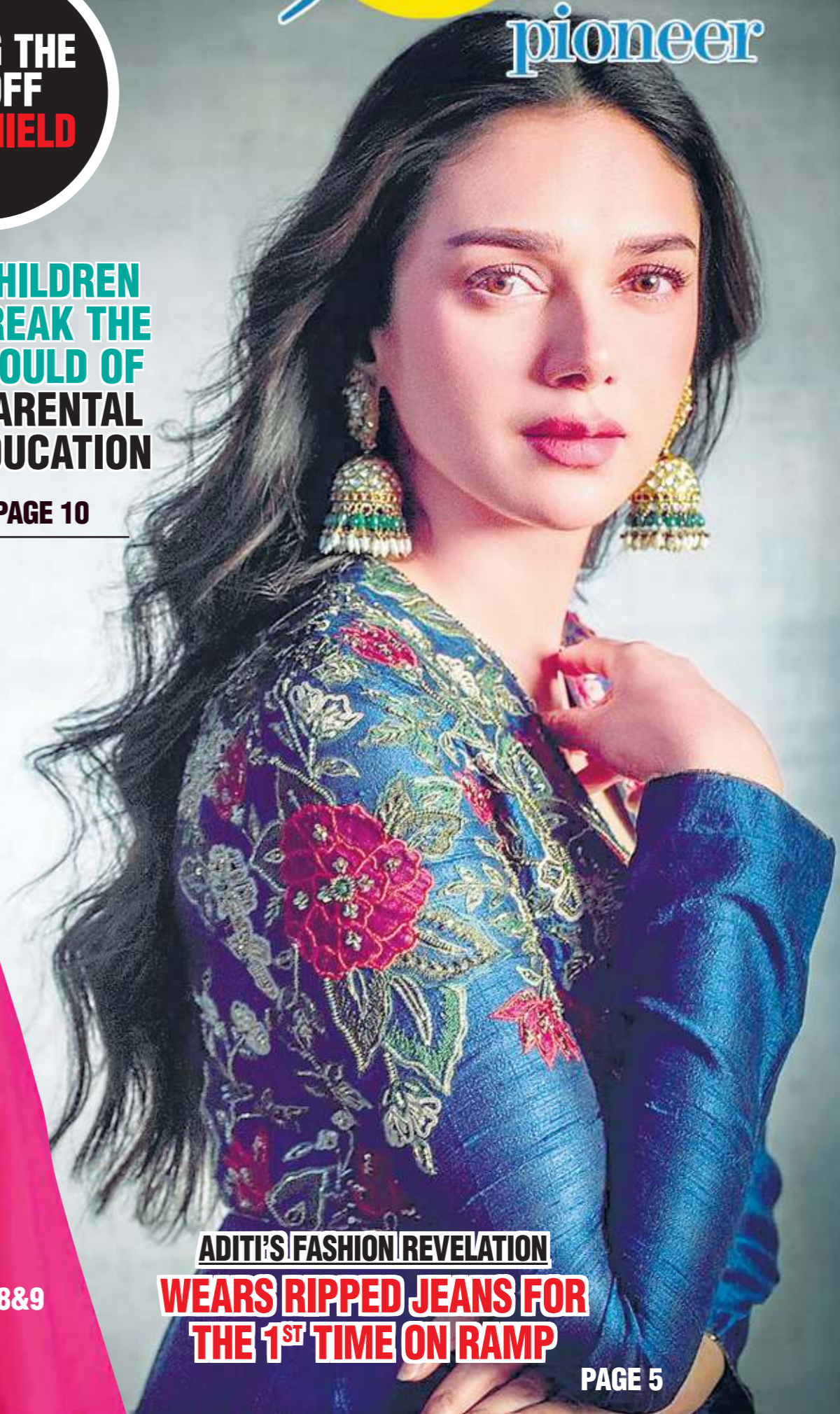
ADITI'S FASHION REVELATION

WEARS RIPPED JEANS FOR
 THE 1ST TIME ON RAMP

PAGE 5

SUNDAY

pioneer




PERSON
VESNA VULOVIC

Vesna Vulovic, a Serbian flight attendant, holds the Guinness World Record for surviving the highest fall without a parachute. She was the sole survivor of an explosion in the baggage compartment of JAT Flight 367 on January 26, 1972, resulting in a crash in what was then Czechoslovakia, now the Czech Republic. Despite spending days in a coma and having little memory of the incident, she later resumed a desk job without hesitation. Vulovic became a celebrity in Yugoslavia and was hailed as a national hero, while tragically, all other 27 passengers and crew perished in the accident.



VIDEO
RAIN BATTERS UTTARAKHAND

The first major rain of the year in Uttarakhand resulted in road blockages and flooding in some areas, with water entering homes. However, the rain proved beneficial as it helped extinguish the forest fires, which had been a significant concern. The forest fires primarily occurred in the Garhwal region of Uttarakhand. Since April 28, Uttarakhand had recorded the highest number of forest fires in the country, totaling 325 incidents according to data from the Forest Survey of India. Additionally, on Wednesday, crops in Someshwar of the Almora district were devastated by a cloud burst, leaving farmers facing significant losses.



SONG
IN LOVE

Rapper Raja Kumari showcased her perfect Punjabi skills in her latest song, *In Love* with Guru Randhawa, which dropped on Thursday. Guru, who penned the lyrics of the song, shared it on Instagram and wrote: "Brand new release. *In Love* out now. Enjoy the vibe." Making her debut in the language, Raja Kumari, an Indo-American singer and rapper, took to her Instagram stories and shared a glimpse of her crooning in Punjabi.



MOVIE
BRAHMAANANDAM

Brahmanadam's return to the screen with *BrahmaAnandam* this December 6 promises to be a nostalgic treat for audiences. Adding to the allure of the film is the casting of his son, Raja Gautham, who will be playing the role of his grandson, creating a unique family dynamic on screen. Alongside them, heroines Priya Vadlamani and Aishwarya Holkkal are set to enchant viewers with their performances. Vennela Kishore's inclusion in a pivotal role adds another layer of entertainment to the film. What's more, the directorial debut of RVS Nikhil, coupled with the expertise of producer Rahul Yadav Nakka, hints at a refreshing and engaging cinematic experience.



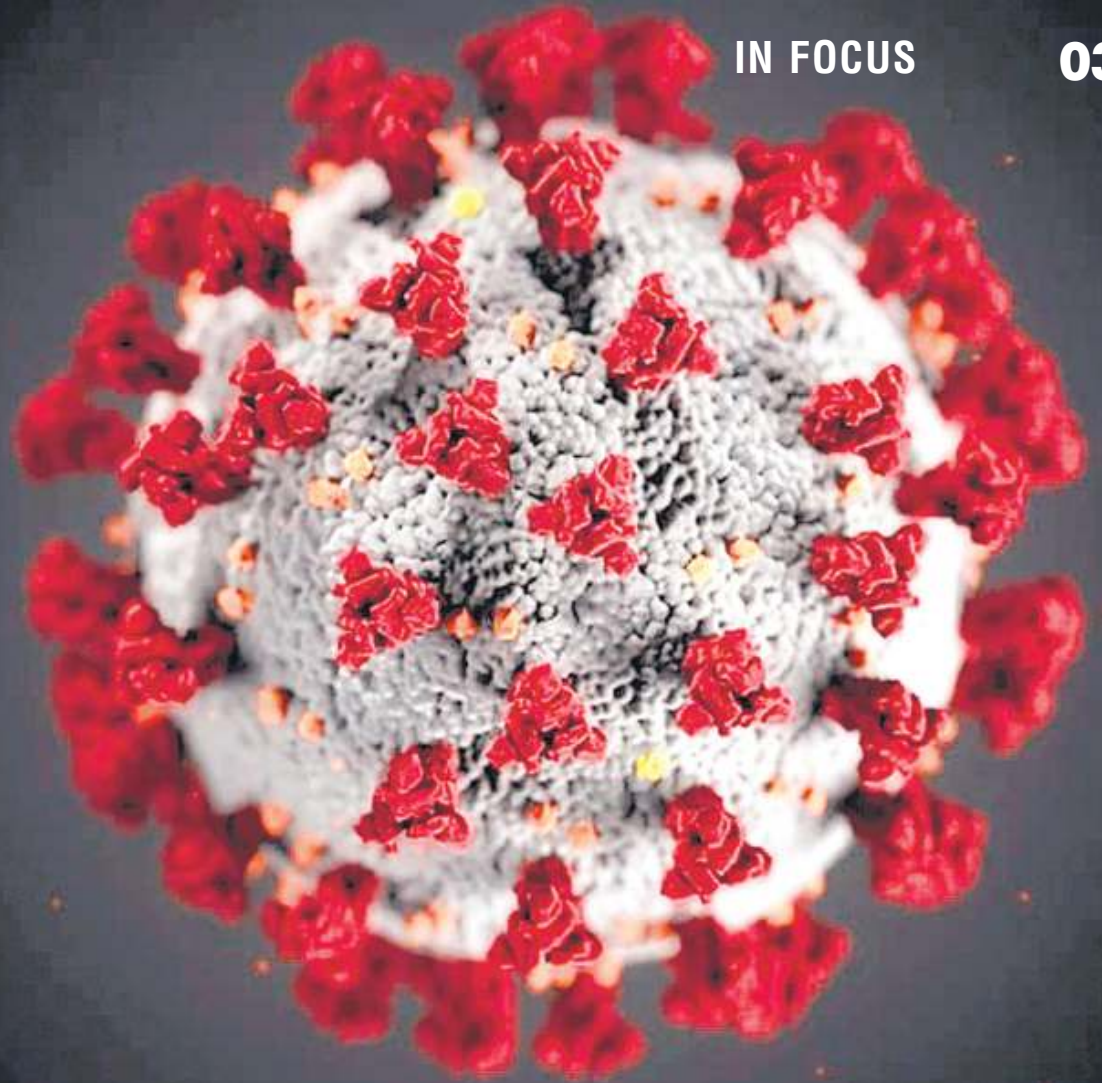
PICTURE
TRAFFIC HAVOC IN HYDERABAD

The city was blessed with much-needed rainfall on May 8th, offering respite from weeks of blistering 40-degree Celsius heat. However, while the rainfall brought relief, it also brought inconvenience, particularly in key areas such as Khairatabad, Begumpet, Panjagutta, Kukatpally, and Mallakpet. Heavy traffic plagued these locations as vehicles and motorcycles moved at a sluggish pace, navigating through the deluge. The downpour created a scene of bustling chaos as commuters grappled with flooded streets and delayed travel times, underscoring the dual nature of relief and inconvenience that accompanies such precipitation in urban settings.



Taking the lid off Covishield

Fast-forwarded vax, shaken governments and disparate laws



In a legal submission, AstraZeneca admitted that their vaccine could lead to Thrombosis with Thrombocytopenia Syndrome (TTS) -- a condition characterised by blood clot formation and low platelet count. The company's submission is believed to be a gross understatement, considering that nationwide there have been several unexplained deaths of people who had taken Covishield jabs. It is a different matter that AstraZeneca has since announced a global withdrawal of its COVID-19 vaccine, developed in collaboration with Oxford University.

On the whole, this case of a vaccine going haywire reflects the questionable haste with which the makers of the vaccine pushed it into the market. It also mirrors the irresponsible manner in which government authorities in various nations, including India, mandated jabs (including Covishield) during the peak of Covid-19 pandemic and later. All told, the case underscores the necessity for a thorough examination and fixing of accountability within an appropriate legal framework governing vaccine safety. The complexities involved in navigating consumer protection laws, medical negligence claims, and public health regulations have compounded the challenges faced by individuals seeking justice for vaccine-related adverse events.

The parents of a woman who tragically passed away after receiving the Covishield vaccine have proceeded legally against SII. AstraZeneca too is currently embroiled in a class-action lawsuit over allegations linking their vaccine to fatalities and serious injuries, notably TTS, which manifests as blood clots and a low platelet count. The responsibility for these deaths caused by vaccination raises questions about why there was a lack of sufficient cautionary information about potential side effects, despite the widespread acclaim of the vaccine's efficacy. Amidst the narrative of the vaccine marvel, the grim reality of deaths attributed to Covishield remains unresolved, demanding closer scrutiny and accountability.

Addressing vaccine-related deaths in India

Samridhi Arora, Advocate on Record (AOR), Supreme Court of India, elaborates, "In 2021, the legal dimension of the COVID vaccine was scrutinised in the case of Jacob Puliyel v. UOI, where the Central government asserted that out of 180 crore doses administered, only 0.004% reported adverse effects. From a legal standpoint, the focus lies on whether the vaccine approval process adhered to prescribed protocols.

The Supreme Court ruled that the government cannot mandate vaccination, offering individuals the liberty to choose. Additionally, Covishield provided a fact sheet detailing common, uncommon, and rare symptoms. Valid medical evidence demon-

strating that any adverse effects exclusively resulted from the Covid vaccine is imperative if making any claim."

In a significant legal development in 2022, the Bombay High Court issued notices to SII and Microsoft co-founder Bill Gates in response to a petition filed by Dilip Lunawat. Lunawat alleged that his daughter, a doctor and senior lecturer, had died due to the purported side effects of the Covishield vaccine. This tragic incident prompted renewed scrutiny over vaccine safety assurances, particularly given the partnership between SII and the Bill and Melinda Gates Foundation to expedite Covishield production.

However, amidst these concerns, a contrasting narrative emerged from a 2023 study conducted by the Indian Council of Medical Research (ICMR). This study, aimed at understanding sudden deaths among young adults in India, concluded that the Covid-19 vaccination was not the cause of unexplained fatalities in this demographic. Instead, the study pointed to other factors such as a history of severe Covid-19 infection, binge drinking, and recreational drug use as potential contributors to sudden deaths. These divergent accounts underscored the intricate landscape of public health discourse and the need for a proper understanding of vaccine safety within broader health considerations.

Advocate Manan Aggarwal recalls: "On June 24, 2023, the parents of two young women who tragically passed away after receiving the Covid-19 vaccine filed a rejoinder in the Supreme Court, challenging the government's response to their petition. Rachana Gangu from Hyderabad and Venugopalan Govindan from Tamil Nadu, who had lost their daughters aged 19 and 20, respectively, alleged that the government had engaged in "mass deception" by promoting vaccines as the sole solution to combat the pandemic without adequate evidence. They refuted the government's claim of not enforcing vaccination and accused authorities of downplaying adverse events. The petitioners sought compensation and the formation of an independent medical board to investigate their daughters' deaths. This development shed light on the contentious debate surrounding vaccine safety and accountability."

As the world continues to grapple with the aftermath of mass Covid-19 vaccination campaigns, a haunting reality persists: the loss of lives allegedly linked to vaccination. As families mourn the untimely passing of their loved ones, in the aftermath of vaccination efforts, the question lingers: who can these grieving families turn to for solace and justice? In their quest for answers, it is imperative that their voices are heard with empathy and urgency.



Continued from Page 3

WHAT DOES THE LAW SAY?

Shravan Patel Kanagandhula Patel, a high court lawyer in Hyderabad, explains that in India, the legal system regarding complaints related to deaths allegedly caused by vaccination is primarily governed by:

1. Consumer protection laws: The Consumer Protection Act, 2019 provides avenues for consumers to seek compensation for damages caused by defective products, including vaccines. The National Consumer Disputes Redressal Commission (NCDRC) and the State Consumer Disputes Redressal Commissions adjudicate such cases.

2. Medical negligence laws: Claims of medical negligence can be pursued under tort law. The Indian judiciary recognises the principle of 'res ipsa loquitur', meaning 'the thing speaks for itself', where negligence can be inferred from the circumstances surrounding the incident.

3. Public health regulations: Public health authorities regulate vaccine safety and efficacy. The Drugs and Cosmetics Act, 1940, and the Drugs and Cosmetics Rules, 1945, provide the regulatory framework for the manufacturing, distribution, and sale of vaccines in India.

4. Civil and criminal liability: Depending on the nature of the case, both civil and criminal liability may arise. Civil suits seek compensation for damages, while criminal complaints may result in prosecution and punishment for negligence or misconduct.

5. Government guidelines and policies: The government may issue guidelines and policies regarding vaccination-related complaints, including reporting mechanisms and compensation schemes for vaccine-related adverse events.

Shedding light on the legal framework, Rouble Chhabra, a lawyer, states, "Holding the state responsible is a lost cause. The manufacturers can be held responsible, and a class-action suit can be urged where all the victims have similar variables and similar results backed by proof that the vaccine resulted in such harm. The vaccine came with its terms and conditions; if they are all abided by, and still there has been a finding backed by medical evidence of reactions, the victim can sue the company under the Consumer Act or Criminal Act."

Adding to the discourse, Abhishek Rastogi, founder of Rastogi Chambers, says, "A medical malpractice claim related to the Covid-19 vaccine would be feasible if based on improper administration or storage. For example, if the health care provider gave the wrong dosage or reused a syringe, a patient might have a viable malpractice claim. But potential malpractice claims covered under CACP would likely be preempted by the federal government. Victims can pursue the matter as a class-action lawsuit under the Consumer and Criminal Act on the grounds of a similar adverse reaction to the dosage, keeping all other parameters of the pre- and post-conditions the same."

Overall, individuals seeking to address complaints of deaths allegedly caused by vaccination in India should navigate these legal avenues with the assistance of legal counsel and adhere to the due process outlined by relevant laws and regulations.

Research outlines

A research report published in February 2022, titled 'Death after the Administration of Covid-19 Vaccines Approved by EMA: Has a Causal Relationship Been Demonstrated?' analysed 55 reported cases. It found that in 17 cases, a causal relationship between vaccination and death was



excluded. However, in the remaining cases, the causal link was either unspecified, deemed possible, probable, or demonstrated. The causes of death varied and included vaccine-induced immune thrombotic thrombocytopenia (VITT), myocarditis, acute disseminated encephalomyelitis (ADEM), myocardial infarction, and rhabdomyolysis. The study emphasises the imperative of further investigation, particularly through post-mortem examinations, to comprehend the potential pathophysiological mechanisms of fatal vaccine side effects. Despite these findings, the study underscores that the benefits of vaccination outweigh the risks, highlighting the importance of vaccination in containing the spread of Covid-19.

Doctor Praveen Kumar Kulkarni, Senior Consultant, Internal Medicine Specialist at KIMS Hospitals, Secunderabad, referred to a study, stating, "The results of the causality assessment for 254 reported serious Adverse Events Following Immunisation (AEFI) cases following Covid-19 vaccination, approved by the National AEFI Committee on May 3, 2022, have been thoroughly reviewed and deliberated upon by medical specialists, including cardiologists, neurologists, pulmonary medicine specialists, and obstetrician-gynecologists, who form the causality assessment sub-committee at the national level. A special group had been established to conduct a causality assessment of AEFIs following the Covid-19 vaccination. The results of the causality assessment conducted by this special group were discussed in the national AEFI committee meeting and finally approved."

Out of the 254 cases assessed, 78 were found to have a consistent causal association with vaccination. Among these, 31 cases were attributed to vaccine product-related reactions, including 2 deaths, while 47 cases were related to immunization anxiety. In all, 122 cases showed an inconsistent causal association with immunization (coincidental - not linked to vaccination), including 83 deaths. A total of 33 cases fell into the indeterminate category, including 1 death, and there were 21 cases in the unclassifiable category, all resulting in death.

The study referred to by doctor Kulkarni highlights, "Vaccine product-related reactions are expected reactions that can be attributed to vaccination based on current scientific evidence, such as allergic reactions and anaphylaxis. Indeterminate reactions are those that have occurred soon after vaccination, but there is no

definitive evidence in the current literature or clinical trial data to suggest they were caused by the vaccine. Further observations, analysis, and studies are required. Unclassifiable events are those that have been investigated but lack sufficient evidence for assigning a diagnosis due to missing crucial information. Coincidental events are those reported following immunisation but for which a clear cause other than vaccination is found upon investigation."

Medical professionals' perspectives

Doctor Tarun Sahni, Senior Consultant, Internal Medicine, Indraprastha Apollo Hospitals, accentuates, "Traditional vaccine development processes typically follow a well-established pathway, involving preclinical studies, phased clinical trials, regulatory review, and post-market surveillance. This approach ensures a thorough assessment of safety, efficacy, and quality before vaccines are approved for public use. For instance, vaccines like those for measles or polio underwent years of development and testing before widespread implementation. However, the urgency of the Covid-19 pandemic necessitated an expedited timeline for vaccine development. Covishield, developed by AstraZeneca and the University of Oxford, followed a similar process but with accelerated timelines and simultaneous phases. Clinical trials were conducted swiftly, involving tens of thousands of participants across multiple countries. While regulatory approval was expedited in some regions, it still underwent rigorous evaluation."

The evolving nature of scientific understanding, coupled with the rapid dissemination of information through media and social channels, has further fueled the debate. Conflicting reports, varying interpretations of data, and differing regulatory responses across regions have contributed to the complexity of the discussion.

AstraZeneca has responded to legal proceedings in the United Kingdom by discussing TTS in court filings. The lawsuit against the pharmaceutical giant revolves around claims concerning the health implications associated with the Covid-19 vaccine it co-developed with the University of Oxford during the 2020 pandemic.

Dr. Prasang Bhardwaj, Sri Siddhartha Medical College and Hospital (SSMC), explains, "Thrombotic Thrombocytopenia Syndrome (TTS) is a rare but serious condition characterised by the simultaneous occurrence of blood

clots and low platelet levels. It primarily affects individuals who have received certain Covid-19 vaccines, particularly non-replicating viral vector vaccines like Covishield. Symptoms can range from severe headaches and abdominal pain to difficulty in breathing and chest pain. TTS is most commonly observed in younger individuals, particularly women under 60, and typically manifests within 4 to 42 days after vaccination. While the risk of TTS is low, individuals who have received Covishield should remain vigilant for symptoms and seek prompt medical attention if any concerns arise."

He stresses that, despite the rare occurrence of TTS, the benefits of vaccination in preventing Covid-19 far outweigh the risks associated with this condition. Covishield and similar vaccines have been deemed effective in reducing the severity of illness and preventing hospitalisations. It is essential for individuals to stay informed about potential side effects, communicate with healthcare providers, and adhere to guidelines from health authorities. Continued monitoring and evaluation of vaccine safety profiles are crucial to ensuring public health while managing potential risks associated with vaccination.

Enhanced information accessibility for scrutiny

The recent acknowledgement by AstraZeneca regarding the potential side effects of Covishield has triggered speculation and scrutiny over vaccination certificates in India. Concerns arose when users noticed Prime Minister Modi's photo missing from some certificates, attributed to the Model Code of Conduct during the ongoing elections. While officials cite procedural reasons, speculation persists, highlighting how digital age discourse fuels conjecture and analysis of every change, underscoring the need for clarity amidst evolving narratives.

Recently, actor Shreyas Talpade suggested his heart attack last year may be linked to the Covishield vaccine, citing fatigue and tiredness post-vaccination. Talpade, 47, experienced a major heart attack in December 2022 and speculates on the vaccine's possible role amid emerging concerns over side effects. Despite his recovery and return to filming, Talpade raises questions about vaccine safety amidst growing uncertainties.

Gauri Nandan from Indiranagar, Hyderabad, shares her harrowing experience after getting the Covishield vaccine, "Reflecting on those days is horrifying. I opted for the Covishield vaccine, hoping to protect my family. But after the jab, I developed a fever, which I was told was normal. My condition worsened over the days, with a high fever persisting. My husband faced the same. Then came the night when breathing became a struggle. We felt isolated, unable to seek help. Eventually, we improved, but learning about potentially fatal side effects left us shaken. Better information before vaccination could have prevented our ordeal."

In the midst of legal battles, medical investigations, and public discourse surrounding vaccine-related fatalities, one crucial aspect emerges: the necessity for transparent and accessible information dissemination. The complexities of vaccine safety, coupled with evolving scientific understanding and media scrutiny, underscore the importance of clear communication channels. Proper dissemination of information not only empowers individuals to make informed decisions but also fosters trust in public health measures. As families seek solace and justice for their losses, ensuring transparency in communication could have provided clarity and perhaps mitigated some of the uncertainties surrounding vaccine side effects.

ADITI'S FASHION REVELATION

Wears ripped jeans for the 1st time on ramp

Every time one sees her on-screen or off-screen, for that matter, one cannot help but fall more and more in love with Aditi Rao Hydari because of her unique appeal. The aura that she has and the way she presents herself are beyond compare. Apart from all the other aspects, one can just not stop adoring the actress for her subtle and elegant fashion sense, keeping it effortless and comfy. Often referred to as the 'Royal Princess', the diva recently glammed up the ramp at the Blenders Pride Glassware Fashion NXT Festival, walking for much-celebrated Varun Bahl. *The Pioneer* got the chance to connect with the star on an exclusive note as we discussed her fashion for a quick chat.

EXCERPTS FROM THE INTERVIEW

TEJAL SINHA

How does the dress you wore as a showstopper represent your fashion?

My attire at the Blenders Pride Glassware Fashion NXT Festival is from Varun Bahl's latest collection called Wanderlust. So, when you label a collection 'Wanderlust', you're expected to get something very beautiful with intricate details yet with a relaxed vibe. I think in my everyday dressing, people think I wake up in 'ghararas' and 'ghaghraas'; I dress quite chill; I am in really baggy jeans; and I just wear a sweater or a sweatshirt and sneakers all the time. For the first time, I'm wearing ripped jeans on the ramp. That's what I liked about his collection; it's very true to the way I dress, which is mixing it up.

How do you always make sure to keep up with your fashion game?

I don't think I keep up with my fashion game; I don't even know what is in trend and what is not. If I like something, I wear it.

What about this format excites you the most?

This is India's first fashion festival, taking the glamorous universe of fashion and lifestyle experiences to wider audiences in newer cities. It is an exciting new fashion platform that is redefining fashion experiences beyond the runway for young Indians. It is bringing together a host of stellar high-style experiences across luxury fashion, upbeat music performances, and immersive pop-ups curated by some of India's coolest lifestyle brands.

How would you describe your fashion statement?

I will describe my fashion statement as effortless.

How would you describe the evolution of your relationship with fashion throughout the years?

When I first came into the industry in 2011, it was like you don't know anything, so you want to be in a certain way, so I used to not want to wear any makeup or heels. But during that period, like the first 3-4 years, I felt pressure to be what is conventionally glamorous. People used to put lashes on me and make me wear heels to look glamorous. But then, at some point, a lot of people nurtured me and took me under their wing. That's when I got that confidence—it was from those friendships, whether it's with makeup artists, designers, or stylists. Sabyasachi has influenced me hugely in owning tradition because that's what I grew up with. I grew up with tradition and wanted to be proud of it and be able to own it. I really learned a lot from Sanjay Sir and Manish Sir. So, it's the people who come into your life, and I really value them a lot, and I credit whatever it is that I've learned. They might think I've learned nothing, but I think I have, and I keep learning every day. I really credit it to them and to the fact that I am a curious child and I watch, learn, and listen, and I do enjoy it. Today, I don't feel the pressure or burden of fashion or being a particular way. I feel happier to be authentic and to own

what it is that I come with, which is my unique self. I'm happy without makeup and heels. I'm happy in my torn jeans and a woven saree.

As fashion continues to evolve and undergo changes over time, has this transformation affected your focus within the realm of fashion?

I just don't feel the pressure from it anymore. I wear what I like. I make choices instinctively. I own my strengths and am aware of my weaknesses, but I also own those because they're natural; I'm human. And I am always ready, and I watch and appreciate things. Basically, authenticity is something that you may grow into.

What's the one apparel you'd never find in your closet?

Anything that is low-waist. I don't like showing my naval in clothes, even in sarees.

Which style icons do you find inspiring?

Audrey Hepburn, always and forever; then Rekha Ji—love them; I love Jennifer Lawrence. I find her very chill.

Could you describe your style ritual?

I just make sure that I have a team around me that loves me, and then I don't need to look in the mirror because they take care of me. I like to have my people around because I'm very close to my team, and I really depend on them because I know that they'll do their best.

What motivates you to keep moving forward?

I love what I do. I love creating, and I love collaborating with people who push me. It's just good energy; every time I feel good, I'm game to do whatever. I'm also generally naturally an enthu cutlet.

What is the one fashion item you cannot do without?

I really need my sneakers; even when I'm walking on the ramp and I'm being forced to wear heels, my sneakers are on the side, and when nobody is looking, I change. So, my sneakers are not a fashion thing, but I can't do without my brow kit. If I don't have it, I might have a meltdown. That's the only thing I'm really dependent on, and I can go without makeup, but I need my brow kit.

What would you say about the beauty of the Indian salwar-suit that we mostly see you in?

I take a lot of pride in tradition. I love traditional clothes, and they're so much a part of us, and they're very authentic. For me, Sabhya has been very important in that journey, and my mother is very happy about it because when I first went to Bombay, she was like, What are you wearing? Today she is damn happy about my clothes and everything. clothes and everything.



SHIKHA DUGGAL

Unwanted facial hair—not something that one would be eager to have, as a substitute, something that is quite natural amongst the many of us. But once again, many think of this as a curse. Well, if you sense so, then you are no longer alone!

According to the National Center for Biotechnology Information, around 40% of women have facial hair. And this is a world where women's facial hair steals the limelight. The most recent example could be the genius who performed second fiddle in all this controversy! Prachi Nigam, who grew to become the face of a razor company's advertisement, sparked outrage for allegedly mocking her appearance and facial hair.

It is necessary to realise that little facial hair is ordinary for anybody, including women. This consists of a mild shade and a skinny texture referred to as 'peach fuzz'. However, some girls experience immoderate facial hair growth, which makes it noticeable; this is termed hirsutism in medical terminology. And, according to more than one study, one in fourteen women suffers from hirsutism, a disease characterised by "excessive" hair developing in a male sample over the body. However, a massive number of girls experience severe pain in relation to their physique and hair.

Dr. Geeta Grewal, a renowned celebrity cosmetologist, tells us, "Excessive facial hair boom in women, known as hirsutism, can be brought on by hormonal imbalances, genetics, positive medications, or medical stipulations such as polycystic ovary syndrome (PCOS). One common situation that can cause an increase in immoderate facial hair in women is polycystic ovary syndrome (PCOS). PCOS is a hormonal disease characterised by imbalances in reproductive hormones around puberty and perimenopause, which can lead to signs such as irregular periods, infertility, weight gain, and an expanded facial hair boom (hirsutism). Other clinical prerequisites or hormonal imbalances can additionally make contributions to facial hair growth."

Excessive facial hair in women, which can be precipitated by various factors such as fluctuations in hormone levels and specially extended tiers of androgens (male hormones), can stimulate hair growth in areas generally related to male-pattern hair growth, such as the face. Some women may additionally inherit genes that predispose them to having thicker or darker facial hair. Conditions such as polycystic ovary syndrome (PCOS), congenital adrenal hyperplasia (CAH), and certain adrenal or ovarian tumors can cause hormonal imbalances leading to hirsutism. Certain medications, such as corticosteroids, anabolic steroids, and some hormonal medications, can contribute to an

Facial hair isn't freaky; perhaps it is a hormonal imbalance in women

Facial hair, often makes one feel uncomfortable or embarrassed about their appearance. But there's another name to it---hirsutism. To understand the condition in detail and to know its causes, *the pioneer* connects with experts to bring a lowdown on the same.



immoderate facial hair boom as a facet effect. Women of certain ethnic backgrounds, such as those of Mediterranean, Middle Eastern, or South Asian descent, may additionally naturally have greater facial hair.

On the other hand, Dr. Swapna Priya, a consultant in dermatology at CARE Hospitals Hitech City, Hyderabad, suggested, "Facial hair increase can frequently be seen around the chin or top lips. Although this does not pose any life-threatening risk, it can cause a remarkable deal of misery to a woman. Some stipulations that can cause a facial hair boom in girls consist Congenital adrenal hyperplasia is a sickness that impacts the adrenal glands and causes overproduction of androgens. Thyroidism can be a contributor to disturbed hormonal stages, which may also cause an increase in facial hair in women. Tumours that have an effect on the ovaries might also result in hirsutism. Cushing's syndrome is brought about with the aid of cortisol at excessive levels over an extended period of time. This leads to improved manufacturing of androgens, which is the main cause of facial hair growth."

Shaving, waxing, plucking, bleaching, using hair removal products, and other temporary methods are among them. But hirsutism typically requires a long-term strategy, such as laser therapy or electrolysis. Face treatments such as eflornithine or medications may help slow down the growth of facial hair. It's also advised to make dietary and lifestyle adjustments to halt the growth of facial hair because internal causes are also very important! Rather, Dr. Swapna recommended, "More facial hair development may also result from the use of some medications that influence hormones, such as oral contraceptives, minoxidil, corticosteroids, and others. Reproductive hormones can be altered by age-related changes in a woman's menstrual cycle, such as the onset of puberty or menopause."

Internationally recognised dermatologist Dr. Nishita Ranka states, "In my profession as a dermatologist, I often treat hirsutism, or excessive facial hair growth. It is critical to acknowledge that this problem has substantial psychosocial effects in addition to physiological ramifications, requiring an all-encompassing approach to care and support." She supports this with a case study, say-

ing, "In my practice, there is a specific instance that sticks out. The patient was a 29-year-old female who had been diagnosed with PCOS, which was the underlying reason for her hirsutism. She had experienced problems with her self-esteem because of noticeable hair growth on her chin and upper lip. After assessing her situation, we chose a combination treatment plan that includes laser hair removal sessions to control the growth of hair and hormone medication to treat her PCOS." Dr. Nishita continues, "A dermatologist can accurately detect any underlying issues and create a customised treatment plan by performing a thorough evaluation that may include hormone tests and imaging studies. Visible, undesired facial hair can cause severe emotional anguish, which frequently results in anxiety, sadness, and social disengagement. In order to provide holistic care, dermatologists can work in conjunction with counselors or therapists to incorporate psychological support into treatment programs. An important part of the emotional support system for people with hirsutism is made up of friends and family. They can support the patient by providing emotional support, advocating for medical

attention from a professional, learning about the illness, and fostering a good body image. Their compassion and comprehension can greatly lessen the emotional strain brought on by this illness. In my capacity as a dermatologist, I treat hirsutism patients with a combination of compassionate care that attends to their emotional and physical needs as well as their physical symptoms. For women dealing with this difficult disease, a comprehensive strategy bolstered by expert medical advice and a robust support system improves quality of life."

Methods to control facial hair boom in women, as advised by Dr. Geeta:

Hair elimination techniques: Options encompass shaving, waxing, threading, and the use of depilatory creams. These techniques have brief consequences and might also want to be repeated regularly. These traditional techniques are nerve-racking to pores, skin, and hair, therefore elevating the danger of contamination in hair roots and pigmentation in pores and skin.

Prescription medications: Some medications, such as oral contraceptives or anti-androgen medications, can help adjust hormone ranges and limit hormone stimulation to facial hair growth, especially in instances of hormonal imbalances like PCOS.

Laser hair removal: This process makes use of targeted mild beams to target and ruin hair follicles, leading to a long-term discount in hair growth. In comparison to traditional strategies, this superior scientific cure is properly researched and documented to provide advantages to sufferers with immoderate hair growth, irrespective of hormonal changes. Patients with hormonal imbalances may require greater classes in contrast to those with ordinary hormonal levels. Laser hair discount offers everlasting, lengthy-term results. Gentle and stimulating to pores and skin motives cause no harm or adverse outcomes when finished by properly skilled clinical personnel who are familiar with pores and skin and laser interactions. Post-care for lasers is typically easy, and it's recommended to use moisturizer regularly.

Electrolysis: This approach entails the use of a tiny needle to apply an electric current to every hair follicle, destroying the follicle and stopping future growth. It's an everlasting hair elimination choice, but it can be time-consuming and may additionally require more than one session.

Hormonal therapy: In instances where hormonal imbalances are the underlying reason for immoderate facial hair growth, hormone remedies prescribed by a healthcare expert can help modify hormone ranges and decrease hair growth.

Hippie Culture: Bringing a way of life away from societal conventional norms

SUBODHINI PUROHIT

Might there be a domain where life embraces suddenness, creativity, and a proud quest for independence? Well, here's the domain of hippie culture, where the cool wind of opportunity interlaces with the warm hug of variety, welcoming all to move to the beat of their drum. However, what precisely makes this culture so appealing—so attractive in its force? We should unwind the strings of what is also called bohemianism and investigate the substance of its cool charm.

The culture of Bohemia: Once upon a material of cultural congruity, there arose a brushstroke of resistance, bringing forth a culture as dynamic and free-streaming as the strokes of an expert painter. Bohemianism, a living mosaic of disobedience and imagination, follows its genealogy through the twisting roads of history, its foundations weaved with the actual embodiment of human articulation.

Today, hippie culture is something beyond a remnant of the past; it is a no-nonsense demonstration of the force of human articulation. From the roads of Berlin to the seashores of Goa, the bohemian soul perseveres, a demonstration of the immortal charm of opportunity and innovativeness. Development is the soul of Bohemian culture, impelling it at any point forward into a strange area. It is a festival of the human soul in the entirety of its untidy, wonderful brilliance—a demonstration of the getting-through force of defiance, imagination, and the steady quest for credibility.

CRAFTSMANSHIP AND WRITING

Workmanship and writing are the thumping heart of hippie culture, throbbing with the beat of insubordination and innovativeness.

According to Simer Motiani, a marketing professional and a true blue Goan, "Hippie culture champions individuality and self-expression through unconventional choices, embodying a post-pandemic ethos in Goa, where creatives from music, the arts, and various fields converge." She further shares, "Emphasising living in the moment, it encourages freedom in the present, fostering a lifestyle attuned to the now. Hippie culture revels in unique choices, allowing individuals to authentically express themselves. Love, gratitude, and joy form its cornerstone, expressed through art, design, and music. By eschewing rigid norms and societal constraints, it liberates people to freely articulate their identities."

LITERATURE AND ARTS

Hippie culture isn't limited by boundaries or time. It is a stream moving through the ages, building up speed as time passes. One of the vital figures in promoting this development was Henri Murger, an essayist who caught the embodiment of hippie life through his impactful stories. Starting in 1845, Murger began distributing a progression of brief tales that offered a brief look into his encounters among a local area of battling craftsmen dwelling in the Latin Quarter of Paris. His works, loved for their glorified depiction of bohemianism, resounded profoundly with general society, hoisting Murger to the situation with a representative for the development. Murger's scholarly commitments prepared for ensuing works that investigated the topics of bohemianism, including Giacomo Puccini's famous show *La Bohème* in 1896.

MUSIC

According to BOHOtube, boho music, a shortened form of bohemian music, encompasses a genre known for its unrestricted and diverse style. It draws from various musical genres like folk, world music, and indie, resulting in a distinct and unconventional sound. Artists affiliated with boho music often derive inspiration from a myriad of cultural sources, contributing to its rich and varied musical landscape.

Coffee shop music typically exudes a bohemian or boho vibe, characterised by a relaxed and diverse ambience. It commonly includes folk, acoustic, indie, or singer-songwriter genres, con-

Diving deep into a culture that peaked in the sixties, we got our eyes hooked on it; this week for the FYI segment, *The Pioneer* brings a detailed analysis of the Hippie culture as we connect with nonconfirmists who have been into this culture and understand the same.



tributing to the laid-back atmosphere of a coffee establishment.

The term "boho" or "bohemian" music doesn't fit neatly into a specific genre; instead, it conveys a free-spirited, eclectic, and non-conformist style present across various musical realms. Music associated with the boho aesthetic often blends elements of folk, indie, alternative, or even world music. It's more about evoking a particular mood or vibe than adhering to strict genre boundaries.

Some define boho music as a genre characterised by its eclectic and unrestricted sound, drawing inspiration from a diverse array of musical genres like folk, rock, jazz, and world music.

Sidney Soares from Goa shares, "Goan music, shaped by a myriad of influences, bears the imprint of diverse cultural currents. Among these, the bohemian ethos stands out, interwoven with the tapestry of Goan heritage. The centuries-long Portuguese rule has indelibly shaped the lifestyle of Goa, infusing it with a unique blend of traditions. In my music, this rich amalgamation finds expression—a deep reservoir of emotions, marrying classical elegance with contemporary flair. The pursuit of innovation pulses at the heart of musical exploration. Within the bohemian paradigm lies a shared ethos—an embrace of the present moment, a celebration of life lived fully. More contemplative than doctrinal, the hippie culture fosters a mindset of mindfulness and presence. It's this very essence that propels me toward the realm of boho-inspired music—a canvas for experimentation and expression, where each note is a testament to the art of living spontaneously."

BOHO FASHION

The Bohemian style, commonly known as 'Boho chic', embodies a fashion and lifestyle ethos defined by its unconventional and free-spirited nature. While its exact origins are subject to debate, the Bohemian style is thought to have been inspired by the nomadic way of life embraced by the Romani people from the late 19th to the early 20th centuries.

Speaking on the same, Simer highlights, "Boho fashion embodies a distinct aesthetic characterised by its effortlessly layered and flowing garments, often with a hint of ruggedness. Accessories like feathers, layered jewellery, dreamcatchers, and macramé products are quintessential to the boho look. While maintaining its bohemian essence, there's been a shift towards a more refined chic, where draped fabrics are tailored for comfort without sacrificing style. Vibrant prints also play a significant role in boho fashion, but personal favourites like boots, braided accents, and hats add a unique flair to any boho ensemble."

She also adds, "In the Boho community, art and creativity are fundamental to the way of life. It's about embracing a relaxed, perhaps even haphazard, approach to existence—less rigidity, fewer rules, and more fluidity. Creativity unfolds at its own pace, with an emphasis on the journey of crafting something beautiful. Rejecting conventional norms, living in harmony with nature, and granting oneself the freedom to rewrite the script of life are central tenets."

Boho style is less about following the rules and more about creating your own. It's a celebration of individuality and freedom. Going ahead, DJ and restaurateur Rinaa Shah says, "Boho fashion is characterised by flowing fabrics, eclectic patterns, and a blend of vintage and contemporary styles. Over time, it has evolved to embrace sustainability and ethics, reflecting a growing commitment to environmental consciousness. Boho culture champions individuality and self-expression as core principles, honouring the beauty of authenticity and diversity. It encourages individuals to embrace their uniqueness and express themselves freely, unconstrained by societal norms or expectations. Within the Boho community, art and creativity hold a central place, serving as vehicles for self-expression and cultural exploration. Whether through music, visual arts, or crafts, creativity is celebrated as both a personal and collective form of expression, fostering a sense of unity and connection among Boho enthusiasts, a personal and collective form of expression, fostering a sense of unity and connection among Boho enthusiasts."

BALANCING THRILLS OF ACTING WITH JOYS OF MOTHERHOOD

Exposed to the tinsel town at the tender age of five years, Sridevi Vijaykumar took to films like a duck to water and went on to build a flourishing career spanning Tamil, Telugu, and Kannada films. She has etched her name as a versatile actress and a beloved television personality. As the youngest daughter of renowned actors Vijayakumar and late Manjula, Sridevi's journeys in both personal and professional spheres have been exemplary, marked by strong familial bonds and a sense of deep fulfillment. In a conversation with *The Pioneer's* K Ramya Sree, Sridevi opens up about her enchanting childhood, the profound influence of her parents, her marriage to a predetermined Telugu guy, the joys of motherhood, and the cherished moments that define her life's tapestry.



NOTORIOUS, BIG-TIME ROWDY...

As a child, I was never calm or composed at all. Being the last kid in the house, I was pampered and therefore notorious for playing pranks. I was totally 'duh' for the whole family. I could get away with anything. I was very naughty, adamant, and a big-time rowdy. I changed completely as I grew up. It is a complete contrast in my personality now. Still, my family members keep taunting that I am the 'only brat in the family'.

BIG FAMILY... BIGGER CELEBRATIONS...

Going along with mom and dad for different shoots was so much fun. The whole film unit used to pamper me. I used to be a really chubby kid. So, automatically I got all the attention. I still have a lot of vivid memories of spending time with my parents on sets as a kid. I have a very big family. It is always like a festival when we are together. We always celebrate even the smallest thing in a big way. That is what my mom has always taught us to enjoy and celebrate each and every moment. Even if it is the smallest achievement, we celebrate it together. We try and make the most of it. That is a very good habit which we are trying to pass it on to our next generation as well. My mom always sees life on large scale. She taught us to spread happiness and positivity to the people around us.



ALWAYS GOT WHAT I WANTED...

I started acting when I was just five years old. In fact, for me acting began much before I knew anything else substantial. Going to shoots with 'amma' (mom) and 'appa' (dad) was very common for us. So, we were sort of born and brought up in films only. If you ask me what we folks talk at home, it is always about cinema. Even if we happen to discuss any other subject, our conversation will eventually veer towards cinema. My childhood was very beautiful. I always got what I wanted; there was never a 'no' for me. So, it was obviously very nice, and being part of the industry at a young age left me so many cherished memories. I still remember every bit of my acting when I started off as a five-year-old. I really cherish those memories so much. I had the best childhood ever. I never regret anything I have done or missed because I have had the best, I would say.

ALWAYS WANTED TO BE AN ACTOR...

Having started off as a child actor, I think I had no option but to get deeper into movies, because the transition period was very less. I had worked as a child artiste at the age of 10 years too. I did *Eeswar* as the female lead when I was 15 years old. So, there was never a long break for me to even think of what I could do apart from films. I will be in films is what I had in my mind, always. And they knew in my family also that I had it in me. I did not have focus anywhere else. Even when I had to go to school for lack of shooting, I used to literally cry and go to school. I preferred to go to shoots. At one point in my childhood, my mom stopped me from acting because she wanted me to go to school. I then used to balance both. So, I had to slow down as a child actor, but later the transition to *Eeswar* was very quick.



PROS AND CONS OF BEING BORN INTO A REPUTED FAMILY...

Being born into a family with parents already well-known in the film industry has its own pros and cons. The plus is the reach, everyone knows who you are and where you are coming from, but the minus is the comparison. My dad has done 1,000 plus movies, my mom did 500 plus movies; so, the comparison is immediately with them. It was kind of difficult, because for me it was my first movie, but for them, they had already proved it. Still, you have to move along with it. It does take time to gain more recognition than a normal actor, because we have more pressure I think because we have to keep up with the family's reputation right from the first film itself. It takes time to mould yourself and to know how to perform everything.

AN ARRANGED MARRIAGE...

I had an arranged marriage. A lot of people were surprised when I decided to settle down all of a sudden. I was quite young and doing a lot of movies when I decided to get married. But it was always there in my family at what age we have to settle down. I knew that I will have an arranged marriage and I will not go against my father. I can do anything for him. I decided at a young age that I will go with whatever he decided. I set my mind that way and it was not a shocking thing for me. When they decided this, I knew that they will find the right person for me. I got married when I was 22. Thankfully, I have been blessed to have my husband in my life and it was the right decision I made in my life. I am very very happy that my marriage worked out for me and I feel blessed that Rahul, my husband, is in my life because he is very sweet, understanding and very caring. It brought a lot of balance in my life. He was the one who encouraged me to continue acting after marriage and encouraged me not to give up on something that I love doing. Although I wanted to proceed slowly, he pushed me to not waste what I have.



ANYTHING FOR MY FATHER...

My bond with my father is very special. As a girl child, I think every girl is very close to her father. I go a little further for my father. I live for him. My husband has seen the bond between me and my father and how much I love him. When we had a girl, my first thought was that my daughter should have the same bonding that I have had with my dad. Now their bond is so adorable that I am not even jealous of it when they are very close. Because I know how important for a girl her father figure is. So, from day 1 my husband started doing everything for her. It was so beautiful to see that.

NOT A SPORTSPERSON...

I was never into sports from childhood. I am a little lazy that way. Badminton is the only sport I play and I am good at that. I learned to play badminton before my marriage but not during childhood. Moreover, I was never into fitness. I always used to balance with my diet. Of late, I have started exercising to maintain health. I tend to put on a lot of weight. It runs in my family, I guess. From my childhood, I have always been like that. So, I have to always maintain my diet. Also, being happy inside gives the energy on your face.

ALL CREDIT TO HUSBAND...

When it comes to parenting, my husband's approach is much better than mine. He knows what is important and he is much more balanced and matured than me. Mine is all very impulsive decisions and I am the live-for-the-moment person. But I think it is a balance of both. Being a mother is a beautiful feeling. I grew up with many kids around and got used to the responsibilities that come with having kids. So, when I had my child, it was not out of the blue. The whole phase was beautiful. However, the difficult part was that my mother was not around me when I was giving birth and that hit me more than anything. That was very hard. Thankfully, I have an amazing family who donned the role of a mother to me. They gave me double the attention because they knew how much I missed my mother. After my mother passed away, my life turned upside down and that delayed the process of having my baby. But I believe she came to me in the form of my daughter.



POSSESSIVE MOTHER...

My daughter was born and within two years Covid-19 outbreak and everything happened so quick. There was a lot of bonding and cute memories we created during the lockdown. There was a lot of baking, cooking and cleaning we did together during lockdown. I did not accept much work after my daughter was born. She is now seven years old and her routine has started now. So, I thought I should get back to doing films. I am very possessive about her. I have never had a help for her ever since she was born. It was either me or my husband who did it all for her. Even now, when I am working, he takes over; and when he is working, I take over. That's how we have balanced it with her from dropping to school to picking her up. I never leave her alone. People say give her some space but I want to be around her because at one point anyway they are going to have their freedom. Till that point I want to be with her.



RAPID FIRE:

- Describe yourself in one sentence:** A happy person who dreams big. I will, I can, I am.
- Favourite holiday destination:** Europe. I like the whole feel of chilling in the café and sitting in a park. I am a mountain and scenic person.
- A city you wish to visit:** New Zealand. I went to New Zealand when I did *Eeswar*. It has been 20 years now. It is on my next list.
- Favourite colour:** Black, red and blue.
- Are you religious or spiritual:** I am very religious. I believe a lot in God. I do a lot of puja. I am very much into that. I follow it very much and I want my daughter too to follow. She is learning *shlokas* now, she is grasping it quickly.
- Are you a foodie:** Big-time. I can't live without non-veg. Chicken should be in my meals every day. I enjoy Telugu food, particularly spicy dishes. I am a big-time dessert person. I will melt for ice creams and desserts.
- Your guilty pleasure:** Desserts. I have restricted myself very few times for desserts.
- What are you most scared of:** Lizards, cockroaches. I am very scared to stay alone. I have never lived alone, never slept alone.
- Your driving force:** My life is all about my father. I live for my father. I would do anything to bring a smile on his face. My life revolves around my father and my daughter now.
- Your stress buster:** Being around my family.

CHILDREN BREAK THE MOULD OF PARENTAL EDUCATION



At the end of the first quarter of the 21st century, the vast majority of India's population aged 5 and above, is literate through formal schooling. About 84 percent of men and 72 percent of women are literate, as per the Periodic Labour Force Survey (PLFS), 2021–22, Government of India. That being said, slightly more than one-fifth of the total population aged 5 and above is still not literate. It's intriguing to explore the educational achievements of the children whose parents are among this group of non-literate adults!

There is a lot of literature that confirms that parents' educational level has a very significant positive impact on a child's educational outcomes. And much more prominent is the role of the mother's education in the same. A well-known quote by Mahatma Gandhi reads, "If you educate a man, you educate an individual, and if you educate a woman, you educate an entire family." But important insights can be drawn from the socio-economic profiles of the parents who are not literate through any formal education and whose children entered the education system for the first time in their families. These children may be termed "first-generation students."

The PLFS data reveals that around 38 percent of the total population falls into the age group of 5–25 years. Among these young people, around 14 percent have parents who are not literate through formal education. The parents of

approximately 14 percent of children are not literate. Out of this 14 percent, about 88 percent have gone to school, becoming the first in their families to step into the formal education system. And another 12 percent of the children have not received any formal education.

It was found that the majority of first-generation schoolchildren are from rural areas; about three-fourths belong to the bottom two expenditure quintiles; over 40 percent are from SC/ST communities; and about 60 percent are boys.

Further, approximately two-thirds of these first-generation students have completed their education up to the middle level; 18 percent have completed secondary or higher secondary education, and another 3 percent have reached higher education (graduation or post-graduation).

The data also reveals that the children of non-literate parents (12 percent) have not received any formal education either. They are mostly from rural areas and low-income groups. Around 85 percent of them are from the bottom two expenditure quintiles; more than 80 percent belong to rural areas; around 56 percent are boys; and 43 percent are from SC/ST communities.

Further probing on the whereabouts of the 12 percent non-literate children of the non-literate parents reveals that approximately 22 percent of these children are engaged in direct income-generating activities, and another 10 percent are involved in indirect econom-

ic activities for their families. Around one-fourth of them are involved in domestic duties, like household chores, caregiving, and other responsibilities.

A little more than 5 percent of the non-literate children are disabled, and the largest proportion, approximately 41 percent, is neither participating in formal education nor engaged in any economic or domestic activities.

Such a situation may require targeted interventions aimed at improving access to education, economic opportunities, and support services for individuals in this demographic group. While there are already many scholarship programs and initiatives to ensure that financial barriers should not be a reason for any child to remain uneducated, many children are still out of the education system.

As goes the Tibetan proverb, "A child without education is like a bird without wings," it is crucial that every child be enrolled in school. This will require necessary support for first-generation students, both academic and financial, and mentorship as well as career counselling programs. Also, policymakers can prioritise focused initiatives aimed at uplifting non-literate individuals, especially parents, to break the cycle of intergenerational illiteracy. Given the significant influence of parental education on children's educational achievements, policies can focus on empowering parents, particularly mothers who are under 50 years old, through literacy programs and adult education initiatives.

In summary, many children who have already broken the barriers in their families and have set foot into the classroom have paved the way for future generations. But for the other less fortunate children, the constraints are many, due to which they remain stuck in the cycle of illiteracy, struggling to break free. Overall, a concerted effort from policymakers, educators, and community stakeholders is imperative to create an inclusive and equitable education system that enables every child to reach their full potential.

(The authors are Prabir Kumar Ghosh and Chanchal Negi, Sr. Fellow and Research Analyst, at the National Council of Applied Economic Research.)





CARROT AND ORANGE JUICE

INGREDIENTS

- Large carrot 1
- Medium-sized oranges (2)
- Ginger 1"
- Lemon juice, ¼ cup
- Ice as needed

Toppings:

- Mint leaves

METHOD:

Chop the carrot into small pieces. Peel the oranges. Peel and slice ginger. Using a blender, blend all the ingredients and strain. Garnish with mint leaves, and serve.

Healthy drinks for the summer

MIXED FRUIT SHAKE

INGREDIENTS

- Chopped papaya, ¾ cup
- Banana, 1 medium
- Honey, 1 tablespoon
- Milk: 150 ml.
- Orange juice, 150 ml.
- Plain Greek yogurt or curds, 4 tablespoons

Toppings:

- Chopped papaya
- Pomegranate arils

METHOD:

All the ingredients have to be very cold. Put all the ingredients in a blender and blend till smooth. Garnish with chopped papaya and pomegranate arils.



This is the season when the sun is strong and the heat can be rather unbearable! The body may suffer from the intense heat, sweltering sun, and heated wind. As such, it is essential that you control your body's internal temperature with what you drink. While a glass of cold water would normally be plenty to combat the heat, Anagha Ramakant Desai, a homechef, is here to provide you with an abundance of options if you're considering other hydrating beverages!

FIG HONEY SMOOTHIE

INGREDIENTS

- Figs 4
- Milk 300ml.
- Curds (not sour): 100 ml.
- Honey, 3-4 tablespoons
- Ice cubes 3-4

Toppings:

- Fig slice

METHOD:

Remove the tops of the figs and quarters. Put all the ingredients in the blender and blend till smooth. Pour into chilled glasses and serve.



INGREDIENTS

- Tomato 3-4
- Mint leaves, 2 tablespoons
- Celery stalk 1
- Ginger 1/2"
- Roasted cumin powder, ½ teaspoon
- Water, as required

Toppings:

- Mint leaves

METHOD:

Core and chop tomatoes. Peel and chop the celery stalk. Peel and slice ginger. Put all the ingredients in the blender. Using water as required, blend. Serve chilled.

TOMATO AND CELERY JUICE





MORINA DREAM DATE + MOONFLOWER BUNDLE

If your mom is fond of fragrances, she'll love the Morina Dream Date + Moonflower Bundle. Dream Date is an exquisite unisex fragrance that blends the sophistication of Oud wood with the richness of saffron and the delicate allure of rose. Moonflower, on the other hand, is a refreshing white floral scent with woody undertones—a symbol of feminine empowerment. Both fragrances are long-lasting, ensuring you leave a lasting impression wherever you go. **MRP: Rs. 3000**

MOTHER'S DAY GIFTING GUIDE

BEVZILLA ASSORTED COFFEE CUBES + FROTHER + ENAMEL MUG COMBO

Mother's Day is a wonderful opportunity to express our gratitude to the mothers who have always been there for us with their selfless love and care. This day is about celebrating and honouring the amazing women who have played a pivotal role in shaping us into who we are today. Let's make the most of this special occasion by indulging in the goodness of Bevzilla Coffee's products, such as their assorted coffee cubes, frother, and enamel mug. In just 30 seconds, you can enjoy a delicious cup of coffee anytime and anywhere.



SURPRISE YOUR MAKEUP-OBSESSED MOM WITH LA MIOR'S PEPTIDE GLAZE LIP BALM

Get your skincare and makeup-loving mom La Mior's Peptide Glaze Lip Balm! This viral lip balm offers a 3-in-1 formula that provides glossy shine, healing, and nourishment with peptides and shea butter. Its restorative formula naturally plumps and softens lips, gives you a high shine, a non-sticky gloss that lasts all day, and full-bodied color. The sleek, twist-up pen is available in six juicy combinations of three shades, and it's high-performance, clean, vegan, and cruelty-free. Your mom will love it! **MRP: Rs. 2,055**



MOM-TASTIC TREAT!

Step into a world of hair care excellence with Dr. Batra's hair fall control hair care regime, meticulously crafted by seasoned trichologists. This comprehensive kit features a quartet of essentials: hair oil, shampoo, conditioner, and hair vitalizing serum, designed to cater to every strand's needs. From supporting hair growth to restoring scalp health, this collection nourishes tresses from root to tip, infusing them with vitality and strength. **Price: Rs. 2,252**

SHIELD MOM'S GLOW

Mother's Day is a time to show appreciation for the incredible women in our lives, and what better way to do that than with a thoughtful gift that promotes self-care and wellness? Consider gifting your mom La Shield IR Sunscreen Gel with SPF 30 and PA++++, a perfect addition to her skincare routine that goes beyond just sun protection. This sunscreen is designed for those who spend a lot of time indoors, making it ideal for moms working from home or spending hours in front of computer screens. Its SPF 30 and PA++++ offers comprehensive protection against UVA, UVB, and even infrared rays from electronic devices and lighting.



ORRA CROWN STAR COLLECTION FOR MOTHER'S DAY

The 73-faceted diamond of the Crown Star collection astounds observers with its unmatched brilliance, fire, and sparkle. It is akin to a fire burning bright in the center of a dark room, magnified by 73 mirrors instead of just 57 mirrors. This innovative diamond promises to make you stand out from the crowd with its sheer dazzle this Mother's Day. Certified for maximum brilliance, fire, and sparkle, the ORRA Crown Star radiates a captivating dance of light, fulfilling every woman's desire to shine brilliantly and be the center of attention.

SORRENTINA'S SNACKING HAMPER

This Mother's Day, surprise the special woman in your life with a taste of Italy! Packed with a delightful assortment of gourmet snacks, each item has been selected to deliver the authentic flavors of Italy right to her doorstep. From rich mini chocochip cookies and tasty parmesan cheese straws to delectable black truffle chips, this hamper is designed to indulge her senses. Sorrentina's Snacking Hamper is the perfect way to show your appreciation. **Price: INR 3,100. Available on Sorrentina's website**



LIGHT UP MOM'S WORLD WITH THE FLICKER OF TARA CANDLES

Go beyond the ordinary and surprise your mom with a special gift from Tara Candles' Flower of India range. This collection features candles infused with the enchanting fragrances of rose, jasmine, lily, frangipani, and tuberose. Each candle is handcrafted, long-lasting, and comes in a reusable jar.



KAI INDIA OFFERS THE PERFECT GIFT FOR CULINARY ENTHUSIAST MOMS!

Kai India is proud to offer the ideal gift for moms who love to cook. This year, show your gratitude by gifting your mother the Kai Hocho premium chef knife—an essential addition to any kitchen. Renowned for its razor-sharp blade and versatile functionality, this premium chef knife is designed to make cooking a joyous and effortless experience. It is a multipurpose Japanese-style knife suitable for various kitchen tasks like chopping, slicing, and dicing. Its strong polypropylene handle ensures a firm grip for comfort and safety, making it a reliable choice for both domestic and commercial use.



MOTHER'S DAY COMBO BY ARCHIES

This amazing Mother's Day combo consists of a "100 Reasons Why I Love My Mom" book, a beautiful keychain, a ceramic mug, a heartwarming greeting card, and delicious chocolate. Our special Mother's Day combo is created to make your mother happy and honour the unmatched love and care that moms provide. This carefully chosen product is a sincere way to convey gratitude, and it's ideal for thanking your mother on this important day. With Archies Mother's Day Delightful Combo, a thank-you gift that honours her enduring love and commitment, you can make this Mother's Day genuinely special.

Common mistakes to avoid in REAL ESTATE INVESTING

Getting into the real estate market can bring about not gains but also exposure, to a realm of potential risks. Unlike some investment sectors, finding success in estate demands a certain level of expertise ranging from newcomers, to seasoned experts. Understanding the complexities of real estate necessitates a solid strategy behind their investment. Let's discuss some of the biggest mistakes real estate investors frequently fall into and offer the necessary advice to prevent getting caught in the most dangerous ones.

Lack of attention to negotiation and due diligence is the most common flaw associated with business acquisition that activates numerous downswings starting from excessively high prices. "Income-generating properties aspire to be mortgage-free, instead of being some kind of a speculative investment on the lottery ticket," asserts

SanjooBhadana, managing director of 4S Developers. "The purchasing of a property requires a lot of due diligence and thorough knowledge of the market, conditions of the property as well as legal aspects. Failing to have a closer look or simply based on assumptions can result in disaster."

The point has been well made by Gunjan Goel, Director at Goel Ganga Developments, when she emphasised the role of patience and hard work. "Propping up a deal that was built on a shaky foundation without proper due diligence is the same as building a house on the ground that is trembling," is her warning. "Make a point of going through the background of the property and its zoning as well as other related factors which may be for or against you. This will save you in the execution of an informed decision today which may save you from costly mistakes down the line."

A common mistake of most new investors though, is to underestimate the costing usually involved with real estate investments. These years include not only miscellaneous expenses and for the house like the upkeep and fitting to the

taxes and insurance as these charges too are very high, which can quickly damage your profit by not mindful planning. Aman Gupta of RPS Group asserts, "The inclusion of a contingency fund lessens the chances of unexpected expenditures derailing your project. Successful real estate investments do not move according to a predetermined plan; you never know when unplanned expenses will rear their ugly head."

Diversification may not just be a key to your success but it must be a partner of risk as well. The statement has always been true, the way it is put is, "Don't put all your eggs in the same basket." By putting all your business in one field or asset class, you risk being exposed to unexpected events or a drop in the market. LC Mittal, Director of Motia Group, emphasises the importance of diversification: "Thorough diversification can reduce credit risk and offer stability during the shocks of the market rise and fall. Analyse various asset types, locations, and investment schemes to choose the most effective for you and steadily build your investment portfolio."

Another critical part to reflect on is the management and maintenance of your portfolio. What a lot of investors haven't taken into account is the time and work they have to put into management of their real estate portfolio and the outcome could be everything from neglected properties to unhappy tenants and even to legal problems. "Investments in the real estate industry is not a passive venture," as per SanjooBhadana. "To this

end, the management of property requires the active participation and a promise for the provision of highest class property servicing. Not meeting the standards can lead to a very quick loss of your investment."

Moreover, we can't afford to disregard emotional perils that may hinder your ability to make tough decisions. Real estate investing is an active roller coaster that triggers emotional waves which are reflected in a manner in which you make your decisions. As Gunjan Goel suggested, "Think of each investment strategically with a lean mind and be rational, allowing emotions like fear and greed to control your buying and selling decision. This will help you achieve your long-term objectives."

Also, the failure to keep up-to-date with the market trends, regulations, and legal issues could lead to the unnecessary expenses. Real estate is dynamic and knowing how it changes as it is very essential. Go through seminars, affect your network with industry gurus, and keep updated with the latest trends. Ignorance is just as bad as the lack of knowledge in the world of real estate investing.

Therefore, taking note of the given crucial tips and avoiding the common mistakes discussed will help you to move forward in the real estate market business with self-assurance and a clear vision. Recollect that all the relevant aspects like diligence, knowledge, and a proper strategy combined can guarantee a win (or success) in business. Bite the bullet, become a student of your mistakes, and continue building skills and you will emerge an amazing investor worth emulation. Lack should not limit you in achieving your goals!

Revolutionising real estate with fractional ownership

Fractional Ownership is relatively a new business model that promotes the idea of shared ownership. This approach allows multiple individuals to buy a small share of the asset. Each of the investors is liable to pay a fraction of the total value of the high-end asset. This concept aims to make expensive assets more accessible to a range of investors. The asset could be a real estate property, airplane, yacht, artwork, luxury car, rare diamond, etc. So, one doesn't need to pay the entire price yet enjoy the benefits of a high-end asset.

Fractional ownership in real estate is a major trend in the western countries but is now gaining popularity in India too. The real estate property could be a vacation home, commercial property, and high-end villa, to name a few. Multiple owners share the rights and responsibilities of the real estate property. A shared title allows the users to enjoy the asset for a specific period allocated to each.

The fractional ownership model is a unique way to own a

portion of the property without paying its full price. This appealing concept attracts many investors to become part owner. Some of the prime benefits of fractional ownership in India are:

LOWER FINANCIAL BURDEN

Co-owning a property allows you to split the cost and gain access to the asset. With a small financial commitment, you get ownership of the asset you have been eyeing on.

DIVERSIFICATION

Diversify your investment portfolio by having fractional stakes in different assets. Investors can have a share in real estate, artwork, and other asset classes. This mitigates the risk and improves profitability.

PROFESSIONALLY MANAGED

The co-owners need not get into the hassle of upkeep of the property. The Asset Management Company manages the property. The company takes care of the repairs, staffing, etc. to enable the investors to enjoy the asset.

SHARING OF RESPONSIBILITIES

The ongoing annual cost of the property is shared among the multiple owners on a pro-rata basis. This uplifts the affordability quotient. The sharing of responsibilities makes the management of the asset viable.

SCHEDULING OF USAGE

Proper guidelines are issued to all the co-owners about how they can use the property. Each investor is allocated a specific period throughout the year to use the asset. This eliminates the chances of conflicts among the co-owners.

Turning 30? Saturn return Is the perfect time to reflect on the future

Saturn represents the celestial body associated with regulations, constraints, boundaries, discipline, people of authority, and obstacles. It takes Saturn about 29 years to go around all 12 zodiac signs. Also, around the ages of 29, 58, and 87, Saturn comes back to the exact spot it was in when you were born. This is called Saturn's return. You're being pushed to think about how far you've come in learning the lessons the planet has to teach you about work, duty, and structure, and to build things that will help you for the next 29 years.

The two to three years you'll go through can be thought of as a big wake-up call and an official welcome to adulthood. Now is a good time to think about where you want to go next and how far you've come. Astrology says that now is the best time to change your mind and your path so that you can be even more successful in the long run.

Let's find out how to take care of you and make the most of the transit, according to Pandit Jagannath Guruji.

Maximising your Saturn return experience

No matter what your horoscope says, the end of your 20s is a big change. A lot of people around you are probably getting married, pregnant, buying a house, or hitting their stride at work. These are all very Saturnian events because they have to do with commitment, structure, habits, and foundations. During your Saturn return, you may be about to do any of these things or set the stage for other related activities in your adult life. And if you're not, you might feel like you're not doing enough.

As you look around, think, and sometimes feel like you have to make your life look a certain way, here are some ways to take care of your health and make the most of the travel.

Build lasting structures beyond conventional limits

When Saturn moves through our charts, it tells us to grow up and take responsibility. But it's also important to remember that Saturn is like a strict parent in the sky. You are your own person, and some rules, customs, and conventions aren't meant to fit with who you are. Keep in mind that your Saturn return isn't meant to force you to follow the rules of society in order to thrive. Instead, you might think about the normal things that come with being an adult and really think about whether they're right for you, either now or never.

Self-care like this is especially important for people whose Saturn is in Aquarius or Pisces, which are both headstrong and sensitive. You are the one who can dream up and build the structures that will make up the core of your adult life after your first Saturn return. Making your own decisions is likely to make you more successful than if you followed the norm. This is true whether you choose a long-term relationship over marriage or become an entrepreneur instead of working a regular 9-to-5 job.

Approach your grandest goals differently

Your Saturn return makes you think about your goals in a more realistic way. When you graduated from college, you may have been sure that you'd be a great screenwriter or have a long-term partner by the time you turned 30. But things have changed in your work, or it's taking longer than you thought to reach some of your goals. Because of the taskmaster planet's harsh energy, you might be tougher on yourself than your hardest parent

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| <p>ARIES</p> <p>You are facing financial and self-esteem challenges. Patience and tenacity will help you overcome it. Take a break with family to ease worries and find clarity.</p> | <p>Your experimental budgeting wins superiors' praise. Favourable signs allow plan execution. Patience advised with siblings. Romantic fantasies diverge from reality.</p> <p>LEO</p> | <p>Deep feelings may enliven a relationship. Humour and logic will propel your career. Overcome eccentricities through effort. Novel ideas require coworker support.</p> <p>SAGITTARIUS</p> | <p>Work excitement drives you. A logical mind will yield outstanding results. Deep friendship holds profound meaning. Seek guidance for new ventures in life.</p> <p>CAPRICORN</p> | <p>VIRGO</p> <p>Your talent and hard work will earn accolades. You seek romantic excitement. Supportive relationships will lead to success. Express your feelings before it's too late.</p> | | | | | | | |
| <p>You will encounter attractions this week. Move forward despite initial setbacks. Embrace your quirks; they'll benefit you. Friends will support you with your dreams.</p> <p>TAURUS</p> | <h2>YOUR WEEK AHEAD</h2> | | <p>LIBRA</p> <p>Joy and introspection alleviate stress. Feminine touch attracts support. Seek guidance to nurture your talent. Overcome childhood fallacies. Maintain marital love.</p> | | | | | | | | |
| <p>Your experimental nature impresses others. Innovation at work and home dispels monotony. Earn acceptance through loyalty. Don't let temporary hurdles deter you.</p> <p>AQUARIUS</p> | <p>SCORPIO</p> <p>Missed meetings will hinder career growth. Health improvements will lead to financial gains. Harmonise work relationships to enhance productivity.</p> | <p>You will generate new project ideas. You are attracted to novelties and are a devout romantic. Your leadership qualities will be recognised. Do not be swayed by it.</p> <p>CANCER</p> | <p>Siblings will support your dreams. Avoid unwanted advice. Tenacity and wit lead to career success. Prioritise relaxation for mental and physical well-being.</p> <p>PISCES</p> | | | | | | | | |
| <p>GEMINI</p> | <p>Your knack for innovation aids your project selection. Novel projects promise profit. Steadfastness brings career success. Seek family time for revitalisation.</p> | | | | | | | | | | |



or teacher.

Do your best to look at yourself from a perspective that is more constructive and imaginative. This is your Saturn return, so if you still want to do what you set out to do, you should think about how you're going to get there. If you want to find the right person, you might decide to go back to school for a higher degree or work on

yourself and heal.

Envision your ultimate destiny

You might already have a way of setting intentions for new moons, or you might like to meditate. But when your Saturn returns, make sure you give yourself time to disconnect and tune into what you really want. Picture yourself when you are 39, 49, and 59 years old. Who are the people around you?

What do you do during the day? What kind of job do you have? How are you looking after your body, mind, and soul? Where do you reside? Putting as much time into developing this idea as you can, maybe even writing it down, can help you start to make the most of this time.

Saturn's return invites you to reinvent yourself

The Saturn return, like eclipses and retrogrades, is known to be a scary and frustrating time that can make your life even harder, if it wasn't already. Believe it or not, this bad image is not deserved. If you've been having a hard time stepping up and taking responsibility for your actions, habits, and future, Saturn can teach you some hard lessons. But the planet of the taskmaster also benefits people who work hard, are practical, responsible, mature, and committed.

Uranus, the planet of revolution, could bring about big changes, and Pluto, the planet of transformation, could bring about big changes as well. But around age 29, Saturn gives you a chance to recommit to long-term goals or completely rethink them, and then make a plan for how to reach your goal. To put it another way, it's a chance to start over in a way that could lead to success for decades to come.

GLOBE TROT

CHINESE SCIENTISTS FIND NEW LIFE FOR OLD

Chinese researchers have unveiled intriguing findings regarding longevity. In a peer-reviewed study featured in the journal *Nature Ageing*, they reveal the discovery of an anti-ageing element within the blood of young mice. The study focused on male mice, aged 20 months, with a median lifespan of 840 days. Through weekly injections of this blood component, researchers observed a remarkable 22.7% boost in median lifespan, extending it to approximately 1,031 days—an equivalent of nearly 120-130 human years. Over seven years, this study accentuates the criticality of comprehending cellular mechanisms as a foundation for prospective anti-ageing interventions.



SAIL INTO THE FUTURE: Luxury flying boat goes on sale

Introducing The Icon, the pioneering battery-powered flying boat crafted through a groundbreaking collaboration between BMW and boat manufacturer Tyde. This remarkable vessel stands at the forefront of electric mobility on water, embodying a fusion of innovation and luxury. Unveiled to the world almost a year ago at the prestigious Cannes Film Festival. With an impressive top

speed of 30 knots (approximately 34.5 miles per hour), The Icon seamlessly blends luxury with performance, offering passengers a serene and emission-free journey over the water's surface. Its design is a testament to sophistication, boasting expansive windows and enchanting LED lighting that illuminate the surrounding waters. Now available for purchase at 2,150,205 Pounds (Rs 22,41,84458)



People breathing cancer-causing chemicals when in car

A study conducted across 30 states analysed cabin air from 101 electric, gas, and hybrid vehicles ranging from model years 2015 to 2022. Shockingly, 99% of the cars tested posi-

tive for TCIPP, a flame retardant currently under investigation by the U.S. National Toxicology Program for its potential carcinogenic properties. Moreover, the majority of vehicles also harbored two other flame retardants, TDCIPP and TCEP, both recognized as carcinogens. Researchers pinpointed seat foam as the main culprit behind these cancer-causing compounds found in cabin air. Elevated levels of these hazardous flame retardants were observed during the summer months, attributed to heightened chemical release from car materials due to increased heat.



Celebrating the Life of Telugu Vaggeyakara: TYAGARAJA

Tyagaraja Aradhana is an annual Aradhana for the Telugu saint composer Tyagaraja. The music festival is held in Andhra Pradesh, Karnataka, and Tamil Nadu, with the main event taking place in Tiruvaiyaru, Thanjavur district, Tamil Nadu, where Tyagaraja reached Jeeva Samadhis. Saint Tyagaraju, a Telugu personality brought up in Tamil Nadu, has been known as one of the renowned Vaggeyakaras. (A Vaggeyakara, called one expert poet, composes music and also renders together.)

It has been conducted in Thiruvayaru (part of Tamil Nadu) for two months between January and February every year for the last 175 years. It's a fantastic spectacle in which the artists and thousands of audience members work together to charge the atmosphere with the spirit of Thyagaraja, a divine experience that can only be felt live, and thousands of Carnatic Keerthanas and Bhajans are performed by musicians to pay tribute to Tyagaraju. Not only singers, but hundreds of vocalists and instrumentalists from all areas of South India come, creating a stunning event.

It then became a tradition to sing the 'Pancharatna Kritis' on the Pushya Bahula Panchami day, with performances at these musical festivals. They include several Keerthanas of Tyagaraja are listed to enjoy "Tyagaraja's compositions include the Ghana Raaga Pancaratnam (5 gems) in Raagam Nattai, Gowlara, Arabi, Shree Raagam, and Varaali, his most famous and scholarly contributions to Carnatic music, and he delighted in singing them". They are very popularly called the 5 Gems of Pancharatna Kritis, even today. Much noted is that one of his masterpieces, "Jagadanandakaraka," enumerates the 108 names of the lord, each describing the unique characteristics of Ram.

The Life of Saint Tyagaraja

Sadguru Tyagaraja, the saint-poet, was born on May 4 (but some say on May 5th), 1767. Tyagaraju lived in the village of Thiruvayaru in Thanjavur. His parents are Kakarla Ramabrahmam and Sitamma. This

family was said to be Telugu Mulakanadu Smartha Brahmins (traditionally from one of four classes called Varnas) from Prakasam in Andhra Pradesh.

Saint Tyagaraju is widely regarded as one of three major composers praised as the Trinity of Carnatic Music from Thanjavur in the early 19th century. The other two are Muthuswami Dikshitar and Syama Sastri. Our history is full of musical legends who devoted their entire lives to "Bhakti" (devotion) and spirituality, including Saint Thyagaraja. His Thyagaraja Kritis is still performed widely in concerts by public demand. He composed and wrote 24000 kritis in praise of Lord Rama. Only 700 of them or so survived through the ages through successive generations of his musical disciples.

It was specially mentioned in Britannica, from the Madras Presidency: "An Indian composer of Karnataka songs of the genre kirtan, or kriti (devotional songs), and of ragas. He is the most prominent person in the history of southern Indian classical music, and he is venerated by contemporary Karnatak musicians. Tyagaraja is said to have composed the music and words of thousands of kriti. In concert life, he remains dominant; rarely does a concert of southern Indian music omit his works. He spent much of his life at the court of Tanjore (now Thanjavur), where the official language was Telugu; thus, most of his songs have Telugu texts."

The Britannica further explained:

"Tyagaraja became a devotee of Vaishnava at an early age and is regarded as an exponent of gana-marga—i.e., salvation through devotional music. The music of Tyagaraja's songs is transmitted orally. He is credited with various musical innovations, including the use of a structured variation of musical lines within the performance, a practice that may have been derived from improvisatory techniques."

(The article is written by author Madabhushi Sridhar Acharyulu.)