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BJP alleges Tamil Nadu minister Anitha R Radhakrishnan used expletive against PM Modi

Sanjay Kumar

Chennai, March 24: The Tamil Nadu BJP on Sunday alleged that the state Fisheries Minister and DMK leader Anitha R Radhakrishnan publicly uttered an expletive against



Modi and said it would approach the police and Election Commission (EC) seeking action. DMK leaders have reached a new low in their uncouth behaviour by passing vile comments & unpardonable public discourse against our Hon PM Thiru @narendramodi avl. K Annamalai, the BJP's state unit president posted on X that DMK leaders have reached a new low in their 'uncouth behaviour' by

passing 'vile comments and an unpardonable public discourse' against PM Modi. When they have nothing to criticise, this is the level DMK leaders have stooped. DMK MP Smt Kanimozhi was on the stage and did not

> bother to stop her coleague,' Annamalai said in his post. Annamalai also tagged a video clip of Anitha Radhakrishnan which the Minister purportedly used an expletive in Tamil. BJP vice president Narayanan Tirupathi Anitha

Radhakrishnan spoke against PM Modi in a 'highly contemptuous manner and that the Minister should be immediately dismissed from his post. Tirupathi also demanded that Anitha Radhakrishnan must be arrested and lodged in jail. He added that Lok Sabha MP Kanimozhi was present when Radhakrishnan made that outrageous comment and hence, the EC must take strict action against her New Delhi, Monday, 25 March 2024

INDIA bloc to hold 'maha rally' in Delhi on March 31 to 'safeguard democracy'

Simmi Kaur Babbar

New Delhi, March 24: The opposition INDIA bloc will hold a "maha rally" at Delhi's Ramlila Maidan on March 31 to safeguard the country's interests and democracy, AAP leader Gopal Rai said on Sunday. The announcement comes after Delhi Chief Minister Arvind Kejriwal (55) was arrested by the Enforcement Directorate (ED) on Thursday from his official residence in connection with an excise policy-linked money-laundering case. A court on Friday sent the AAP national convenor to the central agency's custody till March 28. Addressing a press conference, INDIA bloc allies AAP and Congress announced the rally. "We will hold a 'maha rally' at Ramlila Maidan on March 31 against what is happening in the country. The top leadership of the INDIA bloc will participate in the event," Rai, the AAP's Delhi convenor, Rai said. "Democracy and the country are in danger. All INDIA bloc parties will take part in this 'maha rally' to safeguard the country's interests and democracy," he added. Rai claimed that Kejriwal's arrest has angered people who respect the Constitution. "It is not only about Arvind Kejriwal. The entire opposition is being threatened. Either they use money to buy

the CBI (Central Bureau of Investigation). If someone refuses to bow, they get them arrested under false cases," Rai alleged.

people or scare them by using the ED and protesting. Kejriwal's family was placed under house arrest. They sealed our party office. Yesterday (Saturday), at Shaheedi Park, they behaved with us as if we were



The Delhi minister cited the arrest of former Jharkhand chief minister Hemant Soren and alleged that West Bengal Chief Minister Mamata Banerjee and RJD leader Tejaswi Yadav were also being targeted. Soren's Jharkhand Mukti Morcha, the Banerjee-led Trinamool Congress and the RJD are all members of the opposition INDIA bloc. "All INDIA bloc leaders are being framed in false cases. They turned Delhi into a fortress. Elected MLAs, ministers were detained when they were

criminals," Rai further charged. He further said the BJP is claiming that opposition leaders are being arrested because they are involved in corruption but no money trail has been found in the excise policy case, the investigation into which has been going on for two years. "However, a Rs 60-crore money trail has been found. They arrested Sarath Reddy in the excise policy case but he was released on the condition that he give a

bonds. The bank accounts of the oldest party of the country were sealed so that they could not even campaign for the Lok Sabha elections," Rai said. The AAP leader said the entire Opposition is coming together to save the country. Reddy of Aurobindo Pharma was arrested by the central agency last November in connection with the excise policy case. No comments were available from Reddy or his company over the charges. There was no immediate reaction to the allegations from the BJP either. Arvinder Singh Lovely, the Congress' Delhi unit chief, alleged that the Opposition parties are not being given a level playing field and highlighted the freezing of his party's accounts and the arrest of a chief minister. 'The March 31 'maha rally' will not only be a political one but a call to save the country's democracy and raise voices against the BJP-led Centre," he said. "Democracy is in danger. Our leader Rahul Gandhi is fighting to save democracy. We are standing with our INDIA bloc allies with full strength," he added. Rai was later asked if they would get permission to hold the rally. "We will apply for permission and are hopeful of getting it. If we do not get the permission, we will see statement against Keiriwal and donate Rs what needs to be done," he said.

Rajnath Singh celebrates Holi with soldiers in Leh, says Ladakh India's 'capital of bravery'

Tejinder Kaur Babbar

Leh, March 24: Defence Minister Rajnath Singh on Sunday celebrated Holi with Army jawans in Leh and lauded them for protecting the country from enemies while braving extreme weather conditions. Singh was earlier supposed to celebrate Holi with soldiers in Siachen, the world's highest battlefield, but his visit was cancelled due to inclement weather. The minister was accompanied by Chief of Army Staff General Manoj Pande and General Officer Commanding, Fire and Fury Corps, Lt Gen Rashim Bali. The Defence Minister applied tilak with 'gulal' on soldiers' foreheads. He also laid a wreath at the War Memorial here to pay tributes to soldiers who laid down their lives in the line of duty. Addressing the soldiers after celebrating the festival of colours, Singh said Ladakh is the national capital of courage and bravery. "Like we have the national capital in Delhi, the economic capital in Mumbai, and the technological capital in Bengaluru, Ladakh is India's capital of courage and bravery. "When everyone wants to hide in their homes due to extreme weather conditions, you stand up to protect the country from its enemies with unwavering

willpower," he said. The country will always be

indebted to the soldiers for their devotion and service. The commitment of the soldiers posted in high altitudes is much stronger than the sub-zero temperatures, the minister said. "You



are doing divine work. You are ready to fire at the enemy and take a bullet to your chest and it is due to this that the people of the country can celebrate Holi peacefully," he said. "I feel that all of you, while protecting us from the enemies, are no less than protector gods for us," he told the soldiers. Singh reiterated the Prime Minister Narendra Modi-led central gov- our culture," he said. Later, Singh spoke with ernment's commitment to the welfare of the armed forces and their families. "It is our duty ed Holi greetings to them. He told them that he to take care of you, your children and parents. would soon visit Siachen and interact with Our government is always working for the them.

forces of the country with the same zeal with which you are working for this country," he said. When he took over as the defence minister five years ago, Singh said, he visited

Siachen first. "Today, it was not possible to

go to Siachen due to bad weather. Therefore,

wish a happy Holi to all soldiers deployed there," he said, adding that playing Holi with jawans is one of the happiest moments for him. "We all know that there is a tradition in our country that whenever there is any auspicious occasion, we start it by worshipping our beloved God. Even when we have a feast, it is offered to God first. "The first lamp of Diwali, the first colour of Holi, all this should be in the name of our protectors, our soldiers. Festivals should first be celebrated at the snowy peaks of Siachen and Kargil, on sandy plains of Rajasthan and with the Navy personnel aboard the submarine in the depths of the Indian Ocean," the defence minister said. Singh urged the Chiefs of the three services to start a new tradition of beginning celebrations with soldiers a day before a festival. "Such celebrations should become an integral part of soldiers in Siachen over the phone and extend-

India and Russia have taken extra care to look after each other's interests: EAM Jaishankar

Navdeep Singh Sahni harmed us? Has Russia at

Singapore, March 24:



positive relationship and both countries have taken extra care to look after each other's interests, External Affairs Minister S Jaishankar said on Sunday, as he dismissed the notion that Moscow is drifttowards Interacting with the Indian community in Singapore, Jaishankar said India should look at its relationship with Russia or any other country from its perspective. "So, tell me has Russia helped us or

crucial moments contributed or obstructed? Going ahead, are there gains to be nade from Russia or is it only damages which will come out?" he asked. "So, if I do my calculations from my perspective and my experiences, I will get the answer. And the answer in this case is that Russia is a country

with which we have always had a positive relationship," he said. "Both India and Russia have taken that extra care to look after each other's interests. So, I think we should have that confidence as we go forward," he said while answering a question. The ties between India and Russia remained strong notwithstanding Moscow's invasion of Ukraine. India has not yet condemned the Russian invasion of Ukraine, and it has been maintaining that the crisis must be resolved through diplomacy and dialogue. On a question on the US presidential election in November and India's equation with the country after that, Jaishankar said: "I prefer to be patient". Jaishankar said he is confident that India can get along with whoever is President of the US. Jaishankar is in Singapore on a three-day visit from Saturday.

Let's splash each other with hues of laughter,

romance and joy. Wishing you a colourful and

First Saini Cabinet meeting held, decisions withheld amid poll code

Chandigarh, March 24: Haryana Cabinet today met for the first time under new CM Nayab Singh Saini. However, no decision was conveyed to the media owing to the model code of conduct in force. Talking to mediapersons, Saini said, "This was the first Cabinet meeting. We extend best wishes to citizens of the state on the occasion of Holi. The works started by former CM Manohar Lal Khattar will continue. As procurement season for wheat and mustard is starting, we will ensure that farmers don't face any issues. We discussed some issues but there is a model code of conduct in place." He said, "After June 4, when the model code of conduct will be lifted, we will be left with 95 days. We have prepared an agenda and roadmap for those days. How to move forward? What facilities should people get? How their grievances "We have a target to bring back Narendra Modi government at the Centre," Agriculture Minister Kanwar Pal Gujjar, Industry Minister Mool Chand Sharma, Energy Minister Ranjit Singh, Finance Minister Jai Parkash Dalal, Public Health Engineering Minister Dr Banwari Lal, Health Minister Dr Kamal Gupta, Minister of State for School Education Seema Trikha, Minister of State for Development and Panchayat Mahipal Dhanda, Minister of State for Transport Aseem Goyal, Minister of State for Irrigation and Water Resources Dr Abhey Singh Yaday, Minister of State for Urban Local Bodies Subhash Sudha, Minister of State for Social Justice, Empowerment and Welfare of Scheduled Castes and Backward Classes Bishamber Singh, and Minister of State for Environment and Forests Sanjay Singh were present during the meeting. Saini also went to rooms of the newly appointed eight ministers as they took charge. On the occasion, Sudha told reporters that people would

can be redressed?"In a reply to a question, he said soon candidates for the four remaining Lok Sabha seats in the state would be announced. start noticing his work from Day 1. "We will strengthen the Swachh Bharat mission across the state. The property ID system will be further improved. I will carry on the good work done by my predecessors," he added. Gujjar said farmers wouldn't face any problems as all arrangements had been made for smooth procurement. "The mustard procure

joyful Holi, filled with love and happiness! ment is starting from March 26 and wheat procurement from April 1. The farmers will soon get compensation for damaged crops due to recent rains," he added. Editor: Simmi Kaur Babbar PM Modi's corruption pitch 'hollow': Congress leader Jairam Ramesh

Naresh Malhotra

New Delhi, March 24: The INDIA bloc is intact despite Bihar Chief Minister Nitish Kumar's "somersault" and TMC supremo Mamata Banerjee deciding to be Mamata Banerjee, senior Congress leader Jairam Ramesh has said, rejecting as "hollow" Prime Minister Narendra Modi's pitch against the opposition on corruption. In an interaction with PTI editors at the news agency's headquarters here, Ramesh also said the opposition will unitedly cross the halfway mark of 272 in the elections and oust the BJP from power. He spoke on a range of issues including electoral bonds, the arrests of Delhi Chief Minister Arvind Kejriwal and JMM leader Hemant Soren, who resigned as Jharkhand CM, and also addressed speculations around Rahul Gandhi and Priyanka Gandhi Vadra potentially contesting the Lok Sabha polls from Amethi and Raebareli, respectively. "Look at the way the electoral bonds scheme has worked. Rs 4,000-crore of bonds are directly linked with Rs 4-lakh crore of contracts. There is a clear correla-

said, claiming that a BJP MP buys electoral bonds after getting infrastructure contracts. He said they have evidence that bonds worth Rs 4,000 crores purchased by several companies in favour of the BJP are directly linked to the award of contracts and action initiated by central agencies against them. "To say that Mr Modi is going to take the corruption plank and use Hemant Soren and Arvind Kejriwal as examples that he is fighting corruption is absolutely a bogus argument. Look at the electoral bonds saga, it is a com-

plete case of quid pro quo," the

Congress leader said. "There is

award of contracts," Ramesh

ample evidence to show that the corruption is a 'khokhla (hollow) plank' as far as Mr Modi is concerned." On opposition unity, he said all 28 parties were together up to December 19 "but Nitish Kumar did a som-



Mamata Banerjee. These are the two things that have happened". "The fact that Nitish Kumar is not part of the INDIA bloc does not mean that the INDIA bloc has collapsed," Ramesh said, asserting the opposition will

sure that it will add up to 272." Asked if the INDIA bloc bubble has burst, he said, "No, no. Where has it burst?" The alliance with the Aam Aadmi Party is intact as is the tieup with the NCP, Shiv Sena, the DMK and JMM, the Congress leader asserted. "Our alliance with CPM and CPI is going to be finalised in West Bengal. We have an 11-party alliance in Assam and we have an alliance with the Samajwadi Party." "Mamata Banerjee has said that she is part of the INDIA bloc. She is not seat-sharing with us, but she is very

much part of the INDIA bloc," he said. On how Kejriwal's arrest would impact the opposition, especially as the PM making corruption an issue using the cases of the Delhi

tion between the electoral bonds and the ersault and Mamata Banerjee decided to be certainly cross the halfway mark. "Yes, I'm CM and Hemant Soren, Ramesh said, "Chanda do, dhanda lo (quid pro quo)' is becoming obvious, after the electoral bonds issue". "It is true that Mr Modi will use this Hemant Soren and Kejriwal cases to say that he is cleaning up the system, but he has not cleaned up the system. Evidence shows, this is completely to the contrary,' Ramesh asserted. On opposition parties, including the Congress, also getting donation worth crores of rupees through electoral bonds, he said they do not have central probe agencies and cannot grant central contracts to companies. "There is clear evidence that we have put out which shows there are 30 companies against whom ED and CBI was used and Rs 330-crore worth donations came through these 30 companies," he said. On whether Rahul Gandhi and Priyanka Gandhi Vadra will contest Amethi and Raebareli seats respectively or have they abandoned their family pocket boroughs in Uttar Pradesh, Ramesh said, "Rahul Gandhi had said that he is a loyal soldier of the party and if the CEC asks him to contest, he will do so."



dopting the right approach towards your work life such as paying attention to your attitude, dressing style and your approach towards work can help attract a number of positive benefits. These can pave the way for building a solid professional life by helping you attract your superiors' attention, maintaining a healthy relationship with your immediate colleagues and coming across as a dependable employee. Here are a few things you should incorporate in your daily work life to create a positive image at your workplace.

Fit in

Every organisation has a different work culture. When you join a firm, try and understand its work culture and priorities.It is equally important to un derstand your job profile and what the organisation expects from you.

"It is a good idea to be cautious of the conversation that you make with your coworkers. Do not intrude into your colleague's personal space. Compliment your colleagues and team mates for their achievements. Refrain from gossiping at

image at

work, it will most likely back fire someday. Avoid using a commanding tone while you communicate. Instead of commanding while you manage a team, ask your peers for their opinion on a particular subject. This goes a long way in building a strong team," says Sheena Agarwaal, Director, Urbanista Image Consulting LLP.

Dress well

It is essential to pay attention to how you dress at work. Groom yourself and

maintain a neat appearance keeping your job profile in mind. While dressing up casually at work may be acceptable at times, one needs to un derstand that they cannot dress casually while attending a meeting or presenting to a client. Another thing to keep in mind is that vou are comfortable in the clothes vou wear. This will help avoid distractions.

"Grooming is important to the extent of being neat, tidy and professional. One doesn't need to wear expensive clothes, perfumes, makeup, etc, to be well groomed.

Presenting yourself well at the workplace can help you boost your career.

At the same time, one cannot sport an unkempt, dishevelled look or that which is unbecoming of the workplace culture," says Saba Adil, Head, HR, AEGON Life

Pay attention to your body language

While we don't pay attention to our posture at work, it is important to understand that a professional's posture says a lot about his attitude. A professional with a straight posture suggests that they are attentive and enthusiastic about their work. On the other hand, being sloppy or sitting with your hands crossed suggests that you are rigid and are not open to suggestions.

Value time

Whether it means meeting deadlines or reaching on time at work, being punctual is crucial. Mak ing sure that you meet your deadlines will not only help you develop a stress-free work atmosphere, but also displays your commitment towards your work. Additionally, maintaining a record of

the assignments you have completed will

make you look organised.

"Everyone likes employees who complete their assignments on time. Maintaining a punctual work schedule helps the team coordinate better and meet deadlines. Focusing on the projects at hand will also ensure that you don't get involved in office politics and gossips, thus keeping you at bay from a negative work environment," says Arun Bala, COO of Invenio Business Solutions.

Be open to criticism

Everything that your colleagues say is not always negative or to pull you down. At times, your peers' advice can be beneficial to you. Do not take every critical evaluation personally. Instead, trust that your colleagues have the intent of helping you execute and accomplish your tasks better.

Be respectful, approachable and focused while at work. Bear in mind your organisation's expectations from you and conduct yourself accordingly.

What to do when you have more than one boss

Sometimes, circumstances conspire to turn you into a 'shared resource' where you have to dance to the tunes of not one, but two or more bosses!

So how do you walk the tight rope and emerge victorious? Dealing with one boss can be a challenge. But imagine dealing with two bosses, neither of whom is willing to cut you some slack in view of your multiple duties. You confront conflicting deadlines, confused priorities and dual expectations. In all the chaos, it seems impossible for you to ever take a break or get a breather. But it is possible to navigate this quagmire and many have done it before with success. Anil Salvi, group head, HR, JM Financial Institutional Securities Ltd was placed in such a dilemma early on in his career. "At my first job itself, I was a shared resource between two bosses and had faced a lot of challenges as both bosses used to wonder for whom I was working more. Since I was a beginner, one of the ways that I used to adopt was to be brutally honest about my challenges with both of them and most of the times, they understood. And



there was the first lesson of the career that honesty works and it works well. Till date after 25 years of my career, that stint remains the most cherished one," he says. If your strategy is to let both your bosses remain in blissful ignorance about the other, you may be charting dangerous territory. It may not be pleasant to turn down a plum opportunity, but if it clashes with a commitment you've already made to your other boss, honesty really would be the best policy.

Being extremely organised is your bet as a shared resource. "It is the toughest position to be in since every

manager wants full attention and contribution from the individual. The best thing for the individual to do is to set the objectives and role expectations with every manager

they report to. Maintain a list of things to do h and follow up whenever required. Let the otheres managers know if there are any priorities that you are working on, which could potentially delay theirs. It is key that a constant review and discussion is done with all managers to course correct if there are any gaps in their expectations," advises Mukund Menon, director HR and communications, HR and communications, International Paper

Salvi warns against showing one boss in bad light to the other in order to gain sympathy, "Being very honest is the most critical part as that would give you credibility. Being solution-oriented would be the next thing as at the end of the day, you are responsible for yourself, so you would need to take that initiative. Third, never ever play one boss against another as remember that they are

your bosses and you never know when they would share notes and also simply, it is not a right thing to do. Fourth, when you can't find a solution pertaining to the bosses, don't be ashamed to approach them and seek their help in finding one.'

Of course, the above tips assume that all managers concerned are willing to make allowances for the employee. In some cases, bosses behave as though the other boss doesn't exist at all and all 8.5 hours of the employee are theirs to command. Menon agrees, "Most of

the bosses are not empathetic. Everyone has their own priorities and there is competition for attention as people suffer from the 'first service syndrome'. The best thing is to let the other bosses know on a constant basis how you are managing the issues and deliverables and build rapport and trust.

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Former IAF chief RKS Bhadauria, ex-bureaucrat Varaprasad Rao join BJP

New Delhi, March 24: Former Indian Air Force chief RKS Bhadauria along with ex-bureaucrat and new capability and confidence which is now visible in the field." Bhadauria said that in future, the former MP Varaprasad Rao joined the BJP on Sunday in the presence of the top party brass.

Bhadauria was the 23rd Air chief from September 2019 to September 2021 and joined the BJP on Sunday nearly two and a half years after he retired from the forces. Bhadauria had earlier termed the Balakot air strikes of February 26, 2019 as "the most significant air action by the IAF in four decades with fighters penetrating the Pakistan airspace, launching precise attacks and returning home safely". With those strikes that followed the Pulwama terror attack, India had ended the red line it had imposed on itself. Mirage 2000 fighters of the IAF had conducted pre-dawn air strikes and bombed JeM targets in Balakot. Speaking on his joining the BJP in the presence of party national general secretary Vinod Tawde and Union minister Anurag Thakur, Bhadauria said, "I am thankful to the BJP for this opportunity to contribute to nation-building. I served the IAF for over 40 years. This was a great honour. The golden period of the Forces was the last decade of my service. The bold decisions taken by Prime Minister Narendra Modi to strengthen the armed forces, make them self-reliant and modernise them have ensured that Indian forces attain

forces will have even greater indigenous capability.



view of security. Phenomenal and visionary leadership of PM Modi and reforms being undertaken across sectors are lending India a new direction. India is emerging as a strong nation under PM Modi," he said. Former IAS officer-turned-politician Varaprasad Rao from Tirupati also joined the BJP, hailing PM Modi's vision and noting that under the BJP Tirupati had witnessed a 100 times increase in its development in terms of road and rail network and smart city features. "Tirupati's development has improved a hundred times. A lot of flyovers have come up. There are no traffic jams. Many new roads and trains have been introduced," said Rao, whose first political break was courtesy actor Chiranjeevi and his brother Pawan Kalyan. Rao served in the governments of MG Ramachandran, J Jayalalitha and K Karunanidhi. He took VRS and joined politics. Inducting the duo into the BJP, Anurag Thakur said the joining of top professionals showed the trust that a prosperous, safe and developed India was possible only under PM Modi. "Only a safe India can be a developed India. Officers like Air Chief Marshal Bhadauria and Rao have dedicated years to national service and now come to our party which fulfilled the promise of one rank one pension, struck peace resolutions in the northeast; abrogated Article 370 to enable development and harmony in Jammu and Kashmir and indigenised armed forces," said Thakur. He said India's defence production had risen considerably. "We had Rs 1 lakh crore defence production, and Rs 16,000 crore exports. The country is safe under PM Modi which is why officers are returning to the task of nation-building even after retirement,"

Former Himachal Pradesh CM Shanta **Kumar rues state of politics**

Shimla, March 24: Veteran BJP leader and two-time Himachal Pradesh chief minister Shanta Kumar has expressed his anguish at the state of politics in the country saying his party too has been swept in the wave. "We built Ram Mandir but simply constructing the Ram temple will not help; we must also follow his principles," he told reporters recently, apparently referring to the BJP. Kumar's remarks come in the wake of a political turmoil in the state, with six Congress members breaking away and joining the BJP, an act which the Congress termed as part of a conspiracy by the BJP to topple the state government. "I am surprised. The politics of enslaved India was for the country, but the politics of free India is for the chair. And I am pained that my party is also swept in the wave," said Shanta Kumar, who has also been a Member of Parliament from Kangra seat four times. "Politics of principle is the need of the hour and I pray that the eaders of my country follow their values and standard of politics improves in the country," he added. The six Congress rebels joined the BJP in New Delhi on Saturday, along with three Independents. The nine had voted in favour of the BJP in the last month's Rajya Sabha polls. Deputy Chief Whip and Congress MLA Keval Singh Pathania on Sunday through a statement asked the BJP to think over their colleague's advice. He also said that with the Congress rebels' switching sides, it has become clear that they were instigated by the BJP to topple the elected government. The six former Congress MLAs, who were disqualified for defying a whip to be present in the Assembly and vote in favour of the government during the cut motions and budget, were Sudhir Sharma (Dharamshala), Ravi Thakur (Lahaul and Spiti), Rajinder Rana (Sujanpur), Inder Dutt Lakhanpal (Barsar), Chetanya Sharma (Gagret) and Devinder Kumar Bhutto (Kutlehar). The three Independents are Ashish Sharma (Hamirpur constituency), Hoshiyar Singh (Dehra) and K L

Deepender: South Harvana hit hard by Agnipath scheme

Rewari, March 24: Rajya Sabha MP Deepender Hooda today said South Haryana had been hit hard by the Agniveer Scheme as this was a land of patriots and brave soldiers who dream of fighting for the country since childhood. He was addressing a Jan Aakrosh rally at Dahina village here. He also paid tributes to martyrs Bhagat Singh, Sukhdev and Rajguru on their martyrdom day. "After the Agnipath scheme, the doors of the Army have been closed for the people of Haryana. By bringing schemes like Agniveer, the BJP government has weakened the Army and ruined the dreams of the youth," he said. Deepender said the demand for formation of Ahir Regiment was completely justified and he fully supported it. "I have continuously raised the demand for the formation of 'Ahir Regiment' prominently in Parliament, but the government, far from providing the Ahir Regiment, implemented the Agnipath Scheme. I will continue to make efforts for the formation of the Ahir Regiment," the MP said. He said the Ahir community and Ahirwal area always made sacrifices for the defence and security of the country, be it the war of 1962, 1965 or 1971 or the Kargil war, the soldiers of Haryana never shied away from making the supreme sacrifice. He said no one can forget the battle of Rezang La in 1962 when 120 Ahir soldiers took on 5,000 Chinese soldiers and made the supreme sacrifice to save the Chushul airstrip from enemy hands. He said every year about 5,500 permanent recruitments were made in the Army from Haryana, but now only 225 permanent recruitments will be made. Not only this, the government is also discriminating in the sacrifice of martyrs through the Agnipath scheme. "The sad thing is the government is not even giving martyr status to Agniveers who were martyred in the line of duty.

Army cancels seminar on UCC after backlash from NC, PDP

Srinagar, March 24: After facing criticism from political parties, the Army on Saturday cancelled a seminar that was aimed at creating awareness about the Uniform Civil Code (UCC) and other issues. Late on Friday evening, the Army had sent invitations to media houses for the seminar on 'Navigating legal frontiers: Understanding Indian Penal Code 2023 and the quest for Uniform Civil Code". The seminar was to be conducted at the Kashmir University Auditorium on March 26. Law Secretary Achal Sethi was scheduled to present a valedictory address. The Chief Justice of the High Court of J&K and Ladakh had to preside over as chief guest and Major General PBS Lambha, GOC, 31 Sub Area, was to present vote of thanks. The Army had planned a seminar in Srinagar on March 26 to create awareness on Uniform Civil Code and other issues. Now, it says the event has been cancelled due to model code of conduct. Questioning the move, ex-CM and National Conference (NC) vice-president Omar Abdullah said, "Is it appropriate for the Army to get involved in the divisive issue of the Uniform Civil Code and that too in a sensitive area like Kashmir?" "There is a reason the Army has remained apolitical and areligious. This ill-advised UCC seminar is a threat to both these basic tenets. Going ahead with this risks opening up the Army to charges of getting involved in the murky world of politics coupled with interfering in religious matters," Omar tweeted. This is continuation of the trend of Naya Kashmir and

playing a partisan role and directly interfering in political affairs. —Najmus Saqib, PDP Spokesperson Is it appropriate for the Army to get involved in the divisive issue of the Uniform Civil Code and that too in a sensi-



tive area like Kashmir? —Omar Abdullah, National Conference Vice-president One of the topics of the legal awareness seminar was themed 'Legal pluralism to discuss the challenges and benefits of moving from a system of diverse personal laws to a uniform legal code considering the concept of legal pluralism'. Another topic

was 'Secularism and social harmony, explore how a uniform civil code aligns with the principles of secularism and its potential impact on fostering social harmony in a diverse society'. Another topic was 'Human rights perspective, discuss the human rights perspective examining how a uniform civil code may contribute to upholding individual rights and freedom'. Overview of the Bharatiya Nyay Sanhita 2023, victim's rights and Bharatiya Nyay Sanhita 2023, and challenges and future directions were other topics. NC's chief spokesperson Tanvir Sadiq urged the Election Commission of India (ECI) to "assess the appropriateness of the Army discussing an issue that figures prominently in the BJP's manifesto" while the model code of conduct is in effect. The Peoples Democratic Party (PDP) also criticised the Army for conducting the seminar. "What we are seeing is the continuation of the trend of Naya Kashmir and Akhir Kab Tak campaigns in which the Army as an institution was seen playing a partisan role and directly interfering in the political affairs of J&K," PDP spokesperson Najmus Saqib said. Saqib said this is a "very dangerous trend" and is a "manifestation of larger systemic erosion of the Constitution". After the backlash, the Army cancelled the event, saying it was due to implementation of the model code of conduct. Srinagar-based defence spokesman Lieutenant Colonel Manoj Sahu said, "The legal awareness seminar on March 26 by Kashmir Jurist in Kashmir University has been cancelled due to imple-

Dogs understand more than they let on, create mental images of known words

New Delhi, March 24: according to a new anyway. This suggested erential manner, as those when shown non-names, and there are only



dogs have now been found to conjure up mental representations when they hear known words referring to

researchers said it did not matter how many object words a dog understood known words activated

Known to respond to com- research that analysed that the ability is generally humans do, can reshape matching ones, the a handful of dogs with a present in dogs and not just in some exceptional canines knowing the names of many objects, they said. "Your dog understands more than he or she shows signs of," said Lilla Magyari from Hungary's Eötvös Loránd University and co-first author of the study published in the 'Current Biology' journal. "Dogs are not merely learning a specific behaviour to certain words but they might actually understand the meaning of some individual words as humans do," Magyari said. The finding that dogs may have a general capacity to understand words in a ref-

and had them say words for toys that their dogs knew. The dogs were then presented with objects sometimes matching the word their owner said and sometimes not - and their brain's electrical activity was measured. The brain activity recordings showed differences in patterns when the dogs were shown matching objects against

NAME CHANGE

, KISHAN KUMAR S/O MAHESH CHAND GUPTA residing at A-1ST/440 IST/FLOOR MADANGIR DELHI-110062 have changed my name KISHAN LAL for all future purpose.

the way scientists think

about humans' uniqueness

in using and understanding

language, the researchers

said. It also has important

implications for theories

and models of language

evolution, they said. For

the study, the researchers

recruited 18 dog owners

PUBLIC NOTICE nformation is given to general pub-ic at large that our clients Piramal Capital & Housing Finance Limited was financed the said property Unit No. J-704,7th Floor, Block/tower- J

No. 3-70-7,71 Hour, Block Nortwell-3 Plot No.- Gh-04b, Antriksh Golf View I ISector-78, Noida, Gautam Budh Nagar Uttar Pradesh -201301. Vide loan no. 13100000489, along with under custody (J.) Ocisional Plothmost Letter custody (1) Original allotment letter dated 09.03.2011 (2) Original Demand Letter (3) Original Tripartite Agreement (4) Original NOC for fortgage from the duilder/Developer (5) Original ayment Receipts (6) Original Own Contribution Receipts and same were submitted with Piramal Capital & Housing Finance Limited by Mr. Satya Prakash, The documents were misplaced from the possession of Piramal Capital & Housing Finance Limited and online FIR Reference No - LR No. 1579470/2024 already lodged by amal Capital & Housing Finance imited on dt. 24.03.2024 P.S. Crim Franch Delhi and any persons ound / received the ab oned property docs than to be nformed to Piramal Capital & ousing Finance Limited. Branch:

[NAVEEN KUMAR VERMA] Advocate

F-211, Sector-3, Vaishali, Ghaziabao Uttar Pradesh-201010 (Contact at 09958871432)

researchers said and added that this was evidence of dogs understanding words. They also found a greater difference in the brain activity patterns for words that the dogs knew better. While the team also thought that dogs' ability to understand words depended on them having a large vocabulary of object words, the results showed otherwise. "Because typical dogs learn instruction words rather than object

PUBLIC NOTICE

that my client Mrs. Rukmani Devi w/o Late Sh. Jagjeevan, R/o D 1st / 168 Madangiri, Dr Ambedkar Nagar, New Delhi 110062 have severed all their elations with her son Dharamender his wife Meenakshi and their daugh ters Dipranjal and lavina due to thei bad Habits. My above named clien has also disowned and debarred her said son, his wife and their Daughters from all their movable and immovable operties. Anybody dealing with ther will do so at their own risk and respon ibilities and my above named clien vill not be responsible for any act eed or dealing done by her son ,his

KESHAV BHARDWA. (ADVOCATE AND LEGAL CONSULTANT Chamber No. 342(E), Lawyer's Block Saket District Court New Delhi-110017

NAME CHANGE

RITU daughter of RADHEY SHYAN R/O 1/186/6, 24 QTRS, SADAR BAZAR, DELHI CANTT, SOUTH WEST DELHI, DELHI-110010 have hanged my name from RITU 'UMAR for all future purposes. name from RITU to RITU

CPRO/S-148

NAME CHANGE

large vocabulary of object

words, we expected that

dogs' capacity for referen-

tial understanding of object

words will be linked to the

number of object words

they know; but it wasn't,"

Magyari.

researchers now want to

know if this ability to

understand words through

mental representations is

specific to dogs or is pres-

ent in other mammals as

said

, JAGANATH father of NO- 15328922k Rank- L/NK Name- BODINAIDU VANA R/O 1-95, JANGALA VEEDHI, VILL CO 1-95, JANGALA VEEDII, VILL CHINNABAMMIDI, PO-PEDDABAM MIDI, TEH-KOTABOMMALI, DIST SRIKAKI II AM ANDHRA PRADESH 32474 have changed my name from AGANATH to VANA JAGANNADHAN or all future purposes, in my son's serv-ce record my date of birth wrongly men-ioned as 01/07/1957 instead of my corect date of birth as 01/01/1961 Vide offidavit dated 23/03/2024 before Notary Public Delhi.

NAME CHANGE

, Mahajabin Jaidi W/o Abbas Al R/O A-326 Amar Puri Nabi Karin PAHAR GANJ NEW DELHI-110055 HAVE CHANGE MY NAME from MEHJBEEN to MAHAJABIN JAIDI for

NAME CHANGE

HARSH DEEP Son of BHUPINDE INGH R/O C-193, GROUND FLOOF VEST PATEL NAGAR, DELHI-11000 have changed my name from HARSH DEEP to HARSHDEEP SINGH for all

North Eastern Rallway Auction Notice No. 01/2024-25 E-Auction Program for the Month of April-2024 All prospective bidders are invited to participate in the on-line public auction being conducted for sale of scrap material

Proposed e-Auction Dates Jurisdiction of lots Contact No Dy. CMM/GSD/GKP 10 & 23 April-2024 0551-2283558 09 & 24 April-2024 Dy. CMM/GSD/IZN 0581-2518138 18 & 26 April-2024 Sr. DMM/LJN 0522-2233113 16 & 30 April-2024 Sr. DMM/BSB 0542-2224819 17 & 29 April-2024 Sr. DMM/IZN 0581-2518104

Type of material: Scrap Rail, Cast Iron, Melting, MS, Condemned Rolling Stock (Coaches, Wagons and Locomotives), Turning & Boring, Non-Ferrou such as Copper, Aluminium, Batteries etc. In the event of Auction not being completed on the same day, Auction will be continued on the subsequent days also. Details of Auction Catalogue, Procedure and Conditions of Sale are available at www.ireps.gov.in. This Auction Programme is also available on North Eastern Railway website <u>www.ner.indianrailways.gov.in</u>. Principal Chief Materials Manager/Gorakhpur

Never travel on roof and foot boards

mentation of the model code of conduct. 4 SP MLAs who cross-voted for BJP in Rajya Sabha polls

get Y-category security

Lucknow, March 24: Four Samajwadi Party MLAs who cross-voted for the BJP in the February 27 Rajya Sabha election have been allocated Y-category security, a senior government official said on Sunday. He said the four MLAs are Abhay Singh (Gosaigani) Manoi Kumar Pandey (Unchahar) Rakesh Pratap Singh (Gauriganj) and Vinod Chaturvedi (Kalpi) These MLAs, alongside three other party legislators - Pooja Pal. Rakesh Pandev and Ashutosh Maurya - had cross-voted for the BJP in the Rajya Sabha election, leading to saffron party candidate Sanjay Seth defeating Samajwadi Party nominee Alok Ranjan. Maharaji Prajapati, another MLA, had abstained. Rakesh Pandey is the father of MP Ritesh Pandey, who recently switched from the BSP to the BJP. As part of the Y-category security, eight CRPF personnel will guard these MLAs. Five personnel will guard their residences while the rest will travel with them. "While Abhay Singh was allocated the security cover on Friday, the three others got it on Saturday," the official said. Samajwadi Party chief Akhilesh Yadav had said after the Rajya Sabha election that "they (MLAs) have gone (to the BJP) due to the 'package' they got and security".

NAME CHANGE SWEETI W/O ASHISH KUMAF siding at A-1ST/440 4TH/FLOOF

MADANGIR DELHI-110062 have changed my name to SWEET changed my name to SV GUPTA for all future purpose. **NAME CHANGE**

I, JAYAMMA mother of NO- 15328922I Rank- L/NK Name- BODINAIDU VAN R/O 1-95, JANGALA VEEDHI, VILL-CHINNABAMMIDI, PO-PEDDABAM-MIDI, TEH-KOTABOMMALI, DIST-RIKAKULAM, ANDHRA PRADESI 532474 have changed my name from JAYAMMA to VANA JAYAMMA for all future purposes, in my son's service record my date of birth wrongly me tioned as 01/07/1959 instead of my co rect date of birth as 01/01/1956 vide aff davit dated 23/03/2024 before Notar Public Delhi.

NAME CHANGE

ACHARYA S/O SIE DHARTH KUMAR, residing at B 8/B, (B-204), 1ST FLOOR, STREE NO-3. WEST VINOD NAGAR HAKAR PUR BARAMAD, EAS DELHI-110092, declare that nam f my father and my mother had een wrongly written as SID HARTH ACHARYA and MONIKA ACHARYA in my education documents. The actual name of m father and mother is SIDDHARTH KUMAR and MONIKA GUPT pectively, which may be amend ed accordingly.

NAME CHANGE Kulbir Chand S/o Chunni lal R/o

Sainik colony Sector -49, Faridaba Haryana -121001 have changed m Chander uppal for all future purpose

NAME CHANGE Mohammad Jibran S/o mohamm

R/O akotan,Turkman Gate, Central Delhi 110006 have changed my name from Mohammad Jibran to Mohamme ibran for all future purpose.

PUBLIC NOTICE My Client, Mr. Brij Kishor S/o Mr Gubre Lal, R/o B-168, Gali No. 4/5

Rama Garden, Karawal Nagar, North East Delhi, Delhi-110094. Is going to purchase property i.e. Plot No. B-23 measuring 170 sq. yds., out of Khasra No.670, situated Block-B, Sharad Cit Colony, village Loni, Pargana Loni Tehsil & Distt. Ghaziabad, U. P. fron Seller Mohd, Kamil son of Mohd, Ak Akil purchased the said property vide Sale Deed dated 26.08.2008 execut ed between Mr. Sanjay Gupta son o Mr. Vishnu Prasad Gupta & Mr. Anano upta son of Mr. Vishnu Prasa Gupta duly regd. as Doc. No.22196 Book No.1, Vol. No. 11180, page 285 304, on 26.08.2008 (SR-IV ziabad). Whereas previous cha of the said property i.e. Original Sale Deed dated 27.02.2006 / 01.03.2000 executed by M/s Siddheshwar Builder Delhi Pvt. Ltd., through its director Shri R.K. Aggarwal in favor of Mr. Sanjay Gupta son of Mr. Vishr Prasad Gupta vide in respect of the portion of Plot No. B-23 area 85 so ards duly regd. as Doc. No. 4611. Original Sale Deed dated 27.02.2006 01.03.2006 executed by M/s iddheshwari Builder Delhi Pvt. Ltd. rough its director Shri R.K. Aggarwa favour of Mr. Anand Gupta son of spect of the portion of Plot No. B-23 area 85 sq. yards duly regd. as Doc. No. 4602. has been lost and in this regard LR No:1563084/2024 has en filed before P.S: Crime Branch Mohd. Kamil. And Above-mentione property is going to be mortgage with VASTU HOUSING FINANCE COR-PORATION LTD. Any person/bank ancial institution im/right, lien any objection whatse ever in regard to above property should notified undersigned/Adv. Aditya Verma, C 2/12 Yamuna Vihar, Delhi-110053 ong with documentary evidenc under address through registered A/I within 7 days from the date of publica tion of this notice, failing which an claim, lien or objection shall b

ned to have been waived. ADITYA VERMA, ADVOCATE Add: C-2/12, Yamuna Vihar, Delhi-110053

Mobile No. 9999042521

objects such as a ball, mental representations IIT-Guwahati student arrested under UAPA after he pledges 'allegiance to ISIS'

Guwahati, March 24: An IIT-Guwahati student who had allegedly pledged allegiance to ISIS was arrested under the Unlawful Activities (Prevention) Act on Sunday, a senior official said here. The accused Touseef Ali Farooqui, who is a 4th-year student of Bioscience, was detained on Saturday. Assam Police's Special Task Force (STF) Inspector General Parthasarathi Mahanta told PTI that after interrogating him, police found credible evidence of his links with ISIS and he was arrested. "We produced him in the court, which has sent to police custody for 10 days. We also carried out a search in his hostel room inside the ITT-Guwahati campus," Mahanta said. Farooqui who hails from Delhi was arrested under various Sections of the Indian Penal Code and Unlawful Activities (Prevention) Act (UAPA), he added. On Saturday, he was detained at Hajo in Kamrup district while he was on his way to join ISIS after allegedly pledging allegiance to the terror group.

Transport Minister Goel travels in roadways bus

Ambala, March 24: Minister of State for Transport, Women and Child Development (Independent charge) Aseem Goel today travelled in a roadways bus from Ambala City to Chandigarh. He interacted with fellow passengers on his way to Chandigarh. He checked the first aid box and issued directions to the driver and conductor. The minister, who was on his way to attend the Cabinet meeting, said, "It is a matter of pride for me that I have been given the responsibility of transport and women and child development because both departments deal with general public directly. To know about the ground reality and get feedback from the passengers, I travelled in the roadways bus from Ambala City to Chandigarh." "Some directions related to no smoking, wearing seatbelt, and don't use mobile while driving in the bus were written in the bus so I have asked the driver and conductor to follow the directions. While it was written in the bus that the driver should wear seatbelt, there is no provision for seatbelt. I have asked the driver to get the seatbelt installed or remove the direction written," he said. Aseem further said, "I have talked to the driver, conductor and fellow passengers. They have given a positive feedback about the service and punctuality. I will work for the betterment of the staff, department and will ensure that public gets good services.'



Takes Off On A Much-Needed Break, Lives It Up In The Lap Of Nature; Photos

hehnaaz Gill, often hailed as a self-made star, has diligently climbed the ranks in the film industry, earning a huge fanbase along the way. Her recent film, Karan Boolani's Thank You For Coming, garnered a lot of praise, marking another success in her career. Following months of dedicated work, the actress decided to take a break in the serene mountains. While she kept the location undisclosed, she surprised fans by sharing beautiful photos from her mountain retreat. Sporting a chic ensemble, she opted for a black puffer jacket paired with a black tee, grey beanie, and black trousers, as she chilled out amidst nature's tranquility. Sharing the carousel of photos, Shehnaaz wrote, "Evolving in sync with mother earth". Although

Shehnaaz chose to not disclose the location, her fans took to the comments section to guess that the actress might be in the serene Uttarakhand on a Badrinath trip.

Last month, the actress had to be hospitalised, after a case of severe food poisoning. She revealed that she had to be admitted to the hospital by hosting an Instagram Live on Monday night. The

Bigg Boss alum was seen resting in the hospital with a bottle of drips strapped to her hand. In the video, Shehnaaz revealed that she was hospitalised after she was diagnosed with food poisoning but assured fans that she was recovering. Rhea Kapoor paid a visit to Shehnaaz while Anil Kapoor sent his wisheshehnaaz, who made her Bollywood debut alongside Salman Khan in Kisi Ka Bhai Kisi Ki Jaan, has clinched another significant role. If reports in

Tellychakkar are to be believed, filmmaker Nikhil Advani has cast her in his upcoming film, where she will share the screen with Vaani Kapoor.

Rashmika Mandanna

Deepfake Video: Zara Patel, Woman in Original Clip, REACTS; Says 'I'm Disturbed...'
day after Rashmika Mandanna's deepfake video went viral, the woman from the original video reacted to the morphed clip.

For the unversed, the woman in the original video is Zara Patel. She is a British influencer. The original video, which was later morphed with Rashmika Mandanna's face, was shared on October 9. Reacting to the deepfake video, Zara said she is disturb with the turn of events and urged everyone to not believe everything they see on the internet. Hi all, it has come to my attention that someone created a deep fake video using my body and a popular Bollywood actress's face. I had no involvement with

the deepfake video and I'm deeply disturbed and upset by what is happening. I worry about the future of women and girls who now have to fear even more about putting themselves on social media. Please take a step back and fact-check what you see on the internet. Not everything on the internet is real," she wrote on her Instagram Stories.

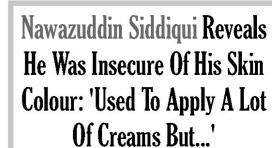
On Monday, Amitabh Bachchan brought everyone's attention to the deepfake video and demanded a legal action against it. Hours later, Rashmika issued a statement about the same. "I feel really hurt to share this and have to talk about the deepfake video of me being spread

of how technology is being misused.

Something like this is honestly, extremely scary not only for me, but also for each one of us who today is vulnerable to so much harm because Today, as a woman and as an actor, I









awazuddin Siddiqui has made a name for himself in Bollywood due to his stellar acting prowess and powerful screen presence in every role that he plays. However, he recently revealed that he used to feel that he was not good-looking enough. He said that he realised the importance of feeling confident in one's skin and it took him a while to get there. Speaking to Bollywood Bubble, he said, "I was insecure in my early days because of the colour of my skin. I used to apply a lot of creams but nothing changed. Later, I realised it is what it is."

When he began his career, he was labelled as an 'unconventional' hero because of his looks. He said that since the general perception was that he was a not-so-good-looking person, he also believed the same. However, his thinking changed when he got out of that atmosphere. "I believed for a long time that I am not a goodlooking guy. But when I went out, I realised that I am okay, my face is fine." "It is very important to be confident about the way you look. The insecurity that comes in usually comes in from other people," he added.

The actor said, "It took me 10-12 years to prove that I am an actor. But that distinction (of conventional vs unconventional looks) will always stay because people have a certain perception and image in their mind. But that is the struggle and it will always be there."Nawazuddin Siddiqui was last seen in the film Haddi, wherein the essayed the role of a transwoman. "Undoubtedly, the character was a complex one, but our approach was clear from the beginning. When portraying a transgender character, it's not just about acting; it's about capturing the essence of their inner world. We undertook this role with the genuine intention of delving into their innermost feelings and experiences, and I believe that the effort was absolutely worthwhile," he told News18 Showsha in an exclusive

Mouni Roy Oozes Hotness In A Cowl-Neck Corset And Thigh-Slit Skirt; See Viral **Photos**

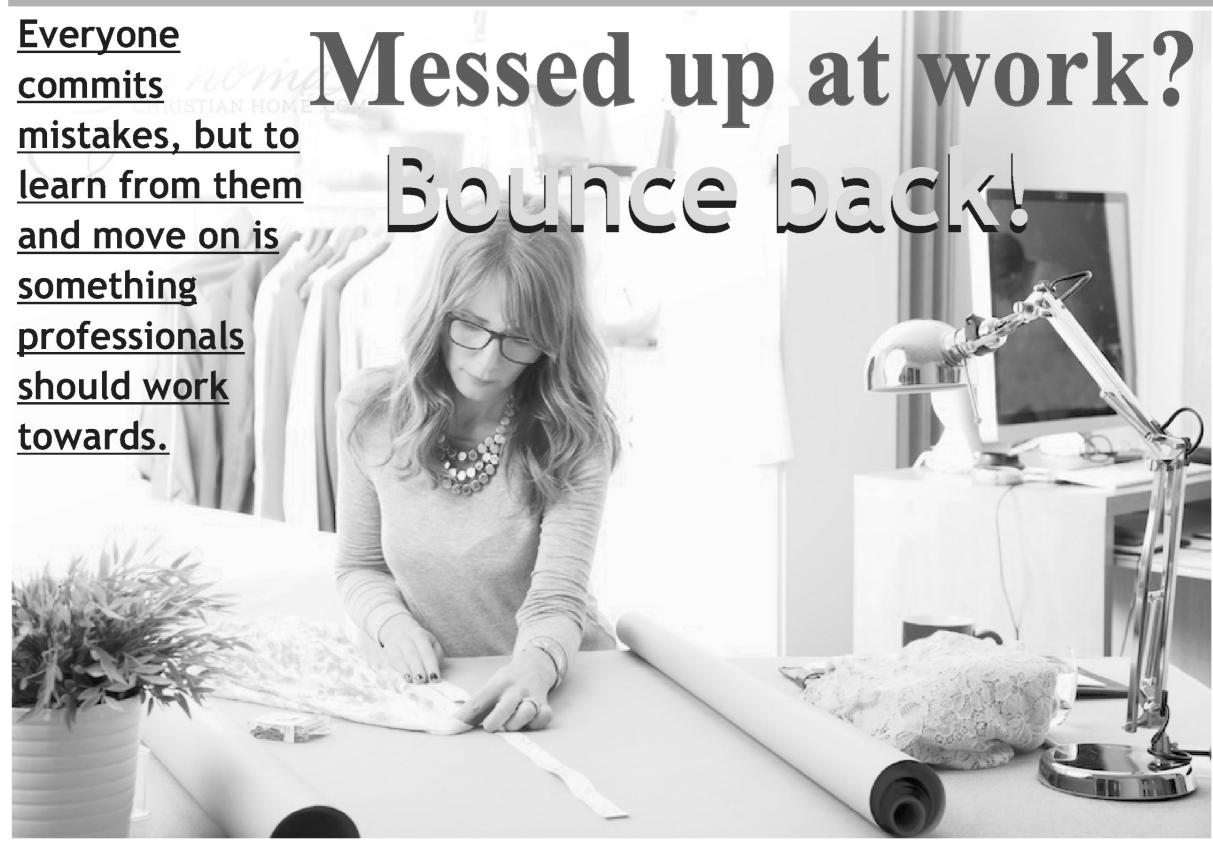
uling social media and leaving all jawdropped is no less than a daily routine for Mouni Roy. The actress often leaves everyone stunned with gorgeous photos and videos of herself. Once again, Mouni Roy is doing same. Recently, Mouni Roy took to her Instagram handle and dropped a series of pictures in which she was seen posing in an all floral attire. Flaunting her hour-glass figure, she kept her tresses open, opted for kholed eyes and looked breathtakingly gorgeous as ever. She also added a caption that read, "Queen of hearts..#TemptationIslandIndia.'

Mouni Roy has come a long way ever since she made her television debut with Ekta Kapoor's Kyunki Saas Bhi Kabhi Bahu Thi. She became a popular name after she starred in Naagin. Mouni made her Bollywood debut with Akshay Kumar's Gold in 2018. Last year, Mouni was seen in Ayan Mukerji's magnum opus, Brahmastra. Recently, she was also seen



in a music video titled 'Dotara' along with Jubin Nautival. Mouni is currently enjoying the success of her recently released series Sultan of Delhi.In a recent interview, Mouni shared that it is projects like Sultan of Delhi and Brahmastra which changed people's perception about her as an actor. "Brahmastra was absolutely different.

When you see Gold, RAW and Made In China, I had played very Indianised characters. Maybe after Naagin and Sati, people could only see me as a 'saree-clad Indian character'. So, for Milan sir to think of me as this cabaret dancer Nayantara, at a time when Brahmastra had not even released. I think it is an exciting time to be an actor where makers can visualise you in different roles. Such great parts are being written. I really feel fortunate to be offered these parts and be able to play them on screen,"



effort towards the same.

looking to fire you for committing the being transparent in your communication is

To err is human...Nonetheless, when it mistake. Had it been the case, you wouldn't be helpful," says Dsilva. comes to committing an error at work, sitting in your cubicle now. Therefore, if you perspectives often change. At work, if you are still able to retain your job after having might seem to be the most difficult task, but make a big mistake, you instantaneously messed up at work, it is a strong signal that the come under the scanner of everyone organisation has given you another chance, around you. When you mess up at the and you can make the most of it by working workplace, it is fatal for your reputation really hard and making up for that error! and relationship, not only with your Lynette Dsilva, HR director, Amdocs India, managers, but also with the co-workers. gives an insight into how one can start Most of the times, it seems that if you have working towards the goal of making up for can be reversed or the effect committed such a huge mistake, you are that error. "The two key elements to keep in minimised. However, an arrogant or unlikely to recover from it. However, it is mind here are ownership and insincere approach will only alienate you only partially true. You will not be able to communication. Employees need to take recover, if and only if you do not make an ownership for what they are working on and this involves careful planning to get the analyse where you went wrong. This will Remember, the organisation is not desired output. Occasional misstep is where help you immensely in staying away from

Talking about that mistake to your managers that is something that one should not refrain from. Monica Malhotra Kandhari, senior director, MBD Group, stresses on the importance of talking it out with the managers to get their feedback. "Be sincere in redressal.Bad situations, in many cases, further. Also, be willing to take feedback from your seniors. They will help you such a mistake in future and will also send

out a positive signal to the management that you have accepted your mistake and are willing to improve the situation," asserts

Equally important are apologising and amending once you have acknowledged the mistake before your seniors. Shanthi Sundar, sr director and head HR India, Pegasystems Inc, talks about the importance of the two at the workplace when you are looking to rebuild your credibility, "If there are colleagues who have been affected by the mistake, talk to them and apologise. This can be very difficult at times, but if you have the right intent and genuinely believe in making up, this would seem like any other workrelated conversation.

It goes without saying that you need to rectify the situation. It is equally important to talk to your colleagues and managers about how you intend to avoid making this mistake in the future, and make them understand how you are committed to help them."Next comes building your lost trust. The best way to ensure this is to work really hard at the workplace and show it to your managers that you intend well and are willing to learn from your mistakes. Be ready to work extra and display a sincere approach towards work. Remember, an employee who learns from his mistakes is always a boss's delight. A mistake once is a learning, but to repeat it again would be foolish. So learn from it and move on towards a better and more credible future, professionally.

How to manage the millennial

Workforce

The millennial workforce looks for flexibility and wishes to connect to a larger purpose. The key is to manage them well.

The millennials in India who are accounting for over half the work force, are more educated than the previous feedback about how they are doing, are living in a country which is proud to have diversity, and coming from ofthem. are better educated.

manage the millennials, as it is expected and spoken about by their seniors and peers. that when the economy turns around, the voluntary turnover is likely to increase, Being born in the Internet age helps them millennials think they have a future in the field they are presently working in, hence, employers will be forced to go to the market to recruit new talent.

balance, training and development and corporate ladder faster.



generation with high expectations. We frequently. They want a variety of tasks and expect that they will accomplish every one

different culture and states, most of us For them, boring is bad. They seek everhave family backgrounds wherein the changing tasks within their work. What's grandparents are not well educated, but happening next is their mantra. Don't bore have great family values, while parents them, ignore them, or trivialise their contribution.

Now, we have come to the mammoth It is a thinking generation which believes in task of managing millennials in our selfanalysis, planning and prepping. They country with diversity. Therefore, we believe in respect more than monetary have to be thoughtful about how we rewards, and wish for their work to be seen

hence, the employer has to take care dream big. It sa misconception that they are about the millennials. Only 18% of not rebellious and want to fight with the Millennials view work as a key aspect of life, system.

Millennials want flexibility

They work well with clear instructions and concrete targets. Give them the freedom to The three key expectations of the have a flexible work schedule. Does it millennial workforce are good work-life matter if they work from home or a coffee shop or wherever, if that's where they are 20% of them seek to move up the most productive at? Set deadlines and if they meet them, don't worry so much about their Millennials have a "cando" attitude tactics and the time they clock in and out. about tasks at work and look for Get the 'deal' right: It's important for

employers to explain not only what they are offering a potential employee, but also what they expect in return. Think creatively about reward strategies and what motivates the millennials.

Millennial employees stand out for being skilled with technology. Not only are they adept at using technology, but they prefer it. No other generation has grown up steeped in technology like the millennials, and so what is seen as optional or gadgetry for older generations is natural and required for millennials.

Technology isn't novel

It's always been there. And just as older generations leapt for new technology because it was something they were not used to, millennials may crave a sans-technology approach in communication. Remember, people and connections are important to them.

Millennials have grown up in a "makercentric" age in which creating something is of utmost importance. They are used to having answers and information at their fingertips as well, and a simple online search can provide them with complex answers to just about any question. The speed at which they can find answers, feeds into their need to be creative.Remember, they grew up in a fastpaced information age, and their attention span might be shorter.

Millennials are concerned about giving back to the community. Millennials want to feel that they are doing something to help others. They want to work for a company that has a reputation for caring about people and important causes, or, at the very least, allows them to be active in supporting those causes themselves.

not a separate activity that needs to be "balanced". For that reason, they place a strong emphasis on finding work that's personally fulfilling. They want work to be able to afford the opportunity to make new friends, learn new skills, and connect to a larger purpose. That sense of purpose is a key factor in their job satisfaction.

Ultimately, millennials want to feel that their work and their place in your business has some meaning.

?The concept of 'flex' involves having core benefits, which may be statutory or defined. Every CEO wants to build a highly agile organisation, which can adapt to different circumstances. And, every employee aspires to be a part of an organisation that can understand their life stage needs and provide the 'flex', which enables them to integrate work-life. Hence, the days of onesize-fits-all is over. Flex in schedules and pay structure elements is not adequate. The concept of 'flex' involves having core benefits, which may be statutory or defined as those that are applicable to all and flex benefits, which would be selected as per each employee's choice. Flex needs to be a part of the organisational total reward philosophy and should be aligned to the employee value proposition -a statement of why the total work experience at its organisation is superior to that at other companies. As per Worldat Work a global association, total rewards leverages five elements to attract, retain and motivate talent - compensation, benefits, worklife, performance and recognition and

Issuing a policy is only the beginning but if it is not imbibed in the organisational culture, it has minimal impact. Organisations may have

development and career opportunities.

dialled down policies for those who need a temporary phase of reduced work responsibilities due to personal needs or parttime employment policies but these may not get widely utilised if they aren't communicated or

encouraged by the organisational culture. Regardless of how well-designed a company's approach to 'flex' is, if managers aren't on board and don't have the skills and attitudes to manage effectively, it will flounder.It's as simple as that.

Multi-generational organisations are a reality. Each generation has its own distinct set of values, view of authority, orientation to the world, a sense of loyalty, and expectations from the work environment. Though we may

Understanding the needs of **Employees**



say that the differences between these generations are hyped, there are clear perceived differences between the employee benefit needs of a 28-year-old employee and one who is approaching retirement. In urban cities, the youth may want to get on the housing ladder and any support the organisation can provide is

> highly appreciated. When the benefit is understood and utilised well, employees naturally become its advocates, which in turn becomes a positive feedback that spreads across the organisation. On the other hand, older employees may

be more concerned about the cost of medical

care, given the growing healthcare costs. Choice makes the employee experience fulfilling.By giving employees choice and implementing a self-service benefits portal with a user-friendly website supported by rigorous communication strategy, an organisation is able to increase the perceived value of its offerings. When organisations take time to explain their offerings to employees, it is a strong gesture of

Terrorism and Western asylum policy

IS it the Devyani Khobragade moment all over again? Has the US administration made an assessment of PM Narendra Modi's defeat in the 2024 General Election and decided to have a breach in relations with the current dispensation, as it did with the Manmohan Singh government in 2013? It does not seem so. There was no doubt about the UPA's defeat in 2014, definitely not in the mind of its closest foreign partner for whom the mind of its closest foreign partner for whom Manmohan Singh had sacrificed the Congress' biggest ally in 2008. The Congress was so sure of defeat that many top ministers refused to even contest the 2014 polls. Nobody is sure of the Modi government's defeat right now. Yes, there is every possibility of the BJP losing many seats in states where it had a near-perfect tally. But a changing of the guard is not a foregone conclusion, as it was in 2013. A tough battle lies ahead. So, the US Government could not have picked up the defence of a designated terrorist to push PM Modi away from a tight embrace, as it did with Manmohan Singh. Last time around, it had arrested an Indian diplomat and stripped and cavity-searched her like a petty criminal while she was on her way back after dropping her child off at school. These two situations do not seem similar. But there is indeed tension in the air. More plausible seems to be the US attempt to quickly cover up a designated terrorist's slip-up that should have warranted immediate arrest and deportation. Gurpatwant Singh Pannun, the self-styled advocate-in-chief of Khalistan, had on November 4 issued a video message asking Sikhs not to fly Air India because there could be a "threat to their lives". What else could this be if not a threat to blow up Air India aircraft, particularly in the context of the past experience of Khalistan terrorists bombing an Air India aircraft, killing 329 passengers and crew in 1985? Any credible terror-fighting agency would have at least called Pannun for a round of questioning, even if it did not handcuff him or search his cavities. But instead, two days after this terrorist was booked by the National Investigation Agency in India, the Western media (or videshi godi media, to borrow a Left Liberal label, considering this was as bad a plant as the Delhi Police would normally do on the desi godi media) splashed a story of a plot to kill Pannun. Does an assassination bid on Pannun absolve him of the crime of threatening to blow up Air India aircraft and its passengers? It seems so. Now, the stories emanating from the US officialdom only talk of the plot, a sealed indictment against a perpetrator filed in a New York court and an assassin being allowed to flee the US.Secessionist violence in many parts of India, particularly in Punjab, has always been indirectly promoted by Western agencies offering asylum to perpetrators of violence. The Pannun case just proved that this support is not indirect, but direct; that even after making an open threat — empty or not is of no concern to anti-terror agencies — to stop people crime of threatening to blow up Air India aircraft concern to anti-terror agencies — to stop people from boarding Air India aircraft, the US administration has responded by leaking proceedings in a completely unrelated case that is a few months old. Is it to safeguard an asset against proceedings or possible deportation? Or is there a bigger game involved? The immediate beneficiary is of course. Pannun for his offence of criminal is, of course, Pannun, for his offence of criminal intimidation is no longer being probed. But this also bolsters the attack on India by Canada and Pakistan. Canadian PM Justin Trudeau can claim that he is justified, if at all he needs a second helping of US support. At the outset, the US had had Trudeau's back by claiming to have shared evidence with its allies in the case of Hardeep Singh Nijjar's murder. But another big beneficiary of the latest attack on India over charges of targeted killings on foreign soil is Pakistan. Curiously, a day before the news of the assassination bid against Pannun was leaked, a US website — funded by the same 'philanthropist' who funds anti-BJP and anti-government websites in India — carried a story based on Pakistan Intelligence Bureau's leaked documents.This news story has made fantastic claims of Indian's external intelligence agency Research and Analysis Wing committing murders in Pakistan. And the "compelling substantiation for the sensational claim" of the Pakistan intelligence leak was lapped up unquestioningly and disseminated as gospel truth by this website—the desi godi media seems to have influenced international journalism as well.

The West is the gainer as Ukraine war meanders along

NATO needs to work with Ukraine on a new strategy that reflects military and political realities. To do otherwise would be to gamble recklessly on Ukraine's future.

THE Russia-Ukraine war has completed 21 months, even as the US-led West's focus is now on the conflict in West Asia. The October 7 Hamas attack, which coincided with Russian President Vladimir Putin's birthday, led to the outbreak of a war in Gaza, turning the spotlight away from Ukraine.Consequentially, the Ukrainian conflict looks like a limited war when compared to Israel's noholds-barred retaliation in Gaza. Prior to October 7, Western analysts regarded a stalemate as a 'pessimistic' viewpoint' as far as the Ukraine war was concerned. The West bolstered the Ukrainian Defence Forces with stateof-the-art weapon systems and was hoping that the counter-offensive would be successful. The EU had done what was unthinkable before the Russian invasion supplying lethal equipment to a non-member state at war. Aid to Ukraine was the buzzword and there were frequent trips by President Zelenskyy to various capitals demanding assistance to fight the war.There was speculation and optimism regarding the Ukrainian counter-offensive, given their initial success in the two operations they had conducted in 2022 and due to the fact that their troops had been armed and trained by the West. However, the Leopards and Challengers failed to make any breakthrough across the obstacle line which the Russians had created in the winter months. The West hoped that Ukrainian gains would result in the Russians being forced to negotiate for a resolution to the conflict, but this has proved to be an illusion. The flood of Western support, it was believed, would enable Ukraine to evict the Russians. The promised German Leopard 2, British Challenger 2 and American M1 Abrams tanks and M2 Bradley infantry-fighting vehicles were meant to decisively alter the odds. But the Ukrainian military needed many more of these combat vehicles, greater number of HIMARS (High Mobility Artillery Rocket System) rounds and long-range missiles, and thousands of artillery shells. It also needed greater engineering, amphibious and logistical capacity to penetrate fortified Russian defensive lines, clear hundreds of miles of occupied territory, and conduct amphibious and ground assaults to cross into Crimea and dislodge Russian forces. Most importantly, it needed air power to give it an air attack capability. Above all, it needed trained manpower to handle these complex systems and integrate them. This was clearly lacking. The fact is that the West dithered for months before agreeing to supply the tanks and then took even longer to actually send them. By August-end, there were only 87 Leopards and 14 Challengers and no Abrams. Switching over from Sovietorigin systems to Western equipment has been a challenge for the Ukrainian army. There are also restrictions imposed on their employment as these cannot be used on Russian soil. Hence, the Surovikin Line could not be outflanked, as was done to the Maginot Line. Advances are likely to come at a much higher price in terms of human costs due to the hardening of frontlines. Territorial reclamation, undoubtedly



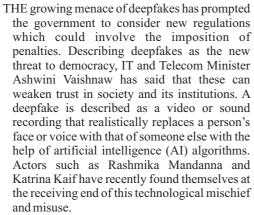
important to Ukraine, appears unlikely as its counteroffensive has been unable to break though the forward defences.It seems that Ukraine lacks the capacity even with external assistance to achieve a decisive military victory. Regardless of how much territory it is able to recapture, which is presently negligible, Ukraine is unlikely to push Russia out of the Donbas region and Crimea. Further, even if it does achieve success, the Russian army will continue to pose a permanent threat.

The West has downplayed Russia's fears and ignored the damage to its national pride. It is said that the humiliation faced by President Putin as a KGB officer being forced to leave East Germany and witness the disintegration of the Soviet Union led to his wanting to restore Russia's glory. The fact that the West did not adhere to its promise of not expanding NATO eastwards was a red line that had been crossed.n November 2019, President Macron had said: "What we are currently experiencing is the brain death of NATO... Europe stands on the edge of a precipice and needs to start thinking of itself strategically as a geopolitical power; otherwise, we will no longer be in control of our destiny." As a result, the major contributor to NATO's security has been the US. Since the war began, the Biden administration has invested more than \$76

billion in assistance to Ukraine, which includes humanitarian, financial and military support, according to the Kiel Institute for the World Economy, a German research institute. This figure does not include all warrelated US spending, such as aid to allies. The aid to Israel was \$3.3 billion in 2021. Now, with its closest ally at war, it is natural for the US to turn its attention in that direction. The Ukraine war is likely to end without a resolution to the territorial issue. Ukraine may have to settle for the line of contact being accepted as the de facto border. Ukraine's Gen Valery Zaluzhny recently admitted: "There will most likely be no deep and beautiful breakthrough." NATO now needs to work with Ukraine on a new strategy that reflects military and political realities. To do otherwise would be to gamble recklessly on Ukraine's future. The truth remains that there cannot be unrealistic assumptions about how easy it can be to overwhelm and defeat the enemy. Wars rarely go as planned; hence, neither side can afford to persist with a war in the hope of celebrating a victory purely on its terms. As long as the Ukrainians are willing to fight, the West is benefiting as this has tied up the Russian forces and thereby diminished the threat they pose. Unfortunately.

Deepfake crackdown

Need to create robust regulatory framework



Vaishnaw met various stakeholders, including representatives of social media platforms and AI experts, a day after Prime Minister Narendra Modi highlighted apprehensions about the adverse impact of AI, particularly deepfake technology. In

his address at the G20 Virtual Summit, the PM stressed the need for international collaboration to frame global AI regulations. The government is preparing an action plan focusing on four key aspects: detection of deepfakes; preventing the spread of such content; strengthening reporting mechanisms; and raising awareness. Deepfake technology not only poses a threat to the privacy of public figures but can also be used to foment trouble, spread disinformation and fake news, and jeopardise national security. India, a country of around 80 crore Internet users, is especially vulnerable; deepfakes can be a lethal tool during elections to settle political scores and mislead voters. Imposing heavy penalties on both the creator and the platform hosting deepfakes can be an effective deterrent. The government and the industry need to work in tandem to develop 'responsible AI' that benefits society and wards off anti-social elements. The public also has a key role to play in countering deepfakes. People must be sensitised to the perils of mindlessly sharing or forwarding content

Take farmers on board to address stubble burning

The SC should hear out the farmers on why they are bent on burning paddy straw in the fields despite being aware of its implications.

The burning of paddy straw in Punjab and areas surrounding Delhi no doubt contributes to the worsening of air quality in the capital and adversely impacts the health of residents, but it is only a fraction of the truth. Several scientific studies have shown that the burning of stubble in Punjab is contributing 15-20 per cent to Delhi's pollution. The rest is being caused by vehicular traffic (vehicles plying in lakhs in the NCR), the industry and the infrastructure sector. The weather conditions, especially very low wind velocity, make the situation worse because fine dust particles remain stranded in the air for days together. Scanty or no rainfall $\,$ in November is also a contributory factor.

Paradoxically, Punjab's air quality, despite the burning of stubble, is better than that of Delhi. Clearly, the burning of straw by Punjab's farmers cannot be held solely responsible for Delhi's very poor air quality. Nonetheless, it does not warrant burning of straw.

The Supreme Court and the National Green Tribunal (NGT) are convinced that the worsening of Delhi's air is largely due to the burning of paddy straw in Punjab. There is no denying the fact that the state's farmers burn straw in the fields, maybe more than half of the 22 million tonnes produced every year. Stubble burning is also taking place in Haryana, Rajasthan and western Uttar Pradesh (in close proximity to Delhi), but the farmers of Punjab are being demonised. The apex court has issued stern directions to the Punjab Government to take strict action against those farmers who set paddy straw on fire. It has even suggested the denial of MSP on paddy to those farmers who burn stubble in the fields. "The stick must also follow the carrot. Why should people who, despite all observations of the court and despite counselling, continue violating the law be allowed to benefit monetarily?" the SC Bench has asked. But this is easier said than done.

The SC has also raised the issues of the depleting water table and the impending desertification of Punjab. The



court, however, does not have expertise in every field (as aptly acknowledged by the SC) and thus must take the advice of experts about the implication of its suggestions and recommendations. Another catch in the whole process is that the farmers' viewpoint is missing. The Supreme Court should hear out the farmers on why they are bent on burning paddy straw in the fields despite being aware of its health and legal implications. The SC should also seek an action-taken report from the government about the incentives offered to farmers for not burning straw, as suggested by it and the NGT.

Nonetheless, the unabated burning of stubble has been

going on year after year despite the advisories of the government and the NGT. The farmers who put crop residue on fire also face legal action and fines. Ironically, there is hardly any noteworthy positive outcome over the years. Such a scenario necessitates a serious review of all measures (in-situ as well as ex-situ management) taken so far to manage paddy straw. Is it due to the inadequate supply of machinery or the wide differences between the government's prescriptions and the farmers' circumstances? Or is it due to the absence of a holistic understanding of the underlying socioeconomic causes of the problem and piecemeal

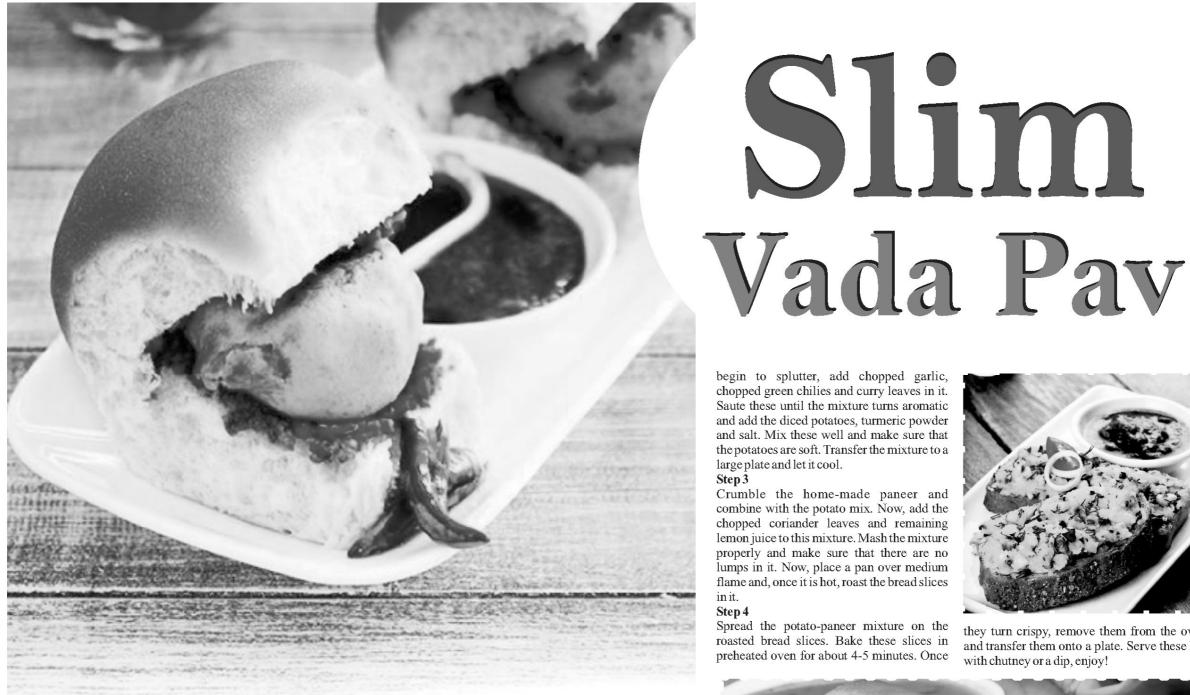
measures? Past experience says that once the worst is over, there is hardly any public or official discourse till the next season. Perhaps here lies the crux of the entire problem. What is required is to prepare a medium and long-term policy on the basis of a comprehensive study of all dimensions of the problem, taking the farmers on board. On the basis of such a policy, the government and farmers can adopt a multidimensional strategy and implement it in the mission mode.

Significantly, the spectacular increase in the area under paddy in Punjab since the 1970s was the result of an enabling environment created by compatible policy prescriptions and the country's foodgrain requirement. The area under paddy has increased from 9 per cent of the net sown area of Punjab in 1970-71 to around 75 per cent now. To meet the country's demand for rice, Puniab has been virtually exporting its ground and canal water. For the past over 15 years, the Union Government has been advising Punjab to substantially decrease area under paddy, but it has instead been on the rise. Notably, neither Punjab nor the Central Government took any serious note of the two reports (1986 and 2002) on crop diversification in the state.

The Punjab Government remained complacent and the Centre has only been issuing advisories. Effective implementation of the MSP regime for alternative crops may be of some help. Even now, neither any policy prescription nor any alternative crops (which could be at least as remunerative as paddy) are available to replace paddy. Under such circumstances, farmers and the state government alone would not be in a position to phase out paddy. The Union Government must help the state and its farmers if it honestly wants to save Punjab from impending desertification and the country from food insecurity. While reducing area under paddy cultivation, which is a must to address the rapidly depleting water table, long-term food security and farmers' economics must also be considered.

Slim





Looking for something tasty yet healthy? This Slim Vada Pav is a perfect dish for all those who want to satiate their hunger without compromising on taste. Made with mashed potatoes and home made paneer, tossed in a melange of spices, this Maharashtrian recipe is a sheer delight for foodies. This easy recipe can be made using a few ingredients and does not require much effort from your side. Served with a tangy chutney, this snack recipe can be enjoyed by people of all age groups and is quite delicious. Occasions like kitty parties, potlucks, picnics or game nights are apt to indulge in this vegetarian recipe

and is sure to wreak major havoc on your Step 1 taste buds. So try out this simple recipe at home and devour in its zesty flavours!

Ingredients of Slim Vada Pav

- 8 slices bread-white 4 medium boiled potato
- 10 curry leaves
- 1/2 teaspoon mustard seeds
- 4 tablespoon lemon juice
- salt as required 1 litre low fat milk
- 2 cloves garlic
- 2 tablespoon coriander leaves 1/4 teaspoon powdered turmeric
- 1 tablespoon refined oil How to make Slim Vada Pav

Now, heat oil in a pan over medium flame and add mustard seeds in it. Once the seeds

Place a saucepan over medium flame and add milk in it. Bring it to boil and then remove from heat. Immediately add 2 tablespoons of lemon juice in the hot milk and stir it until the milk curdles. Let it stand for 10 minutes, then strain through a muslin cloth, making sure all the whey is removed. The excess milk is drained and the paneer is left behind in the cloth. Meanwhile, preheat the oven at 160 degrees for about 8-10 minutes.

Step 2

begin to splutter, add chopped garlic, chopped green chilies and curry leaves in it. Saute these until the mixture turns aromatic and add the diced potatoes, turmeric powder and salt. Mix these well and make sure that the potatoes are soft. Transfer the mixture to a large plate and let it cool. Step 3

Crumble the home-made paneer and combine with the potato mix. Now, add the chopped coriander leaves and remaining lemon juice to this mixture. Mash the mixture properly and make sure that there are no lumps in it. Now, place a pan over medium flame and, once it is hot, roast the bread slices

Spread the potato-paneer mixture on the roasted bread slices. Bake these slices in preheated oven for about 4-5 minutes. Once



they turn crispy, remove them from the oven and transfer them onto a plate. Serve these hot with chutney or a dip, enjoy!



Recipe: Bengali Fish Fingers



Apopular and easy to make Bengali style appetizer/snack. These fish fingers are well suited for any occasion, party or can also be served as an evening snack.

Ingredients White Fish Fillets - 300 gms, skinless,

boneless Eggs - 2 Fennel Seeds - 1 tsp Cumin Seeds - 1 tsp Mustard Seeds - 1 tsp Nigella Seeds - 1 tsp Fenugreek Seeds (Methi) - 1/2 tsp Maida - 1 1/2 tblsp Besan Flour - 1/2 tblsp

Red Chilli Powder - 1 Garlic - 3 cloves, crushed Ginger - 1 inch piece, grated Oil as required

Breadcrumbs - 1 to 2 cups Coriander Leaves - handful, chopped Salt as per taste

Method - Combine the cumin seeds, fennel seeds, mustard seeds, nigella seeds and methi in a mixer jar. - Grind them together and transfer to a

bowl. - Add the maida, besan, red chilli powder, garlic, coriander leaves, ginger and enough salt.

- Mix well. - Beat the eggs in a bowl and add to the flour.

- Gently whisk until combined.\ Chop the fish fillets into small bite-sized pieces or strips. - Heat oil in a deep frying pan. - Dip the fish fillets

into the batter and

- Allow any excess to drip off and dredge it in the breadcrumbs, coating it fully Gently slide them into the hot oil and fry until cooked through or crisp and

remove.

golden brown. - Remove and drain excess oil.

- Serve with chutney or sauce of

Chef Manu Chandra suggests 17 homegrown ingredients that can up the quotient of any plate

I think as one matures as a chef, intrinsically it becomes easier to look around oneself to be inspired and innovate rather than looking too far. Something similar has been happening with me despite my years working abroad and at some stellar restaurants at that. The depth and variety of what is available in our country is often overlooked by the restauranting ethos and instead most embrace hard-to-find western ingredients in the development of their menus and offerings.

While it would be unfair to say that some chefs haven't already attempted and been trying to champion Indian ingredients, I still feel that we have a very long way to go and being able to develop our brand of adopted cuisines (much like France, America, Australia have done).

Here's a list of 17 of perhaps hundreds of relatively unseen or underestimated ingredients, which I feel would add a lot of spunk to any menu, cuisine notwithstanding. Bon appetite.

1. Bathua: A seemingly wild growing green always found in certain parts of North India. Bathua is a fantastic replacement for spinach, which has always been associated with contamination. It's delicious, earthy and lends itself to many applications.

2. Kachampoli: Almost never heard of outside of Coorg, this is India's answer to Balsamic Vinegar even though it's neither sweet nor made with grapes. Watch it transform a non-vegetarian dish with it's deep dark colour and lip-smacking tang.

3. Singhara: This absolutely delicious water vegetable is barely seen on any menu. Peeled and sliced, it would make the most wonderful salad. 4. Makhana: Lotus seeds that have been

dried are an incredible way to thicken sauces and gravies after frying and powdering. It's a great snack too, albeit a little heavy.

5. Bhetki: Despite the battle between the sea fish vs the fresh water fish lovers, the glorious Bhetki stands out as an outstanding fish. Its suppleness is a close second to the phenomenally expensive and imported varieties of bass. I would pass up a John Dory for a good Bhetki any day.

6. Melon seeds: So used are we to seeing pine nuts on menus, that we often forget how delicious roasted melon seeds can be. I've found them equally enticing on pastas, salads and even desserts. Amust try.

7. Bhut Jhalokia: Also known as the Naga chili, I find myself reading more about this in foreign media than seeing it in our own restaurants. It's got a kick that will make

17 unexplored, exotic Indian

ngredients



most people chuck out the imported bottles of hot sauce.

8. Gondhoraj lemon: By far one of my favorite citrus flavours, the perfumey fragrance from this north-eastern lemon can convert the simplest dish into a stunner. Infuse it in a little vodka, or try a sorbet with it. A lemon tart with some zest and juice from the gondhoraj can give key lime pies a run for its money.

9. Kalimpong Cheese: Almost Gouda like, this cheese from Sikkim probably has a very small production, but can fool the finest of gourmets. Watch it transform the most humble bake or a simple chili cheese toast, if you can get your hands on it, that is.

10. Rhododendron: Literally the rose tree, these beautiful flowers from the hills of Nainital and around, make for the most amazing drinks and coolers. Instead of lapping up artificial green apple syrups in martinis, it would be fabulous to see bartenders adapt to this refreshingly different ingredient.

11. Kashundhi: Bengali cuisine would be unimaginable Bengali cuisine. Try it in dressings, as a condiment on steaks and fish, or even a sandwich spread and English mustard may not seem so attractive after all.

without this. This sharp and well- rounded

mustard still remains within the confines of Bengali cuisine. Try it in dressings, as a condiment on steaks and fish, or even a sandwich spread and English mustard may not seem so attractive after all.

12. Jaggery: For a country that almost knew no refined sugar, the jump to white sugar and caramel-coloured refined sugar seem odd. Jaggery in its many forms still makes for an

excellent sweetener for confections and puddings. Some practice will get you stunning results. 13. Mustard and sesame oils: So

here we are, a nation with a rich enough history of our own oils with arguably as many health benefits as some other oils; yet we look at the olive for gourmet reasons. Not true. Both sesame and mustard oils have amazing flavour characteristics and make

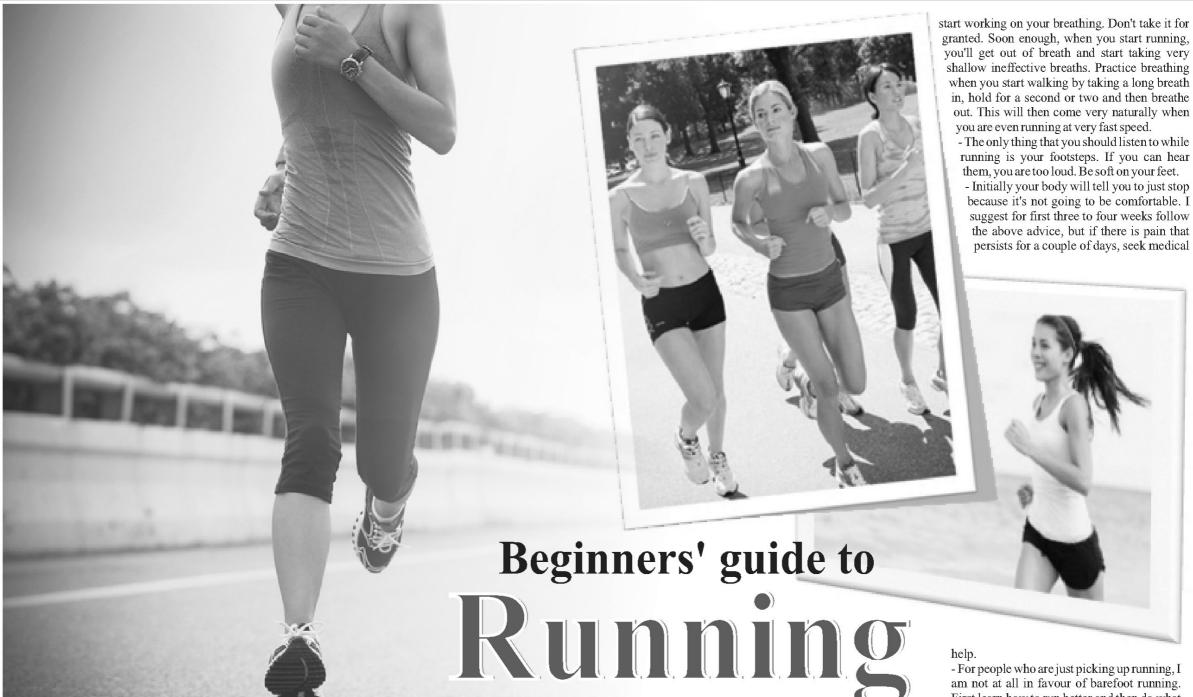
some great dressings, sautes, marinades etc. Pick up a bottle of each for your kitchens today.

14. Aam Ada: This ginger root which has the most keen palates confused owing to its distinctively green mango flavour can be an amazing addition to soups, broths and relishes. It's again seen in very isolated cuisines, but I'm sure can gain a following as much as lemongrass if marketed well.

15. Indian Vanilla Bean: Many people will be unaware that some excellent Vanilla grows in the hills of Chikmaglur and Coorg and any place with coffee plantations. Substitute the sub par artificial essence with some caviar from a vanilla bean and watch a dessert move a step closer to Nirvana.

16. Golden Apple: As children one almost looked forward to apple season (yes, we ate seasonally as early as 20 years ago) for those incredibly juicy and sweet Golden Apples from Himachal. Today I'm hard pressed to find them. Instead I can easily settle for pretty, waxy and tasteless imported green and red apples. Eat an apple pie made from golden apples, and a whole generation may rethink the apple (edible) completely.

17. Gulkand: A stalwart of the pan shop, gulkand in all its rosy and sweet avatar can be an amazing ingredient. It's mellow yet lucid on the palate. Try it with cheesecake or with nuts and honey on warm almond cookies.



Plan to do a little bit of running after a long time to stay fit? Don't compete with anyone else around you and start with abby steps, says an expert.

Adidas running expert Rajat Chauhan suggests how to go about it

- Don't try to rush back to being how active or fit you were at a particular stage in life. You'll get there and beyond, but you first need to understand the current situation too. Also, don't compete with anyone else foundation so that you don't get hurt.

- You'll notice that in running community everyone is too obsessed with numbers of all kinds. I suggest you don't worry about distance and speed for the first few months. Simply focus on 'time on feet'.

- Start by alternating gentle walking for one to five minutes with brisk walking for one to five minutes. Repeat three to six times. For the first week or two, stick to this

around you. Start slow, make a solid - Once you get comfortable moving at brisk pace five to 10 minutes non-stop, then you can start jogging a little. Now start alternating one to five minute brisk walks with one to five minutes jogs. Repeat three

> - You need to have strength training to get the best out of your running. It'll help you run more efficiently. Strength training could be done at home or at gym, using body weight or machines.

- The more you resist, the more unnatural will it become and more mistakes you'll make. Start by relaxing your shoulders and just by jogging in one spot. Have an imaginary papadum (papad) between your thumb and index finger of both hands. Since you aren't supposed to break it, you need to hold it softly, in effect relaxing your shoulders and upper body.

- Whether walking or running, you need to

- For people who are just picking up running, I am not at all in favour of barefoot running. First learn how to run better and then do what you feel like but for now just pick up a decent running pair based on your needs. If you are a neutral runner, pick normal cushioned shoes, but if you are an over pronator, please pick stability shoes.

- Have a sip or two of water every 10 to 15 minutes, but no more. Best is to have electrolyte mix and not plain water. Never run straight after meal. Give a break of at least two hours. After a run, it's important you have some proteins within 20 to 30 minutes.

7 exercises you need to

Although it is true that there are no such things as "bad" exercises certain faulty techniques can make an exercise useless and compromising.



While some of these exercises aren't optimal for fitness, some others should be avoided as they can easily lead to injury. However, it is important to understand that they are not always unsafe or unproductive. Adopting or avoiding any exercise technique depends on an individual's personal fitness goals and objectives. Read on to know more about these common red flags...

Spot reduction exercises: An ineffective method of 'burning fat' followed by many people is spot reduction. The popularity of this belief

can be largely attributed to the many exercise gimmicks that we often see in infomercials regarding localized weight reduction. But always keep in mind that weight loss can never be isolated to a particular area. Localized strengthening and toning exercises will only help to firm muscles but will have no effect on the fat content of the target area. A better alternative is to adopt a well-rounded

full-body weight reduction program.

Leg extensions (Seated): Avery

popular exercise for working the anterior thigh muscles, seated leg extensions are actually one of the most dangerous exercises in the gym. This is because the exercise places an unhealthy amount of stress on the knee joint. According to a research published in the "Journal of Orthopaedic and Sports Physical Therapy", individuals who worked on the leg extension machines found no benefit during functional tests. This can be

particularly dangerous for those who have any kind of knee problems. Safer alternatives are simple lunges and squats without any added weights.

Leg press: Another form of exercise that should be avoided is the leg press as this can place undue amount of stress on the lower back. This can thus predispose a person to low back injuries. Although, many claim that seated leg press exercises can train your hams, quadriceps and gluts, in reality, it does not engage these muscles at all. All it does is force the spine into a flexed position. Hence, instead of this, try working on body weight squats.

Seated abduction or adduction: Just like leg press, seated abduction/adduction movements can place great amounts of stress on your spine. Also, such movements only train these muscles as prime movers. But, in reality, during actual physical activity, they are used only as stabilizers and not as prime movers. An easy and effective alternative is lunges which can be used to train these muscles for their actual purpose of stabilizing.

Leg curls: According to strength and conditioning coach, Charlie Weingroff, exercises like deadlifts are more effective than leg curls. This is because the latter trains the hams only as knee flexors while, during activity, they are used mainly as hip extensors.

Sit ups: As per the recommendations by the National Institute for Occupational Safety and Health (NIOSH), a person should never apply more than 3400 newtons of force on his back at a time. Crossing this limit would place unnecessary stress on the back muscles leading to stress or injury. On an average, a regular sit-up program contributes around 3413 newtons of force on the back muscles. To avoid this, opt for short range crunch movements or tabletops.

Lat pulldown exercises (behind the head): This is a big

> "no-no" without proper form, as this may affect your shoulder joint functioning. Only those with extreme shoulder joint flexibility can opt for this exercise and that too, with extreme care for correct form. A better alternative for working your lats is by pulling the bar towards your chest and not behind the head. But, remember to keep your spine straight and abs pulled in while performing this.

se neem oil, garlic for mosquito-free home

As the national capital battles one of its worst dengue seasons, experts suggest natural methods like neem and coconut oil concoction or garlic to keep the mosquito-borne tropical disease at bay.

Neem oil acts as a great indoor mosquito-repellent owing to its smell that wards off mosquitoes. One can make an effective insecticide by mixing neem oil and coconut oil in equal proportion and rub it on the exposed parts of a body. Another natural

method to keep mosquitoes at bay is to plant Tulsi near the window panes. The plant has properties that do not allow mosquitoes to

- A mixture of lemon oil and eucalyptus oil is extremely effective in warding off away. All you need to do is crush a few pods of mosquitoes naturally. Both have the active garlic, boil them in water and spray the liquid in the

component cineole in it carrying antiseptic and insect repellent properties, which makes them effective when applied to the skin. - Camphor is an easily available ingredient

mosquitoes in a house. that kills Made from the extract of a tree, this compound has been found to have the longest mosquito repellent effect as compared to other natural products. Burning camphor in a closed room

> effective in keeping mosquitoes at bay. - Garlic might smell bad, but that is exactly why mosquitoes stay

Home remedies to battle stomach pain

The most common reason for stomach pain is indigestion. If the food you have eaten is not digested properly, it produces gas and toxic mucus in the stomach The half digested food also

creates blockages in the bodily channels. In the long run, indigestion causes many health problems too. Dr. Smita Naram, Co-founder, Ayushakti shares some proven home remedies in Ayurveda which has helped lakhs of people to relieve pain, indigestion, gas, acidity, bloated stomach, etc.

easily and stay healthy. Low appetite, indigestion and

- One pinch each of dry ginger, black pepper, pipali, hing

- 1/2 teaspoon each of rock salt and black salt

 Kokum liquid extracted from 3 kokum Mix all well and take it three

times a day. Home remedies to battle stomach

Slice fresh ginger in to pieces; rub it in rock salt and lemon juice



Dry it in sun shade and keep bottled. Eat 1 piece each after every meal. This is the best remedy to improve (air movement) and removes the digestion, reduce pain and gas.

Stomach pain due to acidity with gas -Black Raisins 20 Nos.

- Jeshtimadhu Powder 1/2 Tsp. - Amla Powder 1 Tsp. Cumin Seed Powder ½ Tsp.

- Fennel Seed Powder 1/2 Tsp. Dry Ginger Powder ¼ Tsp. - Cardamom Powder 1/4 Tsp.

Mix them to the water, mentioned in pain (1) and drink twice a day. Acidity and burning

20 black resins soaked in 1 glass of powder with warm water daily at water and smash it in the morning night relieves constipation. Also and drink on empty stomach. This improves digestion and in the reduces heat (pitta) and thus reduce long run help to relieve from gas, acidity effectively.

Pain with diarrhea and dysentery

can be extremely

- 1 glass fresh buttermilk with 1 teaspoon of cumn seed powder

- 1 cup pomegranate juice twice daily relieve from pain and also stops diarrhoea. How panchkarma helps in

relieving irritant abdominal pain? Basti karma is medicated enema

effectively bring down the Vayu accumulated toxins through stool, and you feel relieved from pain and bloating of stomach. Home remedies to battle stomach

Applying Hing paste on the naval area effectively relieves

abdominal pain. Home remedies to battle stomach

If you have pain and constant constipation: 1 teaspoon triphala acidity, bloated stomach.





We all know that certain fruits are rich in vitamin and potassium. At times, we even pay huge sums of money just to get fruit

But why do that when you can get glowing skin at home? Try these homemade face packs for beautiful skin now.

Banana face pack

Banana helps in making the skin dewy and fresh. Try this face pack for supple skin.

Directions Mash some banana and apply on your face and neck. If you're suffering from skin disorders such as acne and pigmentation, add some honey to it. Wash your face after 15 minutes.

Papaya face pack

This is extremely beneficial for tanning. Try this one out if you're tired of dark spots and tanned skin.

Directions Take a ripe papaya and massage on your skin. Leave it on for 15 minutes and

Cucumber face pack

Best for dry skin, cucumber acts as a cooling

Directions Grate cucumber and apply the juice on your face. You may also refrigerate the pulp and once it cools, use as an eye mask to treat dark circles.

Kiwi face pack

Kiwi is especially good if you want a natural glow on your face.

Directions Puree the kiwi and add some yoghurt to it. Massage onto your skin for a bit. Wash it off in 15 minutes.

Tomato face pack

Tomatoes help in skin whitening, tightening and curing pimples.

Directions Squeeze 2 teaspoons of juice from a ripe tomato. Add 3 teaspoons of butter milk to it and mix thoroughly. Leave it on for 30 minutes

and wash it off.We all know that certain fruits are rich in vitamin and potassium. At times, we even pay huge sums of money just to get fruit facials. But why do that when you can get glowing skin at home? Try these homemade face packs for beautiful skin now.

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Your hair tends to suffer as well during the winter as much as your skin does. Here's how you can take care of it... packs for Winhard also goes through its The Part from your skin, your hair also goes through its

Homemade cures for puffy eyes



Waking up with puffy eyes every morning? Here are some homemade cures for irritable eyes.

Potato Potato is extremely beneficial for puffy eyes. It has anti-inflammatory properties and helps cure irritation around the eyes. Grate a potato, place the pulp into a poultice. Keep this on your eyelids for about 15 minutes. This must be done

almost every day without fail. Cucumbers Cucumbers are cooling agents and their astringent properties are meant to cure puffy eyes. Rest a slice

of cucumber on each eye and relax for 5-10 minutes. Green tea

Green tea is known to be a soothing agent for puffy eyes. It

reduces swelling of the eyes. Dip 2 bags of your choice of tea in hot water for 3-5 minutes. Let it cool until the bags are comfortably warm. Close your eyes and place a tea bag over each eyes.

Aloe vera hair pack

this season.

Evenly apply aloe vera all over your hair at least once in a week. Keep this pack on for at least half an hour or so before you wash it off with lukewarm water. Aloe makes your hair soft and also makes it shiny.

Apart from your skin, your hair also goes through its own set of problems during the colder months. If you are looking at keeping your mane healthy and strong, there are couple of hair packs that you must use during

Reetha hair pack

Reetha is not only known for reducing hair loss, but also protects your hair from losing its texture during the winter. Make a thick paste of reetha and apply this all over your hair. You can apply this pack at least twice a week depending on how damaged your hair gets during winter. Do not use shampoo while washing off reetha.

Henna hair pack

Mix henna along with curd and coffee or tea strain and keep it overnight in a copper bowl. Apply it before you wash your hair in the morning and keep this for approximately an hour or so. Once it dries off, wash off the paste off your hair.

Kerala

A vacation inparadise

Kerala is magical. Every corner and every turn of this magnetic state has a visual wonder tucked away. So pack your bags and get ready; a travel across paradise awaits you

vacation to the south of India ensures more than just a magnificent visual treat and the skipping of a heartbeat. Kerala's breathtaking views and natural splendors pull

aside their green curtains to all strains and burdens of a city Geographic Traveler, Kerala is friendly locals are helpful and platters of appam and puttu and one of the 'ten paradises of the a shy namaskaram. Away from world' by the National

visit the surreal state of Kerala. join their hands together to Kerala is a place resplendent welcome all avid travelers with with natural beauty. Named as

greet every traveller. The life, this year, do take the time to famous especially for its ecotourism initiatives. The states name, in fact, originates from two words- 'kera' and 'alam', where 'kera' means coconut and 'alam' means land or location. Apart

feature that's exclusive to Kerala are the backwaters. These waters are marked by a unique ecosystem wherein lagoons, lakes, canals, estuaries and deltas of several rivers meet the Arabian Sea. If you are looking for a quiet, rejuvenating and peaceful getaway, then look around no more. The quaint and peaceful backwaters prove to be the perfect dose for your restless soul. Here's a look at some of the prime spots where one can visit the backwaters. Kumarakom

forests, beguiling beaches, the one

The village of Kumarakom is situated 16 km away from Kottayam town, Central Kerala. One can reach this place either by the train - 16 kms from Kottayam; or by air - 76 kms from Cochin International Airport. As one enters Kumarakom, the environment seems almost freshly-laundered and the serenity of the place takes one by surprise. The chirping of wild birds peeking from an unknown distance helps break the mysteriously silent ambience of the backwaters. Abed of clay sand and a slippery inlet leads one towards a colony of the most exquisite and extremely beautiful houseboats. Some houseboats have an open wide front, designed for some lazy bachelors who want to lounge around with a small TV, food and drinks and watch the calm water. Some house boats have the capacity to carry almost 5

families. The land on both sides is dotted with gangling palm trees. As one looks ahead, one sees a vast stretch of nothingness; only the silent

The friendly, popular and

crowded Thiruvallam is 10

Thiruvallam

Thiruvananthapuram. One can reach this place by road or rail. This specific location is famous for its canoe rides, kayaking and cruises in kettuvalloms (house boats). The Boat Club here organises tours to the nearby islands of Pozhikara and Edayar as well as visits to coir manufacturing units. While sailing, hear the peaceful chorus of the rippling water alongside your houseboat cruise as you float on the breathtaking Kerala backwaters with palm fringed

golden beaches on both sides. What is also truly magical about a houseboat ride is the breathtaking view of the untouched and inaccessible rural Kerala while you float! Seeing bobbing heads of locals swimming alongside your boat isn't uncommon. Nor is it rare to see small thatch-roofed huts on the banks of the waters with locals watching you sail by. Ashkkumar

Located in Kollam district of Kerala in southern India, Ashtamudi is one of the major centres of backwater tourism. rail; Kollam being the nearest rail head. One can also reach this place by bus. Both luxury as well as semi deluxe buses are available from Kollam to Ashtamundi. Ashtamudi means 'eight coned'. This name is indicative of the lake's topography. Thevally lake, Kandachira lake, Kureepuzha lake, Kallada lake, Perumon lake, Kumbalath lake, Kanjirottu lake and Thekkumbhagam lake form the eight branchs of Ashtamudi lake.

Apart from enjoying a peaceful backwater ride, one can also truly witness the culture and traditions of Kerala here. One can participate in the festivals at the Sreekrishna Swamy Temple, Asramam, Thrikkadavoor Mahadeva Temple and Kottamkulangara temple.

The various islands that make a semi-circular cover around the backwaters are converted into the most breath-taking and luxurious resorts. Long, comfortable benches are spread along the banks of these islands where happy and relaxed bones find peace and tranquility. At night, the backwaters light up and look like a picture post card. Emerald green hills and mists slip over the hills in the aqueous light, passing through the ululating hills.

So get ready, pack your bags, and look up ahead. A fulfilling vacation and a soulful journey is waiting for you along the cost of the Arabian Sea. Do take the time to visit this paradise - one that is God's calls



Raoini

Wild, peaceful and all in between



one can go to check Nagarhole National

specie

birds

anim

Kabini, on the border of Karnataka and Kerala, makes a perfect wild getaway The best thing about the foothills

of the Nilgiri Hills and Western Ghats is the abundance of wildlife that one gets to spot. It needn't always be about spotting that elusive tiger. The joy for the wildlife lover is to spot many other rare species here, which include leopards, wild dogs and many different reptiles.

much sought-after destination, especially for the wildlife photographers. The best attractions would have to be the land and water safari. While on land safari, one gets to spot bisons, elephants and peacocks along with some other rare sightings, the river safari is a delight for the closely connected to the ornithologists, with many wingedwonders resting alongside the river. A

Kabini too is one little known fact is that wild such delight, where spots around Kabini used to be a private hunting lodge of out some rare the Mysore Maharaja as it sightings of used to boast of a lot of wild animals at the cats. Today, Kabini has many resorts and camps as options Park. Found for people to stay. The area alongside the also boasts of a dam as the r i v e r other tourist destination. For b a n k s the culture vultures, there are of the some interesting tribes that reside in these forests, who have fascinating tales to tell. Their handicrafts are also worth a buy. A 10-hour drive from Chennai is how one would reach this place. Alternately, one could either opt to take a train or fly to Bangalore and Mysore, to reduce the time spent travelling on the road. Getting to Kabini from Coimbatore is also another option, if one wants to make a travel holiday out of it, traversing through Mudumalai and Bandipur National Parks. Kabini is also Wayanad district in Kerala.

From picturesque beaches to tranquil mountain hideaways-India has an abundance of post-wedding getaways. Here are some of the most popular honeymoon destinations that you and your significant other can reminisce about in the years to come.

Lakshadweep

Exotic and sun-kissed beaches, verdant landscapes and turquoise-hued waters-what more could you ask of a tropical honeymoon? The real attraction of the Lakshadweep islands, however, rests underwater: the pristine lagoons, unspoiled coral reefs and warm waters are a magnet for honeymooners.

Goa

Goa has always been a natural choice amongst honeymooners-home to miles and miles of scenic beaches, swaying coconut palms, old colonial Portuguese buildings, delicious cuisine and an easygoing, laid back atmosphere. In Goa, there's a sense of revelry, merriment and abandon in the air that is totally contagious.

The Andamans

Jet-setting couples favour Andaman and Nicobar Islands for the near-deserted beaches, incredible corals and marine life, and an intriguing colonial past. Newlyweds can enjoy everything from scuba diving and snorkelling to spending time soaking in spectacular views of deep forests and magnificent hills. Plus, the resorts here know only one standard of luxury—extravagant.

Coord (Kodagu)

Spread out across the Western Ghats, the misty valley of Coorg makes for the perfect honeymoon destination. Fondly referred to



India's best honeymoon Destinations

as the 'Scotland of India' due to its verdant beauty and pleasant climes, Coorg has a special place among all hill stations in India. Elite resorts nestled into the landscape offer couples an unparalleled window into the Coorg's lush flora and fauna

Udaipur

Fantastical palaces, temples, havelis and countless narrow, crooked streets add to the

charm of this Rajasthan destination. Even if you are just wandering around the city taking in the majestic sights or cruising the calm lakes on multiple boat rides—the city is bound to sweep you off your feet.

Nainital

An erstwhile summer retreat of the British, Nainital is a small town settled amidst Uttrakhand's Kumaon range. The cool waters of the the Naini Lake, the busy town bazaar and a web of walking tracks around the forested hillsides make for the perfect honeymoon backdrop.

Kerala

The rich vegetation, biological diversity and gentle pace of village life in the backwaters beckon all kinds of honeymooners to Kerala. Spend an evening lounging on a serene beach or a day exploring the splendid backwaters, and you have your perfect getaway.





With the weather see-sawing between being mildly muggy and erratically rainy, some common ailments are likely to stage a return in the coming days. Here are simple ways to help your school-going child tackle them.

Impetigo

An infection caused by a bacterium, which infects healthy skin, the classic symptom of impetigo is a rash on the skin, typically the face. These rashes often look like moist, golden crusts stuck on to the skin. A spot of redness may develop under each patch. Sometimes the affected skin is just red and inflamed -- especially if the 'crust' is picked off. Children can also get secondary impetigo when the skin is already broken and they have had something like

Since it's infectious and typically affects nursery and primary schoolchildren, they should be kept away until there's no more blistering or crusting. The treatment usually lasts for seven to 10 days. And your general practitioner may often prescribe a fusidic acid cream. If it's badly infected or your child has a fever or swollen lymph glands, they might prescribe an oral antibiotic. To stay safe, don't share towels or bath water with someone who's got it until the infection has gone. Also, don't touch the

Slapped cheek syndrome

The most obvious symptom is a very distinctive red rash on the cheeks, which gives the condition its name. A child with it might feel sick, have a runny nose, fever and perhaps a headache too. This viral infection spreads easily and is caused by the air-borne parvovirus. Children are most contagious before the signs appear.

There's no specific treatment apart from regular fluids and pain relief for headaches. It's usually quite mild and will pass in a few days, so it's not something to keep them off school for. That said, the child should avoid contact with pregnant women and people with poor immune systems.

If your child is tormented by an itchy scalp, you need to inspect the hair closely. The tiny eggs and lice are easy to spot. They are easily passed on when children are in close contact at school. You need a special toothcomb to get them out of the hair. If you miss any, they breed again. Apply the lotion again seven days later, which is the rough

life cycle of an egg. Coughs and colds

\The best way to prevent your kid from getting a runny nose or a sore throat is ensuring good personal hygiene. Regular hand-washing, for instance, may reduce chances of getting ill or passing on the infection.

Threadworms Threadworms are tiny parasitic worms in the bowel. At night they migrate to this area, lay their eggs and cause irritation. Tell-tale signs are a very itchy bottom area. The signs may be seen in underwear or pyjamas, and sometimes by an inspection of the bottom. It's passed from scratching then touching the mouth or biting nails. Good hygiene habits can prevent it.

> ideal for forward motion like running, walking, jogging (not hiking, dancing, cycling, etc). Wearing these shoes can cause chronic stress injuries, particularly to the heel.

Flip-flops

Most flip-flops are too flat, too thin and too open. This exposes the foot to the environment and doesn't provide arch support or cushioning. The thong between your toes is also dangerous as it forces your toe muscles to overgrip. Wearing these shoes can cause inflammation, heel pain, strains and fractures.

Stilettos

Wearing heels for long hours shifts your weight to the balls of your feet, which puts pressure on your foot. The sky-high heels can cause ankle sprains, midfoot fractures, neuazarsomas (benign nerve tumours). Platform wedges

Wedges also have heels, which puts pressure on the foot. But the heels generally have more cushion. They often have

platforms, which protect the ball

of your foot and reduce the

incline. But you can suffer similar ailments due to heels.

Mebendazole or maybe a second dose a couple of weeks later is enough to banish them. Boil-wash bedding and towels to stop it from spreading.

Thankfully, it's easy to get rid of. One dose of a drug like

Contagiosum These are small, almost wart-like lumps on the skin. Round and firm, they usually affect children of nursery age upwards. They are contagious but you don't need to keep children off school. Children don't tend to need any treatment unless they get infected, in which case they can be given an antibiotic. The lumps tend to last about 12-18 months. They're unsightly but don't do any harm.

Though it can cause drowsiness, an oral antihistamine can be effective if the lumps itch.

Tummy bugs They can last 24 hours or longer, and in rare cases, can lead to a child being hospitalised. The symptoms are vomiting, diarrhoea and stomach cramps. In young children, the most common form is rotavirus, and for older ones, it's norovirus, which can last several days. The spread is very swift in a class and can catch on like wildfire. Children will need time off but can go back 48 hours after symptoms settle. Personal hygiene is key, and if the child has severe vomiting and diarrhoea, he/she will need to replace lost fluids. It's critical to have oral rehydration salts.



Try some salsa and kickboxing to take care of that extra energy. Want to shed some kilos? Start spinning and weight training. Want to work on flexibility and core? How about some voga and zumba? The choices are endless. Here are 10 easily available workouts that you can choose from today...and why they might be perfect for you!

Zumba: An hour of high intensity zumba can burn 400 to 600 calories, while strengthening your core and engaging your muscles. Add dance like movements, fun tracks to move to and you've got yourself a workout that you'll enjoy. Zumba comprised of a set of high tempo aerobic and bodyweight exercises, and has progressively difficult stages for those of you who believe in truly pushing yourself to achieve fitness results.

Zumba fact: Make sure that you progress in movements and engagement to avoid hitting an early plateau.

Kickboxing: If you're looking for a great fat burning and body toning workout that keeps you coming back, then kickboxing is the workout for you. Kickboxing burns approximately 800-900 calories per hour and builds speed, agility, strength and good form through some basic moves. Moves are combined and intensified to form workout routines that could even involve sparring, if you're up for it. Kickboxing is creating waves in most Indian cities as the new get-fit-now workout routine.

Kickboxing fact: Be prepared to sweat. A lot. Remember - the slower you move, the lesser you workout and the fewer the calories burnt per hour.

Spinning: Every second gym or fitness studio offers group-spinning classes with dedicated instructors. Several outdoor cyclists opt for spinning in the monsoon or winter months as a decent alternative to outdoor cycling workouts. Choose spinning workouts if you're looking to build stamina and resistance.

Spinning fact: Be prepared for a room full of sweaty folks with loud music (sometimes even disco lights!) and an instructor with a headset. To get the most out of a spinning workout - pay attention to what the instructor says.

Cycling workouts: If it's the real thing you want, then you don't even need a gym to start sweating it out on a cycle. Try urban cycling workouts. If biking through the city makes you feel nervous, simply go for early morning



rides when the streets are empty and the air is fresh. An hour of moderate cycling can burn anything from 400 to 800 calories an hour, giving you a wellrounded workout that'll grow on you as you get used to cycling through your city's streets.

Cycling fact: Invest in a good bicycle and protective gear. Time yourself, and experiment with uphill and downhill cycling - yes, your city can offer you all this and more.

Skipping workouts: If you can jump rope for 10 minutes, then the skipping workouts might help solve your dilemma of how to clock daily workouts. Skipping as a cardio activity can easily be alternated with bodyweight exercises for a home workout. Since it's quite taxing, skipping burns approx. 400-500 calories an hour. Of course, skipping for an hour is near impossible for us mortal souls, but you can target 15 minute sessions spread through the day for similar results

Skipping fact: Target a set number of revolutions. Buy a skipping rope with an in-built counter, and set goals of 100, 200, 300, or 500 revolutions in the shortest time.

Dancing workouts: With studios

offering everything from street jazz to salsa and bollywood bhangra these days, Dancing is increasingly available to us city folk. Dancing engages your core, builds on your muscle range of motion through functional moves and keeps your heart pumping for that cardiovascular goodness. Although dancing workouts start out as low intensity, as you progress, they get tougher and therefore burn more calories eventually.

Dancing fact: Be sure to invest in a good pair of dancing shoes, and remember - the key is progression, so work hard to move up to higher

Yoga: While yoga may not aid quick weight loss in its slower forms, it works wonders for joint flexibility, core strength and muscle tone. Forms like Lyengar yoga and Power yoga have made their presence felt in several new fitness studios that promise body-sculpting results as well. With 250-350 calories burnt per hour, yoga is a great way to stay in shape for those looking to maintain rather than lose. All you need is a yoga teacher and a yoga

Yoga fact: Yoga also helps improve posture and breathing technique, which helps us fight daily stress more effectively.

Aerobics: Simple aerobic classes focus entirely on cardiovascular exercise. This can be as intensive as you want it to be. From 300 to 600 calories burnt per hour, aerobics depends on quick movements to build momentum and encourage weight loss as a by-product. A great way to avoid lifestyle diseases like diabetes and hypertension, aerobics class are now increasingly adding elements of resistance and strength to take their workouts further.

Aerobics fact: Simply practicing the same aerobics movements everyday isn't enough. Progression in intensity is key to reaping maximum benefits from aerobic

Weight training: Weight training is a highly effective method to stay fit well into your middle to older years. As we age, our body's metabolic rate decreases. Through weight training, we build more muscle and evade slow metabolism since muscle burns calories more efficiently. Choose between weight training at the gym, or buying weights and following a home workout, but weight training is one of the best practices for healthy weight management, and immunity boosting.

Weight training fact: The right diet, rich in essential food groups is essential for a weight-training programme. You need to nourish your body to follow stringent weight training workouts.

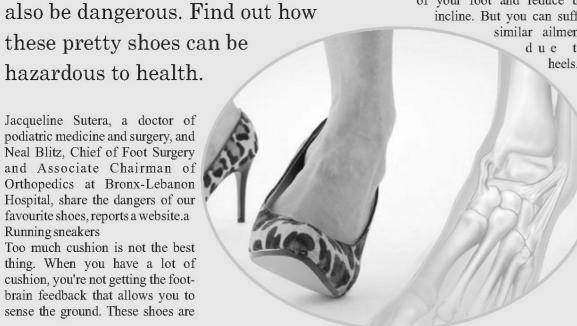


The health dangers that each shoe carries

If stilettos harm feet, flat shoes can

hazardous to health. Jacqueline Sutera, a doctor of podiatric medicine and surgery, and Neal Blitz, Chief of Foot Surgery Orthopedics at Bronx-Lebanon Hospital, share the dangers favourite shoes, reports a website.a

Running sneakers Too much cushion is not the best thing. When you have a lot of cushion, you're not getting the footbrain feedback that allows you to sense the ground. These shoes are





The festival of colours is around the corner, and while you want to celebrate the day in all its shades, Holi is not the best day for your skin.

From dryness to itching, redness and rashes to even allergic reactions, chemical-based colours can wreak havoc on your skin. Instead of stressing over the damage they may cause, take preventive steps to safeguard your skin against harsh chemical after-

Pre-holi skincare

Cover your skin: The most effective way to prevent your skin from absorbing synthetic chemicals is by coating it with a thick layer of oil. Says Sushma Khan, make-up expert, "Apply a generous coat of almond oil, let it soak for 10 minutes, then apply another coat. This will not only keep your skin supple and retain its natural moisture but also act as a waterproofing layer against liquid

Apart from almond, you can also use coconut oil. To prevent nails from staining use petroleum jelly or a transparent nail enamel.

Wear sunblock for the festivities: Since you are going to be spending most of your time outdoors, it is imperative to use sunblock. Says Dr Navin Taneja, "Opt for a waterproof sunscreen with SPF 30 or above, so that it doesn't get washed away by the splash of colours. For acneprone skin, use a fluid-based oil-free sunblock." This not only protects your skin against UV rays

but also prevents the absorption of chemical colours. Smear your lips and eyelids with a thick coat of SPF enriched lip balm as these areas of the skin are most prone to dryness, and hence to damage.

Post-Holi skincare

Cleanse without soap or face wash: After you've concluded the day's celebrations, do not wash your face with soap immediately. Says Aakriti Kochar, beauty and make-up expert, "Soap is alkaline and causes further dryness. Instead, use a cleansing milk or lotion, which soothes the skin while cleansing. Massage it on the skin and then wipe off with moist cotton wool to remove the first loose layer of colour from your

you have cleansed your face and other exposed skin with a cleanser, go for a cold shower, using a Phbalanced soap or body wash to rinse off any colour that is left behind. Says Dr Taneja, "Avoid using hot water as it tends to dry up the skin.

Also, refrain from excessive

scrubbing as it will only damage the

the colours on the road.

skin further.

Moisturise regularly: Skin tends to naturally exfoliate in a few weeks' time and shed dead cell layers and with it, the synthetic colours. However, if you want to fasten the production of natural sebum, always keep your skin moisturised. Massage copious amounts of olive oil into it to restore its natural litheness.

What not to do: Say no to procedures like chemical peels, photofacial, lasers and microdermabrasion for at least two weeks after Holi. Bleaching, shaving, waxing and even facials and clean-ups should be avoided for at least a week.

Cut-and-keep guide to post-Holi packs "After you've removed the packs, apply a mixture of aloe vera How to shower after Holi: After, and lemon juice on your face. This soothes and rejuvenates the skin,"

Oily skin

You need: 2 tbsp natural clay powder, 4 tbsp water, 1 tbsp

Colour me up some Holi

What to do: Mix the ingredients in a bowl and generously apply on cleansed face. Leave on for 20 minutes or till your skin starts feeling stretchy. Wash the clay away with a wet cloth in circular motions.

You need: 2 tbsp masoor dal, 1 tbsp flour, 2 tbsp rose water, ½ tsp ground

What to do: Mix and apply on your skin and let it dry for 20 minutes. Scrub off with your fingertips an then wash with cold water. Dry skin

You need: 1 tbsp soya bean flour, 2-3 tbsp milk, 1 tsp glycerine, a pinch of sea salt, 3 drops of aromatic oil (optional)

What to do: Make a paste and apply on your face. Leave on for not than 10 minutes. Gently scrub off ir circular motions and then rinse with a moisturising facewash.



Add colours

to your life in a new way

Holi is the festival of colours, joy and a sense of togetherness. So, even if you are not playing with colours this Holi, it's time to add some colour to your life. 1. Be grateful to what life

has offered y o u Celebrate love in your life. Even if we are living in an age where communic ation is instant,

there is m u c h pleasure in writing a letter.

So, send a note in bright colourful handmade paper and experience the joy of simple pleasures in life.

2. As most of us will be having a Holi holiday, even if you hate playing with colours, you can always arrange a party in the evening. Invite your friends over and cook a meal for your loved ones. Take this

Holi is the occasion to celebrate colours of life in different way. So, look beyond the obvious and add colours to your

occasion to leading the way. And see what a decorate difference it brings to your life. y o u r 4. Before it gets too hot, this is go for a walk, drive, a jog in the park. There is much joy in physical activity. Play a game of badminton,

with the fun of Holi with some Sowcarpet where the festival is colours to your

Chennaiites are gearing up to new clothes, not just on the day it celebrate the festival of colours in is played, but at least a week before that. For all you know, According to many, Holi is the someone is aiming at you as least expensive festival to you're on your way to work," says celebrate. You don't need to invest Gayatri, a resident of Sowcarpet. in new clothes or buy expensive The reason why Sowcarpet in the gifts; all you need are colours — heart of the city witnesses this ranging from dry to wet to crystals festival at its epitome is because it to organic and herbal - some has a large population of balloons and old, old clothes. Up immigrants from Rajasthan. With north, on March 27, the streets the economy opening up, the will turn blue and green and pink festival has reached many other areas in this southern metropolis. and purple with people matching Due to the recent economic boom, But even Chennai is catching up many people from Bihar, Jharkhand, West Bengal, and pockets like Anna Nagar and other north Indian states are employed in the automobile, IT and hospitality industries, which

colourful festival without any has taken the penetration of effect on the skin is by opting this festival of colours organic colours over synthetic even further. "But it colors. Though organic colours isn't as big as north can be a little heavy on your India," says Indu pocket, but they will save you Bhandari, a resident of Anna

from unnecessary trips to the dermatologist. Today, we help you out by providing a list of colours which can be made at home and will be light on the pocket as well. Try these making these vibrant colours at home and enjoy this colourful festival, without worrying about your beautiful skin. Ravishing red Dry: -Red Sandal Wood powder can be used as red dry colour for your colourful red play. Besides,

The best way to enjoy this

sandalwood is also loaded with many skin soothing properties. -Hibiscus flowers can be dried and powdered to be used as dry colour. Flours can be mixed with them to increase their quantity. Wet:

-Mix 2 spoons of sandal wood powder with a litre of water. Bring it boil and dilute it before splashing it over your friends. -Peel red pomegranates and

boil it in water to get that red colour.

-Mix 2 spoons of turmeric powder and a little lime powder or drops of lemon juice in water. Dilute it and the mixture is ready to use. Green

-Mehendi or heena powder can

Holi special Make colours at home this

Holi is a festival of colours, laughter and joy. But these bright colours which bring can be harsh on your beautiful skin and hair since they are loaded with various harmful dyes and chemicals.

> -Grind leaves of spinach. coriander, mint and other leafy vegetables together and dry it to obtain green colour. -Mix dry heena powder with some water, to get green wet colour. Yellow Dry: -Mix 2 spoons of turmeric powder with 4 spoons of besan, to get that rich yellow colour. Wet:

green colour.

-Mix turmeric powder in water to get a brilliant yellow colour. Magenta -Use some dried beet rood and

be mixed with flours, to get that

powder it, to get a beautiful magenta colour. -Boil the peels of onion in half litre

of water to obtain a light magenta colour. Purple

-Mix juice of black grapes or jambul with water to remove stickiness and to get that rich purple colour.

Try these colours at home and enjoy this colourful festival without any side effects. Happy Holi!



