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Kapil Sibal responds to VP Dhankhar's criticism for 'symptomatic malaise' remark

New Delhi, Sep 2: Sibal, in a resolution issued by him as the president of the Supreme Court Bar Association, had called the Kolkata rape-murder case, a 'symptomatic malaise.'

Rahul Gandhi posts video of interaction with DTC employees

New Delhi, September 2: Leader of Opposition in the Lok Sabha Rahul Gandhi on Monday highlighted the issues being faced by Delhi Transport Corporation (DTC) employees and said those who make the journey of lakhs of passengers smooth everyday have only gotten injustice in return.



Denied Congress ticket, Devender Singh Babli joins BJP ahead of Haryana polls

New Delhi, Sept 2: Former Haryana pan-chayat minister and sitting Tohana MLA Devender Singh Babli on Monday joined BJP along with Sunil Sangwan and Sanjay Kablana.

CBI arrests ex-RG Kar Hospital principal Sandip Ghosh over 'financial irregularities'

Kolkata, September 2: The CBI on Monday arrested the former principal of RG Kar Medical College and Hospital Sandip Ghosh in connection with the alleged financial misconduct at the establishment, officials said.



4.5 lakh people affected by floods in Andhra Pradesh, 31,238 evacuated

Amaravati, September 2: Nearly 4.5 lakh people were affected by the unprecedented rainfall and floods in Andhra Pradesh over the past three days, leading to the evacuation of 31,238 people to 166 relief camps.

Manipur BJP MLA urges Centre to withdraw central forces from state

Imphal, September 2: Manipur BJP MLA Rajkumar Imo Singh on Monday requested the Centre to withdraw central forces from the state if their presence failed to halt the violence.



RG Kar hospital post-graduate trainee on August 9. He was later escorted to the CBI's Nizam Palace office in Kolkata which houses the agency's anti-corruption wing and was shown as arrested.

RSS calls for fast tracking rape trials, regulating online content

New Delhi, September 2: The ruling BJP's ideological mentor Rashtriya Swayamsevak Sangh (RSS) on Monday called for fast tracking of rape trials and regulation of online content even as it expressed alarm over the brutal sexual assault and killing of a junior medic at RG Kar hospital in Kolkata.



Kolkata murder case: Mamata govt proposes death penalty for rape convicts in draft bill

Kolkata, Sep 02: The bill also proposes to amend the Bharatiya Nyay Sanhita 2023, Bharatiya Nagarik Suraksha Sanhita 2023, and the POCSO Act 2012. The draft of the anti-rape bill, which the Mamata Banerjee government is set to present in the West Bengal Assembly on Tuesday, proposes capital punishment for those convicted of rape if their actions lead to the victim's death or result in a vegetative state.



Over 6,900 corruption cases probed by CBI pending trials in courts

New Delhi, September 2: Over 6,900 corruption cases probed by the CBI were pending trials in different courts, 361 for more than 20 years, according to the latest annual report of the Central Vigilance Commission (CVC).





News box

11 dead, 40 injured after truck crashes into bar in Dominican Republic

San Juan, Puerto Rico. A truck ploughed into a bar in the Dominican Republic early on Sunday (local time), killing at least 11 people and injuring more than 40, authorities said.

One of the victims was a police sergeant, said police spokesman Diego Pesqueira. It wasn't immediately clear what caused the crash, although authorities were reviewing cameras in the area, Salas said.

Most of the injured were taken to a nearby hospital, with four of them in critical condition, said Shaira Castillo, spokeswoman for the National Health Service. The injured were women between the ages of 17 and 45 and men from 18 to 55.

Iran probe finds Raisi helicopter crash caused by weather



TEHRAN. Iran's final investigation into the May helicopter crash that killed President Ebrahim Raisi has found it was caused by bad weather, the body investigating the case said on Sunday.

The report added that "the sudden emergence of a thick mass of dense and rising fog" caused the helicopter's collision into the mountain. Iran's army in May similarly said it had found no evidence of criminal activity in the crash that also killed Raisi's foreign minister, Hossein Amir-Abdollahian.

But the Iranian armed forces were quick to reject the finding saying, "what is mentioned on Fars news about the presence of two people in the helicopter against the security protocols... is completely false".

California lawmakers pass landmark bills to atone for racism, but hold off on fund to take action

SACRAMENTO. California lawmakers this week passed some of the nation's most ambitious legislation aimed at atoning for a legacy of racist policies that drove disparities for Black people, from housing to education to health.

None of the bills would provide widespread direct payments to African Americans. The state Legislature instead approved proposals allowing for the return of land or compensation to families whose property was unjustly seized by the government, and issuing a formal apology for laws and practices that have harmed Black people.

But lawmakers left out two bills that would have created a fund and an agency to carry out the measures, considered key components of the efforts to take action. California Legislative Black Caucus Chair Assemblymember Lori Wilson said Saturday that the Black Caucus pulled the bills, adding the proposals need more work.

Russia claims to destroy 158 Ukrainian drones, including 2 over Moscow

46 of the drones were over the Kursk region, where Ukraine has sent its forces in recent weeks in the largest incursion on Russian soil since World War II. A further 34 were shot over the Bryansk region, 28 over the Voronezh region.

World Russian air defences intercepted and destroyed 158 Ukrainian drones overnight, including two over Moscow and nine over the surrounding region, the Defence Ministry said Sunday.

were also shot down deeper into Russia, including one each in the Tver region, northwest of Moscow, and the Ivanovo region, northeast of the Russian capital. Russia's Defence Ministry said drones were intercepted over 15 regions, while one other governor said a drone was shot down over his region, too.



included eight in the regional capital, also called Belgorod. Meanwhile, Russia's Defence Ministry said Sunday it had taken control of the towns of Pivnichne and Vyimka, in Ukraine's Donetsk region. The Associated Press could not

independently verify the claim. Russian forces have been driving deeper into the partly occupied eastern region, the total capture of which is one of the Kremlin's primary ambitions. Russia's army is closing in on Pokrovsk, a critical logistics hub for

the Ukrainian defence in the area. At least three people were killed and nine wounded on Sunday in Russian shelling in the town of Kurakhove, some 20 miles (33 kilometres) south of Pokrovsk, Donetsk regional Governor Vadym Filashkin said. Also on Sunday, 44 people were wounded when Russia attacked the Kharkiv regional capital, also called Kharkiv, Mayor Ihor Terekhov said.

Beluga whale, suspected to be 'Russian spy', found dead in Norway

World A Beluga whale whose strange harness sparked suspicions it was trained by Russia for spying purposes has been found dead in Norway, according to an NGO which tracks his movements.

humans. Moscow has never issued any official reaction to speculation that he could be a "Russian spy". On Saturday, the beluga's lifeless body was discovered off the southwest coast at Risavika by Marine Mind, an organisation that has tracked his movements for years.

Hvaldimir's body. "We've managed to retrieve his remains and put him in a cooled area, in preparation for a necropsy by the veterinary institute that can help determine what really happened to him," Strand added.

Steelworker rebukes Justin Trudeau on camera: 'Don't believe you for a second'

World A carefully choreographed photo-op fell to pieces when Canadian Prime Minister Justin Trudeau was confronted by a disgruntled steelworker, who challenged him over high taxes and the rising cost of living.

Over 10,000 US hotel workers go on strike, demand improved pay

World As many as 10,000 hotel workers were on strike across the United States on Sunday, at the height of a long holiday weekend in which millions of Americans were expected to travel.



income. "Strikers were manning picket lines at several hotels in Boston, an AFP correspondent saw, while a rally was planned for Monday.

like automatic daily housekeeping and room service," added the union's international president, Gwen Mills. "Workers aren't making enough to support their families."

Polio vaccination drive begins in war-struck Gaza after first case in 25 years

The World Health Organisation has said Israel agreed to limited pauses in the fighting to facilitate the campaign. There were initial reports of Israeli strikes in central Gaza early Sunday, but it was not immediately known if anyone was killed or wounded.

World Palestinian health authorities and United Nations agencies on Sunday began a large-scale campaign of vaccinations against polio in the Gaza Strip, hoping to prevent an outbreak in the territory that has been ravaged by the Israel-Hamas war.

began with a small number of vaccinations on Saturday and aims to reach about 6,400,000 children. The World Health Organisation has said Israel agreed to limited pauses in the fighting to facilitate the campaign.



permanent. If the paralysis affects breathing muscles, the disease can be fatal. The vaccination campaign faces challenges, from ongoing fighting to devastated roads and hospitals shut down by the war.

infrastructure has sent putrid water flowing through the streets. Polio is spread through fecal matter. Widespread hunger has left people even more vulnerable to illness. "We escaped death with our children, and fled from place to place for the sake of our children, and now we have these diseases," said Wafaa Obaid, who brought her three children to the Al-Aqsa Martyrs Hospital in Deir al-Balah to get the vaccinations.

Storm floods northern Philippine regions, including capital, disrupting schools, work and travel

MANILA: A slow-moving storm unleashed pounding rains that flooded many northern Philippine areas overnight into Monday, prompting authorities to suspend classes and government work in the capital region and warn thousands of residents to prepare to evacuate from flood-prone villages along a key river.

electrocuted in Naga city in eastern Camarines Sur province, where floodwaters swamped several communities, police said. Authorities were verifying if the death was weather-related.



in several ports affected by the storm, stranding about 2,400 ferry passengers and cargo workers, and nearly two dozen domestic flights were suspended due to the stormy weather.

caused water to rise to near-spilling level in Ipo dam in Bulacan province, north of Manila, prompting authorities to schedule a release of a minimal amount of water later Monday that they say would not endanger villages downstream.



## The slow and wise up against the plastic vice

Imagine being a species so old as to be called a 'living fossil', which has outlived dinosaurs only to be imperiled in anthropocene because of plastic and beautified stone-pitched water bodies. The species under discussion here is the turtle, which is among the most endangered vertebrates. But, why should we worry about these toothless reptiles which we rarely encounter in our day-to-day lives? Who has the time to think about the turtles when we already have problems as huge as climate change and water crisis to solve? But, what if the turtles are a part of the solution to these problems? Yes, as rare as these magnificent chelonians are, the turtles can help us in saving our wonderful planet. To understand their role in resolving the water crisis, let us imagine a world without vultures. Smelly, dirty and sick with unknown diseases. This is what will happen to our aquatic ecosystems if turtles go extinct. That's because like vultures, freshwater turtles act as scavengers of water bodies and keep these clean and free of diseases by feeding on the dead and decaying organic matter. In addition to dead fish and other invertebrates, turtles also feed on algae and aquatic vegetation whose excessive growth in water bodies can choke these due to lack of oxygen. Recognising the importance of freshwater turtles as scavengers, they were employed under the Ganga Action Plan in the 1980s. About 40,000 turtles were released into the river to address the issue of decomposing human remains in its water. The ecological importance of turtles has been rightly acknowledged in Hindu mythology, where Lord Vishnu is believed to have been incarnated as 'Kurmha', the Turtle God. And, it is no surprise that the 'Land of Gods', Himachal Pradesh, home to about 17 freshwater turtle species, has pristine and clean aquatic ecosystems. Renuka Lake, one of the three Ramsar wetlands of the state and an important pilgrimage site of Hindus, exemplifies the reciprocal relationship between the turtles and their ecosystem. Despite receiving a significant organic load from the offerings of lakhs of pilgrims, particularly during the week of the annual fair, the lake's water remains substantially clean. This resilience of the lake ecosystem can be attributed to the rich diversity of turtles, which help to break down and recycle these nutrients and maintain the ecological balance. In turn, the turtles benefit from the healthy and protected ecosystem of the lake, thanks to the diligent protection and regular monitoring efforts by the Forest Department.

As the world faces the challenges of global warming, the importance of turtles and their role in balancing the wetland ecosystems cannot be overstated. Healthy wetlands can help mitigate the effects of global warming as these are carbon sinks and aid in absorbing and storing carbon dioxide. Additionally, wetlands act as sponge by absorbing and holding excess water while acting as the source of water during water scarcity. This function of wetlands is going to be extremely important in protecting our ecosystems from natural disasters like floods and droughts. Such extreme climate events are becoming more and more frequent and intense as a consequence of global warming. Sadly, instead of rewarding the turtles for their services with clean wetlands, we are forcing them to survive in water bodies choked with plastic waste, sewage and washed-off fertilisers. Turtles ingest plastic by mistaking it for food and, as a consequence, dying of blockage. It seems unlikely that the turtles can reproduce fast enough to compensate for such deaths, thanks to the 'beautified' stone-pitched water bodies where we have left no place for them to lay eggs. From fatal traffic to predation by feral animals, the breeding females face numerous perils while traversing these concretised banks and roads. The poor hatchlings have a snowball's chance in hell of reaching back alive after crossing these paved hardscapes.

Turtles are able to deceive natural predators like monitor lizards by laying eggs in one of the 10 holes they dig. Unfortunately, they are not able to protect their eggs and hatchlings from the increasing presence of feral dogs and cats.

## Moving towards a better coalition culture in India

Though single-party regimes have at times flouted its spirit, the Indian Constitution is against the notion of autocracy. In practice, a coalition is better suited to its scheme

Coalition politics in India is close to its constitutional politics. The politics of the Constitution broadly carries out two functions. First, it limits majoritarian onslaught in executive and legislative actions. Second, it enables the government of the day to frame and implement better policies for the people through its institutions. Single-party regimes that enjoyed absolute majority often produced aggrandising executive actions. Jawaharlal Nehru invoked Article 356 to dismantle an elected communist government in Kerala and Indira Gandhi misused Article 352 to proclaim Emergency to stay in power. Legislative abuse was quite rampant. The first amendment to the Constitution, that sought to curtail the freedom of expression, was an illiberal gesture by parliament.

The Modi eras characterised by a series of enactments ranging from penalisation of triple talaq to the Citizenship Amendment Act, all pro-majoritarian. No wonder B R Ambedkar's warning in the Constituent Assembly on November 4, 1948 that "it is for the majority to realise its duty not to discriminate against minorities" was clearly discarded. But a slew of instances where Modi 3.0 is seen in a roll-back mode signifies a positive and healthy change in the executive and legislative domain. It sent the Wakf Bill for discussion in a joint parliamentary committee. Some coalition parties in the NDA publicly expressed their reservations about the Bill. The Centre also kept in abeyance the draft Broadcast Bill. It withdrew the notification for recruitment to certain posts by way of lateral entry without following the norms of communal reservation. The budget announcement on indexation was also changed. These developments are in sharp contrast with the decisions of earlier government, ranging from demonetisation to the announcement of lockdown during the pandemic. Article 75 of the Constitution, which talks about the Union cabinet, emphasises that "the council of ministers shall be collectively responsible to the House of the people". The emphasis is on the cabinet as a collective, not on the prime minister or any other minister. Again, the accountability of the cabinet is to the people at large. In State of Karnataka vs Union of India (1977), the Supreme Court held that the object of the provision is to make the whole body of persons holding ministerial office liable for each act or omission of the cabinet. In a coalition government, the cabinet is

a pluralistic entity at the functional level. It reflects a rainbow of ideologies, political approaches, and policies. Thus, though the Constitution negates the very notion of autocratic government, in practice, a coalition at the Centre is better suited to its scheme.

Autocracies can happen at the state level too, as abundantly demonstrated by the present West Bengal government. The way in which the horrific murder of a medical trainee and the subsequent agitation were dealt with by the state speaks for



itself. Article 164 envisages plurality in the executive decision-making process in states too, by incorporating the collective responsibility clause here as well. But an absolute majority for a single party has the potential to defeat this ambitious provision. Coalition governments at the states have been less aggressive, at the minimum.

In his famous work, Patterns of Democracy, political scientist Arend Lijphart has drawn a distinction between the majoritarian and consensus models of democracy. He indicates that while there is "concentration of executive power in single-party majority cabinets", there is "executive power sharing in broad multi-party coalitions". Also, he shows that in the former, there is dominance for the executive in its relationship with the legislature. He also explains about the unitary dimensions of the former and the federal possibilities of the latter.

The proportional representation prevailing in several western European democracies facilitated fruitful coalition governments. But in a first-past-the-post system like ours, coalition is often not a matter of choice. Yet, they yielded positive results. Though from the second half of the 1970s till 1999, we had fragile and unstable coalitions, situations changed

for the better thereafter. The 1999 Vajpayee government with its 'group of ministers' deciding policy matters with a sense of inclusiveness was a method followed by the government under Manmohan Singh in a different way.

Sonia Gandhi's National Advisory Council, though was an 'extra-constitutional' device, enabled an accommodative practice in governance. Reports show the coalition governments during 1999-2009 created the fastest economic growth post-independence. Centre-state relations improved drastically. The government became closer to the poor and common man. UPA governments used legislative power to promulgate a series of progressive statutes like the Right to Information Act, Right to Education Act, Food Security Act, Law for Street Vendors' Protection, etc. The schemes for rural employment were excellent and well implemented. UPA's common minimum programme became a device for good governance. The latest decision taken by the Union cabinet to revive 50 percent of the last drawn pay as pension is a clear negation of the unpopular National Pension Scheme. That which could not be done by the majoritarian Modi 1.0 and 2.0 governments could be materialised by Modi 3.0 in coalition. Coalition governments of the past also ensured independence and autonomy to the judiciary and other fourth branch institutions like the Election Commission, Comptroller and Auditor General and Finance Commission. The Supreme Court was arguably 'stronger' when the central government did not enjoy a brute majority. When there are multiple stakeholders of power, conversation and consensus become the natural ingredients of governance. Unpopular and dictatorial postures are checked within the regime by following the norms of deliberative democracy.

The point is to take the coalition culture forward. A system to check tendencies for corrupt practices also should be evolved to create durable coalition models. Much was not heard in the 2024 election about any scheme akin to a CMP for a future government. Neither the NDA nor the INDIA bloc designed any project to revitalise the people's engagement with the coalition praxis. The former pretended to be overconfident about a possible devastating majority while the latter failed to integrate the thoughts on policy for the future of the nation.

## A national crisis

Job creation key to stemming student suicides

INDIA is grappling with a harrowing surge in student suicides, with recent data indicating that these tragic deaths have now surpassed those of farmers. While comparing the loss of lives is inherently odious and difficult, the urgency to address this crisis is undeniable. The IC3 Institute's report titled 'Student Suicides: An Epidemic Sweeping India' highlights that 13,089 students took their lives in 2021, reflecting a disturbing 57 per cent increase over the previous decade. Factors such as relentless academic pressure, forced career choices, mental health struggles and financial burden are pushing young lives to the edge. The crisis is further underscored by the grim statistics from prestigious institutions like IITs, where 69 students ended their lives between 2019 and 2023, as also Kota, the educational hub in Rajasthan that has witnessed a rising graph of young students ending their lives. A significant contributor to this crisis is the acute



lack of job opportunities in the country, creating a suffocating do-or-die scenario for students. The intense competition for limited positions and the fear of unemployment are driving many to despair. The government's role in creating more jobs is not just essential—it is urgent. Without this, the pressure on students will only escalate, leading to more tragic outcomes. Families also bear a crucial responsibility in guiding their children toward careers that align with their interests rather than imposing choices that may prove unbearable. Schools must step up by implementing programmes that can identify and support vulnerable students, with educators acting as both academic guides and emotional mentors. Yet, the most critical intervention lies in job creation. In a nation where young lives are at a grave risk, systemic reform, mental health support and job creation must be prioritised to prevent further tragedies and ensure a brighter future for the youth.

## Touchstones: Idiom of common heritage

Grandmothers and old family retainers were champion story-tellers, now often replaced by digital or interactive tools in many urban nuclear families

Languages and their dialogue within a social and political context are a fascinating area and one that engages me deeply both as a writer and translator. The encounter of different languages has spawned not just a new idiom (such as Hinglish), but is often weaponised by political parties to create communal discord. As Javed Akhtar says, Urdu is an Indian language but by declaring it the language of Pakistan, we have destroyed those registers of cordiality and warmth that bound our communities together for centuries, enriching our understanding of each other's lives and beliefs. Thankfully, organisations such as Rekhta and the revival of dastaangoi have renewed an interest in Urdu. This is why when I was recently invited to attend a seminar on translations, called Bhashavaad, jointly hosted by Ashoka University and the New India Foundation. I was delighted to meet and hear some of our country's finest writers and translators. From Kashmir to Kanyakumari, there has been an explosion of exchange of languages as different as Kashmiri, Kannada, Malayalam, Tamil and Telugu, Odiya, Bangla, Punjabi, Nagamese, Bhojpuri and countless others. What is more, there is a growing interest in new writing in languages that were neglected or dismissed as 'too regional', whatever that meant. It is to the credit of progressive universities, such as Ashoka in Sonapat, that a special centre for translation studies was established and nurtured by well-known writers and academics to supervise the quality and choice of texts. Their efforts have now begun to bear fruit. A series of impressive poetry translations by Amit Chaudhuri and Arvind Krishna Mehrotra were some early publications. Now, there is a long line of translations in the making and over the next few years, a wide range of subjects from fiction to biographies, short-story collections and plays are

planned. Since Ashoka University has a high reputation among academic institutions abroad, we can look forward to a deeper penetration of our bhasha literature. Up until a few years ago, translations were mainly limited to classics (Premchand, Ismat Chughtai, Ananthamurthy et al), but what I heard from the young translators and publishers warmed my heart. These are students who have a thorough grounding in language studies and many are writers or poets themselves. Naturally, they have brought a freshness to the range of translations that was missing so far. While on this subject, I have to add that most of our literature was based on an oral tradition, so performance, recitation, songs, prayers and reading aloud (the kathavachak and dastaangoi traditions, for instance)

brought it to even those who could not read the Sanskrit or Persian texts. This is why there are so many versions of the Ramayana and no Indian is unaware of the story and legend of Rama. This rich oral tradition lost its voice when we made script and writing so important. I can say with confidence that even an unlettered Indian villager is a fund of knowledge that we have not been able to tap. Rhythm, music, facial expressions and hands transfer that knowledge, whereas reading in silence in your own room or library has destroyed the pleasure of a synaesthetic experience that is still alive in animated story-telling. Grandmothers and old family retainers



were champion story-tellers, now often replaced by digital or interactive tools in many urban nuclear families. In this age of mobiles, Google translator and AI, where the future of any literature lies is difficult to predict, but the pleasure of the spoken word far exceeds that which one gets from the written word. During my student days, I remember a series called Penguin Modern Poets that introduced us to Polish, Italian, French and Russian modern writers. Many are still with me and a source of perennial joy. So, I hope schools and universities continue to acquaint students with the classic works of Kabir, Tulsidas, Tagore and the great Sangam writers from the Dravidian tradition side by side with the exciting

experimental works available to those who write in languages other than English.

Over lunch and coffee breaks, I met several eminent writers who are proficient in English, but still prefer to write in their native tongues. The reason is that the warmth and immediacy of the spoken word in its own world is attached to a long history of associations that are virtually untranslatable into English. However, they transfer seamlessly into another Indian language and that's a thought to keep in mind. The problem is that regional identities are so intermingled with sub-regional jingoism that even though many understand Hindi, their fear of being wiped out by its hegemonic presence keeps them isolated in small pockets. While one can perfectly understand their

concerns, keeping their own language confined to their own state is not the way to share it widely.

What we need to do now is build respect and openness towards all Indian languages and think about translating from one Indian bhasha into another. Until this becomes a widely accepted movement, we will continue to live in linguistic silos of our own. Apart from other languages, stirring writing from Dalits, women, the marginalised and cloistered lives need to be found and celebrated. English has an assured place in India, it is time we promoted our own languages and those stories that speak to us in the idiom of our common cultural heritage.

Do all this for gorgeous

# hair

Another bad hair day? A glorious crown of healthy hair can really make or break your entire look. Here are some simple points that when adhered to, can make your hair healthier.

A dermatologist says, "Biotin (vitamin H) consumed daily in 10mg dosage is good for hair and nail." The expert however, adds that it is better to get individual problems tackled by professionals — for example, dry, frizzy hair can be a sign of hormonal imbalance or thyroid

deficiency or due to malnutrition or protein deficiency. Correction of the cause works well. When



your hair is dry and frizzy, a once-a-week hot oil massage followed with a normal shampoo and conditioner can help. Avoid too much colouring, perming and other chemical treatments for a few weeks. Our expert adds, "Use a zinc pyrithione and ketoconazole containing shampoo once a week. If the scalp is too itchy, use sebowash shampoo once a week for few washes."

Home-made hair masks and simple tips like avoiding blowdrying on high heat

**Make this simple hair mask at home**

- Take half a cup of fenugreek (methi) seeds.
- Soak it in two-and-a-half cups of water overnight.
- Now take the soaked methi seeds and put it in a mixer-grinder jar. Add some water and grind till smooth.
- Now apply this methi paste on your scalp.
- Leave it on for a while and

then wash off.

**While shampooing your hair...**

Make sure that you concentrate on cleansing the scalp, so, gentle but firm fingers should massage the scalp along with the lather. After washing, apply a creamy conditioner. Coat every section of your hair and then wash off properly.

**Avoid**

- Heat-styling your hair or using irons and hot curlers. Let your hair dry naturally.
- Products like some hair styling gels that contain alcohol.
- Using unclean accessories. Keep your combs and brushes clean always.
- Washing your hair with harsh shampoos too often.

**Tip**

After a tiring day we usually tend to crash as soon as we reach home. Experts say it is ideal to tie your hair before you go to bed, especially if you have long hair. Tie it up in a loose braid or two plaits. Braided hair will remain better protected while you are asleep.

**Massage your scalp with oil**

- Oiling your hair regularly will make a difference to the quality of your hair, say experts. Massage the oil into the scalp in slow gentle movements.
- Olive, jojoba, almond or coconut oil infused with herbs that help enhance its properties, can provide the scalp some nutrition.
- A nice head massage also promotes sleep and you wake up refreshed and raring to go the next day. - When you are

oiling your hair, you should also apply a little to the ends.

**Losing hair?**

**You need:**

- Half a cup of methi seeds
- 500 ml pure coconut oil
- And a lot of sunlight

**Method:**

- Soak methi or fenugreek seeds in coconut oil in a glass jar and leave it out under the direct rays of the sun, everyday, for a week.
- This oil when massaged into to your scalp thrice a week can prevent hair loss.

**How to make your coconut oil better**

Take a double boiler (a heat-proof dish placed over boiling water) and put in 500 ml of coconut oil. Add dried hibiscus leaves and flowers, a few pieces of dried amla, Maha Bhringaraj leaves (these are available at Ayurvedic stores) and let the oil melt. You can add flavouring ingredients like rose, lavender, camomile also. Do not boil it for long. Once heated, let the oil sit for a day or two and your infused oil is ready.



While we often stress out about our sartorial transitions — from formal work wear to chic party wear — we seldom realise that a make-up transition is just as important.

Your day look may be appropriate for boardroom meetings but it wouldn't suffice once the sun goes down. And transforming your look can be quite an effort if you have to take off all that make-up and start from scratch. Here's how a few make-up tricks can turn your simple day look into something more striking, just within minutes.

Says make-up expert Kapil Bhalla, "The trick to a successful make-up transition is making sure you keep your day look as minimalistic as possible, so that it's easier to work on later, with least amount of changes." Your day look should act as a base for whatever you want to apply at night — for example, use a light eye shadow during the day, which can be developed later by adding new dimensions with darker shades.

To begin, go with a simplistic day-time look that will be appropriate for office — a tinted sunscreen and no foundation to let your skin breathe; a touch of eyeliner just to define your eyes and a tinted lip balm to keep your lips supple all through the day.

Now, just as you are about to step out of your sedentary domain, here is what you need to do for an elegant and fast transition:

**Quick cleanse**

Start by removing traces of tiredness that a whole day's work may have left on your face. Says Sufiyan Kapadia, beauty expert, Clere and BenNye, "Since there is no time to do the whole cleansing-toning-moisturising routine, use a blotting paper to clean out impurities, dirt and oil residues from your skin." Make sure you dab it gently all over your face, neck and other exposed areas. Alternately, use alcohol-free baby wipes as they are gentle on your skin.

**Glam up your eyes**

Your eyes will be the focus of your entire look at any evening party. Therefore, for a sultry night-time look, use a darker shade of your day eye shadow or apply extra coats of the same. You could also try a metallic eye shadow to enhance your eyes — the colours of the season are purple, navy blue, silver or platinum. If you have enough time, outline your eyes with a white or silver eye pencil to hide the tiredness. Now, contour your eyes with a gel-based eyeliner. If you want a rather dramatic effect, instead of using mascara, go with a set of false eyelashes. They are easy to apply, don't result in clumps and are flirty too!

**Skip the blush**

You don't need as much blush at night as you do during the day. Since you have been up all day, your blood circulation is working well, therefore your face will already have a rosy tinge. Instead of adding more to it and giving your face a flushed red appearance, skip the blush. Says Sushma Khan, national trainer, make-up, Lakme Salon, "Experiment with sparkles instead, as it is hassle free and quite effective for a nightclub look. Use a shimmer powder to highlight your cheekbones, chin, forehead and neck. If you're going to show some skin around your shoulders, collar bone or cleavage area, don't forget to add some to those parts too."

**Go with bright lips**

To make your pout look glam, go with a lip colour that's a few shades darker than your natural lip colour. Top it off with a high-shine lip gloss to add a little extra something you need for the night. Bold and fun colours are in vogue and are easy to pull off especially when you are pressed for time. Try the trusted hot pink lip shade — one added advantage is that it makes your teeth look extra white! However, skip the gloss if you are going with hot pink.

**Quick make-up fixes**

Just five minutes in hand to prep for a girls' night out at the club? Here is what you can do to spruce up your office look.

**What you need:** A dark brown shade lipstick, a black gel-based eyeliner, a volumising mascara, a nude shade

## Make-up transitions to go from day to night



concealer stick, a nude compact, a peach blush, a coral lipstick, moisturising lip balm, a bronzer or a gold highlighter.

**Face:** Bronze the T-zone and camouflage the dark circles  
Time investment: 2 minutes

**How to:**

Use a wet wipe to remove oil that may have accumulated over the day. Use a concealer stick as a quick make-up base, especially under your eyes. Mix a bit of shimmer in the concealer and apply at the under-eye bag area. This will make you look vibrant, well-rested and ready for fun. Brush on some compact to smoothen the look. Finish off with a mild coat of bronzer on your T-zone to get a reflective dewy look.

**Eyes:** Go with the smudged-smokey look  
Time investment: 2 minutes

**How to:**

Close your eyes and apply a thick coat of the dark brown lipstick on your eyelids, along the bulge of your eyeball. Use your fingertips to smudge the surface, thus blending the colour in. Contour your eyes with the gel eyeliner — avoid winged or block-edged as it will take the focus away from the smokey effect. Apply two coats of a volumising mascara. Finally, blend in some nude concealer at the bulge of your eye, outwards, till you reach the brow bone. This will hide the sharp colour edges.

**Lips:** Coral lip colour not only complements Indian complexion, but is also suitable for both the day and night," says Bhalla.  
Time investment: 1 minute

**How to:**

Apply a thick coat of quick absorb moisturising lip balm. Then apply two coats of the lipstick. Avoid contouring lips when you're in a hurry.

Skin care is a tricky area. Your skin needs nourishment and care if you want it to look radiant and healthy.

And with advances in medical science, you can greatly delay the signs of ageing. Here are some skin facts and myths that you should be aware of...

- Teens wanting blemish-free skin and fairness with over-the-counter (OTC) products advertised by film stars must identify the need for using these products. Radiant and lustrous hair cannot be achieved using OTC products. Consult a dermatologist - use the products they give instead of fancy OTC products whose unsupervised, prolonged usage can lead to hyper-pigmentation.

- The young woman just out of her teens blessed with good hair and healthy skin needs to pay attention to what she eats, make sure she gets adequate sleep (seven to eight hours), exercise regularly and avoid taking stress. She must cleanse properly, moisturise and use an effective sunscreen.

- What you put in your mouth is more important than what you put on your skin! If your core is healthy, it will show on your face. Have a diet rich with Vitamin A and antioxidants, lots of coloured fruits and vegetables. Regular exercise improves circulation and blood supply, and flushes out toxins.

- Bad hair days exist. The weather can wreak havoc on your hair. Dry weather can make your hair frizzy, humidity can make it limp, stress can turn it oily. Products and treatments that don't agree with you will also give you bad hair. So use only what suits you.

- Stress increases cortisol levels and this over-activity of the oil gland will make one prone to breakouts. Psychological problems can lead to acne.

is any time between the mid 20s to late 30s. - If you get adequate sleep (the skin repairs and rejuvenates itself when we're asleep), eat the right diet, stay active and keep yourself hydrated, you won't regret it. Water retains moisture in the skin making it glow. Decrease stress levels and know your skin type (oily, dry, a combination, sensitive or mature skin) and use products accordingly. Sunscreen will avoid blotchiness and dullness. Exfoliate your skin at least once a week. This will remove dead skin and help the moisturiser absorb better. - Men shouldn't shy away from approaching dermatologists for skin problems. Men have an added skin advantage - because shaving daily is an excellent exfoliating process. - All commercially sold beauty products are not harmful. If made well and prescribed for a valid reason by an expert, they are beneficial; but certainly not when self-prescribed. - Continuous and long-term use of makeup does not damage the natural oils and texture of the skin as long as the makeup is of good quality, applied correctly, suitable for your skin type and removed properly. - Botox, fillers, wrinkle erasers, skin tightening machines, laser and mild non-invasive treatments are a boon. - Women in their 20s want fairer skin. A woman in her 30s fears blotchy and dehydrated skin, pigmentation etc. By the time she is 40, she fears lines, crow's feet, creases, deeper folds, wrinkles and sagging skin. Women in their 20s and 30s can start with microdermabrasion non-chemical peels, which remove dead, outer skin layers and delay the ageing

## Skin facts you should know

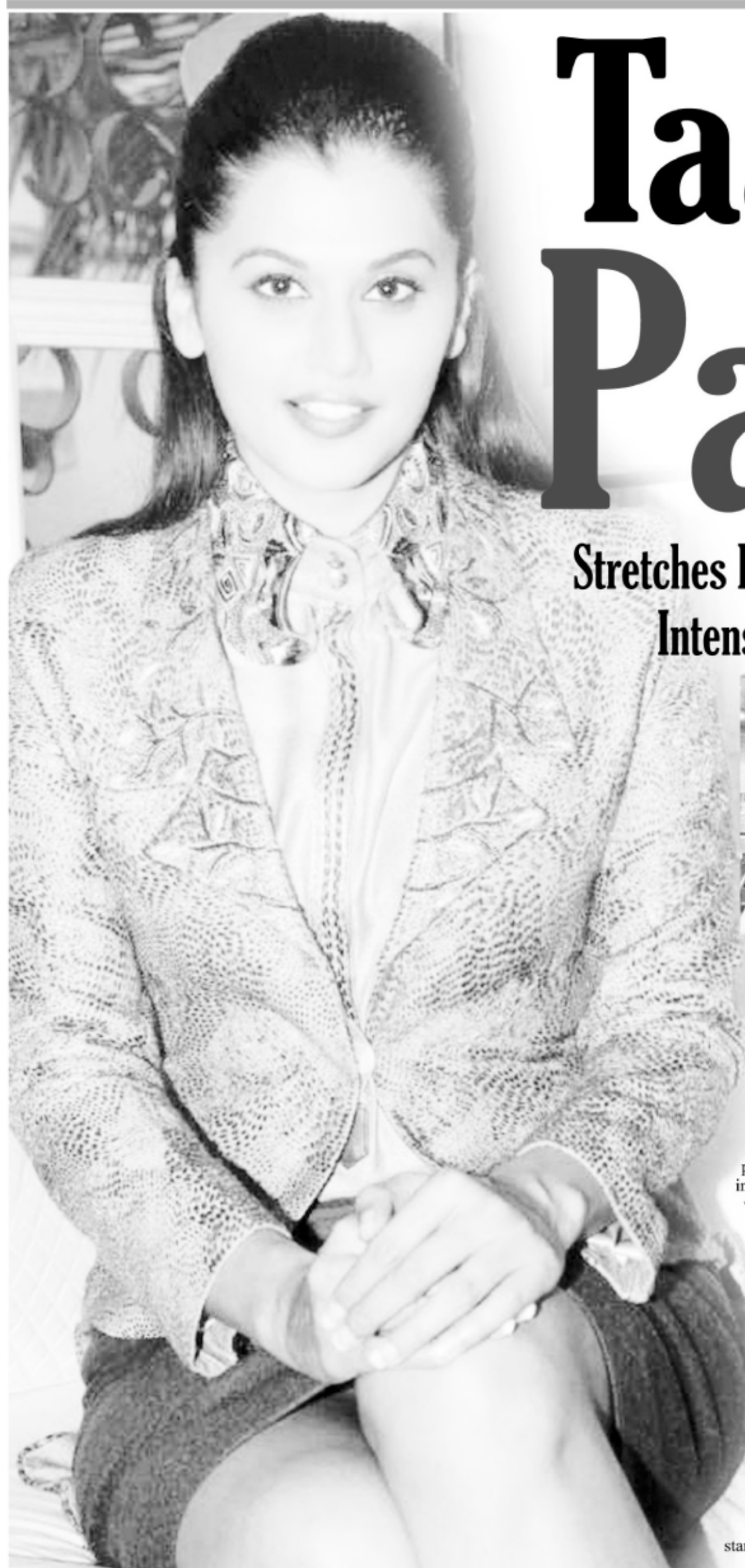
process. As a woman ages, her dermatologist can tell her what she needs and doesn't. A woman in her 40s may need to get rid of wrinkles and folds near her nose and mouth and can opt for fillers and skin tightening. A woman in her 50s can go in for laser rejuvenation. This can erase 10 years off her face. -

external as well as internal skin problems - something that a cosmetologist can't do. The skin is a mirror of one's internal system. It can indicate more problems than just advancing age. - Botox does not harm the body. What is injected is a purified toxin. It relaxes the muscle where it is injected and is an excellent treatment for lines, creases, wrinkles, crow's feet etc. - It is never too late to salvage your skin. There are several non-invasive treatments like chemical peels and hydra dermabrasion which rejuvenate the skin. Non-abrasive skin tightening machines can also help a great deal. - The world has become a smaller place, and is constantly brimming with great advances in medical science. Indian dermatologists update themselves by attending international conferences and undergoing constant training. The same



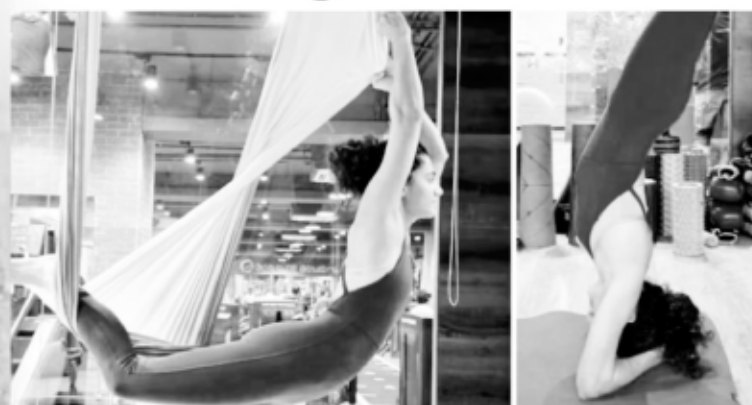
treatments available in New York can be availed at a clinic in India. Increasingly, people are starting to prefer these treatments here in India instead of heading out abroad.

Dermatology and cosmetology are not the same. A dermatologist has done an in-depth study of skin, skin care and its problems. A cosmetologist is an expert on cosmetic procedures. A dermatologist can treat



# Taapsee Pannu

Stretches Right Into The Weekend With Intense Aerial Yoga Workout



A true blue fitness enthusiast at heart, Taapsee Pannu indulges in intense physical activities to ensure that she is fit and healthy. One of her favourites is aerial yoga. On Saturday, the actress shared a video of herself practicing aerial yoga. Taapsee wowed fans with her impressive workout routine. In the video, Taapsee Pannu can be seen acing various asanas in the air. From hanging with the help of fabric to pulling off some tough exercises, the clip featured moments that were nothing short of a daring stunt. In the caption of the post, Taapsee Pannu wrote, "Aerial shaerial... N all that jazz..." Taapsee Pannu's workout routine is a combination of strength training, cardio and flexibility exercises. In one of her previous posts, she was seen doing weight training to build strength. She also indulged in sets of rope lat pull-downs and core exercises. In another video, she is seen sitting on the floor in perfect posture while doing yoga. Suggesting that she finds yoga a great way to relax, Taapsee wrote in her caption, "The calm... before the storm." Following two back-to-back releases this month *Khel Khel Mein* and *Phir Aayi Haseen Dillruba*, Taapsee Pannu has been garnering love for her performance in both. While in *Khel Khel Mein*, she shared the screen space with Akshay Kumar, Fardeen Khan, Vaani Kapoor, Ammy Virk, Aditya Seal and Pragya Jaiswal, *Phir Aayi Haseen Dillruba* marked her second collaboration with Vikrant Massey. Sunny Kaushal also played a pivotal role in this crime thriller. On the personal front, Taapsee Pannu got married to longtime beau and badminton coach Mathias Boe in March, this year. The couple kept the wedding private, with only close friends and family in attendance. Speaking with news agency ANI, she reflected on the reason behind keeping it private. Taapsee said, "Actually, I'm still hesitant in certain ways. I don't like to milk a headline out of it. It's been like that I've seen with actresses: once you are with someone, regardless of how big or small the personality of that someone is, that starts overtaking your headlines, like headlines regarding my work."

Veteran Actress Malashree Supports Darshan; Allu Arjun To Attend NBK's 50-Year Milestone Event



Many actors and actresses have come out in support of Darshan and said that he will get justice. Now, veteran actress Malashree has also come out in support of the actor. Talking to the media about Darshan's case, Malashree said, "I believe in justice and God. It was Darshan who introduced my daughter Aradhana to the industry through the film *Kaatera*; so my daughter Aradhana and I will be forever grateful to Darshan. The love shown by Darshan cannot be forgotten," she added. Malashree said that he is different from the things she heard and saw. "I really don't know what to say about the incident that has happened now. There is a belief in justice. Hope it will turn out good for Darshan," Malashree further added. She also said Darshan's wife Vijaylaxmi is a strong woman, and has seen man On the occasion of Nandamuri Balakrishna's 50 years of entering the film industry, a grand celebration has been planned by the Telugu film industry at Hyderabad Hitex Novotel Hotel on September 1. Noted celebrities and politicians will visit the grand event sponsored by Shreyas Media in association with Suchir India. The Film Chamber of Commerce President Bharat Bhushan and other important individuals invited the National Award Winner Allu Arjun on behalf of the Telugu film industry, ups and downs in life. After much speculation, Deepika Padukone and Ranveer Singh finally announced their pregnancy in February this year. Taking to Instagram, the much-loved couple shared that their baby will arrive in September 2024. The post met with a lot of love from their industry peers including Alia Bhatt, Priyanka Chopra Jonas, Vikrant Massey, Ayushmann Khurrana, and Sonam Kapoor Ahuja, among many others. Through the past few months, Deepika's public appearances where she's flaunting her baby bump have been going viral.

Raj And DK Reveal How *Stree* Was Born Out Of Brainstorming Sessions At A Cafe: 'A Ridiculous Story That..'



Filmmakers Raj and DK celebrated six years of their hit horror-comedy *Stree* on Saturday. Directed by Amar Kaushik, who has also directed *Stree 2*, the film was written and produced by Raj and DK. The duo shared the story of the film's beginning on Instagram. *Stree* featured Rajkumar Rao, Shraddha Kapoor, Aparshakti Khurana, Abhishek Banerjee, and Pankaj Tripathi. Recalling how a wall scribbling in Tirupati became a horror-comedy, Raj and DK delved into how the story of '*Stree*' came to be. "Two back-to-back studio films failed... Typically, this type of situation means the end of a filmmaking career," the duo wrote. It was also the day Mumbai had heavy rain, and with a "heavy heart," Raj walked through foot-deep water to get to a coffee shop with his laptop. Raj continued, "So, I typed out on a blank page, 'O Stree, Kal Aana!' I dug into one of my lasting childhood visuals-every other wall in my hometown Tirupati, covered with the scribbling, 'O Stree, repu raa.' Nobody knew what the story behind that was. All they knew was a strange urban legend that a scary stree will come into your house if you don't write this. Why? How? What does she want? No one knew."

Raj then started wondering, what if she couldn't read Telugu? Why would she keep falling for the same trick to come back? And what if, despite everything, she still wanted to enter? These ideas stayed with him for years and eventually inspired them to think about a "gender reversal" film, where men are the ones afraid to go out late at night, experiencing the fears that many women face every day.

A small coffee shop in Andheri West became their office and that is where they met the crew and actors, discovered a talented writer at the next table, and spent hours discussing the film's production. Soon after, the film hit the floors. The duo wrote, "Cut to: A crew ready to buy into this silly story was put together. A cast was cajoled into doing this film despite it being nonconforming. A film started getting shot despite there being no precedent for this kind. A super friendly fun shoot happened in the tiniest of the towns, Chanderi, where we stayed in guesthouses and schools, shot all over the town and played Mafia at nights. Many lasting bonds were formed."

# Kangana Ranaut

Says She Turned Down SRK's *Zero*, Akshay Singh Is *Bling*: 'I Was Struggling For...'

Kangana Ranaut claimed she was offered Shah Rukh Khan starrer *Zero* (2018) and Akshay Kumar's film *Singh Is Bling* (2015). She also claimed that Aamir Khan and Salman Khan also offered her the leads in their films. But she turned down both the offers. In a new interview, the actress said that she was considered for some of the biggest films in the last decade but she refused them. She said she wanted to do films that one would not usually do, such as playing Indira Gandhi in *Emergency*. Speaking on *Aap Ki Adalat*, Kangana said, "Salman had offered me a role in '*Bajrangi Bhaijaan*', Shahrukh had offered a role in '*Zero*'."



When asked if she ever turned down Akshay Kumar, she said, "Akshay Kumar was offering me a role in '*Singh is Bling*'. As a female actor, I created my own existence (astitva) in the industry. Nobody wants to make a movie on an old woman, who was thrice our Prime Minister (Indira Gandhi)."

Kangana added that there was a time when she struggled to get work. However, her life changed after *Queen*. While offers poured in, she did not want to do everything coming her way. "In 2006, when I was struggling for roles, nobody offered me

anything. Not even secondary roles. When My movie *Queen* became a success in 2014, then offers came. I felt I have got a separate opportunity. Like Vyjayantimala, Sridevi used to do movies on their own. Will Aamir Khan allow me to give the best performance? Salman is a larger-than-life star. Temptations...they're giants of industry. Salman is my dear friend, Aamir so nice," she said. Kangana had previously claimed that she was offered Ranbir Kapoor starrer *Sanju*.







# Buy the right deodourant

If we go by TV commercials, deodourants are potential matchmakers — spray some and you will have the opposite sex going weak in their knees. With such irresistible 'possibilities' and promises, it's no surprise that you want to give almost every new deodourant a try. But before randomly buying any product, it's important to know about its contents. Read on to know more about how to buy the right deodourant:

**Know the contents**

Deodourants that contain harmful chemicals can be hazardous. For example, there are safer deodourants — available over-the-counter — that don't contain harmful chemicals like aluminium chloride. Many ingredients in deodourants can cause skin irritation, which ranges from mild redness and burning sensation to a full allergic reaction, warns dermatologist Dr Smriti Shetty.

**Avoid alcohol-based sprays**

Deodourants and antiperspirants prevent body odour caused by bacterial growth,

Cosmetic dermatologist Dr Sadhana Deshmukh says aluminium compounds — present in most deodourants — and other active antiperspirant ingredients are often dissolved in alcohol because it dries quickly and feels cool on the skin.

"A small percentage of people are allergic to aluminium and may experience dermatitis or allergic, axillary granuloma response. When applied to the axillae (underarms), it could be irritating and may promote sensitisation to other ingredients in the product. If this happens, consult a dermatologist. To avoid the problem, I would suggest an alcohol-free deodourant," she advises.

**Sensitive Skin?**

Most deodourants are alcohol-based and contain antibacterial properties — the reason why they remove the odour. Perfumes can't remove body odour, but their fragrance lasts longer. The sweet smell of a deodourant, on the other hand, is short-lived. Whether expensive or cheap, almost all deodourants contain 6-15% solution of fragrance oil mixed with 80% of alcohol. Perfumes usually contain 15-25 % of fragrance oil in

pure alcohol.

"If you have sensitive skin, pick one without much fragrance. Also, cheaper deodourants and fragrances can lead to cosmetic allergy, contact sensitisation, lichenoid reactions, macular or patchy pigmentation — the last may spread from axillae to face, neck, chest and even abdomen and needs to be treated. So, be careful while choosing a deo. Apply it only on the underarms; do not spray it on the entire upper body. Perfumes should be applied on clothes and not on body," cautions

Steer clear of these chemicals

Dermatologist gives a list of chemicals that you should avoid in deodourants:

Aluminum-based compounds are active ingredients in antiperspirants. They block the sweat glands, thus preventing sweat from reaching the skin's surface. Some studies have suggested that aluminum compounds may be absorbed by the skin and can cause changes in the estrogen receptors of breast cells.

Parabens in their many forms — Methylparaben, Propylparaben, Ethylparaben, or

Don't just go by the fragrance, it's equally important to know what went into the making of your scented spray.



Butylparaben — are a class of artificial preservatives widely used in cosmetics and personal care products. They are being investigated for their possible role in breast cancer.

Most conventional deodourants contain a slew of toxic chemicals, such as Aluminum Chlorohydrate, Parabens, Propylene Glycol, Triclosan, TEA (triethanolamine), DEA (diethanolamine), FD&C colours (artificial/synthetic colours approved by the US Food and Drug Administration for food, drug and cosmetics), and Talc (hydrous magnesium silicate), among others.

This summer, discover natural ingredients that can help protect your skin from the harsh summer heat



**Aloe vera:** A popular and effective ingredient to remove that horrid sun tan during summer is aloe vera. There are many Aloe vera benefits from health to nutrition, from acne treatment to skin care. It is widely grown as an ornamental plant; however it is equally popular as medicinal plant due to several Aloe vera uses. The healing properties of ayurveda make it beneficial for skin care and helps in restoring skin's natural beauty. It is also an outstanding skin moisturizer and provides oxygen to the cells which strengthen the skin tissues and helps to keep the skin healthy.

**Sandalwood:** A mixture of sandalwood powder (1tsb), turmeric powder (1 tsb), and a pinch of camphor mixed with few drops of sandalwood oil works in a great way on acne and pimples. Frequent use of this mixture helps pimple and acne to vanish and it is useful against blackheads also. For best results one should leave the mixture on the face overnight. Sandalwood oil is said to be a softening agent. Frequently massage face with sandalwood oil to exfoliate the skin and make it soft and supple.

**Pearl:** Pearl is very helpful to brighten the skin, improve the skin texture, balancing the skin moisture, giving radiant glowing skin. Pearl has the ability to tone and regenerate the skin, revitalizing it, making it look more youthful. It helps reduce blemishes, dark marks, pimples and acne, and it can be used both in form of paste and powder. Pearl helps in minimising the large pores on the skin and therefore reduces redness. Large pores make the skin look unhealthy and uneven redness causes skin lose its pH balance. Pearl helps to reduce both of these and makes skin look toned and even. Pearl is also largely available as an ingredient in soaps, facewashes and facepacks.

**Khus:** Popularly known as Khus, Vetiveria zizanioides is an ideal coolant to beat the summer heat. Owing to its effective cooling properties and fragrance, khus is often included in high quality soaps, powders, aroma therapy products and perfumes. With anti-inflammatory and antiseptic effects providing relief from inflammation, the oil obtained from khus also has sedative effect and aids in the treatment of emotional outbursts, such as anger, anxiety, epileptic and hysteric attacks, restlessness, nervousness, etc. Known for increasing the energy levels and fortified with various minerals like manganese, zinc, copper, magnesium and iodine, khus seeds (poppy seeds) are widely used to make Khus sharbat/syrups which are largely consumed by people in summers.



## Beat the heat, naturally

**Ginger:** Ginger, just like khus is also a cooling agent for the body. It is surprising to know that ginger being a spice in fact cools the body because of its property at the time of ultimate assimilation in the body. Also, it also helps to resolve skin related issues. Hypopigmentation is also easily solved by ginger. One just needs to do is to cut a part of the ginger and dab it in the pigmented areas of the skin.

**Rose water:** Rose water face wash is perhaps one of the oldest and most sought after techniques of skin care. It effectively removes skin clogs and blackheads and reduces blotchiness and stickiness from the face. It helps clear all the impurities your face has collected through the day. Rose oil is said to have anti-inflammatory properties. Frequent use of the same will help clear off problems related to redness due to skin burns (over heat), and irritation. Proper face massage with rosewater will remove excess oil in the skin, keeping it evenly moisturised and exfoliated, thus restoring the lost pH balance and skin texture, preventing acne and pimples, removing the dirt that gets accumulated in the skin pores.

**Neem:** One of the wonders of Ayurveda that has been ignored by urban folks in favour of more synthetic ingredients is the humble neem. An ideal solution to all your summer related skin problems, neem is the best medicine available to you. The benefits of neem can be utilized to the maximum extent in this hot sultry condition. The usage of different parts of the neem plant differs from one season to another. The juice of the neem leaves is specially useful for purification and maintenance of our skin and blood. Neem is also available as an ingredient in ayurvedic facewash and soaps that can be an ideal companion for you this summer.

## Home remedies for dry hair



We can do a lot to prevent hair from becoming dry and brittle during winter season. Read on It is a fact that hair becomes dry during the winter season. While we cannot escape the seasonal vagaries, we can do a lot to prevent our hair from becoming dry and brittle during the season. Here are a few tips to keep you in good stead.

- It is best to avoid hair colouring and ironing during the season. However, if that is next to impossible, at least avoid shampooing during the season.
- Massage the scalp using hot oil. You can either use coconut oil or olive oil for best results
- Do not wash your hair in hot water as it can increase the dryness of the scalp, resulting in flaking and scaling of the skin of the scalp. Use lukewarm water instead and shampoo hair only once or twice a week.
- Use a shampoo and a separate hair conditioner. And leave the conditioner on the tip of the hair

avoiding the roots for at least 10 to 15 minutes to moisturise the hair and prevent hair fall.

-The stench apart, beer is a great hair conditioner and so is coconut milk. For a protein packed conditioner, mix eggs and yogurt and rub it into your scalp. Leave on for five or 10 minutes, then wash it off completely.

-A haircut doesn't always have to lead to a new style. Trim off dead ends if your hair is too dry to rejuvenate your hair.



There are times when we are in a rush or just too exhausted to go through elaborate beauty rituals. While taking the easy way out is okay at times, certain shortcuts are better avoided.

**Styling wet hair with heat:** You have just shampooed hair and exactly ten minutes if you want to make it to work on time. You grab your blow-dryer, straightening iron or curling tongs and try to style your hair to look presentable. Problem solved? Wrong. You might think you are speeding up the drying process what you are instead doing is sapping your hair off moisture and turning it into a frizzy mess.

**Makeup on makeup** You have

## No shortcuts to beauty



a date right after work but have had absolutely no time to prettify yourself so you merely add some more makeup on the makeup that you did earlier in the day? Terrible idea. Adding foundation on your exiting foundation will make your face look loaded with makeup. It

will clog pores and invite a pimple or two.

**Not washing brushes** When was the last time you gave your beauty tools a thorough clean up? Makeup brushes and other tools are breeding grounds for bacteria. Product build up can worsen the situation if you don't clean them regularly. Cleaning your tools is as important as disposing off old





