

PREMIUM
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TWELL MEDIA PRESENTS

TWELL

MAGAZINE

JULY-2021
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TO MAKE A CHANGE

Social

The Rising trend of
old age homes

Current Affairs

Coping Corona Virus Anxiety

Twell Feature

Festival

Celebration of Bakrid

Health & Wellness

Travel during pregnancy

Knock the Kitchen

Eggless Mango Donuts

Cover Story

Alvidaa Dilip Kumar

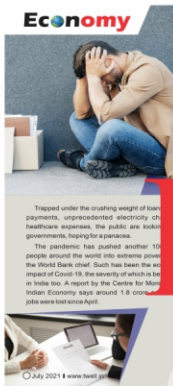
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Feature



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Strive for Progress
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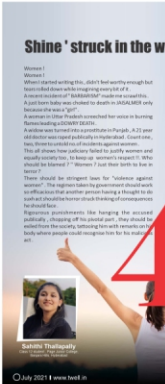
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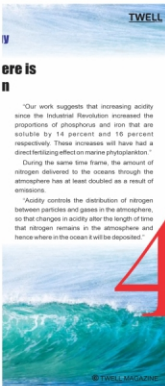
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Adapting with the unscientific unlock

India has failed on all devastating second waves of the virus. New case totals have dipped from their peak of over lakhs, but the scale of the crisis in India is still staggering. Official figures of COVID-19 cases and deaths in India are vastly underestimated; the government itself suggests that reported cases reflect only one in 25 to 30 actual infections. By that metric, India may have had as many as some hundred million cases even though it has reported only a few million cases. The number of COVID-19 deaths is likely four times of the official figure, reaching upward of roughly millions – by far the highest total in the world.

India has many disadvantages going into the pandemic. The virus strain we are seeing in India is more virulent. The existing vaccines, which had about 70-80 percent efficacy against the earlier mutations, are only about 40-50 percent effective against this strain. In India, experts and doctors say that having received both vaccine doses may not be enough to guard against the new mutations. There is a difference when compared to the other countries with India in the population and the extent of vaccination. Because we still have numerous cases. We cannot relax the mandates. In India, people must continue following the rules to avoid spreading the virus. The government should be more cautious against the relaxation of the protocol.


According to the other argument, it is said that there was not enough data on whether the vaccines can protect against the new strains. Virologists are continuing to develop improved inhibitors using various methods.

Physical distancing is an established non-pharmaceutical intervention to suppress the transmission of COVID. Preventive approaches like night and weekend curfews, and strict punitive action for protocol violation is the only way out.

Deepak Tater Jain
Editor-In-Chief
TWELL Magazine

Coronavirus Anxiety

**- Coping with Stress
Fear
And Worry**



Fears about COVID-19 can take an emotional toll, especially if you're already living with an anxiety disorder. But you're not powerless. These tips can help you get through this stressful time.

Understanding your anxiety

It's a frightening time. We're in the midst of a worldwide pandemic, with many places at least partially shut down, others struggling to reopen safely. Some of us are in areas where the coronavirus infection rates are getting worse. Others are bracing for what may come next. And all of us are watching the headlines and wondering, "When is this going to end?"

For many people, the uncertainty surrounding coronavirus is the hardest thing to handle. We still don't know exactly how we'll be impacted, how long this will last, or how bad things might get. And that makes it all too easy to catastrophize and spiral out into overwhelming dread and panic. But there are many things you can do—even in the face of this unique crisis—to manage your anxiety and fears.

Stay informed

- but don't obsessively check the news

It's vital to stay informed, particularly about what's happening in your community, so you can follow advised safety precautions and do your part to slow the spread of coronavirus. But there's a lot of misinformation going around, as well as sensationalistic coverage that only feeds into fear. It's important to be discerning about what you read and watch.

- + Stick to trustworthy sources.
- + Limit how often you check for updates.
- + Step away from media if you start feeling overwhelmed.
- + Ask someone reliable to share important updates.
- + Be careful what you share

Focus on the things you can control

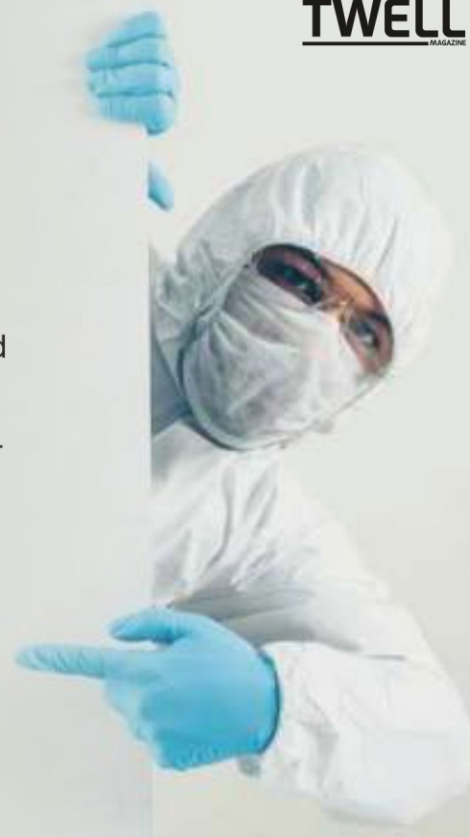
We're in a time of massive upheaval. There are so many things outside of our control, including how long the pandemic lasts, how other people behave, and what's going to happen in our communities. That's a tough thing to accept, and so many of us respond by endlessly searching the Internet for answers and thinking over all the different scenarios that might happen. But as long as we're focusing on questions with unknowable answers and circumstances outside of our personal control, this strategy will get us nowhere—aside from feeling drained, anxious, and overwhelmed.



When you feel yourself getting caught up in fear of what might happen, try to shift your focus to things you can control. For example, you can't control how severe the coronavirus outbreak is in your city or town, but you can take steps to reduce your own personal risk (and the risk you'll unknowingly spread it to others), such as:

- ✦ washing your hands frequently (for at least 20 seconds) with soap and water or a hand sanitizer that contains at least 60% alcohol.
- ✦ Avoiding touching your face (particularly your eyes, nose, and mouth).
- ✦ Staying home as much as possible, even if you don't feel sick.
- ✦ Avoiding crowds and gatherings of 10 or more people.
- ✦ Avoiding all non-essential shopping and travel.
- ✦ Keeping 6 feet of distance between yourself and others when out.
- ✦ Getting plenty of sleep, which helps support your immune system.

Following all recommendations from health authorities.



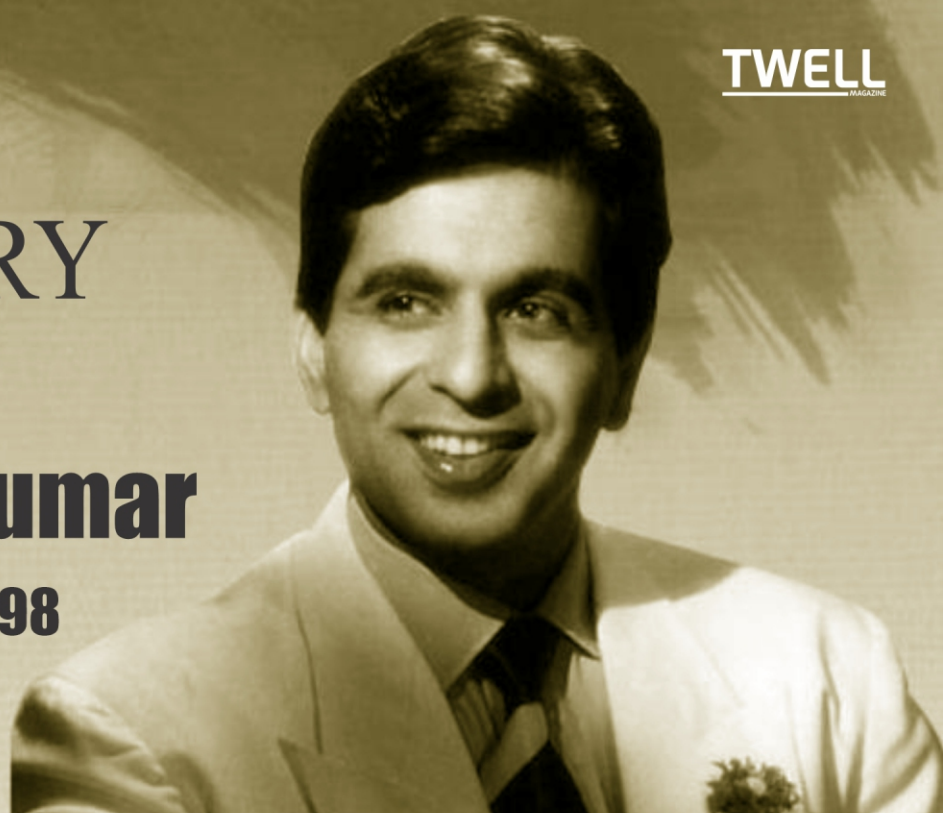
Plan for what you can

It's natural to be concerned about what may happen if your workplace closes, your children have to stay home from school, you or someone you love gets sick, or you have to self-quarantine. While these possibilities can be scary to think about, being proactive can help relieve at least some of the anxiety.

- Write down specific worries you have about how coronavirus may disrupt your life. If you start feeling overwhelmed, take a break.
- Make a list of all the possible solutions you can think of. Try not to get too hung up on “perfect” options. Include whatever comes to mind that could help you get by.
- Focus on concrete things you can problem solve or change, rather than circumstances beyond your control.
- After you've evaluated your options, draw up a plan of action. When you're done, set it aside and resist the urge to go back to it until you need it or your circumstances significantly change.



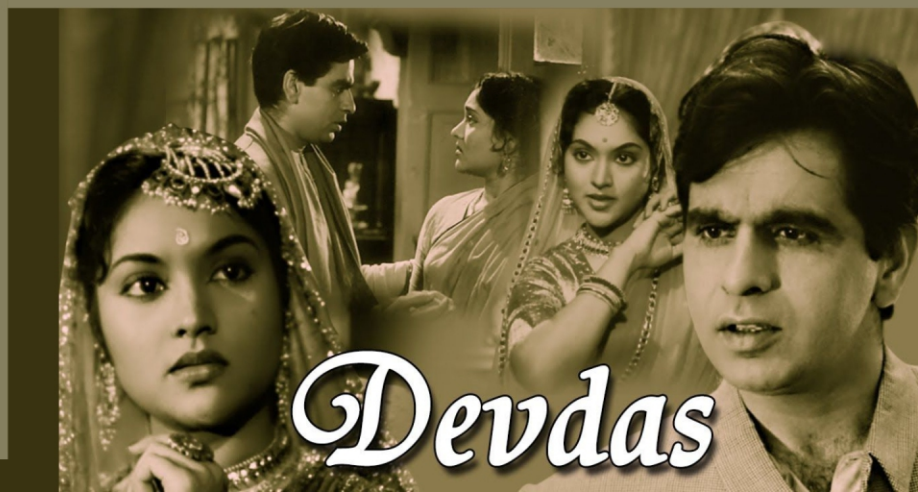
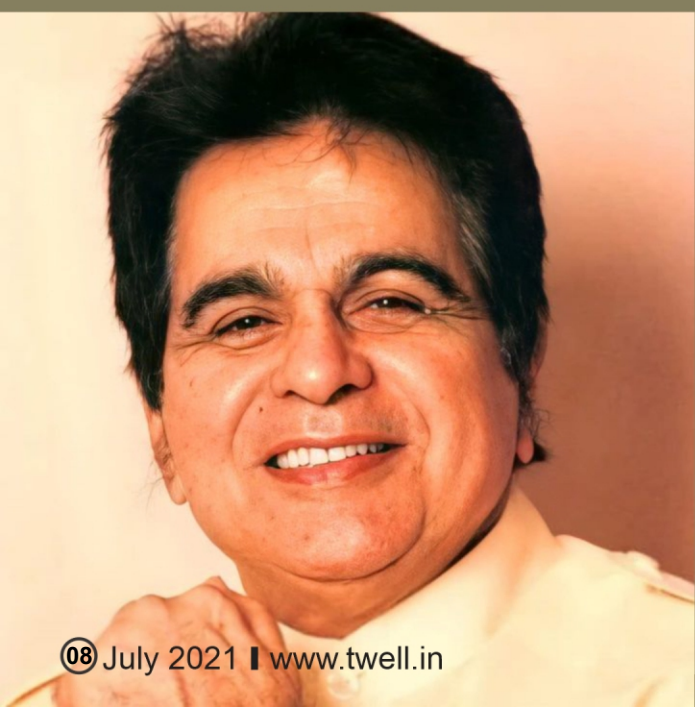
COVER STORY

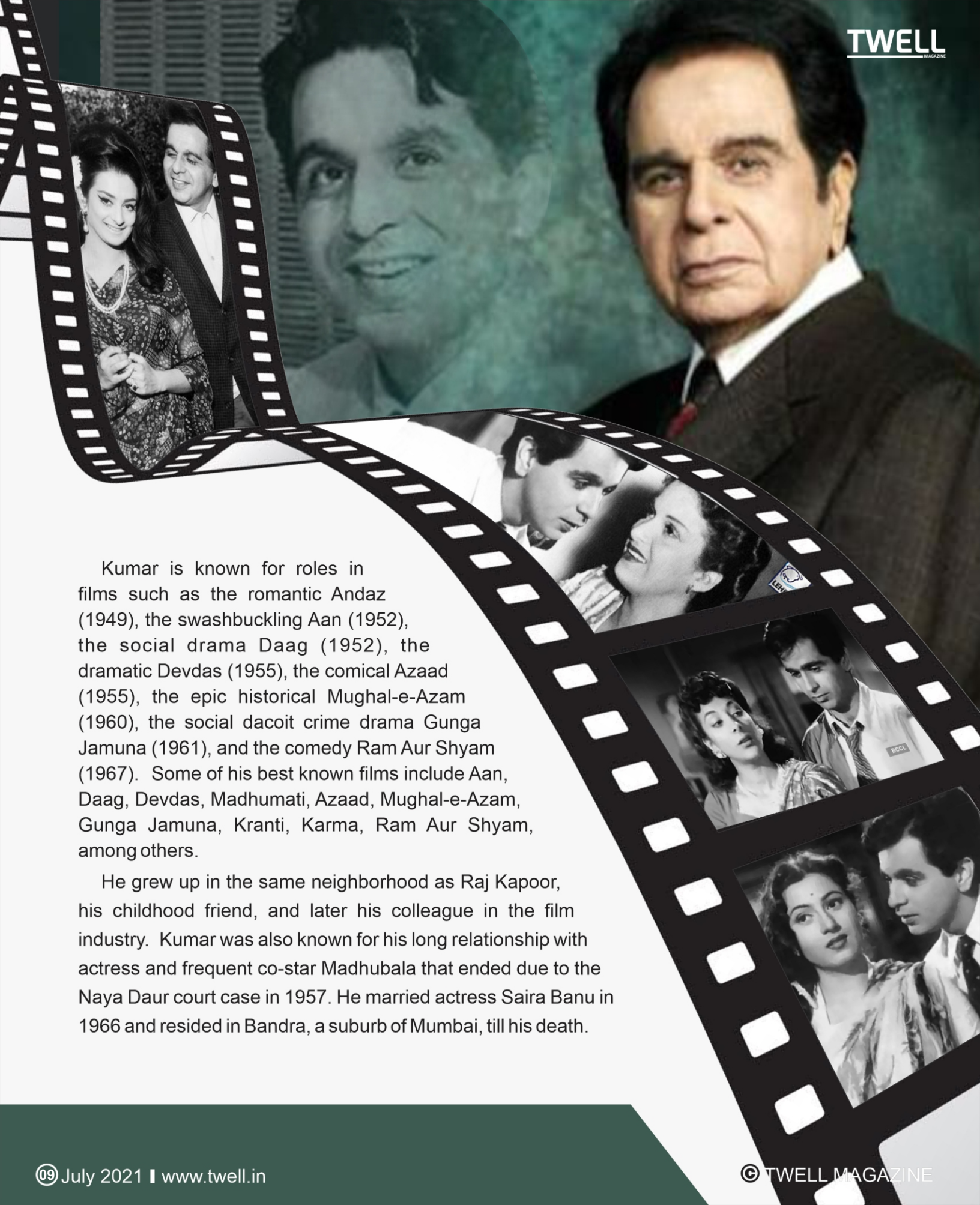
Alvidaa Dilip Kumar**Legendary actor Dies at 98**

Thespian Dilip Kumar's death has left the entire Indian film fraternity shocked and in mourning. The legendary actor who passed away at the age of 98 has left a void in cinema and a huge body of work behind, for future filmmakers and actors to learn from. The actor was laid to rest at Juhu Qabarastan in Mumbai with full state honours on July 07th.

Popularly known as the 'Tragedy King' of Bollywood, Kumar was known as a method actor who was never limited to genres. In a career spanning more than five decades, the prolific legend was part of comedies, dramas, romance, and so on.

Kumar debuted as an actor in the film *Jwar Bhata* (1944), produced by Bombay Talkies. In a career spanning over five decades, Kumar worked in over 65 films.

*Devdas*



Kumar is known for roles in films such as the romantic *Andaz* (1949), the swashbuckling *Aan* (1952), the social drama *Daag* (1952), the dramatic *Devdas* (1955), the comical *Azaad* (1955), the epic historical *Mughal-e-Azam* (1960), the social dacoit crime drama *Gunga Jamuna* (1961), and the comedy *Ram Aur Shyam* (1967). Some of his best known films include *Aan*, *Daag*, *Devdas*, *Madhumati*, *Azaad*, *Mughal-e-Azam*, *Gunga Jamuna*, *Kranti*, *Karma*, *Ram Aur Shyam*, among others.

He grew up in the same neighborhood as Raj Kapoor, his childhood friend, and later his colleague in the film industry. Kumar was also known for his long relationship with actress and frequent co-star Madhubala that ended due to the *Naya Daur* court case in 1957. He married actress Saira Banu in 1966 and resided in Bandra, a suburb of Mumbai, till his death.

Dilip Kumar also possessed the distinction of being the only Indian recipient of Pakistan's highest civilian award, Nishan-e-Imtiaz.

For his contribution to cinema, Dilip Kumar was conferred with the Dadasaheb Phalke Award, India's highest award in the artform. He also received the Padma Vibhushan, the second-highest civilian award of the country. He was also a great music enthusiast and also learnt how to play the sitar for a film. He loved cricket and played it often. His younger brother Nasir Khan (1924–1974) was also a noted film actor. Two of his younger brothers died during the COVID-19 pandemic after testing positive for COVID-19.

Along with Shah Rukh Khan, he held the record for winning the most Filmfare Awards in the Best Actor category: 8. He also won the inaugural trophy in the same category in 1954.

Personalities from cinema, politics and sports paid tributes to Dilip Kumar. Here are all the wishes and obituaries pouring in for the icon.

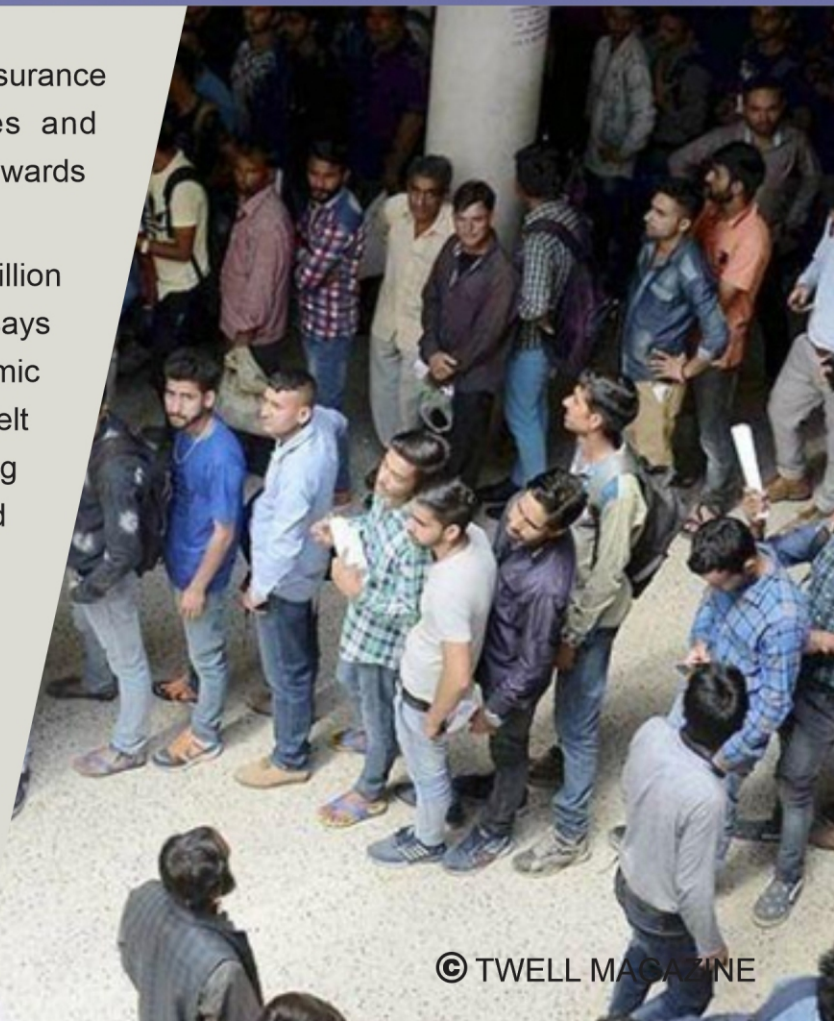




A ready-made solution to unemployment

Trapped under the crushing weight of loans, insurance payments, unprecedented electricity charges and healthcare expenses, the public are looking towards governments, hoping for a panacea.

The pandemic has pushed another 100 million people around the world into extreme poverty, says the World Bank chief. Such has been the economic impact of Covid-19, the severity of which is being felt in India too. A report by the Centre for Monitoring Indian Economy says around 1.8 crore salaried jobs were lost since April.



Trapped under the crushing weight of loans, insurance payments, unprecedented electricity charges and healthcare expenses, the public are looking towards governments, hoping for a panacea. Sops may help win elections but, in these times of real distress, they hardly make a difference.

There is a ready solution at hand, which governments must come forward to utilise—filling up lakhs of government posts that have been remaining vacant for the last several years. Almost every state government department, Central ministry, police station, court, fire station, public school, public bank and university is currently short-staffed.

By the government's own data, there were close to seven lakh unfilled vacancies in Central government departments and ministries as of March 2018. By rough estimates, that is enough to employ over 10% of those rendered unemployed, considering they have the required qualifications. That apart, nearly 60% posts reserved for SC/ST candidates in Central ministries and departments are lying vacant.



Lakhs of teaching jobs are unfilled across the country—Haryana had 31,000 vacancies as of March and Uttar Pradesh had a whopping 1.4 lakh vacancies as of April this year. Multiple reports have also highlighted the shortage of trained nurses and doctors to treat Covid in rural India.

Governments across the world will have to reconsider how the economy operates in the post-COVID era. Laissez-faire has proved to be inefficient in helping the world tide through such crises. The focus must be on rebuilding the public machinery. It provides the required checks and balances for the private sector. Filling up lakhs of vacancies would be a good start to ensure timely and efficient delivery of public services while also providing more livelihood opportunities.



Father's DAY




Pull Out All Stops To Celebrate Your Superhero!

A son's first hero and daughter's first love, it is impossible to just devote a single day to celebrate our fathers! Right from the moment we set foot in this world to the time we pass, the role of our fathers in our lives thereon will stay imprinted and irreplaceable. Their love, care, affection, conviction, belief, confidence, worry, and instincts to make every minute of our lives worth living is why just one day is NOT enough! However, making the most of this opportunity, appreciating and acknowledging their presence in our lives is the least we can do. So, here is an ode to the superheroes of our lives, who are always around to watch us, inspire us, and support us!



The third Sunday of June is designated as Father's Day in most countries. This year it falls on 20 June.

The occasion pays tribute to fathers as they play a vital role in nurturing children. In the attempt to appreciate this paternal bond, and share this universal feeling of gratitude towards fatherhood, the day is observed with great enthusiasm and love.



The dates of celebration might vary in some parts of the world, but the emotion is just the same everywhere. That brings us to the question how the day came about and why it is celebrated all over the world.

The basic premise from which Father's Day draws its significance is that paternal love is as important, needed as maternal love. It is celebrated all over the globe to emphasize the critical role of fathers, and revisit fond memories and express gratitude for their sacrifices, dedication, and love.

Fatherhood is a crucial component in the scheme of creating responsible individuals in society. Fathers' contributions and efforts are universally acknowledged and admired by the world through this particular celebratory day.

Father's day also extends to those bonds which are equivalent to parental bonds. The day is dedicated to honouring and celebrating not only fathers, but also father figures who shape our minds, thoughts and are instrumental in giving wings to our wishes and desires. This day is dedicated to the efforts and sacrifices our fathers selflessly do for us.

'Life' is somewhere in between the chaos of boredom or stagnancy.....!!

No one ever taught us, when we were younger, that we actually have a choice in the thoughts we will believe. Now we know, I believe! We are wiser now with our experiences and journey. We try to use that power. Between stimulus and response there is a space. In that space is our power to choose our response. In our response, lie our growth & our freedom. We start believing in ourselves well enough to be assured in who we are, what we are, what we want and from whom. We become dignified, forthright and honest but again we realize we are losing the 'Magic' word in life, somewhere. There, we must have emotional or physical control over others intimately to be worthy of respect & admiration. Ours' worth is determined by how many people we do or do not get close with. We are only lovable when they are "in love" with us.

Oftentimes, people hook up with someone not because they genuinely love a person or want a person in their lives, but because they feel a void within themselves. This void has a voice which tells them they are not enough just as they are, unappreciated or unnoticed! Do not label or judge this under societal norms. They fail to realize the cost of sex is often shame & guilt. They just want to feel 'loved'.





Tumpa Datta Gupta
 Educationalist,
 Founder & Social Entrepreneur
 Green Wings Preschool Educational Network.
 Mysore

They don't think about who they're hurting in the process or which souls will be affected by the choice of their decisions. Or, how the desires are going to affect another's mental, emotional & physical health! They just think about themselves. They start to groom & realizes the life to be led in clarity, most of the time balancing in better ways of all the relationships. They start to look at the whole equation wisely and with reason. They listen to the voice of void and feed it everything to nourish, groom & adequate, it wants by their own free-will, inspired by a sense of internal inadequacy. There might not be any goal or commitment issues in this, or putting the other person in the priority list but, just to live the present joyfully and taking care of their own needs and worth so that they are in a frame of mind to give their best.

(Shared by some study and experiences)

The background features a dark gradient from deep blue at the bottom to black at the top. Diagonal streaks of light, ranging from warm orange to cool teal, sweep across the frame. Scattered throughout are numerous small, glowing bokeh spots in similar colors, creating a sense of depth and movement.

TWELL
Feature



Enhance your looks with **V Natures**



There is no force more powerful than a woman who is determined to rise. A lot of challenges dot a woman's path to success, but many have taken on the mantle to power through them all and succeed against all odds.

Like any top-notch entrepreneur, the journey of Vishnu Priya, founder and CEO, V Natures Beauty co. has been full of ups and downs.

The challenges, however, never deterred her. Instead she chose to take them in their stride and make them. V Natures is one of the top-selling brands in the country – within three years of launch.

She is always passionate towards makeover and creating stunning looks. After using the beauty products and apprehensive about the aftereffects, which drove her towards chemical free products. Her dream of becoming her own boss and the idea of handmade chemical free skincare routine came in line in March 2018. Red wine kit – a luxurious exfoliator is her signature product, which became instant hits.

Not just beauty and skincare, founder Vishnu Priya's vision has always been to promote the Indian herbal heritage to every corner of the country. V Natures products – through a network of franchise ventures and direct product distributors today – reach foreign countries. V Natures has become a favourite brand for many celebrities.

In a recent conversation with Twell Magazine, Vishnu Priya talks about how beauty has evolved over the years, changing consumer preferences, skincare and haircare trends, and clean beauty. She said, "To me, beauty is all about being comfortable in your skin. The most beautiful thing about a person is confidence, and a person who is comfortable in their skin exudes confidence like no one else."

Her formulations are developed based on herbs, flowers, fruit extracts, essential oils, and precious minerals and gems. Within 3 years she was able to spread her hands into all skin care products from head to toe, from women to babies. With hard work and conviction, they have expanded the worldwide to retail, wholesale and rebranding to worldwide.



It uses highly recommended organic Ecocert approved ingredients to create a range of gels, emulsions, creams, oils, toners and packs.

Repeated customers, orders across the globe, and satisfied customers are the key to her success. Her husband P Nithyanath is her big strength, he always stood behind her in all her crucial times. Before she created her iconic makeup products she was a professor and HOD – Costume design & Fashion Department for 6 years.

She has received many awards and accolades in 2020-2021 for her contribution to the field of beauty industry. She is also taking online classes in order to encourage new budding/ entrepreneurs in the beauty field. More than 500 students have been trained from her and started their own career in last one year.

V Natures at its flagship stores in New Delhi, Noida, Bengaluru, Pune, and Mumbai. For more details visit www.vnatures.in



N.VISHNUPRIYA
CEO OF V NATURES
KANGAYAM



**“Counselling Psychologists
Right option to knockdown your stress”
- Vinita Mayank Haria**



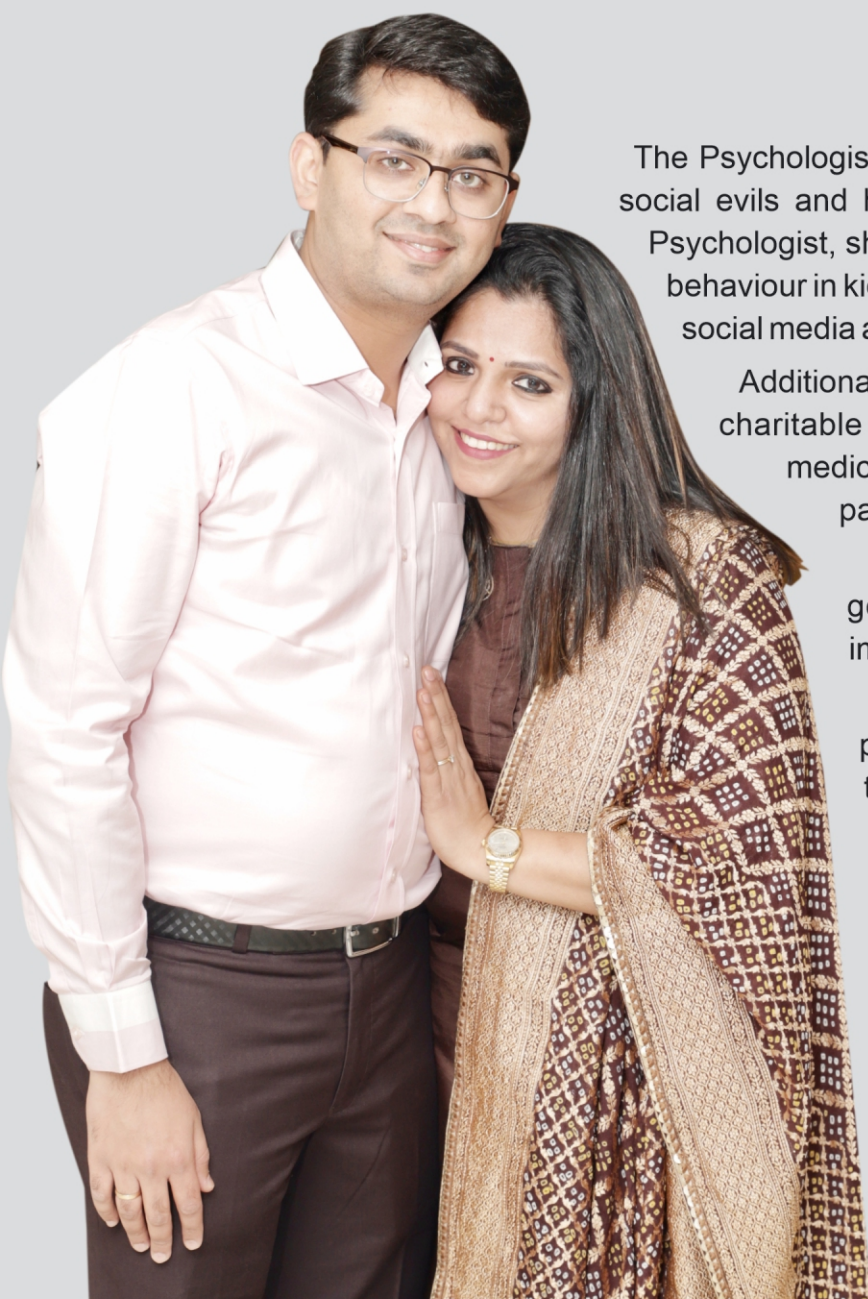
Psychologists contribute to the society's well-being by helping people understand their behaviors and emotions and managing them to lead a better lifestyle.

Vinita Mayank Haria is one of the leading Counselling and Relationship Psychologists in India, whose goal is to guide both individuals and couples as they implement the skills that will allow their relationships to flourish.

Her friendly and outgoing persona has made the cumbersome task of repetitive visits to the clinic rather a social activity for her patients. She is driven by her passion to learn and that keeps her on the lookout for latest academic and technological advancements in mental healthcare.

With more than a decade of expertise in this field prompts her to state that, “while we may not believe in an interconnected universe that rewards good deeds, there is something to be said about how helping others changes our perspective, and experience will be a positive one, rather than a negative one”.

Hailing from a family background which has always stood united in good and bad times, and a huge support to all her desires, she decides to pursue bachelor degree in Psychology from Kishanchand Chellaram College, Mumbai and Masters in Clinical Psychology from SNTU University, Mumbai.



The Psychologists played a significant role in changing many social evils and have been a shining beacon of hope. As a Psychologist, she has been instrumental in dealing abnormal behaviour in kids, suicide, child psychology, divorce, bullying, social media and networking, and relationship issues.

Additionally, she has also been actively involved in charitable causes and has been rendering various medical services to the needy, especially during the pandemic.

It's very rewarding to be a Psychologist. A good Psychologist has the ability to truly improve the patient's quality of life.

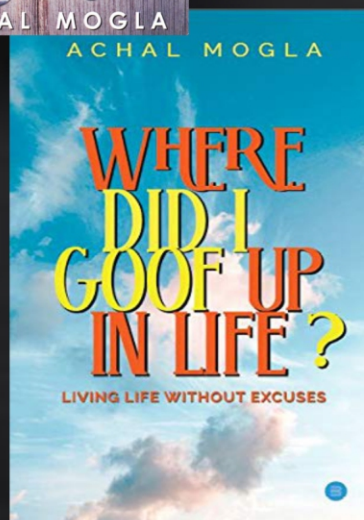
A Psychologist with the right education can properly assess and treat pathology related to their patient's bite. Being the mother of a toddler, she managed her time usefully in the area of guidance and counselling, therapy, testing and personality improvement programmes.

Her perseverance, patience and consistent efforts have made it easier for her to sail through all challenges. This passion rewarded her with the many awards and accolades.

Even though Vinita, born and bred in the city of Mumbai, and started her journey in Service. She is offering psychological guidance and counselling via the internet to people across the globe. She does skype/whats app video counselling throughout the world and does face to face counselling at her clinic in Mumbai.



Achal Mogla



Multiple award – winning author, professor and speaker Achal Mogla's writing is a competent blend of inspiring and insightful. 42- year-old Achal has been writing since he was pretty young.

Achal began his career as a professor before deciding to focus on writing books, a decision which paid off rapidly with the massive acclaim garnered by his first book "Salt and Pepper". Before becoming a ridiculously prolific writer, worker at a college.

The award-winning author of The Twisted Tales, Achal Mogla is a spectacular writer with one foot in the mythical and the other planted firmly in reality. He creates remarkable characters and real-life settings, and then makes them magical. He is also a renaissance man in the best sense of the term. Alongside he is a certified handwriting Analyst. Anand, where Achal was born and raised in Ahmedabad, is also a prominent setting within his works, and his other book "The Twisted Tales". Now he is settled down in Agra.



Achal is incredibly skilled at weaving together wild fantasy with the mundanity of everyday life. He is an incredibly talented author with a unique perspective, well-established characters and thorough understanding of cultural elements that influence who we are.

“Where Did I Goof up in Life? Living Life without excuses” – is a motivational book and narrates about the 21 different excuses that people usually make if they are unable to achieve their goals. This tender and thoughtful book also shows the way people shape our lives, for better or worse, and what we can learn even when they're no longer with us.

Achal's latest book, “The Revival” – a short story won widespread praise for its sensitive portrayal of his vision. He is a proud recipient of several awards.

You can also find Achal's short stories, essays, and poems in his social media handles (@achal.mogla) (https://www.amazon.in/dp/B08DL2KM9M/ref=cm_sw_r_wa_apr_fabc_T7GEXQSB7JSN1X7XG3J2)



ANKIT MANIYAR

A Young Promising Author Of India

All too often we look at people who have a corporate career and a side hustle as an oddity akin to a freak show. Or even worse, these dual careerists are seen as not serious about their day jobs. But Ankit Maniyar managed both of his careers with dexterity.

Ankit Maniar (13th December 1994) is an Indian author and banker, born in Rajkot, Gujrat. with four published books in Gujarati. He is also a Learning & Development professional with experience across sectors like banking, retail and financial services. He won several writing competitions during his school days, and also won the first district level competition when he was just 7 years old.

His works continue to resonate, not just in high school English classes but in other sectors. Ankit's day job didn't prevent him from pursuing his passion of writing. He used his lunch hour to work on his literature. His career as a banker supplemented his passion of writing. His First three books were named as "Zindagi ni Karwat" "Office" "Success".

And the fourth book "Vicharo na virah ma" has the longest title which consists of 2102 characters, on November 2020. The longest title is not the only attraction since the content of the book is truly a treat to all the readers. The central theme of the book along with the mastery of words of Ankit will make the book a huge success. He has won many awards and accolades for his works.

At present, he is working on his new book which has more than 18 lack words. Ankit's vision and mission is to create World record in every genre of writing.

વિચારોના વિરહમાં

social



STRIVE FOR
Progress
NOT
PERFECTION

An embodiment of progressive India for commemorating Seventy Five years of freedom, is an initiative "Azadi ka Amrit Mahotsav"- indeed, a long way! From providing the basic legal framework as a top-notch constitution in a Democracy to developing indigenous Covid vaccine to the world is an uptrend. "Run if you can't fly, walk if you can't run, crawl if you can't walk, but don't stop" is progress. If there was no struggle, there would be no progress too. We are a human clan and not technology driven gadgets, we may strive hard to do our best if not to perfection but with passion- purpose-progress.

Even the theory of Evolution is based on the idea that all species are related and gradually change over time that we call "advancement". Masterpiece or a work in progress, we can decide to be both.

We have emerged from the practice of 'Sathi' and are fortified by evidence that 'equality for women is progress for all' and this is a tremendous momentum of transformation.

Like little drops of water that make a mighty ocean, we have made a headway from Baby boomers or Generation X to Millennials to Generation Z. There will be glitches, topsy-turvy roads and tasks like rabbit hole that need a sneak peek. Yet, we are the gardeners of our own lives, planting the seeds of good intentions, watching to see them grow, removing weeds springing up to become a beautiful tree providing shade.

Desert Fathers, the Christian monks say "we do not make progress because we don't realize how much we can do". We may be economically backward, may breed anti-social elements flooded with population yet ours is the most diversified country around the globe.

Transformation is the only constant and the stepping stone for a developing society. Acceptance and adaptation are the keys to a new world. In the system of education, National education policy will be a milestone for better tomorrow.

With a blend of perfection and positive energy, our approach to any decision will be discreet and result oriented that's without doubt a heads up to Progress.



Hema N
Assistant Professor
RV PU College
Bangalore

social

The rising trend of old age homes

Reverence for one's parents is deeply embedded in Indian families. Children deem it their moral duty to look after their aged parents and elders. In the last few decades, our society has undergone massive transformation in terms of family structure. As a consequence of the social transformation and evolving lifestyles, many of the older parents are landing in old age homes. The mushrooming of nuclear families, especially in urban India, has led to a steadily increasing number of old age homes.

“The increase in old age homes in the metropolitan cities is not a good development. Over three decades ago, the thought of older parents being sent to old age homes was not easily accepted in our country due to traditional mind-set and cultural ethos.

The most obvious reason for this trend is the migration of children from their hometowns to metropolitan cities in search of better education, jobs, and improved lifestyles. While the younger generation has no difficulty in moving out of their parental homes and adapting to new lifestyles, the elderly population choose to remain back due to the attached sentiments of the place.

Also, many children cannot take care of their aged parents with chronic health issues. Some elders find it difficult to cope with their daughter-in-laws and grandchildren, due to differences in values and mindset.

“Most of the aged parents who are brought into the homes are over 65 years old and are bedridden. Old age homes take care of these elderly as their parents. The children do visit them at least once a month or for the birthdays and anniversaries.”

In the initial stages, any elderly parent who comes to the old age home is very reluctant to live here. Further, it is not easy for them to get adjusted to a different ambience at their age. Eventually, they adjust to the new environment and also develop lasting bonds with other residents. They slowly tend to accept old age homes as their own home.

Further, though old age homes are mushrooming in the cities, not all old age homes can afford to provide quality service and care. Most of them are operated in rented premises and are not able to meet their monthly recurring expenses which are very high. The middle class families cannot afford these expenses. The aged parents hail from middle class families. These families find the expenses too exorbitant.



Many times, children do not show up after three or four months. We then take the responsibility on our shoulders of bearing their expenses, through donations. It should be the prerogative of the government to build shelter homes for the senior citizens and also take care of them," trustee of an old age home says.



There is also a positive side to this heart-breaking story. Many working children are trying hard to look after their parents in their own homes. They are hiring nurses to take care of their older parents in the cities while they are at work. Some others have made security arrangements for the elderly, like installing CCTV cameras to watch over them while they are at work. In some cases, when the children themselves turn old and cannot take care of their own aged parents, only then they are put into old age homes. "It is touching to see some children and grandchildren making all possible efforts to take care of their own parents in their own homes. The elderly love care and attention which they deserve from their loved ones and in their own homes.

KNOCK THE KITCHEN



EGGLESS YEAST FREE MANGO DONUTS

INGREDIENTS

All purpose flour	60 gms
Powdered sugar	1/4 cup
Mango puree	1/4 cup
Baking powder	1 tsp
Baking soda	1/2 tsp
Butter milk	1/4 cup
Vinegar	1 tsp
Oil	2 tbsps.



Ingredients for mango glaze

- Mango puree 1/4 cup
- Sugar 1 cup

Method

- Mix and sieve the dry ingredients and mix with wet ingredients, Knead into smooth dough
- Roll out the dough into 1/2 inch thickness
- Using a donut cutter, cut it.
- Deep fry in oil or bake it in a preheated oven for 10 to 15 minutes.

Method for making mango glaze

- Mix mango puree and sugar and cook in a pan over low flame, till the mixture gets thickened and coats on the back of your spoon.
- When the glaze becomes warm coat the donuts with mango glaze.
- Sprinkle some sugar sprinkles and serve it.



Dr. Saraswathi N
Founder, Sacchus Kitchen
Trissur

THE GOLDEN TOUCH

KIDS CORNER

There once was a king named Midas who did a good deed for a Satyr. And he was then granted a wish by Dionysus, the god of wine.

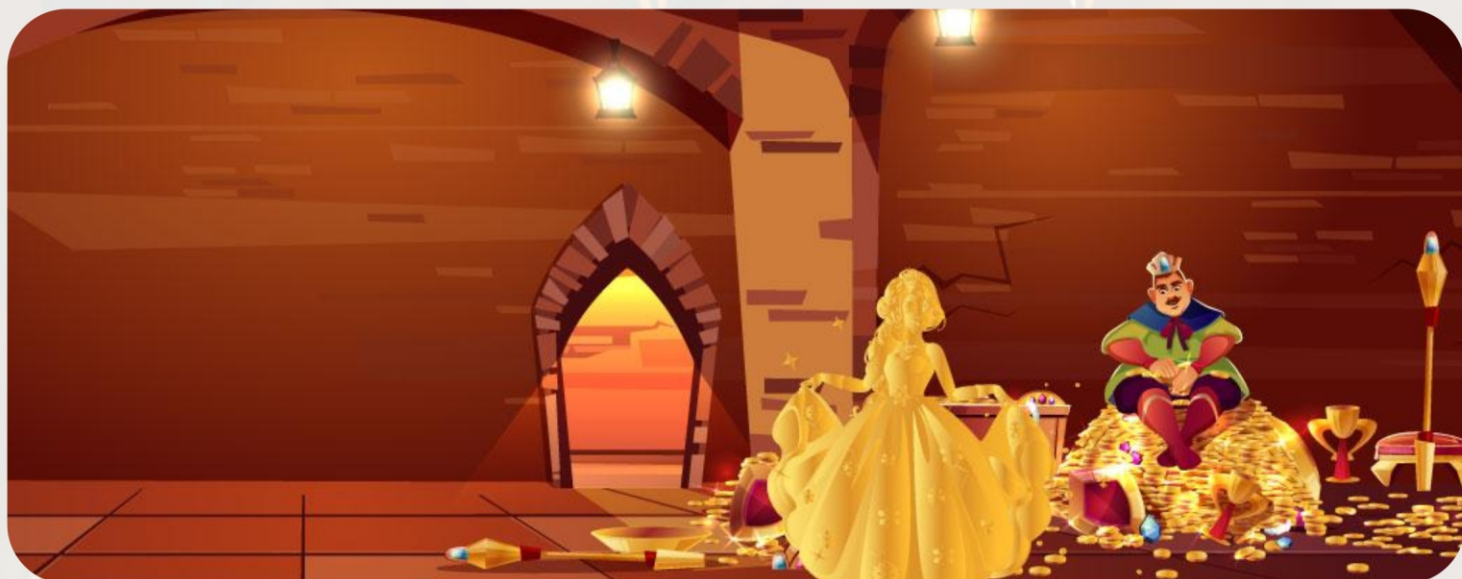
For his wish, Midas asked that whatever he touched would turn to gold. Despite Dionysus' efforts to prevent it, Midas pleaded that this was a fantastic wish, and so, it was bestowed.

Excited about his newly-earned powers, Midas started touching all kinds of things, turning each item into pure gold.

But soon, Midas became hungry. As he picked up a piece of food, he found he couldn't eat it. It had turned to gold in his hand.

Hungry, Midas groaned, "I'll starve! Perhaps this was not such an excellent wish after all!"

Seeing his dismay, Midas' beloved daughter threw her arms around him to comfort him, and she, too, turned to gold. "The golden touch is no blessing," Midas cried.



Kids Corner

How to Make

Coloured Sand

Sand art and sand crafts are so pretty and a lot of fun for children. The trouble is buying coloured sand is quite expensive and it often comes in small bottles that really go nowhere at all. Rather than inspiring children's creativity, the limitation of the amount available and the range of colours and cost can actually end up leaving everyone feeling frustrated!

It's actually so easy and cheap to make your own coloured sand, you'll never want to buy it again! And of course you can choose exactly how much or how little coloured sand to make and the perfect colours for your particular sand craft project too!



It's so quick and easy to make Coloured Sand. My children thoroughly enjoyed making a wide range of colours in just minutes.

How to make it

Put 5 heaped spoons of slightly damp sand into your bag. (Damp sand takes on the colour better than dry sand.)

Add 1 spoon of powder paint.

Seal your Ziplock bag and shake like crazy to thoroughly mix the sand and the powder paint. The children love doing this bit!

You'll see the sand has turned a fantastic colour. Now just leave your bag open or spread the sand out on a tray to dry for a few hours. When the sand is wet the colour may transfer to your hands.

Once it's dry it's ready for all your fun sand art and sand craft projects. Perhaps you'll sprinkle it for Rangoli patterns or stick it on pictures for sand art.

Don't forget you can mix the powder paints together too to give you a greater variety. We found mixing the powder paints together before adding them to the sand worked best.

You can have a great time using your coloured sand for all sorts of sand art and sand craft. Once the sand is dry it will keep stored in its sealed bag indefinitely.

Nothing's Wasted

When you're using your coloured sand don't worry if sand spills and the colours get mixed. We still keep all of this mixed sand to use in projects as we think it still looks really pretty.



How to Protect Eyes from Mobile and Computer Screens ?



Protecting eyes from computer screens and smartphones is more important than ever, but effectively tackling the problem is more about prevention than treatment.

Simple preventative measures help protect eyes from computer screens and smartphones, and we're going to take a look at a few of those measures in this article.

Do Screens Make Your Eyesight Worse?

Digital Eye Strain (DES) is more common today than ever owing to the fact that virtually everybody uses a screen in daily life.

Experts suggest that DES occurs in around 50% of computer users.



Computer Eye Strain

What exactly is the screen's effect on eyes? Let's take a look at some of those symptoms, and how you can avoid them.



The most common symptoms of eye strain are :- Headaches, blurred vision, dry eyes, and in extreme cases, neck and shoulder pain. Dry eyes are caused by the fact that we subconsciously stop blinking while reading screens.

How To Protect Eyes From Computer Screen?

1. Use the 20/20/20 Rule

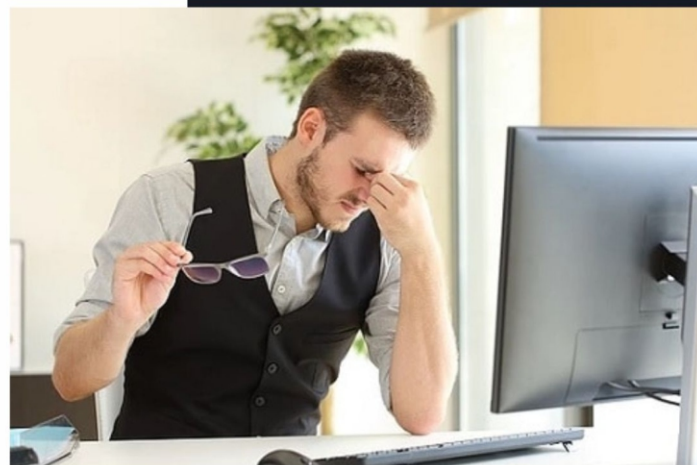
With the 20/20/20 rule, you give your eyes a much-needed break during long work days. If you look at the screen for 20 minutes, you must look at something at least 20 feet away from you for 20 seconds. The longer you look away from your screen, though, the better!

2. Ensure Your Room Is Well Lit

Reduce your use of fluorescent lighting. Use lower voltage bulbs and make sure your ambient lighting is about half as bright as the average office.

3. Have Regular Eye Exams

Regular Eye Checkups help you keep your eye health in check.



4. Reduce Glare

Use an anti-glare matte screen where possible (rather than glass-covered LCDs). If you're a glasses wearer, make sure your lenses have an anti-reflective coating.

5. Use High-Resolution

Screens with higher resolutions appear more lifelike. When you can't see the pixels, your eyes don't work as hard to make sense of the images in front of you.

6. Reduce Blue Light

Blue light has a short wave-length and is known for causing damage to the eye. Reduce blue light by using specialist glasses.





Mobile Phone Eye Strain

Mobile phone screens present an opportunity to cause eye strain. But how do phones affect your eyes?

Eye Strain From Phone Symptoms:-

- dry eye and irritation,
- painful throbbing headaches around the eye region,
- and even blurred vision.

Let's take a look at

How To Protect Eyes From Phone

1. Adjust Screen Settings
2. Keep a Sensible Distance
3. Use Night Mode
4. Don't Forget To Blink!
5. Use Anti-Reflective Screen Protectors
6. Use Artificial Tears

Important Advice For Protecting Your Eyes

Adjusting the brightness on your phone is important. The night mode feature reduces the impact blue light has on your eyes.

Keep these tips in mind whenever you're using your phone or computer, and you'll be set for protecting your eyes. Don't forget to take those breaks, too!



Dr. A. H. Hajra Salar
Ophthalmologist
I Care Center
Hyderabad



Work from Home & Health Hazards

Since the beginning of the COVID-19 pandemic, more people around the world are working remotely. While the measure has been critical to helping control the spread of the virus, it hasn't come without compromise. As the number of people working from home has increased, healthcare providers have seen a rise in work-related injuries that are unique to the home environment.



“More people are working a greater number of hours, and there are no office time boundaries. The lack of scheduled work times will take away from leisure time and as is, people are socializing less and there is less human contact, which is a big risk for mental health issues.”

In addition to the effects on mental health, isolation and a sedentary lifestyle also contribute to weight gain and obesity. In some cases, a lack of workplace-related health services might allow pre-existing health issues to get worse, and preventative care could suffer as well.

The eight-to-ten hour work schedule and sitting for long hours with no movement outside homes has led to an increased risk of obesity in the working age group of 25 to 45 years.

To ensure optimal functioning of body systems, it is important that a daily diet have two different fruits, whole grains, vegetables and lean proteins. This is being recommended as many people are working from home: Given the small distance between the kitchen and working table, many are indulging in binge eating.

"Health awareness has increased during this pandemic. Employees are thinking: Is my office a safe place? Is it clean? They will ask about the effectiveness of their ventilation systems for heating and cooling, since proper ventilation can reduce health risks. Even simple things like opening windows can improve ventilation rates and air quality." But if limited office space precludes an employer from bringing back workers at a full scale, the employer should consider who needs to come back first.

"Bringing back people who know each other well could improve productivity, but these people are likely to work effectively as a team even online". "Bringing back people who are not familiar with each other could seem counter-intuitive, but spontaneous interactions between them could lead to new collaborations and the creation of new ideas. Of course, no relationships stay new, so periodically changing the batch of people who physically come to the office could be useful."

That said, experts are hoping to reassure the remote workforce that many of these problems can be prevented or alleviated by taking simple steps to improve your at-home workspace.





TRAVEL DURING PREGNANCY

Is it safe?

Can Travelling lead to miscarriage?

Being pregnant doesn't mean you have to be stuck at home. If you're going on a business trip or taking a vacation, there are ways you can stay healthy and safe when traveling during pregnancy.

With the proper precautions, and armed with information on when to travel, vaccinations and insurance, most women can travel safely well into their pregnancy.

Wherever you go, find out what healthcare facilities are at your destination in case you require urgent medical attention. It's a good idea to take your medical records with you so you can give doctors the relevant information if necessary.

Make sure your travel insurance covers you for any eventuality, such as pregnancy-related medical care during labour, premature birth, care of the baby and the cost of changing the date of your return trip if you go into labour.



When to travel

The best time to travel is during the second trimester, when you're feeling at your best and there is the lowest risk of complications.

Some women prefer not to travel in the first trimester because of nausea and feeling very tired during these early stages. Whether you're travelling or not, the risk of miscarriage is higher in the first 3 months. While there's no reason why you can't travel at this time, if you have any worries discuss them with your midwife or doctor.

During the third trimester you may be feeling too tired and uncomfortable to enjoy travel. It is not recommended for women over 35 weeks pregnant to fly for more than 5 hours.

Travel by bus, car, train, or boat is usually not a problem as long as you are comfortable. When travelling long distances or overseas, it is wise to consult with your doctor, especially if your pregnancy is considered high-risk.



Air Travel

Flying is usually not harmful to you or your baby, but discuss any health issues or pregnancy complications with your midwife or doctor before you fly.



Vaccinations

Some vaccines (hepatitis A, hepatitis B, tetanus, diphtheria and pertussis) are safe and recommended for pregnant women who are travelling to places where they are at risk.

However, the majority of live-virus vaccines (measles, mumps, rubella, and chicken-pox) are not recommended for pregnant women as they are not considered safe for the unborn child.

It is safe for pregnant women to have influenza vaccine, which is strongly recommended for all pregnant women, as influenza in pregnancy can be a very serious illness.

You are generally advised to avoid travelling to countries where immunisation is required. However, if you must travel to areas requiring vaccinations, you should discuss this with your doctor, as the risk of catching an infectious disease often outweighs the risk from vaccination.

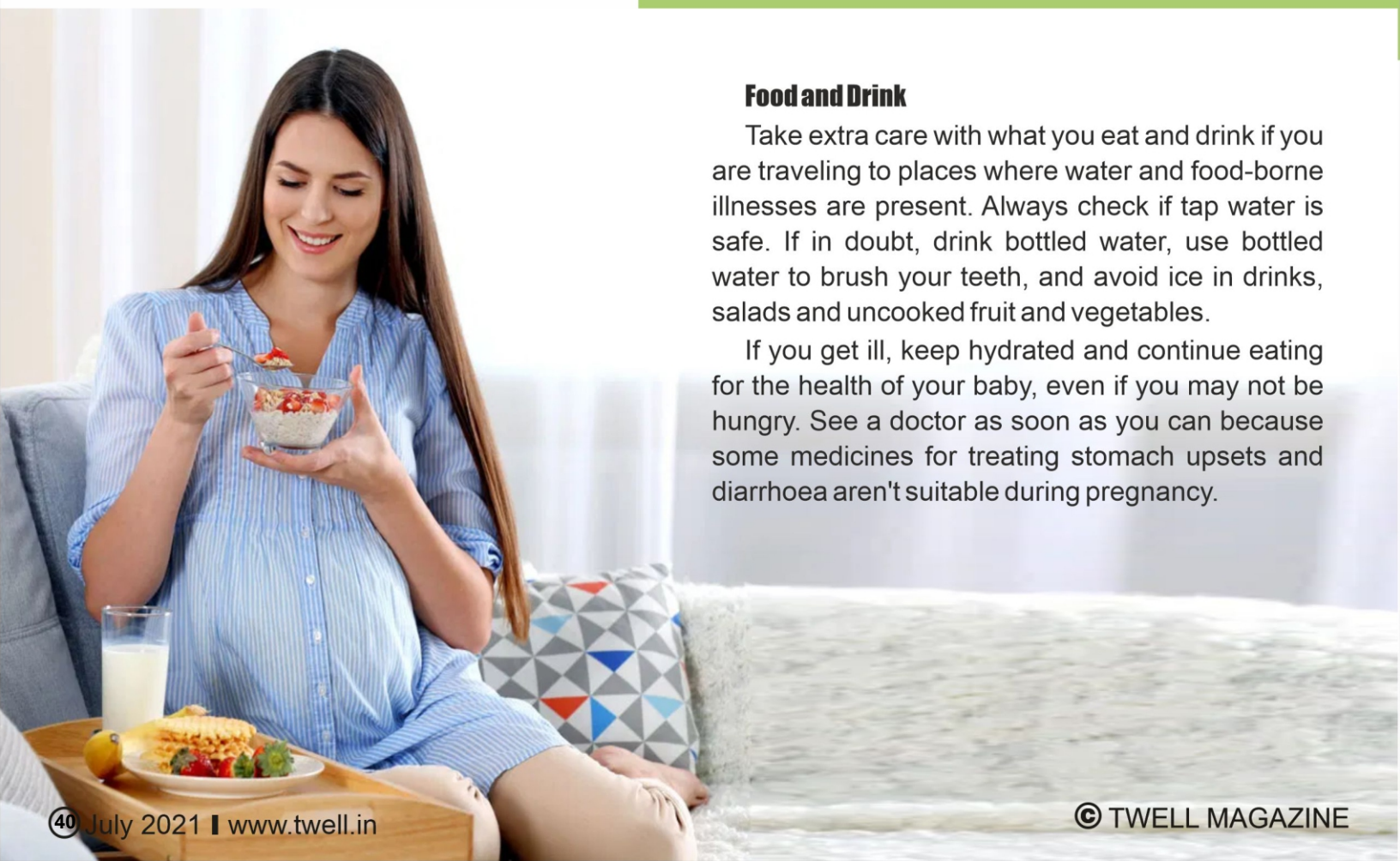
Pregnant women should avoid countries where there has been an outbreak of Zika virus.

Car Travel

Fatigue and dizziness are common during pregnancy so it's important to drink regularly, eat natural, energy-giving foods (such as fruit and nuts) and stop regularly for a break. Keep the air circulating in the car and wear your seatbelt with the cross strap between your breasts and the lap strap across your pelvis under your bump, not across your bump.

Road accidents are among the most common causes of injury in pregnant women. Avoid making long trips on your own and share the driving with your companion.

You need to wear a seatbelt when you are pregnant. Research shows that when you wear a seatbelt there is much less risk of injury to you and your unborn baby.



Food and Drink

Take extra care with what you eat and drink if you are traveling to places where water and food-borne illnesses are present. Always check if tap water is safe. If in doubt, drink bottled water, use bottled water to brush your teeth, and avoid ice in drinks, salads and uncooked fruit and vegetables.

If you get ill, keep hydrated and continue eating for the health of your baby, even if you may not be hungry. See a doctor as soon as you can because some medicines for treating stomach upsets and diarrhoea aren't suitable during pregnancy.

Shine ' struck in the wind ..

Women !

Women !

When I started writing this , didn't feel worthy enough but tears rolled down while imagining every bit of it .

A recent incident of " BARBARISM" made me scrawl this .

A just born baby was choked to death in JAISALMER only because she was a "girl" .

A woman in Uttar Pradesh screeched her voice in burning flames leading a DOWRY DEATH .

A widow was turned into a prostitute in Punjab , A 21 year old doctor was raped publically in Hyderabad . Count one , two, three to untold no.of incidents against women .

This all shows how judiciary failed to justify women and equally society too , to keep up women's respect !!. Who should be blamed ? " Women ? Just their birth to live in terror ?

There should be stringent laws for "violence against women" . The regimen taken by government should work so efficacious that another person having a thought to do such act should be horror struck thinking of consequences he should face .

Rigorous punishments like hanging the accused publically , chopping off his pivotal part , they should be exiled from the society, tattooing him with remarks on his body where people could recognise him for his malicious act .

A woman is facing male dominance in her family considering a recent incident where a 19 year old girl was brutally beaten by her own father and cousins in front of the whole village in the tribal area of Madhya Pradesh.

Where should a girl go for her self respect impar protecting her Chastity of there is no safety and security within her own family ?

A women is misbehaved and exploited at her work place and public areas .

Yes let's accept there is a substantial and noticable difference today comparing the past in the exploiting "her" ; but a man's mentality was always tedium towards women.

Most Indian families foster their boy child saying ' don't cry like a girl' (ladki ke jaise kyu ro rahe ho ?). Parents knowingly or unknowingly are planting a seed of venomous views in the child's head .

"She" is socially discriminated , humanly tortured.

"She" is unjustified and abused.

This pickle will only terminate when "HE" will realise "SHE" isn't a toy but a boon to mother earth .

Never forget a JHANSI KI RANI in history ,

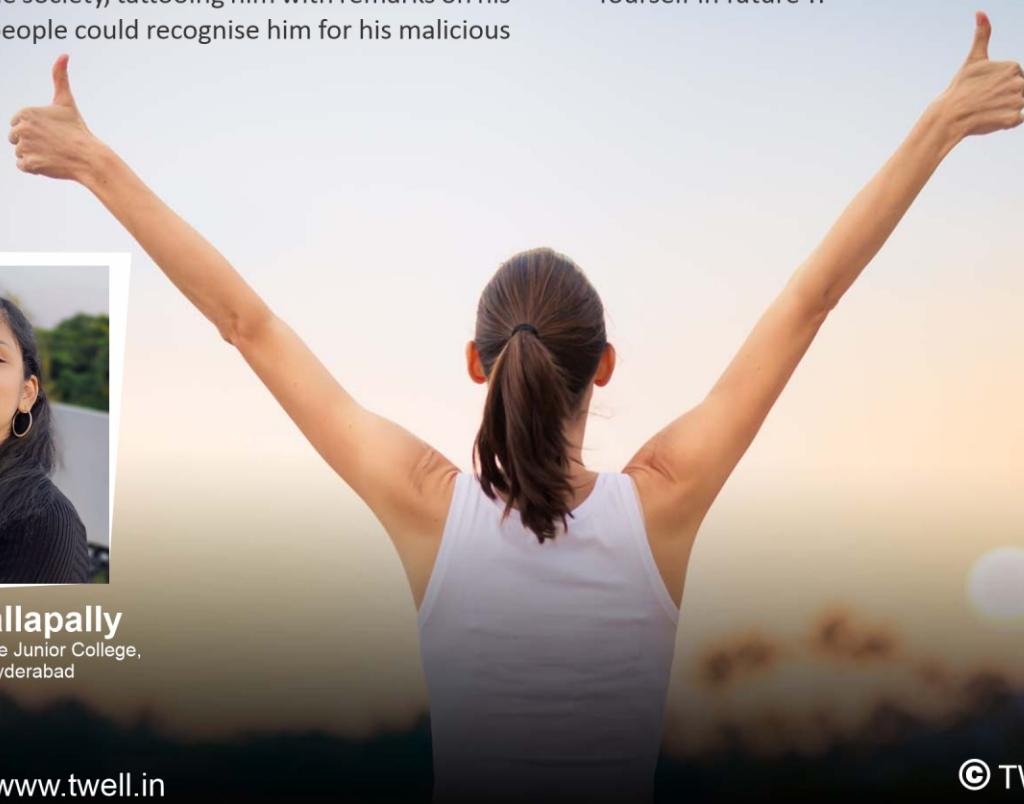
Kiran Bedi in present and

Yourself in future !!



Sahithi Thallapally

Class 12th Student, Page Junior College,
Banjara Hills, Hyderabad





Multi Grain Cookies

Ingredients :

Multigrain flour	:	220 gms
Almond powder	:	50 gms
Jaggery	:	100 gms
Cardamom powder	:	1/4 TSP
Ghee	:	50 gms
Lukewarm milk	:	4 tsp
Baking powder	:	1/4 tsp
Salt	:	1/4 tsp





Method

- Preheat the oven at 180 degrees for ten minutes before placing the cookies.
- Sieve multigrain flour in a bowl add almond powder, jaggery powder, baking Powder, salt and cardamom powder mix all ingredients with your hands.
- Now add ghee and milk and make a soft dough.
- Refrigerate dough for 25 to 30 minutes.
- After refrigerating dough, make round balls and flatten it with palms or cut it with a cookie cutter.
- Bake cookies in a preheated oven at 170 degrees for 20 Let it cool and store in an airtight container.



RIYA (MONICA)
Kriya Cakes And Treats



Automated Cars in India, Still a dream ?

The numerous video cameras and sensors in these cars enable them to read road signs and detect the edges of the roads, traffic signals, and the presence of other vehicles. All of this data is processed in a central control system, which then controls the steering and movement of the vehicle at a safe distance from other vehicles.

While the world is getting ready to commercialize self-driving cars, India still stares at a long road ahead. Policy decision is just one of the many hurdles that self-driving cars must clear before zooming in to India

It is estimated that by the year 2030, self-driving cars will constitute 25% of all the cars plying on global roads. Driverless cars use advanced technology and sensors to help navigate the road safely.

Currently, there is a lot of R&D work underway across the globe. Companies like Google, Tesla, Mercedes, Ford, Nissan, Volkswagen, Hyundai, and so on are leading the efforts by leveraging the latest technologies such as artificial intelligence, machine learning, and robotics engineering. In India, too, there are many start-ups that are experimenting with self-driving technology.





Challenges that India must overcome for self-driving cars to come into the country

The adoption of self-driving cars in India is still a distant dream. Some of the reasons include:

- ◆ The government of India has taken a clear stand against the introduction of driverless cars in India citing job loss as the primary reason. The government does not want to put employment opportunities for skilled drivers at stake and cites that jobs of around a crore people may be at stake due to the introduction of this technology. Further, the government believes that the infrastructure required—complete with organized driving conditions—for such a technology is still not available in the country.
- ◆ The roads in India are not conducive for self-driving cars when compared with their western counterparts. Cities like Delhi and Mumbai have roads that overflow with vehicular traffic at any given time of the day. Furthermore, drivers in India do not follow the traffic rules. They jump the signals and do not drive in designated lanes. This reckless driving behaviour is something that a driverless car is not trained to preempt!
- ◆ There are challenges around the economic feasibility of launching driverless cars in India as companies are sceptical of enormous R&D costs as well as the market viability.
- ◆ To make matters worse, India ranked 24th out of the 25 countries where KPMG gauged the preparedness for self-driving vehicles through its Autonomous Vehicle Readiness Index 2019.



India must not ignore the benefits

Despite all the challenges, India cannot look the other way when it comes to adoption of autonomous vehicles. For one, they afford people to utilize their commute time more productively instead of losing it on just driving. They can minimize the human errors that are the prime cause of road accidents and can help save precious lives. Driverless cars also make for an excellent mobility option for people with physical disabilities that prevents them from driving on their own. While autonomous cars may take more time to become a reality on the Indian roads, the beginning for autonomous vehicles has been made in the form of self-driving tractors and trucks. Companies like Escorts, Mahindra & Mahindra, and FluxAuto are ready to introduce them soon.





Acidity in the atmosphere is transforming the ocean

Rising levels of atmospheric acidity are transforming the ocean by altering the nutrient supply, according to a new study from the University of East Anglia. The experts report that increasing acidity is disrupting the ecological balance of marine ecosystems.

The researchers explain that the way nutrients are delivered to the ocean not only affects its productivity, but also its ability to absorb CO₂ from the atmosphere.

Human emissions of pollutants have caused significant changes to the acidity of the atmosphere, leading to well-known environmental impacts such as acid rain.

Atmospheric acidity affects the quantity and distribution of nutrients (nitrogen, phosphorus and iron) delivered to the ocean.

Acids attack the surface of desert dust particles as they are transported through the atmosphere, increasing the proportion of the phosphorus and iron contained in those particles that will dissolve when the dust falls into the ocean.

“Our work suggests that increasing acidity since the Industrial Revolution increased the proportions of phosphorus and iron that are soluble by 14 percent and 16 percent respectively. These increases will have had a direct fertilizing effect on marine phytoplankton.”

During the same time frame, the amount of nitrogen delivered to the oceans through the atmosphere has at least doubled as a result of emissions.

“Acidity controls the distribution of nitrogen between particles and gases in the atmosphere, so that changes in acidity alter the length of time that nitrogen remains in the atmosphere and hence where in the ocean it will be deposited.”

You are Beautiful

After 364 days of toil, waiting for that one day and the one day had come, too excited to watch out the results, you win and you are in cloud nine but suddenly everything sweeps down!! Can you just put it in words how you feel, at that moment ?

Alas! Taking a good pat at the back for continued struggle and passion was supposed to be his action but he dies out of regrets just because everybody had thrown him from walks of life for his victory.

Times have changed but you have to! I never mean you should always feel happy for one's success, you should have the craving, spirit and jealousy but till the right level. Have jealousy only to keep running forward and pushing yourself, that should be your key to success but not the other one's downfall.

And when you feel low, when you feel life has not given enough as the other one, talk to yourself, tell yourself that

"LIFE HAS A BETTER PLAN AND BETTER UNPLANNED THINGS TO COME"

And remember if the other one is succeeding your time is never far, keep going throwing hurdles and make it happen

No depression, only fighting

No anxiety, only spirit to win

No falling down, only learning things.

Let's go girl!

Being there for you during the sprains and sprouts is extremely vital. We are in a pace where a healthy mental phase has become a question mark! We stand for others sometimes telling them to battle the odds and forget the sobs but how often do we stand for ourselves ?

We may have hypes, the same way accepting the low key is as important. Absolutely feeling down, dull and thrown away is part of the usual. What's not in sauce is continuing the same, without fighting. We live in a world where thinking about anything nevertheless deeply turns into depression.

If we find one good picture of the other family, if we find our friend making good money out of the business, if we find one of our relatives excelling well in the profession, if we find a person scoring great grades at school, even nothingness of another had become one of the reasons for pushing us towards depression. JEALOUSY had become a key to unacceptance of one's life.

Imagine yourself bestowing that laurel with so much of sacrifice, passion and dedication, craving for that one victory, now just think how you will feel when you are depreciated instead of the encouragement that you have to receive!



Penned with concern,

VJ Kalyani

Prominent anchor of South India
Miss.India Popular

Festivals



Celebration of Bakrid

Eid-al-Adha is one of the most popular festivals celebrated by Muslims in India and across the world. This holy festival commemorates the sacrifices of Prophet Ibrahim (Abraham), who was even ready to sacrifice his firstborn on God's command and later sacrificed a sheep as per God's instructions.

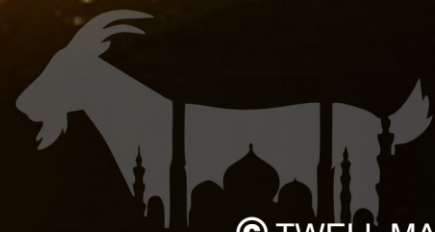
Bakrid is celebrated during 'Dhu al-Hijjah' - the twelfth and final month in the Islamic calendar. Eid al-Adha concludes the Pilgrimage to Mecca. As the exact day of the festival is based on lunar sightings, thus, there are chances that the date may vary between countries. This year, the festival will be celebrated in the month of July.

This year, the festival is expected to begin on the evening of Tuesday, 20 July and go on till the evening of Wednesday, 21 July 2021. However, the date is subject to change depending on the sighting of the moon of Dhu al-Hijjah, 1442.

Bakrid that is Eid ul-Adha is a gazetted holiday in India. All local, state and national government workplaces shall remain closed on the festival day. In 2021, the public holiday for Bakrid falls on Wednesday, July 21.

Muslims around the globe have a belief that Allah ordered Ibrahim (Abraham) to sacrifice his son, Ishmael. Ibrahim abided by Allah's orders, but his son got replaced by a sheep at the last moment.

Therefore, the festival of Bakrid began to be celebrated by Muslims across the globe. Eid al-Adha is called Id-ul-Adha in Arabic and Bakr-Id in the Indian subcontinent.



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