

PREMIUM
EDITION

TWELL MEDIA PRESENTS

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MAGAZINE

MAY-2021
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TO MAKE A CHANGE

**Covid Impact on
CHILDREN**

**Smarter Foods to
End World Hunger**

**Social
Period Stigma has to end**

Sattvic Food
A Natural Healer and Filler

**Celebrating
Mother's Day 2021**

WINNER IS A LOSER
AN INSPIRING ARTICLE

EGGLESS BASBOUSA CAKE
KNOCK THE KITCHEN

COVER STORY

Evergreen Vivek
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Current Affairs



CORONAVIRUS: NEW COVID STRAIN AND ITS IMPACT ON CHILDREN

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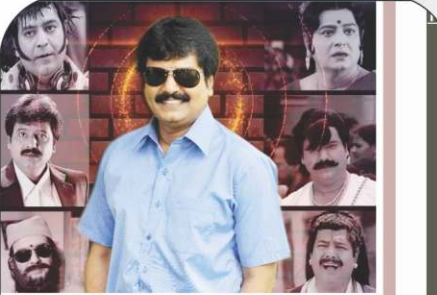
As the virus undergoes changes to its genetic code, so does its capability to surpass antibodies and immune defences. The distinction in spike proteins, which the virus uses to attach itself to the body and multiply, could also become more aggressive and thus, cause more infections.

Can children get coronavirus?

Yes. Although in a majority of cases disease seems to be milder in young children, it's important for parents and caregivers to understand



Cover Story




Vivek A Comedy Icon of the Industry

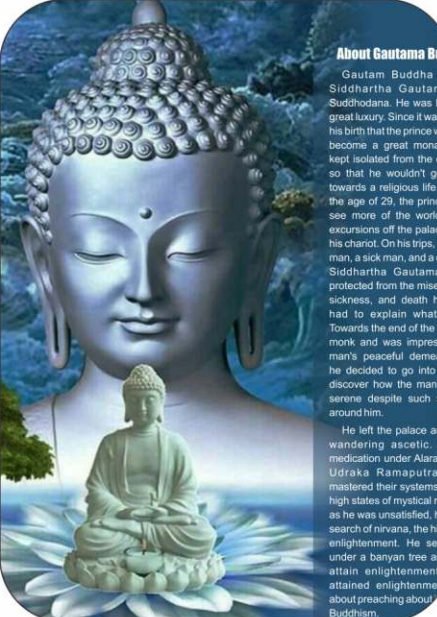
Veteran comedian Vivek passed away in Chennai at the age of 59 due to an acute coronary syndrome with a cardiogenic shock. The actor, who has performed in more than 220 films.

Vivekanandan (19 November 1961 – 17 April 2021), known by his stage name Vivek, was an Indian film actor, comedian, television personality, playback singer and social activist working in the Tamil film industry.

The ace actor had earlier made headlines on Thursday for his efforts to remove the fear of the COVID vaccine among the public. Instead of opting for a private hospital, he had chosen to get vaccinated from a government hospital to spread awareness.



About Gautama Buddha



Gautam Buddha is Siddhartha Gautama. He was born in a royal family in Lumbini, Nepal. He was a prince who lived a life of luxury. Since it was his birth that the prince would become a great monarch, he was kept isolated from the outside world so that he wouldn't get towards a religious life. At the age of 29, the prince saw more of the world on his excursions off the palace in his chariot. On his trips, he saw a sick man, and a corpse. Siddhartha Gautama was protected from the miseries of sickness, and death. He had to explain what it was. Towards the end of the trip, he saw a man who was peaceful and content. He decided to go into the forest to discover how the man could attain such a state of peace around him.

He left the palace and became a wandering ascetic. He practiced meditation under Alara Kalam and Udraka Ramaputra. He mastered their systems and reached high states of mystical realization. He was unsatisfied, he searched for nirvana, the high state of enlightenment. He sat under a banyan tree and attained enlightenment. He attained enlightenment about preaching about Buddhism.

The Period Stigma has to End



For the longest time, the Indian society has treated menstruation as a taboo. The word "Period" is usually uttered in hushed voices and years of social conditioning have built a culture of silence around what is a normal biological phenomenon.

Did you know, on an average, women use around 10,000 sanitary napkins in their lifetime. Conventional pads contain up to 90 per cent plastic and remain intact in the landfill for around 600-800 years after disposal. Most pads contain around 3.5g of petrochemical plastic with every sanitary pad releasing around 21 grams of carbon dioxide in the process. With only 1 in 6 women using pads in India, around 150,000 tons of pad waste is generated per year.

With young girls and women having limited access to menstrual education and basic sanitary care products, the concept of menstrual hygiene has also remained a culture of silence. In fact, lockdowns intensify the impact of household level taboos and stigmas on women - making it more difficult to manage menstruation without shame and discomfort in confined spaces. In rural India, the unavailability of sanitary napkins coupled with unhygienic and crowded washrooms and toilets in their localities have worsened the situation for women.

Corona virus disease has aggravated menstrual woes for young girls in the national capital-station clusters.

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Kids Korner

A Closer look at Mars



If you look up at the sky on a clear night, you may see a red dot among the stars. This dot is Mars, named in ancient times after the Roman god of war. Although no one has ever visited this red planet, we know a lot about it.

Mars is more like Earth than any other planet in our solar system. Mars has a 24.6-hour day, an atmosphere, a rocky crust, canyons, volcanoes, polar ice caps and seasons. But Earth and the "4th rock from the Sun" are hardly twins.

Mars is half as big as Earth and has less gravity. It has very little atmosphere. The surface of Mars has no lakes or oceans, plants or animals. No place on Earth gets as cold as Mars. The lack of life on the surface of Mars isn't surprising, considering the bone-dry environment.



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Ramzan
A Month of Reflection, Spirituality and Piety

The ninth month of the Islamic Calendar, a month of strict spiritual discipline to commemorate the first revelation of the Holy Quran to Mohammed; the month during which severe norms for fasting is enforced as a pathway for reaching the ultimate eternity is the month of Ramadan, Romanized as Ramzan. The word Ramadan in Arabic means extreme dryness and intolerable heat. In the Gregorian calendar, this falls between the months of July and August.

The festival is so popular across the world because of the prevailing practices among the Islamic People. Whenever you hear the word Ramadan, you are immediately reminded of the fasting the Muslims adhere to strictly. As far as the Islamic beliefs are concerned, fasting is an act of spiritual purification of the mind and the body.

The first day of Ramadhan is typically the next day to the astronomical new moon. The entire period lasts for 29 or 30 days depending on the appearance of the full moon and it varies with different parts of the world. The respective mosques announce the beginning and end of the Ramadan month. Children, pregnant ladies, people with chronic illnesses are exempted from fasting. Those suffering from brief illnesses during the month of Ramadan should compensate later.

People during this period fast from the time of sunrise till sunset. They can take their meal before dawn and after sunset. The first one is called Suhur and the meal after sunset is called Iftar. After taking Suhur, the first prayer of the day starts. The Iftar is actually breaking the fast and will be arranged in a very grand manner. In recent times, buffet systems are arranged in mosques and nearby places for Iftar. Extensive prayer sessions will be conducted during night times and everyday 1 / 30th portion of the Quran will be recited so as to complete it by the end of 30 days.

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or box at times. © TWELL MAGAZINE

"TWEll POSITIVE FORMULA."

"In all the 17 years I feel no guilt that I had stepped out of things that had shook me and roped into figuring an anti version of me! I never wanted that. I was pretty tagged with so many names despite the fact that I was actually not so. Alas! What mattered to me the most is how I see myself and place myself into the graph of the 'best version everyday'."

Kalyani Korner
VJ Kalyani
Columnist
Prominent anchor of South India
South India Women Achiever awardee
Ms.Fashion Icon India



“A mother is one to whom you hurry when you are troubled.”

— Emily Dickinson

The mother is the light to any household, and no amount of hardship can dim this light. They carried us in their wombs, and our hearts will always be in-sync with theirs. With love, care, and nurturing touch, they raise us to become useful people in society one day. When a mother's love has the power to create, nourish and nurture. A mother believes

that if children receive love and assurance from their parents in their formative years, they will grow up to become confident adults and contribute to society.

My mother is the person who has the most impact on my life, and she made me a better person. My mother has many good qualities and values and being a strong woman, supportive, and spiritual is the most important description of her personality.

I am the person who likes to wear what my mother likes. I work for her dreams, whatever it may be even small or big expectations she has.

In the year after her death, my dreams plagued me whether they were about her death or when they fooled me into thinking you were still alive. The waking up and again remembering she was dead was the hardest point of each day.

I miss you Maa... I wish you were here. I can tell you a mom is irreplaceable for a child. When a mom dies, her child is no longer whole. The loss makes it hard to breathe. That child flails in the wind like a cottonwood seed. A piece of fluff that gets knocked about the world by the wind. Sometimes I landed on solid ground, sometimes I landed in a pond and almost drowned. But I'm still here.

Whether it's through her personality, looks, hobbies, or a combination of everything, I become a reflection of the woman who raised me.

“A part of me is still lost and I'm wondering if I will ever get it back”. I Love you Maa.

Happy Mother's day to all the mother's around the world.

Deepak Tater Jain
Editor-In-Chief
TWELL Magazine



CORONAVIRUS : NEW COVID STRAIN AND ITS IMPACT ON CHILDREN

The second wave of coronavirus is causing a surge in cases. Most particularly, the B.1.1.7 and India's B.1.617 variant are said to be quite scary for the kids too- who have been largely spared during the pandemic.

As the virus undergoes changes to its genetic code, so does its capability to surpass antibodies and immune defences. The distinction in spike proteins, which the virus uses to attach itself to the body and multiply could also become more aggressive and thus, cause more infections.

Can children get coronavirus?

Yes. Although in a majority of cases disease seems to be milder in young children, it's important for parents and caregivers to understand that children can be infected with SARS-CoV-2, the coronavirus that causes COVID-19, and can transmit it to others.

In rare cases, children can become very sick with COVID-19, and deaths have occurred. That's why it is important to use precautions and prevent infection in children as well as adults.



Until recently, it was largely suspected that kids were not majorly implicated by the risks of COVID. There were only a few documented cases worldwide, and most cases were asymptomatic. However, the second wave of coronavirus has changed the way the virus could impact kids.





Can newborns get COVID-19?

It appears that women infected with the coronavirus can, in very rare cases, pass the disease to her baby. Infants can also become infected shortly after being born. Based on a report, most newborns who test positive for the coronavirus have mild symptoms or none at all, and recover, but serious cases have occurred. Pregnant women should take extra precautions to avoid the coronavirus.

What are coronavirus symptoms in babies and children?

Generally, COVID-19 symptoms are milder in children than in adults, and some infected children may not have any signs of being sick at all.

Symptoms for children and adults include:

- Cough
- Fever or chills
- Shortness of breath or difficulty breathing
- Muscle or body aches
- Sore throat
- New loss of taste or smell
- Diarrhea
- Headache
- New fatigue
- Nausea or vomiting
- Congestion or runny nose

Fever and cough are common COVID-19 symptoms in both adults and children; shortness of breath is more likely to be seen in adults. Children can have pneumonia, with or without obvious symptoms. They can also experience sore throat, excessive fatigue or diarrhea.

However, serious illness in children with COVID-19 is possible, and parents should stay alert if their child is diagnosed with, or shows signs of, the disease.

**Children with COVID-19 :
When to Call Ambulance ?**

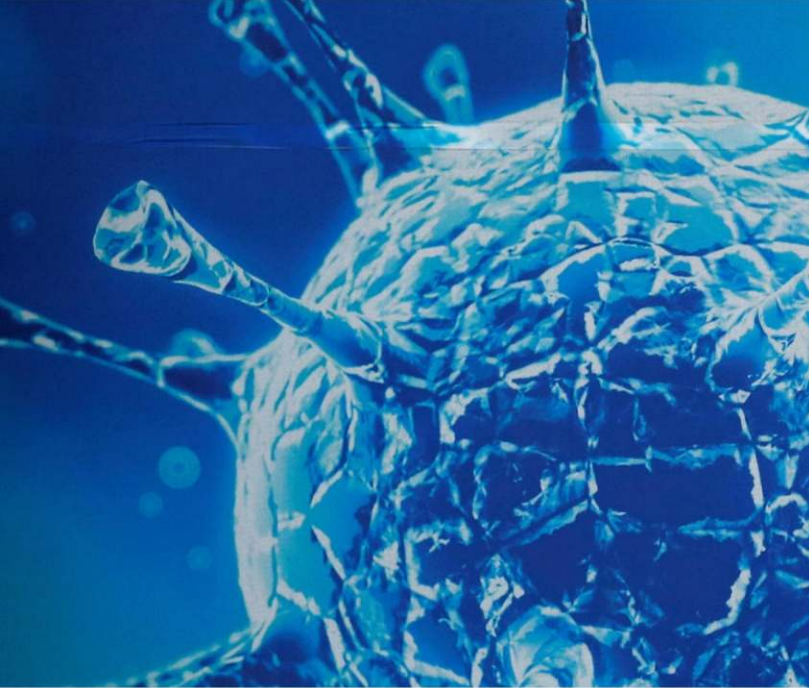
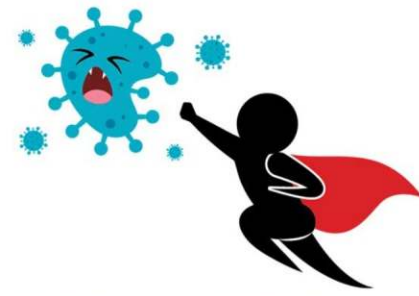
Parents or guardians should immediately seek urgent or emergency medical care if they notice these warning signs in a child:

- Difficulty breathing or catching his or her breath
- Inability to keep down any liquids
- New confusion or inability to awaken
- Bluish lips

Following proven COVID-19 precautions can lower your child's chance of becoming infected with the coronavirus.

Indoor activities are riskier than outdoor activities, but risk can be reduced by masking, distancing, hand washing, and improved ventilation.





How to Protect Your Kids from the Coronavirus and COVID-19

Maintain physical distancing The more people your kids come in contact with, and the longer the duration of that contact, the higher the risk of infection with the coronavirus.

Wear a mask When out and about in public, adults and kids should wear a mask that covers both nose and mouth, especially in situations outside the home where physical distance isn't possible. Paediatricians suggest that parents help young children practice wearing masks before returning to school so kids are comfortable wearing them in class.

Hand hygiene Kids should wash their hands after using the bathroom, sneezing, coughing or blowing their nose, before eating (even snacks) and immediately after coming inside from playing outdoors.

Conclusion

Children may not even develop severe symptoms, but they are potential carriers of the virus and can spread it to others, so it is important to minimise their contact with people at risk, such as grandparents and people with existing diseases like severe asthma, diabetes, hypertension, kidney disease, among others.





COVER STORY

EVERGREEN VIVEK

END OF AN ERA

Veteran comedian Vivek passed away in Chennai at the age of 59 due to an acute coronary syndrome with a cardiogenic shock. The actor, who has performed in more than 220 films.

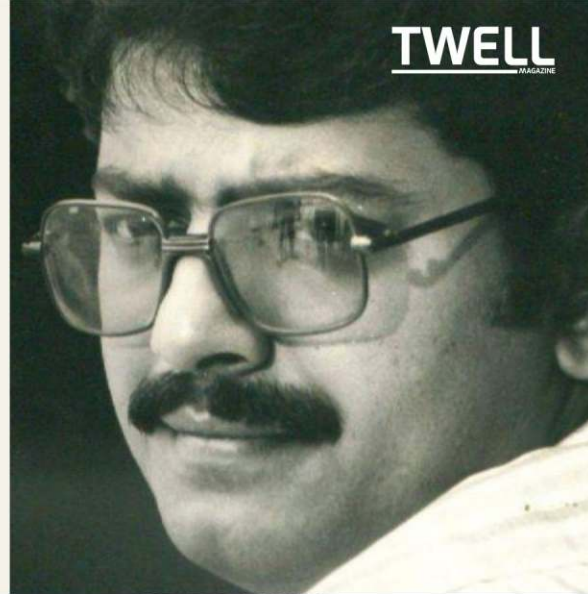
Vivekanandan (19 November 1961 – 17 April 2021), known by his stage name Vivek, was an Indian film actor, comedian, television personality, playback singer and social activist working in the Tamil film industry.

The ace actor had earlier made headlines on Thursday for his efforts to remove the fear of the COVID vaccine among the public. Instead of opting for a private hospital, he had chosen to get vaccinated from a government hospital to spread awareness.





Born in Kovilpatti in Tuticorin district in south Tamil Nadu, Vivek started his film career as an assistant director cum script writer with veteran director K Balachandar in the 1980s. Impressed by his timing sense and comedy, Balachandar offered Vivek a small role in the Tamil film "Manathil Urudhi Vendum" in 1987.



The director featured Vivek in his next film – "Puthu Puthu Arthangal," as well. Vivek made his mark as a comedy actor in this film, where he repeatedly uttered the dialogue - "Innikki Setthaa, Nalaiku Paal" (pointing to a ritual that happens a day after the cremation).

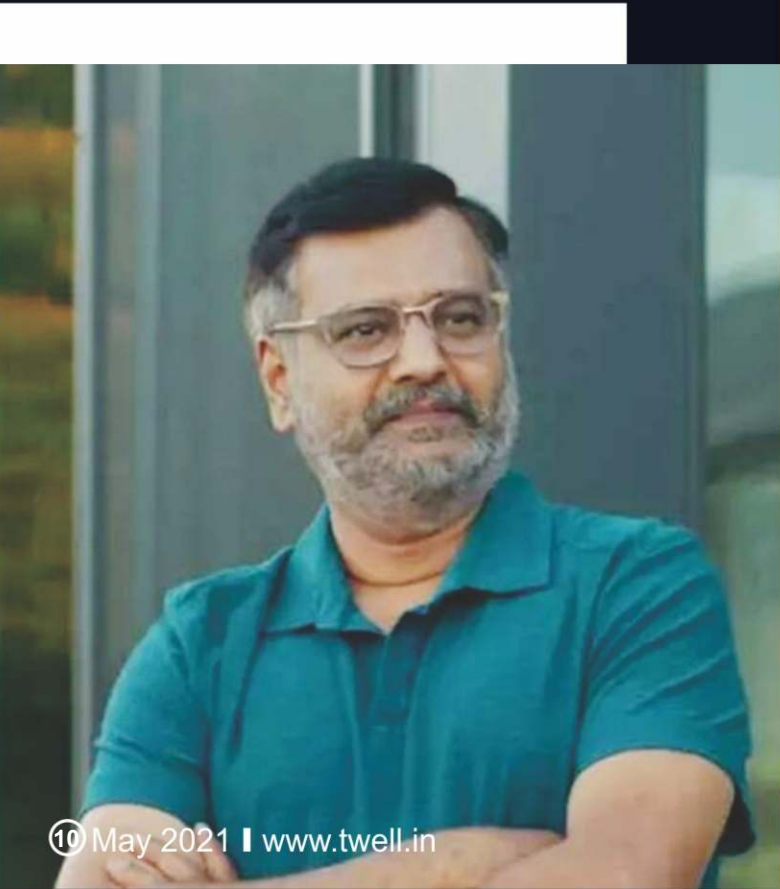
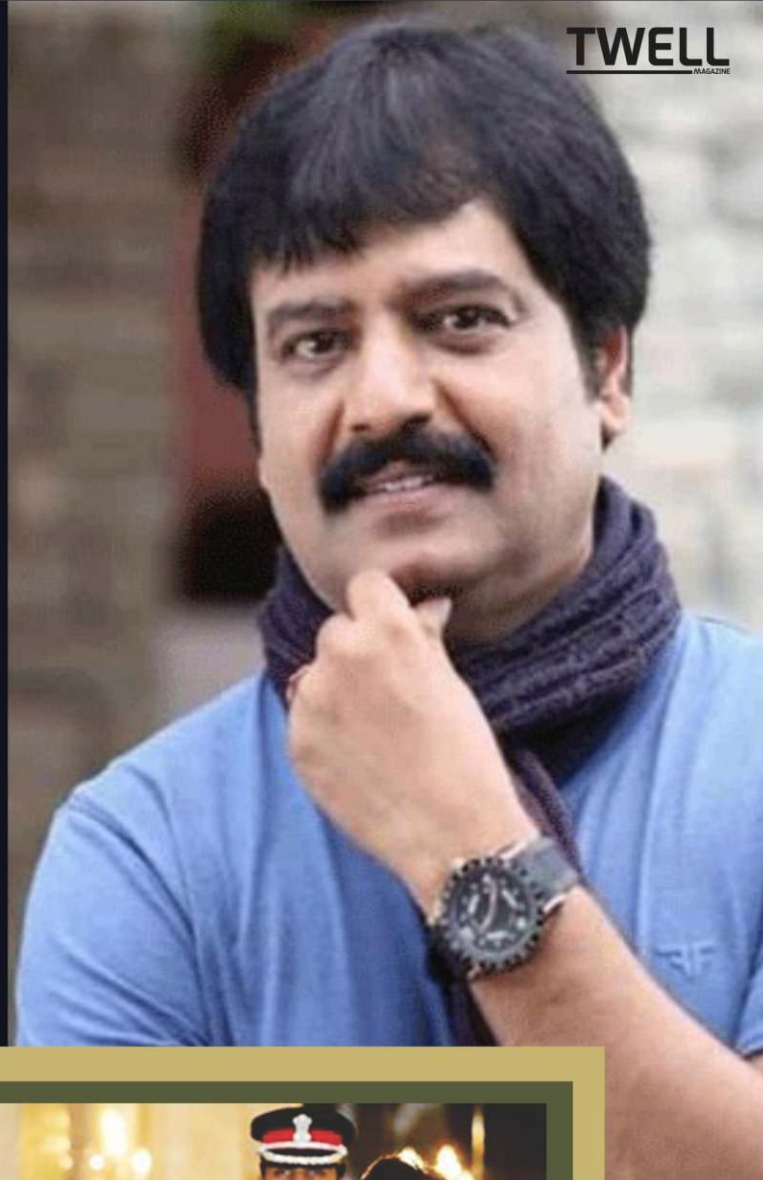


There was no looking back for his acting career since then, even though he took a few years to establish himself as a solo comedian. His career flourished since the late 90s and stayed steady for almost the next two decades.



He was known for his sharp tongue, timing sense and ability to mimic others. Leading heroes, including Rajinikanth, offered Vivek enough screen space to shine. His roles in films like “Run,” “Perazhagan,” “Dhool,” “Anniyan” and “Sivaji” became very popular among the hundreds of roles he played over three decades. He was even cast as a hero in the Tamil film “Solli Adippen,” but the film never saw the light of the day. With his penchant for social reforms, he highlighted the perils of the society including girl child infanticide (a practice that prevailed in south Tamil Nadu), caste clashes and religious superstitions.

"Even if thousand Periyars are born here, you people cannot be changed," - was one of his famous dialogues, while drawing the social reformist E V Ramasamy (popularly known as Periyar) for support.

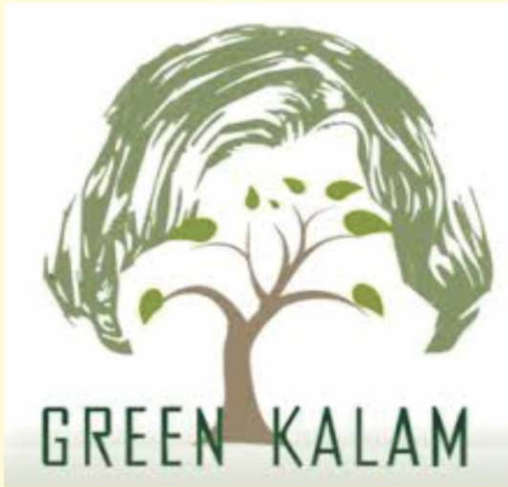


Vivek was popularly called “Chinna Kalaivanar” for his penchant on social reforms in his dialogues – something that yesteryear star and comedian N S Krishnan, who was known as Kalaivanar, did in the late 40s and 50s.

Vivek was awarded the ‘**Padma Shri**’ in 2009 by the central government.

The actor is survived by his wife and two daughters. His son passed away a few years ago after suffering from dengue.

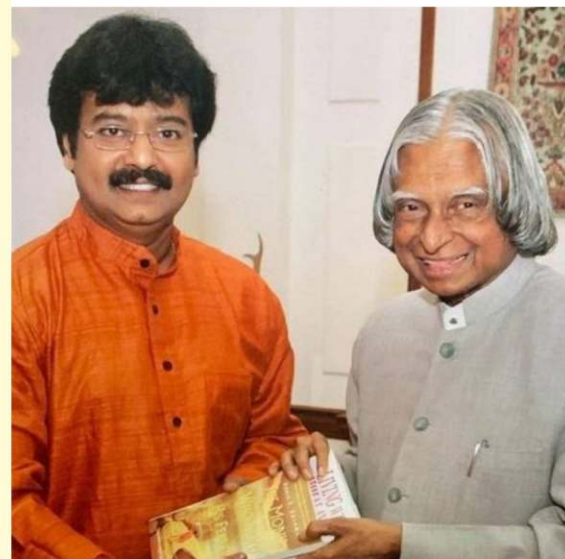
Actor Vivek was also known for his environmental activism as much as his acting prowess. He had taken up tree planting as his life mission in deference to the wishes of his friend and former President of India APJ Abdul Kalam to campaign against global warming.



He had launched 'Green Kalam' project, a massive tree planting drive, in 2011 and had planted nearly 33.23 lakh saplings so far and had targeted to plant one crore trees through Sai Prasanna Foundation that he had started in his son's name. Vivek had travelled extensively across the State and spread awareness about global

warming and environmental protection particularly among the student community.

His activism did not stop with tree plantation alone. Vivek was also involved in health awareness campaigns, including against dengue, after his son died of a dengue complication.



He may have been an actor by profession. But Vivek is seen more as a green warrior and environment ambassador who inspired many people to plant and celebrate trees.





The Period Stigma has to End

For the longest time, the Indian society has treated menstruation as a taboo. The word 'Period' is usually uttered in hushed voices and years of social conditioning have built a culture of silence around what is a normal biological phenomenon.

Did you know, on an average, women use around 10,000 sanitary napkins in their lifetime. Conventional pads contain up to 90 per cent plastic and remain intact in the landfill for around 600-800 years after disposal. Most pads contain around 3.5g of petrochemical plastic with every sanitary pad releasing around 21 grams of carbon dioxide in the process. With only 1 in 6 women using pads in India, around 150,000 tons of pad waste is generated per year.

With young girls and women having limited access to menstrual education and basic sanitary care products, the concept of menstrual hygiene has also remained a challenge in India. And periods don't stop for pandemics. In fact, lockdowns intensify the impact of household level taboos and stigmas on women -- making it more difficult to manage menstruation without shame and discomfort in confined spaces. In rural India, the unavailability of sanitary napkins coupled with unhygienic and crowded washrooms and toilets in their localities have worsened the situation for women.

Corona virus disease has aggravated menstrual woes for young girls in the national capital slum clusters.

The contagion-induced economic crisis has led many young girls to abandon sanitary napkins for menstrual pads made of cloth, which has raised the spectre of a looming health hazard. The girls are facing an acute fund crunch to buy sanitary napkins coupled with unhygienic, crowded toilets in their tenements. There is also a perennial scarcity of water and a lack of awareness about menstrual hygiene products.

Experts said that though the problem was prevalent earlier, the Covid-19 outbreak has aggravated the crisis.

“Young girls living on the streets are not even able to manage menstrual hygiene even during pre-Covid times. The viral outbreak has deepened their woes. The difficulty in obtaining old clothes from various sources, lack of water, growing job losses, privacy issues and myths are collectively responsible for the travails at hand.”

Women in India mainly use disposable pads or traditional cloth to manage their periods. Much of the wet waste sifting in India is done by sanitation workers manually.

The past decade has seen the government campaigning hard for women to use disposable pads, putting across the message that disposable pads are the only hygienic way to manage menstruation. They did so to encourage women to transition away from the use of traditional cloth, which was seen as difficult to maintain hygienically. But little has been done to create awareness of other, cheaper, more sustainable alternatives, such as menstrual cups and reusable pads.

Good menstrual hygiene is so much more than just access to sanitary products – water, toilets and equitable gender norms also matter – but they are essential in the management of periods and current practises are far from sustainable.

Breaking the silence around menstruation is the key to a future where there is “period equity” – where every woman in every situation, pandemic or not, has the ability to hygienically and sustainably manage her periods.

Illustrated by

Sindhu B Mangalwedha



Sattvic food

When the topic “**Sattvic**” came to me, I remember the incident. Years back, one of my doctor friends was hospitalized for a severe GIT issue where he couldn't intake anything, everything turned to acidic even consuming water too. Once recovered & discharged his family was quite worried about his diet for the obvious reason. I recollected an old fact about my grandma who used to cook a vegetable made of bottle gourd (gheeya/ lauki) & moong dal sauté in pure ghee with spluttering jeera, & then cooked/ pressurized with pinch of salt and turmeric. She believed that recipe had a kind of medicinal value, easy to digest & tastes heavenly when one feels bloat or acidic. I recommended the same to try & in the next 3 days he gradually started craving other diets in a normal way. That's the magic of **Sattvic** (pure & calming).

The type of diet we need depends on climate, our psychic condition relating to mind & physiological factors, we try to influence. Switching on to **Sattvic** diet is much into awareness, & more people inclining to eat fresh, healthy & real food, ditching junk and inspiring to share experiences by exploring recipes.

A **Sattvic** diet shares the qualities of **Sattva**, which includes pure, essential, natural, vital, energy, clean, conscious, light & easily digestible food growing above the ground, sun foods (involving a simple reaction of the sun's heat with food) which have fast effect on the body's nervous & digestive systems & also the principle of not causing harm to any living beings (exemplify Ahimsa). The Tamil Poet-Philosopher **Valluvar** from ancient literature, he quoted, “Assured of digestion & truly hunger, eat with care, agreeable food in moderation”.



In practice, a Sattvic diet includes

- Fresh fruits like apples, bananas, berries, grapes, melons, oranges, peaches, guava or papaya.
- Organic land vegetables such as celery, broccoli, carrots, cucumbers, spinach, sweet potatoes & peas are considered safe. Fruits & vegetables are considered as symbols of generosity and spirituality.
 - ★ **Garlic, onions, hot peppers, mushrooms & potatoes are not considered Sattvic.**
- Lentils like moong, & legumes such as chickpeas, split peas are easy to digest. For a complete protein source combine legumes with whole grain.
- Pure nuts like walnuts, almonds & Seeds of sunflower, sesame, pumpkin or flax seeds are all great choices.
 - ★ **Soaking nuts & seeds overnight removes their natural enzyme inhibitors helps in digestion.**
- Gentle spices & herbs like coriander, basil, nutmeg, cumin, fenugreek, turmeric, ashwagandha, calms mind.
- Un-iodized Salt like unrefined Himalayan salt or unbleached sea salt should be used.
- Natural sweeteners like honey or jaggery.
- Water, fruit juice & non-caffeinated herbal tea.
- A sprouted whole grain is a vital part of every **Sattvic** traditional meal providing nourishment, symbolic of 'Health', Happiness & Prosperity.
- Dairy & nondairy products like high quality pasteurized milk, yogurt, nut & seed based cheese, home-made paneer, almond, coconut & cashew milk are used.
- For cooking, ghee, sesame & coconut oil recommended.
- Ghee from cow's milk is one of the most talked **Sattvic** foods, & its importance has been reflected in Ayurveda. It says ghee improves the cell rejuvenation & healing process in the body.

The emphasis is always on fresh foods to promote holistic wellness & to help bring one's mind, body & soul in alignment by minimizing processed & long-shelved food. **Sattvic** foods consumed may have their own nutritional benefits, but to expect the full benefits one has to take a more holistic approach. In order to be in harmony with the way we eat, drink, breathe, and live, we must approach wellness from a higher perspective.



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



EGGLESS BASBOUSA CAKE

Ingredients :

Rava / Semolina	:	1 ½ cups
Maida	:	½ cup
Sugar	:	1/2 cup
Melted butter	:	½ cup
Milk	:	1 cup
Baking powder	:	1 tsp
Baking soda	:	1/4tsp
Rose essence	:	1 tsp
Cashews for garnishing	:	10 to 20 nos.



Dr. Saraswathi N
Founder, Sacchus Kitchen
Trissur

Ingredients For Sugar Syrup

Sugar	:	1 cup
Water	:	1 cup



Method

- ✦ Add a cup of sugar and water along with a tsp of lemon juice in a pan.
- ✦ Bring it to boil until it is slightly sticky.
- ✦ Keep it aside and allow it to cool completely.
- ✦ Grease a cake pan with butter and keep it aside.
- ✦ Add Rava / semolina, all purpose flour, sugar, baking powder, baking soda in a mixing bowl and mix well everything.
- ✦ Add butter, milk, rose essence and fold everything together.
- ✦ Preheat the oven for 180 degree C. Pour the batter to the greased pan and pat to spread it evenly.
- ✦ Score the batter with a knife either square or diamond. Place cashews on top of each square.
- ✦ Bake it for 25 to 30 minutes. After 30 minutes remove from the oven and cut right through on the scored lines.
- ✦ Again keep it back in the oven and bake it for 15 to 20 minutes or until baked. (Check it by inserting a toothpick, it should come out clean.)
- ✦ Remove cake from the oven and pour the cold sugar syrup over the hot Basbousa and allow it to soak for 45 minutes.
- ✦ Once it comes to room temperature, slice them on the scored lines.
- ✦ Eggless Basbousa cake is ready to serve.

NOTES

- ✦ Baking time differs depending on the oven you are using.
- ✦ You can add orange essence or rose essence at the end of making sugar syrup.



Spiritual

Buddha Jayanthi

Buddha Purnima also known as Buddha Jayanti or Vesak is a Buddhist festival. The festival marks the birth, enlightenment and death of Gautama Buddha and is celebrated by the Buddhist community across the country as well as in countries like Sri Lanka, Indonesia, Malaysia etc. The festival holds special importance and is celebrated with a lot of enthusiasm.

The date varies year to year in the Gregorian calendar and is typically celebrated on the full moon day of Vesakh. The date of the festival typically falls in the month of April or May. This is because the exact date is based on the Asian lunisolar calendars. If it is a leap year, the festival falls in the month of June.



About Gautama Buddha

Gautam Buddha is born as Siddhartha Gautama to King Suddhodana. He was brought up in great luxury. Since it was predicted at his birth that the prince would go on to become a great monarch, he was kept isolated from the outside world so that he wouldn't get influenced towards a religious life. However, at the age of 29, the prince decided to see more of the world and began excursions off the palace grounds in his chariot. On his trips, he saw an old man, a sick man, and a corpse. Since Siddhartha Gautama had been protected from the miseries of aging, sickness, and death his charioteer had to explain what they were. Towards the end of the trip, he saw a monk and was impressed with the man's peaceful demeanor. Hence, he decided to go into the world to discover how the man could be so serene despite such sufferings all around him.

He left the palace and became a wandering ascetic. He studied medication under Alara Kalama and Udraka Ramaputra and soon mastered their systems. He reached high states of mystical realization but as he was unsatisfied, he went out in search of nirvana, the highest level of enlightenment. He seated himself under a banyan tree and sought to attain enlightenment. Once, he attained enlightenment, he went about preaching about it and founded Buddhism.



Celebration of Buddha Purnima

On the day of the festival, Buddha idols are worshipped as well as prayer meets are held. Devotees visit Buddhist shrines, recite Buddhist scriptures and take part in religious discussions and group meditations.

On the occasion of the festival, the Mahabodhi temple in Bodhgaya is beautified with huge decorations and special prayers are held under the Bodhi tree, where Gautama Buddha attained enlightenment. The national museum in Delhi lets people see the holy remains of Lord Buddha on occasion. A sweet dish called 'Kheer' which is made using rice and milk is prepared on the day of the festival.

History Of Buddha Purnima

For many centuries, Vesak has been a traditional celebration in the Mahayana Buddhist. In 563 BCE, Gautam Buddha was born in Lumbini as per the Theravada Tripitaka scriptures. Today, Lumbini is a part of Nepal. In 1950, Vesak was earlier pondered as Buddha Purnima.

It was decided in the first conference of the World Fellowship of Buddhists. In 1999, the celebration of Vesak was recognised as Buddha Purnima. Vesak is an important day for Buddhists. The day celebrates the birth, death and enlightenment of Buddha. In the Buddhist community, it is one of the widely celebrated festivals.



“Winner is the Loser who tried one more time”

Let me tell you a story... I WIN...The End.

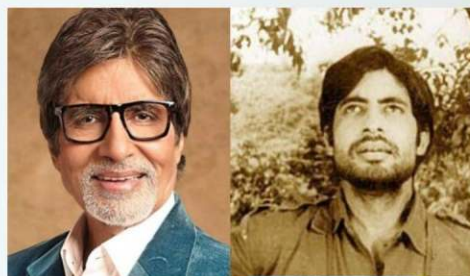
Failed in Business, defeated for the legislature, failed in business, beloved died, had a nervous break down, defeated in election, defeated for Congress(1843), defeated for Congress(1846), defeated for Congress(1848), defeated for Senate(1855), defeated for Vice President, defeated for Senate(1858), finally elected the greatest President ever(1860), ended slavery with his Emancipation Proclamation said “never give up”- the man, Abraham Lincoln, an epitome of **WILL POWER**. You are not a winner, just the last loser standing!

From the attack of Pearl Harbour to the Battle of Midway to the Battle for Guadalcanal island to the Great firebombing to the submarine blockage and the atomic bombing that ruined Hiroshima and Nagasaki that would not enslave Japan as a race neither destroy it as a nation making the land of the rising sun, the creator of World's leading Electronics and Car brands. As Stalin in Rocky says “it's not about how hard you hit but how hard you get hit and keep pushing towards”. Japan is an untainted model of **PERSEVERANCE**.

Michael Jordan, the greatest Basketball player of all time missed 9000 shots, lost 300 games, 26 times - he missed to take the winning shot that he was trusted to, failed over and over and over again and that is why succeeded! **GO-GETTER Attitude**.

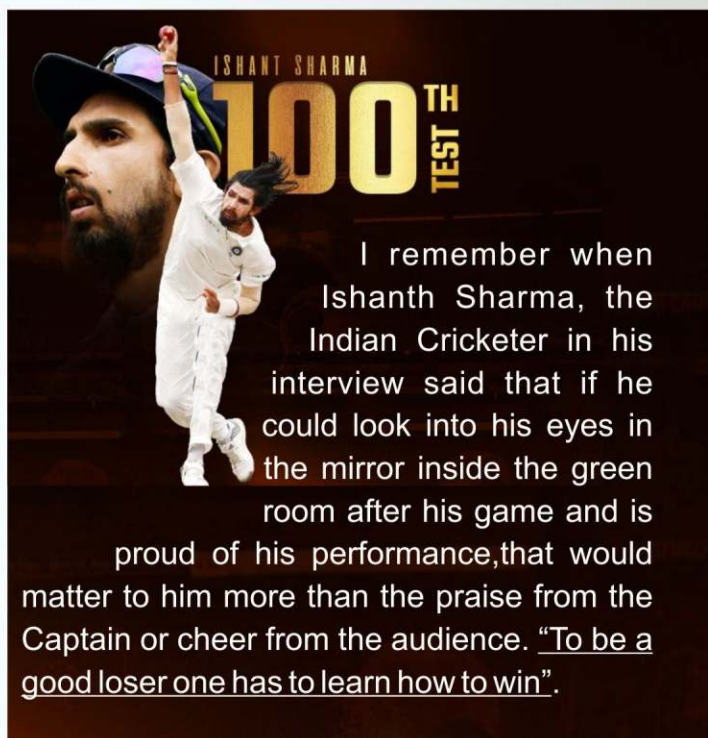


Whether it was the rejection by All India Radio for a bad voice or in movies for the height, the most sought after voice and acting is none other than Amitabh Bachchan's, hats off to his **PATIENCE**. The master-piece Mughal-e-Azam, the first Hindi black-and-white film that became digitally coloured took about sixteen years for the making, **believing in the PROCESS**. The author of Harry Potter, JK Rowling did not give up her vision about her magical fiction when she was rejected several times. Complementing his achievement, the founder of KFC, Colonel Harland David Sanders, an American businessman who at 73 created the brand with investors set an example of taking a step to begin.



Our great leaders would have never been able to get India its democracy with long years of Ahimsa, an unknown path. The greatness of leaders like Dr BR Ambedkar, Sir M Vishweshwaraiah or even Dr APJ Kalam starting from small towns and poor families to becoming nation builders is an incredible journey.

Winning is not the point, wanting to win is the point, not giving up is the point, never letting up is the point, not being satisfied with what is done is the point.



It takes a lot to be a loser, it's not about how strong, rich, talented, good looking one is but to have the right attitude and integrity to make one a Winner. One learns to build a strong character, picks lessons of life and is prepared mentally to face the next challenge. When it just takes that one step to win from losing, a small shift from 'possible but difficult' to 'difficult but possible'; from 'problems to possibilities; from 'pain to gain'; from 'let it happen' to 'make it happen' can indeed change the game.

~~IM~~POSSIBLE

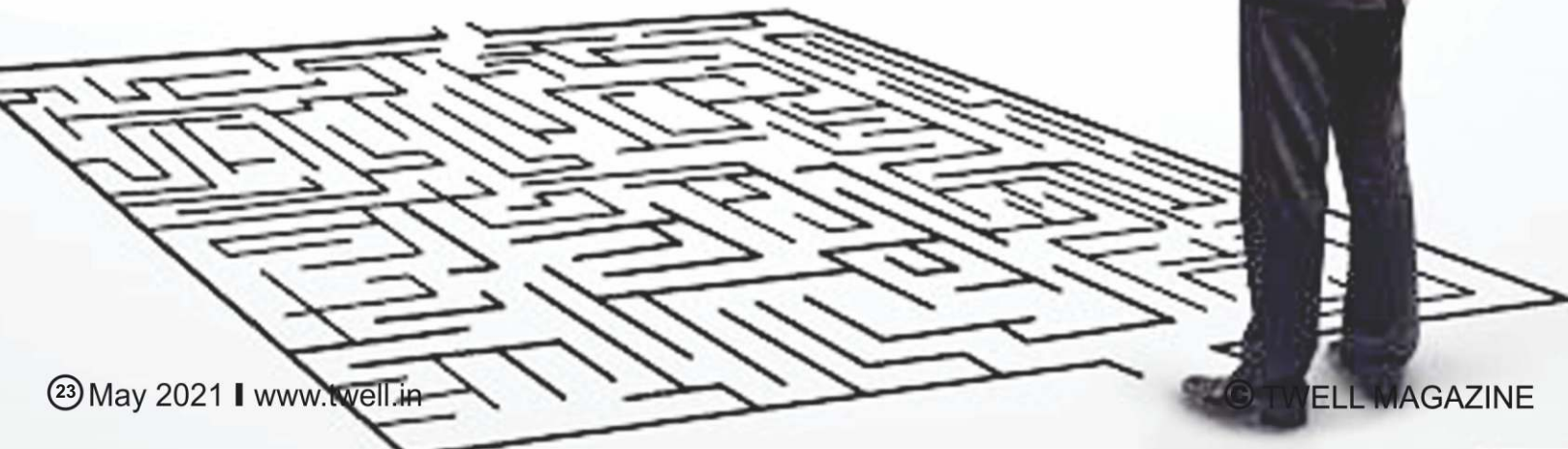


- ✓ Winning isn't everything, it's the only thing- Stay Focussed.
- ✓ One can never be a Loser until one quits trying- Never give up.
- ✓ Nothing in nature blooms all year- Be Patient.
- ✓ Optimism is a behaviour not just a mind-set- Be positive.
- ✓ Determination today is tomorrow's success.
- ✓ Losers focus on winners but winners only on winning- believe in the process.
- ✓ Stop Procrastination and instill manifestation.
- ✓ Chase only what gives energy and follow what gives result.
- ✓ Change priorities, to change life!
- ✓ IMAGINE with all your mind, BELIEVE with all your heart and ACHIEVE with all your might.
- ✓ The temptation to quit will be the greatest just before you are about to succeed, make winning a habit.
- ✓ Being grateful for everything you have and be kind.
- ✓ Never lose heart or mind- You are born to win.

That one more extra step, an extra mile, can give a winning edge in the race.



Hema N
Assistant Professor
RV PU College
Bangalore



“You have my whole heart for my whole life”

I love you Mom

A mother is a friend, protector, guide, disciplinarian and many more things. She is a selfless, loving human who sacrifices many of her wants and needs for the needs of their children. A mother's love is unconditional for her children.

From the day a child is born, she works hard to make sure that her child is equipped with the knowledge, skills and abilities. She gives her best to make you a competent human being. Being a mother is perhaps the hardest, most rewarding job.

A mother is the first person a child ever knows. Mothers are the most important persons of our life and to appreciate her efforts and pay tribute for everything a mother does assiduously for her child mother's day is celebrated every year with a lot of zeal and enthusiasm across the world.

Mother's Day marks the celebration of motherhood and acknowledges her efforts. Every year Mother's Day is celebrated on the second Sunday of May. This year it will be celebrated on Sunday, May 10.

On this day, people all over the world celebrate the day and surprise their mom's with gifts or take her out for a beautiful trip, but this year due to Coronavirus lockdown the celebrations will be different.

We are sure that some of you have already planned the day for your mom. In case if you haven't planned anything yet then you can simply gift her rose or any other flower from your garden and thank her for everything she has done for you till date.

MOTHER'S LOVE FOR A BOY

KIDS CORNER

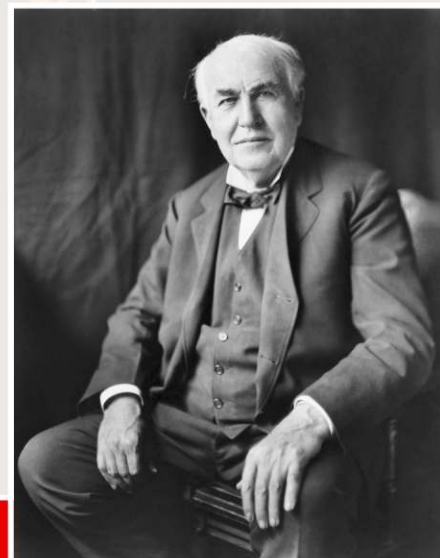


One day Thomas Edison came home and gave a paper to his mother. He told her, "My teacher gave this paper to me and told me to only give it to my mother." His mother's eyes were tearful as she read the letter out loud to her child, "Your son is a genius. This school is too small for him and doesn't have enough good teachers for training him. Please teach him yourself."



Many years after Edison's mother had died, Edison had become one of the greatest inventors of the century. One day he was going through the old closet and he found a folded letter which was given to him by his teacher for his mother. He opened it. The message written on the letter was, "Your son is mentally ill. We cannot let him attend our school anymore. He is expelled."

Edison became emotional reading it and then he wrote in his diary, "Thomas Alva Edison was a mentally ill child whose mother turned him into the genius of the century."



Moral :

A Mother's love and upbringing can help change the destiny of a child.

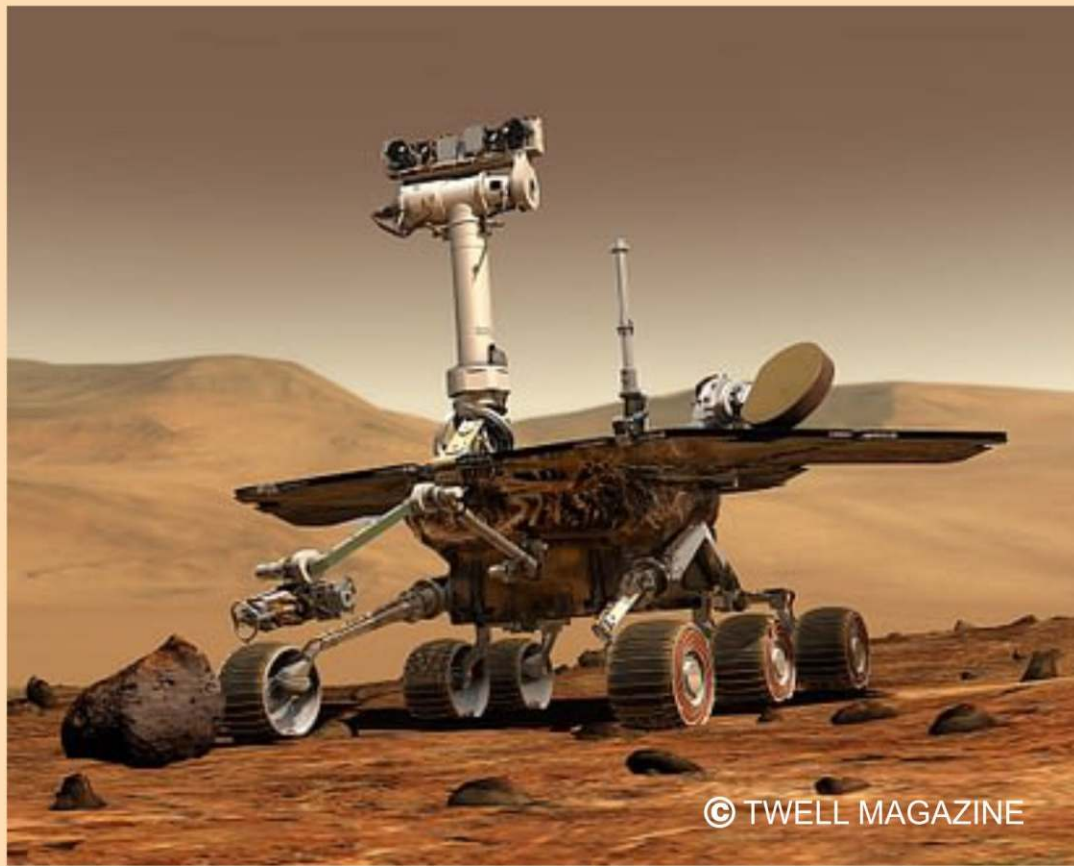
Kids Korner

A Closer look at Mars

If you look up at the sky on a clear night, you may see a red dot among the stars. This dot is Mars, named in ancient times after the Roman god of war. Although no one has ever visited this red planet, we know a lot about it.

Mars is more like Earth than any other planet in our solar system. Mars has a 24.6-hour day, an atmosphere, a rocky crust, canyons, volcanoes, polar ice caps and seasons. But Earth and the “4th rock from the Sun” are hardly twins.

Mars is half as big as Earth and has less gravity. It has very little atmosphere. The surface of Mars has no lakes or oceans, plants or animals. No place on Earth gets as cold as Mars. The lack of life on the surface of Mars isn't surprising, considering the bone-dry environment.



How do we know so much about Mars?

Telescopes, spacecraft, and remote-control robots give us a closer look.

TELESCOPES

Telescopes are light buckets. They gather faint light from distant objects in the sky to help us see more detail. More than a century ago, astronomers used telescopes to discover that the length of the day and the tilt of the axis on Mars are almost the same as on Earth.



SPACECRAFT

To get a closer look, NASA sent two Viking space crafts to Mars in 1975. The goals of this mission were to take pictures of the surface, analyze the atmosphere and the surface materials, and search for evidence of life.



ROBOTS

Robots are equipped with active weather stations, tools and microscopes to collect and analyze rocks, and newer navigation software, these rovers are spending years as "robotic geologists" on the surface of this red planet.



THE SEARCH FOR MARTIAN LIFE

As we explore the universe, we naturally ask, "Is there life on other planets?" So far the answer is, "We don't know, but we'll keep searching." All life on Earth needs liquid water to survive. Since spacecraft haven't found any liquid water on Mars' surface, scientists think that there is no life there. But what about below the surface? Spacecraft have discovered frozen water in Mars' polar ice caps and in clouds of ice crystals. This means that there might be liquid water below the surface where it's warmer. NASA plans to continue to explore Mars every two years. In future missions, we'll explore below the surface and search for liquid water—and life!



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SOUTH INDIA WOMEN ACHIEVERS AWARDS

2020

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"Breastfeeding need not be difficult"
-Dr. Babyshree

Mrs. Babyshree has been a pregnancy fitness educator lactation counselor, Child nutritionist working for 2 years now, and in this time she has exponentially increased her knowledge and experience. After completing International Lactation Certification and Infant feeding education, she started supporting women's prenatal fitness and breastfeeding support. She has mastered women and child health and significantly expanded her services for women with any pain and discomfort during any phase of life.

As an infant feeding specialist she also helped many premature children in their breastfeeding and solids journey.



As she says once she delivered her baby in 2018 she understood the difference between mechanical and emotional parenting support. According to her, every woman has a unique physical and emotional identity. And the support has to be crafted according to the need.

Her statement is well reflected in her service and the feedback provided by her clients. She understands the need for lactation and women's health

physiotherapy for this generation and wants to help all the clients, and educate them, for the same reason she has been creating her own team and trained them, so she can reach out to all and provide the services easily. She is trying her best to make life easy for expecting moms and new moms by placing her team in various hospitals.

And that is the very reason that discussion about breastfeeding should be started during the antenatal period when the woman is pregnant and should continue post-delivery also.

She is the Founder of Pockisham Organisation. She is certified in child nutrition and handling picky eating toddler. Through her Organisation she conducts classes on introducing solids, breastfeeding, postnatal fitness and toddler eating.

No mother should struggle to feed solids for their babies. Babies can eat by themselves She says. Her classes are more concentrated on Baby Led Weaning and avoiding screen time meals.

She is into leading childcare hospitals at Chennai and helping mothers for easy parenting on a day to day basis. She also helped many Celebrities in their motherhood journey. She believes concentrating on child eating habits in initial years and giving a healthy start will be the best gift for our children ever. Furthermore, mothers can also store and donate milk which is a good help to society. Her team coordinates with such mothers. This milk can be pumped and donated to human milk banks for use by mothers who cannot naturally breastfeed their babies.



She is the proud winner of India's biggest South India Women Achievers Awards 2020.



'Toddlers and Tiaras' Janavi A

Children are the future of any country. While many of the grown-ups dismiss what they say or do as "kiddish", there are some of them who have achieved a lot at a tender age, what we adults can only aspire for! Seeing the passion in today's young mind, nobody will be shocked to come across people who have reached great heights before turning 10.

Some people have more mental power than they know what to do with. Janavi, a 6 year old cutiee showed remarkable intellectual potential early on, learning that at the age of three, she has presented herself as a young pageant. Word of her extraordinary intelligence and intelligence showcased through many competitions and spread her potential to the world.

She was born on 03rd October 2014 and was the youngest participant of Miss India in Dubai and won the overall title at 5. She looks adorable as she poses on the catwalk. Little Barbie has fake nails and a spray tan to ensure she is looking her best for the beauty contests. The living doll is only six-years-old and still in primary school.

Janavi started modelling at a very young age and was noticed by everyone, when she participated in fancy dress at the age of 3, and won first place. This cute and beautiful 3-year-old 'Toddlers and Tiaras' star has won over tough competitors. She has an official Twitter, Facebook and Instagram account and the star kid is no less than a celebrity. That was her first step, later she participated in many more competitions and won many awards. She was just 4 then. That's quite a lot of talent for such a young age.

She started her career far earlier than several others in India. Although she began her career at a small age, her content and personality very soon won over the hearts of millions. Janavi A, has achieved more than we can in a lifetime before touching adulthood.

She mastered it by her confidence and with her unique mannerism. She has been awarded as a Youngest women achiever award, Multi-talented award. She has even been recognised for her social activities. She has won the Mahatma Gandhi Nobel award, Mother Teresa award for social service in orphanages. She taught music to those kids and made fire less cooking for them along with her young brother, and her parents' immense support.

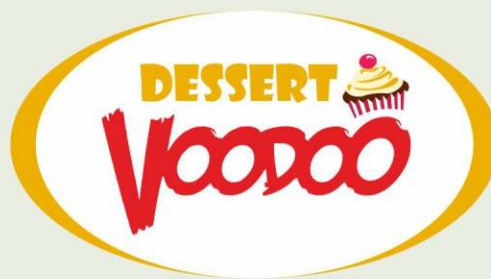
Janavi received Doctorate award from star book of records for being a young talent. This goes to show that this super-talented young girl is not only a prodigy but also a role model for all. She has also inaugurated several art functions and was featured in some newspapers as well. It goes without saying that Janavi, who can create magic in a few minutes, has been honoured with numerous accolades and awards.

She also has had the opportunity to draw her talent in music and classical dance. She is the proud recipient of India's biggest South India Women Achievers Awards, and won a World record in singing at the age of four year. She made a world record even in classical dance at the age of five.

With so many remarkable achievements at such a young age, she has inspired many people worldwide. She is one of the brightest minds and young achievers in India to look forward to in the field of modelling. Her dream is to become a doctor. We wish for her bright future.



Janavi A is the proud winner of India's biggest South India Women Achievers Awards 2020.



Chocolate Oreo Fudge

Ingredients :

Sweetened	
Condensed Milk	: 400 grams
Caster Sugar	: 180/200 grams
Butter	: 130 grams
Glucose Syrup	: 2 TSP
Dark Chocolate	: 170 grams
Oreo Biscuits	: 1/2 packet



RIYA (MONICA)
KRIYA Cakes And Treats
Ulhas Nagar, Maharashtra



Method

- In a large non-stick pan add condensed milk, butter, Sugar and glucose syrup. Stir non-stop over low heat for approx. 10 min or until the fudge has thickened or come away from the sides.
- Add grinded Oreo and stir until combined.
- Remove from the heat and add dark chocolate, stirring quickly until all the dark chocolate has melted. Pour into a slightly greased square pan and set aside to cool.
- Once it is cool refrigerate it to set.
- After its set bring it to room temperature for slicing into square pieces.





TAKING GOOD CARE OF YOUR EYES



It's important to see your eye care provider regularly to help prevent or reduce vision problems.

Common eye problems include blurred vision, halos, blind spots, floaters. These problems can be from damage to the eye itself, a condition of the body like aging or diabetes, or a medicine.

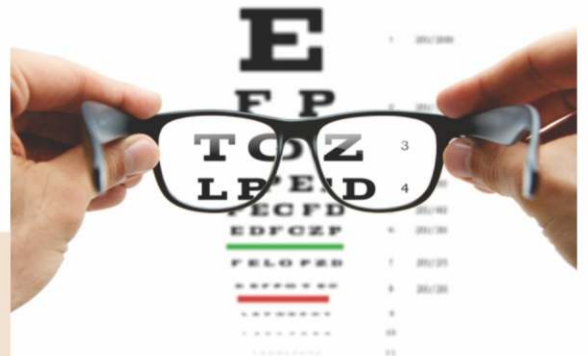
Symptoms to watch

Even if they are temporary, mean you should see an eye care provider right away

- Red, painful eye or pain in an eye is an emergency
- Partial or total vision loss in one or both eyes
- Double vision
- Blind spots, halos around lights, or areas of distorted vision
- Feeling of a shade or curtain being drawn across your field of vision
- An injury to the eye or the bone surrounding the eye
- Trouble seeing objects on the sides of your visual field
- Trouble telling the difference between colors that occurs suddenly

These symptoms mean you should see an eye care provider soon:

- Trouble seeing at night or reading
- Objects appearing less sharp
- Blurring of objects that are far away or near
- Itching or fluid from your eye



Everyone should have a dilated eye exam every year or two, and a dilated exam annually after age 60. Between routine visits, you can take these essential steps which may maintain or improve your vision.

- Eat at least 5 servings daily of fruits and vegetables.
- Don't smoke.
- Take regular breaks while doing computer work and other tasks that mostly involve your eyes.
- Wear your prescription glasses.
- Wear sunglasses when outdoors that protect your eyes from UVA and UVB rays. Wear them even on cloudy days.
- Closely follow the recommended schedule for cleaning and wearing contact lenses.
- Know your family's eye history and share this information with your healthcare providers.
- If you have high blood pressure, high cholesterol, or diabetes, make sure these conditions are under control.



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

What to do

Specific vision problems can benefit from specific solutions

- Sensitivity to bright light. Choose sunglasses that block 75% to 90% of visible light. In addition, sunglasses that block 99% to 100% of ultraviolet A and B radiation help protect against cataracts. Choose sunglasses that also block the blue wavelengths.
- Itchy, burning, or red eyes. These symptoms can result from dry eye conditions common after age 50, or from high mucous production in allergy-prone contact lens wearers. Using artificial tears may help with dry eyes. Some allergy sufferers can get some help from switching to disposable or daily wear lenses. Contact lens wearers and adults older than 50 with these symptoms should consult an eye care professional for appropriate treatment.
- Trouble with glare. If night time headlight glare is an ongoing problem or if you work in visually demanding situations, ask your eye care professional about antireflection-coated lenses. These can help reduce glare and reflections both day and night. Remember, for older adults, an increased sense of glare may be a symptom of beginning cataracts and a reason to get an eye exam.
- Reduced vision in aging eyes. In addition to a new eyeglass lens prescription, a helpful measure for older eyes is to place more lamps in the home and install task lighting. Choose high-output fluorescent bulbs to increase light output while decreasing energy usage. Eliminate glare with indirect lighting.
- Problems with new glasses. If, after a few days of wearing new lenses, you continue to have blurred vision, double vision, or other problems, see your eye care provider. The problem may be solved by an adjustment to either the frame or the prescription.
- Annoying spots in front of your eyes. Generally, seeing spots or floaters is a common, harmless experience of aging. Seeing flashes, or, in some cases "floaters," however, may signal something more serious like diabetic retinopathy or early-stage retinal detachment.

Call your eye care provider if you have any symptoms.

Agriculture

SMARTER FOOD' NEEDED TO END GLOBAL HUNGER BY 2030

Feeding the world is more than just a numbers game. If food security were simply about volume, the global population would be fed 1.5 times over.

The reality, as the COVID-19 pandemic has exposed to devastating effect, is that too many people worldwide rely on limited diets in places where supply chains and markets are weakest.

It is true that food productivity and diversity in low-income countries remains deficient. But it is also true that too much of what is produced is lost for a lack of appropriate innovation, from insufficient plant protection leaving crops vulnerable to disease to inadequate post-harvest storage.

Providing a healthy diet for as many people as possible is as much about access and availability as it is about quantity, and the pandemic has reinforced the value of local and regional production to sustain communities through a crisis.



This is why the most promising solutions for ending global hunger lie not only in producing more food but doing so in a smarter way, using science to make sure that healthier, more nutritious food survives to reach the market, and that these markets reach the most remote and vulnerable.

For example, in places where the poorest have access to just a few staple crops, agricultural researchers, NGOs and governments have a narrow opportunity to improve diet, health and prospects

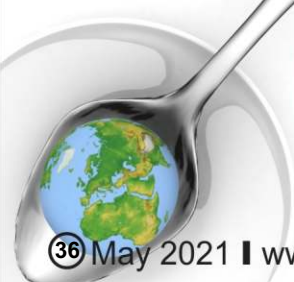
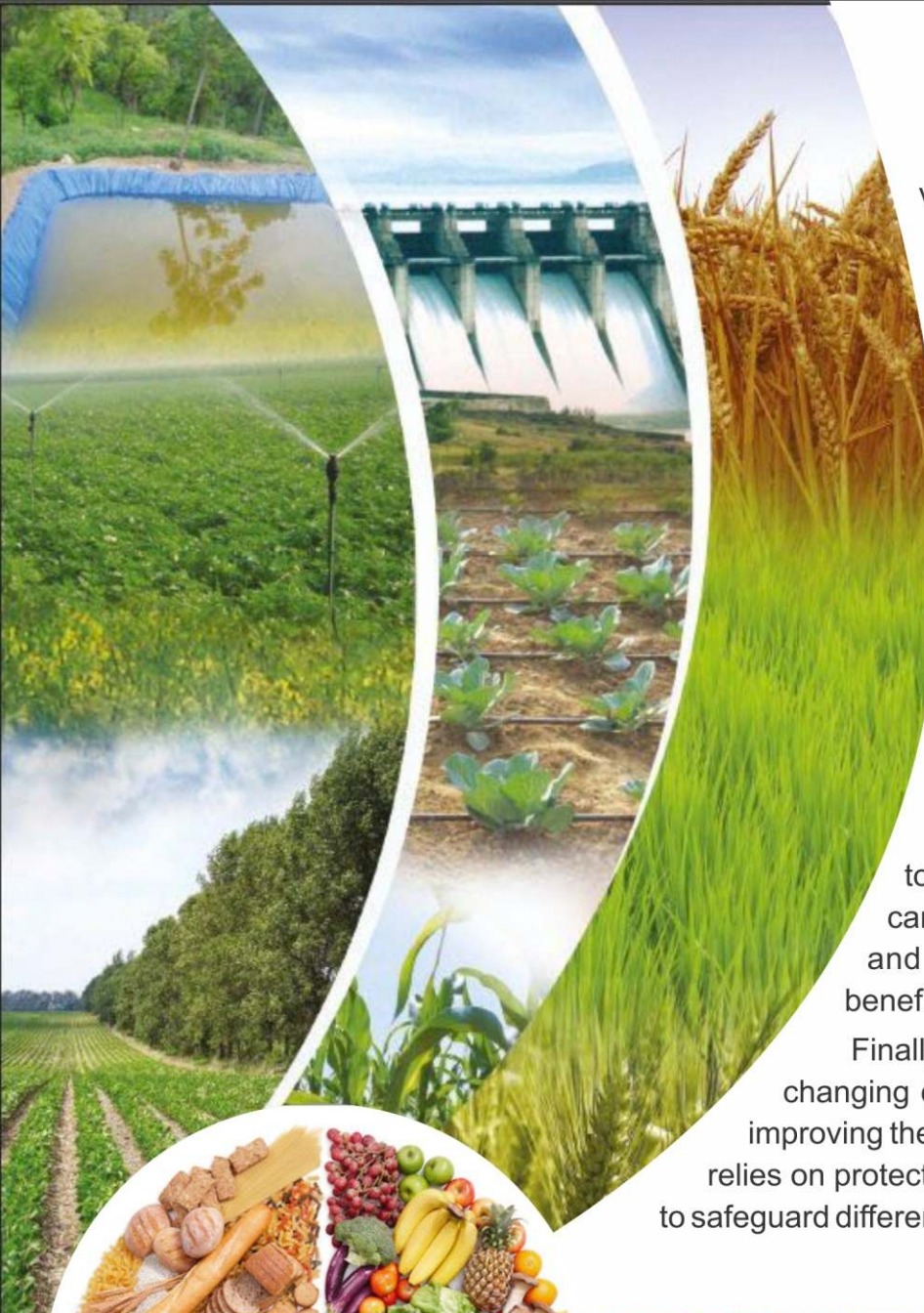


But by enriching these crops with vitamins and minerals, such as the orange-fleshed Sweet potato with added levels of vitamin A, it is possible to improve the quality of diets without requiring families to grow or buy more or different food.

This can then be supplemented by developing markets for new, improved varieties of staples to address other barriers to food security, such as storage. Processing ge-fleshed sweet potato into a purée, for example, reduces post-harvest losses, meaning that families can access more nutritious food for longer.

Adding a secondary staple like potato to rice-based systems in Asia, for example, can help diversify existing cropping systems and offer new nutritional and economic benefits.

Finally, making the right crops available for changing climates and cultural environments, and improving the availability of resilient, adapted varieties relies on protecting a back catalogue of genetic material to safeguard different features of different crops.



This year is set to be a milestone year on the road to ending hunger by 2030. Addressing issues of hunger, malnutrition and food insecurity as shortcomings in an interconnected system is a crucial first step in developing a smarter, more efficient way forward.

As with the pandemic, the only route to ending hunger is through science and innovation. To outrun climate change, disease threats and rising populations to feed the world, not only must we do more but we must do it smarter.



TRAVEL

RANTHAMBORE NATIONAL PARK

A Must Visit National Park in The Country

Visit Ranthambore Tiger Reserve to watch the Royal Bengal Tiger in action & explore its rich heritage & wildlife

Ranthambore National Park is one of the biggest and most renowned national parks in Northern India. The park is located in the Sawai Madhopur district of southeastern Rajasthan, which is about 130 km from Jaipur.

Once considered as one of the famous and former hunting grounds of the Maharajas of Jaipur, today the Ranthambore National Park terrain is a major wildlife tourist attraction that has drawn the attention of many wildlife photographers and lovers.

Ranthambore is an absolute paradise for wildlife enthusiasts. It is widely recognized for its National Park and Tiger Reserve, but these are not the only places that make Ranthambore a popular tourist destination. The unquestionably mesmerizing locales, palaces, and royal ruins make Ranthambore more than just a popular wildlife habitat.



So don't just adore the enthralling locales or feast your eyes on to the beautiful escapades of Ranthambhore but indulge in many other interesting activities that are an absolute value for your money and time. You can opt for a safari ride that is the most adventurous activity and gives you a chance to witness the wild species roaming freely in the jungle.



Bird watching tour should also be something that you must try as Ranthambhore boasts of having over 330 species of birds.



Some of the must-visit places at Ranthambore are Ranthambore Fort, which is touted as the most popular landmarks in Rajasthan. This fort was built by the Chauhan rulers in 944 AD and replicates that era in the best possible way.



You can visit this amazing fort for a jaw-dropping experience! Surwal lake is another masterpiece ideal for people who prefer a calm and tranquil ambiance to seek solace.

The glorious view of the rare accumulation of wild animals here would certainly take your breath away.



Jogi Mahal is another iconic place in Ranthambore situated near the Padam lake. It is known for its incredible architecture and sculptures. It was initially made available for the visitors to reside, but off-lately Jogi Mahal is available just for sightseeing.



This place also boasts of one of the biggest Banyan Trees in the country.



Along with the wildlife, the culture and traditions of Ranthambore also hold a massive significance. Rejoice yourself with the incredible art and craft of the rural women working under the great initiative of Village Women Craft. Also, treat yourself with the exclusive dishes of Rajasthan such as Dal Bati churma, Ker Sangri, and Mawa kachori for a taste that would refuse to leave your taste buds while you're in Ranthambore!



10 Beauty tips you must follow in Summer

Now that we are getting to experience the real summer heat, it is important to have a proper skin care and beauty regime that not only takes care of your skin but also helps you look good in the harsh weather. We tend to overlook the obvious and ignore the needs of our body and especially our face and hair. Here are 10 beauty tips you must follow during the summer, to beat the heat.

Sunscreen

A sunscreen is a must-have in your handbag in summer. Check the SPF to suit the summer sun in your city. Apply the sunscreen at least 30 minutes before you step out so that it has time to soak into your skin and protect your skin from being tanned.

Protective Hair Mask

The strong summer sun can also harm your hair. The hot and humid conditions can cause your scalp to sweat profusely. Shampooing daily can be harmful and hence, the best way to protect your hair is to use a protective hair mask at least once a week.

Hair Spray

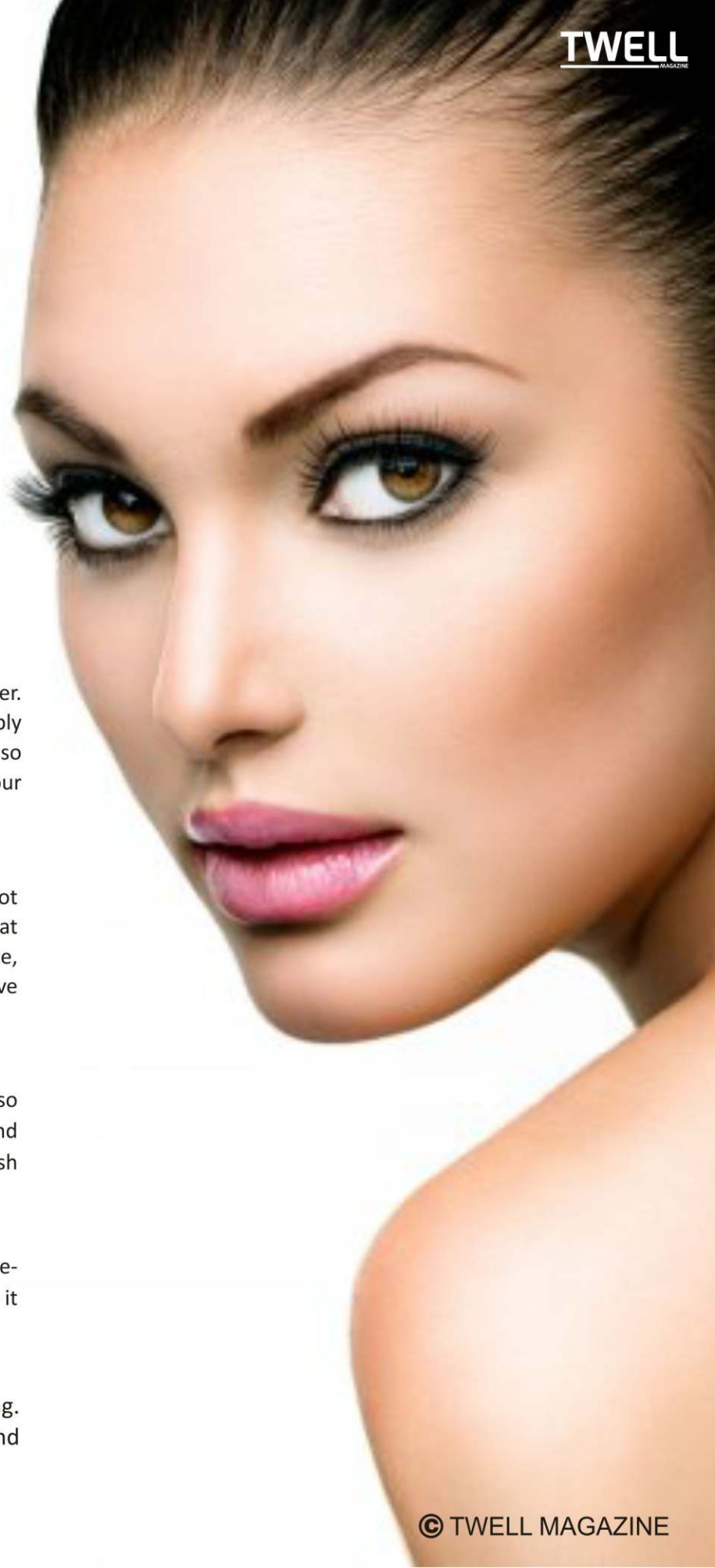
Along with a protective hair mask, you should also invest in a hairspray. Hair tends to become frizzy and unruly in summer and the best way to keep them fresh and shiny is to use a hairspray.

Nourishing Toner

Maintain the pH balance of your skin with a glycerine-rich facial water. This will nourish your skin and keep it soft and supple.

Cleanser

A face wash is a handy thing to keep in your bag. The cleanse will help you to remove all the dirt and grime.



Lip Balm with SPF

It is very common to have chapped and dry lips in summer. This is because the lips are the thinnest and tend to get dry easily. Make it a point to carry a lip balm and apply it before you head out.

Anti-tanning creams

In summer, each time you step out, you can actually get tanned. If you're wearing shorts or dresses this summer, make sure to use anti-tanning cream later. This will ensure that your skin recovers.

Scrubs

It is common to sweat in summer. Also, the summer dust and environmental damage can make your skin dull. Use a suitable scrub to cleanse your body of the dirt and grime.

Deodorant

You should also keep a deodorant in your bag. Keep yourself fresh and cool by spraying it throughout the day.

Moisturizing mask

Invest in a good moisturising facial once a week. It will help to nourish dry skin and also keep it healthy.

Statement sleeves

Wear statement sleeves

this season just like the A-listers do



Statement-making sleeves have been in style on and off the current trends for a while. As we officially enter the spring-summer time of 2021 and let us tell you – Structured sleeves, puff sleeves, ruffled sleeves...it's all in, yet again! Prior in January this year, the red carpet at the Golden Globes occasion filled in as a definitive verification that statement sleeves have indeed returned in a significant manner to be the 'sleeve trend of 2021'. To twofold check, we pored over the S/S 2021 runway assortments, and indeed, fashioners absolutely concur. One of our favorite red carpet looks in recent memory is the Miu Miu dress actress Bel Powley wore at the Golden Globes. The ruffles, the puffs, the bow, and powder blue color – it was all on point.



From parties to brunch, wearing a statement sleeved dress is the easiest way to stand out among the crowd. They are versatile, make the right statement and it's never too much.

Looks like B-town is going crazy over statement sleeves, and we are definitely joining the party! The trend that started at the start of the year is still going strong. From parties to brunch, wearing statement sleeved dresses is the easiest way to stand out among the crowd. They are versatile, make the right statement and it's never too much.

Puffy sleeves are the kind of fashion trend we've dreamt of since childhood — remember spending your days playing princess games and dressing up as one.

The fashionista never fails to impress. Recently she was seen in a Chloe ensemble that comprised a turtleneck blouse with bishop sleeves and an A-line skirt. The look was accessorised with matching black boots that effectively elevated it, gold earrings and a gold necklace. We love how the actor's hair was styled in a bun along with sleek milkmaid braids. A small handbag completed the chic look.

Among the many trends we've spotted on Bollywood's best dressed set (from flared pants and mini dresses to leather separates) this season, there is one that dominates almost every celebrity showcase—statement sleeves. Puffy, flared, balloon-shaped, winged or cape-like, there are multiple options to pick from, and they all have the ability to make or break your look. So how do you make a choice? Turn to your favourite celebrities for a head start.



It's safe to say that Deepika Padukone has made some of her boldest red carpet choices in 2019. And it was no coincidence that almost all of them featured over-the-top sleeves—from the Giambattista Valli gown she wore to the recent Cannes film festival to the Ashi Studio number she took to an awards ceremony in Mumbai. The actor was also seen in a white shirt with an exaggerated bow detail around the wrists. Similarly, most of Sonam Kapoor Ahuja's trendsetting moments have seen interestingly shaped sleeves this year.

She paired her green Masaba Guptasari with a blouse featuring peasant sleeves, and attended a day wedding in a white Emilia Wickstead dress with romantic cape-style sleeves.

Kareena Kapoor Khan experimented with floor-grazing circle sleeves, bare-shoulder balloon sleeves and also a tiered version of the peasant style. And Priyanka Chopra found a clear favourite in the balloon sleeve, which is recognised by a light puff around the shoulder.

We have seen her wearing it in a floral maxi, a one-shoulder jumpsuit and even a printed co-ord set. Scroll ahead for all the celebrity inspiration you need on wearing statement sleeves this season.



We all have this in mind when we eventually step into teens, we love to be loved, we wanted to be the most desirable person anybody could seek for, an immediate person on call to standby and all the other 100 categories that would hook you into satisfying others. Leave off the teens, even people at an elderly age work for the same. The question is do you live your life? Or a contemporary existence??

Being friend zoned is something really sweet and cool but take a note on how you feel, how does something work for you and how everything falls in place! That's certainly important. Be chill, serene, awesome but be the beast who walks out of box at times.

In all the 17 years I feel no guilt that I had stepped out of things that had shook me and roped into figuring an anti version of me! I never wanted that. I was pretty tagged with so many names despite the fact that I was actually not so. Alas! What mattered to me the most is how i see myself and place myself into the graph of the 'best version everyday'.

I had gone through so many insecurities, lack of confidence and pack of unacceptance. Not quickly, however slowly and steadily everything turned out to be the USP of what I am now.

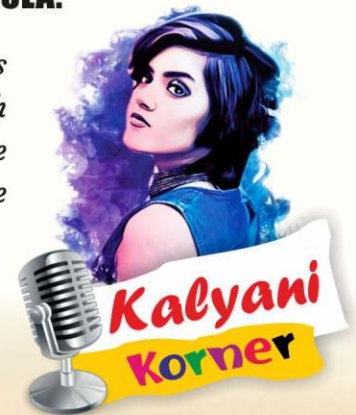
Am not that super friend zoned girl when I was young but I am that one person everybody would seek for today in terms of unhealthy happenings and in times of new beginnings. I think that's my way of leading life and that's how beautiful the relationship is!

That's okay and You are enough of what you are. No change and no shift. Just you and yourself.

Today I am proud of what I had left behind and what I am about to foster. It's just the

"TWELL POSITIVE FORMULA."

Hahaha now this defines my bond with Twell. We work for the same and hook in if you are one among!



Vj Kalyani
Columnist

Prominent anchor of South India
South India Women Achiever awardee
Ms.Fashion Icon India



Ramzan

Festivals

A Month of Reflection, Spirituality and Piety

The ninth month of the Islamic Calendar, a month of strict spiritual discipline to commemorate the first revelation of the Holy Quran to Mohammed, the month during which severe norms for fasting is enforced as a pathway for reaching the ultimate eternity is the month of Ramadan, Romanized as Ramzan. The word Ramadan in Arabic means extreme dryness and intolerable heat. In the Gregorian calendar, this falls between the months of July and August.

The festival is so popular across the world because of the prevailing practices among the Islamic People. Whenever you hear the word Ramadan, you are immediately reminded of the fasting the Muslims adhere to strictly. As far as the Islamic beliefs are concerned, fasting is an act of spiritual purification of the mind and the body.



The first day of Ramadan is typically the next day to the astronomical new moon. The entire period lasts for 29 or 30 days depending on the appearance of the full moon and it varies with different parts of the world. The respective mosques announce the beginning and end of the Ramadan month. Children, pregnant ladies, people with chronic illnesses are exempted from fasting. Those suffering from brief illnesses during the month of Ramadan should compensate later.

People during this period fast from the time of sunrise till sunset. They can take their meal before dawn and after sunset. The first one is called Suhur and the meal after sunset is called Iftar. After taking Suhur, the first prayer of the day starts. The Iftar is actually breaking the fast and will be arranged in a very grand manner. In recent times, buffet systems are arranged in mosques and nearby places for Iftar. Extensive prayer sessions will be conducted during night times and everyday 1 / 30th portion of the Quran will be recited so as to complete it by the end of 30 days.



“Night of Power” falls during the last five days of Ramadan. It is very significant and sacred because only on that day, it is believed that the Quran was revealed to Mohammed. On that day, special prayers will be conducted throughout the night and the devotees will offer camels and goats which will be used for the Suhur.

Ramadan is a month for charity. Muslims have to give a portion of their income to less fortunate people around them. They should stay away from the sinful activities, intimacy with their spouses, smoking, drinking during the fasting period. Some of the historians record that this fasting procedure is derived from the concept of lent days observed in Christianity.

The fasting ends on the 30th day of the Ramadan month and it is officially declared by the mosques of the respective regions. The beginning of the next month is celebrated as Eid, allowing every Muslim to resume their normal livelihood.

Though some of the medical professionals warn that fasting continuously for 30 days will affect the major organs of the body, fasting is a ritual strictly adhered to. Failing to fast is indeed a crime in many of the Islamic countries and there have been precedence of punishments too.

The world's largest Islamic nation, Indonesia records a maximum of 7 million people travelling to Mecca during Ramadan. Other countries like Egypt, Afghanistan, and UAE make elaborate arrangements for this festival.

Putting in a nutshell, Ramadan is a month of revelation of honesty, sincerity, self-discipline and spirituality. This festival leads every Muslim to a happy Judgement Day!

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