

PREMIUM EDITION

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TWELL

MAGAZINE

TO MAKE A CHANGE

Celebrating
International
Women's
Day 2021



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Youngest Sensation
WASHINGTON SUNDAR
Team India got a Magical
All-Rounder

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THE HOUSE**

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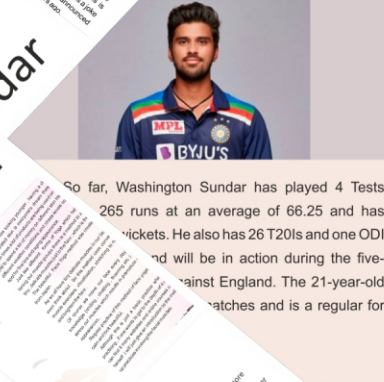
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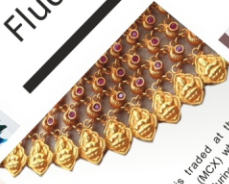
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In India, gold is traded at the Multi Commodity Exchange (MCE), where its rate changes every second during market hours. The closing price of the previous day is fixed as the purchase price of gold in local markets for the day.

The festival season such as Dussehra, Deepali, Dussehra or marriage seasons, when there is a high consumption of gold in the local market increases the price of gold. Here are some other factors that may influence the rate of gold.



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When on a roller coaster (up or down) for months, reaching great heights below falling to extreme depths.

The daily change in gold price is mainly due to various economic, political factors happening across the globe. The GDP rates, stock market indices, currencies exchange rates, gold mining, gold consumption rate, wars, sanctions against other countries, and many other such events at local and global level have an impact on the gold price globally.



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The distribution of spaces across different business sectors is an important factor for the growth of any business. Quality of the space is a key factor for the success of any business. The space should be comfortable, functional, and aesthetically pleasing. We will see more small businesses...



FROM THE EDITOR

Women's Day is just around the corner. Around the world and through the decades, we have all shared in the global struggle for gender equality. Culture has played a very interesting role in every woman's identity and the intersectionality of her identity. There was a time when women would never think of claiming for her identity. Especially Indian women have often meant sacrificing one identity in order to preserve another. It meant being conservative over being honest. Besides being a woman, she is an artist, activist, writer, and a hustler, but she is forced to be reckoned with, and most importantly she is.

But in today's world, we are seeing the very beginning of the acceptance that womanhood is not simply a set of body parts and functions that were never generalizable to all women anyway.



I think that for me, being working for women empowerment means standing up for the values that I hold, and trying to make sure that all of the women, even and maybe even especially those who may not intersect with my life, are able to live their lives in the way they choose to.

Women are looking inward more now than ever and investigating all aspects of their identity. I believe the uptick in diversity in terms of gender identity, sexuality, and personal identity is coming from a rise in self-awareness. Being a male, I am trying to create self-awareness among the women who are around me. I basically question myself, why am I reacting this way, and I often surprise myself with the answers. Because my mother, sisters, friends, and the women around me, never quite realize how much of their thoughts, and beliefs are more subconscious than not.

With that self-awareness comes confidence, that confidence let the women be secure in her identity. 2K women are more confident than they were ever before, and stand what she really desires to be. I believe small actions can have big impacts in making this vision a reality. TWELL wish for a happy International Women's Day. Together, we can end gender-based violence and fight for justice and rights for all.

Deepak Tater Jain
Editor-In-Chief
TWELL Magazine



social

Why Hike Fuel Prices ?

The government's claim that the money raised through the daily hike in fuel prices is going into the hands of the poor people is a joke more cruel than the one-paisa cut it announced at around the same time two years ago.

Petrol and diesel prices have begun to pinch consumers harder with oil marketing companies (OMCs) reserving the weekend for effecting the steepest hike in the last several months.

Accordingly, the price of petrol and diesel were raised by 39 paise and 37 paise per litre respectively in Delhi on Saturday. with this increase, petrol is now priced at Rs 90.58 and diesel Rs 80.97 per litre (s) in the national capital.

At this price in Delhi, petrol has breached Rs 90 per litre-mark across all metros and around all major cities of the country. In fact, the retail price of petrol has crossed Rs 100 a litre-mark in several cities among Maharashtra, Madhya Pradesh and Rajasthan. These states also have one of the highest levels of local levies on petroleum products in the country.

Across the country as well the surge in fuel prices ranged from 35-40 paise per litre depending on the level of local taxes on the two petroleum products.

In Mumbai, petrol prices are just Rs 3 per litre short (Rs 97 a litre) touching the three digit mark of Rs 100 per litre for the very first time ever. Diesel prices in the city are closing on Rs 90 a litre (Rs 88.06 a litre).

In all other metros, petrol is over Rs 90 a litre mark while diesel is well over Rs 80 a litre. Premium petrol has crossed Rs 100 per litre mark in several cities of Rajasthan, Madhya Pradesh and Maharashtra a few days back.

The increase on Saturday has followed the firm global oil prices (both product and crude). Interestingly, the crude price has softened marginally over the last few days after crossing \$ 65 a barrel mark earlier this week. It is around \$ 63 a barrel now.





Since fuel prices are benchmarked to a 15-day rolling average of global refined products prices and dollar exchange rate, pump prices can be expected to remain northbound over the next few days even if crude hovers at the current level or falls.

The petrol and diesel prices have increased 24 times in 2021 with the two auto fuels increasing by Rs 6.87 and Rs 7.10 per litre respectively so far this year.

Oil companies executives said that petrol and diesel prices may increase further in coming days as retail prices may have to be balanced in line with global developments to prevent OMCs from making losses on sale of auto fuels.

The interesting point to note is whether the Modi government sticks with its policy of arbitrary pricing of fuels even when the market falls. The COVID argument will still be handy to deny any benefit of lower crude going into the hands of consumers. That would mean continued worry for the people amidst the misplaced priorities of the government.



COVER STORY

**Youngest Sensation
Washington Sundar
India Got A Magical All-Rounder**

Climbing to the top is indeed difficult but remaining there, tests the true character.

“Washington Sundar with an aggressive unbeaten 96* against a strong England bowling line -up was one of the key architects of the win.”

The much-debated international cricketer of team India in the limited-overs set-up seems to have stopped as Washington Sundar. A gawky and barrel-chested teenager won a lot of fame after the glories performance in the Indian Premier League cricket match.

Washington Sundar is regarded as one of the greatest all-rounders to have played cricket and the finest produced by India. When he burst into the IPL in 2017, Washington Sundar, had all the qualities one would aspire from an Indian cricketer.

So clearly, a man with a high-back lift has managed to do quite well in his recent matches. Especially against the new – ball on fresh grassy surfaces.



Indian cricketer Washington Sundar seems composed despite accolades pouring his way following his Australia heroics because he knows the road ahead is tough

He is the man of the hour; Washington Sundar is suddenly here, there, and everywhere on Chennai's social circuit, despite the many dad jokes he has had to endure on his intriguing first name.

The 21-year-old international cricketing sensation — who had a stellar Test match debut against Australia earlier this month at The Gabba in Brisbane — was returning to the grounds where he had learned to steady his grip on a cricket bat. “I have spent my childhood playing cricket here at the Amir Mahal,” says Washington.

The young all-rounder from Tamil Nadu – Washington Sundar is having the time of life. From being a net bowler to making his Test debut against Australia and then being one of the assets of the team in the recently-concluded Test series against England, Sundar has come a long way in the last three-four months. But do you know what is his net worth and how much does he earn playing for Royal Challengers Bangalore in the Indian Premier League?





Soon after he was drafted in the T20I side and made rapid progress as a powerplay bowler. His stocks went higher after Royal Challengers Bangalore snapped him during IPL 2018. Recently, he also made his Test debut and impressed from the word go. He played a valuable 62-run knock in the final Test against Australia helping his side clinch the Border-Gavaskar Trophy before making useful contributions in the series against England.



So far, Washington Sundar has played 4 Tests scoring 265 runs at an average of 66.25 and has scalped six wickets. He also has 26 T20Is and one ODI under his belt and will be in action during the five-match T20I series against England. The 21-year-old has also played 36 IPL matches and is a regular for Royal Challengers Bangalore.



Like R Ashwin from Tamil Nadu before him, Washington Sundar went from being a batsman as a youngster to making his name as an offspinner. After representing India at the 2016 Under-19 World Cup, he replaced Ashwin at Rising Pune Supergiant in the 2017 IPL and bowled at an impressive economy rate to help his side to the final.



Shailaja Sundar, Washington's elder sister and a state cricketer herself, chuffed for her brother's dream Test debut in Australia. Shailaja, who can bowl leg-spin and contribute with the bat. She was also felicitated by The Prince of Arcot at Amir Mahal.



She, however, made the cut and also went onto earn honours in other national competitions, representing the under-19 South Zone team. Most recently, she's been a cricket expert on TV, anchoring a show on Sun News during the 2019 World Cup and also last year's IPL.





International Women's Day 2021

International Women's Day is celebrated in many countries around the world. It is a day when women are recognized for their achievements without regard to divisions, whether national, ethnic, linguistic, cultural, economic or political.

Since those early years, International Women's Day has assumed a new global dimension for women in developed and developing countries alike. The growing international women's movement, which has been strengthened by four global United Nations women's conferences, has helped make the commemoration a rallying point to build support for women's rights and participation in the political and economic arenas.

International Women's Day (IWD) is dedicated to celebrating women's achievements in the social, economic, cultural, and political spheres. The day, collectively founded by women, also brings attention to gender parity and women's rights.

Gender parity is a statistical measure that compares women and men through their income, education, and work hours, among other points. This sociological metric helps researchers understand how society is progressing or regressing in specific areas. It's also an important tool for policymakers striving towards gender equality.

Of course, the global celebration of International Women's Day is a time for reflection of how far women have come, advocacy for what is still needed, and action to continue breaking down barriers. With over a century of history, IWD is a growing movement centered around unity and strength.

International Women's Day is commemorated in a variety of ways worldwide; it is a public holiday in several countries, and observed socially or locally in others. The UN observes the holiday in connection with a particular issue, campaign, or theme in women's rights. In some parts of the world, IWD still reflects its political origins, being marked by protests and calls for radical change; in other areas, particularly in the West, it is largely sociocultural and centered on a celebration of womanhood.

social

BEING woman



I define myself, a touch of tender care, creator of life in my womb, bringing up a human soul in this world by my nurturing hands and unconditional love & care. I believe in my multiple personality. I can be helpless, quivering, and vulnerable on one hand and on other hand, I can be strong, dependable, build, support, a family and a society too. I am multi-tasker essaying in different roles, of a Mother, daughter, daughter-in law, wife, friend, counselor, teacher, sports person, a pilot, care-giver, nurse, cook, actor, working 9-5 jobs, facing shrewd competitions in corporate world, trying to hold my ground below my feet firmly, & also to engage into my passion and profession to develop my identity and image in society as an entrepreneur.....trying to bring altogether it all in perfection.

Going and growing through all these over years, emerging out from predetermined stereotypic boxes, I am improvising to build my self-worth, a finer sense of wisdom, knowledge, with grit & endurance and a finer Human being. Mistakes, failures, insults, frustration & rejection are part of progress and growth. No one has achieved anything worthwhile without facing these five. I can overcome every that thing that meant to destroy my esteem.

I might cry to the drop of a hat watching a movie or reading fictional novel, but come the times I can stand tall and rise like a phoenix.

I can be rebellious & focused, once if I feel I can achieve, and next I can put my ambitions on the back burner, if family needs me with the same strength and faith in self, without regret or complain. I am confident, emotionally self-aware & I know I have lot to offer & anticipate. I can connect and inspire another woman by being supportive, compassionate & friend. Do I need to be validated or to take permission every time & wait someone else to come and speak for me!

I am self-worth because, I think :

- + I know how to take care of things as I am working hard to figure it all out every time.
- + The 'scared child' is still there in me, but still things need to be done my way, for me.
- + I accept reality and communicate effectively onto it.
- + I can validate other person's perspectives and feelings because for me, passion matters.
- + I can also maintain healthy boundaries, present my facts, without trying to convince.
- + I can lift and hold other by finding confidence in imperfections and being Woman, all I need is to live in a place where my ability to succeed & live happy should be a basic human right, and not based on gender or geography.Z

“When a woman is loved correctly, she becomes ten times the woman before”. I personally believe this quote always. Why don't we celebrate both Men's & Woman's Day equally in same spirit. Couples who are on the same page by their life's priorities, compatibility and finances will usually find it easier going. We need each other to compliment socially, physically, mentally & spiritually to grow, but again that differs from person to person. Sharing life will be easier as we women progress through life at the same tempo because when our relationship is firing on all cylinders, it helps keep us more resilient and better able to handle whatever else life throws at us. Why to give certain 'labels' among us and to complain, or blame later the situation or the other person. We women are educating self today, coming out of the ages long subjugate society, and we can use our intellect, logic and relevant EQ & IQs to rationalize the situation, person, without letting ourselves to be controlled.



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

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SIWAA

SOUTH INDIA WOMEN ACHIEVERS AWARDS

2020

AT



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<p>Fashion Partner</p>  <p>Kapture Sensational to your imagination</p>	<p>Power Partners</p>  <p>BOKADIA ELECTRIC COMPANY</p>	<p>Co Powered by</p>  <p>N BY WOLVES</p>



Lt. Packiaraji

'A Woman who inspire us'

The successful woman started from the bottom and have managed to reach peaks of success that most of us only dream of. It's one thing to want to climb the ladder and find financial support and stability, but another to make a huge leap from being near poverty to becoming a renowned person in the society.

It starts with education even she had come from a poor family background Lt. Packiaraji tried her the best which get the best in life and the farthest in education like Double graduate from high school. In those years you must have an idea of what you want to do or like to do. Do you want to be a teacher of what grade. If you are asked to try drama it is a path to acting. Or maybe you like art. The answer is within the school years so find a job doing what you like. Budget your money save for college tuition and books.

Try to study something good like a doctor, lawyer, teacher maybe an actor then you will be successful. Good luck. Pray that it will come to you what your calling is and have faith. Good luck God bless.

Not aiming for success is one of the keys, according to Packiaraji. She says that we should all focus on bettering ourselves and aiming for excellence. Put all your effort into a task and seek to build a life for yourself that could make you significant. Success will come naturally.

Whatever her family's economic situation, but she didn't allow it to affect how she looks at this. I'm suggesting you not base your future on how your life is right now. To do so is self-defeating and to me, that's sad.

This Chennai-based educator went through periods of intense struggle from childhood to become the person she is today.

She's also mentoring future Ed School students, and pursuing as an Assistant professor at Saiva Bhanu Kshatriya College now. But that's not the only reason she's proud. Simultaneously she is involving herself in the social activities like, Blood Donation camp, Swacch Bharath camp, visiting Old age home, Meeting HIV patients and many more awareness programmes has been organised by her in the last 7 years. She has won many awards and accolades for her contribution to the field of education and the society. It's the eye roll that also keeps her grounded. Support from a spouse is paramount to steering a successful career and personal life, with a supportive husband, every milestone of Lt.Dr.S.Packiaraji's life has become easy.

She is the Proud Winner of India's Biggest South India Women Achievers Awards 2020.



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



Climbing the ladder, woman in construction Suba Ravikumar

When you think of an industry dominated by men, construction might be one of the first that comes to mind.

Suba Ravikumar has been working in construction for four years and started as a graduate engineer in 2004. She began working on site in 2006 as a construction engineer.

The activities include road construction, police buildings and much more. The business was taken over by Mrs. Suba Ravikumar in the year 2006, who are fully dedicated to ensure that the company maintains its high standards in terms of quality construction, timely delivery and customer satisfaction with all their experience. The Concern was named as GN CONSTRUCTIONS in the year 2008.

GN Constructions have constructed a wide variety of projects such as flat promotions, Individual Houses, Villas and GN Properties does rentals and NRI house Management. The company has completed a project in Alwarpet, Perungudi, Guduvanchery and Nanganallur followed by our ongoing project in Indira Nagar another two more projects. We also do projects in high note to our customer satisfaction, taste and whatever they are upto.



She believes that regardless of the industry, women bring qualities to a project that men may not possess.

She says, "We are one of the major construction companies in Chennai with vast wide experience and we are expertise in major projects including residential, industrial development and all Government sector projects undertaken.

She has grown that firm into a big enterprise that has taken on prestigious projects, including OMR (Behind the Apollo hospital). Suba Ravikumar gained industry experience from the ground up, first by working at her father's company as a teen, and later by co-owning a construction company.

Suba Ravikumar is involved in the Construction Equity and Inclusion Council (CEIC), dedicated to defining, spotlighting and advocating for equity and inclusion in the construction industry, and collaborating on issues of importance, with the goal to harness the power of the collective and influence policy and best practices.



social

How do we navigate the brave new world of online exams ?



The examination period is ahead, and along with it the stress and nervousness are kicking in. During this time, most of us wish to do everything, except for studying (at least common consensus is the same). We should think that how many are really actually sticking to the standards of academic honesty while attempting online exams? There is a vast source of reference material available for these kids to refer to - their school notebooks, their personal notes, their friends and... their parents! So how fair does it make this assessment? A set-up that leaves scope for cheating and then gifts extra grades for that is one that is highly demotivating for children (and parents) who are choosing to attempt every question honestly. By losing out on those marks, they are indeed paying for their honesty.

The Covid-19 pandemic has created a lot of pressure and stress on students, teachers and parents alike. Switching from books to computers, pencils to keyboard keys, white board to PowerPoint presentations, question papers to online exams is a huge change.

What can parents do?

Remind them that cheating is bad: So what can well-meaning parents do to ensure that their children are honestly attempting the exams? First and foremost, it is important to tell the child that he should not cheat. As per a study published in the Journal of Economic Psychology, when children are reminded to be honest, they are more likely to follow that.

Tell them good grades are not most important: The blame cannot be put on the kids alone. There are times when we put excess pressure on kids for good grades, and somewhere we dilute the value of learning over scoring. So have honest conversations - help them understand that good grades are not everything.

Check your behavior: Ultimately, a lot of how our kids behave has to do with how we behave and how we try to discipline them. So it is always a good idea to look inwards...

Check your behavior: Ultimately, a lot of how our kids behave has to do with how we behave and how we try to discipline them. So it is always a good idea to look inwards...

To be fully honest,
taking the right path does feel good.

Exam!

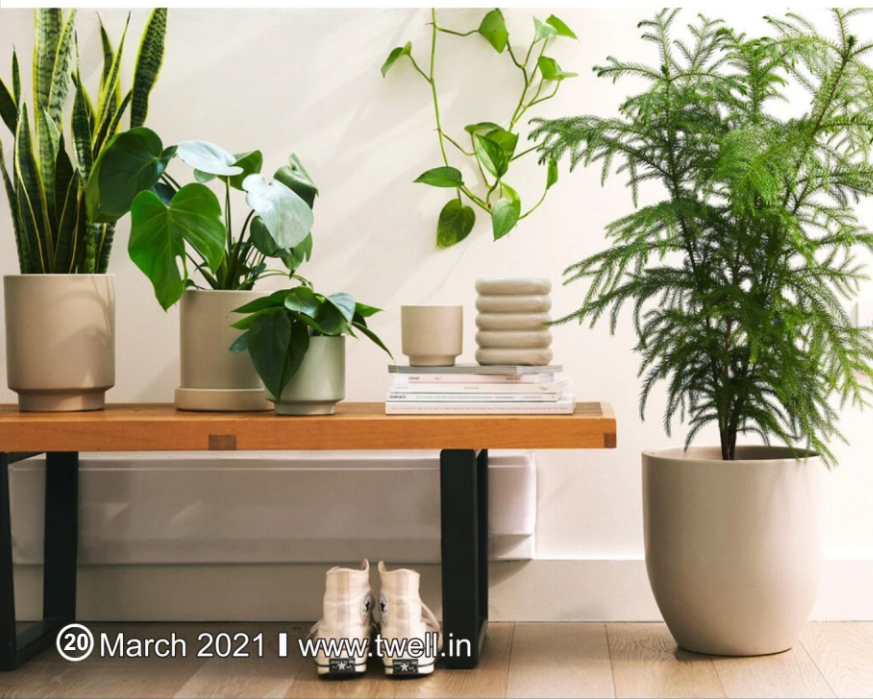
Nature Inside the House



How to Bring Nature Inside With the Right Houseplants

It's no surprise that greenery has gained popularity during the pandemic. Here's how to make the most of it at home.

Spending more time inside has accelerated any number of trends that existed before the pandemic, including bingeing of all kinds. But here's one that's actually good for you : Bringing nature indoors.



The appeal of interiors draped in greenery is no mystery : Houseplants are a natural salve for spaces filled with artificial materials and products, reminders of the far-flung gardens and landscapes that may be difficult to visit these days — and even stand-ins for the friends we used to entertain in our homes.

You can actually be a minimalist, but if you have plants, all of a sudden the space feels warm and inviting. But adding plants to your home isn't always as easy as it looks. They can shrivel and die. And even if they live, they may not look as good in your home as they do in the pictures.

So what's the secret to integrating plants into your living space?

Understand Your Environment (and Yourself)

Many houseplants suffer simply because they're put in environments that don't suit them. Just because a big fiddle-leaf fig tree looks impressive in a living room you see in a shelter magazine doesn't mean it will look good or flourish in your living room.

Consider which direction your windows face; look for obstructions from neighbouring buildings or trees outside; and study the quality of light. South-facing windows usually get the most direct sunlight, according to a study, while east- and west-facing windows get some light, and north-facing windows get very little, which makes them the most challenging.

Then, with help from a nursery or plant guide, choose the types of plants that are best suited to your home's conditions. Desert plants like cactuses and other succulents thrive in rooms that get direct sun all day long. Tropical plants tend to fare better in rooms that get a lot of indirect,



Neither approach is necessarily a problem, so long as you choose the plants suited to your habits.

“Understanding what is going to fit your lifestyle, and your personality, is helpful.”

But make sure to choose varieties that won't interfere with the way you use the space.



filtered or dappled light, as they would under a canopy of trees. Snake plants and ZZ plants can tolerate darker conditions.

It's also important to be realistic about your plant-parenting skills: Are you overzealous, or more of a hands-off plant parent? Some people insist on watering every day, and drown plants that would fare better with once-a-week watering; others bring plants home and forget to water them for months, or let the soil dry out when they travel.





As you begin adding more plants to your collection, build clusters of plants rather than spreading out the individual pots. Adding plants at different heights along one wall can create the impression of a verdant garden. It creates a lot of movement and a very whimsical feeling.



Similarly, if you use a hanging planter, “you might want a plant that drapes down,” rather than one that reaches up to the ceiling. And in a functional space like a kitchen, a plant on a shelf should stand up rather than spread out, because when you're trying to wash dishes at the sink, “you can't have something that's flailing its leaves too much.”



Plants are the stars of the show, but their containers have a crucial supporting role. If you use a hodgepodge of flowerpots, it may look cluttered. That doesn't mean the containers have to match, but it's helpful to have a vision of what you want to achieve.

“Then when you do need to repot, it's much easier because the roots haven't attached themselves to the ceramic.”



Palada Payasam

INGREDIENTS

Rice Ada	1/3 cup (I used ready made rice ada)
Full fat milk	3 cups
Sugar	1/2 cup
Cardamom powder	1/4 tsp
Butter	1/2 tsp

**KNOCK
THE
KITCHEN**



METHOD

- Soak Ada in boiling water for 30 minutes.
- Wash the soaked Ada in cold water.
(This is done to prevent the Ada from sticking together.)
- Drain the water completely and keep it aside.
- Boil 3 cups of milk until it reduces to 2 cups.
- Then add the washed Ada and cook stirring in low flame until Ada becomes soft.
- Add sugar and cook for some more time.
- The colour of the Payasam changes to pale cream color.
- Mix cardamom powder and switch off the flame.
- After 10-15 mins, add 1/2 tsp of butter and stir.
- yummilicious Palada Payasam is ready.
- Serve hot or chilled.



Dr. Saraswathi N
Founder, Sacchus Kitchen
Trissur

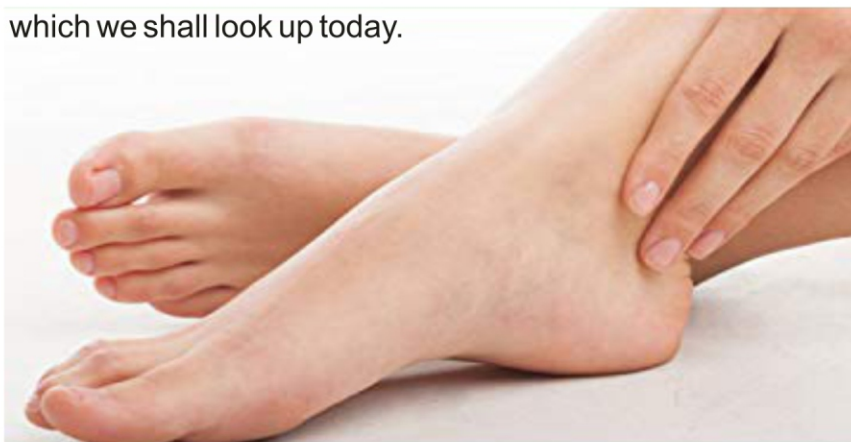




HEEL PAIN AND PLANTAR FASCIITIS

Heel pain is a common foot problem occurring under the heel or just behind it, where the Achilles tendon connects to the heel bone. Sometimes the pain can be felt at the side of the heel also. Pain usually starts gradually, and it is often triggered by wearing flat footwear or a high heeled footwear over a prolonged period of time. In most cases, pain is not caused by an injury but from repetitive stress and pounding of the heel. At first, it is usually mild, but it can become severe and sometimes disabling in nature. Heel pain usually disappears without treatment, but sometimes it can persist and become chronic.

There are many causes for the heel pain, like heel spurs, sprains and strains, fracture, Achilles tendinitis and bursitis, but most commonly being plantar fasciitis which we shall look up today.



Plantar fasciitis: It is a very common source of heel pain and occurs when too much pressure on your feet damages the plantar fascia ligament, causing pain and stiffness. The plantar fascia is a strong bowstring-like ligament that runs from the heel of the calcaneum (heel bone) to the tip of the foot. When the plantar fascia is stretched too far, its soft tissue fibers become inflamed. Pain is felt under the foot, especially after long periods of rest. Calf-muscle cramps may occur if the Achilles tendon tightens too.

There are many treatment options available depending upon the severity of the injury. Common conservative options are physiotherapy and Non steroidal anti-inflammatory drugs (NSAIDs). NSAIDs can be used for reducing pain and swelling. Corticosteroid injections may work if NSAIDs are not effective, but these should be used with caution, as their long-term use can have adverse effects.



Physical therapy consists of Cryotherapy, Ultrasound therapy, stretching of the plantar fascia and Strengthening Exercises which will correct the muscle imbalance at the foot resulting in better stabilization at foot. Taping is also found to be effective in the majority of cases.

Orthotics, or assistive devices, and insoles can help correct foot faults and cushion and support the arch during the healing process.

A detailed assessment of the ankle and foot, along with the lower extremity evaluation is necessary to address the long standing heel pain arising due to plantar fasciitis. Yet a few simple exercises and stretches can go a long way in helping one to combat the irritable heel pain.



Exercises for plantar fascia :

- **ROM Exercise** : Sit in a chair, hold the leg out straight, and flex and extend at the ankle joint. Repeat 10 times on each foot.
- **Stretching the plantar fascia** : Sit on a chair and fold the knee of the affected ankle. Bend the toes upwards along with the ankle of the affected leg. You will feel a pull at the sole of the feet. Hold it for 15 seconds and repeat it for 5 times. You can do it in the morning before getting down from bed and repeat it at various intervals throughout the day.



- **Tretching the calf** : Stand facing the wall, Place the foot that has the heel pain behind the other foot. Keep the front knee bent and the back leg straight, with the foot on the ground. Pull the hips forward toward the wall until you feel a stretch in the calf of the lower leg. Hold for 15 seconds and repeat 5 times. If there is pain in both heels, stretch both calves.

You can also self-stretch your calf in sitting position like below



- **Ice Can Roll Exercise** : Sit on a chair and place your sole over the can which is filled with crushed ice and you can roll your sole over it in front and back movements applying pressure over the sole. You can do it for 2-4 minutes with rest intervals.



- **Footwear and Foot support** : Shoes that fit well and provide good support are crucial, especially for athletes. Wedges and heel cups can help relieve symptoms.

Improves footwear fit, performance and comfort



Simple tips to prevent heel pain :

It may not be possible to prevent heel pain in cases, yet there are some easy steps that you can take to avoid injury to the heel and prevent pain.



- Wear shoes that fit properly and support the foot.
- Wear the right shoes for physical activity.
- Stretch your muscles before exercising.
- Pace yourself during physical activity.
- Maintain a healthy diet.
- Rest when you feel tired or when your muscles ache.



Maintain a healthy weight.

Happy everyday women's day special



Face yoga

As we all know looking younger , having a clear without fine lines and a hydrated skin is everyone's dream these days . Also in this Morden times a lot of products are being used on the skin as well as we tend to spend a lot of money on different skin treatments and due to different weather conditions and stress levels our face is a vulnerable spot for fine line and aging appearance.

Just like different forms of Yoga which helps in exercising and toning our muscle groups there is a method to also exercise the very tiny , delicate muscles just in the face ; which is the Face Yoga method .

The beautiful Face Yoga method was created by Fumiko Takatsu from Japan.

As we all have tiny delicate muscles In our face which we might not even think about . So this method uses conventional approaches - muscle exercises, visualisation, stretching to naturally tighten , tone and brighten the face .

Of course we move our face every day without or with our knowledge (smiling , chatting , frowning etc) so sometimes we do stress our muscles which results in premature ageing and unhealthy appearances .

Regular practice of this method of face yoga helps to destress and calm and look beautiful.

Although this is just a basic practice which I have learnt and practising , if one wants to get to the depth of it or do certifications in it can find it many websites and online courses offered by the Founder herself .I will just give an introduction to the method and a basic warm up practices involving the facial muscles.

Before starting to the Face yoga routine please keep in Mind.

- * Ideal practice can be done Two times in a day ie ; when you wake up in the morning and when you're going to bed because you would have accumulated a lot of stress and tension throughout the day.
- * The practice takes only 5mins and holding each pose for 30sec
- * Do not stiffen your shoulders, always keep your back straight and remember to breathe .

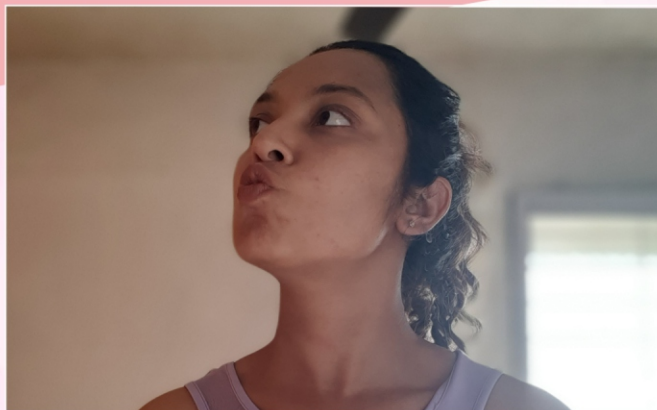
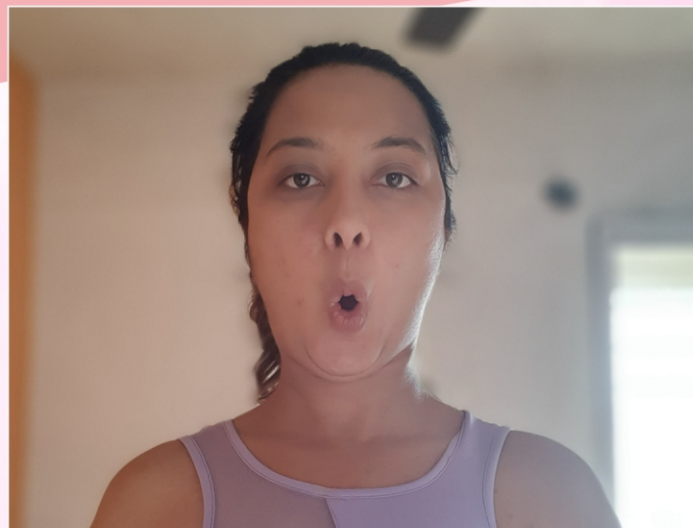
Poses for beginners

Pose 1

For overall blood circulation .

Steps

1. Drop your jaw as if you're yawning, feeling that sensation you're creating in the cheek area.
2. Without moving your forehead, move your gaze from eye-level, all the way past your forehead to the ceiling without moving your forehead muscles.
3. Hold for 10 seconds, remembering to breathe throughout.
4. Repeat two times for a total of 30 seconds.



Pose 2

For the Neck

A stretch to release tension in the neck and also tone the jaw line

Steps

1. Keeping your shoulders relaxed , move your chin to one side or 45 degree
2. Pout your lips
Hold for 10 secs and remember to breathe
3. Repeat 2 times

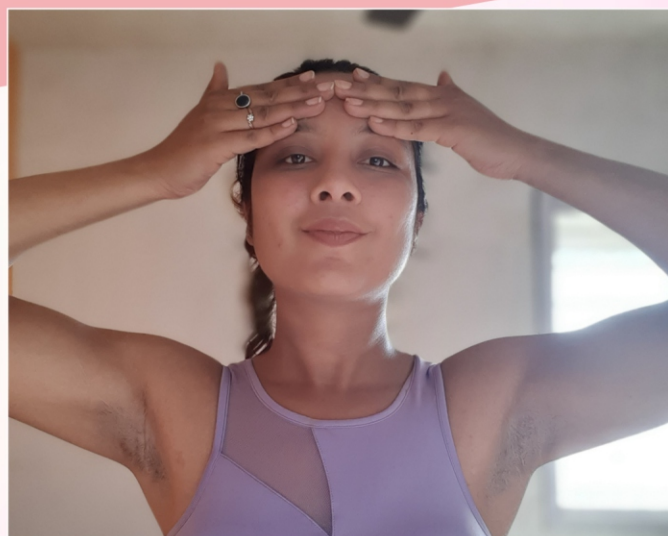
Pose 3

For the forehead

A pose which observes a lot of meditative energy and this is best for morning ritual face yoga

Steps

1. Drop your jaw as if you're yawning, feeling that sensation you're creating in the cheek area.
2. Without moving your forehead, move your gaze from eye-level, all the way past your forehead to the ceiling without moving your forehead muscles.
3. Hold for 10 seconds, remembering to breathe throughout.
4. Repeat two times for a total of 30 seconds.



Pose 4

For the eyes

Focuses on the eyes , Lowe lids and forehead area

Steps

1. Curl your hand into a "C" shape. Place your index fingers above the eyebrow, along the upper eye bones.
2. Position your thumb on the side of your nose, just above the nostril. Press your fingers downward and then sideways.
3. Keeping your shoulders relaxed, open your eyes as wide as possible. Hold for five seconds, while pressing your index finger firmly into your eyebrow making sure your eyebrow and forehead don't move.
4. Squint the eye five times, before closing your eyes and relaxing for a few seconds.
5. Repeat two times for a total of 30 seconds. Repeat on the other side.



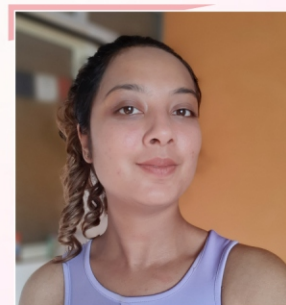
Pose 5

For mouth

We all know as we age the collagen production decreases and it makes our lips to become narrower So this pose works to stimulate the lip barrier for naturally fuller and plump lips .

Steps

1. Place your index fingers on the corners of your mouth.
2. Smile, showing the entire row of your front teeth. Make sure the corners of your mouth are at the same level.
3. Curl your tongue up slightly, and take 5 seconds to slowly move it to one side. Take 5 seconds to move your tongue to the other side.
4. Repeat two more times for a total of 30 seconds, remembering to breathe throughout.



Sharanya Karthik

Ashtanga Yoga Practitioner
Founder,
Revive Yoga,
Bangalore

So I hope this piece of knowledge makes us beautiful , content and embrace ourselves the way we are on this Women's day .

Because most beautiful women are always unafraid to be herself .

Happy “Every Day“ Women's Day .

KIDS KORNER

DIY Sidewalk Chalk Paint for Kids

Sidewalk chalk is a classic activity that kids love to take outdoors during summer. There are so many ways to play and learn with chalk which makes it a super versatile and affordable activity for summer. This recipe is super easy to make and only takes a few simple supplies that are most likely already in your pantry. It's a new take on the classic sidewalk chalk but your kids will love it. They will have a great time doing art on your sidewalk or patio!

This DIY sidewalk chalk paint is so easy to make! Grab some cornstarch and food coloring from your kitchen and you are ready to make some sidewalk chalk paint!

Supplies:

- Cornstarch
- Water
- Measuring Cups
- Mixing bowl
- Food Coloring
- Paint Brushes
- Muffin Tin or
Small plastic bowls





Instructions:

How to make sidewalk chalk paint

1. Add 1 cup of water to 1 cup of cornstarch.
2. Mix until there are no clumps of cornstarch and then pour the mixture into the cups of muffin tin or into small plastic containers.
3. Next add a few drops of food coloring to each cup and mix until blended.
That's it!

TIP : If you don't have food coloring handy, try mixing in some tempera paint.

Now hand off to your kids with a couple of paint brushes and let them create!

This sidewalk paint goes on wet but as it dries the colors really pop out at you! My kids love to paint our back patio or pick rocks from the garden to paint on. I like that it just washes right off. We haven't had any issues with the food coloring staining the sidewalk. It always washes right off.

So pretty! It's normal for the colors to appear a bit watery when the kids begin painting but don't worry! They dry vibrant and your kids will have a great time covering your sidewalk with masterpieces! Make it today!



BUSINESS

Why does Gold Rate Fluctuates Everyday ?

Fluctuating gold rates are a common trend across the globe, changing on an almost daily basis. It is not rare to see extremes when it comes to gold rates, extremes which evoke a range of emotions, ranging from happiness and joy to sorrow and despair. Gold rates have been on a roller coaster ride in the last few months, reaching great heights below falling to extreme depths.

The daily change in gold price is mainly due to various economic, political factors happening across the globe. The GDP rates, stock market indices, currencies exchange rates, gold mining, gold consumption rate, wars, sanctions against other countries and many other such events at local and global level have an impact on the gold price globally.

In India, gold is traded at the Multi Commodity Exchange (MCX) where its rate changes every second during market hours. The closing price of the previous day is fixed as the purchase price of gold in local markets for the day.

The festival season such as Dhanteras, Diwali, Dusshera or marriage seasons when there is a high consumption of gold in the local market increases the price of gold. Here are some other factors that may influence the rate of gold.





Central Bank Actions :

As gold is considered stable in terms of survival, most of the countries reserve gold which is managed by the central bank of respective countries. For example, in India, the gold reserve is managed by the Reserve Bank of India. So, if RBI makes any changes in its gold reserve policy, it can have an impact on the gold rate.

Government Policies :

Government policies also have a direct or indirect impact on gold price. Policies of major developed and developing nations can also influence global gold prices. For example, the recent slump in gold prices just before the US Federal Bank meeting.

Investment Trends :

In most of the countries, gold is considered as the safest investment option. But the new – age investors are seeking out new investment opportunities and have started experimenting. Gold is profitable only when investment is done for a long term. This change in investment pattern also affects gold prices making it fluctuate daily.

Currency Changes :

The change in global currency rate also affects the gold price as the metal is generally traded on the international markets, in global currencies.





How 2021 can be the year of Innovation, Recovery, Renewal

After a roller-coaster 2020, businesses of all sizes are trying to sustain and reset for growth and the coming year will be one of innovation, recovery and renewal, according to a new report. The unforeseen circumstances owing to the pandemic tested the organisations on their readiness to pivot and adapt to the changing situation in 2020.

2021 will usher in the era of responsible business travel and sustainability."Travel providers, including hotels, airlines, rail providers, ridesharing, and car rental services, may require travellers to disclose their COVID-19 health status until a vaccine widely adopted."

In addition to an individuals' actions, companies will play a major role in supporting the employee experience while traveling. Leaders will need to adapt and be flexible as they aim to meet employees' needs. The companies need to embrace digitalisation and automate manual financial processes enabling employees to cut down on menial tasks and focus on more meaningful and strategic priorities.





Assets		Equity statement	
Current assets	1,734,826	Current year	1,774,576
Non-current assets	8,845	Shareholder loans	8,845
	1,843,671	Shareholders	8,845
Liabilities	166,630	Previous year	166,630
Current liabilities	166,630	Shareholder loans	166,630
Non-current liabilities	0	Shareholders	166,630
Equity	74,399		
Public capital	74,399		
Retained earnings	1,475		
Income statement		Cash flow statement	
Revenues	12,978,516	Operations	12,978,516
Net sales	12,978,516	Net savings	12,978,516
Investment	100,000	Depreciation	100,000
Expenses	6,372,535	Investing	6,372,535
Research and Development	1,200,000	Net sales	1,200,000
Operating expenses	4,100,000	Equipment	4,100,000
Marketing	100,000	Financing	6,505,981
Net income	6,505,981	New equity	6,505,981

The distribution of vaccines cannot come soon enough, as many small to mid-sized businesses are fighting to survive the economic effects of the pandemic.

Many small businesses have permanently shuttered due to the economic fallout of Covid-19. At the same time, the pandemic has created a new context for commerce gaps in the marketplace have created opportunities for new business.

“We will see more small businesses embrace digital commerce, changing the point of sale and/or moving from physical to online sales completely or in part.

“This will create new options for people to 'shop locally' to support small businesses and enable small businesses to fill gaps in crucial supply chains.”



Banana Muffin

Ingredients :

Maida	:	200 Grams
Baking powder	:	1/2 TSP
Baking soda	:	1/4 TSP
Castor sugar	:	180 Grams
Butter	:	90 Grams
Banana puree	:	2/3 banana
Vanilla essence	:	3/4 drops
Milk	:	200 Grams (Room temperature)
Yellow colour	:	2/3 drops
Walnut and Raisins for garnish		



Method

- Preheat oven first
- In a bowl mix Maida, baking soda, baking powder and castor sugar then add melted butter, essence, banana puree and mix well by adding milk in two portions mix well (if u find batter too thick add two three spoon of milk)
- Now add Raisen and yellow colour in the mixture
- Pour mixture in baking cups or cupcakes liners
- Garnish this with some walnuts
- Now bake them and have yummy Banana muffin



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

TRAVEL

An ultimate travel guide to the village of

DAWKI

Located in the state of Meghalaya, a place filled with waterfalls, rivers, rich wildlife and most importantly a place close to the clouds, is a small village named Dawki. Nestled at the bottom of Jaintia hills is one of the cleanest villages in India. The little village is known for its beautiful waterfalls that flow uninterrupted and the lush green environment. The village is also famous for its crystal clear waters from the river and falls that flow throughout the area. The water here flows uninterrupted, not just at the village but also through the borders of Bangladesh. Here is an ultimate travel guide to the village of Dawki, Meghalaya.

What's the ideal time to visit?

Dawki has beautiful weather throughout the year, making it perfect to visit anytime. Located just below the Jaintia Hills, is the Dawki town, blessed with immense beauty and lush greenery. Dawki can be visited both during the summer and winter. Although it does get colder in winter, the temperature stays pleasant and bearable to anyone.

Things to do in Dawki

Umngot River

Umngot is Dawki is a crystal clear river. Also called the Wah Umngot, the river is so transparent that you could see the stones and pebbles inside this river. During the month of September is when the water is much clearer than ever.

Byrdaw Falls

Located next to Dawki is the village named Pomshutia village. The village is famous for its beautiful waterfall called the Byrdaw falls, which is one of the best places to visit in Meghalaya. Best time to visit the falls would be during the monsoon season when the weather is equally beautiful as the waterfall.

Jaflong Zero Point

Jaflong Zero Point is located alongside the borders of India and Bangladesh. The Zero point is situated about one kilometre away from the Dawki market. Known for its stone accumulation, it is from here the Dawki river flows into Bangladesh as well.

Mawshun Cave

Mawshun caves are one of the famous and most crowded attractions near the Dawki village. Situated in the East Khasi Hills of Meghalaya, the caves are located outside the Mawshun village. Reaching this cave is not easy. One has to walk on rough paths and rocks for about three to five odd minutes to reach the entrance of this cave.

Borhill Falls

Known as Burhill or Borhill falls, is one of the top attractions in Meghalaya. Located at the outskirts. The water from this waterfall flows through the borders of India and then glides under the Bangladesh border.





Where to eat at Dawki?

Located on an elevated hill, there are not many restaurants in Dawki. Try tasting the delightful Meghalayan cuisine at the Dhabas on the way to Dawki from Shillong. Choose the least explored place and travel to the beautiful village of Dawki in Meghalaya. Unlock Happiness!

Secrets of Stylish Women



Have you ever wondered about the secrets of stylish women?

Some people manage to look effortlessly chic, no matter the occasion or the weather. However there are two things to remember here.

- 1) Most weren't always seen as stylish
- 2) It really isn't without effort!

In fact, the most stylish women you see out there tend to be planners. That is just one secret to pulling off an “effortless” look every time. Here we're delving into some of the secrets of stylish women:



PLAN IT OUT

“You can't plan for everything, but don't let your mornings catch you off-guard. Just like you'd plan a week's worth of meals on a Sunday if you're trying to save time, give outfit planning a shot to make way for stress-free mornings and outfit-regret-free days.”

SEEK OUT (STYLISH) INSPIRATION

“Find stylish women to follow—whether it's your favorite Instagram style star or your sister's best friend's cousin. Discover fashionistas whose style inspires you, then use their photos as inspiration to help plan your outfits.

CRAFT A CAPSULE WARDROBE

“A stylist's not-so-secret secret weapon is a capsule wardrobe. A closet full of items that can be mixed and matched with ease can take the guesswork out of your morning. Invest in classics that will last a lifetime, like a great pair of jeans, a simple LBD and timeless jewellery.”

TRY A STATEMENT SHOE

“When it comes to footwear, color, print and style packs a huge aesthetic punch—and they don't have to be sky-high heels, either (flats can make the same statement or your feet will thank you). Even if your look is casually thrown together, adding a printed flat or a pop-of-color wedge can make things appear more intentional.”

WHEN IN DOUBT, (OVER) DRESS

"If you're ever on the fence about what to wear, consider your destination and who you'll see. When in doubt, err on the side of being more dressy. If you're worried about looking too done-up, bring along a casual layer like a jean or cargo jacket to give your look that effortless chic touch."

STEP OUT OF YOUR COMFORT ZONE

"It never hurts to try something new. Whether that includes a bright new hue that stands out from your usual neutral palette, or shifting from skinny jeans to a boyfriend silhouette, great style is built from trying new things. Who knows what trends you might discover you love!"

ALWAYS ACCESSORIZE

"Try to wear at least one accessory, whether it's a statement necklace, a pop-color bag or a great pair of earrings (or all of the above). A solid statement piece can take an ensemble from ho-hum to a stand-out in seconds."



OWN AT LEAST ONE CONVERSATION PIECE

“Every once in a while, you need that pure “wow” factor. Whether it’s an amazing pair of over-the-knee boots, a vintage dress that you borrowed from your mom’s closet or an enviable handbag, keep something in your arsenal for the days you need to really show up stylish.”

GET TO KNOW YOUR BODY SHAPE

“The golden rule of stylish women? Fit first. With that, getting to know your body shape is key. Consider yourself a petite pear shape and prefer to highlight your shoulders? Build your closet with clothes that put the spotlight on your shape and favorite features.”



AGE IS JUST A NUMBER

“When it comes to trying a new trend or rocking a piece that catches your eye, don’t allow that number to prevent you from trying something new. 62 and looking to rock a pair of boyfriend jeans? Try it! 22 and wanting to shift into a buttoned-up, business-first closet? Button it up!”



Beauty & Wellness

CHOCOLATE FACIAL

“A DELECTABLE SKIN TREATMENT YOUR SKIN WILL LOVE”



Resisting chocolates is hard, no doubt! But, resisting a chocolate facial is harder. Did you know, chocolates not only satiate your taste buds but also, benefit your skin in more ways than you can imagine? From taking care of blemishes and boosting the production of collagen to hydrating your skin, chocolate facials are simply gold!

The good news is that chocolate facials suit almost every skin type. If you haven't tried pampering your skin with a soothing chocolate facial yet, then it's time you make the most of this scrumptious skin treatment now. Here's all you need to know about this luxurious facial and its benefits...

Say hello to smooth skin

The cocoa in chocolate helps stimulate blood flow to the fine capillaries right under the top layer of your facial skin, thereby providing moisture and preventing it from drying out easily. For all those with dry skin woes; this facial is your best bet.



UV damage, what's that ?

The harsh rays of the sun can lead to various skin concerns such as, tanning, premature ageing and severe sunburn. Chocolate helps shield your skin against the harmful UV rays, thus, preventing you from sunburns and diseases like skin cancer.



Helps reduce dark spots and wrinkles

Pigmentation is a common concern that makes the skin look dull and dehydrated. That's when chocolate facials come to your rescue! The free radicals present in dark chocolate can help reduce pigmentation and dark spots. That's not all! Using a chocolate mask also helps hydrate your skin, improves blood flow and collagen content, which in turn delays the appearance of fine lines and wrinkles on your face.

Younger looking skin? Yes please!

Premature ageing is a big skin concern for most women today. Factors such as over-exposure to the sun, grime, pollution and constant use of makeup products can take a serious toll on your skin. Precisely why, you need to give your facial skin some extra TLC. How, you ask? Chocolate facial is the answer! Chocolate promotes cell growth which in turn keeps your skin looking younger and more radiant.



Go with the glow

“I don't want glowing skin”, said no woman ever. While environmental factors can make your facial skin look dull, it's important to go for regular facial treatments to revive that glow. A regular chocolate facial can do wonders to your skin. Rich in vitamins and minerals, dark chocolate helps refresh and rejuvenate your face. These nutrients slough away dead skin cells, thereby leaving you with a healthy glow.

If you are a beauty obsessed, girl-on-the-go with chocolate cravings then head yourself to the chocolate facial. If you have all the time in the world then treat your skin to some chocolate love, at home...



Time Makes Sense

Through all the confusion, hastiness, dizziness, unstable atmosphere, timeless work tell yourself that time does make sense to why you were put into such chaos.

Feeling uninspired for a day or feeling a downturn is normal. Find out “Why?” and “How” instead of “Why me?”

In dire straits, have a check at your mental health. Tell it to be calm and composed. Crying, cribbing can never bring a change until you crave and work for it.

“Be awesome, be weird and be unusual.”

Unless you be you, everything stands to sense.

To me nothing planned has ever happened. And am grateful for the unplanned blessings and unpredictable gateway to new learnings. All that I say to myself in an adversity is “It takes a hard nut to crack. So make it harder than ever and crack it better than most.”

But the best part of being an unknown quantity, is life runs at estimation and anticipation of the future. You never know why certain people come into your life, why situations run the roller coaster and you still live the present accepting the cycle.

As you accept, realise that your life is a jingalala experience to be felt and admired.

And when you start loving the exposure to living, you start exploring the many unwritten, untold and unlikely of your kind. Sometimes things that you unlike can work a better way than the ones you put into your list.

So let there be indifference, equality of choices and strictly yes to as many new comings. Become that explorer of experience, hungama of happiness, spiral of joy and bundle of love.

See the very change happening in you!

No matter what it takes to survive, do not die before your death. Live it, face it, strive for betterment and enjoy the after phase.

Let the world make some noise for what you have placed in the heart of your living.

Let the people make some noise for what you have stood for your living.

Be an example and become that, exemplary.

*Because **TIME MAKES SENSE.***



with love

Vj Kalyani

Prominent anchor of South India

South India Women Achiever awardee

Ms.Fashion Icon India

Festivals



॥ महाशिवरात्रि ॥



Celebration of Mahashivaratri

Maha Shivaratri is a famous Hindu festival celebrated each year in reverence of Lord Shiva, the Hindu god of destruction and regeneration.

A Shivaratri is celebrated on the 13th night and 14th day of every lunar month. The Shivaratri in the month of Falgun (Phalgun) - the last month of Hindu calendar - is Maha Shivaratri which means "the Great Night of Shiva". It takes place just before the arrival of Spring, usually in February or March in the Western calendar.

It is celebrated across India and is a holiday in most states and it is also a public holiday in Mauritius and Nepal.

Maha Shivaratri is the night when Shiva is said to have performed the Tandava Nritya, or the dance of primordial creation, preservation and destruction. According to believers, this saved the world from destruction. Hindu scholars say Maha Shivaratri was the day when Shiva drank poisonous negativity to protect the world.

Maha Shivratri is observed to mark a remembrance of 'overcoming darkness and ignorance' in life and the world. Unlike most festivals, is celebrated at night and is a solemn event.

Shivaratri is also when Goddess Parvati and Lord Shiva married again.

The festival is principally celebrated by offerings of Bael (Bel Tree) leaves to Lord Shiva, all day fasting and an all-night-long vigil.

On Maha Shivratri, "Om Namah Shivaya", the sacred mantra of Shiva, is chanted throughout the day in Shiva temples. Special Puja is held at homes and temples.

Flowers, incense and other offerings are made, while all through the day the devotees chant the sacred Panchakshara mantra dedicated to Lord "Om Namah Shivaya".

It is believed that Lord Shiva is fond of the Bel tree, also known as the bilwa or bilva tree, and its leaves and fruit still play a main role in his worship.

Huge gatherings take place in temples all over India, though the biggest celebration is held in Ujjain, Madhya Pradesh, where Lord Shiva is believed to have stayed. Special celebrations are held at Shiva shrines in Tamil Nadu, Andhra Pradesh, and Uttar Pradesh.

All castes (divisions) of Hindu society participate in the worship of Shiva. The ceremonies surrounding Shivratri are particularly popular with Hindu women, especially those wishing to become pregnant.



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