

**PREMIUM
EDITION**

TWELL MEDIA PVT LTD PRESENTS

AUG-2021
www.twell.in

TWELL

MAGAZINE

TO MAKE A CHANGE

**INDIA'S ACHIEVEMENT
IN OLYMPICS**



COVER STORY

75TH INDEPENDENCE DAY

**FACE MASK
TO DETECT COVID VIRUS**

BE AWARE OF PEGASUS SPYWARE

**BEING TEACHER
THE MOST
MICRO MANAGED
PROFESSION**

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HAPPY
INDEPENDENCE
DAY



From the Editor



The Twell Magazine is celebrating its 1st anniversary. One full year – with this August 2021 premium issue, we have reached a full rotation of the sun since we launched our first issue, and holy luck has it been a crazy, incredible year. “We are growing”,

proclaims the headline on today's special feature.

Twell Magazine has done commendable work in bringing to its readers information, reports and opinions so vital in this age of media. I am very glad that a close bonding has developed between the readers and the Magazine team. Our readers have extended constant support to the magazine. I want to express my sincere gratitude for the successful cooperation. It is always a great honor for me, as well as for my colleagues, to connect, create and grow. Well, it's the faith our readers have in us that keeps us going.

“We are growing”

Today is so special; the reason is we are celebrating our 75th independence day in the country. On this commemorative occasion, I wish all my readers 'A happy Independence Day'.

And finally, as we continue to emphasize on visual inspiration through our premium award event “South India Business Awards”, and the biggest women empowerment program “All India Women Achievers Awards”, we are working on a magazine redesign with more features. As we work to constantly improve, make sure you drop us a line and let us know how to make it better or what you have to offer. As this world spins around again, we'll continue to introduce you to global experiences and eye candy to keep you waiting more.

I wish that this journal goes on for generations to come. I congratulate the team for the glorious nine decades and wish good luck for many more to come.

Deepak Tater Jain
Editor-In-Chief
TWEEL Magazine

seven stars of India

Meet India's medal winners at Tokyo 2020

TOKYO 2021

At the Tokyo 2020 Olympic Games, India had seven medal winners and recorded it's best-ever tally at the quadrennial event. Here is a chance to relive their glorious moments.

Today, we celebrate the success of our Olympic players, but at the same time, we will also talk about how much more time it will take for us to win as many medals as America, China and Japan.

After Jai Hind in Japan, our players are earning praises in India. After they touched down at the Delhi airport today, people were seen dancing and singing. Not just Delhi, the whole country is welcoming these players wholeheartedly. But we are afraid that this celebration and this feeling of respect for these players may end in 24 hours and people may forget them again.





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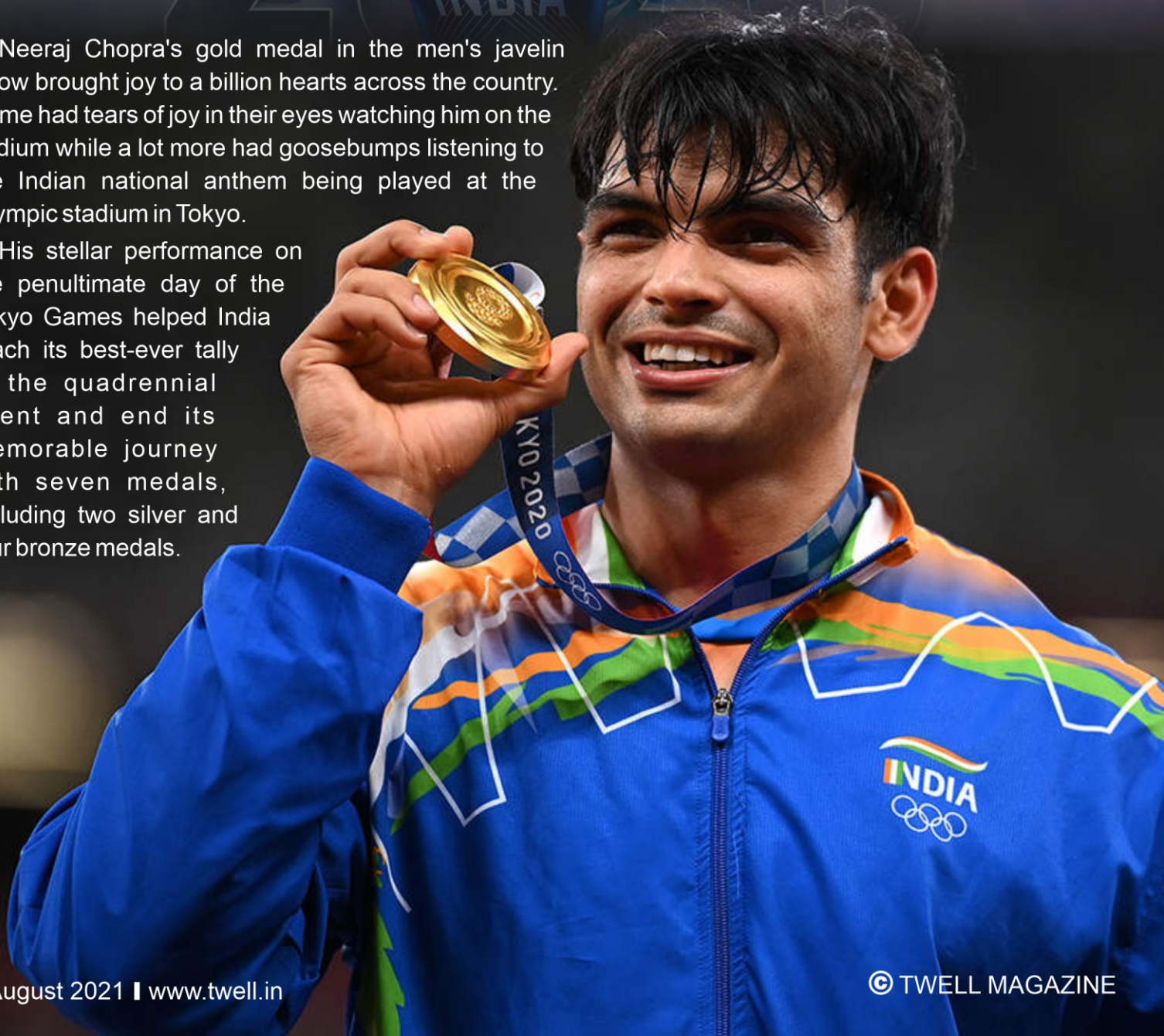
In simple words, out of a total of 33 sports, India could have won the gold medal in 5 sports but got only one and this one gold medal also came after 13 years. If the players of India had won all these final matches, then India would have been ranked 17th instead of 48th in the medal tally of the Tokyo Olympic Games. However, this entry of India in the final matches is also an indication that we can get more medals in the coming Olympic Games.





Neeraj Chopra's gold medal in the men's javelin throw brought joy to a billion hearts across the country. Some had tears of joy in their eyes watching him on the podium while a lot more had goosebumps listening to the Indian national anthem being played at the Olympic stadium in Tokyo.

His stellar performance on the penultimate day of the Tokyo Games helped India reach its best-ever tally at the quadrennial event and end its memorable journey with seven medals, including two silver and four bronze medals.





COVER STORY



15th
August

75th Independence Day

August 15 holds a special place in the hearts of the Indian public as it was on this day, in 1947, that the country got freedom from British rule. The 1947 Indian Independence Act passed by the Parliament of the United Kingdom partitioned British India into two new independent dominions of India and Pakistan. After three years, India declared itself a Sovereign, Democratic and Republic state by adopting its Constitution on January 26, 1950.

August 15 is also an occasion to remember the struggle and sacrifices of masses and leaders who freed India from the yoke of British colonial rule. So as India celebrates its 75th Independence Day on August 15, here are some lesser-known facts about the first time the occasion was celebrated in the country.

India's Independence Day reminds the country's citizens of all the sacrifices the freedom fighters have made to secure the country's future. Since its independence, India has made stellar progress in every field, including education, military and space programmes.



Owing to the ongoing coronavirus pandemic, there will be no social gatherings, instead, all states and government offices have been asked to webcast their events and celebrations.

Even the gathering at the Red Fort, where the flag is hoisted every Independence Day, will be limited. In lieu of the precautions taken, there will not be any grand performances with the military bands either. Ideally, the citizens across the country sing and dance on patriotic songs, hoist the tricolour flag and enthusiastically recite poems remembering the sacrifices of India's freedom fighters.

Independence Day is a reminder of the sacrifices of our valiant freedom fighters who stood up against the colonisers and even suffered harsh consequences unflinchingly, so that the later generations could breathe in free air. Slaving for 200 years and claiming back our country makes us marvel at the great leaders.

Kite flying is also celebrated as an event associated with Independence Day. People symbolise their patriotism for the country by using the flag in different sizes and also decorate their homes and belongings with the colours of the national flag. Indians living in other parts of the world also celebrate Independence Day, and several cities in the United States have declared India's Independence Day, August 15 as India Day.





Celebrating Independence in the country

Independence Day is celebrated on August 15 every year to commemorate India's freedom from the British rule in 1947. After independence, India became the world's largest democracy after the UK Parliament passed the Indian Independence Act, 1947, transferring legislative sovereignty to the Indian Constituent Assembly.

The country attained independence from foreign rule following years of struggle and independence movement led by various freedom fighters. The independence movement noted for largely nonviolent resistance and civil disobedience was led by Mahatma Gandhi.

The independence of India also led to the partition of the country into two parts. The British Indian Empire was divided along religious lines into the Dominions of India and Pakistan. The partition was accompanied by violent riots and mass casualties, and the displacement of more than 15 million people.

On 15 August 1947, Jawaharlal Nehru, who became the first Prime Minister of India, raised the Indian national flag above the Lahori Gate of the Red Fort in Delhi.

What happens on Independence Day?

Every year, the Prime Minister of India hoists the national flag at Delhi's Red Fort and makes an address to the nation, which is followed by a military parade. The President of India also delivers the 'address to the nation' speech. In honour of the occasion, twenty-one gun shots are fired.

This day is observed as a national holiday across India, with offices, banks and post offices remaining closed. Independence Day is observed with flag-hoisting ceremonies, parades and cultural events in all Indian states and Union Territories.

Preparations for Independence Day start a month in advance. Schools and colleges organise cultural events, competitions, debates, speeches, and quiz competitions.

Background of the Independence Day

India's struggle for independence started in 1857 with the Sepoy Mutiny in Meerut and it gained momentum after the First World War. In the 20th century, under the leadership of Mahatma Gandhi, the Indian National Congress (INC) and other political organisations launched a countrywide independence movement and revolt against the oppressive British rule.

During the Second World War in 1942, the Indian Congress launched the Quit India Movement demanding an end to the British rule which prompted colonial rulers detaining many campaigners, nationalists, and ministers including Gandhi.

During the partition of India in 1947, violent riots, mass casualties, and displacement of nearly 15 million people took place amid religious violence.

The day is celebrated across the country with flag-hoisting ceremonies, parades and many cultural events.



 **Science & Technology**

Be Aware of Pegasus Spyware

A major data leak report is doing rounds everywhere that mentions Pegasus spyware – the same spyware that was in news in 2019 for compromising personal data of scores of WhatsApp users.

A number of prominent news websites published key details revealing the nature of what they called 'global surveillance operations' using Pegasus. Edward Snowden, the NSA whistleblower, tweeted that this “leak” could be “the story of the year”.

So, the question that remains is – what is Pegasus, how does it work and should you be worried about your data being leaked?

What is Pegasus?

The highly advanced 'Pegasus' is a spyware – a malicious software created by Israeli-based cyber intelligence firm NSO Group to hack computers and smartphones in order to gather data and serve it to a third party. The reason it is malicious is that it gathers data without the consent of the person.

However, NSO Group had claimed that their motive was to 'develop best-in-class technology to help government agencies detect and prevent terrorism and crime'.

Pegasus spyware first came to light in 2016, when an Arab activist received a suspicious message on his iPhone

Subsequently, Apple had released a software update to patch up the loophole used by Pegasus to hack phones. A year later, similar leaks were found in Android phones.



In 2019, Facebook filed a case against NSO for creating Pegasus, which had infected the devices of many prominent figures. WhatsApp, which is owned by Facebook, had said that Indian journalists and human rights activists were among those globally spied upon using Pegasus spyware.

How is Pegasus used to hack a phone?

Deemed as one of the “most sophisticated” hacking tools, Pegasus is so seamless that a phone user might have no clue that their device had been compromised.

Hackers who use Pegasus, install the malware in the users' phones – mainly iPhones and Android devices – using software loopholes and security bugs. The spyware is so secretive that it gets installed with the help of just a missed call. Once infiltrated, it even deletes the call log entry, so that there is no trace on the gadget.

Apart from data theft, Pegasus can also clear all information from the host device including caller logs, calendar events etc – making sure that the particular data is snatched away from the target person without their notice.

Who should be worried about Pegasus?

Pegasus is the ultimate surveillance tool and if a government wants to spy on someone, it is the go-to spyware to be used. Even encrypted chats on WhatsApp are accessible to Pegasus.

That being said, an average phone user need not worry about the classic Pegasus. Even the latest reports talk about past exploits, not current ones, as far as we know. As a result, if you are using the latest software versions – iOS 14 or Android 11 – and the latest versions of apps like Facebook and WhatsApp, you should be in the clear.

However, your phone is still not hack-proof. The NSO Group that runs Pegasus still exists, which means there is a huge chance that a new version of Pegasus spyware also exists. One would not even know if their phone is being hacked.

But it must also be noted that Pegasus is extremely expensive and according to the NSO Group, it is sold only to government agencies for 'targeted surveillance'. So, unless a powerful organisation like the government has reason to put you under the radar, you are safe from tools like Pegasus.

THE PEGASUS PROJECT





Govt's Take on Data Leak Report

The Union government has dismissed allegations of data snooping on its part on specific people, saying it “has no concrete basis or truth associated with it whatsoever”.

“It is important to note that government agencies have a well-established protocol for interception, which includes sanction and supervision from highly ranked officials in Central and state governments, for clear stated reasons only in the national interest. The allegations regarding government surveillance on specific people have no concrete basis or truth associated with it whatsoever,” Additional Secretary, Electronics and Information Technology, Rajender Kumar said.



YARD AND GARDEN : HOW TO GROW YOUR OWN MICROGREENS

Recently people are taking interest in microgreens. Microgreens are tiny regular vegetable plants that are past the "sprout" stage and before the "baby greens" stage of a plant's life cycle. They contain a higher amount of nutritional value than full grown veggies.

Bean and alfalfa sprouts have been popular in our diets for quite a while. The difference between sprouts and microgreens is that sprouts are grown by soaking the seeds and rinsing them daily and are placed in a jar to grow into sprouts. They are ready to eat in a couple days.

The whole "sprout" plant including seed and root are all eaten at once. They are grown under the same conditions that bacteria and fungus also thrive, and this makes sprouts less safe to eat than microgreens. We do not usually eat the roots of microgreens, and we especially avoid them if they have mold on them.

You can purchase microgreen growing kits or you can easily do it yourself. If you purchase seeds, select specific packets that are labelled for microgreens or find seeds that are labelled "non-GMO" or "organic" because some seeds that are not indicated non-GMO/organic can have a coating of a fungicide.





Popular varieties of seeds for this type of planting include broccoli, peas, kale, beets, alfalfa, sunflower, arugula, radish, cress, wheat grass, bunching onions and lettuce mixes. Also, each plant variety has different nutritional value so research what you are interested in.



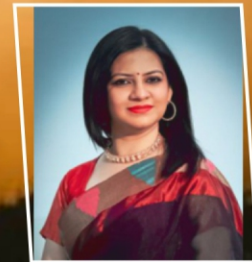


To plant your own, make sure you use clean containers that hold about an inch deep of soil, with drainage holes in the bottom. Take-out containers or any small flat container works well.

Select a mold free seed starting potting mix, a good pro-mix, or coconut coir. Coconut coir is sold at garden centres in a dry compressed block. Spread the seed on the moist soil base, then sprinkle a light dusting of soil over the top to gently cover the seed and press the seeds into the soil. Seed to soil contact helps them to germinate. Germination is when the plant emerges from the seed.



Happy Friendships Day



Hema N

Assistant Professor
RV PU College
Bangalore

A Special Evening

On a dusky evening, I was getting back tired after work, longing to slip into my pyjamas and hit my couch. The Turkish romantic comedy series was on episode 23 and I had to watch them too. My cab stopped at the signal. I reclined consciously on the seat, the FM was playing some old Hindi music, honking sounds and the engines' on and off were engaging my ears. A jolt on my window and my eyes caught up the pristine make up, clad in a stereotypical feminine blouse, matching earrings. I heard the sharp and attention seeking claps followed by the faint sound of glass bangles striking each other restlessly. I knew I had to give money and take blessings. With absolute lethargic movement, I took a five rupee coin lowering the window pane; when the husky voice said... "God bless you!"

To my surprise, it didn't end here, "Can I get 15 rupees more, and I need to buy a good mask for my friend?" Taken aback I curiously asked "Why not for you, you must be safe at the signals and your little dupatta will not help. Instantly these thoughts triggered me to pull out a 20₹ note that I handed over.

It didn't end here but the thoughts lingered only after I heard, "My dupatta is my mask and who cares if I really existed in this world but Raju is just fifteen and has a bright future, I want him to be safe!" It swayed my tiredness as the cab moved slowly, when my eyes met the driver who looked at me through the rear mirror, we shared no words but a smile, an expression of fulfilment.

Friendship has no gender or age, it isn't an obligation or an imposition, and it's in the love of a mother and a vague smile of a stranger. It is a bliss like Arora, like a virtue in an Epic, it's freedom with no bias and has no quantifiable measurements, it has no boundaries nor any limits, it's an universal transcendence. The language of friendship isn't words but meaning. It's a promise of commitment unconditionally shared with no time limits. It's a beautiful journey that no gene can define, no blood can count. If nature co-existed in harmony then I call it "friends forever".



Being Teacher, The Most Micro Managed Profession



“We trust Doctors. We trust firemen. We fail to trust TEACHER, and there we have to change our vision to show our children where to look and see.”

Last 16 months, Children are away from school which has disrupted their routine and support system outside the home. The cancellation of classes, academic backlog, and uncertainty about examinations has an untoward psychological impact on children & parents along with educators. Other factors such as staying indoors, adapting to online classes have increased the sense of isolation among children, leading to anxiety and disappointment & there we need to strengthen children's voice through deeper engagement.

One of the service oriented sectors which hit badly today as we all agree is the **Educational sector, especially ECCE & Primary**. Worldwide, the Covid has pushed the Education system to the verge of collapse. The framework of learning, assessment & teaching techniques affected badly & resulted in a shift to Online/virtual education, The pandemic has

transformed the centuries of old teaching methods, chalk-talk teaching model to one driven by **TECHNOLOGY**. In India, school closures have impacted around 247 million children enrolled in Elementary and Secondary schools & about 28 million pre-school children in early childhood sectors. It also hampered all the stakeholders into this profession, commercially & morally. Less than 40 per cent of the population had access to the internet, thus making it extremely difficult for the rest of the students to continue learning.

COVID-19 has radically reshaped our world, thought & perception. Schools started thinking of ways to continue student learning in the short and long term & during that phase when schools are just clueless about the fees to be paid to staff, teachers, and maintenance expenses along with the new technology to understand & to deliver the need of **different sets of skills in Teaching method**. Questions on acceptance & accessibility from parents' part especially from rural populations, small towns & cities were challenging too.

Pre & Primary schools suffer mostly, as learning & development is completely based on motor, social & cognitive activities. Overall, schools largely chosen from one of three options, decided on the local level by school boards, parents and as per Government rules, that is **Virtual** (a part of a Child's Individualized Education Program), **Interactive / Flip classrooms** & **Cohort Offline classes** in batches with enhanced health and Covid safety protocols. Returning to school has taken on new meaning and a new set of worries for parents and school management, where we are waiting for the vaccines & alternatives.

Virtual Classroom execution is gradually upgrading in Education adopting an engaging model of teaching module by digital tools to execute a framework that allows students to be successful inside and outside the classroom including all the components of learning as per age need & collaborating all the stakeholders in the overall edification. Many parents have reported that learning from home has given their child the opportunity to work at their own pace. It is helping the child to move through that lesson independently. Students can vocalize by watching the videos helping them to understand the content with the assignments. Parents also can have access to the same information helping with accountability. Students seem to feel more positive when it comes to review or revision and it has increased overall confidence when using science or language in the classroom. To ensure the child is linked with the learning support & well-being which is always essential & Parent's role comes here to engage and ascertains to educate their child and cannot align enough for the outcome!

We haven't accepted technology very easily in the beginning. We started to navigate, seeking to validate & making aware to the parents to understand the value of technology in need, to bridge the gap between the facts and opinion. Never to forget that, Technology can break the monopoly and we are keeping ourselves ready for all the odds.

In addition, it's giving Teaching fraternity, the opportunity to continue teaching, in time professional development & re-prioritizes the curriculum to re-module & reconfigure. Educators are becoming creative and innovative every day. Rather than giving a ready curriculum to a child, he is getting space to create & color his own imagination rather, imposed. Moral values and science experiments are transforming to value-added practices and conceptual home assignments. Literacy is to comprehend, evaluate, analyze & critical thinkers to understand & explore, not just learning numbers or letters. Reading & writing significance should be done in formative years of development, including the ages of 4, 5, 6, which help them to articulate concepts accurately & increase the ability to communicate. We have to remember if the right or adequate stimulus is not given (home-schooling/hybrid schooling) then we have to hold the year for the student. We become more resilient. We realize the need for high quality Teachers & technologies to deliver better output.

A teacher will never be done away. They will be guide & mentor always with competence. Technology is merely argumentation to a Teacher. It can help the process of learning, but it certainly cannot replace the role of the Teacher.



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

The background features a dark gradient from deep blue to black, accented with numerous diagonal light streaks in shades of orange and yellow. Scattered throughout are small, glowing particles and bokeh effects, creating a sense of depth and movement.

TWELL
Feature



Meet the home Baker to book mark in Bangalore Anjana Nath

Anjana Nath, the owner and founder of La Vanilla Bakers excels in varieties of customized cakes and pastries. LaVanilla is known for its grammable cupcakes and pastries. This home bakery was kick-started by a passionate baker Anjana Nath – who whips some lovely looking goodies which will exceed your expectations. She bakes delicious eggless and gluten-free cakes.

Anjana, a banking professional, forayed into the baking world so she could spend quality time with her little daughter. She was always fascinated by the fine arts since her childhood and felt the urge to pursue her passion for creative activities. This marked the beginning of her latest home-based venture, La Vanilla which she launched in 2018. Donning the baker's hat in her late 30's, Anjana has managed to get her business up and running successfully. LaVanilla offers a wide range of eggless cakes and brownies.

Anjana initially faced challenges with packing. She says the packing options and techniques she initially used would ruin her designs with the cakes and pastries moving around in the box ruining the icing and intricate designs by the time it reached the customer's doorstep.

Since then she has explored new and innovative packaging solutions and techniques to ensure the cakes reach the customer's doorstep intact, just the way she made it.

She is accommodating of her customers' preferences and tastes and customizes cakes for special occasions. The testimony to this being a loyal customer base she has across the city who place repeat orders. The most common feedback she receives from her customers is "once we have had your cakes, we cannot order for anyplace else". Anjana accepts corporate orders which need to be booked a week in advance.

She is self-taught and has not had any professional training in baking. She learnt many invaluable tips and tricks over the years with experimenting in her kitchen. This she says is what makes her baking bold. Her dream is to be known as the "Best Home-Baker in Bangalore".

Anjana's trademarks are her Belgian chocolate cakes, Swiss meringue buttercream cakes and almond croissants. LaVanilla offers about 30 different flavours. Her brownies, dessert and savouries come highly recommended by her repeat customers. So, if you're looking to order customized cakes baked with love and passion for special occasions for your loved ones, do give LaVanilla a try.



Priya – A Fashion Vlogger

You might be wondering what a vlogger is. A vlogger is somebody who creates and uploads a video blog. Priya shares a variety of fashion based videos on her popular Youtube channel. These cover vlogs, sustainable fashion, and share the details of customised and trendy dresses available in the market with reasonable prices. This goes to show that the usual advice to specialize on a topic doesn't apply to everybody.

She operates a channel Just Know Fashion, a self titled personal journal- type blog, and a popular Instagram channel. She also makes speaking appearances country wide. She clearly loves vlogging on aspects of trendy fashion.

She uploads new videos on daily basis covering the right shop in the city and the varieties available in the market. She visits the market place along with her crew and shoots the videos, which are later uploaded in her blogs through the proper research.

However, when you closely look at her videos, you do notice some patterns. She clearly loves vlogging on aspects of trendy fashion. Priya's channel, 'Just know fashion', is probably more informative about Priya's intentions. It states that she "... loves to spread positivity through all her content" and succeeds in attracting 55k plus subscribers in You tube, 17k plus subscribers in Instagram and 10k followers in Facebook. She enjoys creating customer friendly vlogs. She posts videos most days keeping her fans informed about the trendy attires, cost and the right place to shop.

Priya sums up her vlogging activities in the about section of her justknowfashion – "I share my strange life with the internet! Subscribers to see what happens next." And explains the purpose of her channel is to raise nerdy to the power of awesome. Brother is her biggest support, who always stood behind her every step.

PLANTAIN LEAF MAKHANA KHEER

**KNOCK
THE
KITCHEN**



INGREDIENTS

- Ghee (clarified butter) : 1 ½ tablespoons
- Cashew nuts : 2 tablespoons
- Phool makhana :
(Fox nuts or lotus seeds) : 1 cup
- Milk : Milk - 1 1/2 cups
- Tender banana leaves/
plantain leaf juice : 1 1/2 cups
- Sugar : 1/2cup
- Green cardamom seeds powder : 1/8 Teaspoon

Instructions

- Take milk in a deep, heavy-bottom saucepan on medium heat and bring it to a simmer. Keep stirring in between so milk doesn't burn and stick to the bottom of the pan
- Once milk starts boiling add plantain leaf juice to the milk.
- And let it simmer for 7-8 minutes or until it gets slightly thick.
- Simultaneously on another stove, heat the ghee in a pan on medium heat. Once hot, fry cashew nuts till it becomes golden brown in colour, remove it to a bowl.
- Keep it aside.
- In the remaining ghee, fry the Makhana until light brown, toasted and crispy.
- Do stir constantly for even browning.
- Remove it to a bowl or plate and let it cool to touch.
- Don't forget the plantain leaf milk at the same time, otherwise, it can get overflow. Once cooled, crush a few Makhana into a coarse powder using your thumb and fingers. This helps to thicken the kheer.
- Now the milk is thickened and add prepared Makhana. Let it immer for 4-5 minutes.
- Then add sugar and let it simmer for 2-3 minutes
Add cardamom powder and stir. Turn off the stove.
Garnish with fried cashews.

Yummy unique plantain leaf Makhana Payasam is ready to serve on your special and unique occasions.



Dr. Saraswathi N
Founder, Sacchu's Kitchen
Trissur



Cosmetic Eye Makeup

How To Use Cosmetics Safely Around Your Eyes!

Most eye cosmetics are safe when used properly. Eye cosmetics are usually safe when you buy them, but misusing them can allow dangerous bacteria or fungi to grow in them. Then, when applied to the eye area, a cosmetic can cause an infection. In rare cases, women have been temporarily or permanently blinded by an infection from an eye cosmetic.



However, it's important to be careful about

- the risk of infection,
- an injury from the applicator &
- use of unapproved color additives.



See the Safety Checklist below for tips on keeping your eye cosmetics clean and protecting against infections.

Safety Checklist

If you use eye cosmetics,

FDA urges you to follow these safety tips:

- ✦ If any eye cosmetic causes irritation, stop using it immediately. If irritation persists, see a doctor.
- ✦ Avoid using eye cosmetics if you have an eye infection or the skin around the eye is inflamed. Wait until the area is healed. Discard any eye cosmetics you were using when you got the infection.
- ✦ Be aware that there are bacteria on your hands that, if placed in the eye, could cause infections. Wash your hands before applying eye cosmetics.
- ✦ Make sure that any instrument you place in the eye area is clean.
- ✦ Don't share your cosmetics. Another person's bacteria may be hazardous to you.
- ✦ Don't allow cosmetics to become covered with dust or contaminated with dirt or soil. Keep containers clean.
- ✦ Don't use old containers of eye cosmetics. Manufacturers usually recommend discarding mascara two to four months after purchase.
- ✦ Discard dried-up mascara. Don't add saliva or water to moisten it. The bacteria from your mouth may grow in the mascara and cause infection. Adding water may introduce bacteria and will dilute the preservative that is intended to protect against microbial growth.
- ✦ Don't store cosmetics at temperatures above 85 degrees F. Cosmetics held for long periods in hot cars, for example, are more susceptible to deterioration of the preservative.
- ✦ When applying or removing eye cosmetics, be careful not to scratch the eyeball or other sensitive area. Never apply or remove eye cosmetics in a moving vehicle.
- ✦ Don't use any cosmetics near your eyes unless they are intended specifically for that use. For instance, don't use a lip liner as an eye liner. You may be exposing your eyes to contamination from your mouth, or to color additives that are not approved for use in the area of the eye.
- ✦ Avoid color additives that are not approved for use in the area of the eye, such as "permanent" eyelash tints and kohl. Be especially careful to keep kohl away from children, since reports have linked it to lead poisoning.



How to Remove Makeup From Around the Eyes?

Vaseline is a very effective makeup remover. It's lubricating, soothing to skin and helps makeup slide off without unnecessary tugging and pulling.

Baby shampoo is an inexpensive and ophthalmologist-recommended product for washing eyelids and the area around the eyes. These 'tear-free' soaps are often recommended to people prone to styes, chalazion and blepharitis for washing their eyes.

Whatever eye makeup remover you use, avoid getting it in your eyes.

Thoroughly rinse any remover off your eyelids.

Brush a clean cotton swab along the base of the eyelashes to remove all makeup remnants.

Be especially careful with exfoliating scrubs and don't use them around your eyes. Cleansers with scrubbing beads or gritty additions can scratch and irritate your eyes.

Be gentle with your eyelashes and the delicate areas around your eyes. Eyelashes are important for keeping dust and dirt out of your eyes. They also keep your eyes from drying out by blocking air movement over your tear film.



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

Scientists Invent Face Mask That Tells If You Have Covid-19 In 90 Minutes

Highlights

The masks are layered with tiny disposable sensors that can be fitted into face masks and can also be reconfigured to detect other viruses.

The sensors are based on freeze-dried cellular machinery that the research team had initially developed for detecting viruses like Zika and Ebola.

The sensors are cell-free circuit components that are freeze-dried and actually remain stable for months until they're rehydrated.



The sensors are designed in a way that needs to be manually activated by the individual, whenever they feel like taking the test. Moreover, the sensor is situated inside the mask so the results will only be revealed in the privacy of the mask wearer.

Face masks today protect us from contracting novel coronavirus; however, they might soon be able to detect COVID-19 too.

Engineers at the Massachusetts Institute of Technology and Harvard University have designed a mask that can detect COVID-19 in just 90 minutes.

The masks are layered with tiny disposable sensors that can be fitted into face masks and can also be reconfigured to detect other viruses.

The sensors are based on freeze-dried cellular machinery that the research team had initially developed for detecting viruses like Zika and Ebola. The sensors are cell-free circuit components that are freeze-dried and actually remain stable for months until they're rehydrated.



When they come in contact with water, they interact with their target molecule (any DNA/RNA sequence) and produce a signal in the form of changing the color. In the most recent iteration, the researchers have embedded these sensors into textiles with an idea to create lab coats for healthcare workers who are at risk for potential exposure to harmful pathogens.

Face mask that detects Covid-19 virus

In order to make wearable sensors, they layered the freeze-dried components into a small section of this synthetic fabric which was surrounded by silicone elastomer. This prevented the sample from evaporating.

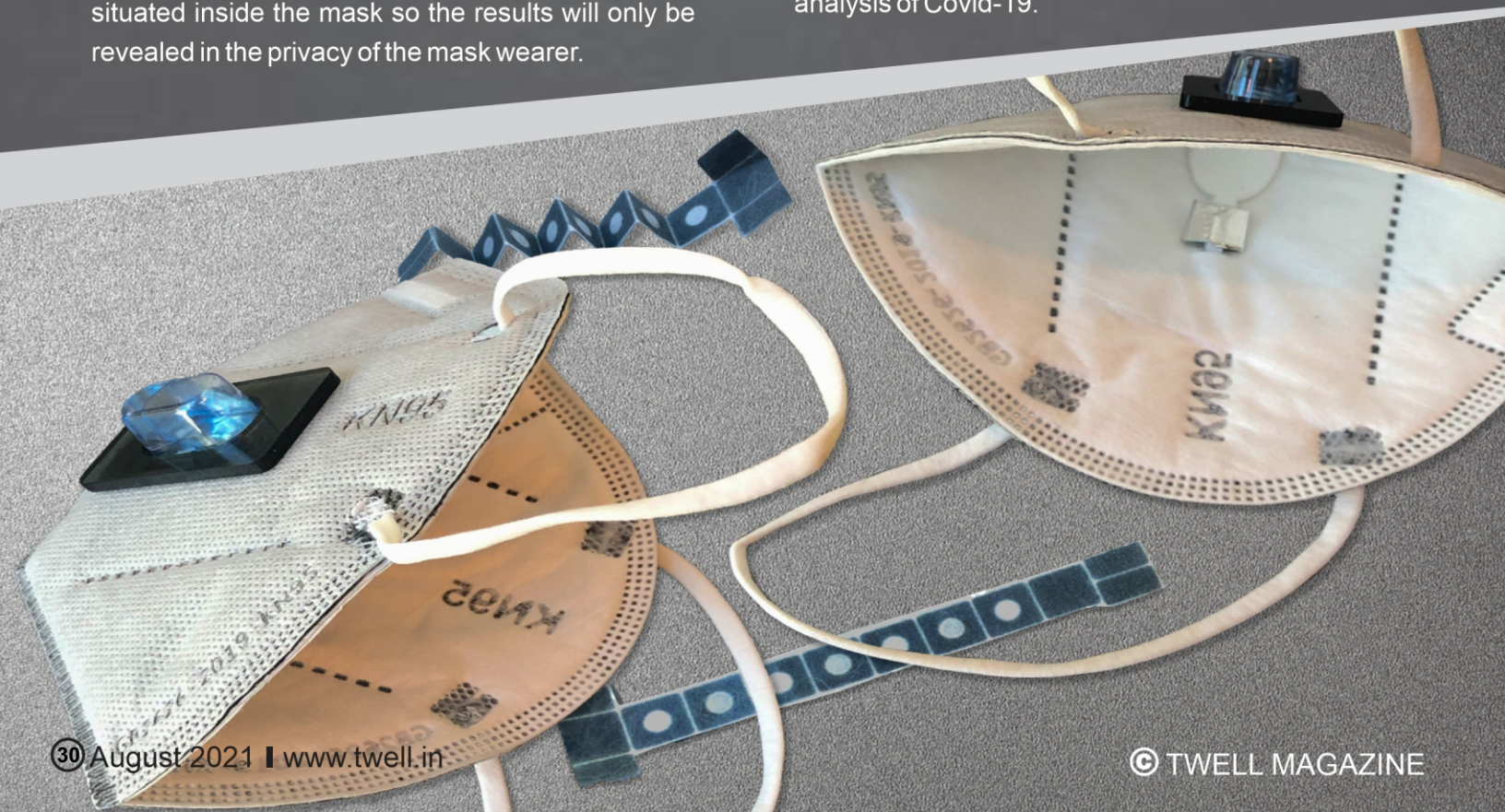
To test this out, they made a jacket with around 30 such sensors. The test showed that a small splash of liquid containing viral particles (simulating droplets from an infected individual) can hydrate the frozen cell components and activate the sensor along the way, changing the color that's easily visible through the naked eye.

The sensors are designed in a way that needs to be manually activated by the individual, whenever they feel like taking the test. Moreover, the sensor is situated inside the mask so the results will only be revealed in the privacy of the mask wearer.



For face masks, the same sensors were embedded in the paper of the mask and the sensor got a similar silicon elastomer treatment. However, the sensor was on the inside, collecting particles of the wearer's breathe. Also in the mask is a small water reservoir that can be released to activate the sensor in case the person is ready to take the test.

Peter Nguyen, a research scientist at Harvard University's Wyss Institute for Biologically Inspired Engineering explained, "This test is as sensitive as the gold standard, highly sensitive PCR tests, but it's as fast as the antigen tests that are used for quick analysis of Covid-19."





social

Worsening Water Nightmare In India

We need to promote a decentralised approach, with a key focus on water conservation, source sustainability, storage and reuse wherever possible

India is facing one of its major and most serious water crises.

After three consecutive years of weak monsoons, 330 million people — a quarter of the country's population — are affected by a severe drought. With nearly 50 per cent of India grappling with drought-like conditions, the situation has been particularly grim this year in western and southern states that received below average rainfall.

However, 12 percent of India's population is already living the 'Day Zero' scenario, thanks to excessive groundwater pumping, an inefficient and wasteful water management system and years of deficient rains. The CWMI report also states that by 2030, the country's water demand is projected to be twice the available supply, implying severe water scarcity for hundreds of millions of people and an eventual six per cent loss in the country's GDP.



The ministry has announced an ambitious plan to provide piped water connections to every household in India by 2024. The ministry has set a tough target at a time when hundreds of millions don't have access to clean water. Aiming at laying huge pipeline networks for water supply means that yet again, we are giving more preference to infrastructure. Also, the moot questions are: what will happen if there is no water to supply? What will happen to all the wastewater that gets generated?

This indicates that there is a clear disconnect between water, society and economy. Currently, we are interested in laying large networks, constructing huge storage dams, fetching water from 150 kilometres and above, which involves a huge carbon footprint.

We are valuing land more than water, neglecting our local water bodies, which have either gone dry or encroached. Also, in many Indian cities, water is not properly distributed. Some areas of mega cities like Delhi and Mumbai are privileged to get more than the standard municipal water norm of 150 litres per capita per day (lpcd) while other areas get 40-50 lpcd.

Aggravating the problem is that the water being supplied currently is of drinking water standards.

The World Health Organization (WHO) states that an individual requires around 25 litres of water daily for meeting his/her basic hygiene and food needs. The rest is used for non-potable purposes like mopping and cleaning. This indicates that for most of the non-potable uses, a quality lower than drinking water is required. Thus, for economic efficiency and environmental sustainability, water must be treated and supplied according to usage.





To top this, are issues of leakage losses, water pricing and metering of water. Lack of proper maintenance of existing infrastructure causes further losses of almost 40 percent of piped water in urban areas.

The road ahead

Looking at the current situation, there is a need for a paradigm shift. We urgently require a transition from this 'supply-and-supply-more water' provision to measures which lead towards improving water use efficiency, reducing leakages, recharging/restoring local water bodies as well as applying for higher tariffs and ownership by various stakeholders.

A recovery-based closed loop system is the need of the hour.

It is time to go back and start using our traditional practice of rainwater harvesting — catching water where it falls. Presently, India captures only eight per cent of its annual rainfall, among the lowest in the world.

Another aspect is the treatment and reuse of wastewater. About 80 per cent of the water that reaches households, leaves as waste and pollutes our water bodies and environment. There is a huge potential in reusing and recycling this treated wastewater at least for non-potable purposes, which is cost effective.

All this leads to the fact that we need to promote a decentralised approach, with a key focus on water conservation, source sustainability, storage and reuse wherever possible.

It is important to understand that managing the water situation is not the job of only engineers but all stakeholders including hydrogeologists, economists, planners and most importantly, communities themselves.

Emphasis on behavioural change is not getting enough attention because it is nuanced and complex. But locals/citizens/ communities have a huge part to play. By keeping in check our own usage and actions, we can contribute.

As for our decision-makers, they need to re-think: Are we being sold dreams or realities?





KIDS CORNER

Kids Just Want to Have Fun with Food

Boost the 'fun factor' of healthy foods with these tips and recipes.

When it comes to food, it seems kids just want to have fun.

We are, after all, talking about the "Happy Meal" generation. Kids are used to going to fast-food restaurants and finding their meal in a cute, colorful box with a toy inside. They've seen snack foods like mini cracker sandwiches made with fluffy cheese and peanut butter, and fruit-filled pastries you can pop in the toaster.

They see commercials for breakfast cereals with colorful marshmallows in fun shapes, and cereal that looks and tastes like mini chocolate chip cookies.

It's easy to make junk food fun to eat. But is it possible to use the "fun factor" to inspire kids to eat healthy foods?

The way to get kids to eat more nutritious foods is to make the experience as much fun as eating less healthy snacks.

And what makes a food or beverage fun? Just Kid Inc. recently put that question to children in three age groups (2-5 years, 6-8 years, and 9-12 years). The study (which included responses from a national sample of 3,230 six- to 12-year-olds and moms of 2- to 5-year-olds) found that most children agreed on a few characteristics that make a food fun to eat.



The "fun" attributes they named include :

- ☆ Finger foods. No surprise here - kids like eating with their fingers.
- ☆ Dipping and scooping. Children also think it's fun to dip or scoop their food into another food.
- ☆ Add-ins. Kids enjoy taking matters into their own hands by adding things to their food, such as sprinkles, sauces, or other toppings.
- ☆ Fillings and frostings. Fillings or frostings tend to make foods appealing to children.
- ☆ Silly shapes and cool colors. Kids like foods that come in interesting shapes and colors.
- ☆ Portability. Children like to be able to take food products with them.



Fun-Filled Healthful Foods

With a little imagination, all of these attributes can translate to healthful food and recipes (with the possible exception of fillings and frostings). For example:

- Baby carrots and celery sticks are portable and come in individual containers (available in the produce section of your market).
- Whole grain breads and biscuits can be cut into silly shapes.
- Light dips, yogurt, and smoothies can change into cool colors with a flick of the finger (using food coloring) or by blending in colorful fruits (like raspberries or mangos) or juices (such as pomegranate or grape juice.)
- Some ideas for fun add-ins and toppings: Chop tomatoes, broccoli, and green onions for topping baked potatoes; stir frozen fruit (sliced bananas, diced mango, Bing cherries, blueberries, or raspberries) into hot cereal; and use veggie toppings to create a face on a pizza or morning bagel.
- To create fun shapes, try pouring pancake batter into a plastic bottle and squeezing out the letters in your child's name.



Fun Cooking and Serving Tips

One important way to increase the fun factor of healthy foods is to involve kids in the cooking and serving process, "Cooking is fun, and kids who like to cook generally like to eat," experts say.

Some healthful foods can't help but be fun: "Smoothies, for instance, are fun to make and delicious to drink."



Here are 5 more tips for making cooking and eating fun :

- ⌘ Baking is a great way to get kids into the kitchen.
- ⌘ Learning to make ethnic dishes is not only fun, but helps teach children about other cultures.
- ⌘ Cooking can help introduce children to new foods.
- ⌘ Make the eating as much fun as the food by using interesting tableware.
- ⌘ Don't forget to show appreciation to your little helpers.



Chocolate Donuts

Ingredients :

- | | |
|--------------------------|----------------------------|
| Milk (warm) | : ½ cup |
| Sugar | : 1 tsp |
| Dry yeast | : 1 tsp |
| All purpose flour | : 2 tsp |
| Baking powder | : ¼ tsp |
| Butter | : 2 tsp |
| Pinch of salt | : Pinch of salt |
| Water | : ½ cup (or as required) |
| Oil to grease & deep fry | : Oil to grease & deep fry |
| For Chocolate Glaze | |
| Powdered sugar | : 1 cup |
| Cocoa powder | : ¼ cup |
| Vanilla essence | : 1 tsp |
| Milk | : 3 tbsp |

Method

- Firstly, activate yeast by adding milk and sugar.
- Now add Maida, baking powder, butter and salt.
- Combine and knead to smooth dough adding water as required.
- Grease, cover and rest for 1-2 hours.
- Punch the dough and roll slightly thick using a rolling pin.
- Now with the help of a donut cutter, cut it round.
- Allow to rest in a warm place for 2 hours.
- Deep fry in medium hot oil to golden brown.



Let donuts rest and prepare chocolate glaze :

- Firstly, mix 1 cup powdered sugar, ¼ cup cocoa powder, 1 tsp vanilla extract and 3 tbsp milk.
- Stir well till the mixture forms smooth and creamy
- Now dip the doughnuts in chocolate glaze and serve chocolate donuts sprinkled with sugar crystals.

Notes :

- Firstly, top with any flavoured glaze to prepare a variety of donuts.
- Additionally, add 2 tsp of more sugar while kneading dough, to prepare sweet doughnuts.
- Finally, chocolate donuts stay good for 2 days, however they taste good when served hot.



RIYA (MONICA)

Kriya Cakes And Treats

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Beauty & Wellness

Skincare coach suggests

five simple habits to develop in your 20s

"While you might have thought that you wouldn't have to start worrying about taking care of your skin until you were in your 30s or 40s, there are few habits you can develop in your 20s that will protect your skin in the long run.



"Healthy and glowing skin cannot be achieved overnight; it requires a lot of dedication and patience. But instead of trying out every new product, one must first understand their skin type, its requirements and then adopt a carefully-curated skincare routine. But most people believe that they shouldn't worry about skincare till they are in their 30s or 40s. However, skincare coach suggested that one must start early — in your 20s — to protect the skin and keep it healthy. With just a few simple daily habits, you can ensure a natural glow. The expert recently took to Instagram to share the importance of skincare in your 20s. "While you might have thought that you wouldn't have to start worrying about taking care of your skin until you were in your 30s or 40s, there are few habits you can develop in your 20s that will protect your skin in the long run."



Further, Skincare coach listed five simple and effective skincare habits that you should start in your 20s.

- * Choose the right cleanser according to your skin type — oily, dry, combination — and its specific requirements.
- * Use a broad-spectrum sunscreen daily.
- * Use a tinted moisturiser instead of a foundation. Lesser the pigment, the lesser harm to the skin. It would conceal the spots you want to and also provide enough moisture to the skin.
- * Invest in a good eye cream, preferably lightweight. It will help nourish the delicate area around the eyes.
- * Always take off your makeup before going to bed. On days when you are feeling lazy and tired to reach out to the sink, just wipe the face with a makeup remover wipe.



Stop comparing yourself - Pantsuits for all Different Women Shapes



The most important rule of tailored clothing is that it must fit your body perfectly. Nothing looks as sloppy as an ill-fitted suit or dress, and at the same time nothing will make you feel as confident as clothes that are designed for the unique shape of your body. They aren't called power suits for nothing! Whether you're a size 36 or a size 44, you need to try wearing custom made-to-measure clothes at least once in your life. You won't regret it.



Why Made-To-Measure Clothes Work For Every Body ?

Most women will know that off the rack or pret-a-porter clothes almost never fit right, especially when it comes to tailored pieces like blazers and dress pants. That's because there is no global standard when it comes to clothing sizes. Clothing brands and designers create their own sizing ranges, which is why you can be a size 36 in one brand and a size 40 in another. Many brands use fit models as the basis for their clothing sizes. Fit model sizes vary from brand to brand, but the industry standard is usually around 5'6 - 5'8 tall (171 - 177cm) with measurements of 36-28-39 in (91-71-99 cm), give or take a few inches.



This means if you are shorter, taller, or have different proportions to the fit model, the clothing won't fit right. Petite and tall women are all too familiar with the struggle of having sleeves and pants that are too long or short. And as there are so many different body types, it's very rare for an off the rack item of clothing to match up perfectly to your bust, waist, and hips. Of course, you can send your clothes to the tailor for correction. But this gets expensive, and sometimes it's simply impossible to get the result you need due to the fabric or cut of the item of clothing. Why not get things exactly right the first time around with made-to-measure clothes?





The Benefits Of Made-To-Measure Clothes

Just as the name suggests, made-to-measure clothes are designed exactly to your measurements. Imagine having a blazer that fits perfectly across and around your shoulders, with the right sleeve length, and that tapers into your waist just the right amount. Dress pants that fit perfectly around your waist and your hips, with the perfect length of inseam, and that flatter the shape of your legs. No more spending additional time and

money at the tailors, or feeling bad because your body doesn't match up to another brand's sizing chart. Everybody is different and beautiful, and made-to-measure clothes highlight this. If you find yourself wearing tailored clothes regularly, made-to-measure clothes are a must. A perfectly tailored dress blazer and dress pants will make you look like the sharp and talented girl boss you are. As you can see, all of these outfits are two very different sizes but they both look amazing on each woman!





The Big Celebration

Penning down my thoughts has always been the best part of a deal. When I initially collaborated with "TWELL" for your guys fav "KALYANI KORNER" didn't feel that it would in turn be a monthly test to me of what I bring to the table. But eventually this space has become one inevitable part of my life speaking out my opinions and perspectives. Have always wondered how teens could connect way better and respond to the columns! Maybe we are in the same ship to sail. Hahaha, anyway time flew fast and its one year of my talks with you. Feels super fresh and can't really pen down what I feel at this moment.

I have had this writing journey from the start of my pre-teens, I love to quote what I feel and make it relatable. I have so much to share and raise maybe that's when I found writing as a space to exhibit the inner me;

I had times when nothing helped me, had things that could bother me so much, had stuff that would never let me take a nap. Alas! What set me free was a medium to express my thoughts and let it wing up. However this wasn't how my passion for writing started; it was when everything in the mighty world looked precise in words to me. It was when everything in the universe felt like a fantasy and it was as well when I had found myself outrageous while writing.

Well, I have always told my friends and anybody whom I meet with passion to write and feel it once; because writing is not something that comes out of rivalry but out of love. And you will find yourself dancing to the tunes if you just feel it once, vibe it once. It's beautiful!

Write it down, just make it and if you do that don't mind sending it to me in my mail (thesmarkalyani@gmail.com). Can't wait to read. (thesmarkalyani@gmail.com). Can't wait to read.



With love,
Vj Kalyani
Ms.India Popular
Prominent anchor of South India

SHREE KRISHNA JANMASHTAMI



Janmashtami is the auspicious day when Lord Krishna took birth on this planet. The birthday of Lord Krishna is celebrated with great fervor and zeal in India in August or September. As per Hindu Calendar, this festival is celebrated on the 8th day of the dark fortnight which is called Ashtami of Krishna Paksh. Lord Krishna is believed to be the most powerful soul and incarnation of the Lord Vishnu. His birth took place in Mathura before 5,200 years. And, that's why Mathura is called Krishnabhumi.

This festival is celebrated all over India by the Hindu majority. The people called this festival by different names like Krishna Janmashtami, Sree Jayanti, Gokulashtami, and Srikrishna Jayanti. The birth of Lord Krishna took place to dispel evil from the earth and spread the message of love and brotherhood.



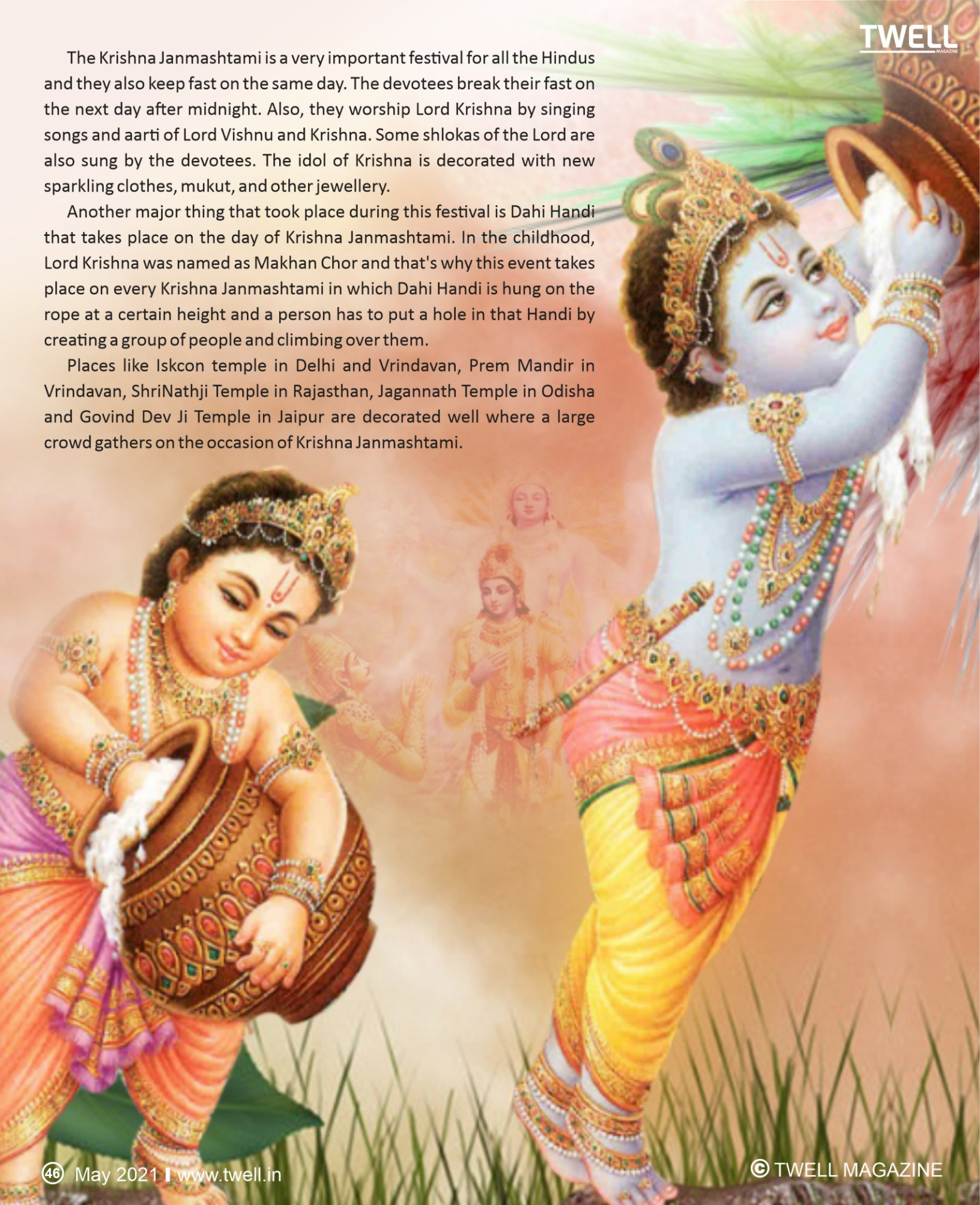
Lord Krishna is the 9th avatar of Lord Vishnu. He is one of the most beloved deities across the length and breadth of India worshipped with many names. For the people who are the followers of Bhakti Cult of Vaishnavism consider Lord Krishna to be the Supreme deity in the Hindu religion. A detailed study of all the avatars helps us understand that the life incidents of Lord Krishna and his personality traits, especially on the battlefield of Mahabharata are aspects to which many people relate to even today. His cunning character during the war, his romantic persona with the Gopis, his love for Yasodha, his naughty adventures in Gokul with his friends, a dear friend of Sudama and a guide of Arjuna, etc, all represent some or the other teachings.

These multiple roles make Lord Krishna an inspiration and seek lessons for day-to-day life.

The Krishna Janmashtami is a very important festival for all the Hindus and they also keep fast on the same day. The devotees break their fast on the next day after midnight. Also, they worship Lord Krishna by singing songs and aarti of Lord Vishnu and Krishna. Some shlokas of the Lord are also sung by the devotees. The idol of Krishna is decorated with new sparkling clothes, mukut, and other jewellery.

Another major thing that took place during this festival is Dahi Handi that takes place on the day of Krishna Janmashtami. In the childhood, Lord Krishna was named as Makhan Chor and that's why this event takes place on every Krishna Janmashtami in which Dahi Handi is hung on the rope at a certain height and a person has to put a hole in that Handi by creating a group of people and climbing over them.

Places like Iskcon temple in Delhi and Vrindavan, Prem Mandir in Vrindavan, ShriNathji Temple in Rajasthan, Jagannath Temple in Odisha and Govind Dev Ji Temple in Jaipur are decorated well where a large crowd gathers on the occasion of Krishna Janmashtami.



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