

PREMIUM
EDITION

JUNE-2021

TWELL

MAGAZINE

TO MAKE A CHANGE

**Home Oxygen
Therapy**

5G Revolution in India

**Coronavirus & Black
Fungus effects on eyes**

**Beneficial Effects
on Conch**

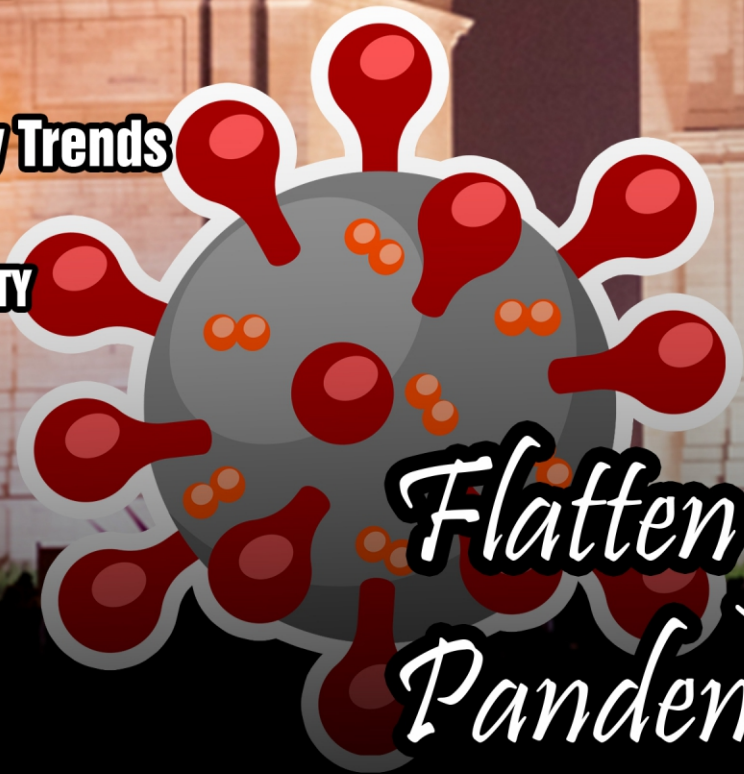
**FASHION
Bridal Jewelry Trends**

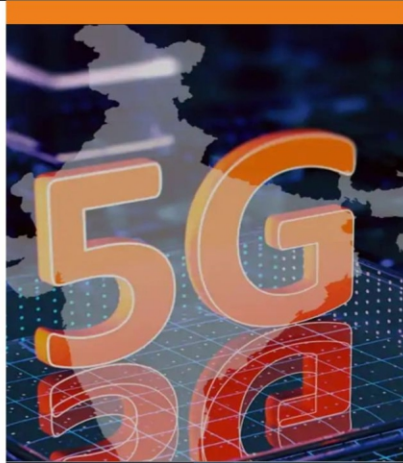
**Countries that allow
Vaccinated travelers**

**SERVING HUMANITY
THROUGH FOOD**

COVER STORY

*Flatten your
Pandemic Fear*





The 5G technology is yet to be priced in the Indian market but companies are already launching 5G services to get the first-mover advantage. Sunder Pichai said, "We are focused on building an affordable one... we are committed to making progress on the project and we are going with them (5G)".

Reliance has released ultra-compact 4G phones and amazingly cheap data plans in the country in 2019 which disrupted the whole Indian telecom market. It is touted that they are the strongest base to bring the 5G revolution in India. Also, Mukesh Ambani himself has stated that he wants Reliance to drive this massive change in the country.



...ous relaxation, regular sleep, avoidance of and alcohol, staying mentally occupied and avoiding negative news and interactions, time in good company, especially children, and so on, all alleviate the effects of fatigue.

COVID symptoms should not remain unattended beyond day-to-day living and may lead to chronic. Given the extreme stress on our medical system, options are not getting attended to. An early PC assessment and screening can provide and the need for any special interventions is reduced. Safety comes first.

It battles the massive resurgence of the virus, with another silent pandemic that a large part of the frontline workers who are overworked and ill. Reports of suicides among doctors are a



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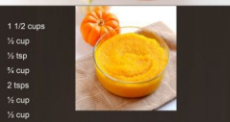
Tropical climate, when temperature exceeds 45°C in most regions, dehydration gets extremely common & creates a lot of heat in the body, leads to bloating, water retention and acidity. Experts suggest intake of lots of green vegetables, seasonal fruits and herbs helps the body maintain its hydration levels and also protect the skin. But to ensure eating fruits always in the first half of the day to prevent fat gain & have in an empty stomach to avoid indigestion.

Recent years seeing consumers' awareness in deep connection between diet, health, and environment, the consumer profile of organic food gradually moved on an upward spiral & has now become a 'major' in specialty stores, supermarkets & online stores worldwide. Today, consumers' demand for transparency is not only limited to staple food but has reached snacks, desserts & especially ice creams. In a quest to achieve health and wellness, consumers expect to know the story behind their food, especially about food safety, chemical preservatives, pesticides, and genetically modified ingredients. Food industries are working on gaining trust in the face of informed and empowered consumers by adopting natural & organic ingredients & it needs to meet 'Standards' which improves the nutrition credentials in edibles uplifting the organic market size.



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- Buttermilk 1 1/2 cups
- Fresh cream 1/2 cup
- Salt 1/2 tsp
- Sugar 1/2 cup
- Ginger paste 2 tps
- Nannari sabutti/sarsaparilla syrup 1/2 cup
- Pumpkin puree 1/2 cup

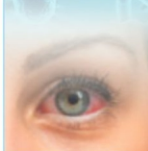


Eyes.

About Fungal infections
Eye infections can be caused by many different organisms, including bacteria, viruses, amoeba, and fungi. Eye infections caused by fungi are not very rare, but they can be very serious.

Types of fungal eye infections:
Fungal infections can affect different parts of the eye.

- Keratitis is an infection of the clear, front layer of the eye (the cornea).
- Keratitis is an infection of the clear, front layer of the eye (the cornea).



Endogenous - Exogenous fungal endophthalmitis occurs after fungal spores enter the eye from an external source. Endogenous endophthalmitis occurs when a bloodstream infection (for example, candidemia) spreads to one or both eyes.

Types of fungi that cause eye infections:
Many different types of fungi can cause eye infections. Common types include:

- Fusarium - a fungus that lives in the environment, especially in soil and on plants
- Aspergillus - a common fungus that lives in indoor and outdoor environments
- Candida - a type of yeast that normally lives on human skin and on the protective lining inside the body called the mucous membrane



Also, people who have diabetes, weakened immune system, or use corticosteroids may be more likely to develop fungal eye infections than other people.

Health & Wellness

Home Oxygen Therapy
What to Know

Do I need it?
Home oxygen therapy can help with many conditions including:

- Asthma
- Chronic bronchitis
- Congestive heart failure
- COPD (chronic obstructive pulmonary disease)
- Cystic fibrosis
- Emphysema
- Lung cancer
- Pneumonia
- Pulmonary disease
- Sleep apnea

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Find what fuels your fire

Flames must be fueled to keep a fire burning, and without the necessary fuel and oxygen, it will die off. The same goes for our immune and nervous systems. If our immune system gets too weak, it can't fight off germs, and our nervous system can't function properly. A passion ignites our body and our mind. The oil that fuels a passion in our life, otherwise we should and do. Consider what is fueling you to fire up participating in and start.

Lemon Cake

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From the Editor Pandemic Panic

The second wave of Corona virus is currently changing our life and economy dramatically. Our entire medical staff-corona warriors, frontline workers, youth, people associated with essential and emergency services, volunteers, urban local bodies have a huge responsibility in the fight against the Covid-19 pandemic.

And, as the corona virus spreads, our unanswered questions can make us feel vulnerable or fearful. The more you stress, the more vulnerable you can become to viruses, because stress can dampen your immune response. But you can take to push back against the communal anxiety.

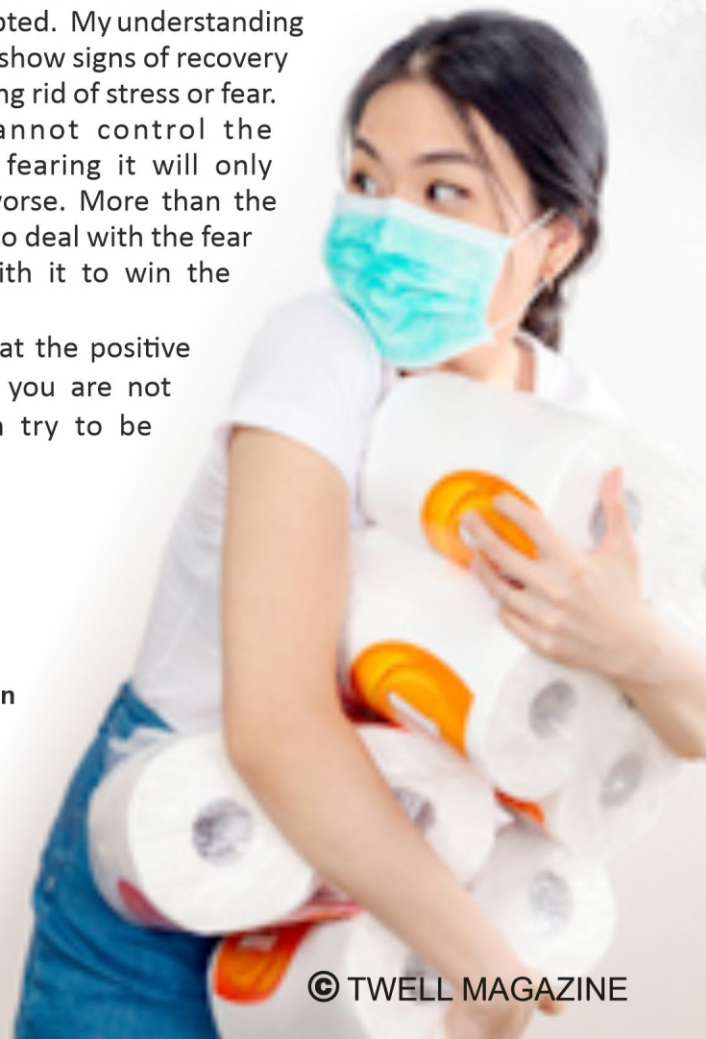
Stay Safe, be compassionate and educate others to follow the Covid appropriate behaviour. The corona virus, or COVID-19, is inciting panic for a number of reasons. Measures are being taken that are unprecedented in recent history: schools are closing, sports teams aren't playing, vacations are cancelled, family gatherings rescheduled. Although these preventative actions are for good reason, they can also partly explain why people are getting worried.

At the same time, there are lots of reasons not to be scared. Be reasonable and be cautious, but don't be frightened.

Don't panic, divert your mind, try and focus on the positive aspects of life — these are the three mantras that have to be adopted. My understanding is that you will show signs of recovery only after getting rid of stress or fear. Know you cannot control the situation and fearing it will only make things worse. More than the virus, one has to deal with the fear that comes with it to win the battle.

Try to look at the positive side of life. If you are not spiritual, then try to be practical.

Deepak Tater Jain
Editor-In-Chief
TWELL Magazine





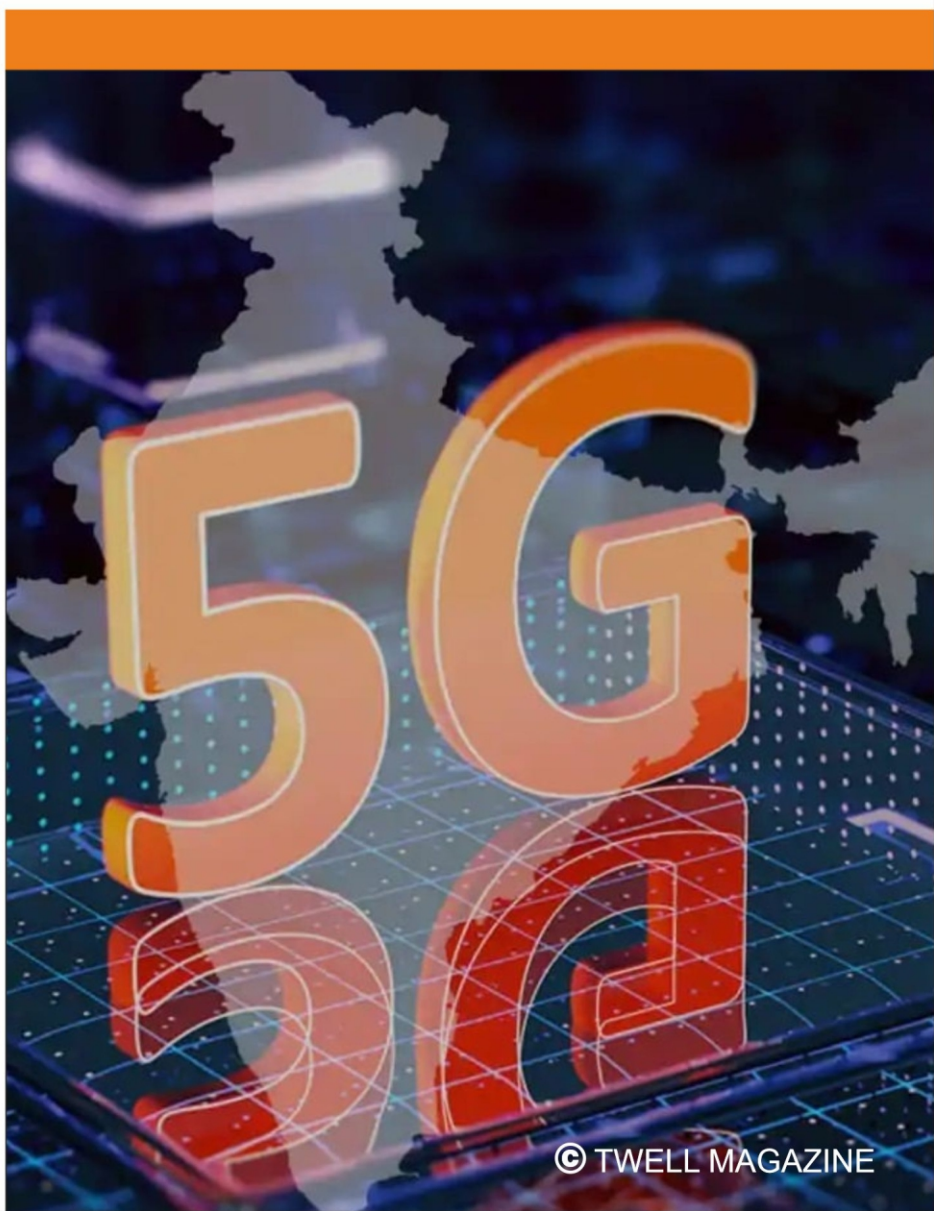
5G Revolution in India

Google and Jio working together to bring the 5G revolution to India

It is being reported that the US giants, Google and one of the biggest companies in India, Reliance are working closely to build 5G smartphones for the Indian audience. Reliance chairman Mukesh Ambani announced in 2020 that they are working on this project with Google and now this has been reiterated.

This time, it is Google's CEO Sundar Pichai himself who has come forward and gave affirmation of this project. The digital arm of Reliance, Jio is the leading telecom company in India which is the biggest smartphone market in the world.

Jio sold a significant portion of its stake last year to multiple companies which helped the share price of Reliance skyrocket. One of the companies which bought a part of Jio was Google. The US-based company acquired 7.7% in Reliance Jio by investing Rs 33,700 crore. Google's investment in the company last year was a part of "Google for India Digitization Fund."



The 5G technology is yet to be floored in the Indian market but companies are already launching 5G devices to get the first-mover advantage. Sundar Pichai said, “We are focused on building an affordable phone... we are committed to making progress on the project and we are working with them (Jio).”

Reliance has released ultra-affordable 4G phones and amazingly cheap data plans in the country in 2016 which disrupted the whole Indian telecom market. It is touted that they have the strongest base to bring the 5G revolution in India. Also, Mukesh Ambani himself has stated that he wants Reliance to drive this massive change in the country.



This partnership might present Google-Jio-branded 5G smartphones in front of us very soon. With 5G technology coming soon in India, this will help Reliance to grab an even higher market share in the country.



COVER STORY

Flatten your pandemic fear Be aware, Don't panic



Prior to March 2020, people were not worried about getting sick. We lived our lives without safety measures and did not think about viruses spreading or killing people, even though they did. What changed? The country (and much of the world) was traumatized by the news of a pandemic. There was an explosion of media attention about an unknown virus that spread across the globe and into our country. We saw images of hospitals being overrun, severely sick people on ventilators which were in short supply, and not enough protective equipment to shield the nurses and doctors treating those patients. We heard doctors talk about the virus spreading quickly through asymptomatic individuals and there were scientific models estimating millions dying. To be safe and flatten the curve, virtually everything shut down – quickly.

Because our knowledge of the virus has improved since March, we must now flatten the fear, a difficult task for many reasons. Like toothpaste you can't put back in the tube, it's difficult to dial down fear. Once a trauma occurs, anxiety is maintained with fearful thinking and anxious behaviors.

Even if you do not know a single person who has experienced severe symptoms or died of COVID-19, you might live in fear due to the high volume of attention paid to the frightening aspects of the disease. The more one focuses on catastrophic possibilities or negative aspects of a problem, the more anxious they become.





One could argue that we are better prepared now than the first wave which hit India in 2020, but the question remains are people happy to live this way? Are they barely moving from one day to another desperately hoping for the virus to fade away?

The resurgence of Covid with new mutants - touted to be riskier and infectious, coupled with uncertainty over treatment have caused severe fear and fatigue among many.

In India, where mental health and well-being are still not given much importance, citizens are slowly coming to terms with the psychological impact that the sudden change of lifestyle had on them.

So many people stay on their own, so many elderlies are staying away from their children, it becomes very difficult to stay sane when there's so much panic all around."

"While fatigue can be caused by dietary (vitamin and mineral) deficiency, lack of sleep, being overweight, leading a sedentary lifestyle, stress, depression, diseases like diabetes, and medication, the fatigue caused by a Covid-19 infection is the result of a whole new family of causes. These range from anxiety, fear, disturbed sleep, irregular eating, muscle weakness and loss due to prolonged inactivity at one end, to inflammation as part of the body's natural defensive response to the virus."





"Staying physically active to the extent feasible ensures reversal or slowing down muscle weakening and is the most reliable remedy for physical fatigue. However, exerting beyond comfortable levels can be counterproductive especially when the body has not fully recovered and so needs to be graded. Stretches are very useful to stay flexible. Maintaining a healthy, nourishing alkaline diet rich in fruits, vegetables, healthy proteins, whole grains, nuts prebiotic and probiotic components, and remaining well hydrated is essential. Any deficiency in Vitamins D3, B12 and minerals like iron, magnesium, and potassium must be countered with supplements,"

The job losses and uncertainty of the future are a major reason behind the increasing mental health issues in the country.

"We all want to plan our future in advance, but in this scenario, not a single thing can be planned - be it something personal or professional. This uncertainty is leading to anxiety, fear, and fatigue in people.



"We are already in isolation. But, we should not shut ourselves completely. We have to be in touch with our families, share our thoughts with those that we are close to. At this moment, we have to understand that virtual communication is a must to ward off negative thoughts. Not talking to anyone could make one slip into depression. Also, it's always good to seek professional help."

Covid-19 damages lung tissue which takes a long time to recover; this is helped by breathing exercises like box-breathing, diaphragmatic breathing, pranayam, and spirometer or balloon exercises. If a medical assessment indicates the need, special exercises like segmental breathing, postural drainage, and neuro-physiological facilitation for respiration under supervision may be required.

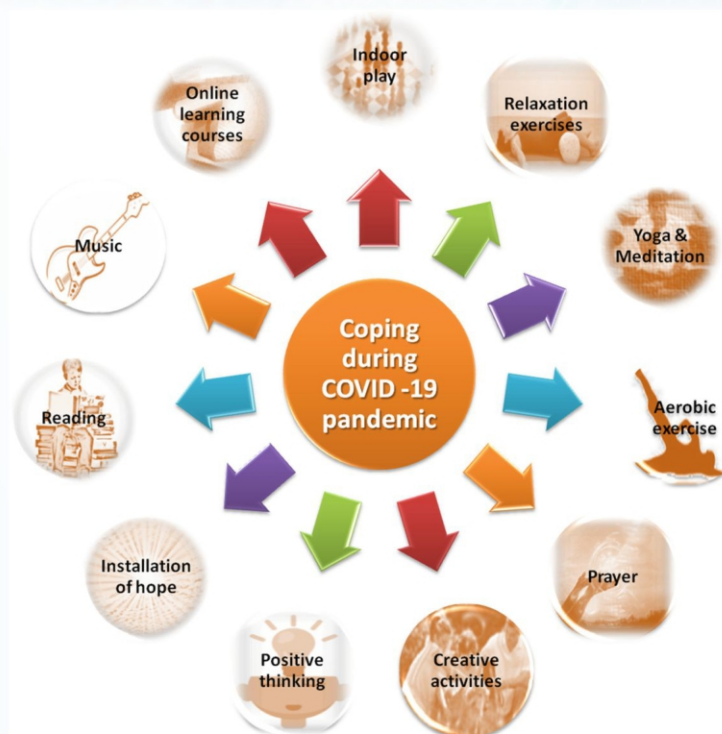




Conscious relaxation, regular sleep, avoidance of smoking and alcohol, staying mentally occupied and positive, avoiding negative news and interactions, spending time in good company, especially children, and on hobbies, all alleviate the effects of fatigue.

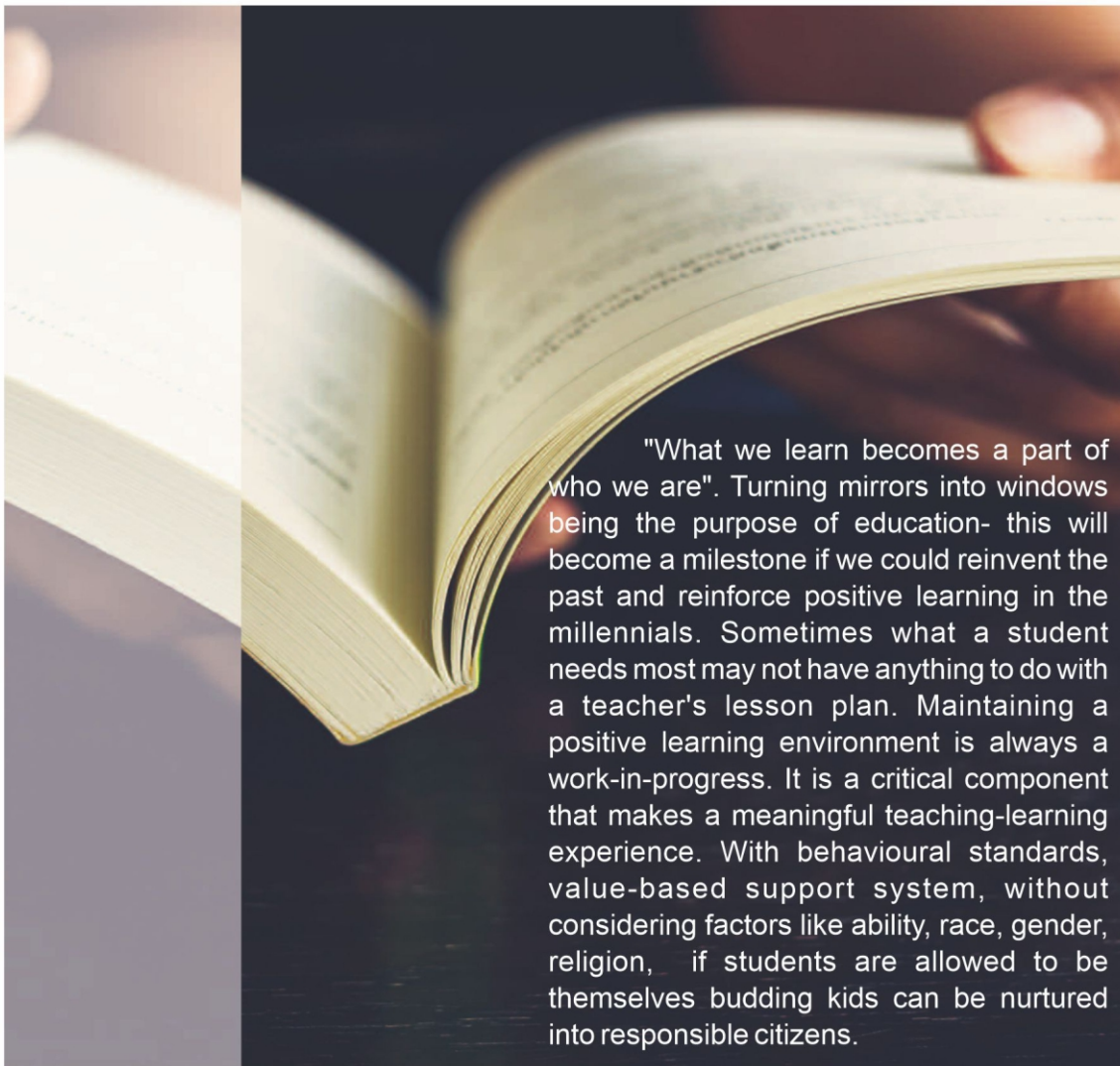
Post-Covid symptoms should not remain unattended as they impact day-to-day living and may lead to chronic ailments. Given the extreme stress on our medical system, these symptoms are not getting attended to. An early systematic assessment and screening can provide guidance and the need for any specialist interventions when required. Safety comes first.

As India battles the massive resurgence of the virus, mental health is another silent pandemic that a large part of the population is fighting. The frontline workers who are working under extreme stress are overworked and exhausted. Reports of suicides among doctors are a striking reminder of the underlying mental health issues among the group and should be acknowledged and treated before it spirals out of control.



REINFORCING POSITIVE LEARNING

AN INSIGHT ON REVISITING TRADITIONAL EDUCATION



"What we learn becomes a part of who we are". Turning mirrors into windows being the purpose of education- this will become a milestone if we could reinvent the past and reinforce positive learning in the millennials. Sometimes what a student needs most may not have anything to do with a teacher's lesson plan. Maintaining a positive learning environment is always a work-in-progress. It is a critical component that makes a meaningful teaching-learning experience. With behavioural standards, value-based support system, without considering factors like ability, race, gender, religion, if students are allowed to be themselves budding kids can be nurtured into responsible citizens.

Has real Education become a mirage in the 'new normal'? Are Children drifting away from the basic educational system? I believe that we grow as we start from our roots and explore new possibilities. Change may be the only constant thing but like a tree, for one to grow stronger and be fruitful is its roots that should be deep and well-conditioned. Our journey in 2020 has been a reflection of our lifestyle and the Pandemic has only made us recline and reflect on our schooling and our approach towards life. From Chalk and talk to Zoom and Google meet, from storytelling to Kindle, from learning under trees to sophisticated classrooms, from pen to pub-g, from Ramayana to Animae is a change but learning where we come from to where we are going is important too.

My Ten point programme to bridge the gap is

- Introducing Life skills like Gardening, Pottery, Cooking, Tailoring as hobby classes at schools.
 - Creating more libraries and villages becoming "Book Capital" to encourage free learning to all.
 - Playing traditional games like kho-kho, Kabaddi, hide and seek more often than just indoor games.
 - Encouraging activities towards charity and extending community services to be part of curriculum.
 - Following simple practices like regular prayers, yoga, greeting teachers and friends and cleaning classrooms.
- Maintaining hygiene and creating a learning environment into an aesthetic atmosphere.
 - Serving fresh, hot, well cooked and balanced food rather than having burger, fries and pizza joints at campus.
 - Activities involving team building, group discussions to imbibe harmony in co-existence.
 - Exposure to natural sunlight, fresh air and Gurukul set-up for valuing nature.
 - Collaborative learning and inclusiveness with lessons of honesty, humility and humanity.

The real points to be considered are "not the strict adherence to 'regular' conditions and norms". There are strategies and tactics but crucial emotional and psychological scaffolds that are needed to teach in this new paradigm. To know Sushruta, Aryabhatta, Ramanuja, Chanakya, Veda and Ayurveda and to appreciate Galileo, Antoni Van Leeuwenhoek, Pythagoras to become Children of substance should be the way of life.



Hema N
Assistant Professor
RV PU College
Bangalore



Beneficial Effects of Conch Blowing on Respiratory System



Indian tradition is sacred and every custom that is incorporated has an immense scientific value. Although our elders have not made any research study to support the views, still the traditional customs are highly valuable and effective. One such custom in Indian tradition is blowing the conch.

Sound and music significantly influence the state of human mind and emotions. Listening to low volume melodious and harmonic music will aid to have a relaxed state of mind. Sound waves produced by conch shells enhance positive psychological vibrations and lead to a state of improved focus and performance.

It is believed that blowing of conch shells has a huge beneficial effect on health, especially on the heart and respiratory system. Conch is a common name that is applied to medium to large-sized shells made up of calcium and magnesium. The term applies to large snails whose shell has a high spire and a noticeable siphon canal with noticeable points at both ends.

In Hindu mythology, this is a sacred emblem and is still used as a trumpet. Conch shell or Shankh (in Sanskrit) is blown during auspicious beginning. It is one of the eight auspicious symbols of Buddhism and represents the pervasive sound in this religion. It was reported that regular blowing of the conch reduces the tongue fat, prevents multiple orofacial problems.



Neuroscience says that there is a strong bond between sound and emotional states of the human brain. Blowing conch shell and listening to its sound and conch self itself has a lot of uses. Cosmic energy of the earth gets magnified on entering the conch shell. These vibrations radiate positive vibes and eradicate negative energy from surroundings.

The blowing of conch shells makes the atmosphere holy, pure, and conducive for the spiritual growth of the individual. It also augments the positive psychological vibrations such as optimism, hope, determination, and willpower. These can also be felt by people listening to it. Brain as response to the sound of the conch shell is studied using electroencephalogram (EEG) recordings.

The EEG signals result from recording the electrical activity produced by firing of neurons in the human brain. The moment Shankh is blown our brain is emptied of all thoughts and one enters a state of Trance where he/she is more receptive.

Children suffering from stammering, pulmonary disorders, and asthma, cough, liver, and spleen ailments can be cured by blowing conch shells. Blowing the Shankh regularly reduces blockages in the heart and improves the respiratory system.



Serving Humanity through Food

Amid rising Covid-19 infections in Chennai, several people have taken it upon themselves to provide home cooked meals to the affected people and their families.

Latha Dubai, an Event management, PR & Marketing Consultant, is also a well-known social activist from Chennai. When contacted, she told Twell Magazine, "I am getting several calls every day requesting food for covid affected patients. The calls are from across the Globe, from Spain, Canada, USA, Malaysia etc whose families in Chennai are alone and affected by Covid." Though she is an entrepreneur, her current focus is Service and not business. She believes that this is the time to serve humanity and not be driven by commercial interests.

Latha Dubai personally cooks the meals at home and is delivered by 3rd party delivery partners to the homes of the patients. She provides a minimum of two meals a day but upon special requests, she also delivers morning breakfast, prepared in her own kitchen with a lot of hygiene and care. The food usually contains rice, rotis, pulses, greens and vegetables to ensure that the family in need gets the right nutrition.

Finding a big need for meals for the covid affected, she started "Food For Chennai" with her 2 friends, Suresh P Jumani and Anisha Chugh. In a span of 20 days, Food For Chennai has delivered more than 12000 home cooked, healthy meals across Chennai free of cost, to covid patients. Now they have started distributing food to the patient's attenders in various government hospitals and railway stations along with water bottles.



She started her role as a social activist during the Tsunami calamity that struck the southern coast in December 2004. She had actively participated in rehabilitation work of the Tsunami affected with AID (Association for India's Development) Tsunami Relief and Rehabilitation Campaign in all aspects right from doing field work at Tirukaduyur, Nagapattinam to coordination work from Bangalore. Her tagline is “transforminglives”, “spreadingsmiles”. She works extensively in the areas of geriatric care, women empowerment and child care.

Subsequently she had the opportunity to meet the Hon'ble Prime Minister Shri Narendra Modi and present a project on rural health care which was very much appreciated. Before making this presentation, she travelled the length and breadth of our country's rural areas to understand the prevailing healthcare situation.



Her passion for causes like human rights, child welfare and geriatric care fuels her zeal and drive to be a change maker instead of waiting for change to happen. Her strong belief that “We Can be The Change” makes her seize every day opportunities to make a difference to at least one person a day.

A hands-on rescuer and relief operation person during the Chennai floods, she was a known figure for coordinating the same. She is one of the PINK Ambassadors for the India Turns Pink Foundation that works towards creating awareness and prevention of Breast Cancer.



She has been recognized for her social work by several organizations.

How To Bond With Your Kids During Holidays

The relationship that parents share with their children is so pure and unique that no words can explain or cover the emotions that are related to it. There is no question on the presence of love between a parent and his or her child. Some people feel this is the only relationship worth trusting.

The biggest problem is that nowadays most parents find it extremely difficult to bond with their children as they do not have enough time to spend with their children. In this competitive environment, surviving is not an easy job and to make ends meet, both mother and father often have to work. Parents get so busy in their daily work schedule that somehow children get neglected.



In a normal routine, your busy schedule may not allow you to bond with your children, but holidays give you an excellent opportunity to leave work troubles behind and come close to your kids. This way you get a break from your hectic work schedule and can utilize this time to bond with your kids.





★ **Plan a Vacation :**

Going out and spending quality time with your kids is one of the most important things you can do with your children. Holidays are the perfect time for going on a vacation with your child. The whole day can be dedicated to playing games, sightseeing, having fun, and much more. There is a considerable margin for spending quality time together when you go on a vacation. Let them pluck mangoes, climb hills, take a dip in the pool and mix with other kids.

★ **Help Them With School Homework :**

Normally during holidays, children are given a lot of work. You can help them in completing their homework. This can give a strong boost to the confidence level of your child.



★ **Watch Movies Together :**

This is something that can also be done on weekends during day time. During the holidays, you have a lot of time, and if you think there is not much to talk about, then there is nothing better than watching a movie together. Ask your children to select a movie and watch it together.

★ **Hear Them Carefully :**

To get close to your child, you will have to look into his heart and listen to his every small emotion. Be patient and carefully listen to all what your child wants to share with you. Sometimes, their issues may seem unimportant to you, but keep in mind that they are bigger and more valuable to them. Communicate with them and hear what they have to say.



★ **Play Games Together :**

It is not necessary that you should go out to play games with your children. There are many kinds of board games that can be played inside the home. Also, children are extremely fond of playing video games. Grab a PS3 from the market and surprise your kids. Take out a couple of hours from your daily schedule and plan to play some games together.



★ **Plan Some Indoor Activities :**

Activities like singing, gardening, and reading can bring out the best in your child. If there's a pet in your home, assign your child the responsibility of grooming it. Observe them for a few days and give your child feedback about their performance. Gardening is a type of activity which almost everyone enjoys. Spending half an hour each morning and evening can help you strengthen the bond with your kids.

★ **Teach Them :**

Children are always fascinated by the world of science. Teach them about the creation of the universe and planets surrounding earth. Answer their questions and look out for some more engaging information on science from the internet. Let them know about the importance of volunteerism and how giving away some part of their money can help to make the future of unprivileged kids, which will make your kid more socially responsible.



KIDS CORNER

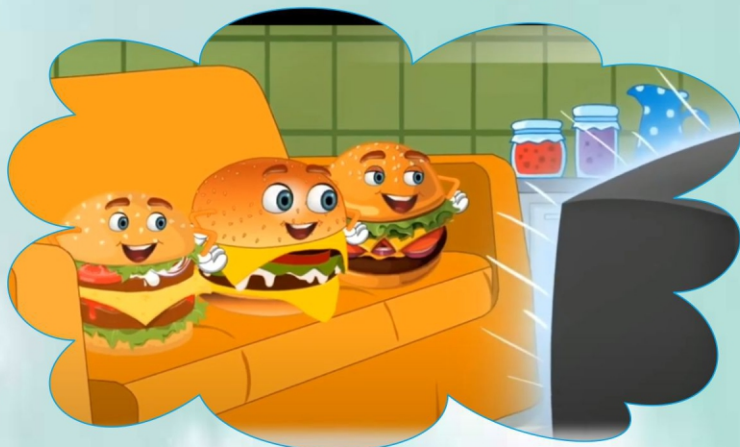
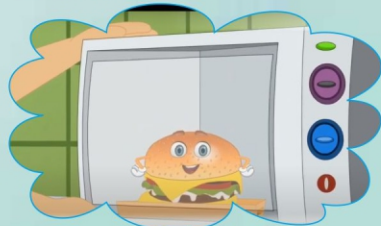
The Burger

who didn't want to be junk food



The Little Burger Could Have Continued Quietly Living This

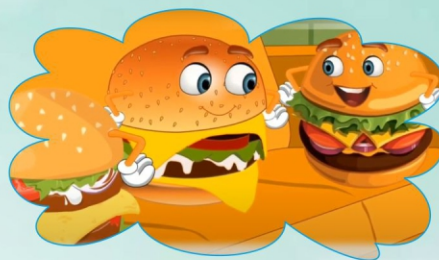
Way For Many Years If It Hadn't Been For The Fact That, One Day, While She Was Waiting Her Turn At The Cooking Range, She Heard One Of The Customers Referring To Her As "junk Food". And, Boy, Did This Make Her Angry! She Was So Furious That She Almost Spontaneously Combusted.



Once Upon A Time There Was A Burger Who Had Many Lives. Each Day She Would Wake Up In The Burger Bar, And Patiently Wait Her Turn To Be Cooked By The Chefs, Before Being Served To The Customers. While Being Eaten, She Would Do Everything Possible To Make Herself Really Delicious, And With The Customer's Final Bite She Would Feel Like The Lights Had Gone Out And She Had Simply Fallen Asleep. The Next Day The Whole Process Would Repeat Itself.

From Then On She Realised That Many People Used That Term About Her And Her Sisters. And After Listening Closely To Any Radio Or Television Program About Junk Food Or Healthy Food, She Arrived At A Horrifying Conclusion: It Was True, She Was "junk Food".

Now She Understood Why Most Of Her Favourite Customers Were Now Much Fatter Than They Had Been When She First Met Them, And Why Those Who Came Most Often Didn't Look Too Well. The Burger Felt Terrible; All This Was Her Fault! So She Tried To Find Some Solution, Some Way They Could Shake Off That Terrible Name.



And then she hit on it. Whenever she saw one of the kids who visited almost daily, she would choose the best place to be chosen, and would wait to be served. Once he was with the child, and the important moment wasn't far off - the first bite - the burger would concentrate as much as she could and... nothing happened. The child sank their teeth into the burger and chewed the mouthful just as usual. Then along came another bite, with the burger concentrating as before, but everything happened just as before...



Several more bites and the burger was about to give up, when she heard the child's voice:

"Blimey, how strange! This burger doesn't taste of anything."



That was just the start of what turned out to be a perfect plan. The burger convinced all her sisters not to have any flavour whenever they were with a customer that visited too often, in return for being even more tasty when the customer came only rarely.



In this way they began to see fewer chubby, unhealthy-looking faces in the restaurant, and many of their old familiar friends started looking much better, while getting to eat much tastier burgers.

And these burgers became much more popular from then on, because, everywhere, it's more enjoyable to taste something after a while of not having had it.

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MAGAZINE

Presents

SIWAA



SOUTH INDIA WOMEN ACHIEVERS AWARDS

2020

AT



SPR CITY
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SUCCESS STORIES OF WOMEN ACHIEVERS

<p>Education Partners</p>  <p>ALOHA GROUP OF INSTITUTIONS</p>	<p>Women Entrepreneurship Partner</p> <p>Do It Yourself Academy</p>  <p>DIYA Learn Achieve Become</p>	<p>Social Initiative Partner</p>  <p>BORN TO WIN</p>
<p>Fashion Partner</p>  <p>Kapture Sustainable to your imagination</p>	<p>Power Partners</p>  <p>BOKADIA ELECTRIC COMPANY</p>	<p>Co Powered by</p>  <p>N NVA WOLVES</p>



Jyothsna Yerramsetti

There is no bar, no hurdle, and no boundary strong enough to hold back a woman to achieve what she wants. Today, for a woman, the only limitation is her dreams and aspirations.

Jyothsna Yerramsetti rose from a humble background to lead an organization of her own.

She established her startup company “IUThink” in August 2018 along with Co-Founder Divya Kalikota which encourages rural innovations and development. Organised IU Tech Summit on September 27 and 28th, 2019 in which 20 rural innovations got exhibited. Farmers and people from rural areas visited the innovations and got awareness about them. Along with Join for Development Foundation IUThink organised Dr. Kalam Innovation Festival 2020 at Vishnu Institute of Technology, Bhimavaram on 27th and 28th Feb 2020. 90 rural innovations are presented and awarded. IU Tech Summit 2021 is announced and targets 200 innovations. From IU Think successfully launched many student startups.

The main aim of establishing IUThink is giving a platform to Rural, Agri and Student innovators from rural areas where there is very less exposure to showcase their ideas.



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



She has seen many rural innovators who did not even complete class 10. But developed brilliant innovations. There are a lot of innovators who are struggling to get into the limelight. At IUThink we give a platform for them.

Jyothsna Yerramsetti, Completed Graduation in Information Technology 2013, and worked as a software engineer for 5 years in one of the big MNCs at Hyderabad. Her father Mavullayya is a farmer and mother Rama Tulasi is a house wife, are biggest inspirations in her life.

Jyothsna, involves herself in a lot of social activities. She set up APJ Abdul Kalam digital lab in ZPH Government School at Yerramsettipleem which consists of 40,000 equipment which is very useful for students. Jyothsna also installed many softwares which consists of numerous practical experiments.

Jyothsna also selected for Niti Manthan, Delhi a national level internship program. As part of that she created legal awareness through 20 physical outreach programs. She was awarded “Young Leader” award by Niti Manthan, Delhi. She is now doing organic farming and spreading awareness among farmers and other people on the importance of organic farming.

She is the Proud recipient of India's biggest South India Women Achievers Awards 2020. She even won many awards and accolades for her achievements at a very young age.



Divya Kalikota

As a society, the world and its very existence is incomplete without women. Females are natural creators, who share a sense of inclusivity which the world invariably longs for. These unsung heroics are slowly transforming the face of the country.

Divya Kalikota, Co Founder- IUThink with her engineering background and five-plus years working experience in the industry switch her to the new pace. Her main reason to choose this field was the warm and inspiring people.

Her meeting with Jyothsna Yerramsetti (CEO- IUThink) changed her life. They had a common thought of encouraging rural innovations and established their startup company "IUThink" in 2018. These two informal females create a new path to the rural youths.

They Organised IUtech Summit - 2019 on September 27 & 28 th, 2019 in which 20 rural innovations got exhibited. Farmers and people from rural areas visited the innovations and got awareness about them. Along with the Join for Development Foundation IUThink organized Dr. Kalam Innovation Festival 2020 at Vishnu Institute of Technology, Bhimavaram on 27th & 28th Feb 2020 where 90 rural innovations were exhibited and awarded. They are organising their third edition of Innovation Summit which is IUtech Summit - 2021 and targeting 200 innovations.

Divya along with Jyothsna also did a lot of social activities. They set up APJ Abdul Kalam digital lab in ZPH Government School at Yerramsettipalem which consists of 40,000 equipment which is very useful for students.

They also installed a lot of software which consists of numerous practical experiments. They also donated a computer to the same school.

She had the opportunity to support the rural people with identifying their core capabilities and defining their inventions, both aimed at increasing social impact and scaling up the number of people with access to build their career.

Divya's father had 4 daughters and he always encouraged his daughters and made them pursue their dreams. Divya says her Father Ramulu Kalikota and Mother Uma are the biggest strength along with her 3 sisters

In addition, the cliché about being surrounded by inspiring and motivated people turned out to be true. Because the skills and knowledge she gained in the field, has helped her to build a wide range of knowledge and experience.

She is now doing organic farming and spreading awareness among farmers and other people on the importance of organic farming.



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

Summer Drinks

Touche to Natural Sorbets

Tropical climate, when temperature exceeds 45°C in most regions, dehydration gets extremely common & creates a lot of heat in the body, leads to bloating, water retention and acidity. Experts suggest intake of lots of green vegetables, seasonal fruits and herbs helps the body maintain its hydration levels and also protect the skin. But to ensure eating fruits always in the first half of the day to prevent fat gain & have in an empty stomach to avoid indigestion.

Recent years seeing consumers' awareness in deep connection between diet, health, and environment, the consumer profile of organic food gradually moved on an upward spiral & has now become a 'major' in specialty stores, supermarkets & online stores worldwide. Today, consumers' demand for transparency is not only limited to staple food but has reached snacks, desserts & especially Ice creams. In a quest to achieve health and wellness, consumers expect to know the story behind their food, especially about food safety, chemical preservatives, pesticides, and genetically modified ingredients. Food industries are working on gaining trust in the face of informed and empowered consumers by adopting natural & organic ingredients & it needs to meet 'Standards' which improvises the nutrition credentials in edibles uplifting the organic market size.



Ice cream

If you secretly feel guilty for adding one more scoop to your ice cream bowl every now and then, don't! Research says Ice cream tends to increase the dopamine levels in the body, keeps you awake and alert. Ingredients used in organic ice cream are mostly natural / organic like fruit powder, cocoa, & vanilla bean. Organic cane sugar instead of other sugar substitutes which makes the ice cream tastier. Organic ice cream is gluten free, contains an amount of Omega 3 fatty acids that are essential in maintaining a healthy body. The primary ingredients such as milk & cream must come from cows that are not given antibiotics or hormonal shots. Cows are fed natural food and their grazing areas are maintained without any pesticides or chemical fertilizers. Maintenance, labors & agricultural practices often take longer to manage crops, as per FAO (Food & Agriculture organization) of the United Nations. Organic costs are a little high because the production process is more expensive. Rich, creamy texture of organic milk and high nutrition profile of other ingredients render directly to organic ice cream; consumers do not hesitate to pay more for products from quality sources.





Lassi

Because it's a refreshing traditional drink, loved across India, perfect for hot sunny days & served chilled. Lassi is a blend of churned yogurt / curd, water, spices and sometimes fruit, it's thickened to a cream consistency and then topped with additional flavors like rose syrup, mango, kesar or khus. Mango lassi is quite healthy and popular because of seasonal fruit & the combination of mangoes, yoghurt & milk is the perfect blend of protein, fiber & starch. Mango lassi is a great source of lactic acid & Vitamin D, which helps in boosting the immune system.



TumpaDatta Gupta

Edupreneur - Mentor
B.Tech in Cosmetics.

Buttermilk

Buttermilk or 'Chaach' is a popular beverage for summers, prepared by churning of curd, so it contains less or almost no fat. Probiotics in buttermilk help in proper digestion and remove toxins from our body. It contains essential nutrients like calcium, sodium, potassium, vitamins like B - complex and D and traces of phosphorus. Sometimes spices such as mustard seeds, cumin, pepper, ginger, green chilies, curry leaves and coriander leaves are added to buttermilk to enhance its flavor and nutritional value. Salt should be avoided or added in very little quantity. The lactic acid in buttermilk improves body metabolism, acts as a cleanser detoxifying our digestive tract, strengthens immunity & helps in replenishing intestinal flora



KNOCK THE KITCHEN



EGGLESS PUMPKIN NANNARI ICE CREAM

INGREDIENTS

Buttermilk	1 1/2 cups
Fresh cream	1/2 cup
Salt	1/2 tsp
Sugar	3/4 cup
Ginger paste	2 tsps
Nannari sarbath/sarsaparilla syrup	1/2 cup
Pumpkin puree	1/2 cup



Method

- Chop the pumpkins and boil the chopped pumpkin pieces till soft and allow it to cool. Make it smooth puree in a blender and keep aside. Mix custard powder with a quarter cup of butter milk and keep aside.
- Add the remaining buttermilk, salt, sugar, ginger paste, and pumpkin puree.
- Heat slowly over medium heat, stirring often.
- When pumpkin mixture starts boiling add custard buttermilk mixture, Nannari syrup and mix well. Add the ground spices powder.
- Continue cooking the pumpkin custard mixture stirring constantly, until it is thick enough. This will take about 6 to 8 minutes.
- Allow it to cool completely.
- Add fresh cream, and whisk with a whisker till everything gets mixed.
- Pour the custard into an airtight container.
- Freeze overnight till almost set.
- When the ice cream is frozen, scoop into individual dishes and garnish with a piece of nutmeg.
- Enjoy this summer with this unique healthy eggless pumpkin Nannari ice cream.
- The ice cream may be served immediately after freezing, or scooped into a freezer container for later use



Dr. Saraswathi N
 Founder of Sacchus Kitchen



Home Oxygen Therapy

What to Know



Your body can't live without the oxygen you breathe in from the air. But if you have lung disease or other medical conditions, you may not get enough of it. That can leave you short of breath and cause problems with your heart, brain, and other parts of your body.

Oxygen therapy can help. It's a way to get extra oxygen for you to breathe. Oxygen is a prescription medication.

Do I Need It?

Home oxygen therapy can help with many conditions, including :

- Asthma
- Chronic bronchitis
- Congestive heart failure
- COPD (chronic obstructive pulmonary disease)
- Cystic fibrosis
- Emphysema
- Lung cancer
- Pneumonia
- Pulmonary fibrosis
- Sleep apnea





How Much Will I Need ?

Your doctor will give you a prescription that spells out how much oxygen you need per minute and when you need to get it. Some people may need oxygen therapy only when they exercise or sleep. Others may need it all day long.

Your doctor will figure out how much extra oxygen you need after they check your usual levels, either with a blood test or through the skin using a device that clips to your finger, toe, or earlobe.

Equipment

You can get oxygen in several ways. The best choice for you depends on how much you need, your lifestyle, and other things.

Standard oxygen concentrator. This machine has a motor and runs on electricity or sometimes batteries. It takes in regular air and filters out other gases to get the oxygen. It weighs about 50 pounds and usually has wheels so you can move about while you're hooked up to it. If you have the plug-in kind, you'll need a backup source of oxygen in case the power goes out.

Portable oxygen concentrator. This is a good choice for when you run errands or go to work. It weighs 3-20 pounds so you can carry it. You can plug some models into your car or run them on battery packs.

Liquid oxygen tank. Usually, oxygen is a gas. But at lower temperatures it becomes a liquid. It takes up less space than gas, so you can store a lot more liquid oxygen in a thermos-like tank. When it comes out, the liquid converts to a gas right away so you can breathe it in. A tank can weigh more than 100 pounds, and you need to refill it every few weeks.

You can also fill up a smaller canister that's easy to carry when you leave the house.

Compressed oxygen gas tank. This is an older and less common choice. It squeezes, or compresses, oxygen under high pressure inside a metal cylinder or tank. It's very heavy, and the tank can't be moved. You replace empty tanks every few days. Compressed gas also comes in smaller, portable cylinders, but they only last a short time.

You will also need a way to breathe in the oxygen. You can use a:

Nasal cannula. This is a soft plastic tube with two small prongs at one end. They go in your nose, and the tube rests over your ears to hold it in place. The other end connects to your oxygen supply. The nasal cannula delivers steady oxygen. It can dry your nose out a little.

Face mask. This fits snugly over your mouth and nose. The mask can make it hard to talk, and you can't wear it while you eat or drink. Usually, you would use a mask to get high levels of oxygen.

Transtracheal catheter. For this surgery, your doctor inserts a small plastic tube called a catheter through your neck just below your Adam's apple and into your windpipe. A necklace holds the tube in place. The other end connects to your oxygen supply. You can't see the catheter if your shirt is buttoned to the top. Another advantage is that you need a smaller oxygen flow since it goes directly into your airway. But it has several drawbacks. One is that the opening in your neck could get infected.



Oxygen Safety

Oxygen is a safe gas, but it will make something else burn hotter, brighter, and more easily. Always follow these safety tips around oxygen:



Don't use flammable products like cleaning fluid, paint thinner, and aerosol sprays.



Never smoke, and don't let others light up near you. Keep away from open flames, such as matches, cigarette lighters, and burning tobacco.



Keep oxygen containers upright. Attach them to a fixed object so they don't topple.



Skip products with oil, grease, or petroleum. That also goes for petroleum-based creams and ointments like Vaseline on your face or upper chest.



Have a fire extinguisher close by. Let your fire department know that you have oxygen in your home.



Stay 5 feet away from heat sources. That includes gas stoves, candles, lighted fireplaces, and electric or gas heaters.



Tell your electric company if you use an oxygen concentrator so you get priority service in case of a power failure



Corona Virus & Black Fungus Effects on Eyes

As you all are well aware of a new variant added to the Corona Virus - The Black Fungus. In today's issues we will spread light on its symptoms, causes and treatment of Black Fungus involving Eyes.

About Fungal infections

Eye infections can be caused by many different organisms, including bacteria, viruses, amoeba, and fungi. Eye infections caused by fungi are extremely rare, but they can be very serious.

Types of fungal eye infections:-

Fungal infections can affect different parts of the eye.

- * Keratitis is an infection of the clear, front layer of the eye (the cornea).
- * Endophthalmitis is an infection of the inside of the eye (the vitreous and/or aqueous humor).

There are two types of endophthalmitis : exogenous and endogenous. Exogenous fungal endophthalmitis occurs after fungal spores enter the eye from an external source. Endogenous endophthalmitis occurs when a bloodstream infection (for example, candidemia) spreads to one or both eyes.

Types of fungi that cause eye infections:-

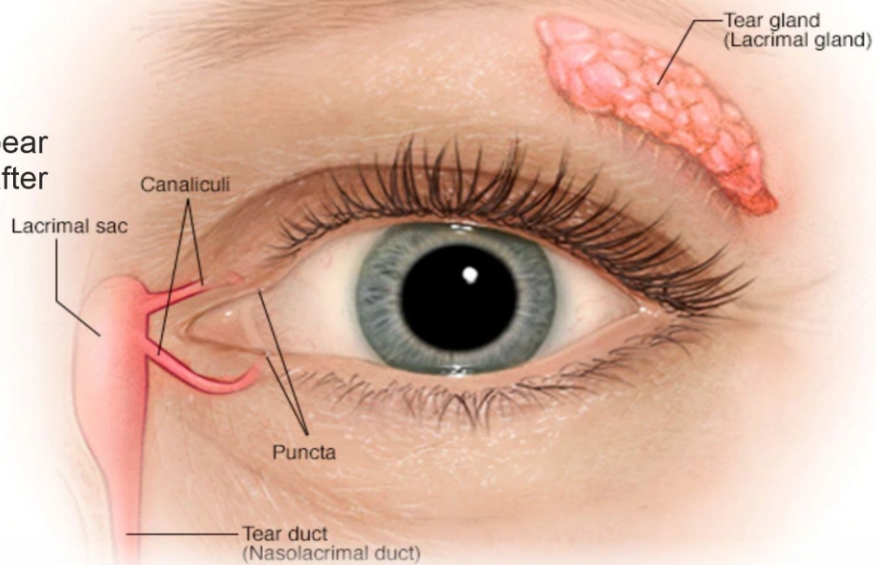
Many different types of fungi can cause eye infections. Common types include:

- * Fusarium – a fungus that lives in the environment, especially in soil and on plants
- * Aspergillus – a common fungus that lives in indoor and outdoor environments
- * Candida – a type of yeast that normally lives on human skin and on the protective lining inside the body called the mucous membrane

SYMPTOMS

The symptoms of a fungal eye infection can appear anywhere from several days to several weeks after the fungi enter the eye and can include:

- * Eye pain
- * Eye redness
- * Blurred vision
- * Sensitivity to light
- * Excessive tearing
- * Eye discharge

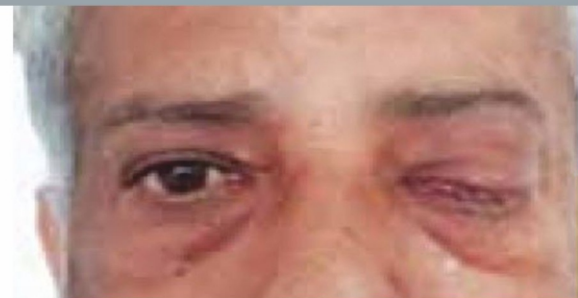


If you have any of these symptoms, call your eye doctor right away. If you wear contact lenses, remove them immediately. Fungal eye infections are very rare, but if they aren't treated, they can become serious and result in permanent vision loss or blindness.

Who gets fungal eye infections?

Anyone can get a fungal eye infection. These infections usually are linked to one of these situations:

- * Eye injury, particularly with plant material (for example, thorns or sticks)
- * Eye surgery (such as corneal transplant surgery or cataract surgery)
- * Chronic eye disease involving the surface of the eye
- * Wearing contact lenses
- * Exposure to contaminated medical products that come in contact with the eye
- * Fungal bloodstream infection (like candidemia)

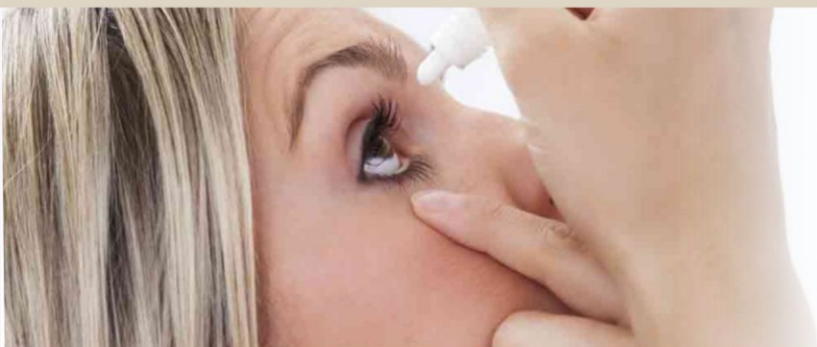


Also, people who have diabetes, weakened immune system, or use corticosteroids may be more likely to develop fungal eye infections than other people.



Diagnosis & Testing of Fungal Eye Diseases

To diagnose a fungal eye infection, your eye doctor will examine your eye and might take a small sample of tissue or fluid from your eye. The sample will be sent to a laboratory to be examined under a microscope or cultured. Polymerase chain reaction (PCR) and confocal microscopy are also being used as newer, faster forms of diagnosis; however, culture is the standard method for the definitive diagnosis of a fungal eye infection.

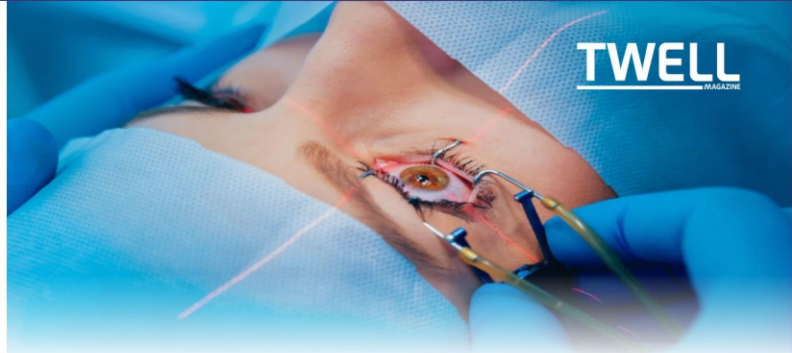


Possible forms of treatment for fungal eye infections include :

- * Antifungal eye drops.
- * Antifungal medication given as a pill or through a vein.
- * Antifungal medication injected directly into the eye.
- * Eye surgery.

All types of fungal eye infections must be treated with prescription antifungal medication, usually for several weeks to months.

Take care of your eyes and maintain hygiene!



How can I prevent a fungal eye infection?

- * If you're a farm worker or work often with plant materials, wear protective eye wear to help prevent an eye injury.
- * People who wear contact lenses should care for their lenses properly.



TREATMENT

The treatment for a fungal eye infection depends on :

- * The type of fungus,
- * The severity of the infection, and
- * The parts of the eye that are affected.



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



REIGNITE YOUR PASSION FOR LIFE

We all lose our spark at times, it's only natural. When we're feeling deflated and uninspired, taking time out to reignite our inner flame is a must. If you're longing for that pulsating, electric feeling in your heart that reminds you how magical and wonderful life is, it's time to rekindle your passion and purpose for living!

But Experts say, how important it is to stay motivated and reignite your passion for life by waking up with a purpose, setting goals, embracing your creativity, and adopting a positive mind-set.

Find what fuels your fire

Flames must be stoked to keep a fire burning, and without its necessary fuel and oxygen, it will die off. The same applies to our passions and desires – if we don't nurture them, they may eventually burn out. “A passion ignites our body and our mind. We all must have a purpose in our life, otherwise we shrivel and die.” “Consider what it is you love to do or enjoy participating in and start.”

Get
Creative

Creativity is a fantastic motivator – it takes one idea and evolves it into another. Whether it's jotting your thoughts down into a journal or joining a pottery class, creating gives you the opportunity to express yourself as an individual.

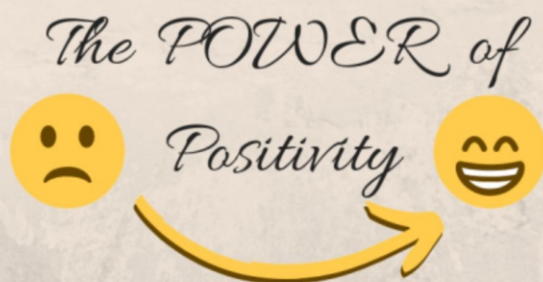
STAY
CONNECTED

Relationships, whether with close friends, romantic partners or family members, fulfil our most important need of all – love. Everyone needs to love and be loved. We often get so caught up with other aspects of our life that we forget to truly connect with our loved ones. Truth is, those things become meaningless if we have no one to share them with.

Making plans with friends or family members will certainly help reignite your passion for life, as nothing is more valuable than support from the people we love. “Reconnecting with family and friends now you have the time can be very rewarding,” expert says. “Taking the time to travel or spend time with others can be so fulfilling.”

Check in often

It's important to regularly check in with yourself to recognise the areas that are no longer serving you. Stagnant energy becomes trapped, therefore people and things that no longer serve you must be removed or changed to make space for the new.



Our thought process follows a seemingly predictable pattern, therefore negative thinking rewires the brain and causes us to fall into continuous cycles. Dr Phillip says the best way to train your brain into thinking positive thoughts is to clearly define your end goal rather than what you want to steer clear of.

To have passion for life means to experience, learn, desire, and always stay true to your dreams. It makes you a better person, defines you, and is one of the foundations of living a healthy lifestyle. So, if somewhere along the way that drive disappears, do everything in your power to establish it once again. Ignite a spark within your soul and let it burn bright.

CONCLUSION



A Career Break

“Struggling within you”

If you are on a career break or planning to take one, then these are the things you should do to spend your time.

People may consider a career break for a variety of reasons such as medical issues, family care or any other reason. Are you also currently on a career break or about to take one? This means that you will have a lot of free time in your hand.

You might be confused about how to spend an entire day without working. Well, you can make your day productive even when you are on a career break. Read ahead to know about some things that you can do while on a career break.

Pick up a Book

The key to success is to read a lot but you might not get much time to read due to your busy schedule. However, this is the perfect time to pick a book in your favourite genre and learn a thing or two. Also, this won't let your mind be idle and wandering off.

Figure out your finances

Now is the time when you have no excuses to figure out your finances. Utilize this time to plan your savings and make other crucial decisions related to finance. Use this time to probably understand how to manage your finances which will surely help you in the long run.

Travel

Remember when you wanted to go on that exotic vacation but you couldn't as you didn't get your leave approved. Well, now is the time to take that trip. Most popular activity during a career break is travel and it is well justified as who doesn't love to travel and witness the beauty around the world?

Revisit an old passion

Was there something you loved during childhood but left it behind due to your busy schedule? Well, this is the perfect time to get your hobbies into the present from the past. Whether you like to paint or dance or sing or do martial arts, it's the time to start doing it again. It doesn't matter if you are good at it or not, just start it to have the time of your life.

Volunteer

This one is a good idea for both your personal and professional life. While you are working, you might not get the time to volunteer and do something for the society but now you have some free time and energy to give it to others.

This will help you sharpen your skills and also, help you learn some important life lessons. This will make you feel like you are doing something productive with your time and will also add the experience to your resume for when you decide to re-join.

Sleep

Career break doesn't only require you to do something productive. It is the time to relax and what better way to do it than sleeping. Catch up on your sleep that you missed while working early morning or late night shifts.

While working, you might be going to bed with stress the next day but it's time to have a stress-free and uninterrupted sleep at night or even during the day, whatever you like.





Lemon Cake



Ingredients

Maida	160 gm
Baking powder	1/2 TSP
Baking soda	1/2 TSP
Curd	100gm
Castor sugar	150 gm
Melted butter	50 gm
Lemon essence	1 TSP
Lemon zest	1 TSP
Lemon juice	1 TSP
Yellow colour	2 to 3 drops



Method:

Preheat oven at 180 degree for 10 min

- * Sieve Maida, baking powder and baking soda in a bowl
- * Add curd, sugar, butter and essence mix it well
- * Now the batter is ready add colour, lemon zest and lemon juice and mix it for few seconds
- * Take a pan and pour the batter on the tap well and put in a preheated oven on 160 degree for 25 to 30 min.



RIYA (MONICA)
Kriya Cakes And Treats



These Countries Are Allowing Vaccinated Travelers To Visit

If you are planning to travel amid a pandemic then you need to know which countries have opened their doors to vaccinated tourists.

The outbreak of Covid-19 and the pandemic have affected major sectors of our economy, one such important sector that has suffered badly from the deadly virus is the Travel industry. All the countries around the world had earlier put on hold the movement of travellers across the borders. But now the rollout of the vaccine has given hope to the countries to open their doors for the vaccinated people to travel and resume their cancelled plans or trips. Here is the list of the countries which are allowing fully vaccinated travellers to visit.



Bahamas

Bahamas, which consists of 700 islands, had been visited by millions of travellers every year before the pandemic started. The place is no less than a paradise on earth which is surrounded by white sand and blue seas. It is majorly known for its best fishing experience, boating, diving, and other such adventure activities.



The country has allowed the tourists who are fully vaccinated to visit and spend their vacations at the most gorgeous place. However, the travellers need to meet all the testing requirements laid by the country before entering the border. The Tourism Ministry of Bahamas is currently accepting Pfizer-BioNTech, Moderna, Johnson & Johnson, and AstraZeneca vaccines.



Malta

Malta is known for its historic sites, and is perfect for the people who want to explore the beautiful beaches and seas of this place. Malta is allowing visitors from the 1st of June to enter the country. However, the travellers should have proof of their vaccination which they must receive at least 10 days before their visit.



All eligible travellers can also skip their quarantine period and other testing requirements.



Croatia

The mesmerizing beauty of Croatia is a great place to visit at any time of the year. The country has opened its doors for tourists who are fully vaccinated.



However, people who are planning to visit the place must have administered their last dose at least 14 days prior to their arrival. People who have recovered from Covid-19 can also visit the country. Visitors can also produce their negative Covid-19 reports within 48 hours of their visit. Those who fail to present the report will have to isolate themselves for 10 days

Bahrain

Bahrain has also recently announced new Covid-19 rules and regulations, according to which fully vaccinated travellers can arrive in the country. The vaccinated people will not need to take the PCR tests after their arrival.



The same rule is also applied to the ones who have recovered from the novel coronavirus. People visiting Bahrain need to download the BeAware app on their smartphones and upload their vaccination proof or certificate.



Better late than never...

Where life is all about creating a personal and mental space when in need somewhere we fall in relationships expecting love but accepting betrayals and self-compromises. Even if you fail to meet each other fully, half way is better than no way.

How it takes almost years to figure out what your life is and how you are, the other way takes time to find right people with not only desirability but understanding. Around the way, I had read this beautiful piece in somebody's story stating

*“Let's not be lost in being understood,
Let's find peace in understanding”*

If you want your friend or your buddy to love you and make you feel concerned, make sure they understand you and hook you up instead of pulling you down, making it more bitter. Love is a beautiful composition that we can't live without but how about us? Can you live your life putting aside your feelings, thoughts or opinions? If you can, why do you have to live! This life is for you first and then your people and surroundings. I repeat “Live life on your own terms” Choose a wise partner, neglecting regrets later.

Be it on one track, how dramatically we the women, work strenuously just to find a “happy family thing”

Why can't all the mums and dads share the work together, share the mental suffocation and reconcilable stress that they had to break?

Why do we always expect the women of the household to do all daily chores instead dividing the tasks at home? We need to understand whether it is men or women or the other gender everybody is one and one in all. If I can do, you can do and if I can manage, you can manage too.

Well, women reading the column ask the men, your children to do a little work and fight for your time.

Lockdown has been a terrific space working, cleaning, dusting, washing, cooking and too many add ons to the list of things to do every day for women. Sounds hard because we all have been resting and we find much time without knowing what to do!

Please before checking out on anybody from outside, have a word with your Amma, or your dearest wife. Understand their restlessness and pull them off track and make them feel happy too.



Penned with concern,

VJ Kalyani

Prominent anchor of South India

Miss.India Popular



Bridal Jewellery Trends You Must Follow In 2021

Are you a bride-to-be looking for trending jewellery pieces? Read on to know what's topping the charts this year!

While December to February might be considered the wedding season in India, any time of the year can call for wedding festivities. And from winter brides to summer brides, and even the quintessentially quirky monsoon bride, every woman who gets married wants a bridal trousseau to cherish for life.

So, what's different about 2021? With weddings becoming more intimate, and even virtual due to the pandemic, bridal looks have become more experimental and distinctive.

Traditional, heavy wedding jewellery has made way for some truly eye-catching designs and pairings. Even heritage jewellery has shed some weight to embrace lighter, more minimalist designs.



Different Diamond Dazzles

Cut or uncut diamonds continue to be a classic favourite bridal choice. The designs this year range from intricate and ornate pieces to elegant, contemporary geometrics with that inevitable sparkle. Gold and diamond pairings, while traditional, are taking on new avatars. Bridal jewellery is seeing a lot of beautiful geometric and abstract designs come alive in this eternal palette.



The Curated Comebacks

As is the golden rule in fashion, this bridal season also boasts of its share of stunning comebacks. Jadau jewellery is amongst the top choices for brides this year. A jadau choker layered with strings of elegant pearls and embellished with exquisite semi-precious stones is the perfect choice for any wedding ceremony.



While these pieces are usually considered heritage and are paired with traditional and elaborate bridal outfits, today jadau chokers are being offset by sleek, monochromatic looks as well. This adds to their richness, making their beauty stand out even more.



Polki Jewellery And Emeralds

Another comeback making waves in bridal trousseau is the classic combination of polki jewellery and emeralds. An effortlessly elegant style that is versatile enough to be paired with outfits of any shade and tone. Brides across India can be seen wearing this type of jewellery for their special day, regardless of whether their bridal outfit is trendy or traditional.

A Tribute to Temple Jewellery

Since time immemorial, temple jewellery has been a huge part of the South Indian bride's trousseau. But not anymore. These breath-taking designs in pure gold are now being flaunted by brides across the country. The traditional matha patti and waist belts are being paired with other jewellery to add to the cross-cultural trend that has taken the wedding world by storm. Brides are integrating unconventional pieces into their trousseau to create a vibrant and glamorous look.

Gold Jewellery

In 2021, gold jewellery continues to be at the top when it comes to bridal jewellery. From contemporary designs to reimagined heritage pieces, brides are embracing new trends from across the country. More than price points and traditions, aesthetics and personal expression are in the spotlight.



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