

PREMIUM  
EDITION

TWELL MEDIA PRESENTS

# TWELL

MAGAZINE

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TO MAKE A CHANGE

**Women's Day Special**

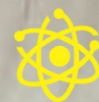
Changing Women  
& Not So Changing Men!



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Brilliance & Beauty



**Science & Technology**

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## From the EDITOR

Imagine a world in which men and women are treated equally. Prejudice, stereotyping, and discrimination are all eliminated in this world. A world that is diverse, fair, and welcoming. A world where people value and celebrate their differences. By working together, we can achieve gender equality. International Women's Day is a worldwide celebration of women's social, economic, cultural, and political accomplishments.

Women are capable, powerful, and unstoppable. With thousands of mantras affirming women's existence every day, a dedicated day to honour women's accomplishments in all walks of life is unavoidable.

Women have made the world a better place with their endless power, dedication, and belief, whether they be teachers, homemakers, economists, engineers, or pioneers. Women are rising above societal difficulties every day, making them a greater force to reckon with in modern times, with enough power to shatter the chains of patriarchy.

Over the years, women have evolved themselves to make a difference in terms of global thought and global action!!

As all women join together to celebrate their accomplishments or agitate for women's equality, there is a lot of activity happening all across the world.

Twell Magazine has taken another step to honour women's accomplishments by launching the **She Asia** international awards. She Asia is a festival that brings together women from all walks of life.

The objective of She Asia awards is to empower women and bring them into the spotlight, while also providing a platform to help women make constructive changes.



**Deepak Tater Jain**  
Editor-In-Chief  
Twell Magazine

## Kitchens are feeling the heat of the Ukraine conflict

### Current Affairs

People are frantically stockpiling cooking oil, fearful of a cooking oil shortage in the near future.

India is already feeling the effects of the Russia-Ukraine conflict. While our students studying there encountered difficulties, our kitchens are now feeling the heat since cooking oil prices have risen sharply since the start of the war.



People are frantically stockpiling cooking oil, fearful of a cooking oil shortage in the near future. Sunflower oil, which is widely used in Indian kitchens and cuisine, is in short supply, according to a reality check conducted across retailers in several locations.

Sunflower oil, which was priced at Rs 141 on February 23, the day the conflict broke out, is currently priced at Rs 186 in the wholesale market and Rs 195 in the retail market. There is no other brand of sunflower oil available on the market besides the oil federation's. The cost of palmolein oil, coconut oil, olive oil, and other cooking oils, on the other hand, have remained unchanged.

According to experts in the field of oil repacking units, if the fight continues even after two or three days, serious scarcity of oil in the market is likely, and the real trouble will begin then. This will result in an increase in the importation of palmolein oil from Southeast Asian countries.





# COVER STORY

## Radha Kolli

Brilliance & Beauty





Indian women have long been regarded as the epitome of beauty, strength, and intelligence. The achievements of Indian women in a variety of sectors have proved that they have earned this reputation.

Radha Kolli is one among such women who has built out a distinct identity for herself through her social work and women's activism.

Radha Kolli is a role model for many women. She has committed her life to women's empowerment, counselling thousands of women, taking on a national responsibility to empower women, and serving as the national president of the International Human Rights Association's Women's Cell.

Radha Kolli, a Gangavathi native, has always been passionate about public service. She grew aware of the hardships encountered by the underprivileged as the daughter of a social worker, politician and a real-estate business man Dr Kolli Nageshwar Rao and felt motivated to assist them.



As she was born into an affluent family, Radha Kolli might have sat back and enjoyed a life of pleasure and luxury without a concern in the world. She, on the other hand, opted to use her celebrity to help as many people as possible, becoming the face of charitable programmes in her own right. With her own pocket money, she provided wheelchairs and disabled cycles to the handicapped when she was 14 years old.

Some occurrences from her youth triggered Radha's desire to help the poor and needy how to 'fish and fend for themselves.' That day, she resolved to strive for the upliftment of the destitute and underprivileged, giving as many needy people as possible equal opportunity for growth and development.



She is a role model for people from all walks of life since she has it all and is eager to share it with as many people as possible. She believed in doing anything she could to help, no matter how tiny, and lived by the motto, "If you can't feed a hundred people, feed one." She has reached a huge audience as a result of her humanitarian work, and her prestigious organisation has benefited a great number of people.

In recognition of her outspoken advocacy of human rights, Radha Kolli was awarded the Kamma Women Achiever Award in 2016, Best Social Worker Award in 2017, Samaj Seva Award in 2018, Indian Women Achiever's Awards in 2020,

Ms and Mrs Gangavathi in 1995 and 2015 and Best Smile of Bangalore Award 2004, she has also been recognised by the World Records for book of records her contributions to social service in the year 2020.

When it comes to her family, she has been blessed with two gorgeous angels. Both of them have carved out a niche for themselves in their respective areas. Vaishnavi, her younger daughter, is a well-known actress in the south Indian cinema industry. Her elder daughter, Shwetha, is likewise involved in all of her social endeavours. She is a wonderful mother and a compassionate social activist.

Radha Kolli has built an astronomically successful career simply by being compassionate, caring, and philanthropic.





## Tributes

**Cricketing world reels  
from loss of  
two Aussie greats**

### **Shane Warne and Rodney Marsh**

Two distinguishing Australian Cricketers **Shane Keith Warne** and **Rodney Marsh** passed away in a span of 12 hours in the 4th of March. Rod Marsh, the most respected wicket keeper of 70s & early 80s died a week suffering a heart attack in Adelaide during a fundraising event in Queensland. Shane Warne, the greatest leg-spinner of all time passed away the same evening, inside his luxury Thai villa in Thailand, suspected of heart attack.

The 74-year-old, Australian cricketing legend Marsh played 96 Test appearances for Australia and ended his career with a World record tally of 355 dismissals; the combination of his concentration, athleticism & highly skilled glove-work earned him enormous admiration among spectators and fellow players. After retirement Marsh extended his recognition as the Head of the Australian Cricket Academy at Adelaide, supervising players such as Ricky Ponting, Glenn McGrath & Brett Lee. He was also a selector of the England cricket team before chairing the Australian selection committee for many years.

Apart from his wicket keeping talents, he was an excellent batsman in his own right, scoring three Test centuries. With shirt unbuttoned and forearms often exposed, it is believed that Marsh strategically rolled up his sleeves to protect his elbows from grazing as he dived behind the stumps. He made a further 92 white-ball cricket appearances (one-day matches) for his country during an international career that spanned from 1970 to 1984.



**Shane Keith Warne;** 52 the legendary Australian leg-spinner left a deep impact in international Cricket at the highest levels with his ingenuity & determination. He was one of the greatest bowlers, highest wicket-taker, played 194 ODIs for Australia and took 293 wickets in the format. He finished his career with the most runs in test cricket of 3154 without a hundred to his name. He reached the unthinkable 708 wicket milestone, took 40 wickets in the 2005 Ashes series & finished the year with 96 to break *Lilee's* long-standing world record of 85.

In 1992, Warne played his Test match and became the second bowler after Sri Lanka's *Muttiah Muralitharan* who took 1000 international wickets (in test and one-day matches). After retiring from international cricket in 2007, Warne played first-class cricket for Hampshire County Cricket Club. In the year 2008, he played the role of coach and captain of IPL team Rajasthan Royals and led the team to victory. Warne, who holds the Australian record once said, "Find a way to get back in to the game, find a way to build a partnership, find a way to catch a ball, find a way to stop it."



Disco King

# Bappi Lahiri

**“Chalte chale mere ye geet yaad rakhna...  
Kbhi alvida na kehna....”**

We have tapped our feet to his music humming his tunes, sang his songs in every round of Antakshari...as we bid the legend 'Alvida' to Bappi da. The singer-composer-politician, 69, passed away due to OSA (obstructive sleep apnea) on 15<sup>th</sup> February. He was admitted to Mumbai's Criticare Hospital, where he was being treated for almost a month for health-related issues.

Bappi Lahiri was just 3 when he began to play the music instrument 'Tabla'. He was trained by his Parents, Aparesah Lahiri & Bansuri Lahiri, who were both trained Bengali singers in classical music.

Bappi Lahiri, a veteran musician was fondly called the 'Disco king' of Bollywood gave us several memorable songs; some were disco-style while others were melodious in the late 1970s, 1980s & 1990s.

He gave melody of first song when he was just 11. From Romantic songs to hymns, from Qawwali to Disco jazz, he had his versatile journey. In 1986, Guinness Book of World recorded 160 songs of his for 33 films. He was the only Indian Music director to be invited to a Jonathan Ross performance in 1989. He was known for his inimitable voice and even his musical style was so distinct that his fans could identify his beats immediately, once they hear. He could play *piano*, Drums, Guitar, Saxophone, Dholaks & Bongos apart from *Tabla*.

Bappi Da's last composition was released in September 2021 for the devotional song 'Ganapati Bappa Morya', the track was sung by Anuradha Podwal. Bappi Lahiri famously sang many of his own songs, almost 206, but had never given vocals for another composer's creation. In an episode of Indian Idol he revealed his unique style, he inspired from *Elvis Presley*. Last not least, Bappi Lahiri's love for gold is not unknown for us, which he believed lucky for him. He even claimed that since he started adorning gold, his music too shone bright.



Lot of us might have watched few years back a quite popular movie “Ki & Ka”, where the Wife was ambitious, successful corporate, only-bread-earner chosen her Husband, who loves to be home-maker, inspired & aspired to be his Mother as 'Hero'. An unconventional relationship, both going well until they met with challenges in ego clashes, jealousy and gender-ism but, sorted in end by mutual respect and understanding. The 'Take' here is, how both chose each other by accepting their role in what they ought to choose without labelling.

In our constant transforming mankind, women are gradually changing; upgrading, educating, getting aware of their wellbeing & individuality. Especially in semi & urban culture, we are raising our girls to be confident, educated, financially independent, & to choose their rights. But, we seem to have ignored an entire generation of boys who were not told anything about how their sisters were changing because still somewhere we are raising them only as 'Son', not an individual. We gave our daughters new ideals and role models, but no one bothered to tell their brothers that they ought to change their outlook too!

Gender inequality is deep rooted in societal norms which give rise to discrimination against women, results in unequal opportunities impacting the lives. Women are likely to face many sacrifices in their journey. She always feels like she 's; ll never measure up. She is always taxing herself trapped in a cycle of blaming for falling short of the expectations she has somewhere.

She is smart, confident, yet not full of herself with many insecurities that need to be reassured every once in a while. Men want to marry a working woman (in theory) but are completely unprepared for the practical reality of a marriage because we don't tell our sons all this, they continue to expect that their wife will automatically give up the job/promotion/transfer in favour of the family. Women are conditioned to think that they are good only when they serve others, & selfish if they focus on their own needs.

Girls are driving cars, planes & going to the moon, saving countries on borders & filling gas in petrol pumps or teaching driving technicalities in school, are essential life skills with capability. We often hear Dads proudly proclaim their daughters can drive well indeed and they don't need a father/husband/brother to take them anywhere. Well again, boys were never taught that 'cooking' is an essential life skill too -unless he develops passion, it would be called 'Art' not as a 'Duty' for them.

Let us not only empower Women, but also prepare Men to set their expectations right. The concept of masculinity shapes young men's thinking and the way they are raised & socialize in their growing years; it forms and sets their understanding, thought process and action for years to come. There were also unsaid rules on what boys themselves could and couldn't do. The change in women's identity is in turn looking for a change in men's roles, in which the patriarchal society has been highly defined. Men mostly are accepting and adapting to it. Men increasingly want to marry working women to help pay the bills or to prove a point socially that they are open to the idea of a woman being an individual with her own rights, wants and needs. The question is

How much do they believe in these changing roles? Let's hope for the best.

Women have already walked the miles; all we need to do is look forward and keep going.

Change is inevitable & the answer lies with women only when she begins to accept and live their new-found identities. It is a mindset and belief change for women & men to manage the best of both the professional and personal worlds, knowing when to choose one and let go of another.

There is no right or wrong; it is just what feels right.





## Ophthalmologist with a focus on low-cost procedures

**Dr. A H Hajra Salar**  
**I CARE CENTER**  
 Hyderabad

The business structure, style and emphasis of practices vary significantly, but here are some of the first steps to up-date and refresh your business objectives be it ophthalmology / optometric / dental / physiotherapy or nutrition sectors business plan.

- Use an unbiased SWOT analysis.

The daily demands of a healthcare practice is a high-level examination of Strengths, Weaknesses, Opportunities and Threats is the vital strategic planning step to refocus.

- Look inside first.

Your internal audience the patients & people who are already your patients. Examine your patient recall routine.

- Existing or previous patients are prospects for routine follow-up care, and possibly, What's more, satisfied patients provide positive recommendations, testimonials and/or online ratings.
- Tell all your patients what you do. Routine screening may benefit from knowing more that you do screenings for glaucoma, diabetic or macular degeneration.
- Cataract or glaucoma cases may be commonplace to some, but it helps the patient to know your story about the benefits of cosmetic eyelid surgery, laser vision correction or ocular plastic surgery.
- Raise awareness with patients, family & friends who may have a need.

Successful marketing and business development also requires a commitment to achieve personal and professional goals. Winning in today's competitive environment often requires a candid, third party assessment as well as experienced, professional support.



# “India's Beauty Industry is Booming”

**Dr. Nalli Ramya**  
**RAMICOS COSMETICS**  
Vishakapatnam



In such a short time, RAMICOS Cosmetics has won its first South Indian business award! This demonstrates how admirable it is for them to strive and progress with such clarity in their eyes.

RAMICOS has established itself in the market, and it only took a few months for it to attract the market's attention. People are raving about the product, and they're on the lookout for additional RAMICOS cosmetics to add to their collection!

RAMICOS has just garnered one award, but the team is ecstatic about it, and they see it as just the beginning of a succession of accolades. This is because they know what they're doing and are confident that their products will become globally famous in no time.

All of the staff and team are very positive about their working attitude, and they have a lot of faith in their mentor and founder, none other than the very beautiful and talented Dr. N Ramya, who came up with this idea as her brain child and quickly began working on her project, demonstrating to the country that a single woman is capable of going with the flow and starting and running her own business.

RAMICOS COSMETICS is led by Dr. Nalli Ramya, an otorhinolaryngologist and head and neck surgeon (JIPMER). She is a nationally and internationally recognised author and motivational speaker.

Dr. Ramya is also ecstatic and driven by the success of her brand and team; she is so dedicated to her profession that flaws have no place in her life; she is committed to provide the nation with the best products, which encompass the entire line of cosmetics.

# BOREDOM KILLS



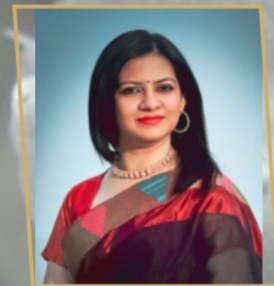
Boredom ? So common, yet so uncommon for few. My memory lane runs backwards as a school kid when I cannot remember how I used to be happy yet busy, like Rabindranath Tagore exemplifies in his poem about how a child finds joy even in mud, stick or broken twig. Not only Mobiles, even landlines that existed then, were like distant aliens to me. Like a flip-flop book, my teenage years or even becoming an adult as my voting rights gave me, I can't even vaguely remember "being bored".

Living among large families, enjoying tasty not high calorie junk food, listening to Grandma's thrilling ghost stories, closely sitting beside cousins with a feeling of curiosity, fear, without realizing having eaten double my eating capacity is still a mirage in recent times. Whether it was Holi, where my school uniforms would be drenched in coloured water or Diwali where I lit lamps and burst crackers turn by turn, with no geysers yet the traditional oil hot water bath, tasting sweets while helping elders prepare them.

I remember going to Chinnaswamy Cricket stadium to watch India and Pakistan match, celebrating the spirit of winning at the gallery with strangers. There were days I too missed schools due to Cauvery riots like the recent Pandemic; solving old question papers, practicing art, playing galli cricket and experiments in the kitchen took my time since it was a no- amazon prime or You tube zone then.

Families gathering to watch dramatic Ramayana, Mahabharatha, Chitrahaar without big screens or dolby effects were a joy. I knew every other vendor who came selling fruits, vegetables, cotton candy or tender coconut without even Facebook or Instagram IDs. In the process, I only realized that all those moments of simplicity have added up as valuable memories for life. Life has taken flyovers, steep roads, highways, U-turns in the run-way yet a sense of contentment leaves a smile on my face. Smoking kills- Boredom does too, take a walk with barefoot on green grass, listen to the music in the nature, feel the water running on your feet and the breeze kiss your face, don't let the sound outside steal the serene inside of you which needs a dose of happiness in every little simple thing that life offers.

**Stay humble, Stay Happy!**



**Hema N**

Assistant Professor  
RV PU College  
Bangalore



WORD OF THE



DAY

# KIDS CORNER

You cannot change your future, but you can change your habits, & surely your habits will change your future.

...Dr. Abdul Kalam

## Ditloid Puzzles

Try to crack all of the Ditloid puzzles below. They're all connected with the passing of time. The first one has been done as an example:

24 H i a D = 24 Hours in a Day

12 M i a Y = .....

31 D i D = .....

1000 Y i a M = .....

1 L Y e F Y = .....

4 S (S S A W) = .....

12 D o C = .....

60 S i a M = .....

10 Y i a D = .....

366 D i a L Y = .....



## Interesting facts on Internet

### The Internet is older than you think

Today the Internet has become a very important part of our life. But did you know that the Internet was created to be used by the military of the United States of America in the 1960's in the Pentagon called ARPANET ( Advance Research Projects Agency Network). The US Army used the internet to send important data to several other military offices at the same time.



### The Internet & World Wide Web are not the same

Many people think that the World Wide Web (www) and the internet are the same. But actually, the internet is a network that connects all computers across the World. The www is the tool that helps us to get all information we want from the internet. Just imagine the internet as a big shop and the www as the goods found in the shop, a section. Google.com is the most popular website that gets more than 90 billion visitors every month.





PARENTS  
WINDOW



## Why & how a Parent chose their Child's first School

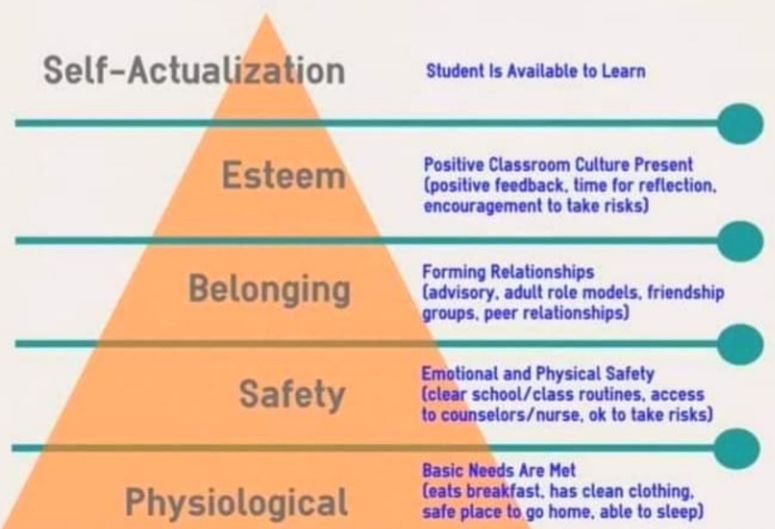
The benefits of Child's first school or the Montessori is to emphasis on independent learning, inspiring confidence, nurture the child's innate desire for learning, discovery, and social interaction skills in an environment where teachers are encouraging, engaging and value the individual child. The preparation of formative pedagogy requires 5 elemental components in first 3 years (3 - 6 yo age). Those are physical, intellectual, instructional, moral, & spiritual.

Dr. Maria Montessori said - Children learn best in a mixed age classroom while developing uniquely social experiences. Unlike some private schools, Montessori strives for very small classes that might include 20 – 30 students, for individual attention. A mixed, multi-age class encourages students to rely on themselves and their peers as resources. It helps to believe in their abilities to accomplish any task. Older students are proud to act as role models; younger ones feel supported and gain confidence about the challenges ahead. Children are given freedom to choice over their activities in the classroom and are encouraged & supported to “do it for them.” I experienced, Parents usually asks, whether the school has separate classes or not! An ideal Montessori Method never encourages structured classrooms with much furniture.



**Tumpa Datta Gupta**  
Educator- Founder- Blogger  
Green Wings Pre-School  
Educational Network.

## Maslow's Hierarchy of School Needs



Choose school that has parent & Child- centric curriculum. Ensure the school has a safety measures, discipline policy, not only high end infrastructure. Parents should see the ambience that suit child's normal upbringing environment. The arrangements should not be too fancy or unrealistic. The prepared environment in a Montessori is carefully readied and organized for children. The Montessori materials are a set of scientifically designed hands-on learning devices as per age appropriate. The learning toys /materials for young children are generally made of safe organic woods free from chemicals such as in plastics.

Check with the strength of Student s/ teacher ratio (12/1) as per area of the school. Often the teacher-to-child ratio for this youngest age group is set by state licensing standards. Check the qualifications of all teachers as they have trained in ECCE, NTT, minimum of 6 months experience at least. Montessori schools teaches basic skills, values as traditional schools & subject areas are such as math, science, geography, and language—but they are taught via integrated approach, interrelating to each other weaving the curriculum together. The facilitator or teacher's role is to observe each child's personalized learning plan at an appropriate pace and level of challenge.

Montessori never encourages ranking or in competitions & other external rewards which have little lasting effect on a child's efforts or achievements. Assessment is detailed, & personalized for each student, unlike standardized tests in higher classes. While conversation, parents observe - where the principal/admin wants to focus -- either on package detail, fancy book sets or about the welfare of child. Usually a competent Educationalist asks about the Child's strength or skills, interests, fear or concerns, in open & honest conversation.

As, yet the fees structure is still arbitrary in unaided private schools, check with fees package comparing other schools, the money should worthies you apart from brand value and the budget. Keep observing about the credibility of the school in their webpages, social forum, involvements or achievements. Last not least, ensure the school has a safety measures & discipline policy. Request for a short school tour inside the school once you decide to take admission for your child. Last not least, if u can hear children's voice more, it is a good school. Children are happy.





## 5 simple ways to get some greenery into your house

Houseplants are easy to care for and make a lovely addition to any home. You don't need to be a gardening expert to take care of them!



Adding a touch of greenery to your home, whether you're a home décor fanatic or just someone with a green thumb, is arguably one of the best decisions you'll ever make.



Houseplants are easy to care for and make a lovely addition to any home. You don't need to be a gardening expert to take care of them.

As a result, we've compiled a list of five simple methods to bring more green to your home and win the hearts of all who visit. Take a look at the following:

### 'Plant shelves' are here to stay

Why should plants be any different? We all put books and other objects on shelves on the wall, so why not plants? Keeping little plants on a well-placed shelf in your home will give it a unique appeal without requiring you to move furniture or other items to make room.

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**Creepers are a great addition to any garden**

Wall creepers are a low-maintenance addition to your home that looks great. They can be placed on balconies, kitchen gardens, or even a brightly lit room in your home.

**Instead of fresh cut flowers, choose leaves and branches**

To give your home a fresh look, choose freshly clipped leaves and stems and arrange them artistically in clear containers. It's a fantastic and effective method to brighten up a room. Here's how to accomplish it on your own.



**Succulents**

Succulents are ideal for individuals who want the beauty of houseplants without the maintenance. They come in a variety of shapes and sizes, and some of them bloom in a rainbow of colours. To add a splash of colour to your room, choose ones in attractive ceramic pots.



**Plant a herb garden**

An herb garden is not only a simple way to ensure that you never run out of fresh herbs, but it's also one of the best instances of farm to table eating. Creating a herb garden is a conscious activity that will save you hours of cleaning, cutting, and storing herbs.



# Strawberry Halwa

## INGREDIENTS

- |   |             |
|---|-------------|
| Semolina / Rava                                 | : 1 Cup     |
| Sugar   | : 3 Cups    |
| Strawberry Puree from 500 grams of strawberries | : 3 Cups    |
| Un Salted butter                                | : 100 Grams |



**Dr. Saraswathy N**  
 Founder, Sachu's Kitchen  
 Thrissur



### **For Garnishing**

Fried cashews - 100 grams

(or) Fresh sugar sprinkled strawberries.

### **Method**

In a pan, dry roast semolina with a little ghee.

Fry till a fragrant aroma rises.

Bring the strawberry puree to a boil, then sprinkling the roasted Rava on top.

Make sure there are no lumps in the mixture.

Once the rava is cooked, mix in the sugar until it is completely melted and blended, then add one-fourth of the butter.

The halwa will thicken and begin to separate from the pan; at this point, add the remaining butter and mix thoroughly.

Strawberry butter halwa is now ready to eat.

Serve with fresh sugared strawberries or fried cashews as a garnish.





## SPRING EYE ALLERGIES

After many months of cold winter nights and overcast days, it's nice to welcome spring. As you pack away your winter coats and open up the windows, the warm sunshine is likely a welcome sight. For many people though, the spring season can also mean eye allergies.

What causes spring Eye Allergies?

People that have allergies are sensitive to certain substances that are typically harmless. If you have allergies, your immune system reacts to a substance as if it were dangerous to your body. To combat the substance, your immune system goes into action and releases antibodies. One of the antibodies released is called immunoglobulin E (IgE). When IgE is released as part of an allergic reaction, it causes side effects that can lead to a variety of common allergy symptoms.



**Dr. A. H. Hajra Salar**

Ophthalmologist  
I Care Center  
Hyderabad

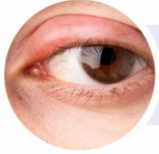
## Typical eye allergy symptoms include :



**Redness**



**Itching**



**Swollen eyelids**



**Tearing**



**Irritation or burning**



**Sensitivity to light**

Eye allergy symptoms can occur at any time of the year, but they seem to be especially common during the spring season. During the spring, everything is blooming, and it's common to spend more time outdoors than you did in the winter. Typical causes of spring eye allergies are the pollen from trees, plants, and grasses. For example, pollen from oak, willow, and birch trees are common springtime allergy culprits.

### **Relief for Spring Eye Allergies**

There are several things that might help keep symptoms at bay. Consider the following suggestions

#### **Reduce Triggers as Much as Possible**

Once you know what is leading to your symptoms, try to limit your exposure. If tree pollen or grass is the culprit, it may be impossible to reduce exposure completely.

Limit time outside when the pollen count is especially.

Wear sunglasses to prevent pollen from getting in your eyes.

Wash your face as soon as you come inside and shower at night to remove pollen.

Try wearing a mask when doing yard

Use Anti Histamine Eye Drops



### **Get an Air Purifier & Keep the Windows Shut**

Whether allergens are entering your home through your open windows or on your clothes, pollen can make its way inside. Consider using an air purifier to keep the inside of your home allergen free.

Consider Wearing Eyeglasses For a Time Instead :-

Pollen can accumulate in your contact lenses, leading to itchy and irritated eyes. If you have spring eye allergies, consider avoiding contact lenses when you will be outdoors or your eyes are particularly irritated and wear your eyeglasses instead.

### **Protect your Eyes from UV Rays**

Springtime allergies are not the only thing that can bother your eyes as the weather warms up. The spring months often mean spending more time outdoors. While all that sunshine on your face probably feels nice, the UV rays can damage your eyes.

Sun exposure can impact your eyes in both the short-term and long-term. Similar to how the rays from the sun can burn your skin, they can also burn your eyes. Photokeratitis is a condition that involves sunburn to the surface layer of the cornea.

Too much sun exposure can also have long-term effects on the eyes. Sun exposure increases your risk of certain eye diseases, such as macular degeneration and cataracts. It is also a risk factor for skin cancer on the eyelids.

You don't have to stay inside on those beautiful spring days, but do protect your eyes.

Wear sunglasses that provide 100 % UV protection. For added protection, wear a wide-brimmed hat to block out even more UV rays, and don't forget the sunscreen.

We hope the tips above will help prevent or minimize any eye problems this spring.

Enjoy the warm, sunny weather this spring!

Antihistamine eyedrops block the antibody that leads to springtime eye allergy symptoms. Springtime allergies can last for several weeks. It's important to talk with your doctor to determine which antihistamine eye drops you can use safely, particularly if you have contacts, and how long you can use antihistamine eye drops safely.

### **Try Artificial Tears or Saline**

Artificial tears or saline will not prevent histamine and other antibodies from triggering allergy symptoms, but they can ease dryness and irritation. They can also be used to flush the pollen out of your eyes, which may reduce symptoms.

-Look for drops that do not contain preservatives.

-If you are a contact lens wearer, make sure you use appropriate eye drops.

## **Coconut is the best food for thyroid health for 5 reasons**



You can keep your thyroid in check by eating well-balanced meals. Coconut is thought to be the finest thyroid food available. It provides a slew of health advantages.

The thyroid is essential for keeping track of the body's metabolic processes. At the base of the neck, there is a butterfly-shaped gland. It is critical to keep track of one's general health. Many people develop thyroid problems at a young age as a result of bad lifestyle choices such as not eating properly, stress, and other concerns. You can keep your thyroid in check by eating well-balanced meals. Coconut is thought to be the finest thyroid food available. It provides a slew of health advantages.

Coconut can be ingested in any form, including coconut oil, water, chutney, milk, or jaggery balls, and yet fulfil its function.





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## **The Advantages of Coconut for Thyroid Health**

### **Coconut Oil**

Coconut oil is a type of vegetable oil that comes from the coconut tree. Coconut oil is "liquid gold," when it comes to supporting your body's healing. It boosts your metabolic rate, which promotes fat loss and enhances your body's heat (many people with thyroid disease have cold hands and feet because of their internal body temperature.)

"One of the advantages of coconut oil is that it is digested in a unique way. It doesn't require bile salts to digest. Coconut has a faster transit time from the intestines to the liver. It's much easier on your intestines and liver as a result of this. The liver is required for effective thyroid hormone conversion, as we all know. "It has to be in tip-top shape."

### **Coconut Water**

"If it's available, "You can drink coconut water three to four times each week (if you don't have a cold or cough)."

### **Chutney made with coconut**

"It's tasty and nutritious, "You can eat it every day with your meals."

### **Milk made from coconut**

Coconut milk is easy to make at home and can be enjoyed in the morning or at night.

### **Balls made of coconut and jaggery**

Coconut jaggery balls, are simple to make and help to reduce sweet cravings.





# Ebola Virus

## Can lurk in the Brain and Reappear after Treatment

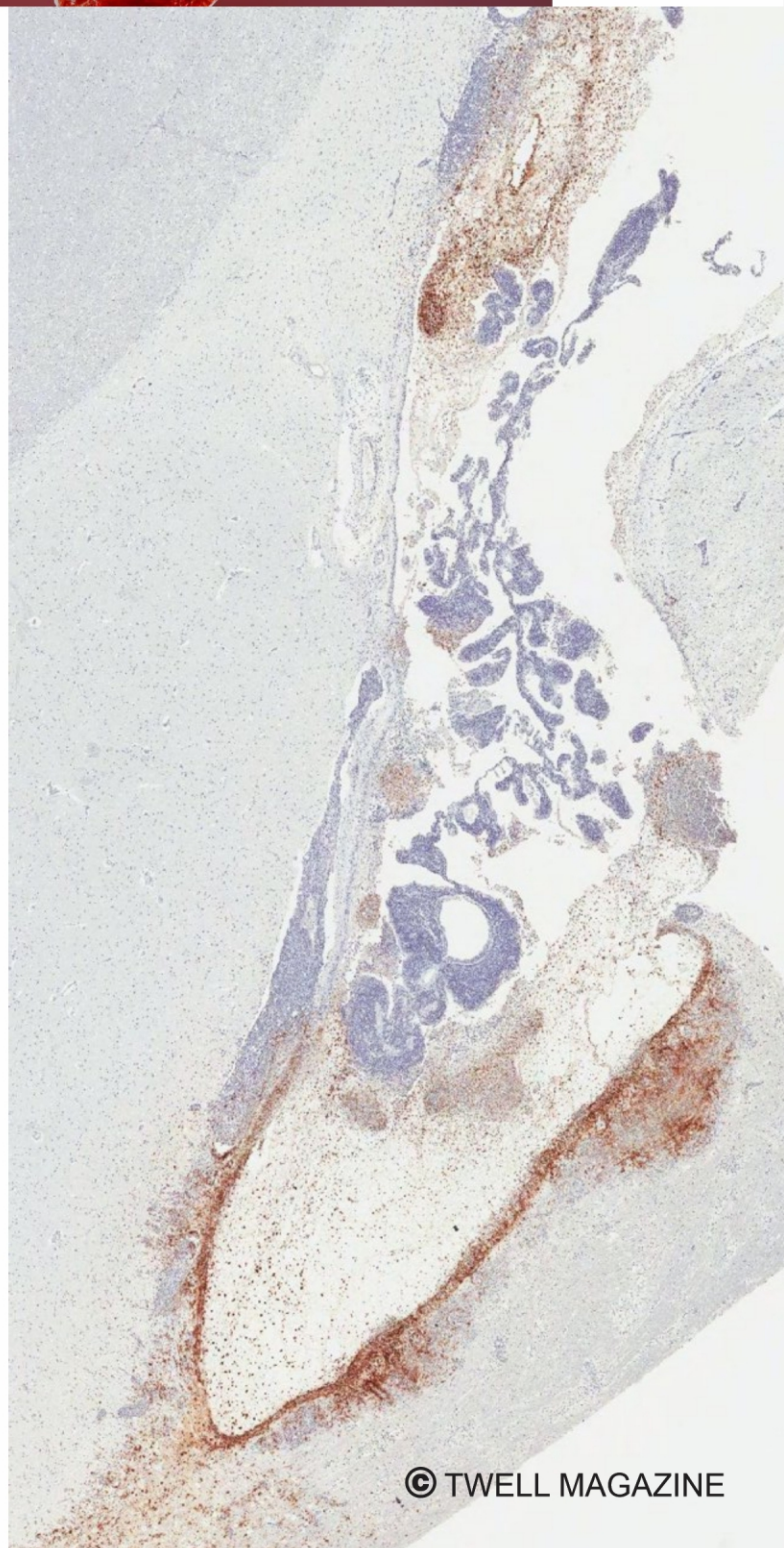
**According to researchers, recurrence of Ebola virus disease has already been recorded in human survivors.**

According to a study, the Ebola virus can resurface in particular parts of the body and produce lethal sickness even after therapy with monoclonal antibodies.

A nonhuman monkey model of Ebola virus infection was used in the study, which was published in the journal *Science Translational Medicine*.

Even after the Ebola virus was cleared from all other organs, the research team from the US Army Medical Research Institute of Infectious Diseases discovered that about 20% of monkeys who survived lethal Ebola virus exposure after treatment with monoclonal antibody therapeutics still had persistent Ebola virus infection—specifically in the brain ventricular system, which produces, circulates, and contains cerebrospinal fluid.

"This is the first study in the nonhuman primate model to identify the hiding location of brain Ebola virus persistence and the pathophysiology leading future catastrophic recrudescence Ebola virus-related disease," said institute researcher Xiankun (Kevin) Zeng.



There was significant inflammation and widespread Ebola virus infection in the brain ventricular system; no visible pathology or viral infection was found in other organs.

Despite being cleared from all other organs, the virus can hide and persist in immune-privileged organs such as the vitreous chamber of the eyes, the seminiferous tubules of the testes, and the ventricular system of the brain, according to previous research using nonhuman primate survivors as a model.

According to the experts, recurrence of Ebola virus disease has already been recorded in human survivors. For example, nine months after recovering from severe Ebola virus sickness, a British nurse experienced an Ebola virus relapse in the brain, suffering from meningoencephalitis.

Regrettably, that case resulted in a slew of future human-to-human transmissions. The Ebola virus is one of the deadliest infectious illnesses ever discovered. According to the World Health Organization, it is still a big threat in Africa, with three outbreaks in 2021 alone.

In recent years, two vaccinations and two monoclonal antibody therapies for the prevention and treatment of Ebola virus disease have been licenced.

"However, our findings highlight the importance of long-term monitoring of Ebola virus illness survivors, including those who have been treated with therapeutic antibodies, in order to prevent recurrence." This will help to lower the chance of disease recurrence while also preventing patients from being stigmatised further," Zeng said. IANS



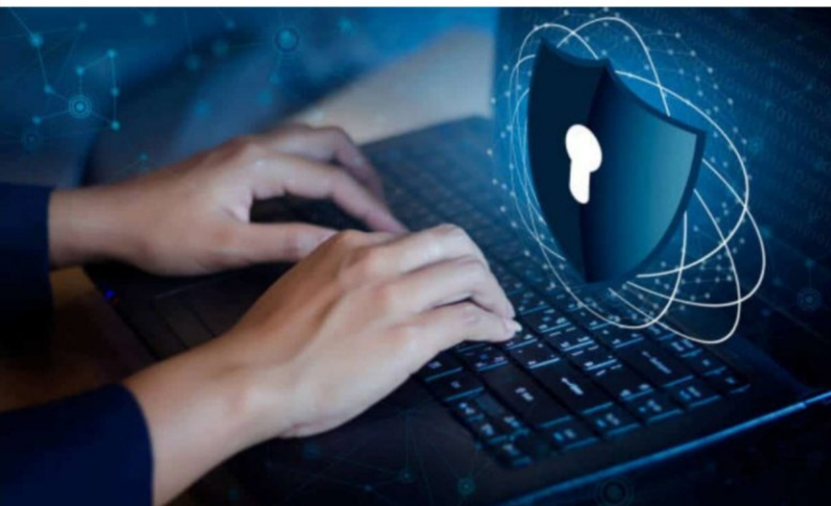
## **Is your Wi-Fi being snatched ? Here's How to Figure It Out and Correct It**

If your home Wi-Fi connection is slow and you can't seem to fix it, there's a problem somewhere. Perhaps someone is taking your Wi-Fi connection and using it in an unauthorised manner. As you are aware, there may be some security vulnerabilities with your Wi-Fi connection that attackers could exploit, such as a weak password or an out-of-date network security settings. However, there is no need to be concerned at this time. It can be fixed in a few simple steps. You can also see whether someone is hijacking your Wi-Fi connection and encrypt your network to prevent further intrusions.

Open a web browser on the device that is linked to your network and test these addresses: One of these addresses, 192.168.0.1, 192.168.1.1, or 192.168.2.1, will open an interface to log into your router. If none of these work, open the command line on your laptop and type `ipconfig /all` followed by Enter. Your router's address can be located near the Default Gateway option.

The username and password must both be entered. Check the stickers on your Wi-Fi router or ask your ISP if you don't know the password of your router. Whether you can't remember your router password, you can use the fourth step to see if someone is stealing your Wi-Fi, but you can't stop them.

Once you've logged in, go to your "Wifi clients list" or "attached devices," and check for any unrecognised connections. Apart from that, you can check your connections by typing `arp -a` into the command prompt and clicking enter.





### Here's how to safeguard your WiFi :

By following the four steps below, you can ensure that your wireless connection is safe and that any devices that are currently linked are removed :

- ▣ To begin, log in to your router's control dashboard, which you can access by inputting your username and password, and turn on WPA2 security.
- ▣ Following that, you must create a secure password for your WiFi connection.
- ▣ The router management dashboard allows you to update your WiFi password.
- ▣ After updating your password, reset your WiFi and log out any devices that are already connected.

Then, even if someone manages to connect to your WiFi, they won't be able to modify important information like your WiFi password.





**Do you want to take your pet on a trip?  
Here are a few tips to get you started**

**Leaving your pets at home while you vacation is an unavoidable tradeoff for most pet parents.**

Pets gradually become an inseparable part of our lives until we are forced to leave them behind. This is one of the most glaring problems that pet owners face. Leaving your pets at home while you vacation is an unavoidable tradeoff for most pet parents. After all, the care you can provide your pet at home is difficult to duplicate when you're on the road. There's also the mode of transportation, safety, and lodging to consider, among many other factors.

You've come to the right place if you're having the same problem as the one being discussed here. Here are some ideas to bear in mind if you can't seem to resist the impulse to bring your pet along on your outings. So keep reading and prepare to pack your pet's backpack alongside your own.



**HEALTH-RELATED RED FLAGS SHOULD BE AVOIDED**

You must pay a quick visit to the veterinarian facility before taking your pet along on your journey. Consulting your pet's veterinarian can help you avoid any health-related red flags and make the travel easier for both you and your cat. If your veterinarian advises against taking your pet on the vacation, you should probably follow his advice and locate a suitable substitute for your absence.

**A CARRIER, OR AT LEAST ONE OF THEM, IS ESSENTIAL**

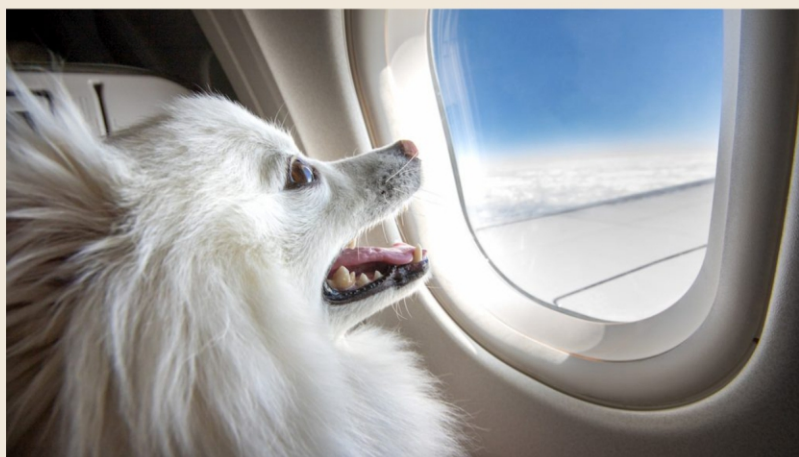
Your pet will not be able to reserve a separate seat on the train or airline. The seat for your pet on the voyage will be a cosy carrier. So, make sure you acquire your pet a suitable carrier and don't get carried away by the affection and offer your lap as one. Airlines have rules about how you can bring your pet into the cabin with you. Always be sure your carrier follows the rules and restrictions of the transportation service you're utilising.

**GIVE YOUR PET MUCH MORE THAN A NAME**

"What's in a name?" Juliet may have been referring to the idea that your name has nothing to do with your identity. We're still unsure what she was implying. We may not be literary gurus, but we do know what is required in the 'Pet-on-the-Road' scenario. Make sure your pet's collars are properly identified. The ID must include all pertinent information that will be useful if your pet wanders off in an unfamiliar location. When it comes to animals that are confused or terrified, you never know what to expect.

**THE CASA LAS MASCOTA IS THE CENTER OF ATTENTION**

One of the top objectives for individuals taking a trip is to find a pleasant place to stay. Unless you're an adrenaline junkie, you've probably made a list of sites to see that will offer you with a comfortable place to rest for the day. Ensure that you follow the policies of the establishments regarding pets while making your list. Make certain that the location you choose can accommodate pets without difficulty.





# Travel

## & Leisure

### Pichavaram - The Mangrove Forest



**Tumpa Datta Gupta**

Educator- Founder- Blogger  
Green Wings Pre-School Educational Network.

Pichavaram or Thilai Vana is the 2nd largest Mangrove forest in world with its incredible biodiversity (apart from 'Sunderbans National Park' situated in west Bengal & other as 'Bhitarkanika' located in Odisha). It is located off the tourist trail but is completely worth the effort for the flora & fauna lovers.

'Mangroves' are salt-tolerant plants of tropical & subtropical coastlines. Approximately 200 species of birds have been documented here both of migrant & native like snipes, cormorants, storks, herons, egrets, spoonbills & pelicans. Along with, one can see seaweed, fish prawns, crabs, oysters & turtles.



Pichavaram can be enjoyed through a boat ride, around 1100 hectares area of the forest that takes you through narrow canal, breathtaking sceneries spectating amazing life forms of the Mangrove trees & bird. There are around 50 varieties of trees in the mangrove forest. The trees grow in water that's 3-10'ft deep with unique root system have numerous pores through which oxygen enters into the underground tissues. Apparently, the forest has quite 50 islands of varied sizes & 4400 big & small canals.

The sea is just 6 km from the forest and one can see the sand bank which separates the forest from the Bay of Bengal during the boat ride. One can be enthralled by the complex river system and canal network that bind this beautiful place altogether and support the rich biodiversity of the place.



A trip of at least 2/3 hours is recommended to explore the mangrove jungle. Row boats are advisable rather motorboats to explore narrow water pathways through the mangroves, but make sure to wear, sun tan creams, glares or cap etc. Except for the swish of paddles, the sound of birds & roar of the sea in the distance, all is silent & still. Recommended time to visit Pichavaram is early morning or late afternoon hours to avoid heat in the middle of the day.



**Boats : 8am - 5pm Daily.**

The Tamil Nadu Tourist Development Corporation & Tamil Nadu Forest Dept. conduct official boating activities but local private boatmen are also available.

**Rates**

Rs.185 for a Row boat & Rs.1280 for Motor boat, varies according to number of people & distance.

**Best Timings**

November - February, particularly for bird watching.

**How to reach:**

**By Air :**

Chennai Airport – 200kms

**By Train :**

Chennai to Villupuram - Cuddalore - Thanjavoor - Trichy Railway Route.

**By Road**

Road transport is pretty good in Cuddalore district (NH45 & SH 32 & 36). Buses run hourly between Chidambaram & Pichavaram

**From Pondicherry**

76.8 Km - 2 hours.

**From Chidambaram**

14.8 Km - 30 minutes.

**From Chennai**

229.1 Km - 4 hrs 33 minutes via NH32.

**Accommodation :**

Hotels in Chidambaram.

One can club Pichavaram with Chidambaram to visit, City of Temples.

**Credible Sources :**

Wikipedia, Google information & Travel sites.



*Festivals*  
*Happy*  
*Holi*

Holi has been renowned as India's most vibrant and cheerful holiday, with the hurling of coloured powder and water balloons.

Holi is one of the country's most exciting festivities. The event is observed not only in India, but also around the world. While there are numerous modern-day Holi parties with song, dance, drinks, and events, let us look at the traditional Holi celebrations that took place across India.

Holi knows no bars, Holi knows no boundaries too. Across the world wherever Indians or people of Indian origin are present Holi is celebrated with gusto and bonhomie. People play with colours, light a bonfire called Holika and celebrate the victory of good over evil.

The point of any festival, after all, is to take a break from the monotony of everyday life and make it more fascinating. Another main goal of festival celebrations is to bring people together, foster a sense of brotherhood, and promote peace throughout the community.

Nobody understands the significance of festivals more than Indians who have moved away from their homeland and cultural heritage. They are sometimes more enthusiastic about celebrations than their Indian counterparts. Festivals are what brings people of Indian ancestry together and connects them to their roots.

People who have settled outside of India meet up with friends and offer sweets and pleasantries, just as they do in India. Of course, when it comes to colours, the fun is just as much.

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