

PREMIUM  
EDITION

TWELL MEDIA PRESENTS

# TWELL

MAGAZINE

Feb-2022  
www.twell.in

TO MAKE A CHANGE

## social

- ◆ Love is in the Air
- ◆ Omicron improves immunity : study

## Travel & Leisure

Visit to the Mettur Dam



## Science & Technology

Twitter experimenting new feature

## COVER STORY

Nation bids farewell to

# Lata Mangeshkar





# Inside TWELL

## Current Affairs

Budget 2022: Is it welcoming to commoners? **05**

## COVER ~~STORY~~

Nation bids farewell to  
**Lata Mangeshkar** **07**  
The 'Voice of Millennium'

## INTERNATIONAL NEWS

Ukraine Crisis **11**

## social

- LOVE IS IN THE AIR **13**
- Omicron **16**
- Balance between work and self-care ? **18**

**AIWAA**  
All India Women Achievers Awards-2021

Success Stories **20**







## Science & Technology

Twitter experimenting new feature

25

### KNOCK THE KITCHEN



Red Velvet Aapam

26

### KIDS CORNER



Interesting facts on Cricket

28



PARENTS  
WINDOW

Don't point the finger at your kid

29



### Health & Wellness

• Do you want to reverse diabetes? 31

• Winter's effects on your eyes 33



## BUSINESS

Why Do Retailers Need  
a Digital Storefront ?

35



TWELL  
FASHION  
SPREE

Halter neck tops are having a moment

38

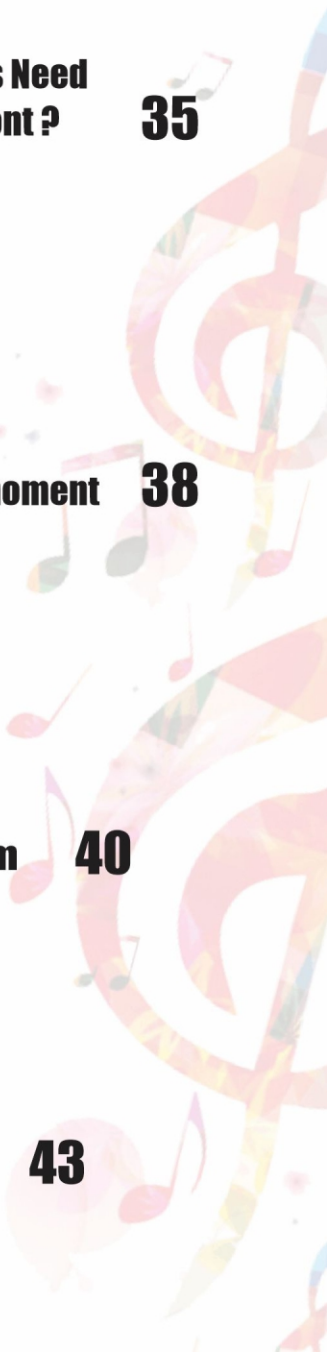
## Travel & Leisure

Wonderful Mettur Dam

40

.HAPPY.  
Valentine's  
Day

43





After generations of struggle, many Indian women have cracked the glass ceiling. Many more continue to struggle for their appropriate place in society. Women possess intellect, but must show it; they possess riches, but must fight to manage it; and they are strong warriors, but must fight the system for a spot on the battlefield.

A handful have succeeded, but their storey has gone unsung, and their battle has gone unnoticed. The All India Women Achievers Awards is a modest endeavour to recognise those women achievers whose stories are sure to inspire future generations of women and men.

This is a place for people with a strong sense of purpose and commitment. Despite the odds, these champions polish their lives in their fields of interest to the point that they stand out in society; as a result, Twell Media began to recognise and praise such underappreciated female successes.

This year, we've segmented the All India Women Achievers Awards into cities like Bangalore, Hyderabad, and Delhi, as well as segments to include the widest range of industries, areas, and people who deserve to be recognised on a national level.



The team is travelling throughout the country to highlight actual talents in their own backyard. This year's All India Women Achievers Awards will be much bigger in order to reach out to more people and allow them to physically participate in the event.

The success of the All India Women Achievers Awards 2021 has enabled us the confidence to hold the event in other cities to recognise and commemorate more achievers. People who have made significant contributions to society can be nominated.

This year, we're introducing AIWAA PRIME, an exclusive feature honoring remarkable women from a variety of backgrounds and professions. The feature honors women who have excelled in their industries through dynamism, inventiveness, and bravery - luminaries who have defied the obstacles, influenced change, and inspired the nation – and we handpick those who have already been crowned with SIWAA and AIWAA.

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





# UNION ₹ BUDGET



**What's in it for the Common Citizen in Budget 2022 ?**

**Current Affairs**

**Income Tax Update :** FM Nirmala Sitharaman did not make any changes to the income tax bands or rates in Budget 2022. The standard deduction will remain unchanged.

The common man, India's aam aadmi, eagerly awaits the Budget. The expectations range from tax-related announcements to news about infrastructural development. Let us now decode what Budget 2022 has in store for the country's common middle-class men.



## Income Tax

Finance Minister Nirmala Sitharaman did not mention any changes to the income tax bands or rates in Budget 2022. More importantly, it was expected that the government will raise the standard deduction limit due to rising inflation and the expensive cost of the pandemic. This, too, was not accomplished. It is now Rs 50,000, which is the same as previously. Aside from that, the corporate tax rate remained unchanged. It has remained the same.

## 60 Lakh Job opportunity

FM During her budget address, stated that the government intends to create 60 lakh employment. PM Gati Shakti will carry out this task. According to FM, the government is concentrating on empowering women, youth, and the country's impoverished.

"The Production Linked Incentive (PLI) Scheme for Aatmanirbhar Bharat has had a good response," Sitharaman added, "with the potential to create 60 lakh new employment and additional production of 30 lakh crore in the next Keycap digit five years."





## Tax on Cryptocurrency



Cryptocurrency has a tax attached to it. The Reserve Bank of India will launch a Central Bank Digital Currency (CBDC) (RBI). Aside from that, the government has announced a 30% tax on 'digital asset' transfer income. This move has made cryptocurrency legal in India, according to experts. For quite some time, the move had been predicted.

## Diamonds, Gemstones To Get Cheaper

In addition, FM Sitharaman reduced the import tariff on cut and polished diamonds and jewels from 7.5 percent to 5%. This is projected to lower the cost of these assets.



## New 400 Vande Bharat Trains

In addition, the government announced the launch of 400 new Vande Bharat trains. Steel stocks rose as a result, with Tata Steel gaining the most. The contracts for the multi-modal parks will be given next fiscal year, according to FM.

## Healthcare Sector

The Minister of Finance placed a specific emphasis on mental health. In conjunction with IIT Bangalore, Budget 2022 developed tele-counselling for mental health. In addition, the government developed the National Mental Health Program.



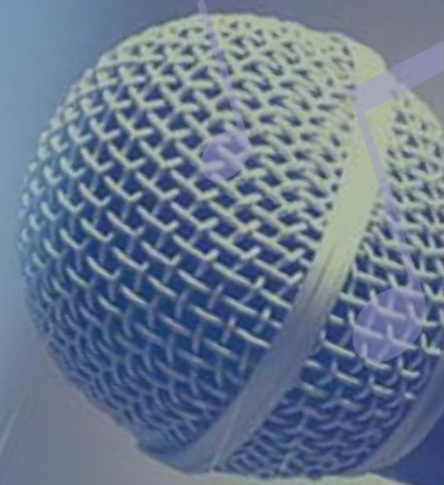


# COVER STORY

Nation bids farewell to  
**Lata Mangeshkar**  
the 'Voice of Millennium'

There is always one Beethoven,  
one Tansen, and  
one Lata Mangeshkar.





Listening to her songs on Radio, Television, in movies, singing them in school and college competitions, or in our emotional turmoil, we have lived Lataji's songs for decades.





Legendary playback singer Lata Mangeshkar, 'Nightingale of India' an inevitable part of the Indian music industry, breathed her last at the age of 92 on February 6'. She had been admitted in the ICU of the Breach Candy Hospital in Mumbai since January 8th after having tested positive for Covid-19. Her death marks the end of a musical era.

Speaking to Stardust, she recalled, "It so happened that once my father asked his shagird (disciple) to practice a raaga while he finished some work. I was playing nearby and suddenly a note of the raaga that shagird was rendering, jarred. And the next minute, I was correcting him. When my father returned, he discovered a 'shagird' in his own daughter."

Born to Deenanath Mangeshkar, (classical singer & theatre actor) & Mother Sevanti Mangeshkar on September 28, 1929, in Indore, Madhya Pradesh, Lata jee was the eldest sibling of the Mangeshkar family and became a music sensation at a very young age.

After her father's death in 1942, being the eldest in five siblings—Meena, Asha, Usha and Hridaynath, Lata jee shouldered the financial responsibility of the family. Her major break came in 1949, with the song 'Aayega Aanevala' from the film Mahal.

Lata Mangeshkar vocalized her mellifluous voice in more than 5000 songs over 36 Indian languages. She has always remained the top choice for all music composers in her career spanning more than seven decades. She won 'Dadasaheb Phalke Award' in 1990, 'Padma Bhusan' in 1969, 'Padma Vibhusan' in 1999, & 'Bharat Ratna' in 2001 along with many 'Filmfare Award'. She received the highest civilian award 'Officer of the Legion of Honour' from France in 2007. Although she never went to school, she had been awarded six doctoral degrees from universities across the World.

Lata Mangeshkar is the first-ever Indian singer to have performed at the Royal Albert Hall in London (1974). They recorded the graph of Lata's voice with the help of a computer which is by far the "Most Perfect" in the World.







Lata Mangeshkar once said in an interview that she didn't listen to her own songs as she would find several faults in her singing. She was the second Indian vocalist after Carnatic singer M S Subbalakshmi to be conferred with 'Bharat Ratna'. The Guinness Book of Records in 1971 had listed Lata Mangeshkar as the most recorded artist in the World with not less than 30,000 solo, duet & chorus-backed songs, recorded in 20 Indian languages will ensure her immortality. After India's losses in the India-China war in 1962, Latajee had sung the song, 'Aye Mere Watan Ke Logon, Zara Aankh Me Bhar Lo Pani.' The song moved the then Indian Prime Minister, Jawaharlal Nehru, to tears. Apart from being a singer, she also worked as a music director for Marathi films. Lata jee was also an ardent cricket fan who witnessed 1983 World Cup victory and even threw a free concert for the team to raise money for them.

The legendary singer created a persona that matched purity of character with naturalness of her voice. Traditionally draped in white saree with colored border, & her pallu wrapped high around neck & shoulders, two plaits, a small round 'bindi' in the middle of her forehead will remain engraved in the memory of every Indian.

• Illustrated by  
**Tumpa Datta Gupta**



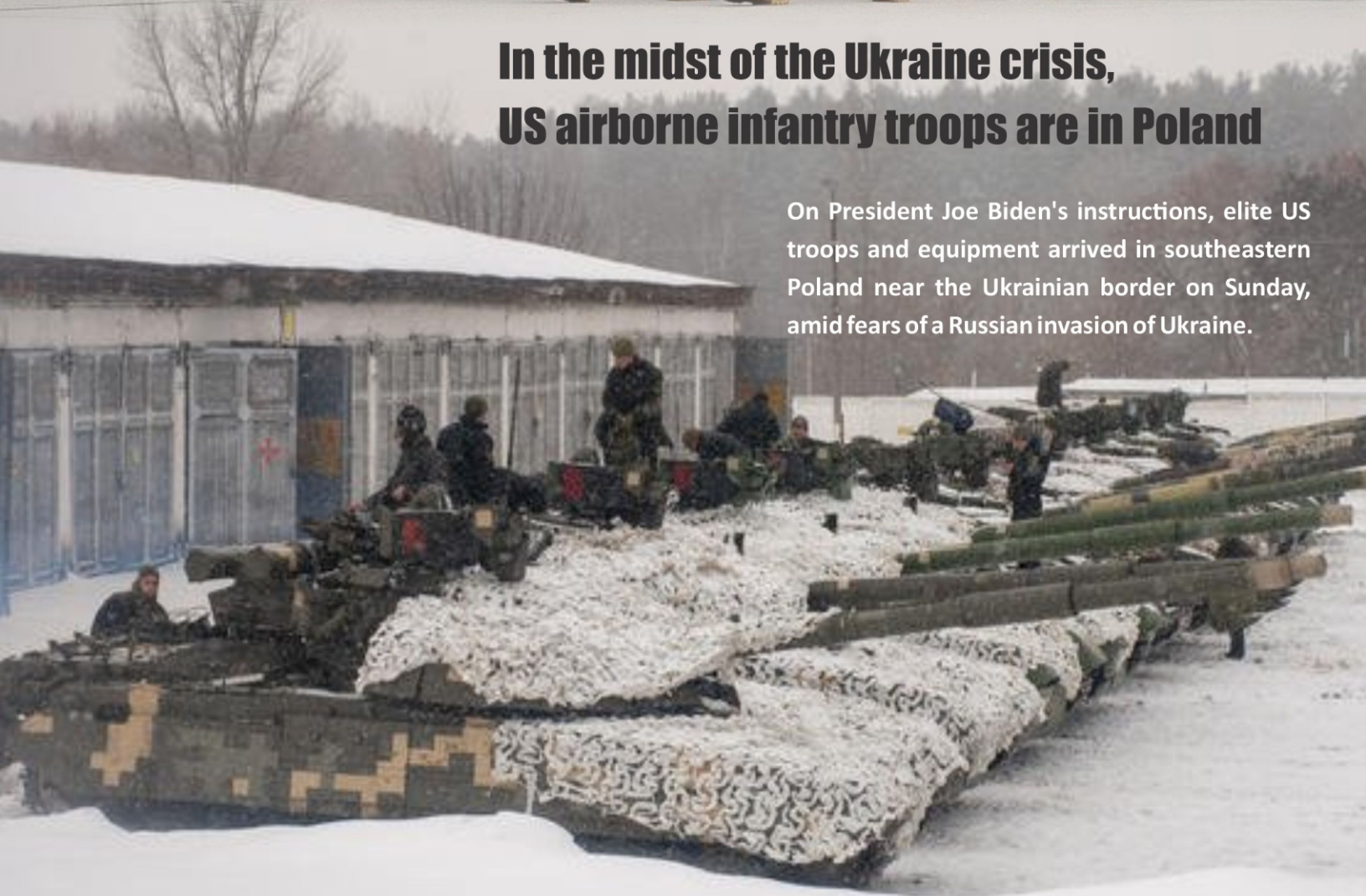


INTERNATIONAL



**In the midst of the Ukraine crisis,  
US airborne infantry troops are in Poland**

On President Joe Biden's instructions, elite US troops and equipment arrived in southeastern Poland near the Ukrainian border on Sunday, amid fears of a Russian invasion of Ukraine.







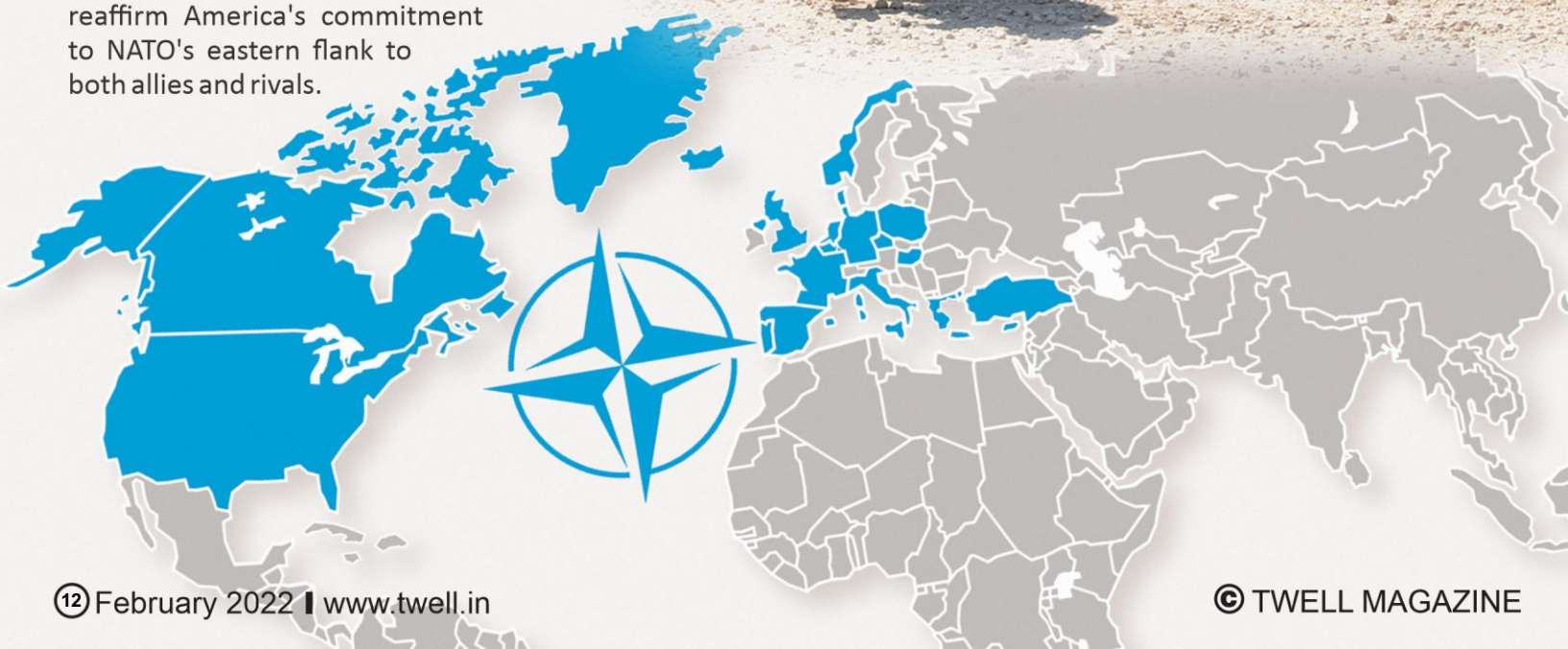
Hundreds more 82nd Airborne Division infantry men are anticipated to arrive at the Rzeszow-Jasionka airport.

A few dozen personnel and vehicles were transported by a US Army Boeing C-17 Globemaster plane.

Maj. Gen. Christopher Donahue is their leader, and he was the last American soldier to leave Afghanistan on August 30.

"Our national contribution here in Poland demonstrates our solidarity with all of our European allies, and we know that we are stronger together at this period of uncertainty," Donahue said at the airport.

Biden ordered more US troops to be deployed to Poland, Romania, and Germany to reaffirm America's commitment to NATO's eastern flank to both allies and rivals.





# social

## LOVE IS IN THE AIR

**“Let the love you give come back  
and find a place in you”- Amen**

Whispered the Church priest to Tia who kneeled with closed soft eyes in front of the lord in a church sermon on a Sunday Prayer. Flaunting in a lemon yellow floral dress, curly brown hair, long eyelashes, she reflected a modern day Cinderella, the only daughter of the Justins who lived in the Brigadier quarters. Pursuing miniature arts at St Angelina college, was an apple of every one's eyes. She was like a dream, like a moon in a lover's sky and an angel of heaven.

A group of youth travelled from Goa for a convention meeting to Pent coastal mission. The meeting was an annual practice to get-together as a celebration and collaboration, bringing in the essence of the Bible and giving opportunities for the young girls and boys.

Flying like an Eagle and running like a Cheetah, the handsome and stylish young chap, a rapper and a freak Rev came down from Goa. He lost his path and flew away like a petal far from the ground till the skies, his overwhelming focus drew him away from the festivity and towards the Ms Justins. His friends teased and laughed when they saw him stare at the beauty Tia. They cautioned him that they had to return to Goa and he should not be losing his heart. But destiny had some other plans- plans to get Rev back to Pent coastal. Watching Tia perform church services, Rev was strongly drawn towards her, the tender love, the angelic connection that brought shivers in his life.







He would rap his favourite song by Adam Levine and R. City-

"All I wanna is somebody who really loves me very much, a girl that I know I can trust, tell me honestly, would you still love me the same?"

He wanted to express himself to the beautiful girl, his heart was filled with so much love that he knew his silence would kill him. He was planning to meet her with a gift- impressive red roses? Charming white lillies? Wine or chocolates? A promise ring? atlast was happily convinced to carry his unconditional love in the form of a pup. It was Sunday in two days, the church meeting, excited Rev, went to his friend's salon, got himself groomed to face the D-day, wearing his coolest attire,with style carried the pup in a cosy knitted basket and entered the church gate. He found love in the air, was engulfed yet nervous. He knew he had to open his heart out.





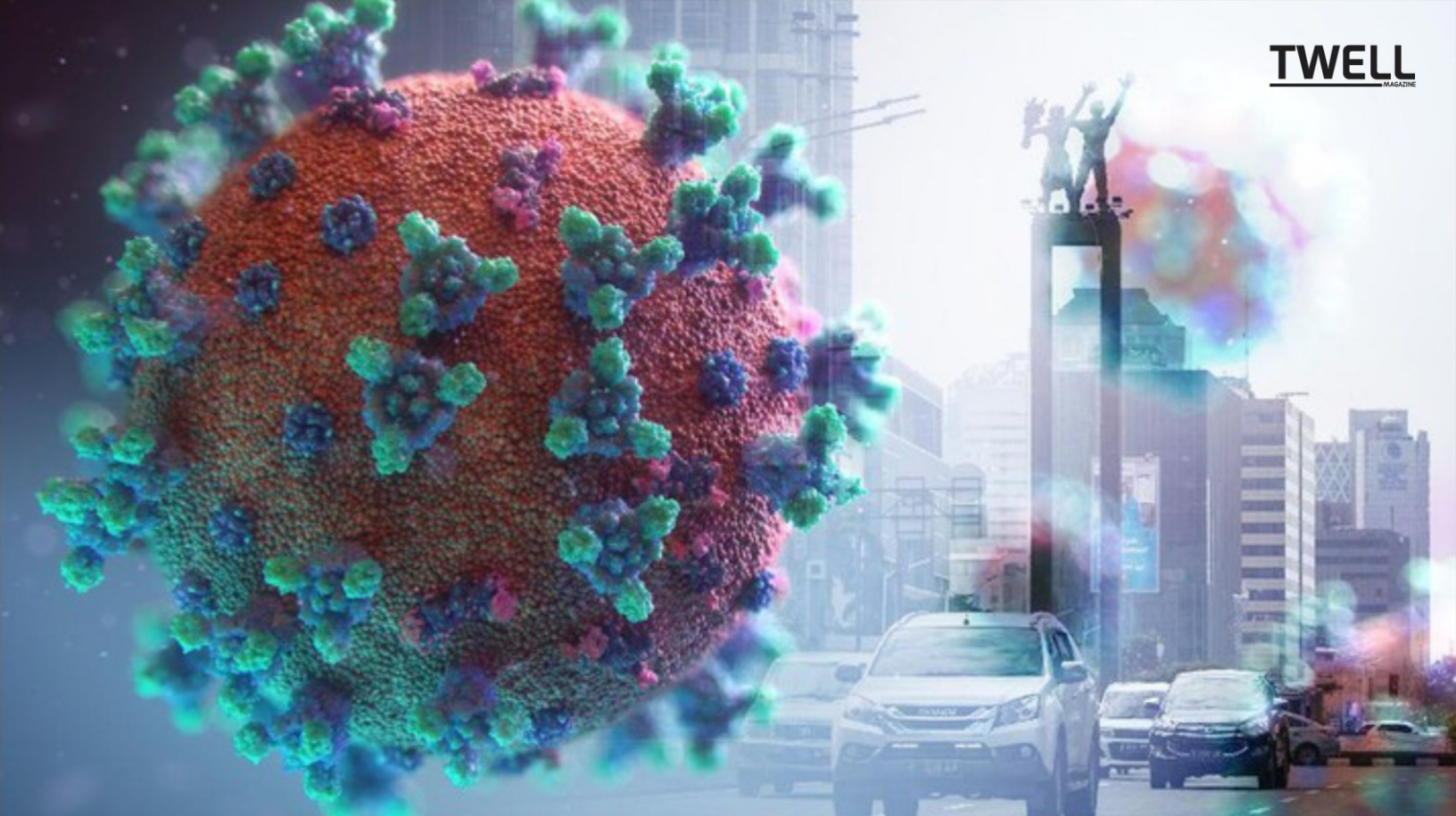


**Hema N**  
Assistant Professor  
RV PU College  
Bangalore

As he stepped at the corridor of the church, he saw a wedding like arrangement that morning, he read a welcome board, "the Justins invite you to the grand wedding", the ringing of the bells, song of the jingles, fragrance of decorated flowers started making Rev delirium, his heart was sinking, he knew this wasn't a lost battle but, he knew Tia was the only daughter in the Justin's family too. His hesitating steps slowed him down, an unexplainable pain that left him no side, broke him like there was no path to love, his battling thoughts and his eyes searching for Tia...

A beautifully clad young maiden in the elegant wedding gown broke the suspense for Rev, it was Tia indeed. Confused Rev experienced butterflies in his belly, as if his heart would be out of his mouth. It was her parents who were getting married all over again to fulfill Tia's wish, her last wish of course of witnessing her parents' wedding. Her Leukaemia (blood cancer) had left her as a guest for a short while. The cool handsome hunk discovered the bitter truth and without a second thought rushed to the wedding arena- asked the priest humbly, "may I kiss my bride father, I don't have a ring but have a pup for my love", he went on his knee in front of Tia and proposed her for wedding. Hesitant and confused Tia didn't understand what she was vouching for. The priest said, take him as your husband, my child, his love is like wine, older than you even longed for in your dreams. Tia looked at her parents who had an expression of relief and contentment. They lived happily ever after... ever after? until the pup turned into a few years of joy in the couples' life, until he grew as a finer pet accompanying Rev to the grave of Tia which had this engraved - "I found my one true love, my one and only forever and always. I found you... Tia!" He walked with these thoughts every minute with her was like a lifetime, she lives too far yet not away from me, death stole her but she stole my heart that beats only for her, only for her...





## Infection with Omicron improves immunity against the Delta Variant in vaccinated People : Study

**social**

We've all been pondering how to bring the COVID-19 outbreak to a close. Something has to be done to put an end to this never-ending agony that has been affecting the planet since 2020. What if that object turns out to be one of the coronavirus variants? Many people have been wondering whether Omicron might be the end of the pandemic in recent weeks.

At a time when Omicron is sweeping the globe, a study from South Africa has provided some cause for optimism. According to the research, Omicron could reduce the severity of the disease in the future while also protecting against the lethal Delta form.





While some scientists have voiced optimism about Omicron's impact on the epidemic, others have dismissed it as yet another source of concern. According to others, the Omicron's quick spread and lower severity could cause the pandemic's direction to change. COVID-19, on the other hand, is "Nowhere near over," according to World Health Organization (WHO) Director-General Tedros Adhanom Ghebreyesus.

Anthony Fauci, the president's senior medical adviser, said it's still too early to tell whether the fast-spreading Omicron will convert the COVID-19 pandemic to endemic status. The South African study provides evidence to aid scientists in making such forecasts. If Omicron is less severe, the study implies that the pandemic's course will change to be "Less destructive to individuals and society."

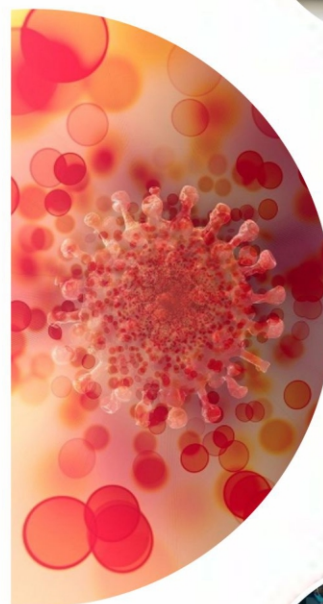
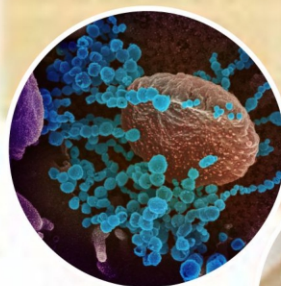
Between November and December, researchers collected samples from 23 people who had been infected with Omicron. Individuals who had previously been infected with the Delta variety were able to contract omicron, whereas those who had caught Omicron were unable to get Delta.

This is especially true for people who have been vaccinated against the sickness. It's unclear whether this theory holds true for folks who haven't been vaccinated. The early data suggested that the Omicron had the potential to supplant the globally prevalent Delta variation, lowering the likelihood of reinfection.

"The ramifications of such displacement would depend on whether Omicron is truly less pathogenic than Delta," according to the research report, which has yet to be peer-reviewed. If that's the case, the risk of COVID-19 serious disease will be lower, and the infection will be less disruptive to people and society."

Omicron also lowers the likelihood of getting serious disease, according to data from nations like South Africa, which was the first to disclose this variant. In comparison to prior COVID-19 variations, patients infected with Omicron are 50 percent to 70 percent less likely to require hospital care, according to a UKHSA investigation.

Somya Swaminathan, a global health specialist, warns that getting vaccinated is still crucial because the danger of illness remains high, especially among the unprotected.







# social

## What's the best way to create a balance between **work and self-care**? Look into it.

Self-care often takes a backseat in the hustle and bustle of daily living. Workplace problems, strained personal connections, and a worried state of mind are all possible consequences of not taking care of yourself.

How do you create a balance between work and self-care in this situation? In a motivational TEDx lecture, American journalist and author Tony Schwarz addressed this subject. Schwarz began by explaining how humans are powered by four different sources of energy, each of which is equally crucial in replenishing and maintaining a positive outlook. The four sources are as follows:





Physical energy was referred to as the "foundation of all your energy."

Emotional energy is referred to as the "quality of your energy," because how you feel has a significant impact on how you execute the third source of energy.

This energy was referred to as the "focus" of your energy.

Human spirit– This energy is derived from a profound sense of purpose and the realisation that what you do matters. "Is there any doubt that if something genuinely matters to you, we'll put more effort into it?"

"We must find a way to strike a balance between caring for others and caring for ourselves." It's not about extremes like selfishness and selflessness. It's about striking a balance between self-care and service. We frequently discover that those who are most concerned with taking care of others are also the least concerned with taking care of themselves. We live in a world of contradictions. We must work hard and let go at the same time."

"In a world of excessive complacency and massive challenges, we must learn to make waves in order to transform lives, starting with our own."





**Success Stories of**

**AIWAA**

The logo for AIWAA features the letters 'AIWAA' in a bold, gold, sans-serif font. The letter 'W' is replaced by a gold silhouette of a woman in a professional or athletic pose, standing with one leg forward and arms slightly away from her body.

**ALL INDIA WOMEN ACHIEVERS AWARDS**

**2021**



# AIWAA

ALL INDIA WOMEN ACHIEVERS AWARDS

2021

Success Story of

## Divya Swaminathan



TWEll  
MAGAZINE

Only those who strongly believe in their expertise will be able to succeed ahead of time. The makeup industry is comprised of a profession where talent and determination can help you achieve your goals.

Divya Swaminathan, a self-assured entrepreneur and the founder, has always sought to expand Glittershine Make-up Studio and Academy. Divya Swaminathan Is Winning Over The Makeup Industry With Her Incredible Talent. She has carved out a special niche for herself in this field by constructing her own distinctive path. Divya has always been drawn to the creative realm and the beauty profession.

She started Glittershine Make-Up Studio and Academy with a lot of love and passion for the industry. She took over the company swiftly and began acquiring high-profile clients.

She is most recognised today for working closely with her clients, methodically interpreting their vision, and bringing it to life to their joy.

Glittershine Make-up Studio and Academy is a leading and renowned make-up training centre and a name in the industry located in Coimbatore. In less than two years, she has taught over 25 batches and 250 students. She charges very low fees for her students in order to empower women, and she believes that women should be financially self-sufficient. She's also a strong advocate for women's rights.

It is thorough on cosmetics course content, important makeup tips and tricks of the trade, and she also emphasises makeup business development abilities at Glittershine Academy. She ensures that students are well-prepared for profitable professions in the beauty and wedding industries.

She also received India's Biggest All India Women Achievers Awards 2021, a national level event. She has garnered various honours and awards for her commitment to the beauty industry.



She is the proud recipient of the India's Biggest "All India Women Achievers Awards - 2021."



# AIWAA

ALL INDIA WOMEN ACHIEVERS AWARDS

2021

## Success Story of Suruchi Sharma

Suruchi Sharma is a jack of all trades – and a master of them all. She is known as a multi-talented girl with a dynamic personality in a variety of fields. As a Psychologist, a Young Scientist, a Global Researcher, a Model, a social worker, a Therapist & a Speaker from all over the world. However, what she does has the potential to be rather terrifying.

Since she first learnt about social work psychology in school, Suruchi has found it "intriguing, tough, and interesting." Suruchi, a Delhi-based teenager has been captivated by the human mind's workings since first learning about gender psychology. She decided right then and there to put her fascination with the mind and its workings to good use for others.

She set an example as a Harvard World Record as an Extraordinary work as a Psychologist & a Public health researcher & awarded Asia's Top 100 influential women award too.



A Show called name Iconic fashion group 2k21 she was named a Showstopper for her vibrant personality on the ramp, which shone like a dazzling star, and her walk at Film City Noida was the highlight of the evening. She is already well-known in a variety of disciplines around the world, and she has set an example for both women and men in India and around the world. As an educator, writer, and single traveller, she visited 25 states, 266 cities, and two European countries for her own speeches in the health and education sectors.

In 2021, she received 20 awards in India, as well as other awards and honours from the United States and a few European nations. She has been recognised as a brilliant psychologist and public health researcher 20 times in the field of healthcare.

She is a volunteer with Delhi AIIMS and numerous NGO's, donating her services in a variety of areas such as free health camps, educational webinars, mental health seminars, and research. She is a young leader in the youth development of the Sustainable Development Goals (SDGs).

She is also the proud recipient of the All India Women Achievers Awards – 2021. For starters, Suruchi Sharma is a ray of brightness and positivity.



She is the proud recipient of the India's Biggest  
"All India Women Achievers Awards - 2021."



# AIWAA

ALL INDIA WOMEN ACHIEVERS AWARDS

2021

## Success Story of Susharitha S



TWELL  
MAGAZINE

Culture and identity are not mutually incompatible in a country as vast and diverse as India, and our artists - painters and sculptors, poets and authors, dancers and musicians - have been chroniclers and caretakers of this history for as long as anyone can remember.

Susharitha S, another such juvenile talent is now colouring her life in the world of art.

Susharitha has blossomed into a talented painter and fine artist at a tender age. Susharitha's art has certainly been influenced by her upbringing. She's also been a driving factor in bringing Indian and global art into the modern idiom.

She began her career in the field of art while still in graduation school, and she is currently pursuing a BFA (Bachelor of Fine Arts) in painting in her final year. She forsook her parents' desired degree, an MBBS, in order to pursue her passion.

Her work revolves around issues of identity and culture. Her ambition is to earn a master's degree in painting and a doctorate in art, and to open an art studio rather than a clinic.

Susharitha integrates Indian culture and modern art into her 'paintings,' abstract and colourful compositions on panels, and liberally employs them in her paintings, which sometimes depict mythological creatures. Through this, she occasionally creates new artefacts that are based on legends.

Like other modern artists even she has become a part of an artistic collective. Chennai based artist Susharitha has created a unique visual language for her pictorial narratives, based on traditions of heritage art.

At the age of 20, she had already won numerous honours and competitions, as well as judging five or more art competitions at various colleges. She also conducts online painting workshops for both children and adults studying abroad.

She has indeed been recognized one among India's Top 100 teachers (art educator) for 2021 and has been featured in the Hindustan Times, Ed times, zee5, and daily hunt, among other publications. She is also a world record holder.

She is the proud recipient of All India Women Achievers Awards 2021



She is the proud recipient of the India's Biggest  
"All India Women Achievers Awards - 2021."



# AIWAA

ALL INDIA WOMEN ACHIEVERS AWARDS

2021

## Success Story of Bhavani H

Art is an important aspect of her narrative as a single mother who became a full-time Makeup Artist.

Bhavani H has been a dedicated makeup artist in Bangalore for over eight years. She considers herself fortunate to work in such a diverse and creative field, with a degree in art and the ability to connect with each individual customer. Her style is a mix of modern and classic, as evidenced by her work photos.

She works as a Bridal Makeup Artist in Bangalore and frequently travels for destination weddings in and around the country. She runs her own Viva Makeup Academy, where she effectively trains students in both personal and professional make-up and hairstyling.



She is the proud recipient of the India's Biggest  
"All India Women Achievers Awards - 2021."



TWELL  
MAGAZINE

She claims to have gained a great deal of knowledge while working "This is where the beauty of the field can really be explored. You can work and learn." She knows how challenging it is to be financially self-sufficient as a single parent. So, beginning in 2020, she began teaching makeup and charged a fair price for her expertise in order to encourage other women to work for themselves and achieve financial success.

She also provides personalized workshops and has partnered with a famous hairstylist and a saree draper, both of whom accompany her on bridal makeovers. She has the ability to fly to new heights and is highly inventive in her work.

This makes her joyful and helps her feel that she is contributing to women's emancipation. She wants to keep working for the betterment of women in society.

For her tremendous contribution to the industry, she is the proud winner of Twell media's All India Women Achievers Awards - 2021.





## Twitter experimenting a new feature to allow users to send long messages

Twitter's character count has risen from 140 to 280 throughout the years, giving users more freedom to express themselves.

According to reports, Twitter is working on a new feature that would cater to individuals who want to share their opinions on the microblogging site in one long post.

According to Engadget, Jane Manchun Wong, who is recognised for discovering experimental features within apps, found the presence of a "Twitter Articles" option. The term itself denotes a long-form format for the social network, which previously only enabled users to publish short text messages, but its specific nature remains unknown for the time being.

Twitter's character limit has risen from 140 to 280 throughout the years, giving users more freedom to express themselves. According to the report, this isn't always enough. According to the source, it's also unclear whether the future feature would be available to everyone, or if it will be limited to Twitter Blue subscribers.

According to a Twitter spokesman, the business is "always exploring into new ways to help people start and engage in discussions" and will release more information shortly.







**KNOCK  
THE  
KITCHEN**



**WHY SHOULD ONLY  
CAKES HAVE ALL  
THE FUN DURING  
VALENTINES DAY.  
A TWIST FOR  
VALENTINES DAY  
WITH OUR  
TRADITIONAL  
AAPAM**

**RED VELVETE AAPAM**

- Regular Rice / Parboiled Rice (or Half - Half of both types) : 1.5 Cups
- Water (For Soaking) : 2 Cups
- Thick Poha (Aval or Flattened Rice) : ¼ Cup
- Grated Fresh Coconut : ½ Cup
- Water (as needed for blending or grinding batter) : ¾ Cup
- Instant Yeast : ½ Teaspoon
- Salt (add as required) or : ½ Teaspoon
- Sugar (add as required) or : 2 Tablespoons
- Cocoa Powder : 2 Tablespoons
- Edible Red Colour : 1 Tablespoon



## Instructions

- Rinse the rice a couple of times in water.
- Rice should be soaked in water for 4 to 5 hours.
- Drain the water and place the soaked rice in the jar of a mixer-grinder or blender. Also add the grated coconut, cooked rice or poha (aval or flattened rice), salt, and sugar.
- Add water and grind all the ingredients to a smooth flowing batter
- Transfer the batter in a medium to large bowl.
- Sprinkle the Instant yeast (or rapid rising yeast) all over the batter. Mix thoroughly and evenly. Cover the bowl and set aside to ferment for 1 to 2 hours until the batter doubles in volume and has plenty of air-pockets.
- And add cocoa powder and red colour to the batter and mix well.
- Heat a kadai or an appam pan.
- Spread some butter on the appam pan with a spoon.
- Spread a ladle full of the batter (about  $\frac{1}{3}$  to  $\frac{1}{4}$  cup). Turn and tilt the pan so as to spread the batter to a neat round circle. Keep heat to medium-low or medium.
- Cover the pan with a lid and let the appam cook.

Gently remove the cooked red velvete appam with a spatula. Make the remaining batches of appam this way.



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





**When a Child smile, the World opens its innocence.....**

**Some Interesting facts on Cricket.**

You can play cricket for more than one country. Cricketers usually play matches for their own home country. But there are a few cricketers who play for more than one nation. Let's learn about two cricketers today.



A Cricket Ball is made from buffalo, cow (cowhide) or ox leather which undergoes certain dyeing & purification process. Inside the Cricket Ball is a cork. It has perfectly stitched grip for which is easy presenting/throwing the perfect seam position of the ball, while bowling to a

Batsman. The leather of the ball could be red or white. White balls are used for T20 matches. In Men's cricket, new cricket ball weighs 155gm, while a new ball in Women's cricket weighs 140gm.

The wood of the Willow Trees is used to make Cricket bats. This wood is lightweight & strong to endure the force of a Cricket ball. According to laws of Cricket, the bats should be of a particular length & breadth. They can weigh from 1.2 – 1.4 kgs. The two major places where willow cricket bats are made are England & Kashmir in India.



**Dirk Nannes**

(An Australian-Dutch left-arm fast Bowler) – He played for Netherlands & Australia both. He played crucial role for Australia to reach finals of the 2010 World T20.



**Nawab Mohammad Iftikhar Ali Khan Pataudi**

(Captain of the India's National Cricket team) – He played test matches for both India & England during 1946.



**Tumpa Datta Gupta**

Educationalist, Founder & Social Entrepreneur

Green Wings Preschool Educational Network  
Mysore







# PARENTS WINDOW



Narrated by  
**Tumpa Datta Gupta**

## **When we Blame / Shame our Child, We are actually avoiding some truths about our self.**

“How could you forget your school project? See now, we are stuck in traffic because we had to go back.” Many times we don't even realize we are shaming our Child unintentionally.

Statements like this aren't actually helpful, instead causes stress to the already difficult situation. Blaming directly to child, shifts emotions in guilt.

It is quite normal for younger children to make mistakes and to be forgetful because of their brain developing phase. When the child is dealing with such heavy emotions it is impossible for him to work on improving skills, they easily lead to be anxious. Shame comes from our own thoughts; it can be triggered when we're blamed by others for doing or not doing something. When we refer to shaming someone, we bring up feelings of inadequacy, powerlessness or embarrassment.





As parents, it can be difficult to watch our Child struggle and experiencing negative consequences in life. When the child is small, we bear entire responsibility for them as their 'Guardian'. While growing with them, we start giving responsibility. We want them to become independent. But with 'independence' come choices—and taking responsibility. Transitioning from taking total accountable by our child to allow him to make mistakes, so he can learn, grow & become wiser from them can be a tough process, but that's the journey of life.

By nature, we human feel uncomfortable, when we have to admit we've made a mistake or a poor choice. It's hard to own that because we are concern that we might be judged. But in that discomfort, we learn and grow—by recognizing and acknowledging our mistakes and then doing things differently in future.



We have seen different perspective too - how shame makes us to avoid holding our child accountable. We rationalize our child's behavior by saying things like, “Well, my son's mom was too hard on him when he was younger, that's why he's acting this way.” Or “The reason my daughter misbehaves in her adolescence because we got divorced when she was younger.” Many such examples we keep absolving.

We have to understand that justification is not helpful to our children or us. An excuse encourages putting onto blame others. If we feel guilty or ashamed for things we've done as a parent, we have to take responsibility and accept. By doing this, we're modeling for our child a culture of accountability. Remember, if our child is always blaming others, he never has to change—and he probably won't. We have to balance our parental responsibility with our child's accountability.

In our society there's a tendency of blaming parents for a child's behavior. Whenever a child behaves in certain irresponsible way, people always ask, “Where were his parents!” And parents, with kids struggling with poor behavior choices, take this to heart, blaming themselves. By saying this, the child gets the message that he's not responsible for his behavior and choices—his parents are. Unfortunately, this can lead to a lifetime pattern of blaming others and refusing to take responsibility.

#### **When someone blames, respond with**

“Let's stay focused on the issue and the behavior we want to address right now.”







**Do you want to reverse your diabetes?  
Here are some fitness professionals' suggestions.**

In 2021, diabetes affected approximately 7% of the world's population. Type 2 diabetes affects 95% of diabetics, according to the World Health Organization. Simple lifestyle adjustments and weight management revealed by a dietitian and fitness expert can help you reverse it.

During the Covid-19 pandemic, people with diabetes paid a high price, as the coronavirus not just to resulted in a high proportion of people with diabetes among hospitalised patients with severe Covid-19 manifestations and among those who died from the virus,





but also caused severe disruption of diabetes services. Despite the fact that diabetes is a leading cause of blindness, kidney failure, heart attacks, strokes, and lower-limb amputation, the WHO states that "Diabetes can be treated and its consequences avoided or delayed with diet, physical activity, medication, and regular screening and treatment for complications."

## Diabetes reversal advice

"Type 2 diabetes is primarily a product of lifestyle which develops insulin resistance in the body," says the author, claiming that the cause is less genetic or organic than man-made. Although genetics can have a role, lifestyle adjustments can help keep diabetes under control and delay its recurrence."

"Since muscles are the largest storage of blood sugar, a sedentary lifestyle is a key cause of Type 2 diabetes in adults." The use of alcohol and tobacco only serves to hasten the deterioration of the condition. Regular exercise and quitting smoking will help your body naturally combat this condition."

Experts also recommended a low-calorie diet consisting primarily of fresh fiber-rich and green vegetables, fruits, lean meat, nuts, whole-grain foods, pulses, and legumes, as well as avoiding meals containing processed white flour and sugar, which are known to cause fat accumulation and obesity. "You can reduce your weight with lifestyle changes and regular exercise," Vijay Thakkar said, emphasizing the importance of weight management in reversing diabetes. Consult a doctor about treatment options such as bariatric surgery."

Lack of physical exercise can cause an additional layer of fat to form around the abdomen, leading to increased insulin resistance. As a result, burn those extra calories for a healthier lifestyle. Finally, and most importantly, remain hydrated and eat a healthy diet! "A diet low in carbohydrates, moderate in proteins, and high in healthy fats is an excellent diet for long-term blood glucose control."







## HOW CAN THE WINTER WEATHER AFFECT YOUR EYES?

The winter weather conditions have always been proven to be hard on your body. This is also true when it comes to the condition of our eyes. Ophthalmologists can advise you on various ways you can protect your eyes this winter season.



### Dryness

The cold air outside and the heated air inside will have a great effect on your eyes this winter season. You will find that the air doesn't contain enough moisture to keep your eyes from drying out. To minimise the dryness you feel in your eyes you need to stay hydrated and you may want to consider running a humidifier in your home to add some much needed moisture to the air.





## Sensitivity to Light

Winter skies can seem dark and gloomy, but snowfall and ice create many reflective surfaces that can dramatically increase the amount of light. If you have sensitive eyes, you may experience even more blinking, discomfort, and other symptoms in bright winter light. Protect your eyes when going outdoors for long periods of time, including when walking, shovelling snow, or performing other routine activities.



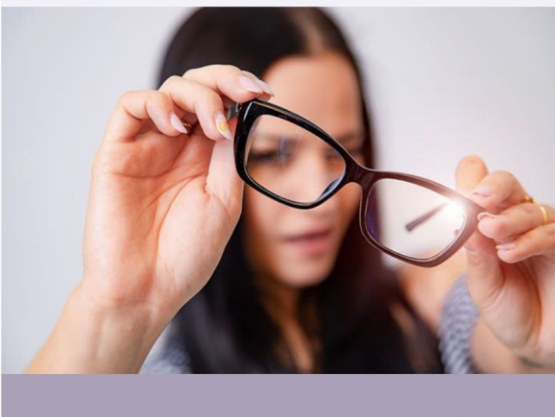
**Dr. A. H. Hajra Salar**

Ophthalmologist  
I Care Center  
Hyderabad

If you experience any of the above symptoms this winter it is always a good idea to schedule an appointment with the Ophthalmologist. We can provide you with self-care tips.

## Redness

Harsh winter conditions can cause redness, tenderness, and inflammation in the eye area. You may have swollen eyelids or discoloration of your eye itself. You may also notice eyelid spasms or involuntary tics if your eyes become particularly irritated. The redness could be due to the dry eye you have been experiencing, allergies, or even snow blindness.



## Changes in Vision

Extremely low temperatures cause the blood vessels in and around the eyes to constrict, and this constriction can cause immediate vision changes, such as

blurriness and double vision. These changes are most likely to occur when you stay outside for long periods of time in temperatures that are well below freezing. If you notice vision changes while out in the cold, move to a warm area as soon as possible. If your normal vision doesn't return after 30 minutes or so, seek medical attention.





## **Why Do Retailers Need a Digital Storefront ?**



**In order to connect out to clients even in disruptive situations, a collaborative approach combining online and offline models is the way to go.**





The pandemic has revealed how resilient merchants are. As in-store footfalls dried up due to lockdowns and social distance limitations in April 2020 and beyond, many businesses turned to digital ways to keep their BCPs (business continuity plans) alive. Several retailers replaced brick-and-mortar (B&M) locations with internet ones within weeks.

A digital storefront is an electronic visual representation of a brand and business that reflects the physical features that provide a personalised experience while retaining a one-on-one relationship with a normal B&M outlet.

**The Internet is gaining popularity**

While wealthier customers had been buying online for a decade, consumers in non-metro areas were either hesitant to do so or had the necessary connectivity to make it a habit. However, the COVID-19 black swan incident changed the landscape practically overnight, encouraging millions of Indian consumers to adopt digital for everyday purchases and other commodities, including perishables.

The clear message for all retailers is that digital is here to stay. Previously, small merchants were hesitant to use technological tools since they required large upfront investments as well as trained human resources to manage. This is no longer an issue because a plethora of cloud-based SaaS (software as a service) solutions are now available at low prices, making technology more accessible to small businesses.







## Huge Possibility

When one considers that India's mobile Internet penetration reached 600 million users in 2019, nearly quadruple the previous year's figure of 320 million, the retail sector's potential is enormous. In 2020, it is estimated that 53% of the country's population will have used their mobile phones to access the Internet.

Even when markets return to normalcy – despite the fact that the Omicron variation appears to have thrown a temporary kink in the works – all of the aforementioned criteria will ensure that digital stores are here to stay. However, for improved customer outreach, merchants should retain a hybrid or omni channel model. Retailers will be able to keep their BCPs working in the post-pandemic phase thanks to the integrated offline-and-online approach.



## Halter neck tops are having a moment

Bollywood actresses have transitioned from pleated sarees to summer outfits throughout the years. Sequins and sparkles, as well as a variety of tassels, turn them into glam divas. Since the birth of paparazzi culture, it has also contributed to street-chic fashion. Stars are photographed going about their everyday routines and moving from one scene to the next. Fashion trends come and go, and some even make a comeback. The corset, which can be found in dresses and tops, is the most recent trend to make a big resurgence.



The fashion industry thrives on taking inspiration from one another. Our B-town actors got a lot of ideas from one other, and stylists made a lot of mistakes, but it resulted in some fantastic fashion battles. Despite the fact that they wore similar clothing, each diva dressed them differently.







The masala in our chai is fashion in Bollywood. Our favourite celebrities have worn a slew of memorable ensembles and trendy styles, but it's the ethnic designs that have made the biggest impression.

We know it's a trend when a slew of celebrities are wearing it, and judging by Janhvi Kapoor's, Pooja Hedge's, and Sonal Chauhan's latest bikini photos, halter neck bikini tops are hot right now. The three divas have all been seen wearing halter neck bikini tops, and they all look sassy. Take a peek around.

A halter top is a sleeveless top with straps that are fastened behind the neck, similar to a tank top. Another halter top type has simply a narrow strap behind the neck and a narrow strap behind the center of the back, leaving the back mostly open. This style is similar to many bikini tops, except it covers the chest and may cover some or all of the abdomen in the front.

A halter-neck sports bra with multicoloured leggings is increasing the bar of athleisure fashion game whether you're searching for fashion inspiration to turn heads when out for a run or simply sweating it out at the gym.

In satin and metallic fabrics, the tie-neck halter top is endlessly flattering and easy to style. Designer halter neck tops with sleeves are available in the most recent halter neck top designs. A meandering daydream is best portrayed by the lucid halter neck tie-up top made of pure handwoven muslin cloth. A oneness, a band of supportive strings that tie each tear together with raw anguish hem, gives life to an illusory expectation.





# Travel

## & Leisure

## Wonderful Mettur Dam

Seeing a new place, meeting different culture, people or trying local food, & witnessing one more weekend gateway, then why not in such a serene location in Tamil Nadu which is

### **Mettur Dam or Stanley Reservoir!**

Mettur Dam is constructed across the Kaveri River in 1934 by the British Governor of Madras, Sir George Stanley. The water to this dam is supplied by Kabini Dam and Krishna Raja Sagar Dam, KA. It is one of the largest Dams in South India & is located in a town called Mettur in Salem district of Tamil Nadu. The Dam is surrounded by green hills and picturesque natural beauty. One of the most extraordinary features of the Dam is its design, which is a testament to the country's engineering genius.

Distance from Bangalore - 4 hrs  
22 min (199.2 km) via NH 44.  
Distance from Chennai - 7 hrs 30  
min (362.4 km) via NH 48.

Mettur Dam is a huge human-made marvel which spans over a massive length of 1700 mts (5600'ft), height of almost 120'ft and is a major hotspot where tourists visit from all across the country to relax and seek solitude. It provides irrigation & drinking water facilities for more than 12 districts of TN. It is also one of the important sources of electricity for TN and has 2 hydroelectric power stations.

Mettur Dam can be visited in any month of the year, but the peak seasons will be Public holidays & in the month of Aadi festival (July 17<sup>th</sup>–August 16<sup>th</sup>), festivity related to Goddess of Fertility & prosperity.

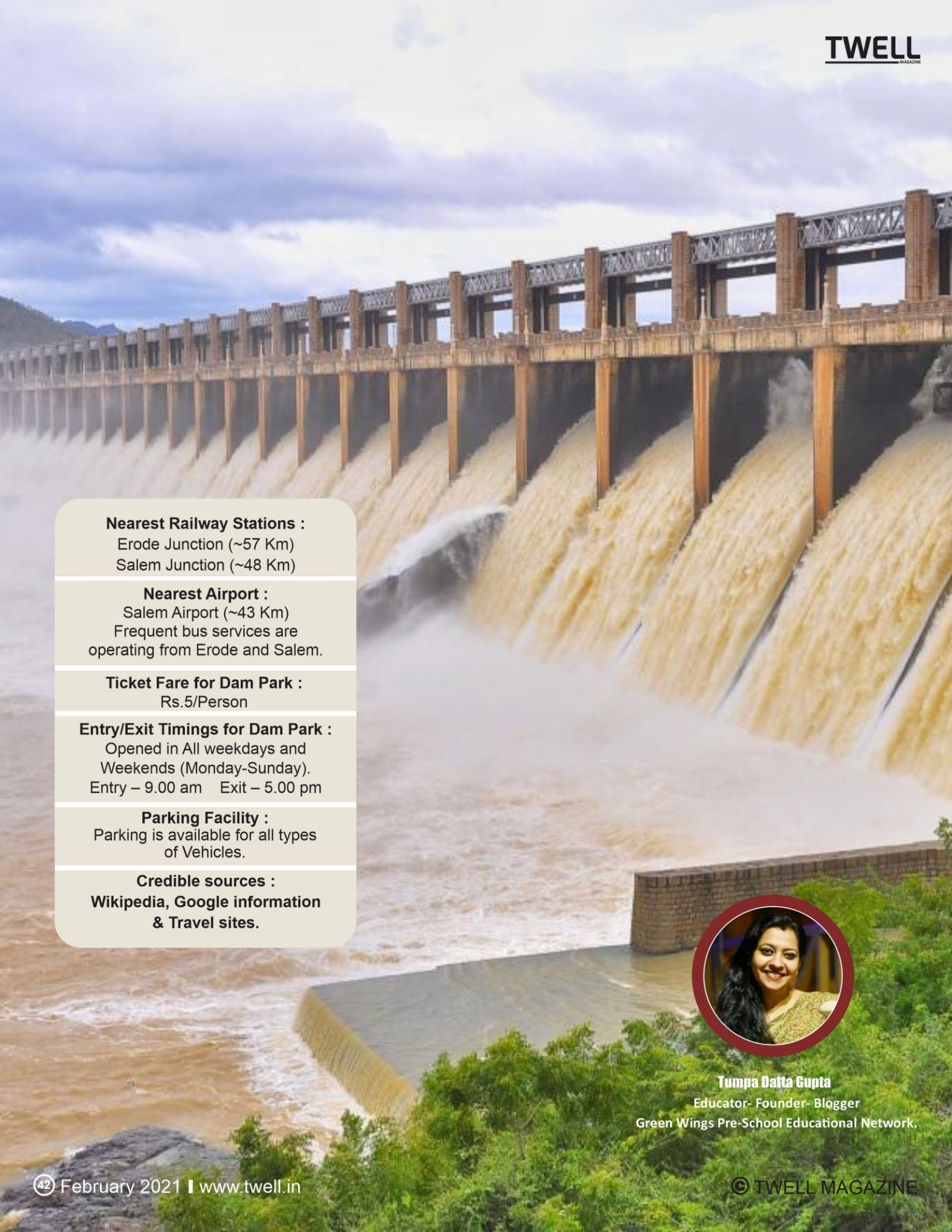


**Ellis Park** (maintained by the TN Public Works Dept.) located at the dam base. The 33-acre park is well maintained has several amenities, including a children's play area and large lawn areas. Animals like Snakes, Deer, Aquarium, Rabbits, and few Reptiles are kept inside the Park. Together with Ellis Park and Hydroelectric power plant, the Mettur dam is a favorite among tourists. It is one of the most serene destinations in the region where one can enjoy the pristine charms of **Hogenakkal**. One can spend 3/4 hours of quality time with friends and family. If you are a seafood lover, then you must try out the famous fish fry at several eating joints near the park.

If you have enough time after Mettur, then do not miss the famous **Hogenakkal Waterfalls**, which is about 76.5 km from Mettur dam, & will take 2hrs roughly via NH 544H road. The gushing beauty of this cascade is one of a kind and is often quoted as being the 'Niagra falls of India'. The Kaveri River forks into multiple streams & falls through multiple steps, making the sight mesmerizing. Drinking water can also be obtained from the falls & the water here is believed to possess medicinal properties. Boating is possible in coracles (basket-shaped boats made of bamboo) when water of the Kaveri river is in peace.







**Nearest Railway Stations :**

Erode Junction (~57 Km)  
Salem Junction (~48 Km)

**Nearest Airport :**

Salem Airport (~43 Km)  
Frequent bus services are  
operating from Erode and Salem.

**Ticket Fare for Dam Park :**

Rs.5/Person

**Entry/Exit Timings for Dam Park :**

Opened in All weekdays and  
Weekends (Monday-Sunday).  
Entry – 9.00 am Exit – 5.00 pm

**Parking Facility :**

Parking is available for all types  
of Vehicles.

**Credible sources :**

Wikipedia, Google information  
& Travel sites.



**Tumpa Datta Gupta**

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



# Celebrate one-of-a-kind Valentine's Day

Love is a great, unfailing emotion. In February, people anticipate Valentine's Day with bated breath. Whether you are a romantic or a cynic, you will find it difficult to ignore the day. However, each day of the week preceding up to February 14 is significant in its own right. The week begins on the 7th of February and ends on the 14th of February. It all begins with Rose Day, then moves on to Propose Day, Chocolate Day, Teddy Day, Promise Day, Hug Day, Kiss Day, and Valentine's Day.

If you're looking for a means to relieve stress, there's no guilt in skipping Valentine's Day totally (and it goes without saying that COVID-19 safety guidelines should always factor into your social plans). But if you want to join in the celebrations, there's plenty of other ways to have a good time that don't include the bittersweet aroma of rose petals mingled with disappointment. Because the holiday's roots are unknown, why not make it your own?

Spending quality time with your favourite people, enjoying the love in your life, and/or deepening your bond—with yourself, your friends, a long-term relationship, a new one, or a regular ol' dating site be the focus of your Valentine's Day plans.



When it comes to the cliched ways of celebrating Valentine's Day in India, a bouquet of red roses, a box of various chocolates, a romantic dinner date, a lengthy drive, and watching the sun set are just a few things that come to mind.

Spending quality time with your favourite people, enjoying the love in your life, and/or deepening your bond—with yourself, your friends, a long-term relationship, a new one, or a regular ol' dating site be the focus of your Valentine's Day plans.

When it comes to the cliched ways of celebrating Valentine's Day in India, a bouquet of red roses, a box of various chocolates, a romantic dinner date, a lengthy drive, and watching the sun set are just a few things that come to mind. And if you're thinking, "I've been there, done that," why not try something new this time?

Get away from the bustling, overcrowded, and concrete jungles of metropolitan India and visit some beautiful and reserved spots that are not only tranquil, scenic, and secluded, but also made perfect in solitude.





# CLASSIFIEDS



**Valerie Mathias**

**Rendezvous Café Restaurant**

# 30 Rue Suffren - Pondicherry- 605001

Ph : 4132227677 / 9629978402

📷 rendezvous\_cafe\_restaurant

www.rendezvouscaferestaurant.com



**Dr. Nalli Ramya**

**RAMICOS COSMETICS**

Nirmala Clinic, 39-27-40/13 Vuda Colony,  
Madhavadhara, Vishakapatnam-530007

Mob : 8008606041

📷 ramicos.cosmetics



**Ashwini Gunasekaran**

**SIMHA TOURS**

# 5/6, Kamarajar Street, Old Perungalathur,  
Near Padmaavathi Marriage Hall,  
Chennai - 63

Mob : 9543134234 / 6381093505



**Dr. A H Hajra Salar**

**I CARE CENTER**

**Eye Dental Physiotherapy & Nutritional Hub**

H.No. 8-1-329/1/0/102, Unit # 102, Orange Block,  
My Hone Rainbow Apts, Above Cafe Coffee Day,  
Shaikpet, Hyderabad-500008 Telangana

Mob : 7702512548



**Dr. Preethi Reddy**

**SHERLOCKS LOUNGE & KITCHEN**

4th Floor, Forum Sujana Mall, Kukatpally,  
Hyderabad, Telangana - 500085

Mob : 094928 42345

https://g.co/kgs/fipghn



**Mustafa Premi**

**HEAVEN ROSE**

**Professional Unisex Salon**

3<sup>rd</sup> Floor City Centre Mall, K S Rao Road,  
Hampankatta, Mangalore - 575001

Mob : 9886017384



**Dr. Saraswathy N**

**SACHU'S KITCHEN**

"Sree", No. 24/234/29, Gree Garden,  
Kottapuram Road, Poonkunnam.  
P.O. Thrissur - 680 002



**Suresh S Narappgol**

**CREATIVE INTERIOR DESIGN AND DEVELOPERS**

# 43/8, Ground Floor, 2nd Main, Marenahalli,  
Vijayanagar, Bengaluru, Katakana-560040

Mob : +91 974 158 4999 / 702 619 9993

📧 ciddmail@gmail.com





**Rashmi Rao**  
**YUMMY WALL FOUNDATION**  
 Bangalore  
**Mob : 9900308668**  
 @yummy\_wall



**Nandhini**  
**1000 LOTUS**  
 No 14-2 Sollampallam, Steel Plant Road,  
 Suramangalam, Salem - 636005  
**Mob : 9840740810**  
 @1000\_lotus



**Janaki**  
**Hasvi Herbal Care**  
 No. 29.B. Ooru Gounder Street,  
 Thimmaya Nagar, Veerakeralam  
 Coimbatore - 641 007  
**Mob : 9790299039**  
 @hasviherbalcare

**Abdul Basha**  
**USA Bridal Studio**

Old 185, New 248, Royapettah High Road,  
 Mylapore, Chennai-04  
**Ph : 044-4861 5148 Mob : 87783 35164**  
 @usabridalstudio



**N Vishnu Priya**  
**V NATURES**  
 Anand Illam, Dharapuram Road,  
 Kangayam - 638701  
**Mob : 9865940000**  
 @V\_Natures



**Chandini Bala**  
**WOMEA BRIDAL STUDIO**  
 No 3/ 1 Kumaran Complex, Theppakulam St,  
 Near TMB Bank, Erode - 638 001  
**Mob : 9384941230**  
 @womeabridalstudio



**P Chinna**  
**P N CONSTRUCTIONS & BUILDERS**  
 No. 288 H, 2<sup>nd</sup> Floor,  
 Sri Venkateshwara Complex,  
 Bangalore Road, Krishnagiri-635001  
**Mob : 9066656506 / 9578489368**  
 info@pnconstruction.in / yahoo@pnconstruction.in  
 www.pnconstruction.in



**K Pavan Kishore**  
**JADE VISTA RESORTS AND HOTEL**  
 Bindiga Village,  
 Kasaba Hobli, Chikmagalur  
**Mob : 9591950160 / 7795992218**



**Perundurai**  
**M Kumar Caterings**  
 # 3/276, Co-Operative Nagar,  
 Kunnathur Road, Perundurai - 638057  
**Mob : 8344412115**  
 s.hariharasiva@gmail.com



**Suba Ravi Kumar**  
**GN CONSTRUCTIONS**  
 No. 41, Kamaraj Avenue,  
 Teachers Colony, Adyar, Chennai-20  
**Ph : 044-2441 5898**  
 subaravikumar@gmail.com / gnconstructions30@gmail.com  
 www.gnconstructions.in



**Coming Soon !**

**TWELL**  
MAGAZINE

Presents

**AIWAA**

**ALL INDIA WOMEN ACHIEVERS AWARDS**

**NEW DELHI**

**BANGALORE**

**HYDERABAD**

**2022**

For Nomination Visit  
[www.aiwaa.co.in](http://www.aiwaa.co.in)



**Coming Soon !**

**TWELL**  
MAGAZINE

Presents



**SOUTH INDIA  
BUSINESS AWARDS  
2022**

[www.southindiabusinessawards.com](http://www.southindiabusinessawards.com)



**Coming Soon !**



**INDIAN  
MEDICAL  
AWARDS  
2022**

**SALUTING THE MEDICAL WARRIORS OF INDIA**

[www.indianmedicalawards.com](http://www.indianmedicalawards.com)

Organized by

**TWELL**  
MAGAZINE



# TEAM

# TWELL

MAGAZINE

Editor-In-Chief	:	Deepak Tater Jain
Head-Operations	:	Sindhu B Mangalwedha
Executive Journalist	:	Tumpa Datta Gupta
Host & VJ	:	Nikhil N Bharadwaj
Administration	:	Gayathri Deepak
Creative Designer	:	Sharada Niranjana
Accounts	:	Sandhya Pillai
	:	Bhuvana Pillai
Business Development Associate	:	Asha Rajini
Support Executive	:	Suman
	:	Anitha
	:	Manjuvani

**Twell Media Pvt. Ltd.**