

**PREMIUM
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MAGAZINE TO MAKE A CHANGE

KAMALA HARRIS
FIRST FEMALE
VICE PRESIDENT
IN US

COVER STORY

Nawabzada Mohammed Asif Ali

"UNITY IN DIVERSITY"

**WINTER SETS STAGE
FOR MIGRATORY
BIRDS**

**SHARK SQUALENE
FOR
VACCINES**

A GOBSMACK STORY

**OUR FOOD
FACTORY**

**AGING BALANCE
THROUGH
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EDITOR'S NOTE

A



s an individual you know how recognition is important. Recognition for one's work is a powerful thing. In my life, it was very important to me that whatever work I did was seen by the outside world, meaning clients, viewers, or whoever my outside world is, as being good. Most of the entrepreneurs certainly in my generation, I can't speak for others – really gained a lot of confidence when they got the outside confirmation that they were doing good work. SIWAA was one among my works.

Tulasi Raj, my mom, gave me a lot of confidence, when I did not even believe in myself, no matter how many mistakes I made, she stood for me in all the stages of my life. She was a women Entrepreneur during the 70's. Her early difficulties allowed her to combat all issues with a smile and determination to overcome. She used to say "If someone had awarded me when I was running the business, I never would've quit despite the backlash". Soon after this conversation, my mother breathed her last. My mother's demise took an immense toll on me and then I decided to take it upon to discover and honor women like my mother around South India and award them for their bravery and work.

Today women are playing an important role in all spheres of life. They are no longer confined within the four walls of their parent's or husband's house. Now it has come to the realization of the men that true development of the country is not possible keeping half of the population idle at home. So it needs no telling that women are playing a great role in the socioeconomic condition of our country.

But properly acknowledging the work of women is a deceptively simple action we can take to help them excel on the job. We TWELL Media want to put the spotlight firmly on those women who have taken the leap of faith. South India Women Achievers Award is the biggest empowerment program. This is a great opportunity for people to gain profound effect in the workplace.

South India Women Achievers Award aims to shine a spotlight on the work of inspirational and ground-breaking women from all the spheres of the society. South India Women Achievers Award is happening this 22nd December 2020 at SPR CITY in Chennai.



Editor-In-Chief
TWELL Magazine



Kamala Harris Makes History as First Woman and Woman of Color as Vice President

Ms. Harris, the daughter of an Indian mother and Jamaican father, has risen higher in the country's leadership than any woman ever before her.



From the earliest days of her childhood, Kamala Harris was taught that the road to racial justice was long.

She spoke often on the campaign trail of those who had come before her, of her parents, immigrants drawn to the civil rights struggle in the United States — and of the ancestors who had paved the way.

As she took the stage in Texas shortly before the election, Ms. Harris spoke of being singular in her role but not solitary.

“Yes, sister, sometimes we may be the only one that looks like us walking in that room,” she told a largely Black audience in Fort Worth. “But the thing we all know is we never walk in those rooms alone — we are all in that room together.”

With her ascension to the vice presidency, Ms. Harris will become the first woman and first woman of color to hold that office, a milestone for a nation in upheaval, grappling with a damaging history of racial injustice exposed,

yet again, in a divisive election. Ms. Harris, 56, embodies the future of a country that is growing more racially diverse, even if the person voters picked for the top of the ticket is a 77-year-old white man.

In her victory speech Saturday, Ms. Harris spoke of her mother and the generations of women of all races who paved the way for this moment. “While I may be the first woman in this office, I will not be the last,” she told a cheering and honking audience in Wilmington, Del. “Because every little girl watching tonight sees that this is a country of possibilities.”

That she has risen higher in the country's leadership than any woman ever has underscores the extraordinary arc of her political career. A former San Francisco district attorney, she was elected as the first Black woman to serve as California's attorney general.



When she was elected a United States senator in 2016, she became only the second Black woman in the chamber's history.

Almost immediately, she made a name for herself in Washington with her withering prosecutorial style in Senate hearings, grilling her adversaries in high-stakes moments that at times went viral.

Yet what also distinguished her was her personal biography: The daughter of a Jamaican father and Indian mother, she was steeped in racial justice issues from her early years in Oakland and Berkeley, Calif., and wrote in her memoir of memories of the chants, shouts and “sea of legs moving about” at protests. She recalled hearing Shirley Chisholm, the first Black woman to mount a national campaign for president, speak in 1971 at a Black cultural center in Berkeley that she frequented as a young girl. “Talk about strength!” she wrote.

After several years in Montreal, Ms. Harris attended Howard University, a historically Black college and one of the country's most prestigious, then pursued work as a prosecutor on domestic violence and child exploitation cases. She speaks easily and often of her mother, a breast cancer researcher who died in 2009; of her white and Jewish husband, Douglas Emhoff, who will make history in his own right as the first second gentleman; and of her stepchildren, who call her Momala.



It was a story she tried to tell on the campaign trail during the Democratic primary with mixed success. Kicking off her candidacy with homages to Ms. Chisholm, Ms. Harris attracted a crowd in Oakland that her advisers estimated at more than 20,000, a tremendous show of strength that immediately established her as a front-runner in the race. But vying for the nomination against the most diverse field of candidates in history, she failed to capture a surge of support and dropped out weeks before any votes were cast.

Part of her challenge, especially with the party's progressive wing she sought to win over, was the difficulty she had reconciling her past positions as California's attorney general with the current mores of her party. She struggled to define her policy agenda, waffling on health care and even her own 'assault on Joseph R. Biden Jr.'s record on race, perhaps the toughest attack he faced throughout the primary campaign.

COVER STORY

Nawabzada Mohammed Asif Ali

“Unity In Diversity”



India has always been applauded worldwide for its uniqueness of unity in diversity. India is a brilliant example of it and it is an integral part of ethics and morality. “We were taught and trained in such a way that beyond differences, staying united is the strength of any nation”, stated Nawabzada Mohammed Asif Ali, Dewan and Heir-Apparent to the Prince of Arcot.



Amir Mahal is the ancestral and official residence of the titular Prince of Arcot, Nawab Mohammed Abdul Ali. It is situated in Royapettah, a suburb in the present Chennai India. It was constructed in the Indo-Saracenic style in 1798, and has been the residence of the Prince since 1876. It not only remained as a palace, but a place of social activities. Nawabzada Mohammed Asif Ali organizes many events, including talks, discussions, education & sports activities, art & cultural events and socio-economic programs. He handpicks the guests himself. The Dewan is charming as he always is and of course a brilliant speaker.



Amir Mahal has witnessed in restricting the service or consuming alcohol, pork and beef in all its banquets, meetings and events. It's because pork and alcohol are 'haram' forbidden by Muslim dietary laws. Also, refrained from serving beef, respecting the feelings of the people of many other religions.



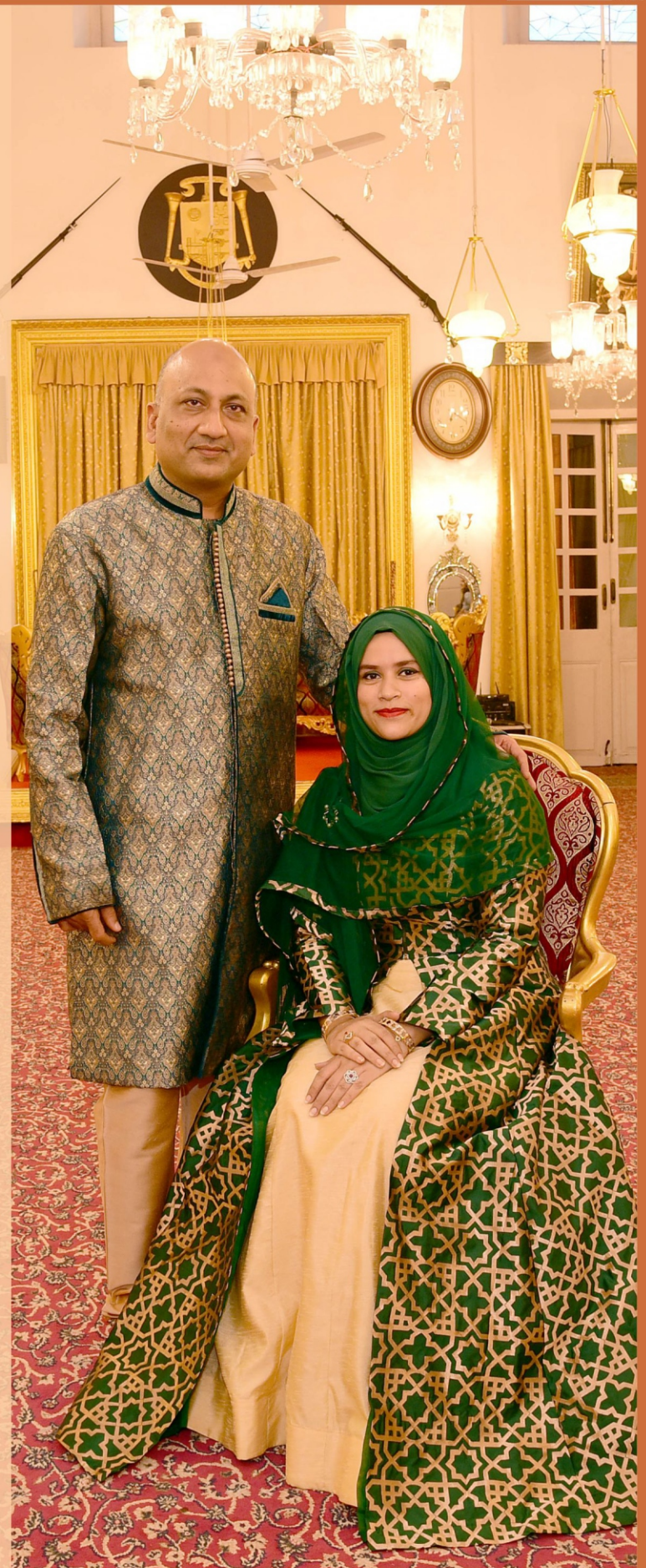
He further stated, "We are united because our ancestors have taught us to live in harmony with people from different faiths and to embrace them like brothers and sisters. We have good friends and neighbours who are from different faiths and cultures. This unity in diversity should continue for generations to come."



The Nawabs of Carnatic crafted their ideologies of state in terms of unity and diversity. Mosques were constructed and meanwhile temples and churches were also patronized. Beyond this formal façade, our ancestors proved to be perfectly flexible in bending ideology in favour of a more pragmatic policy. The caste and creed often drew validity from the uprooting of older institutions and centers of influence and cultural capitals.

Though the Nawabs were monarchs, they were democratic in spirit and it was evident in their social welfare programs all of which helped provide a cushioning effect to the people of the region against the repressive foreign power.

Now, we are witnessing the other face of the Nawabzada as a musician. His musical album 'Raaste' surfaced on social media and has reached about two million viewership on YouTube. His love towards music made him stand in a new avatar. He has composed and sung 'Raaste', which was recently launched by A R Rahman on his social handles. And, he further says that the singer opened himself when I composed Raaste. Every time I composed a song, I have a singer in my mind, but when I composed Raaste, I decided to sing it myself and liked how it sounded.



Nawabzada is also a professional quiz master. He hosts quizzes for schools, colleges, clubs and corporates. And, there is also the 'Royal Quiz' at Amir Mahal for the friends of the family, every quarterly.

“My parents are my roots and my inspiration. My father, Nawab Mohammed Abdul Ali, is of huge support and a strong pillar to me. My mother, Sayeeda Begum, loves me so much that she still worries when I am out late night. It's a beautiful feeling,” he says.

“My wife, Seema, has always motivated and encouraged me in all my endeavors. I am blessed to have a wonderful wife,” he says. And my brother, Nawabzada Mohammed Naser Ali, is of enormous support to me. I speak with him and take his opinion in various matters. We can talk on any subject, anytime. He is the best brother in the world,” he adds.

“At Amir Mahal, it's amazing to live with my extended family members, which involves my uncles, aunts, cousins and extended relatives. I have begun to understand that it's a blessing to have them around. We also have staff members who are living here for many generations. There is so much love, compassion and support always around. I am thankful to the Lord for everything we have been blessed with,” he concludes with a smile.



Winter sets stage for migratory birds

Winter sets the stage for arrival of migratory birds to India

Winter is coming: A glimpse into the world of migratory birds coming to India

Even while the pandemic has ravaged the world, avian migration will flourish this year. The breeding season between June and September has been of vital importance for the entire bird family since there was no disturbance by the so-called wisest race of human beings.

India welcomes many migratory birds, especially in winter, when the weather turns cold in several parts of North Asia to such a degree that it proves to be unbearable for the avian world. Most importantly, it's food and breeding, which entice most birds to migrate.





Few neighbors like China, Russia, Pakistan and even Siberia have birds like cranes and ducks that migrate hundreds of miles across the Himalayan peaks to India. The Tiny Arctic Tern is believed to wing through the longest route of migration in the world.

Other birds, which migrate to India, include Greater Flamingos, Blue Throats and Demoiselle Cranes to name a few.



The Bombay Natural History Society (BNHS) has been a pivotal organization studying bird migration in India since six decades, through the painstaking efforts of ringing and the tagging of birds. This auspicious beginning has led to a number of major bird banding projects throughout India over the years. BNHS has ringed around eight lakh birds in India.

A study yielded the recovery of 3000 ringed birds from 29 countries and five continents. Incidentally, it all started back in 1927 with the small-scale banding of wild ducks — thanks to Dr. Raju Kasambe, assistant director of the Conservation Education Centre of the society and his team. In 1822, a Stork with an arrow was found in Germany, which had migrated from Africa.





The Amur Falcon yearly travels an estimated 22,000 kilometers from China and Russia to Africa, crossing the Arabian Sea via India. As for the Bar-headed Goose, it travels Tibet, Kazakhstan, Mongolia and Russia before crossing the Himalayas to reach Assam and Tamil Nadu. Sadly, the Great Indian Bustard is almost on the verge of extinction — requiring awareness through education and funds to restore their numbers in India.

Conservation is an arduous task. Unfortunately, Siberian cranes have stopped migrating to the lush green wetlands of Bharatpur in Rajasthan. Some species of vultures migrate to Rajasthan in search of food where they feed on dead animals. However, cattle, which are fed on plants with pesticides, adversely affect the mortality of vultures who eat dead cattle.





As the eminent ornithologist Dr. Salim Ali, aka The Birdman of India, (1896-1987) and also a Padma Vibhushan awardee, had said, “People say you can't make a living from bird watching.

That's perhaps true, but after 60, when they retire from their official chair, they don't know what to do with all the time on their hands and spend it just watching the clock. If they had cultivated a hobby like bird watching, perhaps they would have lived longer to enjoy their pension.”

Truer words were never spoken.

Why Covid-19 vaccines could further harm critically endangered deep-sea shark species?

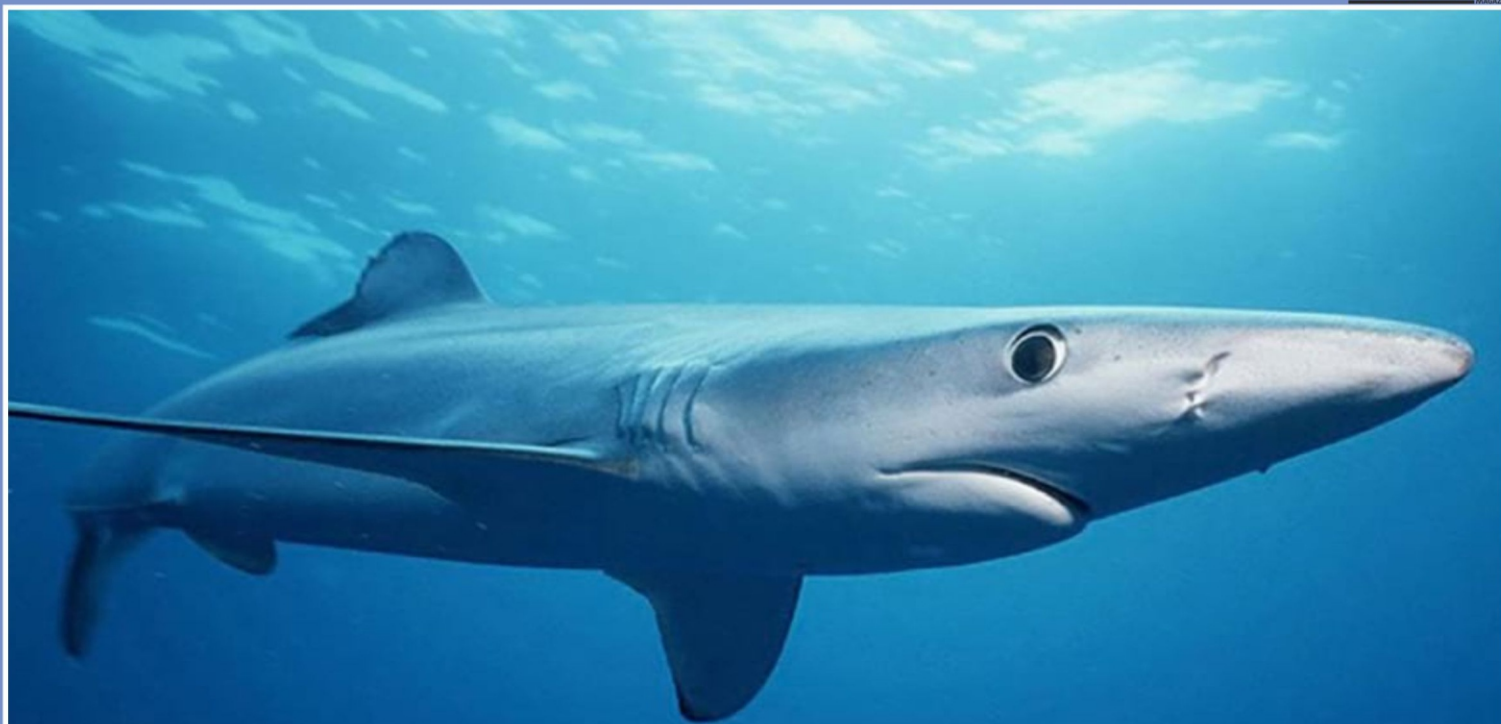


Shark liver oil can make vaccines more effective, but increased demand could harm critically endangered species. Pfizer and Moderna's promising vaccine candidates do not contain the substance.

Shark liver oil, or squalene, is a fatty substance that is considered a lifesaver for humans. It acts as a boosting agent in vaccines, called an adjuvant that improves the immune system and makes vaccines more effective.

The importance of shark liver oil has further increased now, amidst the ongoing Covid-19 pandemic, as pharmaceutical companies around the world are working on various coronavirus vaccines.





At least five of the 202 Covid-19 vaccine being made by various pharmaceutical companies around the world are relying on squalene, sourced from wild-caught sharks.

An advocacy group for sharks has warned that the hasty hunt for a COVID-19 vaccine could mean a death sentence for many sharks across the globe even as the world races against time to find an effective vaccine for the pandemic that has killed almost 1 million people worldwide.

“Shark Allies” claims that at least 500,000 sharks around the world could be killed in the process of developing a vaccine.

Most commercial vaccines require an adjuvant, which is a pharmacological or immunological agent. It helps improve the immune response of a vaccine.

This ingredient is found in the livers of sharks, and is intrinsic to producing a quick and effective immune response.

Another factor which puts sharks at a higher risk of being butchered is the fact that countries around the world are trying to fast-track mass production of the vaccine to inoculate large number of people.

The adjuvant ingredient also helps lower the amount of vaccine needed for each patient, which could help in mass inoculation, but cause more shark deaths.

All vaccines use different adjuvants, the most common one for influenza strains is derived from squalene oil, which is a natural substance found in the livers of sharks, humans, and many other animals.

Even though many animals carry this oil, sharks are the most common commercial source for the substance.


GlaxoSmithKline had already announced plans to use adjuvant in their vaccines, of which they intend to produce 1 billion doses. This includes collaborations with others as well.

According to the organisation - Shark Allies, 21,000 sharks would be killed just to ensure vaccine production in the United States.

The substance - squalene can be produced using plants as well, and the organisation is urging companies to switch to that mode instead of murdering sharks.

In light of declining shark populations, some biotech companies are looking for other sources of squalene. Plants such as sugarcane, olives, amaranth seeds, and rice bran, for instance, all contain the substance. While plant-based alternatives are being tested in studies and clinical trials, regulatory agencies such as the U.S. Food and Drug Administration have yet to approve them as part of a final vaccine product.





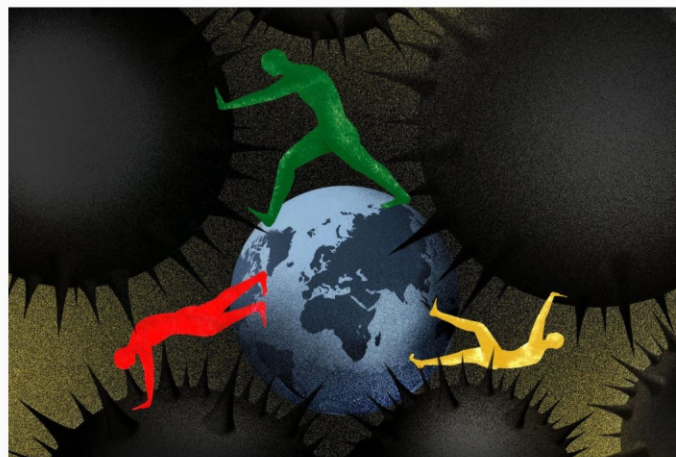
DEALING WITH CORONAVIRUS COVID-19 PANDEMIC

There is no doubt that COVID-19 has changed our lives forever. We can pretty much guarantee that not one of us is living the way we were before the pandemic. According to Steve Joordens, professor of psychology at the University of Toronto Scarborough... "There are two conflicting forces still at play : we want to connect with one another but we also want to keep our distance because people still feel dangerous to us. But the plus side is that the shared experience of being in a pandemic creates a feeling of collective closeness. "The phrase 'We're all in this together' gives us the feeling that others are sharing our emotions," says Joordens. It's comforting and helps us cope.

The crisis has taught us the importance of reaching out to friends and loved ones, and perhaps we will stay close to them. They are opening up and not just simply exchanging pleasantries; they are relying on tech-dependent communication to express their emotions and ideas.

However, we have learned that a lot of our work can be done via distance. Another positive outcome is that we are learning the importance of other people in our lives. Isolation is hard for most everyone, and being cut off from others has reminded us to stay close to the people we care about.

On that note, I hope we are learning to appreciate those who work in jobs that are essential.



Front-liners like Grocery store employees, sanitation workers, Police department, Doctors, Health care takers and medical technicians, among many others, provide invaluable services to our collective well-being. Environmentally, closure of factories, trade, besides the traveling restrictions to deal with the virus dissemination resulted in a reduction of pollutant emissions in the atmosphere. The new world will be about things that matter. There will be fewer objects and they will be chosen more responsibly. In addition, governments have to maintain local manufacturers to restore economic performance & taking necessary implication part too.



Coronavirus has exposed how difficult the Education fraternity finds it to reach their students when schools/ colleges are closed. I think it's great that schools are thinking of ways to continue student learning in the short and long term. And what about students who, even in times of normalcy, are absent often due to factors beyond their control? In the search to find solutions for the current coronavirus case, we should also think about how we make learning more accessible to every student, coronavirus or not. Teachers are facing formidable challenges, whether educating students in masked-up, socially distant classrooms or virtually, from computer screens.





Educational sectors adopting a new model of instruction with digital tools and confidence to execute a framework that allows students to be successful inside and outside of the classroom giving a touch of Modern Classroom Framework. In this framework, the traditional style of teaching turns to a blended learning, where the self-paced model includes all the components of learning. Students are given the flexibility to move through that lesson independently & have vocalized how watching the videos has helped them to understand the content. The pandemic condition has resulted in financial losses and has affected all segments of society, the domino effect on health; healthcare and nutrition could possibly pose major setbacks to previously gained successes of National health programs. During the current pandemic, the economic downturn has greatly affected people from the lower socio-economic stratum (SES).

Different Nations have put in place effective strategies to contain the infection and have recorded a very low number of cases since the beginning of the pandemics. Restrictive measures like social distancing, lockdown, case detection, isolation, contact tracing, and quarantine of exposure had revealed the most efficient actions to control the disease spreading. Based on the experience of these countries, India responded to the pandemic accordingly. The WHO suggested frequent hand washing with an alcohol-based hand rub or soap and water, avoiding touching eyes, nose, and mouth, and practicing respiratory hygiene. The use of face masks by everyone is still controversial, though WHO does not recommend its use by everyone. At the community level, the most important measures for reducing infection spread rely on case detection, isolation, and contact tracing of positive cases, followed by quarantine for those exposed.

Other strategies include the closure of places of mass gathering, like schools, libraries, places of worship, malls, and cinemas, and the suspension of all social events, as sports, celebrations, and meetings. Temperature screening has been introduced at airports, railway stations, and bus stations, as well as the entrance of the main community buildings (like hospitals, banks, or law courts). All the aforementioned measures aim at reducing the rate of infection transmission, thus delaying the timing and lowering the height of the epidemic peak. These allow, from one side, gaining time for the healthcare system to prepare an efficient response to the pandemic, and, from the other side, the development of potential new treatments and vaccines.



TumpaDatta Gupta
Edupreneur - Mentor
B.Tech in Cosmetics.

KNOCK THE KITCHEN



Sweet Corn Ambode

Ingredients :

- Sweet Corn : 1 cup
(Fresh or Frozen)
- Green Chilli : 5-6
- Turmeric : ½ spoon
- Rice flour : ¼ cup
- Hing : A pinch
- Grated Coconut : ¼ cup
- Oil for frying
- Curry leaves
- Coriander leaves
- Salt



Method :

- Firstly, in a small blender take half cup Sweet corn (you can use either fresh or frozen)
- Add grated coconut, green chillies and hing
- Blend to a coarse paste without adding any water
- Transfer the paste to a large bowl
- Add curry leaves, coriander leaves and also add turmeric, rice flour, salt (according to your taste).
- Mix well making sure everything is well combined
- Now add leftover Sweet corn to this mixture
- Squeeze and mix forming a soft dough
- Now grease hands with oil and pinch a ball sized dough
- Flatten slightly forming Ambode
- Deep fry in hot oil stirring occasionally
- Fry on medium flame until Ambode turns golden brown and crisp



By :

Sindhu B Mangalwedha





RJ Naga

in **Celebrity** Talk

Over a period of time and with the help of contributions from some really talented women, we are finally seeing a wind of change. With the changing culture in the country, women have come forward and driven into the radio industry. RJ Naga is one established name among the Indian Radio Jockeys today. It is widely known that she is the most liked RJ who has been on the air from many years in the Radio industry.



Nagarani, a rural girl break all her barriers and travelled all the way from Thiruparankundram to the metro city, creating success stories. Naga, a Radio jockey has achieved great heights and reached the mass with sheer dedication and heightened passion, she struggled hard to reach the position where she is today.

She followed a common saying: be positive and never lose hope. She has achieved all her objectives and has gained great fame. She is a champion in the industry and well-known figure for her adversity.

She is the darling of the common people. Her fan following is commendable as she has more than two million followers on Facebook. She is a full-on entertainment package for the Radio industry.



She works for Suryan FM and who ever listens to her is surely mesmerized by her creativity in presenting herself in her very own way.

With a heart-warming personality and guests from diverse industries, Naga truly rocks her radio profession.

During pandemic, RJ Naga, has also worked from the home and entertained her listeners and working round the clock for content. She said, it's very difficult to work from home. As works get doubled up. The feel of a studio is different from than that of a home.

While talking about Cancer, she opines, Cancer is quite common in both developing and developed countries, but awareness is yet poor among the Indian population. Poor awareness may lead to poor uptake of screening modalities and delay in diagnosis. The need for the hour is to create public awareness about Cancer and its symptoms.



Her view on gender bias is contrasting, “I continuously hear 'men and women are different', it's a man's perspective, it's a woman's perspective', I disagree men and women are the same. There's no difference between a man and a woman apart from biological differences. Men and women are complementary to each other, neither can survive without the other,” she exclaims.

As most of her fan followers know about her admiration towards the poetries of Bharathiyar, she said being a huge fan, those who have been closely following his work for years say this was Bharathi's way of breaking the taboo and ending few social evils. She has a profound knowledge of his vision and also recites his poems in her talk shows.

“Work hard at your job and you can make a living. Work hard on yourself and you can make a fortune,” a famous quote suggest her perspective towards the growth in one's life, she said, “it's knowing success will come because you know who you are and what you stand for. It's about initiating continually creating situations that force you to become more than you currently are. This is your journey. Take it.”

She is the proud winner of South India Women Achievers Award-2019 and the recipient of many awards and accolades. She has received a tremendous recognition among her listeners and a huge affection from her fans which motivated her to achieve more.





Rapid Fire

- Favorite RJ : RJ Balaji
- Favorite Actor : Ajit kumar
- Favorite Actress : Anushka
- Hobbies : Reading Books
- Inspiration : Bharathiyaar and his poetries
- Strength : Talkativeness
- Weakness : Talkativeness
- Success Mantra : "Be calm and rectify your faults"
- Best Friend : Bharathi

TWELL
MAGAZINE



RJ Naga



Host Jenisha Sharon Jha



Providing physiotherapy to people at different age groups is a challenge, as the case load is mixed. Few may encounter knee pain while others may have neck and back pain, leg pain and difficulty in standing or walking owing to reduced balance.



The problems can be musculoskeletal, neurological and cardiovascular. Altogether, the Neuro- musculoskeletal system will be under stress and can lead to reduced balance and strength, promoting falls and injury. Falls are one of the leading causes of injury and morbidity in senior citizens. By exercising, you can improve your balance and strength, so that you can stand tall and feel more confident when walking and reduce the incidence of slips and falls.

You can practice a few common exercises which will go a long way in helping you to build up strength, balance and endurance and therefore, prevent falls.

Single Leg Stance

It's the simplest exercise. Stand behind a steady, solid chair (not one with wheels), and hold on to the back of it. Lift up your right foot and balance on your left foot. Hold that position for 10 seconds and then switch feet. Repeat 10 times for each leg.



Rock the Boat

Stand with your feet apart, so that the feet are under your respective hips. Press both feet into the ground firmly. Stand straight, with your head level. Begin with transferring your weight to your right foot and slowly lift your left leg off the ground. Hold that position for 10 seconds. Slowly put your foot back onto the ground, and then transfer your weight to the left leg. Start by doing this exercise for balance five times per side, and then gradually increase it to 10 times.



Back leg raise

This strength training exercise for seniors will help in strengthening your hips, buttocks and leg muscles stronger. Stand behind a chair. Slowly lift your right leg straight back – don't bend your knees or point your toes. Hold that position for 10 seconds, and then gently bring your leg back down. Repeat this 10 times per leg.





Single Limb Stance with Arm

This balance exercise helps in improving physical coordination. Stand with your feet together and arms at your side next to a chair. Lift your left hand over your head. Then, slowly raise your left foot off the floor. Hold that position for ten seconds. Repeat the same action on the right side. Repeat each leg 10 times

Side Leg Raise

This exercise helps in improving balance. Stand behind the chair with your feet slightly apart. Slowly lift your right leg to the side. Keep your back straight, your toe facing forward, and stare straight ahead. Lower your right leg slowly. Repeat this exercise ten to 10 times per leg.



Wall Push ups

All you need is a wall to do this exercise. It helps in strength building. Stand an arm's length in front of a wall. Lean forward slightly and put your palms flat on the wall at the height and width of your shoulders. Hold the ground firmly with feet and take your body towards the wall slowly and gently. Hold for 10 seconds and gently push yourself back so that your arms are straight. You can practice these 10 times.

Marching in Place

Marching is a great balance exercise. Practice this only if you are confident. You can also hold onto something to do this exercise. Stand straight, lift your right knee as high as you can. Lower it, and lift the left leg. You can repeat this exercise for 10 times



Toe Lifts

This strength training exercise also improves balance. You'll need a chair. Stand straight and put your arms in front of you. Raise yourself up on your toes as high as you can go, then gently lower yourself. Repeat it 10 times. Don't lean too far forward on the chair.

Interlinking between medical, psychological, rehabilitative, economic and social problems that all need attention is the main aim in the geriatric rehabilitation. It is always advised to have one attender with you while you perform your exercises in a safe environment. "A detailed assessment by your physiotherapist is always a pre-requisite before you start with the exercises."



Dr. Ashwitha Atoori

M.P.T[Musculoskeletal disorders & Sports Injuries], CMT, CKTP
Chief Physiotherapist & Founder
LalithaBadrinarayan's Physiotherapy: Physio Healing

Our Food Factory

Can you learn from your grandparents' food choices and lifestyle?

Over the last century, our eating habits have changed dramatically, with our diets becoming almost unrecognisable to those of our grandparents and great-grandparents. The way we shop, cook and dine has been altered by our attitudes towards food – yet is the modern way the better way?

Here we look at the changing habits and compare our grandparents' food choices with our own.


Compare your grandparents' attitude towards meal times with your own: how do they differ? Chances are your grandparents had a much stricter routine than you do now. Fifty to eighty years ago it was typical for a family to have their meals at the same time every day (breakfast at 7 am, lunch at 12 pm and dinner at 5 pm) so your body was accustomed to knowing when to expect food.

Health does not simply mean 'absence of disease' or 'physical fitness'. It could be defined as a state of complete physical, mental and social well-being.

Awareness of junk food facts is lacking amongst every individual in the community. Eating a healthy diet is hard work. The only way to avoid junk food is to encourage eating a healthy diet and more of the following foods, which are usually considered to be a part of a healthy diet. Foods that are low in fat, saturated fat, and cholesterol high fibre foods, including whole-grain foods, vegetables and fruits. Foods that have only a moderate amount of sugar and salt calcium rich foods, to meet daily calcium requirements. Iron rich foods, to meet daily requirements for iron.

This sort of discipline helped to keep waistlines slim and food waste to a minimum. In the modern day, however, a lot of people have lost this disciplined approach to meals and no longer stick to the 3-square-meal-a-day rule. Skipping breakfast, snacking and several cups of coffee a day are notions that our grandparents would never have considered. How do you think this affects your lifestyle? Which approach do you think is the most beneficial to your health?





The weekly routine didn't end there either – it's likely that your grandparents also had a strict rota when it came to what they ate on which day of the week. The weekly food rota was very much always the same, using up all leftovers and serving them with fresh vegetables every night. Whilst people often didn't have a huge variety of choice, it was true that people always ate freshly prepared meals and vegetables on a regular basis.

Today, however, we are surrounded by choice. Not only do we get to choose when we eat our food, but we are also provided with a vast selection of food choices. Takeaways, fast-food and ready meals have changed the way that meals are prepared and eaten. Why bother spending hours cooking up a shepherd's pie with yesterday's leftover beef and preparing vegetables when you can head to the supermarket and buy everything ready-made? Whilst convenience is a huge selling point, think about how this shift has changed our eating habits on a global scale. Which attitude do you prefer? Which attitude do you think has the most health benefits?

Modern diet relates to 'Junk food' that simply means an empty calorie food. An empty calorie food is a high calorie or calorie rich food which lacks in micronutrients such as carbohydrates, proteins, vitamins, minerals, or amino acids, and fibre but has high energy (calories). These foods does not contain the nutrients that your body needs to stay healthy. Hence, this food that has poor dietetic values is considered unhealthy and may be called junk food.

Health does not simply mean 'absence of disease' or 'physical fitness'. It could be defined as a state of complete physical, mental and social well-being.

Awareness of junk food facts is lacking amongst every individual in the community. Eating a healthy diet is hard work. The only way to avoid junk food is to encourage eating a healthy diet and more of the following foods, which are usually considered to be a part of a healthy diet. t. Foods that are low in fat, saturated fat, and cholesterol high fibre foods, including whole-grain foods, vegetables and fruits. Foods that have only a moderate amount of sugar and salt calcium rich foods, to meet daily calcium requirements. Iron rich foods, to meet daily requirements for iron.





Aerial Yoga



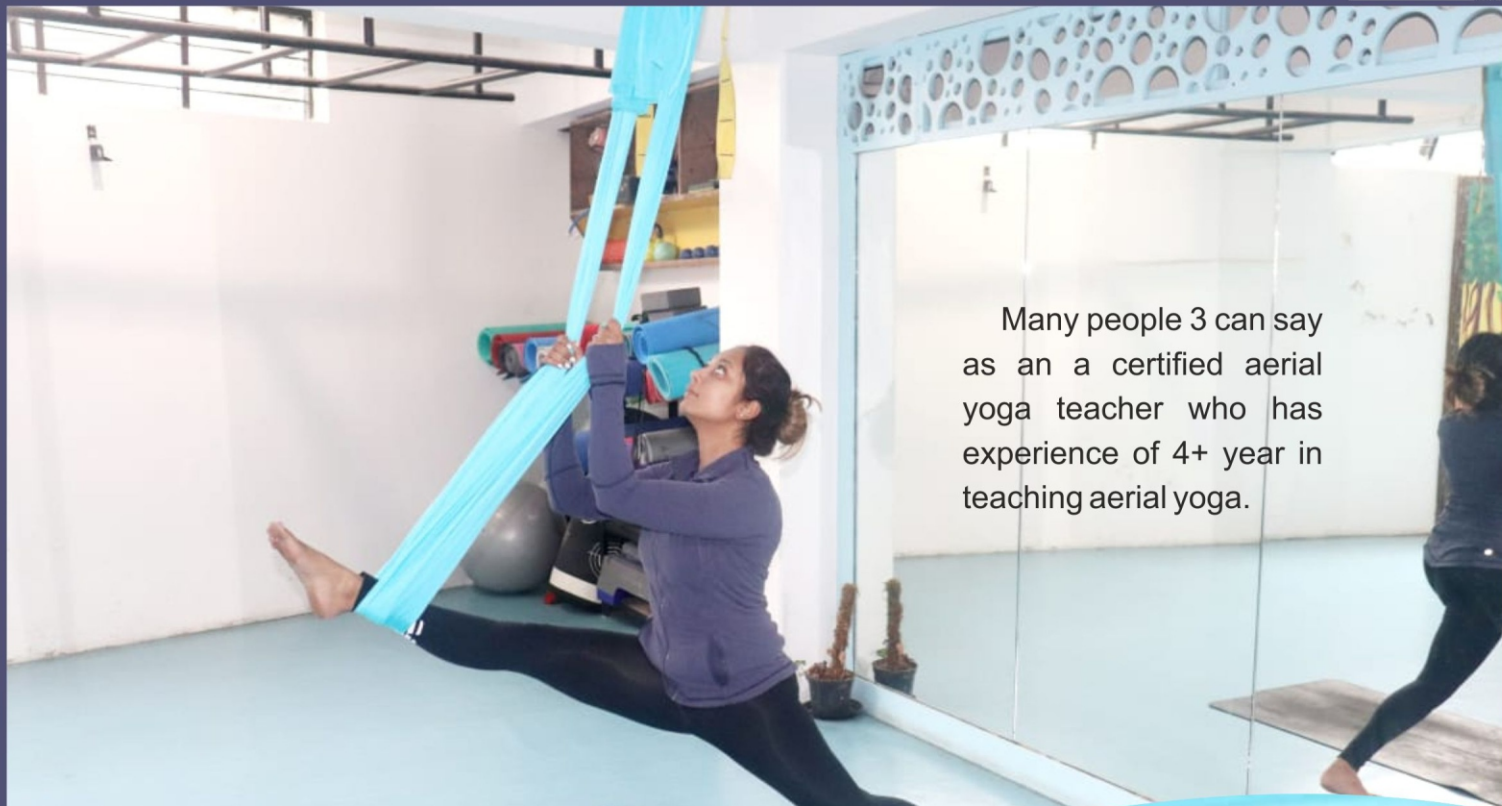
Aerial Yoga is the action of utilizing aerial apparatus or aerial hammock to support the weight of the body either partially or fully while entering into exiting yoga poses.

These Yoga poses can be both from traditional yoga or valuations that come about through the use of Aerial hammock.

Aerial yoga programed are popping up around the world is a variety movement settings.

Each program incorporate yoga differently some programs stay very yoga based with grounded poses. And some with the intense core work along with antigravity suspended work and also some aerial programs are circus based or dance based.

Some of the other aerial programed cannot with movement of palates also.



Many people can say as an a certified aerial yoga teacher who has experience of 4+ year in teaching aerial yoga.



May people take time out of their busy lives to attend a areal yoga class for

- Fitness
- Fun
- Social Environments
- Stress Relief
- Enjoyment f more as an art
- So as in my experience all through out my teaching



A Student may come for ne reason for e.g. :
Social fun & end up learning another area that
surprises them in a way that how they can use
their body to move efficiently.

Some students find it a very good and
relaxing workout as it involves the
strengthening of the whole body.

What a aerial hammock.

Aerial hammock is a cloth made of which
is used to support the body unto (100 L.S.)

Fully or partially. It is a stretch able material
to enable good support while working out.

Some benefits of aerial yoga

- 1.Total body workout
2. Improves flexibility
- 3.Aids Digestion
4. Good for the back.
5. Anti Aging

Aerial yoga is quickly gaining popularity worldwide and provides a slew of physical and wellbeing benefits. We chatted with top aerial yoga instructors to find out everything you need to know before heading to your first class.

Instead of performing yoga on a mat, aerial yoga utilizes a silk hammock or sling that is suspended from the ceiling to perform those same movements. The purpose of the hammock is to provide support through your yoga flow, while also improving flexibility and range of motion. The hammock also takes pressure off certain areas of the body like the head and shoulders, allowing you to reach those more challenging poses like headstands with greater ease. Although most aerial yoga photos you'll find seem to showcase a yogi fully suspended in air, many aerial yoga poses only require you take one body part such as your foot or leg off the ground.



Sharanya Karthik

Founder, Revive Yoga, Bangalore
Ashtanga Yoga Practitioner

Aerial yoga takes you out of your comfort zone and into the air or an inverted space. Along with providing a good workout, aerial yoga also offers a safe and alternative pain-relief therapy for those suffering from musculoskeletal problems. The strength and flexibility that you get from yoga can help you with Aerial yoga and similarly, Aerial Yoga poses bring strength and flexibility to your body.

THE WICKED BARBER'S PLIGHT

As we all know, Birbal was not only Emperor Akbar's favorite minister but also a minister dearly loved by most of the commoners, because of his ready wit and wisdom. People used to come to him from far and wide for advice on personal matters too. However, there was a group of ministers that were jealous of his growing popularity and disliked him intensely. They outwardly showered him with praise and compliments, but on the inside, they began to hatch a plot to kill him.

One day they approached the king's barber with a plan. As the barber was extremely close to the king, they asked him to help them get rid of Birbal permanently. And of course, they promised him a huge sum of money in return. The wicked barber readily agreed.

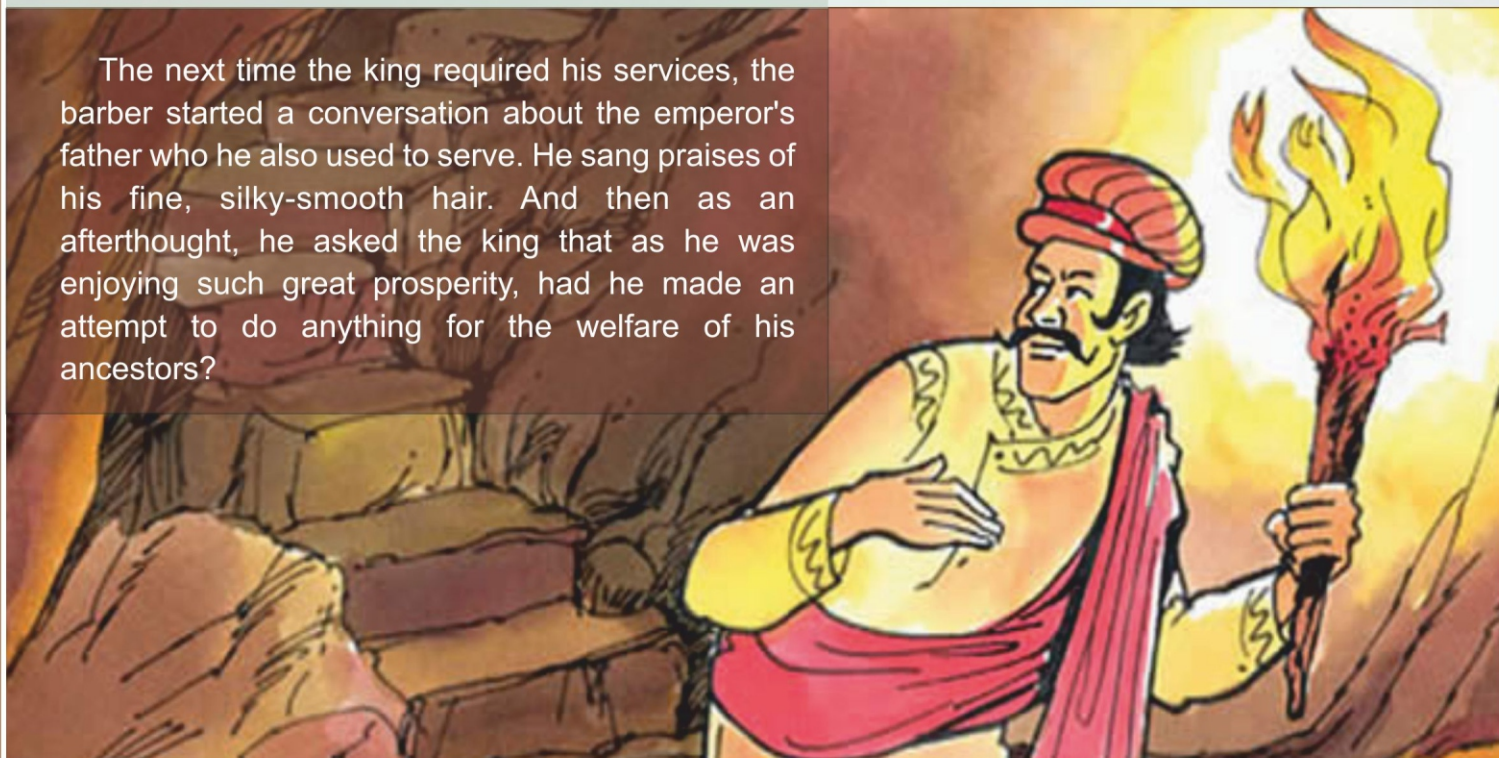
The next time the king required his services, the barber started a conversation about the emperor's father who he also used to serve. He sang praises of his fine, silky-smooth hair. And then as an afterthought, he asked the king that as he was enjoying such great prosperity, had he made an attempt to do anything for the welfare of his ancestors?

The next time the king required his services, the barber started a conversation about the emperor's father who he also used to serve. He sang praises of his fine, silky-smooth hair. And then as an afterthought, he asked the king that as he was enjoying such great prosperity, had he made an attempt to do anything for the welfare of his ancestors?

KIDS CORNER

The king was furious at such impertinent stupidity and told the barber that it was not possible to do anything because they were already dead. The barber mentioned that he knew of a magician who could come of help. The magician could send a person up to heaven to enquire about his father's welfare. But of course this person would have to be chosen carefully; he would have to be intelligent enough to follow the magician's instructions as well as make on-the-spot decisions. He must be wise, intelligent and responsible. The barber then suggested the best person for the job – the wisest of all ministers, Birbal.

The king was very excited about hearing from his dead father and asked the barber to go ahead and make the arrangements immediately. He asked him what needed to be done.





The barber explained that they would take Birbal in a procession to the burial grounds and light a pyre. The magician would then chant some 'mantras' as Birbal would ascend to the heavens through the smoke. The chanting would help protect Birbal from the fire.

The king happily informed Birbal of this plan. Birbal said that he thought it a brilliant idea and wanted to know the brain behind it. When learning that it was the barber's idea, he agreed to go to heaven on condition that he be given a large sum of money for the long journey as well as one month's time to settle his family so that they had no trouble while he was gone. The king agreed to both conditions.

In the duration of this month, he got a few trustworthy men to build a tunnel from the funeral grounds to his house. And on the day of the ascension, after the pyre had been lit, Birbal escaped through the concealed door of the tunnel. He disappeared into his house where he hid for a few months while his hair and beard grew long and unruly.

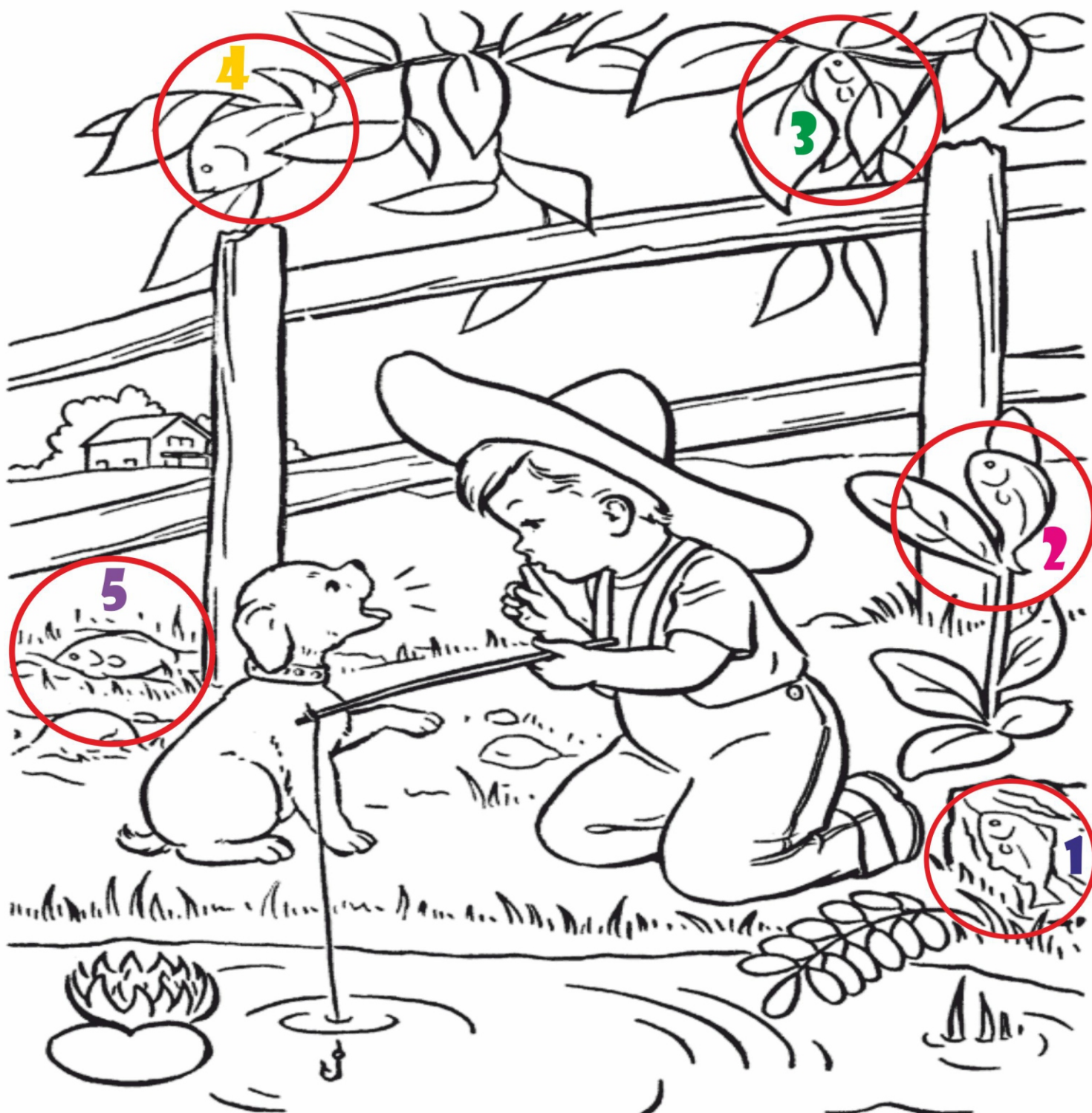
In the meantime, his enemies were rejoicing as they thought that they had seen the last of Birbal. Then one day after many, many months Birbal arrived at the palace with news of the king's father. The king was extremely pleased to see him and ready with a barrage of questions. Birbal told the king that his father was in the best of spirits and had been provided with all the comforts except one.

The king wanted to know what was lacking because now he thought he had found a way to send things and people to heaven. Birbal answered that there were no barbers in heaven, which is why even he was forced to grow his own beard. He said that his father had asked for a good barber.

So the king decided to send his own barber to serve his father in heaven. He called both the barber and the magician to prepare to send him to heaven. The barber could say absolutely nothing in his own defense as he was caught in his own trap. And once the pyre was lit he died on the spot.

Nobody dared to conspire against Birbal again.

HIDDEN PUZZLE ANSWER



Tommy is trying to catch a fish. But there aren't any fish in the water. Can you see where five little fish are hiding ?

Answers are - **1** **2** **3** **4** **5**

Interesting Facts

Snails take the longest Naps



At first glance, you may not assume that land snails live very fascinating lives. However, these gastropods live quite unique lifestyles. These animals are hermaphrodites, which means they have both male and female reproductive organs. They have no sense of hearing, and salt is potentially toxic for them. However, one of the most interesting aspects of their life is how they sleep. Exactly, how long can certain snails sleep for? You may be surprised by the answer.

The reason snails sleep are they alike many other animals hibernate. Hibernation means that snails sleep when weather becomes excessively cold; it is a necessary for the survival of snails.

It is also been known some species of desert snails can do this for years before actually dying. Snail's common diet are plants and other vegetation. Snails will bury themselves in the ground and close their shells off with their own slime. You can find them eating live plants, dying plants, rotting plants, fruits, and algae. A snail has a radula located inside its mouth to assist in the grinding of its food.

In addition to their day-to-day sleeping habits, snails also go into a deep sleep to avoid adverse weather conditions and periods when food is scarce. In colder climates they hibernate during the winter months, and in hotter climates they estivate during the summer months. When they go into hibernation or estivation, they seal themselves safely inside their shells with a layer of mucus that forms a hard cover over the opening.

Here's some features about snails that how they manage to gather up all the moisture they need to survive :

The opening of the snail shell is covered with a slimy gel that prevents much air passage.

Snails are mostly nocturnal, so that the light of day not burn them out as badly.

Because they are hermaphrodites, they don't need to worry about finding a mate in the dry air.

A snail's habitat usually consists of on land or in water depending on the type of snail. Snails are not usually in need of perfect environments because snails carry their homes and place of safety on their backs.

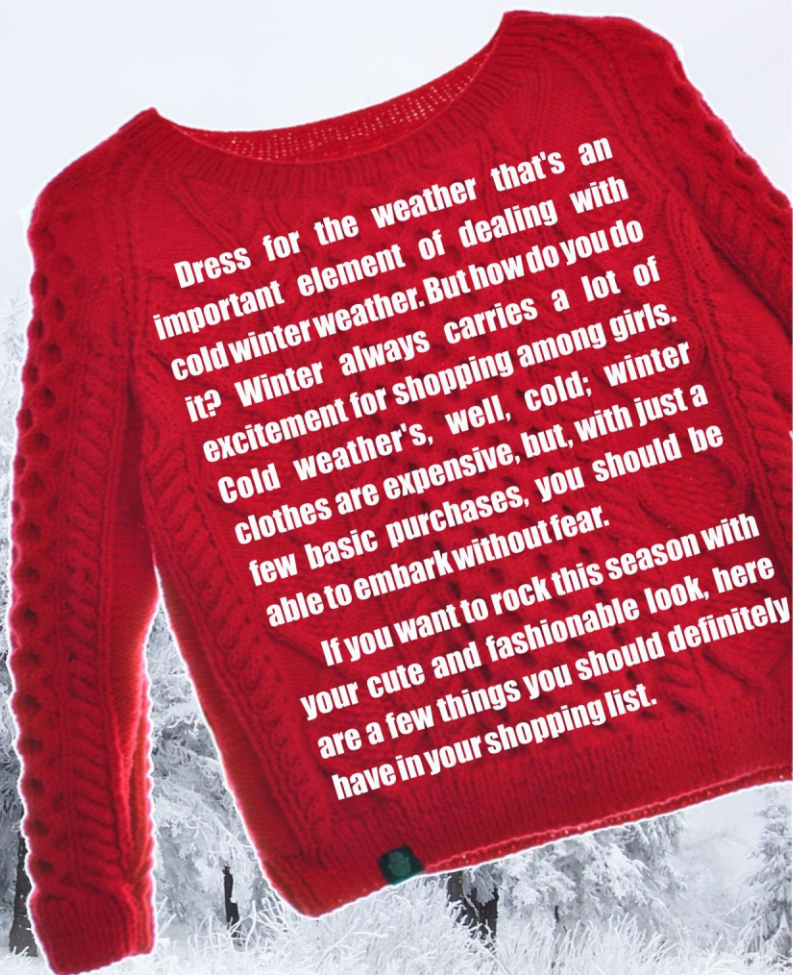
Desert snails can sense when the air is particularly dry, and will burrow underground in order to retain moisture. Where, they can hibernate up to 3 years, waiting for the temperature to become more suitable for them. The average age of snail is 15 years.





TWELL
FASHION
SPREE

Funky Winter



Dress for the weather that's an important element of dealing with it? Winter always carries a lot of excitement for shopping among girls. Cold weather's, well, cold; winter clothes are expensive, but, with just a few basic purchases, you should be able to embark without fear. If you want to rock this season with your cute and fashionable look, here are a few things you should definitely have in your shopping list.



Shacket

A shacket is a shirt thick enough to be halfway between a shirt and a jacket—an ideal, year-round layering piece. A shacket is essentially a slightly oversized, shirt-jacket hybrid. It looks like a shirt, but layers like a jacket. They tend to come in a wool-blend or as leather styles which makes them thicker than your average shirt, but thinner than your heavy jackets, so you can easily layer them over a simple shirt with jeans or chuck on over a lightweight dress with little effort.



Cutout Sweater

Most equate knitwear with being cozy and covered, but this season designers are mixing - err, slashing - things up. Sweaters with trendy cutouts - think an asymmetrical slice here, a peek-a-boo cut there - are taking over as an elevated option that breathes new life into fitted and nubby knits alike.

A cutout knit might not be the first you reach for when planning out a cozy outfit. However, it's the perfect look to embrace when transitional temperatures keep everyone on their toes at the top of the season, from spliced dresses to asymmetrically cut pullovers. It works well for evening, too, whether you're dressing for happy hour or date night (even via Zoom). If you're the type to feel fueled by surprising style choices, look to modern silhouettes like a backless turtleneck, a knitted bodysuit with cuts at the shoulder, or a strapless sweater with an alluring slice across the chest.

Flat Boots

Finding the perfect flat boot can transform not only your outfit but also your mood—practical and grounding, a more masculine boot style is the perfect piece to carry you from day to night.

The most practical and versatile boot trend just surfaced as one of the most popular styles on the runways. These low-to-the-ground soles will give you the excitement of a new trend while also providing a practical new addition to not only your seasonal wardrobe but also your assortment of timeless basics. From equestrian to Victorian-inspired styles, ahead, get ready to see some of the best flat fall boots on the runway, and shop an assortment of the best versions on the market thus far.



Matching Sweat suit

The clothes in winter should be such that they keep you warm all the time. Moreover, it depends on the temperature and weather conditions on the place you live in.

High waist trouser, with a sweater and overcoat will create a good look when you are living in a place with low temperature.

Narrow pants/jeans with overcoats and high boots will create a perfect look in chilly winters.

Skirts with stockings will be good with blazers create a hot and smoking look in winters.

Overcoats, short jackets, sweatshirts, shoes, boots are all what you need in your wardrobe for creating a fantabulous look in this winter.



Maxi Coat

The long, ankle-length coats of the '80s are back again. Though, thankfully, sans shoulder pads. These maxi coats have been spotted on the streets of major fashion cities across the world and are now ready to enter your wardrobe. By investing in this on-trend and full-length style, keeping fashionable and warm this winter will be a breeze. Just remember, this garment will cover the majority of your look. So if you choose a basic color, like black, add interesting accessories and style details to take your look from bland to bang-on



Leather separates

Let the freezing weather reign while you rock a brown PU coat. This faux leather outerwear is a classic and understated option for the colder months but remains on-trend this season. Style it with a pair of slim line trousers or a mini skirt. You can even tie the waist in and create a dress. The perfect shades to wear with this item include black, grey, or blue. Be ready to wear this stunning option all the time



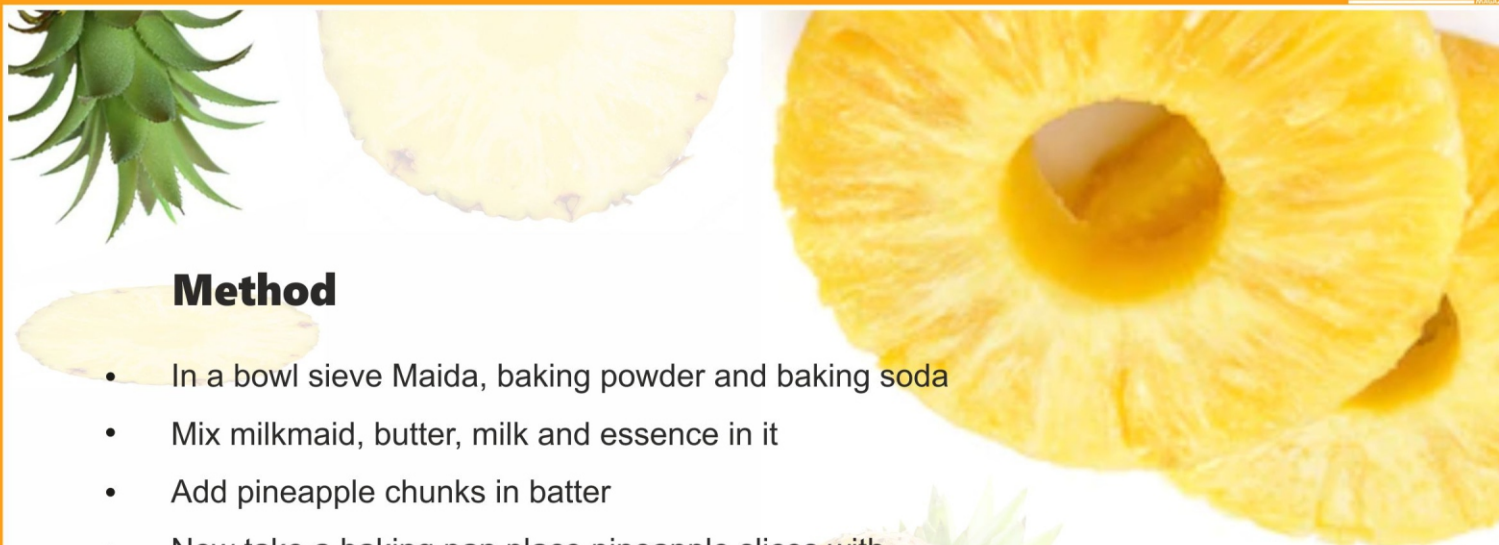


Pineapple upside down cake

Ingredients:

Maida	:	200 gms
Baking soda	:	1/2 TSP
Baking powder	:	1/2 TSP
Milkmaid	:	180 gms
Butter	:	50 gms
Tinned Pineapple	:	4/5 pieces
Pineapple chunks	:	3 tsp
Pineapple essence	:	4/5drops
Red cherry	:	5 pieces
Yellow colour	:	2 drops
Boiled milk	:	220 ml





Method

- In a bowl sieve Maida, baking powder and baking soda
- Mix milkmaid, butter, milk and essence in it
- Add pineapple chunks in batter
- Now take a baking pan place pineapple slices with cherries in bottom
- Pour the batter on pineapple slices and cherries
- Tap the baking pan for 5 to 6 times place it in preheated oven for 30 minutes at 160 degree



RIYA (MONICA)
Kriya Cakes And Treats





Science & Technology

The Robot Revolution Has Arrived



As companies across all industries look for ways to reduce contact between employees during the pandemic, many are turning to automated labor as a way both to stay safe and trim costs.

Even before the COVID crisis added its impetus, technological trends were accelerating the creation of robots that could fan out into our lives. Mechanical parts got lighter, cheaper, and sturdier. Electronics packed more computing power into smaller packages. Breakthroughs let engineers put powerful data-crunching tools into robot bodies. Better digital communications let them keep some robot “brains” in a computer elsewhere—or connect a simple robot to hundreds of others, letting them share a collective intelligence, like a beehive's.

And that was before the COVID-19 pandemic. Suddenly, replacing people with robots—an idea majorities of people around the world dislike, according to polls—looks medically wise, if not essential.





Robots now deliver food in Milton Keynes, England, tote supplies in a Dallas hospital, disinfect patients' rooms in China and Europe, and wander parks in Singapore, nagging pedestrians to maintain social distance.



The vast majority of robots in use today perform labor tasks for humans. The first robots created were used to produce ashtrays, according to the Tech Museum of Innovation. NASA's Rover Ranch website mentions that robots that perform industrial tasks often do jobs that are either too dangerous or too hard for humans to do.



Automotive factories use robots to cut and assemble parts. With space exploration, scientists send robots to explore the surfaces of the moon or planets like Mars, while other robots go into space to repair space equipment. In the medical field, a robot might be used to perform surgery that is too delicate for a surgeon's hands to perform or as an aid in regular surgeries such as coronary artery bypasses.

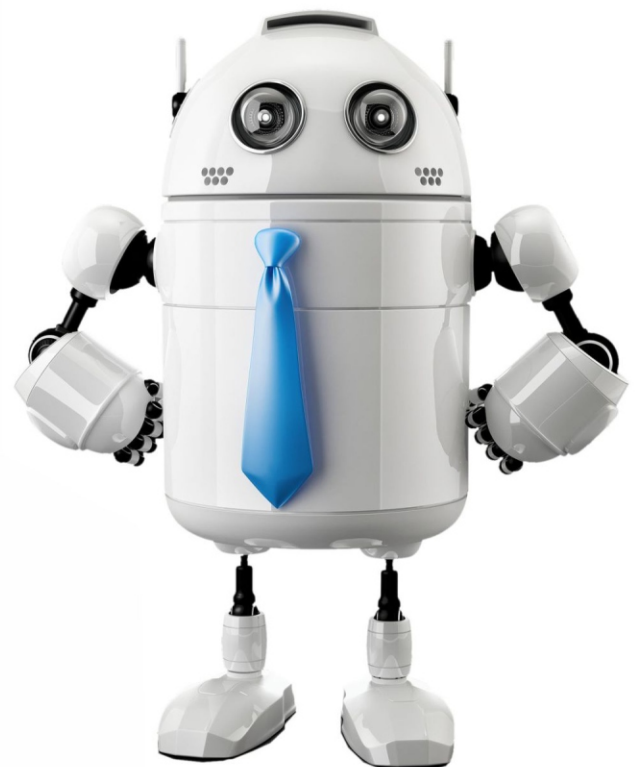




The Telenoid R1 robot, also a Japanese creation, allows users to communicate over long distances by mimicking the speaker's movements, according to New York Daily News. The medical field uses robotic patients in order to give students the opportunity to interact with a patient without running the risk of hurting a human subject. Robotics engineers in Japan work to create robots which can mimic human expressions and emotions that could one day be used to help patients in hospitals and nursing homes.



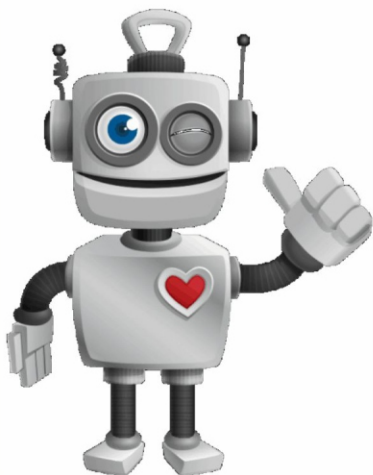
Some robots perform more social duties and interact with humans through talking, sounds or music. These robots take on a humanoid persona than do industrial robots. Japan's HRP-4C robot, designed to look like the average Japanese woman, sings and dances for spectators and, in 2010, performed a mini concert for observers.



Toy robots allow anyone to enjoy the advanced technology of a robot without spending thousands of dollars or more. Dogs make popular robotic toys for kids, with models such as Sony's Aibo and the Hasbro and Tiger Electronics creation iDog. Some toy robots look like the average idea of what a robot should look like. These toys perform simple tasks such as walking, dancing or speaking on command. The toy company WowWee produces a wide array of robotic toys, such as the Robosapiens line of toys, for children and robot enthusiasts.

The pandemic has made more people realize that “automation is going to be a part of work.” The workplace of the near future “will be an ecosystem of humans and robots working together to maximize efficiency.

Robotics take inventory and clean at big stores. They patrol borders, perform religious ceremonies, and help autistic children. It's an inevitable fact that we are going to have machines, artificial creatures that will be a part of our daily life. When you start accepting robots around you, like a third species, along with pets and humans, you want to relate to them.





Science & Technology



Indian-American among 18 astronauts selected for Nasa's manned Moon mission

Raja Jon Vurputoor Chari, 43, a graduate of the US Air Force Academy, MIT, and US Naval Test Pilot School, is the only Indian-American among the 18 astronauts on the manned Moon mission.

An Indian-American is among the 18 astronauts selected by Nasa for its manned mission to the Moon and beyond. Nasa on Wednesday named the 18 astronauts -- half of them women -- who will train for its Artemis moon-landing programme.

Raja Jon Vurputoor Chari, 43, a graduate of the US Air Force Academy, MIT, and US Naval Test Pilot School, is the only Indian-American on the list.

He was selected by Nasa to join the 2017 Astronaut Candidate Class. He reported for duty in August 2017 and having completed the initial astronaut candidate training is now eligible for a mission assignment.





“My fellow Americans, I give you the heroes of the future who will carry us back to the Moon and beyond: the Artemis Generation,” Vice President Mike Pence said at Nasa’s Kennedy Space Centre in Florida on Wednesday. “It really is amazing to think that the next man and the first woman on the Moon are among the names that we just read...We started today reflecting on a great hero of the past. The Artemis Generation are the heroes of American space exploration in the future,” Pence said after he introduced the members of the Artemis Team during the eighth National Space Council meeting.

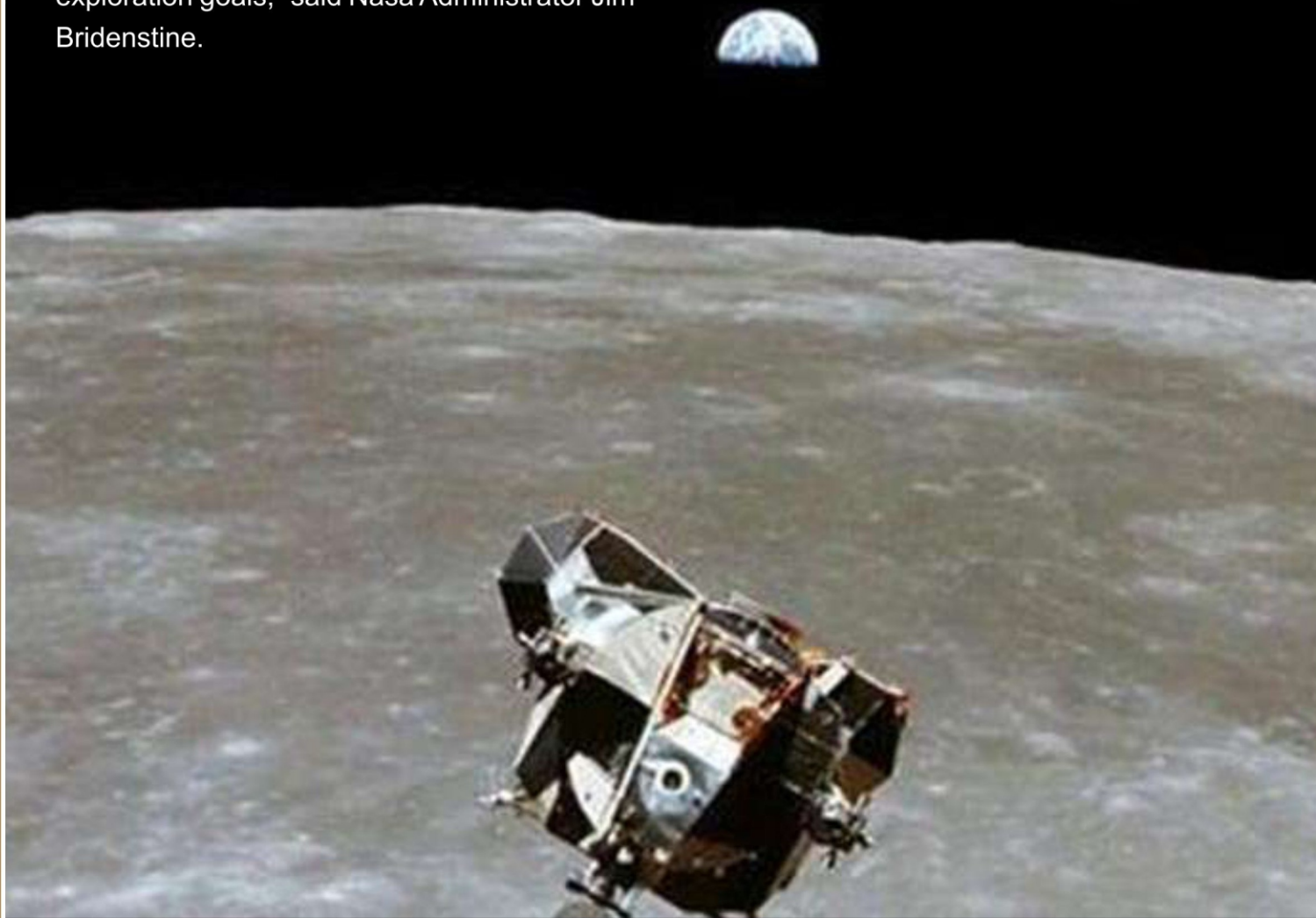
The astronauts on the Artemis Team come from a diverse range of backgrounds, expertise and experience. Most of the astronauts in the group are in their 30s or 40s. The oldest is 55, the youngest 32.



The agency's modern lunar exploration programme will land the first woman and next man on the Moon in 2024 and establish a sustainable human lunar presence by the end of the decade, Nasa said.

Nasa will announce flight assignments for astronauts later, pulling from the Artemis Team. Additional Artemis Team members, including international partner astronauts, will join this group, as needed.

"We are incredibly grateful for the president and vice president's support of the Artemis program, as well as the bipartisan support for all of NASA's science, aeronautics research, technology development, and human exploration goals," said Nasa Administrator Jim Bridenstine.





“As a result, we're excited to share this next step in exploration naming the Artemis Team of astronauts who will lead the way, which includes the first woman and next man to walk on the lunar surface,” he added.

The selected astronauts will help Nasa prepare for the coming Artemis missions, which begin next year working with the agency's commercial partners as they develop human landing systems; assisting in the development of training; defining hardware requirements; and consulting on technical development. They also will engage the public and industry on Nasa's exploration plans.

“There is so much exciting work ahead of us as we return to the moon, and it will take the entire astronaut corps to make that happen,” Chief Astronaut Pat Forrester said.

“Walking on the lunar surface would be a dream come true for any one of us, and any part we can play in making that happen is an honour,” he said.

The other members on the list include Christina Koch and Jessica Meir -- the two astronauts who performed the world's first all-female spacewalk last year.





SIWAA HANG FIRE

22nd December 2020

Chennai - India



Awards are presented to acknowledge and celebrate the achievements of the person, who turns passion into portrait. South India Women Achievers Awards is a celebration of Women's contribution in all the streams of the society. It is a platform to accomplish the women that have overcome great cultural and social barriers to become exemplary role models within their communities.

This is a fantastic opportunity for women from all walks of life, across ethnicities and communities in South India to be acknowledged. Particularly those who have had to overcome adversities such as financial constraints, social disadvantages or skill gaps to become positive role models in their communities. SIWAA will bring together the women leaders, achievers and trendsetters to touch upon the opportunities and challenges. Through Its 1st Event SIWAA identifies, acknowledges and felicitate the women who are shaping the industry through their incredible work.



TWELL

MAGAZINE



Now, TWELL Media and Research Pvt Ltd is proud to announce the launch of 'SIWAA 2020' to celebrate the spirit of womanhood and its relentless contribution to the society. The nominations were shortlisted by the jury based on certain criteria. The awards look for women who have been inspirational in the broadest sense.

It all started with a dream, a vision, a journey towards spectacular destinations across South India, the founder and CEO Mr. Deepak Tater Jain had a vision towards empowering Suburban and Rural cities of South India, our first journey was about 7000 km which was covered in just 40 days researching about 100 successful, unique businesses across South India specifically from the Tier 2 and Tier 3 cities and our Second Edition for a whopping 18000 Kilometers in just 50 days to recognize even more brands from South India which has a lot of unique untold stories, we planned to bring them to limelight and give them a platform for what they deserve, and yes! it wasn't an easy task whatsoever but then our first award ceremony did rock the stage and results were just awesome, now next to the same vision and the same motto to be followed throughout our journey & in July 2019 we organized the South India Business Awards 2019 even more successful than 2018 by traveling 35000 kilometers across South India...



Next was the biggest event we ever did the SIWAA-2019 in Chennai on 22nd December, 2019 which was the India's biggest Women Empowerment Program with over 7245 applications and 403 final winners awarded on a single platform the biggest in India

which was supported by Mrs. Latha Rajinikanth and supported by leading celebrities like Regina Cassandra, Singer Naresh Iyer, Actor John Vijay, Author Neerja Malik, and 40 more brand ambassadors.

This Year SIWAA-2020 is going to be even bigger after TWELL Media launched its own magazine and channel to promote the winners in its own banner



Beauty Care

Collagen

Essential for Your Winter Skincare Regimen

As winter approaches and temperatures start to drop, it's a good time to consider enhancing your beauty routine with collagen. The lack of humidity in the cooler months means skin can be starved for moisture, leading to dryness, chapping, and cracking. Topical solutions can cover the damage, but collagen supplements can help you fight back from the inside out.

It's no secret that the winter months can wreak havoc on your skin. Cooler temperatures often create chapped lips—and cheeks—giving your face a tight, dried-out look. (Hopefully it's not just me?) Luckily, restoring your skin's moisture is as easy as making sure that collagen beauty products take centre stage in your medicine cabinet during the chilly season.


Scientifically demonstrated to reduce wrinkles and give skin a plumper look, topical collagen can become an important part of your winter skincare regimen. It can even promote healthier and younger-looking skin all year round! Here's your three-step plan to hydrated, gorgeous winter skin.



Add Topical Collagen In to Your Skincare Regimen

With so many products out there proclaiming to be the best for promoting younger-looking skin, collagen has the science to back up the claims. Collagen makes your skin look healthier because it helps increase the production of hyaluronic acid, which promotes hydration—essentially allowing your skin to retain more water.

Although many people (*raises hand*) typically think of collagen beauty only in the form of injectable collagen, you don't have to face the needle to get younger-looking skin. In fact, you can now use topical collagen at home in the form of creams or masks designed to promote elasticity and hydration at basically any price point. (This guide can help you choose the right product for you.)



To keep your skin hydrated through winter, start using a collagen-infused cream daily. Also consider getting a collagen facial at your favorite spa or investing in a mask you can use once a week to help your skin retain moisture. Doing this will keep that itchy, dry feeling often associated with the winter months at bay, giving you a much-needed infusion of daily hydration.



Don't Skip Your Night time Routine

While it's important to keep your skin hydrated during the daytime (and keep wearing your sunscreen year-round!), experts say the night time hours are even more crucial for your beauty routine. As a matter of fact, your skin is actually more likely to absorb products when you're sleeping than during the day, making your various creams and ointments more effective when applied at night. So, no matter how badly you'd rather just crawl into bed after a long day, always take those five extra minutes to remove your makeup. Then slather on a cream that includes topical collagen as its active ingredient to reap the hydrating and wrinkle-fighting perks while you get some shut eye.

Nourish Your Skin from the Inside Out

Collagen skincare isn't just about what you put on your skin; it's also what you put into your body. Eating a balanced diet with healthy fats and proteins—while avoiding processed foods—will nourish your skin (and everything else) from the inside out. Of course, drinking enough water throughout the day will also do its part to keep you hydrated.

You can also reap even more Collagen beauty benefits by ingesting collagen. Not only can collagen supplements aid in softening wrinkles, but they can help your hair grow thicker, ease joint pain and boost your energy as well. Adding these supplements to your daily smoothie or matcha is an easy way to boost your winter skincare regimen and your wellness in general.

To look and feel your best, cozy up with collagen this winter. You'll revitalize your skin and stay glowing throughout the holiday season—and beyond!



A Gobsmack story

I hope you are having a good time reading my column every month and could also see a lot of curiosity for every month's edition. Now let's get it gobsmacked this month!

There was this pretty young girl who had no dreams, no vision but pure mission to enjoy her life. She never looked for commitments and never wanted to put her in trouble. Therefore as people say an imperfect human, in short. She had this "I don't Care" for ages! And she never cared for back bites, critics and disappointments. She was battered with bullies, trolls and hatred. All of these were considered a way of life until that one day when she was gobsmacked!

Are you imagining that day?

Well, I will tell you how and why she was up to her mark!

That day she had a day off with her friend. She had to participate in a random gathering wherein everybody were asked to put in their words as a wish card for the pleasant evening. The mic was passed on and on. She had her phones in hand so that she wouldn't feel embarrassed of having no chance to speak in front when everybody did. For over ages when she was denied and dampened for her attitude, she was given the first golden offer to present herself. She didn't know what to, how to present but she was sure to express and prove herself. She did stammer in the start introducing her and then she rose thinking of all the insults and betrayal. The moment she rose with belief, confidence and spirit she did it.

"She did it" meant a lot more than she could articulate in words. Indeed it was a chance to know what she is, what she has to be and how strong she is!

Her dashing confidence was her ravishing beauty. Mere incidence of a sole opportunity changed that girl's perception towards herself! Isn't it? She didn't pick one but when she was given the track she portrayed her presence meticulously.

If an impassioned human can make it all perfect with the secret, a passionate woman can create wonders!

A gobsmack starts from within. When nobody believed she believed in herself, when nobody had confidence in her, she had the Self- Confidence.

So Opportunities knock once, pull it with confidence and own the shade. Run, run, run and repeat till you touch the mark of victory. Failures, denial, despondency are another way to track your path.

Keep going and growing!



with love

Vj Kalyani

Prominent anchor of South India
South Indian Woman Achiever awardee
Ms.Fashion Icon India

Walks of 2020



January : 27th – Agreement signed between the Government of India, the Assam Government and the Bodo groups to redraw and rename the Bodoland Territorial Area District (BTAD) in Assam. 30th – The COVID-19 pandemic was confirmed to have spread to India on 30 January 2020 from China. The 1st case of



COVID-19 was spotted in Kerala in India.

February 24 – 25 – U.S. President Donald Trump visited India for a two-day state visit, addressed a "Namaste (Welcome) Trump" event with Prime Minister Narendra Modi in Ahmedabad. Toured Mahatma Gandhi's Sabarmati Ashram and the Taj Mahal at Agra.

Received a formal welcome from President Ram Nath Kovind at the Rashtrapati



Bhavan Presidential Palace in New Delhi. Conducted a series of meetings with Prime Minister Modi and other government officials, as well as Indian business executives.



February -8 Polling for the Delhi Legislative Assembly elections held. 11th – 2020 Delhi Legislative

Assembly election's results announced with Aam Aadmi Party securing 62 of 70 seats to claim an absolute majority in the elections. February 23 – 29 – At least 53 people are killed in communal riots in parts of Delhi.

March : 20th – Kamal Nath resigned from the post of the Chief Minister of Madhya Pradesh, after a political crisis.



22nd – Janata Curfew: India observed a 14-hour lockdown to prevent the spread of the COVID-19 pandemic. 23rd - Shivraj Singh Chouhan took path as the Chief Minister of Madhya Pradesh.

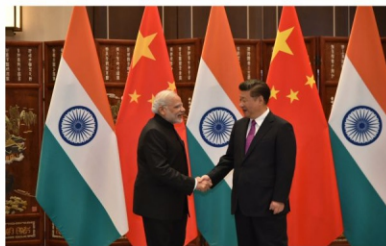
Prime Minister Modi announced a 21-day lockdown throughout India until 14 April to prevent the spread of COVID-19.



April : India remained under an extended lockdown throughout the month of April, to check the spread of the COVID-19

pandemic in the country.

May 5th – Skirmishes began between India and China. Several Indian and Chinese soldiers are injured



in a cross-border clash at the Nathu La crossing. About one hundred and fifty soldiers were involved in the face-off which included fistfights and stone-throwing.



6th – Wanted terrorist Riyaz Naikoo of the terror group Hizbul-Mujahideen, killed in a gun battle with Indian security forces.

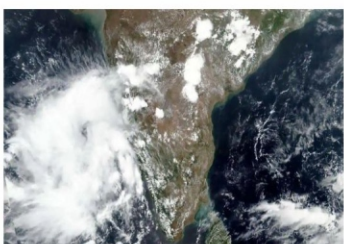


May 7 – 13 people were killed from a gas leak at a chemical plant in Visakhapatnam, Andhra Pradesh.

May 20 – Cyclone Amphan hit the eastern part of India and lead to flood like situation in many South-eastern states.



May 27 – A petroleum gas and oil leak occurred in Indian Oil's Baghjan Oilfield, in Assam.



June 2 - 4 – Cyclone Nisarga hit the western coast of India, causing damage in the state of Maharashtra.

June 14 - Bollywood Star Sushant Singh Rajput found dead at his Bandra Residence in Mumbai.



June 15-16 – 20 personnel of the Indian army including a commanding officer, are killed in action in the ongoing –Skirmishes between India and China at LAC in the Galwan Valley of Ladakh.



June 17 – India wins a two-year seat on the United Nations Security Council to begin January 1, 2021 during the 2020 Security Council Elections.



June 25 – Indian Railways suspends all passenger train service (except Rajdhani and Migrant Special Trains) till 12th August 2020.



June 29 – Indian Government bans 59 Chinese Apps including TikTok, CamScanner, SHAREit and UC Browser due to ongoing Sino-Indian Border tensions.



July 3 : 8 Policemen of the Uttar Pradesh police are martyred in an encounter with the gang of the wanted criminal Vikas Dubey in Kanpur, Uttar Pradesh state.

Prime Minister Narendra Modi makes a visit to Nimu Post near the Indo-China border in Ladakh along with Army Chief Manoj Mukund Naravane and CDS Bipin Rawat amid ongoing India-China border tensions.

5th – CRPF convoy is attacked by terrorist which results in martyr of 1 CRPF soldier in Pulwama, Jammu and Kashmir.

Earthquake of magnitude 4.7 on richter scale hits Kargill in Ladakh.

10th – Wanted Criminal Vikas Dubey encountered.

17th – Number of confirmed cases of COVID-19 reach 1 million.

21st – ongoing – Floods in Brahmaputra River in the state of Assam.

29th – National Education Policy 2020 (NEP 2020), a new policy on education in India approved by the Union Cabinet.

29th – 2020 Punjab alcohol poisoning. At least 121 people died after drinking toxic, illegally-made alcohol in Punjab.

- August 5 – Narendra Modi performed Bhoomi Pujan and laid the foundation stone of the Ram Temple at Ayodhya.

- 7th – Air India Express Flight 1344 Crashed after overrunning the Runway at Calicut International Airport, Kerala. At least 19 people killed, including two pilots and 17 Passengers.

- 7th – Heavy Landslide in Munnar, Idukki District, Kerala: 24 killed, 40 trapped; NDRF teams carry out rescue ops

- 9th – Fire at a COVID-19 facility in the city of Vijayawada, Andhra Pradesh, killed 11 people and left 22 injured.

- 11th – 3 people are killed and many arrested following the riots in Bangalore over a Facebook post on Islam's prophet Muhammad by a nephew of Congress politician

- 20th – A major fire broke out in an underground hydroelectric power plant in Srisailem in the state of Telangana killing 9 people.

August 31 - National Statistical Office releases data for the first quarter of Financial Year 2020–2021, with GDP in the given period contracting by 23.9% due to the COVID-19 pandemic lockdown in India



- 30 September - The court acquitted all the 32 accused of the Demolition of the Babri Masjid including L.K Advani, Murli Manohar Joshi, Uma Bharti, Vinay Katiyar and several others in the case on account of inconclusive evidence. The special court judge said "The demolition was not pre-planned".



Festivals

Christmas

The Reindeers on its way!

The gift of love, of joy, of peace

Christmas is one of the most important as well as popular festivals celebrated throughout the year. Christmas is the kind of festival that is so popular that it is celebrated in more than 160 countries throughout the world, by adults and children alike. Christmas is celebrated by those following the religion of Christianity, though the festival has universal appeal, across all religions. There are many ways to celebrate Christmas and the manner with which Christmas is celebrated is different in many countries, even though the Christmas spirit is universal in nature. Essentially, when one says Christmas, there are three different days in which one can celebrate the holiday.



The first day of celebration is the day before Christmas, which is known as Christmas Eve. It is celebrated on December 24, every year, according to the Gregorian calendar. The second day is Christmas Day, which is celebrated on December 25 every year. The third day is known as Boxing Day, celebrated the day after Christmas, on December 26.



Christmas is celebrated to remember the birth of Jesus Christ, who Christians believe is the Son of God. The name 'Christmas' comes from the Mass of Christ (or Jesus). A Mass service (which is sometimes called communion or Eucharist) is where Christians remember that Jesus died for us and then came back to life.

The 'Christ-Mass' service was the only one that was allowed to take place after sunset (and before sunrise the next day),

so people had it at Midnight! So we get the name Christ-Mass, shortened to Christmas.

Christmas is now celebrated by people around the world, whether they are Christians or not. It's a time when family and friends come together and remember the good things they have. People, and especially children, also like Christmas as it's a time when you give and receive presents!

The Date of Christmas

No one knows the real birthday of Jesus! No date is given in the Bible, so why do we celebrate it on the 25th December? The early Christians certainly had many arguments as to when it should be celebrated! Also, the birth of Jesus probably didn't happen in the year 1 but slightly earlier, somewhere between 2 BCE/BC and 7 BCE/BC, possibly in 4 BCE/BC (there isn't a 0 – the years go from 1 BC/BCE to 1!)

The first recorded date of Christmas being celebrated on December 25th was in 336, during the time of the Roman Emperor Constantine (he was the first Christian Roman Emperor). But it was not an official Roman state festival at this time. However, there are many different traditions and theories as to why Christmas is celebrated on December 25th.

Christmas celebrations include spending time with the family, decorating the entire house, inside and out and shopping, for friends and relatives. Spending Christmas with the family is very important. On this day, all family members spend time baking cookies, making fudge and preparing a big Christmas dinner, with all the trimmings.



THE CHRISTMAS TREE

The Christmas tree is an evergreen trimmed with lights, decorations, and tinsel, is derived from a "paradise tree", or the tree in the Garden of Eden. The use of the Christmas tree began early in the 17th century, in Strasbourg, France, spreading from there through Germany and then into northern Europe



SANTA CLAUS

The beginning of gift giving during Christmas started from the three wise men, with their three gifts for the Christ child. Since then people have made up different things to tell their children where their Christmas presents came from. The historical Saint Nicholas was known in early Christian legends for saving storm-tossed sailors, standing up for children, and giving gifts to the poor.

The children love to see each other and spend the day playing games and sharing their new gifts and toys that Santa Claus brought for each of them. Children are given importance in Christmas, as they receive gifts from their parents and the famous Santa Claus, who has acquired a mythic status through the years and is celebrated with eagerness and enthusiasm by children, who are told that he will bring gifts for them by coming down the chimney and placing them right below the Christmas tree, on the night of Christmas.

As Christmas dawns upon the world, here's wishing everyone a Merry Christmas!



On 22nd December

SIVWAA



SOUTH INDIA WOMEN ACHIEVERS AWARDS - 2020

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