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# HUES OF LIFE

ALL THAT GLITTERS,  
LURE!

ARTISTICALLY ENHANCING  
THE INTERIORS OF HOMES

HOLISTIC APPROACH TO  
WOMEN'S CARE

SUSTAINING THE  
MOMENTUM OF  
LITERACY MOVEMENT





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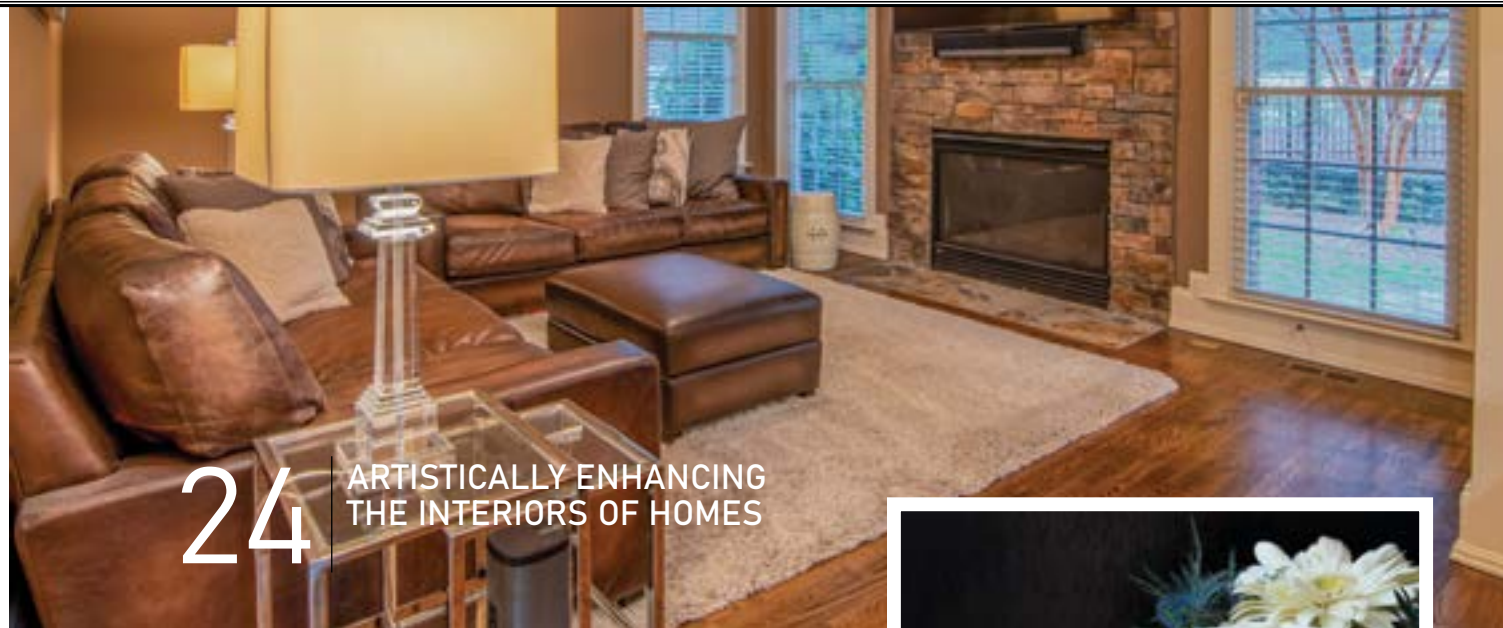
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## HUES OF LIFE

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## editor's Desk

Dear Readers,

The support received from the market and our well-wishers has been great towards the inaugural edition of Hues of Life. This has certainly given a boost to team-HOL to set a bench mark in the lifestyle segment and come up with rich contents in our editions touching human life. Festive spirits are still on with a positive note. The vibe in the market and businesses are expecting to regain glory to its fullest.

An eventful calendar marking Teacher's Day, Literacy Day & Engineer's Day reminds us the importance of remembering our mentors for inspiring & motivating us to achieve the set goals.

The achievements at Tokyo Olympics which made us proud and the progress in literacy endeavours are given much importance in this edition so as to know what we achieved and where we need to grow. Those who are a little tired of the stereo-typed home gardening, Hues of Life present new methods in gardening. It is also pleasing to note that a large number of people, including youngsters have turned to caring for pets along with the idea of a passive income and mental satisfaction. A wellness thread being started by Dr. Akhila V. G. is sure to spell out the goodness of Ayurveda.

Move ahead with a clear mind to get rejuvenated & accomplish your half-done goals.

Happy reading  
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# ALL THAT GLITTERS, LURE!

The tale of jewels is as old as human history. The range of elegant jewelry is a harmonious combination of the human intellect, imagination, and technology. The handprint of each age may be imprinted on it. This fact evokes the story of the evolution of jewelry from ancient times to the present. Jewelry is a decorative item made of metals, pearls, gems, and ivory to beautify the body. These are examples of the aesthetics of the masses. Ornaments become part of the cultural study because they mark a unique stage in human culture. In ancient times, men and women alike wore jewelry. Each country people wears jewelry made of various metals, pearls, and gems, including gold and silver, based on its cultural and social characteristics and the availability of raw materials. At each stage of the society's development, its evolutionary nature can be seen to be deeply ingrained in the jewelry culture. Jewelry made of gold, silver, gems, and ivory has been popular since ancient times.

## The Golden Way

Gold is the most deformable metal. The golden tale of gold is inextricably intertwined in fiction, mythology, and history. Gold has been used by people since ancient times for jewelry, coins, medicine, and many other purposes. For thousands of years, people have believed that gold is the most sacred and the most precious thing. Alchemists consider gold to be a symbol of the earth's value. Certain religious beliefs have greatly influenced the jewelry making of Indians. The Indians consider it physiologically important to wear at least a small part of gold on the body. Those who cannot wear gold jewelry rely on silver. Indians have been fascinated by jewelry since ancient times. At that time, jewelry was considered as a means of earning more than just a decorative item.

Excavations in Punjab, Rajasthan, Gujarat, Saurashtra, and South India have unearthed ornaments dating back to 3500 BC. Indian society considers gold to be more of an intellectual investment than a beautiful piece of jewelry. The number of people in the society who be-



lieve that gold jewelry plays an important role in elevating their status in society and enhancing their self-esteem is very high. Therefore, even though the price has surpassed the records, gold has always been a favorite metal of human beings. This is one of the reasons why the demand for gold has always been high. Gold has been used as currency and jewelry since time immemorial. The fact that one gram of gold can be converted into 3.2 km of yarn has helped gold to remain an unrivaled force in the jewelry market.

In Indian society, it is a traditional custom to give gold as a wedding gift. The idea here is that it is economic power, strength, and security that transfers gold from generation to generation in relation to social status. Therefore, the forbidden dowry system has become so secretive and explicit that 50 to 60% of the wedding expenses are spent on gold jewelry. People in the country buy gold on auspicious days and festivals. This is the key factor that will keep the Indian jewelry market afloat. India is one of the largest importers of gold. When it is said that India is the country with the largest gold population in the world, the obsession of Indians towards gold is understood.

## Stylish silver and modern-day platinum

Women love wearing gold. That is why gold jewelry is so important. But in the meanwhile, the youth started accepting silver jewelry as per the evolving fashion trends. Inexpensiveness and beauty make this jewelry a favorite. Silver has been in use since prehistoric times and it is one of the first five metals discovered and used

by man. Silver is used to make jewelry because it can be beaten and spread. But silver ornaments have not gained much prominence other than padasaram (anklet) and minchi (toe ring). Behind it all, is the thought that wearing silver jewelry is bad. But therapeutics says that silver is a metal that is not harmful to the body. Silver is added to some medicines and medical devices.

If gold and silver are not old-fashioned, why not try Platinum? This white metal is more valuable than gold. This metal is the one that transcends gold with its own color, strength, and brilliance. Any type of jewelry such as earrings, bracelets, and necklaces is available in a huge collection of platinum. 80% of the investment will be refunded when the platinum jewelry is returned. It can be exchanged for cash or gold. Gold, diamonds, and alloys can be used in combination with platinum. Gold is used in layers. The reason for the increase in the price of platinum is the lack of availability. It is thicker and long-lasting than other metals. Only platinum can last for many years without losing its lustre or wear. There are also ways to tell if platinum is real. There would be markings such as PLAT or PT950 on platinum ornaments as this record proves its purity. Each will have an identification number. Jewelry establishments provide Quality Proof PGI Registration Card on purchase of jewelry.

For many, jewelry is a craze due to its fashion statement. For some it is an investment. The reasons for wearing jewelry are various. The prices reflect the continuing lure of jewelry.



# AN ASCENDING INDIA IN SPORTS AND GAMES

This is the first time India has won seven medals at the Olympics. A total of 126 athletes competed in 69 events representing India in Tokyo. From Meerabhai Chalu to Neeraj Chopra, the Indian medalists who have made themselves the country's best medal hunters at Olympics – On the first day of the Tokyo Olympics, Mirabhai Chalu won the silver medal in weightlifting. The Indian Hockey team defeated Germany 5-4 in a thrilling match and secured a bronze medal to win India's medal in Olympic hockey after 41 years. Ravi Kumar Dahiya, who won a silver medal in the men's 57kg freestyle wrestling for India, became the second Indian to win a silver medal in wrestling at the Olympics. Overall, Indian contestants lit a hope for our country at Tokyo.

India is the second-largest country in terms of population. But the achievements that India can claim in the prestigious Olympics are not enough. India's medal ambitions have blossomed in only 14 of the 24 events since the modern Olympics began in 1896. India has a total of 35 medals. India has won ten gold, nine silver, and sixteen bronze medals so far in the Olympics. India had the highest medal hopes at the Athens Olympics. Anju Bobby George, a long jumper in athletics, Leander Paes and Mahesh Bhupathi in tennis, and Anjali Bhagwat in the shooting did not live up to expectations. But India had to be content with the silver medal that Rajyavardhan Rathore unexpectedly won in the shooting. Karnam Malleshwari won the bronze medal at the 2000 Sydney Olympics. Leander Paes' bronze in the men's singles at Atlanta in 1996 was one of India's sports history highlights.

Before that, the national anthem of India rose through hockey at the Olympics in 1980. It was a time when Russia was isolated in the name of the Afghan occupation and for that reason, there were no big countries like the United States at the 1980 Moscow Olympics. India, which won gold in hockey



# TOKYO 2020



at the time, was criticized for not having had to face Pakistan. However, hockey, the country's national sport, has not been able to fulfill India's Olympic medal dreams since then. Of the 35 Olympic medals India has won, 12 have been in hockey, including eight gold medals. India has won the medal only twice in athletics.

Norman Pritchard won India's first Olympic medal. At the 1900 Paris Olympics, Pritchard won two silver medals in the 200m and 200m hurdles. Pritchard was a native of Kolkata and of Anglo-Indian descent. Despite not winning a medal, we remember the Olympic performance of PT Usha's Los Angeles 400m Hurdles. Although Usha lost the bronze medal by a fraction of a second, the message from Indian Prime Minister Indira Gandhi to console her was a testament to the hard work of the athlete. Milkha Singh's sprint as 'Flying Sikh' is also noteworthy. At the 1960 Rome Olympics, Milkha lost bronze in a fraction of a second, just like Usha.

A team's first Olympic medal was achieved by India's men's hockey team. They won the first medal for India in the team event by the leadership of 'Hockey magician' Dhyan Chand. Chand's Indian team won the first medal at the 1928

Amsterdam Olympics by winning the hockey tournament at the Olympics.

## India's first gold at Olympics

At the 1928 Amsterdam Olympics, India won first place on the podium through hockey. Although India won gold in hockey, India's first individual gold medal achievement came at the 2008 Beijing Olympics. Abhinav Bindra won India's first individual gold medal at Beijing Olympics in the men's 10m air rifle event.

Neeraj Chopra won India's first gold in athletics at the Olympics with the javelin throw. In the javelin final, Neeraj Chopra became the second Indian to win a gold medal in the individual event at the Olympics with a distance of 87.58 meters. He won India's first gold and third medal in athletics at the Olympics.

Although Abhinav Bindra won the first gold in shooting, it was Rajyavardhan Singh Rathore, who won the first medal for India in this category. He won silver in the men's double trap event at the 2005 Athens Olympics, India's first medal in shooting.



*India's first medal in boxing came from the 2008 Beijing Olympics. Vijender Singh won the first bronze medal for India in the men's middleweight category. Mary Kom won a bronze medal at the 2012 London Olympics.*



Leander Paes won India's first medal in tennis. Paes won a bronze medal in tennis singles at the 1996 Atlanta Olympics.

Saina Nehwal, who won bronze in the women's singles at the 2012 London Olympics, won her first medal in badminton for India. However, the silver medal won by PV Sindhu at the 2016 Rio Olympics was India's best medal achievement in this category. Sindhu won silver at Rio and became the youngest Olympic medalist and won a bronze at Tokyo.

K.D. Jadhav won the first medal in wrestling for India. He won a bronze medal at the 1952 Helsinki Olympics. But Sushil Kumar won the first silver medal for India in wrestling. He won India's first silver medal in wrestling in the men's 66 kg freestyle event at the 2012 London Olympics.

India's first medal in boxing came from the 2008 Beijing Olympics. Vijender Singh won the first bronze medal for India in the men's middleweight category. Mary Kom won a bronze medal at the 2012 London Olympics. She moved from the 48kg category to the 51kg category after failing to qualify for the Rio Olympics. She has been a three-time world champion since giving birth to twins and the return to the ring in 2007. After having a third son in 2013, Kom also won gold at the 2014 Incheon Asian Games. She declared her retirement at the 2020 Tokyo Olympics.

India's first medal in this category was the bronze

medal in the 69 kg division at the 2000 Sydney Olympics. Karnam Malleshwari, who won a medal in Sydney, also became the first Indian woman to win a medal at the Olympics for India. At the 2020 Tokyo Olympics event, Mirabai Chanu won silver in the 49 kg division.

Even greater gains can be expected from India in the future. However, let us also examine why we often did not catch up with the performance of Jamaica, Kenya, and North Korea, which are lagging behind India in development. Moreover, we are lagging far behind in the world in terms of the number of medals per one lakh population. Only ten gold medals in total. It has also competed in every Olympics since 1920. In the last few months, this issue has been the subject of active discussion among many experts in India. Poverty is not the only reason we fall behind. Poverty here means the general condition of the country. It indicates the success of countries like Kenya and Jamaica. Athletes can only compete in international competitions such as the Olympics if they are physically fit. Most athletes are between the ages of 15 and 30, with the highest level of fitness. This means that most of our Olympic competitors will be born after 1980. Arrangements should be made to provide proper physical and mental preparation to the children at the school level. Governments' stratagem for the sports sector must change. Only through this can India achieve its dream achievements.



# SUSTAINING THE MOMENTUM OF LITERACY MOVEMENT

In 1966, UNESCO proclaimed the 8th of September as International Literacy Day to remind the International Community of the importance of literacy for individuals, communities and societies and the need for intensified efforts towards more literate societies. The issue of literacy is a key component of the UN's Sustainable Development Goals and UN's 2030 Agenda for Sustainable Development. ILD 2021 will be celebrated under the theme "Literacy for a human-centered recovery: Narrowing the digit divide." One of the targets of the Sustainable Development Goal 4 is to ensure that all young people accomplish literacy and numeracy and opportunity to obtain these skills should be given to those adults who lack them.







Better literacy and educational level definitely have a positive impact on overall development and productivity of a society. The significance of literacy in fighting against the backwardness in third world countries is voiced by Asia Pacific Programme of Education for All (APPEAL). India has enacted 'Right to Education' to ensure free and compulsory education for children in the age group 6-14 years. Literacy and level of education are basic indicators of the level of development achieved by a society. Higher levels of education and literacy, particularly of female literacy, lead to a greater awareness and also contributes in improvement of economic and social conditions. It acts as a catalyst for social upliftment, enhancing the returns on investment made in almost every aspect of development effort.

India has seen its literacy rate increasing steadily from 18.32% in 1951 to 72.98% in 2011. As per the population censuses, the literacy rate of female and males has increased from 8.36% to 64.63% and 27.15% to 80.9% respectively. In 2011, among the State or Union Territories, the highest literacy rate of 94% is in Kerala

and lowest is 61.8% in Bihar. The average expenditure on education per student is by and large less in rural areas as compared to urban areas.

A major indicator of the quality of a nation's human capital is literacy rate. India's adult literacy rate is 73.2% as per latest reports. Child and youth literacy numbers for both males and females have borne fruit over the years standing at 93% and 94% respectively. If India is able to sustain this momentum, then the country might be able to achieve universal literacy for all by 2030. While the country has made significant progress, it still remains home to about 313 million illiterates; 59% of them are women. India in 2021 is far more literate than India in 1987. It has successfully broken out of the "low literacy trap" in which the illiteracy of parents leads to literacy outcomes for the successive generation.

Prior rulers and governments have played a significant role in Kerala's literacy success. It enjoys the highest indicators in these area as it started at the highest level at Independence. Kerala State Literacy Mission Authority, the State's literacy program is a main con-

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*The Total Literacy Movement was first initiated at Ernakulum District and Kottayam Municipality in the late 80's. On 4th of February 1990, the then Prime Minister, Shri V. P. Singh declared Ernakulum as the first total literate district in India. State wide literacy survey was conducted on 8th of April 1990; 28.52 lakhs of people were found illiterate.*

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tributor to Kerala's total literacy. This is an autonomous institute under the State Government (the General Educational Department). It was set up in 1998 for the purpose of coordinating and activating the 'Literacy and continuing education' propagating the slogan, "Education for all and forever." The basics of this program was to include a push to take Kerala to a 100% literacy rate. This ensures secondary education, providing skills and abilities to put forth the practices of reading and writing in daily lives. They draw their attention in urban slum, coastal and tribal populations. The district-level activities are looked after by the District Literacy Missions. National Literacy Mission of Ministry of HRD of Government of India has launched service delivery units with its headquarters in Thiruvananthapuram.

The Total Literacy Movement was first initiated at Ernakulum District and Kottayam Municipality in the late 80's. On 4th of February 1990, the then Prime Minister, Shri V. P. Singh declared Ernakulum as the first total literate district in India. State wide literacy survey was conducted on 8th of April 1990; 28.52 lakhs of people were found illiterate. With the help of

voluntary organizations like Shashtra Sa-hithya Parishad, classes were conducted and on 18th of April 1991, Kerala became the first total literate state in India. At present, Kerala's literacy rate ranks at 94%; Kottayam being highest (97.21%) and Thiruvananthapuram at 93.02%. The necessity for investing in development projects is witnessed by the advancement in literacy. When careful formulation with the population in mind and appropriate funding is given to development activities, concrete gains can be derived. There is much that one can learn from the Kerala State Literacy Mission Authority and to apply to achieve total literacy around the world.

History has time and again shown that there is no need to worry that new technologies would threaten older skills. With the huge involvement of digital tools and devices in this information-based age, the requirement of literary skills of an individual is quite significant. Of course, there are pros and cons in any platform but active handling of such medium may begin a new realm which best suits especially in a pandemic situation.



# Holistic Approach to Women's Care



**T**he term 'Wellness' is very often used in common parlance. It can be considered as a state of 'feeling good and functioning well'.

People often use the terms health and wellness interchangeably but both are different concepts with different meanings. The primary difference between health and wellness is that health is the goal and wellness is the active process of achieving it. It is highly relevant in the reduction of the risk factors of the disorders leading to illness as well as to ensure a positive health.

Ayurveda, the ancient indigenous system of health in India, has viewed the concept of health and wellness on holistic perspectives which covers much deeper aspects of it. Concept of positive health maintenance or wellness called, Swasthavrittha in Ayurveda includes various aspects like Daily Regimen (Dinacharya), Seasonal Regimen (Ritucharya), General Rules and Ethical Code of Conduct (Sadvritha), Dietary Regimen (Ahara charya), Rejuvenative Therapies (Rasayana), etc. Jeevadha was established with this notion of bringing you the essence of our traditional knowledge for maintenance of a positive health.

Throughout the evolutionary process the nature of human health and disease have changed, but the concept of healthy living and its principles laid down by ayurveda holds good till date and has helped mankind to stay healthy. Jeevadha primarily focusses on creating awareness and utilisation of traditional knowledge systems like ayurveda, yoga, etc. for welfare of mankind.

Health and wellness of a family/society is dependent on the health of the women. She plays a very pivotal role in maintaining the wellness of a family and forms the corner stone in building a healthy future generation. Her healthcare challenges are unique, ranging from conditions like menstrual abnormalities to major ones like breast cancer, cervical cancer, etc. Hence unique and personalised management strategies is required to keep her healthy. The conventional healthcare management system is inadequate to provide a holistic approach to women's health and well-being. On the contrary, Ayurveda and Yoga, since ages, have preached and practiced comprehensive means and measures to maintain health and wellness of women. As a tribute to them, we chose women healthcare as our initial theme.

We firmly believe that the key to good health lies not in the application of medicines but in the proper alignment of one's activities and diet with the requirement of the body. Hence we tailored our wellness management strategies in a unique way adhering to the principles of Ayurveda, so as to cater to the requirements of every woman with a view to maintain and manage her health.

Ayurveda with its multi-dimensional approach can help the present-day women enjoy their womanhood with health and happiness balancing the needs of the self and the society. We envision to enable each and every woman who get in touch with us be blessed with the 'Joy of Womanhood'.

*Dr Akhila V G BAMS, MS (Ay)  
Prasuti Tantra & Stri Roga (Obs & Gyn)*

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*We firmly believe that the key to good health lies not in the application of medicines but in the proper alignment of one's activities and diet with the requirement of the body.*

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# REJUVENATING YOUR CAR



Owni ng a vehicle is a ‘dream come true’ for many people. Going for a drive and the feeling of conquering the world is an experience that many vehicle owners can relate to. After a while, the glittering new vehicle starts to fade. There could be scratches, some repair needed, etc. The lost beauty of a vehicle can be restored only when proper maintenance methods are utilized. That’s where the importance of Car Detailing comes into play. You can decide whether you deserve a common service or world-class care that revitalizes your car. If you go for the second, you are opting for an innovative process known as car detailing. Such detailing can overcome some of the pitfalls that go unnoticed by many over a period.

In many places, customers who get their vehicles serviced complain that their frequent trips and handing over the vehicle to non-professional service centers are the main reasons for heart-rending scratches on their favorite vehicles. Many people do not care about their vehicle’s condition brought on by unscientific maintenance. Those who think differently are the ones who get into car detailing. The customer who is convinced that his vehicle will never return to





the old look will be ready to rejuvenate the vehicle once they are ready to opt for ceramic coating for the first time.

One of the admirable qualities of a good car detailing company is the ability to communicate accurately with the vehicle owner and identify problems. These companies check to see if they are accurately documenting the type of scratches on the vehicle and the circumstances under which they occurred. This is a way for the owner to handle the vehicle carefully so that the above faults do not occur again. Later, further defects will be identified through vehicle inspection. The latest technologies are used here. There are some companies in this field that adopt unscientific polishing methods to increase shine. It is one of the most harmful things to a vehicle.

Vehicle detailing work can be started only after finding out how much polish

is needed and on which parts using advanced techniques like paint thickness gauge. Thickness can be significantly reduced due to unscientific polishing done earlier in normal polishing centers. Since many parts may not have the same paint thickness, the possibility of a reduction in thickness in some parts cannot be ruled out. This thickness can vary significantly with repainted panels. After painting the vehicle, polishing is done on top of the clear coat that is applied to protect the paint. The same type of polishing is done for any vehicle at regular polishing centers and testing with a thickness gauge is also not commonly performed. Therefore, the risk of clear coat wastage is very high. This can also be harmful to vehicles. If there are any scratches or stains passing through this clear coat layer, the paint will need to be corrected. At times, paint spraying of other vehicles could get coated on

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*The best-detailing centers use world-class products to bring the vehicle back to its old state. Users should ask for detailing without damaging the paint and interior. Relatively hard, high-quality water-based paint and clear coat are used in all high-end cars.*  
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nearby vehicles at the service center. It is called overspray and can be found on accurate inspection. Scratches and round swirl marks on cars can be repaired with a good repaint.

The best-detailing centers use world-class products to bring the vehicle back to its old state. Users should ask for detailing without damaging the paint and interior. Relatively hard, high-quality water-based paint and clear coat are used in all high-end cars. Polishing with only foreign-made compounds and pads will give the mirror shine in detail. There are also those who use local compounds and pads. Choose as many quality ones as possible. After a complex paint correction process of about three days, the detailing is completed with the addition of a ceramic coating to retain the mirror finish for a long time. It is common for many customers to neglect the interior. Inspection of many vehicles reveals that the interior also needs considerable detailing. Many people make such mistakes knowingly.

When delivering a vehicle for detailing to a center, the detailing process of that organization should be understood clearly. They also need to make sure they comply with guidelines. Since credibility is essential, examine the service history of the company to see their years of experience in detailing work. Therefore, it can be ensured that the institution has the required standards. Information may be collected to contact vehicle owners who have previously been detailed in that same detailing hub. Maintenance is very important for services such as ceramic coating, so try to choose an offer that includes maintenance. This would enable the customer to find out the cost in advance. This is because ceramic coatings require good care and will last for years if properly cared for. Some leading companies offer a maximum warranty of up to seven years. There are a lot of low-quality products on the market now. Avoiding this would be good for the vehicle. Using international standard products would ensure continued maintenance of the vehicle in good condition.





# iYO – A BEVERAGE FOR I, YOU AND OTHERS

The brand 'iYo' is establishing itself in the market with the introduction of food products and beverages made with natural ingredients. The brand name iYo could be expanded as I, You and Others. The concept is for a customer to use the product, recognize its qualities and speak of it to others and they in turn become customers for the product.

Investing in to this healthy concept is Abdulla Muhammed Sali of B2B Traders, who has over twenty years of wide range of experience in the FMCG sector. When asked why, he says, "I have seen artificial ingredients and preservatives being used on many foods and beverages to get more shelf life and to enhance flavours. I want to introduce clean and fresh food items for the society."

The iYo team focuses on providing chemical-free food and beverages to the

community. They intend to source naturally grown items and serve it as a clean and natural product. The iYo products will have a blend of Purity, Freshness and Passion – purity and freshness of the product and passion to serve good food to the society for a healthy life.

The first product under the 'iYo' brand is iYo Fresh Ball Grape Juice. It has a shelf life of 3 days. Fresh grapes are sourced from regular vendors with utmost care given to ensure the quality of the item. These grapes are cleaned up to 7 times in a continuous process involving warm water, running water and Veggie Fruit Wash for pesticides removal. Neither the grapes nor the juice are stored for long time. It is being prepared and sold as and when the grapes are procured. Chemicals, preservatives and colours are not used. Natural fermentation is allowed to occur with the natural yeasts present in the skin of the grapes. The juice served



chilled, enables the customer to enjoy the grapes-elaiichi goodness.

The goodwill of B2B Traders extends support to financially-challenged women to be employed and earn a living by introducing iYo products. Hygienic guidelines are followed strictly to ensure the quality of products and to protect themselves and the society.

iYo products – intended for the health of society.

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# ARTISTICALLY ENHANCING THE INTERIORS OF HOMES

Changes in home interior design is always ongoing. To capture the most recent trends is quite a skill. Contemporary interior is an indispensable element of a beautiful home. The trend in interior design is created by the styling, colors, materials, patterns, and shapes of a particular season that has a long-lasting impact on the market. Everyone wants their home to be beautiful. Those who have a clear idea of how to combine their own tastes with the interior of the house can design their own interior. Some entrust this task to an interior architect or designer. When it comes to spending money on interior design, there are some things to keep in mind.



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*Modern wood paneling is the next trend. When applied in slated and skinny styles, wood walls are truly fresh and enjoyable. Wood paneling now adds warmth to bathrooms and kitchens.*

”



If the interior is designed by a reputed designer, participate in discussions with the designer from the planning stage. It is a good idea to seek the services of a designer at least before starting electrical works. When deciding who you want as an interior designer, you can choose from a variety of interior styles such as classic, modern, contemporary and traditional and choose the designer that suits your home. For example, if the house wants a traditional style, a person experienced in doing so will have an accurate knowledge of the advantages and disadvantages of such a style.

Concepts and ideas about what the interior should look like should definitely be shared with the designer. But interfering with the designer's work may not yield good results. He will have a clear idea of how to use each space. Inserting items that do not match the chosen style of the interior will affect the beauty of a room.

The interior is a combination of different aspects of the space, and it is beautiful when many suitable elements are combined. Once the planning is done, it is better to wait until the completion of work before making a judgement on its beauty. However, based on inputs from the interior designer as well as your own

views, changes could be considered. For example, some insist on particular color for the wall. Giving that color to the wall can sometimes adversely affect the overall look of the room. So there is an option that you can color the room without painting the wall. Some are forced to find a particular design tile for their homes to match the other aspects of the space. It is important to remember that the beauty of the interior is not just from the beauty of the tile or any single element.

False ceilings are becoming a must-have accessory nowadays. However, it is also noteworthy that the trend of false ceilings with many folds and curves is now slowly leaving the scene. Many people now prefer minimalism in the ceiling. False ceilings is used to highlight lighting arrangements. The use of false ceiling is recommended only if it suits the occasion. The heavier ceilings as in restaurants can be difficult to clean. Moreover, cracks are likely to happen soon on them.

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planning. Deviating from it will cause the whole calculation to go wrong. The involvement of relatives and friends also contributes to any upward or downward changes in cost. Informing the designer in advance of the requirements and budget will help to complete the interior within the budgeted cost. It is best to avoid light colors like white and glossy finish in homes. The first few months may look natural, but light colors can slowly cause dust and stains, and scratches on the glossy finish. However, it can be tried in weekend homes and temporary structures.

The interior can be done beautifully at a low cost. Excellent interior design is not about putting a lot of expensive things together. It is about designing in such a way that the features are aligned and beautiful. The peculiarities of minimalism can be exploited here. However, importing goods from abroad is a new trend. Designer supervision is required at this time as well. Social media can be used for this. Even with a small difference in design, homes can still be very fresh, beautiful, and different. Here are some of the latest interior design trends for those who love trends.

Floral wallpaper is one of the interior design color trends. The use of floral wallpaper to decorate the house is becoming

a pattern that many imitate. Wildflower wallpaper can be placed in the bedroom, floral wallpaper in the hall, bathrooms, and black background wallpaper in the dining room. The earth-tones are a great welcoming design for indoors. Shades like olive green, yellow, and orange can add earth tones to the interior. This not only gives the house warmth but also an excellent outdoor connection. Dusty green or colors ranging from olive to pistachio are now stable in interiors, so these muted tones usually provide an enjoyable mood. Also, olive green is another color that would suit the bedroom.

Furniture and accessories reminiscent of wood, plants, and metals is another aspect that adds to the interior of a room. This also creates a natural atmosphere in the house. Black doors stand out alongside a light-colored wall. Chocolate brown furniture gives a rich feel to the interiors. After about a decade, the trend of white subway tile for the floor is gradually moving in a different direction. Statement tile is now a novelty. It is mostly used in bathrooms and kitchens.

It has already garnered a lot of attention as a new method of built-in seating that forms a small but sufficient space on the window side of the room. It can also be used as a great reading area if the cupboard is on the side. Storage space can

“*Modern wood paneling is the next trend. When applied in slated and skinny styles, wood walls are truly fresh and enjoyable. Wood paneling now adds warmth to bathrooms and kitchens.*”



be provided below the seating. Plus, niche seating is a great way to save space. Home office design has become one of the most relevant interior design trends in recent times as it is ‘work from home’ era. Lap desks, mini desks, and small floating shelves are the main products that help you create a workspace wherever you are. If a home office is expensive at this time, you can find such space and look for smart solutions.

The trend of incorporating lots of curved shapes is now back again. Many furniture items are also designed with curvy shapes. Upholstered pieces such as sofas, divan coats, and chairs are now being recreated in asymmetrical design as fat furniture with inspiration from the ‘70s.

Modern wood paneling is the next trend. When applied in slated and skinny styles, wood walls are truly fresh and enjoyable. Wood paneling now adds warmth to bathrooms and kitchens. Care should be taken to do this only in large rooms as doing this in small rooms will reduce the size of the room. You need to make sure that the paneling is on the drive before installing. In 2020, designers chose darker colors for paneling. Care should be taken to select stable and durable panels.

If you have unused space in your home below the stairs, consider turning it into an indoor garden. In recent years, the popularity of indoor plants and living walls has increased

tremendously. These small plots bring outdoors in and give residents the opportunity to interact with nature from the comfort of their own homes. Natural and woven materials in the form of rattan furniture, seagrass pendant lights, jute, and rust have changed the world of interior design. Now the trend is cane designs. Dining chairs made from cane also bring modernity to the interior. Kitchen cupboard, front shutters and wardrobe shutters can be made with this material. It’s called Cane Detailing.

For many years, fiber artists have been exhibiting their work in the best art galleries and fairs, but it was not until 2020 that we began to see intricately woven tapestries and intricately macro pieces in art interiors. Organic shapes have become a trend now. Free-form designs are appearing today in everything from mats to wallpaper. Such designs make the room a space that flows seamlessly. Arches are another architectural and reminiscent detail of the ancient cave houses in Greece. This curved design is brought to doors and windows as well as furniture. The use of mirrors in arch design is also a trending way of interior design.

Any home can have interior designing. It depends on those who live at the space. They can opt for self-designing or take the support of professionals. Whichever option is chosen, interior designing does dress up your rooms to be more captivating.



# ADDING SKINCARE TO BEAUTY ROUTINE

**B**eauty-conscious individuals always do their best to enhance and maintain facial beauty. But buying expensive cosmetics and preserving beauty is not something that everyone can do consistently. There are many cheaper and easier facial care methods too which one could consider. The cosmetics market has increased significantly due to the interest in safeguarding and securing the skin. The effectiveness of these procedures would vary from person to person. There are several skincare alternatives that one can consider if they want to avoid costly beauty care products. There are many home remedies too, such as washing face with clear water and using a homemade fairness cream.

Drink plenty of water takes top priority in skincare. Water, the best cleansing agent for

ethnically cleansing the body, is also good for the skin. This is a simple way to help give color and peculiar radiance to the skin. Cleansing tea tree oil and aloe vera are known to be very effective in cleansing the skin. Many of us just throw away our tea bags after using them. It should be noted that used tea bags can come in handy to boost skin beauty. Face mask can be made with contents from used teabag, aloe vera juice and a little lemon juice. Applying the same mixture on the face and neck for 10 minutes and then rinsing off with lukewarm water would undoubtedly increase the softness of the face. In addition, it is an excellent scrub that maintains the naturalness of the skin, expelling dead cells, dirt, and other impurities from the skin. This not only helps to unlock the pores but also makes them shiny. It also nourishes the skin. Exfoliation is the name

given to a method of removing dead skin cells. Used tea bags provide a wonderful exfoliating scrub. Exfoliation a few times a week will promptly remove dead skin cells and form new skin. The nutritional value of herbal rich tea is high and it contributes to the health of the body. Many such home remedies has been proven to be very helpful in preventing acne and maintaining the youthfulness of the skin.

People with sensitive skin are more likely to develop typical symptoms such as rashes and sunburn. Adequately protecting the skin would reduce and soothe acne formation. After about 30 minutes of refrigeration of used tea bags, these can be left on acne spots for a quarter of an hour. The essential nutrients in the tea bag easily reduce inflammation and neutralize the bacteria in this key area. Doing it twice a day would provide best results. As we age, our skin begins to lose its elasticity. As years go by, wrinkles and early lines appear on the skin. This is most troublesome for those who give priority to facial beauty. Teabags can help the skin regain its youth. Using tea bags in your daily skincare habits can help reduce the appearance of premature wrinkles and fine lines. Prolonged sleepless nights staring at the computer and phone screens can lead to eye discomfort and fatigue. This is followed by swollen eyes and dark circles under the eyes. Teabags are one of the best ways to treat puffiness under the eyes. All you have to do is keep the frozen tea bags under your eyes for about 15 minutes. Teabags instantly work their magic and soothe the discomfort under your eyes.

To protect the facial skin, care should be taken not to expose it to direct sunlight. It is better to wear a hat when going out. That way you can get some protection from the sun, dust and dirt. There are many face packs in the cosmetics market that help to give color and dazzling radiance to the skin. Why is it good to scrub your face with face packs? The dead skin cells will disappear, and the radiance will increase naturally. You can also find time to bleach at least once a month. Lemon is one of the best bleaching agents. Scrubbing with a slice of fresh lemon is very beneficial. It is also good to

use lemon juice with a face pack. Fruits are always good for health. Speaking of skin in particular, fruits such as banana, papaya and orange can help in maintaining skin tones and bring about a visible difference. Being an excellent source of vitamin E and C, Avocado plays a major role in skincare. These give a good color to the face, and it is beneficial to cut and rub it on the face from time to time. Massaging fruit oils with a cotton swab is also beneficial. Probiotics in curd will cleanse and brighten the skin. Rolling a cotton cloth dipped in milk and rubbing it on the face can also help to cleanse the dirt off the face.

Home remedies to skin care are most sought after in this age. Many of these were a part of our daily life, but its values forgotten in this fast-paced world. It is time we look back and reincorporate many of them in to our lifestyles.

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*Home remedies to skin care are most sought after in this age. Many of these were a part of our daily life, but its values forgotten in this fast-paced world.*

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# CHANGING WORLD OF CAKE MAKING



Cakes have become a part of every joyful event. In the past, cake-cutting celebrations for birthdays and other occasions were limited to movies and the rich, but now that has changed, it has become commonplace. The cake is now an essential ingredient for all kinds of happy occasions like birthdays, weddings, and wedding anniversaries. People have started making cakes at home. Last year many families celebrated Christmas with homemade cakes. Many people have found time to actively move into cake making. Homemade cake making is widespread in various parts of India. Although many of them make excellent cakes, they cannot compete with the monopoly of commercial cake makers due to their limited online presence and lack of advertising. However, the number of people who get into cake-making at home is growing.

It has not been long since we heard the news that more than a thousand packets of whipping cream for cake making have been sold at some small business establishments alone in a few days. Sales of cake-making products has also increased in other shops. Demand for these special products has grown significantly as a result of the recent increase in the cake market. It makes the mind happy to see kids applying cream cakes on their faces and making birthday celebrations colorful. Women are at the forefront of making and selling cakes and earning an income. During this lockdown, we have seen moms and even kids who have become cake specialists. Those who are experimenting with cake making are also coming up with new cake trends. Size and taste tends to increase accordingly. The number of cakes that each person buys also changes according to the festivities.

Those who enjoy the taste of cakes made in many different flavors, shapes, and forms will be waiting for the festivities to return and new trends in cakes are looked forward to. In the meantime, we've seen a lot of people, starting with the Black Forest and the White Forest, making cakes with pictures of celebrities and relatives and posting them on social media, and getting applauded.

Some people use butter as an important ingredient in the flavor of cakes. There are also entrepreneurs who buy up to 20 kg of butter a week in the cake-making sector. There are those who have proven that orange and grape juice and honey can be used successfully instead of adding rum. Many professional cake-makers make cakes with rum for those who prefer it. If you have flour, eggs, and butter, you can start making cakes. Those who do not like eggs can skip it and make a cake. Cakes that do not contain preservatives to keep them intact last only two or three days, but they are natural. Housewives who are not interested in switching from a 'homemade' tag do not use preservatives at all. It is a sign of optimism in the cake industry that the produces from the desires of the needy are beginning to fill the market. There are those who have started shops just for cake and many who have succeeded in it. Some of them make and sell five to ten kilos of cake at home every day. In many places, it is common for customers to order just a day before. The cakes of some of the most talented people in the world are being ordered daily from supermarkets and cafes.

Plum cakes are one of the most sought-after items in the world. Rich plum chocolate, plum seed compost, and rich fruit cakes are some of the many types of cake usually comes in the market. Children's favorite dish is cream cakes. Cream cakes are usually perfect for birthdays or anniversaries. Banoffee cake, which is made by mixing fourteen fruits, can be cut anywhere to get any fruit. Exotic Fresh Fruit Cake is another variety of cake. After plum cakes, the best-selling are red velvet and rich dried fruit cake. Both are in high demand for Christmas but the Black Forest is also in high demand. Sugar-free cakes for diabetics have been on the market for



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*Over the years, big companies and hotels have introduced cake mixing ceremonies prior to the Christmas/New Year season. In hotels, the guests mix the ingredients of the cake together. There are also those who invite distinguished guests to the cake mixing ceremony. Sale of cakes through social media has gained prominence.*

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a long time. Manufacturers are trying to come up with unique cake trends for each Christmas. As Christmas approaches, the cake makers get busy and there will be a flurry of activities in the cake industry. Usually in Kerala alone, the cake trade worth Rs. 100 crore takes place during the Christmas season.

Over the years, big companies and hotels have introduced cake mixing ceremonies prior to the Christmas/New Year season. In hotels, the guests mix the ingredients of the cake together. There are also those who invite distinguished guests to the cake mixing ceremony. Sale of cakes through social media has gained prominence. Those with small startups have been actively marketing the cake through social media. WhatsApp groups created for friends and others are now also a marketing platform for cakes. It has been a long journey from cakes being just purchased from bakeries to being made from home to being marketed online. As the expectations of the user changes and new avenues come up for marketing, there's bound to be new experiments and further changes in the cake industry.



# TO BREATHE FRESH AIR



- Sukanya Navin

One of our period's utmost curses is air pollution. It not only impacts climate change but also impacts on community and individual health due to increasing disease and death. There are some pollutants that are major factors that cause human diseases.

Air pollution is the existence of elements in the atmosphere that are injurious to the health of human beings and other living things, and grounds damage to climate or to resources. As per World Health Organization from 2016 estimates, 10 out of the 20 most populated cities in the world are in India. As per reports of 2020-2021, the air pollution has seen to be decreasing day-by-day during pandemic situation.

Air Pollution was one of the major concerns of the world one-and-a-half year back and it is still a main concern. Some of the reasons for air pollution were vehicle smoke emission, heavy industries including power generation, small-scale industries including brick kilns, suspended dust on the roads due to vehicle movement and construction activities. During pandemic, the officials were forced to take lockdown measures that

aimed to restrain commercial activity linked with transportation and agility has come to a complete standstill in many countries including our country. The quality of the air has been improved in the last year in some of the major cities compared to the previous years.

2020 has brought a significant change across India as it has improved the air quality. But in 2021, we can see that the mobility has increased and the condition is getting back to worse as of before pandemic. One among the most polluted cities in 2020 was New Delhi (84 mcg/m<sup>3</sup>). The application of lockdown measures made the pollution level of New Delhi decrease by 15 per cent.

In the long run, fitness/health fallouts from air pollution include heart disease, lung cancer, and respiratory diseases as well. Air pollution can also be a reason for long-term damage to humans' nerves, brain, kidneys, liver, and multiple organ disorders. Some scientific studies also suspect air pollutants may cause birth defects as well. When we breathe in polluted air, it gets into our lungs, and can enter into blood and passed on to our internal organs. This can cause severe health issues like asthma,

circulatory/cardiovascular diseases and even cancer and reduces the quality and number of years of life.

Human life is possible only with our natural environment, and our cultural environment helps define who we are. It is therefore essential that our population and economic growth are globally supportable.

The below are some of the steps that each of us could take to decrease air pollution

- Limit the number of trips by our vehicle.
- Decrease the use of wood stove use.
- Evade using gas-powered lawn and garden equipment.
- Plant more trees in your surroundings.
- Avoid burning of crackers and fire catching items.

Every individual should remember this Mantra about polluting the air

"If you pollute the air, then the air will pollute you!"

So take precautions and lead a healthy life 😊



## കേരള സംസ്ഥാന തിരഞ്ഞെടുത്ത വികസന കോർപ്പറേഷൻ

(KSCADC)

( ഒരു കക്ഷ്യ നവീകരണ സ്ഥാപനം )

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- വാണിജ്യ അടിസ്ഥാന സൗകര്യങ്ങൾ

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- വാണിജ്യ പ്രവർത്തനങ്ങൾ
- കൺസൾട്ടൻസി സേവനങ്ങൾ



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പദ്ധതികളുടെ നിർവ്വഹണം

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# GROW YOUR GARDEN AND UNWIND

**G**ardening is one of the best ways to make your leisure time fun and exciting. In today's world of daunting tasks and fast-moving lifestyles, gardens play a significant role in providing relaxation and recreation. They also open up a huge revenue potential too. Thus a garden at home is an idea to think about and develop. Anyone can create a good garden at home. There's nothing to worry about space constraints for gardening. Gardens can be put up in all sizes. All it takes is a little patience, little time, and a few tips. If interested in growing vegetables, a vegetable garden can be planted. The visuals of a garden with fragrant flowers in front of the house, and young ones collecting seeds and twigs from the neighborhood homes to expand their garden are becoming just nostalgic memories.

The first stage of gardening can be a little tiring. But, when seeing the self-planted bud in bloom, all worries felt up to that point surely goes away. This is the greatest virtue of gardening. As the construction methods of their own house became different and elaborate, many people also pay attention to beautifying the surroundings. Now is the time for landscaping gardening. Today's gardens are prepared in a variety of ways such as dry gardens, contemporary gardens, and informal gardens. Although it is an old custom to prepare a fish pond surrounded by green grass in front of the house, many people still continue to construct such features in their landscape.

Before preparing a garden, it is import-

ant to consider the budget and area intended. Recycling is a great way to save land and money. It is great for small gardening and can be very useful for those who live in apartments. Containers are good for small gardens. They can be carried by us and moved from one place to another without any other problems. First, select the containers that can be used. Then mud can be filled and plants can be hung or kept in desired location. If we have a bench that is not used at home, that too can be turned into a beautiful garden. Ecologically friendly and climate-friendly plants and trees can be selected if considering a large-scale garden. Rectangular carpet mats can be used to prepare the lawn. These are available in the market at affordable rates per square foot. To keep the lawn green, it is sufficient to mow the grass and spray it with magnesium sulfate solution. Rocks, waterfalls, bubbles, and baby chips can be used to artistically enhance the beauty of the garden.

Beautiful landscaping can be arranged on the terrace, balcony, or indoor courtyard if space is limited. Depending on the size of the yard, the number of plants and trees that can be grown will differ. Whatever the size of the landscape, beauty can only be maintained with proper care. Having a home garden can be very beneficial for physical and mental well-being.

If you make small umbrellas out of the extra steel wires when building a house, it can be used to grown evergreen plants and bridal bouquets that can be exported. These plants need sunshine and

good temperature to flower. For this, the umbrellas should be cemented where they get the most sunlight. If the thin wires are bent in the form of hooks, the flowers can be hung in baskets or other places as desired.

An indoor bottle garden is a small garden that will not be damaged by rain or sun. These will not only be fun, but also enhance the look of the home. Baby gardens are very easy to prepare. Large jars or wider bottles can be kept in favorite places of the house. Stones and sand can be put inside the bottle. Mix soil with charcoal and sprinkle on top of it to get rid of the odor. Add some algae to it, and the surface is ready. Seeds of short-grown plants can be transplanted with the help of long stems.

Old cans tied with rustic-looking coir can be used to make a beautiful hanging garden. Special attention has to be given to choose a place that gets at least a few hours of sunlight every day. Vertical Garden is ideal for those with limited space. Even shoe organizers would be enough to make a small vertical garden. This will save space and at the same time achieve good results i.e. a good-looking garden. Fill the shoe space with compost or soil and plant favorite plants. Adequate sunlight should be ensured. There is a lot more tips and tricks to create an attractive garden with recyclable materials – everything will work if one puts their mind into it. Constructing a garden provides physical exercise and once finished will refresh your body and mind, while being a beautiful sight to behold.





# MAKING A DISTINCTIVE MARK IN FASHION DESIGNING

There are many social challenges for a newborn organization in Kerala, that often reach the caste, religious, political, and cultural levels, especially in the rural areas. These challenges are likely to intensify again if certain occupations or practices are considered to 'naturally belong' to the West. Smruthy College of Arts and IT has a story of overcoming such challenges through its vision for a notable achievement.

Simon, who began his career as a journalist, is the founder of Smruthy College of Arts and IT. The college was established in 2010 with the official approval of the Government at Vadanappally, a coastal village in Thrissur district. Having been active in the field of education for 11 long years, the idea that shapely popped into his head was a college that would teach accounting and fashion design as major courses. The college, which has about 10 staff, has been providing free education to Scheduled Caste students since its inception. Fee waivers are also available on reservation for general category students. In addition to fashion designing, Smruthy College of Arts and IT offers beautician courses and eleven PSC-approved computer courses at Smruthy College of IT. Although fashion design courses are taught in many places, some people are not able to turn it into a career or excel in the work related to it because many do not provide practical learning methods. Therefore, Smruthy College is preparing a new syllabus for fashion designing. This will make it easier for each student to understand how the field of fashion designing works in different ways for textiles, boutiques,

and independent units. The aim is to submit this authentic new syllabus to the Government upon completion.

Before the pandemic's imminent arrival, Smruthy College naturally switched to online classes like everyone else, where there were about 300 students. Smruthy Simon is currently the brand name of each newborn product in its own design. In addition, Smruthy has started an online boutique and modeling company called Smruthy Fashion Style – Modeling & Online Boutique. The idea of fashion designing college received more discouragement than encouragement, as the college was located in a typical coastal village where students with high career goals were dissuaded.

Those who did not know much about the fertile field of modern fashion designing typically began to approach the prevailing notion that designing was just a sewing job. There was a time when local stories spread to the possible extent that merely joining an academic institution that did not teach sewing was useless. Sewing classes had to be given separately in the syllabus. Another major challenge was related to organizing fashion shows. Organizing a very expensive fashion show is part of the project work of the learners. Smruthy College situated in a rural area has been able to organize the show three times in an incomparable way, despite facing strong opposition in the early days from many angles. Organizing models and doing photoshoots is also part of the project. Over some time, Simon and his colleagues proved to the dissuaders that success can be achieved through hardwork and determination.



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*The brand Smruthy Simon is currently on the path of a new venture. They are preparing to make a world record by making different clothing designs using over a hundred recyclable materials*

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All the remarkable journeys made so far in this distinct section have been aimed at undoubtedly creating professional models. Smruthy Simon's thoughts and ideas on clothing materials were unique. Clothes woven with embroidered threads, leaves and newspaper were introduced to the fashion segment. Embroidery works are usually done as an addition to beautify a garment. The difference here is that the clothes are woven solely with embroidery threads. When embroidery is common, there is no competition for the method of making clothes with that yarn. The idea here is that even such products can be made wearable. For example garments made of newspaper at this college did not hinder daily activities. It also took a lot of effort to make the garments made of leaves a reality. Leaves usually wither in a few hours. Several types of leaves were

tried and tested as a challenge. Later, the garments were perfected with the leaves of wild plants. It also had the great goal of making clothes that would not harm nature in any way using materials from nature. There are many people who have voluntarily entered the modeling arena, wearing Smruthy's own products. However, Simon points out that someone achieving professional modeling status does not always mean they have a total understanding of the profession. A model can quickly change into a new costume and move on to the next occasion. The photographers too can find alternative modes. However, designs created by a fashion designer can last only until new trends flood the market. The designs of professional designers are often copied and alternative trends are introduced. Simon says that

works from Smruthy over the past year has been able to garner great feedback on and off social media.

He added that it is a matter of pride to see the profile of the company growing. More and more customers approach them with keen interest on the unique costumes.

The brand Smruthy Simon is currently on the path of a new venture. They are preparing to make a world record by making different clothing designs using over a hundred recyclable materials. The goal of creating new clothing styles through different and innovative products is going to be completed soon. New designs using different materials differentiate the brand Smruthy Simon from other contemporary designers.



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# BACK LOBE



A number of International and National Days are coming up in September.

National Teacher's Day is on 5th.

International Literacy Day is on 8th.

National Engineer's Day is on 15th.

International Day for the Preservation of the Ozone Layer is on 16th.

World Tourism Day is on 27th.

We do celebrate each of these important days every year. Both public and private participation is seen in many of the activities conducted on these days based on the specific field.

However, the connection between these fields of expertise is lost on many.

Who else will make you literate, but a Guru.

To become an Engineer, you need to learn from a Teacher.

To preserve the Ozone layer, we need efficient engineering that would enable manufacturing of environmental-friendly products.

Having a stable climate condition would indeed support the growth of Tourism.

We have seen tourism-related activities supporting the development of cities and towns – which in turn, opens up avenues to enhance literacy.

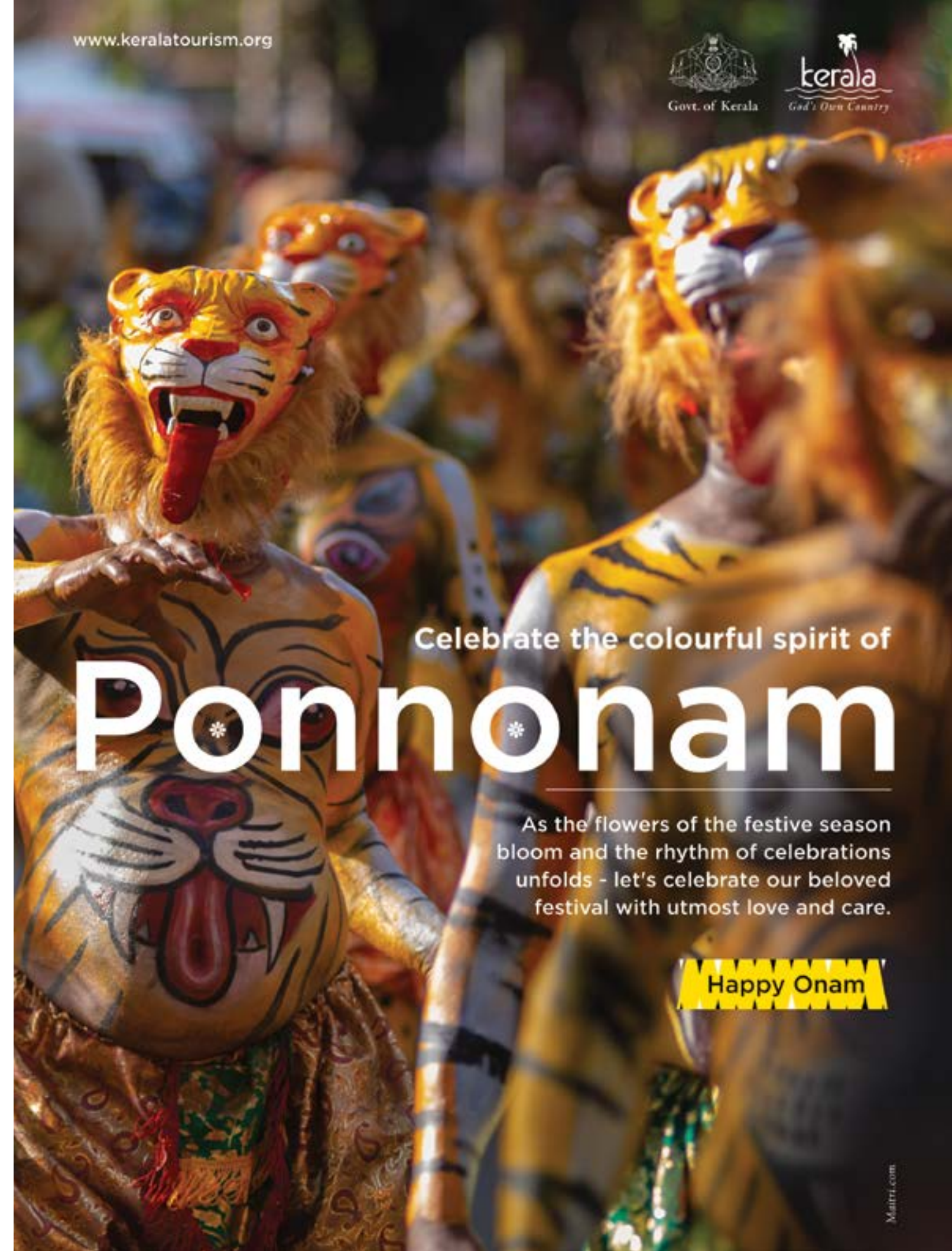
Again the role of engineering – land development, transportation, computer and a whole lot other branches – is huge when it comes to destination development. It should be noted that National Engineer's Day is celebrated to acknowledge the contributions of the eminent civil engineer Bharat Ratna Sir Mokshagundam Visvesvaraya. His alma mater was College of Engineering, Pune.

Systematic socio-economic engineering is needed to provide educational infrastructure conducive to effective learning.

There are many other important days related to several other fields in this month and other months. However, the role played by a teacher to guide and support an individual to succeed in his chosen endeavors is immeasurable. As per the Sanskrit adage, Guru is in the third place in the order to offer reverence after Mata and Pita.

This Teacher's Day, let's make some time to get in touch with those teachers who have guided us through the labyrinth of education successfully. Give credit where it's due.

**Viswanath V.**  
almightyv@gmail.com



Celebrate the colourful spirit of

# Pongal

As the flowers of the festive season bloom and the rhythm of celebrations unfolds - let's celebrate our beloved festival with utmost love and care.

Happy Pongal



# Explore the Beauty of Backwaters



  
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