

# HUES OF LIFE



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## HUES OF LIFE

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## editor's Desk

Dear Readers,

All set to welcome the New Year. A year not so fruitful in many aspects is passing and paving the way for another where expectations and dreams fly big.

Time to set your goals and resolutions for the year. Forget the past and march towards your future with a positive and fresh mind. We have many more puzzles to solve, so the inner strength really matters. Learn from the mistakes you made in the past but don't forget to leave them behind. Things might not have worked in our favour, but its time to rejuvenate and re-engineer yourself to acheive and succeed.

Elections, Sports and Games, Tourism events, Movie releases, Explorations into Outer Space and a lot more is scheduled for 2022. Let's be a part of this momentum.

Happy reading  
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# A LOT TO HOPE FOR IN 2022

Maneesh T.M.

**W**hen you remember the New Year, the first thing that comes to mind is to make a vow of what can be changed in your life. Resolution alone is not enough to make our lives better. We need to take a vow this time around in a way that benefits the environment in which we live. Because if we need to keep any promise, the environment must help and support us for our survival. Along with that, it is a good habit to record income and expenses accurately. It reminds me again that the New Year is a good time for new hopes and promises. We should keep in mind the good experiences of the previous year and try to erase the bad ones. It is also time to start trying to achieve new things as it is the beginning stage of happiness and peace.

The birth of 2022 is like the impact of a roller coaster on the lives of many. Let me also tell you why this New Year is going to be so much happier for us. The first joy is that I, as I write this, and you who read this are alive today. Many

of the people who were with us at the beginning of 2021 are no longer with us today. So it's normal that I'm writing this article in the New Year and you've been reading it. Gone are the years when we saw science prevail over diseases. It gives us great pleasure to have the opportunity to reflect on the recent challenges facing mankind in a fast-paced and timely manner and to think of a time of optimism.

People, once again have realized that health, food and family are the most important things for a human being. There is no doubt that this will be remembered by at least one generation. Twenty years have passed since the development of technologies to teach lessons to good teachers from all over the world and to students from all over the world. But by 2021, 150 million students and the millions of teachers who teach them will be really familiar with these methods. It would take at least a decade for such a change to take place. We must move forward realizing that this will be the basis of education

“

*This is the year when there are no boundaries for jobs. 'Work from home' was once the only option for those in the IT industry and was like a freebie to employees.*

”





in the future. From now on, people will have the opportunity to learn the most interesting topics and the latest changes in that subject directly from the best teachers in the world, for free.

This is the year when there are no boundaries for jobs. 'Work from home' was once the only option for those in the IT industry and was like a freebie to employees. But research shows that as billions of people began to work from home, employers not only saw office rents and electricity costs fall, but also increased productivity at work. The new management mantra is 'work from home is working'. Employers are now researching whether any work in the world can be done, as work from home. The New Year will be a world of work without the borders of the country, as more and more jobs can be worked upon from the comforts of home.

The news that the golden age of tourism is coming is also a positive one for the New Year. There is nothing that educates us like travel. But over the last two years, even our trips to the next city have dropped dramatically. With the development of the airline and tourism

*Likes, shares and opinion polls on social media were the basis of last year's policy making, but not numbers and logic. One can hope that this is going to be a relatively good year where science-based decisions are made.*

sector, one can expect a jump in tourism and travel.

There is no doubt that there will be comprehensive changes in the health sector this year. Gone are the years when we had to make some very difficult decisions as to who should be provided with healthcare facilities, including ICUs and ventilators. At the same time, there will be huge impact in the health sector around the world. As digital health becomes universal, healthier habits will

be promoted and more money will be available for health research. In general, a healthier life is going to happen now.

Likes, shares and opinion polls on social media were the basis of last year's policy making, but not numbers and logic. One can hope that this is going to be a relatively good year where science-based decisions are made. There will once again be opportunities in the world for scientifically effective leadership to formulate policies based on the information available. Another gift of the New Year is the time when the world stands united across borders, caste, religion, colour and race. Global consensus and collective action might be on the cards on still-unresolved issues of this generation, such as climate change. The time is coming when global cooperation will be even stronger. Technologies, including artificial intelligence and robotics, are coming at us like a huge wave. If we could exploit the potential of these technologies, we would be able to make a leap that is unimaginably big today. Let's prepare for it, our 2022! Happy New Year to all once again ...!

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# SUPERHEROES TO THE RESCUE



Indian mythology has many stories and characters that strengthen the growing imagination of children. But children in countries like the US and Japan do not have myths passed down through generations. Where there are no myths, they had to be created. The role of comic books, film culture and the manga-anime tradition in Japan and the supernatural characters in the US became a new way to bridge this gap. Comics took children to mythical lands in places like India and the Arab world, which have a long tradition of listening to fairy tales and mythological stories. Although superhero comic books have existed in Japan since the 18th century – featuring pictures of the characters’ deeds and accompanying dialogues – they only appeared in US and Britain in the 1930s.

Superheroes made their debut in the United States at a time when exploited nations around the world were rising up to play their historic roles. The concept of a superhero was adopted by the American comics industry. While there are a lot of superheroes saving the world today, every movie company even has its own parallel universe. But American superheroes were a sci-fi sub-genre and superheroes were born from aliens and laboratories. As genetics became a major event, mutants also became superheroes. As a result, comic books, movies, and toys flooded into American teen market and are still growing.

In the 1990s, when privatization policies were being implemented in India, a superhero serial named Shaktimaan along with mythological serials and cricket was aired on state-owned TV channels on Sundays so that children could also watch it. Shaktimaan was an Indian superhero created by sages from the panchabhootha. Along with these American-Indian superheroes, there were endless books and scientific curiosities floating around. In India, Indrajal comics began in the 1960s with translations of Western comics, but the most popular were the subsequent Amar Chitrakatha. They were not talking about the new generation of



superheroes; rather, they were the stories of the evergreen heroes of Indian mythology. For two generations, many people learned Mahabharata and Ramayana not from their grandmothers, but from Amar Chithrakatha comics. Attempts were made in India to create superheroes in the Indian context as imitations of Western superheroes, but they did not materialize.

The golden age of comic books begins with the appearance of superheroes. Historians believe that the success story of the comics began with the appearance of Superman in 1938. Superman is always a symbol of hope and the triumph of justice. Superman, who lives with ordinary people as an undercover journalist named Clark Kent falls in love with Lois Lane, another journalist of the same newspaper. Clark Kent alias

Spider-Man's real name is Peter Parker. Television series and films have also been released based on this character. The first film released in the 21st century in the series was Spiderman, released in 2002, based on the Marvel comics. The film is directed by Sam Raimi and stars Toby Maguire as Peter Parker aka Spider-Man. He also starred in Spider-Man 2, directed by the same Sam Raimi. The film was released in 2004. The third film in the Spider-Man series was released in 2007 and Toby Maguire arrived once again as Peter Parker.

Amazing Spider-Man had 2 releases. The first one in 2012 was directed by Mark Webb and stars Emma Stone and Andrew Garfield in the lead roles. The second part of the film was released in 2014. The 2017 film Spider-Man Homecoming was directed by John Watts. Tom

Holland played the role of Spider-Man in the film. Films like Far From Home in 2019 and No Way Home in 2021 all belonged to the same lineup. Each film returned huge financial gain to the producers.

**The Avengers** are superheroes that Marvel Comics has portrayed in many movies over the last ten years. The Marvel Comics characters received a great response each time they came on screen. The Marvel superheroes and the Avengers have quickly instilled in the audience's minds. With the advent of Avengers stars on social media and trolls, some people may find themselves watching a game without knowing the story. Who exactly are the Avengers? Avengers is a Hollywood movie franchise starring superheroes such as Thor, Hulk, Captain of America, Iron Man, Natasha Romanoff, Loki, Eric Selvig, Maria Hill, Phil Coulson and Clint Barton. The first film in which the Avengers came together was in 2012, bringing together superheroes who stood apart.

### The characters

**Tony Stark** is a rich man with a keen

Superman who fought the evil forces was acclaimed by the fans with keen interest and love. The opportunity for a large section of society to see themselves through Superman created many storylines. In the sixties and seventies, the popularity of this medium increased with the advent of superheroes such as Spider-Man and Batman, who had more human weaknesses. Films such as Star Trek that mentioned space travel have captured the attention of people who have always been curious about space. Comic characters became a part of life in the US and elsewhere, with a topic that does not tire in normal conversations.

Marvel was the most popular children's comic magazine in Europe that created the character of Spider-Man, who has fans all over the world. It was created in 1962 by Stan Lee and Steve Ditko.



interest in scientific experiments. Tony builds a new shield after injuring his chest in an attempt to snatch the shield he made. With that shield, Tony Stark is helping the military and civilians in the name Ironman. Tony Stark's Ironman was instrumental in building a team of superheroes called the Avengers. Ironman is played by Robert Downey Jr.

**Thor** is the god of lightning in North German mythology. Thor's weapon is a hammer that no one else can lift. Thor came to earth to study human values. According to legend, Asgard was the kingdom of Thor. Thor helps to counter attacks on humanity. Actor Chris Hemsworth brings Thor to the screen.

**Captain America** is a superhero character who underwent some special drug tests during World War II. Captain of America Steve Rogers is a soldier who smashes his opponents with unbreakable armor and immense speed. Captain of America is played by Chris Ivan.

**Hulk** was born the son of a scientist father after modifying his DNA as part of an experiment to build superhuman soldiers. Bruce Banner, the Hulk, is a character who, when provoked, turns into a green terror. Hulk, a scientist in nanotechnology assists the US military. The Hulk smashes everything in sight with a giant look of rage. The Hulk is commonly known as the Bruce Banner. The character is played by Mark Ruffalo.

**Natasha Romanoff** is the Marvel character named Black Widow, who specializes in Russian espionage and

eventually becomes an American spy. Natasha Romanoff is currently a member of the Shield spy agency and she is a character with extraordinary fighting skills, though not with supernatural powers. Natasha is looking forward to a great fight with the Avengers in the coming attacks on America and the Earth. Natasha is played by Scarlett Johansson.

**Clint Barton** is the best archer in the spy organization Shield. Clint continues to refine the arrows with the help of technology in various ways. Clint is not a superhero, though he is an expert fighter with extraordinary flexibility. Jeremy Renner plays Clint Barton.

**Loki** is Thor's evil brother. Loki's attempts to bring the earth and the universe under his control are dangerous to everyone. Over time, Loki realizes his mistakes and joins hands with Avengers. Loki is played by Thomas William Hiddleston.

**Thanos** is the Avengers' rival who is going to acquire Infinity Stone to make anything he thinks possible and real. Thanos, who believes that population growth in the universe is a danger to his country, is active in efforts to eliminate human. Thanos' character is played by Josh Brolin.

The history of superhero movies began in 2008 with Iron Man. The next film in the series was The Incredible Hulk. The story of Thor, the god of lightning was made in 2011. In 2012, the first movie of Avengers, which brings together all the superheroes, came out. As the

characters were accepted by the audience, so did the Avengers team. In 2015, the second part of Avengers arrived. Twenty superheroes come together in Infinity War, the third installment of Avengers. These superheroes were fighting against Thanos, the most powerful villain in the world of Marvel Comics.

It is in this context that we need to watch the movie 'Minnal Murali' which has recently started streaming on the OTT platform. Although the materials for the production of Minnal Murali were borrowed from Western comics, the success of the film was due to the fact that the superhero and his surroundings were unique. Contrary to what heroes like Superman and Spider-Man, who wore robes and special body-hugging costumes, Murali performed heroic deeds mostly in folded lungies and shirts. While other superheroes try to save the world, Minnal Murali fights for his village of Kurukkanmoola. Minnal Murali's soul is that of Western comics. But the person is a Keralite. It is this locality that has made Minnal Murali so popular. The film opens a new avenue to take Indians to the magical world of comics.

A mixed world of superhero status was also active here. That was the mainstream here, and even American superheroes could not break it. It remains to be seen what kind of superheroes will come here and what their world defense policies will be.







# WINTER WORRIES FOR THE SKIN

**D**ecember and January are generally the months when skincare has utmost importance. Cold weather and snow can make your skin dry and dull. Winter brings dry skin that is not always shiny. Being the largest organ in the body, skin must be properly protected with the same importance as the other organs. Red spots and dry skin has to be cared for seriously. Itchy skin and itchy lips are common during these times.

Let's start with soaps. Most soaps are high in alkali. It is best not to use soaps that are high in alkali or acid. Softening soaps and bars containing moisturizers are available in medical stores. Properly applying a good oil bath helps in removing dead cells. Cracking of legs is another serious problem in winter. It is beneficial to soak the feet in warm salted water for 10-15 minutes before going to bed at night and applying creams containing mineral oil or moisturizer. Doing the same for the hands is beneficial. Applying moisturizer on the nails and rubbing will prevent the nails from cracking. The outermost layer of skin, the stratum corneum, is made up of dead cells; we can have healthy skin if we keep our skin dry and take good care of its hygiene.

Although winter in Kerala is not unbearably severe, climate change and fluctuations will invite diseases. Due to the festive season, irregular sleep can also affect the immune system. However, with the advent of colds, flu, and infections, it is time to move on. To get rid of winter skin diseases, including small amounts of oranges, strawberries, and mangoes in your diet. These are a storehouse of vitamin C. Yellow and orange fruits are also rich in Vitamin A and Carotene. These nutrients act

as antioxidants, promoting cell health and preventing infections. It prevents cell damage and relieves the effects of aging. If these fruits and vegetables are included in the daily diet, the skin will glow and youth will remain the same. Winter is the time to switch to cream cleansers. Choose an oil-based foaming cleanser. Or instead, try cleansing the skin with clean oil. Scrubbing honey helps to cleanse the skin naturally. For this, grind some dried oats, mix it with milk and honey and this mixture can be used as a natural scrub. Use a good moisturizer immediately after a hot shower as the skin loses moisture very easily in winter. To get protection from dry skin, apply a hydrating mask once or twice a week to prevent moisture. Wear sunscreen every day. This is because sun exposure in winter is more harmful to the skin, which increases the pigmentation of the skin and causes the skin to look older. The night is the time when the skin repairs itself. Try to choose a night cream that reduces pigmentation or helps with anti-aging.

The next thing to say is about drinking water. Do not reduce the amount of water you drink as you do not sweat during the winter. It is mandatory to drink at least 8 glasses of water even if you do not feel thirsty. Lack of drinking water can be seen immediately on the skin. This will dull your skin. Winter is also a time we feel hunger the most. Eat dried fruits and nuts when you feel like eating a snack. In winter, do not forget to include green leafy vegetables, fruits, and millets that will keep your body warm and healthy. Exercise well as it is the key to glowing skin. Sweat removes toxins from your body. You can see that the more you work and sweat, the more your skin gets its natural glow. Sleeping well enhances beauty. This will



reduce the appearance of dark circles, and blemishes on the skin. With proper skin care in winter, you can look younger and brighter with more radiance and reduced dryness.

The skin is also easily exposed to germs, including bacteria, viruses, and fungi. Eczema, scabies, psoriasis, fungal infections, and cracks between the toes are common in cold weather. Silver spots on the skin, cracks on the lips and ankles are common. This is due to the slowing down of the activity of the sebaceous glands which gives coolness and radiance to the body. Phospholipids can be lost for a variety of reasons. Dehydration of the skin is another cause. For dry skin, use petroleum jelly, coconut oil, olive oil or other essential oils to maintain oily skin.



# FINDING A PURPOSE TO SHOP

**F**or many of us, when asked what our hobby is, the answer will be 'shopping'. Shopping is a way for some people to forget tension. Thus there are those who spend money unnecessarily than for needs. But some go after cost-efficient things and some people will jump into, when they hear that it is free.

Shopping is something that everyone loves, regardless of gender. There are very few people who do not go to malls and shops to buy things that satisfy the mind in the few hours that fall during rush hour. While many people view shopping for mental and physical arousal, there are many who use shopping to strengthen relationships. Shopping cannot be dismissed as a waste of time. But many people become addicted to shopping. There are a lot of young women and men going to shops to buy groceries. These people who find mental awakening through this see shopping in a different way. Some say women spend more time shopping than men. Women spend a lot of time innovating in clothing and acquiring changing makeup products in the market. Shopping addiction is most prevalent among women between the ages of 15 and 35. While girls mostly buy clothes, make-up items, bedroom clothes, iPods and beauty creams, women over the age of 35 tend to buy household items as well as necessities for their husbands and children. They will also pay more attention to buying clothes. People often go shopping for mental

awakening. There are also those who find emotional stimulation through small shopping when stress is high or conflicts with loved ones. Some people even have a desire to own something that they have seen with someone on a trip or at a ceremony. They will feel free to go through many shops to buy these. Some people find time for shopping to get rid of the experience of having bad days. There are also some who see shopping as a self-medication to get rid of the bad experience of excessive anger, loneliness, lack of loved ones, lack of confidence, lack of good mood, lack of food of

choice, financial difficulties and worries. Some people spend more time shopping online.

There are many who find and buy clothes that are needed and refreshing on the shopping sites. Most of them are the ones who get mental refreshment and satisfaction through this. Shopping addiction creates the impression that you are saving money when you buy

more. It is the same perception that causes people to behave this way. We are wasting more money than we saved by buying more.

To avoid becoming a shopaholic, the first step is to set a time limit when shopping. Those who go to the shops for very few items go shopping until the cart is full. The design of the shops is such as to motivate you to do maximum shopping.

Therefore, you need to set a time limit for yourself to avoid over-shopping. Many people use shopping as a way to get rid of boredom. You need to ask yourself if you are actually buying the items you need. Shopping addiction can be curtailed to some extent by evaluating how much leisure time you find and how your bank account varies accordingly.







# MOZA ORGANIC- FOCUSED ON HEALTHY FOODS



**M**oza Organic is a health-focused start-up, based in Kochi, and was developed to provide functional foods that can be incorporated into the daily diet and create a positive impact on customers' health and well-being. Their products have undergone extensive research from institutes within the country and abroad and they have worked with esteemed public organizations to formulate ground-breaking products to be introduced into national and global markets.

Their flagship product is Sprotone, the brainchild of an Ayurvedic Physician. It is a blend of handpicked grains and pulses that have been scientifically proven in reducing the adverse effects of postprandial hyperglycaemia and as of now, its undergoing clinical research in the University of Manchester for its insulin-mimicking properties in acute pancreatitis. Sprotone is a carefully curated formulation of sprouted wheat, ragi, horse gram, green gram, fenugreek and flaxseed, powdered and packaged.

Beyond Sprotone's uses as a nutritious flour or porridge, Moza Organic has

recognized its potential and with the Central Tuber Research Institute, they are in the process of developing India's first sprouted multigrain cookies and pastas.

Moza Organic has also developed a vegan plant protein powder, one of a kind and currently, they are in discussions with Central Institute of Fisheries Technology on integrating seaweed into the protein blend and formulate a highly nutritious food.

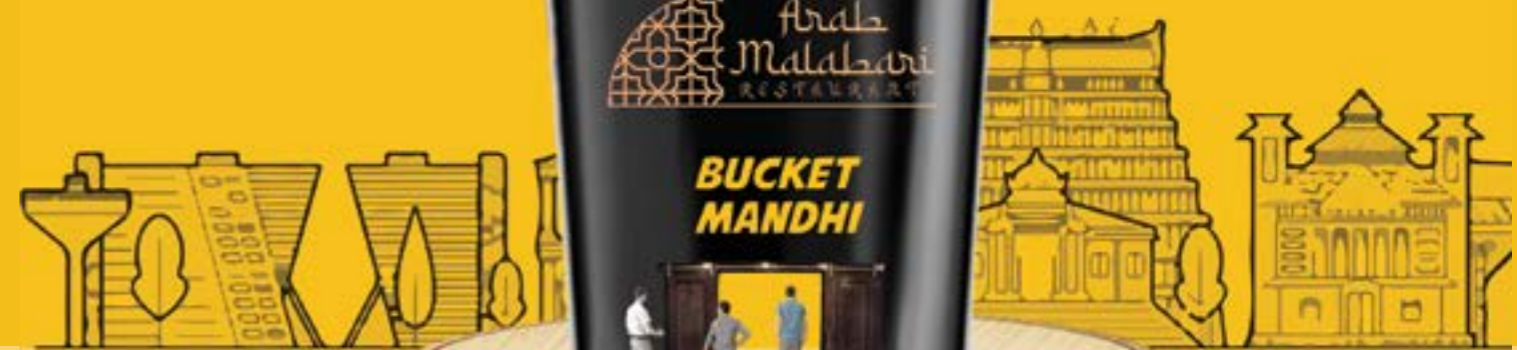
Their collaboration with CSIR-NIIST has yielded in the manufacturing of a unique food derived from raw banana extracts and high in resistant starch – nothing similar in today's market. The ready-to-cook products, Banagrit & Banagram, offer a nourishing breakfast experience for the health-conscious food lovers. They pride on using all natural ingredients from local sources and providing their consumers with high-quality meals that they can integrate into their diets.

Moza Organic is under the guidance of Managing director, Dr. Kamarudeen Mohamed Salih, a dentist turned dynamic entrepreneur who is keenly focused on developing innovative, health-oriented functional foods.

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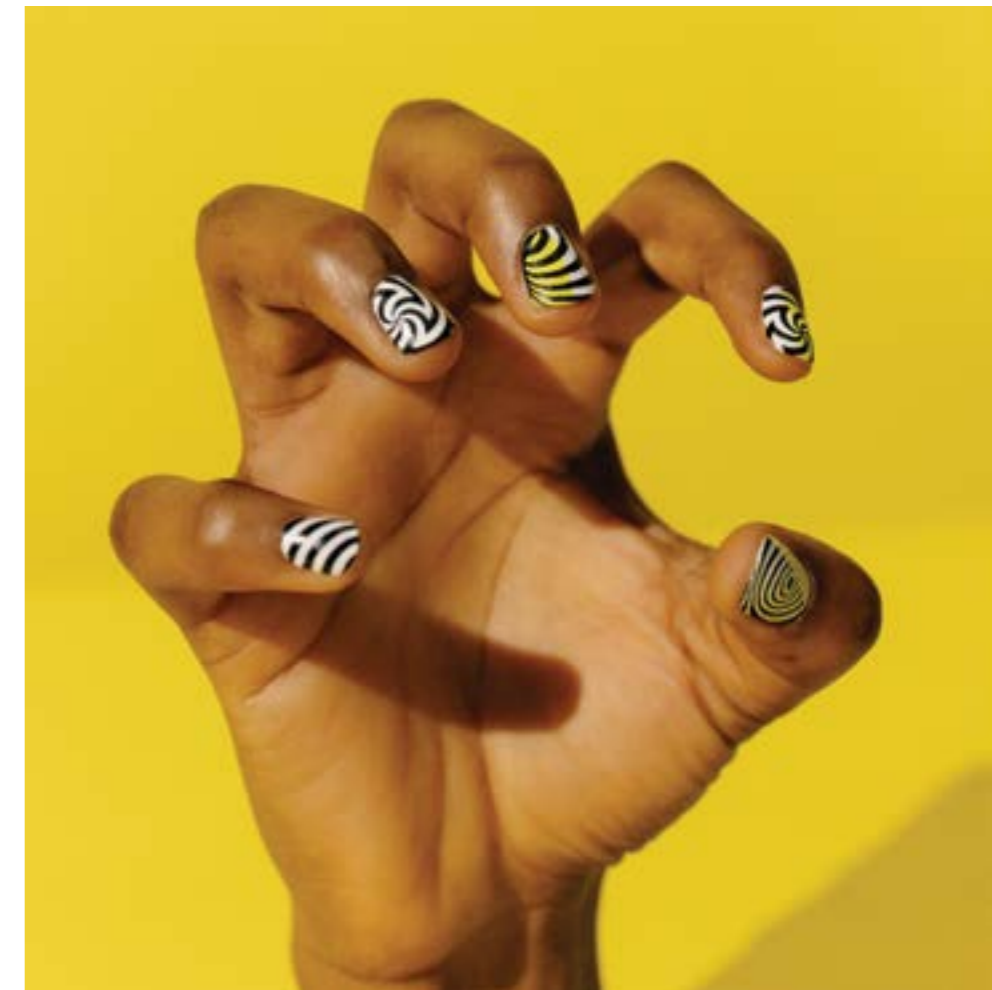


# NAIL ART FOR YOUR FINGERS

About two decades earlier, the only few colors in the nail polish were pink, red, maroon and brown. But today we just have to keep in mind what color we want and it is easily available in the market. It is not just the variety of colors that makes the nail polish sector more popular today, but nail art is also a huge industry. As with designer dresses, designer nail art studios are now growing in many cities. Get acquainted with present-day techniques that came from Nail Art and Nail Art Studios.

The latest trend is bridal dresses, jewelry, hairstyles and nail art for weddings. Nail art has become a symbol of luxury and dominance. Many Hollywood celebrities like pop singer Rihanna spend millions on their nail art designs. Recently, Rihanna has been in the news for her nail art designs that have the names of all her music albums written in it. While neon colors and metallic colors shine, pastel colors like light pink, light blue, purple and gray are also popular. Now when it comes to designs, it can be confusing to look at what designs are available. Because there are millions of designs depending on the character, context and mood. New designs, on the other hand, keep coming up every day.

There are candy colors and designs that are perfect for the slightly crafty people who love colors. If you want simplicity, light colors and simple designs, you can choose graphic designs or monochrome designs. Or for weddings, a little gold and silver crystal combinations would look great. There are options in nail art designs as well as formals, casuals and function wear in dresses. Nail art designers are commonly referred to as 'manicurists' and their designs as 'mani'. The latest designs prove that you do not need nail polish to do nail art. Colorless



clear nail polish and a bit of glitter are enough to create great designs.

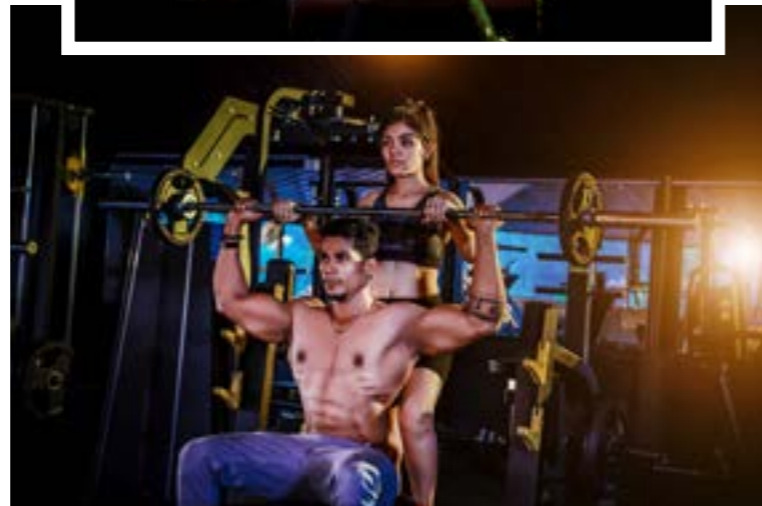
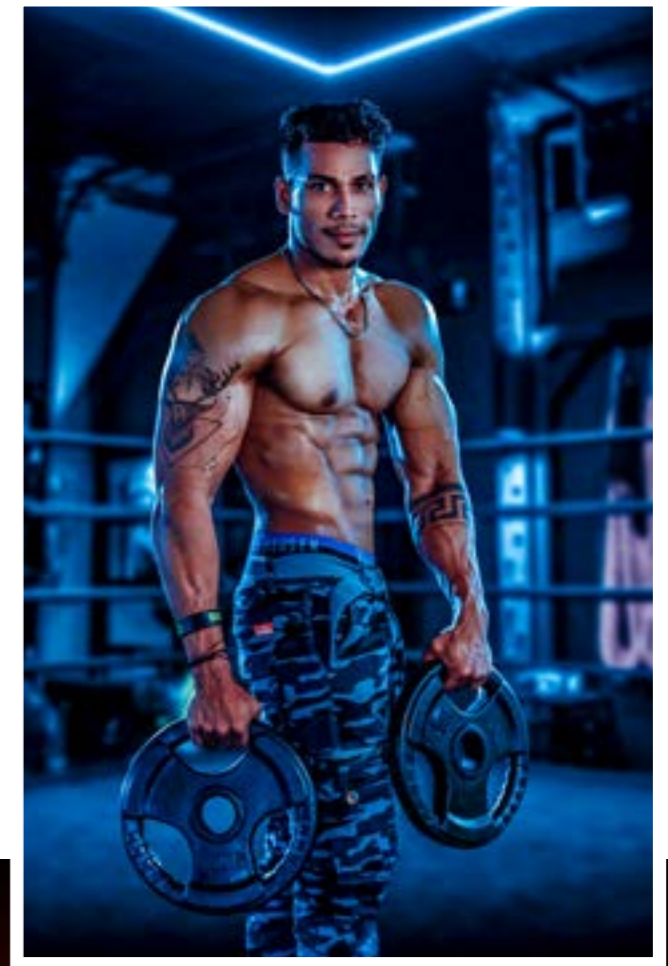
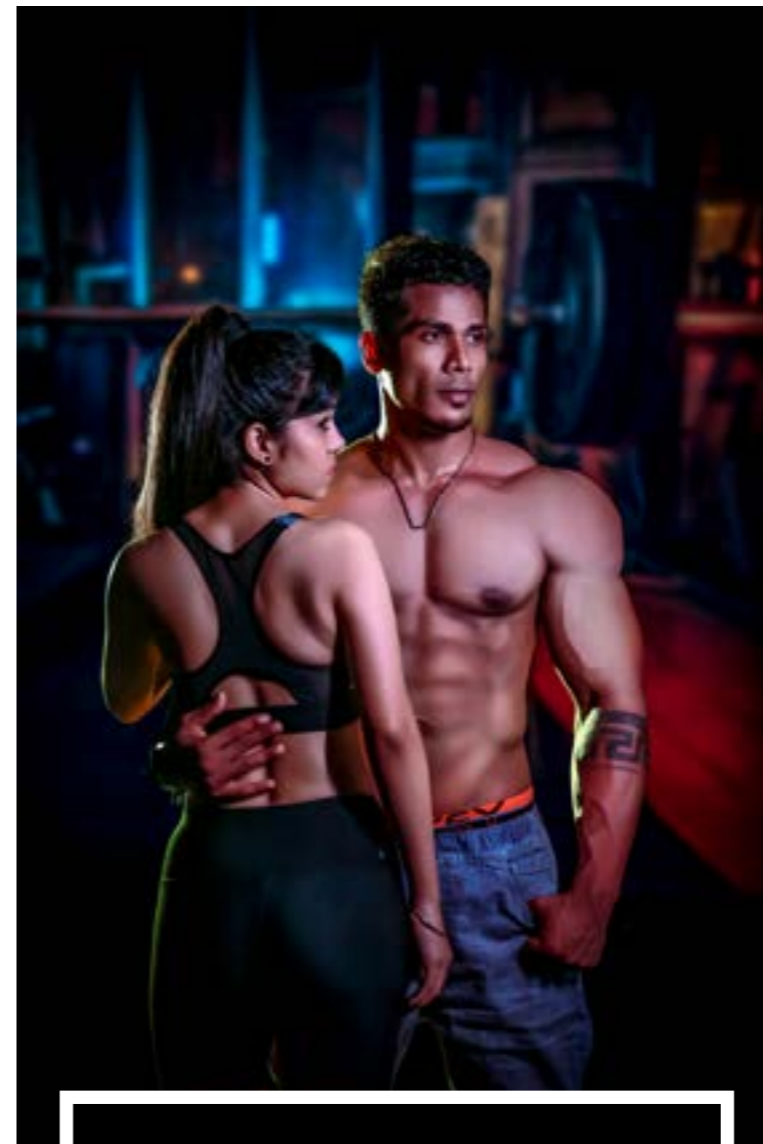
Red Carpet Nail Designs became popular in 2016-2017. Rihanna's stiletto nails, Katy Perry's Cat Nail design in red nail polish, Lady Gaga's long nails, red nail polish and black nail art caught the camera's attention. Kerry Washington's matte and shiny nail art at the Oscars was a super hit on Instagram at the time. Just like applying white nail polish only on the tip of the nail in a French manicure, in the Half Moon design you

put the nail polish in the colour of your choice and then put glitter or any other color on the tip of the nail in a crescent shape.

The number of people choosing nail art as a profession is increasing. If you are willing to spend money, you can go to a nail art boutique and get your favorite designs. But with a little bit of craftsmanship and imagination, you can beautify your nails with your own nails at minimal cost. Nail art accessories for it are available in online stores.



PHOTOSHOOT

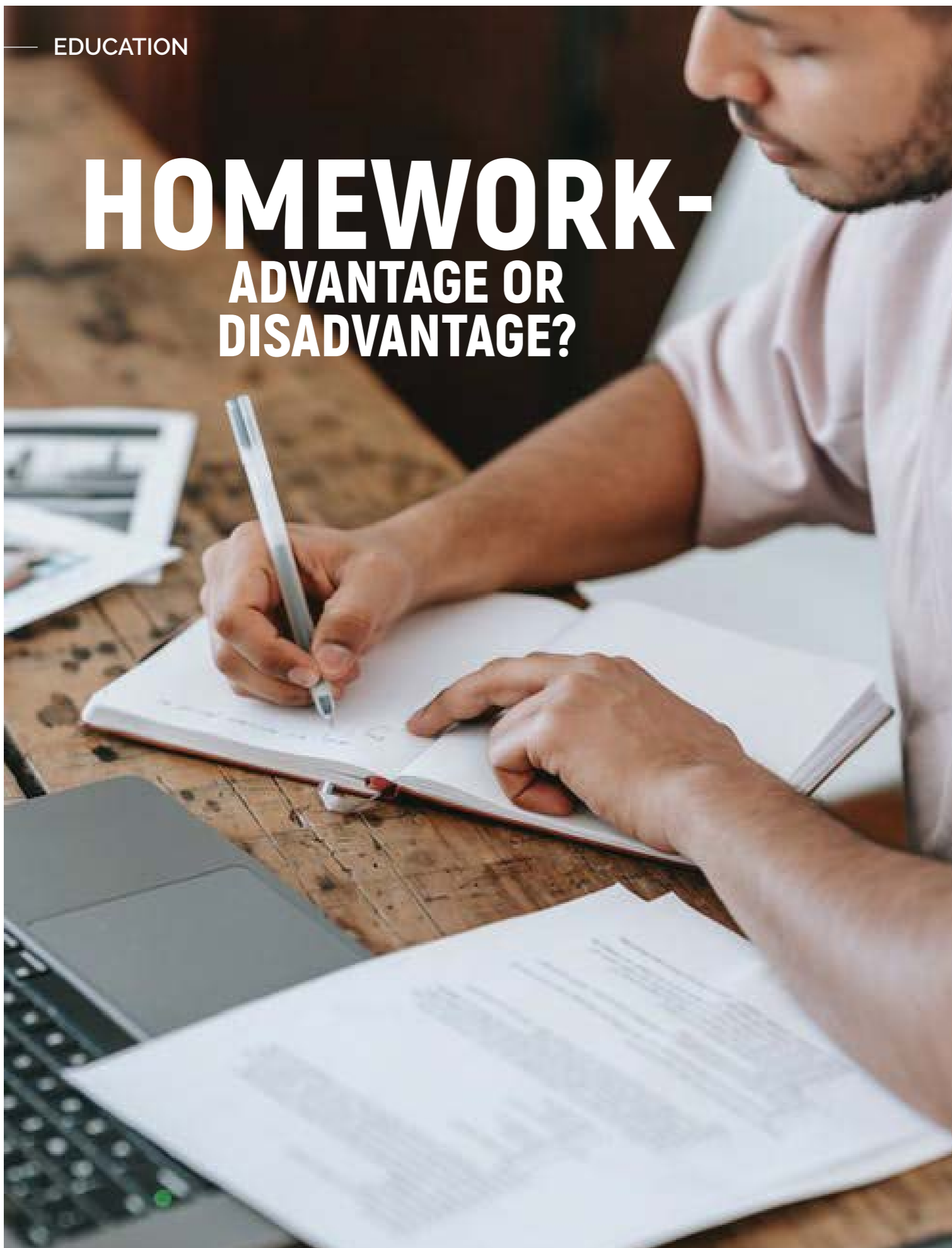


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Location	Fitness and Fightclub, Mulanthuruthi.
Photography	Rajeev_ultsav
Models	Sibin Kaithavallappil, Jaspreet Kaur (Khushi)
Trainee	Jeevan p.s
Retouch	Franks_sebz
Co-ordinator's	Reshma sreeju & Resmi p. b





# HOMework- ADVANTAGE OR DISADVANTAGE?



**H**omework has become an integral part of our educational culture. Parents are the ones who see the best educational opportunities for their child through homework. They think that children can be better prepared through an out-of-school learning system. There are various reasons why teachers and parents think that homework is good for a student's learning. This is especially true for younger students. Learning styles and lessons that students often face are likely to be lost in the absence of homework. Students will not be able to concentrate on the next lesson in such a situation. Thus homework serves as a tool to reinforce what is being learned in school. Since the learning speed and ability of all students are different, it is clear that homework culture is very good. Through homework, students are able to practice and re-learn what they are learning in school. If they are confused in any way in this way, they can reconsider it and then go back to the teacher with the problem they are facing. This training helps the students to learn the concepts taught in the school and to excel in learning.

Through homework, children learn how to learn on their own and work independently. During this time children will learn and understand how to use resources such as texts, libraries and the Internet. There are times when a child gets stuck in homework even if he understands what is being taught in class. When faced with this challenge, they learn how to get help, how to deal with frustration, and how to endure. Homework helps to learn beyond the boundaries of the class. One of the reasons why teachers give homework and add a large portion of the student's grade to homework is to motivate the child to continue. Homework can help boost self-esteem. If it's not working properly, it can help you identify problems before they get out of control.

Homework helps students to prepare answers to questions in a specific time frame while focusing on conceptual clarity in school lessons. It helps students to learn time management. This is useful for students during exams.



Since they have already spent the time available to answer the questions, they will be able to complete the exams more efficiently within the allotted time. Student life is often a time of confusion and lack of priority adjustment.

Students are overwhelmed by the many activities they need to focus on and are unable to decide the order of each. Doing homework will help students to complete things in order of priority as they have the opportunity to decide which homework to complete first.

However, many argue that homework culture does more harm than good. For more than half of students, homework is primarily a way to stress. On the other hand, only a handful of students feel that homework does not stress them out. There are many reasons to say that homework causes stress. First, students feel the pressure of completing homework on time. Second, when they think about the consequences of getting the answers wrong, that pressure doubles. It is also important to consider that the direct consequences of stress caused by homework come in the form of health problems. Students who do more homework often have health problems. Headaches, insomnia, fatigue and abdominal pain are common with homework. Although these health problems may seem minor at first, experts say they could lead to chronic illness in the long run.

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## PLAYGROUNDS FOR EMOTIONAL AND PHYSICAL HEALTH

**P**laygrounds are the galleries of childhood. They are the centers of personality formation. Games are one of the best exercises that can reasonably accelerate the physical, intellectual, emotional and social development of children. Age-appropriate games help to develop memory, intelligence and creative ability. The game is naturally a temptation for children. Even the newborn engages in playing. Games are not taught but children play with their own imagination. When we are hindered from playing such intelligent and creative expressions, we lose the creative potential that we naturally instilled in them as children.

Studies show that children who have not had the opportunity to play in childhood or have been subjected to excessive restraints experience many psychological and emotional difficulties as they grow older. The strength of their childhood, which is introduced in the book of life, helps them to their last breath. A good percentage of people who visit a pediatrician today did not engage in adequate playing or mental or physical exercise during childhood. Playgrounds help to develop communication skills, reduce fear, stress and anger, and create happiness, friendship and self-esteem. Games are essential to stimulate the immune system of children, to provide better heart health and to grow muscles and bones. The health of children is the health of tomorrow.

Many adults always remember their vacations. Opportunities to leave the confines of the classroom and embark on a playground adventure are always cherished memories for children. However, as children today turn to video games, TV, and post-school learning activities, playgrounds and play times have disappeared. This lack of independent playgrounds adversely affects the growth of children. Playgrounds are safe places for children to express their affections for themselves while developing physical, social and emotional abilities. It is in playgrounds that children develop the skills needed to improve self-confidence and develop critical thinking skills.





activities that provide space for the whole body to exercise, from the cardiovascular system to the circulatory system, are each nourished and benefited by energetic play. Children get a variety of physical benefits from playing.

Being on the playground is generally not a lonely activity. Whenever you visit a playground, there will be more than one child. When children meet other children on the playground, it teaches them important lessons about social norms and how to interact with others. All of this can be useful in their relationships and in the workplace as they grow older. These include learned social skills. When they meet children of different ages and backgrounds, they recognize their diversity. The physical and social benefits of the game are more obvious. Physical activity and playful play time on the playground are a healthy way to help children deal with their emotions and reduce stress. Playing not only distracts from their problems, but also provides pleasure as a natural by-product of outdoor activities.

Confidence and self-esteem increase when they become proficient in challenging games. It allows them to maintain a sense of control that is not available in many other areas of their lives. By diverting children's attention through more positive activities, they reduce the tendency to misbehave or threaten and teach them how to deal with challenges in a healthy way. When children use and play with their imagination it helps them to solve problems, develop their personality and develop creativity. Playgrounds help them build a strong sense of self as they discover their likes, dislikes and beliefs. When there is a playground in a child's school, short breaks give children freedom and fun. That, in turn, makes the experience of education more enjoyable. Opportunities to play also influence the attendance rate of children at the primary school level. When a child realizes that there are opportunities to go to playgrounds, they are often more interested in listening and learning in the classroom environment.

Simply put, play is a spontaneous activity for children to enjoy. Experts in a variety of fields, including psychology, biology, health, and education, have conducted numerous studies on the concept of childhood playing.

Playing is promoted by a child's curiosity. The games become more complex as a child grows up. Stunted growth and learning will happen to children who are discouraged from playgrounds. Food and sleep are essential for a child's health, as well as playgrounds. It is essential that children have access to playgrounds that are free to play with, including sports or organized activities. When children are on the playground, they are given

the freedom to choose different places and how to play. This will enable them to explore their own natural tendencies, interact with a wide range of age groups and arouse their creative instincts.

When you see children in a playground, it is clear that they are definitely exercising even if they enjoy playing. The playground is ideal for children as they need to have at least 60 minutes of moderate and vigorous physical activity every day. In addition, when children become accustomed to exercise and see it as an enjoyable experience, it encourages them to remain active as adults. Playgrounds are an important part of healthy development. Playground

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# SEASONS AND CROP TYPES



**A**griculture is a civilized way of living in which human beings consciously utilise soil for survival. Agriculture has been the main source of livelihood for man since ancient times. The English word agriculture is derived from the Latin words agar meaning land and culture meaning cultivation. Our vast and diverse country is rich in resources. Industrialization in India began with the processing of resources with the help of technology and the production of crops from our own country. India is an agricultural country in which two-third of the population depend on agriculture for their livelihood. Apart from food crops, a wide variety of agricultural crops for industry are unique to India.

There are mainly three seasonal crops in India. According to the seasons, the agricultural crops are divided into three categories namely Kharif, Rabi and Zaid. In South Asian countries, including India, **Rabi crops** are plants that are planted in winter and harvested in summer. They are sown in October-November after the monsoon and harvested in April-May. Wheat is an important Rabi crop in India. It is believed that the name 'Rabi' was derived from the beginning of the Mughal Empire as the word 'Rabbi' in Arabic means spring. Winter-dependent crops are commonly referred to as Rabi crops. They thrive in well-drained soil. These are often destroyed by winter rains. Rabi crops include wheat, barley, oats, jute, cumin, fennel, coriander, mustard, yam, peas, onions, tomatoes, potatoes and pulses.

**Kharif crops** or monsoon crops are plants grown during the monsoon season in South Asian countries, including India. They are sown at the beginning of the southwest monsoon and harvested at the end of the monsoon. Paddy is an important Kharif crop in India. Kharif crops are grown in Asian countries at the beginning of the southwest monsoon. Kharif cultivation in India generally starts in the months of June-July. They are also harvested during the months of September-

October. It is believed that rain-fed agriculture got its name 'Kharif' at the beginning of the Mughal period. In Arabic, the word 'Kharif' means autumn. Crops that depend on the monsoon (rain) are generally called Kharif crops. Fluctuations in rainfall availability can adversely affect Kharif agriculture. The major Kharif crops are paddy, sesame, sugarcane, cotton, groundnut, jute, maize, ragi, bajra, jowar, soybean, millet, turmeric and some pulses.

**Zaid crops** are plants that are planted in summer and harvested before monsoon in South Asian countries, including India. Zaid cultivation starts in March and harvest is done in June. Although it grows in hot climates, Zaid crops also need the right amount of water. Zaid crops are grown between the monsoon-dependent Kharif cultivation and the snow-dependent Rabi cultivation. Fruits and vegetables are examples of Zaid crops. Summer-

dependent agricultural crops are commonly referred to as Zaid crops. The main crops grown are pumpkin, cucumber, squash, watermelon and squash.

Small grains are called cereals. Food crops include jowar, bajra and ragi which belong to the category of cereals. The various agricultural crops in India can be classified as food crops and cash crops. Food crops are crops that are used directly as food. But cash crops are those crops of commercial and industrial importance.

Uttar Pradesh is the largest producer of pulses in India. Pulses are also grown in Punjab, Maharashtra, Madhya Pradesh, Jharkhand, Chhattisgarh, Rajasthan and Bihar. In addition to food crops, many crops such as sugarcane, cotton, jute, tea, coffee, oilseeds, tobacco and rubber are also produced as raw materials for industrial purposes.







**Jute industry**

Jute is a fiber crop. Jute grows in hot and humid conditions. High temperatures and rainfall below 150 cm are essential for jute cultivation. It requires well-drained loamy soil. The main production area is the Ganga-Brahmaputra Delta in West Bengal. Jute is mainly grown in West Bengal, Assam and parts of Odisha. India is the second largest producer of jute after Bangladesh. Jute, also known as golden yarn, is a cash crop that earns foreign exchange like cotton. The Jute Corporation of India was established in 1971 with its headquarters in Kolkata to maintain the price level of raw jute and to promote the trade of jute products in the international market.

**Tea and Coffee**

India is the largest producer of tea. Tea plants were discovered in 1823 by British Major Robert Bruce on the slopes of Assam. Coffee seedlings were first brought to India from Arabia by Baba Budhan, a Muslim scholar in the 17th century. Coffee plants were first planted on the slopes of Chikmagalur in Karnataka.

**Spices**

India has been famous for its spices like cardamom, pepper, nutmeg, cloves, and ginger since the ancient times. India has had trade relations with foreign countries before many years and the main export was spices. The Europeans' love of spices prompted them to find a way to India by sea. The reason why Europeans competed to establish colonies in India was because of their unquenchable love for spices.

**Sugarcane and rubber**

Sugarcane, a tropical crop, prefers hot and rainy climates. Soil types like black soil and loamy soil are suitable for sugarcane cultivation. India is the second largest producer of sugarcane. Rubber cultivation requires temperatures above 25 degree celsius and rainfall above 150 cm. Kerala is the largest rubber producing state in India. It is an important source of income in Kerala. Rubber is cultivated on a small scale in some parts of Tamil Nadu and in the Andaman and Nicobar Islands.



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# NEED FOR FESTIVALS IN SOCIETY

India is a land of astonishing diversity. Festivals and fairs are major attractions in India. Belief in multiple gods brings a collection of festivals to India. Each festival presents a unique and colorful combination of different religions for each season. Many festivals celebrate many harvests, commemorating great historians and events, or expressing devotion to the gods. All celebrations are centers of prayer and seeking blessings. In addition, it includes decorating the house, putting on new clothes, music, dancing and partying. There are many occasions when family and friends get together at festivals that are a manifestation of the spirit of the celebrations. Many of these festivals are even associated with special diets. Nowadays, India has more festivals than anywhere else in the world, celebrating virtually every day of the year.

It's a time of celebration. For centuries, Onam and Bakrid have been working as chemicals in our country to unite the human mind. All the festivals and festivities make us more liveable and enable us to look at life with higher thoughts. Kerala is one of those places in the world where all celebrations are for everyone.

Festivals and fairs that reflect the cultural diversity of India make a huge contribution to the tourism industry of the country. Festivals are generally rooted in the heritage, religious practices, legends and seasons of each region. For example, the Mewar festival in Rajasthan and Holi in northern India are spring festivals, while Holi is associated with Hindu mythology.

The Teej Festival in Rajasthan marks the beginning of the monsoon season. Onam in Kerala and Bihu in Assam are harvest festivals, while they are rooted in Hindu mythology. The Konark Dance Festival symbolizes the unique cultural significance of Orissa.

In India, the land of innumerable religious festivals, there are festivals celebrated by special religious sects all over the country, widely celebrated in each region and locally celebrated festivals. Mahanavami and Vijayadasami are celebrated by Hindus all over the country. Durga Puja is widely celebrated in East India. Ganesha Chaturthi is widely celebrated in North India, Central India and the Deccan. Diwali is a Hindu festival celebrated almost everywhere. While Holi is celebrated in the northern and eastern states, Dussehra is less widely celebrated in some southern Indian

states. Rath Yatra, Vasant Panchami, Ramanavami, Rakshabandhan and Bhai Dhuj are some of the festivals celebrated in North India.

Many fairs are held in India from time to time. Many people from different countries come to participate in these fairs. In short, tourists often organize their visit in connection with any fair. The Pushkar Fair, the Urs-Ajmer Fair and the Surajkund Handicraft Fair are some of the famous fairs. Kumbh Mela and Goa Carnival are such fairs. Fairs and festivals are mostly organized according to the lunar calendar. People of all castes and religions come and participate in such colorful gatherings. People also take part in processions, offer prayers and exchange gifts at such colorful fairs.

Onam, Ramadan and Christmas are all essential elements of our social life. Iftar parties and flower competitions, which bring together people of different castes and creeds, have always been secular events. Prabudha Kerala was planted and nurtured in those secular places. However, it is very sad that today many in the society are eager to lose such secular events. At the same time, social evils such as alcoholism are gaining new recognition. The lofty values that underlie all of our celebrations, festivals and festivities are often questioned. It is a matter of concern that many islands are emerging in the society today instead of everyone celebrating together. It is only with fear that we can see the social environment of society shrinking from 'me and us' to 'me and my people'. It is the belief in the identity of Indian that holds us together inside and outside our country.

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*Onam, Ramadan and Christmas are all essential elements of our social life. Iftar parties and flower competitions, which bring together people of different castes and creeds, have always been secular events.*

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## SILK COMES FROM .....



**S**hiny silk dresses have always been a favorite of everyone. We often remember weavers weaving clothes. But there is a species that we kill to make beautiful silk. Few people know about such a group. Get acquainted with present-day techniques that came from silkworms and the yarn they produce.

Sericulture is the name given to the process by which silkworms are raised to produce the raw material needed for silk. The history of silk starts from the agricultural sector. Behind a silk cloth are various processes such as mulberry cultivation, silkworm seed production, silkworm rearing, separation, spinning, and weaving. India is the only country that produces silk from the four varieties of mulberry, tusser, eri and muga, which are of commercial importance to natural silk.

The history of silk dates back to China. History shows that silk was produced in China from 4,000 BC. However, the popularity of silk in various parts of the world increased during the Christian era. The use of silk in Japan began in the 3rd century AD. It dates back to the 4th century in India. During this period sericulture also became industrialized in the Arab world. Later, the growth of silk was very rapid and European countries also turned to it. In the 16th century, France gained a clear dominance in the silk market. But many countries have not been able to thrive in this area. It is safe to say that silk was able to pave the way for an industrial boom. During this period, the popularity of silk declined with the introduction of cotton instead of silk. The decline in the popularity of silk was due to the fact that it was possible to make cotton garments at low cost and with minimal labor. In addition, the death of silkworms in France due to a deadly disease seriously affected its silk production. Later, France was unable to recapture the old charm. Today, China is the world's largest silk producer.

Apart from silk, the worms give some byproducts too. Although worms are mainly raised for silk, they are also used for other purposes. Silk is used in electrical materials as insulators, tire linings, artificial blood vessels, and surgical threads. Amino acids and vitamin B2 (riboflavin) are extracted from silkworm pupae. Food waste and manure from these can be used to make vermicompost and biogas. Disposable cocoons are also used to make handicrafts.

Silk is a thread-like protein that silkworms release to make cocoons during their burial season. The purpose of this thread is to provide a safe shield for the extremely soft body during pupal stage. The special fluid released by the worm turns into a long firm thread on contact with air.

Silk contains two proteins, fibroin and sericin. Fibroin is an





important protein that strengthens silk. Sericin is a protein that coats the fibrous part of the body like glue. The yarn obtained from a cocoon can be 350 to 1800 meters long. Yarn made from cocoon is used for industrial silk. The yarn is separated from the cocoon after the pupa is killed.

The different species of silkworm include Mulberry Silkworm, Eri Silkworm, Tasar Silkworm, and Muga Silkworm. The scientific name of Mulberry Silkworm is *Bombix Mori*. The cocoon thread is unbroken along its length. Therefore, 95% of the silk produced worldwide comes from the *Bombix Mori* variety. Univoltine includes mulberry silkworm varieties grown in cold countries. This breed is produced only one generation per year. Bivoltine includes mulberry silkworm varieties that produce two generations a year. Silkworm species of this genus are mainly cultivated in Japan, China and India. Multivoltine category includes mulberry silkworm varieties that produce more than three generations in a year. They are mostly grown in the southern states. It is also a highly immune species. The most popular silk in the world market is bivoltine. This category is the second largest breeding ground for mulberry silkworm in India. Eri Silkworm is a silkworm cultivar grown on a castor

plant. Also known as castor silkworm. The yarn they produce is white or reddish brown. The yarns in the cocoon are made up of many strands of yarn. They can also be difficult to distinguish. Therefore, Erysipelas silk is extracted only after the cocoon has burst open. Assam is the main hub of Eri Silk in India.

The scientific name of Tasar Silkworm is *Antarctica mileta*. It is a bivoltine species. The leaves of the Thanni tree are fed to the Tusser worms in India. The cocoon is more resilient.

Muga Silkworm's scientific name is *Antarctica assamensis*. They produce beautiful and firm gold colored yarns. Found only in Assam. Muga silk is the silk used by the noble family of Assam.

Life cycle of the silkworm (based on *Bombix Mori*) has four life stages.

**Egg** – Each female butterfly lays an average of 400 eggs. The eggs laid on the leaves of mulberry are oval in shape.

**Larva** – The larvae hatch in 9-12 days and turn black or dark brown. They have large heads and small bodies. Larval life is 25-30 days. To this day it eats well and grows very fast.

**Pupa** – During this quarter of the life cycle, the larvae stop feeding and begin to form a shell using a special secretion released from the body. The secretion

from the silk gland is made up of a small organ called the spinneret which forms the worm shell. This sticky sap combines with the air in the atmosphere to form a firm silk. The shield they are made of is called a cocoon. Each worm prepares its burial place in 48 to 72 hours. The pupa stage lasts from 8 to 14 days (cocoon is made). At the end of the pupa stage, the butterfly hatches by splitting the cocoon with alkaline saliva.

**Moth** (Butterfly) – Butterflies that hatch from cocoons do not have the ability to fly. The ability to fly has been lost as a result of being cultivated for over 4000 years. In the moth stage they do not eat. They lay their eggs as soon as they reach the pupa stage and die within two to three days.

Silk Reeling is the process of removing the silk filament from the cocoon. This is an important process in silk-making industry. A silk yarn is made by pulling filaments out of more than eight cocoons. Five days after the larvae begin to enter the pupal stage, the collected cocoons are buried in hot water. The process of killing the pupa by soaking it in hot water at 95-97 C for 10-15 minutes is known as cooking. This makes the sericin protein in the cocoon filament softer. The filament can then be easily removed from the cocoon.







# STRENGTH OF WOMEN CHARACTERS IN FILMS

**A**s cinema has become a popular medium of society for more than half a century, it is a fact that social change is having a clear impact on cinema and vice versa. A popular film is made when the common sense of the people working within the film and the audience watching it is matched. It is important to understand that the concept of feminism, which is widely misunderstood today, had a strong influence on Hollywood movies in its early days. There have been strong female characters in English cinema for a long time. Norma Shearer's portrayal of a wife in exchange for a cheating husband in an adulterous relationship portrayed in 'The Divorcee' was beyond the comprehension of the American people at the time. Many Catholic churches have even called for Shearer's abstinence from watching pornography. Katherine Hepburn, who played strong female characters in films such as 'The Lion in winter', was not only the actress but also the producer of the

Oscar-winning film. There was no shortage of female characters in Hollywood movies who were considered as mere sex symbols. Some of the actresses were so overwhelmed that they could not get out of this vamp image. With the exception of characters like 'Wonder Women', 'Black Widow' and 'Hermione' who have conquered the hearts of many fans on the wings of supernaturalism in modern day Hollywood cinema, one has to wonder how many strong female characters there are in life.

When it comes to Indian cinema, which has the highest number of films released in the world every year, we can start with Hindi films. It is a promising breakthrough that women are moving from directing and production to highly technical fields such as film editing and photography.

Nargis' role in 'Mother India' can never be overstated when it comes to the important roles of women in the history of Hindi cinema. When the robber kills his

own son, it turns out that what they saw above their motherhood were ideals. The character of the housewife played by Shabana Azmi in 'Arth' has different levels. Waheeda Rahman's character in 'Guide' is a woman who struggles to become the dancer she aspires to be, and in the end, she's a woman who fights hard to achieve her passion without giving up.

It has to be said that in the heyday of movies with heroic significance in the last quarter of the 80s, there were no significant strong heroine characters. In those days when Hindi movies were mainly categorized as romantic movies and action movies, the women were limited to the shadow of the protagonist or the voice for love only. It is a pity that such characters are still seen in many films today, degrading the female body as a mere commodity. However, after this period, there were many strong female characters in Hindi films. It is a fact that films were ready to deal with the problems of modern women. 'Pink' has a strong idea that puts the image forward. There were films in Hindi that put forward such resolutions that were often reluctant to be accepted by society. Alia Bhatt's character in the film 'Highway' is a perfect example of how a girl at a young age is left with an indelible wound in her mind despite growing up at home, which she claims is the safest, and she is able to come out of it strongly and speak openly about everything. Vidya Balan's story of a man who comes to avenge his husband's murder, and Kangana's 'Queen', who breaks the shackles of her sense of inferiority in the village and goes out to see the world, are just a few of them. This is a time when women are fighting hard for their rights when it comes to Malayalam cinema. If you look at the history of Malayalam cinema, except for a few in the field of acting and singing, there was no significant female participation in the early days. Powerful female characters are being created in Malayalam films now. '22 Female Kottayam' was a film that handled a different rhythm of female empowerment without hesitation. Malayalam cinema has also presented



unforgettable female characters. In the last scene of the movie 'Anchu Sundarikal', the face of the baby girl sitting on a bicycle may have disturbed the sleep of her parents. Similarly, the character played by Sanusha in the movie 'Zachariahude garbhinikal' – it is difficult to say whether it is sympathy or respect. There are many such strong female characters in Malayalam cinema. For example, films like Take Off, How old are you, Udaharanam Sujatha, Ozhimuri and Kalimannu are new in their line. It is to be hoped that there will still be strong female characters in Malayalam cinema.





# BACK LOBE

**W**ishing Everyone a Bright Future. We are all looking forward to the year being good to us. The altruistic among us would look forward to the year being good to others too. That's great.

While everyone is looking forward why are some saying we should look at the past too? To be precise they say 'Look at history.'

That's because history – which is supported by evidence – has a lot to teach us. No, I'm not talking about the myths.

Geographical history gives us an understanding of how the climate, landscapes, and waterbodies evolved due to fluctuations in one or more factors. Quantitative and qualitative data is used in Economic history to analyse previous economic events and lay out principles to safeguard economic stability for the present and future. During the 1980s Environmental history emerged to study about nature; human interaction with nature; and how science and societal beliefs influence that interaction.

Social history delves in to the coping mechanisms of individuals and groups in response to changes in their society. It has a great significance in today's world where groupists are emerging to take us back to the dark ages. Knowing our social history would assist us to jump away from the abyss of discriminatory groupisms.

On an individual level, each one's history would give them points to ponder – good and bad decisions taken, what worked, what didn't, what were the deciding factors that landed us in the current place, how we overcame difficult scenarios and a lot more.

As we enter in to the New Year, let us look back – not in anger, but with a critical eye and find our own methods to survive and move forward peacefully and prosperously.

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