

# HUES OF LIFE

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HIBERNATION -  
THE ACT OF SURVIVAL

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BLOOMING IN WINTER

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VISUAL EXCELLENCE -  
AVATAR: THE WAY OF WATER

**CELEBRATING  
NEW YEAR'S EVE**

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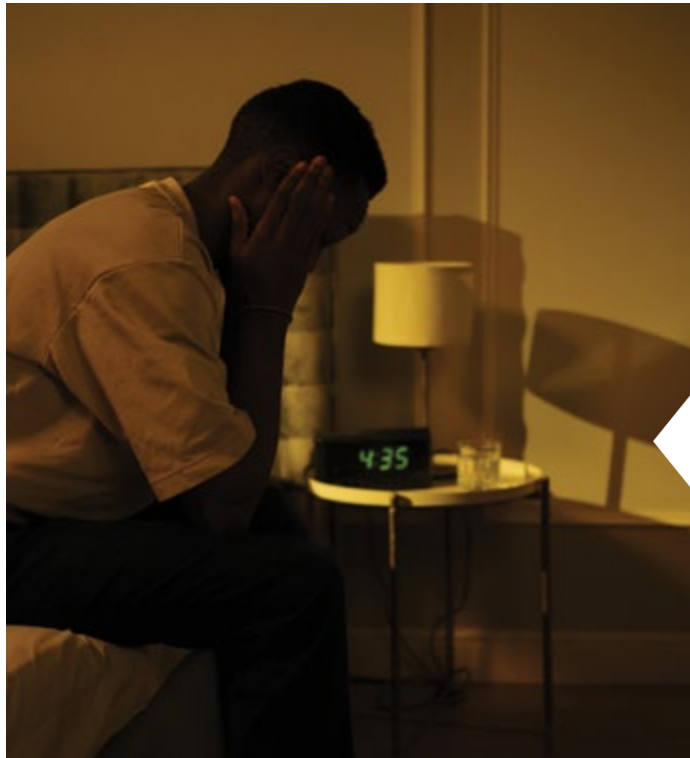
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# HUES OF LIFE

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# CELEBRATING NEW YEAR'S EVE

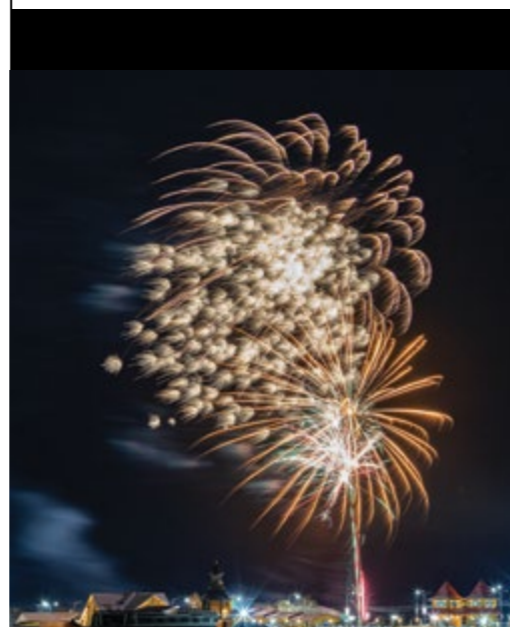
*New Year's Eve is a time for celebration and reflection, as people all over the world bid farewell to the old year and welcome in the new one. Each culture has its own unique way of marking the occasion, and these celebrations can be as different as the countries themselves. Here's an overview of some of the most popular New Year's Eve celebrations from around the world.*



In the United States, New Year's Eve is one of the most highly-anticipated holidays of the year. Cities across the country host elaborate fireworks displays, and many people attend parties or gather with friends and family to ring in the new year. Times Square in New York City is a particularly popular destination, as thousands of people gather to watch the famous ball drop at midnight.



In Spain, New Year's Eve is known as "Nochevieja," or "Old Night," and is celebrated with a feast and champagne. At midnight, people gather in plazas and streets to eat grapes, with the idea that eating 12 grapes when the clock strikes 12 will bring good luck for the next year.



In Germany, New Year's Eve is known as "Silvester," and is celebrated with fireworks and a large feast. Many Germans will attend church services on New Year's Eve, and will make resolutions for the new year.



In Italy, New Year's Eve is celebrated with a large feast and fireworks. Many towns will have processions and fireworks at midnight, and in Rome, there is a special mass at St. Peter's Basilica.



In China, New Year's Eve is known as "Chuxi," and marks the end of the Chinese New Year celebrations. People will have a family dinner and stay up late to welcome in the new year. Fireworks are also set off to scare away evil spirits and bring good luck for the new year.



In Scotland, New Year's Eve is known as "Hogmanay," and is one of the most important holidays of the year. People will light bonfires, set off fireworks, and sing traditional songs to welcome in the new year. The traditional first-footer ritual is also widely followed, where the first person to cross the threshold after the stroke of midnight is considered to bring good luck for the house.



In Japan, New Year's Eve is celebrated with a Buddhist temple visit, and a traditional bell-ringing ceremony. People will make wishes for the new year, and many families will have a special meal together.



In Brazil, New Year's Eve is celebrated with a large beach party and fireworks. Many towns will have processions and fireworks at midnight. Many people will dress in white and throw flowers and petals into the ocean to ask for good luck in the coming year.



In Russia, New Year's Eve is known as "Novy God," and is celebrated with a large feast and fireworks. Many towns will have processions and fireworks at midnight, and in Moscow, there is a special ice-skating performance at Red Square.

*All these celebrations are different in their own ways but share a common idea of bidding farewell to the old year and welcoming the new one with hope, joy, and positivity. A new beginning is always exciting and filled with possibilities, and these celebrations are a perfect way to start off the new year.*

# BLOOMING IN WINTER

**W**hen the temperatures drop and the days grow shorter, it can seem like the natural world around us is taking a break. But for those who look closely, there are still plenty of signs of life and beauty to be found, even in the depths of winter. One of the most striking examples of this can be found in the hardy flowers that continue to bloom despite the cold.

One of the most well-known winter plants is the Christmas Rose, also known as the *Helleborus niger*. This beautiful flower, which is native to the mountains of Central and Southern Europe, is a member of the buttercup family and produces pure white, sometimes pink or purple, cup-shaped blooms. These flowers bloom as early as December, and can often be found growing wild in wooded areas or gardens.

Another popular winter plant is the Witch Hazel. This hardy shrub, which can be found throughout much of North America, is known for its bright yellow flowers that bloom in the fall and continue to bloom well into the winter. This plant is often used in landscaping and gardening, thanks to its ability to thrive in a wide range of soil and light conditions.

The Winter Jasmine, also known as the *Jasminum nudiflorum*, is another winter plant worth mentioning. This

plant is native to China and is known for its bright yellow flowers that bloom on bare stems in the middle of winter, sometimes even when the snow is on the ground. The plant is a hardy and easy to grow, making it a popular choice for many gardeners.

The Cyclamen is another that blooms in the winter. The hardy perennial can be found growing in a range of colors, including pink, red, purple, and white. The *Cyclamen hederifolium* is one of the most common and it has delicate, heart-shaped leaves that are often variegated. One of the must mentions for winter plants, Poinsettia is native to Mexico and Central America, but are now a staple for many winter flower arrangements and decorations during the holiday season, thanks to their large, colorful bracts (modified leaves) which usually come in red, pink and white.

In addition to the plants mentioned above, there are many others that can add colour and beauty to your garden or landscape. For example, the Winter Aconite (*Eranthis hyemalis*) is a small, yellow flower that is one of the first to bloom in the spring, often pushing through the snow. Similarly, the Snowdrop (*Galanthus nivalis*) is another small, white flower that can be found blooming as early as January.

If you're looking for a flower that can add some colour to your garden in the winter, consider planting some Pansies

(*Viola x Wittrockiana*) or Violas. These flowers come in a wide range of colors and can often be found blooming well into the winter, adding a splash of color to gardens and landscapes when everything else is looking drab and gray.

For those looking for a bit of indoor colour, you can opt for Forcing Bulbs such as Paperwhites or Amaryllis. These bulbs can be purchased while they are dormant, then with proper care and watering they can be forced to bloom indoors during the wintertime. But it is also worth noting that even if you don't have any winter-blooming flowers in your garden, there are many plants that are still beautiful in their winter form. Evergreens, holly, and conifers all keep their foliage year-round, providing a source of greenery and some structure to the garden during the winter months.

While it may seem like the natural world is taking a break during the winter, there are still plenty of flowers and plants that continue to bloom and add colour and beauty to the landscape. All of these winter flowers are a reminder that even during the darkest and coldest days of the year, nature is still working to provide us with beauty and life. Whether you are a gardener looking to add a little color to your landscape, or simply someone who appreciates the beauty of nature, be sure to take a closer look at the flowers that bloom in the winter.



# BE AWAKE AND ACT ON INSOMNIA ISSUES

Insomnia is a common sleep disorder characterized by difficulty falling asleep, staying asleep, or both. It can cause a variety of symptoms, including fatigue, irritability, difficulty concentrating, and a general feeling of poor health. While occasional insomnia is normal and often caused by stress or other temporary factors, chronic insomnia can have serious long-term consequences for a person's physical and mental health.

The causes of insomnia are varied and can include psychological, medical, and lifestyle factors. Psychological causes can include stress, anxiety, and depression. Medical causes can include chronic pain, gastrointestinal disorders, and other

conditions that can cause discomfort or pain during the night. Lifestyle factors such as irregular sleep schedules, excessive caffeine or alcohol consumption, and poor sleep hygiene can also contribute to insomnia.

One of the most common forms of insomnia is acute insomnia, which is a short-term condition that is typically caused by a specific event or stressor. Acute insomnia can last for a few days or weeks, and typically resolves once the underlying cause is addressed. Chronic insomnia, on the other hand, is a long-term condition that persists for a month or more. It can be caused by a variety of factors, including physical or mental health conditions, medication side effects, and poor sleep habits.

Treatment for insomnia can include a combination of medical, psychological, and lifestyle approaches. Medications such as hypnotics, sedatives, and melatonin receptor agonists can help some people to fall asleep more easily, but should be used with caution and under the guidance of a healthcare professional, as they can cause side effects and may be habit-forming. Cognitive behavioral therapy (CBT) is a psychological treatment that can help people to change their thoughts, behaviors, and habits that contribute to insomnia, and it is often considered first-line treatment for chronic insomnia. This can include techniques such as relaxation exercises, stimulus control, and sleep restriction.

Lifestyle changes can also be effective in treating insomnia. These can include establishing regular sleep patterns, setting a regular sleep schedule, avoiding caffeine and alcohol before bed, and creating a comfortable sleep

environment. Sleep hygiene is essential in maintaining healthy sleep patterns and it includes the environment, sleep schedule, and the activities that one does before sleep. For example, creating a comfortable sleep environment means keeping the bedroom dark, cool, and quiet, and using a comfortable mattress and pillows. Avoiding stimulating activities before bed, such as watching television or using electronic devices, can also help to promote better sleep. Sleep restriction is a technique that involves limiting the time spent in bed to the amount of time actually spent asleep. This helps to reset the body's sleep-wake cycle and can be an effective treatment for insomnia, especially when combined with other techniques such as relaxation exercises and stimulus control.

Overall, insomnia is a common sleep disorder that can have serious consequences for a person's physical and mental health. However, with proper diagnosis and treatment, most

people with insomnia can improve their sleep and alleviate their symptoms. A healthcare professional can help to determine the underlying cause of insomnia and develop an appropriate treatment plan, which may include a combination of medical, psychological, and lifestyle approaches.

It is also worth noting that sleep is not only important for our physical health, but also our emotional and mental well-being. Quality sleep helps in regulating mood, memory, and cognitive function as well as reducing the risk of developing depression and anxiety. Therefore, it is important to address insomnia early, and not take it as a light matter.

In summary, insomnia is a sleep disorder that affects a significant portion of the population and has a wide range of causes. There are many treatment options available, including medications, cognitive behavioral therapy, and lifestyle changes.



# AUTO INDUSTRY- SHIFTING BACK TO THE MAIN LINE

**T**he Indian auto industry seems to be on the recovery path at the beginning of 2023. The influx of new cars reflects this outlook. With automobile companies currently recovering to pre-Covid sales levels, the arrival of new cars is essential to keep the automobile sector on the growth path. As part of this, Auto Expo is going to be held this January in India after a 2-year gap. Many car manufacturers in India are gearing up to showcase their products at the Auto Expo to be held in Delhi and Noida from January 13 to 18, 2023. Accordingly, companies like Maruti Suzuki, Hyundai and Tata Motors will launch their new products. At the same time, Mahindra & Mahindra, Honda and Citroen have announced that they will not participate in this Auto Expo. As 2023 is a very important year for the automobile industry, let's check the list of cars that are going to hit the market in the new year.

It has been decided that two SUVs and an MPV will be launched from Maruti Suzuki namely Baleno Cross, Jimny 5 Door and the new Maruti MPV. The Maruti Baleno Cross mini SUV coupe has been codenamed YTP by the company. Next on the list is the 5-door Jimny, a lifestyle off-road SUV that will also make its debut at the 2023 Auto Expo. Meanwhile, Maruti is also planning to launch a three-row MPV based on the new Toyota Innova Hycross by Diwali 2023. Hyundai is the second largest selling car manufacturer in India. Both the new Creta facelift and the Verna are confirmed to debut at the upcoming Auto Expo. Many new features will be available in both these cars. Along with this, Hyundai is also planning to launch a micro SUV named Ai3 to rival the Tata Punch. They are also testing the Grand i10 Nios facelift.

Tata plans to launch a total of four cars next year, two of which are electric cars. They are ready to introduce the facelifted versions of Harrier and Safari





in the second half of 2023. These models are likely to be unveiled to the public at the 2023 Auto Expo. The company will also introduce electric versions of the hit models Altos and Punch in 2023. Powered by the same motor as the Nexon EV, these cars are said to have a range of 300 km on a full charge. The much-awaited Mahindra XUV 400 EV will be launched in January 2023 and Thar's 5-door long-wheelbase version based on the Scorpio N SUV will also debut. Apart from this, Mahindra will also introduce the Bolero Neo Plus facelift in 2023.

Kia has decided to launch 2 cars in 2023 namely the new generation Carnival and Seltos facelift. These are likely to make their debut at the Auto Expo itself. Both the cars are rumored to feature several new updates and features. Toyota has already launched the much-awaited Innova Hycross MPV. A Toyota model based on the Maruti Baleno Cross will also be launched this year. As per the current information Toyota is planning only these two cars. The next news is that Honda is all set to launch a new car in the popular compact SUV segment. Based on the City sedan, the new compact SUV will come with a strong hybrid powertrain. Apart from this, we can also expect a mid-life facelift version of the Honda City in 2023.

French car manufacturer Citroen has

recently started manufacturing cars in India. In January 2023, the company will launch the eC3 as an electric version of the C3. The vehicle is expected to go on sale in India as well. Similarly, there are reports that the company plans to launch a 7-seater utility vehicle based on the C3 by the end of 2023, which is expected to compete with the likes of the Kia Carens and the Maruti XL6. Nissan plans to launch its X-Trail SUV in India in 2023. Don't expect a vast model range from MG Motors. Reports suggest that the company is planning to launch the MG Air EV as India's cheapest EV at the 2023 Auto Expo. The market is eagerly waiting for this small car. We can also wait for the arrival of new stars in the auto world.

One trend that is expected to continue in the automotive industry is the shift towards electric and hybrid vehicles. Governments around the world, including in India, have set ambitious targets for reducing emissions and increasing the number of electric vehicles on the road. Many carmakers are investing heavily in the development of electric and hybrid vehicles, and we can expect to see more of these types of vehicles launched in India in the coming years.

The automotive industry in India is the increasing focus on connectivity

and technology. Cars are becoming more connected and feature-rich, with features such as advanced navigation systems, infotainment systems, and advanced driver assistance systems (ADAS) becoming more commonplace. With the growing demand for connected cars in India, we can expect to see more vehicles launched with advanced technology in the coming years.

SUVs are also continuing to be popular in India, as consumers are demanding more spacious, comfortable and powerful vehicles. The compact SUV segment has grown rapidly in recent years, and it is expected to continue its upward trajectory in the future. With a rising demand for SUVs, carmakers are likely to launch more models in this segment to meet consumer demand. Companies are also expected to launch a range of luxury vehicles for the burgeoning luxury car market in India. Many luxury carmakers are already operating in India and are expected to expand their product line with new models. Indian government has been pushing for more adoption of electric vehicles in the country, both in the personal and commercial segments. Therefore, we can expect to see more electric vehicles coming to India, which are expected to be more affordable and offer longer driving range.

# CUT IT OUT, WITH A GOOD KNIFE

**M**any people do not pay much attention to choosing a knife which is a useful tool for cooking in the kitchen. A kitchen knife is an essential tool for any home cook or professional chef. There are many different types of kitchen knives, each with its own unique purpose and design. If proper care is not taken when buying and using kitchen knives, the same tool that is a great helper can also become an enemy that can cause serious injuries. The safe use of knives depends on your skill level. General purpose knife for

various purposes and specialized knife for special purpose are available in the market today. Before buying a knife, you should make sure that it has certain factors like durability, sharpness, comfort in hand and also the price.

There are many things to be aware of and follow to properly use a knife and reduce the strain on your hands. Knife blades made of brass, stainless steel, carbon steel and galvanized mild steel are mainly used in the kitchen. The chromium it contains protects the knife blade from claws and rust, but it has the disadvantage that it can quickly tarnish and lose its sharpness. High

carbon stainless steel knives are the most expensive and do not require as much sharpening as other steel knives. Relatively new ceramic knives do not require regular sharpening for many years, while titanium knives have the advantage of being lighter and more durable, and cost more.

The blade of a knife should be stable and travel all the way through proper handling. Always be careful to never use the knife once it has rusted. A dull knife should also be avoided. Buy the best quality knife you can afford. That said, a good knife should feel heavy and solid. The first step in learning how to use a good knife is to make sure the knife is larger than the object we intend to cut. After use, the knife should be washed and dried and placed in its stand. A wooden stand is suitable here. It is recommended to use a cutting board, as cutting while holding the knife increases



the risk of cutting the hand.

**There are a different variety of knives include:**

### Chef's knife

Chef's knives, the special knives used by a professional chef are heavy, long and sharp, but not for home use. Usually the essential, largest and the most versatile and essential knife in any kitchen knives, they have a broad blade that is 8 inches to 10 inches long. It can be used for a wide range of tasks, including chopping, slicing, dicing, and mincing. The blade is typically 8-10 inches long and has a curved shape that allows for a rocking motion when chopping.

### Santoku knife

The Santoku knife is a Japanese knife that is similar to a chef's knife. It is shorter and lighter than a chef's knife, with a blade that is typically 7 inches long. It is ideal for slicing, dicing, and mincing smaller fruits and vegetables.

### Paring knife

A Paring knife, commonly used in the kitchen, has a small pointed blade that is 3 to 4 inches long. This knife is perfect for cutting everything from fruits and vegetables to smaller items and is perfect for precision tasks such as peeling, trimming, and coring.

### Utility knife

The Utility knife is a medium-sized knife that is similar to a Paring knife, but has a longer blade, typically around 5 to 8 inches long. In size, it is bigger than a Paring knife and smaller than a Chef knife. They are also called sandwich knives because of their ability in slicing meat and legumes and can be used for a variety of tasks including slicing small fruits and vegetables, opening packages, and cutting small meats.

### Boning Knife

Boning knives, suitable for cutting meat and bone, have a more flexible blade. They are usually 4 to 5 inches long.

### Bread knife

A Bread knife has a serrated blade that is long and thin, typically around 8 inches long. It is specifically designed to cut through the hard crusts of bread and bun without squashing the soft interior. Bread knives require more skill and better control to handle.

### Carving knife

A Carving knife has a long, thin, and sharp blade that is typically around 8-12 inches long. it is used to carve meats, poultry, and fish.

### Cleaver

A Cleaver is a large knife with a heavy and thick blade. It's used to cut through bones, meats, and other hard materials.

### Honing Steel

Honing Steel is not a knife; it's a tool to sharpen the edge of the knife. It's a steel rod, with a handle. It realigns the edge of the blade by removing microscopic curls.

These are just a few examples of the many different types of kitchen knives available. When choosing a kitchen knife, it's important to consider the specific tasks that you will be using it for and to select a knife that is comfortable and well-balanced in your hand. It's also important to keep your knives sharp to ensure that they are safe and effective to use. In addition to the knives above, there is also a wide variety of knife-making styles and traditions across the world, like German, French, Japanese, Chinese, etc., which influences the construction, material and weight of the knife. And also, there are different types of knife steels which affect the knife's sharpness and durability. Overall, a good set of kitchen knives can make a world of difference in the kitchen, allowing you to work more efficiently and effectively. With the right knife for the task at hand, you'll be able to prepare food with ease and confidence, whether you're a home cook or a professional chef.



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# HIBERNATION - THE ACT OF SURVIVAL



**H**ibernation is a state of inactivity and metabolic depression in animals, characterized by low body temperature, slow breathing, and heart rate. The purpose of hibernation is to conserve energy during periods of limited food availability, such as winter. Hibernation is found in a variety of mammals, birds, reptiles, amphibians, and even some fish.

One of the most well-known examples of hibernating animals is the bear. Bears hibernate for several months during the winter, during which time their body temperature drops and their metabolism slows down significantly. This allows them to survive on the body fat they have stored up during the summer and fall. During hibernation, bears do not eat, drink, urinate, or defecate, and their heart rate can drop from around 55 beats per minute to as low as 9 beats per minute. However, bears are not truly dormant during hibernation, as they can be easily awakened, and will occasionally stir or even fully wake up for short periods of time.

“

*Hibernation is an effective strategy for surviving periods of food scarcity and harsh weather conditions, but it is not without its risks.*

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Another example of animals that hibernate are the bats. Bats hibernate during the winter months, when food is scarce. During hibernation, bats will hang upside down in a cave or other protected area. Their body temperature drops, their metabolism slows, and they will wake up only occasionally to move around or drink water. Some species of bats can survive for several months on a single fat reserve. It's

remarkable how bats are able to survive in such a state of torpor, which makes them suitable for long-term survival.

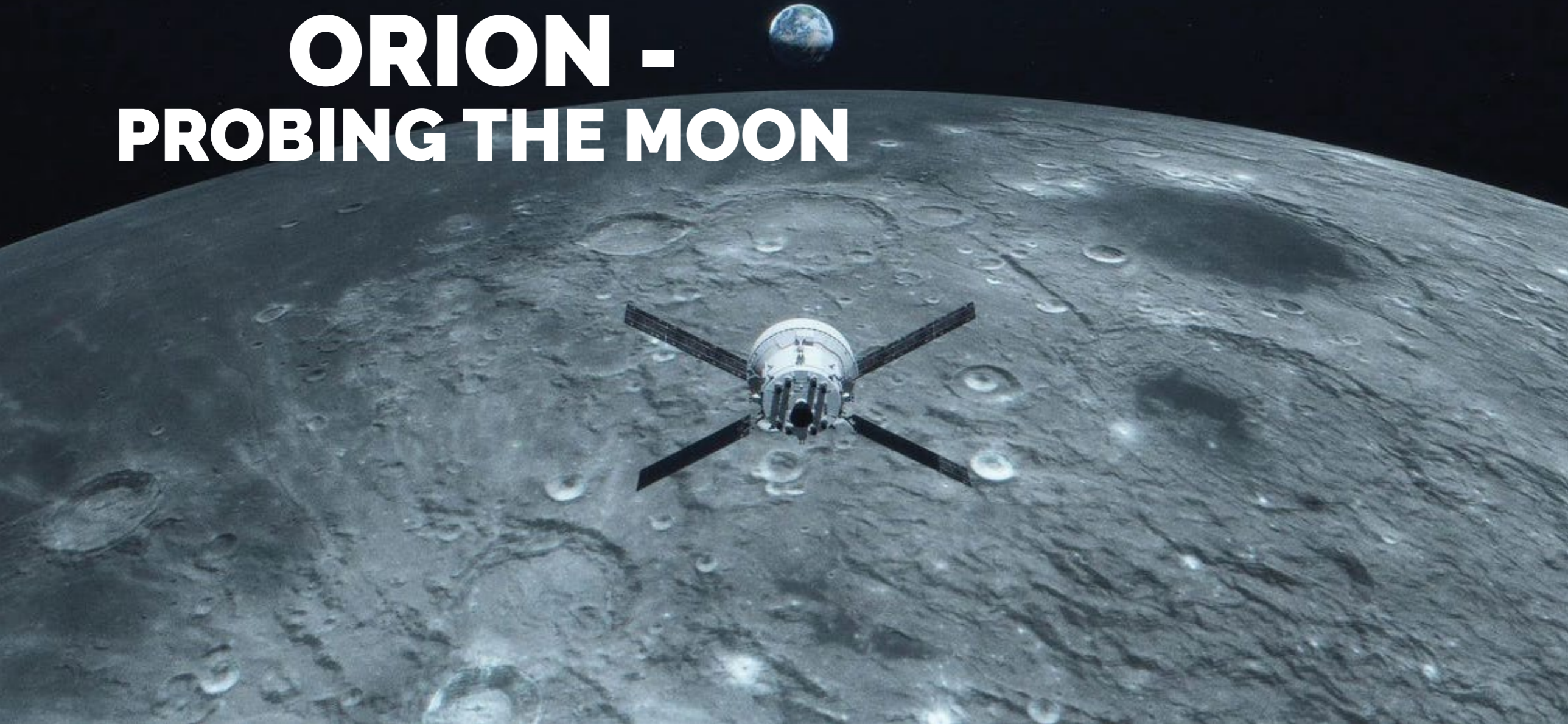
Rodents such as ground squirrels, chipmunks, and marmots hibernate during the winter, during which time their body temperature drops and their metabolism slows down significantly. Rodents typically hibernate for several months at a time and wake up periodically to eat stored food. Hibernating rodents are able to survive on the body fat they have stored up during the summer and fall and can lose up to 30% of their body weight during hibernation.

Additionally, reptiles like the snake also hibernate, most species of snakes will hibernate during the winter. During hibernation, snakes will burrow into the ground or find a protected area, such as a rock crevice, and will not eat or drink for several months. Like other animals that hibernate, snakes' body temperature drops and their metabolism slows down significantly. Snakes will wake up occasionally to move around or drink water.

Hibernation is an effective strategy for surviving periods of food scarcity and harsh weather conditions, but it is not without its risks. For example, bears and other hibernating animals can be disturbed by human activities, such as noise or light, which can cause them to wake up prematurely and deplete their energy reserves. Furthermore, hibernating animals are vulnerable to predators, as they are in a state of reduced mobility and decreased awareness of their surroundings.

Overall, hibernation is a fascinating survival strategy that is used by a wide variety of animals to conserve energy during periods of limited food availability. By entering into a state of inactivity and metabolic depression, hibernating animals are able to survive on stored energy reserves and avoid harsh weather conditions. Hibernation is a complex process that is not fully understood and continues to be a subject of study for scientists.

# ORION - PROBING THE MOON



**T**he news that the Orion probe successfully landed on the moon in November 2022 as the first phase of the Artemis project aimed at returning humans to the moon adds color to mankind's steps. The fact that the 7,700 kg Orion probe, launched by the 98-meter-long, 46-tonne SLS rocket, reached its target without causing any major concerns boosts NASA's confidence. Flight controllers in Houston did not know whether the critical engine firing had been successful until the probe emerged from behind the moon, 232,000 miles (375,000 km) from Earth, due to a 33-minute communication blackout. This is the first time since NASA's

Apollo program 50 years ago that a probe has reached the moon. A test launch (Artemis 1) carrying the Orion spacecraft of the Artemis program took place at the Kennedy Space Center in Florida.

The purpose of Artemis 1 was to test the conditions on the moon for astronauts and understand the movement and radiation levels inside the probe in the US\$ 4.1 billion project. As part of NASA's plan to land a man on the moon by 2025, Orion, which completed a complex mission around the moon, was scheduled to land in the Pacific Ocean. After the return of the Orion spacecraft carrying the three bombs,

their space suit tests were carried out. If the test phase is successful, NASA has announced that it will send a four-person crew on the Artemis 2 mission in 2024. The mission will orbit the moon and make it the farthest man in space, and the Artemis 3 mission will land humans on the moon in 2025.

After completing a 26-day mission, the Orion probe landed on the coast of western Baja California in the Pacific Ocean on Sunday, December 11, 2022 at 11:10 p.m. Orion's return to Earth was safe, although the mantle melted during

the 40,000-km 'reentry' into the Earth's atmosphere. Contact with Earth was briefly lost as the temperature rose to 2800 degrees Celsius due to friction with the atmosphere. This is the first time the probe has entered the atmosphere at such a high temperature. Orion has a heat shield of 1300 tiles specially designed for use in long-distance space probes. The Orion test was part of NASA's Artemis mission to put humans on the moon.

Orion's return was on the fiftieth anniversary of the last manned moon



*Orion's return was on the fiftieth anniversary of the last manned moon landing, Apollo 17. Two hours later, the US Navy brought the probe to the Navy ship Portland and within two days it was delivered to the Kennedy Space Center.*



landing, Apollo 17. Two hours later, the US Navy brought the probe to the Navy ship Portland and within two days it was delivered to the Kennedy Space Center. The probe is then subjected to scientific study. Launched on November 16, Orion reached lunar orbit on the 22nd and came within 130 km of the moon, sending microscopic data and thousands of images and videos back to Earth. Data on the South Poles where humans can land safely is important. The mission, which used dummies instead of humans, involved hundreds of tests, including radiation, acoustics, communications, navigation and safety system tests. The probe started its return journey on December 1 and came out after breaking through the Moon's gravitational field on the 5th. The service module separated shortly before re-entry into the Earth's atmosphere. The spacecraft made a last-minute trip over the Indian Ocean towards the Pacific Ocean. In the last ten minutes the speed to the ground was controlled by parachutes. As part of the mission to colonize the Moon, the second mission of the Artemis will send four people to lunar orbit and the third mission will make man set foot on the South Pole.

# WATCH YOUR SKIN IN WINTER

**W**inter is a time when the weather can take a toll on your skin. The cold, dry air can cause dryness, itching, and flaking, while the wind can leave your skin feeling raw and chapped. But with the right winter skincare routine, you can keep your skin looking and feeling healthy all season long.

The first step in a winter skincare routine is to keep your skin moisturized. Cold, dry air can suck the moisture out of your skin, leaving it feeling dry and tight. To combat this, use a moisturizer that is specifically formulated for the face and body. Look for products that contain ingredients like glycerin, hyaluronic acid, and ceramides. These ingredients help to attract and retain moisture in the skin, keeping it hydrated and soft. Be sure to apply your moisturizer immediately after bathing, when your skin is still damp, to help lock in moisture. Also, you can consider using a face oil, which can provide an extra layer of hydration.

Next, protect your skin from the wind and cold. When the temperature drops, it's important to cover up as much of your skin as possible. Wear a scarf or a hat to protect your face and ears from the wind, and gloves to protect your hands. Long sleeves and pants will help to keep the rest of your body warm. This will also minimize the chance of redness and irritation on the skin.

Exfoliating is also important during the winter months. Dead skin cells can build up on the surface of your skin, leaving it looking dull and lifeless. Exfoliating helps to remove these dead skin cells, revealing the fresh, healthy skin underneath. Choose an exfoliant that is gentle, such as a scrub with small beads, or use an alpha-hydroxy acid (AHA) or beta-hydroxy acid (BHA) product. However, keep in mind to not over-exfoliate, as it can strip the skin of its natural oils, causing further dryness and irritation. A gentle exfoliation once or twice a week is sufficient.

Another important aspect of winter skincare is hydration from inside, by drinking plenty of water. Your body



*If you spend a lot of time indoors during the winter, you'll want to pay attention to the air quality as well. Heating systems can dry out the air, leaving your skin feeling dry and itchy. To combat this, use a humidifier to add moisture back into the air.*



needs water to function properly, and the dry winter air can dehydrate your skin from within. Try to drink at least 8 glasses of water per day, and more if you're active or if you're feeling thirsty. Additionally, you can supplement your diet with foods rich in vitamins A, C and E, as they are known to help hydrate and nourish the skin.

If you spend a lot of time indoors during the winter, you'll want to pay attention to the air quality as well. Heating systems can dry out the air, leaving your skin feeling dry and itchy. To combat this, use a humidifier to add moisture back into the air. You can also consider using a humidifier to add moisture to the air in your home or office, which can help to alleviate dry skin and other symptoms caused by dry air.

Lastly, protect your skin from the sun, even in the wintertime. The sun's rays can still damage your skin, even on cloudy days. Use a sunscreen that is at least SPF 30, and be sure to apply it to all exposed skin, including your face, ears, and hands. Remember to reapply the sunscreen throughout the day if you spend a lot of time outdoors. Sunscreen should be applied daily, regardless of the season. In summary, winter skincare requires some extra attention and care to keep your skin healthy and radiant.

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# VISUAL EXCELLENCE - AVATAR: THE WAY OF WATER

James Cameron's 'Avatar: The Way of Water' hit the theaters as the world's most expensive film, giving the audience a spectacle that the world cinema has never seen before. The change that Avatar will bring in our country is that theaters have set up technologically advanced systems for movies that give unfair visual treats. If you want to experience it, you have to go to the theater. On December 18, 2009, the first part of Avatar hit the theaters to the surprise of moviegoers around the world, and the arrival of movies in 3D format became widespread around the world. The exciting thing is that after 13 years, James Cameron is coming up with the second part of Avatar, bringing a new life of technology to theaters. Theater owners and staff often struggled to bring that spectacle to perfection in their theaters. 'Avatar: The Way of Water' and the theaters dressed up for it underline that you only need to come to the theater to enjoy the movie in its entirety.

Avatar 2, created by James Cameron with his creativity using his own developed camera and technology, is a mystical world that needs to be experienced in the dark of the theater. As the Earth's natural resources have been depleted, humans reach the distant planet Pandora at a time when humans are building colonies in space in search of water and other precious minerals. The realization that Pandora, rich in vegetation and minerals, is potentially habitable, and the value of its precious mineral, unobtainium, draws them closer to the planet. But getting along with Pandora isn't easy. It is the world of sailors. As it is not easy to even breathe its atmospheric air, the scientists are re-creating humans as clones of Na'vi and bringing them to Pandora as Na'vi-human avatars that are genetically compatible with Pandora's environment. Avatars walk through the forest in the form of ten-foot-tall humanoid blue-skinned, long-tailed Na'vi whose intelligence is controlled by humans. The story of the first part of Avatar is that Jake Sully, who was a soldier of those people, was assigned to become the Avatar, and Jake Sully, who came to Pandora, protects the sailors of Pandora from human attacks and becomes their savior.





James Cameron started filming 15 years after writing the story of the first Avatar. Waiting to recreate that magic world in his mind on the silver screen, he created and patented a camera called Volume for it. The stereoscopic 3D cinematography technique later changed world cinema. Avatar, which was made on a whopping budget of 1200 crores, was also a story of the endless plight of the human race apart from the abundance of technologies. The second part of the film 'Avatar - The Way of Water' came in the same way as to ensure box office gains as 'Avatar', the all-time super hit film in the world cinemas full of news, became popular at the international level due to its different theme and excellent technology. If Avatar ends with the union of Jake and Neytiri, the second part also begins from their lives. Jake marries Neytiri and starts a family life. Three children are born to them by combining his avatar form with Neytiri's Na'vi form.

Despite living a happy family life, Jake and the other Na'vies are always threatened by the human race. When the 'Sky People' who tried to destroy the nature of Pandora return to Pandora, it becomes the responsibility of Jake to protect its people and his family. The clash against the marines is led by a new

avatar of Colonel Miles Quaritch, but his main target is not the sailors. Colonel needs to revenge on Jake who cheated on him. But realizing that he is not in human form, Jake insists that nothing should come to Na'vi society because of him, and that his family must not perish no matter what. That forces Jake, Neytiri and their children to leave their own space and seek refuge with the ocean-dwelling Metkayina Na'vi tribe, led by Cliff Curtis' Tonowari and Kate Winslet's Ronal.

As the wild marines move into an unfamiliar ocean environment, their lives become more adventurous and full of conflict. Like the forests of Pandora, its aquatic life is full of wonders. Transplanting to that aquatic life was not easy for them. But all Jake want is to protect his family no matter what happens. The film is about the failure of his efforts, but as humans conquer the water world, Jake and his family stand together, the community of the water world comes together with them, and the adventure they undertake to solve the problems. Rich in visuals, the film is also stretched by storytelling. James Cameron's Avatar 2 is 192 minutes long (3 hours 12 minutes).

It's a huge disappointment that 'Avatar: The Way of Water' doesn't have much of a story to tell when it comes to screenings. Cinematography, VFX and music are excellent and the most impressive thing is that Avatar 2 is coming to different movie formats. Sound mixing has been done with utmost care. The rain falling in the sea, the glittering creatures under the water and the breathing have been prepared with great care, so the film has been prepared keeping in mind that the audience should be able to experience all this while in the theater. The director has presented the endless views of the sea in a way that creates awe through 3D. It should be understood from these views that technology has been used to its maximum. Along with this, the director has not forgotten to describe the special closeness between living beings and nature and its beauty. This is how the journey of Avatar 2 is, but the film's weakness is the lack of story. Through various scenes, situations, conflicts, survival, hints of the third part are given as the movie ends. The story of Avatars does not end with the forest and the sea.

# WELCOMING THE NEW YEAR 2023

**N**ew hopes and resolutions make every new year beautiful. Everyone welcomed the new year in a very elaborate manner until the outbreak of the Covid-19 pandemic in the world in 2019. People patiently waited for the good of mankind and more colorful celebrations. New Year celebrations in most countries are closely related to their culture and traditions. DJ parties, family get-togethers, dances and other celebrations are held all over the world. Religious groups also gather in places of worship to perform their religious ceremonies. Everyone was excited that this time there were no restrictions on gatherings.

2023 was first born on the island of Kiribati in the Pacific Ocean. The world welcomed

the new year on the island of Kiribati at 3:30 pm Indian time. Tonga and Samoa also ushered in the New Year within seconds. At 4:30 pm, Auckland, New Zealand became the first major city to welcome 2023. Auckland welcomed 2023 with lights, fireworks and celebrations. All important places, including the Harbour Bridge, were decorated with lanterns. As proof that Sydney welcomed the new year in a very colorful way, around 10 lakh people witnessed the fireworks on the Harbor Bridge and around the Opera House. The new year arrived at 6:30 pm Indian time in Sydney, Australia. After this, the countries of Japan and South Korea celebrated the New Year and finally the new year arrived at Baker's Island located in the Central Pacific Ocean. Depending on the time zone, the New Year celebrations continue till the morning of January 2.

The new year is filled with new hopes by saying goodbye to the past. This time we were able to fully embrace the new year that comes with music, dance and celestial wonders. The Omicron variant came in last



*There was a strict vigil to prevent the consumption of intoxicants while the grand celebration was held in tourist centers and hotels in the state.*



year, i.e. 2022, defying the expectations of those who thought that Covid was confined to 2022. Last year's New Year's celebrations were subject to restrictions as it became clear that restraint was the only option to contain the rapidly spreading Omicron. Strict restrictions have been imposed last year, including in Kerala, as DJ parties and group celebrations can lead to the spread of disease. It was also stated that the government and the police have no other option but to impose a curfew from 10:00 pm to 5:00 am. Therefore, for the first time in history, Malayalees had to celebrate the New Year early last year. But this time we can be happy that we could celebrate the New Year with all the freedom without any such restrictions.

There was a strict vigil to prevent the consumption of intoxicants while the grand celebration was held in tourist centers and hotels in the state. In Kozhikode, Ernakulam and Thiruvananthapuram, people eagerly waited for the New Year celebrations. New Year celebrations were grand at Kozhikode Beach and Kovalam Beach. When you hear New Year's Eve, the first thing that comes to your mind is the

giant Pappanji in Fort Kochi. This time Pappanji also witnessed the new year accompanied by some unnecessary controversies. In 2020, for the first time in 35 years, Pappanji burning was avoided. The people of Kochi believe that by burning pappanji, the evil of the previous year will disappear with it.

With the spread of Covid-19 in China, there was concern that the whole world would go into restrictions again. 2021-22 witnessed the genetic mutation of the virus more than the spread of Covid. People were worried about what the New Year would be like as the situation in China spread to the rest of the state. As the world prepares to welcome the New Year with hope and prayers, the prayer that Covid will not come to us again has been heard in Kerala. If 2022 is filled with a turbulent environment full of natural disasters and violence, then expectations are high in 2023. As 2022 comes to an end and 2023 begins, new promises, new beginnings, and New Year's resolutions will help achieve goals. Let's hope that 2023 will be a year with good experiences and a better social environment for us, keeping the good experiences of the past year in mind and erasing the bad ones.

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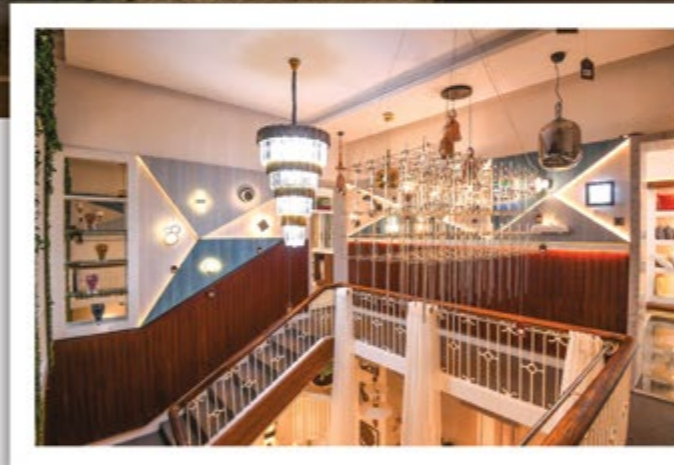


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