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HUES OF LIFE

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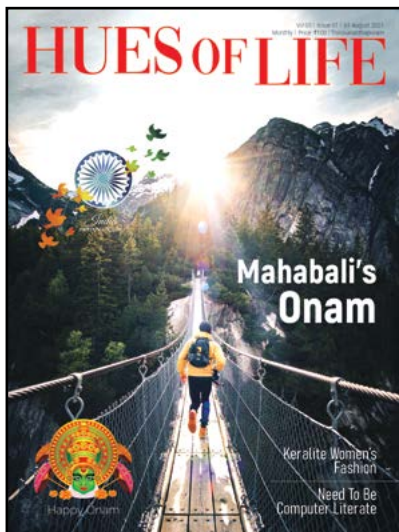


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editor's Desk

Dear Readers,

With immense pleasure and pride we bring out this inaugural edition of "Hues of Life" – a retail-lifestyle-well-being magazine.

With an innovative approach to deliver the readers with well curated features on market trends, updates n' launches and informative contents on the wellbeing of mankind, we intend to extend the pleasure of reading.

Our nation is celebrating its 74th Independence Day. We urge our readers and all citizens of the country to stick together and work towards overcoming the current pandemic situation. This year, on 15th August let each one of us pledge to do our part in raising our country's stature.

In this edition focus is on social wellbeing and fashion, handicrafts, back water tourism in Kerala, and of course our own festival of Onam.

Wishing all a Happy Independence Day and an exciting Onam season.

Happy Reading.....

Be safe.

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Happy
Onam

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Mahabali's Onam

Kerala is ready to welcome Onam. It is a festival celebrated by the whole of Kerala with one mind, irrespective of caste or creed. Onam has its own tradition and story that is etched in every Keralite's mind. Onam celebrations are filled with a variety of rituals and celebrations, the preparations of which start off quite a few days before the festival. Celebrations are toned down to almost nil, due to the current situation. Markets are yet to open up, people are confined to home – these all puts a dampener on the Onam spirit.

Why is Onam different from other festivals? The celebration of Onam, unlike other legendary festivities, reflects a special reason. It was never a celebration of defeating evil. Rather, it is one that questions the criteria of what is really necessary. For many festivals, the story would be of good triumphing over evil. Onam is a bit different. Mahabali was a king who ruled the country without giving up righteousness and justice. Even then, he had to face the trials of Lord Vishnu, who appeared on earth in the form of a dwarf avatar. He realized that the earth and the sky we see are confined to the mere footsteps of God. Mahabali is a perfect example of devotion and sacrifice in his life. Onam reminds us of the profound truth that nothing in this world belongs to anyone, so all we have is the gift of some superpower.

Celebrated by Keralites across the world, Onam has many legends and myths associated with it. It is a harvest festival, celebrated by







all rungs of the society. Onam celebrations start from Atham Nakshatra. It is celebrated on the day of Thiruvonam and lasts till the day of Chathayam. Legend has it that the first Onam celebration was held at Thrikkakara, also known as the headquarters of Onathappan. In the early days, foreign ships used to come near Kerala coast for spice trade during the time when monsoons were coming to an end and the sky was clear. It is said that this month, which brings in gold, is called the Golden Lion Month or Ponnin Chingam and Onam is called 'Ponnonam'.

The legend of Mahabali is one of the most important legends of Onam. Thrikkakara was the administrative center of the Mahabali kingdom. It is said that during the reign of Mahabali, the gods became jealous and as they pleaded with Lord Vishnu, the deity took the form of a dwarf avatar – Vamana – and trampled Mahabali down to another world under the earth.

However, Vamana also gave permission to Mahabali to visit his subjects once a year, on the day of Thiruvonam in the month of Chingam. Thus, it is believed that Mahabali visits his subjects invisibly every year on Thiruvonam. Not so common legends state that Onam is the visit of Parasurama. Buddhists believe that Prince Siddhartha entered Shraavanapadam after enlightenment on the day of Thiruvonam in the month of Shravanam. Buddhism was predominant in Kerala quite a while ago.

Visiting any household during the Onam season, one would see that preparations are underway to

receive Maveli Thampuran with a feast on Thiruvona Divasom. In the yard, flowers are arranged in a circle on the floor waxed with dung. On the first day, only one row of flowers is allowed. On the second day, there are two types of flowers and on the third day, there are three types of flowers. The saffron flower is planted from the day of flowering. The flower bed should be prepared to the maximum size. Due to this, the flower bed should be arranged in a square during the day.

Onasadya is another main attraction of Onam. Kalan, Olan, and Erisseri are the main dishes of Onasadya. Aviyal, Sambar, and Rasam came later. Pappadam, traditional side dishes and jaggery, fruits, cheese, and Prathamam are some of the other. Onasadya should be served on the plantain leaf. Pachamoru or raw curd is a must for Sadya.

Onam festival has typical celebrations across Kerala. These include Attachamayam, Onatheyyam, Velan Thullal, Oneshwaran (Onappottan) and Onavillu. Attakkalam Kuthal, Kaikottikkali, Pulikkali, Onakkummatti (Kummatikkali), Onathall, Onamkali, Ochirakkali, Kambithayam Kali, Bharakkali, Naiyum Puliyum Veikkal, Aranmula Vallamkali, Thalapanthu Kali, Kilithattukali, Sundarik Pottukuthum etc. Some of them are regional, while others are celebrated by all Keralites. Onam carries a message of goodness and prosperity. Tiding over all difficulties, hopefully soon we would be celebrating Onam with all its glory and splendor.

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NEED TO BE COMPUTER LITERATE



September 8 is celebrated as International Literacy Day. It is an opportunity for governments and civil society to highlight the changes in literacy rates and to reflect the literacy challenges of the world. Literacy rates apart, the need for skills is increasing. Kerala is the first state in India to achieve complete literacy. Despite their pride in being educated, this achievement has not been able to make a significant difference in local employment and economic development. It is our custom to consider someone who can read and write to be literate. But the time has come for us to think about whether this is the purpose of complete literacy. In the modern world, every child has to be literate in terms of computers and internet. We must be able to use the knowledge we gain through education for social progress through the advancements in information technology. Thus we have to aim for computer literacy too, as employment opportunities increase and economic growth occurs.





Kerala's climate and geographical features reduce the possibility of large-scale industries. But we have a strong human resource. We are able to take advantage of it and build new business ventures and innovative ideas. The ability to develop rational and critical thinking is relevant in the modern era of the web world, as anyone can create anything with a connected device. The attitude to stay safe without taking risks must change. Literacy can only be achieved if there is a general improvement in employment and the economy. Advancing further in today's world would be difficult with just the ability to read and write.

We need to increase the importance of practical knowledge in our education system. Teachers need to understand the differences and preferences of children in the traditional education system. All children are treated equally and taught the same things. We need to change the culture where the end result is just marks or ranks. The children should be able to apply the knowledge gained in daily life. The need for computer literacy is to update the syllabus based on the changes around the world and the opportunities created. We need to seriously consider whether we have fully achieved digital literacy in this age of

information technology. Awareness of the vast potential of the internet, uninterrupted internet connectivity, and affordable availability of computing devices will help us achieve a digital literacy revolution.

Knowledge in computers should become a parameter to determine literacy rates since it has become a deciding factor in many job opportunities. The young should come up as innovative and progressive thinkers. For many there unlearning or relearning is required due to technological advancements. In addition to the basic education, implementation of digital literacy programs would have a great impact on the business employment sector.

We must pave way for creative thinking in children by equipping them to do their own projects and experiments during primary education. It can inspire creativity in children. New ideas and opportunities will emerge for them. The educational and professional knowledge can be used to address the problems faced by society, as they are used in foreign countries for national development. The Kerala State IT Mission and the Kerala Literacy Mission has been implementing creative plans and massive projects to lead Kerala to a complete digital literacy state. Main objectives of the projects are to



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Government employees, college students, and people working in various fields in the public sector will be part of this. The IT Mission and the Literacy Mission will jointly award certificates of appreciation to those who have participated in those projects as leading trainers and successfully completed the pieces of training. Digital media will be taught in schools and colleges.

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effectively make the benefits of information technology available to the public and to create awareness among people about the aspects of cybersecurity in the face of increasing cybercrime as there are a number of fraudulent deals run. Apart from this, the Kerala State IT Mission and the Kerala Literacy Mission will jointly implement the mega project 'Me and Digital' to lead Kerala to complete digital literacy. The project is envisioned to find trainers from the general public and spread digital literacy through the wards of the local bodies.

Main objectives of these new governmental projects related to digital literacy are to effectively make the benefits of information technology available to the public. It can create awareness among people about the aspects of cybersecurity in the face of increasing cybercrime. In addition, the project aims to create awareness among the general public about e-governance initiatives being implemented in the state, enable them to avail themselves of such services through digital platform, and create awareness on relevance of social media as well as fake news. Expert trainers will be selected with knowledge of digital technology, internet and possibilities, new media and cybersecurity, online payments, online government services, and the application of Malayalam language on computers and mobiles.

Government employees, college students, and people working in various fields in public sector will be part of this. IT Mission and Literacy Mission will jointly award certificates of appreciation to those who have participated in those projects as leading trainers and successfully completed the training process. Digital media will be taught in schools and colleges. Chief Minister Pinarayi Vijayan has stated that schools and colleges will be encouraged to develop a curriculum for the State Government to implement Digital Media Literacy Project in Literate Kerala. Digital media will be taught in schools and colleges. Kerala has more smartphones and internet users than any other state because more people

are relying on social media for news updates. A large section of the citizens get information through digital media. While this is a good thing, it also expands the possibility of spreading lies and misinformation without editorial oversight or responsibility. Dependence on the Internet and smartphones is on the rise.

It is important for citizens from a younger age to understand the rules and regulations governing the internet and social media and necessary to have the ability to distinguish between truth and falsehood that come to the fore. While using social media the following points should be kept in mind.

- Understanding 'misinformation.'
- Reason for it spreading fast.
- Identifying misinformation in social media.
- Ways to disregard or counter misinformation.

Use of digital technologies is a prominent feature in everyone's life. Covid period has accelerated the pace of digital acceptance, making it an essential component of many civil rights, including financial transactions and education. Training in the mother tongue on how to use meaningful and responsible digital technology is becoming an essential skill for survival in this age. Just as smartphones have changed our lives in the last decade, so has the role of mobile phones in financial transactions, and video conferencing has become more regular over the past year. So, digital literacy has become as much about software as it needs to be about constantly updating the need for further education. Swatantra Malayalam Computing is providing software solutions enabling native speakers to use and innovate digital technology in their own language.

How far digital literacy can be obtained depends on various factors. However, it is in each individual's interest that they utilize all the available resources and become digitally literate to meet the challenges and advance themselves in this fast-paced world.

ENVIRONMENT AND THE LOCKDOWN



Every year we celebrate World Environment Day to commemorate the endangered greenery and turbulent environment.

Merciless exploitation of nature, endless greed, pollution that transgresses all limits repeated severe summers and floods. Looking back from the lockdown setting, the views are not so pleasant. Our responsibility does not end with a one-day ritual and planting a tree. Today we should realize that no existence is possible alone and let it be our atonement that all living things are twigs of their own family tree. World environment day passed during the great depression made by pandemic. When man was confined to his home during the lockdown, he saw nature returning to its natural state. The crickets came back, the streams and sky cleared, and the flowers smiled. We need to pass on to the next generation a good land with low fossil fuel consumption, no carbon emissions, no pollution, vast forests, greenery, and a sense of eco-friendliness with a stable climate.

The earth has everything a man needs. The air we breathe, the water we drink, the light that envelops us, the food we eat. Those who love the environment might love the lockdown as well. This is because during lockdown air pollution has decreased. But a new study shows that pollution will not be as low in 2021 as it was in 2020 when a strict lockdown was imposed. The study, conducted by the Department of Environmental Studies of MG University, found a 'lockdown effect' on reducing air pollution. The study was conducted by a research team led by Dr. C.T Aravind Kumar, using data from the Central Pollution Control Board's monitoring centers. The Center for Science and the Environment (CSE) examined the 'relationship' between lockdown and air pollution in a study released on the occasion of World Environment Day. Pollution Control Board in Kerala has 5 monitoring centers across the state. Findings using data from there were reassuring to the environment.

Things will become more distinct if we

look at the level of air pollution after the announcement of the two lockdowns. Delhi witnessed a reduction of about 75-80% in air pollution during the lockdown. In Bengaluru and Chennai, air pollution was down by over 50% during the same period. During the second lockdown period, air pollution in Kolkata was reduced by a third.

Pollution during the first lockdown was significantly lower due to less number of vehicles on the road and the closure of many factories.

Vehicles are the main cause of air pollution in Kerala. Studies indicate air pollution is generally low in the state due to the impact of sea winds.

Despite the adverse effects on public life, the lockdown period has aroused the interest in environment to some extent. Biodiversity and rivers have the potential to reduce environmental pollution. Extensive examples could be seen of how nature benefited during the lockdown. Azure skies, fresh air, and clean rivers became the gifts of nature during lockdown. While humans were feeling bored at home, nature was rebounding. The situation was similar across the world. Significant changes were evident everywhere. Views obscured by dust were now clearly visible, such as the view of Himalayan peaks from Jalandhar in Punjab after decades of invisibility.

There was a significant reduction in water pollution too during the lockdown. These changes were visible from the Ganges and the Yamuna to the backwaters of Kerala. Despite the summer heat, on 'World Earth Day', Pamba and Achankovilar rivers were flowing cleanly. Plants and trees grew more vigorously and beautiful during this time. Animals from the jungle roaming around urban areas enjoying unprecedented freedom.

Nature's self-renewal could be seen through the many changes in our county. Endangered Gangetic Dolphins returned to the Hooghly River in Kolkata after a gap of about 30 years in the wake of decreased water pollution during

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There was a significant reduction in water pollution too during the lockdown. These changes were visible from the Ganges and the Yamuna to the backwaters of Kerala.

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lockdown. Rivers regained their purity with the temporary closure of factories and reduced human footfall. In Rishikesh, River Ganga was seen to be crystal clear after decades of being cloudy. IFS official Sushant Nanda said in a video shared on Twitter that the Ganga river was clear enough to see even the rocks at the bottom. Mumbai, where the industries were temporarily halted during lockdown, the sky and the river became clear. Reduced fishing and other human activities enabled sighting of more dolphins off Marine Drive and Malabar Hill in Mumbai. For at least a century the Dhauladhar mountain ranges were not visible from Jalandhar. Dust and pollution was the reason. Indian Forest Service officer Parveen Kaswan shared on Twitter the picture of the Dhauladhar mountain range from Jalandhar. While humans were in lockdown mode, a one-horned rhino strolled in to Sonapur Town in Guwahati. The migratory flamingo population visiting Mumbai this year was about 50% higher than the usual. Lack of

usual hustle and bustle of the city could be a reason. An unusual number of birds and animals have been seen at public places during the lockdown.

However, there has also been a negative side to environment due to lockdown. These include increased medical waste, slipshod usage and disposal of disinfectants, masks/gloves, etc. Waste treatment has also seen a setback due to reduced operational ability of agencies. These could be a major factor in endangering the environment over the coming months. With proper guidance and action from governmental and NGOs, these issues can be overcome.

Lockdown periods during these two years have explicitly shown how far-fetching is the link between human activities and environmental changes. While the lockdown keeps many things away from man, nature is on its way back to its full beauty. This shows the dire need for us to reflect and set our priorities.

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Lockdown periods during these two years have explicitly shown how far-fetching is the link between human activities and environmental changes.

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KERALITE WOMEN'S FASHION



Clothing is a phenomenon that cannot be discarded in any way. Being a cultural expression, it differentiates women from men. It has risen as a means of defining identity. Women point out that their attire can define status and power more than physical and material levels. In our past social circumstances, the life of each community was generally identified by the differences in dress. It reflected the place, time, context, etc.

History notes that it was in Thiruvithamkoor of erstwhile British India that the first movement – wearing of upper cloth - exclusively for women. Since then, the women in Kerala have been bold to innovate and cultivate their own fashion trends. They don't hesitate to adopt trends to give it a 'Malayali' touch. For the last 60 years, they have changed their style statements many times and in many ways. Many trends that came across the border have been accepted and adapted to their own style. The shift in dress code of the Malayalees over the past years could be considered as a gauge to measure their confidence.

Nowadays, women in Kerala are on the frontline to follow the revolutionary idea of gender-neutral clothing. Kerala women's dressing style has seen drastic changes since the beginning of the 2000s as the role



of women in a Malayali community too seemed to change. The fast changes in the last 20 years began when churidhar became a universal style of dressing. Until then, the costumes worn by teenagers and young adults couldn't be considered to be used by women of any age and time. The fact that teachers in schools and officials in public institutions can work in churidhar has also given great confidence to women in Kerala, especially those in their thirties.

Although some of them were reluctant, women gradually began to appear in churidar/salwar kameez on trips and family gatherings. In 2007, Guruvayur Devaswom Board took a historic decision to allow women wearing a churidhar to enter the temple. This increased the acceptance of Churidar in the religious as well as the socio-cultural arena of Kerala. The rich and the poor chose the same costume styles by the emergence of this beautiful pattern. Politics in color also hindered them from wearing their favorite costume in the color they liked the most. The prejudice was that people wearing a particular color were politically passionate or sympathizers of a particular political party. Broad-minded growth in the fashion style of Kerala women crossed these types of barriers that affected their dress sense.

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Kerala has led to new fashion trends in women's clothing through its handloom sector. Kerala's 'Kasavu sari' and 'Mundum Neriyathum' has derived huge acceptance in the fashion industry. The marketing potential of handloom fabrics has been increasing.

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“Women's dress has been a hotly debated topic in our media community for some time. No matter what TV channel you look at, there is always a program that discusses women's costumes. The restrictions of men's society on women's dress in Kerala have a long history.”

Divya Rani, P.G Student

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“There are enormous changes that have taken place over the centuries in different parts of the world. Like the women in other regions, Women in Kerala are embracing the potential of changing fashion concepts.”

Tinsy Xavier, Entrepreneur

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Style means freedom. Recent cyber-attacks towards celebrities on social media are the best examples of the fact that many of them are not aware that clothing is a reflection of their individual freedom and attitude. Women's rights movements in Kerala have declared their independence from traditional concepts and frameworks a long time ago. Jeans were ubiquitous to Malayalees even while it was banned by some groups in northern India.

After jeans that made the rich and the poor look alike, girls have moved on to more liberating roles. In a country where designer brands have never been heard of, designer-labeled boutiques and shops gradually came to the forefront. Renowned fashion designers from Kerala have recently reached many world-famous fashion events.

Sari-like garments were noted to be in use during the Indus Valley civilization. Over centuries, it has taken various forms across India, such as Bengali style, Gujarati style. Sari gives plenty of choices to the women. The charm and its endless color variations are still successfully running among the new-gen womenfolk. While they transformed from churidar to jeans, they preferred sari too on many occasions as a result of their own intense curiosity. The greatest feature of the sari is the consensus gained by overcoming caste and religious differences. Its biggest drawback is that it restricts a woman's freedom of movement.

Kerala women have also accepted and adapted to dresses such as Salwar Kameez, Punjabi Patiala, and other garment styles. All those were subject to the woman's choice, reflecting her comfort, sense of beauty, etc. Climatic adaptations were possible with the sari, like soft material in the rainy season, cotton in the summer and silk for celebrations. For some, the sari is just a habit. Still, the number of people wearing saris at home has dropped significantly as the emergence of simple dresses more suited to the fast-moving lifestyle. When women began working away from home, many of them gave up the inconvenience of wearing a sari. Today, the number of

people wearing churidhar and jeans is high in institutions where sari is not a mandatory dress. Those who still wear a sari may not be able to change it by habit. It may be difficult to change or they may not agree with it. Over time, that too changed. Her perceptions, beauty concepts, and agenda became recognizable. She began to abandon the notions of beauty that controlled her freedom. Circumstances and facilities became the factor in selecting dresses. Those who thought that the sari would gradually be abandoned by the new generation of girls too were proved wrong. Old saris were remodeled as skirt saris and palazzo saris, often with tradition and a bit of modernity.

The revolutionary idea of gender-neutral clothing has made progressive changes to the dressing sense of Malayali women. Globalization does not look at beauty in terms of aesthetics. The beauty market in the third world has been the most beneficial in terms of business and revenue. The most important example of this is the beauty pageant. It is noteworthy that major beauty contests have been created effectively for women from third-world countries for the past several years. At the same time, a new clothing market is emerging through women-centric fashion industry. Today, there is a growing competition between Indian textile products and western-made garments. Kerala emerges as a huge market for futuristic trends as each woman tries to develop their own fashion finery.

Kerala has led to new fashion trends in women's clothing through its handloom sector. Kerala's 'Kasavu sari' and 'Mundum Neriyathum' has derived huge acceptance in the fashion industry. The marketing potential of handloom fabrics has been increasing. The garment products from trained weavers of State Handloom Development Corporation are well received in foreign markets and Kerala fashion trends has found a niche for itself. The projects created for the revival of the handloom sector have positively impacted women's fashion insights. Fashion-oriented and functional styles were blended to provide the women with a wide array of choices in clothing.

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“Our society, including women, is not able to see the change in the concept of dress for our women as it changes in line with the global national dress code. The basic aim of dress should be to respect their identity and the personality of those who see them, by covering their nudity and private body parts by dressing well.”

*Lakshmi Mohandas,
BA student*

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“Sensible dressing boosts the self-esteem and confidence of women to an extent. While going for a job interview, most people do not see a woman wearing a dress that is comfortable for her. From this, it can be inferred that the context is the criterion for choosing an outfit.”

*Sreedevi S. T,
Engineering student*

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DIMINISHED SOCIAL INTERACTION AMONG CHILDREN

Changes take place around the world we live in. A great deal of technical growth happens to be a very positive change, especially in our children's education.

Learning as well as teaching methods change from time to time as technology advances. Today we have the technology to bring any source of knowledge to our fingertips. But, should it be the only choice for boosting the children's overall development?

Modern techniques and tools have some less-desired changes too, whether related to education or entertainment. Reduced social interaction during the young developmental stages is one of these disadvantages. It could become a huge issue for the children in the long run. Some games and other applications capable of distorting the minds of children make the scene more critical. Some applications would assist the child. So, it is necessary to identify the learning methods that would assimilate the good vibes, and reject the opposite. We need to immune a child in this way. When he or she uses all the possibilities around him, we must be able to understand, analyze and select the new strategies for achieving the goal of becoming a good human being. By choosing so, one must cultivate human relationships, bond with nature, and adhere to social commitment. The mental growth should complement cultural growth. That is how new ideas come into being. It is the production of new ideas that drive modern society forward. Teachers, children, and parents need to pay attention to this. We need

to recognize that the technological tools in front of us are meant to be used for good, absorbing only the good and rejecting the bad. It itself creates social responsibilities among them.

Child suicide is on the rise in Kerala. The lack of social interactions has a major impact on the children. During the lockdown period alone, 66 children committed suicide. Who is responsible for bringing them to death, when their mental conflicts can be resolved through effective counseling or an empathetic approach? Parents or family members could make efforts to understand the children and support them emotionally. Feelings of loneliness and the dilemma to have no one to listen to would be depressive for the children. Many of the said suicides had trivial causes. However, it should be taken seriously that many children committed suicide during the lockdown, even though they spent more time at home with their parents. Could it be the lack of friends and reduced social interaction? These cases contradict the claim that parental intimacy and protection relieve the children of stress. The isolation during lockdown and the inability to go to school and interact with friends might also be the reason.

Reason for some suicides was the lack of resources. Children who are unable to attend online classes due to lack of adequate resources for online education feel let down. Limited network availability in some areas for streaming online classes is having a negative impact on the



digital education system in Kerala. There are tribal villages where electricity is not available and there are children who go for miles to the top of the hill in search of mobile range for online classes. The right to education of children is being denied. These lack of resources make online education unattainable for some and discourages children.

Most of the children who ended their lives were suffering from loneliness. The cases include highly educated, average, and below average students and even school leaders. It makes us take the cases more seriously. Children who are mentally and physically weak are generally considered to show 'suicide tendency.' Failing to recognize their stress is a fault that cannot be undone. It should not be assumed that those who excel in academic and non-academic subjects are mentally strong. Most of these children looked very active and no one had paid attention to their problems and the reasons went unrecognized. Parents and teachers should be able to analyze and understand the emotional development of the children in addition to their intellectual abilities.

Counseling sessions held in schools, used to give the students an opportunity to disclose any abuses against them or open up on the problems they faced. Some of the children recovered through those sessions. The lack of schools during the pandemic situation deprived the children of the opportunity to do so. Excessive use of mobile phones and other

online activities were some of the reasons for suicides reported during the lockdown. According to reports, most children prefer to stay alone in their room for hours without interacting with their family. The report points out that this is an example of the lack of communication between the children and the family members and the lack of attention the children receive at home. Parents need to identify their children's problems and find solutions to them in the best possible way.

It is important to recognize the mental distress of children and the conflicts they go through. Problems of children are still dealt with unscientifically. There might be children who need counseling and medication. It is important to recognize the deep-rooted issues.

Lack of social interaction is taking a toll on the children. During a pandemic situation social interactions in person cannot be promoted. However, efforts should be taken to keep the children interactive with all members of the family and keep in touch with the outer circle through online activities. The government has several recommendations for coordinating groups in schools, local bodies, and self-help groups for raising awareness on the subject. Training for parents and teachers on ways to alleviate the stress of lockdown is needed more in the post-lockdown lifestyle. Programs should be developed to mentally strengthen and nurture the blooming buds of our society.



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HOUSEBOATS OF ALAPPUZHA

If a die-hard traveler reaches Alappuzha, the first thing that strikes his mind would be a houseboat trip that can make his journey memorable. There is no better way to embrace the beauty of the lake and enjoy the holidays to the fullest. Apart from star hotel rooms, Alappuzha provides the unique opportunity of staying in houseboats for limited or extended periods of time. If you want to get on the houseboats in Alappuzha, the points regarding where to go, how to choose the best houseboats and cost incurred, etc. has to be cleared. Houseboats are camped at Alappuzha town itself. They can be described as the gateway to the backwaters. There are more than 1200 houseboats in Alappuzha. Houseboat services run from Alappuzha to Kumarakom, Kottayam and Kollam. Many packages are made available for visitors. You can choose suitable options from those. A





houseboat travels thirty to thirty-five kilometers up and down a day. During the slow-paced journey, visitors can take a grand view of the backwaters and experience life along the backwaters. Resorts and star hotels have their own houseboats. You will also get special packages for it. These houseboats are good to watch the sunset and sleep through the night. Such boats have all the luxury amenities like bedrooms and toilets that surpass star hotels. They also have a living room, dining area, and kitchen.

Another question that many people ask is that how long the houseboats can be rented. Houseboats are available for rent for customized periods of time, with the shortest being a day. Visitors can choose the package of their choice. Day trips are from 12 noon to 6 pm. However, many people prefer to stay overnight. It doesn't mean that the boats stay in the middle of the lake. It halts near the side of a house in a village around 5:30 PM since the electricity supply should be taken from that house. Overnight stay in the middle of the lake is not allowed. The houseboat starts its return the next day at 7:30 AM or 8:00 AM and reaches the shore around 10 am. Usually, the most sought-after are the two-day packages. You can see the maximum number of places and return in two days. Two days are sufficient to catch the beauty of the whole place.

Most people prefer to start their houseboat journey from Alappuzha itself. You can return to Alappuzha via various plac-

es. Else, plan a one-way trip. You can go to Kochi or Kottayam from Alappuzha. If you want to visit places like Munnar and Thekkady, going to Kottayam is the best option. From there you can reach these places by road. Those who want to go to Kochi can get off there as well.

Let's have a look at the main routes:

Alappuzha-Kuttanad

You can see the paddy fields and move lazily through the backwaters. Several canals and their tributaries can be seen along the way. This trip helps you to enjoy the village elegance of Kuttanad far better. Duck farming and shrimp cultivation can be seen abundantly.

Alappuzha-Kumarakom

This is an area where you can see a lot of luxury resorts. There are several resorts located on the banks of Vembanad Lake. The famous Kumarakom Bird Sanctuary is also located here. Unlike Kuttanad, wide canals can be seen in this route.

Alappuzha-Alumkadavu

This is a service to Kollam. Therefore, the duration of this trip is longer. Alumkadavu is a place near Kollam. If you return from there, you can reach Alappuzha only the next morning.

Lack of awareness of cost is what keeps many people away from houseboat trips. Rates vary by the boat's quality and season. An overnight stay on a non-AC houseboat costs at least ₹ 5,000. Deluxe

houseboats with AC cost ₹ 10,000 at the same location. AC houseboats can cost up to ₹ 18,000 depending on the standard. This is the charge of a houseboat for two persons. According to the features, the houseboats are mainly classified into Deluxe, Super Deluxe, Premium, and Luxury Premium. The charges are inclusive of meals. Food is prepared in the boat itself. Rates may increase during festival days and holidays. Visitors can choose the food they like. There is a growing demand for special local dishes too. December and January are the best months to watch the beauty of the backwaters of Alappuzha, in a houseboat. Some people opt for a houseboat trip even during the monsoon season. However, it is better to take AC deluxe houseboats as it is hotter between March and May. It is also advisable to book online in advance during peak season. The houseboat is also available as a package when booking resorts in the Vembanad backwaters. It would be better to take advantage of this.

You can also book a houseboat by visiting the KTDC Kerala website. Houseboats of various classes are provided on the site along with pictures. Facilities can be checked and menu options could be seen while booking houseboat in this site.

Glide through the backwaters and experience the breath-taking beauty of Alappuzha.



Racing on the Tracks

To prevent speeding and racing on the road appropriate race tracks and events need to be introduced. With proper training on road as well as in race tracks, a real rider would recognize the difference.

Coach Rahul P. Michael's journey is in a unique path. When he entered the field of motorcycle racing it was a financially and intellectually difficult situation. He saw a lot of people working for it and many of deceived of their money. For many motorsports lovers, it is the passion and skills that make them race on the track. The racing on public roads is repeatedly reported because no one has guided or led them to the way of right riding. Wrong ways create accidents. When he joined a racing academy at Level 1 for certification, Rahul himself was unaware of whether he was the right racer or not because he was a rash rider. The academy taught him that racing ways were completely different.

He learned the rules of public roads and how to follow them from his trainers. The training classes impart appropriate knowledge of riding and racing, enabling

the riders to not just become a racer, but transform themselves to professional riders.

The half-day event on track awareness took place at Fun Plex, Aakkulam, Thiruvananthapuram, coached by Rahul P. Michael. Rahul provides information on racing tracks such as Dirt, Motocross, Mud, Tarmac, Drag, Circuit, Rally, etc. Racing lessons are given to enthusiasts with emphasis on rules and regulations on public roads and on respecting the sport. Enhancing their skills in a safe and controlled environment is also shown. The events convince the community and authorities that the rides on a track and road are different. The event also focused on physical health of a rider in motorsports. The level of output and mental discipline is another factor to be monitored. In many parameters, motorsports is equal to other sport and in some much more than that. Correct understanding of the sport can be derived only with more active participation.

The Instructor who provides basic knowledge provides the opportunity to ride in a secure atmosphere. Body Positioning,

Troll Management, Cornering lessons will follow. Once the classes are completed, the rider will be able to handle a motorcycle in a much better way. This eventually assists the rider on the roads too. In particular, throttle management and brake management will come in handy. After the training session, the trainer makes the riders try the techniques learned step by step. During training session, speed related aspects of riding is shown, such safe controlled speed and fast riding. Establishing set procedures to control the vehicle is taught. The riders learn the correct racing lines on a track. The participants will be monitored by the coach.

A theory class that follows explains the basic rules to follow on a race track and controls. The meaning of each racing flag is detailed in the session. Appropriate entering and existing of pits and pit lanes is taught. Information on how to make racing a career is also dealt with during the training session. Every step to make racing a career such as how to begin racing, where, when and what racing gear is to purchased, etc. is pointed out during the training session by Rahul P Michael. ■



EVs TO THE FORE

Recognizing that electric cars would dominate the automotive market in the future, many automakers are turning to electric vehicles. Major automakers, including Mercedes-Benz, have suggested that 'plug-in hybrid' cars are preferred in India. Electric vehicles may need to be charged in between when used for long-distance travel. Thus it is more convenient for the passengers to have a diesel or petrol engine as well. These vehicles use more electricity for operation and therefore fewer carbon emissions. It is undisputed that electric vehicles are more environmentally friendly. Moreover, it will last longer.

The world is undergoing a global epidemic but many major auto companies are preparing to launch their electric cars. There are many reasons for the current slowdown in the global auto market. These include declining credit availability, concerns about the arrival of electric vehicles, goods and services tax, and stagnant economic growth. Consumers who knew about the BS6 engines too early have been facing many crises since they postponed their decision to buy BS4 models. Most were expecting prices to decline. The situation was expected to improve in the upcoming months, but the pandemic hit a second wave. However, the manufacturers believe that

there is hope in the steps supported by the government.

Problems including rising fuel prices are increasing day by day but it should be assumed that the days of diesel vehicles are not over. Experts say they view a promising future ahead of them. Mercedes-Benz, BMW, and Audi represent the leading manufacturers of European standard diesel engines in India. They maintain good performance and low pollution. These BS6 compliant engines deliver an efficiency of up to 25%. Therefore, diesel vehicles will not disappear from the market. Operators like Ola and Uber and the facility to hire a vehicle do not seem to have affected the car mar-



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Leading brands are planning to launch many of the electric vehicle models available in the global market in India by 2022. Not all models will be launched in India as such, but there is hope. Depending on the situation, some specific editions may be brought to India by the leading manufacturers.

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ket. Many people in this category are interested in owning and driving a vehicle. Uber has been in the car rental sector before. If there was a decline in sales, renters would have increased. That did not happen. Therefore, the slowdown in sales is considered to be temporary.

Leading brands are planning to launch in India by 2022 many of the electric vehicle models available in the global market. Not all models will be launched in India as such, but there is hope. Depending on the situation, some specific editions may be brought to India by the leading manufacturers. High import duty is a major deterrent and it is currently extremely difficult to produce these in

India. It has been suggested that the introduction of electric vehicles in India is laborious as there is a possibility of restricting imports. The Indian auto market will move forward taking all these in to consideration.

India could see the launch of these electric cars by the end of 2021 or mid-2022.

Tesla Model 3

This will be Tesla's first electric car to be available in India. The brand will be headquartered in Mumbai, India. Production will be concentrated in Karnataka. The much-awaited car can travel up to 500 km on a single charge.

Tata Altroz EV

The Altroz EV was first unveiled at the 2019 Geneva Motor Show. The electric version of the hatchback is based on the Agile Lite Flexible Advanced (Alpha) technology. The car also features a lithium-ion battery with IP67 certification.

Mercedes Benz EQS

The first vehicle to hit the market in 2021 is listed on the official website of Mercedes-Benz. This is something that gives hope to those who want to purchase a luxurious electric car. The new Mercedes-Benz will be available in two models, the EQS 450+ and the EQS 580.



Mahindra eKUV100

Indian carmaker Mahindra has announced the price of its upcoming electric vehicle, the eKUV100, at the Auto Expo 2020. The car will be priced at Rs 8.25 lakh ex-showroom. The car has a power output of 53 bhp, 120 Nm of peak torque, and 40 kW of power. The car can cover a distance of 120 km on a single charge.

Volvo XC40 Recharge

Delivery of the Volvo XC40 recharge will start from October 2021. The car features 402 bhp and 660 Nm of peak torque. The car can reach a top speed of 0-100 kmph in 4.9 seconds.

Porsche Taycan

Those who want to buy a luxury electric car can buy Porsche's upcoming electric sports car. This super sports car can cover a distance of over 500 km on a single

recharge.

Nissan Leaf

Nissan India confirmed in 2019 that it will launch its successful electric hatchback Leaf in India this year. The second-generation model of the Leaf will be launched in India as the best-selling electric vehicle in the world. The Nissan Leaf has a 40 kW battery that offers a range of up to 400 km. Battery charging time is 8 to 16 hours. The Leaf additionally utilizes a fast-charging system that charges the battery to 80% in just 40 minutes. The premium Nissan Leaf in the electric vehicle segment will be priced at around Rs. 30-35 lakh.

Renault Zoe

French automaker plans to launch Renault's global electric hatchback Zoe in India at the Auto Expo. Renault will make the final decision on Zoe's

India launch only after consulting the show's participants. At the heart of the Zoe is a 90hp electric motor powered by a 41 kW battery. Zoe can travel in the range of 300-350 km on a full charge. Another highlight is the My Renault app on Zoe, which offers a lot of connectivity features. As a premium model, the Renault Zoe will be priced between Rs. 14 lakh and Rs. 16 lakh.

Audi e-Tron

Luxury carmaker Audi has confirmed that it will launch the E-Tron Sportback with the E-Tron in 2021. This is Audi's first electric car launch in India. The car is capable of traveling up to 452 km on a single charge. The car with a 95-kW battery pack can be fully charged in eight and a half hours using a standard charger.

Maruti Suzuki WagonR EV

Maruti Suzuki will launch the first WagonR based EV in India later this year. Maruti Suzuki is currently testing across India 50 EV prototypes based on the new generation WagonR available in the Japanese market. Although further details are not yet available, it is learned that the India-spec WagonR EV will have a range of 130 km and will support fast charging.

Let's plug in, charge and drive our way





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HANDLOOM INDUSTRY IN KERALA

It is noted that the royal families of Thiruvithamkoor, Kochi and Chirakkal invited weavers from the areas of Andhra Pradesh, Karnataka and Tamilnadu and encouraged them to settle down in Kerala. Communities such as Devanga Chettiyar and Padmasaliya were among those who settled in this manner. During the initial stages weaving was done in pit looms at their homes. Over time, Christian missionaries constructed factories for handloom weaving in Kerala. The advent of factories enhanced the visibility of Kerala's handloom industry across the world.

Handloom industry was the second largest employer in India after agriculture years ago. According to the central government, 200 lakh people were employed in the handloom sector in 2005. The unique handloom products of Kerala has captured attention globally. Balaramapuram in Thiruvananthapuram, Chennamangalam in Ernakulam, Kuthampully in Thrissur and parts of Palakkad, Kannur and Kasargod districts are major locations where handloom production is active. Kannur is the seventh-largest handloom industry in the country and has the highest number of workers in Kerala. Sophisticated customers were attracted to the

Kannur crape during 60s and 70s. Kannur ranks first in the quality and export of local handloom brand products such as shirts, saris, dhoti, bedsheets, furnishing, curtains, and towels. The kerchiefs produced by Kannur weavers are imported to Japan too.

The weavers from the handloom village of Pookode in Wayanad used to weave fabrics for temples and royal palaces during the 16th and 17th centuries. Sarees produced by Kasargod handloom weavers are influenced by the styles of Karnataka.

It was during the reign of His Highness Maharaja Balaramavarma, Saliya community were brought from Tamilnadu to produce fabrics. Using throw-shuttle pit looms, cotton fabrics with pure zeri are produced at Balaramapuram Kaithari. The age-old custom of producing designs with colored yarn retains its appeal even in this age when western fashion and garments are making strong inroads in to textiles.

Regionally, the handloom garments and designs had different names. Handloom cloth varieties



include Chuttikkara, Kachamuri, Kasavu, Kavani, Neryathu, Pattukkara, Pudava, Puliylakkara, Settu Mundu, and Veshti. During the annual festival of Onam, Onamundu or Onappudava was gifted to family members and other working staff. About 80% of handloom product sales happens during the Onam season.

The golden age of handloom industry is on the edge of losing its pride. Introduction of powerlooms has reduced the requirement of handloom industry. The handloom industry has so far survived through local cooperative societies. Several self-help groups and the government are taking efforts to continue the heritage of handloom industry. The free uniform scheme for school children implemented by the government could find the revival of the handloom sector in Kerala. New designs, using of alter-

nate resource materials, new printing techniques, etc., are experimented to maintain the interest on handlooms. State Department of Tourism has launched 'handloom village' projects across Kerala, as a part of Responsible Tourism initiatives.

Directorate of Handloom, Department of Industries and Commerce and the Department of Government Ayurveda College has launched the Ayurvastra project through which healthy fabrics are promoted. No synthetic chemicals are used and textiles are dyed using Ayurvedic herbs and plants, thereby creating eco-friendly wellness textiles. This concept is based on the Indian Vedic healthcare system.

The revival of handloom industry would be beneficial to a large section of society and it would also boost the economy of the State.


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The handloom industry is a place where efficient women can be found. The training was imparted to 190 unemployed women from different panchayaths before. They had been trained for three months with a stipend of Rs 4,000 per month. Those who completed the training were given free looms worth Rs 50,000.

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SPORTS AND GAMES – CURRENT AND FUTURE



A sunset scene at a beach. The sky is a warm, golden orange. In the foreground, the silhouettes of people are visible against the bright light. On the left, a person's arm is raised, reaching for a dark ball (likely a volleyball) that is suspended in the air. In the center, another person is standing in the shallow water, also in silhouette. In the background, several other people are scattered across the beach and in the water, some appearing to be playing or walking. The overall mood is peaceful and active.

Every sports enthusiast wants a return to the noise and cheers in the playgrounds and galleries. Despite extreme pandemic conditions, IPL managed to keep the excitement alive with the successful completion of the

Competitions. This has given much hope to other sports and games too. In the coming days, the sports sector could become more active. Before 2020, our sports sector had extreme energy and enthusiasm among athletes and sports fans who have strived for excellence. The long training break and the reduced maintenance of sports arenas has raised concerns on the return of outdoor sports activities.

Social distancing regulations and the psychological effects of lockdown has affected the competitive spirit and fitness quotient of those who had regularly engaged in sports training and maintained fitness. Unfavorable training conditions continue for those aiming to compete in future competitions. Athletes as well as those who make a living in sports-related segments are confused as to the future. Personalized sports training facilities are available to very few people. Absence of a coach and not having complete training equipments limit their training activities too. Those who depend on public or facilities away from home, there seems to be almost no way to train.

India's sports achievements are a great asset to us, since it attracts the young population to sports and could eventually lead to creating new achievers.



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“It is health which is real wealth, and not pieces of gold and silver.”

Mahatma Gandhi

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The new generation should be reminded of this quote in order for them to succeed in the field of sports. Youth should be guided to attain good health through practical ways in everyday life. Although there are chances of many youngsters being left behind due to lack of physical activity, the guidelines of the World Health Organization to overcome the current situation should be kept in mind while embarking on any sports-related or other activities.

Playgrounds play a significant part in the life of athletes. They assist in maintaining and boosting the athletes’ physical, social and emotional development. Hence a withdrawal from playgrounds will have long-lasting consequences for them physically and emotionally.

Young athletes require the presence of a coach and their normal sports training arenas to gauge their performance. Online portals on sports can give only an outline and general guidance. It is live performance and analysis which could give out the individual’s own strength and shortcomings. Online training could be an add-on feature; it cannot be the only training method.

Special webinars and online community interactions can be a guiding way to provide psychological support to athletes. Organizing such online programs is indeed required in the sports field, as it helps to connect players and coaches to some extent.

Long break in training sessions and



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The guidelines for precautions should be published separately. Pay special attention to athletes with fear and anxiety of the lost ground. If we want to see their return to the playground, we must ensure care and support to them step by taking special precautions.

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competitions could lead to high risk of injury when they return to sports after this prolonged break. Therefore, athletes will have to get back in to their training sessions on an gradual-mode once the lockdown is over. Recovering physical and athletic ability completely is required before they participate in competitions. Even now, sports competitions are organized in different parts of the world and many of these competitions are subject to strict regulations. The spectators' crowd gives external stimuli to the athletes. Performance of a player could be affected due to the lack of audience. Strict regulations on crowd management could be there for some more time. Hence, the participants should be quite aware of how different the arenas would be from their previous competitions. Sports competitions and tournaments without throaty screams and applauses from spectators might not feel like a perfect competition for some people. However, over the last few months it has been proved by many countries that competitions could be held even without live audience and achieves success. This should be seen, as in everything else in the world, sports too have changed.

Rules and regulations have to be published early. Special attention has to be given to athletes with regard to protecting them from the pandemic as well as providing the support required in the absence of a crowd.

Many national teams in India opted to conduct training sessions in camps and followed the protocols required. Some sports organizations are making temporary changes in the venue or changing methods of how the competitions are conducted. The entire IPL of 2020, which took place in UAE was a role model for this. The defensive security of the players, staff, and their families was successful at that time. Following the pandemic protocols, electronic badges were provided to the team, with which each person's contact information was easily

known. Bluetooth-enabled badges allowed easy monitoring of the players and identifying their contacts. A similar pattern could be used for other sports too. Until 2021 FIFA, the football organization has modified their substitute rule to implement five-substitute option. The ICC, the cricket giant, is also on the scene with new tactics that include a substitute method in cricket. The spitting habit of bowler's on cricket ball is banned. Though intermittent handshakes and hugs are also common on the field, these were also suggested to be avoided.

It is advisable to wear a mask at all times. While exercising, increased air circulation happens. Wearing a mask might obstruct breathing capacity, leading to fatigue and exhaustion. Therefore, exercise routines that do not put too much pressure on the lungs would be appropriate. Leaving out the mask while engaging in workouts at home and doing arduous tasks might be required for trainers and sports enthusiasts.

Athletes should be given the required resources to face the challenges ahead. Definitive measures should be taken to ensure their welfare. Apart from this, we need to identify talents and promote them to achieve great heights in the future. Sustaining and developing skillsets and competitive edges through innovative methods needs to be thought upon. That strategy is required to ensure there would be still be athletes and competition in future.

The current situation demands that the fitness and safety of players and competitors it to be given utmost care. All available opportunities should be considered to achieve this. Player welfare is required. However, this can only be achieved with the support of coaches, team officials and the program conductors. Hence, an all-encompassing system needs to be developed to conduct a successful competition overcoming the current situation.



HAIR TRANSPLANT TECHNIQUES OF THE NEW ERA

Have you noticed your hairline thinning lately? Or do you have bald patches on your head that once had thick hair? Hair loss is one of the most prevalent concern among men and women. It can be caused by several factors including stress, anxiety, and lack of proper haircare. Many are ready to do anything to get good hair. Hair transplant can be done after taking an informed decision based on survival capacity of follicles, effect on hair follicles and how the hair would look afterwards. Well-equipped and acknowledged hair care centers would be able to provide support on the same.

There are differences between Follicular Unit Transplant (FUT), Follicular Unit Extraction (FUE), and Direct Hair Implantation (DHI) methods. It can be seen that DHI is one step ahead of others in the process, quality, and effect of hair transplantation.

Hair transplantation is not just a beauty issue. Baldness is a major crisis that is undermining the confidence of many. The quest to overcome it is centuries old. There are remedies for hair loss and baldness in almost every treatment. But some of it were of partial benefit. Wigs and hair fixings were introduced to help cover baldness instantly. Over the last

few years, several hair fixing centers have come up across Kerala. The inconvenience of use and the difference in a natural feel, has kept changing the methods of treatment. Permanent solution of hair transplants is the new trend.

Many celebrities, including movie stars have gone in for hair transplants. This method could require surgery and can cost a bit more than conventional treatment methods. Most people have a lot of hair on the back of their heads. Hair transplantation is the process of removing hair from this area and growing it on the bald part. This process has been in vogue for almost half a century, but

recently has become simpler and more effective. Again, the suitability of hair transplant method varies from individual to individual.

Different treatments are available depending on the size and specificity of the baldness. There are a variety of treatments for baldness, from medication to PRP. Hair transplant is the only effective way in case they do not work. Once all the follicles in the bald area have been replaced, no further treatment may be required. Enough hair in the donor area at the back of the head is a must to get this treatment.

The transplant is done in several stages. The first step is to assess whether the number of hairs is appropriate for the patient's health. It is estimated that the head has an average of one lakh hair follicles. Once bald, there will be significant hair loss only on the back. These are permanent hairs that do not fall out normally. Since they are used for planting, they are less likely to fall off if done successfully. Normally there are about thirty thousand hairs on the back of the head alone. Up to 35% of it can be extracted for transplanting in the first stage. Again, if necessary, 25% more can be removed in the next sitting. A minor surgical procedure is performed here. Hair removal and transplantation can be done in several stages. The natural way of the subsequent growth of the hair is determined by the ability and artistic excellence of the doctor. It takes about three to four hours depending on the number of hairs being transplanted. The hair becomes more natural if it is placed at a particular angle according to the combing style of the person. The follicles can be stored at minus four degrees for two to three days after extraction, but it is best to transplant them within 10 hours to get the best results.

You can return home the same day after the transplant is completed. It is recommended to take antibiotics for up to three days to prevent infection. From the fourth day, you can do everything normally. Although an effective treatment, the cost is high. The cost depends on how much hair is being transplanted.

Another effective baldness treatment is Platelet-Rich Plasma (PRP) treatment. Any dermatologist can do this as an OP treatment. They take their blood and isolate its platelet-rich plasma and use it for this treatment. It is a treatment that brings more nutrients to the cells and regenerates them. PRP is effective in many other skin problems. PRP accelerates hair growth by stimulating hair follicle cells.

This treatment is effective for people up to the age of forty. The best results are seen if the treatment is started at the beginning of the baldness. Approximately 20 ml of blood is taken from the body of the patient. It is centrifugally divided into components with the help of blood bank systems. From it, the platelets extract a large amount of PRP. The scalp is then scratched with a special device called a dermolar. A cream is applied to relieve the pain. Local anesthesia can also be given to those who need. Shortening the length of the hair will make the treatment more convenient. Platelet-rich plasma can be sprayed or given as small injections into these light wounds. There will be antibiotics for three days. Head is not washed on the day of treatment. Experts state that the treatment should be repeated once in 3 months for about a year, until best hair growth can be seen.

A hair transplant is simply a method of growing healthy hair follicles from an area of the scalp that is resistant to baldness. The stage of collection of follicles and the stage of implantation are equally important. The main difference between FUT and FUE techniques is based on how the hair is collected. The earliest method was follicular unit transplantation (FUT). This was usually done by plastic surgeons. This is a procedure in which the scalp is cut into long strips (like a ribbon) from the back of the head and the hair follicle is removed and transplanted. The new form of this process is follicular unit extraction, also known as FUE. The main change in this method is that the hair follicles are collected from the back of the head. It has many advantages over the old FUT. FUT can cause long scars on the back of the head, which can lead to

hair growth. This mark will not change. However, in the FUE method, a certain number of hairs are carefully extracted into individual follicles.

The DHI Hair Transplant Technique is one that has been tried and tested many times and is of high quality. Taking the best approach at each stage of this process ensures the healing of the patients and gives a 100 percent natural look without scarring. DHI guarantees the best results because they have complete confidence in their technique. Answer to what makes the DHI technique superior is that the process is done by a DHI-certified doctor, not by technicians. The training and certification conducted through the London Hair Restoration Academy ensure their consistency and quality. While the survival rate of others is in the range of 50-90%, this one has a consistent survival rate of over 90%. This is a patented technique. This delicate hair transplant method has no scars or stitches. It is also safe to state that there is no trace of the transplant detectable and it is completely painless. Sometimes you can pursue your daily work the next day as there is enough time for care. Once the hair follicles are collected from the patient's body, they are stored in a special preservative solution (hypothermosol) of the type used for organ transplantation. DHI India is the only hair restoration clinic in India that uses hypothermosol for hair transplant, which is very important in determining hair survival rate. This maintains the survival rate of the hair up to 100%. Hair follicles are implanted using a special device called a DHI Implanter, which allows the specialist DHI doctor to control the direction, depth, and angle of the hair applied.

It is not surprising that one of the most searched terms on internet in India are "hair loss treatment" and "hair transplant surgery". As the demand for this service is increasing, there are many ventures across India, which promise you to restore your lost hairline. But an effective and safe solution and cost incurred for a hair transplant good long-lasting results does matter.

BACK LOBE



Tokyo Olympics has begun and on its way to successfully complete by August 8th.

UAE is set to host World Expo with the theme 'Connecting Minds, Creating the Future' from October 1st of this year. Millions of visitors are expected to attend Dubai Expo 2020, while millions of others would be attending the Virtual Expo.

Real estate is booming in Mauritius. Foreign direct investment and local visionaries are seen to be behind this.

A study authored by Zoe Muller of the University Of Bristol's School of Biological Sciences states that giraffes once perceived as humble creatures are not so. According to her they are intelligent, group-living mammals with a complex social system. Well, who knew? They were always looking down upon everyone.

There are 180 'Seed Guardians' across UK working with the Heritage Seed Library. Rare, endangered vegetable varieties are collected and saved by them to conserve and secure genetic resources for the future.

There has been a proposal by the US administration for a mass weapon sale enabling Taiwan to strengthen its self-defense capabilities to meet current and future threats.

Dolly Parton has launched her new fragrance line "Dolly -- Scent From Above," on July 28th 2021. The 75-year-old American singer/song writer also intends to release a book later this year.

In FY21, average retail applications in IPOs have doubled comparing FY20. There seems to be no reduction in retail investors' interest in IPOs.

Whaaat! Nothing about the last year and a half?

Nope.

Let's focus on the future. Change has been there forever, sometimes good. Change could happen to everyone and everything now or in future. It is our decision to stand still or keep moving. Watch out for the parameters that would ensure our and others' safety. Adapt to the advanced world. And live.

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