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HUES OF LIFE



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TOWARDS WOMEN**

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HUES OF LIFE

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editor's Desk

Dear Readers,

The 2022 International Women's Day is being celebrated with the theme "Gender Equality Today for a Sustainable Tomorrow". The path to a sustainable tomorrow can only be traversed through the paths of yesterday. It is skeptical not to realize that the world can only move forward on the idea of gender equality.

Today, the world celebrates Women's Day when the Ukrainian people, especially the mothers and children, suffer from the crisis caused by the Russian occupation. Needless to say, women are most affected by war, riots and murder. Even in this age where women's successful presence and leadership are evident in all walks of life, we hear stories of traumatic experiences that women face all over the world. Even the rulers cannot give a clear answer to the question of the relevance of observing only one day in a year for women when the remaining 364 days turn out to be giving them the pain of unrest.

The inequalities that exist in society today have increased and the existing social, economic and political disadvantages have been exacerbated. The only consolation is that the number of women who break the walls of superstition can breathe the fresh air of freedom and choose the workplace of their choice and lead a happy life is increasing. But the concept of a fearless woman still has a long way to go before it becomes a reality.

Happy reading
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VIBRANT SEASON OF SPRING

In fact, spring, which constantly conveys the important message of happiness and continuity, is nature's greatest gift to mankind and the entire universe. Therefore, spring is generally the favorite time of the year more than any other season of the year. Active festivals and celebrations are a testament to this love of spring. In the spring, which lasts for three months, everything around you looks so beautiful that the duration seems short or short-lived. To welcome the spring, you can hear the singing birds of nature singing sweet and beautiful music. Although the climate is neither too hot nor too cold, the air is generally hot. When spring arrives in foreign countries and you see the surrounding greenery, the whole area seems to be covered with green carpets. The plants and trees enjoy a new life here and create new flowers and leaves. In addition, the fully mature plants in the garden look beautiful everywhere.

Nature itself welcomes spring. When spring arrives



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Culture Shoppe exhibits a host of unique products that have been hand crafted by rural livelihood across the country. Support a way of life for the rural artisans and help us preserve our heritage and culture.

This exquisite handcrafted Nettur petti is a traditional Kerala Jewelry box celebrating one of the finest ancient artifacts of historical significance.

after a long winter silence, the birds begin to roam freely and begin to sing in their nests and in the sky. Whenever spring comes, the birds break the silence and describe nature with beautiful songs. Their actions make everyone happy and thank God for providing such a beautiful climate. As spring approaches, you can see what nature expects. This is often a pleasant experience for living beings. In addition, it is common in India for families to organize picnics and enjoy vacations during the holidays as children complete their annual exams at this time. You can find flower buds everywhere that are in full bloom, embracing nature with a smile and spreading the fragrance of romance all over the place.

People who have come out of bad winters are starting to do their job energetically. Therefore, spring is a climate that encourages people to do a lot of work without getting tired. Since a good day starts, everyone gets to work quickly from morning to evening and recognizes comfort and freshness. This season brings great joy to the farmers. They feel relieved and happy when they get new crops home as a result of long

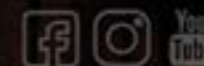
months of hard work. Spring begins in March according to the spring calendar. Green gardens, colorful flowers and beautiful scenery are the gifts of spring. However, spring can also adversely affect those who are not allergic to certain things due to pollen falling from the trees. To combat this, if there are any adverse reactions, this problem can be treated medically. Since the trees are not ready to be pollinated in early spring, there will be no such problems at that time.

After a dark and cold winter, the sun

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The reward of spring after a long and harsh winter awaits us with great flowers. The animals and their beautiful cubs look happy and vibrant.
”

shines on the spring and smiles. Instead of heavy jackets, you should have a light coat in your wardrobe. Spring is in the middle of two of the worst seasons, like hot summers and heavy winters. This is the reason why people are moving into new outdoor businesses and looking for great opportunities to wrap up in their favorite outfits and enjoy a beautiful evening. Enjoy long days and short nights this season. That’s why spring can be the best season to start a project or a hobby. You can also take advantage of this season to think about farming or nurturing art. If you want your home to look beautiful, spring can always keep your home the way you want it to be.

The reward of spring after a long and harsh winter awaits us with great flowers. The animals and their beautiful cubs look happy and vibrant. Even beautiful photos or videos of them are soothing to the eyes. Spring is irrelevant without refreshing winds. It illuminates the positive emotions so you can open the windows to allow warm air into the house and revitalize the spacious space. Let us also welcome spring, which is considered to be the transition period between winter and summer.



WOMEN IN INDIAN POLITICS

A new dimension to the role of women in politics has emerged around the world in recent times. More women are entering politics now than ever before. History has witnessed the political prowess of women over time. India has also seen such excellent and influential women political leaders. Although their political features and plans have often been praised and even more criticized, their contribution to the development of the country can never be ignored. Under British colonial rule, the majority of men and women in India did not have the right to vote. After independence in 1947, the Constitution gave women and men the right to vote. The number of women candidates contesting elections and the representation in state legislatures should be taken into account when evaluating the broad representation of women in politics. According to the World Economic Forum's annual Global Gender Gap Index, India has been ranked among the top 20 countries in the world for years. Minister of State for the UN General Assembly (Vijay Lakshmi Pandit), Prime Minister (Indira Gandhi), President (Pratibha Patil), Chief Minister (Sucheta Kripalani, Jayalalithaa, Uma Bharti, Mayawati, Vasundhara Raje, Sushma Swaraj, Sheila Dikshit, Anandiben Patel) – women



in India have been able to hold ranks and perform commendable service.

An overview of the place given to Indian women in the family and in society from Vedic times to the present is pertinent when analyzing the current political participation of women in India. Although the chronology of the social degradation faced by Indian women is many, women's movements in today's socio-political arena are quite visible. It can be seen that many housewives have worked to eradicate outdated evils in the field of social reform. The evils of child marriage, old age marriage and sati have disappeared. Reforms such as remarriage, widowhood, women's education, and overseas travel were

adopted in the community.

Reform movements before and after independence have helped women to gain some power in politics as well. Over the years, women have achieved an unprecedented political turning point with the introduction of reservation for women in local bodies through constitutional amendments in 1994 to address the low participation of women in government. However, women are still under-represented in the state legislatures and the country's parliament. Despite the many achievements, much remains to be done to enhance the political participation of women in India. The word political participation has a broader meaning.



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The involvement of women in political parties is related to the growing demand for equal rights. Women in India are the ones who deal effectively with the lower strata of society on issues related to social justice.
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It has to do not only with the right to vote but also with the decision making process, the active involvement of women in politics and the political consciousness of women.

The involvement of women in political parties is related to the growing demand for equal rights. Women in India are the ones who deal effectively with the lower strata of society on issues related to social justice. As the political party system in India has become more competitive, large political parties have formed women's sections within the parties with the aim of increasing their influence among women voters. However, women's representation and participation in high-level policy-making factors is still questionable.

The status and level of women's participation in politics in India today is largely shaped by cultural and social barriers in the form of violence, discrimination and illiteracy. One of the widespread propaganda by left-wing intellectuals is that Indian-ness has prevented women from working in the

public sphere. They are also accused of facing religious restrictions. The strongest interpretation in India is that women have not been able to come forward for so many reasons. It should also be noted here that the women's movement in Indian politics during the freedom struggle was not a tactic of reservation. But it was the intervention of patriarchy that prevented women from advancing in politics and other spheres after independence.

Today we see that even the most capable women who have reached out to various political movements are being undermined by the dictatorship of masculinity. A woman with her own opinion is often the target of the eyes of these male authorities. The easiest way to marginalize them is to assign them to a task that is not part of the organization's decision-making process.

This masculinity can even be seen in the candidacy for elections to the legislature. Most political parties have been adopting a policy of blocking the advance of women by giving them

unsuccessful seats. We hear a lot of criticism regarding the non-passage of the women's reservation bill. But what is needed to ensure the representation of women in the legislature is the will of the leadership. If the political parties had tried to increase the participation of women in the elections by giving them more representation in the elections instead of being part of the manifesto in the Women's Reservation Bill, their claims on the Women's Reservation Bill would have been dignified. The stand taken by 'Naam Tamilar Katchi' from Tamil Nadu on this issue is relevant here. It has become the first political party in India to field 50 per cent women candidates in 40 Lok Sabha seats in the 2019 Parliamentary elections and offer equal seats to men and women. In the 2021 Tamil Nadu Assembly elections, they followed the same 50:50 ratio and offered 117 seats to women out of a total of 234 Assembly constituencies. This example is a response to the vague reaction to the passage of the Women's Reservation Bill.

KEEPING THE BODY HYDRATED



Water, the basis of life, has magical properties that nothing else has. Experts say that you should drink at least two and a half liters of water daily to maintain beauty and health. You cannot live without water for more than two or three days. If we do not get water for more than two days, we will be poisoned by the wastes from our own body. Normally 60-70% of a person's body and 80-85% of brain cells are hydrated. When the body is dehydrated, stones start forming in the kidneys and bladder. In order for digestion and metabolism to function properly and for respiration to function properly, the body must also have adequate hydration. About 120 ml of water is released daily through the respiratory system alone.

Throat and mouth become dry when the body lacks water. Make it a habit to drink enough water before the mouth and throat become dry. The International Institute of Sports Medicine in the United States estimates that a person living in a normal cold climate should drink one ounce of water per kilogram of body weight. Accordingly, a person weighing 60 kg should drink 1.8 liters of water. Ours is a hot climate so we need to drink half a liter more water. When that happens, you need to drink about 2.3 liters of water daily.

Those who are overweight and obese should increase their water intake. Many people are skeptical about whether they should drink water before or after eating. There is a view in Ayurveda that if you drink water before a meal, you will lose weight, if you drink it with food, your body will remain the same and if you drink it after a meal, you will become fat. The reason is that drinking water before meals will reduce the amount of food. If you eat more, you will feel like drinking less water after that. Those who want to control their diet should drink a glass of water before meals. Most people naturally need to drink water with food. You can drink water whenever you feel like it.

One of the recommendations of many old folk health practices is to drink a glass of water as soon as you wake up in the morning. There is a similar method of hydrotherapy in Japan. It is important to cleanse your mouth and face and drink 650 ml of water immediately after waking up in the morning. Drink pure green water. Then breakfast should be served. Drink something 45 minutes after drinking water. Do not eat anything for 15 minutes after eating and then for two hours. Do not drink water. For those who are not able to drink 650 ml of water at a time in the beginning, it is enough to increase the dose a little and get into the habit of drinking this much water. It is believed that even a deadly disease can be cured by eating a proper diet. If this regimen continues for 30 days, the BP will decrease to normal. There may be doubts about the ability of hydrotherapy system to cure the disease. But research in Japan has shown that this method is very effective in maintaining a healthy body. This treatment has no other side effects or extra cost other than having to urinate a few times. Drinking should only be good water.

Mothers forbid their children from drinking water, saying that they will not eat anything if they drink water. This is not true. Children need a lot of water. It is better not to give salty and spicy foods. Children are more likely to lose water in the summer than adults. So they should be given enough fresh water. Children can take turns to drink water mixed with lemon or Indian sarsaparilla extract or honey.

It has been suggested that adequate hydration is essential for the proper functioning of digestive system. We have to drink water even if the food has to go down our throats. Hydration is essential for the proper functioning of the digestive system and for the body to absorb the digested nutrients. Adequate hydration of the body is essential for proper functioning of the intestines and proper functioning of the excretory system. Dehydration is the cause of many problems such as constipation,

acidity, heartburn and abdominal pain. Dehydration is one of the common causes of fatigue and tiredness. Dehydration may be the reason behind being off the mood for no particular reason. Often, such mood swings can lead to depression. So, when you feel tired and exhausted, drinking a glass of water can be all the more comforting. The body needs enough water to maintain the smoothness of the skin, to improve the function of the sweat glands, and to maintain a healthy layer of fat under the skin. Dehydration is one of the leading causes of skin problems like acne. Hair needs beauty and health but the habit of drinking enough water is essential.

Meanwhile, in 2007-2008, a few scientists came up with the argument that drinking too much water is not healthy. Scientists have argued that overwork can affect the kidneys, stomach and intestines, and that overwork can affect the health and longevity of the internal organs. Although widely debated, this argument has been rejected by the scientific community. The fact is that it is not easy to drink water that can endanger the internal organs. People who drink only water to lose weight and those who drink only water without having food are at risk due to many other health problems. This means that it is not easy to beat the kidneys by drinking water. No one gets sick with the habit of drinking too much water. Not drinking enough water is the cause of discomfort.

It is not advisable to drink too much cold water when the body is hot. Keralites generally prefer lukewarm water. Hot water is also available in some hotels. This is due to the precaution to drink hot water and avoid infection. It is better to drink water that is neither too hot nor too cold. Drink boiled water well chilled to avoid infection. In summer, it is better to boil water by adding dried ginger and coriander and drink after it cools. Cumin water is good in winter and rainy season. For people with high blood pressure, boiled water with punarnava is good.



ELECTRICAL WIRING FOR HOMES

Once the site and plan for the house are ready, the next step is to prepare the infrastructure for construction. These include water, electricity, and storage facilities. The work of electrifying a house begins while the roof is cast. If each light point is determined before the roof is cast, the pipes can be laid through the concrete accordingly during the casting. In the past, only pipes to the fan point were provided in this way, but today the circuit pipes are laid as concrete as possible. The length of the wire used can be minimized if the pipe is laid through the ceiling. Doing so can greatly reduce the cost, and now the LED light fixing casing can also be placed on the concrete of the roof itself, which is very useful if the ceiling in the house is not gypsum.

PVC pipes with a diameter of 20 mm to 25 mm should be used for wiring. The DB or Distribution Box is a centralized system that transmits power from the meter board to all the switchboards inside the power house via the protection device known as MCB. The main circuit is the wire that carries power from this to all the switchboards. The wiring should be a minimum of 1.5 square millimeters thick. If the wires for normal wiring are a power plug, the AC that requires a load of more than 2.5

square millimeters will be used. Such devices require 4 square millimeters of wire. Similarly, a minimum of 4 square meters should be set from meter to DB.

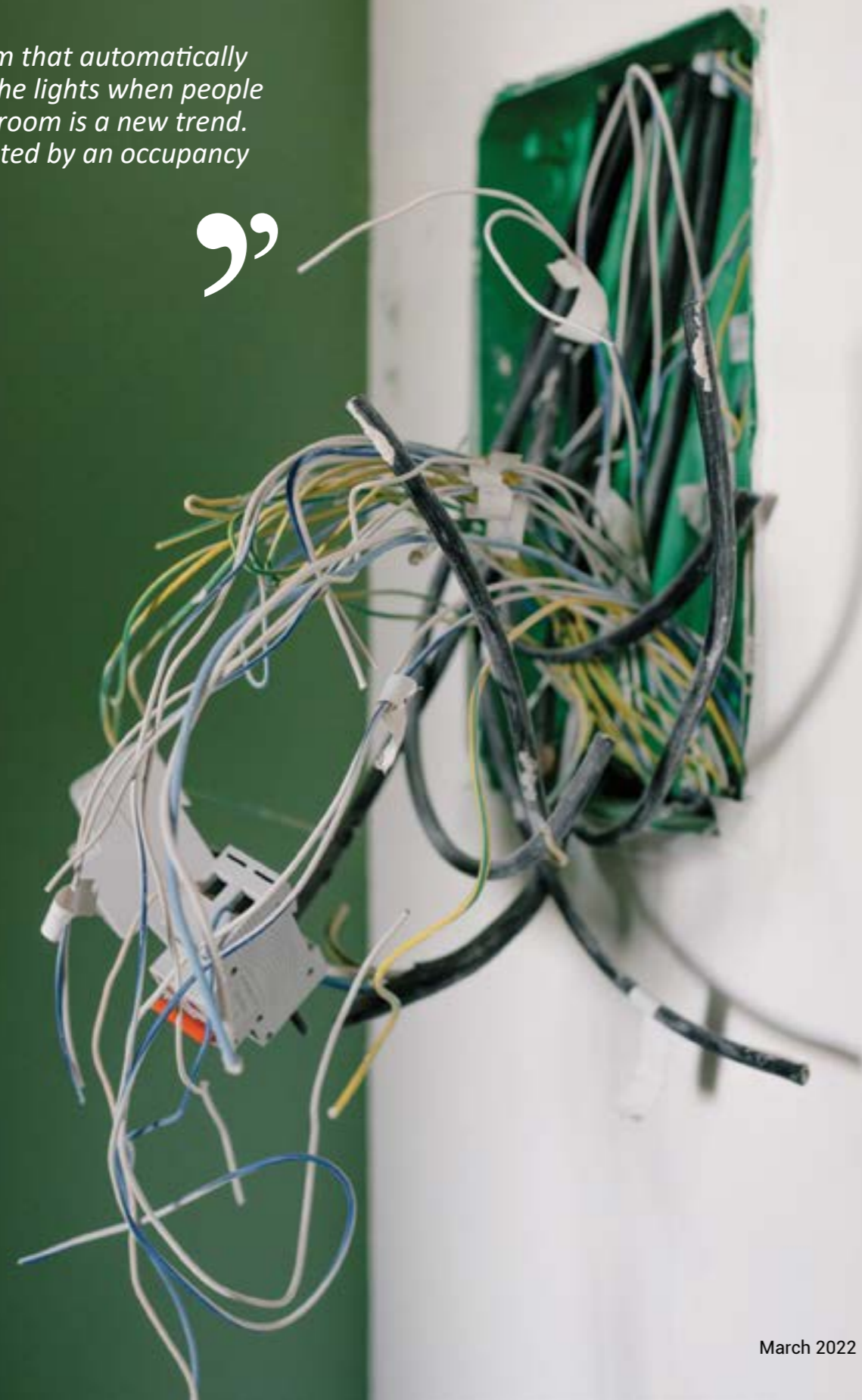
It is better to use ISI marked spun copper wire. Decide which switch you intend to purchase before starting the wiring. You need to buy switch boxes accordingly. It is always a good idea to buy switches that provide a replacement warranty for ISI marks. You must first determine which switch you are going to use. Then the box should fit. This is because there are a lot of differences between the products of many companies. So be sure to use the same company product. In the past, wooden switch boxes were used. Currently, PVC is used in addition to GI. If the salt content is high, it is best to use a PVC box.

Determining the light, plug, fan and power plug points in each room is an important step in wiring. Corner lamps and table lamps will look beautiful in the background light of the tube in the living room. Even a chandelier hanging in the middle of the roof will get good light. You can give at least three light points in the living room. Here you can place individual points for the fan and the plug. Relatively low light is sufficient in the dining room. Above the dining table can be a hanging lamp or a pendant lamp. Even the top light attached to the ceiling fan is enough. Two lights, a

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The system that automatically turns on the lights when people enter the room is a new trend. It is operated by an occupancy switch.

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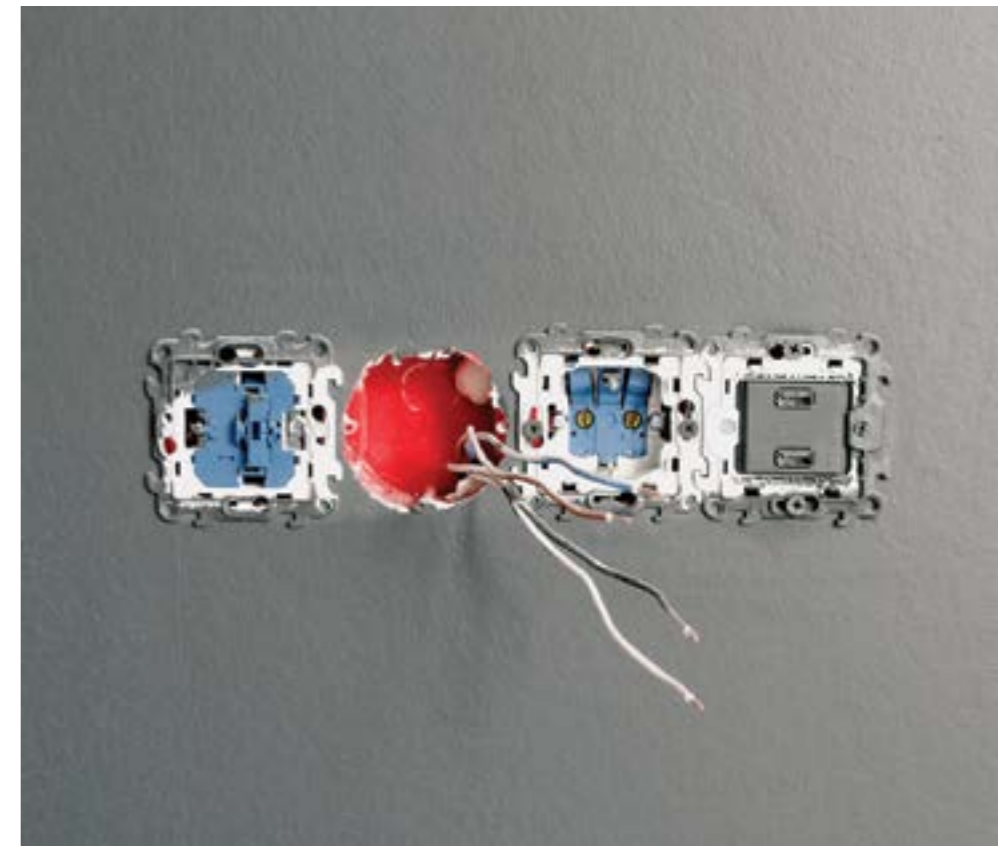


fan and a power plug point are good in the dining room. It is advisable to avoid intense lighting in the bedroom. Corner lamps and pendant lamps are fine. Kitchen wiring requires a little more attention. The kitchen should be well lit. Especially in the cooking area and in the dishwasher. No light is needed in the middle of the kitchen roof. Wall lights are good for letting light down. Two light points, one exhaust fan point and one power plug point can be placed here. Do not try to reduce the number of these power plugs to run the mixer, grinder, microwave oven and water cooler. The house should be well lit. Especially on the front. Halogen spotlights or top lights are best for this. Light fixtures can be used to beautify the lawn and garden. Light points should be on the pillars of the compound walls on both sides of the gate.

All plug points must be grounded. It is better to fit Earth leakage circuit breakers (ELCB) or RCCB to automatically disconnect household electricity in the event of an earth leak for any reason. When wiring starts, it is better to do the work by each section of the house. A miniature circuit breaker (MCB) should be placed in each section. In case of short circuit and overload, the MCB in the respective circuit will turn off automatically.

The system that automatically turns on the lights when people enter the room is a new trend. It is operated by an occupancy switch. This eliminates the need for unnecessary light in the room. Infrared sensor can be used for this purpose. It is often better to use branded products here.

The electrical scene is a place where more duplicates reign than the original. So the only thing that can be done is to buy goods by approaching authorized dealers. You need a determination of how many points you need in each room and what electrical equipment you need. To do this, select a person with at least 7 years of experience as a professional electrical consultant and then prepare an electrical plan and estimate. Then you need to contact



the electrical contractor. It is a good idea to buy well-known products when choosing switches and wires. Ask them to make an electrical estimate along with the electrical drawing, along with the material estimate and labor estimate, as well as the material schedule and the labor schedule. An electrical circuit breaker called ELCB must be installed on the electrical mains.

Earthing is mandatory at each plug point. It is always best to choose devices with a five star rating. Even a slight increase in price will not cause headaches in the long run. Here are some things to look for when selecting yours: In the first way, it connects the two ends of the bulb at the point between the two two-way switches, as the phase at one end and the neutral at the other end, and the two sides of the bulbs are connected in the centre point of the switches. This can save the wires but can also be dangerous. This is because even if the bulb is turned off, there will still be current flow at the point of the bulb. The bulb will be off when it is two phase to the bulb, and the fan, and other equipment will be damaged. The wiring may show shock while being repaired. Do not allow such wiring for any reason. In the second way, one end of the bulb is connected to the neutral, the other end to the point in the middle of one

switch, the centre point of the other switch on phase, and the two heads of the switches are connected to each other. This will not damage the goods. But the two way connection is on when all the switches are off. This increases the risk of shock when repairing wiring. Third, make a small change in the second way. That is, connect the two ends of one switch to the opposite end of the other switch. This is the right way. When all the switches are off, no power should come to any point. This should be taken into account when we award the wiring contract.

Use neutral wire black or blue when doing normal wiring except three phases. Use phase wire or main wire red, earth wire green and phase wire leading from switch to point yellow. In addition to the main switchboard and plug points with the RLCB, if there is a motor, you will find a place to mount the power meter in a temporary system that is made with the motor's starter. These systems can be mounted on a steel or wooden board or, if a temporary shed is built on the construction site, on its wall. Earthing must be provided in accordance with law. It is understood that electrical wiring is something that needs a lot of attention. However, there are many who do not make serious inquiries in this regard.



DEVELOPING MOTOR SKILLS IN CHILDREN

It is essential to nurture the overall motor skills of your kids while playing with them and engaging them in small tasks. Although we all use motor skills properly, children with dyspraxia, dysgraphia, and hypermobility problems need regular training for the right motor skills to write daily things, build, wear, and hold objects more easily. Let's get acquainted with some such simple games.

The first is the urge to take a lot out of using kitchen tongs. Teach your child how many toys, building bricks or beads you can pick up using just a pair of kitchen tongs. Simply, inexpensive sticker books can be purchased at bookstores and websites for supporting the best motor skills. The correct finger movements are the right way to practice motor skills by removing the skins of different sized stickers and pasting them on the books. Kids can also be trained with

buttons on a cupcake tin. Take a bowl with thirty types of buttons. Let them figure out for themselves how long it will take to get these into the holes in the cake tin. Sort by size, shape or colour to vary the game each time. It would keep them engaged as well as happy.

Provide a colouring book to show your child how to color shapes and hide

shapes completely in colour without going across borders. Putting together and coloring that picture is a great exercise for kids. Place children in a space where they can use different sized paint brushes to draw watercolors. It can be an outdoor patio or an outdoor garden. It plays a major role in the development of motor skills. In addition, the colored squares needed to make the

colorful collage can be provided with A4 paper sheets, scissors and glue. Cutting and pasting these small squares and overlapping them to create an image or create a pattern with no gaps between them is a good game. You can find out how many different print images they can make with ink on a piece of paper using just your fingers or thumb.

Unnecessary papers coming through the letter box can also be used for training. Turning them into balls of different sizes and aiming them into a waste paper basket or bowl also becomes a good game here. Decorating toys by combining eyes and feet by buttons, beads and other shapes help the little fingers to be creative. You can stimulate mobility by convincing your child through a small game that clothes can be found and worn in different ways. The clothes that have buttons, zips, hooks, loop fasteners, poppers, hooks and eye claps can be stored in a bag. Then make sure that the kids are dressed as fit as possible. The game can be reversed and all the clothes can be taken off and put back in the old place.

There are also games with pieces of dessert dough. Roll out six long pieces of this dough. Using a plastic knife and fork, cut out the dough into pieces and figure out how to create short length pieces. You can print free online dot-to-dot worksheets to help you train your child to hold and control a pencil. Learning numbers at the same time is an added benefit.

It is also possible with a few disposable cups to practice motor skills control. Let the children build a tower with it. Identify how tall this tower will get and how many cups can be used before it falls. Their study of what is the best way to stack cups to stay longer is an indication of the development of motor skills. Check how many paper clips can be put together to make a chain in a minute, and see if that chain can be stretched each time you play. Practice them to build shapes, patterns, or structures using small building bricks.

CHANGING PERCEPTION TOWARDS WOMEN

Maneesh T.M.

Another Women's Day has arrived with the message of women's empowerment. The feminine conceptions of society are changing. Until recently, time was a mystery to women about the existence of women in the contemporary world, time in the social and cultural environment. Feminism today has grown tremendously from a time when the time available for a woman to be considered her own was limited in the family and community. Nowadays, people start coming to the frontline from the kitchen, which has often become just a time zone for an average woman.



“ It is our mind that needs to change. Be it big or small regions, there is no shortage of news of violence against women. The category of harassment itself is diverse, ”



Today's woman has come to the forefront of her struggle through a patriarchal family system. In the past, a woman's contribution to society was often determined by her time. Society judged that the time she spends on herself is unnecessary self-sacrifice and the time she spends on others is her duty. Contemporary society recognizes the ability and competence of women. Modern women can benefit from society by ensuring her participation outside the home and in public. Women today are also able to break the innate misogyny of some who cannot keep up with the times.

The feminine voice of this age cries out to the world that it is not tired, that it cannot be tired, that it will rise again and that it will be reborn to reach the sky. In this age of change, the role of women is huge in many parts of the world. However, a question is very important here. Did the woman get freedom? If the answer is no, then efforts are being made to make corrections. Many are trying to convey that women's society is now going through great crises and that the problems and crises they face in this modern age are not insignificant.

What the female-born has achieved more in society is also a big question among critics. There is another side to this question as to what man cannot achieve. But there is a growing generation that recognizes the fact that women are socially and professionally at the forefront in many fields and that she is now reaching many heights. The questions can be many. But the answer must be one. She is safe and free. This is what every woman wants to hear. There are questions not only about the news in many newspapers but also about what rights women really have in this society. This society is trying to shed tears in one way or another by giving the false image of a woman who was and still is in tears.

It is our mind that needs to change. Be it big or small regions, there is no shortage of news of violence against women. The category of harassment itself is diverse, including violence against women, domestic violence, and



sexual harassment. The hope of the new world is in the youth who remembers that she is the offspring of our country. Modern generation does not say that women have to stay indoors at night. Those who say that women who go out at night are worse, do not even try to protect the woman. Critics walk around looking at whether she is chatting with her boyfriend, whether she is kissing, or whether she is holding the hand of a friend. The modern woman is succeeding in subverting such common sense. If it is the duty of men to uphold women in the eyes of society, then women's advancement is possible.

We celebrate Women's Day only once a year. But on every Women's Day, many people only talk about violence and atrocities against women. Her virtues and joys should not be limited to mere words. This is a day to celebrate from nursery class children to seniors. Today's male society would probably frown if it was said that there was a society in this world that worshiped women as mothers. However, if the woman is attacked, the man is always the culprit. It is not yet understood what drives him to look at a woman only lustfully.

No woman should be ashamed to be born a girl. The problem is in the mind

of the one who says that she is 'just a girl'. The basic fact to consider when dealing with any gender issue is that there is no difference between men and women except for the natural gender. It is on the basis of this principle that the Constitution declares equal opportunity for men and women as a fundamental right. Article 39 of the Constitution states that the government of the country should include in its policy formulation as a principle the guarantee of equal access to livelihood for men and women.

Woman is not a product to use and throw, but a self-consciousness that extends to the causes of the creation of the universe. In everyday life she is a human being capable of performing many things at once. Such talented women will always be born in this land of India. Coming into the public sphere, they will awaken and elevate themselves in the social sphere by working as equally as men. The cheap attitude of masculinity that hinders it is pulling back not only the progress of women but also the progress of this society. Only women can filter out the toxins of ideologies that later blended into the culture of this country and tarnished its identity.

BE ECO-FRIENDLY WITH PAPER BAGS

If you are a person who is generous with the environment, it is not too late to switch to paper bags. Although it is our habit to wrap each piece of food in an airtight plastic cover, it should never be confined to plastic. Plastic bags can cause environmental damage, including increasing the level of air pollution. Plastic bags play a vital role in our natural habitat and in the deaths of many birds and animals. The fact that these are non-reproducible and require ultraviolet rays to destroy them has adverse effects on the environment. On the other hand, paper bags are a lot more eco-friendly and recyclable. Paper bags are always important as they are biodegradable and do not pose a threat to living organisms.

Paper bags were born in the mid-eighteenth century, to be precise, in 1852. Despite the competition from plastic bags, paper bags have gone a long way since some manufacturers began to develop more rigid and resistant, durable paper bags. These continue to be a popular bagging item today. Box-shaped paper bags in general allow it to stand upright and enables to carry more than one item at a time. Although not easily found everywhere, paper bags continue to be a popular choice for shopping and food packaging due to their increased durability and eco-friendly nature. Paper bags are usually made from wood or recycled natural resources. So, these bags can also be made into a new paper like newspapers, magazines or books. These can be reused and sent to a paper mill and recycled into new paper. Waste

papers are also biodegradable and are easily destroyed and do not accumulate in landfills. In fact, paper bags require less energy to recycle than plastic.

Another feature is that it can be purchased at a very low price, especially if purchased in bulk. The fact that you can use paper bags to carry everyday items is proof of their practicality. The reason most people these days prefer to abandon plastic bags and use paper bags is because they are often the status symbol that is displayed. Paper bags can emboss and enhance beauty. Research shows that paper bags contain at least 35% recycled material, so paper bags are widely used to distribute over-the-counter products in malls and exhibitions. Due to the competitive price, corporates use paper bags for promotions, seminars, product packaging and branding purposes. When a product is properly packaged with premium quality paper bags, it can attract more customers.

Paper bags are much safer compared to plastic bags. For example, if a child accidentally puts a paper bag on his head like plastic bags, he is less likely to suffocate. Paper bags have also become a fad in the market due to the time and effort that brands spend on designing attractive paper bags for their wares. The company gains free advertising and recognition through customers by using attractive paper bags that advertise a brand. Many eco-friendly benefits are also offered to those who use paper bags.



ACCESSORIZING THE MEN

We are familiar with the accessories that women regularly use. However, questions related to men's accessories are often not answered correctly. In the past, accessories were a luxury that not all men could afford. It's not too late but men's accessories are now available at more affordable prices. Along with precious watches and diamond-studded gold bracelets, relatively inexpensive, gold-plated natural stone bracelets can also be found in this range. In fact, the new trend is that men's style is not the most expensive dress or the biggest diamond in the ring. On the contrary, he tries to differentiate himself from the crowd by wearing clothes from a brand he has not heard much about. It is considered trendy to pay as little as possible for a high quality product. Men's accessories are small add-ons for clothing. These can be used to personalize a man's style and reflect personal feelings. They can add warmth to the look of the wearer. On the other hand, when worn incorrectly, accessories can ruin the whole dress code. This is a rare occurrence but needs attention.

Jewelry worn by a man is usually personal jewelry made of precious metal or stone. Men generally use jewelry to express their social status or personality through different types, styles and shapes. There are three sub-categories like bracelets, rings and necklaces that can be worn all at once or separately. The bracelet is one of the most important men's jewelry accessories today. These are increasingly sexy accessories in any style,



casual or formal. These can significantly enhance your style and bring in the slightest improvement and personality needed to complete the dress code. There are a large variety of bracelets to choose from, with bead bracelets being one of the most common styles along with solid metal and chain bracelets. Not all men who like to wear a bracelet are interested in wearing a ring. Many men believe that the only ring a man should wear is a wedding ring. Fortunately, men began to recognize the potential of rings as fashion accessories. Men's fashion rings will be a more common look in the future. Today, ubiquitous necklaces are usually given to men as birthday presents or as a token of affection for others they love. One of the most commonly used combinations for men is a gold or silver necklace with an appealing pendant hanging from it. A solid chain necklace without a pendant is also widely popular among men today. The watch is always at the forefront of men's accessories. Of these, analog watches are generally considered to be the cheapest watches in the accessory range. The watch is powered by a

standard battery. Analog watches require very little maintenance other than battery replacement. Analog watches are often a favorite of many men because of their elegant and precise working style. Instead of the traditional display, smart watches include digital watches that display time from a modern digital screen. It has spread to major smartphones and mobile operating system brands globally. It's a modern day accessory for men's accessories. Sunglasses are pleasing to the eye in summer. It is during these times that men's sunglasses become one of the most common accessories. Not everyone enjoys wearing sunglasses. But when you find a pair that feels right for you, the feeling is indescribable. Round sunglasses are a super hit in the current fashion industry. The circular shape is at the forefront of the growth of sunglasses. They give a flawless photogenic look regardless of the shape of your face. Vintage sunglasses have long been a topic of discussion in the fashion world. With the growth of social media, the popularity of vintage sunglasses has increased. Many of the

places most visited on exciting trips have beautiful beaches, clear water, and sunny weather. Beach sunglasses are one of the most popular items in a traveler's backpack when visiting places like this. In fact, most people who enjoy a warm vacation will have a pair of beach sunglasses. Classic sunglasses are available in all price ranges. The wafer look is considered to be one of the most affordable styles of pilot and club master sunglasses. Wallets are a useful accessory for anyone holding any form of currency. However, wallets are no longer as useful as they were a decade ago, as most of the money available is in electronic form. Credit and debit cards, along with personal ID cards, are the most common combination of items in any wallet. Now let's get to the belts. Belts are an everyday accessory for men who do a variety of tasks. Although belts are designed to elevate your pants, belts are commonly used as a fashion statement in rap culture. The styling of a casual suit can often be realized with suit accessories.

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ADVENTURE TOURISM - KNOW YOUR LIMITS



As travelers seek new and different experiences, the popularity of adventure tourism is on the rise. It is a tourism activity that involves physical activities, cultural exchange or activities in nature. While scuba diving with sharks is not mandatory to become an adventurous tourist, it is essential to understand what this area is all about. The goal of adventure tourism is to connect with a new culture or landscape and become physically active at the same time. It's not dangerous or crossing your boundaries. In fact, it is important to know your limits and respect them when you are in an unfamiliar area.

Mountain Climbing is a perfect example of adventure tourism. It combines physical activity and allows one to embrace the beauty of nature. Even if you have never climbed a mountain in your life, you can still climb a rock wall with the help of a guide. Be sure to check the safety records and accreditations of your rock climbing guide before leaving. Some cities even have rock climbing gyms so you can easily access some adventure sports. However, do not create opportunities to jump into trouble in the name of adventure tourism without a clear understanding. Even a day trip can be turned into an adventure trip. Getting out on the strength of your own feet and experiencing the beauty of a new area is always a great option. Hiking allows you to slow down and enjoy more of the surroundings. Day hikes are a great option for anyone who loves outdoor experiences.

More adventurous, with the right equipment, you can extend your day trip to a backpacking trip. Backpacking allows you to spend more time in nature and see more things than you would on a typical day trip. It is important here to have the right knowledge and systems of survival. If you have not backpacked before, make sure to go with someone who understands proper backpacking techniques. Now, if you want to fly through the trees and experience nature from another angle, you can try zip lining. Zip lines and canopy tours are a great way to quickly explore a new area. You see everything from another angle. Some canopy tours will also help you get acquainted with the local wildlife.

Most people think of skydiving or bungee jumping when they hear about free fall. Although they are practical adventure tourism activities, they are not suitable for everyone. Quickflight and Flight Line are designed to provide a low-risk free fall experience. You can find these tools at rope courses, adventure parks and other facilities around the world. Flowing through a cold river on a hot summer day is a great way to explore a new area. You can sit on the quiet side of the river and enjoy the view. Rafting usually depends on the area where you live and the level of adventure you want. Freefall and rafting are booming in India. Mountain biking is a great option when it comes to exciting physical activities that allow for adventurous exploration. It offers a great workout and a fun way to enjoy nature. New to mountain biking but no worries. In many places, there are trails for beginners.

The Ministry of Tourism has issued guidelines for adventure



tourism in the country with the aim of making adventure tourism safer and of better quality. The move comes against the backdrop of the growth of adventure tourism in the country and the increase in number of tourists. This is the first time that the Union Ministry of Tourism has issued guidelines for adventure tourism. Fifteen land-based adventure sports, including mountaineering, trekking, bungee jumping and cycling tours, as well as seven water sports, including paragliding, skydiving, paramotoring, and seven water sports, including kayaking and river rafting – separate guidelines for each of these are included in the document. It is essential to develop the habit of understanding rules and obeying them. Adventure tourism in the country is currently experiencing tremendous growth and is playing an important role in economic growth. The number of foreign tourists has also increased.



SAMOSA – FUSIONS MAKE IT MORE DELICIOUS

Samosa is a dish that has earned its place in the Indian snack series. Like the history of any other snack, it has the story of surviving the times. It even has its own way of eating samosas that are prepared in different ways with different ingredients. You can forget about half the fatigue just by looking at the Indian samosa placed on the plates with the dipping sauce. Our favorite is the samosa, which is served hot with all its glory, accompanied by chutney. Indian samosa is one of the most recognizable and widely available food. However, the samosa that arrived in India, which is considered its homeland in modern times through the Middle East, also has an incredibly rich and varied history.

Some references to early forms of what we now call samosas can be found in ninth-century Persian texts. Documents from around the Arab world between the tenth and thirteenth centuries also mention it. However, the recipe for today's samosa and its predecessor is very similar. Ingredients such as oil, salt, butter, and hot water are similar and the methods of kneading the dough are similar but it is a simple dish that is known by many names in many places. Our samosa first appeared historically on Indian soil in the 1300s. This dish was traded by Central Asian traders and merchants from all over the Muslim world and eventually found its way to the Indian subcontinent under the name of Samsa. It is known for the shape of the pyramids in the Middle East. They were also known as samosas with meat, ghee and onions. From India, samosas spread across many cultures and traveled to northern and eastern Africa, the Mediterranean, Southeast Asia, and Polynesia. Over the centuries the recipes have changed and each region has added samosas to their simple traditional styles. Returning to India as

new varieties of samosas, the samosa was already being transformed from region to region. This is the story behind the introduction of the diverse but ever-popular samosa that we all know and love today.

Today, Indian samosas are a versatile dish. Although the shape and filling are similar, there are slight variations in the method of preparation and ingredients, depending on the region. Hence the word samosa is used in modern times not only as a food item but also to refer to the whole family of pastries it contains. For example, in the Middle East they are still called samsa. Its crust is crispy and thick. In addition, the fillings are traditionally minced meat with onions. It was in India that the deep-fried triangular shapes were first spiced into samosas and potatoes were added inside. Coriander, pepper, green peas and other important dishes that we enjoy today have been introduced throughout the Indian subcontinent through hundreds of years of culinary exploration. So, while samosas may first be referred to as pastries, there are many definitions today for what type of samosa you eat.

In Western samosas, green chillies are often used for heat and flavor. But it was not even available in a single dish until the spicy pepper reached the world through the Portuguese traders who discovered the New World. Paneer samosa is a samosa in the Punjab region. The Moroccans introduced the piece, which later became popular in samosa filling. At the same time, in Israel and surrounding areas, peas were used instead of potatoes. This incredible variety is a testament to the enduring simplicity and flavor of the samosa. This dish actually stood the test of time and could be recreated at home with changes from time to time.

In India, no one would disagree that chai-samosa is a favorite pair of all time. It is the leading combo in the food taste of the country. The Indian people have shared many fond nostalgic memories with this samosa on a cultural level, whether after lunch or late at night. In fact, the rainy season demand for samosas has always outpaced other sweets. How interesting it is to see family members, neighbors, and peers comforting themselves with samosas and tea. Samosa is no ordinary dish. But it is also one of the most sought after snacks in the world. Throughout the centuries of reconstruction, samosas have become a palatable delicacy for kings, a calorie-dense snack for travelers and merchants, and an exotic novelty for people around the world. Today, dozens of rolls of samosas roam the streets. The size, recipe and filling allow the samosa to make up the lion's share of a day's food. Depending on how it is prepared, the samosa can be called a snack, entry food or even a complete dinner. So, there are even those who include samosas in their daily diet plan.

It is a joy to have the vibrant and delicious crust and rich moisturizing inner layer without distractions. Some people may worry that frying oil is unhealthy — it depends on the oil used for frying. But baking samosas instead of frying is a good way to avoid this confusion. Hope you enjoyed the trip to the history of samosas. For more than a thousand years, from origin to travel around the world, samosas have transformed themselves and transformed the people who eat them. Interestingly, its diverse influences bear witness to its undisputed popularity. Whether on the mainland of India, on the shores of the US or in the British lands, this golden-brown beauty has captivated people.

TREKKING TO MYSTERY LANDS

Agasthyarkoodam, also known as Agasthyamalai is the second highest peak in the Western Ghats, situated at an elevation of 1890 m above sea level in the south-eastern corner of Nedumangad Taluk, Thiruvananthapuram district in the southern tip of Kerala. The Government of India has declared the Agasthyarkooda Forest Reserve as a Biosphere Reserve due to its ecological importance and its rich flora and fauna. The area is also a

UNESCO World Heritage Site. The rivers Neyyar, Karamanayar, Vamanapuram river, Kuzhithurayar and Thamraparani originate from these hills which the Tamils call 'Pothigai Malai'. Formed on November 12, 2001, the Agasthyamalai Biosphere Reserve includes the Peppara and Neyyar Wildlife Sanctuaries in Thiruvananthapuram district, as well as the forest divisions of Shenduruny, Achankovil, Thenmala, Konni and Punalur, as well as forest areas in the Kanyakumari and Tirunelveli districts. Covering an area of 1828 sq km, its core area is 225 sq km.

In the Ramayana, this branch is believed to be the mountain peak of Mount Agasthya, which belongs to Kalanjaragiri. According to Valmiki Ramayana Kishkindhakanda, Sugriva instructed the vanaras to go to this southern peak to seek the blessings of Sage Agasthya as he is one of

the Saptarshis in Hindu mythology. It is also a place of pilgrimage as it has a dedication of Agasthya at a height of 6129 feet. There are legends associated with Agastya Muni by the aboriginal people of kanikkar tribe living in the valleys of Agastyamalai. They believe that the Malayarayas, who are said to have lived in the mountains of the Kalanjaragiri and Mahendragiri, are their ancestors.

The name Agasthyarkoodam is mentioned in the 10th century book Veerasozhiyam written by Buddhmitra. The work begins by praising the Bodhisattva sitting on Agasthyamalai. It is in this the name Agasthyarkoodam was first mentioned in history. The name Agasthyarkoodam is derived from the legend that the mountain was associated with Agasthyar. It is now disputed that there was an idol and worship. It is said that Agasthyarkoodam was a Buddhist pilgrimage and that the adivasis did not have any current rituals, including idolatry and there was no idolatry in the tribal culture of the kanikkar tribe. Theirs were the floors (aalthara) and the daivappuras (Thekkathu). There are such floors and so on in many places and there are no deities in it. The idol reached the Agasthyarkoodam with the stone of Sage Agasthya, enshrined by Vishnu Devananda Saraswati Swami, popularly known as the 'Parakkum Swamikal' of the Neyyar Ashram. It has a history of less than half a century. After the dedication of the idol, there was a later period of worship and pooja. It was only a few years ago women were allowed to enter the place. The reasons given for denying women entry to Agasthyarkoodam are now said to be matters of worship and beliefs.

Historians also say that the current form of idolatry and its associated worship began in recent times. Agasthyarkoodam is a name derived from the rise of Brahmanism in the ninth century. There is no name for Agasthyarkooda or Agastyamala in any of the Sangam songs. Instead, it is referred to as Pothigai malai. The second part of Silappathikaram, Manimekalai deals with the mountain (Agasthyarkoodam)

and the Buddhist monks at its base. The history of the Agasthyarkoodam and the Buddhist-Tamil relations, which date back to Tibet and Sri Lanka, is extensive. Trekking to Agasthyarkoodam is not like going to Sabarimala or any other mountain. Going to Agasthyarkoodam usually takes place around the middle of the month of Makara. The reason is that in those days it was customary for vaidyas to go there. Doctors come to Agasthyarkoodam because of the readiness of mineral wax, one of the rare medicinal plants in Ayurveda. These vaidyas were guided by the local adivasis and there was no place of worship or pilgrimage here.

Many small and large mountains and high peaks are found in this region. Some of them are Kalamala, Tindimala, Ariyell, Venkulathkar, Kavalavam, Nooratudiyar, Chemmunchimotta, Vattakar, Kalliparamotta, Anchukunnumala, Kaduvakallu, Kalakallu, Athadimala, Pullu Vettumpara and Kathirumudikar. As being the place of outlets and tributaries of big rivers like Neyyar, Vamanapuram river, Kuzhithurayar, Thamraparni, Agasthyamalai is home to a variety of forest species that will amaze any forest explorer. The most important of these are tropical evergreen forests, tropical semi-evergreen forests, moist deciduous forests, tropical forests, mountainous and temperate savannahs, mountainous wet grasslands and mountainous temperate forests. Due to the rich variety of forest species, these forests are also rich in flora and fauna. Agasthya forests are also at the forefront in terms of livestock. More than eighty mammal species are found here, including elephants, bears, tigers, leopards, deer, wild buffaloes, pangolins, mountain goats, foxes, Nilgiri Langurs, Indian giant squirrels and civets. The Agasthyamalai is home to endangered species of birds and rare reptiles. Many rare medicinal plants, orchids and pansies can be found in the Agasthyarkooda forest. It has been suggested that the Kallana or Thumbiiana, similar to the pygmy elephants (dwarf elephants) found in Malaysia and Borneo, might be present in the Agasthyarkooda Mountains.

Agasthyarkoodam Trekking is a dream come true for adventure seekers. There is no other trekking in Kerala that is so famous and mysterious. What keeps it a mystery is that the trip is only allowed on very few days of a year and the hidden sights and legends of Agasthyarkoodam adds to the mystery. Every year the trekking starts on Makaravilakku and ends on Shivratri. Trekking starts from the Bonacaud Forest Range. Advance passes can be obtained with the permission of the Forest Department. During the trek through the forest path, there is a high risk of wildlife attack. All responsibility for the journey rests solely with the passenger. This is what the affidavit is signed. Neither the Forest Department nor the Eco Development Committee will be liable for any damages incurred during the adventure. As Agasthyarkoodam trekking is very difficult in the jungles, only those with good physical fitness are allowed to go trekking. No one under the age of 14 will be allowed. Women are not given special consideration. As it is a forest area, it is less likely to get range on a mobile phone. The distance to the top of Agasthyarkoodam is about 24 km. The trek starts on the first day in the morning and reaches the base camp Athirumala in the afternoon. This distance is about 16 km. People can stay there that day and go to the top of Agasthyarkoodam the next morning. This is essentially difficult trekking. Most of the eight kilometers are steep climbs.

Pechippara Dam, Neyyar Dam, IISER in Vithura and Peppara Dam can be seen from the top of Agasthyamalai. As one reaches the top by 12 p.m., the return from Athirumala should be by 2 p.m. Otherwise you will have to stay in the base camp for another night. For the convenience of visitors, canteens at Bonacaud and Athirumala will be open 24 hours a day under the leadership of the Eco Development Committee under the Forest Department. Before trekking, it is a good idea to buy snacks from Bonacaud and take it with you. In Athirumala, the price of food is a bit high.

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2022 – SEEING A REVIVAL OF MALAYALAM FILM INDUSTRY

The year 2022 is the year of cinema. In the early days of 2021, Vijay starrer 'Master' was making a comeback in the theaters. A year later, the film scenario is becoming more active. Many films are gearing up for release in 2022. More than a dozen films have been prepared for release in the first two months of the New Year. The fact that the vast majority of films are highly anticipated is also a feature of the new-year. The best films from other languages are about to be released. The first releases started on January 7 in the New Year.

Among the films that have been released, Super Saranya is the most notable. It was a satirical comedy movie directed by Girish A.D. Arjun

Asokan, Anaswara Rajan, and Mamitha Baiju played the lead roles in Super Saranya. The film was released on January 7. Meppadiyan was the next movie in which Unni Mukundan played the role of a countryman named Jayakrishnan after a hiatus. The film was produced by Unni Mukundan under the banner of Unni Mukundan Films and directed by newcomer Vishnu Mohan. Director Vishnu Mohan has penned the script for the film. Released on January 16th, Meppadiyan received a mixed response. On the same day, Dhyana Srinivasan starrer Satyam Mathrame Bodhippikku was released. Directed by Sagar Hari, the film had Dhyana Srinivasan, Johnny Antony, Sreejith Ravi and Ambika in the lead roles.

Hridayam, a romantic film directed by Vineeth Sreenivasan, and starring Pranav Mohanlal and Kalyani Priyadarshan in the lead roles, hit the theaters on January 21. The film, which received positive reactions everywhere, was well received by the people on both theatres as well as OTT platforms. Bhoothakaalam, which was released on the same day, was later seen as one of the most iconic horror films in Malayalam. Directed by Rahul Sadasivan and starring Shane Nigam and Revathi in the lead roles, the film has received rave reviews. Bro Daddy was the first Mohanlal movie of 2022 streamed on Disney Plus Hotstar on January 26th.

Directed by Prithviraj Sukumaran, the film had Mohanlal, Meena, Prithviraj and Kalyani Priyadarshan in the lead roles. Thirimali, directed by Rajeev Shetty and released on January 27, also focuses on humor. The film, which was streamed on Amazon Prime, starred Bibin George, Johnny Antony, Dharmajan, and Anna Rajan.

Karnan Napoleon Bhagat Singh, directed by Sarath G Mohan, was released on February 4, starring Dheeraj Benny, Adhya Prasad, Indrans and Joy Mathew. Archana 31 Not Out, directed by new comer Akhil Anil Kumar, came out on February 11 with a mixed response.



Karnan Napoleon Bhagat Singh, directed by Sarath G Mohan, was released on February 4, starring Dheeraj Benny, Adhya Prasad, Indrans and Joy Mathew. Archana 31 Not Out, directed by new comer Akhil Anil Kumar, came out on February 11 with a mixed response.



Aishwarya Lakshmi's performance as the central character Archana was excellent. Kallan D'Souza, directed by Jithu K. Jayan and starring Saubin Shahir and Dileesh Pothan in the lead roles, also reached the audience. The anthology film Freedom Fight, by the craftsmanship of different directors, also received rave reviews on Sony Live on the same day of streaming. Aarattu was Mohanlal's second movie in 2022, directed by B. Unnikrishnan. It was released on February 18, gaining mixed reviews. Three films were released on February 25. Written and directed by newcomer Sarath, Veyil starring Shane Nigam, Shine Tom Chacko, Sreerekha and Sona Olickal in the lead roles. Another one is Member Rameshan 9am Ward starring Arjun Asokan, and finally, Upachaarapoorvam Gunda Jayan starring Saiju Kurup, Shabareesh Verma, and Siju Wilson in lead roles under the direction of Arun Vaiga. This is Saiju Kurup's 100th film.

The trend seems to be continuing to produce theme-oriented films, which indeed is a boon for the audience.

BACK LOBE



Stanford Center on Longevity's director Laura L. Carstensen says, 'If you have a large population of emotionally stable, knowledgeable and relatively healthy old people, that's a good resource.'

UN Chronicle, while discussing 'women's adaptation to climate change' gives the example of the wisdom of old women of Africa and their inherited knowledge and expertise related to early warnings and mitigating the impacts of disasters.

The above are just two examples of why 'the old has to be treasured.' Does it happen now? In this age of nuclear families where are the grandparents? Are they with their children and grandchildren? Or are they spending their lives alone, while their children are located near their own job locations? Of course, in some cases, they are with their children and grandkids. However, do we get the feeling they are sidelined to the roles of babysitters? And what about financial security for the elderly?

The wisdom and lore (business methods, climatic conditions, natural remedies, way of life.....) that the old retains has to be passed on to their children and grandchildren. This can be achieved only through constant interactions. Maybe passing on to the very next generation would be difficult in this fast-paced world. However, as one reaches their retirement age, it would be the ideal time to pass on the large repositories of knowledge and tradition – even folklore and legends – to the grandchildren. Even though one generation has been skipped, at least it would ensure the wisdom and lore is not totally lost.

Another alternative is residential associations could conduct meetings for old people and children, so as the elderly can share their wisdom and experiences to a large audience. (Annual meetings might work only a tiny fraction of monthly or weekly). And of course, those parents who could spare time to attend these meetings would also benefit from them. Maybe the grandpas and grannies would be taught on advanced technologies by the grandkids. The elderly themselves would feel connected to the outer world and be rejuvenated. A definite win-win for all concerned.

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