

## Deposition Of The Private Buses

Sreelakshmy PR

Huge number of people lost their jobs, because of the Corona virus pandemic. Their families starved during lockdown; with the bonus ration kits they somehow survived. Bus owners are struggling to do the maintenance works with limited earnings they get from their business. It is not wrong to say that, COVID-19 has affected the private transportation industry terribly.

Vehicle engines get damaged if they do not run. The people who depend on this field, like conductors, drivers and cleaners are struggling now. These people work for daily wages to meet their needs. During the lockdown, they faced the tremendous hardship, and had to deviate to other works like vegetable selling, kooli, and other works to meet their daily needs. Each year the bus owners have to pay a huge amount as insurance as well as tax in every three months. The Government had repealed the tax on private buses for three months from July to September. This field depends mainly



Picture Credit: Sreelakshmy PR

on the people like teachers, employees of textile shops and students. After lockdown, the buses started to run with restrictions, i.e., with only half occupancy, so as to maintain social distancing. After lockdown many of these travellers have lost their job, while others are not ready to risk their life by travelling in public transports.

“Even my family don’t use public transportation now they also prefer two wheelers and four wheelers. Nobody can blame them; everyone is afraid of this situation which is only becoming worse” said Nikhil who is a conductor. Abrogation of tax was a blessing to the bus owners. Now the bus charges have been increased by the government to help these people. Still, the cleaners

of the buses lost their job and the wages of existing employees have declined drastically. During the pandemic, the price of goods increased; especially tires; the number of stepney tiers are less now. Mechanic charges have also increased and day by day price of fuel is increasing. Some of these employees have fallen prey to this deadly virus, as they risk their life to meet their daily needs and to take care of their family. “It was very difficult to handle the students in bus, they give only the concession charge but that was also something to our daily income, however we get something after the diesel charge; that’s a relief”, said Paulose, owner of a bus. Still, they all are hopeful that the new year will bring in positive changes for them.

## Local Food Businesses under loss : Courtesy Of Covid 19

Karan Ashwath

COVID-19 has taken away a lot of things from people, leaving only the scars behind. One of the worst hit, are the local food businesses. The food stalls and restaurants in Kothanur, Bengaluru is an example of that.

“Business has taken a huge hit in Kothanur ever since the lockdowns started the beginning of the year” said Ganesh Murthy, the owner of, ‘Sannidhi Grand’ - a local vegetarian restaurant. The restaurant is located on Kothanur main road. “We have been completely unable to generate any revenue, which has forced our hand into selling the place. For which, we need to operate till January and prove the joint is a viable for potential investors” Mr Murthy said when asked about the future of the restaurant. “The revenue situation has become so tight that we are struggling to pay the property rent. But people are coming out of their homes and the business



Picture Credit: Getty Images

is on the up-and-up and we hope to make the restaurant a steal for the investors in the months to come” he explained regarding their future action plan.

Restaurants are not the only casualties of the lockdown, as local businesses of all varieties have bucked under pressure. Pan shops, like Ritesh Stores owned by Sanjay Rajkumar also struggled to break-even. “Prices of cigarettes had already been raised beforehand and the lockdown was the final nail in the coffin for small businesses such as mine” Sanjay explained. “Bigger businesses have backup from their owner while smaller businesses like mine, including eateries have been completely railroaded. The local cops were brutal during the shutdown and

didn’t hesitate to get violent if we violated the curfew. This is not fair” he expresses when asked about the pressures suffered by him, during the lockdown period. Mahadev Sweets, a family run business that makes piping hot Samosas and Jalebis has also seen a downturn in their profits since the start of 2020. “Our regular customers opt for ordering food from home in the current climate” said Mahadev who runs the eatery with his wife and nephew. “We have had to move back to our village in the North for the subsequent months after the lockdown because the lack of revenue means we couldn’t make the rent for housing. Now, things are looking up again with people returning to feast on our offerings” he added.

## Covid Ward : A Battlefield For Frontline Heroes

Sherly Victor

Mostly, diabetic patients are at high risk, according to Dr. Sudharshanan. The patients are given antibiotics, injections and antivirals like Remdesivir, twice a day, 12 hours apart.

But at all times the doctors have to be in PPE kits. Moreover, it is not an easy job to be the bearer of bad news. The one important lesson that the pandemic has taught us is the importance and necessity of being around loved ones. Forget being alone when you are healthy, imagine being isolated, while being afflicted with a virus that has no cure.



Picture Credit: Sherly Victor

The patients turn paranoid and scared, uncertain of what the future holds for them. “We try to give emotional support to the patients. The world we live in has undergone a major change with the

“New normal” being the way of this new world. But this new normal has given path for the birth of the other side. This other side is a world with bleak hope. When you enter through the heavy doors of this world you meet the unsung,

unappreciated heroes. They wear no capes like Superman or carry a hammer like Thor. Roaming around in PPE Kits, these heroes work tirelessly without complaining. And their service might be the only ray of hope in this cold, dark world.

There are three categories in which COVID positive patients are divided into wards mild symptomatic patients, moderately symptomatic patients and severe patients. The wards are sanitised twice a day. The doctors and nurses, work for a minimum of 7 hours shift a day, in COVID wards. Dr. Sudharshanan, a House surgeon from Tirupati, recently became positive and had

regular working day in a COVID ward, it was clear that the doctors have to be on their toes every second.

Since, there are no counsellors to speak to them, we try to be there for them as much as possible. It is very difficult to be affected from a virus, the cure of which has not been found”, says Dr. Deepak Raja, another House surgeon. Forgetting their own health, drenched in sweat, with no food or water, wearing PPE kits for hours, and still the only thing they are concerned of are their patients.

The reliability of PPE kits, is a pressing issue since, the start of the pandemic. According to

sources, the quality of PPE differs every ten days. Sometimes it’s easy to breathe inside, while other times it is highly suffocating. The patients are treated according to their symptoms and for the asymptomatic patients, they are given multivitamins and immunity increasing medicines. Also, according to the new guidelines by Indian Council of Medical Research, Remdesivir has been proven ineffective.

The pattern of how the novel Corona virus spreads has still not been determined, so these frontline brave hearts are at high risk as they juggle between wards and patients.

## COVID-19 Vaccine : long haul for immunization

Abin Babu

The world is in the midst of a COVID-19 pandemic. As WHO and partners work together on the response tracking the pandemic, advising on critical interventions, distributing vital medical supplies to those in need they are racing to develop and deploy safe and effective vaccines.

Vaccines save a huge number of lives every year. Immunizations work via preparing constantly the body's characteristic protections the safe framework to perceive and fend off the infections and microorganisms they target. In the event that the body is presented to those sickness causing

germs later, the body is promptly prepared to crush them, forestalling disease. There are at present in excess of 50 COVID-19 immunization competitors at the preliminary testing stage. The WHO is working as a team with researchers, business, and worldwide wellbeing associations through the ACT Accelerator to accelerate the pandemic reaction.

At the point when a protected and compelling immunization is discovered, COVAX (drove by WHO, GAVI and CEPI) will encourage the impartial access and appropriation of these antibodies to ensure individuals in all nations. Individuals most in



Picture Credit: Getty Images

danger will be organized. While we run after revealing a protected and successful immunization reasonably, we should proceed with the basic general wellbeing activities to smother transmission and decrease mortality.

The current worldwide nCoV general wellbeing crisis under scores the need to quicken the advancement of nCoV up-and-comer antibodies. The Working Group on Target Product Profile for immunizations

against COVID-19 intends to give direction from a start to finish viewpoint. The destinations of this gathering are:

- To build up a worldwide objective item profile (TPP) for antibodies against COVID-19.

- The TPP will incorporate liked and insignificantlyadequate profiles for two antibodies:
- Human antibody – for long haul insurance of people at cessible high progressing danger of COVID-19, for example, medical care workers.
- Human antibody – for responsive use in episode settings with fast beginning of invulnerability.
- To plan and be afor the standard working gathering calls.
- To give specialized guidance and backing the WHO Secretariat through remarks and additionally criticism from partners.

## The becoming of India's Crochet Queen

Sreelakshmy PR



Picture Credit: Getty Images

A Guinness world record, is a big achievement and it is not an easy feat to achieve. Deepa Kizhkkeveetil, a housewife from Kerala, achieved this victory as an answer to all the people who still think 'housewives cannot do more than taking care of homes.'

Deepa Kizhkkeveetil is an ordinary woman, who is a M.com graduate, brought up in Chennai and Bangalore. She was a working woman but after having children she quit her job.

Becoming a Guinness record champion in 2020, was something she never expected in her life. She participated in the largest display of Crochet Christmas decorations. The event was organized by 'MOTHER INDIA CROCHET QUEENS' (MICQ)

at SRM university Chennai. MICQ is an organization lead by Mrs. Subhashri Natarajan, an engineer by profession and a very inspiring lady to many housewives.

One of Mrs. Deepa's friend informed her about this big opportunity. Crocheting was a hidden passion that was suppressed in her mind years back, and she realized this as a golden opportunity to brush up the forgotten passion and achieve a Guinness Record through the same hidden passion. The only thing that led her to this victory is the wonderful decision that she made to use the opportunity. Success is not about waiting for the right moment and opportunities to come.

According to Deepa, her dream came true only because she made the right decision not because it was the right opportunity. "People used to say they get wonderful opportunities; they are lucky but I always get bad opportunities. Blaming opportunities is easier than making right decisions but that cannot make anyone successful in their life", quoted Deepa. In September 2020, she received the much-awaited

certificate from Guinness book of World Records. She expressed gratitude towards her teacher Padma who taught and laid a strong foundation in her mind of this beautiful art of crocheting.

"After 20 years of long gap, when I took the yarn and crochet needle, my hand automatically moved through all the stitches and techniques, still fresh in my mind" She said. She expressed her gratefulness for Mrs. Subhashri Natarajan ma'am, founder of MICQ and 4 times Guinness World Record Champion, Mrs. Kiran, her friend and Mrs. Shrimathi, who introduced her to this crochet world.

Currently she is learning yoga. According to her she was a workaholic employee and she faced lot of challenges and trauma in the year, 2014. But she has embraced life and with this star added to her achievements, she is flying high on the road of success

"Finally, it is with God's blessing, parents blessing and highly supporting husband and loving kids anything is possible in this world", She spoke.

## A Dream That Took 14 Years To Fulfill

Sreelakshmy PR



Picture Credit: Sreelakshmy PR

Since 2006, villagers of Kumbamkulangara have wandered for a better road. Kumbamkulangara is a small locality of Chembuchira village in Thrissur, Kerala. It is the second ward of Mattathur Panchayat and it's the farm road was in a pathetic condition for many years. The villagers handed their own property to the government to construct a road. Children from this locality struggled a lot to go to school by using this road. They were scared to walk through this muddy road while wearing

their new dress. In rainy season this road becomes unserviceable. Vehicles could not go through this road in case of any medical emergency, which was a major threat for these villagers.

In 2008 the former MP Mr. P.C Chacko granted three lakhs and fifty thousand rupees, which helped to start the construction. After that the villagers knocked on many doors to continue the construction. In 2012, former ward member V.S Subheesh granted another 4.5 lakh rupees, but

it was not enough. After that the villagers wandered many years to get sufficient fund to complete the construction. In 2018 current minister Mr. Pro. Raveendranath granted 4.50 lakh rupees as flood fund to the village. Finally, the year 2019 was the blessed year for these villagers. They got a huge support from the block Panchayat member

Asha Unnikrishnan, and this pathetic road started to develop. She granted 7.50 lakh rupees. With her influence and support, district Panchayat member Jayanti Surendran granted 10 lakh rupees. Ward member Subhitha Vinod Kumar granted another five lakh rupees in the same year. In 2020, after 14 years the villagers witnessed their dream comes true; the construction works are almost at the end. They are happy that Minister Raveendranath, again allotted 15 lakh rupees for this road. "We feel very happy now after construction, the children could walk happily with their new clothes. Here the fourteen years of our dream comes true" said Raghunath a villager.

## Salary Woes For Teachers Due To Pandemic

Sherly Victor

The world is slowly gaining its pace. Since the country has come out of lockdown, the people are adapting to the new norms of this changed world. There is no denying that the frontline heroes of pandemic, i.e., the doctors, policemen and the journalists have done a lot for the people, selflessly. But there is another set of heroes who give their whole day to the welfare of the upcoming generation. They may not be standing in the frontline but they are the backbone and the concrete foundation of our country, i.e., our Teachers. Technology has come real far with a lot of break

throughs and advancements, but the pandemic has made the people realise that no technology can replace a teacher. The joy of going to schools/colleges physically and have someone teach you, is everything and no online classes can match up to that. The world was in lockdown and everyone got their share of break, to spend time with their families and pursue their hobbies. But even during lockdown teachers worked tirelessly just so that their students do not suffer the loss of an academic year.

Before the pandemic and the lockdown, their job was limited to the school premises, maybe



Picture Credit: Getty Images

an hour and two extra at home. But now due to the online classes, teachers have to spend the whole day doing their school work. And they are rewarded for it, by half salaries. The teachers in private schools are getting half salary since the lockdown

and the chain still continues. Many schools have refused to pay them the other half blatantly. 'We do not want to force the parents to pay the fees, but how is it fair for us, when we have been doing 100% of our job', quotes Mrs. Nancy, a Private school teacher.

When the teachers protested against this injustice in a Senior secondary school, they were asked to demand the parents to pay the fees. So, in a way, teachers are made the scapegoat in between all this.

According to a witness from Chhattisgarh, many school offices were filled with parents queuing to pay fees. This is proof enough to show that they are getting fees. Still the schools have refused these claims unashamedly.

"I am a single mother and with the salary I am getting and the price hike in basic commodities, how will I look after my children?", laments a Primary school

teacher from Chhattisgarh. Gone were the days when teachers were placed next to God. They were worshipped and their words were considered equivalent to God's word.

The online classes have become a major obstruction in their daily routine. Many teachers are not particularly tech savvy. Especially the aged teachers who do not even have anyone to teach them about these things at home.

Another major demerit of the online classes is that school teachings and classes does not seem real anymore. Teachers are not getting the same amount of attention.

## Delhi : A Polestar For Foodies

Prathana Neoge



Picture Credit: Prathana Neoge

Delhi, a place which has colorful, vivid, evergreen vibe, which can make you happy instantly. Delhi is more than just the capital and political epicenter of the Country. Delhi is the Largest City and the second most populated metropolis. People connect with each other instantly even being strangers, in a couple of minutes, because of Food. Food is something over which people can have a good bonding. Delhi is known for its diverse richness in multicuisine. Street Food has been a way of life and the locals have not only relished but contributed to its evolution as well. Delhi is known for its three best popular street food which is Chole Bhatura, Chaat and Gol Gappa. "Chole Bhatura" is the lifeline for the die-hard street food lover. The "Bhatura" is prepared with cottage cheese and flour and the it is fried to just the

right crisp. The "Chola", i.e., chickpeas, is prepared with spices which is served with fried potato, pickled carrot and tangy tamarind chutney. "Chaat" is the specialty which is prepared with a blend of crisp papri, boiled chickpeas or mashed lentil called 'Bhalla' and which is covered with mild creamy sweet curd, tamarind sweet and sour sauce, coriander chutney and topped with a pinch of spices like red chili powder and chaat masala. "Gol Gappa" which is a crowd pleaser, stands for its simplicity and as a light snack which can be gobbled at any time. They are the small-puffed balls made of flour or semolina which are stuffed with boiled potato, chick peas, tamarind and coriander chutney which is then dipped into a water-based highly spiced concoction served rapidly which brings odd tears to eyes all the credit goes to blended spices. And cravings for this cannot be resisted.

Another love of Delhities is Momos, on every second street the Momo stalls are there. And Momos are not only steamed but there are different types like tandoori momos, fried momos, chocolate momos, chicken momos, vegetable momos. They are perfect for an evening snack. The stuffing is packed in thin layer of all-purpose flour, salt and baking powder and is steamed until cooked. The love for Roasted tandoori delicacies is increasing a lot with multiples places in the city. The delicious kababs, the galouti kabab, chicken tikka and many more tempting food items. The best place to have all in one place is "Rajinder da Dhaba", in Delhi, AL-Quereshi's, Alaknada, Khan Chacha, multiple outlets.

For people with sweet tooth, there are amazing places to explore like Three layered Churros, from Cremeborne CP, Daulatki Chaat from Chawri Bazar, Black Jalebi of Sultan Ji Sweets, Jama Masjid, Shahi Tukda with Mango ice cream from Cool point Jama Masjid.

For all the foodies out there, "Kabhi aao hamaare Delhi", which translates to "Please visit Delhi".

## Getaway From The Mundane Reality

Prathana Neoge

Obsessed with travelling the world and exploring traditions and cultures? Travelling is one of the most amazing get away from the chaos of life. I realised my love for travelling during my third International Trip to Singapore. Just being there filled me with joy. For me travelling is just not limited to beautiful landscapes but also incredible cuisines and different types of music. Travelling is not just about roaming around but it is actually, meeting new people from different walks of life who share their experiences, their past life, their opinions and many more things. It's also not only limited to this but being in a new destination creating memories and being in the moment - forgetting all the tensions in life are a stress buster. Travelling does not mean, simply, reaching the destination but enjoying the journey till we reach our destination. There isn't anything exhilarating than travelling to make new experiences and memories that will last forever. There are so many beautiful reasons to travel the world.

### • People

As it is known, Man is a social animal. The



Picture Credit: Prathana Neoge

conversations build knowledge and lead to bigger opportunities. Networking is becoming a powerful tool and communication is valuable for travellers craving new experiences.

### • Food

Food is one of the most important things of our livelihood. Food is something that can instantly create bonds. Travelling across the world and tasting uniquely made food with various blend of different spices, is like a dream.

### • Exposure

Having a break from the same monotonous and chaotic lifestyle is necessary, sometimes. Exposure to new environments is fulfilling and educational.

### • Travelling

takes people out of their comfort zone as it requires them to communicate to natives

with different religious beliefs, cultures and ethnicities.

### • Beauty

The Pictures are the memories that can be cherished forever. I enjoy taking photos and when I travel, I try to capture the natural beauty of the place I am visiting.

### • Finding yourself

In our day-to-day life we often forget to think of ourselves because we are so occupied with carrying our routine. Travelling requires a test of character and how maturely, one can handle a situation. I've grown to appreciate where I come from because my home is what makes me who I am today. My passion for traveling has made me more humble, modest, and I have different perceptions towards the world.

## Polycystic Ovary Syndrome: Causes and Treatment

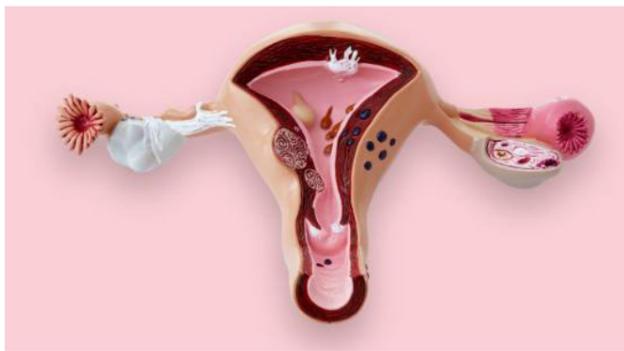
**Sreelakshmy PR**

PCOS is a condition when we can see an enlarged ovary and small follicular cysts, which are 0.5–1.0 cm in diameter. This disease is developed by the hormonal imbalance, which lead to collection of mature eggs in the ovary, as they cannot be discharged. In this condition, more than twelve follicles are produced every month, but as they all are immature so no ovum is released and resultantly, ovaries start producing higher level of testosterone, which leads to hormonal imbalance. One-fourth population of women are having multiple follicles in ovaries, but only 10% women suffer from PCOS. Symptoms for this syndrome are irregular periods, weight gain, Acne; difficulties in pregnancy and thinning of hair, but symptom vary from person to person

which usually develop in late twenties. Blood tests and ultrasound scan are the two methods to diagnose the disease.

Since there is no cure for PCOS doctors usually recommend for one or more medications to treat your symptoms such as hormonal birth control which while preventing pregnancy also regulates your menstrual cycle and reduces the testosterone production in your ovaries. Anti-androgen medications reduce abnormal hair growth and acne. Diabetic medications such as metformin which lowers the insulin levels and regulates your menstrual cycle. Fertility medication which can stimulate ovulation so you can become pregnant.

Ayurveda effects very slowly when compare with the other two treatments. Whatever medicines you



Picture Credit: Getty Images

take workout or body exercise is mandatory to regulate periods which help to have ovulation on time. This leads to mood swings in women than normal.

“Drinking at least three liters of water per day can help to reduce the mood swings in a certain level” says Deepa a 32 years old woman diagnosed with PCOS.

Major reason of this disease is our lifestyle. As we know 20 or 30 years ago PCOS was not such a them has diagnosed with familiar disease but now

when we take ten woman one of PCOS. This is only because of the changing lifestyle. Among this the major thing is about the eating habits. People eat more junk food which is high in calories from sugar or fat, with little dietary fiber. These unhealthy lifestyles lead even 12-year-old girls to be diagnosed with PCOS.

PCOS in teenage girls is very common today. One more reason which should remember is tension. As we know unwanted tensions ruin our health. So, such

unwanted tension also causes PCOS especially in the teenagers who are always under pressure.

“Exercises which help to shake whole the body like jumping jacks, rope skipping, playing badminton will be helpful. Walking, running also can be included” said Dr Latha, a gynecologist. Having a regular exercise habit, drinking detox drinks in empty stomach like with cinnamon, turmeric, ginger and fenugreek. These ingredients will help to boost the hormones. Avoiding sweets, sugar, packet food items, junk food, fried foods and broiler chicken will help to regulate the periods. Drinking water, consuming brown rice instead of white rice having immense fruits, vegetables, dry fruits especially like walnuts, dates and almonds, leafy vegetables and also having

curd or butter milk which is very healthy for uterus and ovary will help to boost the functioning of hormones and ovary.

“On the day of diagnosis many girls get upset. They should understand that by proper diet, exercise and, if necessary, some medications, the quality of life will be as good as any other girls of their age.” Said Dr. Unnikrishnan.

“PCOS can be controlled if people are maintaining with a healthy lifestyle, even though it has no cure it is very much controllable.

There is nothing to worry about PCOS that leads to infertility. Women who have PCOS and PCOD can become pregnant and have normal delivery.” Said Doctor SitaLakshmy.

## Yoga: A Superior Lifestyle

**Kritika Mohinta**

Yoga leads to achieving harmony between the mind and body. It has come a long way from its first appearance in the oldest texts, the Rig Veda. According to sacred scriptures Yoga is the gateway to the union of consciousness and the universal consciousness. It takes months and years to master the rhythm of breathing and the postures. But before diving into the world of Yoga it is essential to know about the different types. Here are some types of Yoga Asanas:

### • Kundalini yoga

Kundalini yoga derives from kundalini. According to Vedantic scriptures and cultures it is said that there is an energy that lies dormant at the base of the spine. This energy is activated by the practice of Yoga, and in the process of achieving spiritual perfection it is channeled upward through the chakras. A Kundalini class begins with a mantra, then progresses to breathing exercises, warmup exercises, challenging poses, final



Picture Credit: Getty Images

relaxation and meditation.

### • Vinyasa Yoga

Vinyasa Yoga is a style of yoga that consists of stringing postures. Here postures move from one to another seamlessly, using breath. This type of Yoga is also known as “flow” Yoga. This practice of Yoga was acquired a couple of decades ago from the regimented ashtanga practice. The word “vinyasa” translates to “place in a special way,” which is interpreted as linking breath and movement.

Through this form of Yoga, a more balanced body can be achieved, that prevents repetitive motion injuries that can happen if someone is always doing the same thing every day.

### • Hatha Yoga

Hatha yoga derives its name from the Sanskrit words for sun and moon, and it’s designed to The balance in hatha yoga might come from one of three ways: strength and flexibility, physical and mental energy, or breath and the body. This Yoga is practiced keeping certain focus in mind about breath, body, and mind. This type of Yoga is usually practiced for 45 minutes to 90 minutes of breathing, yoga poses, and meditation in a day.

Yoga has many health benefits that have been proved for decades. At the end of the day, it depends on an individual as to what kind of body workout works for them.

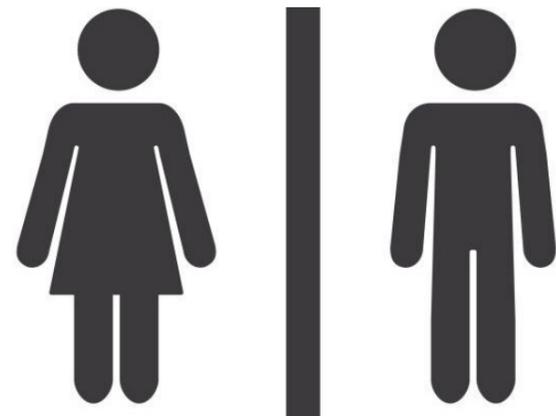
## The Colossal Task Of Sustaining Public Lavatories In Pandemic

**Kritika Mohinta**

Have you started going out now that India is in the ‘Unlock’ phase? Are there other ways for the coronavirus to affect you, even after wearing masks and using hand sanitizers?

Covid-19 hit our world and we had to go under a massive worldwide lockdown. But, with things gradually getting back to normal public places, restaurants and malls have been opening.

Bangalore is one of those cities in India which is in the process of ‘Unlock’, with malls and restaurants opening, people have started going out taking precautionary measures. One of the ways the COVID-19 virus can spread is through poor sanitation and hygiene. With people going out more and more, the public washrooms must be maintained in a clean manner. After talking to the sanitation and hygiene maintenance heads of public places, we have come across the measures and steps being taken to withheld safety. In restaurants, the staff comes early morning and first cleans the washrooms



Picture Credit: Getty Images

and the kitchen, followed by the entire restaurant. Once the cleaning process is done the washrooms are sanitized. The hygiene products like handwash, toilet paper and tissues are refilled and replaced daily. To keep the restaurants safe the manager makes sure that the vegetable supplies are received through the back door so that the staff does not have to leave the kitchen. Separate washrooms are maintained for the customers and the staff of the restaurant.

The restaurants also maintain proper social distancing with their customers and insist their staff to wear masks and other necessary protective gears. Washrooms are cleaned every thirty minutes.

Multiple restaurant managers and owners in Bangalore are not leaving any stone unturned.

With the attempt to bring the economy up, the sanitation heads and managers are not leaving safety out of subject just to make a profit.

Pubs on the other hand have started having usual crowds after the city came into the ‘Unlock’ phase. With more and more people in pubs the washrooms are bound to get unhygienic after a while.

The water taps in the washrooms are installed with sensors, so that the customers do not have to touch the taps. These are few ways the pubs are ensuring the safety in their washrooms.

## Behind The Scenes With Ms. Pragya Joseph

Sherly Victor

“There are many struggles out there in Bombay, both for camera facing jobs and behind the camera jobs, the important thing is meeting the right people at the right time”, exclaims Pragya Joseph as she recollects her life in Mumbai, aka the city of dreams. The thirst to succeed and become famous brings many to this city. Only those who have the zest to push hard against the adversities and lows of life succeed.

Pragya Joseph’s journey from Chhattisgarh to Mumbai is both admirable and inspiring. She has reached a place

where many people of her age can only aspire to be. Born and brought up in the steel city of Chhattisgarh, she did her schooling from MGM senior secondary school. From childhood she has been multitasking, excelling in singing, dancing, theatre and public speaking. She was a part of Bal Rang Theatre Company during childhood and travelled to various cities with the theatre troop, all by herself. She moved to Bangalore to pursue Bachelor’s in Business Management from Mt. Carmel College.

After finishing her graduation, she moved to Mumbai in 2016.



Picture Credit: Getty Images

She says it is very important to move out of the protective shell of our parents’ home and quotes, “I have seen growth on a personal level when I left home and it is very important to get out in the world and find our place in it”.

She recalls meeting Anurag Basu, the

renowned director, for the first time. “I went for an interview, and he asked only few questions. I think he saw something in me and thought I was credible and reliable”. Her first job at Anurag Basu Production House was as an Assistant Director for the movie, Jagga Jasoos. Being a

Business Management Graduate at heart, she was attracted to the Production and Management process that goes on behind the scenes. After speaking to her mentors post Jagga, she joined the production department at Anurag Basu Productions. She took up the position of Assistant Production Manager for the recently released film Ludo.

She gave an insight on her job and the duties she carries out. She says shooting is just 50% of film making. From constructing sets, preparing schedules, dodging date issues, figuring out the budget, till the payment of the last vendor/worker,

she manages everything. She recalls her experience during the making of Ludo. Production started in 2018 and it was scheduled to release last year. But the pandemic delayed the process and the post-production schedule got extended. Post-production is not a simple process as it involves editing, VFX, background score, graphics, music and budgeting.

Apart from movies, she has been part of the production of two commercials for Marico, featuring Shraddha Kapoor and Vidya Balan. She is unsure of her future but presently, she wants to stick with production, and says she is happy where she is.

## Cinema Talkies: Conversation with Mr. S.P.

Karan Ashwath

Born in 1955, in Bengaluru, into a middle-class family alongside 4 siblings. From a young age, he was enchanted with the idea of working in the local film industry.

After graduating from R.C College in the year 1978, he entered the Kannada film industry.

During his 32-year-long career, he has donned various roles behind the camera, such as, Assistant Director, Associate Director and Continuity expert—breathing life into all the projects he took part in.

**When and how did your career in the industry start?**

In 1978, after finishing my graduation. I went to work for the esteemed Kannada filmmaker Mr. Sri Bharghava.

I worked his directorial venture, “Asadhya Aliya” (Impossible Son-in-law), a feature film starring the likes of Vishuvaradhan, Padmapriya, Balakrishna, Narasimha Raju and Dwarkeesh.



Picture Credit: Getty Images

**Briefly mention your foray into the Kannada Television Industry.**

I worked on five mega serials that ran between the time of the late 1990’s and the early 2000’s, namely “Trin, Trin, Trin”, “Devaru! Devaru! Devaru!” (God! God! God!), “Danda Pindagalu”, “Prema Pichachigalu” and “Sahasa Laximiyaru”.

These were my esteemed collaborations with the well-known director Mr. Phani Ram Chandra.

**What was your biggest source of strength during your journey?**

My family, namely my father and brother.

During the initial phase, when I was working on

my own dime and didn’t get any payment for my contributions—it was these two individuals whom I relied on for support.

They enabled me to chase my dreams. During my days of initial struggle, I would Chamundeshwari Studio in Vasanth Nagar. Then I’d have to make it to the LIC office to complete my duties as an Insurance agent.

**What were the major projects you worked on and your role in them?**

With the Kannada superstar Vishuvaradhan, I worked on “Onde Guri”, “Jeevana Chakra”, “Hridaya Geete”, “Karna” and “Krishna Nee Begane Baaro”.

Alongside the temperamental Ambrish, “Sapthapadi” and “Tony”. “Hosa Jevana” and “Vajramushiti” starring Shankar Nag.

I was assigned the role of the Associate Director. My duties included building personal rapport with the artists and making sure all their needs were met.

I excelled at the technical aspects such as editing and continuity which bought me praise from my colleagues, some of whom were editors in Chennai.

**What are your tips/advice for any newcomer trying to break into the industry?**

One must be dedicated and observant while mastering both the creative and clerical side of the business. Celebrities have a brittle ego and cannot take criticism put harshly. You must convey the corrections in a toned-

down manner to not arouse a reaction from them.

Co-ordinating between the creatives and the actors is quite a task and one must be up for all kinds of eventualities.

**Now, for the most important question of all, what has been the sum i mpact of your work in the industry toward the larger society?**

“Sahasa Laxmiyaru” was a feminist show that compelled many women to fight against the inequalities of the society levied against them and take their lives into their own hands.

It courted controversy due to its initial title which was later changed. The other work, “Danda Pindagalu”, dealt with the trials and tribulations of a generation of graduates that failed to find purpose or vocation post-graduation. This show served as a cautionary tale for the youth of that generation that still rings true today. It pushed the notion of self-improvement and finding your own path and not following the herd. Both were hugely popular and set a new standard for the industry.

## Through The Lens Of An Educationalist

**Kritika Mohinta**

With times changing the education sector is experiencing a rapid change. The Indian education system is a wide and varied department.

In an interesting conversation with Mrs. Renu Singh, Principal of Airforce School, Hebbal (Bangalore), she took us through the various changes that have taken place in the past decade, in the education sector.

**Do you think the level of education has accelerated with time? If yes, how?**

“Yes, with digitization there has been a sea change in the way the curriculum transaction is taking place. The students today who are digital natives assimilate knowledge through varied resources & Educators

**What is the major change in the education sector that did not exist a decade ago?**

“Education has become more child centric & the pedagogy is designed not only to shape the cognitive domain but also takes

care of the psycho-social needs of the learner.

The purpose of education is not limited to livelihood but for tackling the real-life challenges. There has been more awareness & discussions around developing the 21st century skills like creativity, problem solving, critical thinking etc. which are essentials of the 21st century workplace.

Learning outcomes is emphasised with core learning competencies. Inclusion & Equity is also emphasised along with quality education.” are adapting in tandem to the child’s requirement.

Educators across the board are endorsing digital fluency to connect with the digital learner.

Adaptability & learning agility both by learners & Educators are the driving forces to transform the edu-ecosystem in a rapid way.”

**As an educator what is your major focus on students who are pursuing their 11th and 12th grade, and are on**

**the path to select a future for themselves?**

“My major focus is to develop a thinking brain. They may not score astronomical marks in the exams but if they are critical thinkers, they can carve out a space for themselves anywhere.”

**What are the major challenges faced with students from the age group of 13-17?**

“I will not call it as a challenge because being inquisitive at this age, they tend to explore multi-faceted domains & our education system forces them to narrow down their thought process instead of providing avenues for them to explore further.”

Times are changing and so is the education system. And, real knowledge is gained from experience and an open-minded education system.

An education system that encourages individuals to strive for their passions.

**What advice would you**



Picture Credit: Kritika Mohinta

**give the young high school students on handling peer pressure?**

“Recognize the strength in you & identify the unique

qualities you possess. Work on your strengths & share the same with your near & dear ones. Appreciate others & value others along with yourself. Do what you feel

& do not let others think for you. Engage in one or other physical sport which you enjoy. Embrace success & failures as indispensable elements of life & take it as it comes.”

## The Account Of The Past 25 Years : In Conversation With Mr. Rishi D Neoge

**Prathana Neoge**

The hospitality industry caters to the relationship between a guest and a host. Tourism and hospitality industry are related to each other. Tourism in India plays a very significant role considering our rich cultural and historical heritage.

The hospitality industry functions smoothly because of people who are making a lot of efforts every day. Mr. Rishi D Neoge, is one such example who has worked in this industry for a very long time. He did his schooling from Saraswati Mandir High School, Mumbai. He started his career with ITC MAURYA,

New Delhi, then, The Imperial, New Delhi, The Presidency, New Delhi, TAJ Bengaluru and Lemon Tree Hotel Aerocity, New Delhi, to name a few.

He has worked with different brands and travelled across various parts of India. He has worked with different companies and has rich experience in devising and implementing optimum initiatives to enhance business development and quality standards across all the industry.

He has successfully built strategic tie-ups with leading online vendors for F&B, accommodation, conferencing and banqueting. Currently he is working with Ramada by



Picture Credit: Prathana Neoge

Wyndham and The Sai Leela Hotel, Bangalore as Group General Manager. Being in the industry for 25 years, he has seen many changes. According to him, a major change has been that, earlier, people did not go out for a vacation every now and then.

Getting a license for a hotel requires a lot of time and yearly renewals. Separate licenses are required if the owners are planning to have live shows and events at their premises.

They also need to get proper verification done

by concerned officials regarding areas such as fire codes and operation of elevators. Separate licenses are required if the owners are planning to have live shows and events at their premises. They also need to get proper verification done by concerned officials regarding areas such as fire codes and operation of elevators. So, it’s very tedious to open a hotel.

Globalization has led to the growth of multiple ownership of hotels and stronger hotel brandings in the late 90’s and 2000’s has affected the hospitality industry, especially in organizational structure. Many of the employees had to lose their jobs be

cause of the corona virus pandemic. They have started to run street food stalls with their savings. Some of them are being called back as the situation has improved a bit.

“Yes, as the pandemic loosens its grip and the travel sector starts to recover, there will be newer roles that come into prominence. For example, the increased focus on hygiene and sanitation will definitely bring about the need for more personnel in these roles.

There will also be a massive uptick in jobs related to sales, human resources, hotel designing, revenue management, and marketing”, said Mr. Rishi.