

Editorial

The Essence of Consciousness

We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves. What we are today comes from our thoughts of yesterday, and our present thoughts build our life of tomorrow, the Enlightened One, Buddha was to say. In our lexicon today subjects and topics like physics, metaphysics, an elevated State, consciousness, life coaches and mind, apart from iconic names of Stephen Hawking, Jim Holt, and Carl Sagan among others are all bandied quite recklessly without deep study. This is perhaps done under pressure to keep up with Jones or to display our awareness about certain issues of topical interests without proper research. Recently my jaw dropped when confronted with some basic facts and facets of our universe. Through my elementary study of physics and geography, I was aware that we live on Planet Earth, which is an integral part of a Solar System; though I was in the dark and not fully aware that each star in the galaxy has its own solar systems like ours. I was certainly an ignoramus on these riveting concepts. Apparently, several of these stars and their respective solar systems do not exist anymore and have disappeared forever in the sands of time or are perhaps gravitating towards a black hole. It dawned on me as to how ignorant I was despite my readings on the subject. So how does this lead us to the quintessential term of consciousness? Simply put consciousness is a State when humans are aware of and responsive to their environment. This is inclusive of both prevailing internal and external conditions. An individual blessed with an efficacious and robust thought process becomes aware and responsive to various occurrences which are taking place both within and without. Consciousness is an individual's State of awareness of their environment, thoughts, feelings, or sensations; and in order to experience consciousness, one must be both awake and aware.

Arjuna, the ace archer slumped and his fabled Gandiva fell to the ground as his mind was gripped with doubts and fear as the spectre of battling his cousins, his Gurus and above all the patriarch Bhishma coloured the mind and Sisyphean thought process engulfed his persona. This was when Lord Krishna unleashed his Vishwaroop Darshan and rendered the song celestial Bhagavad Gita which revealed his true self and raised the consciousness in Arjuna who took up the cudgels once again. King Janaka the father of Sita was a Jnani Purush. He was a highly knowledgeable and enlightened person and was referred to as a Raj Rishi. One day in his court he fell asleep and dreamt that Mithila his kingdom was stricken by severe and dreaded drought conditions. The suzerain visualised an eagle swooping down and plucking a piece of bread/chappati from the hands of an impoverished peasant. This shocked the king and he woke up from a State of slumber to receive sage Ashtavakra who was to reveal the gospel of truth, which is popularly referred to as Ashtavakra Gita. Janaka then realised his true self and the consciousness was ignited.

Bihar's educational reforms cock a snook at private players

recent years, its big be-space will be left for automatically get le-



ginning can be seen in Delhi where it was claimed that Government school education has been taken to a prestigious level, and this claim should not be denied. But through education reforms in Bihar, the State is again visible in its public-concerning role, albeit partially, only in a few subjects. Bihar is one of the poorest States in the country, and social and economic inequality is also at its peak. Then in such a situation, the model of economic development of putting education in the open market will push marginalised people even further to the margins. It has always been a crying question of how much

the rights of education of the marginalised sections while in most of the private schools are functioning like money making industries. And it should be understood that private schools do not flourish because of their quality, rather the failure of the Government schools gives them an opportunity to spread their footing. Unfortunately, Government schools have been continuously neglected by the State for decades. And all this did not happen spontaneously, rather there was a well-planned conspiracy of the Global Capital behind it that firstly let the Government schools be destroyed and then the private schools would

that the Government has done to improve the education system. For example, there was a severe shortage of teachers in schools for a long time, to fulfil teachers were recruited on a large scale. The appointment of more than one lakh teachers is enough to show the seriousness of the Government's vision on education. Undoubtedly a large part of the budget would have been spent on this. If we talk about infrastructure, the schools of Bihar had turned into ruins. It was difficult to say which building would collapse and when. Children were often forced to sit in the open field or in the veranda. But to fix all these things the Government allocated a huge amount. Allotment of the books, dresses and bags and water bottles for children along with other materials not only attracts them towards schools but also reduces the financial burden for the parents, especially for those who are barely able to earn their living by doing farm labour. For urban elites these things might be futile but for the rural people this is not affordable by their own income. We all had seen chil-

dren carrying books in their hands or in dusted polythene or in torn cloth (jhola), but now they had beautiful bags in their hands and instead of torn half-naked clothes on their bodies, uniforms were shining on them. It was well known fact how little attention they paid to the children. The Government has strictly forced the teachers to be responsible for their duties towards children, which was not an easy task, years of Government negligence had made them indolent. Some other small and big efforts can be seen there to control the deep-rooted corruption in the education system. A pertinent aspect which perhaps sought for more attention that is 'Mid-Day Meal'. This should be allowed to continue in a smoother manner and at the local level merely, any interference by any external agency is likely to lead to many other complications. Amidst all these achievements, the biggest problem visible is, how to continue this reform in the future, because there still seems to be a lack of proper mechanism for this; and in the absence of a mechanism all efforts and achievement may be proven futile.

Why do Indians excel abroad and fail back home?

Indians have undeniably left a lasting impression across various global arenas, spanning technology, entrepreneurship, academia and healthcare. However, a perplexing paradox persists - why do Indians excel overseas while encountering unique obstacles within their homeland?

This compelling question warrants immediate attention and a thorough exploration of the multifaceted challenges at hand. Deciphering the Enigma: Indian Excellence Abroad and Domestic Hurdles

The disparity between Indian achievements on the international stage and the hurdles faced domestically primarily stems from deficiencies in the public education system. The insightful narrative of "Why Indians Succeed Everywhere Except in India," as presented by EW, adeptly dissects this paradox, attributing it to the lamentable State of public education as a catalyst for effective governance and

economic prosperity, it is imperative to prioritise education

very foundation of our future, necessitating a discerning response to



nomic Development

The nexus between the quality of education and the overall health of political, socio-economic and law and order systems is profound. A robust education system forms the cornerstone for an informed citizenry, competent leadership and a flourishing economy. Recognising education as a catalyst for effective governance and

within national development strategies. Challenges in Primary and Secondary Education

The current State of primary and secondary education reflects the trajectory of our nation's future. ASER surveys reveal a stark reality - a significant portion of our youth lacks even basic skills expected at their grade levels. This systemic failure jeopardises the

address underlying issues. Higher Education: Quality and Employment Crisis

Graduation should ideally open doors to a world of opportunities. However, India grapples with the challenge of higher education - the mismatch between degrees and employability. It is crucial to question whether higher education institutions adequately prepare gradu-

faced by graduates and the subsequent brain drain. The Brain Drain Predicament: Retaining India's Brightest Minds

While India boasts exporting talent worldwide, there's a sobering reality - a loss of intellectual capital that could otherwise fuel national growth. Understanding the migration patterns of Indian graduates to foreign shores challenges the conventional narra-

tive of brain drain. Yet, it's vital to acknowledge the diaspora's positive contributions as a bridge between India and the global economy. A Call to Action for Change

Viewing the emigration of skilled individuals as a loss for India underscores the urgency for comprehensive strategies to reverse brain drain, attract exceptional talent back home and invest in research and development. A paradigm shift in higher education is imperative, emphasising creativity, innovation and risk-taking to foster a globally competitive India. Restoring the spirit of private enterprise and nurturing a dynamic academic and industrial environment is crucial for sustained growth. As we navigate the complexities of reform, the vision outlined in this analysis serves as a beacon toward a more prosperous, innovative and globally competitive India.

संक्षिप्त खबरें

एटा लोकसभा क्षेत्र के विभिन्न नुक्कड़ सभा

22 एटा लोकसभा क्षेत्र के विभिन्न नुक्कड़ सभा में उत्तर प्रदेश सरकार के शिक्षा राज्य मंत्री श्री संदीप सिंह जी एवं सदर विधायक एटा श्री विपिन कुमार वर्मा डेविड जी के तथा गजेंद्र सिंह चौहान विनय वर्मा जिला अध्यक्ष औ बीसी मोर्चा सुशील गुप्ता जिला महा मंत्री भाजपा एटा के साथ नुक्कड़ सभाएं की गई तथा राजवीर सिंह राजू भैया सांसद के लिए कमल के निशान पर बटन दबाकर भारी बहुमत से विजय की अपील की।

मतीन खां बने समाजवादी पाटह की राज्य कार्यकारिणी में प्रदेश सचिव

आज समाजवादी पार्टी के प्रदेश अध्यक्ष नरेश उत्तम पटेल द्वारा फरुखाबाद घोर सामूँ खां असगर रोड के निवासी मो.मतीन खां को समाजवादी पार्टी की राज्य कार्यकारिणी में प्रदेश सचिव नामित किया गया। इस अवसर पर मतीन खान ने कहा कि उह वर्षों की समाजवादी पार्टी के प्रति आस्था और मेहनत का फल आज शीर्ष नेतृत्व ने दिया है। वह इस पद की गरिमा के अनुसार मेहनत कर समाजवादी पार्टी के प्रत्याशी डॉक्टर नवल किशोर शाक्य को भारी मतों के साथ जिताकर लोकसभा भेजेंगे। जिला प्रवक्ता विकेत यादव ने बताया कि कल दिनांक 28 अप्रैल को मतीन खां लोहिया मूर्ति पर सुबह 11:00 बजे समाजवादी पार्टी के नेताओं के साथ माल्यार्पण करेंगे। इस अवसर पर उनके समर्थकों ने खुशी जाहिर करते हुए सपा प्रमुख अधिकारी यादव और समाजवादी पार्टी का धन्यवाद दिया।



सरस्वती उच्चतर माध्यमिक विद्यालय के दो छात्रों ने पना जिला की प्रवीण सूची में अपना नाम दर्ज किया नगर को गौरवित

क्यों ना लिखूँ सच देवेंद्र नगर से रमाशंकर वंशीमत की खास रिपोर्ट

होन हार वीर के होत चिकने पात इस कहावत को सच करते हुए, संस्कारों की जननी सरस्वती उच्चतर माध्यमिक विद्यालय देवदनगर कक्षा 12जी के दो छात्र प्रिस सिंह राजपूत ने वाणिज्य संकाय में 445 अंक प्राप्त कर जिले में प्रथम थाने का प्राप्त कर जिले में द्वितीय थाने प्राप्त किया द्य दोनों छात्रों ने जिले की प्रवीण सूची में प्रथम व द्वितीय थाने का प्राप्त किया द्य दोनों छात्रों ने जिले की प्रवीण सूची में गौरवित किया साथ ही साथ इन छात्रों ने अपनी इस सफलता के लिए श्री अपने गुरुजनों एवं अपने परिवारजनों को दिया साथ ही साथ यह बताया कि हम लोगों ने जैसी पढ़ाई की बिना किसी मोबाइल के सहारे साथ ही साथ अपना फोकस सिर्फ पढ़ाई पर रखा और स्कूल के गौरव में प्राचार्य पूरन सिंह राजपूत, प्रधानाचार्य श्री शिवेंद्र नामदेव, आचार्या – दीवियों ने छात्रों को घर जाकर बधाई दी, साथ ही उनके उज्जवल भविष्य की कामना की।

शामली में 48 विद्यालयों के प्रधानाध्यापकों को कारण बताओ नोटिस जारी

क्यूँ न लिखूँ सच राकेश गुप्ता
शामली। बीएसए कोमल ने 20 से कम बच्चों का नामकन वाले 48 विद्यालयों के प्रधानाध्यापकों को कारण बताओ नोटिस जारी किया है। बीएसए ने प्रधानाध्यापकों से तीन दिन में खंड शिक्षा अधिकारी के माध्यम से स्पष्टीकरण देने वाले प्रधानाध्यापकों के विरुद्ध विभागीय कार्रवाई की चेतावनी दी है। शुक्रवार को महानिवेशक स्कूल शिक्षा लखनऊ की अध्यक्षता में आयोजित अॉनलाइन बैठक में प्रदेश के परिषदीय विद्यालयों की समीक्षा की गई। बैठक में जनपद शामली के कई परिषदीय प्राथमिक, उच्च प्राथमिक व कंपोजिट विद्यालयों में 20 से कम बच्चों का नामकन पाप जाने नाराजगी जताई गई। इन विद्यालयों को अपेक्षित नामकन नहीं पाया गया, नामकन न बढ़ने में संबंधित प्रधानाध्यापकों की लापरवाही मानी गई है। इस शामली में बीएसए कोमल ने जिले के 48 प्राथमिक विद्यालयों के प्रधानाध्यापकों को कारण बताओ नोटिस जारी करते हुए तीन दिवस में अपना स्पष्टीकरण संबंधित खंड शिक्षा अधिकारी के माध्यम से बीएसए कार्यालय में उपलब्ध कराने के निर्देश दिए हैं। बीएसए ने स्पष्टीकरण न देने वाले प्रधानाध्यापकों की विभागीय कार्रवाई की चेतावनी दी है। शुक्रवार के आठ, शामली व थानामवन ल्कांक के छह, कालाना ल्कांक के आठ, शामली व थानामवन ल्कांक के नौ-नौ और उन ल्कांक के 16 विद्यालय शामिल हैं।

शामली में पुलिस मुभेड़ में गोकर्णी के दो आरोपी गोली लगाने से घायल

क्यूँ न लिखूँ सच राकेश गुप्ता
शामली। कैराना में सुबह करीब साढ़े 3 बजे खुरगान के जंगल में पुलिस और गोकर्णों के बीच मुभेड़ हो गई। इस दौरान पुलिस द्वारा आत्मरक्षा में चलायी गई गोली लगाने से दो गोकर्ण घायल हो गए। वहीं मौके का फायदा उठाकर चार आरोपी फरार हो गए। इसके अलावा बदमाशों द्वारा चलाई गई गोली से एक हेड कांस्ट्रेल भी घायल हो गया। पुलिस ने मौके से दो गोकर्णों की खाल, भीट और वध के उपकरण बरामद किए। शुक्रवार सुबह मुखियर की सूचना पर पुलिस ने ग्राम खुरगान के जंगल में काठा नदी के पास छापा मारा। यहां 6 बदमाश गोकर्णी कर रहे थे। पुलिस को आता देख बदमाशों ने तमांचे से फायरिंग शुरू कर दी। बदमाशों द्वारा चलाई गई गोली हेड कांस्ट्रेल बवतू सिंह घायल हो गया। पुलिस ने जवाबी कार्रवाई की तो दो बदमाश पैरों में गोली लगाने से घायल हो गए। वहीं 4 अन्य बदमाश मौके से फरार हो गए।

अपना प्रदेश

बहुत कठिन है डगर पनघट की क्या गुल खिलाएगी भाजपा की अंतर्कालह

भाजपा-मणि तू डाल डाल, मैं पांत पांत वाली कहावत पर आधारित है एटा लोकसभा चुनाव, निशा कांत शर्मा की कलम से

भारत की आजादी की उपरात नफरत करता था तदोपरात 1967 से 1971 तक पुनः रोहन लाल चतुर्वेदी संसद बने एटा से 1952 में भारतीय राष्ट्रीय कांग्रेस पार्टी के रोहन लाल चतुर्वेदी ने पहला चुनाव जीतकर सांसद बनने का गौरव हासिल किया था। 1957 के लोकसभा चुनाव में हिन्दू महासभा से परिशुन चन्द्र सेठ ने चुनाव लड़ा और ऐतिहासिक जीत दर्ज की सेठ परिशुन चन्द्र के विषय में एक किंदवती बहुत किया था। 1980 में कांग्रेस के प्रत्याशी मुमीर अहमद ने एटा सीट पर कब्जा जामाया। 1984 के लोकसभा चुनाव में जहाँ कंग्रेस लहर में पूरे भारत में पूर्ण बहुत की सरकार बनी वही एटा से कंग्रेस प्रत्याशी मुमीर अहमद ने एटा सीट पर कब्जा जामाया। 1998 से 2004 तक चुनाव मुस्लिम लोगों के मध्य एक ही बात कही कि आप मेरे डिक्के में हांथ न लगा देना, नहीं तो मुझे यह डिक्का गंगा जी मेरे डुबोकर पाक करना पड़ेगा। उनकी इस बात पर मुस्लिम समाज ने खूब वोट दिए और कहा कि जा इस डिक्के को गंगा जी मेरा पाक कर। क्योंकि अनपढ़ मुस्लिम समाज उस समय गंगा जी से बहुत कठिन है। उसके उपरांत 1989 से 1998 तक भारतीय जनता प्रत्यासी की मुश्किलें बढ़ा दी हैं। यादव, शाक्य, लौधी बहुत सीट होने की बजह से यहाँ का सर्वर किसी भी प्रत्यासी के भाग्य का परवर्तमान। 2019 के लोकसभा एटा चुनाव में राजवीर फैसला अपने मताधिकार का सिंह राजू भैया ने कुंठ देवेंद्र सिंह के प्रत्योगी कर करेगा। कुल मिलाकर यादव का 1 लाख 22 हजार मतों से हारकर दुबारा सांसद बने। वर्तमान में लोकसभा एटा में यह काहवत स्टीफ बैठती है। किसी भी भाग्य की वापसी के लिए 2024 का लोकसभा प्रत्यासी की मुश्किलें बढ़ा दी हैं। यादव, शाक्य, लौधी बहुत सीट होने की बजह से यहाँ का सर्वर किसी भी प्रत्यासी के भाग्य का परवर्तमान। 2019 के लोकसभा एटा चुनाव में राजवीर फैसला अपने मताधिकार का सिंह राजू भैया ने कुंठ देवेंद्र सिंह के प्रत्योगी कर करेगा। कुल मिलाकर यादव का 1 लाख 22 हजार मतों से हारकर दुबारा सांसद बने। वर्तमान में लोकसभा एटा में यह काहवत स्टीफ बैठती है। किसी भी भाग्य की वापसी के लिए 2024 का लोकसभा प्रत्यासी की मुश्किलें बढ़ा दी हैं। यादव, शाक्य, लौधी बहुत सीट होने की बजह से यहाँ का सर्वर किसी भी प्रत्यासी के भाग्य का परवर्तमान। 2019 के लोकसभा एटा चुनाव में राजवीर फैसला अपने मताधिकार का सिंह राजू भैया ने कुंठ देवेंद्र सिंह के प्रत्योगी कर करेगा। कुल मिलाकर यादव का 1 लाख 22 हजार मतों से हारकर दुबारा सांसद बने। वर्तमान में लोकसभा एटा में यह काहवत स्टीफ बैठती है। किसी भी भाग्य की वापसी के लिए 2024 का लोकसभा प्रत्यासी की मुश्किलें बढ़ा दी हैं। यादव, शाक्य, लौधी बहुत सीट होने की बजह से यहाँ का सर्वर किसी भी प्रत्यासी के भाग्य का परवर्तमान। 2019 के लोकसभा एटा चुनाव में राजवीर फैसला अपने मताधिकार का सिंह राजू भैया ने कुंठ देवेंद्र सिंह के प्रत्योगी कर करेगा। कुल मिलाकर यादव का 1 लाख 22 हजार मतों से हारकर दुबारा सांसद बने। वर्तमान में लोकसभा एटा में यह काहवत स्टीफ बैठती है। किसी भी भाग्य की वापसी के लिए 2024 का लोकसभा प्रत्यासी की मुश्किलें बढ़ा दी हैं। यादव, शाक्य, लौधी बहुत सीट होने की बजह से यहाँ का सर्वर किसी भी प्रत्यासी के भाग्य का परवर्तमान। 2019 के लोकसभा एटा चुनाव में राजवीर फैसला अपने मताधिकार का सिंह राजू भैया ने कुंठ देवेंद्र सिंह के प्रत्योगी कर करेगा। कुल मिलाकर यादव का 1 लाख 22 हजार मतों से हारकर दुबारा सांसद बने। वर्तमान में लोकसभा एटा में यह काहवत स्टीफ बैठती है। किसी भी भाग्य की वापसी के लिए 2024 का लोकसभा प्रत्यासी की मुश्किलें बढ़ा दी हैं। यादव, शाक्य, लौधी बहुत सीट होने की बजह से यहाँ का सर्वर किसी भी प्रत्यासी के भाग्य का परवर्तमान। 2019 के लोकसभा एटा चुनाव में राजवीर फैसला अपने मताधिकार का सिंह राजू भैया ने कुंठ देवेंद्र सिंह के प्रत्योगी कर करेगा। कुल मिलाकर यादव का 1 लाख 22 हजार मतों से हारकर दुबारा सांसद बने। वर्तमान में लोकसभा एटा में यह काहवत स्टीफ बैठती है। किसी भी भाग्य की वापस

How to grow and care for lemongrass



Lemongrass, with its refreshing aroma and versatile culinary uses, is not just a delightful addition to your garden but also a practical herb for your kitchen. Originating from tropical regions, this perennial grass thrives in warm climates and can be easily grown in your backyard or in pots indoors. Whether you're a seasoned gardener or a novice with a green thumb, cultivating and caring for lemongrass is a rewarding endeavor. Here's a comprehensive guide to help you grow and nurture vibrant lemongrass plants.

• Choosing the right location:

Before you start planting lemongrass, it's essential to select an ideal location that provides the necessary conditions for its growth. Lemongrass flourishes in full sun, so choose a spot in your garden or balcony that receives at least six to eight hours of sunlight daily.

Ensure the soil is well-drained and rich in organic matter to support healthy root development.

• Planting lemongrass:

Lemongrass can be propagated from seeds, division, or even from store-bought stalks. If you're using store-bought stalks, trim the tops and place them in water until roots develop. Once roots appear, transfer the stalks to pots or directly into the ground. If you're planting from seeds, sow them in well-draining soil about 1/4 inch deep and keep the soil consistently moist until germination occurs. When planting from division, separate clumps of lemongrass with a sharp knife, ensuring each division has both roots and shoots.

Physiotherapist, Nexus Day Surgery Centre

Osteoarthritis is a disease characterized by degeneration of cartilage and its underlying bone within a joint as well as bony overgrowth.

Symptoms

The symptoms of osteoarthritis often begin slowly and usually begin with one or a few joints. The common symptoms of osteoarthritis include:

• Pain while doing any movements of the joint.

• Joint stiffness, usually lasting less than 30 minutes, in the morning

• Joint changes that can limit joint movement.

• Swelling in and around the joint, especially after a lot of activity or repetitive use.

• Feeling of instability in the joint.

How physiotherapy will help in osteoarthritis?

Significance of physiotherapy

• Pain and swelling

Management: using hot packs/ cold packs in the area. Electrical modalities like IFT, TENS can be used to reduce pain.

• Improving the flexibility and mobility of the joint:

Muscle stretching and joint mobility exercises to improve the range of motion of the affected joint.

• Strengthening and conditioning of the muscles:

Muscles around the joint weakens after a particular time so strengthening the group of muscles is important.

• Improving balance and coordination:

muscle weakness can lead to balance issues resulting in frequent falls and injuries, so balance and coordination training is important.

• Maintaining the overall Functional Status.



Simple exercises for pain relief in osteoarthritis

• Ankle toe movements:

Patient's position- Lying down straight on your back. Move your ankles towards you and in opposite direction slowly. Repetitions- 10 times thrice a day.

• Heel slides:

Patient's Position- Lying down straight on your back. Slowly move the affected leg towards you by bending the knee as much as you can in pain tolerance range. Repetitions- 10 times thrice a day.

• Static quads:

Patient's Position- Lying down straight on your back. Roll a towel and place it just below your knee and try to press it in downwards direction slowly. Repetitions- 10 times thrice a day.

• Hamstring curls:

Patient's position- Lying down on your tummy. Move the affected leg by bending the knee to achieve maximum knee flexion in pain tolerance range and hold for 10 counts. Repetitions- hold for 10 counts, 10 times thrice a day.

• Dynamic quadriceps:

Patient's position- Sitting at the edge of the bed in such a position that your knee is placed at the edge of the bed. Move the lower leg in upwards direction in pain tolerance range without doing any movement at hip joint and hold for 10 counts. Repetitions- Hold for 10 counts, 10 times thrice a day.

• Calf stretching:

Patient's position- long sitting position by keeping your knee completely straight take a towel and hold both the ends of the towel, now place the midpoint of the towel at the forefoot area and slowly stretch your calf muscles by pulling both the ends of the towel. Repetitions- Hold for 10 counts, 10 times thrice a day.

• Bridging:

Patient's position- Lying down straight on your back. Move both your legs towards you by bending your knees, maintain some space between both your limbs and lift your pelvis in upwards direction in pain tolerance range. Repetitions- hold for 10 counts, 10 times thrice a day.

Hamstring stretching:

Patient's Position- Lying down straight on your back by using the towel/band, place it on your foot, hold both the ends of the towel and lift your leg without bending the knee just 50-60 degrees and maintain the position for 10 counts. Repetitions- Hold for 10 counts, 10 times thrice a day.

• VMU strengthening:

Patient's position- Lying down straight on your back. Place a pillow just below your knee now raise your leg from the knee and hold the position for 10 counts. Repetitions- hold for 10 counts, 10 times thrice a day.

• Wall squats:

Patient's position- Standing in such a way that your back is completely supported on the wall (from your head to lower back). Maintaining the position on the wall place both your feet one step ahead from the wall without moving the upper half of your body and now try to squat by putting equal weight on both your feet and maintain the position for 10 counts. Repetitions- hold for 10 counts, 10 times thrice a day.

1 The starting point of digestion is the mouth. Salivary amylase is secreted in your mouth. It breaks the sugar into small particles. From the mouth, the sugar reaches the stomach.

3 Treats dry Skin

If you have dull and dry skin, you should make use of sea salt, as it helps to get rid of the dead skin cells, thus giving you healthy and supple skin. Take 2 spoons of sea salt, mix it with two spoons of brown sugar, one spoon of coconut oil and two spoons of raw sugar. Mix all the ingredients together and apply this on the skin. Wait for some time and wash off with cold water. Repeat this remedy twice a day to get rid of the puffy eyes completely.

4 Face exfoliator

Sea salt is a natural exfoliator that helps to deep cleanse your skin, thus getting rid of the dust and dirt from the face. Take some sea salt and mix it with facial oil. Now massage your face with this and wash off with water. Using this mixture can help to exfoliate your skin deeply, thus getting rid of the dead skin cells effectively.

Here's how sugars are digested!



4 Some types of carbs can't be fully broken down. Gum, pectin, hemicellulose and cellulose can't be fully changed. In fact, even fibre simply moves till the intestines without much changes. Once fiber reaches the large intestine, it gets fermented.

2 Once the sugar reaches the stomach, hydrochloric acid starts breaking it down further. The sugar is broken down into monosaccharides and then sent to the intestines.

3 Sugar digestion occurs a little in the mouth, a little in the stomach but happens more in the intestines. Various enzymes are released to break it down further. Lactase, maltase, isomaltase and sucrase are released to break down sugars. Broken down sugar gives energy after getting absorbed into your blood.



5 You need to get 50% of your sugars from fruits, whole grains, veggies and milk. You need at least 200-300 grams of carbs a day. Sugars from sweets, processed foods or refined grains are unhealthy.

6 Good sugars include apples, honey, bananas, pineapple, carrot, beetroot, yoghurt, brown rice etc. Bad sources include refined white sugar, soft drinks, processed foods, refined grains, and refined oils.

Foods that reduce excess stomach acid

Milk

Milk contains calcium, an alkaline mineral that works to neutralize acid in contact. Milk contains large amounts of calcium, making it one of the best foods to reduce stomach acid. If you are suffering from stomach acidity, soothe your stomach by gulping down a glass of milk.

Herbal tea

Herbal teas are considered to be among the best teas to fight against stomach acid. They calm your intestines and reduce the production of more acid. When you are drinking herbal teas, cool it slightly and sip the tea slowly, so that it acts better in your stomach.

Ginger

Ginger is another wonderful ingredient to soothe the stomach acid instantly due to its anti-inflammatory properties. It has the ability to improve digestive problems and cures stomach acidity. Try chewing a raw ginger piece or make yourself a ginger tea, the next time you suffer from stomach acidity.

Green smoothies

Opt for dark green vegetables and make smoothies out of it. You will get all the antioxidants and nutrients in one go and it will help to reduce stomach acid quickly. Green juices help to curb inflammation in the body and it digests easily in the stomach. You can drink green smoothies before a meal.

Oatmeal

Oatmeal is a breakfast favourite for many. Whole grain oatmeal is an excellent source of fibre that absorbs acid in the stomach and it reduces the symptoms of acidity. Fibre reduces constipation, promotes intestinal health, and keeps the body full for a longer period of time.

Apple cider vinegar

Apple cider vinegar or apples are widely regarded as effective treatments for stomach acidity.

Although apples are acidic in nature, they contain healthy acids and enzymes that help neutralize the stomach acid inside your body.

Aloe vera

Aloe vera is a natural cooling agent that has the ability to treat heartburns and stomach acid. It has healing properties, when consumed, which will benefit you in reducing the stomach acidity. You can have aloe vera juice or use it in food recipes to prevent stomach acid.

Yogurt

Opt for plain yogurt without added sugars or flavors. Yogurt contains probiotics, beneficial bacteria that promote a healthy gut environment. These probiotics help balance the digestive system and reduce the incidence of stomach acidity. Additionally, the cooling effect of yogurt can provide relief from heartburn and irritation in the esophagus.

Chicken

Chicken does not cause acidity, as it has proteins that will help in preventing stomach acidity. Don't deep fry or pan fry the chicken instead grill or sauté the chicken and avoid adding too many spices. Too much spices can increase the stomach acidity, making you feel uneasy.

Olive oil

Olive oil helps with heartburn and indigestion and provides anti-inflammatory benefits. Drizzle olive oil on your foods, instead of cooking with it. Avoid using canola oil, peanut oil and other vegetable-based oils because they are more acidic in nature.

Raw salad

Raw salads are naturally alkaline and full of digestive benefits. Salads prevent inflammation and stomach acidity. It is because a salad consists of leafy greens, carrots, cucumbers, celery, asparagus, and lettuce, which are some of the most powerful foods for reducing inflammation.

Bananas

Bananas are naturally low in acidity and high in potassium, which helps in neutralizing stomach acid. They also contain pectin, a soluble fiber that aids in digestion and helps coat the stomach lining, reducing irritation caused by excess acid.

SECRET RELATIONSHIP

Actress shares a view from Kubera set as she packs up Dhanush-starrer film



It's a wrap!

Actress Rashmika Mandanna shared a glimpse from her upcoming film *Kubera* starring Dhanush.

Rashmika took to her Instagram stories and shared a picture showing the moon, a building, and a little bit of the set. "Andddd it's a wrap #Kubera," the actress wrote in the caption.

The makers of the film released the film's title and Dhanush's first look from the film on *Maha Shivaratri* last month.

Kubera is directed by National Award-winning director Sekhar Kammula, known for movies such as *Fidaa* and *Love Story*.

The film, which also stars Nagarjuna and Jim Sarbh, is presented by Sonali Narang and produced by Suniel Narang and Puskur Ram Mohan Rao under their banner.

Rashmika, who was last seen in Sandeep Reddy Vanga's *Animal*, will be seen in *Pushpa 2*.

She also has *Rainbow*, *The Girlfriend*, and *Chava* in her kitty. *Pushpa 2: The Rule* is slated to release in theatres worldwide on August 15th 2024.

Konkona Sensharma's fans were taken by surprise after her ex-husband, actor Ranvir Shorey, allegedly confirmed her secret relationship with *Sardar Udham* actor Amol Parashar.

A parody account, Dr Nimo Yadav Commentary, known for taking a dig at politicians and public figures, shared a screenshot of Amol's Instagram story where he was seen slamming PM Modi's recent mangalsutras comment.

In his tweet, Nimo wrote, "Konkona Sen Sharma took the best decision to leave Modi bhakt Ranvir Shorey and date Secular Amol Parashar." Replying to this, Ranvir wrote, "I agree."

Ranvir's comment not only added fuel to the dating rumors but, in fact, also confirmed that Konkona and Amol are indeed in a relationship.

While Konkona, 44 and Amol, 37, have yet to react to this, they have often been seen commenting on each other's photos on Instagram. Konkona and Amol starred together in the OTT film *Dolly Kitty Aur Woh Chamakte Sitare* and their chemistry was lauded by the netizens. The film also starred Bhumi Pednekar and Vikrant Massey.



Is Konkona Sen Sharma dating Amol Parashar? Ex-husband Ranvir Shorey's comment sparks speculation



'Feel like going to Baba'

Irrfan Khan passed away on April 29, 2020, at the age of 53 after a two-year battle with a neuroendocrine tumour. Ahead of his death anniversary, his son, actor Babil Khan, shared a cryptic post on 'giving up.'

Taking to his Instagram handle, Babil wrote, "Sometimes I feel like giving up and going to Baba," However, it was deleted soon after.

Babil often shares unseen pictures and anecdotes from their family life on his Instagram handle. Earlier this month, he shared Irrfan and his mother's photo with the caption, "Im gonna miss you, you know? Standing under my umbrella. I'm going to miss you too, but I guess It's time to dance in the rain now."

On the work front, Babil made his acting debut with *Qala* as Jagan Batwal, starring Tripti Dimri, Swastika Mukherjee, and Sameer Kochhar, among others. The film, directed by Anvita Dutt, was released on OTT.

He was also seen in *The Railway Men* alongside Kay Kay Menon, R. Madhavan, Divyendu, and others. Next, Babil will be seen in Shoojit Sircar's directorial debut, *The Umesh Chronicles*, alongside Amitabh Bachchan.

MARK YOUR CALENDARS

Priyanka Chopra Jonas' *Women of My Billion* gets release date



Babil Khan shares and deletes post ahead of Irrfan's death anniversary



A still from Satyabhama

A musical delight

Makers of the upcoming action-thriller film *Satyabhama* starring Kajal Aggarwal unveiled the promo video of the first single *Kallara*.

Taking to Instagram, Kajal treated fans with the song promo video and captioned the post, "#Satyabhama first single #Kallara promo out now. Full song out today at 3:06 PM in the magical voice of @shreyaghoshal. In theatres worldwide on May 17th."

Recently, makers unveiled the film's release date. The makers took to their official Instagram account and shared a new poster of Kajal Aggarwal with a caption that read, "Gear up to celebrate 'The Queen of Masses' @MSKajalAggarwal like never before on the big screens. #Satyabhama in theatres worldwide on May 17th." Apart from this, the makers released an intriguing post starring Kajal Aggarwal.

In the post, Kajal is seen stepping forward, grabbing a gun, loading it, and then aiming at the calendar. Bullet shells reveal the release date, which is May 17. The post also offers a sneak peek of Kajal in her role as ACP *Satyabhama*.



Actor-producer Priyanka Chopra Jonas' upcoming documentary *Women of My Billion* (WOMB) has got release date. Makers on Thursday unveiled the trailer.

Taking to Instagram, streaming platform created fans with an inspiring trailer video and captioned the post, which read, "journey along one woman's 3800 km walk across India for women's safety, witness stories that need to be told and question beliefs that must be challenged. #WomenOfMyBillionOnPrime, May 3. Trailer Out Now."

Women of My Billion, is a stark and touching chronicle of the fight against all forms of violence faced by women of India.

Directed by Ajitesh Sharma, produced by Apoorva Bakshi and Monisha Thyagarajan's Awedacious Originals in association with Priyanka Chopra Jonas' production house *Women of My Billion* follows the journey of Srishti Bakshi, as she embarked on a walking pilgrimage from Kanyakumari to Kashmir, spanning 3,800 kms over 240 days, with a mission to find and share stories about women, their struggles, dreams, rights, and their wins, against all odds.

