



**Editorial**

**The role of emotional intelligence**

**Voter inertia**

The lukewarm voter response in the first two phases of the ongoing Lok Sabha elections raises several questions about the underlying reasons for their apathy. Is the weather a deterrent, or is it disillusionment with governance, scepticism towards nominees/parties, or lack of faith in electoral procedures like Electronic Voting Machines (EVMs)? Indeed, there is a pressing need to rekindle voter enthusiasm and participation in the electoral process. An initial speculation regarding low turnout often points to adverse weather conditions. The scorching heat can indeed discourage voters, especially in regions prone to extreme climates. However, while the weather may play a role, it is seldom the sole determinant of voter participation. A more substantial factor contributing to voter apathy lies in the prevailing disillusionment with governance. Citizens, disappointed by unfulfilled promises, rampant corruption and inefficient administration, often perceive their votes as inconsequential. This disenchantment can lead to voter inertia, where individuals feel disengaged from the political process altogether. Also, scepticism towards parties and their nominees exacerbates voter apathy. In an era marked by populism, polarisation and political opportunism, many voters struggle to identify with candidates or parties that truly represent their interests. The prevalence of dynastic politics and candidate selection based on nepotism only deepens this distrust. The leaders' conduct leaves much to be desired. Many times, they switch sides making a mockery of the voters' decision. Sometimes even the party the voters voted for joins hands with its arch-rival. In such scenarios, voters have reasons to feel cheated. As if all this were not enough, there are doubts about the efficacy of the electoral process itself. Many people are given to doubt the machinery employed, including the EVMs. The introduction of EVMs was hailed as a milestone in ensuring transparent and efficient elections. However, over time, scepticism and conspiracy theories surrounding EVMs have proliferated, eroding public trust in the process. Allegations of tampering, malfunctioning machines and lack of transparency in EVMs handling have sowed the seeds of doubt in the minds of voters. Their perceived vulnerability to hacking or manipulation, coupled with the absence of a paper trail for verification, has fuelled apprehensions about the sanctity of elections. In such an environment, restoring faith in electoral procedures becomes imperative to bolster voter confidence. The situation turned so grave that the matter was taken to the Supreme Court. On this front, introducing measures such as VVPATs alongside the EVMs can go a long way in rebuilding voters' trust. Indeed, it would take an effort by the Election Commission as well as the political class to instil a sense of confidence among people that their vote is sacrosanct. By demonstrating integrity and a genuine commitment to serving the public interest, political parties can rebuild the trust with for-now disillusioned voters.

In a busy world, as individuals navigate through various personal and professional challenges, their ability to understand and manage emotions plays a critical role in determining success, well-being and overall fulfilment. It is the emotions that shape how individuals interact, communicate, lead and innovate, thereby ultimately driving organisational success and fostering a positive work culture. Often it is found that much of an individual's behaviour is the result of emotions. However, these emotions are not a great guide to how one should behave in challenging situations. That is why identifying and working through them helps make better decisions. Feelings and needs are intertwined and knowing one helps understand the other. It is the feelings that are

the gateway into what health needs are thereby, promoting the individual to take appropriate action and enabling the self to grow and heal. If one is not in touch with their feelings, one may end up not knowing what they need which may further lead to indecision or emotional outbursts and the same is being faced in today's corporate world or the world of education. The importance of emotional intelli-

gence cannot be overstated in this fast-paced and interconnected world. At the workplace, what forms the utmost need is the combination of self-awareness, emotional intelligence, effective communication and a supportive work environment. By implementing such strategies, organisations can foster a culture where employees feel empowered to manage their emotions positively, leading to increased

productivity, job satisfaction and overall well-being. Emotional intelligence positively correlates with job satisfaction. Employees with higher emotional intelligence are more satisfied with their jobs, as it fosters purpose, belonging and commitment. Employees with high emotional intelligence excel in interpersonal relationships, conflict resolution and adaptability, while emotionally intelligent leaders inspire

trust, motivate teams and cultivate a positive work environment. By promoting emotional well-being, organisations optimise employee performance and achieve better business outcomes. Recognising the importance of emotional well-being, organisations implement initiatives to support employees' mental health be it wellness programmes, counselling services or flexible work arrangements. Stress-reducing activities, workload management, work-life balance and emotional validation can reduce absenteeism, turnover and healthcare costs, promoting a healthier and more resilient workforce. Organisations should look for silver linings or alternative perspectives that can help reframe the situation in a more positive light, for emo-

tionally intelligent employees can bounce back from failures, learn from setbacks and thrive in the face of uncertainty. By practicing self-compassion, focusing on strengths and investing in ongoing learning and skill development to enhance competence and confidence, can an individual effectively manage challenging emotions in the workplace and foster a more positive and productive work environment. Remember, a workplace that acknowledges and supports the emotional needs of employees can promote mental health, reduce stress and prevent burnout. Emotions are not only inevitable but the most essential ingredient in the workplace. Recognising them and then cultivating them can lead to a more engaged, collaborative and resilient workforce which will ultimately contribute to the organisation's success and sustainability.



**Upholding the Fourth Estate in digital age**

Were it left to me to decide whether we should have a Government without newspapers, or newspapers without a Government, I should not hesitate a moment to prefer the latter - Thomas Jefferson Every year on May 3rd, the world comes together to celebrate World Press Freedom Day, a day dedicated to honouring the fundamental principles of press freedom, defending the independence of the media and paying tribute to journalists who risk their lives to report the truth. In an era marked by misinformation, censorship and threats to journalists worldwide, this day holds more significance than ever. Press freedom is the cornerstone of democracy. It empowers citizens by providing them with access to diverse viewpoints and information, enabling them to make informed decisions. A free press serves as a watchdog, holding Governments and powerful entities accountable for their actions. It acts as a voice for the voiceless, bringing attention to social injustices and human rights violations. Despite the crucial role they play, journalists around the world face numerous challenges in their pursuit of truth. They

encounter threats, harassment and violence, both online and offline. Many journalists risk imprisonment or even death for daring to report on sensitive issues. Censorship, propaganda and attacks on press freedom have become increasingly prevalent, hindering the ability of journalists to fulfil their vital role in society. World Press Freedom Day. Since 1993, it has been observed globally to honour a declaration made by African journalists in Windhoek, Namibia, in 1991. It commemorates press freedom principles and acknowledges journalists' courage. UNESCO awards the Guillermo Cano Prize to those preserving press

freedom. While technology has revolutionised the way information is disseminated, it has also presented new challenges for press freedom. Social media plat-

formers Without Borders (RSF), India's ranking has seen fluctuations. In the 2023 index, India was placed at 163 out of 180 countries, indicating significant challenges to press freedom within the country. "When asked to bend, the media crawled. And when asked to crawl, it cringed." This statement was made by Advani in the context of the Indian media's behaviour during the Emergency period (1975-1977), imposed by Prime Minister Indira Gandhi. During this time, press freedom faced severe restrictions, with journalists being arrested, newspapers censored and the Government exerting tight control over media outlets. Advani's quote reflects his

criticism of how certain sections of the media capitulated to Government pressure and failed to uphold journalistic integrity and independence. It suggests that instead of resisting unjust demands or censorship, some media outlets complied with the Government's wishes, even to the point of degradation. This quote serves as a reminder of the importance of a free and independent press in holding those in power accountable and safeguarding democracy. It highlights the need for journalists to remain vigilant in upholding the principles of press freedom, especially in times of political turmoil or authoritarian rule. British politician Edmund Burke is often credited with coining the term in the late 18th century, referring to the gallery of the House of Commons as the fourth estate, symbolising the press's influence on political affairs. The term "fifth estate" underscores the transformative role of social media in democratising access to information, enabling individuals to participate in public discourse and challenging established institutions and power structures.



# मम्मी हॉस्टल में रात को कोई बाल खींचकर डराता है

बेटा बीएसएफ में है...25 लाख नकद और बोलेरो चाहिए



**मुरादाबाद,** खुशहालपुर निवासी महिला ने कस्तूरबा गांधी आवासीय बालिका विद्यालय फैंज गंज के प्रबंधन पर गंभीर आरोप लगाए हैं। आरोप है कि वहां रात में हॉस्टल में उनकी बेटी के कोई बाल खींचकर डराता है। बच्चियों से साफ-सफाई का काम लिया जाता है। किसी को बताने पर उन्हें धमकाया जाता है। पीड़िता ने जिलाधिकारी को ज्ञापन देकर न्याय की गुहार लगाई है। पीड़ित महिला ने शिकायती पत्र में बताया कि उन्होंने अपनी बेटी का प्रवेश कक्षा 6 में कस्तूरबा गांधी आवासीय बालिका विद्यालय फैंज गंज में कराया है। वह 22 अप्रैल को पारिवारिक काम से अपनी बेटी को घर ले आई। आरोप है कि जब वह अपनी बेटी को वापस स्कूल छोड़ने आई तो बाहर से 4-5 लड़कियां स्कूल के अंदर आईं। उन्होंने प्रधानाचार्य से पूछा तो उन्होंने कहा कि बच्चा यहां गेट के बाहर तक नहीं जाता है। जबकि बच्चियां उनके सामने बाहर से आई थीं। फिर वह 24 अप्रैल रविवार को अपनी बेटी से मिलने आईं। उन्होंने बेटी से बातचीत की।

**मुरादाबाद,** बेटी की 10 मई को बारात आनी है...ससुराल वालों ने 25 लाख रुपये नकद और बोलेरो गाड़ी की शर्त रख दी है। ऐसे में बिटिया के परेशान पिता ने उसकी ससुराल वालों के हाथ जोड़कर काफी मिन्नतें भी की लेकिन, बात नहीं बनी। फिर पीड़ित पिता एसएसपी के सामने हाजिर होकर अपनी व्यथा बताकर समाज में लाज रख लेने की गुहार लगाई। इस मामले में मैनाठेर थाना पुलिस ने गुरवार को दहेज प्रतिषेध अधिनियम में छह लोगों के विरुद्ध नामजद एफआईआर दर्ज की है। इसमें हरमजन, शांति, प्रदीप, सुनील, रविंद्र और हरमजन का दामाद सुनील नामजद हुए हैं। ये सभी संदलपुर गांव के रहने वाले हैं। यह मामला रामपुर जिले के शाहबाद के मिलक तुरखेड़ा गांव के राम प्रसाद की तहरीर पर दर्ज हुआ है। नामजद हुए लोगों में प्रदीप राम प्रसाद का होने वाला दामाद है, जो बीएसएफ में तैनात है। राम प्रसाद ने पुलिस को बताया है कि बिटिया की 10 मई को बारात आनी है। शादी से पहले वह 5.50 लाख रुपये नकद व शगुन-टीका में 50,000 रुपये का सामान दे चुके हैं। शादी की तैयारी लगभग पूरी कर चुके हैं। 500 कार्ड बांट चुके हैं। एडवांस में एक लाख देकर हलवाई बुक हो गया है। 12 लाख में टेंट बुक हुआ है। टेंट वाले को दो लाख एडवांस दे आए हैं। शादी का कीमती सामान भी खरीद लाए हैं। इसके बाद अब बिटिया की होने वाली ससुराल के लोगों की दहेज की मांग बढ़ गई है। राम प्रसाद पीडब्ल्यूडी में मेट से 2020 में सेवानिवृत्त हो गए थे। बताया कि उनके तीन बेटियां हैं। इसमें बड़ी बेटी की शादी पहले की थी। दामाद कास्टेबल है, जो लखीमपुर खीरी में तैनात है। दूसरे नंबर की बेटी का विवाह में उसकी होने वाली ससुराल के लोग दहेज के चक्कर में बरात लाने को तैयार नहीं हो रहे हैं। उन्होंने बताया कि जब बिटिया की शादी देखने गए थे तो उन्होंने उन लोगों से दान-दहेज के बारे में भी पूछा था तो उन सभी ने यही कहा था कि दहेज में कुछ नहीं चाहिए, जो दोगे अपनी बेटी को दोगे।

## नहीं चलेगा बहाना, अग्निशमन के वाहन में लग रहा जीपीएस सिस्टम...लोकेशन हर समय अपडेट रहेगी



**मुरादाबाद,** अग्निशमन विभाग दमकल के प्रत्येक वाहन में जीपीएस सिस्टम लगा रहा है। इससे अब कोई भी फर्जीवाड़ा नहीं होगा। गाड़ी कितने बजे चली, कितना चली और कितनी रफतार में चली, गंतव्य स्थल पर किस समय पहुंची...आदि संपूर्ण विवरण ट्रेस होगा। इस व्यवस्था से जहां अब दमकल कर्मियों को व्यवस्थित रहना पड़ेगा, वहीं पब्लिक के लोग भी अग्निशमन वाहन के आगमन का समय बताने में झूठ नहीं बोल पाएंगे। इस तरह वाटर वाउजर से लेकर बुलेट मोटरसाइकिल तक के 22 वाहनों में जीपीएस सिस्टम लग रहा है। अग्निशमन अधिकारी ज्ञान प्रकाश शर्मा ने बताया कि आग बुझाने में शामिल सभी वाहनों में जीपीएस सिस्टम लग रहा है। इससे अब वाहनों की लोकेशन हर समय अपडेट रहेगी। गाड़ियों के संचालक भी अलर्ट रहेंगे। आग लगने की सूचना मिलने के बाद कितनी देर बाद गंतव्य स्थल के लिए निकले और सफर में कितनी देर लगी एवं घटनास्थल पर कब पहुंचे, यह सब अब आसानी से ट्रेस होगा। अग्निशमन अधिकारी ने कहा कि इस व्यवस्था का लाभ जनता को मिलेगा।

## बाइक-स्कूटी से सड़कों पर फर्फटा भर रहे स्कूली बच्चे, जिम्मेदार बेपरवाह

**मुरादाबाद,** महानगर की सड़कों पर स्कूली बच्चे यातायात नियमों की खिल्ली उड़ा रहे हैं। 18 साल से कम आयु के अधिकांश बच्चे आपको आराम से स्कूल आते जाते समय स्कूल या बाइक चलाते दिख जाएंगे। स्कूलों के बाहर यह बच्चे अपने वाहन खड़े कर रहे हैं। इतना ही नहीं किसी स्कूल में बच्चे ई रिक्शा से पहुंच रहे हैं, तो किसी स्कूल में ऑटो से। बसों में भी नियमों का पूरी तरह से पालन नहीं किया जा रहा। लेकिन, जिला प्रशासन और शिक्षा विभाग ने अभी तक ऐसे स्कूलों को चिह्नित कर उनके खिलाफ कोई कदम नहीं उठाया है। जिलाधिकारी की अध्यक्षता में बुधवार को जिला सड़क सुरक्षा समिति की बैठक हुई। इसमें अनफिट स्कूली वाहनों पर शिकंजा कसने की बात कही गई। लेकिन, धरातल पर स्थिति बहुत ज्यादा गंभीर है। यातायात नियमों के तहत 18 वर्ष से कम आयु में अगर कोई बच्चा बाइक या स्कूल चलाता पकड़ा जाता है तो उसके खिलाफ चालान व अभिभावक को जेल तक का प्रावधान है। लेकिन, नाबालिक महानगर की सड़कों पर बाइक या स्कूटी से फर्फटा भर रहे हैं। महानगर के स्कूल में बच्चे स्कूल व बाइक लेकर पहुंच रहे हैं। हालांकि इन वाहनों का स्कूलों में प्रवेश वर्जित है। लेकिन, बच्चे स्कूल के बाहर

इन वाहनों को खड़ा करते हैं। छुट्टी के समय महानगर की सड़कों पर यह बच्चे रोज आपको



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शरीर का कोई हिस्सा बाहर न निकाल सकें। झाड़व की सीट के आसपास बच्चे बैठे नहीं होने

एसोसिएशन ऑफ प्राइवेट स्कूल स्कूटी या बाइक से अगर बच्चे स्कूल जा रहे हैं तो इसमें अभिभावकों को भी अपने बच्चों पर सख्ती करनी चाहिए। दूसरी ओर स्कूलों ने बसों की फीस इतनी महंगी कर दी है कि अभिभावकों को मजबूर बच्चों को ई रिक्शा या ऑटो में भेजना पड़ रहा है। अनुज गुप्ता, अध्यक्ष, मुरादाबाद पैरेंट्स ऑफ ऑल स्कूल यातायात नियमों का पालन सभी को करना अनिवार्य है। यातायात नियमों का स्कूल में बिना लाइसेंस के बच्चे स्कूल में बाइक खड़ी नहीं कर सकते हैं। स्कूलों की ओर से लगी बसों व निजी वाहनों पर यातायात नियमों का पालन किया जाता है। -नीरज गुप्ता, महासाधिव, मुरादाबाद

## व्हाट्सएप डीपी में इंस्पेक्टर का फोटो, पाकिस्तान के नंबर से कॉल... स्मार्ट फोन रखने वाले चौकन्ना रहें

**मुरादाबाद,** व्हाट्सएप डीपी में पुलिस इंस्पेक्टर का फोटो और कॉल पाकिस्तान के नंबर से...। जी हां, स्मार्ट फोन रखने वाले लोगों को चौकन्ना रहने की जरूरत है, वह चाहे महिला हो या पुरुष, अन्यथा आप निश्चित तौर से साइबर ठगी का शिकार हो जाएंगे। इन दिनों पुलिस अधिकारी बनकर ठगी ट्रेडिंग में है। लगभग हर रोज ऐसे मामले आ रहे हैं। यदि नंबर के प्रारंभ में 92 लिखा तो ये कंट्री कोड कहीं और का नहीं बल्कि पाकिस्तान का है, जो आपको टगने वाला है। दरअसल, साइबर फ्रॉड की दुनिया में पिछले तीन-चार महीनों से इस तरह के मामलों की बाढ़ आई हुई है। गुरुवार दोपहर उड़ बजे के दौरान पुलिस लाइन स्थित साइबर क्राइम सेल में फर्जी पुलिस अधिकारी के नाम पर ठगे गए बुजुर्ग शिकायत दर्ज करा रहे थे। सिविल लाइंस क्षेत्र निवासी बुजुर्ग शासकीय सेवा से निवृत्त हैं। इनके दो बेटे एनसीआर फोटो लगा था और नंबर की डिजिट का कंट्री कोड 92 प्रदर्शित हो रहा था। लेकिन, उन्होंने कंट्री कोड पर ध्यान ही नहीं दिया। पुलिस अधिकारी का चित्र देखकर पहले कुछ ने बताया कि कराने की आवाज सुनकर उनका सिर चकरा गया और अनहोनी की बात दिमाग में गूंजने लगी। उन्होंने कॉलर से कहा, बेटे से बात कराओ...कॉलर बोला आपका बेटा बात करने की पोजीशन में नहीं है। इस तरह बुजुर्ग और कॉलर की करीब 18-20 मिनट तक व्हाट्सएप कॉल पर बात चली। बुजुर्ग ने बताया, उन्हें बेटे की चिंता में कुछ समझ नहीं आ रहा था और वह कॉलर के कहने पर कुल 49,000 रुपये उसके खाते में ट्रांसफर कर दिए। फिर कुछ देर बाद बुजुर्ग ने अपने दोनों बेटों को कॉल की तो पता चला वह स्वस्थ हैं। ऐसे में बुजुर्ग को अहसास हुआ कि वह साइबर ठगी का शिकार हो गया है। वैसे ये कोई पहला वाकया नहीं है...साइबर क्राइम ने बताया कि कराने की आवाज सुनकर उनका सिर चकरा गया और अनहोनी की बात दिमाग में गूंजने लगी। उन्होंने कॉलर से कहा, बेटे से बात कराओ...कॉलर बोला आपका बेटा बात करने की पोजीशन में नहीं है। इस तरह बुजुर्ग और कॉलर की करीब 18-20 मिनट तक व्हाट्सएप कॉल पर बात चली। बुजुर्ग ने बताया, उन्हें बेटे की चिंता में कुछ समझ नहीं आ रहा था और वह कॉलर के कहने पर कुल 49,000 रुपये उसके खाते में ट्रांसफर कर दिए। फिर कुछ देर बाद बुजुर्ग ने अपने दोनों बेटों को कॉल की तो पता चला वह स्वस्थ हैं। ऐसे में बुजुर्ग को अहसास हुआ कि वह साइबर ठगी का शिकार हो गया है। वैसे ये कोई पहला वाकया नहीं है...साइबर क्राइम

ने बताया कि कराने की आवाज सुनकर उनका सिर चकरा गया और अनहोनी की बात दिमाग में गूंजने लगी। उन्होंने कॉलर से कहा, बेटे से बात कराओ...कॉलर बोला आपका बेटा बात करने की पोजीशन में नहीं है। इस तरह बुजुर्ग और कॉलर की करीब 18-20 मिनट तक व्हाट्सएप कॉल पर बात चली। बुजुर्ग ने बताया, उन्हें बेटे की चिंता में कुछ समझ नहीं आ रहा था और वह कॉलर के कहने पर कुल 49,000 रुपये उसके खाते में ट्रांसफर कर दिए। फिर कुछ देर बाद बुजुर्ग ने अपने दोनों बेटों को कॉल की तो पता चला वह स्वस्थ हैं। ऐसे में बुजुर्ग को अहसास हुआ कि वह साइबर ठगी का शिकार हो गया है। वैसे ये कोई पहला वाकया नहीं है...साइबर क्राइम

## जनसेवा केंद्र से लूट करने वाले दो गिरफ्तार, 36,000 रुपये बरामद

**मुरादाबाद**। कटघर थाना क्षेत्र के जैतिया सादुल्लापुर गांव में जनसेवा केंद्र पर बुधवार सुबह हुई लूट का पुलिस ने खुलासा कर दिया है। बाइक सवार दोनों लुटेरों आकाश उर्फ नन्ना और टिकू को गिरफ्तार कर लिया है। ये दोनों आरोपी भी जैतिया सादुल्लापुर के ही रहने वाले हैं। पुलिस ने इनके पास लूट की रकम में 36,000 रुपये भी बरामद कर लिए हैं। इन लोगों ने केंद्र से 70,000 हजार रुपये लूटे थे।

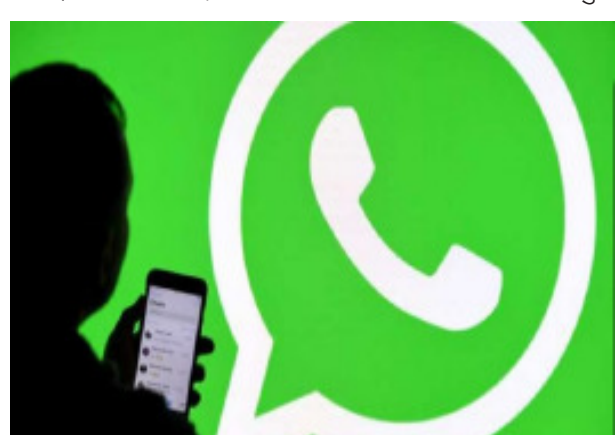
**क्यों न लिखूं सच**

**स्वामी, मुद्रक, प्रकाशक नरेश राज शर्मा द्वारा ए0एच0प्रिंटर्स, ए-11, असालतपुरा, लंगाड़े की पुलिस, मुरादाबाद-244001(उत्तर प्रदेश) से छपवाकर कार्यालय म.नं. 210 खा सीतापुरी,डबलफाटक जनपद-मुरादाबाद (उत्तर प्रदेश) से प्रकाशित एवं वितरित किया।**

**संपादक - नरेश राज शर्मा**  
मो. 9027776991  
**RNI NO- UPBIL/2021/83001**

इस अंक में प्रकाशित समस्त समाचारों के चयन एवं सम्पादक हेतु पीआरबी एक्ट के अन्तर्गत उत्तरदायी होंगे तथा समस्त विवाद मुरादाबाद न्यायालय के अधीन होंगे।

**क्यों न लिखूं सच समाचार पत्र में सभी पद अवैतनिक हैं**









## Correctly plan your staircase for success



JYOTI S

Correct staircase at home plays a vital role in Vastu according to which staircase must be constructed with orientation of house and in proper direction with no discrepancy in risers. Vastu has some norms scripted for staircase which must be adhered to for successful life and good health of inmates.

- Staircase for Success Spiral staircase should be avoided in any case. A Spiral staircase can be immensely troublesome likewise spiral staircase in South-east corner can be all the more problematic for occupants and is never recommended in Vastu.

- Square or rectangular stairs that bend at the right angle are considered good while risers should adhere to vastu norm as not too high or too steep. Such kind of stairs drains out positive energy from the house.

- There should be no staircase just outside the main door of the room because it is being said that such defect keep away good luck.

- Direct Stairs outside the room can make your home accident prone and brings bad luck.

- Stairs should have no toilet or kitchen below it which is said as main reason for health problem.

- Staircase should be planned accordingly Vastu to reap the rich benefits of stairs and if stairs are correctly made it brings all happiness and success to the inmates.

- Vastu stresses to have a staircase in South but never in the North-east quadrant.

- Acceptable corners of staircase are North-west and South-east.

- It is also said that orientation of staircase depends on risers. If the master bedroom is constructed on the ground floor then it is recommended to have clockwise ascend while if master bedroom is on the different floor then it must follow clockwise descend.



PRERANA JAIN  
Founder of Boli

Handmade jewelry is stealing the spotlight this summer and is drawing fashion enthusiasts with its artsy, vibrant allure. These creations are not simply accessories but rather wearable pieces of art characterized by creativity, individuality and unique designs. Each piece from delightful polymer clay miniature foods like earrings to delicate flowers made out of recycled cotton paper tells a story and adds a personal touch to outfits.

## Artsy and Vibrant- Handmade jewellery that all we need this summer

Summer 2024 sees an amalgamation between the latest trends and one's own sense of style in jewelry. Custom-made jewelry is what everyone wants to wear today as it gives them an opportunity to have something that was handcrafted specifically for them. Organic beauty is evoked by nature-inspired motifs like vines, rosebuds, and blooming flowers. In addition, unpolished minerals as well as raw stones bring out a natural ruggedness that appeals to those who want to feel connected to Earth.

The revival of handmade arm cuffs adds a touch of nostalgia to this season's fashion scene. Whether chunky or delicate, wired or wooden, these cuffs come in a variety of styles, catering to diverse preferences. Filigree detailing is another trend making waves, infusing jewelry with intricate designs that exude elegance and mystique. Handmade filigree pieces, featuring motifs like vines, arabesques, or custom designs, are capturing hearts with their allure.

In 2024, bold statement pieces add spice and glamour to any ensemble. Striking oversized necklaces, chunky bracelets and attention-grabbing earrings are making a dramatic impact on fashion right now. Jewelry collections are getting back their vibrancy through emeralds, sapphires,



rubies which are colorful gemstones.

Again sustainability & ethics are driving the consciousness of jewellery industry today. Eco-friendly consumers now demand jewelries crafted from recyclable materials while others look for those ones made using responsibly sourced gemstones. Through handmade jewelry shoppers demonstrate their uniqueness apart from contributing towards ethical fair trade industry.

In conclusion, handmade jewelry represents the spirit of summer fashion providing numerous choices for self-expression as well as taste. Whether you prefer nature inspired designs or statement pieces or filigree works there will always be something for everybody in all these categories too explore. Our accessories should therefore embody our own personality traits such as uniqueness, environmental friendliness hence reflecting who we really are.

Acne on jawline is a prime example of adult acne. Usually associated with hormonal imbalance as it is often seen when your periods are near, the jawline acne isn't always hormonal. Excess sebum production and accumulation of dirt, bacteria and dead skin cells on the face can also be the reason for the acne on jawline. The good news is that you with some preventive measures, you can fight the jawline acne with ease. All you need to do is make a few lifestyle changes and incorporate acne-fighting ingredients to win the battle against acne.

Simple ways to treat acne on your jawline with these tips

### 1 Don't touch your face constantly

While deep in thought, you tend to rest the face on your hands. This simple gesture transfers the germs from your hands to your face, leading to acne on the jawline. This is one of the instances of the multiple that you touch your jawline during your day. Be mindful of this absent-minded gesture and keep your hands away from your face. And if you need to touch the face, make sure to wash your hands before that to prevent the spread of germs and bacteria and stop acne.

## Got acne on jawline?



### 2 Let your skin breathe

Acne that is spread on your jawline can take a turn for the worst if you put layers and layers of make-up on. We usually want to hide our acne and thus we load up on foundation, concealer and powders. Not to forget the contouring done to create a sharp jawline. While you think that you have outsmarted the acne, you actually make it worse.

All the make-up products block your skin pores, and attract more dirt and bacteria flaring the acne. You need to let your skin breathe for it to heal itself. So, go bare face or use the minimal products while your acne is getting better.

### 3 Exfoliate the skin regularly

Blocked skin pores and bacterial infestation are the two most common causes of acne. Exfoliation is recommended to remove the dirt, oil and dead skin cells from your face to unclog the pores. This also prevents bacterial infestation on the skin. Thus by exfoliating you remove the major culprits behind the acne.

Exfoliate 2-3 times a week and be gentle with your skin. You don't want to irritate the skin with harsh movements.

### 4 Use products with acne-fighting ingredients

One of the best ways to fight jawline acne is to use products with acne-fighting ingredients. Ingredients such as salicylic acid, benzoyl peroxide and myristic acid are proven to be effective against acne. These not only help to dry out your acne and clear your skin but also prevent the acne attack in future. So, alter your skincare routine by including products that are acne-fighting and work at the root cause of the issue.

### 5 Stay away from oily foods

Excess oil produced in the skin can cause the acne of your jawline. And eating oily foods and foods rich in sugar aggravate this issue making your acne worse. To deal with jawline acne, you need to watch your diet. Say no to oily foods and include foods rich in vitamins, minerals and antioxidants help you fight various issues and keep your skin optimal health.

## Eight water-rich fruits to keep you hydrated in summers

Summer can make you feel dehydrated and exhausted at the same time. It is imperative to keep yourself hydrated throughout. Consuming water-rich fruits can help you meet nutrient requirements while also keeping you hydrated. If you don't drink the recommended amount of water per day, fruits and vegetables can provide you with extra fluid, keeping you nourished and healthy. Fruit that is high in water content is popular in juices, smoothies, and snacks.

While summers can be extremely exhausting and force you to spend more time indoors to protect yourself from the sun, the exciting aspect of summer is delicious ice creams and fruit such as watermelons, strawberries, pineapples, and many more. This list of summer fruit is a great addition to your diet.

### Mangoes

We know how much you love mangoes and they are undoubtedly our favourite part of the summer season! Mangoes are not only our favourite, but they are also used in a variety of desserts. They are high in antioxidants and, as a result, can boost immunity. They lower cholesterol and improve eye health. Mangoes are

one of the best summer fruits because of all of these factors.

### Watermelon

Watermelon is a summertime favourite for many people because it is not only delicious, but it is also high in nutrients. With a water content of approximately 90 per cent, this wonder fruit aids in the prevention of heart disease. Watermelon also aids in the production of the amino acid arginine, which aids in the immune system's function.

### Strawberries

Strawberries have numerous health benefits due to their high levels of vitamin C, manganese, folate, potassium, B vitamins, and flavonoids. Strawberries are extremely beneficial in preventing heart disease and in lowering bad cholesterol. Strawberries have high fibre content, so if you have digestive issues, including them in your diet can help.

### Pineapples

For its rich flavour and juicy texture, this delicious and juicy fruit is a favourite of many. Pineapples are high in Vitamin C, which is important for fighting cell damage and boosting your immune system. Pineapple's high manganese content benefits bone health. It is also high in fibre and antioxidants.

### Apples

Apple is a delicious and nutritious fruit that is popular in almost all seasons. Apples are delicious in salads, smoothies, pies and desserts, and as a snack. Apples have been shown to increase metabolic rate, improve heart health, and regulate blood sugar levels. They are high in vitamins and minerals, which help to maintain healthy bones, teeth, and

skin. We all believe in the adage, "An apple a day keeps the doctor away," and without a doubt, it does!

### Cantaloupe

Cantaloupes are high in vitamin C and A, both of which help to boost immunity. Cantaloupes' high potassium content aids in blood pressure regulation. Cantaloupe contains beta carotene, which aids in the prevention of cataracts and improves vision. Because of its sweet flavour and health benefits, this low-calorie fruit is used to make a variety of delectable desserts. Cantaloupe infused in water makes an excellent summer health drink!

### Papaya

This fruit is high in Vitamin C, fibre, and antioxidants. Including papaya in your diet can help prevent cholesterol buildup in your arteries, boost immunity, and be an excellent source of vitamins for people with diabetes and those looking to lose weight.

### Oranges

Oranges are a favourite fruit of those who enjoy working out because it hydrates and energises your body, which is essential during workouts. Oranges have numerous health benefits, including lower cholesterol, improved heart function, and improved skin health due to their high Vitamin C content.

## Plant-based/Vegan milk for babies:

## Is it healthy? Can it aid child's development?

1 There is a potential association between decreased height and drinking plant-based milk. However, it does not strongly suggest that drinking non-dairy milk causes children to be shorter.

2 Almond milk is a good substitute for cow milk for infants. A study pointed out that infants who were allergic to dairy (or cow milk) were given almond milk and reported better growth outcomes than infants who were given either a specialized non-dairy protein formula or a soy-based formula.

3 Constipation is an issue seen in infants or toddlers with cow milk allergy and soy milk or plant-based milk is known to relieve the symptom. It was also found that dairy formulas cow milk can worsen symptoms in children with chronic constipation.

4 According to NHS (The National Health Service, UK), it is safe to give

unsweetened fortified cow milk alternatives, such as soy, almond and oat milk drink to your child from the age of one. According to WHO vegan milk will need to be fortified with iron, zinc, calcium, vitamin B12.

5 Several studies and health experts point out that alternatives should not be offered as a main drink for your child until at least two years of age unless discussed with a child dietician or paediatrician.

6 For children with allergies who require a hypoallergenic formula (hypoallergenic formulas are recommended by paediatricians for babies who have a problem digesting cow milk-based formula), it is recommended that this formula is continued on until two years of age. As Paediatrician Dr Rhea Eapen points out, "cow milk protein allergy peaks during infancy (1.5-3 per cent) and by six years of age it is 1 per cent. Overall 35 per cent children who presented with chronic diarrhoea turned out to be cow milk protein allergy. If a child is allergic the dietary modification should be made by a Paediatrician based on symptoms and tests. Currently, the commonly employed treatment is hydrolyzed formula and soy milk-based formula. Due to factors like availability, affordability, palatability soy-

based formula is tried first." Dr Rhea adds, "However, parents should know that children with cow milk protein allergy may have cross allergy with soy formula. So these decisions should be taken under expert advice."

7 One study pointed out that unsweetened soya milk should be or is the first option for vegan infants.

So, if you wish to adopt a vegan lifestyle for your child, choose (after discussing with the paediatrician) fortified options that can balance the nutrients (calcium, vitamin B12 and, iodine) to the similar levels to those found in cow milk.

Note: Infants and young children under the age of five should not have rice drinks, because of the levels of arsenic they may contain.

## Choosing the right kind of vegan milk for your baby

The above table provides a comparison of nutrient levels in cow milk and various plant-based milk alternatives.

In conclusion, it can be gathered that plant-based milk does not contain the same levels of energy, fat, or carbohydrate as cow milk. Most plant-based milk alternatives have also been proven to require fortification with various nutrients to meet a child's demand.

In addition to the above-mentioned kinds of milk, pea milk, also called ripple milks is also a preferable option for your child as it has a protein profile like that of soy milk. Hemp milk is also a good option as it is high in omega 3's which is key for children's growth and development is also extremely easy on little digestive systems.

Dr Rhea says, "Currently cow milk protein allergy is the one approved reason for use of alternative plant-based milk, usually temporarily. Further studies are being conducted to better understand the way non-dairy or vegan milk affects children's growth and development. In the case of nutritional value, health experts suggest that there is no added advantage to having other alternatives if the child can tolerate cow milk. As a parent, your child's health and safety is your number one priority, so before changing or altering your infant's or toddler's diet, talk to your child's paediatrician in order to make an informed decision.



# Dance Lessons

**Actor promises to teach Pushpa Pushpa step to Australian cricketer David Warner**

CJ DESK

**T**elugu superstar Allu Arjun, who is gearing up for the release of his upcoming cinematic juggernaut, *Pushpa 2: The Rule*, has made a promise to Australian cricketer David Warner.

Recently, the song *Pushpa Pushpa* from the film was released, featuring Allu pulling off a hook step that has captured the audience's fancy.

David, being a fan of Indian cinema and culture, couldn't help but express his delight at the hook step.

The cricketer is known for dancing in the middle of matches, entertaining spectators in the stadium when he's generally placed on the boundary.

Taking to the comments section of the post where Allu shared the song, David wrote: "Oh dear, how good is this. Now I've got some work to do @alluarjunonline." Allu responded to the cricketer, assuring him of teaching him the hook step. The actor wrote: "It's easy, I will show you when we meet."

Despite Warner's move from Sunrisers Hyderabad to Delhi Capitals team in the IPL, he remains a Telugu bidda at heart.



# Jatt & Juliet returns

**Diljit Dosanjh, Neeru Bajwa's Jatt & Juliet 3 to be released in June 28, 2024**



**A still from Jatt & Juliet 3**

**P**unjabi sensations Diljit Dosanjh and Neeru Bajwa are all set to entertain you with their chemistry in *Jatt & Juliet 3*.

On Thursday, the duo took to their respective social media handles and announced that the film will hit the theatres on June 28.

"Fateh and Pooja are Back *JATT&JULIET 3 #jatt&juliet3*. Releasing Worldwide 28th June 2024," Diljit wrote on his Instagram account, adding the

film's poster.

This update has left fans extremely excited. "Wohoo can't wait," a social media user commented. "Yaay...eagerly waiting," another one wrote.

The franchise, known for its endearing characters and engaging storyline, has amassed a dedicated fan base over the years. With Dosanjh and Bajwa reprising their iconic roles, anticipation for the third instalment is at an all-time high.

Recently, Diljit and Neeru gave a glimpse of their close bond at the *Dil-Luminati Tour* in Vancouver, Canada.

Several videos from the concert surfaced online in which Diljit could be seen calling Neeru Bajwa the 'Queen' of the Punjabi industry. "My film journey started with Neeru Bajwa...she is here in the stadium. We all love you Neeru Bajwa ji. We all respect you. You are one and only queen of our Punjabi industry. Also, our film *Jatt & Juliet 3* is coming...show us love," Diljit said in Punjabi, eliciting a loud cheer from the audience.



# Fit Jodi

**Shahid Kapoor flaunts his biceps as wife Mira clicks picture from their joint workout session**

**C**ouples who work out together stay together—that's what Shahid Kapoor and Mira Rajput Kapoor have sought to exemplify through their latest Instagram picture.

Mira dropped a picture from their joint workout session, dishing out fitness goals.

In the image, Mira, decked up in stylish gym wear, could be seen taking a mirror selfie. Shahid, being his goofy self, stood behind her and flexed his biceps.

"You complete me," Mira captioned the post, garnering netizens' praise.

Reacting to the post, a fan commented, "You both are so fit." "Fit Jodi," another one wrote.

Shahid and Mira got married on July 7, 2015, in an intimate wedding in Delhi. The duo had an arranged

marriage. They are doting parents to daughter Misha and son Zain. Misha was born in 2016 while Shahid-Mira welcomed Zain in 2018.

Meanwhile, Shahid who recently appeared in the rom-com *Teri Baaton Mein Aisa Uljha Jiya* alongside Kriti Sanon, received positive reviews for his performance. The film also performed decently at the box office.

Looking ahead, Kapoor's fans are eagerly awaiting his next project, *Deava*, directed by Rosshan Andrews. Co-starring Pooja Hegde, the film is slated for a theatrical release on *Dussehra* this year.



# Don't call me aunty

**Actress was spotted on the sets of her dance reality show Dance Deewane 4**

CJ DESK

**B**ollywood actress Madhuri Dixit Nene was spotted on the sets of her dance reality show *Dance Deewane 4*. The actress is one of the judges along with actor Suniel Shetty. On Thursday, Madhuri was papped outside the sets as she walked towards her vanity van.

In one of the now-viral posts, the actress is seen interacting with fans. She wore a gorgeous pink and black lehenga. However, as a few fans came close to the actress, her bodyguards asked them to step back.

At that moment, a female fan along with a young boy approached Madhuri and said that they wanted to meet her.

"Baccha aapse milna chahta hai," the woman is heard saying in the post. Madhuri looked at the boy, smiled and said 'hello' to him. The woman then said, "Beta hello karo aunty se." That left Madhuri a little shocked, however, she laughed out loudly and said, "Usse pata bhi nahi hai kaun hai" (The kid doesn't even know who I am)."



# SWEET GESTURE

**B**ollywood star John Abraham has time and again expressed his love for all things

bike, and recently, he made the birthday of his fan extra-special by gifting a pair of brand new biking shoes. The actor, who generally keeps away from the spotlight, won the hearts of netizens after he was seen bonding with the fan over their shared love for bikes. A post of the same has now gone viral on the internet in which John can be seen gifting a brand new pair of Forma biking shoes to his fan. The imported shoes are priced at a whopping Rs 22,500, and the actor was all smiles as he presented the birthday gift to his special fan.

And not just that, but he was also seen helping the fan wear the shoes by bending down and fastening the straps with his own hands.

The fan also shared some pictures of his gift and penned a heartfelt note for John. "I'm The Luckiest Person In The World...It Was My Birthday And I Wanted To Celebrate It With John Sir And My Dream Finally Came True! He Said It's Your Bday Na And I Have Something For You He Went Inside And Brought This Brand New Forma Premium Riding Shoes For Me Worth Of 22.5K MADE IN ITALY As My Bday Gift!" he wrote.

John's gesture towards the fan won the hearts of the netizens and they called him one of the most down to earth celebs. "Wow look at him going down to tight his laces," a user pointed out, while another wrote, "He is so down to earth".

