

Vol. 5 | Issue 04 | April, 2013 | On Stand ₹30/-

ISSN : 2320-5946

RNI NO. CHAENG | 2009 | 3137

CHD | 141 | 2013-15

# TriCITY

## Calling

Saccharine  
Sizzler

**Evelyn  
Sharma**

Cover Story

**Socially  
Conscious  
Organizations  
Nourishing Lives**

Special Feature

Increasing numbers  
and hazards of mobile  
Phone Towers  
in cities

**Incredible India**

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Feature

**To Let or Not To Let**

**Super Foods**

**Going Bananas**

**Rendezvous**

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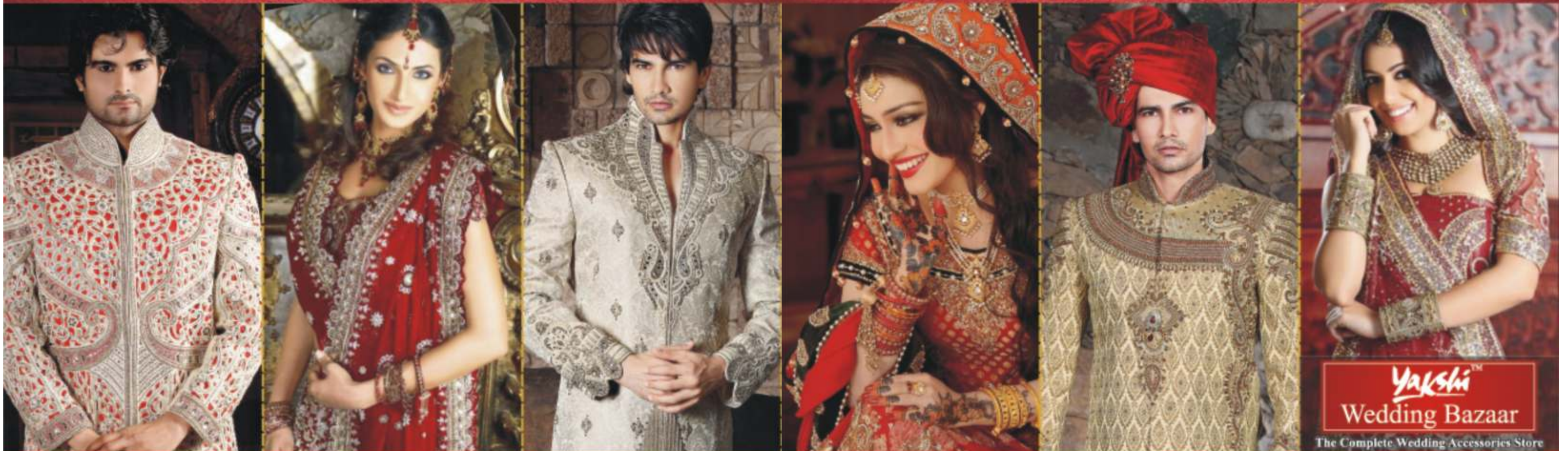
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**Tricity Calling** (English) is Printed by  
Pawan Nagrath on behalf of  
**Dr. Gopal Munjal**  
Owner, Publisher and Editor

**3M Advertisers And Publishers Limited**  
SCO 813, 2nd Floor, NAC Manimajra, Chandigarh, India.  
Tel.: 91-172- 5076666, 2734805  
E-mail: editorial.3mapl@gmail.com, editorial@3mapl.com  
tricitycalling.3mapl@gmail.com  
Website: www.3mapl.com

Printed at  
**MANSA PRINT & PUBLISHERS LIMITED**  
480/1, Village Bhatoli, Kalan, Baddi,  
Distt. Solan-173205 (HP)  
by Dr. Gopal Munjal  
At 781, Industrial Area, Phase-II,  
Ramdarbar, Chandigarh

All disputes are subject to the exclusive jurisdiction of competent court  
located in Chandigarh (CT) only.

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## From the Editor-in-Chief

Dear Readers,

Tri-City Calling has always tried its level best to entertain and entice its readers through its crispy Cover Stories and Features. This time, we have focused on some serious issues of life that need to be paid attention to. The Cover Story of the May issue *Socially Conscious Organizations Nourishing Lives* sheds light on organizations that are helping the weaker segments of society in establishing their own identity. Life is not the same for all. In an interview with Evelyn Sharma, we explore her journey from the beginning of her career telling the readers how she shifted her career from Hollywood to Bollywood. The Special Feature, *Increasing Numbers and Hazards of Mobile Phone Towers in Cities* has picked up some health issues arising from continuous use of cell phones.



Readers who like to go on a long

vacation can find solace in the Incredible India section's *Luxury Trains of India*. Many celebrate Valentine's week in the month of February.

Your health is of utmost importance for us. Therefore, the Health segment of the magazine contains topics *Increasing Allergies* and *Home Remedies for Gastric Problems*. These articles might help you in getting rid of the seasonal allergies and gastric problems. The Fitness segment of the magazine is again dedicated to the health of our dear readers. *Aerobics and Cardio* will encourage you to burn calories while dancing on your favorite tunes at home.

In the Relationships segment, *Cutting Loose the Apron String*, attention has been given to the sacred relationship between parents and children and how their relationship moulds with the passage of time.

Surprise elements are also included in the magazine with fiction. *For that Moment to Live for Ever*, which narrates the tale of a young dynamic mind and how his life unfolds with a number of surprises and mysteries which I will leave you to discover.

Happy Reading!

*Dr G Munjal*

Dr G Munjal

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## Feed BQck Magazine

I liked the cover story – *The Year of 2012*. It was a compact yet illustrative description of the major events that took place in 2012. The writer has done a great job.

**Rita Jain** 😊

Mohali

Tri-city Calling is one such magazine that is promoting India and its culture through its Incredible India Segment. I really liked the article *Epicurean Gods*. Looking forward for the next issue.

**Mukesh Kumar** 😊

Chnadigarh

Tri-city Calling is one of the finest magazines I have ever come across. It caters to the interest of every reader. I do not know if there is any magazine in the market that is so entertaining and rich in content like Tri-city Calling.

**Hardeep Grewal** 😊

Mohali

The fiction segment of this issue *I love you, too* was packed well with surprises. It was entertaining and hard to guess what will be next. Superb work, keep it up!

**Abhishek Singh** 😊

Panchkula

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# Socially **Conscious** Organizations Nourishing Lives

*Its all about Being a Morally Correct Organization*

A socially conscious organization understands responsibility on various levels that include economic, legal, ethical and philanthropic responsibilities. A company merely focused on profit maximization can't be counted socially responsible, until and unless, it takes up steps to improve the lives of those who are involved in the working of the organization.



By Geetika Sachdeva



Winston Churchill

One of the greatest leaders **Winston Churchill** once said,

**"We make a living by what we get, but we make a life by what we give."**

His words speak volumes. If one digs deep into what Winston Churchill said, one will find that life is valuable only if we add something to it. Life is not just about living, but, it is also about sharing and growing together. A number of organizations have understood the gist of Churchill's words quite well as they have contributed a lot towards the betterment of society.



**SUCCESS**

The existence of organizations or entrepreneurs would have been impossible if society had not come forth to help it grow. Manpower involved in the working of the organizations has helped them in achieving maximum profits, global growth and reputation. In return, society also desires growth and balance for its healthy survival. The desire of the society to grow, induced the concept of corporate social responsibility.



CSR has also played a vital role in freeing the society from the fetters of strangled beliefs and perceptions about various segments of lives. There was a time when impaired members of the family were considered to be a burden. But, the initiative of many organizations has helped in boosting up the morale of the disabled lot.

'Don't judge a book by its cover', the saying goes well for the disable communities of the society. A disabled is as enthusiastic and courageous as an able employee in an organization could be.



## What Is Corporate Social Responsibility?

Corporate Social Responsibility (CSR) is about how businesses work to bring about an overall positive impact on society. Every organization has its own definition of CSR. However, any organization working towards the welfare of the community or society at large is said to be a morally correct organization or being socially responsible.



## How Corporate Social Responsibility Is Bringing A Positive Change In The Society?

It depends from organization to organization as to how well they recognize their responsibilities towards society. For some it might only be restricted to improving the working environment and at the same time others may perceive it to empower the employees. Education and empowerment of the employees play a vital role in the overall growth of the society. Organizations like Ind-Swift, Nectar Lifescience Ltd. and RedAlkemi have organized various camps, from time to time, that include free blood donation camps, campaigns for the welfare of the old, HIV/AIDS awareness campaigns with the aim of improving the health and lives of the people.





The CEO of Costa Coffee (New Delhi), Unnikrishnan Santhosh, rightly said,

**"...we tend to call them ordinary people like all of us the initiative and the commitment that they have shown is far far better than the abled people"** (Source IBN Live).

Costa Coffee is one such organization that has hired hearing-impaired people and has given them an opportunity to cherish their dreams.

Just like Costa Coffee, various organizations including KFC, CCD, Lemon Tree and Apeksha Saloon in Chandigarh are doing their bit in bringing healthy changes in the outlook of the society. The golden pages of Indian history hold notable names of personalities who were either born disabled or were intentionally excommunicated by their rivals. Rana Sanga, the ruler of Mewar was left blinded in one eye by his own brother Prithviraj and even received 80 wounds from his rivals. But this didn't stop him from

conquering over the rivals and ultimately became the ruler of Mewar. If Rana Sanga could win over his disabilities then why can't people with hearing and speaking disabilities like Vivek, Sanjay and Jaipal who are the members of the kitchen staff and Ajay, who looks after the entire front area of Lemon Tree Hotels?

**Shubhanshu Sharma, the General Manager at the Lemon Tree Hotels said, "It's a regular practice with Lemon Tree Hotels. They are very much a part of us and all-inspiring. Many times they pick up messages from the body language of guests, which our very 'normal' staff can't"**

(Source The Tribune).

Chandigarh has many successful tales to share. Apeksha Saloon in Sector 34 of Chandigarh is one such group that has been training impaired people to achieve success in their life. The story of Apeksha goes back to 1994, when a mother walked into the salon asking Apeksha Gill, the owner of the Salon, to hire her speech and hearing impaired girl.

Since then, the Salon has been imparting training to such people. Apeksha Gill shared the story, "When I started my salon in 1994, a mother came with a tomboyish girl and asked me to employ her speech and hearing impaired daughter. I needed some help, so Rekha came into my life; a little effort from both sides and we could communicate well. She proved to be an excellent worker"

(Source The Tribune).



# The Important Things in Life



A philosophy professor stood before his class with some items on the table in front of him. When the class began, wordlessly he picked up a very large and empty jar and proceeded to fill it with rocks, about 2 inches in diameter.

He then asked the students if the jar was full. They agreed that it was.

So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles, of course, rolled into the open areas between the rocks.

He then asked the students again if the jar was full. They agreed it was.

The professor picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else.

He then asked once more if the jar was full. The students responded with a unanimous "Yes."

"Now," said the professor,

**"I want you to recognize that this jar represents your life. The rocks are the important things – your family, your partner, your health and your children – things that if everything else was lost**

**and only they remained, your life would still be full.**

**The pebbles are the other things that matter – like your job, your house, your car. The sand is everything else; the small stuff."**

"If you put the sand into the jar first," he continued "there is no room for the pebbles or the rocks. The same goes for your life.

If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Play with your children. Take your partner out dancing. There will always be time to go to work, clean the house, give a dinner party and fix the disposal.

Take care of the rocks first – the things that really matter. Set your priorities. The rest is just sand."





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# FEATHERS

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# Saccharine Sizzler Evelyn Sharma

She is the latest power-packed ballistic missile, imported from the heavens of machinery, Germany, to unleash her flare in the battle-fields of Bollywood. Multinational, multilingual, unperturbed to changes or challenges, stunningly gorgeous and purely humanitarian, she has already become a hot pan-cake for Bollywood by seizing projects with stars like Ranbir Kapoor, Deepika Padukone and Ayushmaan Khurana. Incredibly sexy, loaded with an exceeding amount of the oomph ingredient, here's the latest candy girl, Evelyn Sharma, in an exclusive interview with Tri-City Calling.



“Every beginning is tough, the hours are long and your private life struggles a lot at times. But once you get upgraded from economy to business ticket or from hotel room to suite and photographers are screaming your name, you know the hard work has paid off.”

**Your debut was with a Hollywood project, how did you get into the Indian movie industry?**

I've played German theatre and acted in an English movie before I started modeling world-wide. India happened by choice and Bollywood more by accident. I think to find your destiny in life it's about taking chances and not being afraid of change!

**Do you think it's an easy entry into Bollywood?**

It's definitely not easy to enter any industry... be it modeling, Hollywood or Bollywood. You have to bring a lot of talent and confidence to it, meet the right people and then you just need that little sprinkle of luck over it.

**Is it easy switching on and off between Hollywood and Bollywood or do you think it's better to choose one of them and sticking to it?**

I love challenges and trying something new. I'd love to act in all sorts of different genres, countries and languages.

**It's been just a year in Bollywood and you already have your bag full of projects, how has your experience so far been?**

It's been

amazing ever since I landed in Mumbai. I really feel like I belong here and I wouldn't want to be anywhere else right now.

**With more than a hundred ad campaigns in India, what's your personal preference, modeling or movies?**

Yes I have done over a hundred campaigns, television ads and other commercial modeling assignments in India before I started movies last year. I like both modeling and acting. It's very different work. If I had to choose I'd go for movies.

**According to you, which is easier between the two?**

It's harder to work in movies but so much more satisfying for me as an artist.

**Carrying a tag of "Imported Talent", how do you observe your comparison with the well established Katrina Kaif?**

I guess people will always tag or compare you when you start out as a newcomer. Only after you establish yourself as an individual, will they compare others to you!

**Would you throw some light on your role in Nautanki Saala and Yeh Jawaani Hai Diwani?**

My character Lara in Yeh Jawaani Hai Diwani is too funny! She's a complete ditz and girly girl. She falls

for Bunny's (Ranbir) charm and he for her innocent sex appeal. It's really cute and entertaining.

**In Nautanki Saala I play a very beautiful, modern version of Seeta. I can't really say much about it yet. Bollywood is more about musical hit numbers and lovers running around trees. Given a choice, what kind of roles would you prefer? Love stories or action girl? Your honest answer and my next question is ready.**

I honestly wouldn't know which one to choose. It depends on the script more than on the genre for me. Love stories are so beautiful and emotional while fighting sequences are just too awesome to film!

**You are more of a lively personality off – screen; you can speak eight languages; you've already been in the news for being a genuine philanthropist, keen follower of yoga and a sports lover. So does that make you restless doing contrasting roles on screen?**

Not at all. Contrasting roles are exactly what I am most interested in! Being yourself on screen gets really boring after some time and a challenge is appreciated once in a while.

**Starting your career with good directors and co-stars, with**

“I'm very excited for Divya Kumar's Yaariyan, as I have worked out a lot and will be seen in my first bikini scene!”



whom did you really enjoy working?

I think Rohan Sippy is a fantastic director and very nice to work with. Also Ayushmann and Kunal are super easy on and off screen. It was a super time shooting for Nautanki Saala!

Your comments on being in the news with the latest Bollywood heart throb, Ranbir Kapoor?

He's super cute and a dream to work with. He's a fantastic actor. Your dream co-stars and directors, including that of Hollywood?

All of them. Really. Being relatively new to Bollywood, are you comfortable doing item numbers?

Sure, I'm open to everything.

Would you like to share any of your memorable as well as any untoward experience in Bollywood?

Every beginning is tough, the hours are long and your private life struggles a lot at times. But once you get upgraded from economy to business ticket or from hotel room to suite and photographers are screaming your name, you know the hard work has paid off. It's a fabulous journey and I'm enjoying every minute of it! Any special or close friends in Bollywood so far?

Of course (With a wink).

There's a hot competition going on in the industry between size-zero and curvaceous figured heroines. Do you see yourself as a participant?

(And both ways,

yes or no), what's your preference between the two groups?

I'm skinny but I still have curves... so I have no idea which category I belong to (with a laugh).

What kind of diet chart do you follow, in your daily routine?

I have very healthy eating habits. I'm mainly vegetarian and I just don't like sugar. Only on Sundays I pig out and I try to stay away from alcohol.

Which is your favourite cuisine?

German and Indian and Japanese and Italian...! I'm a big-time foodie!

Apart from, Ye Jawani Hai Diwani and Nautanki Sala, which other projects are you working on currently?

I'm starting the shoot for Divya Kumar's Yaariyan in a week or two. I'm very excited for this movie as I have worked out a lot and will be seen in my first bikini scenes! Also we are going to South Africa and that's a first time for me (In an excited way)

It's a tough task to survive in tinsel town, but this was Evelyn Sharma, sprinting with high spirits and scorching confidence. Not many foreign actresses have been able to grab etching attention as much as Evelyn. We wish that she continues to draw the finest work and gets to the highest skies of success

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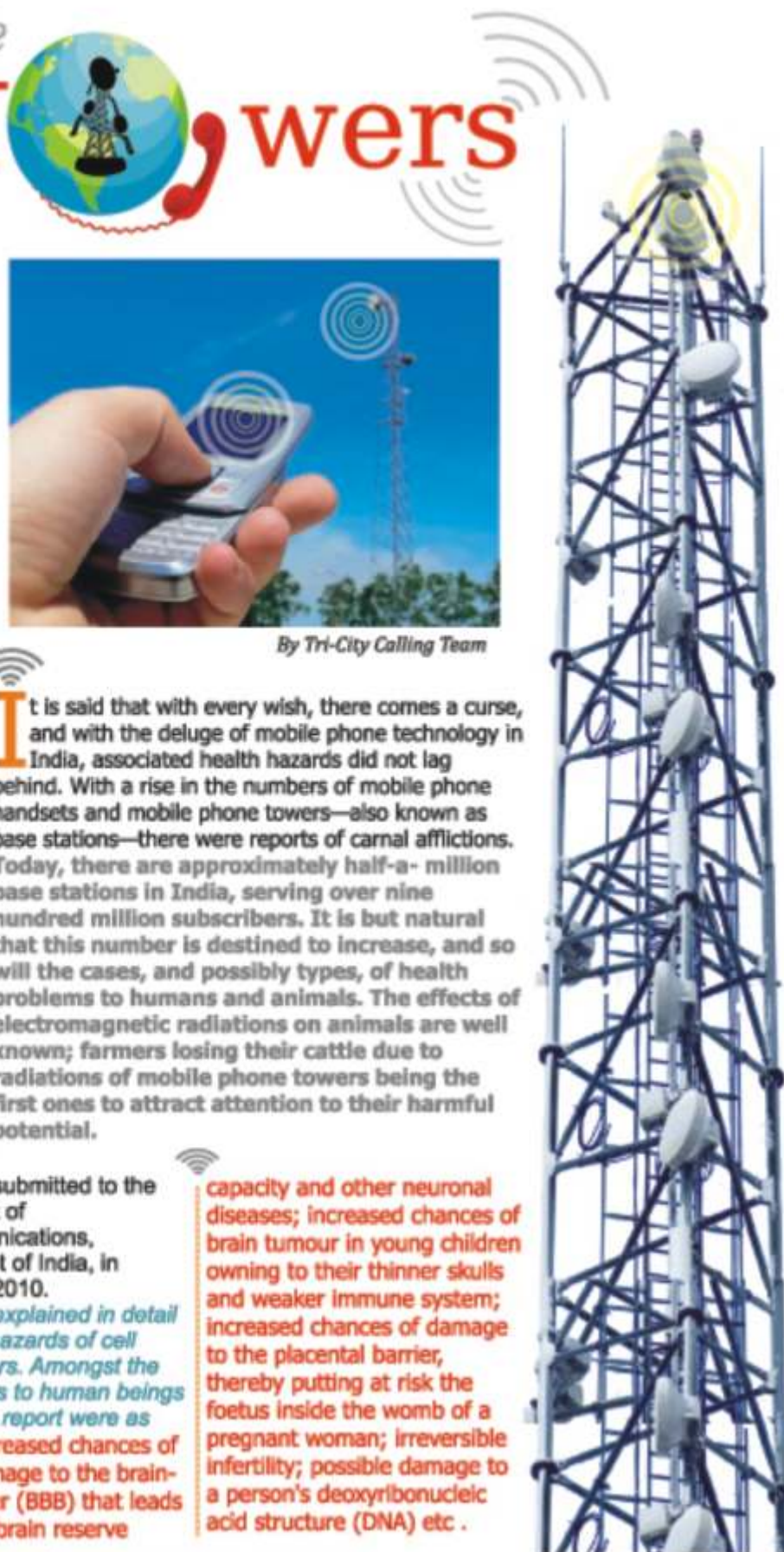
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## Increasing numbers and hazards of mobile

# Phone Towers w in cities

The year 1991 was remarkable, for it marked the beginning of a new era in India's economic—and consequently, political—establishment. It was the time of India's perestroika, and a wave of economic prosperity touched Indian shores. The necessary concomitant arrivals were mainly technological in nature, and two of those changed face for India forever: the personal computer, and the mobile phone.



**I**t is said that with every wish, there comes a curse, and with the deluge of mobile phone technology in India, associated health hazards did not lag behind. With a rise in the numbers of mobile phone handsets and mobile phone towers—also known as base stations—there were reports of carnal afflictions. Today, there are approximately half-a-million base stations in India, serving over nine hundred million subscribers. It is but natural that this number is destined to increase, and so will the cases, and possibly types, of health problems to humans and animals. The effects of electromagnetic radiations on animals are well known; farmers losing their cattle due to radiations of mobile phone towers being the first ones to attract attention to their harmful potential.

The world has been quick to take notice of this alarming spurt in radiations-related cases of physical afflictions, and sometimes death. Consequently, several agencies have conducted studies on this topic, including the World Health Organization (WHO). Amongst these studies is the Report on Cell Tower Radiation by Professor Girish Kumar of IIT Bombay,

which was submitted to the Department of Telecommunications, Government of India, in December 2010.

The report explained in detail the health hazards of cell phone towers. Amongst the several risks to human beings listed in the report were as follows: Increased chances of cancer; damage to the brain-blood barrier (BBB) that leads to reduced brain reserve

capacity and other neuronal diseases; increased chances of brain tumour in young children owing to their thinner skulls and weaker immune system; increased chances of damage to the placental barrier, thereby putting at risk the foetus inside the womb of a pregnant woman; Irreversible infertility; possible damage to a person's deoxyribonucleic acid structure (DNA) etc .

The Report also mentioned risks to bees, birds and animals. Honey bees suffer from what is known as Colony Collapse Disorder (CCD): due to the interference in their intercellular communication due to electromagnetic noise in the background, they are unable to locate their beehive. Similarly, birds are also facing the risks posed by this unseen enemy called electromagnetic radiations from cell phone towers. It has been observed that birds are getting disoriented by the microwave radiations from base stations, and flying in a confused manner. Base stations also result in their deaths due to collision in bad weather conditions.

Cows grazing near cell phone towers in Germany were reported to experience still births, birth deformities and other behavioural problems, while it was also observed that electromagnetic radiations can choke seeds, obstruct germination and the growth of roots, thereby proving its hazardous impact on plants as well. The mobile phone companies, however, conducted their own studies and—not surprisingly—came up with findings almost vindicating their stand that cell phone towers do

not emit radiations strong enough to harm man or animals. Even the WHO concluded that it was a probable contributor to cancer, but there was little concrete evidence.





# Shweta Kaushik



Coming from a small village and a middle class family, model Shweta Kaushik has been achieving what she always dreamed of against all odds. She has walked the ramp in fashion shows like the Lakme Fashion Week, Will's Lifestyle, NIFT and has done still shoots for brands like Mango, Madame, Levis, Adidas, Monte Carlo, Reebok and many more. She has also been a part of *Dare to Date* show on Channel V following which she was also offered *Beauty and Beast* by the same channel which she quit due to her own personal dislike. Gearing up for the upcoming Punjab Fashion International Week and Dehradun Fashion Week, she has recently done a Punjabi album with Sukhshinder Shinda.

This hot model shares her journey in a candid interview with Tri-City Calling.



Cont. on Pg. 22

## HotGupShup

### Deepika Padukon Hookups with Ranveer Singh



Although hookups and linkups in Bollywood industry aren't new, the latest linkup is not only startling but also brow-raising. Recently, the hot Deepika Padukon was linked up with Ranveer Singh by the crew members of the movie *Ram Leela*.



The duo is shooting for Sanjay Leela Bhansali's next movie *Ram Leela*. On the sets, a friendly yet hot connection between the two was noticed by the crew members. The new Romeo of the B-town, Ranveer Singh, is trying his best to woo the heart of the lady. On Deepika's birthday, Ranveer surprised her by organizing a live brass band performance playing the 'Happy Birthday' tune.



The whole incident took place on the sets of the movie *Ram Leela*. Surprised by the performance, Deepika's eyes got a little wet and she embraced Ranveer warmly and gracefully. It looks as if Ranveer has taken up the role of Gujarati Romeo in *Ram*

Leela quite seriously as he was spotted limping with an injured leg in the hotel where Deepika was putting up while shooting for the movie *Chennai Express* in Wai. He came back to Mumbai from Kolkata for urgent work. Instead of going back to Kolkata, he went straight away to meet Deepika in Wai. Deepika Padukon had been spotted with many celebs. Her first love, when she started her career in modelling, was Nihar Pandya. Nihar Pandya and Deepika were in the same acting school. After entering B-town and earning a name after *Om Shanti Om*, she fell for Yuvraj Singh, the cricketer. Yuvraj Singh and Deepika's relationship couldn't last for long and she again fell for Bollywood heartthrob Ranbir Kapoor. Unlike her movies, her personal life has seen a continuous downward slop as Ranbir dumped her for Katrina Kaif and Deepika found solace in Siddharth Mallya's arms. The solace was again short-lived as after two years they broke up and now Deepika is said to be having a secret affair with Ranveer Singh.



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Cont. from Pg. 20

### How Did your Journey Begin?

I have been gifted with a good height and face so I wanted to be an air hostess and travel different countries, but due to initial failures I ended up working as a counsellor at the Air Hostess Academy. One of my friends referred me for a shoot for the brand Madame. That was my first still shoot. It was like my luck and my hard work showed all together that day. Designer Binu Katyani happened to be present on the shoot and she was quite impressed with me, so she asked me to do shoots for her cloths line. The pictures came out in one of the magazine and then onwards I had no dearth of work. It has been three years in the industry and work has kept me busy.

### Who is your inspiration?

Indrani Das Gupta. I adore her a lot. Being married she has a glow on her face and pure skin and grace no less than a supermodel and is still the face of many good and international brands. I just want to follow her footsteps.

### Did your family support you in your decision of modelling?

Yes, my family supports me a lot.

Since, I come from a small village, there were constraints initially. When I had to go for late night shows and shoots, people started talking negatively about me which affected my family too. But later on when they saw me on magazines, posters and commercial ads their perception changed towards me. In fact, last year I gifted my dad a laptop which he always wanted. That brought tears into his eyes. He considers me as a

model who was a part of it. But later on when he called up and said that it's an outdoor shoot in



Lonawala and he just wanted to focus on me so only he would accompany me, I found things fishy. When I asked him if I could take my friend he refused and straight a way came to his point of compromise. I was very angry at this, I yelled at

him warning him to not to call me again.

### Any plans for the small or the big screen?

I am not in a rush towards acting. I love being a model, I totally love this job. But films and fashion are very different worlds. And I am not very keen on seeing myself blown up on screen. But one should never say no. May be if I get a good role and script I will give it a try.

### What kind of roles would you like to play?

I would love to be a part of Ekta Kapoor serials. She actually pushes the confidence and abilities of a person for fruitful output on screen.

But one thing I am clear with is, I want to do only lead roles.

### Modelling/ Acting?

I think modelling. I love this job, also it's not that tough but yes it requires a lot of hard work. One has to look good, maintain your skin, fitness, be slim and carry a positive attitude all the time.

### Your Fashion Icon?

Indrani Das Gupta

### Beauty secret?

I love eating food. I drink lots of water and fruits are a large portion of my diet.

### Fitness Mantra?

Walking

### What makes you feel sexy?

My eyes and lips.

### What are you doing currently?

I am presently busy with my upcoming Punjabi Album with Sukhshinder Shinda.

### Definition of independence for you?

I think money. If I have money I feel independent.



son to him. I have two younger brothers. The little one, who is just 11 years old, sees me as a role model. When I go for outdoor shoots to Thailand, Muscat he too dreams of becoming a model one day. (Laughs!) My family is really proud of me.

### Have you ever faced the casting couch at any point?

Yes, I have. In Delhi and Punjab my experience went well but once I landed up in Mumbai for a shoot, this person, whom I will not name, called me for a shoot. On seeing me, he started praising me for my looks and said that he would make me a star. I took it normally; I was just looking forward to the shoot with another

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# Luxury Trains of India



## Palace on Wheels

The train was reintroduced in 1982 after having temporarily shutdown in 1947. It offers 14 deluxe saloons with 4 cabins providing facilities of bath and shower, attached toilet and leisure facilities like games for children, intercom and more. The interior of the saloons is decorated with cozy furniture, handicrafts and paintings. The train offers traditional Indian, Rajasthani, Continental and Chinese cuisine to its passengers. Favorite destination points of the train are Delhi, Jaipur, Jaisalmer, Jodhpur, Ranthambore National Park, Chittorgarh, Udaipur, Bharatpur and Agra.



*Make your Holidays Special...*



**I**n India trains are not only a mode to transport goods or commuting from one place to another; they are also incredibly beautiful way of exploring the unexplored lands on individual levels. After the British rule, trains were given a luxurious look for those who enjoy travelling in majestic deportment. Luxury trains are an asset of India as they contribute about 20% in the total revenue of the Indian Railways.

India has five luxury trains that are famous for elegant and alluring interior, traditional Indian hospitality and exquisite dining services. The trains were designed for providing elegant ride to the passengers coming from all over the world to explore India and its scenic beauty.

*By Geetika Sachdeva*



## Deccan Odyssey

The train was launched in 2002 and is famous as Palace on Wheels of Maharashtra. The train has 13 fully air conditioned deluxe saloons, each with a combination of 4 twin bedded chambers. Physically challenged passengers are provided with wheel chairs, creches and other special facilities. The train travels for eight days covering destinations like Mumbai, Ratnagiri, Jaigadh, Ganapatipule, Bhatye Beach, Goa, Sindhudurg, Tarkarli, Sawantwadi, Pune, Aurangabad, Ajanta and Nasik.



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## Royal Rajasthan on Wheels

Launched in 2009, the train offers Super Deluxe Saloon- the Bravura Suite and Deluxe Saloon - the Extraordinary Suite to its passengers. The Bravura Suite has been crafted with fine silk and velvet bedspreads and draperies and the Extraordinary Suite has been thematically designed with matched color textures and schemes to augment their splendor. Lip-smacking meals at two famous restaurants on the train Sheesh Mahal and Swarn Mahal are also offered to the passengers. The Royal Rajasthan on Wheels travel for eight days covering hot destinations of Jaipur, Khajuraho, Udaipur, Jodhpur, Varanasi, Chittorgarh and Agra.







“When books are powerless to beguile  
And papers only stir my bile,  
For solace and relief I flee  
To Bradshaw or the ABC  
And find the best of recreations  
In studying the names of stations.”

By CL Graves



### Golden Chariot

Launched in 2008, the train is also famous as Pride of the South. The stay of the passengers is made comfortable at Golden Chariot by the eleven luxuriously furnished air-conditioned saloons with 4 sleeping chambers or cabins. The facilities like dining cars, one bar lounge, business centre, mini gymnasium & ayurvedic spa are also offered to the passengers. It travels for eight days from Bangalore to Mysore, Jain Monolith & Hosalya Temple Architecture, Hampi Temples & Vijayanagara Palace, Badami Caves & Pattadakal Temples, Goa and then back to Bangalore.

### Fairy Queen

The train holds a Guinness World Record for having single locomotive. Built in 1855 it offer just one AC chair car coach, which can accommodate a maximum of 50 tourists. For the privileged passengers it has also attached pantry car. Fairy Queen takes its passengers to a mesmerizing ride for two days trip. The journey begins from the Delhi Cantonment Railway Station and takes one to the majestic land of Rajasthan.

**Travelling could be both good and a bad experience. But, having a ticket of any of the luxury trains of India could add enjoyment to your travelling. After all, travelling in luxury trains is all about safe and healthy travelling.**



## Glamorous Tribute to Legendry Yash Chopra

The Women Club of Sector 9, Chandigarh, organized a fashion show with music and dance in tribute to the legendary Yash Chopra, Indian film director and producer. The participants of the fashion show presented themselves in glittering and eye-catching dresses.

Various fashion rounds were set for the participants with a musical background. All the participants performed impeccably and dazzled the onlookers with their confidence and charm. The participants of the fashion show were mainly the members of the club who also included renowned models of the regions. The tone of the fashion show was set appropriately with the help of lightings and music. The audience and the participants of the show also jazzed up the occasion by dancing on the music beats. The Women Club, in the past, had also participated in social causes like women empowerment, consumer services, protection of girl child and many more.



Women in sarees dazzle onlookers



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# toilet or Not To Let



By Jaspreet Punian

**W**ith soaring property prices and an increasing demand of accommodation it is becoming all the more difficult to find the perfect place to stay. An ever escalating cost of living coupled with stagnant wages makes it impossible to save the money needed for a down-payment, compelling you to rent a place instead. You may own a house in a certain city, but the need to move to another for your job, education or better living standards forces you to stay in a rented accommodation, since you cannot keep selling and buying as you shift from one city to another. This has raised the demand of rental houses in every town and city of the world. Thus, before you start scouting for a suitable house or flat to rent, give as much consideration to your requirements as you would before buying one. Renting a house can be quite troublesome. To make the task easy and manageable for you, given below are a number of things that the tenants and the landlords must keep in mind before entering into an agreement.

## Tenants

**The verification of these documents and house credentials is critical.**

- Title documents – Proof that the actual owner of the place is the person renting out the premises.
- Share certificates – Share certificates need to be verified if the place is a part of a co-operative society or colony.
- Electricity bills – Generally in the owner's name.
- No-objection certificate – This is a certificate that specifies conditions for rent/lease; some do not allow bachelors and others may have some other conditions defined in the document.



## Rental Agreement

The lease agreement needs to be worked very carefully keeping various aspects in mind. The major 3 are the licence period, the consistency of the license fee through the entire license period, clarity on costs associated with the house such as municipal taxes, society fees and charges etc. Ordinarily the

owner is expected to bear such costs. The clause regarding any deposits given prior to renting the house should be clearly defined and the terms of refund when the lease is terminated, should be stated. This includes any deposits towards electricity bills, telephone bills etc. Clauses defining what happens if this

expectation is not met also need to be mentioned. Usually security deposits that are not refunded within seven days of the expiry of the lease are liable to be refunded with interest for each day's delay. You should ensure that the landlord does not retain funds from the deposit for supposed damage to the premises.



### Signature in the Lease Agreement

For the agreement to be valid, ensure that either the owner or a person who is the authorized signatory for the owner signs the agreement.

### Accounting for Furnishing

The lease agreement should include all fixtures and furnishings with a cost estimate of the same also specified.

### Plumbing Check

Plumbing should be carefully scrutinized. There should not be any malfunctioning or leakages and maintenance costs for the same should be included in the deal. These issues should be discussed upfront before the agreement is made out.

### Term and Renewal

11 months is the usual term of the lease agreement with a notice of 2-3 months for either party to terminate the agreement. Notice clause is a must. Based on mutual consent the lease can be renewed every 11 months.

### Other Details to Keep in Mind

- There should be a clause that allows you to retain possession of the house till the time the landlord clears all the dues, including deposit refunds.
- You should be well protected from clauses that mention a breach of contract.
- When a sale, mortgage or transfer of the concerned property takes place, the tenant should be well protected. Here the notice period will help you make alternate arrangements.
- Verify the availability of other amenities like car parking, gym, general maintenance etc.
- Lastly, take care of the property as if it were your own to ensure an amiable relationship with your landlord.

An ideal amount of rent that one should pay should be no more than 30 percent of your net monthly income.

**FOR RENT**



## Landlords-What you should know before giving your house on lease

### Advertising the House

The first step is to advertise to rent out the house. However, the best option is to hire a real estate broker as this will save you time and effort.

### Computing the rent

Estimate the rental value of the place based on market value with some leeway for negotiation for the person willing to rent the place. You should see if the rent that you are going to ask for covers the cost of running and maintaining the house and after paying this, a profitable amount is left for your own disposal.

### Police Clearance Certificate

Ensure that you do a thorough background check of the person, to whom you are renting out your place. Ask them to get a police clearance certificate, before renting out the place.

### Drafting the Lease Agreement

This document includes details such as the tenancy period, maintenance cost and monthly rental, deposit amount that is refundable if all conditions are fulfilled when the tenant vacates the property and payment for damage to the house or furniture. This agreement needs to be signed by both the parties.

Traditional culture in India has been such that deep down in our hearts everyone still wants to own their own house. Owning a house renders a sense of security that a rented house cannot provide; but with the prevailing economic conditions of inflation and economic downturn, it has become exceedingly difficult for many to fulfil that aspiration. So, renting a house seems to be the only other option.



## Forthcoming Events

### 1 Possible Steps Towardz Impossible Dreamz

- Date:** May 10, 2013  
**Time:** 04:45 pm  
**Venue:** CII, Dakshin Marg, Sector-31 A, Chandigarh
- Cherish your ultimate dreams by sheer focus on the goals and dedication towards work. Nothing is impossible when life is understood in a meaningful and coherent manner. 'Possible Steps Towardz Impossible Dreamz' has been designed for those who want to achieve extraordinary dreams or goals of life. The event will focus on understanding the problems of life and how best they can be managed. Focus would also be on the development of leadership qualities, improving inter personal and public speaking skills, and enjoying life. The event will be beneficial for those who have a desire to do something in life but lack confidence.

### 2 Mango Festival in Khandani Rajdhani

- Date:** Apr 05 - May 31, 2013  
**Venue:** DLF City Centre Mall, Chandigarh
- The mango lovers eagerly wait for the special Mango Festival that is organized every year in the beginning of the summer season. Taking advantage, the Khandani Rajdhani - India's premier vegetarian *thali* restaurant, located in Chandigarh, is offering various delicious meals specially prepared by using mangos. *Aam ki lunjee, fajeta, gar ker and mango dal dhokli* are some of delights that can be enjoyed with family during the Mango Festival season. Instead of having soft drinks and juice try something new this season for example *mango lassi and mango panna*. In desert you can also try *aamras and aamrakhand* to welcome high temperature of summer. The mango fest is one of the much awaited festivals for the children as well as they get new flavours of mangos to try at home and outside.

### 3 Bridal Affair

- Date:** May 04 - May 05, 2013  
**Venue:** Taj Hotel, Chandigarh
- Witness new enthralling and appealing designs during the bridal affair exhibition of outfits embedded with gorgeous embroidery, bridal wear, evening wear for brides and many more. The visitors will also get a chance to have a look at the latest bridal jewellery designs. The jewellery manufacturers and designers will be exhibiting new and unique bridal jewellery designs. To put it in simple words, the exhibition will be a collection reflecting every bride's dream. The focus of the exhibition will be the luxurious wedding. It will have groom's accessories, bridal home furnishing, wedding planners, cards and packing, bridal photography and more. The exhibition is a must to attend for all who are planning a marriage. It will provide many new ideas and options to the families for exquisite and luxurious wedding ceremonies for an everlasting memory.

### 4 IPL Matches Schedule at Mohali Stadium for May, 2013

The Punjab Cricket Association Stadium also popular as PCA or Mohali Stadium will be hosting three Indian Premier League (IPL) matches in the month of May.

**Kings XI Punjab vs. Royal Challengers Bangalore (D/N)**  
**Date:** May 6, 2013  
**Time:** 20:00 to 14:30

**Kings XI Punjab vs. Rajasthan Royals (D/N)**  
**Date:** May 9, 2013  
**Time:** 16:00 to 10:30

**Kings XI Punjab vs. Sunrisers Hyderabad (D/N)**  
**Date:** May 11, 2013  
**Time:** 20:00 to 14:30

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# Going Bananas



By Jaspreet Punian

The humble banana often gets neglected in front of other exotic fruits. This everyday fruit, taken for granted, is actually a powerhouse of nutrition. It has many health benefits. It is a rich source of potassium and iron. Bananas contain three natural sugars - sucrose, fructose and glucose. These natural sugars combined with fibre give an instant boost of energy. There are numerous other reasons why you should add a banana to your daily diet.

## Depression

Bananas contain tryptophan, a type of protein that the body converts into serotonin, known to improve your mood, make you relaxed and feel happier. People suffering from depression feel much better after eating a banana.

## Stress

Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. High stress levels tend to deplete potassium levels in the human body. These can be balanced with the help of a high-potassium banana snack.

## Premenstrual Syndrome and Menstrual Pains

The vitamin B6 in bananas regulates blood glucose levels, which affect your mood thereby helping in premenstrual syndrome and menstrual pains.

## Anaemia

High in iron and potassium, bananas stimulate the production of haemoglobin in the blood, curing anaemia.

## Lower Blood Pressure

This tropical fruit is extremely high in potassium yet low in sodium, making it perfect to beat blood pressure and reduce the risk of stroke.

## Normal Heart and Nervous System Function

Bananas are rich in a mineral electrolyte called potassium, which is very vital for the muscle contraction and proper functioning of the heart and nervous system. It helps to increase mental alertness and boost brain power.

## Constipation

Bananas are rich in fibre that helps in regulating the bowel functions



thus helping to overcome the problem of constipation without resorting to laxatives. A banana has more than 2.5 grams of total fibre, about half of which are insoluble. As insoluble fibre travels through your digestive tract, it sweeps up waste and helps push it out.

## Ulcers and Intestinal Disorders

Due to its antacid effect, eating a raw banana reduces irritation in the stomach and reduces the effect of acidity. Bananas work in two ways. Substances in bananas help activate the cells of the stomach lining, producing a thicker protective mucus barrier against stomach acids. Other compounds in bananas called protease inhibitors help eliminate bacteria in the stomach that are the primary cause of stomach ulcers.

## Smoking

The B6, B12, potassium and magnesium found in bananas help the body recover from the effects of nicotine withdrawal; thus, a very helpful food for people trying to give up smoking.

## Eye Health

Bananas have vitamin A, a fat-soluble vitamin that is vital for protecting your eyes and normal vision. Bananas also contain alpha-carotene and beta-carotene, which convert to vitamin A to further keep your eyes healthy.



## Healthy Bones

Potassium prevents the weakening of the body's bones. A high sodium intake can cause excessive amount of calcium to be lost through the urine, which threatens not only the strength and general health of the bones, but also negatively affects blood clotting, proper muscle contraction, and normal nervous system function. The potassium found in bananas neutralizes the high amounts of sodium in one's diet, thus allowing for healthy amounts of calcium to remain within the body.



## Nutritional Profile

1 Banana contains:

**100 calories approximately**

Nutrient	Amount	Daily Value(%)
Vitamin B6	0.43 mg	21.5%
Vitamin C	10.27 mg	17.1%
Manganese	0.32 mg	16.0%
Fibre	3.07 g	12.3%
Potassium	422.44 mg	12.1%

Reading the myriad of health benefits of eating bananas, it's time to incorporate it into your daily diet. What's more it is readily available and easy on the pocket.





# Aerobics & Cardio

By Tri-City Calling Team



## Burn Your Fat With Dancing Beats

In today's fast life all of us are running after comforts. High salary packages, incentives and perks have become our priority. Today our work demands so much dedication from us that we hardly pay any attention towards ourselves. We are ready to work for countless hours to get appreciation from our boss by putting our health at stake. Long hours of a sitting job in an office make us feel lethargic and tired. All of us want everything in express-fast, easy, hassle-free, and in a convenient way. Even in losing weight, people who are suffering from obesity want fast weight loss solutions to their problem. That's why they indulge in aerobic exercises and cardio exercise. If you don't like picking heavy dumb bells at the gym then aerobics and cardio will get you a better body. This time Tricity-Calling lets you know all the hidden benefits of aerobics and cardio exercises. Aerobics is an exercise which affects all the parts of the body. From head to toe every muscle gets stretched and works properly. Various positions and postures don't just help you in burning extra fat but also increase metabolism. Various dance forms of aerobics make your body flexible and agile.



### ◀ Zumba

**Zumba is a very beneficial aerobic exercise as it increases the flexibility in your body.**

One hour of zumba dance burns around 600 calories everyday. This dance form helps you in becoming svelte because it includes the exercise of all the body parts like shoulders, thighs, back, abdomen etc. Interestingly zumba is a great stress release which works for all age groups. It is not mandatory to attend zumba classes everyday but make sure you are attending zumba classes at least 4 days in a week.



### ▶ Jazzercise

**Jazzercise is a rigorous dance form as it requires some stamina and endurance to tolerate the fatigue.**



Jazzercise is also an effective aerobic exercise. It includes light weight dumb bells for arms and running weights while dancing for feet and calves. Jazzercise is a fusion of jazz dance, pilates, yoga and kickboxing.



### ◀ Step Aerobics

**It is very beneficial for the middle-age group as it does not require much stamina and endurance.**

This exercise is an older version, yet an interesting technique of aerobics. Conventional aerobics are practiced on the floor. You will discover a series of dance steps such as the Pony or the Jazz Square, which are often done in four or two steps taking you in one direction, two more taking you to the other direction.



### ▶ Cardio Exercises

**If you don't like going to the gym then cardio exercises are the better option for you.**



Doing regular cardio exercises not only help you in losing weight but they can also improve your heart's health and reduce the risk of chronic diseases.



### ◀ Cross trainer

**Cross trainer is a very effective exercise for those people who hate picking heavy dumb bells in the gym.**

It works on the arms, shoulders, thighs and calves simultaneously. Cross training also allows you the ability to vary the stress placed on specific muscles or even your cardiovascular system. An hour spent on the cross trainer burns 500 calories. The cross trainer helps you in getting a lean body.



### ◀ Treadmill

**Exercise works effectively on a treadmill, where adjusting difficulty levels such as the incline can add healthy challenges and maximize the benefits you receive.**

The treadmill is one of the most common exercises yet very effective. Walking one mile will burn about 100 calories. Using the jogging option on the treadmill, you can burn 654 calories in one hour. By engaging in physical activity on a treadmill, you are reducing your risk of developing a wide variety of diseases. These include diabetes, cardiovascular diseases, cancer, asthma and arthritis according to health experts.



### ▶ Crunches

**Crunches are the best exercise for those who avoid tiring work outs.**



They are very beneficial for those who desire for a flat belly. Crunches reduce the extra flesh from the waist and abdomen. They help to improve core strength and stability. Exercises like leg raises and upper abs crunches are the best exercises to perform. Please make sure while doing crunches your posture should be accurate else it may hurt you.



### ◀ Sit-ups

**Sit-ups help to strengthen the hamstring muscle and keep your thighs in shape.**

Along with strengthening your core muscles, sit-ups increases the amount of calories your body is burning during the activity. Sit-ups burn approximately five calories per minute when done continuously at a fairly vigorous rate.





# Increasing Allergies

By Tri-City Calling Team



When the Austrian paediatrician Clemens Pirquet used the term allergy in 1905, little did he know it would become one of the most recognized, and commonly used medical term in the world. Over a hundred years later, the word and its meaning is understood the world over.

Although he used this word to describe the adverse reactions of children who were given horse serum to fight infections, today its meaning is far more wide ranging. An allergy is explained as an exaggerated response of the immune system to an otherwise non-deleterious foreign substance. Therefore, substances that may serve as allergens to one person may be totally acceptable to a non-allergic body. For instance, some people are allergic to prawns, and experience uneasiness after a meal including prawn. Whereas, some may spend a lifetime savouring prawns.

## Common causes of allergies

Recent years have seen an increase in the types of allergies. According to the World Allergy Organization (WAO), today around 30 per cent of India's population suffers from one or more types of allergies. It is estimated that about 35 per cent of the population of the world suffers from an allergy of some kind. The most probable causes for this increase in the cases of allergies are:

•**Rapid urbanization:** Bangalore is infamous as the 'allergy capital' of India, and the primary reason for this epithet is the rapid rate of urbanization that the city has been witnessing.

•**Increased vehicular traffic:** The last two decades saw a meteoric rise in the production, and sale of two- and four-wheeled vehicles. Increase in the volume of particulate matter from vehicular emissions in the atmosphere positively contributed to the menace of allergies.

•**Plants and insects migration:** Migrations of new varieties of plants and insects, and the cross-reaction of existing allergens with the new ones introduced through this migration, is another factor for increasing allergies.

•**Change in eating habits:** With changes in work environment, the world is also experiencing a change in the food habits of people. An increase in the consumption of preservatives-laden food items is also responsible for sensitivity towards allergens.

•**Other factors:** An increasingly sedentary lifestyle, tobacco smoke, increase in humidity and climate change are some other factors that lead to increase in the cases and types of allergies.



## Suggested Preventive Measures

Medical professionals are unanimous in their opinion that allergies are better prevented than cured. The onset of the spring season sees a spurt in the cases of allergies due to changes in the weather pattern, and the arrival of a lot of allergens in the air. Allergic asthma, allergic rhinitis, skin allergies and food allergies acquire epidemic proportions, and cause much grief to the immunity-deficient. Given below are some precautions one can take to avoid being afflicted by allergies:



### Regular cleaning of hands

•The most elementary precaution against allergies is the regular washing of hands with soap, so as to wash away potential infections-spreading agents.

### Saline spray

An effective method of preventing allergies of the nasal cavity is the use of saline sprays and nasal washes, which clear the sinus cavity of allergens and mucus.

### Avoidance of allergens

Once a person is aware of the allergens that affect him/her, it is best to avoid them. One of the most common sources of allergies is pollen, and people allergic to them should spend more time indoors in the high-pollen season. Similarly, people who are allergic to dairy products or fish may benefit by avoiding such foods.



### Visiting an allergist

•One may even go to an allergist for allergy testing. This test will inform the person about the specific allergens that s/he is sensitive to and, therefore, needs to avoid.

### Avoidance of irritants

Just as it is important to avoid allergens, it is important to avoid irritants such as tobacco smoke, vehicular emissions, certain fragrances and household cleaning products that contain the chemical formaldehyde.

## Impact of Allergies on Normal Life

Allergies normally are not life-threatening conditions, but they can severely affect a person's quality of life. Acute asthma is a life-threatening condition, but allergies mostly express themselves as rashes, watery discharges from eyes and nose, or vomiting and queasiness. Food allergies can be so severe that avoidance of allergens-containing foods becomes the only option left for the afflicted.

The onset of winters makes life difficult for those with respiratory disorders, while the onset of spring—when temperature fluctuations take effect—ushers in a period of uneasiness for those allergic to changes in temperature. Allergies may not stall a person's life, but they definitely manage to throw a spanner in the works—albeit a small one. They require a person to make amends to his/her preferred way of life,

and in some cases they may pose a serious threat to a chosen way of life—a person who suffers allergic reactions in cold climates may never be able to relocate to a life in the mountains! Allergies may be something we have learnt to live with, but every time they make their presence felt—via a running nose, or an itching eye—it is not without avoidable discomfort. Avoidance of allergies is the



best thing a person can do if s/he has to prevent the bigger demons. As it is said: it is not the mountain that wears you down, but the grain of sand in your shoes!



## Say Goodbye to **Double Chin** and Chubby Cheeks with a **Smile** 😊

Face is like an open book that speaks about the life and health of a person. A teacher would always have a warm smile on her face marked with seriousness and dignity. Similarly, a child's face would speak of his innocence and rowdiness. But a double chin face and chubby cheeks also have their own story to tell.



“I think your whole life shows in your face and you should be proud of that.” *Lauren Bacall*



Cushing's syndrome

Chubby cheeks and double chin mark their presence often on the face of an obese. Factors like poor diet, dehydration, heavy alcohol intake and hypothyroidism also play a vital role in making a face look fat. Face fat cannot be camouflaged with makeup and is even difficult to get rid of. But by understanding the factors that make a person's face to look fat could help in getting rid of it.



### What causes face fat?

By Geetika Sachdeva

**S**ome medical factors together with eating habits play a vital role in collecting fat around the chin, neck and cheeks. A person affected with Hypothyroidism, Cushing's syndrome and depression might be prone of gaining fat near the face and all over the body.

**Hypothyroidism:** It is a health condition in which the thyroid gland located in the neck tends to produce inadequate thyroid hormone. Increased production of thyroid hormone makes a person overweight. Such patients often find it hard to lose weight.

**Cushing's syndrome:** It is a health condition in which the adrenal glands, located on top of each kidney produces excessive amount of steroid hormones also known as cortisol. This particular syndrome builds up fat on the face, abdominal and upper back.

**Depression:** Obesity and depression go hand in hand. The relation between obesity and depression is murky one. But, previous studies have shown that sadness and low morale boost the production of certain hormones in human body that increases the appetite of a person.

**Poor diet:** Poor diet also contributes to obesity. A diet that does not have essential nutrition is characterized as poor diet. Fast foods are in vogue these days but one should not forget that the essence of healthy living lies in healthy eating. According to the U.S. Department of Agriculture, a diet should contain 54 percent of carbohydrates, 28 percent of fat and 18 percent of protein. The human body is delicate and complex. Food works as a fuel as the body draws energy from it. But excess of food will make one look obese.

Cont. on pg. 40



## Mahindra Revae20 Launched in Chandigarh

Mahindra Reva unveiled its zero-emission all-electric Mahindra e20 in Chandigarh on 2 April, 2013. Available at a per month cost of Rs. 12, 802 (including EMI and running cost), the actual cost is around Rs. 9 lakhs. Designed for city driving, it is fully automatic and is powered by lithium-ion batteries and a three phase induction motor. The e20 comes with factory fitted GPS navigation system, radio, DVD, Bluetooth and iPod connectivity. It can accommodate four adults and has a driving range of 100Kms per charge.



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## Treating Face Fat

According to experts, everyone's body works in particular order when it comes to collecting fat. The body part that initially experiences weight gain is the last to lose it. The best way of getting rid of face fat is to avoid the activities like binge drinking and poor diet. But more could be done for getting rid of fat from the chin and cheeks:



### Have plenty of water

Having eight glasses of water in a day could help in reducing the accumulation of fat on the body. Dehydrated body clings onto whatever moisture is on the body. A dehydrated person will have puffy face. Besides, the hands and the feet would also swell up.



### Improve diet

The proverb, 'an apple in a day keeps doctor away' became quite famous in the 19th century. However, it holds value as apple contains Vitamin C and phenols. Vitamin C boosts the immune system and phenols help in reducing cholesterol. Cholesterol does have an important role to play in human body but high level of cholesterol can trigger life threatening diseases. Including pine kernels, hazel nuts, almonds or sunflower seeds, brazil nuts, cashew nuts, macadamias, pecan nuts, and pistachios in salad can prove helpful in reducing face fat.



### Exercise with a Smile

Smile is a great facial exercise which could help in getting rid of fat from face. Smile while showing teeth and without showing them. Chewing sugarless gum for 15 minutes or a couple times per day can also help in getting rid of fat from face.



### Rest and Sleep

Allow your body to rest as much as lack of sleep could swell up your face and could also cause hormonal imbalance. Hormonal imbalance could again make the body gain weight. Having undisturbed sleep of seven hours should be taken for a healthy body.



The face is an ornament of the body and one should make all the efforts to keep it healthy and tuned up. Healthy eating is one of the simplest ways of keeping the face free from fat.

## Ashiq Patthey Comedy of Errors

Anuja Sachdeva is making her directorial debut in the Punjabi film industry with *Ashiq Patthey*. She has acted in films such as *Teen Patti* and *Ajab Gazab*. She said, "I started with modelling and acting but have always aspired to be a filmmaker. The movie is a comedy of errors about two brothers." The film has gone on the floors and is expected to release around September this year. Written by Garry Grewal it stars debutant H Dhami, who is also a UK based singer and Sartaj Gill. The film also features prominent actors like Om Puri, Mukul Dev and Sunita Dhir. Gurmeet Singh, winner of PTC Music Awards for best music director has given the music.



The cast of *Ashiq Patthey* in Chandigarh

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# Healthy Travel

A Prerequisite for all



The Key to a Good Journey is Good Health



Travel can be a special, adventurous, imperative and sometimes an unforgettable part of life, but by all means, it should be absolutely healthy as well. Very often, travel completely shuffles our daily nutritious and hygienic diet regimen. While travelling the constant rush of activities makes one eager to stop at a fast food corner and indulge in unhealthy food and beverages. Mostly, this leads to several health problems ultimately ruining your precious days. So here we present some simple tips, for healthy travel, then no matter where you're going or how you're going to get there you'll have a wonderful time.

## Avoid unhygienic Fast Food



The foremost culprit causing various health problems during travelling is the unhygienic food, offered at the stations and the streets. During air travel the food offered is over cooked, refrigerated and preserved for a long times with almost negligible nutrients in it. You should not indulge in any kind of these foods and drinks, howsoever good-looking they are, as they act as the basic source of infections. So it's better to pack your own, home-made food while travelling by train or any other means wherever possible. Additionally always carry nutritious protein-dense food because it won't easily leak out or get stale. Try to carry some dry fruits, sugar candies and firm fruits such as apples, guavas, and avocados as they don't get squashed easily and provide instant energy, boosting up the body whenever required. Although, the chances of consuming street foods are high one should always carry antacids, carom seeds and black salt which helps to relieve the queasy stomach in case of emergency.



## Keep Essential Travel Accessories



## Drink Pure Water

Along with contagious food, contaminated water is a leading source of travel sickness. Always remember to carry your own water bottle or else purchase only the sealed ones. Drink plenty of pure water while travelling, keeping the chances of dehydration at bay. Adequate amount of water hydrates the body very well, avoiding motion sickness, constipation and fluid desiccation. Keeping an electoral sachet is also good. Mixed with water it will take care of hunger and balances the salt losses in the body. Milk and juices can also be consumed but hygienic condition should be checked.

During packing for the journey, along with your binoculars, camera, dresses and makeup kit, never forget to carry a first-aid travel kit. Also, your kit should be well equipped with all essential stuff such as emergency medicines, your routine medicines if any, band-aids in case of any injury or cut and sunscreen to get protected from the harmful sun rays. Some eye drops can also be carried to combat eye irritation and redness in case of contact with polluted air. Always keep a hand sanitizer to avoid getting infections from the contaminated door handles of washrooms in the trains, planes or any intermediary stations. Mosquito repellents

should be carried while travelling through buses, sleeper class in trains and especially when you are not pretty sure about the residing facilities offered to you on a business trip. These insect repellent creams protect you from mosquito bites preventing various diseases such as dengue, malaria and filariasis. The ones who suffer from acne or pimples should always carry wet or dry tissue to wipe the extra oil which occurs very commonly while travelling. Ear buds are very important for the people who usually travel by air. The excessive sound while the plane takes off can leads to permanent hearing impairment. So soft cotton ear buds should always be in your bag.





### Clothing while Travelling



Keep yourself a bit away from tight dresses while travelling as these can hamper your convenience zone. Try to wear loose comfortable clothes so that you can sit and lie down easily. Excessively tight clothes can lead to severe itching and allergic reaction putting you in an embarrassing situation. Keep some additional stoles or sheets that can save you from pollution during the day and cold at night.



### Vaccinations for long distance journeys



Always visit your doctor four to six weeks before going for long journeys to get some primary vaccinations done. Diseases such as typhoid, cholera, yellow fever, tetanus can be effectively prevented by these vaccinations. Always consult your doctor when going abroad or to any country which is endemic or susceptible to some particular disease.



Last but not the least gratified travel and good health goes hand in hand. A tour can be relished by your perfect health while at the same time can be ruined by avoidable travel sickness. So while travelling your health is in your hands. By following these simple tips you can always make your travel days an entertaining, enjoyable and of course a memorable event.



## King XI Punjab

celebrate their victory against defending champions **Kolkata Knight Riders**

When defending Champions KKR succumbed to King XI Punjab, it called for celebration. The mood was set when the tracks were played by DJ Barkha at the Signature After Match Party after winning the match on 17th April, 2013 in season-6 of IPL at JW Marriott Chandigarh.



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# Cutting Loose the Apron Strings

By Jaspreet Punian

Kahlil Gibran the poet-philosopher wrote,



Kahlil Gibran

“Your children are not your children. They are the sons and daughters of Life's longing for itself. They come through you but not from you, and though they are with you, yet they belong not to you. You may give them your love but not your thoughts. For they have their own thoughts. You may house their bodies but not their souls, for their souls dwell in the house of tomorrow...”



These lines throw a shadow on the hard reality of life, that parents eventually have to learn to 'let go' of their children. Be it for better education, career or ultimately marriage in another city or country. In their twilight years, parents are left all alone to while away their time. This poignant situation is afflicting the older populace all over the world. Since the 1970s, relationship experts have popularized the notion of the **"empty nest syndrome,"** a time of depression and loss of purpose that plagues parents, especially mothers, when their children leave home.

Much the same as it is in nature, the term has indeed been taken from its likeness to the case of birds. The female spends all her time building a nest, laying eggs, hatching and then nurturing her young ones. Once they grow older the young ones fly out and they leave behind an 'empty nest'.



In 2011 an elderly couple, Dattatray Giri, 85, a former college principal, and his wife Bhavna, 82 committed suicide at their residence in Ahmedabad and left behind a suicide note citing loneliness as the reason for taking the extreme step. The couple had two sons - the elder son was settled in the US and was a practicing doctor while the younger son was a lecturer at an agricultural university in Nagpur. The sons used to visit the couple now and then. The couple did not have many local contacts and used to keep to themselves.



Working parents cope better with the situation. Those having retired from their jobs face a long and lonely life.

Parents feel that children too have their personal and social life and by going to live with them they would be intruding.

As far as an affluent city like Chandigarh is concerned, since there are not many job opportunities here, children have to venture out to make successful careers in far-off places. The elderly are succumbing to the 'empty nest syndrome' in their twilight years. Many psychiatrists say they have noticed an increased number of senior citizens in OPD clinics who come for treatment of depression and loneliness. Around 2 to 5 percent of the total cases in the OPDs comprise senior citizens. While 7 per cent of the country's population comprises senior citizens, 9 per cent of Chandigarh's population is above 60 years.

The Department of Community Medicine at GMCH, in a study conducted some time back, had found that women suffer more due to depression and loneliness as compared to men. The survey was conducted on 361 individuals (152 males, 209 females) between 65 and 92 years in Chandigarh and found that 72.8 per cent of women suffer from loneliness as compared to 65.6 per cent males.

It is completely normal to feel sadness when children leave home. But sometimes the lack of purpose and grief turn into a full-fledged depression.



A large number of elders are joining gyms. This is a testimony to the fact that they are making an effort to keep themselves occupied and healthy. Early and late morning hours are crammed with elders especially couples. This is their way to keep fit and develop fellowship with peers.



Similarly, after the birth of their children, the parent's lives also orbit around the kids. For years their life and conversation revolved around the kids. They had to trim their expenses and reframe the household budget for the sake of their children. The sole purpose of existence,

moves out, it's almost as if the mother is left reeling on the brink of an emotional cliff. She's only around 50 years old, but suddenly has no focus, no support system, no hobbies, no job, and in most cases bereft of conversation with her husband staring at



each other, almost as complete strangers. For a working father, the changes are not so dramatic, but for the lonely housewife-mother, her empty nest is a hard reality. Though this is more common in women, as she has a stronger emotional bond with her children, to an extent men also get affected. Sometimes fathers go into depression after the

especially for the mother was the kids. Her mornings started by fussing over breakfast or the children's clothes. Her children's term tests kept her up late at night. She was as nervous as her children on their first day of college or at the new job. The life of her children gave meaning to her existence. It's astonishing that in so many cases, parents sacrifice the best years of their lives to create a nest for the family. When the child finally

marriage of their daughters when they realize that they are no longer going to stay with them. If the children's leaving home coincides with the father's retirement he gets affected even more. For a man, it's often a combination of events. Not only is the house empty now but their social activities have also been restricted due to old age. The only identity they had known, as a parent, is lost.



Spending a lifetime with their lives revolving around their children, they feel their lives have derailed when couples start living their own life.

## How You Can Cope with the Empty Nest Syndrome

### Seek counselling

Counselling may help some parents look at the situation positively and take constructive steps towards rebuilding their lives.

### Stay busy

You can use the time to take up activities you missed out because of your responsibilities as a parent. Getting busy doing something that is creative and fulfilling is the best way to beat the empty nest blues.

### Develop friendships

You can rekindle old friendships, form new ones or renew relationships, which you may have ignored over the years.

### Stay in touch

Stay in touch with your children. If they are away, schedule regular phone-talks or visits.

### Preparing in advance

Prevention is better than cure. All of us who have children have to be prepared to let them go one day. Think of things you will do when you finally get that time off. Plan your life ahead, especially financially.

Some senior citizens in Nagpur have formed an organization called Jyeshthanche Live-In Relationship Mandal. It is a chance for the elderly haunted by loneliness to share their lives with someone.

Sunil and Sonia Sharma (names changed) from Panchkula, were a couple on the brink of a divorce but they decided to keep the boat sailing for the sake of their children. Their son is an engineer in the US now and their daughter recently got married in Mumbai. Their marriage served the purpose of bringing up their children in spite of the fact that they could not see eye to eye. At this point in their lives they cannot start over again nor do they have anything in common or the liking, leave alone love, to live out the rest of their lives together. There are many couples suffering from a similar dilemma. Life is tougher for them as the only companion that they do have is the one they would want to do without.



Unable to ventilate their feelings and pain, the lonely face mental, emotional and physical agony. Lucky are those, who receive love, care and respect in their twilight years. Many live out their end years with memories of their children in happier times and a few neighbours who await a similar bleak future.

Night is not just about drifting off to sleep it is also about taking out the best nightwear from your closet and to dress up according to your comfort. Today's modernized women are passionate about revealing her beauty to her man. This has brought a change in the way men have been dressing up till now.

By Geetika Sachdeva

## Comfortable Sleeping Comes with Comfortable Clothing

Everyone looks best in formals but what about nightwear. Is your wardrobe stuffed well with the clothes to make those nights the best nights ever? If, not then quickly get your hands on these latest and hot nightwear from closest stores.

## Nightwear for Women



### Lose Fitted Silky Capri And Sleeveless Top

Women's wardrobe is incomplete without silky nightwear or lingerie collection as it brings comfort and sensuality.



### Chemise Nightwear

Chemise Nightwear will add a sexy seductress look to your body. It can also be worn with matching shorts.



### Black Lace Nightwear

Whether it is day or night black always adds charm to one's body. But at night black laced nightwear styled with thongs could make you look stylish.



### Pink Nightwear

Pink nightwear gives a girly look to women. One can easily wear it at home with flip-flops and spend a good time over the couch while watching TV or having dinner.





## Nightwear for Men



### Checked Pyjama

Full length checked pyjama made from cotton are cozy and comfortable to wear at nights and on lazy weekends. The checked pyjamas could be worn with round neck t-shirt.



### Shorts and T-Shirt

Men with athletic build could try their hand on shorts and t-shirt showing off the toned up leg muscles and biceps to your lady.



### Printed Pyjama

Make the night adventurous by getting the pyjamas printed with animal faces and anything you may like.



### Blue and White Stripe Pyjamas

Blue color gives a boyish look to men and makes them look cute and charming at the same time. So blue and white strip pyjama won't be a bad idea for men's nightwear. Men having a liking for silk nightwear could also grab their hands on blue silk nightwear.

## HotGupShup

## Ranbir Kapoor Dating Katrina Kaif

**A**fter having hooked up on screen in the movie *Ajab Prem Ki Ghajab Kahani*, Katrina and Ranbir have been spotted together a number of times.



Lately, Katrina Kaif was upset with Salman Khan's behaviour. However, now she has found solace in Ranbir Kapoor's arms as the two are seen spending quality time together. On 12<sup>th</sup> of April, Ranbir

Kapoor was spotted by a media person outside Katrina's house at 12:45 a.m. It is not the first time when Ranbir Kapoor was spotted exiting or entering Katrina's house. Rumours were even aired of Katrina being possessive about Ranbir Kapoor. It is heard that Katrina Kaif doesn't want Ranbir Kapoor to work with his ex-girlfriend Deepika Padukon in the movie *Yeh Jawaani Hai Deewani*. The veteran actor Rishi Kapoor might not say a word of praise in public for Ranbir, but he also didn't get upset over the link-ups of his son. Once he was heard saying, "Ab nahi karega toh kab karega." He confessed that he also had many girlfriends before he met Neetu. Hopefully, Ranbir will also find his soul mate just like his dad did after falling in love with the angelic beauties of B-town.



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# Correct Your Sitting Posture

**H**ow long do you sit in front of your computer in the office? How long do you sit in front of the study table to study? Generally, the answer is 6 to 7 hours. Today more than 70% of the youth spends most of their time browsing the internet. Which is not at all wrong; in fact, with the changing educational system, work structure and other inventions in our country, it is very important to be well versed with technology. Today our jobs and businesses have become so demanding that we have no time to straighten ourselves up by standing and moving around.



## Effects of a Bad Posture >>>

Thus, our work environment is such that it is impossible for us not to sit in front of the computer for long. But as we all know every coin has two sides or in other words every job has its pros and cons. There is 40% more disc pressure in a poor sitting posture compared to standing. While working for our livelihood, during our working hours, one must think of one thing which is very essential for us- **Sitting Posture**. One out of every 5 people today, complains about back pain caused due to continuous use of computers or because of other sitting jobs. This time **Tri-city Calling** will let you know about the effects of bad sitting posture while working in the office or at home.

### Intervertebral Disc Damage

Same or constant body posture while working can put you into a great problem. It may hurt your back or can create some spinal problems which lead to survival pain. Poor posture puts stress on the discs which results in pain in the nerves and spinal cord. This can lead to pain and muscle soreness in other areas of the body.

By Tri-City Call Team



### Poor Head Placement >>>

As its name suggests, poor head placement means your head juts forward and is not aligned with your back to make a vertical line. You can notice your poor head placement by noticing your ears; if your ears jut out further than your shoulders when you're viewed from the side, you have poor head placement. This posture can make you cry with severe pain in your shoulder muscles. Poor positioning of head can shorten the muscle fibers and result in an imbalance of the skeletal system.

### Neck Posture >>>

Poor neck posture is one of the common problems and is very painful. Long term abnormal neck posture leads to a muscle strain and disc problem. This can be a result of injuries like sprains and strains in the neck muscles and movement of the neck itself. Neck posture is also responsible for the pain in the spinal cord if it is not correct.

### Obesity >>>

Since a sitting job is very demanding, you cannot expect your body to burn fat if you're not moving a bit. To burn calories, the body must constantly work to stay active and fresh. It is a must for every individual to keep his body in motion while working. A walk after lunch is necessary to avoid obesity. According to health experts, same posture for long hours makes a person indolent and drowsy.

### Spinal Curvature >>>

Spinal curvature can occur from poor posture, which leads to further neck pain, headache and back pain. This curvature puts pressure on the spine, decreases its natural ability to absorb load, making the back susceptible to further injury. To avoid spinal curvature one must sit while balancing his weight towards the front or on the feet.

### Incorrect Posture Weakens the Immune System >>>

Excessive sitting and incorrect posture is the root of a weak immune system. It is strongly recommended by doctors that while lying on a couch or bed one must never eat anything as it weakens the immune system. It puts pressure on the liver to digest the food which may cause further health problems.

## Tips for Improving Your Posture

- Know the warning signs of back pain caused by poor ergonomics and posture.
- Keep the body straight while sitting in an office chair and while standing
- Perform exercise daily to prevent injury
- Avoid straining your back and neck
- Don't study while lying on a couch or bed
- Avoid sitting on any uncomfortable place

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# Decorating the Dining Area

## with a Classic Touch

### Let's Go Beyond Furniture

Decoration of the dining area isn't restricted to buying the best furniture. In fact, it is also about eye catching tableware, lighting and some mirror effects that can add mesmerizing charm to the dining area.

By Geetika Sachdeva

Many glossy pages of magazines present dining rooms in a flamboyant tone that lure the readers to step into la-la land. Fear not, we are not taking you to the la-la land but to a realistic world where you could bring real changes to your dining rooms.

#### Lighting Idea for the Dining Room



These days, home owners are using various lighting combinations to brighten up and highlight special areas of their house. Appropriate lighting in the dining room can add glamour and style to it.

#### Tableware

Choosing appropriate tableware could leave a significant impact over the formal and informal gatherings taking place at your home. Tableware is not only useful in enjoying the yummy meals; they are also useful in depicting the wealth and class

of a family. There are basically four major types of tableware: serveware, dinnerware, flatware or cutlery and drinkware.



#### Dinnerware

Dinnerware has experienced a significant shift in the way it was used in the households. The oval shaped and round shaped dinner plates have been substituted by leaf shaped, heart shaped, square shaped and rectangular dinnerware in the market. Besides, more colors have also been added to it. Contrary to earlier trends, the dinnerware is not restricted to pale and light shades. These days, buyers are paying more attention to latest designs and fresh and catchy colors while buying dinnerware.



#### Chandeliers

Chandeliers can add charm to your dining area. There are many types of chandeliers that are available in the markets. In almost every chandelier sparkling clear and colored crystals are used to provide general illumination that helps in improving the dining rooms appearance by casting reflections and shadows on the walls, ceilings and floors.



#### Mirrors

Mirrors could add a magical charm to the dining rooms. Various shapes and sizes of decorative mirrors are available in the market. Depending upon the free space in the dining room one can choose either wall mirrors or a mirror with a cabinet. Mirrors used in decoration could also serve the purpose of giving the room a larger look. One could also experiment with a big mirror on the wall reflecting the chandelier. However, while using mirrors for filling up empty walls make sure that the mirrors are placed from where they could reflect a good piece of art.



#### Glasses and Mugs

Glasses and Mugs are yet again one of the moderate ways of decorating the dining area. Serving guests with drinks in glasses that are crafted to meet your style and elegance can leave a lasting impression on the guests. Glasses with silver leaf, gold rim pattern, and metallic frosted tumblers are in vogue. Just like dinnerware, the mugs and tea cups have also experienced an overhaul. Now days, handles of cups and saucers with golden lining around are in vogue. Similarly, flatware includes the most important tableware – cutlery. While adding new cutlery to your tableware, do look for different colors and handle designs available in the market.



#### Sconce Lights

Sconce Lights can be a unique way to lighten up your dining room. They are designed to create focused illumination. You can use sconce lights in your dining room to create a low level of light and to spotlight specific areas or objects in your dining room. Choose the sconce light while keeping in mind the general decoration of the dining area.

Furniture houses and showrooms are stuffed with marvelously crafted furniture that can add beauty to our living areas. But sometimes we have to look beyond the furniture for bringing a charming appearance to our special places like dining rooms.



# Canvas of Life

India has a big pool of young and budding artists. Pratiksha Apurv is one such dynamic lady who has made her talent speak volumes by beautifying the wardrobes of eminent personalities and by depicting the teaching of her uncle Osho through her paintings. The lady dressed in modesty knows exactly what her inner soul strives for. Sometimes, it is surprising for herself as well to understand her multitasking personality. Tri-city Calling tries to unfold her secrets of success in an interview with Geetika Sachdeva.



Pratiksha Apurv

Having beautified the wardrobes of top-notch celebrities and politicians like Atal Bihari Vajpayee, Vinod Khanna, Amjad Ali Khan, Hansraj Hans, Kapil Dev, Zakir Hussain and many more, Pratiksha took a u-turn to her inner soul's calling by picking up paintings.

*Before turning into a painter, you were a successful fashion designer. What made you reconsider your career as an artist? What were the reasons behind renouncing the glamorous world of fashion and embracing painting?*

"Fashion designing is all about the outer world. I felt disconnected with my soul. Painting helped me in staying in touch with my inner soul and with the preaching of my uncle Osho. The paintings portray the daily struggles of human life. The paintings like Awareness, Meditation, Totality and others are thought provoking. One of my paintings 'Totality' explains how with the strong meditation practice one can achieve higher goals. The painting portrays an archer aiming at the goal and standing confidently". Pratiksha holds the view that everyone should concentrate on their goal. Her paintings speak about what Pratiksha's inner soul believes in. Being the niece and a disciple of Osho, she has inherited many of his qualities. Speaking about Osho she said that "although he has left for heaven a long time ago, he still lives within us. We never say Osho was we always say Osho is".

In 2004, she took interest in painting and turned into one of the important contemporary painters of India.



Receptivity, Acrylic & Oil on canvas 2012

*From where and by whom did you learn the art of painting?*

"I have never learnt painting. One day I went to a shopkeeper and asked him to give me painting brushes and colours. When he asked me what type of colours I wanted. I was blank and then I asked him to give me any type of colour."

She experimented and came out as a prolific and successful contemporary female painter of India.

*What was your biggest achievement as an artist and as a fashion designer?*

"I enjoy whatever I do", said Pratiksha. She has not set her goals. Connecting with her inner soul and doing what she enjoys is the gist of her life.

*What do you enjoy doing the most?*

"I enjoy painting more than fashion designing as it helps me in connecting with my inner soul".

*Is it true you took sanyas at the age of 11?*

"Yes, I did take sanyas at the age of 11. I was the first child in my family to follow the preaching of Osho and take sanyas at a very tender age." Although she took sanyas, it didn't stop her from falling in love with her husband Mr. Apurv. She shyly confessed that her affair with her husband took off when she was just 19 years old. Her husband is also a disciple of Osho.

*Your paintings and even apparels are in some way or the other linked to Osho. Being his disciple what qualities do you fancy to inculcate in yourself?*

"He is in my blood, in my genes. Whatever good I have, I have from Osho".

**Religious, spiritual, cryptic and abstract are some of the adjectives that people like former Prime Minister Atal Bihari Vajpayee have used to define your paintings. How do you describe your paintings?**

"I was the first one to introduce meditative art." Currently, Professor Shailendra Kushwaha, from M.S. University Baroda in meditative art is holding research on her work.

**While painting what thoughts overwhelm you in your mind?**

"I listen to the discourse of Osho while



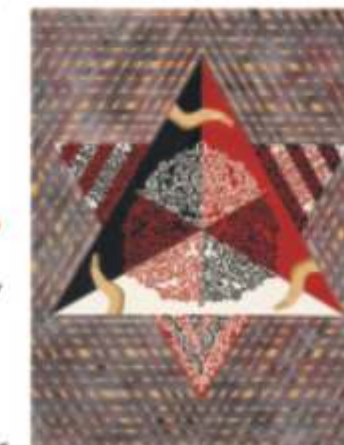
painting and it helps in connecting with the thoughts of Osho".

*Do you think it is hard for a budding artist to establish a career in India?*

"Yes, it is difficult".

**Indian women are perceived as a motherly figure, a devoted wife and a caring daughter. Did any of these expectations from your family stop you at any moment of your life from achieving the aims and dreams of your life?**

"No, it was not difficult for me because my family is very liberal and supportive".



Rejoicing, Oil on Canvas 2010

*Which is your favourite place to hang out?*

"I like to spend time alone".

*You have many fans. But, whose paintings/work do you admire the most?*

"I am not judgmental. I don't judge anyone's work".

*What are your future plans? Where do you see yourself after 5 years?*

"I am a free spirit! I have not decided any future plans".

*Any tip for the budding artists?*

"People say to me that I pay minute attention on every aspect of painting. Budding artists should widen their scope and should experiment".

**Pratiksha knows exactly how to best utilize her time. Besides fashion designing and painting, she also has interest in cooking and astrology. With every passing moment of her life, Pratiksha strives to find something new and unique in her through meditation and Osho's teachings.**



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# The Gladiator Trend

Anne Hathaway triggered the trend of gladiator sandals when she stepped on to the Les Miserables red carpet wearing Tom Ford gladiator sandals.

The gladiator sandal has made a comeback again after the 2010 summer and designers have even created appropriate evening-wear.



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# Pharmacy an Emerging Career



By Geetika Sachdeva

Pharmacy proves a successful career for those having interest in health & medical sciences. In the recent years, the scope of pharmacy as a career has expanded as many students have expressed their interest in taking up the role of pharmacists. Unlike other sectors, pharmacy assures job security. The recent global meltdown resulted into retrenchments and unemployment but the pharmacy Sector is one such sector which is flourishing and enjoying good growth.

There's a crying need for pharmacists in all roles, said **Dr. Barbara G. Wells,**

President of the American Association of Colleges of Pharmacy.



Rapidly increasing aged population, baby boomers and health issues have all together stirred the demand of pharmacists, all over the globe. There is definitely a need to have trained experts to develop life saving drugs and medicines. In India, more than 225 programs in pharmacy are offered by various universities. The main courses in Pharmacy are two years Diploma in Pharmacy (D.Pharm), four years Bachelor of Pharmacy (B.Pharm), two years Masters of Pharmacy (M.Pharm) and PhD programs. There are manifold career opportunities available in pharmacy which are as follows:



**Clinical Research:** Students with B.Pharm/ M.Pharm degree can take up a career in clinical research. The role of clinical pharmacist pertains to supervising the clinical trials taking place on healthy volunteers in laboratories and clinics.

**Pharmaceutical Industry:** Here pharmacists works on assignments that involve discovering, developing and marketing safe and efficacious medicines. Generally pharmacists working in the pharmaceutical industry hold higher qualification. Undergraduates and postgraduates in pharmacy are also recruited by the industry from time to time.

**Quality Assurance Health Manager:** Pharmacy graduates can take up the role of Quality Assurance Health Manager. Under this role, one will be required to develop clinical care plans that investigate complex medication and could also be asked to suggest preventive measures in the usage of certain medication.

**Medical Transcription:** A B.Pharm graduate can also work with medical practitioners. Under this particular role one could help the practitioner in deciding the best effective medication for treatment.



**Analytical Chemist of Quality Control Manager:** Under the Drug and the Cosmetics Act (1945), Rules 71(1) and 76(1), manufacture of drugs should be undertaken under the supervision of technical staff having passed B.Pharm/ Bachelor of Science (B.Sc)/ Bachelor of Technology (B. Tech) or medicine with Bio-Chemistry.

**Sales and Marketing:** Medical Sales Representative can suit those with pleasing personalities and good communication skills. Companies dealing in the sales and marketing of drugs prefer pharmacy graduates for sales and marketing.

**Data Manager:** Graduates in Pharmacy can take up the job of Data Manager as well. As Data Manager they would be required to feed data about drugs in the computer.

**Teaching:** Students, after passing B.Pharm, can take up the job of lecturers in the D.Pharm program and the students of M.Pharm can get a job in an institute offering degree in pharmacy.

**Career in Regulatory Bodies:** Regulatory bodies like Food and Drug Administration offer jobs to pharmacists having prior experience in clinical trial centers.



Global shift in the roles played by pharmacists in the field of medical science has been witnessed. Earlier, the job profile of pharmacists was limited to manufacture and supply of medicines; today the role of pharmacists is clinically oriented. One can look up to these opportunities to become successful in life.



# Home Remedies for Gastric Problems

By Tri-City Calling Team

In today's fast paced life, millions of people all over the world suffer from numeral gastric problems which range from simple to severe. These can be really troublesome, annoying and even embarrassing at times. The article provides you with simple home remedies to deal with gastric problems.



## Symptoms of gastric problems

**Flatulence:** The condition of having excessive gas in the digestive system

**Bloating:** A feeling of inflated pressure in the abdomen.

**Bowel changes:** The patient may experience constipation or diarrhea due to the gastric problems.



## Ginger

A combination of equal quantities of ginger powder, carom seed (ajwain) and black salt after meals (1 gram) can give you fast relief from gas pain. While having a meal you can take a small piece of ginger. To mask the bitter taste, sprinkle a few drops of lemon juice and add a pinch of black salt over it.



## Asafoetida

Drinking 20ml of the solution made by dissolving about 2 grams of Asafoetida (hing) in warm water. Works as a wonder home remedy for gastric problems.



## Caraway Seeds

These help cure digestion and gastric problems. People in the Middle Eastern countries chew some caraway seeds after dinner to ensure smooth digestion. You can also adopt the alternate way of intake by making a tea preparation from the seeds.



## Mint Comes to the Rescue Again

The wonder herb mint is very well known for its digestive properties and has been used for gastric ailments since ancient times. It cures indigestion, helps food move through the intestines properly and eases stomach cramps.

## Gulp Down Some Fennel Seeds

This is the most recommend remedy by herbal specialists. It soothes your upset stomach.



## Teas Made From Herbs Available at Home

### Ginger tea

Simply add some small pieces of ginger to the water while making tea. The properties of ginger percolate in the water which help heal stomach ailments of all types.

### Caraway seed tea

Place one teaspoon caraway seeds in a cup and add boiling water. Cover the cup and let stand for ten minutes. Strain well and drink up to three cups a day. Be sure to drink on an empty stomach.

### Cinnamon tea

The method of preparation is similar to caraway seed tea. The aromatic spice smoothes the digestive tract and stimulates the digestive system.

Apart from these home remedies you must track your diet, opt for less fat foods and eat moderately. Ease up on coffee, alcohol and smoking and drink plenty of water. If the problem still persists, then check with a doctor.



# Latest Laptops for you



Living without technology is like living without oxygen in this techno savvy world today. The fact is that technology is growing at an alarming rate and as it improves, our dependence on technology becomes greater; so the conclusion is that we are much dependent on technology. Technology has impacted our lives and the use of laptops is just one of the technological breakthroughs that many individuals cannot live without. Nowadays, laptops are a popular mobile multimedia tool and this fact cannot be doubted. If your laptop is with you it ensures the availability of the means to communicate and share information with others anywhere, anytime. Laptops have different specifications depending on the model and their brands. Just look at the laptop users in a

café and you will see the varying designs and colours of laptops that they have. There are many users who look for a specific sleek design since laptops have become a fashion accessory too. If you are also planning to buy a laptop then Tricity Calling has chosen some of the best laptops in the market for our readers.

By Tri-City Calling Team

## HP Pavilion G6 2005 AX

This HP laptop provides wireless connectivity via bluetooth for convenient data transfer. Use this notebook with ease as it comes with touch-pad and supports multi-touch gestures. Features like AMD Radeon HD graphics processor

with 1 GB memory, a clear webcam and the DVD RW drive make this laptop a favourite amongst laptop users and gaming enthusiasts.

### Features and Specifications :

**Processor :** Quad Core AMD A8 4500M, 1.9 GHz Processor

**RAM:** 4 GB DDR3 RAM

**Hard Disk :** Drive 500 GB

**Operating System :** Windows 7 Home Basic 64 bit OS

**Screen Size:** 15.6" Display

**Its market price is approximately ₹ 35000**



## Sony Laptop E14116

This Sony laptop has a stylish wrap design combined with a matte black colour to produce a bold and distinctive sense of presence. It has high quality sound produced by clear phase technology.

### Features and Specifications :

**Processor:** Quad Core AMD A8 4500M, 1.9 GHz Processor

**RAM:** 4 GB DDR3

**Hard Disk Drive:** 500 GB

**Operating System :** Windows 7 Home Basic 64 bit OS

**Screen Size :** 15.6" Display

**Its market price is approximately ₹ 35000**



## Samsung Series 5 (Ivy Bridge)

Samsung has recently introduced Series 5, thin and light computers with Intel Ivy Bridge processors and solid state disks. This laptop is fully loaded with modern technology. It looks slightly thicker than the other laptops.

### Features and Specifications :

**Processor:** Intel Core i5

**RAM:** 6 GB

**Hard Disk:** 1 TB (expandable up to 4 TB)

**Operating System :** Windows 8

**Screen Size:** 14 Inch- 17 inch (HD)

**Its market price is approximately ₹ 55000**



## Apple MacBook Air (MD223 HNA)

Apple is at the pinnacle and a global leader when it comes to electronics and mobile phones. Today MacBook is the first choice amongst youngsters. The sleek design laptop is way ahead of other laptops in the market.

### Features and Specifications:

**Processor:** Intel Dual Core i5

**RAM:** 4 GB DDR3L

**Hard Disk Drive:** 128 GB

**Operating System:** OS X Lion

**Screen Size:** 11 inches – 15 inches

**Its market price is approximately ₹ 64000**



## Dell XPS 13

This laptop satisfies all the users device is equipped with the HD Wavemax through its performance. It has a very Audio 4 speakers, which provide the best low booting time, that's just 8 second audio quality. with Intel Ultra Boot Technology. This

### Features and specifications :

**Processor:** Intel Core i5 or i7 2nd generation Processor with 2.3 GHz clock speed

**RAM:** 4 GB DDR3

**Hard Disk Drive:** 180 GB

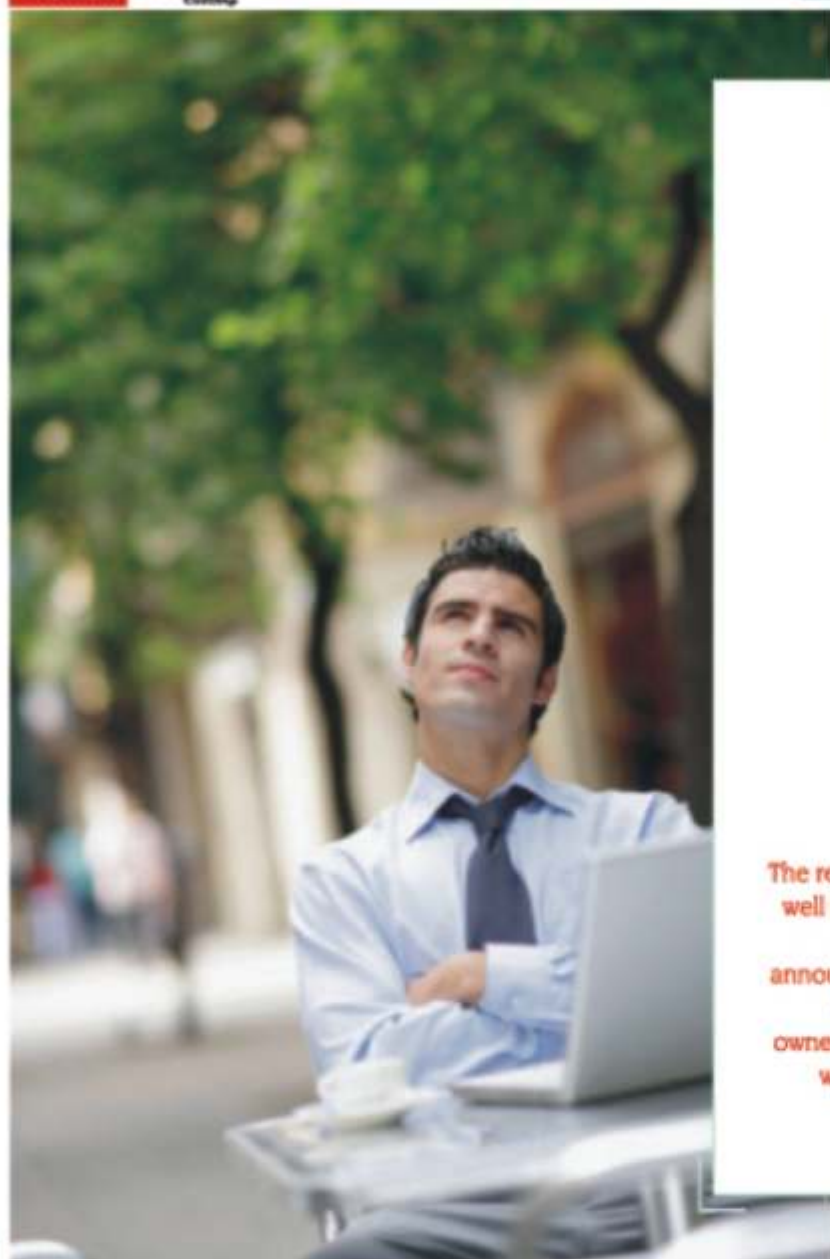
**Operating System:** Genuine Windows 7 Home Premium

**Screen Size:** 13.3 inch HD WLED Backlit Display

**Its market price is approximately ₹ 75000**







# For That Moment to Live Forever

The results were out and the company had done fairly well in the last quarter of 2011. Besides, the opening of the new subsidiary company had just been announced and Sidharth had been given all the credit for materializing the long awaited dreams of the owners. The celebrations were all done with, bonuses were settled and so were the promotions and the retirements.

All the scattered files were folded, packed and arranged in heaps, piled on Sidharth's table. It was 6:30 pm; time to leave and Sidharth was pleased to complete his work. The day was unusually tiring, just like every other day. Sitting on his chair, as he was waiting for his computer to log off, loosened his tie and weighed backward on his executive chair, rested his head on the head rest and closed his eyes. The sound of Window's jingle and the system was off. He got up,

quickly packed up his bag and opened the drawer to take out his watch. Hung the bag on his shoulder fastened the watch around his left wrist.

A deep breath and he started walking...! Just then the door opened and Mr. Srivastava walked in.

"He has reached the Radisson", reminded Mr. Srivastava, the secretary to the General Manager. "Who has reached the Radisson?" rejoined Sidharth.



"Mr. Gaur, GM of the Arayans Group, for the meeting regarding a joint venture".

"So, why are you telling me? You should inform Mr. Dinkar", he directed in a casual way, after positioning the needle to the correct hole, inserted the enlarged strap to the loop, rechecked the watch. Perfectly tied.

"But sir...!", said Mr. Srivastava, avidly, before Sidharth's instant reaction. "Oh yes, yes... yes... I'm sorry", Sidharth, apologetically, realising that Mr. Dinkar had retired and he himself, had been handed over the charge of the General Manager, just that very day. And now the burden was heavier.

At 36, Sidharth Samarth was the youngest GM of the Futurist Group of Companies, Pune. Sincere as the sunrise, hard working as a bull, wise as a fox but busy as the metropolitan road.

"Alright, I'll be there...." Sidharth went on, whilst slowly unfolding the cuffs of his shirt, one after the other, to fasten them again. "What time is the meeting?" rechecked Sidharth, pretending to be alert and up on his toes, as he turned back and shifted his bag from the shoulder to the table, once again.

"7:30 sir"

It was already 6:38, Sidharth checked his watch, which he was about to undo, "would you come along?" Sidharth, in a heavy frantic voice.

"No sir, I won't. But Umesh will join you there. He is on his way to the Radisson". "Hmmm....that's fine", a visibly tired reaction from Sidharth, as he walked around the table, to get back to his chair. He sat down, impatiently started tapping the table with his fingers and bent his head down, on the desk, after he heard the sound of the closing-door.



"Good evening sir", greeted the driver with a salute, as he opened the rear door for Sidharth to enter.

"Good-evening, Roshan", responded Sidharth, settling himself on the seat before the door was then closed by the driver.

The driver took his seat, picked-up his cap from the dash-board, put it on his head, tied his seat belt, pushed the ignition and the car started. So did the music. He pushed the lever to the drive-mode and the tires rolled on. The song was, "**Lakdi ki kaathi**".

"Baba, please play that song, please Baba, please", seven-year-old Sidharth made a desperate request to his father, who was then listening to "**Dil dhoondta hai fir wahi, fursat ke raat din**".

"Beta, you are enjoying your holidays. Let me listen to this song and then you may play whichever one you want to. Why don't you go to your mother", responded his father, apprehensively.

feeling irate at being disturbed.

"But you've heard this song, a hundred times. Even I can recite the lyrics, Dil Dhoondta hai fir wahi..... bla, bla.....!"

"Sidharth", shouted the father, promptly, "go to your mother at once. Do you hear me?" he insisted furiously, at being constantly bothered by the little Sidharth.

Sidharth turned out of the room without saying anything, hearing the door, shut at him, bluntly. But it didn't go unnoticed.

"Come here and we will do something else", urged his grandfather, in a caressing voice, who was witnessing the scene, from the window of the adjacent room.

"No I don't feel like, I want to hear that song, lakdi ki kaathi", its new, its so good and better than this stupid song, which Baba is listening to", retorted Sidharth, after entering his grandfather's room, still upset with what had just happened. "It's really annoying, Dadu. Over and above, he listens to it every Sunday, can you imagine Dadu, every Sunday", anxiously, pressurising and expecting his grandfather to take an action and get that song stopped right away, which was audible to them both. "What is your grandmother doing?", probed the grand-father, carefully pulling Sidharth closer, who was then standing at the edge of the bed,







looking at the calculator lying besides his grandfather.

"Oh, she must be busy with her Krishna. Cough-coffee-Krishna, that's what she does throughout her day", instant response, Sidharth, toying with the calculator.

"Oh really?" he laughed and "Your mother?", grandfather, attempting to deviate Sidharth's attention. "She must be in the kitchen. Perhaps cooking something special, it's Sunday na!"

"And Ruhi?"

"She must be with her dolls and teddies?" "Don't you like dolls and teddies?"

Hmmmm... not any more. But I enjoy going to my friends, especially, Aru, and of course listening to my favourite song.....!" he recollected the main issue and insisted, "But that's not the answer to my question Dadu", he asked again, with persistence. "Why does Baba keep listening to this irritating song? Its boring, really boring. I hate it, Dadu I hate it very much....!"

"Sir, would you go with Umesh ji or should I wait here?" asked Roshan, after stopping the car in front of the Radisson and looking at Sidharth, through the rear mirror.

Sidharth was still lost in the memories of his childhood.

"Sir....! Sidharth Sir....!", he repeated, turning towards Sidharth and nudging him a couple of times, momentarily.

"Yes....yes", Sidharth, answered unsteadily, "yes...what was it....! Sorry. I'm

really sorry. I was just thinking... something else", Sidharth, thoroughly exhausted and completely out of sorts.

"I was just asking, do you want me to park the car or would you return with Umesh ji, after the meeting is over". "Just turn around, at once, towards home", Sidharth, ignoring Roshan's query.

"What?" driver, astonishingly. "Yes, we had a flat tyre and we couldn't reach on time", Sidharth, slipping a five hundred rupee note into the driver's side pocket.

"But sir, it will tarnish the company's reputation", quickly returning to his original sitting posture and went ahead thoughtfully. "Moreover the car has tubeless tyres and it can sustain the punctures", noticing Sidharth's gestures through the rear mirror, "You know!", expressed Roshan, encashing an opportunity.

"Then, it's an emergency. Your wife or one of your kids is unwell", one more five hundred rupee note, exchanging the pockets.

"Why are you saying that, sir? And anyways I stay alone. My family is back home in Lucknow", Roshan, still not convinced.

"Then your mother is arriving, today", a thousand rupee note, followed by another, "and here's one more pink

note and now shut your mouth or else park the car, I'll attend the meeting.", he incited, hurriedly, whilst holding the door opening lever. "It will certainly benefit me, not you", Sidharth waiting for Roshan's response to take it or leave his offer, to conclude the deal.

"Yes sir, one of your friends just had a heart-attack/accident and we had to go there", Roshan, counting his money, after a successful negotiation.

"That's nice", Sidharth, raising his eyebrow.

Roshan pushed the ignition once again and asked, "So sir...! Now what?" as he changed the song to, "Dil dhoondta, hai fir wahi...fursat ke raat din..!" muttering its tune alongside, he pushed the lever to drive mode.

Roshan knew Sidharth for the last 9-10 years, could read his face like an open book and understood anything or everything he felt. "Lakdi ki Kathi", was just one of his secret ways of taking Sidharth on a tour, into his own memories. He often juggled the situations to reframe Sidharth's thoughts, bailed him out of the circumstances and at times even took the blame upon himself.

In return he was paid well, for his faithful and flawless understanding. The car moved once again. "Thanks", greeted Sidharth, a relieved Sidharth, before closing his eyes and losing himself into the song, travelling



## Advertorial

# WATERCOURT CAFÉ



Experience grandeur and utmost elegance with a mountain-view seating and beautiful decor, when you visit the Water Court Café, All Day Dining Coffee Shop located on the ground floor of The Pride KC Hotel & Spa, Panchkula, amidst a relaxed water court sitting with the soothing sound of rippling water and soft music providing a wonderful ambiance to the guests visiting the outlet. WCC serves a delicious multi-cuisine spread. Surrender to the extravagance of our lavish breakfast, lunch, dinner and buffets reasonably priced to suit your purse strings. The restaurant offers a la carte and buffet menu selections of world cuisines along with a wide choice of international cuisines and two live counters.

Water Court Café offers a unique ambiance where guests can enjoy delectable meals and drinks with soothing channel music and a live band. A gastronomic delight is the word that comes to the mind when one talks of the elaborate buffet spread laid at WCC, All Day Dining

Coffee Shop. The Chef has designed the buffet menu keeping in mind everybody's taste buds. There is something for each of us. Right from Indian to Continental, vegetarian to non-Vegetarian and



sea food to mutton the buffet has it all. The salads, assortment of breads and soups are tempting to the say the least. The buffet is well balanced and has a bit of everything to keep both vegetarians and non-vegetarians satisfied. Special mention must be made about the Indian selection of the buffet which is delightfully tasty. To make the

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eating experience here engaging, there are special live cooking counters. Since the menu changes every day, the chefs try and match the specialties of the day with the weather. The murg dishes deserve a special mention.

But don't fill your tummy just yet. The dessert section of the buffet is mouth-watering. Pudding, mousse, soufflé and Indian dessert amongst others fill this section and woo you to try them all. Obviously, this section of the buffet is not meant for the calorie-conscious.

## Special Promotions

- Sunday Brunch @ 495 + Taxes**  
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- Ladies Kitty @ 395 + Taxes**  
(11.30 hrs to 15.00 hrs) All Week Days.
- Theme Dinner @ 675 + Taxes**  
(Monday to Friday) 19.30 hrs to 23.00 hrs.

\*conditions apply



## Recipes for *Working Professionals*

Nowadays working professionals do not have the time to stay at home and cook elaborate and nutritious meals for themselves and their families. They are constantly on the go and grab whatever they can to eat. Over time this has serious consequences on their health. Here are some recipes that are very popular among working professionals. These recipes are very easy to make and tastes yummy too.

### Stuffed and Baked Potatoes



Cooking Time : 5-8 mins  
Serves : 2-3 people



#### Ingredients

-  Potatoes- 2 (large)
-  Onions- 2 (finely chopped)
-  Capsicum- 1 (finely chopped)
-  Sweet corn kernels- ½ cup
-  Grated cheese- 2tbsp
-  Green chillies- 2-3 (finely chopped)
-  Salt- as per taste
-  Black pepper powder- 1tsp
-  Butter- 1tbsp

#### Procedure

- Wash the potatoes. Prick them with a fork and then microwave for 5 minutes. Let the potatoes cool. You can peel the potatoes or leave them with the skin.
- Now gently cut the potatoes into two halves. With the help of a spoon, scoop out a little from the centre. Keep the potatoes in a bowl.
- Melt the butter and pour in a microwave bowl. Add onions, capsicum, green chillies and corn kernels. Microwave this stuffing for 2 minutes.
- Now sprinkle salt and black pepper powder in the stuffing.
- With the help of a spoon, add this stuffing into the scooped potatoes. If you want, you can mash the leftover potatoes (after scooping) for stuffing.
- Spread grated cheese and then microwave for 1-2 minutes. Baked and stuffed potatoes are ready to eat. Serve with tomato ketchup.

### Chicken Salami Sandwich



Cooking Time : 15 mins  
Serves : 2-3 people



Preparation time: -5 minutes

#### Ingredients

-  Salami- 4-6 slices
-  Onion- 3 (sliced)
-  Tomato- 3 (sliced)
-  Salt- as per taste
-  Lettuce or any other green leafy vegetable- cut into 4-6 slices
-  Cheese slices- 4-6
-  Cucumber- 2 (sliced)
-  Hamburger bread- 4-6 slices
-  Butter- 1tbsp
-  Black pepper powder- 1tsp

#### Procedure

- Heat 1tsp butter in a frying pan. When the butter melts, fry the salami slices for 3-4 minutes on low flame. Then take them off flame and soak the extra oil in paper towels.
- Take the bread slices and grease one side with butter. Place one cheese slice on the unbuttered bread slices.
- Now keep the lettuce (or any other green leafy vegetable that you have used) on the buttered bread slices. Spread the fried salami slices over lettuce.
- Add onions, cucumber and tomatoes on top of the salami and then sprinkle salt and black pepper powder. Cover with the unbuttered bread slice.
- Heat a frying pan on low flame. Grease with little butter and then roast the salami sandwich for 2 minutes. Gently flip on the other side to make sure the stuffing do not come out.
- Serve it hot with raw onion rings and tomato ketchup. If you do not want to roast in frying pan, toast the bread slices in toaster before. You can also serve the bread slices raw.



Spot the difference in the two pictures. There are 10 differences.



## EXERCISE YOUR BRAIN POWER



## SUDOKU

The puzzle is a 9x9 grid made up of 3x3 sub-grids (called "regions"). Some cells already contain numbers, known as "givens". The goal is to fill in the empty cells, one number in each, so that each column, row, and region contains the numbers 1 through 9 exactly once. Each number in the solution therefore occurs only once in each of the three "directions".

8			2	4				
						4	1	
	5	9	8		3			
	3			7	2	8		
		5	4	3			6	
			6		9	7	5	
	9	6						
				2	4			9

6	8	9	7	2	1	8	2	9
7	9	1	2	9	8	9	6	2
2	9	2	6	9	9	2	9	1
1	9	6	9	2	7	9	2	2
2	2	2	1	9	9	7	9	6
9	7	9	2	2	6	1	2	9
9	2	2	2	1	8	6	9	7
8	1	7	9	6	2	2	9	2
2	6	9	9	7	2	2	1	8

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