

Womenia

TWEET PATROL



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Shannnn outstanding writer ...
an one of the best person
hardworking n dedicated



KEEP YOUR BONES AND JOINTS HEALTHY THIS WINTER



Naini Setalvad

Green Garlic

I just can't get over the wonderful flavours that this seasonal herb adds to my meals. Besides being a great condiment it also reduces inflammation and keeps those joints pain free.

Ginger

Ginger cures all. I truly believe this. Among its numerous benefits it also is a powerful antioxidant and is anti-inflammatory in nature. Ginger usually is part of our traditional dishes but you can always add in pickled ginger, grated ginger or just sip on some ginger tea to wind down.

Sesame

I have made it a point to sprinkle toasted sesame seeds over my salads like I would if it were rock salt. This calcium rich little pellet is also a good after-mint, taken after meals. A good source of omega-3 and fats, it will safe-

With the weather finally cooling down, aren't your toes just tingling to go out for a morning walk or evening jog? But are you scared of the aches and pains that come along with winter too? Leave behind your worries and pay attention to my following tips that will winter proof your bones and joints

guard your bones and lubricate the joints as well.

Fenugreek seeds (methi seeds)

An age old tip that we've been using for generations to bring down sugar and cholesterol levels but this earthy spices that compliments most of our dishes also reduces inflammation. Cook it in a good quality fat like cow's ghee to absorb the calcium well.

Calcium

Get your national plant based calcium by adding rajgira or nachni flour to your meal in form of rotis. Adding whole- pulses

like beans and lentils will increase your calcium intake as well. But do not forget to soak then for 15 to 18 hours. Dry figs are a good way to curb your sweet tooth but also add calcium to your diet.

Beware of oxalate

Oxi what?! Oxalate is a natural compound found in many plants and other foods. It interferes with calcium absorption. This means that you need to eat the right combinations to prevent from dietary calcium from being wasted. Spinach, nuts, berries, sweet potato, black tea, chocolate –

are a few foods that are high in oxalates.

Sugar

A major cause of those aching limbs is my foremost enemy, sugar. And that also includes natural sugars like honey, date, jaggery etc. If you want to get rid of the pain, kick inflammatory sugars from your diet.

With the pandemic easing out, it's time to go out and enjoy a good walk, socially-distanced of –course but without worrying about aching bones or swollen joints.



Hyaluronic acid benefits your skin

PUJA GUPTA

Hyaluronic acid has recently become such a hyped ingredient, but the popularity is acceptable because the ingredient provides what it claims to – anti ageing.

What exactly is Hyaluronic acid (HA)? It is simply a sugar that already exists in our skin tissues and with time and age, the content of it keeps on decreasing. It is that part of the skin which helps maintain and retain the moisture and keeps our skin hydrated. It is an extraordinary ingredient and a boon to

skincare, says Rajat Mathur, Senior Education Manager at Kiehl's India.

What does Hyaluronic acid do? Mathur explains...

Hyaluronic acid is an anti-ageing ingredient which revitalises the outside layer of your skin, tissues and increases skin immunity, says expert

The skin requires a certain amount of water for it to be healthy and look hydrated and radiant, but the skin tissues lose ability to retain the water with time and age resulting in the skin looking dehydrated and dull. Dehydrated skin, then results in wrinkles and fine lines which

automatically make your skin look old, and it loses its firmness too. This is where Hyaluronic

acid steps in and works its magic. It is basically an anti-ageing ingredient which does wonders for your skin. It revitalises not only the outside layer of your skin but the tissues as well increasing the skin immunity, he says.

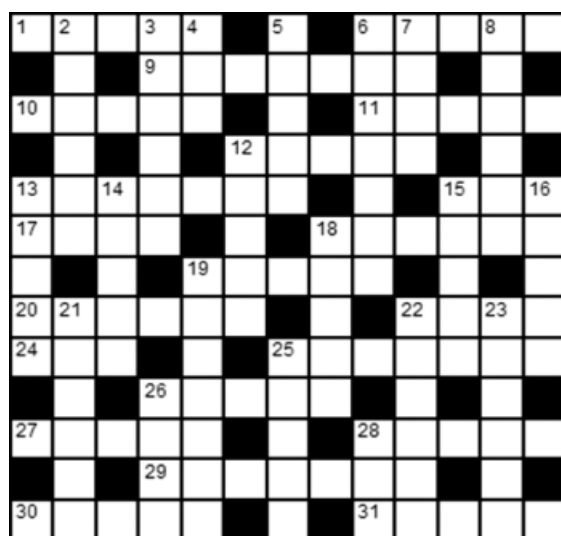
The damage that even the sun does to your skin can be tackled with hyaluronic. Fine lines are such a common effect of exposure to sunlight but using a product with HA in the morning can reduce the appearance of these fine lines and make your skin smoother

and help you look younger all day. Similarly, using it at night will cause it to work its magic all night resulting a radiant skin when you wake up in the morning.

Mathur says: "Hyaluronic acid has become so trendy this past year and that is such wonderful news because it is an ingredient that is so important for the skin. People tend to put back the product on the shelf after reading the word 'acid' and that stigma shouldn't be around skincare. Awareness regarding this ingredient is so important

and products with hyaluronic acid should be made a part of your skincare routine to maintain the glow and avoid dullness. It is an ingredient we have included in quite a few of our products here at Kiehl's too because we want our consumers to fall in love with their skin every single day and HA will only make your skin look younger."

Hyaluronic is a very important skincare ingredient which should be used in your routine regularly to keep the wrinkles and fine lines at bay and your skin glowing and radiant. The basic logic is that if your skin has enough hyaluronic, it will stay moisturized and look healthy but with age, it is necessary that we incorporate products that include this acid in particular to help you keep your skin youthful, glowing and healthy.



SOLUTION TO DECEMBER 2

CROSSWORD

Across

- Churchillian gesture (1-4)
- Grind the teeth (5)
- Gaps or missing parts (7)
- Military body (5)
- Loud (5)
- Pretend (5)
- A scale of temperature (7)
- Limb (3)
- Alright (4)
- Supporting pillar (6)
- Vagary (5)
- A creamy soup (6)
- Move freely (4)
- Plastic __ Band (3)
- Winged horse (7)
- Pompous gait (5)
- Japanese dish (5)
- New York city on the Mohawk (5)
- Incite (7)
- Existence (5)
- Begs (5)

Down

- Scream from fright (6)
- Shiny and glazed (6)
- A short sleep (3)
- Geometrical solids (5)
- Capital of Sikkim (7)
- Inert gas (4)
- Method (6)
- A musical composition (5)
- A small jazz band (5)
- Cowboy's rope (5)
- Lessens or quietens down, especially a storm ? (5)
- Chews (5)
- Condiment holder (5)
- Citing from a literary saying (7)
- Instill (6)
- Hesitate (6)
- Clamour (6)
- Tugs (5)
- Lower foreleg (4)
- Ballpark figure (3)

SUDOKU



SOLUTION TO DECEMBER 2

NEWS ROUNDUP

Dia Mirza on two decades of Miss Asia Pacific pageant win

Actress Dia Mirza reminisces about her life-changing moment in December 2000 when she won the Miss Asia Pacific International pageant, saying the win felt like it transitioned her old life into a new one.

"I was not raised to be competitive. Perhaps that is why I never wondered what would happen if I did not win. As this young girl from Hyderabad, I went to both the Miss India pageant and to Miss Asia Pacific International with the thought that I would value the opportunity and make the most of it," said Dia, who was just 18 years old back then," Dia said.

"Whenever I felt the stirrings of the desire to win, I in fact felt uncomfortable. But looking back, winning felt like transitioning from my old life to a new one. I was still the same but everything else had changed. And since then my attitude towards every new opportunity has been the same. I approach it with gratitude and humility and I learn, im-

bibe and make the most of it," she added.

She went on to make her acting debut with "Rehnaa Hai Terre Dil Mein" in 2001.



Today, she is also a producer and UN Environment Goodwill Ambassador and United Nations Secretary-General Advocate for Sustainable Development Goals (SDGs).

"When I look back, I just feel, it was all meant to happen. Me being spotted by a modelling agent at 16, the advertising campaigns, fashion shows, editorial shoots that followed. And then the Miss India pageant and the international crown, of course. It all seemed daunting then but I guess, at some level, I was ready. Just as I always am, when another new and exciting challenge beckons me," said Dia.

On the secret of winning, she shared: "Believing in yourself, being authentic and trusting life. And always knowing that a bigger force is at work to take you towards a higher purpose where you can make a positive difference, somehow."



59% Indians sceptical about Covid-19 vaccine, won't rush for it

NEW DELHI

WITH chances of affordable Covid-19 vaccine likely to be available by February 2021, 59 per cent Indians divulged that they will not rush to take it, a survey revealed. The last few weeks have given hope to the world with three vaccine makers -- Pfizer, Moderna and Oxford-AstraZeneca releasing their efficacy data. Oxford-AstraZeneca has a partnership with Serum Institute of India for production and reports suggest that the vaccine could be available as early as February at Rs 500-600 per dose. With the possibility of an affordable vaccine by February 2021, a survey was conducted by 'LocalCircles' to understand the hesitancy levels. The survey received

more than 25,000 responses from citizens across 262 districts of India. The first question in the survey asked, "The Covid-19 vaccine is likely to be available from February 2021 via private and Government channels. If that happens, what will be your approach to taking this vaccine?". Responses from 8,936 citizens were received. Of which, 8 per cent said, "I am a health or frontline worker and will get it on priority through the government", 13 per cent said "will get it as quickly as it becomes available via any healthcare channel", 11 per cent said "will get it as quickly as it becomes available via private healthcare channel". Another 59 per cent of respondents said that they will not rush to take the vaccine even if it is available in the near future. The perception of the majority of citizens sceptical on taking vaccine has not changed much as



compared to the result of the survey conducted in mid-October by LocalCircles. Sixty-one per cent of 8,312 voters at the time had said they are sceptical about COVID-19 vaccine and will not rush to take it in 2021 even if it is available. Closer home in India, where Serum Institute of India is conducting trials for the vaccine under name Covishield, a participant who undertook the trial has alleged the vaccine of causing him serious side-effects, both neurological and psychological filing for damages against Serum. Serum has dismissed the claims as "oblique pecuniary motive" maintaining that the participant's suffering was independent of the vaccine trial he underwent and has sought damages for malicious allegations in excess of Rs 100 crores. According to some experts, Serum should have made

the adverse event public with some already calling this low level of transparency on the vaccine and it possibly leading to increase in distrust amongst citizens. In July 2020, citizens via LocalCircles had alerted the Drug Controller General of India (DCGI) on black marketing of Remdesivir leading to immediate issuance of an order by DCGI to all state drug controllers asking them to up enforcement against the same. Many posts have been received from citizens in the last 3 weeks raising concerns of black marketing of vaccine. The second question asked citizens, "Once the COVID-19 vaccine is ready and commercially available, what is the level of black-marketing risk do you envisage?". 8,934 responses were received. Notably, 72 per cent Indians believe that once the vaccine is available, there is a high risk of it being sold in the market.

School kids feed farmers camped at Singhu

Rahul Gandhi attacks the Centre over its claim of doubling farmers' income and alleges that their income has in fact 'halved' under 'suit-boot sarkar'



Farmers carrying their tools take part in a protest rally against the new farm laws, in Kolkata on Wednesday

NEW DELHI

WITH bags full of food and beverages, around 20 teenagers from Haryana's Sonapat district on Wednesday reached Singhu border, where thousands of farmers have been agitating against the Centre's new farm laws. The group mostly had school students. Rohit Dhandi (14), a student of Class 10, said he attended two classes online and then proceeded for Singhu border to provide food to the protesting farmers. "We also come from farmers family and can understand their

feelings. We have come here with food to distribute among the protesters," he said. "We have lassi, chapati, sabzi, sweets, puri, fruits, water etc." Ankush Saroha, 14, said. "We took permission from our families and they were also very supportive. They did not ask us why, in fact they helped in preparing and packing food for the protesters here. We have all the necessary items to distribute here," Dahiya said. Congress leader Navjot Singh Sidhu on Tuesday claimed that the country was on the path to extreme hunger and famine, and

lamented on the unequal distribution of wealth in the country. Taking to Twitter, Sidhu said, "India's richest 1 per cent hold more wealth than the bottom 70 per cent. Poor toil, while rich consolidate wealth, farmers labour, but capitalist earn. Ambani added 90 Crore every hour to his wealth in the last six months, while Adani's wealth increased by 61 per cent." Rahul Gandhi attacked the Centre over its claim of doubling farmers' income and alleged that their income has in fact "halved" under the 'suit-boot sarkar', while that of its crony friends has grown four times.

Teachers body supports farmers

NEW DELHI

THE Delhi Teachers' Association (DTA), an organisation of Delhi University academics, has come out in support of the farmers' movement. The teachers and professors involved of DTA have justified the demands of the agitating farmers. The DTA believes the central government should talk unconditionally to solve their problems and address their concerns. The DTA says it stands with them in support of the demands of the agitating farmers. The officials of the organisation convened an important meeting on the subject. A decision in this regard was taken in this meeting. Professor Hansraj Suman, Dr. Narendra Kumar Pandey, Dr. Asha Rani, Dr. Manoj Kumar Singh and Dr. Rajesh Rao, of the DTA have sought all possible support from all sections of society while supporting the demands of farmers in the meeting. "For the last six days the farmers' agitation has been completely peaceful, but the government is behaving harshly with them," said Professor Hansraj Suman. "The police are showering teargas shells and water cannon on them to suppress their demands," he added.

Threat to Har Govt as JJP issues warning

NEW DELHI

AMID the ongoing farmers' protest against agriculture laws, Jannayak Janata Party (JJP), an ally of the Bharatiya Janata Party (BJP) in Haryana, sent out a strong warning to the BJP. Till party chief Dushyant Chautala is Deputy Chief Minister of the state, he won't let the minimum support price (MSP) be discontinued, said a party spokesperson. If farmers had to suffer due to MSP, Chautala will resign from his post, the party said. It has also asked the Centre to resolve the demands of the farmers related to MSP as soon as possible. JJP's national spokesperson Prateek Som told IANS, "We want to assure farmers that MSP will not be discontinued till Dushyant Chautala is the Deputy Chief Minister of the state. Still, if the farmers suffer due to the MSP, he will be the first to resign. The JJP is always with the farmers." "The JJP has asked the Central government to consider the demands of the farmers. It is important to get an assurance from the government on MSP. We are hopeful that the Centre will talk to the farmers and resolve the issue soon so that the deadlock can be broken," he added. Earlier, National President of the JJP and former MP Ajay Singh Chautala had asked the Centre to bring a law on MSP. He said in a statement on Tuesday, "Considering the demands of the farmers, the Centre should find a solution by consensus."

Fashion designer aims to make world's largest cloth mask

NEW DELHI

DELHI-BASED fashion designer Manish Tripathi and his team of "more than 50, including technical persons, designers, tailors, communications leaders and stylists," have revved up for his 'Sheher Se Gaon Tak' initiative. Tripathi aims to make the world's largest cloth mask, with 100sqm of fabric. The event was flagged off on 1st December 2020 by Dr. Monica Priyadarshini, District Magistrate, New Delhi in the presence of SDM Delhi Cantt. - Piyush Rohankar and SDM Chanakyapuri - Geeta Grover. DM New Delhi handed over the fabric made by the women artisans (part of SHG of DAY-NULM) to designer Manish Tripathi. The women artisans were felicitated with a certificate and sanitary napkin pack from the event's Hygiene Partner - NIINE. Sheher Se Gaon Tak Anthem was launched by vocalist Neeru Soni at Wave Cinemas, Noida. Women artisans from Teela Sehwaipur, Ghaziabad handed over the fabric and were felicitated by Ms. Sumeet, AVP of Wave Cinemas with a certificate of appreciation for their contribution. Fashion designer Manish Tripathi said, "These fabrics together will create the world's largest face mask to be launched after the mask returns to New Delhi. This initiative aims at supporting rural women and move a step closer to Atmanirbhar Bharat. We are all set to create the history... and making India proud, aiming to set gunnies world record. World's largest face mask initiative in association with NULM New Delhi, which will be a tribute to women of India and a strong message of aatmanirbhar bharat. It's a part of our ongoing initiative 'SHEHER SE GAON TAK' supported by the office of District Magistrate, New Delhi".



PUBLIC NOTICE

My client **SUJEET THAKUR S/o Late JAGESHWAR THAKUR**, R/o. H.No.143, Gali No.8, Shalimar Village, Delhi-110088, has debarred his son **DURGESH THAKUR** from his all movable-immovable properties, political, social and severe all his relations due to his misbehave and bad behaviour. Anybody dealing with him shall bear at his own cost & risk.

Sd/- **POOJA GUPTA**, Advocate
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MP CM trolled for plagiarism charges

BHOPAL

MADHYA Pradesh Chief Minister Shivrang Singh Chouhan recently shared a poem said to have been penned by his wife Sadhna Singh which has led to a backlash on social media. Chouhan has been heavily trolled over alleged plagiarism charges levelled by a young girl Bhumika Bithare who has claimed to have originally written the poem. Ghanashyam Das Masani, the father-in-law of the Madhya Pradesh CM, passed away on November 18. A few days after Masani's demise, Chouhan had shared a poem on his official Twitter account on November 22, claiming that it was written by his wife Sadhna Singh. Chouhan wrote, "The father-daughter relationship is the most precious bond in the world without any conditions and is absolutely selfless. A daughter is closest to her father's heart and is the pride of her father." He added, "My wife has expressed the emotion in the virtuous remembrance and liveliness of her beloved father in a few lines -- "I used to roam around on my father's shoulder and now here I am conducting his last rites. Kissing his forehead, I have learnt life lessons from him."



NO MASK? SERVE AT COVID CENTRES, ORDERS GUJ HC

GANDHINAGAR

EXPRESSING concern and dissatisfaction over the violating the Covid-19 guidelines in Gujarat, the High Court on Wednesday ordered the state government to issue a notification to make those not wearing face masks to perform community services at Covid care centres for five to 15 days. The High Court also expressed "shock" over the way BJP legislator Kanti Gamit allegedly flouted all Covid-19 protocols and guidelines at a family function. The court also asked what the state government was doing about the issue. A video clip had gone viral on the social media, wherein over 6,000 persons had gathered at his grandson's engagement ceremony, most of them without masks and violating all Covid-19 guidelines. "This is shocking and unfortunate. What was the police doing when such a large gathering occurred? We are not at all satisfied with

the way the government has handled the situation. Incidents like this make all your efforts till now meaningless." A bench of Chief Justice Vikramnath and Justice JB Pardiwala, during a suo motu hearing on coronavirus and lockdown situation, on which over 50 PILs have been filed, ordered the Gujarat government to issue the notification to ensure social service by face mask norm violators at Covid care centres apart from fine of Rs 1,000. The HC had last week suggested to the government that as the people were not heeding to the warning of fines, there was need to make them serve at Covid care centres for eight to 10 days in addition to levy of fines so that they understood the gravity of the pandemic. Advocate General Kamal Trivedi, appearing for the Gujarat government on Tuesday, had said that the state was unable to act on the HC suggestion and sought another week's time to decide on the issue.

Rtd Justice Karnan held for abusive remarks

CHENNAI

THE Tamil Nadu Police on Wednesday arrested retired High Court Judge, Justice CS Karnan, in connection with the release on the social media offensive videos/posts with objectionable comments and threats of sexual violence against judiciary officials and their family members. Karnan had allegedly released the said videos, after which several lawyers had written to the Chief Justice of India against him. The apex court had asked them to approach

appropriate authorities. In October, Cyber Crime Wing of Chennai Police had registered a case against Karnan. The complaint was filed by a non-practising advocate S Devika, a non-aggravated party and Karnan's contention was that only an aggrieved party can file a complaint against any person. It may be recalled that when Karnan was a Judge in the Calcutta HC, he was sentenced to six-month jail for contempt of court in 2017 by the Supreme Court. He was



Justice CS Karnan

arrested by the Kolkata Police and served his jail term. Meanwhile, attorney General K.K. Venugopal has told the Supreme Court that it is essential to improve the representation of women in the judiciary to develop a more balanced and empathetic approach in cases involving sexual violence, noting that the top court has only 2 women judges, out of the sanctioned strength of 34 judges and also there has never been a female Chief Justice of India.





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Dismal turnouts in polls show leaders’ callousness

IT is time we gave a serious thought about the direction in which the country is moving politically. All parties and leaders who come to power swear by democracy and take a vow to strengthen it. But is that happening? The answer would be certainly not. The trends are disturbing whether it is in conduct of proceedings in legislatures or holding elections from Parliament to local bodies. The just-concluded GHMC elections in Hyderabad is a classic example of how the government failed in making voters go to the polling booth. Many reasons are being given for the low voter turnout. The first and foremost is that people feared Covid-19. This argument does not stand any ground because if that were

so, senior citizens would not have gone to vote in large numbers. Call it the biggest flaw or a well worked out strategy, the GHMC failed to go to many residential complexes and distribute voter slips. This either means that the names of people residing in these complexes were not there in the voters’ list or the GHMC was not interested in their votes. All political parties focussed attention on the lower middle-class voters and slum areas and the candidates hardly went to any complexes to seek votes. This was a unique pattern witnessed this time. Many voters did not even know who the candidates were from the main parties including the TRS and the BJP. All the high decibel campaign apparently was

targeted only at the “assured” voters and apparently, this section kept their word by exercising their votes. The government declared Tuesday as holiday but did not address the problems of the techies who have influence in about 30 seats if not more. Most of the IT companies did not give holiday and all those who were working from home could not go to cast their vote. Another major issue that needs to be investigated is how did the names of those who voted in 2019 assembly elections go missing from voters list? The State Election Commissioner is on record saying that they had followed the 2019 Assembly voters list. Then how did the names go missing? Some people including some senior government offi-

cers in high positions say that those who did not vote should not get benefits of government schemes. This shows that even those who are in very senior positions in government are not apolitical. Secondly, they should understand that government schemes are for the poor and this section did go and vote. It was the educated middle class and upper middle class who kept away from polling and they are not eligible for government schemes. Some argue that those who did not vote have no right to question the GHMC. What a way to escape from failures! In India voting is not compulsory. Moreover, anyone who pays tax has the right to question the GHMC. Why can’t the politicians and officials understand this basic point? Maybe ‘one nation one election’ could be a solution to this low voting percentage.

PART- II

The rich treasure of Indian languages

TALKING OF MANY THINGS



Dr Mohan Kanda

SPeAKING of the country as a whole, and continuing in the context of pronunciation, the treatment meted out to the three varieties of ‘s’, and ‘sh’ is worth noting. While the south Indian tongues make a clear distinction between the three sounds (while pronouncing the words such as Sangh, Viswa and Vishnu, for example), the North Indian languages are quite happy with using just the ‘s’ and ‘sh’ leaving out the sibilant ‘s’ altogether.

Some other interesting features present themselves as one hears English being spoken by people from different regions of the country. The Telugu language, for instance, has letters in the alphabet which stand for ‘v’ and ‘o’. Still it is common to find ‘vote’ being pronounced as ‘oat’ and ‘over’ as ‘ovover’. They also pronounce the vowel in ‘paper’ as the vowel in ‘twang’ and the vowel in ‘young’ as the vowel in ‘end’, and, quite to the contrary, the first vowel in ‘every’ as the vowel in ‘yeast’. The Telugus are also prone to pronounce ‘Navy’ with the vowel sounding as in ‘man’ while the Punjabis pronounce the first vowel in ‘next’ as the vowel in ‘cat’ They are similarly likely to pronounce ‘treasure’ with the consonant sounding as its counterpart in ‘voyeur’. The Gujaratis pronounce the vowel in ‘bag’ as the vowel in ‘make’. People from the north Indian States, are likely to say ‘circumstances’ for ‘circumstances’. Tamil and Malayalam often interchange the pronunciation of K with G. Thus, ‘Planning Commission’ is likely to sound like ‘Planningommission’.

Quite apart from all this, there are languages spoken in parts of Africa known as ‘clicking languages’. The sounds that is made are known as ‘phonemes’. The clicks function as normal consonants and make a distinctive sound from the mouth of the speaker as there are articulated by suction mechanism bringing about a quick popping sound between the tongue of a speaker and the roof of the mouth.

The first time I heard such a language spoken was when Rajmohan Gandhi led a group from the Moral Re-armament (MRA) movement and performed a medley of events at our college.

These languages were originally unique to the Khoisan group, and have subsequently spread to other languages of the Cushitic and Bantu groups.

Studies have estimated that anywhere between 50 to 90% of the languages currently spoken in the world will probably have become extinct by year 2100.

Literal translation, as from one language to another, can sometimes produce funny, if not absurd, results. For instance, the word ‘Kondala’ in Telugu means mountains, and of the word ‘rao’ means ‘will not come’. Now, Kondala Rao is a common name in Telugu but, when literally translated, will mean that his name stands for “mountains will not come!”

There are other instances of such translations, especially from Hindi to Telugu and vice versa. For instance, the word ‘vichar’ in Hindi stands for an ‘idea’, while it means sorrow’ in Telugu. Similarly, ‘anumaan’ in Hindi stands for an ‘estimate’ while, in Telugu, it stands for ‘suspicion’.

The use of uncommon, or extremely complicated, expressions, and words, can sometimes cloud the intention to be conveyed by a sentence. I recall a very amusing incident related in the book ‘Yes Minister’. Sir Humphrey Appleby, the Cabinet Secretary makes a statement in a Cabinet meeting which is so abstruse and incomprehensible, that a Minister attending that meeting remarks that he wished he had English to English trans-



Literal translation, as from one language to another, can sometimes produce funny, if not absurd, results. For instance, the word ‘Kondala’ in Telugu means mountains, and of the word ‘rao’ means ‘will not come’. Now, Kondala Rao is a common name in Telugu but, when literally translated, will mean that his name stands for “mountains will not come!” There are other instances of such translations, especially from Hindi to Telugu and vice versa. For instance, the word ‘vichar’ in Hindi stands for an ‘idea’, while it means sorrow’ in Telugu. Similarly, ‘anumaan’ in Hindi stands for an ‘estimate’ while, in Telugu, it stands for ‘suspicion’. The use of uncommon, or extremely complicated, expressions and words can sometimes cloud the intention to be conveyed by a sentence

lation as in the United Nations!

The absurdities and internal contradictions of the English language, in pronunciation, grammar, spelling and syntax, frustrated George Bernard Shaw so much that he left a legacy to fund the effort of putting in place a new international language – lingua franca. As an illustration, he cited the example of the word ‘GHOTY’ which, when pronunciations are borrowed from the words function (f), women (i) and wish (sh), would read as ‘Fish’!

The Shavian alphabet (also known as the Shaw alphabet) is an alphabet conceived as a way to provide simple, phonetic orthography for the English language to replace the difficulties of conventional spelling.

At the risk of sounding chauvinistic, may I take the liberty of recalling a historical fact,

namely, that Krishna Deva Raya who presided over a multilingual empire, while penning his legendary ‘Aamukthamalyada’ said in his introduction to that work that he was a king of the Telugu people which language according to him was the best in the country! What is more, to lend credence to his statement, he told the readers that Lord Mahavishnu of Srikakulam (in what is called Krishna district of Andhra Pradesh State today), appeared in his dream and said that!

And many of us have heard Oscar Wilde describing America and England as two countries “separated by the same language”!

And, strange as this may seem many of the readers, Hindi, in the strictest technical sense, is not a language at all! Many dialects including Khadi Boli,

Maithili and Bhojpuri are the sources in which the roots of Hindi lie historically.

But that is not to take away from the versatile and universally acceptable language Hindi has developed into. True, decades ago, there was a little resistance to its apparent imposition from some parts of the country. Mercifully, that is no longer so. In fact, distinguished scholars from the South Indian States have not only achieved high academic distinction in the language but have also written books which are highly regarded in academic circles. The name of Yarlagadda Lakshmi Prasad springs to mind in this context. Hindi now has strong roots in the psyche of the country as the national language with a distinctive identity of its own. Having said all that, I occasionally do wonder why such a carefully nurtured process of development of a relatively recent language or a language of relatively recent origin failed to find a word for the English word ‘minute’!

Finally, to round off this discussion about languages, recorded history tells us that, as a matter of fact, Khari Boli was the language of the northern parts of India in the days of yore. And, it did not have a script. Also, ‘north’ at that time, meant an area covering what are Pakistan, Afghanistan etc., of today. Over time, as the Aryan invasion of India happened, the Persian and Arabic scripts became the medium in which Khari Boli was written. It was only much later that Devanagari became its script for the Hindu section of the population of those areas. Later on, during the days of the British rule, an organisation called the ‘Nagari Prachar Sabha’ has to be launched, to restore to the Hindus the right to use the Devanagari script in formal for a such as courts of Law etc. So, it was really a question of one language with two scripts which, today, has manifested themselves into two, namely, Hindi and Urdu!

(The writer is former Chief Secretary, Government of Andhra Pradesh)



Latin American women want abortion restrictions eased

DAINA BETH SOLOMON & CASSANDRA GARRISON

SEVERAL weeks pregnant and about to start a job away from home, Lupita Ruiz had no doubts about wanting to end her pregnancy, despite knowing she could face jail time for having an abortion under a law in her State of Chiapas in southern Mexico. She asked friends for help until she found a doctor two hours from her town who agreed to do it in secret.

Five years later, lawmakers in Chiapas are set to consider an initiative to halt prosecutions of women who terminate their pregnancies, part of a movement sweeping Latin America to loosen some of the world’s most restrictive abortion laws.

Several out of more than 20 Latin American nations ban abortion outright, including El Salvador, which has sentenced some women to up to 40 years in prison. Most countries, including Brazil, the region’s most populous, allow abortion only in specific circumstances, such as rape or health risk to the mother. Just Uruguay and Cuba allow elective abortions.

Outrage at worsening gender violence in Latin America, where the number of femicides has doubled in five years, has also spread awareness of the abortion rights movement and fuelled demands for recognition of women’s rights in a conservative, male-dominated society. As in the United States, where conservatives have made gains in restricting a woman’s right to an abortion, there is pushback in Latin America against the calls for greater liberalization. Brazil, under far-right President Jair Bolsonaro, is making it even harder for women to abort.

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spired protests across Latin America. “It was an awakening,” she said.

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“Women are finally understanding that they are not separate issues,” said Catalina Calderon, director for campaigns and advocacy programs at the Women’s Equality Centre. “It’s the fact that you agree that we women are in control of our bodies, our decisions, our lives.”

The rise of social media has afforded women opportunities to bypass establishment-controlled media and bring attention to their stories, Calderon said.

“Now they’re out there for the public to discuss and for the women to react and say: ‘This does not work. We need to do something,’” Calderon said.

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Yet trust in the Catholic Church, which believes life begins at conception, is fading, with many Latin Americans questioning its moral legitimacy because of sexual abuse by priests.

Argentina could be first up for sweeping change, with a bill submitted to Congress by centre-left President Alberto Fernandez seeking to legalize elective abortions.

Approval for legalisation has risen eight percentage points since 2014, according to an August Ipsos poll, with support split nearly evenly between those who favour elective abortion and those who are for it only in certain circumstances.

“The dilemma we must overcome is whether abortions are performed clandestinely or in the Argentine health system,” Fernandez said.

According to the Guttmacher Institute, a U.S.-based reproductive health research organization, an estimated 29% of pregnancies in Latin America and the Caribbean from 2015 to 2019 ended in abortion, encompassing 5.4 million women. The abortions are often clandestine, so figures are hard to determine. The mass demonstrations in Argentina two years ago, known as the “green wave” protests, have reverberated. Since mid-2018, lawmakers in Mexico have filed more than 40 proposals to end punishment for abortion, according to Mexican reproductive rights group GIRE.

In Chiapas, the de-criminalization effort is the first of its kind since a brief period in the 1990s when abortion was legalized during the left-wing Zapatista rebellion.

Although Chiapas does not on paper punish abortion with prison, it can jail women for the “killing” of their infants.

With Mexico’s first leftist government in a century in power, national lawmakers are considering two initiatives to open up restrictions and strip away criminal punishments from places like Sonora state, where abortion can be punished by up to six years in prison.

Only two federal entities, Mexico City and Oaxaca, allow elective abortions.

Wendy Briceno, a Sonoran lawmaker who has backed a nationwide legalization bill, said the initiatives have a good chance to pass if the debate centres on women’s health, especially given rising outrage over femicides.

In Chile, activists are celebrating a vote in October to write a new constitution as a chance to expand a 2017 law that permitted abortion to save a mother’s life, in cases of rape, or if the fetus is not viable.

Colombia, where the constitutional court has agreed to consider a petition to remove abortion from the penal code, could set an example, said Anita Pena, director of Chilean reproductive rights group Corporacion Miles. Activists agree there is still a long way to go, with restrictive laws entrenched in many countries.

To Briceno, Brazil’s shift to the right under Bolsonaro, who has vowed to veto any pro-abortion bills, was a reminder to push even harder for abortion rights. “No fight is ever finished,” she said.

Role of pedagogues in times of pandemic

PRIYANKA BHUMBAK

YOU never know what life has in store for you, it certainly has a much bigger plan than you do. It is a steady mix of happiness, grief, ill-health, stability and constant struggle. The year 2020, though has been unkind to humanity as a whole, has been challenging for many in various sectors. Among the worst-hit are educators who had to face a major task of getting things together without actually coming together. While front-line warriors including medical fraternity, police and voluntary organisations jeopardised their lives waging a relentless battle against the pandemic, millions of unseen soldiers have been working hard to keep up the spirit of teaching and learning. They had to face one of the major tasks of keeping the students occupied and productive during the time of lockdown and with many having little knowledge about online teaching, lack of technical knowhow, digital skills and virtual learning resources. Still they emerged victorious when they managed to proudly sit before the laptop to teach their remote learners through online classes.

Years from now, 2020 will be remembered as the year we all learned how to live life at a distance from each other and continue to function as a society. It matters not just for the students in the class today but those who will attend in



the future as well. Teachers are part of a large-scale systemic change and are making history. Teaching is the greatest act of optimism. When the world is faced with dismal present and a bleak future, it is the teacher who simply through the act of doing their job shows us the light at the end of the tunnel and leads the younger generations slowly but surely towards it. Let’s value our teachers and their teaching which is truly an act of faith and humanity. With their innovative ideas of teaching to their excellent time management skills

the teachers have in all the ways proved that it takes real passion and commitment to make their work speak for them.

The teachers with respect to their profession have to continue their job and keep up the spirit of teaching and learning. On a personal front, there is much more effort required from a teacher’s end. They need to connect with the students emotionally and have them along the path of learning, ensuring that what is taught has an impact on the child’s life. On the other hand, convince the parents

of their child’s all-round growth, and creative wellbeing, as in this time of uncertainty the only assurance that a teacher can give any parent is the trust that their child will have a year full of new things to learn, not just that, but the students also teach a lot of new things to teachers. Teachers and students keep each other engaged in school activity, with high spirit of enthusiasm.

Teaching basically is not a profession it is a service which creates many other professions. For the generations to come, teachers are setting an example as to how a selfless and encouraging a job could be. From learning an all new way of implementing education, the teachers have to also learn how to tackle emotional and psychological stress at the same time. This pandemic has taught us that schools are so much more than just educational institutions, and teaching is one of the toughest jobs. Can one imagine that one of the hardest parts of battling a global pandemic can be teaching...? But this is true. Ask a teacher what it takes to get the attention of the class when there is so much happening around at home.

Dear teachers, a big thank to you, you will never be enough, but we would like to say, you are doing a great job and deserve all the respect and gratitude. Thank you for being such support during this time, as the world fights this global pandemic.