

Opinion

SUNDAY, MAY 16, 2021

THE PEOPLE OF India — or at least the vast majority — have reached a point where they have come to the conclusion that they have to rely only on themselves, and their families and friends, to protect their lives. In the battle against Covid-19, the State, especially the Central government, has withered away. A few state governments still enjoy a modicum of trust, like Kerala and Odisha. Since there is a change of government in Tamil Nadu and Puducherry, one has to reserve judgement about them.

No party can escape blame. Some tried hard despite obstacles, some faltered, and some buried the facts and relied on bluff and bluster. The victims are the people.

Arguments will not settle the issue about who is mainly responsible for this terrible state of affairs because this is not the Age of Reason. Instead, it is more politic to re-state certain indisputable facts and leave it to each individual to answer that question. Here goes my list:

Demand vs supply

1. The basic table:

Date of inclusion	Target group	Population (approx.)
Jan 16, 2021	Healthcare workers	70 lakh
	Frontline workers	200 lakh
March 1, 2021	Over 60 years & 45-59 yrs with co-morbidities	2,600 lakh
April 1 '21	Other 45-59 yrs	
May 1 '21	18-44 years	7,300 lakh

The approximate size of each target group is available and was known to the government. Hence, the number that will be added on the demand side on each milestone date was calculable, but *this was not done*. The number of vaccine doses that would be required was Demand number x 2. Allowing for initial vaccine hesitancy, it was possible to calculate the probable demand for vaccine doses. *This too was never done*.

2. The rated capacity of the two Indian manufacturers — Serum Institute and Bharat Biotech — was known to the government. The actual manufacturing capacity and rate of scaling up could have been ascertained by factory inspection and periodic audit. *This too was never done*.

Vaccination without vaccines!

3. A firm order for vaccines was placed with Serum Institute and Bharat Biotech only on 11-01-2021. Initial supplies were made by the two companies from their stocks produced at their own risk. Thus, *valuable time was lost in encouraging the two companies to ramp up production*.

4. At least one company (Serum Institute), and perhaps both, required funding to increase capacity. *The financial assistance for capacity addition has not been granted until this date*. Supply advances were announced on 19-04-2021, but this is akin to advance payment for supply, not a capital grant or loan to increase capacity.

5. Export of India-made vaccines was allowed until March 2021. It was prohibited only on 29-03-2021. *Meanwhile, 5.8 crore doses of vaccines*

ACROSS THE AISLE

P Chidambaram

Not the age of reason



People queue up for Covid-19 vaccine dose, at Gyan Ganga College in Jabalpur

had been exported.

6. Emergency-use approval for the Pfizer vaccine was stonewalled as a result of which Pfizer withdrew its application. The third vaccine, Sputnik V, was granted EUA (emergency use authorisation) only on 12-04-2021 and the first consignment landed in India only on 01-05-2021. *No other vaccine has been approved for use or imported into India until this date*.

7. Much of the additional health infrastructure created in 2020 was dismantled after October 2020 and had to be re-erected after the second wave started in March 2021, putting intolerable pressure on the surviving infrastructure like hospital beds, ventilators and oxygen tankers/concentrators.

8. As the first wave plateaued, testing slowed down considerably. When the number of samples tested declines, the number of new infections detected will fall too. Testing was not accelerated.

The roof was not fixed while the sun was shining, the roof is leaking when the rain

is pouring.

9. The number of vaccination doses administered every day, instead of rising, has declined. On April 2, an impressive 42,65,157 doses were administered. The daily average for April, however, was only about 30 lakh. In May, the average per day has further fallen to about 18.5 lakh. *The vaccination programme is suffocating due to a shortage of vaccines*.

Deny, deny more

10. There was no plan to map and tap potential resources in case of an emergency. For example, there was no plan to augment oxygen sources, convert nitrogen/argon tankers into oxygen tankers, import and erect PSA (pressure swing absorption) plants, and import and stock oxygen concentrators and ventilators. *There was no plan to augment the number of nurses and paramedics*.

11. When the second wave started, it was assumed that it would be like the first wave, rising slowly, then plateau-

ing, and then declining. No attempt was made to imagine multiple scenarios including the worst-case scenario. Hence, there was *no plan to counter the swift rise and spread of the second wave*. It is fair to assume that there is *no plan to counter a third wave or fourth wave*.

12. There is no IEC — information, education and communication — approach to public health. The government's approach during the first wave was oriented towards publicity, posturing and triumphalism. In the second wave, the approach is denial ("there is no shortage of oxygen", "there are enough stocks of vaccines with the states"), burying the truth and passing the buck to the states. *The result is utter chaos and confusion and no accountability*. In any other country, heads would have rolled.

Over to the reader, to pronounce the verdict.

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Road to the Olympics

It won't be business as usual at the Tokyo Olympics, but for Olympians, tackling adversity is a way of life

OVER THE TOP



Meraj Shah

IN 1984, AN interesting piece about golf's association with the Olympics appeared in *Golf Digest* magazine. "It's not every day that you learn your mother was an Olympic champion, 80-odd years after the fact," wrote Philip Dunne, the son of Margaret Abbot, a lady golfer who won the nine-hole event at the 1904 Paris Games. Abbot, who was born in Calcutta when visiting Paris at the time, and made a spontaneous decision to tee it up when she heard about the event. Dunne wrote that his mother passed away in 1955 without realising that the nine-hole event was, in fact, part of the Olympics, believing instead, that she had won the 'Championship of Paris'. Admittedly, that does have a ring to it: doubt that Abbot would have taken any less pride in her achievement for which she was duly awarded a porcelain cup. It was only when a professor with a keen interest in the Games researched Abbot's life and

traced down her family did the story come to light. There was certainly no precedent: women's golf had never been part of the Olympics before the Paris Games. As it turns out, that blink-and-miss appearance remained golf's only cameo at the Games for over a century.

If I am to be charitable, then that exclusion might explain why a number of pro golfers weren't that enthused about taking part in the 2016 Rio Games, when golf finally made it back to the pantheon of Olympic sports. In fact the golf event was a bit of a disaster that year: 21 of the 60 golfers invited to take part in their regrets; most professed health and safety concerns in the wake of the Zika virus contagion in Brazil at the time. Englishman Justin Rose made the most of it; while he might not have had as little competition as Abbot had to contend with 112 years back, having the four top-ranked players in the world not show up when you're trying to become the modern era's first Olympic men's gold medalist, is nothing to complain about.

Rose made history that year, and prompted a slow but steady outpouring of regret from his absentee peers for their oversight at not recognising the



Japan's biggest golf star, Masters Champion, Hideki Matsuyama has admitted to being unsure about the prudence of going ahead with the Tokyo Olympics

gravitas of what it means to be an Olympic champion. "All the guys that missed out probably made their decision for good reasons and they probably persuaded themselves it was a good decision, but I think they're going to have sat back and realised what a successful event this was," Rose said in an interview to *The Guardian* in 2016. Rose was lauded, not

just for winning, but embracing the Games spirit wholeheartedly: the Englishman went the distance, watching multiple sports, hanging out with athletes at the Games Village, and making a life experience of it. It was golf's first day in the sun at The Games after more than a century, and Rose got all the spotlight.

As it turns out, it's going to take a

while before golfers who didn't make it to Rio will be able to reprise that experience. This time around — faced with a surging public opinion in Japan that questions the prudence of holding the Games given the danger the pandemic poses — the Olympic Committee has its back against the wall. Not surprisingly, the procedures that will be enforced to isolate players and minimise interaction are going to be stringent. Golfers, like other athletes, have to live in near isolation within the Games village — an arrangement that will necessitate an hour's drive to the venue every day. Now that inconvenience, for our global, pampered, golf stars is nothing short of a blooming disaster. Leading the charge of the petulant was world number three — Jon Rahm: "The International Olympic Committee, due to the persistence of the health emergency, is not making things easy for us players. Families are not allowed, they are not allowed to participate in other events, until the Wednesday before the competition golfers cannot sleep in the hotel but must stay inside the Olympic village which, from what I have been told, is at least an hour's drive from the competition area. So it's not easy..." said Rahm recently. Perhaps cognisant of the lampooning potential of his statement, he was quick to add that, "...I can understand why so many colleagues give priority to other events.

However, this is not my case. Winning the Olympics is one of my great dreams."

Bravo Jon. Most of us have a vague understanding of what it takes to be an Olympic athlete; there is no dearth of extraordinary stories of individuals who've chosen the pursuit of excellence at the final frontier of human abilities. In disciplines like athletics, and especially in sports that, unlike golf, do not have lucrative professional leagues, these sportspeople live for the Olympics.

Given that the entire fate of the Games and everything these athletes have worked for, rests in the hope of zero or at least limited transmission of the virus, Rahm will have to be magnanimous here. The Olympics are the greatest sporting spectacle on Earth; not the WGC events, not even the Major Championships, can hold a candle to the significance of the Games. Something that's even more relevant when our world is ravaged by a dogged virus that refuses to die, and has circumscribed our lives for more than a year. To be fair, I'm not sure if the Olympics should be held, but if they are, then I'm sure Rahm and his cohorts will find it within themselves to endure a long commute. You're part of the grand show folks, just nap if you have to.

A golfer, Meraj Shah also writes about the game

BLACK FUNGUS**Cases of post-Covid mucormycosis rising**

FE BUREAU

Pune, May 15



WHILE THE TOTAL number of mucormycosis infections is not yet known, more than 1,000 such cases have become the priority for the government, V K Paul, member, health, Niti Aayog, said on Saturday.

AIIMS director Randeep Guleria said mucormycosis was a horrible disease and in many cases would need complex surgery to remove the infected part, involving large teams of ENT specialists, brain surgeons and doctors

or with mild Covid infections. He also urged to limit the usage of steroids for five to 10 days and administer mild to moderate dosage to patients as it causes a spike in sugar levels, especially among diabetics.

Use of immunosuppressants in Covid patients, too, was leading to this fungal infection, he said. Guleria said mucormycosis was a horrible disease and in many cases would need complex surgery to remove the infected part, involving large teams of ENT specialists, brain surgeons and doctors. Amphotericin B, the anti-fungal medicine prescribed for treating mucormycosis, was being manufactured domestically and would also be imported so there is no shortage, Paul assured.

He warned against giving steroids to people in early-stage

Govt relaxes norms for speed nod to imported cylinders for medical O2: The government on Saturday eases certain norms under Gas Cylinders Rules,

2016, to fast track approvals for imported cylinders and pressure vessels for storage and transportation of medical oxygen amid rising cases. The relax-

ations would be valid for six months or till further orders of the Department for Promotion of Industry and Internal Trade, an official statement said. The

department said the certification of Petroleum and Explosive Safety Organization (PESO) will not be mandatory before importing consignment of oxy-

gen cylinders, and containers. The certification of PESO will be required before use of the oxygen cylinders, which entails weight and hydro testing, it said.

"The Indian missions should, however, ensure that the oxygen cylinders should comply with India or international standards before shipment," it said. —PTI

BCPL Railway Infrastructure Limited

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EXTRACT OF THE STATEMENT OF AUDITED FINANCIAL RESULTS**FOR THE QUARTER AND YEAR ENDED MARCH 31ST 2021**

(₹ In lakhs)

PARTICULARS	Quarter ended March 31, 2021	Quarter ended March 31, 2020	Year ended March 31, 2021	Year ended March 31, 2020
	Audited	Audited	Audited	Audited
1. Total Income from Operations (net)	4317.98	3179.48	8290.93	12704.04
2. Net Profit / (Loss) before Tax, exceptional and/or extra ordinary items	416.32	80.37	1073.58	1055.74
3. Net Profit / (Loss) before Tax (after exceptional and/or extra ordinary items)	442.09	109.25	1073.58	1055.74
4. Net Profit / (Loss) for the period after tax (after exceptional and/or extraordinary items)	319.63	62.81	794.46	761.88
5. Total Comprehensive Income for the period (comprising profit/loss) for the period (after tax) and other Comprehensive income (after tax)	332.87	94.28	807.70	793.35
6. Equity Share Capital	1672.36	1672.36	1672.36	1672.36
7. Other Equity	-	-	5377.63	4603.36
8. Earnings Per Share (of ₹ 10/- each):				
a. Basic	1.91	0.38	4.75	4.56
b. Diluted	1.91	0.38	4.75	4.56

NOTES:

A. The above is an extract of the detailed format of audited financial results filed with the Stock Exchange under Regulation 33 of the SEBI (Listing and Other Disclosures Requirements) Regulations, 2015. The full format of the Audited Financial Results are available on the websites of BSE Limited (www.bseindia.com) and on the website of the Company at www.bcri.com.

For and on behalf of the Board of Directors of

BCPL Railway Infrastructure Limited

Sd/-
Jayanta Kumar Ghosh
Managing Director
(DIN: 00722445)

Place : Kolkata

Dated : 14.05.2021

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STATEMENT OF AUDITED FINANCIAL RESULTS FOR THE HALF YEAR AND YEAR ENDED MARCH 31, 2021

(₹ in lakhs)

Sr. No.	Particulars	Current Half Year ended 31 March 2021 (Audited)	Previous Half Year ended 31 March 2020 (Audited)	Current Year ended 31 March 2021 (Audited)	Previous Year ended 31 March 2020 (Audited)	Current Half Year ended 31 March 2021 (Audited)	Previous Half Year ended 31 March 2020 (Audited)	Current Year ended 31 March 2021 (Audited)	Previous Year ended 31 March 2020 (Audited)	Current Year ended 31 March 2021 (Audited)
		31 March 2021 (Audited)	31 March 2020 (Audited)	31 March 2021 (Audited)	31 March 2020 (Audited)	31 March 2021 (Audited)	31 March 2020 (Audited)	31 March 2021 (Audited)	31 March 2020 (Audited)	31 March 2021 (Audited)
1	Total Income from Operations	10,041.16	8,111.43	18,243.41	18,078.76	10,068.36	8,168.07	18,304.24	18,196.12	
2	Net Profit / (Loss) for the period (before Tax, Exceptional and/or Extraordinary items)	9,746.12	1,682.04	6,557.98	4,623.61	9,761.73	1,685.38	6,596.81	4,674.67	
3	Net Profit / (Loss) for the period before Tax (after Exceptional and/or Extraordinary items)	3,746.12	1,682.64	6,557.98	4,623.61	3,761.73	1,685.38	6,596.81	4,674.67	
4	Net Profit / (Loss) for the period after Tax (after Exceptional and/or Extraordinary items)	2,943.97	1,160.41	5,050.04	3,662.97	2,955.62	1,161.55	5,079.18	3,701.01	
5	Total Comprehensive Income for the period (Comprising Profit / (Loss) for the period (after Tax) and Other Comprehensive Income (after Tax))	2,930.36	1,149.48	5,031.18	3,650.99	2,942.01	1,150.62	5,060.32	3,689.03	
6	Paid up Equity Share Capital*	8,829.38	8,829.38	8,829.38	8,829.38	8,829.38	8,829.38	8,829.38	8,829.38	
7	Reserves (excluding Revaluation Reserve)	52,470.12	47,835.07	52,470.12	47,835.07	52,595.53	47,931.34	52,595.53	47,931.34	
8	Networth	61,299.50	56,664.45	61,299.50	56,664.45	61,424.91	56,760.72	61,424.91	56,760.72	
9	Paid up Debt Capital / Outstanding Debt	124,553.99	84,150.59	124,553.99	84,150.59	124,553.99	84,150.59	124,553.99	84,150.59	
10	Debt Equity Ratio	-	2.03	1.49	2.03	1.49	2.03	1.48	2.03	1.48
11	Earnings Per Share (of ₹ 10/- each):									
a: Basic	1.91	0.38	4.75	4.56						
b: Diluted	1.91	0.38	4.75	4.56						

* Paid up Equity Share Capital includes Compulsorily Convertible Preference shares of Rs.6,500 lakhs.

** Not Annualised

Note:

a) The above is an extract of the detailed format of annual financial results filed with BSE Limited ("Stock Exchange") under Regulation 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015. The full format of the annual financial results are available on the website of the Stock Exchange i.e. www.bseindia.com and on the website of the Company www.akgroup.co.in

b) For the items referred in sub-clauses (a), (b), (d) and (e) of the Regulation 52 (4) of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, the pertinent disclosures have been made to the Stock Exchanges and can be accessed on the website of the Stock Exchanges i.e. www.bseindia.com

c) The Statement referred in Regulation 52(4) of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015 is available on the website of the Company i.e. www.akgroup.co.in

d) The above financial results have been reviewed by the Audit Committee and subsequently approved by the Board of Directors at its meeting held on May 15, 2021. The Statutory Auditors of the Company have audited the above financial results for the half year and year ended March 31, 2021.

e) The previous period figures have been regrouped/reclassified wherever necessary to conform to current period's presentation.

For and on behalf of the Board of Directors

A. K. Capital Finance Limited

Sd/-

A. K. Mukherjee

Managing Director

(DIN : 00698377)

Place: Mumbai

Date: May 15, 2021

Lockdown in Bengal, restrictions extended in several statesFE BUREAU & PTI
Kolkata/New Delhi, May 15

THE WEST BENGAL GOVERNMENT on Saturday announced a statewide lockdown from Sunday morning till May 30, although it refrained from terming it a lockdown and announced it as a modified and expanded structure.

Some other states like Uttar Pradesh and Chhattisgarh extended the restrictions as the national tally of active cases saw a marginal decline.

While all government and non-government establishments will remain closed, movements of trucks and vehicles carrying goods have also been restricted save those carrying oxygen, medical equipment, fish, milk and eggs and other essentials. Oil tankers, petrol pumps, automobile repairing shops and medical stores have been exempted.

The lockdown, currently in force in all districts of the state, was set to end in most regions at May 15 midnight. Bihar, too, has extended the lockdown, which was to end on May 15, till May 25, while Maharashtra has already announced the continuation of lockdown-like restrictions patients to and from hospitals.

Inter-state train and bus services, metro services and ferry services have been stopped. State chief secretary Alapan Bandopadhyay said vegetable market and groceries would remain open from 6 to 10 am but sweet shops would be allowed to stay open till 5 pm. While all mills and factories will remain closed save those which are under continuous operations, jute mills will run with 30% workforce and tea gardens with 50% in each shift.

Bandopadhyay said since a lot of people's livelihood depends on the tea gardens and plucking takes place at considerable distances without any gathering, tea gardens will not be shut but will function with 50% workforce. Same with the jute mills. A labour intensive industry, it will not absolutely close down but will work with only 30% workforce to make jute juice.

In South, Kerala has extended a total lockdown from May 8 to May 23. Tamil Nadu is under lockdown from May 10 to May 24. Puducherry has extended lockdown from May 10 to May 24. Telangana has imposed a 10-day lockdown from May 12. Andhra Pradesh has imposed curfew from 12 noon to 6 am till May 18.

THDC India Limited

Spotlight

SUNDAY, MAY 16, 2021



SANSKRIT POET

Kalidasa is one of the greatest Sanskrit poets of India from the fifth century. *Shakuntala* was the first Indian drama that was written by him and it was translated into English by Sir William Jones in 1789. In the next 100 years, there were at least 46 translations in 12 European languages.



Social media in the 21st century has changed the game with young poets reciting Hindi stalwarts and a huge movement of poetry by young poets

—ADITI MAHESHWARI,
EXECUTIVE DIRECTOR,
VANI PRAKASHAN GROUP



Poetry books are appearing in paperback editions and are being sold more than before... After a long time of being in the shadows, Hindi poetry has returned again

—ASHOK MAHESHWARI,
MANAGING DIRECTOR,
RAJKAMAL PRAKASHAN GROUP



Hindi poetry has become the new address of feminist, Dalit, tribal, queer, protest and diasporic literature, and also the new home for Instagram, Twitter, Snapchat generations

—ASHWANI KUMAR,
MUMBAI-BASED POET
AND PROFESSOR

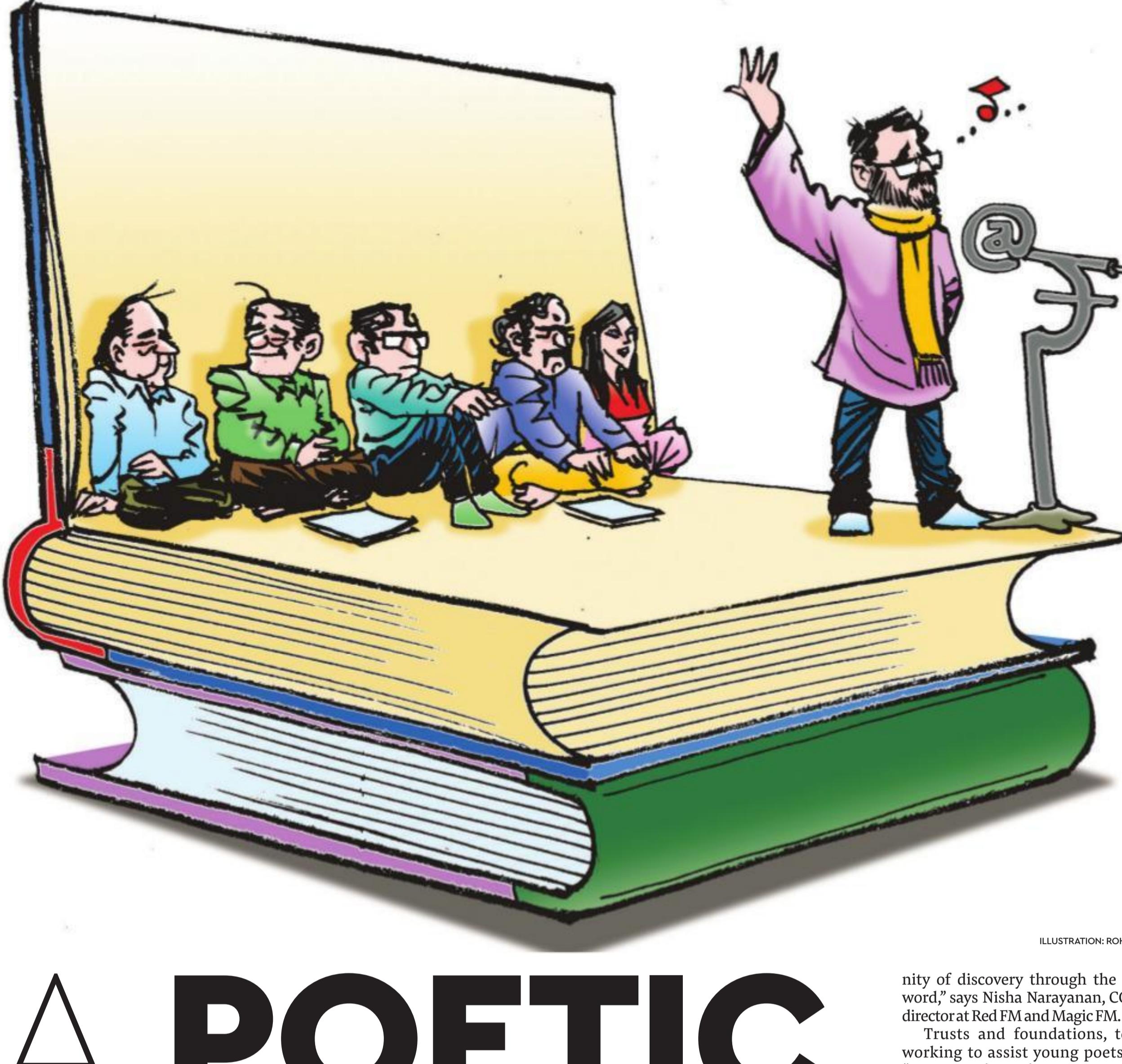
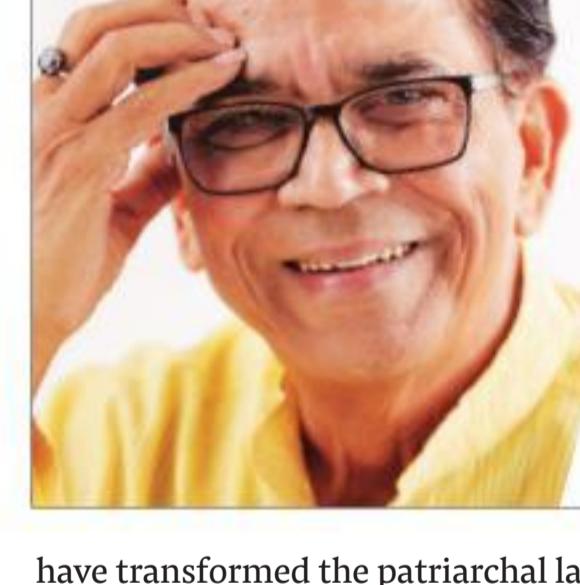
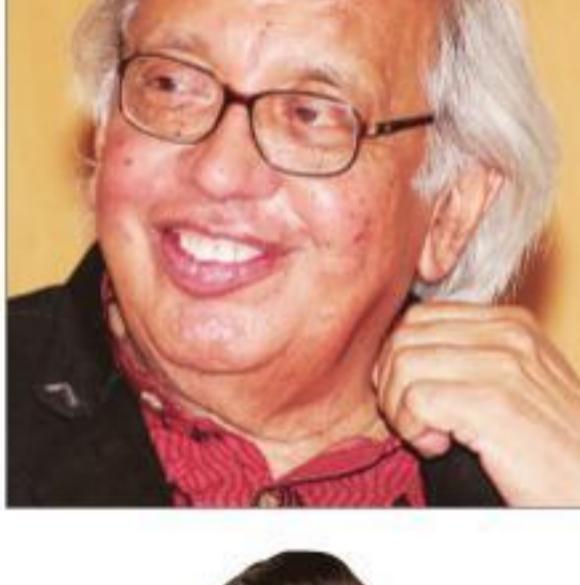
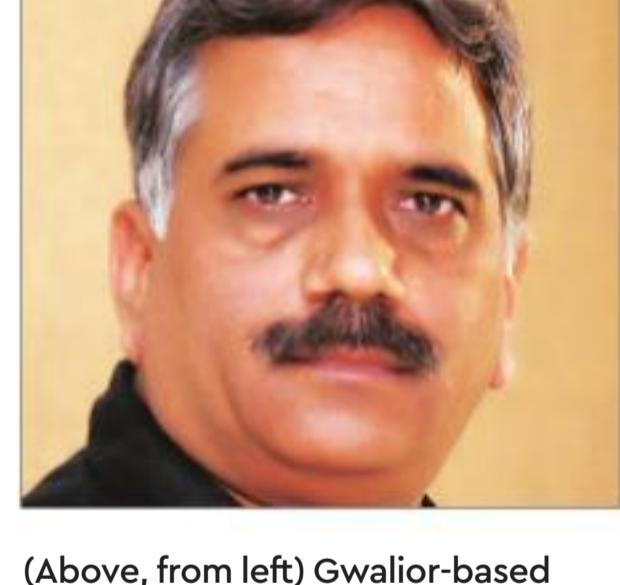


ILLUSTRATION: ROHNIT PHORE

A POETIC MOMENT

Hindi poetry is seeing a huge shift in reception today, becoming not just a popular medium for all age groups, but also a commercially viable genre, thanks to social media, e-books and offline ticketed events



(Above, from left) Gwalior-based poet Pawan Karan; poet and critic Ashok Vajpayee; satirist and poet Ashok Chakradhar; and (right) poet Kumar Vishwas

popular poetry culture and a decent source of income, with payments starting from ₹2,100 for a fresher to about ₹1 lakh or more for professionals per evening. "It transformed the space, and elevated into a respectable event with huge social media presence of modern poets like Irshad Kamil, Kumar Vishwas, Manoj Muntashir, who have millions of followers — something that was unheard of before," says Maheshwari of Vani Prakashan. "Social media in the 21st century has changed the game with young poets reciting Hindi stalwarts and a huge movement of poetry by young poets," adds Maheshwari, who gets five to 60 new poetry submissions every day on social media handles. Some of these hidden gems his publication house now plans to publish.

The time between 1947 to the early 1980s was marked as the golden phase for *kavi sammelans*. But in the mid-1980s, Indian youth suffered from unemployment and this took a toll on the *sammelans*. New modes of entertainment such as TV came in, making *sammelans* lose their standing, both in terms of quantity and quality, shared Kunwar Bechain, a Ghaziabad-based poet and retired Hindi professor of MMH College, Ghaziabad, in an interaction with *FE* just before he succumbed to Covid-19 on April 29 at the age of 79.

The revival of the *sammelans* in the late 2000s brought back the onstage grandeur,



have transformed the patriarchal landscape of Hindi poetry.

Hindi poetry has also become more glamorous and fashionable, says Kumar of INC. "Though the English literary industry remains dominant, Hindi poetry has also become more glamorous and fashionable with the rising popularity of celebrity poets like Swanand Kirkire, Piyush Mishra, Prasoon Joshi and performance poets such as Priya Malik, Hussain Haidry, Varun Grover and Simar Singh," says Kumar.

Tech support

Social media has helped Hindi poetry get wider exposure, encouraging a dialogue among youngsters. "People are talking about Hindi poetry with old and new names combined," says Gurugram-based Ankur Mishra, founder of Kavishala, an online platform for newwriters and poets, which has over 70% content, poetry and stories from newcomers. Kavishala receives 3,000-plus monthly newwriters' registrations and 10,000-plus monthly poetry submissions on its website and app.

Adapting to the changing ecosystem and the way poetry is being composed and recited, Red FM radio recently organised The Kavi Collective, a poetry festival in UP, MP and Delhi, to bring the best of old and new-age regional poets like Ashok Chakradhar, Sunil Jogi, Ankita Singh, Priya Malik and others, with an inclusive approach to ideas, on one stage. "The biggest debilitating factor that afflicts radio is that we focus only on music, but with the shift from broadcast to audio by other means and the growth of podcast and audio listenership in the country, there is a great opportunity

Challenges galore

Even with all the success, however, there are many hurdles to cross. Take, for instance, modern-day *kavi sammelans*, which not many in the community are happy with. "One can make out the difference in the quality. Poets like Ramdhari Singh Dinkar, Bhawani Prasad Mishra, Suryakant Tripathi Nirala, Mahadevi Verma were excellent poets in both content and presentation. Mahadevi Verma with her presence ensured equal representation, grace and high-quality engagement. Among the current generation of poets, some have great presentation, but not good content," said Kunwar Bechain.

Vajpayee agrees, saying, "*Kavi sammelans* bring popular poetry to large audiences, but promote taste for sentimentalism, shallow humour and vague mysticism."

Once an affordable source of entertainment, today such events have degraded poetry to an extent, feel many. "Sammelans have been reduced to performing art with singers, live performers or standup acts. Today, there is hardly any humour left in many shows. The contemporary relevance of humour is as important today as it was 100 years ago. If live poetry is meant only for entertainment, then it's not poetry," says noted Hindi satirist and poet Ashok Chakradhar.

There's also the issue of admission. "Getting entry to a *kavi sammelan* is difficult as it's a hub of like-minded professionals just like the entertainment industry, so it is reserved for a select few," says Gwalior-based poet Pawan Karan, who has written poems on subjects like imperialism, capitalism and religious fanatics. He expressed the philosophy of feminism in his groundbreaking work *Stree Mere Bheetar* (2004). "Only a handful of poets get their due recognition on stage... written poetry alone doesn't help in earning a livelihood... Sombre or serious writing has no money on stage as compared to humour as the former is not so popular as a genre on stage," says the 56-year-old.

Vajpayee adds: "Recently, poetry has been forced to be 'saleable' by publishers and many young poets are able to publish their books easily. But significant poetry remains financially not sustainable by and large."

When it comes to books, lack of qualified editors can also bring down quality. "Sometimes good books are published poorly or bad books are published with a beautiful cover. In the absence of reliability and transparency, the publishing business can neither become an industry

nor will it be able to build a place of trust in society," says Maheshwari of Rajkamal Prakashan.

Another challenge is to reach out to an ever-widening literate population and develop a vast book culture. "Universities, schools, academies, media all have to play a role in both inculcating a taste for poetry and making more people, especially the younger generation, realise that there is a rich variety of poetry available. Taking books to younger students should become a campaign conducted by schools and colleges, worthy of support by CSR. *The Vedas, Gita, Quran, the Bible* and the *Granth Sahib*—are all holy books of poetry," says Vajpayee.

Kavishala's Mishra feels there is great scope for financial viability. "Lack of financial support for poets due to few investors available, good poets living in rural areas with poor internet connectivity, etc., are a few problems faced today... also, more collectives and platforms are required to encourage young poets," he says.

One must also remember that tech might help open doors, but it's a double-edged sword. "Technology has a limitation in creative writing as people are focused on writing two-liners, which kills creativity, like a crux in two lines," says Mishra.

Many also rule that poetry writing today is taken very lightly. Many youngsters' work is elementary level, say publishers. "Writing poetry is considered easy... jotting two lines or making several lines by twisting them does not create a poem. A short poem does not involve less effort. The moods associated with Hindi poetry deliver social concerns—a poem tells the truth of its time," says Maheshwari of Rajkamal Prakashan Group.

Story so far

Poetry is an important register of the social consciousness of any era. Be it the freedom struggle or the green revolution, the history of Hindi poetry dates back to the times of saint-poets like Kabir and Mirza, and later in the second half of the 20th century when Hindi became the language of protests in India. It has been anti-establishment for more than half a century, with poets like Agyeya, Muktibodh, Nagarjun, VDN Saha, Raghuvir Sahay and Shrikant Verma shaping the character of Hindi poetry in the country.

The time between 1947 to the early 1980s was marked as the golden phase for *kavi sammelans*. But in the mid-1980s, Indian youth suffered from unemployment and this took a toll on the *sammelans*. New modes of entertainment such as TV came in, making *sammelans* lose their standing, both in terms of quantity and quality, shared Kunwar Bechain, a Ghaziabad-based poet and retired Hindi professor of MMH College, Ghaziabad, in an interaction with *FE* just before he succumbed to Covid-19 on April 29 at the age of 79.

The revival of the *sammelans* in the late 2000s brought back the onstage grandeur,

SUNDAY, MAY 16, 2021

Fe Lines

STORIES AND TRENDS FROM INDIA AND AROUND THE WORLD THAT CAUGHT OUR FANCY



Smell therapy

Loss of smell has been a prominent symptom of Covid-19, but in many cases, smell training can help one regain the olfactory sense

VAISHALI DAR

ANOSMIA, OR SMELL BLINDNESS, is a peculiar clue to coronavirus infection. So if you find yourself unable to smell your favourite fragrances or the aroma of that freshly brewed coffee in the morning, make sure to get yourself tested. This loss of ability to detect one or more smells may be temporary or permanent.

Loss of smell has been a prominent symptom of Covid-19, which has left many with long-term smell distortions. In such cases, smell training can help regain one's sense of smell. For those whose senses are still subdued, there's a new cookbook that can help. *Taste & Flavour*, written by chefs Ryan Riley and Kimberley Duke, combines characteristics of culinary science and medical research to look at taste, smell and other sensory perceptions. Food therapy can assist these senses recover on their own by taking help of the other senses. For instance, tasting flavours or smelling foods with certain textures can stimulate saliva and the trigeminal nerve, which is responsible for sensation in the face and motor functions such as biting and chewing. It is the most complex of the cranial nerves.

Some experts believe that patients with post-viral loss of smell have roughly 60-80% chance of regaining it within a year. As the sense of smell usually diminishes with age, the recovery could take longer for older adults. Amitabh Malik, chief ENT at Paras Hospital, a multi-speciality chain, suggests, "To regain smell, one can adjust spices while cooking spicy food...it helps gradually in developing senses."

Smell training helps too. Sniff at least four different odours like mint, eucalyptus, lemon, rose, cinnamon, cof-

fee, strawberry, twice a day every day for months. It helps the brain recover and reorganise. Many smell training kits contain a set of four common fragrances, namely rose, lemon, clove and eucalyptus. Each of these are used for a few minutes a day to train the nose for the sense of smelling in case of anosmia.

Researchers suggest if patients sniff different odours, it helps the brain recognise the smells. "This training is best as compared to receiving steroids to regain sense of smell because steroids have side-effects like high blood pressure and mood swings. Smell training, on the other hand, is pocket-friendly and doesn't have any side-effects," says Sharma.

Doctors who have recovered from Covid-19 like Priyanjana Acharyya Sharma, ENT specialist, Miracles Mediclinic, Gurugram, and Apollo Cradle Hospital, Delhi, says sense of smell, which is lost gradually by the fifth day, does not go off immediately, but is a slow and gradual process. "In some cases, it persists and causes discomfort. The sense of taste is there, but because of no smell, the brain cannot perceive what we are tasting and that causes incoordination. In many patients, it might take more time to return. Sup-

portive therapy is best like supplements, light steam, lubrication of the nostrils with regular breathing exercises. Some patients have also responded to steroid sprays where the smell has been long gone. A good diet with immune boosters like zinc supplements, exercise and controlling iron and calcium deficiencies helps. Loss of smell in long-standing cases needs adequate ENT consultation and evaluation," says Sharma.

Losing sense of smell affects taste sensation, negatively impacts quality of life and can also lead to feelings of loss, loneliness and anxiety. Delhi-based Jyoti Kapoor, senior psychiatrist and founder of mental well-being organisation Manasthali, says, "Olfaction is one of the most primitive senses and is closely linked to memory formation and emotional perceptions. Smell affects the secretion of neurochemicals, which is why certain smells make us happy and uplifted, while certain others cause nausea. Losing the ability is a form of invisible handicap and a person feels alienated as he cannot connect with the world as earlier."

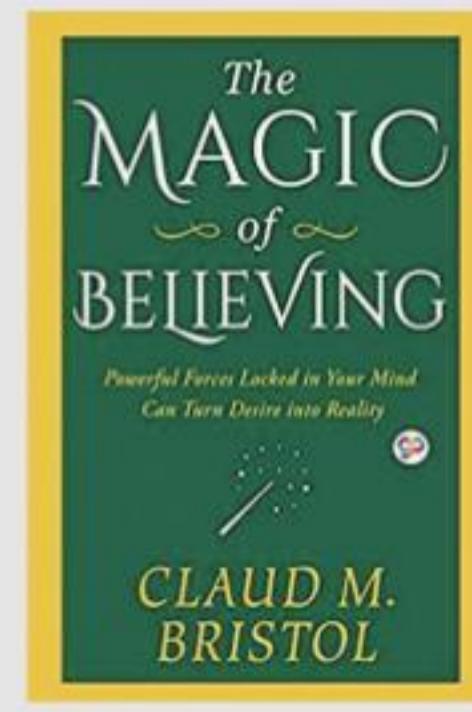
Adaptation is the key to evolution. While treatment of anosmia may be sought, focusing on sharpening the other sense organs like sight and hearing to enhance connectivity with the environment is important. Smita Naram, co-founder, Ayushakti, an Ayurvedic health centre, recommends 'nasya' treatment, which is putting two-four drops of warm sesame oil in the nostrils in the morning. "This is an effective method to practice sitting at home or isolation centres. A Covid patient can also try a natural home remedy like consuming garlic as it has strong anti-viral and immunity-boosting qualities, which can help in enhancing smell and getting back taste."

SNIFF AT LEAST FOUR DIFFERENT ODOURS LIKE MINT, EUCALYPTUS, LEMON, ROSE, CINNAMON, COFFEE, STRAWBERRY, TWICE A DAY EVERY DAY FOR MONTHS. IT HELPS THE BRAIN RECOVER AND REORGANISE

FEEL-GOOD BOOKS

Books have the power to uplift us even when things are bleak. Here, we bring to you a few feel-good books which you can read if you are feeling stressed, bogged down or just plain bored sitting at home due to the lockdown.

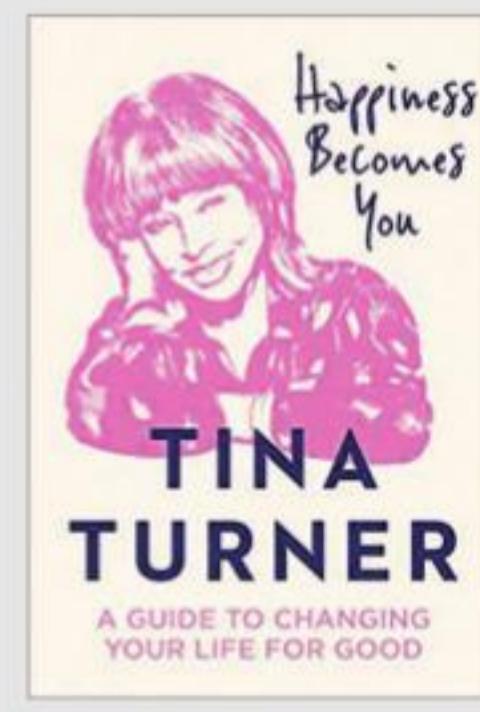
By Reya Mehrotra



hoping for the best and visualising one's goals. It chronicles how Bristol applied the magic of believing in his own life during World War I to survive the period.

The Magic of Believing

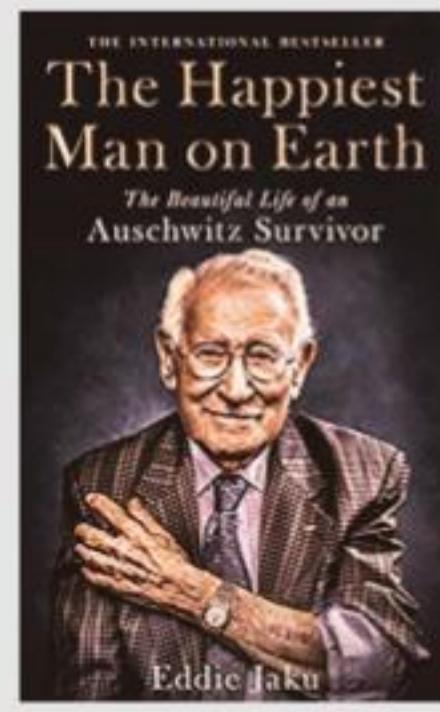
The book by Claude M Bristol was first published in 1948, but remains a gem till date for helping people feel positive and hopeful during low times. It shares how one can overcome sadness in their lives or any other adversity by



she worked her way up the ladder of success. She provides spiritual tools for readers to self-empower themselves by sharing how Buddhist principles saved her during adverse times.

Happiness Becomes You

Actor Tina Turner's 2020 memoir *Happiness Becomes You* chronicles how she overcame obstacles to achieve success and happiness. She advises readers on how to achieve their own dreams through her experience as



concentration camps that he lived in for seven years, but his will to survive did not die. In gratitude for the life he had been given and that he had survived, he promised to smile everyday.

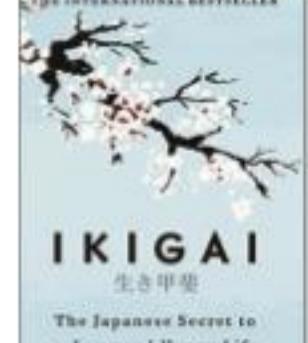
The Happiest Man on Earth

In this memoir published by HarperCollins, Eddie Jaku narrates how his life turned around when he was a Jewish teen at the time of the Holocaust. He recalls his experience of surviving the horrors of

2019 picture book is a simple yet moving story of four friends – the boy, the mole, the fox and the horse, who stand by each other and walk together in tough times. The quotes have also been hung on walls of hospitals, in restaurants and used widely to lift people up. "When you feel out of your depth, breathe and keep moving," said the horse. Each sentence of the book turns out to be quoteworthy. The book has already sold more than 1.4 million copies and is a good, light read for those anxious or stressed during these times. Because of its simplicity, it can be read by all regardless of age.

Deep Kindness: A Revolutionary Guide for the Way We Think, Talk and Act in Kindness

Houston Kraft's 2020 book, *Deep Kindness: A Revolutionary Guide for the Way We Think, Talk and Act in Kindness*, talks about spreading kindness and compassion through everything we do. It simplifies the need to be kind for the world needs it today. It also analyses our belief in kindness and how we practice it. It shows how the world has become lonely and divided and says we must bridge the gap using empathy.



Ikigai: The Japanese Secret to a Long and Happy Life

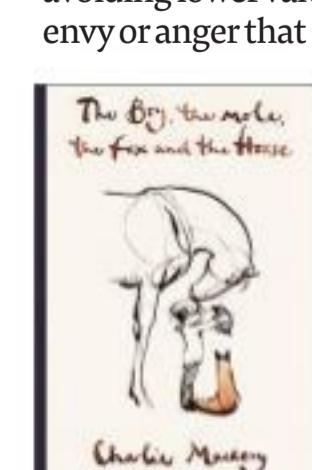
The ultimate book of happiness is undoubtedly the 2016 book *Ikigai*, which talks about the purpose of life that helps one find a sense of fulfillment. It reveals how Japanese traditions encourage living a full and happy life, finding passions that motivate one to

wake up every morning. It is the art of doing something with full focus and joy. The authors of the book interviewed Japanese elders, who have lived a long and healthy life, and they revealed their secrets and shared their diets, lifestyle and the goal of finding one's *ikigai* (purpose) in life.

Think Like a Monk: Train Your Mind for Peace and Purpose Every Day

This 2020 book by Jay Shetty talks about training the mind. A former monk, the author has written about applying the

mind of a monk to everyday life—overcoming roadblocks, realising purpose and clearing negative thoughts. He also advises exercises to reduce stress and increase focus. He talks about several other themes like distinguishing between detachment and attachment, pursuing higher values like compassion, service and gratitude, among other things, while



everywhere, perhaps because they speak of hope and friendship. The

STORIES AND TRENDS FROM INDIA AND AROUND THE WORLD THAT CAUGHT OUR FANCY

TECH-NOW-LOGY

The case of the animated dad

Recent animated films have demonstrated a commitment to putting dishy fathers onscreen

KYLE BUCHANAN

I THOUGHT THE WHOLE man-bun thing was played out, and then along came Benja. First, I sparked to his voice, which is warm, soothing and capable of delivering large amounts of exposition in a single breath. Then there's his face: high cheekbones, strong eyebrows, no pores. And would you look at the way he dotes on his daughter, Raya? Come on, the guy's a catch.

With all of those things going for him, Benja quickly leapt to the top of my long list of quarantine crushes. Still, whenever I tried to imagine some sort of future for us, I kept getting distracted by two glaring red flags: one is that evil spirits just turned Benja to stone, and the other is that he's animated (at least the first one is reversible).

Though many would find the whole pixel-person thing to be a deal breaker, I continued to pine for Chief Benja of the Heart tribe (the Heart tribe!) while watching Disney's latest computer-animated film, *Raya and the Last Dragon*. Then, as the closing credits rolled, I took to Twitter, where I found plenty of other professionals who were proud to let their freak flag fly.

"The protagonist's dad in *Raya and the Last Dragon* is smoking hot," tweeted the *Hollywood Reporter* film critic David Rooney, who also noted, "Gotta love thirst-trap animation." The writer Hanna Ines Flint concurred: "The man's arms, I wanna hang off them," she tweeted.

It's not just *Raya*. Recent animated films have demonstrated a commitment to putting hot dads onscreen that can only be rivalled by whoever's casting *Riverdale*. Think of the elf dad from last year's *Onward*, who looked kind of like a hot, blue John Krasinski, or Riley's dad from *Inside Out*, whose mustache and five o'clock shadow once inspired a very frisky Buzzfeed article.

Most hot animated dads, like Miguel's father in *Coco*, only get a little bit of time to make a big impression, but a precious few get the entire movie to shine, like the lantern-jawed, barrel-chested paterfamilias from *The Incredibles*. Their ranks are ever-growing, but still I wondered: are animated dads truly getting hotter, or are we just getting crazier?

"Hotness is not just how they're drawn — it's all these other things that come together," replied the writer Bim Adewunmi, a former host of the crush-centric podcast *Thirst Aid Kit*. She pointed out that Disney had hired the *Lost* actor Daniel Dae Kim to voice Benja. "We interviewed him in person at Sundance in 2020, and I sound like such a pervy teenage girl, but he has a hot aura. He radiates calm, like a good friend."

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Raya with her father Benja, the subject of fan crushes, in *Raya and the Last Dragon*

DISNEY+, VIA ASSOCIATED PRESS

through everything we do. It simplifies the need to be kind for the world needs it today. It also analyses our belief in kindness and how we practice it. It shows how the world has become lonely and divided and says we must bridge the gap using empathy.

father in *Aladdin*.

"Why do they have these long gray beards?" Adewunmi wondered.

"That's the thing with Disney: the moms are all dead, and the dads are just old. What the hell happened?" Even the occasional attempt to sex up some of those older dads struck Adewunmi as implausible: "King Triton in *The Little Mermaid* has these incredible abs, right? But it's like, you have seven daughters, my good sir. When does he find the time to be at the gym?"

It wasn't until recently that Pixar came on the scene and cracked the code wide open. "Pixar doesn't do an ugly dad," Adewunmi said. But the Pixar dads aren't hot in the same way that, say, Regé-Jean Page from *Bridgerton* is hot: Instead, they're humble-hot, often rumpled and lived-in, like you searched for a nice-looking ex on Facebook and found that he's got a wife, kids and that certain something-something.

That's the sort of formula that can turn a tertiary animated character into an internet boyfriend, and as of late, more people are content to confess their cartoon crushes. On the most recent season of *RuPaul's Drag Race*, lip-sync assassin Denali was chatting with her fellow queens when she revealed that most of the famous people she found hot were animated. "I'm an Aries," Denali told me, "and I'm very upfront with what I feel."

That revelation inspired many of Denali's fans on Twitter to reply with their own cartoon crushes, which they illustrated with surprisingly swoon-worthy clips and GIFs. And though Denali found some of those replies to be not entirely safe for work — "Sometimes it's a little surprising to have an image of Tarzan going at it on your timeline," she said — it inspired her to wonder if this collective infatuation with animated figures wasn't a long time coming.

"Especially when you're a young gay kid and you've yet to watch a lot of mature movies, there are a lot of subtle things you pick up on — like the way Disney would give Li Shang from *Mulan* a really nice chest," Denali said. "Maybe they're finally pandering a little bit and leaning into it."

And then there are recent events, which may have added more fuel to our fire. "Of course, there's the inefable factor of quarantine, where everybody briefly lost their minds," Adewunmi said. "If you have nothing to do but roll from your bed to your laptop, you might say, 'You know what I'm going to linger on today? The dad from *Onward*.'

And if you're single and still struggling through the pandemic, isn't it appealing to imagine a generally good-natured, relationship-oriented figure who'd happily be there for you? After *Raya* was over, I half-expected Benja to leap off the screen and onto the couch beside me, where he'd finally be the supportive partner I need to watch dumb episodes of *The Circle* with. Plus, he looks great in patterned aqua-blue tunics, and you can't say that of every dad.

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Leisure

SUNDAY, MAY 16, 2021



EARLIEST APPEARANCE

One of the earliest appearances of the word 'ukulele' in print is in the Metropolitan Museum of Art's Catalogue of the Crosby Brown Collection of Musical Instruments of All Nations published in 1907

Playing a different tune

The ukulele, a guitar-like Hawaiian instrument, is flying off the shelves since the pandemic hit. Fans say it's an easy-to-learn hobby and an instant pick-me-up

BARKHA KUMARI

ASK ANYBODY WHICH musical instrument they would like to learn and chances are they'll say the guitar. Hanging on the shoulder leisurely or wedged between the hands like a rockstar, the guitar never fails to cut a cool picture. And just a strum is enough to get listeners grooving.

Yes, we get the craze. However, the pandemic has thrown up another favourite. Sample this: Shivani Vijay, a 24-year-old from Bengaluru, can't get enough of her ukulele — it looks like an acoustic guitar, albeit smaller. She bought it last September after quitting her IT job to pursue a hobby she had long nursed. In a month, she taught herself to play the laidback *Kho gaye hum kahaan*, followed by the whimsical *Tum jab paas aati ho* and the pensive *Agar tum saath ho*. Her mother likes to playback the classic *Ajeeb daastan hai* sometimes when Vijay plays the ukulele. Known for its warm, nimble, lilting sounds, the Hawaiian instrument has brought Vijay much cheer in these gloomy times.

"Most of my friends in college could play the guitar and I also wanted to learn it, but found it intimidating. As for the ukulele, it's like a guitar, but smaller and less intimidating. I learnt to play it by watching online tutorials and, seven months on, I am ready to invest in a guitar. Thanks to my ukulele, I have a fair grip on the strings now," shares Vijay, who is currently self-employed.

Like Vijay, many people, including singer Shreya Ghoshal and actors Kalki Koechlin and Bhumi Pednekar, are increasingly buying the 'uke' since the novel coronavirus sent us indoors in March of 2020. Social media is abuzz with #ukelele covers set to the 'chota guitar', as it's loosely called, and photos of ukes decked in fairy lights. Online music classes have now added ukulele to their portfolio as well. And despite the sluggish business scene, the musical instrument is flying off the shelves of Indian music stores more than ever before.

A mood-lifter

Vijay, who recovered from Covid-19 a month ago, says, "In the book I am currently reading, *Women Who Run With The Wolves*, the author says when you are feeling lost, music is a good way to bring yourself back to feeling better. Maybe that's why people are pursuing music in the pandemic."

But why the ukulele? Chitransh Nilay Saxena, a 27-year-old techie from Uttar Pradesh who is working in the Philippines, has his reasons. "The sound of a ukulele is different from that of a guitar. The former is soothing yet peppy. Even sad songs sound upbeat on the ukulele. The guitar, on the other hand, has a more rock and concert vibe to it (sic)," explains the hobby singer, who bought his uke last August, four years after he got a guitar, but never got his way around it. Today, he is uploading ukulele covers on Insta and has even done a gig for friends over a video call.

Likewise, Nandini Yadav is doing what she could not do on the guitar in the past.



(Below) Chitransh Nilay Saxena, a 27-year-old techie working in the Philippines, wants to take his ukulele to a beach after life comes back to normal

(Above, left) Uttar Pradesh-based sub-inspector Nandini Yadav with her ukulele; (right) Shivani Vijay from Bengaluru has been playing the 'uke' for seven months now; and (below) Chin2 Bhosle, a music educator at Furtados School of Music

She is finetuning the charming ballad *Hey There Delilah* on her uke of seven months. It's a stressbuster for the sub-inspector who is posted in Uttar Pradesh's Basti district. It's also an accomplishment.

"My resolution for 2020 was to learn a musical instrument and I have done it with the ukulele. It's light and compact, so I carry it when I travel," says the 28-year-old.

Chin2 Bhosle, a music educator at Furtados School of Music, understands why people are having it easy with their uke. In fact, his 14-year-old daughter learnt to play four songs on the ukulele by herself via YouTube in three months after dodging the guitar. "A ukulele has four strings, while an average guitar has six. Also, its fretboard and frets are much smaller, so not much finger-gymnastics needed," he explains.

'Sales across all ages'

Music store owners confirm the uptick in ukulele sales through the pandemic. While Reynold's, which has three stores in Bengaluru, the music capital of India, saw a twofold increase compared to 2019, Dhanya Anish, operations manager of Thomsun Music House across Bengaluru and Kochi, claims that the brand sold out a consignment of at least 500 ukuleles in a month's time after the national lockdown was lifted in May last year.



pare and despair over their looks, they've also helped destigmatise and increase education about the once-taboo subject.

Kathryn Gongaware, a 32-year-old yoga teacher and comedian in Chicago, was always curious about Botox, but it wasn't until she started mentioning it to friends and realised that people she wouldn't have expected (including herau-natural-everything acupuncturist) were getting it that she felt comfortable making the jump at age 30. "The more people were open about it, the more it felt destigmatised," she said.

While online sharing has helped reduce the stigma, it has brought with it some downside, too: namely, young people thinking they need to start Botox because their friends are doing it. "I've had 20-year-olds in college come in without knowing anything about Botox who really don't need it, but they have this sense of FOMO because their friends are doing it," said Sheila Farhang, a dermatologist and cosmetic surgeon in Arizona.

What could go wrong?

While less risky than filler injections, Botox is not always the Benjamin Button miracle cure it's made out to be. Proceed-

Gupta says. Adding to that list, Anurag Mukherjee, a music instructor in Hyderabad who has started offering ukulele classes, says, "In India, its popularity can be credited to artists such as Shirley Setia and Taba Chakr."

What's also made it a go-to music instrument for hobbyists is that a basic ukulele comes for ₹2,000, cheaper than guitars that start at ₹5,000. The music store representatives agree that while their ukeles go up to ₹19,000 depending on the size (21-30 inches) and wood used in the body, the majority of sales happen in the ₹2,000-₹2,500 range.

In terms of cities that are scooping up ukes the most, the names of Bengaluru, Mumbai, Delhi and Goa come up consistently. As for people buying it, it's mostly college-goers above 20 and people in their 30s. "Girls seem to be buying it more... maybe because it's light," shares Anish. There are outliers too. At Furtados, children are lapping up the uke, while Kadence has seen people of retirement age order these.

Whatever be the reason, Mukherjee is glad that the ukulele, which was introduced in Hawaii in the late 1800s by the Portuguese, has come into its own. "It belongs to the guitar family, but is a different instrument," he says.

Saxena can't wait to take it where it belongs. "Every time I play the ukulele, I feel transported to a beach, sitting with my friends in a circle around a bonfire. I would love to do it once the pandemic is over," he signs off.

Barkha Kumari is a writer and journalist



WHILE LESS RISKY THAN FILLER INJECTIONS, BOTOX IS NOT ALWAYS THE BENJAMIN BUTTON MIRACLE CURE IT'S MADE OUT TO BE

on my forehead, and makeup would settle into those lines really obviously," she said of her decision to start so young.

From stigma to sharing

Social media has been both a blessing and a curse in our relationship to Botox. While the selfie-heavy platforms have made it easier than ever for people to com-

ing with caution, particularly when starting young, is key. "Botox is very much a medical procedure," Farhang said. "It's not a Groupon situation."

On the plus side, the impermanence of Botox means that even if an injector overdoes the dosage, it will wear off without long-term facial alteration. With continued high doses, your muscles can technically atrophy, or lose their strength. But with other muscles moving in the face, that's not something you'll necessarily notice, Farhang said, and some research has shown that if you take a break from Botox, those muscles rebuild. Although it's rare, some patients who start with high doses in their 20s say their skin has thinned over time, but experts say this has not been shown in research literature. In fact, some studies suggest that Botox can improve the elasticity of skin. Still, Schaffer said, "one could postulate that the skin may feel thinner or appear crepey because the muscle mass that was providing volume under the skin has decreased." To avoid such eventualities, it's best to find a doctor with a conservative touch and supplement the procedure with skin-supporting routines like daily SPF.

How barely-there Botox became the norm

Will starting injections in your 20s and 30s make you look older? Preventive Botox explained

JESSICA SCHIFFER

FORGET WHAT YOU think you know about Botox. Once considered the not-so-secret tool of celebrities and the wealthy with a bad rap for freezing faces, the wrinkle-melting injections have become a commonplace activity of a normie class with money to spare. "Many millennials prioritise taking care of themselves and really believe in prevention," said Panta Rouhani Schaffer, a dermatologist in New York who has seen an uptick in younger patients requesting Botox in the last few years. "That just got amplified during the pandemic, when people have spent so much time staring at themselves on screens."

But they're looking for results à la J Lo, not Jocelyn Wildenstein. It's a softer approach, called "baby Botox" by some and "preventive Botox" by others, that is changing the common question, "Would you ever get Botox?" to "When will you start?" The answer from millennials and Gen Zers is, increasingly, in their 20s and 30s, ages when most baby boomers and Gen Xers were not yet fretting over ageing with the same all-consuming anxiety.

Leah Walkiewicz, a 27-year-old product manager in Manhattan, has been getting Botox in her forehead since she was 24, a decision spurred by what she felt was early wrinkle formation and a close look at how her family has aged. "I always had fine lines

pare and despair over their looks, they've also helped destigmatise and increase education about the once-taboo subject.

Kathryn Gongaware, a 32-year-old yoga teacher and comedian in Chicago, was always curious about Botox, but it wasn't until she started mentioning it to friends and realised that people she wouldn't have expected (including herau-natural-everything acupuncturist) were getting it that she felt comfortable making the jump at age 30. "The more people were open about it, the more it felt destigmatised," she said.

While online sharing has helped reduce the stigma, it has brought with it some downside, too: namely, young people thinking they need to start Botox because their friends are doing it. "I've had 20-year-olds in college come in without knowing anything about Botox who really don't need it, but they have this sense of FOMO because their friends are doing it," said Sheila Farhang, a dermatologist and cosmetic surgeon in Arizona.

What could go wrong?

While less risky than filler injections, Botox is not always the Benjamin Button miracle cure it's made out to be. Proceed-

Idea Exchange

SUNDAY, MAY 16, 2021

IQBAL SINGH CHAHAL, COMMISSIONER, BRIHANMUMBAI MUNICIPAL CORPORATION (BMC)

If Mumbai has 6-7% positivity rate, why should we suffer a national lockdown? Decision should be left to states

Chahal recounts night of April 16-17 'that changed us forever', explains how he made oxygen shortage 'history' in Mumbai, lists lessons for Delhi, including not pressuring hospitals to increase beds, and lays out plans for 'vaccination tsunami'. Session was moderated by National Editor (Mumbai) Nirupama Subramanian

NIRUPAMA SUBRAMANIAN: You said that the intervening night of April 16-17, when as many as 168 patients were evacuated in an emergency operation from six civic hospitals in Mumbai, as one of the most difficult nights of your career. Why did you feel that way?

The issue of oxygen first came up at a meeting around the first week of April. It was mentioned that Maharashtra's total installed oxygen capacity is roughly 1,200 MT, which included industrial, non-Covid and Covid use. By April 4-5, the state's six lakh positive cases had started consuming almost 950 MT of oxygen. In our meeting it was projected that by April 15-20, our consumption may go up to 1,700 MT. That is when the alarm bells went off. We realised that even if we stop all industrial operations as well as non-Covid oxygen use, we still can't manage beyond 1,200 MT of oxygen... So we requested the Government of India to give us an additional allocation of 500 MT. About 150-200 of this additional allocation was coming from Haldia in West Bengal, and for the tanker to reach Mumbai, the turnaround time was around eight days.

In the midst of these talks, on the intervening night of April 16-17, I was informed around midnight that six hospitals were running out of oxygen. There were 168 patients there... So between 1 am and 5 am, we deployed 150 ambulances and brought these patients to our jumbo Covid centres. Fortunately, we had 3,600 empty beds, of which 850 were oxygenated beds. I was so relieved that no lives were lost.

After the operation, I couldn't sleep at all, and around 7 am I sent messages to top functionaries of the Government of India, including the Cabinet Secretary, Home Secretary, Health Secretary... I sent another set of messages to top eight leaders of Maharashtra, starting with the honourable CM. I said, this is not the end of the problem and this may happen again.

Within 15-20 seconds, I had an incoming call from the Cabinet Secretary, Rajiv Gauba. He told me, tell me what you want... I said we have to import oxygen into the state. I told him that we can't manufacture oxygen at such short notice and that the turnaround time for oxygen coming from Haldia was around eight days... I worked under Gauba sir when I was joint secretary in the Ministry of Home Affairs... I told him that Reliance Industries was just 16 hours away from Mumbai, in Jamnagar, and oxygen tankers can come from there every night. He said that such an allocation cannot be made just for one city. I told him that he can allocate it to Maharashtra and I will make sure that it comes to Mumbai city only... And then 125 MT of oxygen was allocated to us from Jamnagar. The same evening, tankers started moving and now the problem (of oxygen) has virtually become history in Mumbai because of great help from the Government of India.

NIRUPAMA SUBRAMANIAN: So, would you say that Mumbai is now self-sufficient in oxygen?

Unfortunately, outside Mumbai, in the rest of Maharashtra, cases are not coming down. Mumbai is only 17% of the state's population, and the demand (for oxygen) from other parts has not reduced.

After the April 16-17 incident, the state government created emergency systems. The FDA (Food and Drug Administration) Commissioner was given charge of reallocating and organising seamless distribution (of oxygen). Only oxygen availability is not the issue, the bigger issue is optimal utilisation and proper channelising. That is why a team was created under the FDA, which has district collectors, divisional commissioners, BMC commissioner, and other commissioners... The team is functioning very well. So we are in good situation, but in 10-15 days, when cases start coming down further in the state too, we will become a little more comfortable. Now, stress is there.

Last year, we started building systems... Now they are on autopilot. Today, if we get 2,000 or 10,000 cases, it makes no difference... system works



WHY
IQBAL SINGH CHAHAL

Ward-level war rooms, dashboard for beds, consistent oxygen supply — Mumbai's civic body put in place a slew of systems to bring down the Covid curve. Chahal, a 1989-batch IAS officer, has been at the centre of that process since he took charge as BMC Commissioner in May last year

ILLUSTRATION: SUVAJIT DEY

things were going to happen so fast and suddenly... In Mumbai, we have established six emergency stock points, which function 24/7 and store about 50 MT of oxygen each. Each point services four wards (there are 24 in Mumbai)... Now, if anybody gets an SOS call, they have to forward it to the ward officer, which is then sent to the deputy commissioner in charge of one of the six emergency points. And then, in two-three minutes, tankers start moving with supplies... We have learnt from our experiences, and our crisis management team continues to add on new activities to the mechanisms.

MALLICA JOSHI: Delhi has been experiencing oxygen shortage for over three weeks now. What could be the reason behind this sustained crisis?

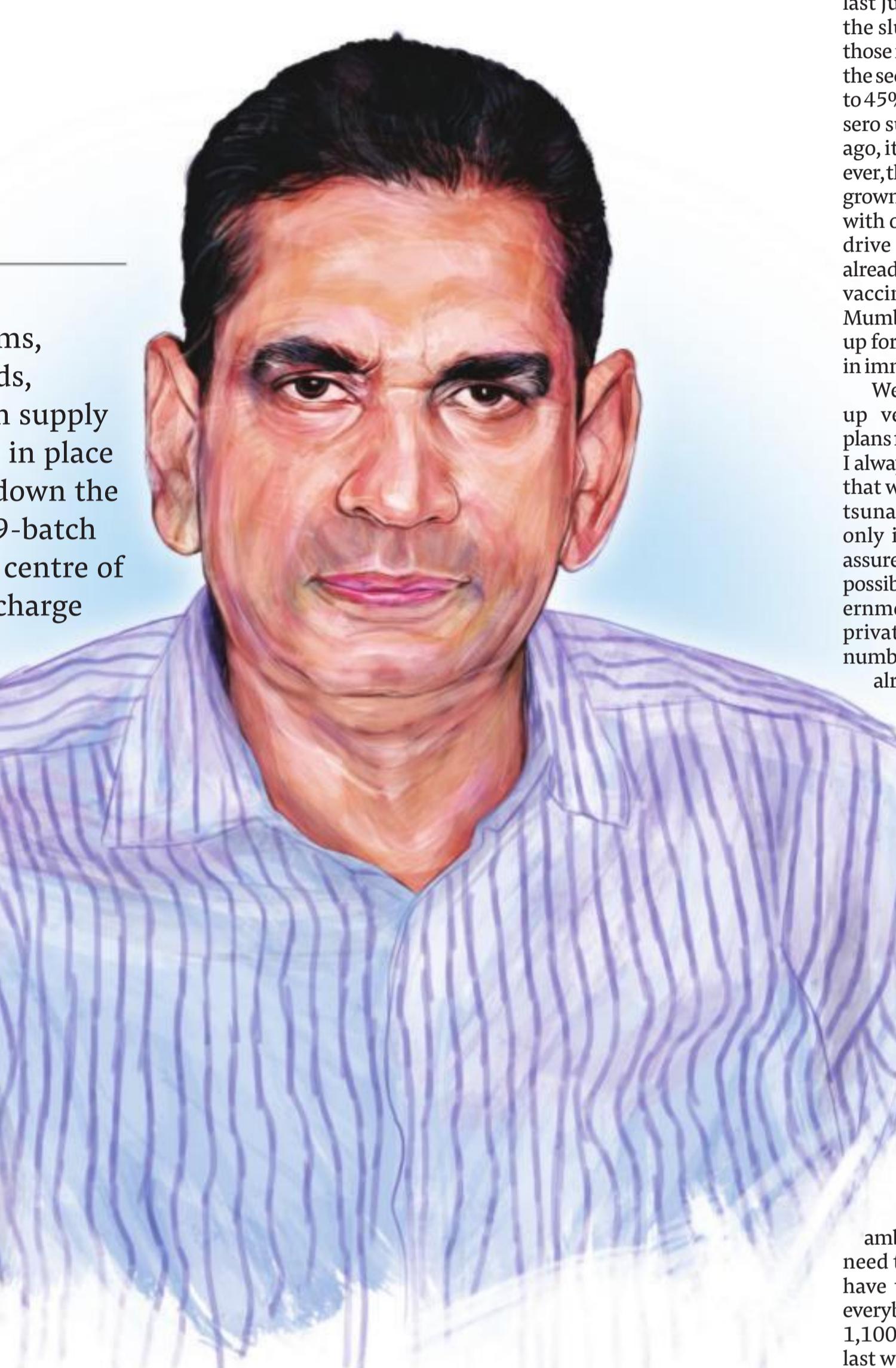
In oxygen management, there are five areas which need to be taken care of. First is availability of stock and dedicated supply. Like from the moment an oxygen tanker leaves the manufacturing unit, it should be clear where it is going, and who is going to take custody of the tanker... Second... what is happening in many cities, including Mumbai, is that when the Covid pressure builds up, the administration tells the hospitals to add on beds.

They don't realise that the capacity of installed oxygen tanks is limited, and has a turnaround time of 24 hours.

At a meeting of Delhi government and Central officials on Wednesday, I said that this is the single biggest reason why SOS calls are coming... I said if you want to increase beds like Mumbai, don't pressure the hospital... What we did was to have more beds at jumbo centres which also have higher oxygen capacity. Now, we are building oxygen plants there as well to have in-house oxygen manufacturing for the jumbos. It will be implemented in the next three-four weeks. We have seven jumbos with 9,000 beds and another four are coming up with 6,500 beds. And, 70% of the beds will be oxygen beds. So I told the government of Delhi that make sure that hospitals should not be forced to add on beds because that leads to crisis.

The third issue is of leakage of oxygen. SHUBHAJIT ROY: While you reached out to top bureaucrats and ministers after the April 16-17 incident, don't you think there should be an institutionalised mechanism to address such issues?

I agree with you... In the first week of April, our crisis management team started discussing the oxygen crisis. It had started to build up but nobody knew that



So you should have emergency stock. We have the six points in Mumbai... So emergency stock can be rushed in time. The fourth point is related to our state task-force which is headed by Dr Sanjay Oak and has many eminent doctors. I asked them to give us a protocol for oxygen consumption. They said saturation level should not be maintained beyond 94, and we circulated the protocol to all of Mumbai's 176 hospitals. There is no need for saturation of 97-98.

And lastly, they (the task force) also said that high-flow nasal oxygen is a guzzler. You should not blindly give it to everybody just because it's available. It should be used as a last resort. We also told hospitals that you should do your daily oxygen consumption audit — what was the per bed ratio — and try to reduce it by 5%. The government of Delhi agreed that high-flow oxygen is a guzzler and that they will revisit it.

ANANT GOENKA: During the second surge, there has been a lot of Centre-state blame game over oxygen supply etc. How can we solve this?

Let me make it very clear that the kind of stories that we hear is not fact. Most of these talks happen at a bureaucratic level. So when we are talking to our colleagues in the Government of India, they are like batchmates, one batch above or below... Nobody found the Government of India not willing to help us. Even they have their own issues... As we are learning, even they were learning. So no such friction was there... For instance, when I requested the Cabinet Secretary to airlift (oxygen), he said we are looking into that but some issues are coming up. Later on I realised that you can't lift up a full tanker, it can explode.

ANANT GOENKA: So the Centre-state differences never came in the middle of work?

I don't believe in that.

ANANT GOENKA: Did Maharashtra dismantle its infrastructure too quickly after the first wave?

We had built eight jumbos in Mumbai and except the one at Race Course, the remaining seven were kept intact. The one at Race Course was in a low-lying area and got flooded during the monsoon. Also, since June it had zero occupancy. After it got flooded, I took a meeting and said that

last July-August, showed that people in the slums had immunity of 57% while those in non-slum areas had just 12%. By the second sero survey, it had come down to 45% in the slum areas. And in the late sero survey, which we did about 10 days ago, it had come down to 41.5%. However, the immunity in non-slum areas has grown from 12% to 28.5%. This, coupled with our vaccination drive — we have already done 26 lakh vaccinations in Mumbai — will cover up for that reduction in immunity.

We have drawn-up very ambitious plans for vaccination. I always tell my team that we will get a big tsunami of vaccinations done, but the only issue is availability. The CM has assured me that Mumbai will get the best possible help... On May 1, we had 63 government vaccination centres and 73 in private hospitals. The private hospital number will go up to 150 soon... They are already on our dashboard and we are working with them.

The Government of India has also said that from May 1 if you can get an ambulance linked, then you can go for corporate drives. So we are requesting lakhs of corporates, housing societies, thousands of workplaces to sign MoUs with any of the 150 hospitals and then apply online and get clearance within a few minutes.. Basically,

whichever hospital you are going to tie-up with, they need to park an ambulance in your office building, they need to get staff and vaccines, and you have to give them space to vaccinate everybody. For instance, we vaccinated all 1,100 people at the Bombay High Court last week in a day. So that is the plan, to have thousands of such places for vaccinations... I am making a very low and safe estimate, but in this manner we can do nearly 2,00,000 vaccinations per day. We have roughly 90 lakh people in the city in the 18-plus category, which means 1.8 crore doses. Of this, we have already covered 25 lakh... So if we do 2 lakh per day, 60 lakh in a month... In 75 days, I can cover 1.5 crore doses. It will all depend on how forthcoming people are.

Now the only issue is that of vaccine availability. I have requested the CM to get us 60 lakh vaccines per month... I think by May 20, the picture on availability of vaccine will become quite clear. And if we are able to procure stock, I can assure you that before the next wave, we will try to vaccinate everybody in Mumbai.

VANDITA MISHRA: Would you agree that for those who are not meeting this crisis in the ways that you seem to be doing, the question of accountability, which is not just political accountability but also bureaucratic accountability, needs to be raised?

I have been very lucky in many ways. First, I got a CM, who gave me such a free hand that virtually I can take any decision. This is not available to my colleagues in

many other cities.

Secondly, when I joined the BMC last May, I told my team that this virus is not going to go away soon. We have to be ready for a long battle, maybe for one, two or three years.

And that is where we started building systems... and now the systems are on autopilot. Today, whether we get 2,000 or 5,000 or 10,000 cases, it makes no difference. The systems just work. No phone call comes to me....

...We were also the first city in the country to ban direct sharing of Covid positive report by the lab to patients... They shared the report at 7 pm... Hearing the news, there were panic calls and scrambling for beds. There were thousands of phone calls on one single helpline number, collapsing the central control room... Patients not running for hospitals beds also helped us control the spread of the virus. Otherwise, a single patient would have infected 200 more in

his/her hunt for hospitals beds....

MANRAJ GREWAL SHARMA: Don't you think states should institutionalise the best practices of other states to fight the virus?

I agree with you. But pandemics come once in 100 years and when this pandemic came, all of us were unprepared. It was hands on learning. Different people learned it in different ways. Now I say that there is no point in reinventing the wheel. For example, six months ago, my batchmate in Karnataka called me to understand what

ward war rooms are, how they function, how our ambulances move... Now those things are being applied in Bengaluru... But it is up to the district collectors, municipal commissioners of states and how they react to it... Till two months ago, I used to get calls from my colleagues in the Government of India, asking why only Maharashtra has Covid. And they would laugh at us. I would tell them (my colleagues), "Sabka number aane wala hai. (Everyone will face the crisis)... It's a pandemic. It is going to spread everywhere." If someone is laughing at us, how do I share my model with them?... When calamity hits, there is no time to learn, you don't have time to copy models.

ZEESHAN SHAIKH: Why are testing numbers seeing a dip in Mumbai?

When the pandemic started, I immediately told my team that we must double up testing. And very soon, we started doing testing in shopping malls, railway stations, airports... At one point, we reached 56,000 tests in a single day. Then, I started getting complaints from people that it is taking two-three days for the test reports to come. I immediately conducted a Zoom meeting with CEOs of all the 55 labs in Mumbai. They said that they were carrying out 8,000 to 10,000 tests every day for corporates. I stopped corporate testing about three weeks ago. We must give top priority to a symptomatic person who needs treatment immediately, rather than having mass testing on a cosmetic basis... When corporate state testing stopped, our average came down from 55,000 to about 44,000 tests. From April 1 to 30, we did about 12.9 lakh tests — 67% of them RT-PCR unlike all other cities... But when our positivity rate fell from 31% in the first week of April to single digits... the demand has reduced.

DEEPTIMAN TIWARY: What do you think of Centre's oxygen allocation?

Let me answer this question in a very strong manner. The Government of India should not be blamed at all. If anybody has to be blamed, it is states. I'll tell you why. As far as Maharashtra is concerned, we have been very honest with the figures. We were putting out figures of over 60,000 new positives every day, when the whole country was laughing at us. Many states of India were not even ready to admit how many cases they have. How does Centre allocate to them? One of our neighbouring states had 6,000 cases when we had 60,000 cases. But I'm sure if they had tested properly, they would also have 60,000 cases... Now, how does Centre allocate them equal amount of oxygen like us? So, when states have only 1,000 or 2,000 cases, their allocation will be very poor. If allocation is poor, people are going to suffer... Our CM has been telling me right from the day I joined, that if there are deaths, don't be shy of reporting them.

NIRUPAMA SUBRAMANIAN: Do you think a lockdown is effective in breaking the chain of transmission?

In Mumbai and in Maharashtra, the lockdown has been very different and there are a couple of reasons for that. For example, last time we had a lockdown from March 25 to May 14... But this time we cannot stop the vaccination drive. Last week, we vaccinated 75,000 people per day in the lockdown. Secondly, a lot of people would joke with me that in Mumbai's lockdown everything is open — taxis are plying, airports are working... But still with this kind of lockdown, we have been able to bring down our positivity rate. That means even this kind of lockdown is working... I am a very firm believer of decentralisation... If Mumbai achieves a 6-7% positivity rate, then why should it suffer a national lockdown? Lockdown has to be left to states... A decentralised lockdown, varying from state to state, would be a better option.

My colleagues in the Centre asked why Maharashtra has Covid. They would laugh at us. If someone is laughing at us, how do I share my model with them?

New Delhi

Well-Being

SUNDAY, MAY 16, 2021

DAWN MACKEEN

GONE ARE THE DAYS when the most complicated choice you had to make in the milk section of the dairy aisle was reduced fat or whole. Now, you'll find carton after carton of dairy-like beverages made from foods you never thought could be "milked" — almonds, oats, rice, peas. These plant-based alternatives are typically made by soaking the legume, nut, grain or other main ingredient and then pressing and straining the liquid, or "milk." Many people prefer them because they want or need to avoid dairy, but some choose them because they believe they are healthier than cow's milk. Some experts urge consumers to look beyond the hype and to examine the nutrition label, however, because some may not be as healthful as they seem.

Are plant-based milks good for me?

This will depend on which type of plant milk you drink, whether it's fortified, how many added sugars it contains and how it fits in to your overall diet. You shouldn't assume, for instance, that plant milks contain the same nutrients as cow's milk, even if the drink is white and has the same creamy texture. And some of the sweetened versions can contain more added sugar than a donut. "In general, these non-dairy milks have been promoted as healthier and that's not necessarily the case," said Melissa Majumdar, a spokeswoman for the Academy of Nutrition and Dietetics.

Cow's milk is naturally rich in protein, calcium, potassium and B vitamins, and is often fortified with vitamin A (which is naturally present in whole milk) and vitamin D. While many plant-based milks are enriched with many of the nutrients found in cow's milk, not all are.

And many don't provide enough of certain key nutrients like protein, potassium and vitamin D, Jackie Haven, deputy administrator for the US Department of Agriculture's Center for Nutrition Policy and Promotion, wrote in an email: "Usually, these beverages do not include all of the necessary nutrients needed to replace dairy foods."

That being said, non-dairy beverages can be important alternatives for those who are allergic or intolerant to milk or who are otherwise avoiding dairy. And they can be a part of a healthy diet as long as you pay attention to the nutrition facts label and make sure you're getting the same essential nutrients you'd normally get from real milk.

"You can still meet your nutrition goals without drinking cow's milk," said Megan Lott, a nutritionist and deputy director for the Healthy Eating Research programme at Duke University. "It just takes really educating yourself."

How do the different types of plant milks compare?

According to SPINS, a market research company, six of the most popular plant-based milks are almond, oat, soy, coconut, pea and rice (excluding blended versions, like coconut almond).

Here's how the original or unsweetened versions of each stack up to one another and to whole milk in terms of taste, protein, calories, fats and other attributes (we used whole milk for comparison because it has become more popular in recent years, but most dietary guidelines recommend drinking low fat and skim versions rather than whole). All versions below contain calcium and vitamin D.)

Almond milk: This nutty-flavoured beverage is the most popular plant milk,



Are plant milks good for you?

They can be, but in most cases, they should not be considered a nutritional substitute for dairy, according to experts

according to SPINS. One cup of the unsweetened version has just 37 calories — about a quarter the amount in whole milk — and about 96% less saturated fat. But it is no match for cow's milk (or raw almonds themselves) in terms of protein — it has just about 1 gram, compared with the 8 grams present in whole milk. If you have a nut allergy, experts recommend avoiding it as it may trigger an allergic reaction.

Oat milk: "If you are looking for health benefits from oat milk, you're better off eating oatmeal," Edwin McDonald IV, an associate director of adult clinical nutrition at the University of Chicago Medicine, said. One cup of oatmeal, for instance, has twice as much fibre as one cup of oat milk. Fibre is important for gut health, cholesterol and blood sugar control, and for maintaining your weight.

Soy milk: When fortified with calcium and vitamins A and D, soy milk is the only non-dairy milk that is comparable to cow's milk in terms of nutrient balance, according to the dietary guidelines. One cup has 6 grams of protein, 105 calories and about 89% less saturated fat than whole milk. Made from soybeans, it has a similar consistency to cow's milk and is a natural source of potassium. "If you are looking for more of a nutritionally balanced milk substitute, then pea and soy are going to be the best," said David Ludwig, an endocrinologist and obesity researcher at Boston

Children's Hospital. While there's been some concern about the estrogen-mimicking compounds called isoflavones in soy, there isn't enough data to prove any harm or benefit. If you're allergic to soybeans, though, experts say to avoid it.

Coconut milk: Made from the grated meat of coconuts, it's naturally sweet and has about half as many calories as whole milk, but has little protein (0.5 grams per cup), and has 5 grams of saturated fats — about the same amount as whole milk — with no healthy unsaturated fat. As with dairy fat, there's the concern that coconut fat can raise the levels of LDL, or "bad," cholesterol, said Alice H Lichtenstein, a Gershoff professor of nutrition science and policy at Tufts University.

Pea milk: Sometimes called "plant protein milk," this beverage is made from yellow split peas. As with other plant milks that are made from legumes, like soy milk, pea milk is high in protein (8 grams per cup) and unsweetened versions contain about half the calories of whole milk, and just half



How food affects mental health

The sugar-laden, high-fat foods we crave when we are stressed, as comforting as they are, may be the least likely to benefit our mental health

ANAHAD O'CONNOR

AS PEOPLE ACROSS the globe grappled with higher levels of stress, depression and anxiety this past year, many turned to their favourite comfort foods: ice cream, pastries, pizza, burgers. But studies in recent years suggest that the sugar-laden and high-fat foods we often crave when we are stressed or depressed, as comforting as they may seem, are the least likely to benefit our mental health.

Instead, whole foods such as vegetables, fruit, fish, eggs, nuts, seeds, beans and legumes and fermented foods like yoghurt may be a better bet.

The findings stem from an emerging field of research known as nutritional psychiatry, which looks at the relationship between diet and mental wellness. The idea that eating certain foods could promote brain health, much the way it can promote heart health, might seem like common sense. But historically, nutrition research has focused largely on how the foods we eat affect our physical

health, rather than our mental health. For a long time, the potential influence of food on happiness and mental well-being, as one team of researchers recently put it, was "virtually ignored."

But over the years, a growing body of research has provided intriguing hints about the ways in which foods may affect our moods. A healthy diet promotes a healthy gut, which communicates with the brain through what is known as the gut-brain axis. Microbes in the gut produce neurotransmitters like serotonin and dopamine, which regulate our mood and emotions, and the gut microbiome has been implicated in mental health outcomes. A growing body of literature shows that the gut microbiome plays a shaping role in a variety of psychiatric disorders, including major depressive disorder, a team of scientists wrote in the *Harvard Review of Psychiatry* last year.

Large population studies, too, have found that people who eat a lot of nutrient-dense foods report less depression and greater levels of happiness.

Large observational studies, however, can show only correlations, not causation, which raises the question: which

comes first? Do anxiety and depression drive people to choose unhealthy foods, or vice-versa? Are people who are happy and optimistic more motivated to consume nutritious foods? Or does a healthy diet directly brighten their moods?



NUT MILK

The Wabanaki and other Native American tribal nations in north-eastern United States made milk and infant formula from nuts. In English, the word 'milk' has been used to refer to 'milk-like plant juices' since 1200 AD



a gram of saturated fat. "My favourite non-dairy milk is pea milk," said McDonald, who is lactose intolerant and a trained chef. That's because of its protein, and a texture he likens to cow's milk — somewhat creamy with a mild taste.

Rice milk: Made from brown rice, the milk has a naturally sweet taste. It has slightly fewer calories than whole milk (115 versus 146 per cup), and no saturated fat; however it's very low in protein (0.7 grams per cup). When compared with other plant-based milks, "there doesn't seem to be any benefit from rice milk," Lichtenstein said.

The beverage also has fast-digesting carbohydrates, Ludwig said, which can quickly convert into glucose, spiking insulin and blood sugar levels — a potential concern for people with diabetes or with severe insulin resistance.

Should I be concerned about added sugars?

Yes. To make plant milks more palatable, manufacturers will often add sugars in the form of cane sugar, rice syrup and more. While one cup of plain cow's milk contains 12 grams of sugars, all of it comes from naturally occurring lactose, which is digested more slowly and keeps your metabolism more stable over time than refined sugars.

However, for some, a cup of coffee with unsweetened milk isn't satisfying. "People like the sweetened versions of those," said Suzanne Devkota, an assistant professor at the Cedars-Sinai Medical Center who specializes in nutrition and metabolism. "But now the carbohydrate level of the plant alternative is twice as much as the cow's milk."

Unsweetened almond milk, for instance, has just 2 grams of naturally occurring sugar per cup. Make sure to keep an eye on the nutrition label, and watch out for flavoured versions, like those labelled "vanilla" or "chocolate," because they often contain added sugar.

"What you don't want is to have a non-dairy product really be your dessert," said Penny Kris-Etherton, a professor of nutritional sciences at Penn

State. "You want it to function as a dairy product in your diet."

Are plant milks worth the money?

"Cow's milk is going to be the least expensive," said Majumdar, of the Academy of Nutrition and Dietetics. "But it has the most nutrients, so you are getting more bang for your buck."

Christopher Gardner, a nutrition scientist and professor of medicine at Stanford Prevention Research Center, however, believes the higher price of plant milks is worth it for animal welfare and environmental reasons. "I've never met a belching soybean or pea," he said, referring to cows' emissions of methane gas. "If you are an eco-warrior, it could be worth the cost."

Not all plant milks are eco-friendly, though. It requires an estimated 15 gallons of water to grow just 16 almonds.

Are plant-based milks bad for me?

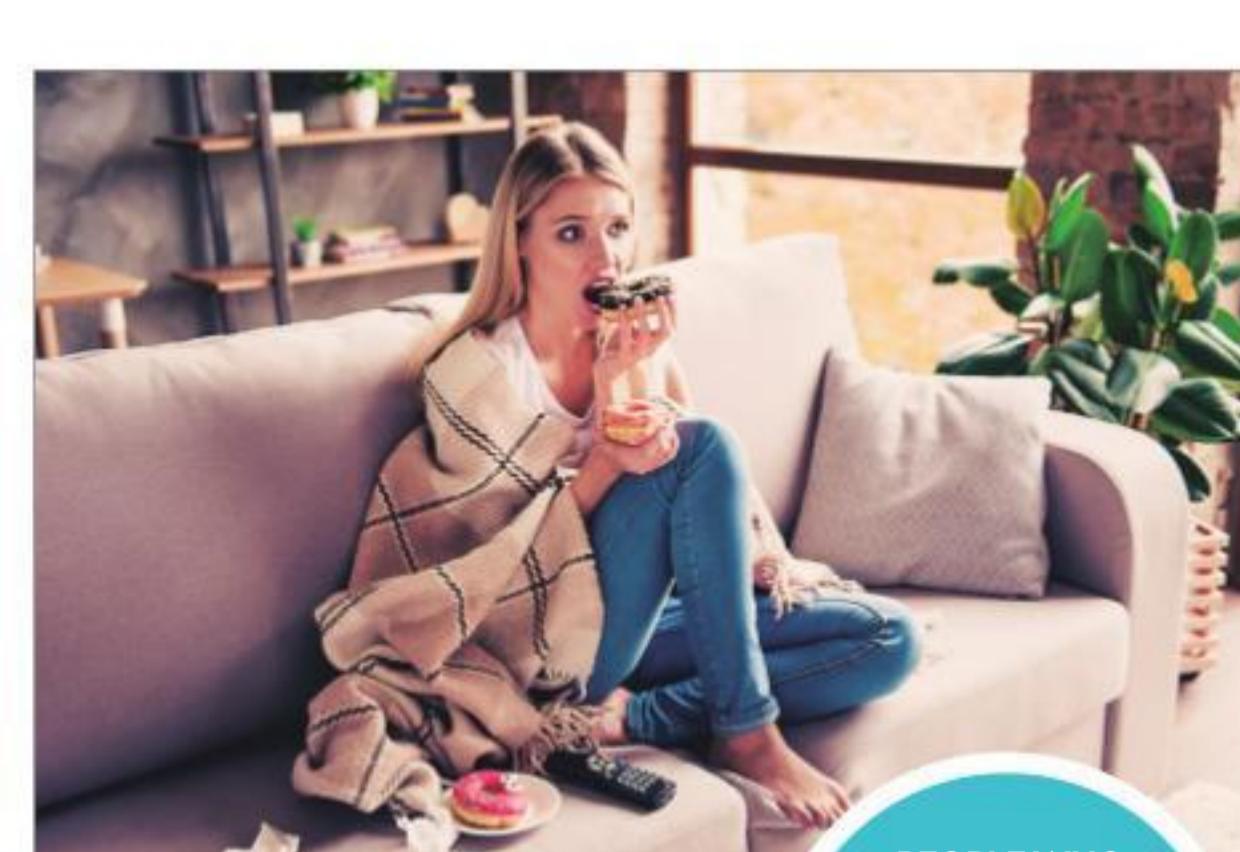
"We don't have to be afraid of them," Ludwig said. "But concern creeps in as you start to increase the amount." Because of their lack of certain nutrients, low level of protein and high amount of carbohydrates in some, Ludwig recommended drinking no more than one cup per day.

While there have been many studies on cow's milk and how it affects bone health and disease risk, there's very little research into plant milks because most haven't been around for as long.

Young children also shouldn't be exclusively swapping plant milks for cow's milk unless there is a medical or special dietary reason for them to do so, since some plant milks may not provide the same essential nutrients they'd otherwise get from cow's milk.

Gardner said that it's important to focus on consuming whole foods, and not the processed versions. Eating whole soybeans, oat cereals and almonds is preferable to drinking their milks. "When you make milk of them, you are removing some of the nutrients," he said.

NYT



PEOPLE WHO EAT A LOT OF NUTRIENT-DENSE FOODS REPORT LESS DEPRESSION AND GREATER LEVELS OF HAPPINESS

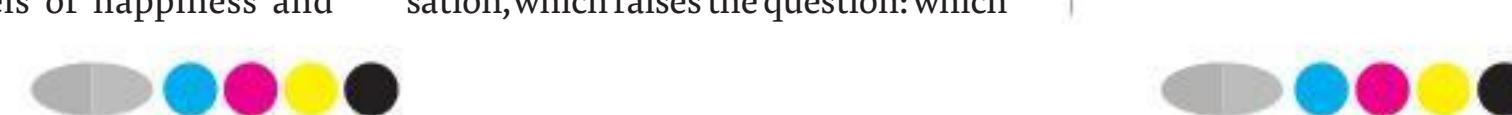
sold to continue taking any antidepressants or other medications they were prescribed. The goal of the study was not to see if a healthier diet could replace medication, but whether it could provide additional benefits like exercise, good sleep and other lifestyle behaviours.

After 12 weeks, average depression scores improved in both groups, which might be expected for anyone entering a clinical trial that provided additional support, regardless of which group you were in. But depression scores improved to a far greater extent in the group that followed the healthy diet: roughly a third of those people were no longer classified as depressed, compared to 8% of people in the control group.

The results were striking for a number of reasons. The diet benefitted mental health even though the participants did not lose any weight. People also saved money by eating the more nutritious foods, demonstrating that a healthy diet can be economical.

"Mental health is complex," said Jacka, the director of the Food & Mood Centre at Deakin University in Australia and the president of the International Society for Nutritional Psychiatry Research. "Eating a salad is not going to cure depression. But there's a lot you can do to lift your mood and improve your mental health, and it can be as simple as increasing your intake of plants and healthy foods."

Importantly, both groups were coun-



Mind & Games

SUNDAY, MAY 16, 2021

Humans have been sharing food with animals for centuries. Why is that?

Researchers want to learn more about the connections between humans and the feeding of birds, beasts and other fauna

JAMES GORMAN

N ENGLAND AND AMERICA, selling bird seed for feeders is a big business. In Delhi, people toss bits of meat into the air for black kites. Fleets of ships ply the oceans to catch fish for domestic cats, the descendants of predatory land animals. Humans feed animals all the time, whether it's our pets, the chickens we plan to eat or the ducks at the park pond, even though we shouldn't. Throughout history in fat years and lean across many cultures, sometimes with no apparent reason, humans have fed animals of every imaginable stripe in every imaginable way. Some researchers think the desire to give food to other animals may drive domestication as much as the human desire to eat them does.

Our Stone Age leftovers from the hunt may have fostered the domestication of dogs. Some of us give our beloved dead to vultures, which is a problem when the birds disappear. We fed and feed cats both tame and feral, sharks, alligators, deer, hedgehogs, bears, pigeons of all sorts, ducks, swans, zoo animals, lab animals, pets, farm animals and more. Now, a group of researchers in Britain is asking: Where does this desire to give food to other animals come from, and what has it meant for animals, humans and their shared environments? One striking possible answer is extinction. Domestication may be the death knell for wild progenitors. The ancestors of horses and cattle are gone. And while there are still wolves around, they are not thriving the way dogs are.

Some feeding of animals is purely practical. You feed chickens today if you want to eat their eggs, or their wings, tomorrow. You can't ride a starving horse. Animals used for experiments in laboratories have to be kept alive to get cancer. But a lot of feeding is unrelated to any return on investment. The black kites of Delhi reach population densities that may be the highest for raptors anywhere



because of accidental and purposeful feeding. They rely on garbage and on the tasty and nutritious pests that garbage attracts. And they also benefit from the charity of Muslims who follow a tradition of tossing bits of meat into the air for the birds.

Many Indians feed street dogs as a matter of course, treating them as animal neighbours. In a small city near Ahmedabad where I reported on anti-rabies efforts, residents told me that you can't just

give dogs plain leftover bread. You have to put some clarified butter on it, to make it palatable. The residents were middle-class, and had both bread and butter to give, but I also met people who lived by the side of the road, with nothing more than mattresses and a few pots, who shared their food with dogs.

Almost nothing about humans feeding animals is fully understood, largely because scholars have not given the subject a great deal of attention. And that, most of all, is what the researchers in England and Scotland want to change. With a four-year grant of more than \$2 million from the Wellcome Trust, five researchers are pursuing a collaborative multidisciplinary attempt to give animal feeding its due, and begin to answer some puzzling questions. They call their project, "From Feed the Birds" to "Do Not Feed the Animals." Naomi Sykes, an archaeologist at the University of Exeter, is the moving force behind the project.

The first chickens

Chickens were one of the animals that led Sykes to this point of view, she said. She was working on some ancient sites in Britain and was surprised by what isotope

studies of fossilised chicken bones suggested about the birds' diet. Isotopes are different forms of elements like carbon and nitrogen, and researchers use the amount of one versus another to determine what animals or humans ate. Different grains or even grains from different geographical regions give different results, or values.

"At sites where there's a lot of chicken sacrifice to the gods of Mercury and Mithras" during the Roman occupation of Britain, Sykes said, "some of the values of those chickens just looked really bizarre." It seemed the chickens were eating some sort of special diet. She talked to colleagues who told her that, in fact, chickens in Roman times that were to be sacrificed were sometimes fed a special diet of millet in preparation for their ritual slaughter.

Eventually, chickens became a major food source. But they are one example, Sykes said, of a process of domestication in which feeding animals was more important at first than eating them.

In addition to their religion, the Romans brought with them dogs and cats. Remains of the cats are found in settlements along with remains of wildcats that seemed to be living with or near

humans as well, not as pets, but not quite wild either.

"That got me thinking about cat diet, which then made me think, wait a minute, why do we feed domestic cats fish?" Sykes asked.

Cats and Christianity

Could Christianity have something to do with it? "I think that monks started keeping cats for the first time, at least in Britain, as domestic pets," she explained. "And they keep them because they want to have cats to eat the mice that eat the documents that they're writing. And of course, monks are eating fish because they're required to fast all the time."

Perhaps, she said, the monks fed the cats fish. The practice spread. And now an entire separate fishery catches fish for cat food. That worries Sykes because of its environmental impact. She says shoppers don't put the same pressure on sustainability on the cat food fleets that they do on fisheries providing food for people. She began to wonder more generally: "What is it that encourages people to feed animals in the first place? What are the drivers of this throughout time and across cultures?"

She and her team of researchers are limiting their research geographically to Britain, for practical and logistical reasons. Their attention is mainly focused on the roles played by birds and cats in human life, as pets, pests, wild animals and zoo animals. In each case, they are asking the same broad questions about the origin of and reason behind various feeding methods, and what needs to change, if anything.

Sykes sees much of the human habit of feeding animals in the light of domestication, which she says happened as much through the process of humans feeding animals as it did through catching and corralling them to eat. That seems clear enough with our close companions, dogs and cats. It also seems that some animals that we now eat, like chickens and rabbits, may have first come into our lives not as food, but as eaters.

And, she said, "Domestication is not this thing that happened way back when, in this kind of neolithic moment where everybody got together and goes, we're going to domesticate animals. I just don't buy it. I think it's something that has not only continued throughout time, but it's really accelerating." Bird feeding is just one example, and that sets off warning bells for her, because domestication and extinction often go together even if the cause and effect isn't clear.

NYT



Those collagen products are risky business

■ "Everyone has been on the collagen bandwagon lately," says Niket Sonpal, a gastroenterologist in New York. "It's the new charcoal bandwagon."

■ Google search data reflects the growing obsession: people have searched for collagen an average of 1.4 million times each month this year to date, according to research firm Spate. Collagen powders and drinks lead those searches.

■ Increased consumer interest in so-called functional foods and beverages that claim to offer health benefits over traditional supplement pills is partly responsible.

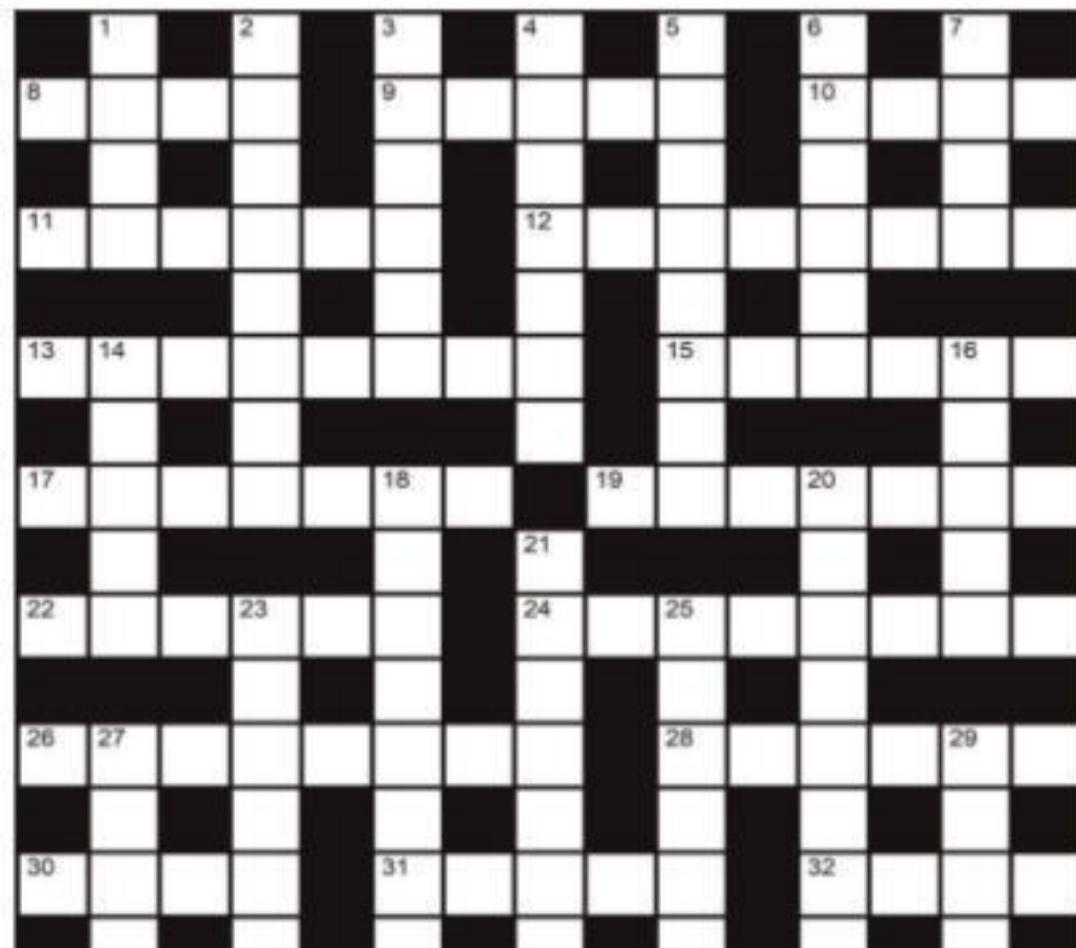
■ Collagen supplements that come from marine sources instead of the more common bovine-sourced collagen have become popular, but they've brought with them a host of new issues. Experts report that they are more likely to ignite allergic reactions because of potential shellfish contamination.

■ Since collagen can lead to increased fullness and satiety, some firms have attempted to frame it as a weight-loss tool, as per Ivy Lee, a dermatologist in Los Angeles.

■ In some cases, it can actually have the opposite effect because of their often high sugar and carbohydrate content, as well as a tendency to cause bloating. Some common side effects are gastrointestinal

JESSICA SCHIFFER/NYT

CROSSWORD



ACROSS

- 8 ___ out: allot or deal out punishment, reward, etc.? (4)
- 9 Steel tycoon Mittal (5)
- 10 Currency of Bangladesh (4)
- 11 Spice treated on the commodities market (6)
- 12 A gift or money given as for service or out of benevolence (8)
- 13 An action arising out of a contract (3,2,3)
- 15 Pierce with a pointed object? (6)
- 17 Hands down or proffers? (7)
- 19 Spread throughout (7)
- 22 Improve - a word with "social" or "monetary" (6)
- 24 Generally accepted age of adulthood (8)
- 26 The positive frac-

tional part of the representation of a logarithm (8)

18 "D" in GDP (8)

20 Liveliness (8)

21 As ___ : about or concerning? (7)

23 Fugitive from justice; pirate or robber (6)

25 ___ Oleo-Chem (India) Ltd : chemical company manufacturing surfactants, etc. (6)

31 I in IIP (5)

32 Small mark put on a list while checking (4)

DOWN

1 Another pet name for Eliza? (4)

2 Financially comfortable? (4-2-2)

3 Moving through the air (6)

4 Omit (7)

5 Type of headache (8)

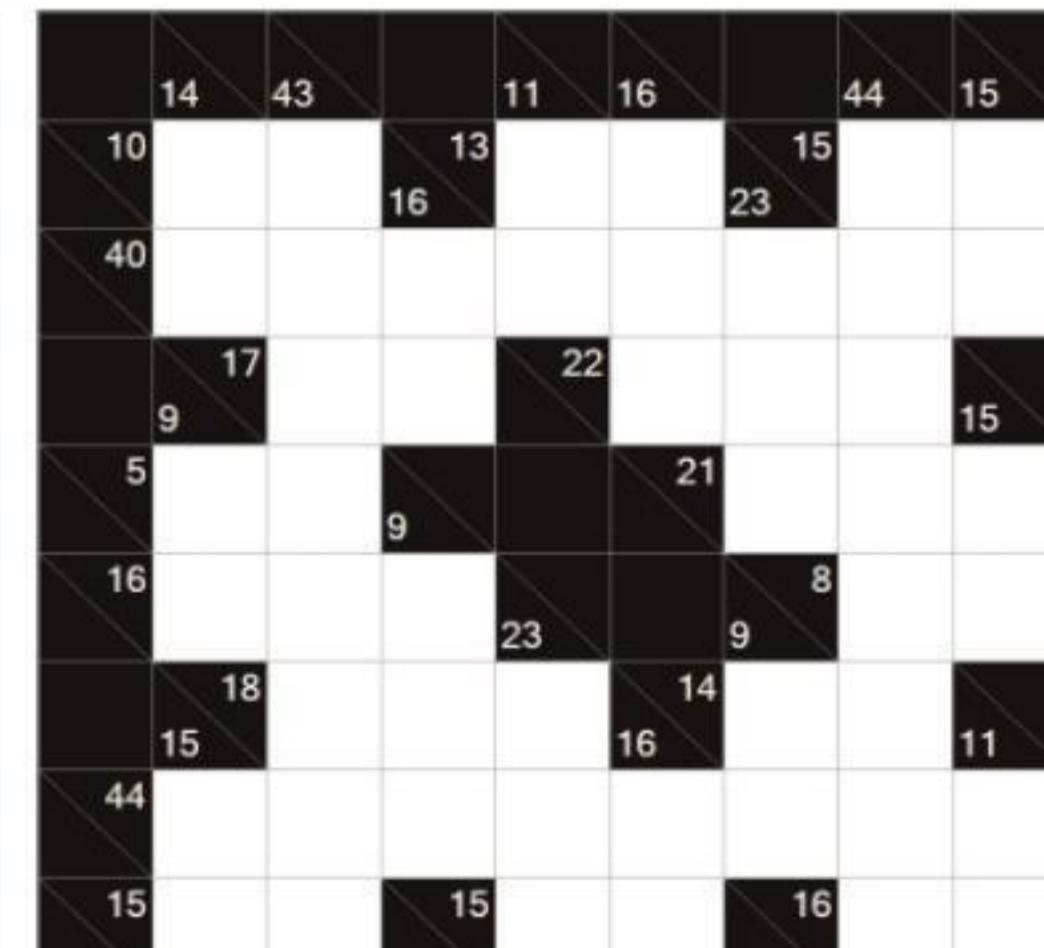
6 2012 Oscar-winning actress Meryl ___ (6)

7 Poi-eaters' plunkers (4)

14 Secret store (5)

16 ___ a complain: make an official complaint (5)

KAKURO



BIZ QUIZ

1. Which Indian insurance company has featured in the top 10 list of most valuable insurance brands globally?

2. Which state has been permitted by the civil aviation ministry to use drones for experimental delivery of vaccines?

3. What is Patania II, which was seen in the news recently, for being stranded on the Pacific Ocean floor?

ANSWERS

SOLUTIONS

BUZZ WORD

The Buzz Word is a substitution cipher in which one letter stands for another. If you think that X equals O, it will equal O throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is

by trial and error.

In Kakuro sum puzzles, the numbers in the black squares refer to the SUMS of the digits, which you are to fill into the empty spaces directly below or to the right of the black square containing the number. No zeroes are used here, only the digits one through nine. An important point: A digit cannot appear more than once in any particular digit combination.

Today's clue: NYD equals LAP

Rc xkl hyms sk zvyd
crmymir qnvpprmap, xkl
jygvs pkh crmyirymnx.
- Fkvn Kpsvwm

BRIDGE BOUTS

L SUBRAMANIAN

MORE KILLING DEFENCE

You will agree there is more thrill in defeating a low-level part-score than making an over trick in a cold contract as a declarer. Enjoy the double dummy defence by E-W in today's deal from an IMPs match.

Dr: South SKQ5
Vul: None HT75
D1943 CJ95

S J632
HK6432 N
DK6 CK6 S

Contract: INT by south.

Defence: West led the three of heart to the five, nine, and declarer's jack. When declarer tabled the CA at trick two, west followed smoothly with the king. This was followed by a small club to dummy's nine, east winning the ten. When east returned the H8, west won declarer's queen with the king and exited in H2, east discarding the four of spades. Declarer won and played a third club to set up the eight in his hand, west discarding the S2. When east shifted to the DQ, west overtook it with the king, and cashed his hearts. Dummy came under pressure and gave up two diamonds as did the declarer. West played back a diamond and east cashed three more diamonds on which declarer made the mistake of discarding his club winner. East's seven of clubs took the last trick, declarer going four down. The complete hands were:

SKQ5
HT75
D1943
CJ95

S J632
HK6432 N
DK6 DAQT5
CK6 CQT72

SA97
HAQJ
D872
CA843

Discussion: After west's opening heart lead into declarer's A-Q-J, declarer had six tricks. When west dumped the king under the CA, declarer thought west may have K-Q tight and he could make the contract by playing the second club. He was done in as east won and returned a heart. When west cleared the suit, declarer should have settled for one down. He did not and paid a heavy price. Excellent entry-creating play by west and the overtaking of his partner's DQ with his king. Declarer did not get a single spade trick from his A-K-Q in the combined hands!!

LEXICON

PRECYCLING

■ *pp.* Purchasing products based on how recyclable they are.

The produce section, as it turns out, was a good place to illustrate the first rule of "precyling": Don't get any packaging at all. Buy stuff loose.

—Sandy Baurer, "GreenSpace: Is it recyclable or trash eternal? An expert tells the best choices," Philadelphia Inquirer, May 5, 2008

From the Front Page

Midsized 7-seater SUVs the new frontier

"But then there are a lot of families in India that have two parents and two kids, plus a driver, and they are keenly looking at an SUV, a midsized seven-seater SUV," he said.

Another analyst on the condition of anonymity added that the decade of the 2010s was when midsized five-seater SUVs became really popular.

"Right now, in India, there could be over 10 lakh existing customers of SUVs such as Renault Duster, Hyundai Creta and Kia Seltos (₹10-20 lakh space). And now they want to upgrade.

Unfortunately, the next big SUV for them is either Toyota Fortuner or Ford Endeavour or Hyundai Tucson (full-size SUVs in the ₹25-40 lakh range). That's where midsized seven-seater SUVs fit in," he said.

Gaurav Vangaal, associate director, IHS Markit, added that with bigger players such as Hyundai entering this space (and the Safari off to a flying start), it will expand. "Next year it's likely that Maruti Suzuki will enter the midsized six and seven-seat SUV space (and a co-badged product with Toyota), and that will really open up this space," Vangaal added.

Most analysts argue that spending more time together as a family has been one of the positives from Covid-19 restrictions.

As India gets back on the road, for travel, for road trips, a lot of people would like to be with family. More and more seven-seater SUVs in the price range of ₹15-25 lakh means a lot of families will shift to such vehicles from sedans and five-seater SUVs, analysts say.

Preetam Mohan Singh,

SPECULAR MARKETING & FINANCING LTD.
REG. OFFICE: EC-4052, 4th Floor, Bharat Diamond Bourse, BKC,
Bandra East, Mumbai - 400051
PHONE: 23682859 | EMAIL: specmkt@gmail.com
CIN NO. LS1900MH1985PLC034994

**NOTICE OF EXTRA ORDINARY GENERAL MEETING
REMOTE E-VOTING INFORMATION & BOOK CLOSURE**

- Notice is hereby given that the Extra Ordinary General Meeting (EGM) of the members of Specular Marketing and Financing Limited (Company) will be held on Monday, June 7, 2021 at 12:00 Noon through Video Conferencing, to transact the businesses as set out in the Notice of EGM in compliance with the applicable provisions of the Companies Act, 2013 (Act) and Rules framed thereunder and the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015 (Listing Regulations) read with General Circular issued from time to time, respectively circular issued by the Ministry of Corporate Affairs ("MCA Circulars").
- Electronic and physical copies of the Notice of the EGM of the Company shall be sent to all the members, as on the cut-off date i.e., May 12, 2021. The Notice will also be available and can be downloaded from the website of the Company www.specularmarketing.com and on the website(s) of the stock exchanges i.e., BSE at www.bseindia.com respectively, where the Company's shares are listed.
- The facility of casting the votes by the members ("e-voting") will be provided by Central Depository Services Limited (CDSL) and the detailed procedure for the same shall be provided in the Notice of the EGM. The remote e-voting period commences on Friday, June 04th, 2021 at 09:00 A.M. and ends on Sunday, June 06th 2021 at 05:00 P.M.). During this period, members of the Company, holding shares either in physical form or in dematerialized form, as on the cut-off date of May 31, 2021 may cast their vote by remote e-voting or by e-voting at the time of EGM. Members participating through VC/OAVM shall be counted for reckoning the quorum under section 103 of the Act.
- Members, who are holding shares in physical/electronic form and their e-mail addresses are not registered with the Company/their respective Depository Participants, are requested to register their e-mail addresses at the earliest by sending scanned copy of a duly signed letter by the Member(s) mentioning their name, complete address, folio number, number of shares held with the Company along with self-attested scanned copy of the PAN Card and self-attested scanned copy of any one of the following documents viz., Aadhar Card, Driving License, Election Card, Passport, utility bill or any other Government document in support of the address proof of the Member as registered with the Company for receiving the Notice of EGM by email to specmkt@gmail.com. Members holding shares in demat form can update their email address with their Depository Participants. The notice of the EGM contains the instructions regarding the manner in which the shareholders can cast their vote through remote e-voting or by e-voting at the time of EGM.
- The Register of Members and Share Transfer books of the Company will remain closed from Friday, May 28, 2021 to Monday, June 07, 2021 (both days inclusive).
- The Notice of EGM for financial year 2021-22 was sent to members in accordance with the applicable laws on their registered email addresses in due course.

For Specular Marketing & Financing Limited
Sd/-
Shreyas Rammnikal Mehta
Managing Director
DIN: 0221592

Place: Mumbai
Date: 14.05.2021

RABIRUN VINIMAY PRIVATE LIMITED (IN LIQUIDATION)
CIN: U51109WB1995PTC068654
LIQUIDATOR - CA. KANNAN TIRUVENGADAM
(Reg. No. IBBI/IPA-001/IP-00253/2017-18/10482)

Notice is given to the public in general that RABIRUN VINIMAY PRIVATE LIMITED (in Liquidation) ("Corporate Debtor") is proposed to be sold as a going concern in accordance with clause (e) of regulation 32, regulation 32A, sub-regulation (1) of regulation 33 and Schedule I of the Insolvency and Bankruptcy Board of India (Liquidation Process) Regulations, 2016 through e-auction platform. The interested applicants may refer to the detailed e-auction process memorandum available at <https://ncltauction.auctonigner.net> or www.brggroup.in.

Date of Auction 15th May 2021
Last Date for Submission of Bid Documents 25th May 2021

Last Date for Submission of Earnest Money Deposit June 15th 2021 within 6:00 PM (Indian Standard Time)

Particulars of The Asset Reserve Price Earnest Money Deposit
Sale of Corporate Debtor as going concern along with all its assets including land & building, manufacturing units, facilities, plant and machinery, stocks, and other assets.
INR 319,58,16,318.35 (Rupees Three hundred nineteen Crore Fifty Eight Lakhs sixteen thousand three hundred eighteen and thirty five paisa only) Rs 30,00,00,000/- (Rupees Thirty Crore only)

I. E-Auction will be held for sale of the Corporate Debtor as a "GOING CONCERN" on an "AS IS WHERE BASIS", "AS IS WHAT IS BASIS", "WHATEVER THERE IS BASIS" and "NO RECOURSE BASIS" without any representation, warranty or indemnity and will be conducted "online". II. This Notice shall be read in conjunction with the Sale Process Memorandum containing details of the Assets, online E-Auction Bid Form, Declaration and Undertaking Form, General Terms and Conditions of the E-Auction which are available on the <https://ncltauction.auctonigner.net> or www.brggroup.in. For further details, please visit <https://ncltauction.auctonigner.net> or www.brggroup.in and send an e-mail to ramprasad@auctonigner.net or nclt@auctionigner.net or calkannan@gmail.com or auction.rvpl@gmail.com.

Disclaimer : The Advertisement purports to ascertain the interest of Bidders and does not create any kind of binding obligation on the part of the Liquidator. The Liquidator reserves the right to amend and/or annul this invitation including any timelines or the process involved herein, without giving reasons, at any time, and in any respect. Any such amendment in the invitation, including the aforementioned timelines, shall be notified on the website of the Corporate Debtor at www.brggroup.in.

Sd/-

CA. KANNAN TIRUVENGADAM
Reg. No. IBBI/IPA-001/IP-00253/2017-18/10482
Liquidator for RABIRUN VINIMAY PRIVATE LIMITED
Address: Netaji Subhas Villa, 18 Karunamoyee Ghat Road
Flat 3C, Kolkata 700082, West Bengal, India
E-mail: calkannan@gmail.com / auction.rvpl@gmail.com

Place: Kolkata
Date: 16th May, 2021

Justdial®

Just Dial Limited

CIN: L74140MH1993PLC150054

Registered Office : Palm Court, Building-M, 501/B, 5th Floor, New Link Road,
Besides Goregaon Sports Complex, Malad (West), Mumbai 400 064.

Tel. No: +91 22 2888 4060 Fax: +91 22 2889 3789

E-mail: investors@justdial.com Website: www.justdial.com

STATEMENT OF STANDALONE AND CONSOLIDATED FINANCIAL RESULTS FOR THE QUARTER AND YEAR ENDED MARCH 31, 2021

Sl. No.	Particulars	Standalone				Consolidated			
		Quarter ended March 31, 2021 (Unaudited)	Quarter ended March 31, 2020 (Unaudited)	Year Ended March 31, 2021 (Audited)	Year Ended March 31, 2020 (Audited)	Quarter ended March 31, 2021 (Unaudited)	Quarter ended March 31, 2020 (Unaudited)	Year Ended March 31, 2021 (Audited)	Year Ended March 31, 2020 (Audited)
1	Income from Operations	17,568	23,495	67,518	95,311	17,568	23,495	67,518	95,311
2	Net Profit for the period (before Tax, Exceptional and/or Extraordinary items)	3,892	9,754	25,467	35,165	3,892	9,754	25,464	35,165
3	Net Profit for the period before tax (after Exceptional and/or Extraordinary items)	3,892	9,754	25,467	35,165	3,892	9,754	25,464	35,165
4	Net Profit for the period after tax (after Exceptional and/or Extraordinary items)	3,357	7,607	21,419	27,231	3,357	7,607	21,416	27,231
5	Total Comprehensive Income for the period [Comprising Profit for the period (after tax) and Other Comprehensive Income (after tax)]	3,265	7,644	21,313	26,849	3,265	7,652	21,310	26,857
6	Equity Share Capital	6,188	6,491	6,188	6,491	6,188	6,491	6,188	6,491
7	Reserves excluding revaluation reserve as per the balance sheet of the previous year			1,20,217	1,22,256			1,20,240	1,22,282
8	Earnings Per Share (of ₹ 10/- each) (Not annualised)	5.43	11.70	33.92	42.00	5.43	11.70	33.92	42.00
	a) Basic (₹)	5.29	11.67	33.00	41.81	5.29	11.67	33.00	41.81

Notes:

- The above is an extract of the detailed format of Quarterly and Yearly Financial Results filed with the Stock Exchanges under Regulation 33 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015. The full format of the Quarterly and Yearly Financial Results are available on the websites of the Stock Exchange(s) www.bseindia.com, www.nseindia.com & www.msei.in and on the website of the Company www.justdial.com under Investor Relations Section.
- The above financial results have been reviewed by the Audit Committee and approved by the Board of Directors in their respective meetings held on May 14, 2021. These results have been subjected to audit/review carried out by the Statutory Auditors in terms of Regulation 33 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015.

For and on behalf of the Board of Directors of

Just Dial Limited

Sd/-

Abhishek Bansal

Whole-time Director and Chief Financial Officer

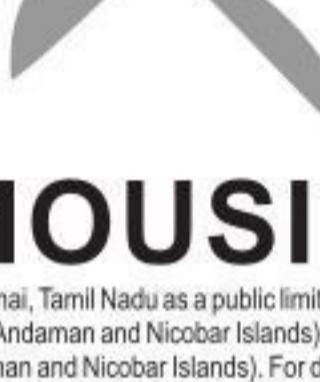
DIN: 08580059

Place: Mumbai

Date: May 14, 2021

THIS IS A PUBLIC ANNOUNCEMENT FOR INFORMATION PURPOSES ONLY. THIS IS NOT A PROSPECTUS ANNOUNCEMENT AND DOES NOT CONSTITUTE AN INVITATION OR OFFER TO ACQUIRE, PURCHASE OR SUBSCRIBE TO SECURITIES. NOT FOR RELEASE, PUBLICATION AND DISTRIBUTION, DIRECTLY OR INDIRECTLY, OUTSIDE INDIA.

PUBLIC ANNOUNCEMENT



APTUS

APTUS VALUE HOUSING FINANCE INDIA LIMITED

Our Company was incorporated as Aptus Value Housing Finance India Limited at Chennai, Tamil Nadu as a public limited company under the Companies Act, 1956, pursuant to a certificate of incorporation dated December 11, 2009, issued by the Registrar of Companies, Tamil Nadu at Chennai (then known as Registrar of Companies, Tamil Nadu, Andaman and Nicobar Islands) and commenced operations pursuant to a certificate for commencement of business dated June 25, 2010, issued by the Registrar of Companies, Tamil Nadu at Chennai (now known as Registrar of Companies, Tamil Nadu, Chennai, Andaman and Nicobar Islands). For details, see "History and Certain Corporate Matters" beginning on page 170 of the Draft Red Herring Prospectus dated May 14, 2021 ("DRHP") filed with the Securities and Exchange Board of India ("SEBI"). Our Company is registered with the National Housing Bank ("NHB") to carry out the business of a housing finance institution without accepting public deposits (certificate of registration no. 05.0084.10). For details, see "Government and Other Approvals" beginning on page 321 of the DRHP.

Registered Office & Corporate Office: No. 8B, Doshi Towers, 8th Floor, No: 205, Poonamallee High Road, Kilpauk, Chennai 600 010, Tamil Nadu, India. Telephone: +91 44 4565 0000; Contact person: Sanin Panicker, Company Secretary and Compliance Officer

E-mail: cs@aptusindia.com; Website: www.aptusindia.com; Corporate Identity Number: U65922TN2009PLC073881

PROMOTERS OF OUR COMPANY: M ANANDAN, PADMA ANANDAN AND WESTBRIDGE CROSSOVER FUND, LLC

INITIAL PUBLIC OFFER OF UP TO [•] EQUITY SHARES OF FACE VALUE OF ₹ 2 EACH ("EQUITY SHARES") OF APTUS VALUE HOUSING FINANCE INDIA LIMITED ("COMPANY" OR "ISSUER") FOR CASH AT A PRICE OF ₹ [•] PER EQUITY SHARE (INCLUDING A SHARE PREMIUM OF ₹ [•] PER EQUITY SHARE) ("OFFER PRICE") AGGRGATING UP TO ₹ [•] MILLION COMPRISING A FRESH ISSUE OF UP TO [•] EQUITY SHARES AGGRGATING UP TO ₹ [•] MILLION BY THE SELLING SHAREHOLDERS, COMPRISING UP TO 2,500,000 EQUITY SHARES AGGRGATING UP TO ₹ [•] MILLION BY PADMA ANANDAN ("INDIVIDUAL PROMOTER SELLING SHAREHOLDER"), UP TO 500,000 EQUITY SHARES AGGRGATING UP TO ₹ [•] MILLION BY WESTBRIDGE CROSSOVER FUND, LLC ("INVESTOR PROMOTER", AND WITH INDIVIDUAL PROMOTER SELLING SHAREHOLDER, REFERRED TO AS THE "PROMOTER SELLING SHAREHOLDERS"), UP TO 19,762,495 EQUITY SHARES AGGRGATING UP TO ₹ [•] MILLION BY ARIVALI INVESTMENT HOLDINGS, UP TO 27,879,135 EQUITY SHARES AGGRGATING UP TO ₹ [•] MILLION BY JIH II, LLC, UP TO 9,997,855 EQUITY SHARES AGGRGATING UP TO ₹ [•] BY GHIOF MAURITIUS, UP TO 3,723,710 EQUITY SHARES AGGRGATING UP TO ₹ [•] MILLION BY MADISON INDIA OPPORTUNITIES IV (ARIVALI INVESTMENT HOLDINGS, JIH II, LLC, GHIOF MAURITIUS AND MADISON INDIA OPPORTUNITIES IV COLLECTIVELY REFERRED TO AS THE "INVESTOR SELLING SHAREHOLDERS") UP TO 125,000 EQUITY SHARES AGGRGATING UP TO ₹ [•] BY KM MOHANDASS HUF*, UP TO 75,000 EQUITY SHARES AGGRGATING UP TO ₹ [•] MILLION BY R UMASUTHAN** AND UP TO 27,500 EQUITY SHARES AGGRGATING UP TO ₹ [•] BY SAURABH VIJAY BHAT (KM MOHANDASS HUF, R UMASUTHAN AND SAURABH VIJAY BHAT, COLLECTIVELY REFERRED TO AS THE "OTHER SELLING SHAREHOLDERS", AND ALONG WITH THE PROMOTER SELLING SHAREHOLDERS REFERRED TO AS THE "SELLING SHAREHOLDERS") ("OFFER FOR SALE" AND TOGETHER WITH THE FRESH ISSUE, THE "OFFER").

* KANDHERI MUNUSWAMY MOHANDASS, THE KARTA OF KM MOHANDASS HUF AND THE REGISTERED OWNER OF THE EQUITY SHARES HELD

**BHARAT SEATS LIMITED**

Regd. Office : 1, Nelson Mandela Road, Vasant Kunj, New Delhi - 110070

CIN: L34300DL1986PLC023540

Website: www.bharatseats.com; E-mail: seats@bharatseats.net

Phone: +91 9643339870-74; Fax: 0124-2341188

AUDITED FINANCIAL RESULTS FOR THE QUARTER AND YEAR ENDED MARCH 31, 2021

(Rs. in lakhs except per share data)

Sl. No.	Particulars	Quarter Ended		Year Ended	
		31.03.2021 (Audited)	31.12.2020 (Unaudited)	31.03.2020 (Audited)	31.03.2020 (Audited)
1	Total Income from Operations	20,065.83	17,690.45	12,496.84	54,971.01
2	Net Profit/(Loss) for the period (before Tax, Exceptional and/or Extraordinary items)	742.20	884.91	(62.33)	664.49
3	Net Profit/(Loss) for the period before tax (after Exceptional and/or Extraordinary items)	742.20	884.91	(62.33)	664.49
4	Net Profit/(Loss) for the period after tax (after Exceptional and/or Extraordinary items)	539.43	661.97	(62.22)	480.57
5	Total Comprehensive Income/(loss) for the period [Comprising Profit for the period (after tax) and Other Comprehensive Income (after tax)]	546.29	662.32	(74.96)	488.49
6	Equity Share Capital	628.00	628.00	628.00	628.00
7	Other Equity (Reserves) (excluding Revaluation Reserve) as shown in the Audited Balance Sheet of the year	-	-	11,034.14	10,702.65
8	Earnings Per Share (of Rs. 2/- each) (for continuing and discontinued operations) (In Rs.) -	1.72	2.11	(0.20)	1.53
	(a) Basic (Rs.)	1.72	2.11	(0.20)	1.53
	(a) Diluted (Rs.)	1.72	2.11	(0.20)	1.53
		3.99	3.99		3.99

NOTES:
 a) The above is an extract of the detailed format of Quarterly/ Annual Financial Results filed with the Stock Exchange under Regulation 33 of the SEBI (Listing obligations and Disclosure Requirements) Regulations, 2015. The full format of the Quarterly Financial Results are available on the websites of the Stock Exchange(s), www.bseindia.com, and on the Company's website 'www.bharatseats.com'.
 b) The above financial results of Bharat Seats Limited ("the Company") have been prepared in accordance with Indian Accounting Standards (Ind AS) as prescribed under section 133 of the Companies Act, 2013 read with Rule 3 of the Companies(Indian Accounting Standards) Rules, 2015 and the Companies (Indian Accounting Standards) Rules, 2016 and relevant amendment rules thereafter.
 c) The above financial results have been reviewed by the Audit Committee and approved by the Board of Directors at their meeting held on 14 May, 2021.

For and on behalf of the Board of Directors

Sd/-

(Rohit Relan)

Chairman and Managing Director

Place: Gurugram
Date: 14 May, 2021**UDAIPUR CEMENT WORKS LIMITED**

Regd. Office: Shripati Nagar, CFA, P.O. Dabok, Udaipur-313 022 (Rajasthan)

Admin Office: Nehru House, 4, Bahadur Shah Zafar Marg, New Delhi - 110 002

Website: www.udairpurement.com, Email Id: ucwl.investors@jkmil.com, Tele/Fax : 0294-2655076/77

CIN : L26943RJ1993PLC007267

Extract of Audited Financial Results for the Quarter and Year ended 31st March, 2021

(Amount in ₹ Crores)

Sl. No.	Particulars	Quarter ended		Year ended	
		31.03.2021 (Audited)	31.12.2020 (Unaudited)	31.03.2020 (Audited)	31.03.2020 (Audited)
1	Total Income from Operations	218.89	183.15	158.54	735.10
2	Profit before Interest, Depreciation & Taxes (EBITDA)	46.27	37.27	32.94	151.28
3	Net Profit / (Loss) for the Period (before Tax and Exceptional Items)	26.70	15.55	9.33	64.07
4	Net Profit / (Loss) for the Period before Tax (after Exceptional Items)	19.77	15.55	9.33	27.31
5	Net Profit / (Loss) for the Period after Tax (after Exceptional Items)	22.09	15.55	(2.46)	55.00
6	Total Comprehensive Income for the period [Comprising Profit / (Loss) for the period (after tax) and Other Comprehensive Income (after tax)]	21.94	15.51	(2.94)	54.74
7	Equity Share Capital	124.56	124.56	124.56	124.56
8	Other Equity excluding Revaluation Reserve as shown in the Audited Balance Sheet	-	-	122.21	58.99
9	Earnings Per Share (of ₹ 4/- each) Basic / Diluted	0.71	0.50	(0.08)	1.77
					0.50

Notes :

- (1) The above results have been reviewed by the Audit Committee and approved by the Board of Directors at their respective meetings held on 15th May 2021.
- (2) The above is an extract of the detailed format of Quarterly & Yearly Financial Results filed with the Stock Exchange under Regulation 33 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015. The full format of the Quarterly & Yearly Financial Results are available on the website of Stock Exchange at www.bseindia.com and also on Company's website at www.udairpurement.com.

For Udaipur Cement Works Limited

Sd/-

Vinita Singhania

Chairperson



FINANCE LTD

CIN : L65910MH1993PLC302405

Regd Office: 3rd Floor, A-514, TTC Industrial Area, MIDC, Mahape, Navi Mumbai – 400701

Website: www.qgofinance.com/Tel No.: +91-22-49762795

[Regulation 47(1) (b) of the SEBI (LODR) Regulations, 2015]

EXTRACT OF AUDITED STANDALONE FINANCIAL RESULTS FOR THE YEAR ENDED MARCH 31, 2021

Amount In Lakhs

Sr. No.	Particulars	Quarter ended (01/01/2021 to 31/03/2021)	Year to date figures (01/04/2020 to 31/03/2021)	Previous Year ending (01/01/2020 to 31/03/2020)	Corresponding 3 months ended in the previous year to 31/03/2020
					Amount in rupees lakhs, unless otherwise stated)
1	Total Income from Operations	157.07	521.26	360.53	108.32
2	Net Profit / (Loss) for the period (before Tax, Exceptional and/or Extraordinary items)	26.71	92.80	74.67	18.54
3	Net Profit / (Loss) for the period before tax (after Exceptional and/or Extraordinary items)	26.71	92.80	74.67	18.54
4	Net Profit / (Loss) for the period after tax (after Exceptional and/or Extraordinary items)	17.17	64.20	58.24	15.09
5	Total Comprehensive Income for the period [Comprising Profit / (Loss) for the period (after tax) and Other Comprehensive Income (after tax)]	17.17	64.20	58.24	15.09
6	Equity Share Capital	695.28	695.28	695.28	695.28
7	Reserves (excluding Revaluation Reserve) as shown in the Audited Balance Sheet of the previous year	341.25	341.25	249.51	249.51
8	Earnings Per Share (of Rs. 10/- each) (for continuing and discontinued operations) -	0.25	0.92	0.84	0.22
	Basic :	0.25	0.92	0.84	0.22
	Diluted :	0.25	0.92	0.84	0.22

Notes:
 a) The above is an extract of the detailed format of Quarterly/Annual Financial Results filed with the Stock Exchanges under Regulation 33 of the SEBI (Listing Obligation and Disclosure Requirements) Regulations, 2015. The full format of the Quarterly Financial Results are available on the websites of the Stock Exchange(s), www.bseindia.com, and on the Company's website 'www.qgofinance.com'.
 b) This Financial statement has been prepared in accordance with the Companies Indian Accounting Standards (Ind AS) prescribed under Section 133 of the Companies Act, 2013 read with Rule 3 of the Companies (Indian Accounting Standards) Rules, 2015 and Companies (IAS) Amendment Rules, 2016 and other recognised accounting practices and policies to the extent applicable.
 c) The above financial results have been reviewed by the Audit Committee and approved by the Board of Directors at their meeting held on 14-05-2021.
 d) The Company operated in Financing and Investing sector which is a single Business Segment in accordance with Ind AS-108 "Operating Segment" notified pursuant to Companies (Accounting Standards) Rules, 2015
 e) During the Quarter under review, the company has Not allotted any Non Convertible Debentures.

For Qo Finance Limited

Sd/-

Urmil Josher

Company Secretary & Compliance Officer

Date- 16/05/2021

Place: Navi Mumbai

Place : Pune

Date : May 14, 2021

INDIGO PAINTS LIMITED

(formerly known as Indigo Paints Private Limited)

Registered Office: Indigo Tower, Street-5, Palled Farm-2, Baner

Road, Pune-411045, Maharashtra CIN:U24114PN2000PLC014669

Extract of audited financial results for the quarter and year ended March 31, 2021

Sr. No.	Particulars	Quarter ended		Year ended	
		Mar 31, 2021 (Audited) (Refer note 2)	Mar 31, 2020 (Refer note 3)	Mar 31, 2021 (Audited)	Mar 31, 2020 (Audited)
1	Total income from operations	25,584.52	18,085.00	72,691.84	62,643.62
2	Net profit for the period before exceptional items *	3,710.61	3,991.95	9,790.72	6,742.68
3	Net profit for the period before tax *	3,710.61	3,991.95	9,790.72	6,742.68
4	Net profit for the period after tax *	2,486.03	2,730.14	7,085.01	4,781.48
5	Total comprehensive income for the				



PUBLIC NOTICE
My Client Smt. Veena Sharma W/o Lt. Sh. Sushil Kumar Sharma R/o Duplex Flats, Gur Mandi, Model Town, Delhi-110007, has Disowned & Debarred her Son Vikas Sharma, her Daughter-In-Law Quincy Kaur & her Grand Daughter Yashi Sharma from all moveable / immovable properties and severed all relation due to their Misbehavior, Disobedience, Out of Control Nature and Hostile Nature. If anybody dealing with them, My client shall not be responsible for their acts / deeds in future.
Ashish Goel (Advocate)
C/o. No. D-410, Lawyers Chamber Block, Karkardooma Court, Delhi

"IMPORTANT"

Whilst care is taken prior to acceptance of advertising copy, it is not possible to verify its contents. The Indian Express (P) Limited cannot be held responsible for such contents, nor for any loss or damage incurred as a result of transactions with companies, associations or individuals advertising in its newspapers or Publications. We therefore recommend that readers make necessary inquiries before sending any monies or entering into any agreements with advertisers or otherwise acting on an advertisement in any manner whatsoever.

UPSIDA
उत्प्र० राज्य औद्योगिक विकास प्राधिकरण
दिलीप तल. जीपीएस विलेंग प्राइवेट लिमिटेड कम्पनी, गाजियाबाद
अल्पकालीन निविला सूचना

एतद्वारा सुचित किया जाता है कि यूपीसीडा के औद्योगिक बोर्ड साइट-4, (1707-18 एकड़ि) गाजियाबाद का ड्झून सर्वे का कार्य किया जाना प्रस्तावित है। उक्त औद्योगिक क्षेत्र के ड्झून सर्वे के स्कोप आक वर्द्ध के अनुसार बिल ऑफ वाटटी दिनांक 21.05.2021 तक कार्यालय परिषद प्रबन्धक (सिविल), निमांग खण्ड-प्रमाण, गाजियाबाद के कार्यालय से प्राप्त की जाती है। उक्त कार्य के लिये पर्सोनल/अधिकृत अनुसार इच्छुक फर्मी द्वारा समर्त करो सहित दरें अंकित करके दिनांक 22.05.2021 को साथ 500 बड़ा तक सील बद्द लियाँग में निविला आमंत्रित की जाती है। अब जानकारी हेतु किसी भी कार्य दिवस में उपरोक्त कार्यालय से समर्पक किया जा सकता है।

परिषद प्रबन्धक (सिविल)

The Federal Bank Ltd.
B-247, Upper Ground Floor, Super Mart Commercial Complex-1, DLF Phase IV, Gurgaon Haryana, 122002

FEDERAL BANK
Your Perfect Banking Partner
Regd. Office: Alwaye, Kerala

NOTICE FOR PRIVATE SALE OF GOLD

Notice is hereby given for the information of all concerned that Gold Ornaments pledged in the following Gold loan accounts, with the under mentioned branch of the Bank, which are overdue for redemption and which have not been regularised so far in spite of repeated notices, will be put for sale in the branch on or after 31/05/2021 as shown below:

BRANCH/VENUE	NAME &	ACCOUNT NUMBER
The Federal Bank Ltd.	Neeraj Kumar Pandey	: 15286100012374
B-247, U.G.F. Super Mart Commercial Complex-1, DLF Phase IV, Gurgaon Haryana, 122002	Vinod Kumar Sachdeva	: 15286200001293
	Vinod Kumar Sachdeva	: 15286200001319
	Vinod Kumar Sachdeva	: 15286200001327

Place: Gurgaon Date: 16.05.2021 Branch Manager, (The Federal Bank Ltd.)

CyberMedia

CYBER MEDIA (INDIA) LIMITED
Regd. Office: D-74, Panchsheel Enclave, New Delhi-110017. Tel.: 011-26491320
Corp. Office: Cyber House, B-35, Sector-32, Gurugram-122001, Haryana.
CIN: L92114DL1982PLC014334 Tel.: 0124-482 222

Email: investorcare@cybermedia.co.in. Website: www.cybermedia.co.in

Notice regarding postponement of the Board Meeting

With reference to Notice dated May 08, 2021, regarding the date of the Board Meeting of the Company which was scheduled to be held on May 18, 2021, inter alia, to consider and approve Audited Financial Results of the Company for the quarter and year ended March 31, 2021, this is to inform that the said meeting has been postponed, because there is a complete lock down in Delhi NCR and some of the accounts of the staff's families are suffering from Covid-19 pandemic. The new date of the meeting of the Board of Directors for the aforesaid purpose shall be intimated in due course in accordance with Regulation 29 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015.

The said information is also available on the Company's website at www.cybermedia.co.in and the websites of stock exchanges at www.bseindia.com and www.nseindia.com.

By Order of the Board

Sd/-
Anoop Singh
Company Secretary
M. No. F8264

Creixent Special Steels Limited
Registered Office: QR No. 50-51, Park Avenue Colony, Jindal Road, Dhimrapur, Raigarh 496001
CIN: U27209CT2018PLC008397

Statement of Standalone Financial Results for the Half year and year ended 31st March, 2021

(Rupees in thousand)

Sl. No.	Particulars	Half year ended		Year Ended	
		31.03.2021	31.03.2020	31.03.2021	31.03.2020
	[refer note (i) below]	Audited	Audited		
1	Total Income from Operations	107,605	12,826	145,936	12,826
2	Net Profit / (Loss) for the year (before Tax, Exceptional and/or Extraordinary items)	(446,490)	(347,825)	(877,236)	(671,556)
3	Net Profit / (Loss) for the year before tax (after Exceptional and/or Extraordinary items)	(446,490)	(347,825)	(877,236)	(671,556)
4	Net Profit / (Loss) for the year after tax (after Exceptional and/or Extraordinary items)	(409,575)	(324,104)	(798,628)	(625,334)
5	Total Comprehensive Income/ (Loss) for the year (after tax) and other comprehensive income (after tax)	(409,575)	(324,104)	(798,628)	(625,334)
6	Paid up Equity Share Capital	100,000	100,000	100,000	100,000
7	Other Equity (excluding Revaluation Reserves)			(1,335,496)	(536,868)
8	Net worth			(1,235,496)	(436,868)
9	Paid up Debt Capital / Outstanding Debt			1,863,000	1,863,000
10	Outstanding Redeemable Preference Shares			0	0
11	Debt Equity Ratio	(4,044)	(11,392)	(4,044)	(11,392)
12	Earnings per share				
	Basic (Rs.)	(40,95)	(32,41)	(79,86)	(62,53)
	Diluted (Rs.)	(40,95)	(32,41)	(79,86)	(62,53)
13	Capital Redemption Reserve	0.00	0.00	0.00	0.00
14	Debenture Redemption Reserve	0.00	0.00	0.00	0.00
15	Debt Service Coverage Ratio	(0.005)	(0.028)	(0.007)	(0.020)
16	Interest Service Coverage Ratio	(0.005)	(0.028)	(0.007)	(0.020)

Notes: i) The figures for the half years ended March 31, 2021 and March 31, 2020 are the balancing figures between the audited figures in respect of full financial year and the published year to date figures upto the half years for the relevant financial year which were subjected to limited review by the statutory auditors.
ii) Debt service coverage ratio: Profit before depreciation, Net finance charges and Exception items/ (Net finance charges+ Long term borrowings scheduled principal payments (excluding prepayments) during the period).
iii) Interest service coverage ratio: Profit before depreciation, Net finance charges and exceptional items/ Net finance charges
iv) Debt-equity ratio: Total borrowings/ Networth
v) The above is an extract of the detailed format of half yearly/annual financial results filed with the Stock Exchanges, BSE Limited, under Regulation 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015 (SEBI LODR Regulations). The detailed information on the half yearly financial results including details required under the Regulation 52 (4) of SEBI LODR Regulations is available on the websites of the Stock Exchange at www.bseindia.com and the Company website at https://www.jsw.in/groups/creixent-special-steels-limited.

For Creixent Special Steels Limited

Nikhil Gahrotra
Director
DIN: 01277756

Date: May 14, 2021

Place: Mumbai

*Not annualised, except year end Basic and Diluted EPS

Notes:

1. The above is an extract of the detailed format of Audited Consolidated Financial Results of the Company for the year ended March 31, 2021 filed with the Stock Exchanges under Regulation 33 and 52 of SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as modified. The full format of the Audited Consolidated and Standalone Financial Results of the Company for the year ended March 31, 2021 are available on the Company's website at www.oberorealty.com and also on the stock exchange websites i.e., on BSE Limited at www.bseindia.com and on The National Stock Exchange of India Limited at www.nseindia.com.

2. For the items referred in sub-clauses (a), (b), (d), and (e) of the Regulation 52 (4) of the SEBI (Listing Obligation and Disclosure Requirements) Regulations, 2015 the pertinent disclosures have been made to the Stock Exchanges as mentioned in note 1 above, and can be accessed on their website stated above.

3. The Company has opted to report consolidated financial results pursuant to regulation 33 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015. The standalone financial results are summarised below:

(Rs. in Lakh, except per share data)

SI. No. Particulars Year ended

31/03/2021 31/03/2020

Audited Audited

1 Revenue from Operations 2,05,258 2,23,763

2 Net Profit / (Loss) for the period (before Tax, Exceptional and / or Extraordinary items) 92,117 96,298

3 Net Profit / (Loss) for the period before tax (after Exceptional and / or Extraordinary items) 92,117 96,298

4 Net Profit / (Loss) for the period after tax and Share of Profit / (Loss) of joint ventures (net) (after Exceptional and / or Extraordinary items) 92,442 96,889

5 Total Comprehensive Income for the period [Comprising Profit / (Loss) for the period (after tax) and Other Comprehensive Income (after tax)] 74,154 68,919

6 Paid up Equity Share Capital 36,360 36,360

7 Other equity 9,00,554 8,26,588

8 Net worth 9,36,914 8,62,948

9 Paid up Debt Capital / Outstanding Debt 1,53,380 NA

10 Earnings Per Share (EPS)* (Face value of Rs.10 each)

1. Basic 20.33 18.96

2. Diluted 20.33 18.96

11 Debenture Redemption Reserve NA NA

12 Debt equity ratio 0.16 NA

13 Debt service coverage ratio 0.35 NA

14 Interest service coverage ratio 6.70 NA

*Not annualised, except year end Basic and Diluted EPS

For Space Incubatics Technologies Limited

Sd/-
Place: Muradnagar (Yogesh Kumar Agarwal) Date: 15.05.2021

By the order of the Board

Vikas Oberoi
Chairman & Managing Director

Mumbai, May 14, 2021

Attention Members-registration of email id address

In terms of the circulars issued from time to time by the Ministry of Corporate Affairs (MCA), and Securities and Exchange Board of India (SEBI), Oberoi Realty Limited will be sending its Annual Report for FY2020-21, and the Notice of 23rd Annual General Meeting to be held in 2021 only by email to the members whose e-mail addresses are registered with the Company or with the Depository.

Members holding shares in physical form and who have not yet registered their e-mail addresses for receiving documents in electronic form are requested to register their e-mail addresses by sending following details on cs@oberorealty.com: (A) their folio number, (B) their email id, and (C) scanned copy of their (i) share certificate (front & back), (ii) PAN card (self attested), (iii) Aadhar Card (self attested). Members holding shares in demat mode are requested to update their email address with their depository participant.



Enriching Lives

KIRLOSKAR INDUSTRIES LIMITED

A Kirloskar Group Company

CIN No.: L70100PN1978PLC088972

Regd. Office: Office No. 801, 8th Floor, Cello Platina,

Fergusson College Road, Shivajinagar, Pune 411 005 (India)