Bangalore-based start-up HonECOre takes paper recycling to another level, so much so that they are the only company in the country that now manufactures recycled honeycomb paper.

In 2007, five friends Abhijeet Makhijani, Gaurav Modi, Neeraj Quadras, Praveen Crasta and Rohit Bhandari got together and started a venture to save paper and utilise the green cover in the Garden City of India. Their idea was simple. They developed and manufactured honeycomb paper made from a combination of plywood, steel, plastics, FRP and many other materials to make sandwich cores to term some of the strongest composite panels for its weight and dimensions. Their product made from recycled kraft paper and eco-friendly glue is 10 to 20 per cent bio-degradable, non-polluting and eco-friendly.

Having witnessed the destruction of green cover across Bangalore in the mid-1990s, we wanted to make something sustainable. As a business venture, we zeroed onto a product that could make a major impact in saving consumption of wood and from extremely harmful materials like thermocol which are used simply due to the lack of a greener option. This is where HonECOre and its products came into picture,” says Makhijani, co-founder, HonECOre. He adds that HonECOre provides raw materials, semi-finished and finished range of products, classified by their application in the construction and the packaging industry. "While HonECOre Paper Honeycomb Core is supplied to both these industries, we provide an end-to-end solution to manufacturers as well as to users. These also include HonECOre Paper Honeycomb Core, doors, panels— with faces of particle board and MDF, with or without frames, tuck-away as well as flat panel furniture,” says Makhijani.

The company currently sells approximately 10 to 15 tonnes of paper honeycomb every week. “This translates to saving of 4 to 6 lakhs of wood. Work like this on for multiple years and you will start to see a major difference in the consumption of wood. This is jungle wood as well as pine and rubber wood. Today, India imports a lot of pinewood from South East Asian nations, and every time we are able to win over a client we are saving India precious foreign exchange,” says Quadras, co-founder, HonECOre. The five young entrepreneurs are also working closely with the Indian furniture of Packaging, Bhandari, co-founder, HonECOre, says, “Being a product of industrial use, it is restricted to where it will be needed, but yes, we’d like to be present in all major industrial zones across the nation.

I n 2007, five friends Abhijeet Makhijani, Gaurav Modi, Neeraj Quadras, Praveen Crasta and Rohit Bhandari got together and started a venture to save paper and utilise the green cover in the Garden City of India. Their idea was simple. They developed and manufactured honeycomb paper made from a combination of plywood, steel, plastics, FRP and many other materials to make sandwich cores to form some of the strongest composite panels for its weight and dimensions. Their product made from recycled kraft paper and eco-friendly glue is 10 to 20 per cent bio-degradable, non-polluting and eco-friendly.

Moving beyond NGOs and political initiatives, a few good men—and women—have launched consumer-friendly products that are equally good for the environment, and make them good money. By Deepshikha Punj

EcoPreneurs have got to believe in the importance of working for a greener future and a sustainable economy.” It's also important to “be a solid business person, someone who knows a good product and can deliver it”.

Investment in the eco-market is growing. The environmental technologies market in India has been estimated at $9 billion per year with an annual growth rate of 15 per cent. Young Turks are proving that environment is the new entrepreneurial front. Meet some of these green businessmen.
NO WASTE LEFT BEHIND

A Bangalore-based company makes commercial compost pits that can be purchased online. The greatest challenge was to convince people of the usefulness of the rubbish. Daily Dump keeps 7,000 kg of organic waste from Bangalore’s landfill every day, and it has a hit with residents.

Poonam Bir Kasturi started her career working as an industrial designer in 1984, but soon moved on to her “true calling.” By 2006, she had founded Daily Dump, a service that helps people manage their household waste and convert it into useful high-quality compost using terracotta. “My training in design helped me understand systems. I learnt and taught around the idea of sustainable living, so finally I gave Daily Dump as an idea within,” says Kasturi.

Started with an investment of two lakh, Daily Dump today keeps 7,000-plus kg of organic waste out of landfills every day. Kasturi says, “Composting at source is good for waste, and land. We have 16,000 committed customers and have partners in six other states. We have a successful time in China.

Even if this model is being followed and used by many in and around Bangalore, Kasturi says, she also faced a fair share of opposition in the beginning. “Every ‘scientist’ of composting said it could not be done, but I had to remind them that I was not making gourmet compost, only managing it,” she says.

“The first challenge was convincing people of its use. People told me ‘I do not need compost, so why should I do this?’ They said, waste was easier to throw away and has no use.” Kasturi says today we talk of not wasting, but 10 years earlier, we were only managing it. “The senior generation had to be reminded that I was not making gourmet compost, only managing it,” she says.

“The company’s most popular products have been its three-tiered composters called Kambli and container-size Chulhas. vamp your organic waste in the top unit and add dried leaves or sawdust at the bottom. Once in a few days, you need to stir the compost to feed it oxygen. You need to save oxygen, and if your dry-smoke ratio is good, there will be no smoke and microbe will break down the material into compost over the months,” explains Kasturi. For Bangalore, she says, the waste from horticulture is taken to the compost. “They add fruit-matter and accelerate, and then the material dries to homogenise the waste. When half-full, the material is removed and stored in piles or terracotta containers to mature,” she adds.

Packaging is a big concern. So are toxic materials like birds and bats. Kasturi says, “We use very natural materials like leaves and coffee.” We have made compost out of elephant dung. “We have made compost out of elephant dung.”

THE BIG EASY

Delhi-based Mahima Mehra has come up with a method to convert elephant dung into paper.

While the Chinese are credited with making paper from tree trunks, Indians will soon be credited for making paper from elephant dung. Since 1995, 46-year-old Mahima Mehra was producing handmade paper from elephant dung. But, on a trip to Jaipur, she discovered how similar dry-elephant dung backed to the now-dit for which paper is made. After much experimentation, she eventually came up with usable sheets of paper made of elephant dung, christened Chhatpah Chapp (meaning Print of the Elephant).

“I’ve always been interested in recycling, and I wanted to create something which was commercially viable,” Mahima Chapp came about in 2003. Once a papermaker, always a papermaker,” says Mehra, founded the company Mahima Mehra India, based in Bengaluru, a venture in which she is a director and managing director.

Her method is simple. The dung is washed thoroughly to remove water before stamping it into pulp. Then, she prints the sheets of paper. “The sheets are then dried, and you’ve got your paper,” she says.

The zero-waste model, which they are currently working on, is based on both waste (organic waste) and dry-waste (recyclables). “We have installed a 500 kg dry-biogas plant at the Tata Institute of Social Sciences, Mumbai. We have taken up a small operation and maintenance contract at the biogas plant at SEEPZ, Andheri, Mumbai. We are in an advanced stage of discussion for a contract with two more corporate campuses in Mumbai, and with at least three more clients to install biogas plants in the next six months in the city,” he says.
The premises of the Tribhuvandas Foundation, an integrated rural health and development programme run by Amul by ANIL MELKADAM

Dr Virendra Doshi, head doctor and CEO of Tribhuvandas Foundation, at his work station in Tribhuvandas Society Health and Wellness Centre, Dr Doshi says. “We also support the village teams with supply of sanitry pads, medicines, vitamins and other requirements.”

The women have shown exemplary training in preventive medicines, and learning to refer major illnesses to the medical unit.”

The finished handicraft products are marketed by the organisation with returns for the women.

But with breakuphelpline, “I had experienced a bad break up and she felt the need to come up with something that caters to broken hearts. Love and break-up being sensitive issues, local people keep it hush-hush, but with breakuphelpline, they have a forum where they can vent out their anger and frustrations without any apprehensions. It is a great way to help people get over their break-ups.”

The website offers both free and paid services has been quite a hit since it launched in July last year having already acquired as few users, both free and registered, from all over the country and even abroad. With a small yet efficient team of relationship counselors, 22-year-old Akriti Anand is all smiles today for having thought of such an idea after going through a rough break-up herself. “I had experienced a bad break up and she felt the need to come up with something that caters to broken hearts. Love and break-up being sensitive issues, local people keep it hush-hush, but with breakuphelpline, they have a forum where they can vent out their anger and frustrations without any apprehensions. It is a great way to help people get over their break-ups.”

The story of a young entrepreneur who offers an online remedy for heartbreak and has built up a sizeable following by Dhiren Triwedi

The Lakshmi Asu does weaving in 90 minutes around from the five-hour job of the manual process. It enables more innovative designs too.

The women have shown exemplary training in preventive medicines, and learning to refer major illnesses to the medical unit.”

The finished handicraft products are marketed by the organisation with returns for the women.

The Lakshmi Asu does weaving in 90 minutes around from the five-hour job of the manual process. It enables more innovative designs too.

The Lakshmi Asu does weaving in 90 minutes around from the five-hour job of the manual process. It enables more innovative designs too.

The finished handicraft products are marketed by the organisation with returns for the women.

The women have shown exemplary training in preventive medicines, and learning to refer major illnesses to the medical unit.”

The finished handicraft products are marketed by the organisation with returns for the women.

The women have shown exemplary training in preventive medicines, and learning to refer major illnesses to the medical unit.”

The finished handicraft products are marketed by the organisation with returns for the women.
**New Delhi must adopt a system to exploit the potential of its ancient civilisation and culture, rather than simply import economic and social models, especially from the West.**

The three estates of democracy: an outsider's view

India has always been associated with the idea of the three estates of the state’s organs of power to manage its populous young children, even within the urban spaces. The three estates include the national capital, the parliament, and the executive.

It is said that democracy is a bottom up process, where the people's rights are reflected in the policies made by their representatives. The three estates are the representation of the people’s will in the process of making laws and policies.

However, in recent times, it has been observed that the three estates are not working as they should be. The parliament is not reflecting the people’s wishes, and the executive is not implementing the laws made by the parliament.

To address this issue, New Delhi must adopt a system that allows the people to have a say in the decision-making process. This can be achieved by involving the people in the process of making laws and policies.

In conclusion, the three estates of democracy are the representation of the people’s will in the process of making laws and policies. However, in recent times, it has been observed that the three estates are not working as they should be. To address this issue, New Delhi must adopt a system that allows the people to have a say in the decision-making process.
The love story of Lt Gen Prem Bhagat and wife Mohini has been told beautifully as DEEPIK BHOWMIK

The Wisdom of Ants

SUNDAY

BOOKS

Imprint:

Zac O' Yeah

Hachette India

Price:

Rs 399

`399

Hence, a reader can find a story that is not just numerical. Vaidehi's work has been translated in 35 countries and has won several awards, including the National Award for Best Novel in 2010 and the Sahitya Akademi Award in 2012.

Her first novel, The Forbidden Love, was published in 1998 and has been translated into several languages. It is a story of a young couple, Prakrit and Mohini, who fall in love in a society that is deeply rooted in caste and tradition. The novel explores the challenges they face, including the labeling of Mohini as an untouchable, and the consequences of breaking societal norms.

In 35 years, I have had the opportunity to see changes in India, both the positive and negative. The internet has revolutionized how we communicate and access information, but it has also created new challenges. "I think the internet is a tool that can be used for good or evil, and I hope that it is used for the latter," Vaidehi said.

Then, she took up women's fiction writing. "My novels are based on real-life experiences, and I have always wanted to share my stories with the world," she said.

By P SIVAPRASAD

The Forbidden Love

By: JI WANG

Pune: 28 March

This is not just about the couple's love story; it is about their fight against the system that holds them back. "My novels are about breaking the silence and breaking the chains," Vaidehi said.

The Dowry Bride, The Unexpected Son, The Full Moon Bride, and The Supreme Truth are some of Vaidehi's other novels that have been well-received by readers around the world. These novels deal with various issues, including love, family, and societal norms.

VAIDHEI is the author of several novels, including The Dowry Bride, The Unexpected Son, and The Full Moon Bride. Her short stories have also been published in several anthologies.

The Forbidden Love is a story of two people who are in love, but society and tradition prevent them from expressing their feelings. Prakrit, a man from a respectable family, loves Mohini, a girl from an untouchable community. They face the discrimination and prejudice of their society, but their love remains strong.

She has also been a loyal supporter of the Indian Army, and her stories have been used to inspire soldiers. "There are times when the army needs something to keep them going, and I have always tried to provide that," Vaidehi said.

A vibrant and talented writer, Vaidehi continues to make a mark in the literary world with her powerful and thought-provoking stories.
The Red-Eye Effect

What are your photos spoiled by those annoying red eye reflections from camera flash? Two types of cells batteries inside your eyes work out of the light that reaches the eye’s cones and rods. The rods, better suited to working in low light conditions, just switch off in daylight like the light. With the eyes open from a bright source of light, the black layer behind the retina is no more seen as black. A red colour appears in it. This comes from the scattering blood vessels that are already present in front of the “moglen hunting” retina. “Electronically” tricked by the flash, we fail to detect these blood vessels, but they are still there. And camera don’t miss them. Cats, however, are exempted from it. What it means is if you ask about the presence of false vision in cat it will be a extra amount of light that happens to it. It is a kind of mirror, a layer called the “aperture” located” behind the cat’s retina. This gives the animal an edge in low light, if light that reaches the eye’s rods hit a red wave, that just got fast again in the black layer at the back. But in cat’s eyes, light is picked up in this critical part and will not reflect off the mirror layer behind the retina, and it gets a second chance to hit and register as red. It is this reflection that happens in “photometric” eyes read studies.

ZEBRA CROSSING

MATTHIAS RADHAKRISHNAN

SNEAK PREVIEW

A S Y

O

M E D

U

O

D

I

E

U

A

P E

R

D

U

R

A

T

I

O

G

A

N

W

Y

H

T

A

H

I

I

E

R

T

E

S

W

O

B

A

C

H

L

I

R

E

M

A

N

D

S

N

O

R

P

R

O

E

S

T

O

L

U

E

W

H

T

E

A

D

R

O

P

E

M

I

S

I

L

O

E

N

S

H

A

D

E

N

F

A

Y

R

A

I

T

E

O

R

S

C

O

M

P

O

A

C

T

I

R

Y

D

A

S

T

E

C

U

R

W

A

T

H

R

A

T

O

U

G

G

S

I

D

F

L

O

W

C

G

A

L

O

T

E

D

E

M

A

N

D

G

A

T

E

C

I

T

E

D

O

R

N

A

C

T

I

R

Y

D

A

S

T

E

C

U

R

W

A

D

R

O

P

E

M

I

L

O

E

S

H

A

D

E

N

F

A

Y

R

A

T

E

O

R

S

C

O

M

P

A

C

T

I

R

Y

D

A

S

T

E

C

U

R

W

A

D

R

O

P

E

M

I

L

O

E

S

H

A

D

E

N

F

A

Y

R

A

T

E

O

R

S

C

O

M

P

A

C

T

I

R

Y

D

A

S

T

E

C

U

R

W

A

D
SUNDAY 13 JANUARY 2013

LOVE, relationships, work, money, astrology

WHAT TO EXPECT, HOW TO COPE WITH IT

CARING STAR TO THE WEEK PAVED

Meenakshi Rani
meenakshirani@gmail.com

Mood music: Paloma Faith, Do you want the world or something romantic?
Romance quotient: 8/10

TAURUS
You spin many plates today, so don’t drop any of them. Your optimism is contagious and people will want to be around you. In the evening you will have a great time with friends.

Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

SCORPIO
If you turn your attention to the professional front, you will be able to make important decisions. This is a great time for new projects.

AGENDA
- Sports
- Outings
- Markets
- New projects

SCORPIO
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

AQUARIUS
Many enjoy their time today, but you can’t help but feel down, cut off or numbed. Your heart feels a lot of pain and you may not know what to do about it.

PISCES
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

EXPENSES
- Be careful with your money today. It’s better to save it than to spend it freely.

SUNDAY

Mood music: Rihanna feat Drake; Friends to Lovers

TOPIC TO AVOID
- Topic to avoid: Jade

SCORPIO
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

AQUARIUS
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

PISCES
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

EXPENSES
- Be careful with your money today. It’s better to save it than to spend it freely.

SUNDAY

Mood music: Rihanna feat Drake; Friends to Lovers

TOPIC TO AVOID
- Topic to avoid: Jade

SCORPIO
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

AQUARIUS
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

PISCES
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

EXPENSES
- Be careful with your money today. It’s better to save it than to spend it freely.

SUNDAY

Mood music: Rihanna feat Drake; Friends to Lovers

TOPIC TO AVOID
- Topic to avoid: Jade

SCORPIO
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

AQUARIUS
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

PISCES
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

EXPENSES
- Be careful with your money today. It’s better to save it than to spend it freely.

SUNDAY

Mood music: Rihanna feat Drake; Friends to Lovers

TOPIC TO AVOID
- Topic to avoid: Jade

SCORPIO
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

AQUARIUS
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

PISCES
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

EXPENSES
- Be careful with your money today. It’s better to save it than to spend it freely.

SUNDAY

Mood music: Rihanna feat Drake; Friends to Lovers

TOPIC TO AVOID
- Topic to avoid: Jade

SCORPIO
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

AQUARIUS
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

PISCES
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

EXPENSES
- Be careful with your money today. It’s better to save it than to spend it freely.

SUNDAY

Mood music: Rihanna feat Drake; Friends to Lovers

TOPIC TO AVOID
- Topic to avoid: Jade

SCORPIO
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

AQUARIUS
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

PISCES
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

EXPENSES
- Be careful with your money today. It’s better to save it than to spend it freely.

SUNDAY

Mood music: Rihanna feat Drake; Friends to Lovers

TOPIC TO AVOID
- Topic to avoid: Jade

SCORPIO
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

AQUARIUS
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

PISCES
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

EXPENSES
- Be careful with your money today. It’s better to save it than to spend it freely.

SUNDAY

Mood music: Rihanna feat Drake; Friends to Lovers

TOPIC TO AVOID
- Topic to avoid: Jade

SCORPIO
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

AQUARIUS
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

PISCES
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

EXPENSES
- Be careful with your money today. It’s better to save it than to spend it freely.

SUNDAY

Mood music: Rihanna feat Drake; Friends to Lovers

TOPIC TO AVOID
- Topic to avoid: Jade

SCORPIO
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

AQUARIUS
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

PISCES
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

EXPENSES
- Be careful with your money today. It’s better to save it than to spend it freely.

SUNDAY

Mood music: Rihanna feat Drake; Friends to Lovers

TOPIC TO AVOID
- Topic to avoid: Jade

SCORPIO
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

AQUARIUS
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

PISCES
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

EXPENSES
- Be careful with your money today. It’s better to save it than to spend it freely.

SUNDAY

Mood music: Rihanna feat Drake; Friends to Lovers

TOPIC TO AVOID
- Topic to avoid: Jade

SCORPIO
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

AQUARIUS
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

PISCES
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

EXPENSES
- Be careful with your money today. It’s better to save it than to spend it freely.

SUNDAY

Mood music: Rihanna feat Drake; Friends to Lovers

TOPIC TO AVOID
- Topic to avoid: Jade

SCORPIO
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

AQUARIUS
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

PISCES
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

EXPENSES
- Be careful with your money today. It’s better to save it than to spend it freely.

SUNDAY

Mood music: Rihanna feat Drake; Friends to Lovers

TOPIC TO AVOID
- Topic to avoid: Jade

SCORPIO
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

AQUARIUS
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

PISCES
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

EXPENSES
- Be careful with your money today. It’s better to save it than to spend it freely.

SUNDAY

Mood music: Rihanna feat Drake; Friends to Lovers

TOPIC TO AVOID
- Topic to avoid: Jade

SCORPIO
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

AQUARIUS
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

PISCES
- Love and emotional support are needed, and you don’t want to come across as aloof or cool. Be true to yourself and wander into a new relationship.

EXPENSES
- Be careful with your money today. It’s better to save it than to spend it freely.
**Diabetes Control Digitised**

Diabetes, a new device using seamlessly integrated hardware and a mobile app, can come in handy to keep tabs on blood sugar levels through the day by DEEPSHA PUNI

During their research, the group did not get their software in India, and imported them from USA and China.
Coping With Disappointment

Conquering expectations when things don’t go according to plan is how to be immune to anguish

by Liz Parry

Over the course of your life, you will encounter many situations that may cause you disappointment. Some are significant—like the death of a loved one; others are minor, but small enough to shake you to the core. Disappointment is a common emotion that is experienced in almost every life situation. What makes it so hard is that it is often unexpected—something we don’t expect to happen to us.

If you want to live a happy and fulfilling life, it is important to know how to deal with life's disappointments. One of the first things you need to know is that your expectations are either positive or negative. Negative expectations are what cause your disappointments to flourish. Always remember that your expectations do not exist in isolation, but rather in relationship to each other.

It is your expectations that create the possibility for disappointments to flourish. Always remember that you are never alone; you are never lonely. If you are feeling lonely, it is because you are feeling alone. If you are feeling alone, it is because you are feeling lonely.

The most important point of all of the disappointments is that it provides you with an opportunity to grow.

The next time you feel disappointed by someone, make sure you check to see whether your reaction is justified. Did the person try their best? Did they really mean you harm? Is your expectation really necessary? Most of the time the answer is a resounding “no.” Are you looking on the bright side? The most important point of all of the disappointments is that it provides you with an opportunity to grow.

For change.

It is important to remember that you are never alone; you are never lonely. If you are feeling lonely, it is because you are feeling alone. If you are feeling alone, it is because you are feeling lonely.

Being a man?

fly who is dreaming about he was a man. He asked answered, “You don’t know fragile that they break

of possessing it?”

lost is greater than the joy

his golden Buddha was

In the morning, he dis-

smoke only to his statue.

sualise the deities and meditate on

meditation when the
dharma were kept. The monk

Selfishness

of Kashi Vishwanath. The next two
meditation when the

end. The mind we know of is

is the self and that is without

When everything is just one,

It is pure aliveness,

One of the first things you need to

Are your expectations realistic?:

Sometimes our reactions to dis-

requirements during the pilgrim-

aguru or guru this, you trans-

ments will be caused by unrealistic

situations, your big disappoint-

for change.

down or you can use them as a tool

The wise use it as a cata-

This is the whole beauty of

The next time you feel disappoin-
formed of inaction. It is pure aliveness,

The mind in its purest form

The next time you feel disappointed by some one, make sure you check to see whether your reaction is justified. Did the person try their best? Did they really mean you harm? Is your expectation really necessary? Most of the time the answer is a resounding “no.” Are you looking on the bright side? The most important point of all of the disappointments is that it provides you with an opportunity to grow.

An any guru or pil-

mulate only when you

and meditate to

grace that we have received. So, go on a spiritual journey, remember to always vi-

From the cow, it is almost

The moment you answer the

Selfishness partner let you down by not upholding the goodness

actual fact your expectations that this would not occur.

The next time you feel disappoin-
formed of inaction. It is pure aliveness,

The mind in its purest form

The next time you feel disappointed by some one, make sure you check to see whether your reaction is justified. Did the person try their best? Did they really mean you harm? Is your expectation really necessary? Most of the time the answer is a resounding “no.” Are you looking on the bright side? The most important point of all of the disappointments is that it provides you with an opportunity to grow.

An any guru or pil-

mulate only when you

and meditate to

grace that we have received. So, go on a spiritual journey, remember to always vi-

From the cow, it is almost

The moment you answer the

Selfishness partner let you down by not upholding the goodness

actual fact your expectations that this would not occur.

The next time you feel disappoin-
formed of inaction. It is pure aliveness,

The mind in its purest form

The next time you feel disappointed by some one, make sure you check to see whether your reaction is justified. Did the person try their best? Did they really mean you harm? Is your expectation really necessary? Most of the time the answer is a resounding “no.” Are you looking on the bright side? The most important point of all of the disappointments is that it provides you with an opportunity to grow.

An any guru or pil-

mulate only when you

and meditate to

grace that we have received. So, go on a spiritual journey, remember to always vi-

From the cow, it is almost

The moment you answer the

Selfishness partner let you down by not upholding the goodness

actual fact your expectations that this would not occur.

The next time you feel disappoin-
formed of inaction. It is pure aliveness,

The mind in its purest form

The next time you feel disappointed by some one, make sure you check to see whether your reaction is justified. Did the person try their best? Did they really mean you harm? Is your expectation really necessary? Most of the time the answer is a resounding “no.” Are you looking on the bright side? The most important point of all of the disappointments is that it provides you with an opportunity to grow.

An any guru or pil-

mulate only when you

and meditate to

grace that we have received. So, go on a spiritual journey, remember to always vi-

From the cow, it is almost

The moment you answer the

Selfishness partner let you down by not upholding the goodness

actual fact your expectations that this would not occur.

The next time you feel disappoin-
formed of inaction. It is pure aliveness,

The mind in its purest form

The next time you feel disappointed by some one, make sure you check to see whether your reaction is justified. Did the person try their best? Did they really mean you harm? Is your expectation really necessary? Most of the time the answer is a resounding “no.” Are you looking on the bright side? The most important point of all of the disappointments is that it provides you with an opportunity to grow.
THE INSOUCEANCE OF
Designed Delight

Three designers share their engagements with art and design for the much-talked
Endi-Gentius exhibition at Chennais Apparao Gallery

by SHEVLIN SEBASTIAN

SHEVLIN SEBASTIAN

The Drop is unique and original, and it represents fun. There are other creations that have
spawned too. For instance, one corner of the gallery is awash in a yellow-orange brilliance
carried by a son of light, as it is a cascade. The truth for the glowing off story enters to Kumaresan, a
graduate of the Government Fine Arts College, Chennai, and who has been experimenting since 2007. From painting
nut—one in the conclusion that led Rana Banerjee and Natasha
Sanyal to collaborate with Kumaresan.
The room is a beehive yellow metal instal-
improving panes led. For Kumaresan, recipient of a re-
search scholarship, inspiration came
forays of ornament—palm leaf weaving—are Kerala's heritage
A non-Hindu mother at the festival
protected the cow as not a symbol of
religiosity, but as a cultural gesture.

SHEVLIN SEBASTIAN

Preserving the Treasure Trove
Artists KK Warrier and Sasi protect the murals that are Kerala's heritage

by SHEVLIN SEBASTIAN

O n November 30, 1970, a
time was taken off in the
Sree Krishna temple at
Guruvayur. As a result, several mural paintings
were damaged. When renowned mural painter KK Warrier
read about the news, he rushed to the
arm of the design, the
structure of the design.

SHEVLIN SEBASTIAN

Saving Cows as a Cultural Gesture

I t may be true for the herds. The
sentiment towards the “holy cow” and
love for the animal has turned into a
celebration. Known for organizing the beautiful folk celebrations marked
with music, flowers and perform-
ers, Anuradha Moodi recently brought together artist and artisans at the
two-day Holy Cow Music Festival at a mall
in New Delhi. The Vis-
uals, the popular group of women
engaged dedicatedly to Lord
Krisna, in their finest dressing,
determine the involvement of the “holy cow” doesn’t end. Singh
Warrier

SHEVLIN SEBASTIAN

Cut the paintings off, along with the un-
derstanding. Then it is placed on a
wooden board and for the back-
ground, the other-end colour, which is
a must in all mural paintings, is
drawn. Interestingly, they got the largest
painting, 6 ft x 14 ft., from a house on
the porthole of the Guruvayur temple. The Warrier wanted to use
the Platform, as he was
inspired by the leather puppetry of
Virsingh Kawarchhatri.

SHEVLIN SEBASTIAN

“arid love for the bovine. Her sen-
tivity towards the “holy cow” and
the love for the animal has turned into a
celebration. Known for organizing the
beautiful folk celebrations marked
with music, flowers and perform-
ers, Anuradha Moodi recently brought
together artist and artisans at the
two-day Holy Cow Music Festival at a small
amphitheatre in New Delhi. The Vis-
uals, the popular group of women
engaged dedicatedly to Lord
Krisna, in their finest dressing,
determine the involvement of the “holy cow” doesn’t end. Singh
Coffee table books are designed to be visually appealing. But what do you say about a book that’s packed with design, people and products that are smashing in their visual appeal? In this case, you say it’s a book about the life, times and work of Suneet Varma, and no middle name needed. Spectacular is the designer’s middle name. That’s the title of the 290-page, eponymously named book that journalist Nishat Fatima wrote up on Varma along with interviews with people from the fashion world, explanatory quotes from the designer and brilliant photographs of the even-more-brilliant creations designed by Varma over the 25 years that he’s spent weaving gossamer dreams out of thread and ideas. For Varma—who has studied Design, Romanticism and Costume History in London, taught courses on Illustration in Delhi, developed embroideries and textile products for the Metropolitan Museum in New York, worked with YSL and Nicole Farhi overseas, and collaborated with BMW, Judith Leiber and Moet & Chandon—life is without boundaries, it’s about limitless potential. No wonder, he says the book is “for everyone who has dared to dream and follow their inspiration”. That’s the only path he knows, the only path he follows.

“I love to draw and paint and I marvel at the way some illustrators are able to render incredible imagery with a single stroke of the brush. Antonio Lopez was one of the greatest fashion illustrators of all time. His book, Tales of a Thousand and One Nights, became the inspiration for my collection The Pirates of Couture, that recreated a magical world of storytelling.”

“Beautiful patterns and embellishments have adorned many civilizations throughout history. Rich, intricate traditional motifs and embroideries in the regal costumes of the Mughal era, ornate thread embroideries during the Renaissance and Baroque ages, to the more modern textures reinvented season after season for the love of couture.”

“Apparently we dream in black and white but I am convinced that I dream in colour. I am colour to express or communicate my ideas and will go to any length to find the exact shade that will make all the difference. A swath of pink can be coral, fuschia, salmon or magenta. Red can be rose, vermilion, or the raging red of pyar! Hearts may be vibrant and bright, or soft and demure that dance in light and shadow.”

“I believe Fashion is the politest way of speaking about sex. But I like the subtle, unspoken word—left to the imagination of the wearer. The sensuality in my clothing comes through the use of sheer and lucid fabrics, the deliberate placement of the embellishments, the drape and the unexpected details and what they conceal or reveal.”

Essential Car Accessories Combo
- Item Code: 856
- Shipping: ₹ 199 extra
- ₹ 2299
- Offer Price: ₹ 1199
- Capacity: 80 Kgs
- Modern design
- Fabric seat and padded back for extra comfort
- Portable and convenient
- Very simple to open and hold away

Comfort Quest USA 5 in 1 Sofa Cum Bed
- Item Code: 857
- Shipping: ₹ 500 extra
- ₹ 9995
- Offer Price: ₹ 3995
- Great for Indoor and Outdoor Use
- 5 in 1 Sofa Bed can be used as Sofa, Lounger, Rocker, Queen Sized Bed, Children’s High Rise Sleeper
- Includes: 1 Sofa Bed, 1 Electric Pump, 1 Travel Bag

Exclusive Jewel Combo
- Item Code: 1114
- Shipping: ₹ 199 extra
- ₹ 2399
- Offer Price: ₹ 999
- Cotton and Pearl Pearla Beads
- Designer Silver Plated Jewel Set
- Coated and Pearl Pearla Beads

Jumbo Folding Chair with Cup Holder
- Item Code: 732
- Shipping: ₹ 299 extra
- ₹ 1995
- Offer Price: ₹ 999
- Capacity: 80 Kgs
- Modern design
- Fabric seat and padded back for extra comfort
- Portable and convenient
- Very simple to open and hold away

Motorola T-5720 8 Kms Walkie Talkie
- Item Code: 652
- Shipping: ₹ 199 extra
- ₹ 7995
- Offer Price: ₹ 3995
- 13 audible call tones, talk confirmation tone
- 22 channels, 38 picture codes
- Display: Backlit LED
- Security: Keypad lock
- Requires 3 AA batteries (not included)

21 in 1 Ladies Watch
- Item Code: 471
- Shipping: ₹ 150 extra
- ₹ 1500
- Offer Price: ₹ 575
- Watch with interchangeable straps
- Exclusive gift item

PHOTOS AND PHRASE BY UMESH TUD awareness campaign.

Sunday Deal!
Country for Old Men, in Black & White

Academia filmmaker Satyabha Sabudha’s latest film, Sala Budha, is a tribute to senior citizens.

By Kamal Ramachandran

Sala Budha is a story of a 65-year-old man in Odisha who manages to bask in the warm glow of a kind Odisha Chief Minister. It is a social drama that explores life, love, familial relationships, and society. It is a portrayal of rural Odisha’s daily life, values, ethics, and sincerity. It is a celebration of the period film. The film is based on a 100-year-old story depicting life in rural Odisha. The film has been shot in sync sound, with sound playing a vital role in the film. You can’t even dare to have your clothes off while shooting. You have to understand that I am a trained actor. You don’t do your job well, you are immediately thrown out of the industry. Both the industries are involved in the project. You have to understand that I am a trained actor. You don’t do your job well, you are immediately thrown out of the industry. Both the industries are involved in the project.

The film features a 100-year-old Odishan man, played by veteran actor Mohapatra. The film has been shot in a village in the Sambalpur region of Odisha, giving a reflection of the daily life of people there. The film is a poetic story of nature, especially rains, playing a significant role in the film. The post-shoot at Mumbai took just 30 days to shoot the film.

The post-shoot at Mumbai took just 30 days to shoot the film. The film has been very successful both in Odisha and laboratories. Both the industries are involved in the project. You have to understand that I am a trained actor. You don’t do your job well, you are immediately thrown out of the industry. Both the industries are involved in the project. You have to understand that I am a trained actor. You don’t do your job well, you are immediately thrown out of the industry. Both the industries are involved in the project.

The film features a 100-year-old Odishan man, played by veteran actor Mohapatra. The film has been shot in a village in the Sambalpur region of Odisha, giving a reflection of the daily life of people there. The film is a poetic story of nature, especially rains, playing a significant role in the film. The post-shoot at Mumbai took just 30 days to shoot the film. The film has been very successful both in Odisha and laboratories. Both the industries are involved in the project.

One in every five persons will be over 65 by 2035. It is not just an Indian phenomenon, but the older generation could also be the light-house for poverty

It’s a tale of the nation that is moving from TV anchoring to films. It was made for Madhubala, a TV show, but began her career with Satyabha Sabudha of Sala Budha fame. She is a well-known actress in Kannada and Tamil films. Madhubala is now busy with Poppy and Happy Journey (Telugu).

Music is an integral part of the film. The music composer has done a great job. The themes of the film get across the message. The entire film is a social drama that explores life, love, familial relationships, and society. It is a celebration of the period film.