

Entertainment & Promotional Features

IN THE WORLD OF COLOURS...



Anshuman & Neeraj



Darshana Bhattacharya



Bhupendra Kumar

Photographs and paintings of various artists were displayed during the two-day, Awadh Painting and Photography Exhibition held at a city mall recently. The exhibition was organised by Women of Wisdom (WoW) along with the mall.

A large number of Lucknowites turned up to had a glimpse of the photographs of Awadh monument and culture and a range of social issue based paintings. On the occasion a drawing competition was also held in which Noor Fatima emerged as the winner. Aman Gupta stood second while third position was secured by Aditi Singh. Priyanka and Mannat were given consolation prizes. In the photography competition winners were Deepak Gupta, Neeraj Kuma and Jigyasa Rai.

Pragya Maura was the judge for painting competition while Ajaish Jaiswal judged the photography competition. Jaiswal also displayed his Asifi Imambara themed photographs which were appreciated by all. Manager of the mall, Rahul Pandey thanked the participants and the guests for turning up in such a large number. Amit Avtar conducted the event.

Since the occasion coincided with World Health Day, those present were made aware about the healthy living and they pledged to adopt healthy practices.



Khushboo Rajvanshi



Sangeeta & Ajaish Jaiswal



Amit Avtar



Vinita Pal



Divyambari Saxena



Aparna, Dr Pravesh, Kaushiki



Anjali Pandeya

AROUND TOWN

FURNITURE EXPO OPENS TODAY



For home-furnishing needs, four-day Furniture & Home Décor Expo-2019 Lucknow is coming up at Indira Gandhi Pratishan from Friday. It exhibits modern and contemporary designer furniture, space saving furniture, customized furniture, catering exclusively to architects, designers, trade professionals and discerning customers in response to

rapidly changing interior design demands and home decor tastes. The organizers tells that the show provides an array of furniture and furnishings, glass paintings, decorative items, art and handicrafts, office furniture, artifacts, rugs and carpets, massage chairs and garden furniture. The expo is open for public from 10 am to 8:30 pm.

WATCH OUT!

Titan has announced an offer this auspicious season of prosperity under the Nebula range of solid Gold watches. Available in 18k and 22k solid gold, these watches are blend of the rich heritage of Indian jewelry making and the fine craftsmanship. The watches are available in plain gold as well as adorned with pearls, diamonds, rubies and other precious stones. The highlights for this season



include the filigree, precious stones, calligraphy, nazakat (kundan polki) and Ashoka Maurya collections. It is offering up to 20% off that will continue till May 12.

COOL RANGE LAUNCHED

Usha International strengthened its home appliances product range with the launch of new air coolers that includes Striker and Buddy range. The Striker range comes in a tall design ensuring direct cooling at the seated level, honeycomb cooling pads and is equipped with larger water tanks of 100 liters and 70 liters

capacity. Buddy comes with a light-weight foldable trolley with castor wheels for easy mobility besides providing cooling at the right height. It has 45 liters water tank. It's priced at Rs 14,990 and Rs 8,990 respectively. These air coolers are available at all leading stores across India with a 1-year onsite warranty.

The power games

Differences in salaries, popularity, social image, educational qualification and class structures can turn your sweet romance sour

Ahana Datta Chaudhury

Nobody wants to be in a toxic relationship. For a healthy and fulfilling relationship, it's essential that both the partners should be in balance control of it. They should be able to contribute and share their thoughts, opinions, and feelings equally and without any fear. But mostly, apart from individual differences like financial capacity, popularity, looks, social status, etc., one of the major causes of power imbalance is the existence of societal structures or what we call societal expectations and sanctions, on the basis of gender. Also, due to patriarchy, the politics of power play has always been tilted positively towards men.

Eeshani Chakraverty, psychotherapist, says, "Power imbalance has been ingrained in our society for ages. In fact, it is present in most relationships. It's coming to the forefront now, only because there is a stir in the way power is

perceived. With the slow movement of men and women towards equality, the power structure is being challenged; erstwhile normative narratives are being questioned. Of course, this is only true of urban spaces. In rural areas, there is still a wide power gap."

FINANCIAL SITUATION

It is widely believed that money is always a huge factor in deciding power in all kinds of relationships. If that were as simple, the financial independence of women should have actually lessened the existing imbalance. Sadly, the reality has a twisted picture. This often does not happen if the societal structures governed by patriarchy and stereotypical roles are not addressed. "It is true that financial empowerment has made the relationships more equal. Yet in many ways, it has caused risks and complications. If the partner earns more, there are chances of more ego clashes," says Dr Harish Shetty, psychiatrist.

WHAT CAN PARTNERS DO?

EESHANI CHAKRAVERTY, PSYCHOTHERAPIST:

Power imbalance of any sort needs to be seriously worked upon by both people. Couples need to develop an open channel of communication and be honest and clear about their roles and expectations. Besides this, they also need to feel safe

enough to express their vulnerabilities to each other and be able to initiate a dialogue regarding their insecurities.

DR HARISH SHETTY, PSYCHOTHERAPIST:

Making time for each other and listening to your partner's problems and coming to a mutual solution must be the aim. Couples must also accept that life is not a bed of roses and ups and downs are normal.

SOCIAL LIFE

Insecurity can also crop up due to popularity and physical appearance. Good looks or a better social life can add to the insecurities and take a toll on relationships. If two people, who come from different castes, are in a relationship, there are chances of power play due to the societal positioning of caste and hegemony.

RELIGION AND CASTE

Religious, political values and beliefs are also

Combination of ELSS and SIP- A fantastic investing experience

PHOTO: HTCS

By combining the power of ELSS and convenience of SIP investors are assured of getting a fantastic investing experience.

March is that time of the financial year when almost everybody is in a hurry to do tax-saving investments, while earning income is a monthly event for most, tax-saving has become an annual exercise. A simple, easy and convenient way to break this pattern is to combine tax-saving and wealth creation by doing regular SIP in ELSS, a diversified equity mutual fund scheme.

Investors' worth Rs 87,000 crore is already in ELSS schemes and in eleven months of FY19, investors have put in more than Rs 10,000 crore in ELSS category, indicating their clear preference.

Once you have registered your SIP in a good ELSS scheme, saving becomes automatic and it helps to benefit from 'rupee cost averaging'. When you invest a fixed amount periodically in the markets, over the long term, the average cost of your investment reduces and thereby, you make profits.

Experienced funds like ICICI Prudential Long Term Equity Fund (Tax Saving) use the three year lock-in period latitude to buy into, and stay invested in largecap leaders and less explored midcap companies for the long haul.



Atul Gupta & Saurabh Agarwal, Partners, AS Investcon, Lucknow

ICICI PRUDENTIAL LONG TERM EQUITY FUND'S IMPRESSIVE TRACK RECORD DURING MARKET DECLINES MAKES IT SUITABLE FOR THE INVESTORS

Its unconstrained multi-cap strategy provides long term, risk-adjusted returns that have beaten the benchmark since fund launch.

Using, rolling returns data for 3 year time period, 80% of times returns of ELSS category have been between

8% to 15% and Over 16% of times, returns have been in 15% - 20% bracket.

The in-built lock-in period of 3 years for each investment gives ELSS fund manager the flexibility to make strategic, long-term investments in a diversified portfolio. This eventually helps investors as the fund manager puts your money in prudently chosen stocks having potential of long-term capital appreciation and growth.

An SIP investment will benefit an investor over long term only and only when self-discipline is maintained and the investor learns to digest the inherent volatility in the equity markets and a goal based approach will help the investor in maintaining this approach.

HTC

Want to stay creative at your job? Be more receptive to feedback

To keep their creative juices flowing, employees should be receptive to criticism, a recent study has found.

Co-author of the study Yeun Joon Kim's previous professional experience inspired the thinking for his latest paper. "I hate hearing negative feedback—as most people do—and I wondered if it really improved my (creative) performance," said Kim.

What is important is where the criticism comes from. When creative professionals



(participants) received criticism from a boss or a peer, they tended to be less creative in their work. But upon getting negative feedback from an employee of lower rank, they became more creative. "Supervisors have a lot of influence in deciding

promotions or pay raises. So negative feedback from a boss might trigger career anxieties," Kim explained.

When we feel pressure from above or from our peers, we fixate on the stressful aspects of it and end up being less creative in our future work, reasons Kim. Consequently, bosses and co-workers need to be more careful when they offer negative feedback to peers. Recipients should also worry less when it comes to receiving criticism.

ANI

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HERE'S TO HEALTHY FASTING

Prerna Gauba Sibbal

Navratri is underway and a large number of devotees remain fast in this period due to spiritual reasons. It is also scientifically believed to be a fast observed to give rest to the gut. Experts believe it is good to fast during this week to let the liver rest and rejuvenate. However, it is important to do it right.

Nutritionists Anjali Hooda and Kavita Devgan tell us how one should fast right:

- Avoid typical snack items such as fried food and diet namkeens or chips, because they are packed and have high-calorie contents and high sodium.
- Go for anti-inflammatory foods such as yogurt, potato and fruits, as these don't disturb one's basal metabolic rate (BMR). Vegetables such as bottle gourd, squash, zucchini, and pumpkin are great to fill your stomach. You can also have fox nuts (makhana) or banana chaat.
- Buckwheat flour (kuttu ka atta) is a great source of protein and should be taken once a day. In summer, one can mix buckwheat with other grains (gluten-free) such as water chestnut flour (singhare ka atta).
- One should not stress the liver and let it rest. Hence, starch and sugar intake should be minimal.
- To hydrate, have lassi, buttermilk, coconut water or herbal teas.
- When peckish in between meals, have nuts such as almonds and walnuts, or seeds such as pumpkin, sunflower, as they are high in iron and magnesium.

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