

#AFTER-EFFECTS

## Stuck in Space

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Indian origin astronaut, Sunita Williams, has found herself in a predicament that only a handful of humans have experienced, she's 'stuck' in space. No, she's not literally stuck, her return is finally scheduled for February of next year. But in the nine months that Williams will spend in space, her body will have to undergo a series of changes that are both fascinating and concerning.

### Muscle and Bone Loss

In space, everything changes, especially when it comes to the human body. The lack of gravity aboard the International Space Station (ISS) means that Sunita's muscles and bones haven't been working as hard as they would on Earth. Without the constant pull of gravity, astronauts experience muscle atrophy and significant bone density loss, sometimes losing as much as 1% of bone mass per month. Upon her return, Sunita will likely undergo a rigorous rehabilitation program to help her regain strength and bone density.

### Radiation and the DNA Dilemma

Space is a hostile environment in more ways than one. The ISS offers some protection from cosmic radiation, but Sunita has still been exposed to levels much higher than on Earth. This radiation can damage DNA, increasing the risk of cancer and other health issues down the line. Her cells might show signs of molecular changes, and she will likely be under medical surveillance for years to monitor any long-term effects.

### The eyes have it

One of the lesser-known but more intriguing effects of long-term space travel is its impact on vision. Astronauts often suffer from what's known as *Spaceflight-Associated Neuro-ocular Syndrome* (SANS), a condition where fluid shifts in the body cause pressure on the optic nerve, leading to changes in eyesight. Sunita's vision might be temporarily impaired, requiring monitoring, and possibly, corrective measures when she's back on Earth.

### Fluid Shift and Swollen Head

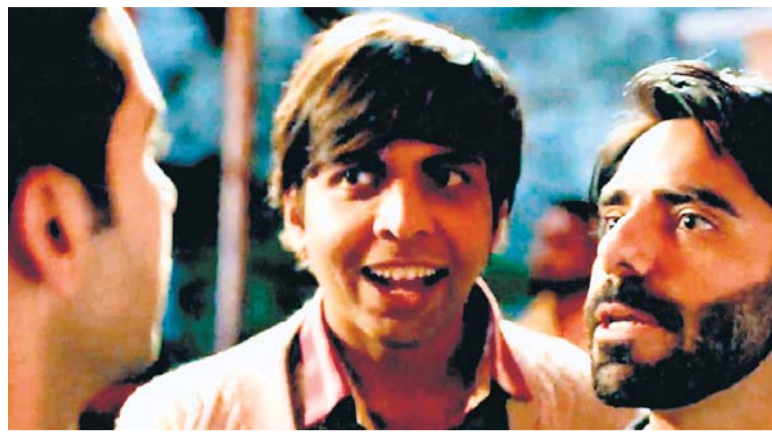
In the microgravity of space, fluids in the body redistribute, leading to what's often described as the 'puffy face and chicken legs,' a phenomenon where fluids like blood shift towards the upper body in the absence of hydrostatic pressure. This fluid shift also causes increased pressure on the brain, which can affect cognitive function and lead to headaches. Sunita will need time to readjust to Earth's gravity as these fluids return to their normal distribution. Fortunately, these fluid levels return to normal within three days of returning to Earth.

### What caused her delayed return?

Sunita Williams' return from the International Space Station (ISS) has been delayed due to issues with the Boeing Starliner spacecraft, which was initially planned to bring her back to Earth. Technical challenges with the Starliner's thrusters and other systems have caused NASA and Boeing to conduct additional reviews and tests to ensure the spacecraft's safety before it is cleared for the return journey. After many delays and considerations, NASA has confirmed that they plan to bring Williams back on the SpaceX Crew-9 mission, which is scheduled for February 2025. This would involve some adjustments, including launching Crew-9 with only two members instead of the usual four, to accommodate Williams and her fellow astronaut, Butch Wilmore.



Abhishek Banerjee with Pankaj Tripathi.



Abhishek Banerjee with Aparshakti Khurana.

# From Bad To Good And Now Spanking!

I will not say that the fear is not real. Of course, it is! Because you are always worried about things like am I saying something wrong, or am I crossing boundaries when I am talking to a senior from the industry. And also, you don't have any backing. So, you don't know where to fall back. I will come back to the class thing, the middle class. For example, I don't have any kind of family money to fall back on. This is the only space I can succeed or fail. So, there is no option for failure.



Shailaza Singh  
Published Author,  
Poet and a YouTuber

Abhishek Banerjee is probably one of those rare breed of celebrities, who are very prompt with their replies. A conversation with him is about living life king-size. His philosophy says to build a good life well-being. In fact, astronauts receive significant mental training to steel themselves for time in space. Many astronauts also indulge in regular social activities such as movie and game nights to ease their stress during this time.

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I saw the recording and I knew this was not good. But I worked on improving myself. Finally, I came to Kirori Mal College in Delhi.

where I joined the Theatre Group and trained for three years. It was here that I learned all the basics of acting. After that, I went to Mumbai.

You are an actor as well as a casting director too. Has the actor in you ever interfered with the casting director or vice versa?

As a casting director, it interferes when I'm acting, because if I'm not able to do a particular scene, then, I'm always going back to the basics of how I would direct an actor in the audition room. So, sometimes I tend to direct myself when I'm not getting the notes right. I have always been greedy to act. But when I was casting, I was very professional. And I like that about myself. If you give me any job, I'll forget about my selfish needs. I will first fulfill the job. Probably, this is because of my dad's defence background which made me a very disciplined kid. And I've seen him serve for the country selflessly. So, I think that culture any army kid or any paramilitary defence kid will have. We would like to do the job first, and then think about what we're getting.

But the road to acting is full of struggles. Isn't it? I think I have always told myself that I don't want to live in poverty and dream big. I always wanted to live my life first, and then chase my dreams. I wanted everything. I wanted a car. I wanted a good house. I wanted to wear good clothes. I wanted to go for foreign holidays. And I didn't want to wait till my acting career took off. Yes, in the last six years, I've been earning as an actor. But just think, if I hadn't been able to earn before I got success as an actor, I wouldn't have been able to travel abroad. I wouldn't have been able to see Europe. I would have not been able to see the world, interact with people or eat amazing food. And I, seriously, feel as children, who belong to middle-class families, it's our responsibility to fulfill our life first. I never wanted to be a burden on my parents. I never wanted to make them break their provident fund or investments. I hear stories like that. I didn't want to do that. So, I wanted to earn for myself, fend for myself, and then continue chasing my dream. Because I chose that dream, not them.

What happened with Dharma productions? When I first came to Mumbai, my friend, Anmol, and I got a big opportunity to cast for the movie *Agneepath*, starring Hrithik Roshan. But it didn't work out for us because we were new and weren't mature enough to cast a proper commercial film. We were doing indie films. Okay. So, we did not understand that for a film of that size and stature, we needed actors who have presence so that they don't get overshadowed by huge stars like Hrithik Roshan or

## #STREE STRIKES AGAIN



Abhishek Banerjee with his wife, mother and father.

Sanjay Dutt or Rishi Kapoor. Now, I understand that. When I did a film like *Veda*, I understood that it takes a lot to stand in front of John Abraham. So, yeah, that kind of maturity was not there.

Moreover, at the time, I went back to my native place, Kharagpur, because my dad called me for *Durga Puja*. And those days, my dad was more important than my job. So, we could not work well. And they fired us. But these kind of things happen all the time. Many people get fired from many jobs.

Didn't you feel depressed about such a setback in the very beginning of your career? Of course! Both of us cried like babies. I still remember Anmol and me, we went to meet Raj Kumar Gupta, the same very Amar Kaushik, who directed me in *Stree* and Gautam Kishan Chandani, who was our casting director, our boss. And we were crying. Anmol was crying. He was in tears. I was not in tears, but I was almost teary. We thought our career was done and now nobody is going to give us jobs, etc.

But they made us realize that we could not take things so casually, and we had to become more open-minded. After that debacle, the first movie, that really gave us the confidence that we could make it in this industry, was Akshay

Kumar's *Gabbar*, which was produced by Sanjay Leela Bhansali. Today, I am very proud that despite the fact that I had no idea how of how this industry works and making such mistakes, I have been able to manage a place in this industry. And we learned from our mistakes. And we managed a place in this industry. And this is the thing which I want to share with the youngsters. Because usually what happens is, I have seen a lot of youngsters who get bitter. I worked with Dharma again on movies like *Okay Jaanu*, *Kalank*, *Student of the Year 2*, very recent *Kill*, *Gyaara by Gyaara*. I even acted in Dharma's production, *Ajab Daastan*. I will not say that the fear is not real. Of course, it is! Because you are always worried about things like am I saying something wrong, or am I crossing boundaries when I am talking to a senior from the industry. And also, you don't have any backing. So, you don't know where to fall back. I will come back to the class thing, the middle class. For example, I don't have any kind of family money to fall back on. This is the only space I can succeed or fail. So, there is no option for failure.

So, you have to guard yourself constantly? Yeah, of course, I have to. And I have to also be very confident that I am here to do this. And I can do it. For me, both my movies, *Veda*

and *Stree 2*, releasing on the same day is a big message for all the outsiders that there is a lot of hope, only if you have the strength to survive. To face rejections and to fight on, to move on.

How did *Stree* and *Jana* happen? So, during my struggle days, I was not getting any opportunity as an actor. Amar Kaushik was the Associate Director to Raj Kumar Gupta. And I was the associate Casting Director to Gautam Kishan Chandani. Okay. And Gautam sir and Raj sir are very good friends. And they used to always work together. And invariably, even I used to work with them. So, now, I used to give cues, hoping that one day, Raj sir would give me a role. But that never happened. And Amar Kaushik, somehow, saw the potential in me, always. We became friends. After some time, we did Devashish Makhija's film *Ajji*. Amar saw it and loved my work. And then, a few years down the line, he made this short film called *Abba*, which won the Berlin Best Film in the finale. And I saw that film and I was blown away. I could not believe a guy who dances to *Goindaa* songs, remembers dialogues of *Kader Khan*, making a film so fine and so refined like *Abba*. So, I complimented him on the movie but that was that, at the time. Later on, I worked with him on *No One Killed Jessica* and *Go Goa Gone*, all small roles. And then, I got to

## Self-Improvement Month

Did you know that September shines as *Self-Improvement Month*? This special month is not just a time to boost your health, broaden your mind, and enrich your life. It's a perfect time to step back, evaluate your personal goals, and, with this month's support, take steps towards becoming your best self. Celebrated every September, *Self-Improvement Month* is a call to action for personal growth and learning. It's a chance to focus on enhancing your physical fitness, mental sharpness, and emotional well-being.



## PART:3



know that he's making *Stree*. I immediately called him up. He asked me to audition for *Jana*, a cute and innocent character. The problem was I'm just not like *Jana* in real life. I'm very street-smart and a go-getter, completely antithesis of *Jana*. So, I told him that, no, I don't want to do this cowardly character. I want to do *Bittu*. He's more like me. And he said, no, no, no, we are considering Aparshakti Khurana for that. So, I just went ahead and gave the audition for *Jana*. And the minute I gave it, I knew this is me. Now, as a growing up Abhishek, I'm unlike *Jana*. But when I was a boy called *Gola* (my Bengali nickname), I was exactly like *Jana*. I was a scared kid, mama's boy. So yes, I could play *Jana* with ease when I channeled my inner child.

According to you, do girls have more reason to become *Stree* or the boys *Sarkata* in today's world? Oh, no, no. The women have more reason to become *stree*. Because *stree* is power. And I think that's what we've always talked about in the film. That women can do anything.

Are you somebody who believes in ghosts? I believe in energies.

So, did you have any experiences while shooting? One night, I and Rajkumar were sitting and eating food in Chandanoo Chur. It had gone back. It was late at night. Suddenly, we heard a noise. I immediately grabbed a stick that was lying nearby. And Rajkumar was very scared. And we, both, were discussing what to do. The noise was getting louder. It sounded as if someone was heavily panting. And I was like, really, getting scared. Because we were alone in that hotel. It was not a 5-star. It was just a guest house. There was no security nothing. We kept contemplating for a while. We started following the noise. And the panting kept increasing. And it was like, really, growing louder and louder. And finally, we gathered some courage, and we peeped from the wall of the guest house. And we just saw a huge monkey coughing. The monkey was looking at us. We are looking at the monkey. The monkey just showed us some teeth. And he just ran off. He climbed the tree and started coughing there. I have never seen a monkey with a bad cold. Poor guy!

Now, how has your life changed after *Stree 2*? I am getting on the sets and suddenly, I am getting some lead role offers. Which is great. I have been waiting for that. A lot of people have called. People, now, know me on the road. It feels great. Famous is one thing. And to be loved for your craft is another thing. So, when you have both, that's an amazing space to be in.

So, which set are you back in? It is a new movie called *Hisab*, directed by Vipul Shah.

Concluded.

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Abhishek Banerjee.

## #J'ADORE

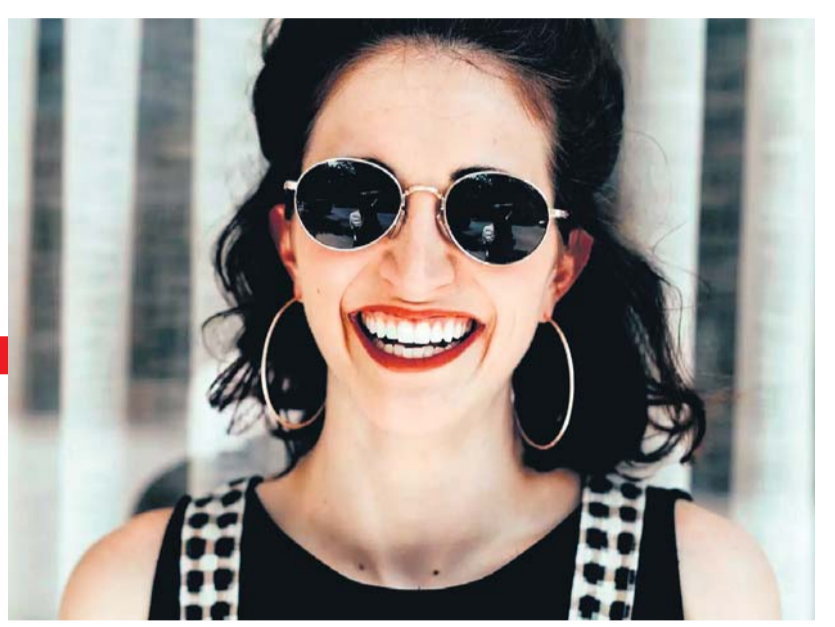
# Trending Earring Styles

Whether you prefer hoops, dangles or studs, there's a wide array of earring types to suit your style.

From trendy earring styles to everyday jewellery staples like classic diamond studs, no look is complete without the perfect pair of earrings. Whether you prefer hoops, dangles or studs, there's a wide array of earring types to suit your style and help you look put together, no matter what you're wearing. Read on to learn more about the most popular earring trends for the season.

### Hoop Earrings

Hoop earrings are a favourite trend that evolves from year to year. Sleek gold and silver styles in every size continue to be popular for everyday wear, while hoops, embellished with diamonds, take your ensemble up a notch. You can even double up your hoops, mixing various sizes and textures to create a unique and fashion-forward look.



### Modern Pearl Earrings



Who doesn't appreciate the timeless beauty and elegance of pearls? We are especially fond of the modern updates being incorporated into pearl earring designs. From unique shapes and colours to interesting accents and metalwork, modern pearl earrings are a trend that should be embraced all year long.

### Mismatched Earrings



The mismatched earring trend is still going strong in 2024. While we love this trend for its unexpectedness and playfulness, we understand that it may not be the most practical trend to try for everyone. For this reason, we are really loving the versatility of these convertible earring styles.

### Celestial Earrings



Many people find themselves drawn to celestial jewellery, whether for its whimsical, playful charm, or its seeming connection to the universe and the great beyond. Moons and stars are among the most popular symbols in celestial jewellery designs and transition seamlessly from season to season.

### Colourful Statement Earrings

Give your spring or summer ensemble a shot of life with a pop of colour on your ears. Pinks, blues, greens and more will be a welcome sight as the weather turns warmer.

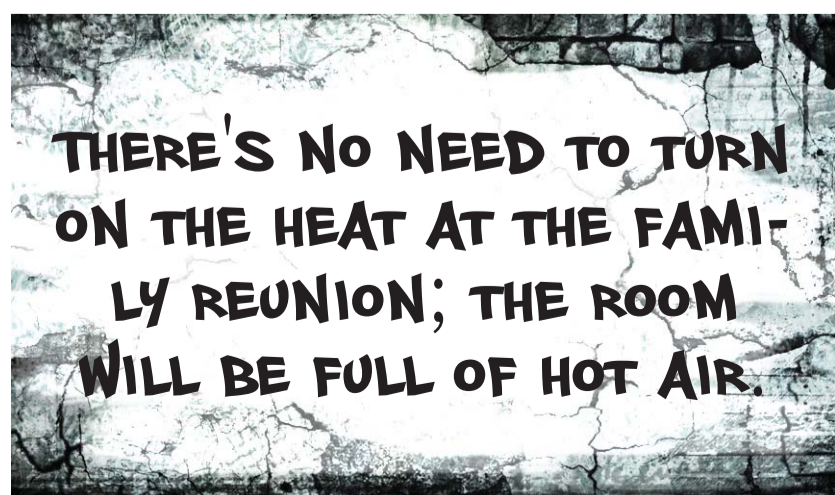


### Sculptural Earrings

The popularity of metal jewellery with sculptural silhouettes is expected to soar in summer. Earrings featuring geometric shapes are unique and sophisticated, and are sure to be an outfit-maker, if not a conversation starter!



## THE WALL



## BABY BLUES



By Rick Kirkman & Jerry Scott

## ZITS



By Jerry Scott & Jim Borgman