



Web Designer Day

Do you know there's a special day just for those magic makers behind the screens? Celebrated every May 31st, this day shines a light on the creative geniuses, who make the internet a visually stunning and user-friendly place. So, why do we tip our hats to these unsung heroes of the digital world? For starters, imagine the internet without them. It's like a day without sunshine, right? Web designers craft the websites we visit every day, pouring their creativity and skill into ensuring that these sites look good and work smoothly, too.

#SUMMER FRUIT

Are You Also A Lychee Lover?

Sweet, juicy, and full of fibre, lychee is a summer fruit that nobody can resist. Here's how much lychee you should eat in a day. Know benefits and best time to eat.



If there is any summer fruit that can compete with mango's heavenly taste, it's lychee. Many of us have childhood memories of sitting together with cousins and enjoying the wonderful taste while juice dripped off the forearms. The small and juicy fruit is an ideal snack for scorching hot days as it can replenish energy levels and boost mood. Lychee or litchi fruit is particularly high in Vitamin C, potassium, copper, magnesium, folate and other wonderful nutrients.

Lychee is sweet, juicy, and has an incredible taste. With high water content and fibre, lychee can work wonders for constipation and help regulate bowel movement. Compelling reasons to make lychee a part of your summer diet are,

Hydration boost

Lychee has a high water content, making it an excellent choice for hydration. During the hot summer months, staying hydrated is crucial, and consuming lychee can help replenish fluids, keeping you cool and refreshed.

Rich in Vitamin C

A single serving of lychee provides more than 100% of your daily requirement of vitamin C. This powerful antioxidant is essential for immune function, skin health, and collagen formation. Vitamin C also helps in protecting the body against free radicals and aids in the absorption of iron.

Digestive health

Lychee contains a good amount of dietary fibre, which promotes healthy digestion. Regular consumption can help prevent constipation and ensure smooth bowel movements, which is, particularly, important when our digestive systems are more prone to sluggishness in the heat.

How many lychee you can have to avoid weight gain?

To reap the benefits of lychee while maintaining a healthy weight, it is recommended to consume 10-12 lychees per day. This quantity provides essential nutrients without an excessive intake of sugars and calories.

Best time to eat lychee

The ideal time to enjoy lychee is in the morning or as a mid-morning snack. Eating lychee on an empty stomach can maximize nutrient absorption. Additionally, having it as a snack between breakfast and lunch can keep energy levels up and prevent unhealthy snacking.



Energy boost

Lychee is a natural energy booster due to its high carbohydrate content, including natural sugars like fructose and sucrose. These sugars provide a quick energy release, making lychee an ideal snack to keep fatigue at bay during long, hot days.

Anti-inflammatory

Lychee is rich in polyphenols and other antioxidants that possess anti-inflammatory properties. These compounds can help reduce inflammation in the body, potentially lowering the risk of chronic diseases such as heart disease and cancer.

Weight management

For those mindful of their weight, lychee can be a great addition to the diet. It is low in calories and fat, and its fiber content helps promote satiety, reducing overall food intake. A moderate serving of lychee can satisfy your sweet cravings without contributing to weight gain.

Skin health

The rich vitamin C and antioxidant content in lychee can help maintain healthy skin. These nutrients combat oxidative stress, which can lead to premature ageing, and support the production of collagen, keeping your skin firm and youthful.

I got a call for audition for this character of 'Ustaad ji.' So, my first few questions are who is the character, what is the age, where is the character from, what kind of language does the character speak, what does he do, is he grey or positive or negative. So, if you know all these things about the character, you get a framework in your mind. I, like most actors, am a very acute observer of people. When I go out and talk to people, I am always noticing the little nuances about people, like the way they speak, their pauses, their hold with their language, their listening power and patience, how they walk, how they eat.



Indresh Malik with his wife and sons.



Indresh Malik with Sanjay Leela Bhansali.

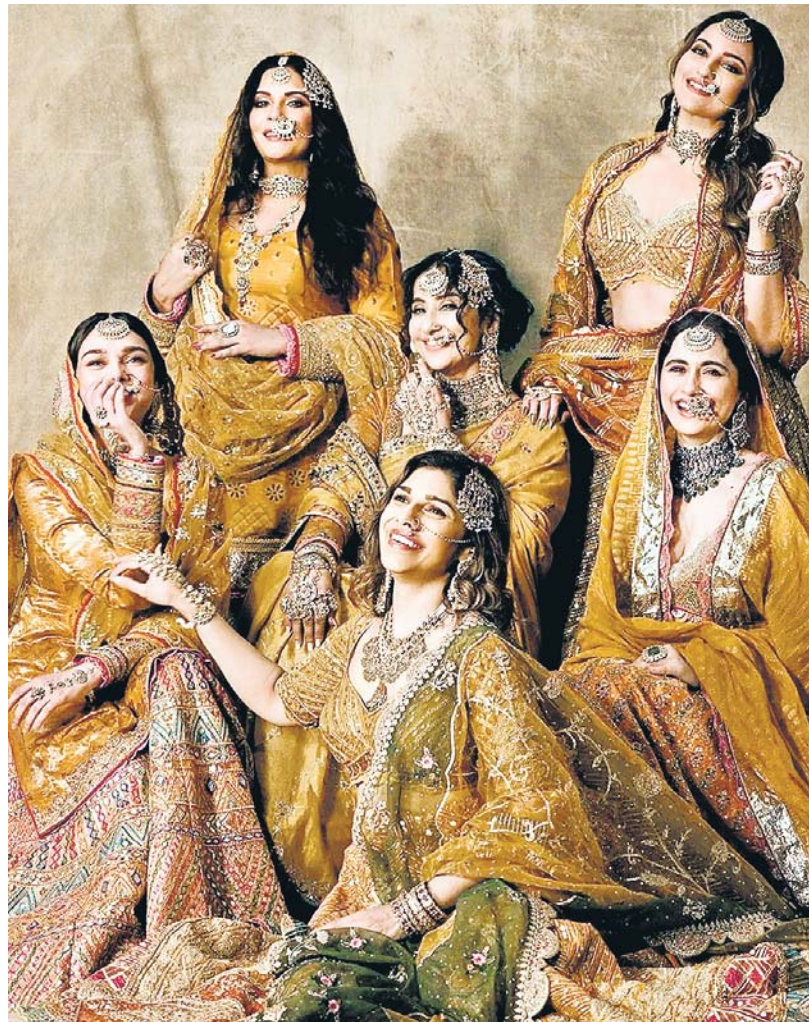
Ustadji Of Heeramandi



Indresh Malik with Farida Jalal.



Indresh Malik with Sanjay Leela Bhansali.



Manisha Koirala, Sanjeeda Sheikh, Aditi Rao, Sonakshi Sinha, Sharmin Segal as courtesans in Sanjay Leela Bhansali's Heeramandi.

How do you get into a psyche of a character? Tell us about your character 'Ustaad ji.'

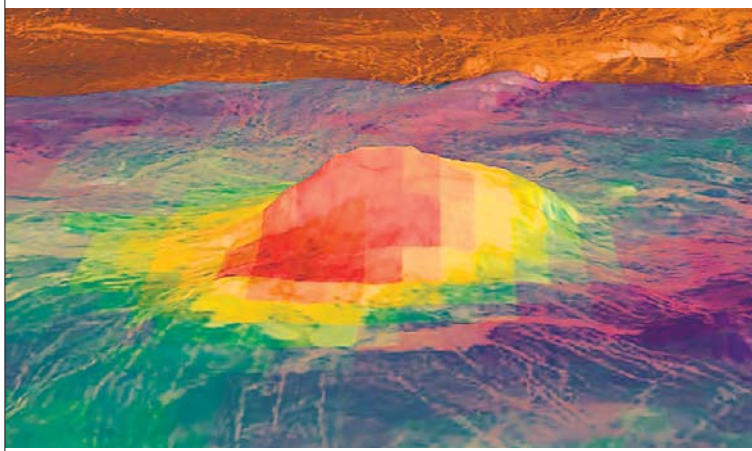
Half of the work is done if you are given the right briefing. I got a call for audition for this character of 'Ustaad ji.' So, my first few questions are who is the character, what is the age, where is the character from, what kind of language does the character speak, what does he do, is he grey or positive or negative. So, if you know all these things about the character, you get a framework in your mind. I, like most actors, am a very acute observer of people. When I go out and talk to people, I am always noticing the little nuances about people, like the way they speak, their pauses, their hold with their language, their listening power and patience, how they walk, how they eat. There was a time I used to stare at strangers. I remember during the wedding season in Delhi, where the newly wedded couples used to come to the Gurudwara to pray. I used to keep watching these couples. My folks used to scold me for staring. It was like even if someone is crying, instead of pacifying the person, I would be observing how this particular person was crying. My friends used to admonish me and even tell me that I would get beaten up someday for staring like this.

For my role as Ustaad ji in Heeramandi, I already knew Urdu since my father and mother's family had migrated from Lahore and Rawalpindi in Pakistan. So, I was well-versed with the pronunciations and the little nuances of the language. My grandmother was a retired principal, who had worked in Lahore. Playing Ustaad ji was interesting because it was a multilayered character and not just a LGBTQ+ character. Though, he had shades of grey and was a convincing person, but he also had a warm, human side to him. He had, probably, faced a lot of physical and mental exploitation because of which he had a very vengeful attitude. In the world, nobody one gets everything as they say 'Kissi ko mukam milta jahan nahin milta.' So, the poor soul is searching for his mukamal jahan!

#SPACE

Venus might have active volcanoes

Present-day volcanism on Venus is rather widespread

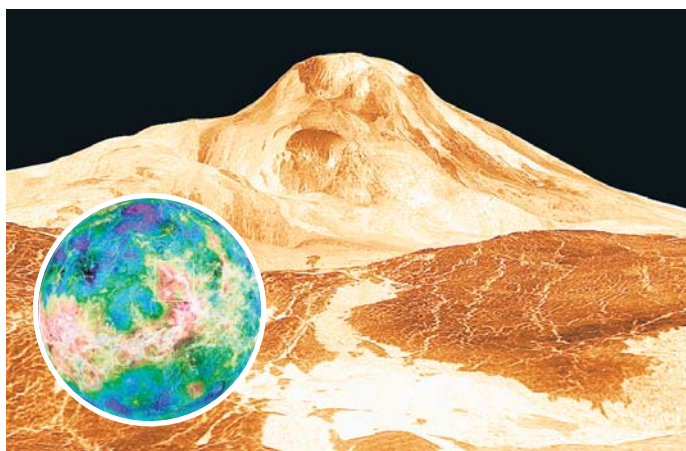


The surface of Venus is littered with thousands of volcanoes, some of which may still be active until today. A fresh look at 30-year-old radar images, captured by the Magellan spacecraft, revealed that new lava flows on Venus, suggesting that the planet was volcanically active between 1990 and 1992.

NASA's Magellan mission arrived at Venus in 1990 and became the first spacecraft to image the entire surface of the planet before plunging into the Venusian atmosphere on October 12, 1994. Since its dramatic ending, no other spacecraft has been dedicated to exploring Venus. Although, the radar images captured by Magellan are more than three decades old, scientists have developed new instruments to probe at the data and weave new discoveries about the hellish planet.

Thirty-two year old Davide Sulcanese, a graduate student at the Universita d'Annunzio in Italy and lead author of a new paper on Venus' volcanism, jokes that the radar images examined by him and his team are of his exact age. "This is very old data but with the new technology, we can still make it very useful even for new discoveries," Sulcanese told Gizmodo. The team poured over two sets of Magellan radar data obtained in 1990 and 1992 to look for evidence of volcanic activity. In the images, team members found surface changes in two areas, the western flank of Sif Mons, a volcano on Venus, and in western Niobe Planitia, a large volcanic lowland province on the planet.

"That was the first indication of recent volcanic activity on Venus, but now scientists can better understand the scale of Venus' volcanism. Our findings allowed us to estimate the flow rate, and it turned out that Venus is actually much more active than expected and the level of activity is comparable, or similar, to Earth," Sulcanese said. "It's a volcanic world, so it's a very hostile environment, at least to us. I hope not, but maybe, this is something that will happen to Earth."



#INDRESH MALIK

How did you venture into acting?

I was born in Ludhiana, Punjab. My mother is from Delhi. My forefathers were from Rawalpindi and Lahore and migrated to India after the partition. I spent my childhood in Delhi and then later studied in Kirori Mal College, Delhi, where I also trained in theatre under Kewal Arora and Ebrahim Alkazi. I got married when I was about 20 years. My wife is a businesswoman. My parents decided to get me married early because I used to often be featured in newspapers for my portrayal of various characters in plays in college. Though, they were happy about my success in theatre but they didn't want me to get into acting. My father was a very successful businessman, so, we had no dearth of money. Now when I think of it, they probably were right in their own way. They probably thought I didn't have the required height or the body and acting was such an unsure field at the time. So, one fine day, I was introduced to this girl, who was a family friend, and we got married. Though after marriage, I did not actively pursue theatre but still I was passionate about it. So, in those years, I found different ways to remain involved with theatre. For example, I used to sponsor my college plays. My father had multiple business ventures in the 90s like iron and

steel, international call centres. We also used to deal in computer parts. But I didn't have any interest in these businesses, though, I used to help my father in his business but only half-heartedly. I used to find excuses to stay away from business and used to spend my time doing theatre. Looking back, I really don't think I had that 'business acumen.' A lot of losses in the business happened because of me. People used to cheat me or run away with my money. My business would fail. Then, I used to go to my father and he used to start another venture for me. He was adamant that he would make me a very successful businessman. My wife, Leena Malik, on the other hand, has been a very successful businesswoman. She used to work in her father's firm, which used to export leather to Russia and Europe. After marriage, I became a dad in a year and got involved with my child. Slowly, my business also started booming. However, I didn't have that shrewdness that is required of

a businessman. My heart was always elsewhere. Then, I found another outlet for my creativity. I started designing clothes and got my first order from the well-known designer Rohit Bal. Though, I didn't have any formal education in design but from my childhood, I have loved playing with fabrics and designs because I have a knack with them. After my father's passing, my wife and my brother helmed the business. My wife encouraged me to pursue my passion. Though, I call her Simran after marriage, it was she, who said the famous dialogue from DDLJ, "Ja Simran ja, jele apni zindagi!"

In 2012, I got a call from my collegemates, Seema and Sudhir, who were heading a company called Sunshine Productions. They told me that they wanted me to do a role, which would just require five-six days of shooting in Delhi for a series called Karol Bagh. Since it was in Delhi, I agreed. But then, my character was liked so much by the viewers

that my role lasted for about two years, and I got nominated and even won many awards for it. Then, I bagged another daily soap, which required me to shoot in Mumbai. So, for about 1.5 years, I used to travel from Delhi to Mumbai almost every day, and shoot both these serials simultaneously.

With time, I got more assignments and I had to shift my base to Mumbai. But my entire family, including my mother, my brother and his wife, weren't very happy about it because they felt that I was leaving an established business. It was difficult for me too because I come from a joint family and by then, I had already my second son and I, too, wasn't happy about leaving my entire family back in Delhi. It was almost like uprooting my entire existence from Delhi to Mumbai. The only consolation was that I didn't have to struggle in showbiz as I was already a 'household' name because of my serials. When I came to Mumbai, the rickshaw also didn't take any money from me because he was a follower of my serial. Soon, I got more work and within a year, I got my wife and children here in Mumbai.

What do you like doing in your free time?

I like writing poetry. I talk to fruits and vegetables. I like gardening. I love delving in astrology.

Is playing such complex characters emotionally taxing?

Yes. I am a very happy-go-lucky person. But let's say I go for work and I am asked to do a scene, where I have to cry my heart out. So, I have to force my mind to come to that level. In the series, I had a scene with Sonakshi Sinha where I had to cry, and it so happened that even

after the director, Sanjay Leela Bhansali, said 'cut' and the shot was over, I still kept crying. The director hugged me and even gave me 500 rupees note as a token of appreciation. But my crying didn't stop even then. It was almost like I had gone to someplace else in that state.

What's the best piece of advice that you have been given ever?

My father used to always tell me not keep an elephant because if I lose the elephant, I would lose everything but to keep many small goats because even if I lose a couple of goats, I would still have the remaining goats with me. Basically, he wanted to say that make small investments instead of putting everything on one investment. Why are more and more men playing

female characters or third gender? Is it a sign of growing empathy towards women? I think it is just a trend. Why would women need empathy? I think women are more powerful than men. I don't understand why people forget that because every man is born from a woman in the first place.

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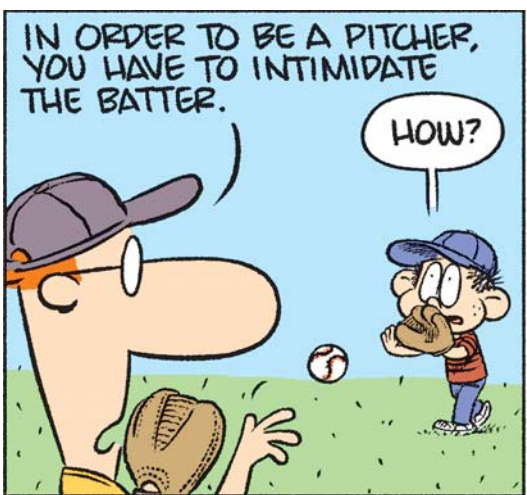
Indresh Malik with Sonakshi Sinha.

By Rick Kirkman & Jerry Scott

ZITS



BABY BLUES



THE WALL

