

## #J'ADORE

### Twist Me Pretty

Predictable is the last word we can use to describe the upcoming summer days, but if there's anything you can count on when the temp hits 50, it's the best ponytail hairstyles.



#### Bubble Ponytails

By adding a few elastics down the length of your ponytail and pulling on each side of the hair until it forms a 'bubble' shape, you can make a basic ponytail more fun.

Summer weddings call for romantic but practical hairstyles, especially if you're getting married in a location that's known for being hot and humid. Updos are (unsurprisingly) among the most popular summer wedding hairstyles, but there are so many different ways to wear your hair up and that's not even your only option!

Ahead, get inspiration to style your hair into the high, low, and well-accessorized ponytails of your dreams. But be forewarned: you may never want to let your hair down again.

#### Accessories



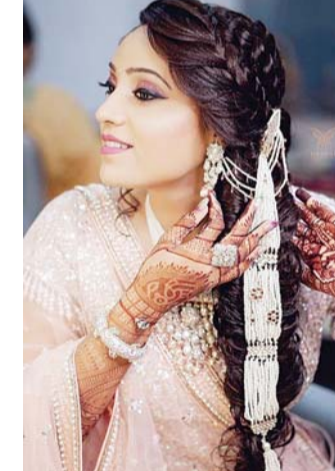
An easy way to jazz up a basic low or high ponytail is by adding barrettes, bows, scrunches, or scarves to coordinate with your carefully selected outfit. Pearl-encrusted accessories are particularly popular this summer.

#### Braided Ponytails



Add a few braids to your ponytail or braid your entire head to keep cool as temperatures climb. A braided ponytail will ensure as much as of your hair possibly stays off your neck this summer.

#### Designer Chains



The coolest way to repurpose an old necklace or chain belt in the braids by simply wrapping it around the base of a low pony.

#### Textured Ponytails

Place your ponytail at the centre of your head or the crown, to give your hair lift and keep cool. You can use a teasing comb to add volume to your crown or body to your ponytail. Try crimping or curling the length of your hair to add texture to your pony.



#### Snatched Ponytail

For a flirty look that will keep your hair out of your face, try a high ponytail on the crown or top of your head. Smooth out the top of your hair and pull it back tightly in a snatched pony, wearing the ends in curls or keep it straight. You can wrap the base in a strip of your hair from the underside of your ponytail and secure with a bobby pin to make it look even more chic.

-Shruti Kothari

Another lap of 250 metres sends funny sensation to Sanjay's jawline. He realises he can't carry on any more. He decides to return and rest for the day. After all, the last few days have been very hectic when he had to do the running around for setting up of new equipment providing a battery of new blood tests. The application engineer, who is here from Delhi, can always wait. A few auto rickshaws are plying on the road outside. Should he call them and go to the SMS emergency? After all it is the largest public hospital of the area. He is not sure whether he will find somebody known to him there. Most of his batch mates have already travelled far and wide, and settled in other cities. Recalling his own residency days, he fears the ER (emergency) may not be well-equipped.



Dr Rajeev Bagarhatta  
Cardiologist

Looking through the rear mirror, Sanjay reverses his Maruti to the right side and deftly manoeuvres it in the last slot available at the parking of the Central Park. As he pulls out the ignition keys, everything gets quiet. The nip in the fresh morning air sweeps his lethargy away, clearing the smell of petrol fumes spewing from his car. His car is long overdue for its service.

Getting onto the winding way, he tries to step beyond the inertia of first few hundred metres after which, his body would naturally fall into the well-customised groove. Though it is almost a fortnight that he has returned to his favourite track.

The compulsions of his private practice are eating into the exuberance which he has been known for. Working hard to attract increasing number of patients to his clinic, then squeezing time to attend to all of them, solving the nitty-gritty of his double-storey clinic in the congested by-lanes of the walled city, and then attending to late night parties with the fellow private doctors left him exhausted by the end of the day. He knew he can draw upon the reserves of his active sporting life of his medical college days.

The freshly painted milepost with 250 metre mark has just passed by as he is consumed by the perfumes of the park which usually prepare him for the fumes of the coming day. But today he is both-ered by an unpleasant salivation building up from his food pipe

## If only... Lessons From Life

### #MED

Just last couple of minutes. This is not dissimilar to the feeling he has after an alcoholic binge with lot of salty snacks thrown in. But the last such party was three days ago, he reasons with himself.

"Hello Doctor Saheb!" A group of morning walkers greeted him, "Seeing you after a long time." They are gone without bothering to listen to his answer. He is back with his morning walk with its passing pageant of tentative green and monsoon lushness.

#### Weary Mind's Space

As he takes a turn at the bend, the moss-laden walls of SMS Hospital building peep through the thick cover of neem trees scattered around Tonk Road. And with it the memories of his numerous visits to the Goverdhan's shack, across the road for endless cups of sweetened tea and rounds of omelettes during his student days at the medical college jostle for a space in his

weary mind. He is surprised that even a thought of that peculiar smell of chilly and onion studded omelette is sending him into an unexplainable nauseating spell today.

The name of the DGP inscribed on his bungalow across the road is not visible clearly as a tall climber has come up on the railings of the park. Save for an occasional two wheeler or an ambulance, the main arterial road of the city is relatively quiet at this time of the day. The discomfort all along in front of his chest which has been lurking till now claws back to noticeable severity for a few minutes. Sanjay dismisses it as a spasm of food pipe because of the pan masala he consumes so frequently. He carries on, but slows down a bit. He has to.

A few steps more and the pain gets more intense. It's only a kilometre he has come and another three remain to be covered. The phantom scent of Raat ki Rani by the side lingers like post-coital languor. The pink and peach blanket of the buginvillea shrouds the track till the far end of the view.

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ICU

blood tests. The application engineer, who is here from Delhi, can always wait.

#### Recalling Residency Days

Few auto rickshaws are plying on the road outside. Should he call them and go to the SMS emergency? After all it is the largest public hospital of the area. He is not sure whether he will find somebody known to him there. Most of his batch mates have already travelled far and wide and settled in other cities. Recalling his own residency days, he fears the ER (emergency) may not be well-equipped.

The bright morning appears to be hazier now and a strong taste of bile regurgitates in his mouth. He tries to shove it back into his system. Suddenly, the pink colour of the eastern sky appears dirty as Sanjay's spirit leaves him. The rustling of the leaves and squawking of the parrots on their sojourn for the day suddenly appears distant as the palpitations tend to drown him into a momentary lapse of concentration.

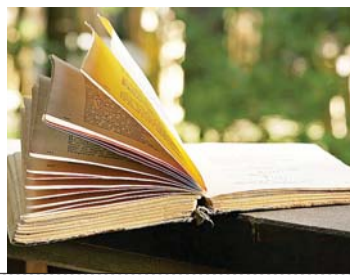
Words like respond and long term provided a false and reassuring gloss on a dire reality. Surely, they themselves never wanted to go like this, where technology substituted the organs until the patient is well past the point of awareness and coherence.



The Regency Hospital

### World Poetry Day

Poetry can change the way people view the world, inspire others, and mend the bonds between people and create harmony with each another. However, poetry too can be considered a dying art in a world filled with technology and more advanced ways of art and beauty. World Poetry Day aims to appreciate the sentiment that poetry can create forming meaningful relationships and expand one's mind about history and cultures.



## ff

Hearing the commotion along with the shouts and cries, Ashok, a physician living next door, arrives and gets working on Sanjay's chest for an effective and aggressive cardiac massage instantly. Sanjay responds. The staccato breathing gives way to a more organised pattern. A sharp stabbing pain in his lower ribs has replaced his previous central pain. He complains.

and gets working on Sanjay's chest for an effective and aggressive cardiac massage instantly. Sanjay responds. The staccato breathing gives way to a more organised pattern. A sharp stabbing pain in his lower ribs has replaced his previous central pain. He complains.

"It's the cardiac massage which I just gave," Ashok talks to himself, as he is breathless and petrified at the sudden turn of events in the morning.

"Where are we headed to?" Sanjay mumbles and goes quiet. Ashok ignores. His thoughts are racing faster than the car which Pratul is driving. Sanjay threatens to go into an episode of stiffening of his limbs with some frothing from the angle of his mouth. Before Ashok could act, he quiets. Ashok feels his pulse. It is weak and thready.

#### The Latest Addition

Soon the car has to slow down near the SMS hospital. The road is congested. Attendees are out there to fetch some medicines scribbled at the last minute by the house surgeon before their patient is taken up for surgery or to get their flasks filled with freshly prepared tea from numerous shabby shanties lining up the road. A crowd has spilled around a temple by the side. Most of the devotees are attendants, who through the place and pray for their patients inside the hospital. Plying impatiently through them, the car surges fur-



The walkway of Central Park

ther, past another small cardiac centre, and heads to the far end of the city, where stands the Regency hospital, the latest addition to cardiac facilities in the region. Ashok is assured that things would be easy once they reach there.

Few minutes and many more ominous grunts later, the car swerves to the left, towards the post porch and Sanjay is immediately wheeled in the adjacent emergency room. The space is well-lit and smelling of freshly mopped floors and spirit. With the predefined protocol for resuscitation thrown into action by the duty doctor and businesslike nurse, Sanjay stabilises and seems to be breathing at ease now. It's only that he is drowsy and on blood pressure augmenters. After analysing Sanjay's ECG, which shows a mild attack, the cardiologist suggests for an emergency angiogram. Soon enough, the procedure is through. It reveals no massive blockages in the blood supply to the heart except for a small piece of clot hanging in one of the branches.

"It means no angioplasty and only blood thinners," says the cardiologist. "But my father is not coherent," Pratul enquired inquisitively.

"It's probably because of the time his heart and brain had been in hypoxia or lack of oxygen while he had collapsed and was being shifted to the hospital."

This was the moment when Sanjay's family stepped through the

looking glass and embarked on their own confrontation with the reality of morbidity and mortality. What followed was days and days of waiting outside the swanky ICU, for the briefs from doctors and then hoping that things might turn around. Starting with a sole cardiologist, the army of treating doctors kept on increasing with an ICU expert, pulmonologist, nephrologists and a neurologist joining the bandwagon. The catastrophic onset, characterised by a precipitous fall of blood pressure and oxygen for a few moments, decayed into an unstoppable downhill descent with progressive organ failure.

#### Turn of Events

Groups after groups on WhatsApp of doctors and his batch mates were full of description about Sanjay's unfortunate turn of events; as they discussed the course of management to length. Friends from his medical school dropped by, went inside the ICU and came back saddened after seeing Sanjay drugged to oblivion and tubed in most of his natural orifices and some artificial ones. Hooked to the ventilator, a swollen Sanjay lay in that borrowed, fluorescent place. Death was certain, only the timing wasn't.

"He may respond," one would tentatively tell his son. "There may not be any long term consequences," other would talk to his wife. Words like respond and long

term provided a false and reassuring gloss on a dire reality. Surely, they themselves never wanted to go like this, where technology substituted the organs until the patient is well past the point of awareness and coherence. The end would come with no chance for Sanjay to have said 'good bye' or 'it's okay'.

But the question which kept following all of them till they walked outside and to the dark basement parking of the magnificent hospital structure was, "Could Sanjay have been saved? If only, he had not ignored his 'gastric symptoms'."

If only, the medical aid had been there a few minutes earlier, when the blood supply to his heart got blocked by an ugly clot sending his heart into a storm of disorganised beats and the ensuing unconsciousness.

If only he had turned his car inside SMS, during those initial crucial moments when his heart muscles were crying for air and all it needed was to be entrained into a cadence of normal rhythm and some respiratory support. The clot had struck, and struck hard but had cleared on its own as was seen in the angiography which followed.

Many times, 'shelter from the storm' is the hope of not perishing in the storm. SMS, the humble SMS, the innocent SMS still stands there as a hope for thousands of sufferers of the region to wither their storms.

writetoarbit@rashtradoot.com

## #WORK-LIFE

### Religious Discrimination

Discrimination can happen between employees, or between employee and employer; can be done intentionally or unintentionally. Discrimination is harmful regardless of its intended purpose.



Two-thirds of Muslims, half of Jews and more than a third of evangelical Protestants experience workplace discrimination, albeit in different ways, according to a new study from Rice University's Religion and Public Life Program (RPLP).

"When we conducted interviews, we were able to get much deeper into how people are experiencing religious discrimination," said Rachel Schneider, a postdoctoral research fellow in RPLP and lead author of "How religious discrimination is perceived in the workplace: expanding the view." "We found that it's not just about hiring, firing and promotion, which are the things that people usually think about."

While Muslims, Jews and Christians each said they experienced negative or harmful comments, stereotyping and social exclusion, Muslims and Jews felt targeted by anti-Islamic and anti-Semitic rhetoric tied to being seen as part of a larger group. Evangelical Christians, meanwhile, felt singled out when taking an individual stand based on their moral views.

"Sometimes they were called 'Ms. Holy' or 'Holy Roller' and many evangelical Christians felt like they were perceived as being judgmental, narrow-minded and/or right wing," Schneider said.

In addition, co-author Denise Daniels, the study's co-principal investigator and the Hudson T. Harrison Professor of Entrepreneurship at Wheaton College, said many of the Christians surveyed gave examples of feeling isolated at work.

"This was due to their co-workers' presumptions about the kinds of conversations or outside-of-work events they would want to participate in," she said.

All three groups - but especially Muslims and Jews - described feeling uncomfortable asking to observe religious holidays or wearing religious attire at work and mentioned negative experiences they'd had with supervisors and co-workers. Muslims and Jews were most likely to feel they needed to downplay or hide their religion in the workplace.

"Identity concealment is often used by people who are part of stigmatized groups," said co-author Deidra Coleman, a postdoctoral research fellow at the University of Texas Health Science Center at Houston. "It's a proactive way to 'manage' anticipated religious discrimination, but it can have negative impacts on one's mental health."

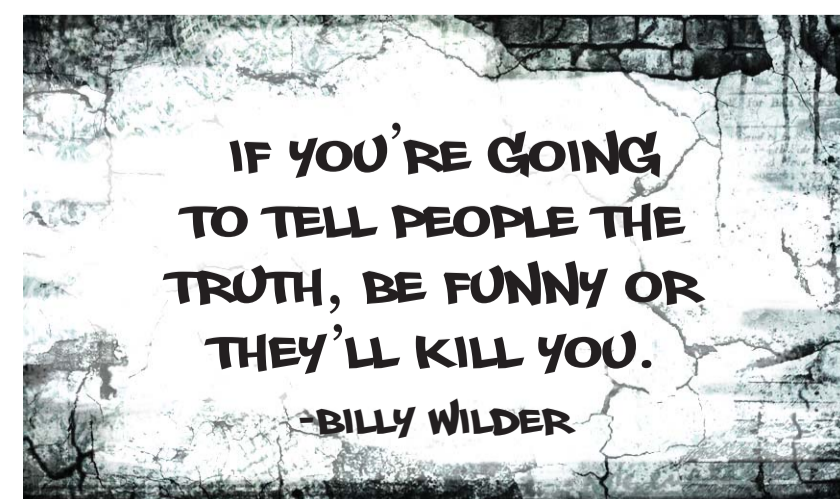
Principal investigator Elaine Howard Ecklund, director of RPLP and the Herbert S. Autrey Chair in Social Sciences at Rice, said the findings challenge employers to reconsider how they think about religious discrimination. She said figuring out how to balance different groups and perspectives while showing sensitivity to all involved is complicated.

"I think a good lesson for human resources divisions is that making people feel welcome and comfortable in the workplace takes more than specialized foods and places to pray," she said. "These day-to-day interactions among co-workers are incredibly important, but they're harder to remedy without proper education. Workplace training must include exercises that specifically target all kinds of religious discrimination."

The research is part of RPLP's "Faith at Work: An Empirical Study," which included a survey of more than 11,000 people and in-depth interviews with 200 more. The paper, funded by the Lilly Endowment Inc., #2017 0021, appears in a recent edition of Socius: Sociological Research for a Dynamic World.



## THE WALL



## BABY BLUES



By Rick Kirkman & Jerry Scott

## ZITS



By Jerry Scott & Jim Borgman