

#J'ADORE

Styling Summer Sarees In Winter

When we update our winter wardrobe, we pack our summer sarees and put them in the trunk for months. Not anymore! Here, we share with you how you can style your summer sarees in winter.



Whether it's office wear or parties, a saree is one of those garments that can suit every scenario. While wearing a saree regularly is doable in the summer, one doesn't really think of them as a comfortable outfit option in the winter. And pairing a saree with a frumpy sweater may feel comfortable but this doesn't really cut it, style wise. But we figured out how to make the saree a truly all-season outfit. Check out these practical, stylish ideas on how to wear a saree in winter. Here is a quick guide that will give you some fantastic ideas.

Traditional Overcoat



Boho Jacket
You can also add a boho twist to your look by wearing a traditional jacket with thread work over it. A white-cotton saree with a boho jacket and oxidised silver jewellery can make you a star at any event.

Sweater



If you have a traditional overcoat in your closet, then you can also wear it over your saree. To add that wow factor to the look, you can put on a statement belt. The same look can also be created with any trench coat or a long sweater.

Velvet Shawl



Ditching the usual blouse, you can also team up your saree with your favourite sweater. Now, you can either pick a sweater in the same hue or can also opt for contrasting colour. A black saree with gold work works well with a white sweater.

Formal Blazer



Now, if you feel that your saree is too pretty to be worn in any other way, then you can simply team it up with a velvet shawl. A velvet shawl can make any look elegant.

Now the stage was set. The court proceedings took few minutes and first came out the inspector, giving hint of completion of the proceedings. Now Narayan along with his accomplice including two women came out. The AFD, following him hinted the alert staff to be ready for action as soon as he catches Narayan. And before Narayan could take the stairs they caught him.

The Arrest Of Wildlife Mafia Brothers (...2)



#ANNIHILATION OF TIGERS

I took out my camera and clicked several times through the wind screen just to collect evidence as I could neither afford to get out of the gypsy fearing disturbance to the tiger nor had any protection for my camera from the ever growing drizzle. The rain was certainly disturbing the tiger but it showed no intention of moving away to the comfort of the thick wood; either it was hungry or did not wish to leave the prey, fearing it will be distributed by us the intruders.

I decided to wait little more for it to give us way or we would have to turn back to the Bana chowki. Perhaps the witty animal decided to take a chance with us and after conveying its displeasure emitting meek growl baring its teeth towards us; it leisurely moved in to the bushes on to its right, giving clear passage to us. Availing the opportunity we immediately rushed onwards down the track. Though it was merely six in the evening yet this part of the ghata being shaded by the western hill and clouds had become quite dark and Ranjit had to switch on headlight of the gypsy while crossing the chital carcass. I keenly tried to look for the tiger but it was no where in sight, but for sure it had not gone far away rather watching us closely and must have returned back to its kill. This got confirmed next morning by the patrolling staff of Kalighati chowki.

The light drizzling had turned into a proper downpour by the time we reached the Kalighati rest house. Just an hour's rains propelled by the westerly winds had

brought down temperature considerably. The little fire lit in the verandah by the staff looked pretty soothing and pleasant.

The Range Officer Tehla had reached Kalighati to share the result of the raids he had conducted today on the outfits of the Bawarias-the traditional hunters-gatherers, in search of some of the wanted poachers. Though nothing suspicious was found in the raid but through a reliable source he brought the news that Narayan is putting up in old Delhi these days, though not active in running the network.

The Jigsaw Puzzle

I was desperate to arrest him, but all our efforts so far had gone in vain. To our great luck the very next day brought a new ray of hope when a CBI Inspector visited my office to collect some information in connection with one of the tiger poaching cases, he was investigating. Taking the opportunity I sought his help in arresting Narayan. He shared that our earlier efforts to arrest him from his Delhi base failed because our plan got leaked every time prior to our raids; and advised us not to share our plan with anybody including concerned police officials at Delhi. In the advice seemed justified as it was in line with my earlier experience with Delhi police in another such matter. After a while checking his diary he informed that Narayan shall be available next month in Tees Hazari Court, Delhi in another case filed by his office. He promised to be present in the court on that particular date but shall not be in position to help in any way other than pointing at Narayan for identification sake. We



Seized leopard skins several.



Sansar Chand, Most Infamous Poacher-Smuggler.



Narayan The Infamous Poacher-Smuggler Arrested From Delhi Court.

decided to avail this God sent opportunity but it was a matter of another State and we could not take any assistance from the local police; this fact was worrying me especially because of strong chance of disruption in execution of arrest of the hardened criminal like Narayan, enjoying shelter from police and several other powerful people, part of the smuggling network. I was in such a fix. Neither could I afford losing this opportunity but the CBI Inspector's advice and my earlier experience with Delhi police, deterred me from taking this assistance.

Giving thanks to the officer for his generosity I came back to Sariska empty handed. I tried hard to solve this jigsaw puzzle for several days but of no avail. The court date was approaching fast; it was very frustrating. And then the eternal mantra echoed in my mind, 'Himmata Marda Madad-e-khuda'. And I decided to execute the arrest by my own staff. I discussed at length with my Assistant Field Director (AFD) and some other trusted personnel.

We chalked out a plan with minute details and accordingly a day earlier than the court date, two teams were dispatched to execute this mission under the command of the Assistant Field Director, a smart young man. One team



Reintroduced Tigers Roaming Freely.



Tiger Skins Seized From Poachers.

including the AFD was sent in plain clothes where the other one in uniform.

I had arranged their secret stay at a place in outer area of Delhi, from where they reached the Tees Hazari court the next day, as per advice from the CBI Inspector, who was constantly in our touch. The team comprising six uniformed personnel was made to sit on the ground floor, concealing both vehicles.

Perplexed Situation

The other party comprising five personnel including the AFD was deputised on the 3rd floor, to stand scattered, outside the court room. None of them had seen Narayan earlier and to some extent it was beneficial as well, in hiding their identity from Narayan.

Entry of the CBI inspector alerted our personnel clad in civil clothes, but cleverly he ignored their presence while entering the court room. After few minutes the AFD with one personnel entered the court room, becoming part of the audience. Narayan had already reached there. The inspector gave indication of his eye to the AFD, conforming identity of Narayan. The other personnel came out of the court room and alerted the remaining staff, secretly. Now the stage was set. The court proceedings took few minutes and first came out the inspector, giving hint of completion of the proceedings. Now Narayan along with his accomplice including two women came out. The AFD, following him hinted the alert staff to be ready for action as soon as he catches Narayan. And before Narayan could take the stairs they caught him.

As per the strategy the other



The Reintroduced Tigers could Mate & Breed safely After Arrests Of Notorious Poachers.

team was kept on alert and they had to reach the 3rd floor as soon as asked for but everything happened so fast that neither the AFD, nor any other personnel got opportunity to phone the party, instead they all got involved in handling Narayan and his accomplice, they too got perplexed by this sudden action.

The ladies caught hold of the legs of the forest personnel, making it difficult for them to take Narayan down the stairs. They made huge hue and cry, to further complicate the situation. The area and the stairs were full of people especially the lawyers. The scene so created gave impression of abduction of some innocent by some gangster, as the forest personnel were in plain clothes.

And it was not advisable to disclose their identity before anybody including Narayan and his accomplice, lest it complicates the situation. Amid this tussle the boys succeeded in dragging Narayan down the three stories through the busy staircase with the ladies, all time being dragged with him. It was this ruckus and hullabaloo that attracted attention of our uniformed staff, kept in abeyance on the

Immense Courage & Wits

As per the original plan they had to take old highway through Gurgaon, Sohna, Firozpur Jhrika but changing the plan at the last minute I asked them to enter Rajasthan from Behrod side, to avoid any possible interference by miscreants and Delhi police. And only after our contingent entered Rajasthan border. I informed the concerned police station of Delhi about Narayan's arrest. Obviously the SHO (Station House Officer) was not happy and complained about not taking them in confidence. I told him it was an emergency case and operation was done by a senior officer under my overall supervision. I also shared the details of the case in which Narayan was arrested. The officer did not seem happy but I could do no more for his satisfaction.

Since Narayan was wanted in more than one cases of tiger poaching in the Sariska forests during 2002-04, he was taken in to our custody from the court for a little longer time and field investigations were done as per information revealed by him. Since he was involved in several other cases per-

World Introvert Day

For those who have ever wondered what it is like being an introvert, or those who know one and want to celebrate them, this is the day! Or perhaps this is the day for people who are introverts themselves and struggle for people to understand them at all. Well, there is a full day dedicated to introversion: it's World Introvert Day/Recharge through some alone time and self-care, learn about the psychology of introversion or show appreciation for your inward-focused friends.

#LIFE-HACKS

Stay Warm @ WFH

Keeping your fingers and toes warm is the key.



If you're working from home all or part of the time, the chances are that your home working space is getting chillier as winter sets in. So what can we do to stay warm? In a cold room, the skin's cold receptors are the first to be stimulated and cause the skin's blood vessels to constrict, redirecting warm blood beneath the insulating fat layer we have just beneath the skin. Because hands and feet require blood flow to keep them warm and functional and have little fat coverage, they cool quickly. So, in a cold room, the first parts of us to feel the cold are the extremities: our fingers and toes.

If cooling continues, the superficial nerves, muscles and joints (especially of the arms) can become impaired, meaning that dexterity, speed of movement and sensitivity to touch suffer. This can make tasks like typing and texting harder, slower and more prone to error. Work efficiency can be further impaired by the distraction of feeling cold.

The Solutions

Our first task is to keep our extremities warm by keeping blood flowing to them, and the best way of doing this is by maintaining (or raising) our core body temperature. There's no need to heat a whole house or room. You're much better off heating yourself up, and it starts with making sure you're wearing appropriate clothing. Clothes such as woolen jumpers and leggings trap millions of tiny pockets of air which provide insulation. Thermals are great, but multiple layers of ordinary clothing can work just as well. If sitting, a blanket or duvet over the legs and waist can help. Add a hot water bottle underneath, or use a wearable electric

blanket if you want. Because the temperature of the hands and feet dominates the overall perception of thermal discomfort, focusing on these areas is key. Think insulating socks, slippers and fingerless gloves. Placing your hands in your armpits when not typing can help, too. If you want to splash out, heated gloves and slippers could also be an option.

As mountaineers say, 'if you want warm hands wear a hat'. Scalp blood vessels don't constrict as much in the cold, meaning that heat can be lost through the head. So it's worth having a hat available on your desk. Heat can also be lost as it rises from underneath clothing and escapes at the neck. So wearing a scarf, buff or polo neck helps, too.

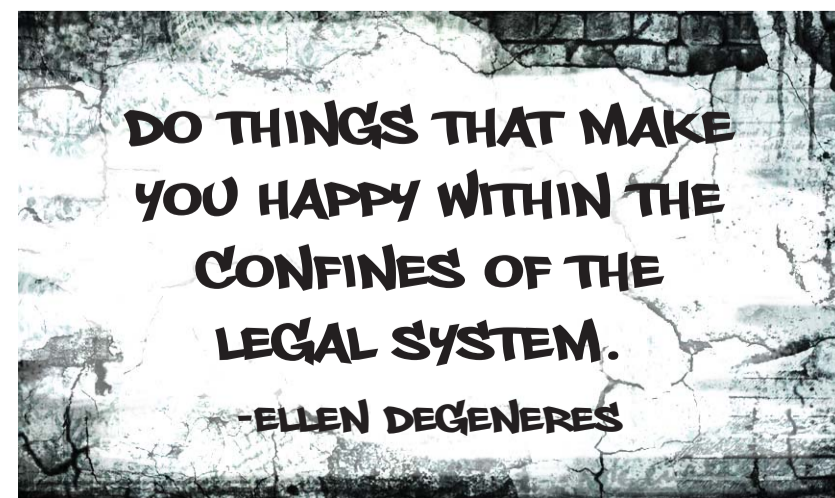
You also might like to try exercising. Around three-quarters of the energy used for exercise comes out as heat, so just stepping up and down the bottom step of a staircase can generate 100 watts of heating and start to raise your body temperature in a few minutes. A short period of exercise now and again can make a big difference to your thermal comfort and is good for your general health, too.

Other tips:

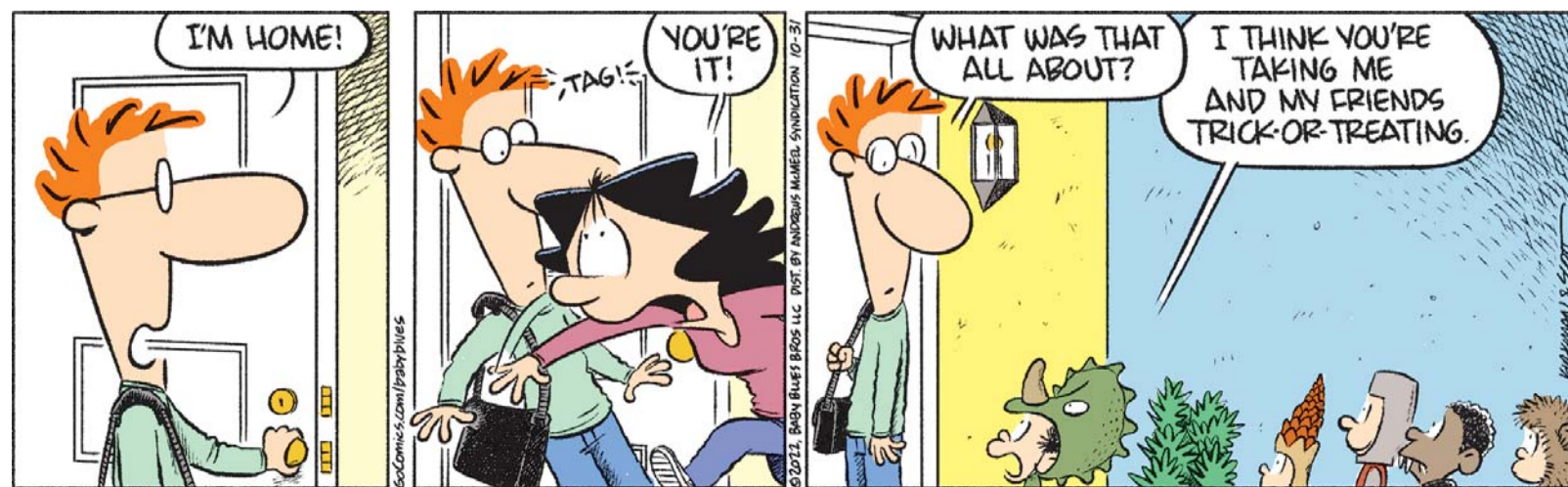
- Keeping hydrated is important for ensuring blood flow to the extremities. You don't need to drink loads, but drink if you are feeling thirsty. Warm drinks are definitely comforting. Most will make you feel "warmer" but don't, in fact, affect your core temperature much, or for long.
- You need to eat enough calories to burn for 'heat generation'. Most of us eat more than enough, though, and 'extra' isn't generally needed unless you are ill or malnourished for other reasons.



THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman