

#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 best to be stimulated and cause the skin's blood vessels to constrict, redirecting warm blood beneath the insulating fat layer that 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 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

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.



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Turkey By Car



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Turkey is a country that offers a unique blend of historical richness, natural beauty, and modern infrastructure, making it an ideal destination for a road trip. During my recent two-week journey, we had the pleasure of exploring this captivating nation by car, covering an impressive 3,000 kilometres. Starting and ending in Istanbul, the trip took me through some of Turkey's most iconic destinations, Bursa, Bodrum, Fethiye, Kas, Antalya, Cappadocia, and back. The convenience and flexibility of having our vehicle made the journey unforgettable.

Ease of Hiring a Car

Renting a car in Turkey was a breeze. Upon arriving in Istanbul, I found several reputable car rental companies, offering competitive rates and a variety of vehicle options. With international rental brands and reliable local agencies to choose from, the process was quick and hassle-free. We walked up to the Europcar counter. The staff spoke English fluently, which made communication seamless, and they provided detailed instructions on insurance, toll systems, and road rules.

The car itself was well-maintained and equipped with modern conveniences like GPS and toll tags, ensuring a smooth drive through-

out the journey. Turkish road infrastructure is excellent, with well-paved highways and clear signage, making it an ideal country for self-drive exploration. My daughter, Ketaki, who loves driving, took the steering wheel very comfortably; although, unlike India, the cars have a left-hand drive wheel.

The Freedom to Explore

Having a car allowed us to dictate our own pace, a luxury that enhanced the entire experience. Starting from Istanbul, we drove to Bursa, home to Ottoman architecture and the stunning Uludag National Park. From there, we headed south to Bodrum, a coastal town known for its turquoise waters and vibrant nightlife.

The journey from Bodrum to Fethiye was particularly scenic, with picturesque coastal roads offering breathtaking views of the Aegean Sea. Fethiye itself was a highlight, with its serene beaches, ancient ruins, and the world-famous Ölüdeniz Lagoon. From Fethiye, we drove to Kas, a charming Mediterranean town, where we indulged in diving and enjoyed the laid-back ambience.

Next, we explored Antalya, a city that seamlessly blends modernity with ancient history. The car made it easy to visit nearby attractions such as the Duden Waterfalls and the ancient city of Perge. Cappadocia was our penultimate stop, and the drive there was nothing short of magical. The region's surreal landscapes of fairy chimneys and cave dwellings were a photographer's dream.

Finally, we returned to Istanbul, completing a journey that gave us a taste of Turkey's diverse offerings, from bustling cities to tranquil coastlines and otherworldly terrains.

#TRAVELOGUE



Road Convenience and Safety

Turkey's highways are well-maintained, and toll roads (using an electronic payment system) significantly reduce travel time. Fuel stations were abundant, offering clean restrooms and snack options, and making long drives comfortable. Traffic was generally manageable outside major cities, and drivers were courteous.

Exploring Turkey: A Tapestry of Culture, Innovation, and Unique Practices

My recent journey to Turkey was nothing short of an eye-opener, a vivid experience of a land, where ancient traditions and modern advancements merge in perfect harmony. Known for its breathtaking

landscapes, historic marvels, and vibrant cultural scene, Turkey also offers lessons in sustainable living and community values that resonate deeply. This trip was not just about exploring picturesque sites or indulging in delicious cuisine, it was about gaining a fresh perspective on how a nation seamlessly weaves its heritage into the fabric of contemporary life.

The Surprising Demise of Printed City Maps

As someone who enjoys the tactile charm of traditional navigation and also collects city maps, I made my way to a tourist information centre shortly after arriving in Turkey. I asked for a printed city map, only to be met with a look of mild surprise from the officer behind the counter. It seemed as though my request had become an



uncommon one in this digital age. The widespread use of Google Maps has revolutionised how people explore new destinations. Its real-time navigation, accurate traffic updates, and detailed route options made the idea of a paper map almost obsolete. While I appreciate the convenience and precision of Google Maps, I couldn't help but feel a pang of nostalgia for the days when unfolding a paper map added an extra layer of adventure to travel.

This incident underscored a larger reality that technology has reshaped tourism in profound ways. From Google Maps to translation apps, modern tools have made traveling smoother than ever. However, as efficient as these innovations are, they sometimes take away the charm of spontaneity and tactile discovery that traditional tools, like printed maps, offer.

Red Hand Day



hundreds of thousands of children, particularly in Africa and the Middle East, have had their lives and innocence stolen from them as they have been recruited or forced to become child soldiers. Although this problem has roots dating back hundreds of years, this practice is unconscionable in modern times. Red Hand Day, also known as International Day Against the Use of Child Soldiers, is here to raise awareness about the problem and garner support for the rescue and release of these children who have been exploited, victimized, and abused.

has long been a cornerstone of Turkey's economy. The fertile lands, combined with government policies that promote farming, have created a robust agricultural sector. This prioritization ensures food security and contributes significantly to rural employment. Driving through Turkey's countryside, I saw lush fields and modern farming practices coexisting with age-old techniques. This balance between tradition and innovation was inspiring. It's a model that countries around the world could learn from, a reminder that progress does not always mean abandoning one's roots.

Underground Food Storage in Göreme

The region of Göreme in Cappadocia is renowned for its otherworldly landscapes and ancient cave dwellings. However, what intrigued me most was its underground food storage systems. These ingenious structures are a testament to Turkey's advanced approach to food production and preservation.

Carved into the soft volcanic rock, these storage facilities maintain consistent temperatures and humidity levels, making them ideal for preserving perishable goods. The technology may be centuries old, but it remains highly effective even today.

This system reflects Turkey's deep understanding of resource management and sustainability. At a time when food wastage is a global concern, these underground facilities offer a lesson in reducing waste and maximizing efficiency. It's a brilliant example of how traditional methods can be adapted to address modern challenges.

Cultural Insights and Reflections

Beyond these specific observations, Turkey as a whole, offers a rich tapestry of experiences that provoke thought and introspection. Its cities and towns pulse with life, brimming with a culture that values community, nature, and innovation in equal measure.

Technology and the Human Touch

While the convenience of digital tools like Google Maps is undeniable, their dominance raises questions about the future of tactile and analog experiences. In Turkey, I saw firsthand how technology is both a boon and a potential barrier to human connection. A printed map, after all, is more than a navigation tool, it's a conversation starter, a souvenir, and a physical representation of a journey.

Community and Coexistence

The communal care for cats reflects a broader cultural ethos of responsibility and respect. It's a lesson of how small, collective efforts can create a ripple effect of positive outcomes. Whether it's caring for animals or preserving age-old practices like underground food storage, Turkey demonstrates the power of community-driven initiatives. Turkey is a land of contrasts, a place where bustling bazaars coexist with serene natural landscapes, and where ancient traditions thrive alongside modern innovations. My trip was more than just a journey through a beautiful country, it was an exploration of values, priorities, and practices that make Turkey truly unique. As I reflect on my experiences, I carry with me a deep appreciation for how Turkey harmonizes its past with its present, offering lessons in sustainability, community, and innovation.

Whether you're a traveller, a student of culture, or simply someone seeking inspiration, Turkey promises to leave an indelible mark on your heart and mind.

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#MAKEOVER

Amp up the Aesthetics

A few thoughtful decor additions or simple rearrangements are all you need to completely transform your space.



Revisiting your home decor regularly keeps your space feeling fresh, inspiring, and aligned with your evolving taste and lifestyle. Changing your surroundings also has a psychological impact that boosts creativity and improves your mood. According to studies, an environment that feels new and appealing can help improve productivity and promote relaxation.

Sometimes, a few thoughtful decor additions or simple rearrangements are all you need to completely transform your space. Updating your interiors doesn't have to be expensive or time-consuming. Even small changes like layering textures or adding plants can make your home feel more dynamic and welcoming.

String lights: Fairy lights can work wonders beyond the holiday season. Wrap them around a large mirror to add depth and sparkle to your room, or drape them along a headboard for a dreamy, intimate vibe. Pair them with candles or add dimmable bulbs to adjust the brightness and mood according to the occasion. Use them in mason jars for tabletop decor or weave them into garlands for a cozy touch that's perfect year-round.

Paint it your way: A fresh coat of paint can completely transform a room, making it feel new. Create a bold feature wall with a striking colour like navy blue or deep red to add drama, or go for a soft pastel like muted gold or sage green for a serene, seasonal touch. For added interest, experiment with textures or geometric patterns.



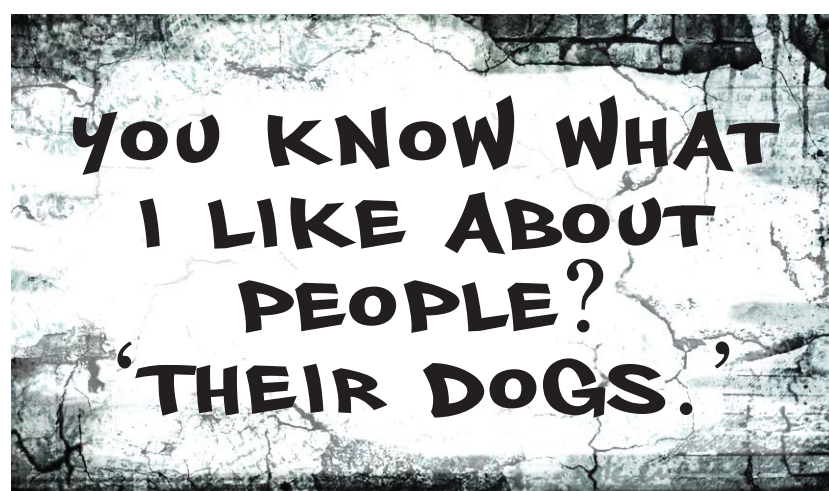
Do up the prayer place: Your prayer or meditation area is a personal sanctuary that deserves thoughtful design. Keep it minimal yet inviting by adding fresh flowers, soft lighting, and elegant decor elements like incense holders or crystal accents. Use a clean, neutral colour palette to evoke calmness, and consider adding a small rug or cushion for extra comfort during your practice. This dedicated space can become your go-to spot for relaxation and mindfulness.

Renew the kitchen: The kitchen can be a visual delight too. Transform your dining table into a stunning centerpiece with bold table runners, colourful napkins, and elegant placemats. Add candles, twinkling fairy lights, or even a bowl of fresh seasonal fruits for a touch of vibrancy.

Turn old to gold: Don't discard old furniture, give it a fresh lease on life. Paint chairs, tables, or cabinets with bold hues like mustard yellow or forest green, or reupholster seats with patterned fabric for a custom touch. Mix and match pieces for an eclectic dining setup that feels both quirky and curated. Upcycling old furniture not only adds character, but is also an eco-friendly way to revamp your home.

Frame it right: Windows are often under-utilised in home decor. Frame them with sheer curtains to let natural light flow in while maintaining privacy, or layer heavier drapes for a cozier vibe. Add seasonal accents like garlands, wreaths, or fairy lights around the window frame for an inviting look.

THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman