

#JADORE

Prettiest Hair Colours

Shades so good, you'll swear off hats. After you nailed down holiday gifts for everyone during last festive week, might we suggest turning your attention to the hunt for the best winter hair colours? Yes, it's somehow already that time, and what better way to usher out winters than with a fresh, new shade?



Black & Subtle Brown Hair

Black is a welcome colour in winter seasonal colour trends, but the solid hue is likely to look too gloomy. The black diluted with cacao bean brown highlights is another matter. This is a do-not-miss brunette idea for sure!

Cinnamon Spiced Chestnut Brown



Looking up photos for new ideas can be oh-so-motivating! Here is a dark chestnut brown base accented with lighter cinnamon-toned highlights. The lighter colour is applied like the occasional brushstrokes which look very chic and effortless. Keep a medium length, and add curls to accent those lovely highlights.

Sombre Babylights



These blonde waves will bring you right into spring with the energy of their colour! Make this of the darkest time by being the brightest one in the room. Keep your length, and add two shades of highlights over a medium brown base. You can definitely bring some cheer to the wintery days of 2021.

Smoky Blue and Aubergine Curls



Finding colour trends that pop is exciting and evokes a sense of freedom. Ready to try a shade of smoky blue, aubergine and brighter blue highlights? Simply vary the shades so you get the depth.

Medium Brown Caramel Glaze



The final look we have chosen to showcase in this collection of winter hair colours is this caramel glazed style with highlights. Two shades of brown are combined, enhancing your hair layers and creating amazing depth for your long mane.

Pretty Pink Princess



When it comes to hair colours for winter, your options are endless. Making the most of your colour palette is essential, and this cool violet pink is simply irresistible! It's a subtle, softer shade, like the spring blossoms yet to arrive.



Meenal Baghel



Shailaza Singh
Published author, poet and a YouTuber

"God Must Be A Journalist..." (...2)

#THINGS THEY DO

As the former editor of Mumbai Mirror and now a host of the Times of India podcast, Meenal Baghel believes that despite the invasion of the electronic media, the print newspapers will always have a special place in the world because they have an unmatched authenticity and credibility. For her podcast is more about complementing print and spreading the word in the world.

As we chat about her experiences as a journalist and editor, I can't but help ask her whether she believes that the print newspaper is on its way out in today's day and age, a question that has been perhaps on the mind of a lot of readers and journalists alike. Meenal replies, "I think print is perennial. I am a great fan of print. People are reading a lot more. I may not be necessarily reading a lot of books but the number of words that I read every day has really gone up. Whether it is an article on Twitter or Facebook, all of us are constantly reading. We are constantly plugged into news. I think what the written word does is that it allows the reader the space to read and imagine things. It may be a 500-word story but the readers imagine a lot more. So, in a way, print makes the reader very smart."

On screen or visual medium, you are a passive spectator but as a reader, you need to do a lot of mental work. Papers still have a lot of



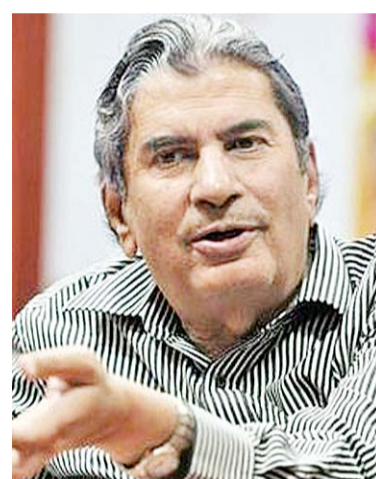
Maria Ressa

It's All in Your Ear

I recently heard her popular podcast where she talked to Maria Ressa, this year's Nobel Peace laureate. Where did she get the idea of podcast from? Podcasts are very new for me because all my life I have been a journalist. After Mumbai Mirror shut down in December 2020, I realized that journalism had changed. For instance, though the big brands are still powerful, there is also a parallel media movement which has digital brands, independent newspapers, podcasts. I believe audio is a very intimate medium which reaches the listener's ears and allows you a very intimate, one-on-one relationship with the listener. The podcast has a lot of authenticity because the voice of the speaker is unfiltered. So, if the speaker is saying something moving and emotional,

People want hierarchy and structure and want people to the world explained to them so that they can make sense of it. For example, we know the fuel prices are at an all-time high. So, people want to figure out why are fuel prices high? What is the tax component? Do we need to pay a higher price? How do we transition to clean energy? For all of this, if I get two or three experts, people with domain knowledge, then in that half an hour episode of podcast, I am informing people about most of the things on that subject which filters away all the fake and riff raff and gives them solid information. A few days ago, I spoke to a colleague of mine who was covering Samir Wankhede's story and asked him to talk about all the developments that have happened so far. With podcasts, there is no formula, so there are different ways of telling a story.

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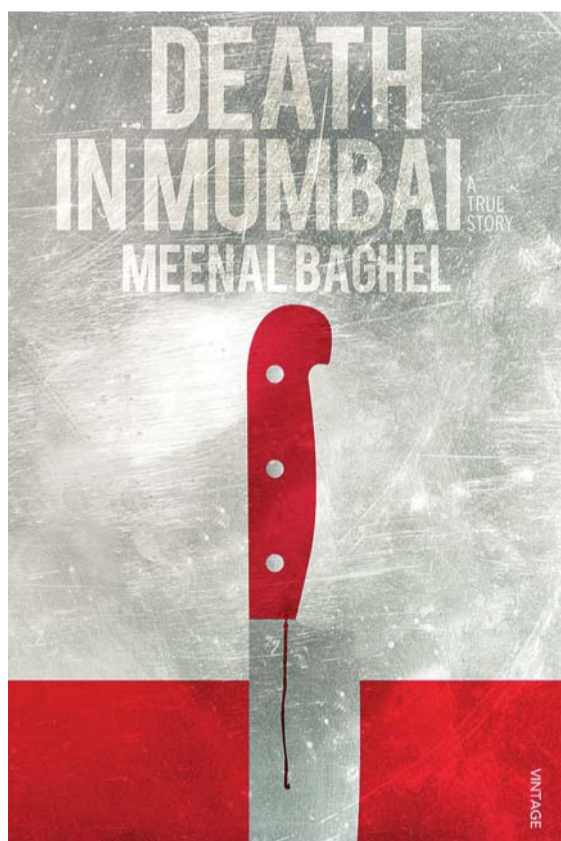


Vinod Mehta

tion a story about a crime that talks about modern India.

It was around that time a television executive called Neeraj Gokher from Kanpur who came to Mumbai to work in television. He met this actress called Maria Susairaj who also had another fiancé Emile Jerome, who was in the navy. One day, he saw Neeraj and Maria in a compromising position and got enraged. He killed Neeraj and hacked his body into pieces. I thought this was an interesting modern day crime story because it talks about casual sex and the relationships that exist between not just men and women but also between small towns and big cities. It also talks about the evolving relationship between parents and their children. Parents don't know what their children grow up to be. I was working full time in Mumbai which allowed me to conduct 70-80 interviews of people to understand what lies beneath the modern-day relationships.

Speaking of relationships, what is her take on the subject? Meenal said, "My work is very intense and



Relationships

The second thing is that it allows you to go very deep. So, half an hour of podcast is about 6000 words. So, it's a long read. So, it allows you to bring in the journalist and the experts too. For example, we did a story on the 25 years of liberalization which was incidentally Narsimha Rao's birth anniversary too. So, we got Vinay Sitapati who wrote a book on Narsimha Rao and Jairam Ramesh who worked with Narsimha Rao on the liberalization to talk about it."

it directly reaches the listener's ears. It's all in your ear. This is the reason I wanted to explore this medium.

So, I suggested this idea to the TOI guys. Times of India is such a large newspaper and there are journalists doing great stories everywhere. For example, there might be a great story done by a reporter in Kolkata which is only going to appear in the Kolkata TOI. So, I wanted to create a show where I could build the podcasts working with these reporters and asking them about the story. For instance, one of my colleagues in Uttarakhnad had done this great story about the fake COVID tests which were done in Kumbh Mela. It was a TOI exclusive. I worked with the reporter and asked her about how she did it.

I believe people should also know about the great public service that journalists do because these days it has become so fashion-

able to say that journalism is nothing or journalists don't do anything. So, the podcast listener is not necessarily a newspaper reader; so we cater to a different audience there. So, the listener not only gets to know the story, plus the process of that story."

But isn't television already showing these stories? Meenal replied, "I believe when it comes to damage to journalism and over-sensationalizing news, television journalism, the way it is practiced in India, has done a lot of damage. But then I feel people are already moving away from that format. They are now exploring new formats like podcasts. For example, in the podcast, we have very serious discussions, with all gravitas and the great experts coming in. I think why podcasts are becoming so popular is because with so much going on every second, the world is becoming more complex.

People want hierarchy and



Running Amok

The phrase "running amok" might conjure thoughts of a zany Jim Carrey movie or the wacky antics of some comedy troupe, but in actuality, it refers to a very unfunny medical condition. Running amok is considered a rare culture-bound syndrome by current psychiatric classification systems, but there is evidence that it occurs frequently in modern industrialized societies. Psychotic illnesses, personality disorders, and mood disorders are all possible causes of amok.



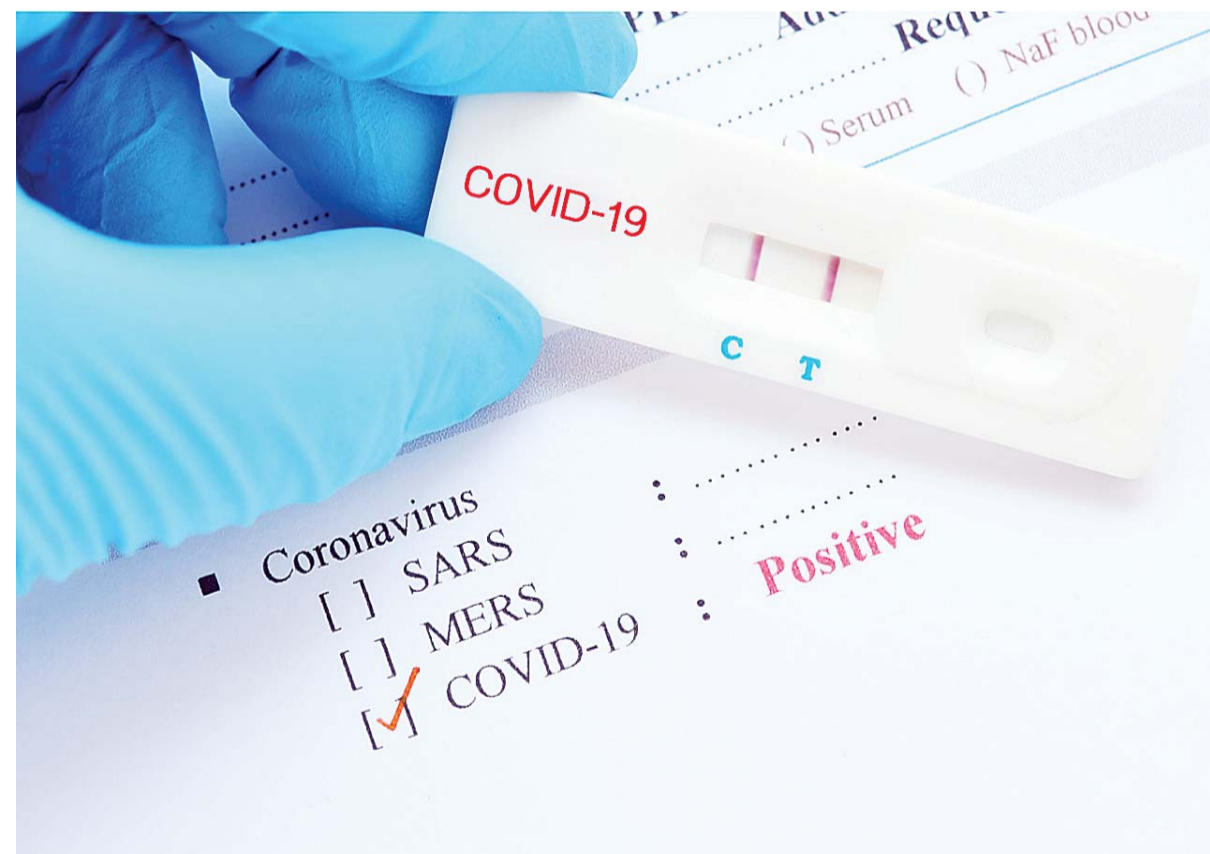
FI

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in life for everything you have to make time. And all my time is often spent on the desk. In fact, in the early days, when I had all these crazy working hours, my father used to get worked up and tell me to get married and then do whatever I wanted. I remember having this conversation with him where I asked him if he wanted to get rid of me by marrying me off and that didn't matter to him. He realized that what I was saying had a point so they were quite okay after that. I have been fortunate to have parents who always treated me with enough respect that I could make my own decision. They did try to get me married but they gave me that space to make that decision."

So, which city does she feel is more conducive to singles? "Mumbai is the country's best city when it comes to single people. It is tough living in Mumbai, but it allows you mental space to be single. No one will judge you for being single. Across the board, they see you as individual. I don't engage that much with Jaipur, though Jaipur has changed. But Jaipur has slightly more conservative expectations from women."

Concluded
writetoarbit@ashtradrout.com



#PRE-SCHOOLERS

ADHD Treatment

Kids with attention-deficit/hyperactivity disorder (ADHD) often don't get the best treatment, researchers report.



When a 4- or 5-year-old is diagnosed with attention-deficit/hyperactivity disorder, the paediatrician is supposed to recommend a specific therapy to improve parents' skill at handling the child's behaviour. The therapy, called Parent Training in Behaviour Management, is backed by scientific evidence that shows it's the best starting point for treating young kids with ADHD. The evidence has led the American Academy of Paediatrics to endorse the therapy in its clinical practice guidelines.

But it's not usually the first treatment offered to families, according to a study based on reviews of patient charts that published recently in JAMA Paediatrics.

Of 22,714 children, ages 4 and 5, in the study, 192 had symptoms of ADHD or a diagnosis. The disorder, characterized by hyperactive, impulsive, and inattentive behaviours, was traditionally not diagnosed before age 6. But in the past decade, experts have added diagnostic guidelines for younger children.

Instead of being referred for the recommended therapy, the most common treatment recom-

not the best starting point for most young kids with ADHD. Bannett says, noting that prior research found that the behaviours-focused therapy worked better for 4- and 5-year-olds than the drug typically prescribed for young kids with ADHD, methylphenidate.

Kids are naturally energetic and, among pre-schoolers, wiggly behaviours and short attention spans are normal. But about 2% of 4- and 5-year-olds have hyperactive and inattentive behaviours that interfere with their lives enough to warrant an ADHD diagnosis.

The recommended therapy strengthens parents' ability to handle and proactively guide their child's challenging behaviours.

"It's not about teaching you how to parent or thinking you're a bad parent," Bannett says. "This approach is acknowledging that your child would really be very



mentations, given to 41% of families, weren't based on scientific evidence, the researchers found. "It surprised us that paediatricians are offering these children a lot of what we call common-factor treatments: Eat better, sleep better, take over-the-counter supplements, reduce screen time," says lead author Yair Bannett, developmental and behavioural paediatrician at Stanford Children's Health. Although these approaches support children's general health, there is no evidence that they alleviate ADHD symptoms, he says.

Of the 192 children identified in the study, 11% received the recommended first-line treatment-family referrals for the behavioural therapy-while paediatricians briefly described the therapy or provided brochures about it, but no referral, to parents of another 29% of children.

In addition, 17% of symptomatic children were given medication when they were 4 or 5 years old. More than 70% of these children did not have recommendations for behavioural therapy documented in their medical charts. Although medication may be appropriate in rare cases, it's

challenging for any parent, and providing support and evidence-based protocols that can help you, and can help your child be successful. It's not Parenting 101, it's more like Advanced Parenting."

The therapy strengthens the parent-child relationship by teaching parents how to reward their kids for good behaviours, and how to set appropriate limits and consequences, such as "time outs," for problem behaviours.

It also recommends structures that can help children function better, such as visual schedules

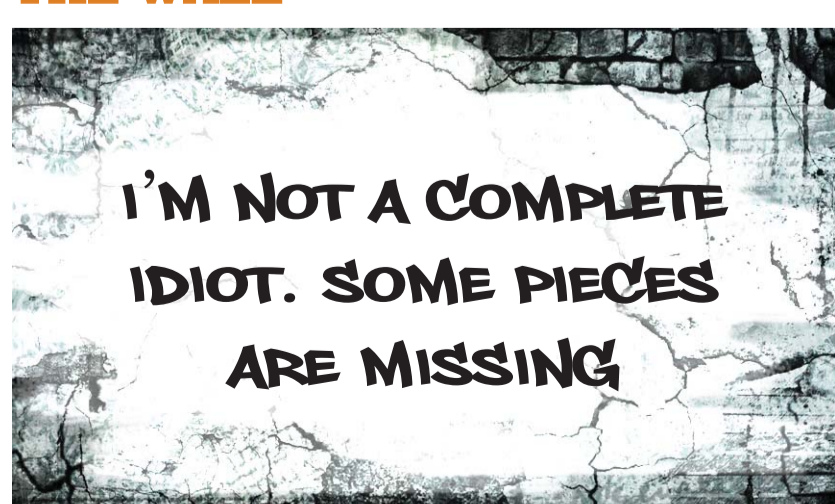
and what happens in real life aren't surprising, he says, given that paediatricians receive relatively little training on how to help kids with behavioural diagnoses such as ADHD, even though these conditions are quite common. Bannett wants to make sure that young children with ADHD are offered the most scientifically validated treatment first, rather than being offered things that don't improve their symptoms.

"I want to help paediatricians become more prepared and knowledgeable in managing these conditions," Bannett says.



By Jerry Scott & Jim Borgman

THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS

