

#LIFESTYLE

Japandi Magic: Where Zen Meets Cozy

The Perfect Blend of Japanese Serenity and Scandinavian Comfort in Indian Homes!



Have you ever walked into a space that instantly made you feel calm, cozy, and effortlessly elegant? A place where every element seems to have a purpose, yet nothing feels overwhelming? If that sounds like the dream home you've been longing for, then let's talk about Japandi, a trend that's making waves in interior design! And no, don't get it wrong, it's not an error

The Core of Japandi Style

Japandi design thrives on clean lines, neutral tones, and natural materials. It fuses the Japanese philosophy of wabi-sabi, which embraces imperfection and authenticity, with Scandi hygge, the Danish concept of coziness and well-being. The result? Interiors that feel calm, inviting, and deeply connected to nature. Key elements of Japandi interiors include:

Japandi in Indian Homes

India's evolving interior design landscape is embracing Japandi aesthetics, especially in urban apartments and modern villas. With an

Examples in India

- Bangalore's Eco-Homes:** Many high-end residences in Bangalore integrate Japandi elements like open spaces, wooden paneling, and minimalist furniture to create a serene ambience amidst city life.
- Mumbai's Compact Apartments:** Space-efficient Japandi designs, such as multifunctional furniture and neutral

Why Japandi is Perfect for India!

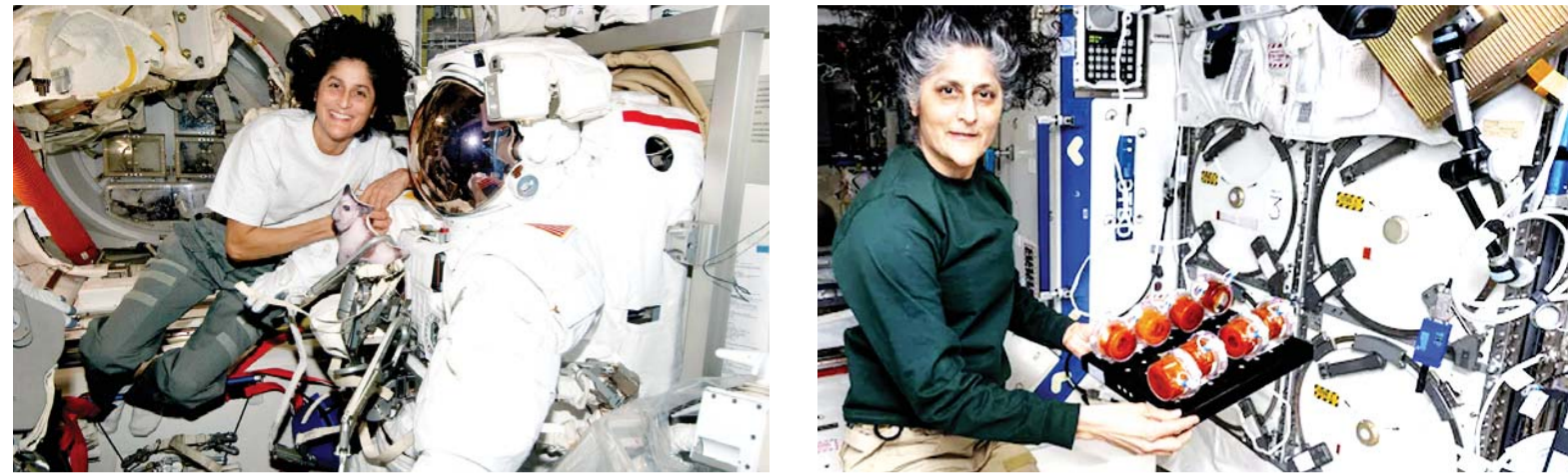
- Climate Compatibility:** The use of natural materials like bamboo and rattan makes Japandi well-suited for India's varied climate.
- Sustainability Appeal:** With growing awareness about eco-friendly living, Japandi's emphasis on
- Functionality for Urban Living:** The trend's smart storage solutions and space-saving designs are ideal for compact urban homes.

Bringing Japandi into Your Home

- Interested in adopting Japandi in your space? Start with these simple steps:
- Opt for furniture with simple, clean lines, think low-height wooden sofas and sleek dining tables.
 - Choose a neutral base color and accentuate it with earthy decor.
 - Incorporate indoor plants to add a refreshing, natural touch.
 - Embrace handcrafted ceramics and linen textiles to enhance texture and warmth.
 - Use soft, ambient lighting like floor lamps and paper lanterns for a cozy glow.
- Whether you're designing a new home or revamping an old one, embracing Japandi could be the key to achieving a space that is serene, stylish, and timeless.



The Girls' Back Home!!



Williams and Wilmore are not the first astronauts to face an extended stay in space due to unforeseen circumstances. There have been previous cases where astronauts had to remain in orbit longer than planned due to technical problems or geopolitical events. The longest single spaceflight by a US astronaut was Frank Rubio's 371-day mission on board the ISS, from 2022 to 2023, which was extended due to issues with the Soyuz spacecraft that brought him to orbit. He ultimately returned on a different Soyuz capsule.



Anjali Sharma
Senior Journalist &
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Sunita Williams, 59, and Butch Wilmore, 62, originally embarked on an eight-day test flight of Boeing's Starliner capsule. That mission quickly turned into a nine-month ordeal when a series of helium leaks and thruster failures rendered their spacecraft unsafe for the return journey. As a result, they had to remain on the ISS, becoming part of NASA's Crew-7 rotation until a safe return plan could be arranged.

As soon as Williams and Wilmore splashed down, they were assisted out of the spacecraft and placed on stretchers. This isn't a precaution, it's a necessity. After months in microgravity, astronauts often struggle to stand, let alone walk. Balance issues, dizziness, and muscle weakness are common, making immediate medical evaluation a priority.

"A lot of them don't want to be brought out on a stretcher, but they're told they have to be," explained John DeWitt, director of Applied Sports Science.



The Challenges of Returning to Gravity

Astronauts returning from space face a host of physiological challenges. One of the biggest? Walking. Many struggle to even stand upright. "When an astronaut returns to Earth, they are immediately forced to readjust to gravity and can experience issues standing, stabilising their gaze, walking, and turning," noted the Baylor College of Medicine. In microgravity, the body changes in unexpected ways.

- Muscles weaken:** Without the need to support body weight, key muscle groups deteriorate, particularly in the legs and back.
- Bone density decreases:** NASA estimates astronauts lose about 1-2% of their bone mass per month in space, making them more prone to fractures.
- Balance is disrupted:** The vestibular system in the inner ear, responsible for spatial orientation, adapts to weightlessness. When astronauts return, it struggles to function properly, leading to

The Road to Recovery

Williams and Wilmore's rehabilitation will be intense. Their physical training will include:

- Strength exercises:** To rebuild lost muscle mass, astronauts perform resistance training focused on the legs and core.
- Bone recovery therapy:** Specialised regimens help counteract bone loss and prevent fractures.
- Balance training:** This helps the vestibular system re-adapt to Earth's gravitational pull.
- Cardiovascular conditioning:** Aerobic exercises like cycling or treadmill running are gradually reintroduced to strengthen the heart and circulatory system.



dizziness and nausea. Shifts in blood pressure can lead to dizziness or fainting. "Astronauts returning to Earth often experience dizziness when standing up, known as orthostatic hypotension," explained Japan's space agency, JAXA. "This occurs because gravity on Earth is stronger than in space, making it more difficult to deliver blood from the heart to the head."

It can take weeks, or even months, for astronauts to fully recover. "Fluids shift, blood and other bodily fluids redistribute in microgravity, often causing astronauts to appear bloated. Once back on Earth, sudden shifts in blood pressure can lead to dizziness or fainting."

How did they survive in space for so long?

Despite the unexpected extension of their stay, Williams and Wilmore remained in good health and even conducted a spacewalk together in January. Life on board the ISS follows a structured routine of exercise, work and leisure. This includes regular exercises on both the treadmill and resistance machine to maintain bone and muscle strength.

Throughout the year, several space agencies and private companies also scheduled missions to resupply the space station with food, water and oxygen.

According to *The New York Post*, her diet included pre-packaged comfort foods like pizza, roast chicken, and shrimp cocktails, along with freeze-dried fruits and vegetables. A source familiar with the Boeing

#SPACEWALK

The Political Storm Around Their Mission

While Williams and Wilmore's extended stay on the ISS was caused by technical issues, their mission has become a point of political contention. Elon Musk, the billionaire founder of SpaceX, claimed, without evidence, that the Biden administration had 'abandoned' the astronauts in space. Former U.S. President Donald Trump echoed this, portraying their eventual return as a rescue mission. Wilmore, speaking from the ISS, attempted to set the record straight, "We don't feel abandoned, we don't feel stuck,

What's Next for Boeing's Starliner?

The failure of Boeing's Starliner capsule has cast a shadow over the future of the company's commercial spaceflight programme. Engineers are still investigating the causes of its thruster malfunctions and helium leaks. *Aviation Week* reported that Starliner is unlikely to fly again in 2025, though Boeing insists that it remains committed to fixing the issues and securing new flight certifications. In contrast, SpaceX's Crew Dragon, currently ferrying Williams and Wilmore, is now rooted to be the transport for space travel.

How did they survive in space for so long?

Starliner mission issues said that the crew's intake of fresh produce was restricted to maintaining a nutritious diet.

Celebrating Thanksgiving last year, Sunita Williams told NBC news that the astronauts will be treated with 'some smoked turkey, some cranberry, apple cobbler, green beans and mushrooms and mashed potatoes.' NASA had also shared a video message from the astronauts stationed at the ISS earlier that they had been provided butternut squash, apples, sardines, and smoked turkey for the occasion. Over Christmas, the two astronauts even enjoyed a festive dinner that included smoked oysters, crab, fide gaes, cranberry sauce, Atlantic lobster and smoked salmon, according to

that she and Wilmore were 'feeling good, working out, eating right.' "We have a lot of fun up here too," she added. "People who are worried about us, really don't worry about us... We're a happy crew up here."

The *Times* newspaper in London. Williams and Wilmore were able to maintain contact with their families through email and telephone. In an interview with Lester Holt on NBC Nightly News in November, Williams said

By Rick Kirkman & Jerry Scott



International Waffle Day : A Sweet Celebration Around the World

Every year on March 25th, waffle lovers across the globe celebrate International Waffle Day, indulging in this crispy, golden delight. Originating from Sweden, this day coincides with Våffeldagen, marking the arrival of spring. Over time, it has gained international popularity, with different countries adding their unique twist, fluffy waffles, Belgium's thick, fluffy waffles, America's syrup-dripped versions, and Hong Kong's egg waffles. Whether topped with fruits, chocolate, or whipped cream, waffles remain a beloved treat. So, on this day, grab a plate of your favourite waffles and enjoy the simple joy of this delicious tradition!



Have astronauts been stuck in space before?

Williams and Wilmore are not the first astronauts to face an extended stay in space due to unforeseen circumstances. There have been previous cases where astronauts had to remain in orbit longer than planned due to technical problems or geopolitical events.

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In 1991, Soviet astronaut Sergei Krikalev was stranded on board the now-decommissioned Mir space station for 311 days due to the dissolution of the Soviet Union.

Political turmoil and funding shortages delayed his return, forcing him to remain in orbit for far longer than planned. When he finally landed in March 1992, he returned not to the Soviet Union, but to a newly independent Russia.

Sunita Williams has roots in India. She was the second American astronaut of Indian heritage to go into space, after

Kalpana Chawla. Her father, Deepak Pandya, was a neuroanatomist and was born in the Jhulasan village in Gujarat, India. Sunita Williams' cousin recently told News 18 in an interview, "Sunita is a proud daughter of Gujarat, and her village, Jhulasan, is celebrating her return." Sunita Williams carried a Ganesh idol during her space mission. A photo of it floating in zero gravity is now viral. She has previously taken the *Bhagavad Gita* and other spiritual items to space.

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that she and Wilmore were 'feeling good, working out, eating right.' "We have a lot of fun up here too," she added. "People who are worried about us, really don't worry about us... We're a happy crew up here."



#DIALECT

Gen Z Slang



You may have found yourself feeling like Pascal lately. As Gen Zers become more and more prominent in the workplace, so does their unique brand of communication. Gen Z slang can sound like a foreign language to older co-workers, and often, when people attempt (and fail) to use it correctly, it can be more embarrassing than gratifying.

Most Gen Zers are self-aware enough to know that these terms won't be easily comprehensible to older co-workers, so they'll just avoid them altogether (at least until they're comfortable enough in the workplace to speak more naturally). Also, calling this vocabulary 'Gen Z slang' is a misnomer. Most of these words and phrases didn't originate with Gen Z, or with so-called internet culture. Many of them derive from Black and queer vernacular that's spread in popularity on social platforms, and this proliferation has sparked conversations of cultural misappropriation. But these terms are now in wide use, both on and offline, so understanding their definitions can't hurt. Here's a no-judgment guide to some of the most widely used (and most widely misunderstood) Gen Z slang, so that the next time your fresh-out-of-college co-worker drops one of these words, you can avoid being cringe.



Mother

This one's pretty straightforward. Someone is 'mother,' if they're an iconic feminine figure, and an act is 'mother,' if it contributes to that icon status. It's most often used to refer to pop stars, actresses, or other celebrities, but it can be applied in everyday life, too. And 'mother' may be a feminine word, but Gen Z isn't about binaries, so, the term can apply to someone of any gender. And yes, it is an adjective.

'Jvoti really killed that negotiation. She's so mother for that.'

Say less

This one can sound super rude if you don't know the meaning. 'Say less' doesn't mean 'shut up.' Rather, it means, "I understand," as in,

"You don't have to say anything more, because I already get your point."

"I need you to make 10 copies of this. Say less!"

Rizz

'Rizz' is short for charisma (read: char-ri-zma), particularly when it comes to flirting. If you have 'rizz,' it means you're smooth, or you've got game. Hopefully, this one doesn't come up at work too often. (If this one's popping up at work too much, your office may have bigger problems than slangage barriers.)

"Rohit has no problem getting dates—he has so much rizz."

Mid

'Mid' is basically short for 'mid-dling.' To call something 'mid' is to call it of average or poor quality.

"I'm not a big fan of the office snack supply. It's pretty mid."

Based

Normally, 'based' means well-founded or correct; you'd call an opinion based if you agree with it, especially in political contexts. But be warned, ironic usage of 'based' is also common, and it means the exact opposite. It's normally used as a stand-alone reply to someone else's statement, not as an in-sentence adjective.

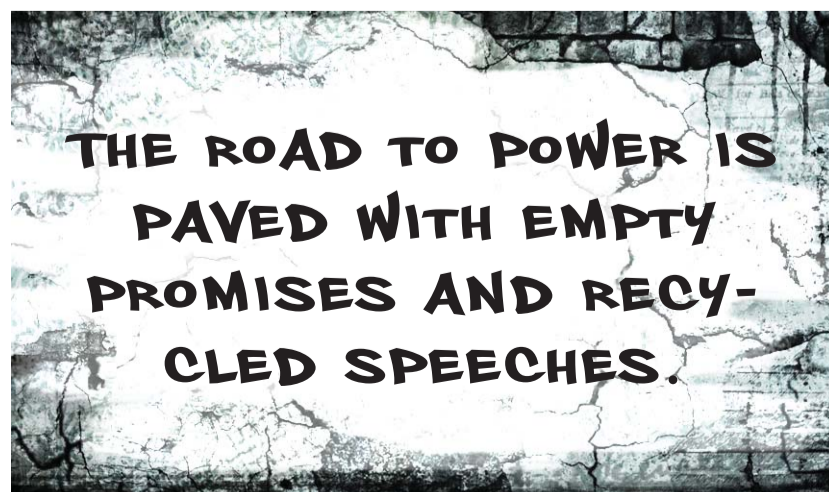
"Unpaid internships are a scam. Based."

Slay

One common usage of 'slay' (meaning to kill a challenge, to succeed) has been around for a while, but slay now is also used as a neutral affirmative, akin to 'gotcha' or 'okay.'

"I'll be back in 15 minutes. Slay!"

THE WALL



BABY BLUES



ZITS



By Jerry Scott & Jim Borgman