

#J'ADORE

Trendy Shrug Styling

Let long winter shrug do the talking!



As winters are on the heights and we are trapped under the layers of heavy sweaters, cardigans, jackets, some of you must be reluctant to be wrapped up in heavy, fuzzy woolen sweaters as they add extra baggage and make you feel suffocating. So, forget the frumpy heavy sweaters and pull a slouchy shrug over a t-shirt and you can wear it with layers.

These winter shrugs not only add a dash to your outfit but also make you feel warm, comfortable and light. These can be pulled off with jeans, skirts, shorts or dresses, anything and everything.

Long Shrugs

Long shrug designs are anything that goes beyond your waist, they're long and can come till your knees, ankles or hips. These long shrug outfits look amazing for a music festival or for a casual day out for a breezy vibe.

Long shrugs with jeans or shorts could work if you want to go for a breezy, chic outfit for a day out or anything.

Fringed Shrugs



While you're understanding how to wear shrug, a fringed shrug might work for you. It's a shrug that has numerous threads loosely hanging from its edges or from anywhere else. Fringed shrugs are very stylish and give you a total retro look! Among long shrug designs, fringed shrugs offer a lot of variety.

Lacy Shrugs

Lacy shrugs are those types of shrugs which are made up of beautiful yarns weaved into a fabric. It is weaved into various styles. Florals, leafy patterns are some of the styles that they have. These lacy shrugs look really magical over a tank top and shorts attire. Tops with shrugs are clearly a winning option, especially when the shrug has been made from delicate lace.

Cropped Shrugs

A cropped shrug design is a mini version of a shrug. They are short, cute and very stylish. These shrugs often have a length till above the waist or even smaller.



Floral Shrugs

Floral shrugs are a perfect piece that you can add to your wardrobe to look fresh, and trendy. Among shrug designs, floral shrugs are probably the most vibrant. An all-over floral print would certainly compliment a solid coloured tee or tank top. Pick a vibrant shrug when you're trying to rock the top with shrug combo.

The courtyard would suddenly erupt with activity. Some women would attend to Dai Ma's immediate orders for supplies of various kinds, while others hurried off to inform their men folk waiting in the baithak or office in the outer courtyard; yet another would climb to the terrace to announce the good news to the world by beating a thali with a belan. To prevent any evil spirit from getting at it, the placenta would be buried in a secure and clean location as per the diktats of Dai Ma. Someone would be dispatched to the post office to send telegrams and the temple priest would be approached to prepare a horoscope for the baby.

Dai Ma Delivers



Dr. Shri Gopal Kabra
Veteran Doctor & Voracious writer on medical affairs

#THE BIRTH

By deciding to study medicine, I bucked a family tradition. No one in my extended family had ever studied science at the college level and the three that had ever graduated, had all majored in commerce. I was selected into the MBBS course, at RG Kar Medical college in Calcutta. For me, the move to a sprawling metropolis from the sleepy village of Losal in Rajasthan was a sea change.

In 1959, I entered my final year, and as a part of my practical training in midwifery, I had to conduct 20 normal deliveries. We were assigned only uncomplicated normal multipara cases. A multipara is a lady who has been pregnant more than once and is, as such, easier to manage because multipara deliveries are generally quick and smooth. A trained senior nurse and a resident doctor were at hand to guide us. We had to observe - and assist at least 5 deliveries before we were allowed to conduct one independently (under the watchful eye of the doctor or nurse of course). During our midwifery posting, we were required to stay in the hospital in a room adjacent to the labour ward.

When a lady entered the final stage of labour and was transferred to a delivery table, we would be summoned by the shrill sound of an electric bell. We would rush, post-haste, lest the lady deliver before we could reach. Multiparas would often deliver at short notice and if we did

not reach in time, the lady would be assigned to a trainee nurse while we would have to wait for the next case. Just the waiting for a multipara to oblige us by going into labour was a torture. We had to be dressed and ready to leave at short notice, and there was little else for us to do except to stare at the starkly bare walls of our room. There was no television then and we lacked even a radio. Completing our logbooks with details of the deliveries we had attended did not take long; neither did consulting a textbook of obstetrics. We therefore had plenty of time to kill and we spent it exchanging ribald jokes, discussing the beauty and other physical assets of popular cinema actresses or reading and re-reading cheap, sensational magazines picked up from a roadside vendor.

Happy Outcomes

Why am I telling you all this? I am doing so because I am acutely aware of how births occurred in my village when I was still a schoolboy. In our large, joint family, there was always a pregnant aunt, sister-in-law or sister who had returned for her first confinement to her parent's house as was the custom. In hushed tones, I would be requested, bribed, actually - to get her *jar beri ke kachhe ber* (unripe plums from a thorny bush), *imali* (tamarind fruit) or other tangy edibles to whet their craving for such edibles. I smile now when I remember how I would rush out on such an errand. As the expected day of delivery approached, a room in the haveli would be marked for birthing. We, children, came to learn of the impending delivery when a purdah or curtain was hung outside the

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door of the room. Once the lady was shifted to the room, the village midwife or Dai Ma would arrive. She would be given the required items. These included a clean but used soft *dhoti* (long loin cloth worn by men) from which diapers for the newborn would be fashioned.

Curious female family members who were excluded from the birthing room activities would gather in the inner *zanana* (female) courtyard of the haveli with their eyes and ears fixed on the closed and curtained door. They would speak in hushed tones and debate the progress of the labour they could not see. The children would wince and exchange glances at each stifled cry that emerged. We waited with bated breaths till the cry of the newborn was finally heard and Dai Ma emerged through the purdah to announce the happy outcome.

The courtyard would suddenly erupt with activity. Some women would attend to Dai Ma's immediate orders for supplies of various kinds, while the others hurried off to inform their men folk waiting in



Gond Ke Ladoo



Nari Ki Chakki



Munakka



Sonth Ke Ladoo



Tal Makhane



Imali

the baithak or office in the outer courtyard, yet another would climb to the terrace to announce the good news to the world by beating a thali with a belan. To prevent any evil spirit from getting at it, the placenta would be buried in a secure and clean location as per the diktats of Dai Ma. Someone would be dispatched to the post office to send telegrams and the temple priest would be approached to prepare a horoscope for the baby.

Special Preparations

The following day, special preparations like delicious deshi cookies would be served to the new mother. The list was endless and varied, and I drool while thinking of it. Before my memory deserts me, here are some of the items:

1. Badam (almond) ka halwa;
2. Gond (fried edible gum resin crystals) and sonth (baked ginger powder) ke ladoo (sweet balls).
3. Narial (grated coconut) ki chakki (milk cake)
4. Fried and salted almonds, cashew nuts, pistachio, talmakhana (fried and salted lotus seeds)
5. Ajuwain - thyme or carom seeds fried in ghee and sweetened
6. Panjiri-fried whole wheat flour, sooji (semolina) heavily laced with fried edible gum and fried nuts and sugar
7. Munakka - baked raisins laced with salt and black pepper. Of course, the children would get

to taste all these. Since some of these are also prepared on *janmaasthmi* or the birthday of Lord Krishna, the celebrations following a birth in the family would be a week-long *janmaasthmi* for us.

Dai Ma would remain with the mother and the child for a week or so until the ceremony of *nahvan* (head bath) was performed with the ladies singing folk songs. Then, the new mother, bathed, coiffured, and dressed in new sari with a special *peela* (long yellow scarf) would be ceremonially taken in a ladies' procession for *kua puja* (worship at the water well). This would mark the end of the *sutak* (defilement period).

Great Strides

Fresh earthen water pots brought by the potter would be used to replace the old ones after washing the *parandah* (drinking water storage place). The kitchen would be washed and cleaned. Home deities would be given a ceremonial bath and special prayers would be offered. The new mother and her child would now move to her own room. Dai Ma would be given gifts and a grand send-off. In the evening, *ajwa* songs (folk songs connected with childbirth) would be sung. The birth of a child in the haveli was indeed an occasion for festivity.

My thoughts return to the labour ward where I completed my midwifery training. It was impersonal, like a factory. The doctors, nurses

and ward attendants were detached and mechanical, harsh, and abrasive; over-worked and distraught; and frequently on the edge. It was all very stressful and depressing. Except when a boy was born and the relatives offered a gift of money to the lady who conveyed the 'good news' or when the relatives distributed sweets, there was no joy or celebration on the birth of a girl child.

I humbly acknowledge the great strides that have been made in the science and practice of midwifery and concede that a hospital delivery has the immeasurable advantage of safety to both mother and child. Yet, I suffer disquiet when I compare the sterile and colourless atmosphere of the labour room to the homeliness and cleanliness of my haveli and empathy of the Dai Ma.

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Kua Puja

Global Belly Laugh Day

Global Belly Laugh Day is a day for having a good, deep chuckle at anything at all! Whether it's reading from a joke of the day calendar or seeing something funny on the internet, getting in a good laugh each day is an excellent practice. But there is one day out of the year that it's extra important to practice laughing naturally that comes from deep down.



#RESEARCH

Adults' Covid Depression

Attending school on Zoom and quarantining from family and friends has left children struggling through the COVID-19 pandemic, but surprisingly, having kids at home may help adults feel less distressed, researchers report.

Adults in households with children have fewer mental health problems than other adults living without kids, a new study shows. Child care - beyond the effect of larger household size - may actually reduce depression during pandemic social isolation.

"In other words, parents/caregivers may be struggling, but not more so than everyone else," says lead author Shawna Lee, associate professor at the University of Michigan School of Social Work and director of the Parenting in Context Research Lab.

Lee and colleagues say they believe it's possible that caring for children may provide increased social

connections or an increased sense of purpose, both of which may contribute to improved mental health.

These questions, while not specifically addressed in the current study, may need to be explored in future research.

The study, published in the Journal of General Internal Medicine, used data from mid-2020 that included answers to health questions about the respondents' anxiety and depression. Adults aged 18-64 were included in the sample of nearly 600,000 respondents.

During the 12-week study, about 35% of the respondents reported having anxiety, while 24% felt depressed. These rates were much higher than pre-pandemic levels. While women were more likely to feel anxious than men, but the presence of children with couples had no anxiety.

Male caregivers may be vulnerable to pandemic worries, such as employment loss, which health care professionals should monitor, the researchers say. Adults who are not married and have low household income are also more at-risk for anxiety and depression.

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#FOOD&WINE

Formal wine judges and critics will appraise the appearance, aroma and taste (or 'mouthfeel') of a wine, and anyone who has heard the pop of a cork from a bottle of sparkling has appreciated the sound.



Appearance, Aroma and Mouthfeel



So you like drinking wine, but don't actually know much about it? You want to feel more confident when talking about wine. You would like to know how to choose a 'good' wine. Well, you are not alone.

Many of us enjoy drinking wine but do not really understand or appreciate the complexity of this amazing beverage. And many feel nervous about discussing wines, thinking they may say the wrong thing.

Fear not - there is no right or wrong when appreciating wine, however the more you know and understand, the more you will really treasure and enjoy the experience of wine tasting.

Here are our top tips for giving wine tasting a go.

Senses' Contribution

Formal wine judges and critics will appraise the appearance, aroma and taste (or 'mouthfeel') of a wine, and anyone who has heard the pop of a cork from a bottle of sparkling has appreciated the sound.

The colour of a wine is also important. A young white wine should be a very pale yellow or 'straw' colour, and a young red may have purple notes. Brown tinges of a young wine indicate that the wine may be spoilt - possibly premature ageing due to poor storage.

There are hundreds of aroma compounds which all contribute to the smell of a wine. The term 'aroma' refers to the smells originating from the grape, and 'bouquet' from the smells resulting from the wine making process.

A good wine should not be simple - it should have an interesting array of aromas. A wine should not have any undesirable or off odours, as this can also indicate spoilage. The smell of a wine should make you want to have a taste of it.

While you are tasting, you can observe how wines range in style from dry (lacking any sugar) to very sweet, still to sparkling, and may have varying concentrations of alcohol (ethanol). Pay attention to how acidic the wine is, and notice if the wine has an astringency or bitterness - these are the tannins found particularly in red wines.

Notice the different flavours derived from both the grape and the winemaking process. All of these components contribute to the mouthfeel of a wine and should be in 'balance'; no one component should over-dominate the others.

Taste & Experience

There are a number of factors which will improve your wine tasting experience, and three main steps taken when wine tasting.

Make sure you have clean wine glasses which can hold a reasonable volume of wine - at least 100 ml with room to swirl! Wine should not be cold or too hot - room temperature is best.

Step 1: Look: Is the wine clear and free from any deposits or solids? Does it have any bronzing? Does it have bubbles when it is not a sparkling style?

Step 2: Smell: Swirl the glass

to coat the insides with wine. This helps to release the aroma compounds. Put your nose right into the glass and take a deep sniff. Does it smell good? Free from any off odours? Can that smell fruity and floral aromas that come from the grapes? Are there any oak or yeasty aromas from the winemaking process?

Step 3: Taste: Take a big sip and move it about your mouth. Can you taste grape flavours, acid, warmth, some viscosity or oiliness? You can even suck some air in through your teeth which helps to release aroma compounds in your mouth, which can then travel through your nose to help you taste and smell the wine even better.

Is the wine complex? Does the taste last for a long time in your mouth or does the wine taste quickly disappear?

There are also tools such as aroma wheels and tasting guides which may be beneficial to have on hand when tasting wines - these provide suggestions of wine descriptors. It may also be useful to write down your thoughts in a journal.

Appreciate & Enjoy

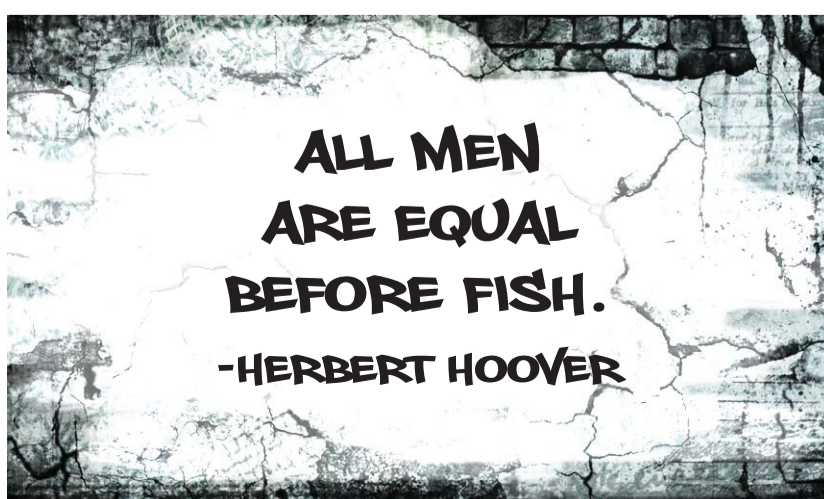
The best way to really appreciate and enjoy wine is to talk about it. Enjoy wine with others such as a group of friends or a local wine enthusiast group. Taste wines side by side so you can compare the differences.

There is a wealth of information on wine appreciation available - wine critics give reviews of wines in print and online, and most large wine retailers will also provide wine reviews. Or get out to wineries and talk to the cellar door staff - winemakers about their wines. It is very useful to talk to other people as this helps you to build up your 'wine vocabulary'.

Consider the appearance, aroma and taste and then the overall impression of the wine. Your opinion is your opinion - nobody is right and nobody is wrong. If you want to go back for another glass, then you have found the wine for you. |||



THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman