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#RESEARCH

Hairstylists exposed to toxic air

"At the root of the problem are the products used on clients' hair," says Lesliam Quiros-Alcalá, study senior author and associate professor in the Environmental Health and Engineering department at Johns Hopkins University. "Manufacturers of hair-care products need to focus on developing safer options that don't put hairstylists or consumers in harm's way."



Hairstylists, especially those providing services to Black and Latina women, are exposed to high concentrations of harmful airborne chemicals in their workplace, a team of researchers has found. The study in the *Journal of Environmental Exposure Assessment* is the first to report indoor VOC concentrations of several volatile organic compounds or VOCs in US hair salons, serving this group of women.

This builds on previous research that found Black and Hispanic hairdressers had higher levels of chemicals from hair relaxers, dyes, and other salon products in their bodies compared to office workers but did not specifically measure air concentrations of the chemicals.

The researchers conducted air monitoring to measure 14 VOCs in three salons, serving Black women, three Dominican salons, predominantly serving Latina and Black women, and 10 office spaces not connected to salons, to serve as a comparison group. Most of the spaces tested had some level of the VOCs, that the researchers were looking for. However, median VOC concentrations were two to 17 times higher in salons than in offices.

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Female hairstylists are vulnerable because they tend to be of reproductive age and work during critical periods before and during pregnancy. Many also tend to use products like chemical relaxers, straighteners, and smoothing products, which may pose particular health risks. Several of the VOCs in these products have been linked in animal studies to neuro-developmental and reproductive effects, potentially posing health risks for these women and



A sweet tooth and taste for ants and termites takes them out of the sanctuaries.



Anirudh Nair
(A Wildlife Enthusiast and Writer)

As a child who grew up watching *The Jungle Book* television series in the 90s, I always found it difficult to pick a favourite animal character. Mowgli's two best friends were both beloved, *Bagheera*, the cautious yet courageous black panther, and *Baloo*, the clumsy and free-spirited sloth bear with a weakness for honey. Over time, I learnt that I didn't have to pick a favourite, and I could love them both.

These memories sparked, I was palpably excited at the prospect of sighting my first *Baloo* or sloth bear (*Melursus ursinus*) on a trip with other wildlife enthusiasts, to Kumbhalgarh and Todgarh-Raoli wildlife sanctuaries in December 2019. My anticipation grew over the few days of exploring these two sanctuaries in central

Rajasthan, as I listened to various tales of encounters with sloth bears, and saw tell-tale signs that they had left in the forest.

Panchu-ba, the old caretaker of the Raoli Forest Rest House, narrated his meetings with bears as we sat around a bonfire on our first night in the sanctuary. Gesticulating and swearing wildly, Panchu-ba told us about how a bear had stood on its hind legs to scare him off, when he accidentally chanced upon it, many years ago. When threatened, adult bears, who grow up to six feet in length and weigh more than 100 kgs, use this strategy and display their formidable foreclaws to intimidate an opponent.

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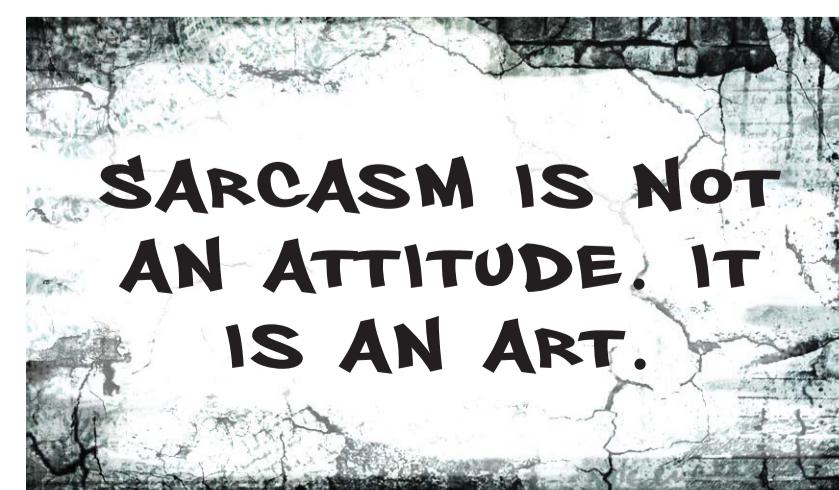
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THE WALL

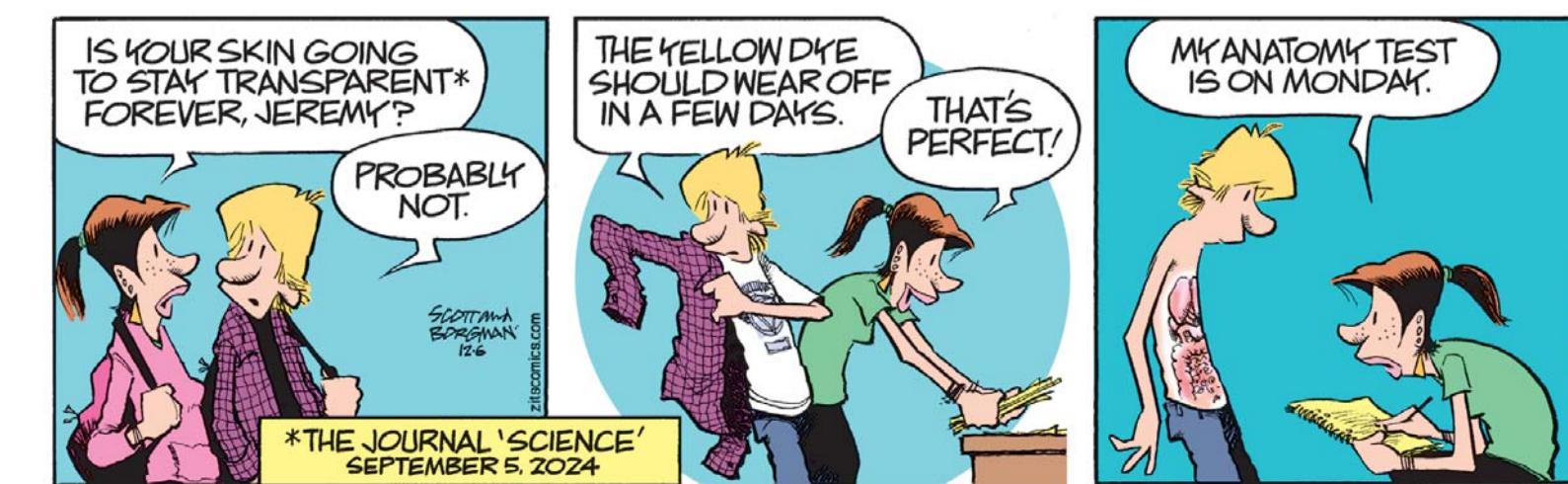


BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



World Pulses Day

T he dried seeds of legumes, pulses are among some of the world's most sustainable food sources. Chock-full of nutrients with a high content of protein, pulses make an excellent dietary staple, particularly in places where meat and dairy products are not accessible. These plant-based protein sources offer nutrition, sustainability, and versatility, enriching meals and promoting health and wellness. World Pulses Day is here to draw attention to and raise awareness about the health benefits of this extremely climate-friendly and healthy food!

#J'ADORE

The Trendiest Vista

As designers gear up to showcase their diaphanous, elegant, and heritage summer collections, get set to exude brilliant charm in the coolest Indian and Indo-inspired looks, yourself!

As the seasons of fashion swings, so does the style mood of fashion connoisseurs and tastemakers alike. In accordance with this change in preferences come a host of new trends, styling tips, and ultra-chic outfit ideas! As designers gear up to showcase their diaphanous, elegant, and heritage summer collections, get set to exude brilliant charm in the coolest Indian and Indo-inspired looks, yourself!

To start off, here's a lowdown of some of the most trending styles in the Indian fashion scene today!

The Neon Revival

Few things spell freshness like neon hues! Adapting these hues to ultra-stylish lehenga cholis, embellished masks and jewellery is a fun way to keep the vibrancy alive when donning the latest fashion trends of the season. You can opt for neon yellow, green or pink to add a dash of summer freshness to your kurtis, lehangas, and sarees. Make a stylish statement like no other in neon!



The Indo-Chic Sunnies

Than an Indian designer, Sabysachi Mukherjee, in a classic flair reminiscent of Audrey Hepburn in 'Breakfast at Tiffany's' but with an Indian twist! Adding a pair of tinted sunglasses to a highly adorned and well-styled traditional Indian outfit is a surefire way to send your look from the usual to the unusual. Feel unique and exude a swagger like no other by donning one of the latest fashion trends reigning this summer season!



Neck to elevate a simple and elegant Indian outfit with a strikingly stylish accent? Turquoise hued jewellery spells summer freshness like no other! Give your outfit a vibrant and ultra-stylish edge by pairing simple, neutral-coloured Indian outfits like a saree, or an angrakha, with stand-out turquoise fashion jewellery.



The Saree-Kurta Duo

If you get bored of wearing the same old Indian classic in the same old way, this outfit idea is a winner for you. Combine two of the greatest Indian wear silhouettes in one of the boldest and experimental Indian fashion trends, the kurta-saree set! Instead of pairing your kurtis for women with the usual pants, salwar, pajama or churidar, opt for a saree.

Lengthen the palla of your saree and lessen the pleated area to reduce bulk underneath, in order to adapt the saree's drapes to a kurta length, to effectively execute one of the latest fashion trends of the season.

The Belted Saree

Want to exude boss-lady vibes in Indian fashion? Opt for a simple yet striking cotton saree, a well-fitted knit top as a blouse and a stylish belt on top of your saree draped to give your outfit an edge like no other. Sleek and well put-together, this is a look that will have you owning every room you walk into, with ultimate style!



By Jerry Scott & Jim Borgman

