



CREATIVE WORLD

Every generation gives more freedom to next generation:

Varun Narvekar



BENGALURU, FEB 27 /-/- Marathi filmmaker Varun Narvekar believes every generation gives more leeway to the next generation in line as they want them to have a go at the things that they could not. But when young people take this "additional freedom" lightly then it manifests as the generation gap. "Every generation gives additional freedom to the next one. Like if a mother has had restrictions in terms of wearing certain clothes, she will make sure it is not passed on to her daughter. "But this additional freedom is taken for granted by the gen next. That is where we see the generation gap emerge," Narvekar told PTI in an interview on the sidelines of the ongoing Bengaluru International Film Festival.

The director's debut film "Muramba" (loosely translated as sweet pickle) is slated to be screened at the 10th edition of the BIFFES today. Starring Mithila Palkar, Amey Wagh, veteran actor Sachin Khedekar and Chinmayee Sumeet, the comedy drama is about a young couple whose sudden break-up sees the man's parents handle the tough situation. It is a one-day story, where Alok's (Wagh) parents try to understand his point of view after his break-up and bring in their own perspective. Other issues such as the society's view of the working woman has also been handled against the backdrop of the break-up, the filmmaker said. Narvekar in his films, he has tried to show that relationships need time to mature. "We should give time to relationships... to let them mature. You can't just decide to have a break-up in a month. We have seen our parents develop and nurture their relationship over the years. "Like the muramba recipe, let the relationship marinate for sometime." Talking about the state of Marathi cinema, Narvekar said despite putting out entertaining and content-driven films, the movies straightforwardly compete with the mainstream Hollywood films. "When people get to watch Hollywood stars in the same price of the ticket as a Marathi picture, they would go there. We are still fighting for that." (PTI)

Anxiety may help people remember things better: Study



TORONTO, FEB 27 /-/- Manageable levels of anxiety can actually help you remember more details of an event, a study claims. The study of 80 undergraduate students also found that when anxiety levels got too high or descended into fear, it could lead to the colouring of memories where people begin to associate otherwise neutral elements of an experience to the negative context. "People with high anxiety have to be careful," said Myra Fernandes, professor at the University of Waterloo in Canada. "To some degree, there is an optimal level of anxiety that is going to benefit your memory, but we know from other research that high levels of anxiety can cause people to reach a tipping point, which impacts their memories and performance," said Fernandes. For the study half of the participants were randomly assigned to a deep encoding instruction group while the other half were randomly assigned to a shallow encoding group.

All participants completed the Depression Anxiety Stress Scales. It was discovered that individuals high in anxiety showed a heightened sensitivity to the influences of emotional context on their memory, with neutral information becoming tainted, or coloured by the emotion with which it was associated during encoding. "By thinking about emotional events or by thinking about negative events this might put you in a negative mindset that can bias you or change the way you perceive your current environment," said Christopher Lee, PhD candidate at Waterloo.

"So, I think for the general public it is important to be aware of what biases you might bring to the table or what particular mindset you might be viewing the world in and how that might ultimately shape what we walk away seeing," said Lee. For educators, it is important to be mindful that there could be individual factors that influence the retention of the material they are teaching and that lightening the mood when teaching could be beneficial. (PTI)

'Holi' of Nawabs of Avadh kept alive by generations

LUCKNOW, FEB 27 /-/- The Nawabs of Avadh have been known for their grand Holi celebrations, a symbol of communal amity between Hindus and Muslims, and their descendants say they are continuing with the tradition despite the "harsh" realities of changing times to keep the 'ganga-jamuni tehzeeb' alive. These families residing in the old Lucknow localities have been celebrating the festival since the days of yore. Though the celebrations have become subdued over the years, they still maintain the tradition of joining Hindus in the festivities. "The old and the young come over to

our place on the festival day and exchange colours to mark the festival. We offer them sweets like gujhiyas which are synonymous with Holi," Nawabzada Syed Masoom Raza of the erstwhile royal family of Avadh told PTI. Hindus and Muslims celebrate all festivals together in the Avadh tradition and "we have kept it going", he said, adding that this time too it will be no different as he and his family will await the 'toils' (groups of Holi revellers) with colours and delicacies.

"Unlike other places, Lucknow's culture has been guided by the Nawabs who considered both the communities equal," said

Raja and cited the story of Nawab Asaf-ud-Daula (1775-1797) who, it is claimed, came out in public in the evening for the festival when it had once coincided with Muharram, the Islamic month of mourning observed with sincerity by the Nawabs who were Shias.

Things have changed tremendously over the years with the "advent of the new kind of politics" as well as migrants in Lucknow from all over. "It has eclipsed the local dialect and culture to a great extent," Raj Kumar Amir Naqi Khan of Mahmoodabad estate said.

"Up until the abolition of the Zamindari system,

Holi was a grand affair with all friends, irrespective of their faith, collecting at our place and playing with natural colours derived from 'tesu' flowers, sharing lunch and enjoying the cultural show in the evening," Khan said.

Till today the festival is celebrated in his house with dry colours, 'abir' and 'gulaal' (scented colours smeared on Holi) but the grandeur is, of course, missing. Begun Nasema Raza, who is the wife of Syed Masoom Raza and belongs to the family of the law minister of the first Nawab of Avadh Nawab Mir Shah Ali Khan, says that the youngsters offer gulaal on the feet of the women folk and seek their

blessings. For the women, there are fun filled get-togethers in the evening to enjoy the Holi delicacies of gujhiyas, papads, dahi badas among others, Nasema Raza said, adding that the day cannot be over without the Holi dinners in the house of their Hindu friends.

"Preparations are already underway with the white attire worn on the festival day to highlight the colours of Holi being readied and abir and gulaal being bought from the markets," she said. Though for Raj Kumar Amir Naqi Khan this year also the festival is unlikely to be any different from previous ones, he fears for how long they will be able

to maintain the traditions which have been part of Lucknow's distinct cultural identity.

"The new generations of our families too have migrated to bigger cities. Besides the culture around us has also been changing fast under the influence of people from other towns. What we see today is very different from the Lucknow in which we had grown up," he said. Masoom Ali is, however, more optimistic. He says all festivals which give a message of brotherhood, camaraderie and a chance to even those who have been forgotten, tread wrong path to come together, will continue to have a place in the society. (PTI)

I'm an anomaly: Ava DuVernay on Hollywood diversity

LOS ANGELES, FEB 27 /-/- Director Ava DuVernay, who is the first woman of colour to direct a big-budget studio movie with "A Wrinkle in Time", believes Hollywood's diversity problems are far from over. The director said there was a need for systemic change and unless that happens, diversity will remain a distant dream, according to the Hollywood Reporter. "I'm an anomaly. (Black Panther's) Ryan Coogler is an anomaly, (Moonlight's) Barry Jenkins is an anomaly, (Mudbound's) Dee Rees is an anomaly. When you can name us all on two hands, that's not change," she told a gathering at W Hollywood. "But we're in a dynamic time right now, telling our own stories. These are moments that are not sustainable unless there's systemic change. We sit on top of a broken system."



Cast members Oprah Winfrey, Storm Reid, Reese Witherspoon and Mindy Kaling pose at the premiere of "A Wrinkle in Time" in Los Angeles, California, U.S. - REUTERS

Frequent tracking may improve blood sugar conditions in diabetics

NEW DELHI, FEB 27 /-/- Diabetics who get their blood glucose levels checked regularly are more likely to see an improvement in their condition, experts claim. According to a research conducted by a team of Healthians, a Gurgaon-based health check up service, rate of incidence of diabetes in the National Capital Region is as high as 39 per cent for people above 25 years of age. Diabetes is a chronic illness in which the body is unable to control its blood glucose level. The condition may also lead to heart disease, kidney failure, blindness, amputations, etc. However, the data shows that regular monitoring can improve diabetic conditions, such as fasting glucose levels. The team found that more frequent monitoring leads to a better improvement rate. "Regular monitoring has a huge psychological impact that motivates a person to take action," said Dr Waia Murshida Huda, Head of Wellness Team at Healthians.

"Tracking acts like a reminder. It alerts and prompts a person to do more for their health. Lifestyle changes and dietary control can effectively reverse diabetes," Huda said. The analysis is based on more than five lakh glucose tests and over 80,000 glycated hemoglobin (HbA1c) tests performed by across Delhi and NCR in 2017.

According to the research, among those who monitored glucose levels twice a year, only seven per cent people saw an improvement. On the other hand, people reporting a marked improvement in their sugar levels rose to 41 per cent when a glucose test was repeated once every two months. "People who get their blood glucose levels checked frequently are more aware of the disease and its complications," said Dr Vikramjeet Singh, Senior Consultant of Internal Medicine at Aakash Healthcare Super Speciality Hospital in New Delhi. "They achieve good control because

checking blood glucose regularly means adaptation in diet, medicines prescribed by doctor and going for consultation at regular intervals, there is better compliance of medicines schedule that keeps blood sugar level under check," said Singh, who was not involved in the research. India is the diabetic capital of the world. According to World Health Organisation (WHO) 2016 data, 7.8 per cent of the Indian population suffers from diabetes.

The International Diabetes Federation projects that the number of Indians with diabetes will soar to 134 million by 2045. "People in Delhi NCR are known for their love for food. Moreover, due to a stressful life, growing pollution, traffic woes and decreasing leisure time, more and more people are adopting a sedentary lifestyle," Huda said. "The main cause of diabetes earlier used to be genetic. But today it has become one of the leading lifestyle ailments," she added. (PTI)

Ex-US First Lady Michelle's memoir to be called 'Becoming' set for worldwide release

WASHINGTON, FEB 27 /-/- Michelle Obama, the former First Lady of the United States, will soon share her first memoir BECOMING, which is a work of deep reflection and mesmerizing storytelling. Michelle said on Monday that she is pretty excited about it and can't wait to share her memoir with people. Michelle, who is regarded as one of the most iconic and compelling women of the present times, has revealed to the media that writing BECOMING has been a deeply personal experience for her. "I talk about my roots and how a girl from the South Side found her voice. I hope my journey inspires readers to find the courage to become whoever they aspire to be. I can't wait to share my story," Michelle, who was the first African-American to serve as the US First Lady, had tweeted. The former First Lady has established herself as a powerful advocate for women and

girls in the US and around the world, dramatically changing the ways that families pursue healthier and more active lives. The memoir addresses readers' world, chronicling the experiences that have shaped her from her childhood on the South Side of Chicago to her years as an executive balancing the demands of motherhood and work, to her time spent at the world's most famous address. Michelle's memoir BECOMING is set to be released on November 13, 2018. BECOMING will be published globally in 24 languages by Penguin Random House, which acquired world publishing rights to both Michelle and Barack Obama's memoirs in a deal rumoured to be worth US\$ 65 million. The book will be released in the UK, Australia, New Zealand, India and South Africa in print and digital formats by Viking, an imprint



of Penguin Books at Penguin Random House UK. In the US and Canada, it will be released by Crown Publishing Group.

Vrindavan widows to present gulaal and sweets to Modi 'bhaiya'

VRINDAVAN, FEB 27 /-/- Five widows from Vrindavan will reach Delhi tomorrow along with 11 big earthen pots containing herbal 'gulaal' and choicest sweets meant for their "brother" - Prime Minister Narendra Modi. The widows of Vrindavan played 'Holi' today at the historic Gopnath temple here for the sixth consecutive year breaking a tradition that forced them to lead the life of a recluse. It was a riot of colour as hundreds of women clad in spotted white sarrees came out of the ashrams to sprinkle colours and 'gulaal' on each other in the revered temple. Apart from celebrating Holi with sister widows, they have also prepared herbal 'gulaal' which lies filled in 11 earthen pots waiting to be handed over to the authorities at the prime minister's residence in New Delhi tomorrow.

Ninety-five-year old Manu Ghosh explains that since the widows consider 'Modi' as their brother, they had arranged special 'gulaal' for him. "It's love from thousands of widow sisters to Modi Bhaiya," says 81-year-old Kanak Prabha. Five of these widows will go to Delhi to handover 'gulaal' and sweets for the prime minister. For the last couple of years, some widows were going to the 'Rakhshabandhan' says Sulabh founder Bindeshwar Pathak who organised the 'Holi' for widows in Vrindavan. The celebration is an attempt to add a dash of colour to the otherwise insular lives of the widows who earlier used to live the life of a recluse, having been deserted by their families, Pathak said. The widows today played Holi with over 1600 kilograms of flower petals and 1600 kilograms of Gulaal. And the joy radiates from their faces. They also danced and sang including bhajans on the occasion. In many parts of India, widows are not permitted to play Holi. Since 2012, Sulabh began working in this direction aiming to bring them to the mainstream. (PTI)