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# MidWeek LIFESTYLE

FAT FOUND IN OVERWEIGHT PEOPLE'S LUNGS FOR FIRST TIME | P32



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## VIDYA BALAN AMPS UP STYLE QUOTIENT THIS FALL IN FLORAL PRINT SAREES AND BREEZY WESTERN OUTFITS



VIDYA BALAN ADDS A DASH OF COLOURS TO OUR SATURDAY AS SHE FLAUNTS HER GORGEOUS SAREE COLLECTION AND STYLISH WESTERN ENSEMBLES IN A FLOOD OF PICTURES FROM HER LATEST PHOTOSHOOT AND VIRTUAL EVENTS.

## WHAT PANDEMIC? TORONTO AREA'S HOUSING MARKET JUST BROKE A SALES RECORD

**TORONTO** — July was a record-breaking month for Toronto real estate sales, as 11,081 homes changed hands.

The Toronto Regional Real Estate Board (TRREB) says existing home sales in the Greater Toronto Area jumped 29.5 per cent compared with July 2019, hitting a new high for the month.

Average home prices are also up 16.9 per cent from a year ago, at \$943,710. TRREB says low-rise homes, especially outside the downtown core, led the upward trend, with overall prices jumping most in Durham, Orangeville and south Simcoe County.

The board's president, Lisa Patel, said there is evidence the home market is tightening — with buyers competing as homes are being sold faster than new listings are added to the market. Patel suggested in the report that homebuyers and sellers have put off summer travel and are playing catch-up on their housing plans, after the City of Toronto entered Stage 3 of reopening from COVID-19 restrictions.



## TOYOTA'S R&D ARM TO FORM US\$800M INVESTMENT FUND



**TOKYO** - Toyota Motor Corp.'s research arm said Thursday that it would create an US\$800 million global investment fund.

The fund called Woven Capital is to invest in companies in areas such as autonomous mobility and smart cities, Toyota Research Institute-Advanced Development said in a statement.

Earlier this year, the Japanese automaker unveiled a plan to build a prototype "city of the future" called Woven City at the base of Japan's Mount Fuji, powered by hydrogen fuel cells and functioning as a laboratory for autonomous cars. "With diverse projects such as Arene, the Automated Mapping Platform, and Woven City, the Woven Planet Holdings Group has set ambitious goals for itself, and we will need a variety of partners and technologies to achieve those goals," James Kuffner, CEO of TRI-AD, said in a statement. "Woven Capital's investments will enable us to weave together a global portfolio of partners and technologies that will deliver long-term value to our customers, stakeholders, and society. Woven Capital will also enable us to make growth-stage investments in companies in the Toyota AI Ventures portfolio as they look to raise additional capital."

## Afternoon naps can boost kid's happiness



**WASHINGTON:** An afternoon nap can boost happiness as well as improve behaviour and academic performance of children, a study has found. Researchers from the University of California (UC) Irvine in the US conducted a study of nearly 3,000 fourth, fifth, and sixth graders aged 10-12. The study, published in the journal SLEEP, showed a connection between midday napping and greater happiness, self-control, and grit; fewer behavioral problems; and higher IQ. "Children who napped three or more times per week benefit from a 7.6 per cent increase in academic performance in Grade 6," said Adrian Raine, from University of Pennsylvania. "How many kids at school would not want their scores to go up by 7.6 points out of 100?" Raine said. Sleep deficiency and daytime drowsiness are surprisingly widespread, with drowsiness affecting up to 20 per cent of all children, said Jianghong Liu, an associate professor at University of Pennsylvania.



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# INDIA'S ALCOHOL INTAKE UP BY 38% IN SEVEN YEARS: LANCET STUDY



India's annual alcohol intake increased by 38 per cent between 2010 and 2017, according to a study published Wednesday which found the total volume of alcohol consumed globally per year has risen by 70 per cent since 1990. Published in The Lancet journal, the study of 189 countries' alcohol intake between 1990-2017 and estimated intake up to 2030 suggests that the world is not on track to achieve targets against harmful alcohol use. Between 2010 and 2017, alcohol consumption in India increased by 38 per cent -- from 4.3 to 5.9 litres per adult per year, said researchers from TU Dresden in Germany. Over the same timescale, consumption increased slightly in the US (9.3-9.8 litres) and in China (7.1-7.4 litres), they said. As a result of increased alcohol consumption and population growth, the total volume of alcohol consumed globally per year has increased by 70 per cent -- from 20,999 million litres in 1990 to 35,676 million litres in 2017. Intake is growing in low- and middle-income countries, while the total volume of alcohol consumed in high-income countries has remained stable. The estimates suggest that by 2030 half of all adults will drink alcohol, and almost a quarter (23 per cent) will binge drink at least once a month, researchers said. Alcohol is a major risk factor for disease, and is causally linked to over 200 diseases, in particular non-communicable diseases and injuries, they said. "Before 1990, most alcohol was consumed in high-income countries, with the highest use levels recorded in Europe," said study author Jakob Manthey, from TU Dresden. "However, this pattern has changed substantially, with large reductions across Eastern Europe and vast increases in several middle-income countries such as China, India, and Vietnam. "This trend is forecast to continue up to 2030 when Europe is no longer predicted to have the highest level of alcohol use," said Manthey. He said the World Health Organization (WHO)'s aim of reducing the harmful use of alcohol by 10 per cent by 2025 will not be reached globally. Instead, alcohol use will remain one of the leading risk factors for the burden of disease for the foreseeable

future, and its impact will probably increase relative to other risk factors. "Implementation of effective alcohol policies is warranted, especially in rapidly developing countries with growing rates of alcohol use," Manthey said. The study measured per capita alcohol consumption using data from the WHO and the Global Burden of Disease study. Over the same period, it also measured prevalence of people who did not drink for their whole lives or were current drinkers (ie, drank alcohol at least once a year) using surveys for 149 countries, and binge drinkers using surveys from 118 countries. Binge drinkers were those consuming 60 grammes or more pure alcohol in one sitting once or more within 30 days. In 2017, the lowest alcohol intakes were in North African and Middle Eastern countries (typically less than one litre per adult per year), while the highest intakes were in Central and Eastern European countries (in some cases more than 12 litres per adult per year). At the country-level, Moldova had the highest alcohol intake (15 litres per adult per year), and Kuwait had the lowest (0.005 litres per person per year). Globally, alcohol consumption is set to increase from 5.9 litres pure alcohol a year per adult in 1990 to 7.6 litres in 2030. However, intake varied regionally. Between 2010-2017, consumption increased by 34 per cent in southeast Asia (from 3.5 litres to 4.7 litres), with increases in India, Vietnam and Myanmar. In Europe, consumption reduced by 12 per cent (from 11.2 to 9.8 litres), mainly due to decreases in Azerbaijan, Kyrgyzstan, Ukraine, Belarus, and Russia. Intake levels remained similar in African, American, and Eastern Mediterranean regions. Globally, the prevalence of lifetime abstinence decreased from 46 per cent in 1990 to 43 per cent in 2017, while the prevalence of current drinking increased from 45 per cent in 1990 to 47 per cent in 2017. The prevalence of heavy episodic drinking increased from 18.5 per cent to 20 per cent. However, the authors note that the changes in abstinence and heavy episodic drinking are not statistically significant.

## Be yourself and design your own patterns



We are seldom conscious when we brush our teeth, apply a moisturiser or undertake any such mundane activity. Chores are generally performed mechanically. Apart from these nearly programmed rituals, a lot of unconscious behaviour gets ingrained within us and forms into a pattern. While these behavioural patterns may seem helpful as they may not tax our minds, such patterns come in the way of relationships. Here are a few examples of how. There was a husband who felt his wife wanted to be in control of everything. So, apart from going to work, he let her be in the driver's seat about everything else. All major decisions were taken by her. Eventually, she became the man of the house and he couldn't really connect with the woman he was married to. He wanted to leave her. Here, the wife didn't realize her control wielding behaviour came in the way of their relationship. I have seen another case of a woman who was married earlier and had been through a bad marriage. She would hold back her love from her husband just because she was scared it wouldn't

be reciprocated like in her first marriage. Her pattern of self-protection by withdrawing her love from her husband drove him into the arms of another woman. A man's depression though treated, came in the way of his marriage. His biggest fear was he wouldn't be loved and thus longed for sympathy. The wife, on the other hand, was fed up with sympathy ruling the roost of their relationship and love taking a back seat. Eventually she divorced him. The man's behaviour because of his fear became a cold, withdrawn and emotionless pattern hampering the dynamics of his relationship. With time the wife became emotionally emptied and ended up with an affair and eventually a divorce. When people try to change themselves inherently by becoming what they are not, they set a pattern of behaviour which doesn't sync well with their persona and creates a conflict with the unconscious. Not being what one inherently is, always comes in the way of a relationship. It's not always easy to be aware of some self-patterns. People are limited by what they know and that keeps them away from experiencing marital harmony. The wrong patterns can be catastrophic for a couple.

## S&P Global Ratings predicts Indian economy to contract 9 per cent in FY21

S&P Global cut down its growth forecast for India to 9 per cent from the earlier estimated 5 per cent for FY21. Citing rising COVID-19 cases, it said the infection rate would keep private spending and investment lower for longer. S&P Global Ratings Asia-Pacific Economist Vishrut Rana said, "One factor holding back private economic activity is the continued escalation of the COVID-19." For the fiscal 2021-22, it expects economic growth at 10 per cent. S&P said risks to the growth outlook include a weaker recovery in informal sectors of the economy and deeper economic losses for micro and small enterprises. It added, "In addition, if credit quality worsens materially following the expiration of loan moratoriums, the recovery will slow. One factor that presents potential upside to growth is the availability of a widely-distributed COVID vaccine earlier than our current estimate around mid-2021." Last week, Moody's and Fitch, two major global rating agencies projected the Indian economy to contract 11.5 per cent and 10.5 per cent respectively in the current fiscal. While Goldman Sachs estimated the contraction at 14.8 per cent. S&P said, "While India eased lockdowns in June, we believe the pandemic will continue to restrain economic activity. New cases per day in India averaged nearly 90,000 in the week ending September 11, according to data from the World Health Organization." "This is up from an average of about 70,000 per day in August. As long as the virus spread remains uncontained, consumers will be cautious in going out and spending and firms will be under strain," S&P said.

## Quit over-cushioning your kids

Parents go the extra mile to give the best to their children, do everything possible to make their lives smoother. Sometimes, being overly protective has its share of pitfalls, and they're 'snowploughing' their kids. In recent times, the term 'Snowploughing Parents' has emerged to describe them. Read on to know more...

### WHAT IS IT?

The term 'snowploughing' is coined for parents who not only aggressively push their children to become achievers but also involves removing any obstacles that may stand in the way of their success. Whether it's requesting school teachers to dish special treatment to their kids or doing their child's assignments themselves to score high marks or not letting their little ones deal with little problems on their own.

### SHIFT IN PARENTING STYLE

Parenting styles have changed. Strict and disciplining parenting style has changed to become understanding and supportive. Parents thrive on giving the best to their children and at times end up overdoing it, finding it difficult to draw the line. They're making their child dependent versus making them independent and emotionally stronger, says clinical psychologist and psychotherapist, Mansi Hasan. Three out of five parents that she comes across, have snowploughing tendencies.

### THE RISE OF SNOWPLOUGHING PARENTS

Psychiatrist and psychotherapist, Dr Anjali Chhabria has witnessed a rise in such cases, amongst all socio-economic classes, especially in the urban areas. "This happens when parents become overprotective by cushioning the child from obstacles and failures. They are afraid that their children will make a wrong decision and thus, try to make everything perfect for their children.

## AVOID THESE DRINKS BEFORE GOING TO SLEEP



While sipping on a cup of beverage before bedtime might seem tempting, experts advise keeping away from certain drinks before sleep. "Things that contain caffeine are definitely going to be less-than-desirable for most people," said Jessica Garay Redmond, assistant professor in the Department of Nutrition and Food Studies at Syracuse University in New York. Redmond added that caffeine intake also depends on a person's sensitivity, "That's not even just right before bed, but I think depending on a person's caffeine sensitivity, they may need to shut down the caffeine in their day at some point in the afternoon or certainly by dinner time so that they can then have a restful night sleep." The study published in the Journal of Clinical Sleep suggests that one must refrain from caffeine craving as early as six hours before going to bed. Caffeine is not only restricted to coffee but is also found in some teas, soda and even chocolates. Researchers also advise avoiding alcohol before heading to bed. "It (alcohol) traps you in the lighter stages of sleep and dramatically reduces the quality of your rest at night," CNN quoted Rebecca Robins, a postdoctoral research fellow at NYU Langone Health, as saying. Robins added, "It continues to pull you out of rapid eye movement and the deeper stages of sleep, causing you to wake up not feeling restored." While talking about a possible good bedtime drink, Robins suggested that milk (source of tryptophan) could be an alternative and said, "That's one of those recommendations that's been around for a really long time." Tryptophan converts into two brain chemicals which are associated with sleep- melatonin, which helps regulate your body's natural sleep and wake cycles, and serotonin, which causes relaxation and drowsiness. "At this point there's so much research that has looked at the effects of milk and warm milk and there's not necessarily an obvious connection that makes it a universal recommendation. A lot of researchers now suspect that it might be more sort of psychological than anything else," Redmond suggested.



# ARE YOU LIVING WITH A SHORT-TEMPERED PERSON? KEEP THESE THINGS IN MIND



This quarantine period is testing us in many ways. While previously we could excuse ourselves from potentially toxic situations, now we are having to stay put and patient in the exact same place, with or without the toxicity. One of the most difficult things is having to live with a person who is short-tempered. So, while previously you didn't have to spend every waking hour with them, now you may be interacting with them 24x7. As such, it is important to know ways in which you should deal with them.

**Understand what could be triggering them**

When you are living with a short-tempered person under the same roof — it could be a friend, a parent or a sibling — it is important to find out and understand what their trigger points are. And then address the issue via an open and healthy discussion, which is devoid of judgement. It is for your own benefit that you understand what irks this person most.

**Give them space**

When they are lashing out, do not engage with them. If you react, things can turn ugly. Instead, keep your calm and let things settle on their own. When the other person is done with their outburst, they are likely to realise their mistake, their overreaction, and apologise on

their own. Till then, take a step back.

**Patience is a virtue**

You are a human being, too, and are allowed to lose your cool. But, not when someone is already aboard the rage train. This is not to say that you are not allowed to express yourself, but do so when the waters are calmer and the storm has passed. If you retaliate, or respond in an equally nasty manner, the situation may worsen. So stay as patient as you possibly can.

**Could you be in the wrong?**

Sometimes, not always, it could be your attitude that could be triggering tension. So once a while, work on your flaws, manage them, so as to strike a balance and avoid conflict.

**Encourage and support**

If someone is aware they have temper issues, support them in getting over this habit. You can encourage their good behaviour and ask them to monitor it themselves. Additionally, they can also pick up some techniques such as a meditation and/or workout sessions that may allow a more productive outlet for the anger. Also, if they are particularly fond of and good at something, they must be pushed in that direction — it could be music, fine arts, dancing or any other passion.

## Emotion vocabulary may help reflect state of well-being

Vocabulary that one uses to describe their emotions can help in indicating the mental, physical, and overall well-being, according to new research. Led by a scientist at the University of Pittsburgh School of Medicine, the results of the study were published in Nature Communications. A larger negative emotion vocabulary -- or different ways to describe similar feelings--correlates with more psychological distress and poorer physical health, while a larger positive emotion vocabulary correlates with better well-being and physical health. "Our language seems to indicate our expertise with states of emotion we are more comfortable with. It looks like there's a congruency between how many different ways we can name a feeling and how often and likely we are to experience that feeling," said lead author Vera Vine, Ph.D., a postdoctoral fellow in the Department of Psychiatry at Pitt. To examine how emotion vocabulary depth corresponds broadly with lived experience, Vine and her team analyzed public blogs written by more than 35,000 individuals and stream-of-consciousness essays by 1,567 college students. The students also self-reported their moods periodically during the experiment. Overall, people who used a wider variety of negative emotion words tended to display linguistic markers associated with lower well-being--such as references to illness and being alone--and reported greater depression and neuroticism, as well as poorer physical health. Conversely, those who used a variety of positive emotion words tended to display linguistic markers of well-being--such as references to leisure activities, achievements, and being part of a group--and reported higher rates of conscientiousness, extraversion, agreeableness, overall health, and lower rates of depression and neuroticism. These findings suggest that an individual's vocabulary may correspond to emotional experiences, but it does not speak to whether emotion vocabularies were helpful or harmful in bringing about emotional experiences. "There's a lot of excitement right now about expanding people's emotional vocabularies and teaching how to precisely articulate negative feelings."

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# Sara Ali Khan, Priyanka Chopra, Deepika Padukone: Beauty regime that B-town divas follow to keep their skin glowing



Your face is your everyday resume, it is the first thing people see when they meet you, picturing it is how your loved ones think of you, and probably what people picture when talking about you. And all of us invest most of our salaries in our faces, one tiny blemish and we go in a tizzy, trying cosmetic and natural ways to get rid of it. But you know who seems to never get any acne or blemishes? Bollywood celebrities! And sure they probably spend way more on their faces in a day than we do in a year, they still have some pretty neat tips and tricks that can be incorporated in our daily routines. From Priyanka Chopra Jonas, who is riding high on the success of her recent on-screen venture The Sky Is Pink to Deepika Padukone, who has wrapped up the shoot of Chhapaak, all our B-town ladies never miss an opportunity to pamper their skin. Here are the top five beauty tips from B-town ladies to help keep your skin fresh as ever.

**PRIYANKA CHOPRA JONAS**  
Priyanka Chopra is a global star who has been in the limelight from the age of 17. From winning the Miss World pageant during her teens to being the first Indian to headline an American TV show, Priyanka has proven her mettle several times.  
Beauty Secret: The actor uses kitchen ingredients as a part of her skincare routine. For face scrubbing, she uses upatan made using gram flour and turmeric. She also swears by glycerin. Using glycerin as a lip balm helps keep them soft.  
But apart from that, she also makes it a point to hydrate her skin by drinking eight to ten glasses of water a day.

**SARA ALI KHAN**  
Ever since she has set afoot in B-town, Sara has been grabbing eyeballs because of her exemplary acting skills and of course, her fresh-as-a-daisy vibe has won her many fans.  
She keeps her make up subtle mostly but her dresses and hair style amp up the game.  
Beauty Secret: She keeps herself hydrated by drinking 3 litres of

water in a day and thus, her skin stays plump and dewy . Also the actor is a proponent of long naps. She believes an eight to ten hour long nap works wonders for her skin and reduces dark circles. She also advises to start every day on a positive note and an energizing bath.

**DEEPIKA PADUKONE**  
Deepika Padukone, who is an advocate of mental well-being believes in the power of Yoga. She debuted in Om Shanti Om almost a decade back and has made a mark in Hollywood as well . Despite her tight schedule, the actor always finds time to pamper her skin.  
Beauty Secret: To keep her face free from any flab she does face yoga. The actor also uses high SPF sunscreens to protect her skin from the harmful UV rays she has to expose herself to owing to her job's requirements.

**KAREENA KAPOOR**  
Fondly called Bebo for her flamboyant nature, Kareena is also known for her fashion choices and health care routine besides, of course, her interesting filmography. The actor is fitness conscious and is often seen talking about good dietary habits and the benefits of Yoga.  
Beauty Secret: Bebo always seems to have a glow on her face and to get that, Kareena starts her day by applying a honey mask on her face. After washing it off, a mere application of kajal does the trick and she is ready to take on the day.

**ANUSHKA SHARMA**  
Anushka Sharma doesn't mince her words. From clearing the air about her lip job to being tight lipped about her personal engagements to openly admonishing people who litter streets, Anushka believes in being disciplined and punctual, and her fans undoubtedly love her for that.  
Beauty Secret: To detoxify her skin, Anushka uses a neem face mask. She swears by home-made face packs with natural ingredients like milk, honey, papaya and banana to keep her skin acne free.



## MATERNITY FASHION: ANUSHKA SHARMA, KAREENA KAPOOR KHAN, EMMA ROBERTS AND GIGI HADID'S JAW-DROPPING PREGNANCY LOOKS



Fans have been in a frenzy ever since Tinsel Town divas Kareena Kapoor Khan and Anushka Sharma, Hollywood beauty Emma Roberts and supermodel Gigi Hadid dropped their pregnancy news during COVID-19 quarantine. As the storks get ready to visit them next year, the celebrity mommies-to-be are nailing the maternity fashion in a mix of comfort with glamour. From polkas to denims, kaftans and flowy dresses, the divas have been raising the bar for haute couture during pregnancy . Here's how the stars have been laying down style statements in the perfect maternity garment.

**ANUSHKA SHARMA**  
As she broke the Internet with the news of expecting her first child with Indian cricketer-husband Virat Kohli, Anushka shared a picture flaunting her baby bump in a polka dot dress by LA-based label Nicholas. The classic print with the ruffle detailing and the ruche midriff is per fect to show off the baby bump.

**KAREENA KAPOOR KHAN**  
Expecting her second child with actor-husband Saif Ali Khan, Kareena Kapoor Khan has set the perfect maternity trend in airy kaftans and flowy dresses to ace the comfor table yet stylish look. Recently, she was clicked by the shutterbugs while on her way to actor-sister Karisma Kapoor's house. The mommy-to-be turned heads in blue printed separates with grey pointed pumps.

**GIGI HADID**  
As she rang in her 25th birthday with baby daddy Zayn Malik, the international model was also seen donning a pair of light blue jeans teamed with a black top. Moms jeans are definitely ruling the maternity fashion in third trimester.

## TIME TO INCORPORATE PURPLE IN YOUR DIET!



From purple grapes and beets, to trusty red cabbage and blueberries, the list of purple fruits and vegetables is endless. They are not only a great way of adding colour to a dish, but also help you feel good about eating them too and also boast of nutritional credentials..

Chef Prabhakar Nagraj, Managing partner, Elixir India, says, "In search of better and more natural nutrition, people's focus has shifted towards healthier living that entails incorporating more and more vegetables into their diet." He adds, "There is an increased awareness towards the benefits of purple fruits and vegetables and people have thus begun to slowly replace existing vegetables, especially green vegetables, with them."

Health-conscious consumers and those in the know are consuming more and more of these naturally rich foods. The vibrant colour indicates a naturally high presence of health-enhancing anti-oxidants. Foods like prunes, eggplant, purple cabbage, black currants, blackberries, beetroot and concord grapes contain anthocyanin, an antioxidant that gives these foods a natural purple hue and help reduce risks of cancer, stroke and heart diseases..

Chef Nishant Chaubey says, "Purple foods contain anthocyanin and has a high antioxidant character. For consumers, it's a natural colour to work on. Purple food is fibrous and helps in making dishes flavourful. Red cabbage marmalade, beetroot kanji, purple grape sauce or smoothie , cherry shake are some of the easiest recipes. Lavender tea is the beverage to look at."The best thing about food is that it can be played with and experimented. And, if it comes with a boxful of nutrients, nothing like it. Consumption of different coloured foods is important as that ensures that the body gets its regular dose of essential nutrients, vitamins, minerals and antioxidants. Chef Rubal Pupneja, says, "It is a known fact that darker the food, the higher antioxidant content and better nutrient value it contains. It's important to maintain balance while consuming vegetables and fruits. Balance is the key." So next time, you are out shopping for veggies, opt the purple ones for a change instead of the conventional greens. But don't forget that its not only purple or green, a rainbow of differently coloured fruits and vegetables is essential for optimal health.

## Saif Ali Khan's sizzling look even at the age of 50 is credited to this secret



The scrutiny of high definition cameras may catch up to most actors, but even after 27 years in the film industry, for 50-year-old Saif Ali Khan, it is a walk in the park. We all know and love the fresh-faced Saif of yester years who charmed us with delightful performances in films like Hum Saath-Saath Hain and Main Khiladi Tu Anari. But the man who has grown into his role as the 'Nawab of Pataudi', has a completely mesmerizing aura. If there is one person in the entire Bollywood industry whose looks have been a consistent showstopper, it is the talented Saif Ali Khan. Khan recently celebrated his 50th birthday on August 16 with his friends and family. The pictures he shared of himself in a traditional white kurta had his fans all across social media in absolute thrall. His age-defying looks may come as a surprise to some, but we're here to tell you, they are the result of years of hard work put into the gym, healthy eating and an overall robust lifestyle.

Unlike most people in the film industry, Saif Ali Khan does not have a personal trainer. Whatever changes he needs to make for his roles, he does on his own accord. He works out for more than 2 hours on a daily basis and makes it a point to add something new to his diet each month. His workout and yoga routines rarely change and he is a firm believer in consistency when it comes to working for the body type that one desires.

Khan uses weight training to bulk up and even practices kickboxing to keep his body toned and flexible, followed by some shadow training to target his arms and stomach. Where his diet is concerned, Saif completely avoids alcohol and junk food. Green tea is his go-to drink whenever he feels stressed after a long day of work, he shared in an interview during the promotions of Jawani Janeman.



# WORLD STROKE DAY: SIGNS, CAUSES AND TREATMENT FOR THE DISEASE



A stroke refers to a lack of blood supply to parts of the brain, which causes brain cells to die or leads to extensive damage. It can affect mobility and speech, among other aspects. Strokes are responsible for more deaths annually than those attributed to AIDS, tuberculosis and malaria combined and yet it remains a silent epidemic (Source: World Stroke Campaign). October 29 marks World Stroke Day, which aims to raise awareness about the condition. Here's everything you need to know about it:

- \* One of the key factors that minimise the damage is early detection. Watch out for certain signs that indicate a potential stroke: Is one side drooping? Are the arms of one side weaker than the other? Is the speech jumbled or slurred? If you see any of these signs, then immediately connect with a medical expert.
- \* Strokes are treatable if detected in time. If you treat it as an emergency and head to the stroke unit, the damage from the stroke can be minimised.
- \* The usual form of treatment includes clot-busting drugs that break blood clots. If given earlier, it shows greater benefits. Another treatment is to remove the clot to improve survival rate and

October 29 marks World Stroke Day. Every six seconds, someone somewhere around the globe dies from the disease. Here are some quick facts you need to know about its symptoms and how to prevent an attack.

reduce disability if the stroke is caused by an artery blockage.

- \* Bear in mind that there are greater chances of another stroke among survivors (one in four are likely to suffer from another stroke). Treatments to prevent another stroke will include drugs to lower blood pressure and cholesterol, antiplatelet therapies, anticoagulation for atrial fibrillation, and surgery or stenting.

## 10 INDIAN INSTAGRAM ACCOUNTS YOU MUST FOLLOW IF YOU ARE A FOODIE



**One cannot think well, love well and sleep well if one has not dined well- Virginia Woolf**

Food is essential to our survival, but for those of us who are foodies, it means a lot more. Most of the time we are thinking about what we shall be having for our next meal of the day and which are the new restaurants to visit. Having a good meal is an experience in itself, and nowadays Instagram influencers who talk about food are growing by the day. However, there are some who should be followed if you like knowing and keeping yourself updated about the latest food trends and recipes. Here is the list of Instagram accounts of renowned Indian chefs and food bloggers, who will take you on a gastronomic journey through their posts, photos and videos.

**Cyrus Rustom Todiwala** – The Indo-British chef has earned many rewards and honours for his culinary skills. He is also the proprietor of Café Spice Namaste and Mr. Todiwala's Kitchen. Cyrus is not only a celebrity chef, but has also hosted many TV and radio shows.

**Pankaj Bhadouria** - From being the first winner of Master Chef India to launching her cookbook, Pankaj has made a huge mark for herself in the world of cooking. She is an inspiration to other aspiring chefs in India, and scrolling through her Instagram feed is a feast for the eyes.

**Richa Hingle**- A famous food blogger who has written many cookbooks, Richa inspires her followers through her healthy eating habits. Her food gallery on Instagram gives us major food goals whenever we look at it and her dishes are an amazing combination of nutrition and taste.

**Survir Saran** – A renowned author of various cookbooks, he has been fond of cooking right from the time he was a child and successfully turned his hobby into a career. Saran shares his travel experiences along with the different cuisines he cooks up.

**Manu Chandra** –From making desserts to main courses, Manu excels in creating simple yet elegant dishes. Check out this Indian chef's Instagram page for a host of nutritious items.

**Gastro Hogger** – A young and enthusiastic food blogger from Hyderabad, he has more than 55k followers and his Instagram page is definitely worth taking a look at.

**Surjan Singh Jolly** – Surjan has come on many TV shows, both as a presenter and judge, and is popularly known as 'Chef Jolly.' He shares his love and passion for food through his Instagram account which is full of mouth watering dishes.

**Deeba Rajpal** – Deeba's Instagram feed is full of delicious sweet and salty treats baked to perfection. Her dishes are very well presented and would be a hit at any party or get together you throw at home.

**Shazia Khan** – Shazia is the author of the book, What's On The Menu, and was the third runner of up of Master Chef India Season 2. She offers tempting dishes and a plethora of cuisines while also hosting workshops and tutorials which inspire the next generation of chefs.

**Harpal Singh Sokhi** – This is one name you must have heard of. The playful manner in which Chef Harpal cooks dishes on screen has made him a darling of the masses. He has an interesting method of cooking, and it is entertaining to watch him cook.

### High carbohydrate diet may induce obesity in some



**NEW YORK:** Researchers have identified a DNA mutation common in animals that may explain why a diet high in carbohydrates induces obesity and diabetes in some but not others.

The study, published in the journal PLOS Genetics, showed a surprising difference between two sets of the fruit flies when feeding with alternate diets high in protein and high in carbohydrates.

Fruit fly larvae with a noted mitochondrial DNA (mtDNA) mutation showed a pronounced increase in development when eating high carbohydrate diet of banana, but stagnated on a high protein diet of passion fruit, Xinhua news agency quoted the study as saying.

Conversely, fruit fly larvae without that mutation thrived on the high protein diet, but dropped in frequency when put on carbohydrates, the report said.

The six-year collaborative study by Australian, American and Spanish researchers challenged the neutral theory of molecular evolution in which changes in species at the molecular level are random, not caused by natural selection and provide no benefit or disadvantage to the species. According to lead author Bill Ballard from the University of New South Wales, the research was a rare demonstration of positive selection at work in evolution.

Given that humans share 75 per cent of the same genes as fruit flies, and have the same mtDNA genes, it is likely, according to the study, that the same mutation inherited in human mtDNA may metabolise carbohydrates in a similar way. "But, the news is not all bad for people harbouring the mutation," said Ballard.

"You would need to manage your carbohydrate intake when you are younger, but if you are unfortunate enough to develop Parkinson's Disease, a high carbohydrate diet will help you maintain weight," Ballard added.

### TEENAGERS WITH RELIGIOUS UPBRINGING ENJOY WELL-BEING IN EARLY ADULTHOOD

Participating in spiritual practices during childhood and adolescence may lead to positive health and well-being outcomes in early adulthood. According to a recent research, people who attended weekly religious services or practised daily prayer or meditation in their youth reported greater life satisfaction and positivity in their 20s. The study noted that these people were less likely to subsequently have depressive symptoms, smoke, use illicit drugs, or have a sexually transmitted infection than people raised with less regular spiritual habits.

Ying Chen, first author of the study suggested that, "These findings are important for both our understanding of health and our understanding of parenting practices. Many children are raised religiously, and our study shows that this can powerfully affect their health behaviours, mental health, and overall happiness and well-being." For this study analysed health data from mothers in the Nurses' Health Study II (NHSII) and their children in the Growing Up Today Study (GUTS). The researchers controlled for many variables such as maternal health, socioeconomic status, and history of substance abuse or depressive symptoms, to try to isolate the effect of religious upbringing. The results showed that people who attended religious services at least weekly in childhood and adolescence were approximately 18% more likely to report higher happiness as young adults (ages 23-30) than those who never attended services. They were also 29% more likely to volunteer in their communities and 33% less likely to use illicit drugs. Those who prayed or meditated daily while growing up were 16% more likely to report higher happiness as young adults, 30% less likely to have started having sex at a young age, and 40% less likely to have a sexually transmitted infection compared to those who never prayed or meditated.



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# Why we eat more with others than when alone

People eat more with friends and family than when dining alone, according to a new study released on Saturday that suggests that the phenomenon called 'social facilitation' is a possible throwback to our early ancestors' approach to survival.

Experts at the University of Birmingham led a team of researchers in Britain and Australia who explain that ancient hunter gatherers shared food because it protected against periods of food insecurity. This survival mechanism, they say, may still persist today, leading to people eating more with friends and family because eating with others is more enjoyable and enhanced reward from social eating could increase consumption.

Besides, social norms might 'permit' overeating in company but sanction it when eating alone, and providing food becomes associated with praise and recognition from friends and family, strengthening social bonds. The study highlights that, as with many species, humans tend to share a common food resource. Most humans are no longer hunter-gatherers, but mechanisms similar to those that once served efficient foraging continue to guide our dietary behaviour.

Research leader Helen Ruddock said: "We found strong evidence that people eat more food when dining with friends and family than when alone...People want to convey positive impressions to strangers. Se-



lecting small portions may provide a means of doing so and this may be why the social facilitation of eating is less pronounced amongst groups of strangers". "Findings from previous research suggest that we often choose what (and how much) to eat based on the type of impression that we want to convey about ourselves. Evidence suggests that this may be particularly pronounced for women eating with men they wish to impress and for people with obesity who wish to avoid being judged for overeating."

# LIPID IN HUMANS CAN HELP CONTROL BLOOD SUGAR

**SAO PAULO:** A team of global researchers has discovered that a lipid—produced in response to cold by brown adipose tissue in the human body—helps reduce blood sugar. The discovery with the lipid known as 12-HEPE can pave the way for new treatments for diabetes, said the team from Brazil, the US and Germany. The group also observed that a drug used to treat urinary dysfunction increases the amount of 12-HEPE released into the bloodstream in human patients. White adipose tissue, one of the two types of adipose tissue in mammals—including humans—stores excess energy as fat. The other kind is brown adipose tissue, which converts energy from food into heat and contributes to thermal regulation. The function of the lipid "12-HEPE" was unknown until the group discovered that blood sugar was reduced more efficiently in obese mice treated with 12-HEPE than in untreated mice after they were injected with a concentrated glucose solution. According to the paper published in the journal Cell Metabolism, the beneficial effect of 12-HEPE on glucose tolerance in obese mice was due to its promotion of glucose uptake into both skeletal muscle and brown adipose tissue.



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# Here’s why some people stick to their fitness goals



Personality traits are a key indicator in determining how likely is it that a person will stick to their exercise goals, a study revealed. A new study uncovered a personality trait that may predict your likeliness of engaging in a physical task. It stated that individuals who make concrete plans to meet their goals are likely to engage in more physical activity, including gymming, as compared to those who don’t. The findings of this study published in the Journal Psychological Science suggest that self-reported levels of a trait called ‘planfulness’ may translate into real-world differences in behaviour. Some people seem to be able to more consistently meet their goals than others, but it remains unclear if personality traits that have been found to promote goal achievement in the lab similarly encourage individuals to achieve long-term goals in their day-to-day lives, said lead researcher Rita M. Ludwig of the University of Oregon. Conscientiousness, a measure of individuals’ orderliness and dependability on the Big Five Inventory of personality, has long been tied with healthy behaviours. Narrowing their focus to a single facet of this trait, planfulness, allows researchers to zero in on the psychological processes--such as mental flexibility, and a person’s ability to make short-term sacri-

fices in pursuit of future success--that contribute directly to achieving long-term goals. “What’s new in this study is that we used an objective measure of goal progress that could be recorded as participants naturally went about their lives: their check-ins at a local gym,” Ludwig explained. Researchers examined this relationship by analysing the gym attendance of 282 participants over a 20-week period. They tracked the number of times each participant swiped into the campus recreation centre after enrolling in the study at the start of the winter 2018 academic semester. They also retroactively collected data on gym attendance throughout the fall 2017 term. The participants, many of whom were students, provided a written description of their exercise plans and completed measures of self-control and grit, in addition to the Big Five Inventory of personality and researchers’ 30-item Planfulness Scale. While all participants experienced a similar decline in gym attendance over the course of each semester, individuals who rated themselves high on planfulness items such as “developing a clear plan when I have a goal is important to me” went to the gym more throughout both semesters. Researchers found that a one-point increase on the five-point Planfulness Scale corresponded with an additional 5.9 recreation centre visits during the fall semester, and an additional 8.5 visits after enrolling in the study for the winter semester. Planfulness was only significantly associated with the frequency of participants’ gym attendance during the winter semester, possibly due to participants completing their physical activity plan later in the year, the researchers noted. “This work is broadly informative for those who are curious about how people pursue health goals, including their own patterns of thought around goals,” Ludwig suggested. “It seems logical that people who are successful with their goals would be able to write in detail about their planning process,” Ludwig added.

# PREGNANT WOMEN HAVE NO CHOICE BUT TO WEAR UGLY CLOTHES

When I became pregnant, I figured plenty of things were going to get harder as my belly grew bigger, such as getting a good night’s sleep or sticking to my workout routine. One thing, however, I did not anticipate: how infuriatingly difficult it would be to find a half-decent outfit. A year ago, I believed the conventional wisdom that maternity clothes have vastly improved since my baby boomer mom and Gen-X cousins were pregnant. Now that I’m shopping for a third-trimester baby bump, I realize my faith was misplaced. The maternity clothing market is a floral-festooned, polyester-laden sartorial wasteland. It utterly fails to account for either the varied lives women lead or the different ways they wish to present themselves. And the shopping experience ranges from maddening to puzzling. A post shared by A Pea In The Pod (@apeainthepodmaternity) on Mar 8, 2019 at 12:00pm PST All of this amounts to an indefensible and avoidable failure on the part of the beleaguered retail industry. Great maternity departments should be an easy way to attract millennial moms — ostensibly one of the industry’s most coveted demographic groups. True, newcomer websites such as Asos Plc and Boohoo Plc carry garments that reflect actual current trends. But much of what’s out there has a distinct, one-note look I have come to think of as “mommycore”: bland t-shirts,

juvenile-looking babydoll frocks, uncomfortably low-cut wrap dresses, and flower patterns that resemble the upholstery on your grandmother’s couch. The industry’s idea of creativity seems to be confined to inane tops stamped with Instagrammable messages like “#Milkmachine” and “I like to think wine misses me too.” A post shared by Motherhood Maternity (@motherhoodmaternity) on Oct 1, 2019 at 4:26pm PDT Women embrace all sorts of styles in everyday life — edgy motorcycle jackets, elegant sheath dresses, Supreme-inspired streetwear. But in pregnancy, they have little choice but to sport the mommycore uniform. Need something to project confidence for a big client presentation? Ann Taylor has no maternity suiting to offer you, nor does Express or White House Black Market. Working up a sweat at the gym? Lululemon Athletica Inc. and Nike Inc. will be of little help. Searches for maternity gear on their websites turn up no specially designed products. Now, you might say this is what specialty maternity stores are for: They have outfits for all occasions that accommodate a baby bump. But consider what women are in for when they hit up one of these retailers. Destination Maternity Corp. is the corporate parent of its namesake chain, as well as Motherhood Maternity and A Pea in the Pod.

## FAT FOUND IN OVERWEIGHT PEOPLE’S LUNGS FOR FIRST TIME

**WASHINGTON:** Fat can accumulate in the lungs of people, particularly those who are overweight or obese, researchers have shown for the first time. Scientists already know that people who are overweight or obese are more likely to suffer with wheezing and asthma, but the reasons for this have not been completely explained. The new study, published in the European Respiratory Journal, suggests that this fatty tissue alters the structure of people’s airways and this could be one reason behind the increased risk of asthma. “Looking at samples of lung, we spotted fatty tissue that had built up in the airway walls. We wanted to see if this accumulation was correlated with body weight,” said John Elliot, a senior research officer at Sir Charles Gairdner Hospital in Australia. The researchers examined post-mortem samples of lung that had been donated for research and stored in the Airway Tissue Biobank. They studied samples from 52 people, including 15 who had no reported asthma, 21 who had asthma but died of other causes and 16 who died of asthma.

## HOW OUR MEMORIES STABILISE DURING SLEEP DECODED



**PARIS:** Researchers have shown that delta waves—a pattern of high amplitude electrical activity in the brain emitted during sleep—are not silent resting periods for the brain’s cortex, but play an essential role in long-term memory formation. The study, published in the journal Science, noted that when humans sleep, the seahorse shaped brain region called hippocampus reactivated itself spontaneously to a state similar to its activity during wakefulness. According to the researchers from Centre national de la recherche scientifique (CNRS) in France, during sleep, the hippocampus sends information to the cortex, which reacts in turn. The study noted that this exchange is often followed by a period of silence called a ‘delta wave,’ then by rhythmic activity called a ‘sleep spindle’. This is when the cortical circuits reorganise to form stable memories, the researchers said. However, they added that the role of delta waves in the formation of new memories is still a puzzle. “Why does a period of silence interrupt the sequence of information exchanges between the hippocampus and the cortex, and the functional reorganisation of the cortex,” the researchers asked.

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# DIET IMPACTS EMOTIONAL WELL-BEING IN WOMEN MORE THAN MEN



Women may require a more nutrient-rich diet for their emotional well-being as compared to men, suggests a study. The study was published in the journal 'Nutritional Neuroscience.' Evidence suggests that anatomical and functional differences in men's and women's brain dictate susceptibility to mental disease. However, little is known about the role of dietary patterns in gender-specific psychological well-being. A team of researchers led by Lina Begdache, assistant professor of health and wellness studies at Binghamton University, conducted an anonymous survey of 563 participants (48 per cent men and 52 per cent women) through social media to investigate this issue. Begdache and her team found that men are more likely to experience mental well-being until nutritional deficiencies arise. Women, however, are less likely to experience mental well-being until a balanced diet and a healthy lifestyle are followed. According to Begdache, these results may explain reports from previous studies that show that women are at a greater risk for mental

distress when compared to men, and emphasise the role of a nutrient-dense diet in mental wellbeing. "The biggest takeaway is that women may need a larger spectrum of nutrients to support mood, compared to men," said Begdache. "These findings may explain the reason why women are twice more likely to be diagnosed with anxiety and depression and suffer from longer episodes, compared to men. Today's diet is high in energy but poor in key nutrients that support brain anatomy and functionality," she added. "Males and females had different physical and emotional responsibilities that may have necessitated different energy requirements and food preference," she said. "Gender-based differential food and energy intake may explain the differential brain volumes and connectivity between females and males. Therefore, a potential mismatch is happening between our contemporary diet and the evolved human brain which is disturbing the normal functionality of certain systems in the brain," she added.

## BEHAVE RIGHT FOR A HAPPIER MARRIAGE



Love is blind, and marriage is an eye opener is relevant to those who haven't known their partners well before getting married. And when I say not known them "well", I mean really well, with warts and all and for enough time. Tying the knot after briefly knowing one's partner is bound to lead to disillusionment. Disillusionment and distress go hand in hand in relationships. Most people feel any relationship should culminate into a marriage. Culmination is a kind of closure and why would one want anything to end? Not to say, one shouldn't get married. But a marriage certainly doesn't mean the culmination of happiness and the beginning of challenges. It's this attitude and not the marriage which breeds boredom and nonchalance in a relationship. The outlook towards a marriage needs a major shift. Every couple needs to refurbish their relationship fundamentals. Primarily, feeling a marriage is the end of romance is a fallacy. To keep that attraction and longing going, one shouldn't have too much of each other. Enough space should be taken and given, limiting the scope to take each

other for granted. Secondly, the mentality to exercise a right over each other should be exorcised. Just because one is married, doesn't mean one can get away with murder or expect the moon. Instead of looking at marriage as a license to get away with anything and everything, one should focus on the relationship dynamics and whether the equation shared before continues. Duties and responsibilities mar every relationship but if they are shared and worked out, life becomes easier and don't hamper a beautiful relationship otherwise. For example, if one partner is working and slogging it out, the other partner should be understanding enough and manage the rest of the show. And when the show is managed well, the working partner shouldn't feel just because their partner is home, he/she is having it easy for its never easy. Last but not the least, every individual should continue to look happy and attractive. Putting on weight, losing interest and becoming complacent is directly proportional to an unhappy and a compromised relationship. A happier, satisfying and stimulating marriage only needs a swing in your thinking.

## SEDENTARY LIFESTYLE LINKED TO DOUBLED MORTALITY RISK

**LONDON:** Sedentary lifestyle for 20 years is associated with a two times risk of premature death as compared to those who lead a healthy life, according to a new study. "Our findings imply that to get the maximum health benefits of physical activity in terms of protection against premature all-cause and cardiovascular death, you need to continue being physically active," said the study's author Trine Moholdt from the Norwegian University. This study aimed to assess how changes in physical activity over 22 years were related to subsequent death from all causes and cardiovascular disease. The HUNT study invited all residents of Norway aged 20 and older to participate in 1984-1986, 1995-1997 and 2006-2008. At all three time points, individuals were asked about their frequency and duration of leisure-time physical activity. The current study used the data from the first and third surveys. A total of 23,146 men and women were included in the analysis. Physical activity was categorised as inactive, moderate—less than two hours a week and high—two or more hours per week. Physical activity data were linked to information on deaths until the end of 2013 using the Norwegian Cause of Death Registry. The risk of death in each physical activity group was compared to the reference group—those who reported a high level of exercise during both surveys. Compared to the reference group, people who were inactive in



both 1984-1986 and 2006-2008 had a 2-fold higher likelihood of all-cause death and 2.7-fold greater risk of dying from cardiovascular disease. Those with moderate activity at both time points had 60 per cent and 90 per cent raised risks of all-cause and cardiovascular deaths, respectively, compared to the reference group. "Our data indicate that you can compensate for a previously inactive lifestyle and the sooner you get active, the sooner you will see positive results," said Moholdt. The study was presented at the ESC Congress 2019 in Paris.

Snap study finds Indians have amongst largest groups of friends in the world, but Gen Z is starting to buck the trend



Snap Inc. today released a global study of 10,000 people across Australia, France, Germany, India, Malaysia, Saudi Arabia, the UAE, the UK and the US to explore how culture, age, and technology shape preferences and attitudes around friendship. Ten experts on friendship from around the world contributed to the report to contextualise the data. "Snapchat's commitment to enabling self-expression and connecting real friends compelled us to explore the attitudes, values and perceptions that shape friendship across cultures and generations," said Amy Moussavi, Snap Inc. head of consumer insights. "While friendship may be different across regions and age groups, it plays a universally central role in our happiness and we are committed to finding new ways to celebrate and elevate it through Snapchat." **The friendship report sheds new light on the nature of friendship, including:** ? How different cultures' interpretation of friendship impacts friendship circles: people in India, the Middle East and SouthEast Asia report having three times the number of best friends as those in Australia, Europe and the US ? How friendship is linked to happiness and how those without friends or with overly large friendship groups find it more difficult to talk about their problems or share when they are feeling low. ? How we consider and form friendships is most heavily shaped by when, rather than where we are born: Gen Z in the US have more in common with Boomers in India than their own grandparents. ? Gen Z are adjusting their approach to friendship away from the Millennial desire for widespread networks and are looking for more closeness and intimacy with a smaller group.

In India, friendship is the most celebrated human relationship with a wealth of popular culture - from songs to movies - extolling its influence on our lives. The Friendship Report also provides an insight into how Indians think of and relate to their friends compared to the rest of the world.

**Indians have more best friends** Indians have on average six best friends. Only Saudi Arabians have more with 6.6, while the UK ranks the lowest with an average of only 2.6. Interestingly, not only do people in India have more friends overall, they also want more; with 45% of respondents indicating they would like to expand their social circle. In the report, Amit Desai, a lecturer of anthropology at the London School of Economics suggested that the approach to friendship differs from 'the East' to 'the West.' He explains that in Western Europe and North America, "friendship is about finding people who are like you and bonding over your similarities." In many Asian countries, including India, he says friendship is more relational and focuses on seeking out an array of new and different friends who bring alternative but complementary qualities to the relationship. **Gen Z is turning away from large friendship circles** This approach is changing for the youngest generations however; Gen Z is starting to turn away from such large friendship circles, with the lowest average (5.2) compared to Gen X having the most (7.5). They are also slightly less likely to want as many friends as possible than Gen Y, (44% to 46%), more likely to want a small friendship group of people they can trust (23% compared to 20%) and twice as likely as Gen Y to not be interested in friendships (4%). Gen Z are also half as likely as Gen Y to consider friends having a large social group they can tap into, to be an important trait.

**Love is central to friendship in India** Whether in person or online, interactions with friends leave Indians with overwhelmingly positive emotions; 'loved' (55% in person versus 43% online), 'happy' (48% in person versus 46% online), and 'supported' (43% in person versus 36% online) are the three most reported. Indians are most ready to fall fast for a friend, 23% became best friends at "first like." A third of Indians also say that their best friend is the opposite sex, more than any other country outside of the US. Amit Desai has researched friendship in India extensively and believes that the shift is down to a change in romantic relationships. He suggests that while marriages in urban India have traditionally been arranged by parents, increasingly young people are seeing marriage in romantic terms that include dating, falling in love and having a spouse that is also your friend.

**Honesty is the best policy** The report shows that regardless of generation, almost two-thirds of Indians consider honesty an important trait to have in a friend (63%). This does vary slightly by generation, however, being valued most by older generations (73%) and least by Gen Z (60%), who also value humour and lightheartedness (47%) - the highest of any generation. Dynamics of communicating with friends has evolved over a period of time, and unlike earlier generations, 26% of Gen Z and Gen Y see technology as a boon that enables them to have more honest and open conversation, 25% Gen Y believes chatting through apps has brought them closer to their friends.



# FIT AND FINE: MIND YOU GYMMING MANNERS

Fitness is booming. Bodybuilding, which used to be a cultish subculture, usually limited to the working class has gone mainstream. Gyms, dank holes in the wall, frequented by the hardcore muscle maniacs, are now home to the middle-aged, middle class homemakers and pimply adolescents from affluent backgrounds. So, gyms have changed, chrome and bright lights have replaced the earlier smelly, musty, barely-lit basements, which were rather aptly called, "The Dungeon", or "The Pit".

The gym owners are laughing all the way to the bank, but the old school types look at the invasion of their space with dismay as the culture has completely changed. Unfortunately, most of the newcomers are not aware of the unwritten rules that were fastidiously followed in the old-time gyms. These are not the usual run-of-the-mill rules, which you will find plastered on the walls of all the gyms like "replace all weights after using", or "don't drop the dumbbells" etc. I am talking of those rules, which can lead to injuries if the gym goer is not aware of them or does not think they are mere affectation:

- Squats have not been called the king of all exercises for some mythical reasons. They are hard to do especially if done with sufficient weight and proper number of repetitions. Seeing a person squat a heavy weight is usually an awe-inspiring sight in the gym. So, it goes without saying that if a person is squatting, try and stay away from them. Do not walk behind them or indulge in any kind of horse play behind a squatter, because if he/she loses their concentration bad things can happen. Also, if they need to dump the bar suddenly, the bystander could get hurt.
- Be aware of your surroundings while moving about in the gym. Somebody might be doing overhead presses and you walk too close to them and the next thing you know; you have a dent in your head!
- I am seeing this more and more – people stand around leaning or holding on to weight machines or loaded bars on a bench. That is a



good way to lose a finger or even a hand if somebody decides to use that equipment.

- On a similar note, the weight racks and machines are not meant to be towel stands or bottle holders, so do not put your sweaty towels and dripping water bottles on them. Otherwise, this shows a lack of respect for the tools we use to build our bodies and grow stronger. It is also disrespectful towards other gym members.

**Some rules to live by!**

- 1.Avoid standing or walking too close to somebody doing an exercise. Do not stand in front or behind a person doing any ground

based exercise – deadlifts, squats, overhead presses etc.

- 2.Wipe your sweat off benches, mats etc. after you have used them. Better still put your gym towel on the bench before using it.
- 3.Always ask if you can use a plate or dumbbell if it is lying close a person doing an exercise.
- 4.Be aware of what is happening around you. You might be engrossed in your phone and somebody dumps a bar on your foot. That will surely spoil your day, believe me.

A gym is a shared public space. The earlier people realize that, the better will be their gym experience. Or if you can always set up your own private gym and do as you wish!

## MAGAZINES TEND TO EXAGGERATE FERTILITY AT ADVANCED REPRODUCTIVE AGE: STUDY



Popular magazines featuring older pregnant celebrities on their covers with no mention of the risks attached to it, contribute to women's belief that they can safely put off pregnancy until later ages, a recent study suggests.

The findings have shown that popular magazines commonly feature older pregnant celebrities on their covers with no mention of the risks of advanced maternal age pregnancy or the advanced reproductive technologies and methods needed to achieve these pregnancies.

According to the team of researchers, by downplaying fertility decline with advancing age, these magazines tend to contribute to women's belief that they can safely put off pregnancy until later ages. As part of the study, published in the Journal of Women's Health, the researchers examined 416 magazine issues aimed at reproductive-aged women and found that fertility was highlighted on one-third of

the covers, which included the mention of 240 different celebrities. More than half were of advanced maternal age (AMA), but there were only two mentions of pregnancy risks associated with (AMA). A third of the AMA pregnancies were among celebrities aged 40 or older, yet in the accompanying articles, there was little or no discussion of the need for advanced interventions to achieve pregnancy, such as in vitro fertilization and the need for donor gametes.

"It's easy to get drawn in by the cover of a popular magazine featuring a happily pregnant celebrity in her late 30s or early 40s and to think that fertility is the norm at that stage in a woman's reproductive life. Often left unsaid though the costly and extraordinary measures, assisted reproductive technologies, and risks associated with these later-in-life pregnancies," said Susan G. Kornstein, MD, Editor-in-Chief of Journal of Women's Health.


### TIGER OR JELLYFISH - WHAT KIND OF A PARENT ARE YOU?

**Lawnmower Parents**  
They are called so because they 'mow down' a path for their kids eliminating all obstacles, which may cause challenges or discomfort.

**Tiger Parents**  
You've surely read or heard of the term 'Tiger moms'! Well, Tiger parents are an extension of it. These folks are known for placing the utmost importance and strive for excellence in academics and carefully cherry-picked extracurricular activities neglecting leisure time. Also, they have high expectations from their young ones.

**Hummingbird Parents**  
Those who come under this group are the muted version of their helicopter counterparts. They hover around but do not interfere excessively in their children's decisions. They are physically and emotionally close by to swoop in if their young ones need their help. However, they try not to decide everything for them or shield them completely from struggles.

### Quit over-cushioning your kids



Parents go the extra mile to give the best to their children, do everything possible to make their lives smoother. Sometimes, being overly protective has its share of pitfalls, and they're 'snowploughing' their kids. In recent times, the term 'Snowploughing Parents' has emerged to describe them. Read on to know more...

**WHAT IS IT?**  
The term 'snowploughing' is coined for parents who not only aggressively push their children to become achievers but also involves removing any obstacles that may stand in the way of their success. Whether it's requesting school teachers to dish special treatment to their kids or doing their child's assignments themselves to score high marks or not letting their little ones deal with little problems on their own.

**SHIFT IN PARENTING STYLE**  
Parenting styles have changed. Strict and disciplining parenting style has changed to become understanding and supportive. Parents thrive on giving the best to their children and at times end up overdoing it, finding it difficult to draw the line. They're making their child dependent versus making them independent and emotionally stronger, says clinical psychologist and psychotherapist, Mansi Hasan. Three out of five parents that she comes across, have snowploughing tendencies.

**THE RISE OF SNOWPLOUGHING PARENTS**  
Psychiatrist and psychotherapist, Dr Anjali Chhabria has witnessed a rise in such cases, amongst all socio-economic classes, especially in the urban areas. "This happens when parents become overprotective by cushioning the child from obstacles and failures. They are afraid that their children will make a wrong decision and thus, try to make everything perfect for their children. What they fail to realise is that by doing so, they don't allow kids to learn from their mistakes, experience minor failures, and make decisions independently, which is all a part of growing up."

**HAMPERS CHILD'S DEVELOPMENT**  
Loss, sadness, disappointment, failure are a part and parcel of life just as success, happiness, content and reward. Mansi adds, "It's crucial that a child learns to deal with positive as well as negative emotions else, parents are actually disabling their ability to cope."

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