



CITY PREFERS TREATMENT WITH A PINCH OF SALT

Many Bengalureans are turning towards halotherapy, also known as salt therapy, to relieve various respiratory and certain skin conditions

HOW IT WORKS

During salt therapy, salt aerosol is dispersed into the air. The salt aerosol consists of dry salt particles, sized between one to five micrometres, which are ground in a machine 'Halogenerator'. Deepthi Babu says, "These then penetrate deep into lungs and skin. The anti-bacterial and anti-inflammatory properties have shown to be significantly beneficial for upper and lower tract respiratory problems and infections, and some skin conditions."

EXPERT SPEAKS

Dr Deepanjan Das, Consultant - Internal medicine, Fortis hospital, said Salt therapy has been in practice for a long time. "These days, it holds more relevance due to high pollution and environmental changes. Salt therapy helps in cleansing our respiratory airways from dust pollen and reduce lung congestion and also improves oxygen intake. It improves skin conditions. Salt therapy should be taken as an adjunct therapy to allopathic treatment for chronic lung conditions," he said.



Citizens at a session of salt therapy

Express Features

In winters, Pallavi Rao's four-year-old always suffers from a persistent cold. No matter how many medicines the concerned parents give their daughter, the cold doesn't get cured, leading to many sleepless nights. "Traditional methods such as inhaling steam never worked because she wouldn't cooperate. And the cycle with medicines was endless. They made her drowsy but she would never recover from cold completely," Rao rued. While regular home remedies were a no-go, another humble ingredient from the kitchen did finally come to her aid in treating the cold - salt.

Many Bengalureans are turning towards halotherapy, also known as salt therapy, to relieve various respiratory and certain skin conditions, and to also improve immunity, endurance and lung capacity. Deepthi Babu, founder of Salt World, says, "This is a drug-free treatment that takes place in a room

coated with salt crystals with controlled air and humidity. Basically, it involves breathing the salty air. It has been used as a health remedy since the ancient Greek times. The microclimate and the salt particles in the room can effectively treat people with respiratory and skin conditions by promoting better breathing, healthier skin, undisturbed sleep and overall well-being."

The biggest benefit, Rao says, was the fuss-free nature of the treatment. "My daughter didn't even realise she was being treated. All she had to do was sit in the room and play with the toys there. It was like playing in a sand pit, but with salt," she says. Rao's daughter first underwent treatment last December. "We tried it for a month and noticed a difference in our daughter's health within two weeks. This winter, two weeks was enough to improve

her health," she says.

Children aren't the only ones benefiting from this treatment. Many senior citizens are giving it a try too. Sunny Jalota's 63-year-old mother was suffering from chronic obstructive pulmonary disease (COPD) and is currently undergoing salt therapy. "The process may have been slow but it did help increase my mother's hemoglobin levels and improve her immunity," says Jalota.

According to Babu, though salt therapy is still at a budding stage in India, she hopes that its popularity will increase in the coming years, particularly in Bengaluru. "People are looking for a natural, drug-free healthy life. This city's atmosphere is prone to all respiratory issues due to the presence of pollen. Hence, the requirement for salt rooms will increase in the coming years," she says.



City author's novel to make its way to the big screen soon

Express Features

Saiswaroopa Iyer's childhood consisted of tales from the Ramayana, Mahabharata and Vedas. The author's love for mythology has travelled a long way since then, and firmly found place in the novels she started penning in 2015. And now, the screen adaptation rights for her second novel, penned in 2017 - *Avishi: Vishpala of Rig Veda Reimagined* - has been acquired by a studio and work is in progress to bring Iyer's story to big screen.

"I can't reveal the name of the studio due to my contract. We are yet to decide if the story should be converted to a movie or a TV series but the work is on full swing," says the 34-year-old author.

The screen adaptation, she and the screenwriters hope, will be "the Indian product equivalent to Wonder Woman."



The novel explores the forgotten Rig Vedic legend of Vishpala and brings forward a re-imagined of Rig Vedic India. "In the Vedas, Vishpala was a warrior queen with a prosthetic leg. The Rig Veda's mention of her remains world literature's first recorded mention of a character with a prosthetic limb. My character Avishi is based on Vishpala and she has an amputated leg too. So what Won-



der Woman and my story share in common are two strong female leads. But unlike Wonder Woman, who is a goddess, Avishi is made of flesh and blood," says Iyer. Iyer's first book, *Abhaya*, and her second, *Avishi: Vishpala of Rig Veda Reimagined*, were self-published through Amazon's Kindle Direct Publishing. "While my first book took a year and a half to gain readership and

popularity, my second saw 1,000+ downloads in three months," she says.

Through these books, Iyer aims to focus more on women characters and adventures in mythology. "Most of the mythological fiction books we read in school and college didn't focus on the sense of adventure in the Ramayana or Mahabharata. And of course, they had fewer strong female characters. That's what drew me towards Vishpala too," she says.

While work on finalising the format for the on-screen adaptation remains, Iyer is confident and optimistic of what this move can mean for authors. "Screenwriters are being proactive in looking for new talent and new stories. While the common notion is that the industry works only for those who are part of its dynasty, shifts like this challenge that notion and affirm that the industry is more meritorious," she says.

CITY KATHAK DANCER CROWNED MISS LADY STAR UNIVERSE

Simran Godhwani represented India at the pageant and contested against women from 24 other countries



Akhila Damodaran

I have won this title after marriage and two kids. Many married women shun their dreams and aspirations for their family. I would like to reach out and encourage all these women to step outside sometimes and chase their dreams.

—Simran Godhwani, dancer



It's a moment of pride for Bengaluru-based Kathak dancer Simran Godhwani, who was recently crowned Miss Lady Star Universe - 2018, in Portugal.

But the journey towards the achievement was a long one. Godhwani underwent six months of intense training in grooming, fitness and the question and answer round. "When the crown was placed on my head, it was validation for all the hard work I had put in. A feeling of exhilaration and pure joy. The competition was tough. I feel blessed, happy and proud to be the first married Indian woman of Miss Lady Star Universe to bring this crown to India," she said. But the biggest challenge was to withstand the freezing temperatures in Mealhada, Portugal, where the contest was held. "It was beastly cold all the time and since I am used to the weather in Bengaluru, I cried almost every day, as most of our photo-shoots would happen outdoors," she recalled. The contest was held over a period of seven days and women from 24 countries, such as USA, England,

Ukraine, Belgium, Spain, Germany, France, Lithuania and Portugal, took part in the contest.

Godhwani added, "I have won this title after marriage and two kids. Many married women shun their dreams and aspirations for their family and kids. I would like to reach out and encourage all these women to step outside sometimes and chase their dreams."

This, however, was not her first time walking down a ramp. The dancer had earlier participated in the Mrs India - Empress of the Nation pageant, where she was the first runner up. "I had also done print ads for jewellery brands, salons and short ad films. Since I had won the national level competition, this was a natural progression. I was selected by national directors Anjana and Karl Mascarenhas for the international pageant of Mrs Universe," she said. She also won the best gown dress and best talent round and that got her a place in the top five. "I had three amazing designers from Bengaluru - Namrata G of Kairos, who designed a beautiful cocktail gown in gold for me. Srijata Bhatnagar of Ridhani, who designed a short red cocktail dress and an orange kurta and sharara with matching dupatta for my talent round, and Preeti Pai who designed my white gown for the finale. For the round where we had to dress in the attire of our country, I wore my wedding saree, which was handpicked by my mother," she shared.



PARENTING

SOME IDEAS AND NON-IDEAS FOR 2019!

Menaka Raman

Well, after my deeply insightful look at the non-newsworthy events of 2018 that made headlines, I felt it was my duty to inform you of what's in store for parents in 2019. Come on! You didn't think that you'd get a year off, did you? Modern parenting is relentless after all! The New York Times says so. Anyhoo, every December, Pinterest puts together the top trends for the year to come across a range of topics. Some of them are things you would NEVER have thought of if Social Media didn't tell you. Hobbies for e.g.: Do something you love! I mean what a totally radical idea that is. I was planning to take on something I totally hate and that would make me miserable. Men's Style: Wear scarves to keep you warm and stylish. Shut up! What? I would not have thought of that in a million years.

Anyway, parents, it's time to put that umbilical chord charm bracelet away and start cultivating these amazing trends to be a woke parent. (Note to Self: New year resolution: Find out meaning of woke.)

Vital Stats Wall Decor Who doesn't want to remember every inch and pound of human life they had cut out of them or that took 14 hours to push out through a hole the size of a piggy bank slot? Wall art that proudly states your baby's name, weight and height at

birth is what ALL the cool parents are going to be framing. Time to junk that tacky art print peeps.

Scavenger Hunt Birthday Parties Recommended as a great way to burn off the sugar rush. Forget pin the tail on the donkey (also Health and Safety issues there) and get the kids to find stuff you've spent the last six months looking for: car keys, lost socks and your sanity.

Alexa, read me Goodnight Moon again Sick and tired of reading the same book on loop at bed time? Feel like you might scream if you have to read Dr Seuss AGAIN? Alexa, read to baby. They're small, they won't know the difference.

Rock a bye baby. Who wants a responsive, self-rocking, white noise making baby basinet? I mean at a \$1,000 it's a steal, because you can't put a price on a good night's sleep can you? Sure, you could just get a pair of noise cancelling headphones for way less, or say you're stepping out to get milk and check into a hotel forever, but come on, doesn't a SNOO make you seem like a better parent?



NUGGETS



How to revamp closet

The year 2019 will be a season of contrasts as all the previous fashion rules will be broken say Harkirat Singh-Managing Director, Woodland, Ankita Bajaj Shankar, Marketing Lead, VANS India and Keshav Kalra- designer and CEO.

Untraditional aesthetics: Like heat lock apparels which are lightweight fabrics with micro fibre to regulate the body temperature.

Upcoming trends: This year oversised, unstructured outerwear will rule the trend. Say hi to big sunnies: Big sunnies in edgy colours! **Meet minimalistic:** The all-time favourite - minimalistic glasses owing to their versatility and charming appeal. **White sneakers:** White men's trainers are a must if you want to wear something sporty yet trendy.

— IANS