



Afternoon

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IN OF CITY

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“Drop 'Juvenile Insistence' on metro rail carshed at Aarey” says Mumbai Cong tells Centre, Fadnavis

Akash Nirmal
afternoon_voice

The decision to restart the work of the metro car depot at Mumbai's Aarey colony was taken by the new government led by Chief Minister Eknath Shinde and his Deputy Devendra Fadnavis in their first cabinet meeting within hours of taking the charge. This decision has not gone well with Mumbaikar and especially environmental activists. Many local residents and social activists took to the streets to protest against this.

The Mumbai Congress president Bhai Jagtap said, "We strongly oppose the construction of the metro car depot in green lung Aarey. The city unit chief

Bhai Jagtap urged the Union government and Maharashtra Deputy Chief Minister Devendra Fadnavis to drop their "juvenile insistence" on going ahead with the plan. One of the first decisions taken by the Eknath Shinde government was to allow construction of the car depot for Metro Line 3 at Aarey, a move that has met with opposition from environmental activists and some political parties, overturning the previous government's plan to build it at Kanjurmarg.

Aarey metro depot controversy

Aarey controversy started in the year 2019 when then Maharashtra Chief Minister Devendra Fadnavis said his government is bound to cut the trees of Aarey for the development in Mumbai. MMRC had announced cutting 2700 trees

for building the metro car depot. Which is spread over 13000 hectares that is an abode for 27 Villages and a habitat for animals.

The Bombay High Court had rejected all the proposals to cut over 2500 trees in Aarey. In 2020 then Chief Minister Uddhav Thackeray declared 800 acres of land in the Aarey colony as a reserve forest and also had withdrawn the case against the protesters who were fighting to protect the Aarey and propose a new site for the metro car depot in Kanjurmarg.

On June 6, the Centre submitted the affidavit in the Bombay High Court calming the land ownership where the Maharashtra government proposed to build a

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Why are activists fighting for Aarey?

"Since Devendra Fadnavis become CM, he wanted to make a metro car shed in Aarey. We are requesting that we do have another option like Kanjurmarg, but he wants to make it in Aarey only. When Uddhav Thackeray came into power, he shifted to Kanjurmarg but Fadnavis only stops the work. If workers do not stop it could have been done by now. After coming in power again he again starts the work in Aarey only. There are two issues with Fadnavis, the first is ego and the second is that Kanjurmarg property has been given to the builder. Fadnavis lying since day one. Metro car shed cannot be shifted all the trees are being cut this all lie. There are still hundreds of trees over there. The whole plots are green only. For development, forests get harmed that we can understand. But intensely to take vengeance and destroy Aarey does not make sense. It's not logical that car shed needs to be made in Aarey only", said Zoru Bathane, an Environmentalist.

"We do have the option to shift metro car shed but if we talk about forest, we cannot shift forest and its natural habitat for political reasons sacrificing something is not good. On the last environmental day, we disguised as Adivasi and spread awareness that if we cut forests then where their habitat will go. They cannot survive in City or town. This is not good." said Ashok Kurmi, Environmentalist and Social Worker.

We need to Save Aarey, but we also need to save Mumbaikar who die because of infrastructure

Editoritis



Dr. Vaidehi

The protest continues over felling of over 2,500 trees in Mumbai's Aarey Colony for the proposed car shed for Mumbai Metro 3, a big political row has erupted. Protests intensified leading to the arrests of 29 people and 38 being booked. Several leaders were also detained while protesting. Meanwhile, allies Shiv Sena and BJP have been at loggerheads over the issue. The opposition in Maharashtra blamed the ruling alliance for the "slaughter" of trees. Congress slammed Shiv Sena of adopting double standards by condemning BMC tree authority's decision to cut trees but continuing to support the BJP-led government. Political drama is heating up over the axing of trees and more reactions are pouring in, but one must know the reality and act like

matured citizen of Mumbai.

Some politicians have mentioned that they are not "opposed" to the idea of Mumbai metro but only to the construction of the metro shed 3 at the "Aarey Forest" which are the "lungs" of Mumbai etc. The Protestors argue that the present government is killing the lungs of the city and destroying forests and that the move is anti-environment. So let me break it to you, this same government has planted 33 crore trees in the last 5 years. There are 3691 trees in Metro 3 depot land out of which 461 trees are to be transplanted and 2185 trees are to be cut and 13110 trees will be planted. It is important to note that these 3691 trees occupy

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“Drop ‘Juvenile Insistence’ on metro rail carshed at Aarey” says Mumbai Cong tells Centre, Fadnavis

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metro car depot. The Bombay High Court decree granted ownership of a 6000-acre parcel of land to a private firm by saying "fraud was played on the court" After that BMC, the Maharashtra government and several other civil bodies clamors' ownership of the same land. In March this year, the Maharashtra government order the owner of the land to Adarsh Water Park and Resort in October 2020.

“Undeniably, a fraud of huge proportion has been played by suppressing the claim of other parties on the land. The decree order is a product of fraud played on the court by the parties. I have no doubt in my mind that the scam was done by the court itself," Justice Menon had said while hearing

Local resident's plight

A local resident Akshay Shimpi told Afternoon Voice, "Whatever decisions are made in regards to Aarey that remained on the paper but there is no movement on the ground. The government's decision to construct metro car shade in Aarey was declared wrong by an earlier government, if this government wants to enjoy the power and see its citizen happy, then they should avoid taking such a decision. Earlier Thackeray government had provided multiple options for metro car shade. As the forest reduces pollution of the city and cutting would boost the level of pollution to an extreme level. Currently residents and activists are protesting peacefully against the decision but if the government doesn't listen, they have an option to call for a protest march."

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We need to Save Aarey, but we also need to save Mumbaikar who die because of infrastructure

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approximately 17% of the total land that the Metro 3 project will be built upon (30 Ha.).

Mumbai Metro is an ambitious infrastructure project that attempts to connect every nook and corner of the city. A city clogged with traffic and people this comes as a mode of quick, safe and cheap transit. The state government aided by the Central government has undertaken this ambitious project as if they are in a war. The war is for providing a better lifestyle to the hardworking Mumbaikars. Facts mention that at least 10 commuters die daily on the railway tracks having fallen off the local trains. Mumbai locals are working on thrice their actual capacity and are massively clogged as of now. This city deserves a better infrastructure. Mumbai Metro may solve this problem. Moreover, an average mumbaikar travels for hours being on the road, huge traffic, and terrific crowd needs some alternative. For development, some states have demolished temples and some cut the trees. Very Important to note that the Sanjay Gandhi Nation Park is spread over 11,687 hectare and Aarey Colony in 1287 hectares. Out of the 1287 hectare, the metro car shed will be only built on 30 Hectare of Aarey land and even within that 5 Hectare has been kept intact for greenery. So in a nutshell, only 2% area of the entire Aarey Colony will be utilized for the proposed metro car shed. Not just that this metro line 3 shall reduce 6.65 lakh vehicular trips per day and an overall reduction in fuel consumption by 3.54 lakh liters per day! The current status of the project is pretty impressive too. While 61% of tunneling being already completed the station work has achieved 40% of completion status. The Government has already incurred 11,198 cr of expenditure on this project while awarding 10 contracts to



specialized systems agencies.

The current agitation being led by Bollywood actors, activists, NGO's and few citizens are primarily with the shed being constructed under the Metro 3 project. Lot of protesters are not aware of the actual facts and are being misled by the NGO bunch with half truths and half lies. There are some people who are opposing it simply because they hate BJP and some protesters are political parties, ahead of 2019 assembly elections they want to encash this issue to their advantage. Mumbai will potentially be safer to travel and environmentally richer with a Metro and 2700 trees less, than it will be with 2700 trees but no Metro. Every single day that the project is postponed, 8 people die falling from the Mumbai local (18,000 deaths in 5 years!). Every single day that the project is postponed, vehicles on the roads remain the same (or increase) and stressful traffic leads to further CO2 emissions. Consequently, the Metro line will help reduce the burden on both the local train and vehicular traffic, making our mass public transport relatively safer. The Metro will help reduce CO2 emissions by 2.62 lakh tonnes per annum. That's not my opinion, or the Government's. It's an assessment by the UNFCC. To give you a reference point, 3000

trees would help reduce CO2 emissions by 82 tonnes a year. A promise has also been made to plant thrice as many trees cut, and while None other than NASA has acknowledged India's efforts towards "Greening" of the planet one should be suspect of such promises earlier this year.

No one likes trees being cut. Not me, not the activists, not the MMCL, not Devendra Fadnavis, we are all on the same page! Our conscience is hurt with the idea that trees might have to be cut, and rightly so. But our conscience must also hurt for people that die daily falling over from local trains. Our conscience must hurt knowing that a BEST bus that is supposed to carry 51 people is carrying 120 and a local train that is supposed to carry 1,174 passengers is carrying 6,000. It's not "bad luck" when there's a stampede or a bridge collapse and people die, in fact it's a miracle that it doesn't happen more often. We need to Save Aarey, but we also need to save the people who die because this city's infrastructure is crumbling around them. And it would be disastrous if we left their fate to chance, only because we failed to see the bigger picture.-

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Letter's to the Editor

Flip flops on Metro 3 car shed at Aarey is sad & unfortunate!

Flip flop on Metro 3 car shed at Aarey on every change of govt in Maharashtra is unfortunate. It has become an egoistic issue than an matter of environmental concern which is really sad. Politics is a dirty game & metro car shed decision should be left to genuine environmentalist, naturist, citizens than on politicians & other stakeholders who benefit monetarily from the construction.

Deputy Chief Minister Devendra Fadnavis has promised to look into the matter & take concrete decision after speaking to genuine activists & let us all hope that environment is the only criteria that will decide where the metro car shed will see the light of the day. Mumbai has turned into an concrete jungle over the years & every inch of green space is an premium which not just needs to be protected but more trees planted in the days to come!

- S. N. Kabra

Capital growth is expected

SEBI had barred Indian mutual fund companies from making foreign investments. since, January The global market has collapsed everywhere.

SEBI had banned Indian mutual funds from investing in foreign stocks since January 2022 after Indian mutual fund companies crossed the 7 billion mark in overseas markets. However, now the situation is changing and the decision may have been taken to give the opportunity to buy shares at falling prices even abroad.

- Dattaprasad Shirodkar

Patience of Hindus

Controversial poster of a documentary movie by Indian filmmaker Leena Manimekalai has surfaced on Twitter. Director, poet and actress Leena Manimekalai has shown Goddess Maa Kali smoking a cigarette in this poster. This has hurt the religious sentiments of millions of Hindus across the world. Hindus are protesting against this poster on Twitter. Every day the sentiments of Hindus are hurt. Hindu Deities are insulted and Hindus silently tolerate it. Such people are testing the patience of Hindus ! There are many laws to protect minorities in this country, but no laws to protect the majority Hindus ? These people are openly making fun of Hindu Dharma, insulting our Gods and Goddesses. We should be alert and protest against this. It is necessary to take strong action against those who insult Hindu Dharma.

- Sagar Shirodkar

Selfless service

National Doctors' Day was celebrated in India on July 1 to express gratitude for the relentless service provided by doctors across the nation. It is observed in honour of Bidhan Chandra Roy, the physician-politician who was the second chief minister of West Bengal. Since the beginning of the pandemic, doctors have selflessly served the people of the nation. With Covid-19 infections on the rise, once again, this is the right time to appreciate the contributions of doctors to our healthcare apparatus.

- Jubel D'Cruz

KEEP TAG WITH YOUR BRAIN CARE



Brain is one of the most important organs in our body as it controls each activity. With ageing, brain health starts declining however cognitive decline is being observed even at a younger age due to poor lifestyle choices. Healthy dietary patterns and a well-balanced diet are a key to good mental health. A good balance of all the nutrients boosts our mood and improves concentration and attentiveness which also safeguards us from disorders like brain tumours, Alzheimer's or dementia.

By banking on vegetarian food with all the green vegetables for all your well being.

Essential fatty acids found in oily fishes are extremely vital for the smooth functioning of the brain. and that is very helpful in improving long and short-term memory. Low DHA levels contribute to various brain ailments including dementia and Alzheimer's. Consumption of oily fishes like salmon and tuna helps manage stress, boost our mood and aid in the development of the

Health is wealth and brain health is more important for a human being to remain stable and do all your daily routine in an independent manner.

central nervous system.

Berries are rich in antioxidants which repair the body cells along with combating inflammation caused by free radical damage. A mix of different types of berries including blackberries, blueberries, strawberries, and raspberries can be added to the diet to improve concentration, memory, and attention span.

Nuts and seeds especially walnuts and pumpkin seeds are packed with antioxidants which help in combating the process of oxidation of the brain cells. Good quantities

of magnesium, B-vitamins and tryptophan are also available in nuts and seeds that help in growing new brain cells, act as a stress buster and boost our mood.

Leafy greens are packed with essential vitamins and minerals like Vitamin E, K, and many others that help in preventing cognitive decline. Consumption of leafy greens daily can improve sleeping quality while lowering cognitive impairment. Kale, spinach, collard greens, and broccoli can be added to diet to reap maximum benefits. Health is wealth and brain health is more important for a human being to remain stable and do all your daily routine in an independent manner.



- Jayanthi Subramaniam

Writer and Columnist

Readers are requested to mail Letters to the Editor only at afternoonvoicedesk@gmail.com No postal letters will be entertained (The views expressed are authors' own.)

City

HC asks BMC why it can't crack the whip on illegal nursing homes

The Bombay high court on Monday asked Mumbai's civic body why it was not cracking the whip on illegal nursing homes. A bench of Justices Anil Menon and MS Karnik asked the question to the Brihanmumbai Municipal Corporation after noting that an inspection conducted by the civic body in December last year of 1,574 clinics or private hospitals showed that only 687 had complied with fire safety and other norms.



Drop 'juvenile insistence' on metro rail carshed at Aarey: Mumbai Cong tells Centre, Fadnavis

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The legal side of the story

Advocate Asim Sarode said, "There shall be no development at the cost of environment is the basic principle which needs to be followed. Regarding Aarey and Metro project it is important to note that another optional place is available for the metro car depot. In a growing concrete jungle like Mumbai, Oxygen pockets or biodiversity refuges like Aarey forest are necessary. Construction in this area will destroy the local flora and

fauna of this region. With such projects, the various cycles which take place in such forest regions will get affected. Politics should be kept away from environmental issues, instead, decision-makers should come together and work together to save the environment. Damage to such forests will be irreparable. Hence, I think the Aarey forest should be protected as it will be beneficial to maintain the last remaining green pockets of Mumbai. Any decision resulting in the destruction of ecology or environment can be challenged at

The National Green Tribunal or High court to seek justice."

Advocate Ali Kaasif Khan Deshmukh said, "Anyone can file the PIL. In our Mumbai, the major oxygen source is Aarey only. It is also protecting the wildlife as well if we cut it will create issue only. The earlier government also support this but after BJP came into power, they again start working on this. But people have the power to stop this work after filling PIL in the Supreme Court or the Bombay High Court to protect forests. In short, they can PIL Public interest litigation for its protection."

Eknath Shinde becomes emotional



In Maharashtra assembly while speaking about the turn of events that led him to take such step. "MLAs sitting here are witness to the kind of treatment meted out. This is not a small thing. Why this (rebellion) happened. You should have gone in-depth to know why the reason. On one side, people were sent to talk with me for discussion and here I was removed as group leader". CM Eknath Shinde

Navi Mumbai reports 7K Covid cases & two deaths in June

Even as Covid cases have started to decline in the last few days after a sudden spike last month, the NMMC area reported over 7,000 fresh cases in June itself which was 10 times more than the volume of cases registered in the month of May.

Two deaths were also reported last month after over four months of zero casualty related to Covid-19.

The total death toll has



reached 2,051. Navi Mumbai is witnessing more patients getting discharged than the number of daily fresh cases detected.

Cyber cops help woman get Rs 7L sent to wrong a/c

Thanks to cyber police, a 38-year-old woman from Mira road was able to receive her money back after she accidentally transferred Rs 7 lakh to a wrong bank account, and the beneficiary refused to return it saying he had won a lottery.

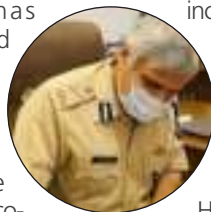
The 38-year-old woman while attempting to transfer money to a relative of her's on June 29, ended up entering the



wrong bank account number, and instead, sent the money to an account holder in Mumbai.

ED summons former Mumbai Police chief Sanjay Pandey in NSE scam

The Enforcement Directorate has summoned former Mumbai police chief Sanjay Pandey on July 5 as part of its investigation into a money laundering case linked to the NSE co-



location scam. It is alleged that iSec Services, an audit firm incorporated by Pandey in 2001, didn't warn that NSE servers were compromised. When iSec was set up, Pandey was not in service and he quit directorship in 2006. His mother and son are directors in the company.

Ajit Pawar elected as Leader of Opposition

Former Maharashtra Deputy Chief Minister and National Congress Party (NCP) leader Ajit Pawar was elected as the Leader of Opposition in the Maharashtra Assembly on Monday after the party leader Jayant Patil proposed his name for the same in the Assembly. Assembly's Principal Secretary informed that Pawar's name for the LoP was proposed by NCP leader Jayant Patil and it was approved by the

Assembly. Earlier in the day, Maharashtra Chief Minister Eknath Shinde won the crucial floor test in the state Assembly on the last day of the two-day special session of the House. In the 288-member House, 164 MLAs voted in favour of Shinde, while 99 voted against it. Three legislators abstained from voting, while 21 legislators, including Congress's Ashok Chavan and Vijay Wadettiwar, were absent.

Nashik tops vaccination rate in children, Mumbai lowest

By vaccinating around 90% of children between 12 to 14 years, for Covid, Nashik district has achieved top coverage in the said age group across the state of Maharashtra; followed by Jalna and Sangli districts with 86% and 85% vaccination coverage respectively.

Mumbai, which has the highest number of beneficiaries in this age bracket (3.95 lakh), is still seeing extremely slow



uptake as only 35% of children have received their first dose.

The situation is no better in Pune where only 55% of children in the 12-14 age group

have received the first dose and 30% have received both.

The average rate of vaccination across the state for this group, according to a report from the immunisation office, is 62% for first dose and 32% for second.

Sanjay Patil, chairman, IMA's Hospital Board of India, Pune chapter, said, "Higer number of beneficiaries could be the reason behind Mumbai and Pune's low vaccination rates."

Man claims to find gold bars in mine, dupes woman of Rs 50L

A 62-year-old resident of Hughes Road in South Mumbai lured a housewife with a lucrative business offer to invest in buying goggles which would help them in tracking hidden gold bars inside mines and took Rs 50 lakh from her was arrested by Tardeo police. The accused Percy Faramroz Lakadia

along with his two accomplices, Prabhakar Dandekar, Krishnakant Raval told the complainant, a 65-year-old woman, who in 2020 she wanted to sell her family flat at Grant Road valued at Rs 1.27 crore, that he and his partners will buy her flat for Rs 5 crore but first she should invest Rs 50 lakh in their mines.

Nation

Droupadi Murmu to visit Ranchi today to seek support for her candidature in presidential poll

National Democratic Alliance's (NDA) presidential candidate and former Jharkhand governor Droupadi Murmu will visit Ranchi today. She will meet senior leaders and legislators in the state and seek support for her candidature in the presidential polls.

Notably, Jharkhand Mukti Morcha (JMM), the ruling party in the state has not opened up yet as to whom the party going to support. UPA candidate Yashwant Sinha and the NDA's both have spoken to JMM's executive president and Chief Minister Hemant Soren for support in their favour. It is expected that JMM may announce its stand on Monday.

However, even after the meetings, Soren maintained his silence. It would be interesting to know whom would the JMM support in the upcoming



Presidential elections as its ally UPA has fielded Yashwant Sinha as a candidate, while the candidate hailed from the Santhal community Droupadi Murmu has been nominated by the BJP-led ND.

JMM has been pursuing a tribal political plank and Santhals have been the significant vote bank for the party. Shibu Soren, the party's president emerged as a Guruji by agitating against Mahajani Pratha from Santhal and he

spearheaded a separate state movement with the support of Santhals.

National Democratic Alliance's (NDA) presidential candidate Droupadi and joint opposition nominee Yashwant Sinha are the only two contesting candidates for election to the Office of the President after the last date for the withdrawal of candidature ended on Saturday.

Meanwhile, Prime Minister Narendra Modi on Sunday lauded the candidature of the NDA presidential candidate Droupadi Murmu and called it historic on the second day of the Bharatiya Janata Party's (BJP) national executive meeting in Hyderabad.

Sources said the Prime Minister spoke very highly about Murmu and her life journey.

- ANI

PM secures future of friends even in foreign countries, leaves youth here jobless: Rahul

Former Congress chief Rahul Gandhi on Monday accused Prime Minister Narendra Modi of securing the future of his "friends" even in foreign countries but leaving the youth of the country unemployed.

He shared a video of young men and women who had taken the exam for recruitment as police personnel in the Central paramilitary forces walking on the streets in protest

because they never got appointment letters.

"The prime minister, who has secured the future of his 'friends' even in foreign countries, has left the youth of his own country to become unemployed. Why so much discrimination with these youth," Gandhi asked in a tweet in Hindi.

The aspirants cleared the exam in 2018 but have been protesting for the last one-and-



a-half year, according to the video, which shows their march from Nagpur to Delhi.

- ANI

SC agrees to hear pleas challenging Centre's Agnipath scheme next week

The Supreme Court on Monday said that it would hear next week pleas challenging the Centre's 'Agnipath' scheme for recruitment in the armed forces.

A vacation bench of Justices Indira Banerjee and JK Maheshwari said that petitions will be listed next week before an appropriate bench upon reopening of the apex court after summer vacation.

A counsel, who filed a plea against the scheme, said Indian Air Force aspirants have undergone training and were

waiting for appointment letters but now their career will be cut short from 20 years to four years.

"This is an urgent matter, kindly list it. The careers of several aspirants are at stake", the counsel said.

Advocate ML Sharma, who has also filed a PIL challenging the scheme, said he seeks cancellation of the government's notification pertaining to the scheme as more than 70,000 aspirants who have undergone training were waiting for their appointment letters before the

pandemic and now their career has been shortened by scheme.

The bench said that when you (Sharma) have waited for more than two years then why you are coming before the vacation bench.

The Agnipath scheme, announced on June 14, provides for the recruitment of youths between the age of 17-and-a-half and 21 for only four years with a provision to retain 25 per cent of them for 15 more years. Protests have erupted in several states against the scheme.

- PTI

Earthquake of magnitude 3.2 hits J&K's Doda

A low-intensity earthquake of magnitude 3.2 hit Doda district of Jammu and Kashmir on Monday but there were no reports of any damage, officials said.

The quake struck at 12.12 pm in Doda area of the Union Territory, the officials said. They said its epicenter was at a latitude of 33.12 degrees north and longitude of 75.55 degrees east at a depth of 5 km.



There have been no reports of any loss of life or damage to any property so far due to the tremor, the officials said.

BJP stages walkout from Delhi Assembly alleging closure of govt schools

BJP MLAs staged a walkout from the Delhi Assembly on Monday following a furore over alleged closure of schools by the Kejriwal dispensation.

During special mention under Rule 280, the Leader of Opposition Ramvir Singh Bidhuri raised the issue of closure of Delhi government schools in the assembly.

Even after Deputy Chief Minister Manish Sisodia's reply, the BJP legislators continued their protest.

Later, Speaker Ram Niwas Goel ordered the marshalled out of BJP MLA Mohan Singh Bisht from the assembly. The other BJP MLAs walked out in protest.

Goel said he will not take up BJP MLAs Rule 280 notices since they walked out of the House. The MLAs subsequently returned to the House.

Earlier, Delhi BJP MLA and leader of opposition in the Delhi Assembly Ramvir Singh Bidhuri alleged that a Sarvodaya school in Ludlow Castle had been shut.

"The government said the school has been shut with the consensus of the parents and

the management of the school. The school is being converted into the Delhi Sports University," he said.

Bidhuri also said the school is named after Amir Chand, a martyr.

"By closing the school, the government is disrespecting a martyr. I urge the government to not close the school," he said.

Sisodia, who also holds the education portfolio, dismissed the allegations as baseless.

"This is a false allegation by Leader of Opposition. Kejriwal government believes in opening schools not closing them," he said.

Sisodia alleged that deliberately, the DDA lands were given to private schools and not government schools.

"The BJP with LG changed land use to pave for party headquarters building at a land for schools. There has been a merger of two shifts in schools and it is being misled as closure of schools. We are going to start Delhi Sports University and they are saying we are closing schools. BJP closed hundreds of MCD schools," he said.

Beauty



Lip

Lightening

*Cause,
Prevention and
Laser Treatment*

Lip darkening is a common issue that both men and women face. From smoking to allergies and dehydration, there are many reasons behind the lip losing its natural color. Thankfully, there are treatments such as laser lip lightening available that can restore the luster and beauty of your lip in no time.

Understanding Laser Lip Lightening

Laser lip lightening is an excellent non-invasive treatment that reduces the darkness in the lips. The procedure is pretty simple. We use unique nanosecond laser equipment to exfoliate the top layer of your lips. The procedures will encourage newer and lighter layers of skin to appear. It is a pain-free process. However, you may feel a slight sensation on your lip. These laser beams further boost collagen to revitalize the lip skin and give them a natural color. Before you opt for laser lip lightening, you must first know the causes of lip darkening and ways to prevent it.

Causes of Lip Darkening

Some of the reasons why you might have lip darkening issues:

Smoking

It is one of the most common and self-induced causes of lip darkening. If you are addicted to smoking or are a regular smoker, there is every chance that you will have darker lips. Nicotine and tar are transferred onto the lip as you smoke, and that darkens your lips.

Too much caffeine

Coffee can cause lip-darkening. Especially too much consumption of caffeine and caffeine-based drinks can be problematic for your lips as it is to the rest of your body.

Dehydration

When you do not have enough water in your system, your lips will not lie. They will look dry, chipped, and dark as well if the dehydration continues for a while. It is an important thing to take care of to hydrate your lips and body alike constantly.

Excessive Sun Exposure

Melanin pigment production increases when there is too much exposure to the sun, leading to brown patches on the skin. Especially areas like the upper lip are very sensitive. Therefore, it is essential to use protection from the sun and use sunscreen before you step out.

Skin Disorder

There are skin disorders that may cause darker lips or spots and pigmentations on the skin. Some pigmentation disorders include melasma, acanthosis nigricans, and lip lick dermatitis, which cause dark upper lips and darkening of lips. A good dermatologist in Chennai can identify the right problem and provide the correct treatment, such as laser lip lightening.

Issues with Hair Removal

Sometimes, using waxing on the upper lip can lead to dark spots. One cannot emphasize enough that the upper lip is a susceptible area. When hair removal is not done correctly and by an expert, using a razor too often could damage that area and cause darkening.

Allergies and Inflammations

If you have had an injury to the lip or any form of inflammation, it could produce melanin. The melanin helps heal the inflammation but may result in discoloration. Also, Post-Inflammatory Hyperpigmentation (PIH) infections, drug reactions, and allergies can cause the lip to darken.

Prevent Lip Darkening

Preventing lip darkening is a smarter option than repairing it after the damage has already been done. Your body will also thank you for this. Some of the things you can do to prevent lip darkening include:

- **Quit smoking, or pace it.**
- **Reduce caffeine consumption. Try juices or milk as an alternative.**
- **Watch what you apply on your lips and if you are having allergic reactions to it.**
- **Stay hydrated and drink lot of water and fluids.**
- **Wear sunscreen before stepping out.**
- **Avoid using waxing or razor solutions for hair removal. Instead, opt for laser hair reduction treatment.**

Laser Treatments

Getting a fix for discoloration of lips and upper lips is usually a cosmetic choice. You can choose different options available in the market that can help you treat lip darkening. The following are some of the options to lighten the lips and upper lips:

Laser Lip Lightening

Laser lip lightening is the latest technology that sends targeted light and heat to melt melanin deposits. It reduces pigmentation and makes the skin lighter. You might require multiple sessions, but it is considered a very practical option to lighten skin.

Home Remedies

There are plenty of home remedies available to lighten the upper lips and lips. These remedies have been passed on through generations and tend to be very effective. Home products include limes, lemon and sugar, turmeric and milk, aloe vera gel, and more.

Oils, Fruits, and Juices

Some oils that help lighten the lip and upper lip include coconut oil, olive oil, almond oil, and mustard oil. Cucumber juice, almond paste, strawberry paste, rose water, beet paste, and more effectively lighten the area.

Over the Counter Medications

Many over-the-counter (or OTC) options are available for skin and lip lightening in today's day and age. Ideally, they help reduce the melanin content in the skin and thereby fight the darkening. Sunscreens are a must but ensure you watch your skin closely as you use new products.

Chemical Peels

There are chemical peels that a dermatologist can suggest for lip lightening. The different peels can help to erase lines and treat pigmentation on the skin. It clears the skin and removes darkening, and makes it lighter. There are also herbal and plant-based versions available in the market if you want to go for.

Best Clinic for Laser Lip Lightening

If you are looking to get back those pink, natural and beautiful lips, then contact Vaidehee Aesthetics and Wellness. It is one of the best skin clinics in Mumbai that performs laser lip lightening, lip fillers, and other treatments related to hair, skin, and weight loss. Our experts will thoroughly analyze your medical history and suggest appropriate treatments.

Contact Vaidehee Aesthetics now !

Column



Air travel booms but airlines in trouble

During the Covid pandemic, air travel was not possible for a full 2 years, due to which the aviation industry came to a standstill and people had to sit in their homes as no activity was taking place anywhere. Air traffic came to a halt all over the world and due to this airline companies fired several lakhs of their employees. But now that the pandemic is over, and the fear of Coronavirus is also not there, people have started roaming around. As a result, the pressure on the airlines has increased tremendously. Huge crowds have started gathering at the airports. Many

It is not possible to increase the workforce overnight, as it is a lengthy process, which may take several weeks. The way the number of air passengers has increased in the US and European countries has broken the record of the last 40 years.

people might be thinking that lack of facilities and long queues happen only in India, but they are wrong as the situation is not good in the USA and European countries. Rather, the situation there is worse than in India because the airlines there had laid off employees on a large scale during the Corona period. One figure shows that 23 lakh employees were laid off from the airline industry during the

last two years.

However, now the staff shortage is so high that it is becoming difficult to handle the rush of passengers at the airports. Hundreds of flights have to be canceled or passengers are made to wait for hours. There are long queues at the security gates themselves. According to the

industry, air travel has grown by more than 400 percent. On the other hand, pilots, flight attendant security personnel, drivers running airport buses, etc. are falling short. It is not possible to increase the workforce overnight, as it is a lengthy process, which may take several weeks. The way the number of air passengers has increased in the US and European countries has broken the record of the last 40 years.

It is said that happiness is a matter of choice. Being happy is a decision that anyone can take at any time, which is the best policy also. The state of happiness keeps problems smaller, mood lighter, and mental stress at bay. The people of Ukraine understand this formula very well. The whole country has been

troubled by the attacks of the Russian armed forces for more than two months now. Yet a comedy club in a western Ukrainian city has been entertaining people through its laughter shows almost every night, where jokes are told about the enemy army. There is no particular comedian, anybody comes on the stage and shares a joke. One of its objectives is to reduce the tension of the local people by laughing about the enemy and reducing the troubles caused by the ongoing war. It also makes them motivated for further fighting. A survey has found that the South Indians are at the forefront of telling jokes in the office. In this matter, the people of Italy are no less if

compared with others in the world. A recent LinkedIn survey has revealed that three-quarters of professionals in India consider jokes to be good in the workplace, although many find them unprofessional. Still, most people feel that laughing at the workplace increases productivity, lightens the mind, and keeps the mind stress-free.

The number of adults in India is more than 100 crores, while more than 50 crore people use WhatsApp on their smartphones. That is, almost half the population of the country uses WhatsApp. True too, because WhatsApp has made life very easy. WhatsApp is used for most interactions because it is fast and easy to send photos and videos in a fraction of a second. However, many people misuse this facility and use it to increase obscenity and crime. For this reason, in view of the country's IT law, two crores 28 lakh WhatsApp accounts had to be banned in the last year. If we talk about last month, ie May 2022, then WhatsApp blocked 19 lakh 10 thousand accounts.

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The WhatsApp report states that the maximum number of accounts was banned in July 2021. The number of such accounts was 30 lakh 27 thousand. WhatsApp bans accounts if someone shares obscene, defamatory, threatening, intimidating, hate speech, or objectionable content against local laws and is reported by another user. Facebook, WhatsApp, and Instagram are owned by the

same company - Meta. In the first quarter of 2022, Facebook took action against 2 crores 17 lakh people for posting violent and inciting content and removed 1 billion 88 crores of fake information from the platform. Similarly, 18 lakh posts promoting substance abuse were removed from Instagram as well.

WhatsApp and other social media platforms are there for our convenience to facilitate mutual conversation and communication. These mediums should not be misused. Forwarding or sharing fake information through them is a crime, which is not in the interest of the country. These days you must have noted that there is continuous action on social media on anti-national or defamatory posts, tweets, etc. and the guilty are being booked. If you have a smartphone in your hand and you have an account on social media, it does not mean that you can write anything and sleep quietly. Think twenty times before writing anything wrong on social media and do not post anything which is illegal or which causes harm to any individual or society. The same caution that is taken in speaking face to face, should also be taken on social media.

Former Punjab Chief Minister and a probable contender for the post of Vice President of India, Captain Amarinder Singh has recently returned from a London hospital after undergoing his spinal surgery, on the other hand, former captain of the Indian Cricket team, Mahendra Singh Dhoni is getting treatment in the jungles of Jharkhand. He is getting his knees treated by a vaidya, who charges a small fee of Rs 40 only. Dhoni has been taking vaidya's medicine for the past one month, which is prepared from a local herb. It's a matter of choice, to get treated in the Indian jungle or in a foreign hospital.



- Narvijay Yadav
Senior Journalist & Columnist

Gossip

Sushmita Sen starrer Aarya set to return for another season



Sushmita Sen's web show 'Aarya' is all set to return for another exciting season. The hit web show that premiered its two seasons on the OTT platform Disney + Hotstar, is all set to enthrall the audience again. Sushmita took to Instagram to announce the news. She shared a video that had all snippets from the show's last season and wrote, "Sherni begins a new journey, #HotstarSpecials #AaryaS3 development begins. I love you guys!!! #duggadugga" accompanied by a slew of

emoticons.

Speaking about her role in Season 3, Sushmita said, "It is a new dawn for Aarya Sareen, and she is fierce. In season 3, she is going places and starting her own story free from the obstacles of her past. Reprising the role of Aarya is like slipping into old jeans but for a brand-new journey. It feels great to be back with Ram Madhvani and the Disney+ Hotstar team, can't wait to return the love and appreciation viewers have showered on Aarya."

- ANI

Mira Kapoor drops cute picture of Shahid Kapoor with quirky caption

Mira Rajput Kapoor shared a cute picture of her husband Shahid Kapoor on social media. On Sunday, Mira took to Instagram and shared a cute glimpse of her quality time spent with Shahid.

The couple can clearly be seen spending quality time on their Switzerland trip. They were accompanied by daughter Misha and son Zain. Taking to her Instagram stories, Mira shared a picture of Shahid who was seen sitting in a chair tying the laces of his shoes. He looked adorable as he poses for the camera.

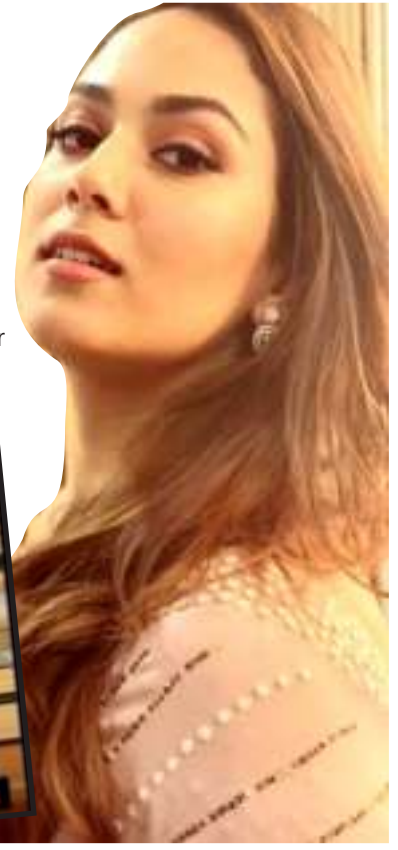
The 'Haider' actor was seen in an all-white outfit. He wore a white T-shirt along with white joggers. To complement his uber-cool casual look, Shahid opted for a black cross bag and a white cap.

Sharing the picture, Mira

gave a quirky caption. She wrote, "A girl who loves her shoes."

Talking on the work front, Shahid Kapoor has some interesting projects lined up. He will next be seen making an OTT debut, the name of which is yet not revealed. Shahid has also collaborated with the director Ali Abbas Zafar for an action-entertainer film.

- ANI



Adele declares herself as "Shell of a Person" after cancellation of Residency in Las Vegas



Singer Adele has stated that she felt like "a shell of a person for a couple of months" after unexpectedly cancelling her "Weekends With Adele" Las Vegas residency just days before it was supposed to begin in January. In an interview with BBC Radio 4's Desert Island Discs, the singer admitted to feeling awful about upsetting fans who had spent thousands of dollars to attend.

"I suppose I simply had to wait it out and really grieve it, just lament the shows and get over the guilt," Adele explained.

According to Variety, Adele originally revealed the news of the cancellations in a sad Instagram video, telling supporters that dates will be rescheduled with more information to follow. She told BBC anchor Lauren Laverne that she needed to cope with the fallout from the cancelled event privately, acknowledging that "the show was not good enough." "I'm not sure if my quiet was lethal. But it was dreadful."

Director Leena Manimekalai courts controversy with poster of her 'Kaali' film

Filmmaker Leena Manimekalai has landed in legal trouble after a police complaint was filed against her for hurting religious sentiments through a poster of her documentary 'Kaali'. The poster of the film depicted a woman dressed in a costume portraying the goddess and smoking. A flag of the LGBT community is seen in the background.

The portrayal of Goddess Kali in the poster did not go down well with a section of social media users who have demanded the poster be withdrawn. Some even demanded strict action against her and the hashtag '#ArrestLeenaManimekalai' is trending on Twitter. A lawyer from Delhi, Vineet Jindal, registered a complaint against Leena over the controversial poster. He has demanded a ban on the objectionable photo and the clip from the documentary.

According to him, a woman dressed as Goddess Kaali smoking a cigarette, is "hurting the sentiments and beliefs of the Hindu community."

Kristian Alfonso is back with 'Days of Our Lives'

NBC's daytime drama 'Days of Our Lives' star Kristian Alfonso is back with a new twist in the show. Alfonso isn't Taylor Swift, the soap star claims she didn't sing "We are never, ever, ever getting back together" when it came to her leave from 'Days of Our Lives', according to Deadline. Alfonso

left the show in 2020 after a 37-year stint. Now, she's returning with a new story, reprising her role of Hope Williams Brady in the Days offshoot Beyond Salem, which premieres July 11 on Peacock, as per Deadline.

In an interview with Soap Opera Digest, Alfonso stated that it's not a return, "[Beyond Salem] is, I feel, a branch of it."

"I have seen online where viewers have stated that I said, 'Never' regarding [returning someday] - I never said never. I said that I will not be popping in and out like other actors have done in the past. I didn't say I'm never, ever coming back. I was not absolute," she added. The soap opera in May 2021 was renewed for two years by NBC, through the 58th season.

- ANI

