



THREE REASONS TO SWITCH YOUR HOME LOAN TO SBI

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Air quality

Air Quality Index(AQI) of City/Town/Industrial Areas in the state of Meghalaya monitored under National Air Monitoring Programme (NAMP) 2 nd Week, November 2018.			
Location		Air Quality Index (AQI) value	Rating
1.	Lumpunggad, Shillong	33	Good
2.	Barik, Shillong	42	Good
3.	Dawki	24	Good
4.	Tura	33	Good
5.	Byrnihat (EPIP)	118	Moderate
6.	Nongstoin	33	Good
7.	Umiam (Industrial Area)	95	Satisfactory
8.	Khliehriat	43	Good
9.	Polo, Shillong	39	Good
10.	4 ¹ / ₂ Mile, Upper Shillong.	48	Good
AQI calculation is as per standard procedures prescribed by Central Pollution Control Board (CPCB), New Delhi. Rating Scale: Good: 0-50; Satisfactory: 51-100; Moderate: 101 - 200; Poor: 201-300; Very Poor: 301-400; Severe: >400			
		Issued by: Meghalaya State Pollution Control Board (MSPCB)	

Air pollution exposure linked to breast cancer

Women working near busy roads are at high risk of developing breast cancer, due to traffic-related air pollution, researchers have warned.

The team, from University of Stirling in Scotland, analysed the case of a woman who developed breast cancer after spending 20 years working as a border guard at the busiest commercial border crossing in North America.

The woman was one of, at least, five other border guards who developed breast cancer within 30 months of each other and, at another nearby crossing, a cluster of seven other cases was noted.

According to Michael Gilbertson, the findings "infer a causal relationship"

Researchers also identified a link between nightshift work and cancer

between breast cancer and very high exposures to traffic-related air pollution containing mammary carcinogens.

A link between night-shift work and cancer was also identified by the researchers.

"This new research indicates the role of traffic-related air pollution in contributing to the increasing incidence of breast cancer in the general population," Gilbertson said.

The group of women all developed a cancer believed to have been caused by exhaust fumes in what

graded in the presence of aldehydes - also components of exhaust fumes.

"There is much more research to be undertaken," Gilbertson said.

"But we now have plausible mechanisms for inferring how the BRCA1/2 tumour suppressors in this highly-exposed border guard became dysfunctional and likely contributed to the ongoing epidemic of sporadic, early onset, premenopausal breast cancer among her colleagues.

"With this new knowledge, industry and government can plan for new designs for industrial and commercial facilities to cut down on the occupational exposures to traffic-related air pollution," Gilbertson said. (IANS)

Sperm count 50% lower in men whose fathers smoke: Study

While studies have repeatedly linked maternal smoking during pregnancy with reduced sperm count in male children, a new research showed that men whose fathers smoked at the time of pregnancy also had 50 per cent lower count of sperms than those with non-smoking fathers.

The findings showed that, independently of nicotine exposure from the mother, socioeconomic factors, and their own smoking, men with fathers who smoked had a 41 per cent lower sperm concentration and 51 per cent fewer sperm count than those with non-smoking fathers.

"I was very surprised that regardless of the mother's level of exposure to nicotine, the sperm count of men whose fathers smoked was so much lower," said Jonatan Axelsson, specialist physician at Lund University in Sweden.

"We know there is a link between sperm count and chances of pregnancy, so that could affect the possibility for these men to have children in future.

Researchers have observed that smoking is linked to DNA damage in sperm and that smokers have more breaks in the DNA strand

The father's smoking is also linked to a shorter reproductive lifespan in daughters, so the notion that everything depends on whether the mother smokes or not doesn't seem convincing," he added.

However, the research has not determined the underlying mechanisms behind this. But, similar studies have shown links between smoking fathers and various health outcomes in children, such as malformations, Axelsson noted.

It could be because most newly occurring mutations (known as de novo mutations) come via the father and there are also links between the father's age and a number of complex diseases, said researchers in the paper published in the journal PLOS ONE.

In addition, researchers have observed that smoking is linked to DNA damage in sperm and that smokers have more breaks in the DNA strand.

Children of fathers who smoke have been reported to have up to four times as many mutations in a certain repetitive part of the DNA as children of non-smoking fathers.

"Unlike the maternal ovum, the father's gametes divide continuously throughout life and mutations often occur at the precise moment of cell division.

"We know that tobacco smoke contains many substances that cause mutations so one can imagine that, at the time of conception, the gametes have undergone mutations and thereby pass on genes that result in reduced sperm quality in the male offspring," Axelsson said.

The study was conducted on 104 Swedish men aged between 17 and 20 years. (IANS)

Home improvement

Redesign interiors with interesting colours

To create a calm and peaceful area where you can relax in is about more than just comfortable furniture. If the walls of your living space are loud and vibrant, then it's going to do nothing for your stress level. At the same time you don't have to resign yourself to boring white so make sure you redesign your interiors with interesting colours.

Anjali Jain, owner of Kala Drishti and Madhu Kotiya list down tips to redesign the interiors with colours

* **Coral colour:** You can go for coral shades with cooler undertones. The coral colour is a combination of hues like orange, pink and red. Coral enhances the room and brings a touch of

warmth to it. Even though it's a soothing colour, yet it can also be the perfect bold statement. This colour signifies peace and it keeps negative feelings at bay.

* **Mauve colour:** If you want your dining area a little sophisticated, then go for Mauve. It's not too gray, not too violent. It is completely soothing and a graceful colour. This slightly subdued tint is bright enough for a fun-filled environment, but just calm enough to work in an adult's bedroom when it is mixed with a palette of gray, black, blue, or cream. This is somehow related to spirituality and inspires reflection and self-awareness.

* **Beige colour:** Beige is also known as tan or buff,



cream. It diverges from nearly brown to very pale cream. Beige will fade into the background as the

elegant accessories pop into the foreground. To give a cozy vibe to your living area, Beige is the perfect

neutral, calm, and relaxing and signifies happiness, peace and purity. For best results, apply this color to the walls in the west direction. It is also a good color for the library.

* **Shades of green:** The green colour has healing properties. It is the colour of vitality and renewal that can be re-imagined in every room of your home. Green is a shade that springs with effervescence, and perhaps because of its roots in nature, it's also extremely versatile. Since, it is a restful colour that signifies growth and renewal, the green colour is also inspired, brings comfort and equilibrium. It is beneficial health relating to heart, lungs and circulatory system. (IANS)

From beauty to wellness, spas get a healthy makeover

Once simple grooming destinations to keep your nails in perfect shape, hair shining and skin glowing, salons and spas are getting a makeover in these days of increasingly stressful urban lives.

In towns big and small and targeting those with varying degrees of disposable incomes, beauty junctions are evolving to become health and wellness centres for people to also relax and rejuvenate.

From simple massages and back rubs at home to luxurious "me time" hours spent at high-end spas, the market caters to clients with pockets shallow and deep, going from several hundred rupees to many thousands.

According to Dr Madhurima Gupta of the centre for wellness at Delhi's Sarvodaya Hospital and Research Centre here, visits to spas and salons help one reconnect mind, body and spirit.

A salon visit can also give your mind and body a chance to reconnect



work. Every month, he spends about five per cent of his earnings at spas and salons, getting head and neck massages, pedicures and sometimes even full body spas if he is in a mood to splurge. "The massages facilitate better blood circulation, relieving me of body aches due to the long hours of sitting at work," the 27-year-old said.

The range of services offered at the spas and salons are varied and often are a combination of beauty and health.

Hair spas are combined with head, neck, shoulder and back massages, pedicures and manicures come with complimentary arm and leg massages, and body spas usually involve the use of ayurvedic and essential oils and scrubs that give the skin a renewed glow.

Full body spas like Thai massage, hot stone massage, deep tissue therapy, aromatherapy, ayurvedic massage among others can be enjoyed by spending

anything between Rs 2,000 and Rs 4,000. A combination of massages can cost up to Rs 7,000.

Vibha Rastogi, director of the Sawadhee Traditional Thai Spa in Vasant Kunj, said spas provide the "me time" most of her clients are looking for. "Our guests are usually looking for relaxation and to de-stress from their everyday life. Seeking a kind of 'me time' or 'time to pamper oneself' is gaining great importance," she said.

The wellness programmes at the spa are aimed at balancing as well as rejuvenating the mind, body and spirit, with their treatments being a blend of traditional spa rituals and modern therapies. "We put great emphasis on the overall wellness of an individual. The therapies focus on relaxation and de-stressing, general well-being, fitness and anti-aging," Rastogi said.

She added that many visitors also look to relieve aches and pains after the

Beauty/Style guide

Best of handcuffs, rings combo to adorn with Banarasi prints

Banarasi prints, saris and fabrics can never lose their charm and to further add beauty to its already-rich elegance, you must don it with your favourite pair of handcuffs and rings, on any occasion.

Nidhi Yadav, Founder and Creative Head, AKS Clothings and Kunwar Sahib Singh, Creative Head, Motiwala & Sons list down some tips to enhance your looks with Banarasi prints with handcuffs and rings combos

* **Become the desi diva by fusion or Indo western look:** When in confusion regarding festive attire, play safe and don the Indo western attire as they gel up well with any festivities and looks uber elegant too on the young ladies.

Contrasting Banarsi crop tops or cholis with a lesser pleated skirt is an amazing option for the girls. Be it dark, deep, light, pastel and coral, everything will work. This look itself strikes many eyes, and when spiced up with a wide gold band or handcuff, it totally adds more exposure to your overall getup. It's a perfect mix, especially for occasions like wedding and its other ceremonies.

* **Banarasi silk lehengas with bold rings:** Ravishing Banarasi silk lehengas are the all-time classic outfits. To add the royal bling they can be further adorned with interesting works of zari or any other delicate embroidery.

To go loud with the banarsi silk lehengas try wearing one bold ring, followed by a series of narrower rings, teamed well



with multiple rings, will give a splendid touchup to your style statement; it totally acts as an extension to your looks and makes you stand unique in the crowd. It's a perfect blend of classic and modern styles to entice your appeal.

* **Go fusion with banarasi jacket and dhoti pants with stacked rings:** Banarasi dhoti pants are a great savior, especially when it comes to donning the traditional look in the chilling cold winters. Not just they look extremely elegant and stylish but are also a perfect option to invest in during winters. Pair banarsi silk dhoti pants with a denim jacket or try going

with the woolen kurta and add great elegance to your look when worn with one of the amazing stacked rings.

* **Shine with a mingle of plazzo or pant style sari with kada cum bracelets:** This style of sari draping is a major hit amongst the young fashion conscious ladies of the nation who are huge fans of sari but don't feel very much comfortable in the attire. Pant or Plazzo style sari will not only gift the women with the happiness to move freely in saree but will also amp up their fashion quotient. And, with winters nearing this look of sari will make an eclectic style statement when sported with cool blazers

and jackets of the season. The overall look will get extremely attractive when combined with Kada cum bracelets

* **Sparkle with banarsi anarkali and statement rings:** Banarasi anarkalis, the evergreen beauties of the ethnic world look stunning in festivities when tuned in well with the accessories. Its ethnic opulence to the core looks beautiful with the sequence and embroidery on the heavy neckline and sheer sleeves with gotta patti. Team it up with gold tatement ring and maang tika or jhoomar chandbalis to add that retro touch to the festive look with little extra flair. (IANS)