

Lafda Zala has quite a contemporary, club sound to it: Ajay-Atul



Ajay Gogavale and Atul Gogavale

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So, in the next 30 seconds, right there, we composed some time-pass tune. The lyrics were so funny that the people who heard it applauded, laughed, enjoyed the music and then everyone forgot about it. Later, when we were in Dubai for another promo event, we met a Maharashtrian man, who said, "Sir, we loved the music that you created within a few seconds during that event." That struck us, but we took it lightly. Nagraj, however, remembered this and when we started Jhunda, he said that we must use the same tune. We initially thought he was kidding! But then we took the crux from that song, changed the lyrics (penned by Amitabh Bhattacharya) and used that composition for Lafda Zala.



A still from Jhunda

This high energy number comes at a crucial point in the film and comparisons to Zingaat are inevitable. How do you feel about that?

Ajay: Woh har gaane ke saath hota hai! After Zingaat, all songs that came out in Bollywood or the Marathi industry were compared to Zingaat.

Nothing new there. And that's fine with us. We're always told, "Ek doosra Zingaat banao!" But that doesn't happen. Just like Zingaat had no proper meaning, these words, don't mean much, but rhyme so well and sound rhythmically tight.

Zingaat has almost become like a reference point when it comes to filmmakers approaching you to create music for their projects...

Atul: Actually, every artist always tries to do something new. But when people specifically ask us to create another song like Zingaat, toh phir hum Zingaat se bahar jaake

kaam nahi kar paate uske baad. We wanted to do something different with Lafda Zala. This song is quite contemporary, it has a club sound in it. It has an extremely rowdy rhythm coming and hitting in the perfect place. And then, once the Indian sound hits, it goes into some different zone. Lafda Zala has a surprise element, too, which you must have heard in many of our songs, including Zingaat.

Ajay, you've sung Lafda Zala. When you're lending your voice to a track you're composing, is the process easier?

Ajay: Being a singer always helps when it comes to composing music because then you are not dependent on someone else for anything. Hum dono mein utna gayak hai jo jaroori hai. And since we both can sing, it helps us to express what we want in the singer, whether it is Sonu Nigam, Shreya Ghoshal or Sukhi paji (Sukhwinder Singh). Our focus as composers is very clear and we always know what we want and that really helps.

This school focuses on the social and emotional wellbeing of kids

An ideal school ensures an amalgamation of modern technology and traditional values, with academics and sports going hand in hand, in an environment where a child is truly happy. Samashri International School, the brainchild of Swetha Manthena, its managing director, has been in Hyderabad for a decade, and now has a presence in Coimbatore, too.

Swetha Manthena with the children at the school



The school is said to have a picturesque campus, infrastructure and value-based education, and is known for its innovative teaching practices like Flipped Classroom, 6Es teaching methodology and interdisciplinary approach.

"Determination coupled with a humane approach and a penchant for applying attention to every small detail is the reason behind our school's success. Sports is considered an essential component of holistic education as it instills the spirit of sportsmanship, teamwork, discipline, and diligence in students. The Coimbatore campus is equipped with open grounds for various games and sports. The golf training area and tennis wall require a special mention," says Swetha.

Apart from sports, she says the school follows a curriculum where cultural and moral values are given importance. "The management aims to instill core values in each student even at a tender age. The

best teachers are brought on board to bring out the best in every child," she states and adds, "The school focuses on the social and emotional wellbeing of children. Practices such as yoga, mindfulness, heartfulness and life skills education give an edge to Samashrians."

Tucked away from the hustle and bustle of city life, the 7.2-acre green campus is said to provide an ideal environment to open up young minds with smart classrooms, well-stocked library, innovative art studio, digital lab and many more facilities.

Majority of postmenopausal women experience hair loss



A new study has identified the prevalence of female pattern hair loss (FPHL), hair characteristics, and associated factors in healthy postmenopausal women.

Female pattern hair loss is the most common hair loss disorder in women. It is characterised by gradual thinning at the part line, followed by increasing diffuse hair loss radiating from the top of the head. It is believed that the loss of oestrogen during the menopause transition may play a role in accelerating FPHL, because oestrogen receptors are present in hair follicles. Because women spend, on average, one-third of their lives post-menopause, research into causes and treatments of hair loss is critical.

mones, especially oestrogen and testosterone, and a history of polycystic ovary syndrome are related to hair loss in postmenopausal women.

"Female pattern hair loss was prevalent and associated with lower self-esteem in healthy postmenopausal women in this small cross-sectional study. A better understanding of the mechanisms responsible for this common type of hair loss in women may lead to more effective preventive strategies and treatment options," said Dr. Stephanie Faubion, NAMS medical director.

—ANI

Why is olive oil healthier than other cooking oils?

Numerous studies have shown that consuming olive oil, in particular extra virgin olive oil (EVOO), can have many different benefits for our health.

Along with its fat, EVOO also contains many natural substances, such as polyphenols. Polyphenols occur naturally in plants, and have been linked to many health benefits. Studies also seem to show that a major reason why EVOO is beneficial to our health is because of the polyphenols it contains. Polyphenols are thought to have many benefits in the body, such as improving the gut microbiome. Other cooking oils tend to lose out to polyphenols during their production. Most of us use oils for cooking, but when it is heated at too high a temperature it reacts with the oxygen in the air, causing the fat in the oil to break down. This can lead to the formation of harmful substances that irritate the eyes and even produce carcinogen. Refined oil is particularly prone to this process called oxidation, especially when used repeatedly for deep fat frying.

One of the important advantages about EVOO is that it seems to be far more effective when eaten as part of a Mediterranean diet which is typically high in vegetables, fruits, legumes, grains and fish. This is probably because extra virgin olive oil and its beneficial polyphenols interact with other foods including the vegetables eaten as part of this diet. The Mediterranean diet is linked with lower risk of many chronic diseases too.



PTI



In the next 20 years, it is believed that the future could look eerily similar to the animated film Wall-E. Artificial intelligence expert Kai-Fu Lee said that 40 per cent of human jobs could be replaced by equally capable robots. And drivers might be affected the most. While AI might replace humans in various fields, luckily, there are plenty of new jobs that one could have in the future.

Kushal's fashion jewellery advertisement with images of jewelry and store information.

Prestige PWG 09 electronic timer advertisement with product images and contact details.