

I AM HONOURED

INTERNATIONAL

MY INSPIRATION

Aayush Bhat is making the right noises in the tennis circuit. The doubles title he won at the ITF Juniors Grade 5 Tennis Tournament held in Indore recently has surely got him all revved up. "I am honoured to be a part of the International Tennis Federation. Rafael Nadal and Roger Federer are my inspiration and I've always dreamt of winning international tournaments," says Aayush, who is all set to return to Indore to take part in the U-18 tournament

next week. "I'm so ex-

cited, will give it my best shot," he adds. Tennis began as a hobby for Aayush. "I picked up the racket for the first time as an 8-year-old. And I became passionate about and pursued it seriously," says the grade 10 student of Oakridge International School, Gachibowli.

He is very proud of all the trophies he's won. In 2017, he won the U-12 Boys Nationals and went on to get ranked No.1 by AITA. In 2018, he followed it up with the doubles trophy in Nationals and secured the No.1 position (U-14 Boys). In 2019, he won the Fenesta Nationals U14 Bovs

(singles). He also ranked in the Top 10 in the AITA U-18 rankings and internationally in the Top 500. How does he manage to

balance academics while playing all those tournaments across the country? "My school is very supportive. It's all thanks to my teachers, who help me catch up with the missed schoolwork. I'm grateful **TO BE A PART OF THE** that they let me play my tournament and come back and write exams. **TENNIS FEDERATION.** says Aayush, who has also **RAFAEL NADAL AND** won inter-school and **ROGER FEDERER ARE** state-level table tennis championships. What's more, he is Grade A - Aayush

School Principal, Hema Chenupaty is quite proud of her ward. "We are very proud of Aayush and his achievements. He has been a consistent performer in sports and academics. The encouragement and support he gets from his parents have helped him go after his dreams. His teachers at school also have inspired him to aim for the best and Aayush has continuously made us proud. With a high level of discipline and a positive attitude, he is the epitome of an ideal sportsman. We wish him all the very best in all his future endeavours", she says.

student.



vitro fertilisation, colloquially

ment available for couples with infertility. IVF can be considered as a treatment option for couples who fail to achieve pregnancy naturally within a year and in cases where first line treatments such as ovulation induction with timed intercourse or multiple cycles of intrauterine insemination was unable to produce the desired result.

Dr Shalini Singh Couples can be directly advised IVF if the female partner is follicular growth. The mature eggs availabove 35 years of age or has been identiable are aspirated by a procedure called fied with diminished ovarian reserves, blocked tubes or any such medical conditions such as severe endometriosis, severely compromised semen parameters in male or lack of any sperms in ejaculate i.e azoospermia or sexual dysfunction.

IVF is a relatively safe procedure with The eggs which are retrieved are ferknown as test tube baby is one of the minimal complications that can be exmost advanced methods of treat- pected in some rare cases. The treatment of IVF is mostly individualised for each

patient and is mainly based on the couples BMĬ, hormonal profile, antral follicle count, semen parameters and response to past treatments. IVF is a procedure

which is usually started either in the beginning of the cycle or sometimes in the previous cycle. Daily hormonal injections are given for 8 - 12 days and 3 - 4 scans are done to monitor

oocyte retrieval

It is a day care procedure that is conducted under anaesthesia and the patient shall be discharged on the same day. The patient can continue to work during the treatment cycle as the medications do not interfere with her daily schedule.

tilised in the lab naturally by IVF or ICSI and grown for three to five days

Embryos can be transferred in the same cycle known as fresh embryo transfer or can be frozen to be transferred later in women with PCO, endometrial issues. Standard success rate of IVE is 30-40% in one cycle. It can increase significantly with 3 or more cycles of

treatment. Success rates in IVF depend on embryo quality and its interaction with uterine endometrium. More advanced procedures like Genetic Evaluation of Embryos (PGS) and Endometrial Receptivity Testing (ERA) can help

increase success rates. For more details, contact: Dr Shalini Singh Consultant Reproductive Medicine MBBS, MD - OBG(AIIMS) Fellowship In Reproductive

Hitec city, Malakpet, Miyapur, Suchitra

medicine - ICOG

Call: 8880 747474

www.hegdefertility.com Disclaimer: The views/suggestions/opinions/data in the article are the sole responsibility of the expert

How to control kids' screen time without a figh

be a daunting task for any parent. Giving in to your child's tantrums seems like the easier thing to do and most young parents end up doing just that. But that is not a sustainable solution in the long run as increased screen time can lead to numerous health related side-effects like childhood obesity, sleep disturbances, behavioural swings and more. Research shows that average screen time increased from 3-5 hours a day to 5-8 hours during the pandemic. So, it is about time parents start doing something about it, says Dr Tejas Deepak Hambir, as he lists out handy tips to help reduce children's screen time and keep them safe online:

American Academy of Pediatrics recommends

• No screen time for children under 2 • One hour per day for children 2-12

Two hours per day for teens and adults START SIMPLE

TIMES HITORI

8

4

CRACKERS

Implement minor changes like no gadgets during meals, or no screen time immediately after and before bedtime, for greater long term benefits

9

5 3

3

4

6

2 9

THANKLESS JOB AGENCY?

9 3

5 6



dancing, gardening etc.

Walking or playing outdoors

increases endorphins which

not only boosts mood but also

improves overall physical

Set up parental controls. Turn on 'Safe

Search' on your browser. Explore websites,

GO OUTDOORS

and mental health

HEALTHY

CREATE SAFE &

ONLINE HABITS

ONE RULE FOR ALL

Practice what you preach. You can't expect your kids to have less screen time if you

spend most of your time on gadgets **REALISTIC GOALS IS THE KEY**

It's difficult to suddenly stop screen time. Reduce it by 30 minutes to one hour every day, and aim to achieve the set target of onetwo hours per day by the end of two weeks. **ENCOURAGE HOBBIES**

Spend 30 minutes to one hour to learning a new sport, drawing, craft work, singing,

Encourage children to approach you if something online makes them upset,

BE SUPPORTIVE

and how to report them.

uncomfortable or scared. Notice if your child is withdrawn, upset, secretive or obsessed with online activities.

Educate children about harmful content

FOLLOW STANDARD RECOMMENDATIONS

Required distance while watching Smartphone- 1 foot, Laptop- 2

feet and TV screens- 10 Feet. Ensure regular screen breaks of 10 minutes every hour. Position the computer screen at 10-15 degrees below the eye level to reduce neck and eye strain.

Dr. Tejas Deepak Hambir Consultant Neonatologist and Pediatrician

Rainbow Children's Hospital, Vikrampuri, Secunderabad Call: 18002122, 7893947171 www.rainbowhospitals.in

VIRGO August 22 - September 21

You tend to put more creativity and

imagination into your life. Your bold

actions can be rewarded. You feel

as if you have been working hard

drtejasdeepak.h@rainbowhospitals.in



ENGINEERING | MANAGEMENT | MEDIA | LAW | LIBERAL ARTS

SUDOKU CHALLENGE

								How To PLAY
		8		7				Fill in the grid so that every horizontal row every vertical column and every 3x3 box contains the digits 1-9,
	2			4	5	8		
	6	4		8	7		2	
9	8	2						
							without repeating the numbers in th	
					4	5	9	same row,
8		1	3		6	2		column or box. You can't change the digits already given in the grid. Every puzzle has on
	4	5	9			3		
			8		9			
l evel:	Mediu	m						solution.

every 3x3 box contains the digits 1-9, without repeating the numbers in the same row. column or box. You can't change the digits already given in the grid. Every puzzle has one solution.

How to play may appear just once in

column. repeat numbers by darkening example) 2. Darkened cells must never be adjacent in a row or

2

4

8

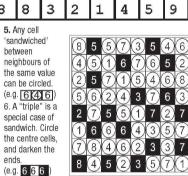
each row or

column. 3. Unmarked cells must create a single continuous area, undivided by darkened cells. 4. Every time you darken a cell, you can automatically circle its vertical and horizontal neighbours, which means they cannot

be eliminated.

OR SQUISH THEM, AS

THE CASE MAY BE



LOOP THE LOOP

Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). Crossovers or branches are not allowed (As shown by dotted lines in Fig B). Numbers in the puzzle indicate the number of

lines that should surround it, while empty cells may be surrounded by any number of You lines around zeroes. Each puzzle has

just one unique solution How to begin: Example (Fig A) Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it. as shown. Now

3 3 3 there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

2 2

2

JOB AGENCY

1 3

2 2 3 1

2

2

0

WE'RE A TEMP

JOB SERVICE.

DO THIS WORKSHEET

sn_

2 1

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a deadend (Fig B)



Tip: Your lucky colours are brown and white. Your

Hambir

Dr Tejas Deepak

lucky gems are turquoise and moonstone. You share your birthday with: Ewan McGrego ARIES March 20 - April 18 Things are stable and you have time to think. Enjoy some relaxing time this evening. Don't put things off. Shake yourself up and do as

you please. Add weight to your words, make an effort to convince. TAURUS April 19 - May 19 Energy is high

and luck is on your side. You may be in a quieter mood than usual. You will be dealing with all types of personalities. Don't try too hard to impress

GEMINI May 20 - June 20 You are feeling good. You might find the spark that you are seeking. You might be able to receive support from your friends today. Your life is negatively impacted by other's failure. You will be richly rewarded.

CANCER June 21 - July 21 A situation can arise that might not be practical and could even be questionable from an ethical perspective. You are somewhat susceptible to misunderstandings at work. You may have to deal with a stubborn person. LEO July 22 - August 21 You'll spend a

great deal of time today doing some sort of research. You may find yourself thinking about the good old days. Visit well-known places and you may connect with the same feeling again.

HEALTH CAPSULE

HOW LONG DOES IT TAKE TO

HEAL FROM A TATTOO?

Remember, DIRTY TATTOO neeples can can cause infections

LIKE HEPATITIS

and HIV.

IT TAKES BETWEEN SEVEN

AND 10 DAYS TO HEAL FROM

GREEN, YELLOW AND BLUE,

CAN OCCASIONALLY CAUSE

ALLERGIC SKIN REACTIONS.

nick, thick, THICKEN, think, tick

KITCHEN, kite, kith, knit, neck,

сишк' реск' ріск' ріке' көтср'

GETTING A TATTOO. THE DYES USED, ESPECIALLY RED

enough. Now is the time to take a break LIBRA September 22 - October 22 You are comfortable when you can see the tangible effects of your actions. A healthy attitude toward your love life and social

involvements can bring out the best in you. Stay focussed on practical issues. SCORPIO October 23 - November

20 Temporarily set aside your desires so that you can meet your timelines. Your talents and strengths bring clarity to your work relationships. Your positive attitude will allow you to accomplish more than you imagine

SAGITTARIUS November 21-December 20 This is a favourable time to socialise with your professional ties. It may be guite a challenge to keep up with your busy schedule. Someone may possibly make unreasonable demands. You may have to

put off the fun and games for a while. CAPRICORN December 21 - January 19 Your willingness to meet people benefits your career and reputation. Take full advantage of this moment to accomplish as much as possible. You might try to leave your personal needs out when

interacting with others. AQUARIUS January 20 - February 18 New contacts can help give artistic endeavours a tremendous boost. You may meet someone who shares your interests

and intellect in this regard. Responsibilities at home may keep you occupied PISCES February 19 - March 19 Your day will go smoother if you are able to

recognise potential instead of criticising performance. Your optimism is more realistic than usual.

SPELLATHON

Today's Ratings:

11-average | 13-good | 15-outstanding

How many words of four or more letters can you make

from the letters shown in today's puzzle? In making a word, a letter can be used as many times as it appears

in the puzzle. Each word must contain the central let-

ter. There should be at least one seven letter word.

Plurals, foreign words and proper names are not al-

lowed. British English Dictionary is used as reference.

MINDBENDER

What is the next number: 365 332 300 269 ???



IT'S GOOD TO STOP AND

APPRECIATE THE LITTLE

THINGS IN LIFE

GARFIELD

BEAU PEEP



FOOP

WE HAVE









EVERY TIME YOU'RE

HERE, NARDA, AN

ACCIDENT HAPPENS

SCRAMBLE

HOW TO PLAY

Now arrange the letters in th circles to form the answer to the riddle or to fill in the

ON THE SET!



-- A CROOK!









the remote faster won't make bette

programs magically appear!"





SOLUTION: UNJ PUE 11H



SPELLATHON SCRAMBLE

> without glory - Pierre Comeille Answer: To win without risk is to triumph

Words: Prior, light, grumpy, gopher

MINDBENDER

538