

PERSONALITY



## “Music not a product, it cannot be promoted”

Music is not a product that needs "promotion", says sarod maestro Amjad Ali Khan, who believes it is essential for "peace of mind and good health" of human beings.

The Padma Vibhushan recipient said music is a gift from God that "grows on you". "Music cannot be promoted. Music is not Coca-Cola or a toothpaste (product) that you can promote, music grows on you. When it is a sold-out concert, we should realise and believe music is essential for human beings and hence they come for it," the 77-year-old musician told in a virtual interview.

Music has a significant therapeutic effect on both people and the environment, he said.

"The medical world is treating patients with music. Plants grow faster and cattle give more milk (after listening to) appealing music. Music is a precious gift of God. For peace of mind and good health, every human being must listen to appealing music," the music veteran added. Over the years, classical music continued to reinvent itself, said Ayaan Ali Bangash, Khan's younger son who is also a sarod player. "Classical music today is very much at the peak of its powers. This was always an art form that reinvented itself every decade. In 2023, there are concert halls selling out in Maharashtra, Bengal, in the South and there are thousands of people coming (to watch it), besides it is available on Spotify, YouTube, etc." he said.

Due to easy access to content via online portals, it has become rather challenging for performers today, added Ayaan. "It is a good challenge and you are constantly reinventing yourself. Amaan bhai and I are working with an interesting genre, (like) where sarod didn't have anything to do with rap before," he said, adding they are also collaborating with jazz musicians.

The trio - Khan, his two sons Amaan Ali Bangash and Ayaan - are set to perform at a concert here on Thursday, where they will be joined by Ayaan's twin sons Zohaana and Abeer.

The multi-city concert titled 'Three Generations, One Nation' has performed at full houses in Delhi, Bengaluru, Kolkata, and Chennai, and will mark its culmination in Mumbai's Jamshed Bhabha theatre. Zohaana and Abeer, the young sarod players, are fans of celebrated Korean pop group BTS, a diametrically opposite genre to their classical roots. The music veteran said he has always encouraged his children and grandchildren to listen to different kinds of music.

"Zohaana and Abeer are listening to Michael Jackson and Justin Bieber. Whenever we FaceTime, they show me something and I ask them if he is Justin Bieber and they would say, 'No, it is the BTS band!' It is a new Korean group and I don't know about it," Khan said. "In our family, we never impose anything and we rather give them the opportunity that they should enjoy any kind of music. In our life, our wealth is music. That is why we share music with our children," he added. Ayaan revealed he calls his two sons 'Beliebers' as they are also fans of Canadian singer Justin Bieber. "They are able to effortlessly balance between BTS to listening to classical music, along with their journey in school, and everything. It is not easy but they are able to balance it," he said.

Zohaana and Abeer are the eighth generation of the Senia Bangash School musical lineage, who are carrying forward their family's legacy. "Three Generations, One Nation" may be the youngsters first public concert in Mumbai, but Khan said it was not a launchpad for his grandchildren. According to the sarod maestro, the key reason behind the upcoming show is to seek blessings for their journey ahead. "We are travelling to seek blessings for Zohaana and Abeer, we are not launching them. In the filmy world or in other professions, people often launch (their children or grandchildren)."

"It (launching) is a big word, we just want them to get blessings from everyone, so that their musical journey becomes comfortable, full of harmony and peace," Khan said, adding the duo had played their first track, "Our Love", for his birthday in 2020.

The veteran musician said they are all looking forward to performing in Mumbai, a city that is home to a cosmopolitan audience. "For instance, we have performed in the open air at 5 am and there have been about 5,000 people attending it... It is because of the love and blessings that people buy tickets. These are all ticketed concerts, not for free." It is an emotional moment for the family to be performing together, said Amaan.

"There are so many emotions going all over the place for us on stage, like there is grandfather and grandson performing, father is performing with his two sons, uncle being present. It is a great amalgamation of emotions," he added.

Having seen sons Amaan and Ayaan begin their career at a young age, Khan said he is aware of the great expectations that people had of them as children.

"If a child is born into a family of musicians, there are often high expectations. Like, my father Hafiz Ali Khan was very famous. He was called 'the prophet of sarod'. Fortunately, the people of India nurtured and encouraged me from the age of 12."

"Even my children Amaan and Ayaan received a lot of love and blessings from India and worldwide... The goodwill that we get from our forefathers that in a way helps our children." Amaan recalled feeling the responsibility of taking forward the legacy of his father along with younger brother Amaan.

"When Ayaan and I were growing up, for some reason, we had some pressure. Maybe it was not intentional by anybody, but we were very answerable to the world."

"Being Ustad Amjad Ali ji's sons at that time, when there was just one TV channel, maybe two newspapers... There was not much distraction, so people were focusing on us too much," he said. According to Amaan, he and Ayaan didn't initially enjoy performing on stage because of all the attention.

"We were very conscious. Today when I see Zohaana and Abeer, they both are enjoying themselves. In a good way, they are not answerable to anybody or they are not apologetic in a good, humble way."

## "Giving up is no option"

*Sunira Khullar Nutritionist and Clinical Dietician, Founder of the Hygieia Nutrition is a Clinical Dietician with a PG in Health and Nutrition from Delhi University. She started Hygieia Nutrition in June 2019 to provide the masses with accurate information about lifestyle disorders.*

*She believes one can only prevent a disorder if she/he is well aware of it in advance.*

*She is a ray of hope for everyone who has fallen into trap of fad diets and is looking to improve his health with the simplest yet practical meal plans and food psychology.*

*In a free-wheeling chat with Daily Excelsior she shares her experiences as an entrepreneur.*

### EXCERPTS OF INTERVIEW

**Tell something about your startup and how people can benefit from it?**

After working with renowned Gyms and Fashion Models I gained an experience in the field and started my journey as a clinical dietician and improved the nutritional status of many people belonging to Raipur, J&K, Gurgaon, Punjab, and a few overseas clients in the USA, Dubai, and Canada with my therapeutic diet plans, many have transformed their body and successfully managed and reversed their lifestyle disorders. I have expertise in the management of diabetes, obesity, hypertension and PCOD. I have also experience in giving nutritional therapy to GDD and autistic Patients...At the same time, I have experience treating lean and underweight patients.

**What challenges have you faced as a woman Entrepreneur and how did you overcome them?**

I was a medical student from Bakshi Nagar Jammu, completed my graduation in the year 1999 from Women's Prade college. Being focused on the health department, I tried the entrance Exam for MBBS only once and after not getting successful and without wasting my tests and trials, I decided to go for a bachelor of science and then can have some other qualifications

Due to certain personal family circumstances, I was not supported to have my medical studies from any other state of India. But I felt that still there were many sectors to prove myself. During 2000-2001 I joined my PG Diploma course in health and nutrition and also applied for PG Diploma in computer application. In both fields, I scored good marks in the first division. This encouraged my inner zest to explore more in my studies. So after that, I applied for a bachelor's in education and then also did a master's in education. After that, I was selected for the MCSE scholarship form (Microsoft Certified course in System Engineering). Right after my studies, my parents fixed my marriage to a person belonging to one of the renowned business families of Jammu. As I belong to such a renowned family I was not supported to do the job in the private sector. Finally, I decided to open my institution where I served students for 6 years, but this was not the end of my journey, at the same time I joined convent school - St. Peters Karan Bagh (ICSE Board) where I served for many years. In 2016, I shifted to Raipur capital city of Chhattisgarh, and joined KPS (CBSE) as a science teacher. During the 2019 corona, when many people required health guidance and correct lifestyle habits I decided to give a new direction to my career as I was already having my qualifications in hand.

**What inspired you to start your business?**

In 2019 due to Covid, many people suffered from chest

infections and post-Covid disorders, all because of the wrong myths of eating habits. When I was admitted to ICU due to Corona Chest infection, during that time I experienced many people losing their lives due to wrong eating habits in that ICU ward. Patients suffering from Corona infection used to opt for juices or sugary components which was against the corona. Even during critical conditions, they never accepted to wear the oxygen mask and within hours I saw them collapsing, this was not tolerable. Right after my discharge first of all changed my family's eating habits and then started guiding people also. This social service has benefited many people and hence decided to open a nutritional therapy center.

**Where does your inspiration come from?**

Ms. Anar Mehta, a famous Women Entrepreneur, social worker...founder of the Shrishti Bharat foundation always inspired me with her service to women of the nation, she personally encouraged me and guided me whenever I needed her help.



Sunira Khullar interacting with Mrs. Menka Srivastav, who was recently awarded with Mrs. India 2022 Iron Maiden title.

**Do you feel that in India there are enough structures and facilities put in place to assist women to expand their Startup Journey?**

After 2019 Indian Government has proved itself in the field of science and research. If India wants to assist women to expand their startup journey, I think there is ample revenue, enough structures, and facilities.

**How do you balance your professional and personal life?**

Being a woman who belongs to men dominating society, it is quite difficult for woman of such a mindset kind of family to maintain a balance in her professional and personal life. We as women have never been supported in such conditions where sometimes we need help. So being the stronger determinant for my ambitions I decided to be a multitasker as Mom, wife, and community health worker.

**What advice would you give to someone who is an aspiring woman entrepreneur?**

For any woman of the country or world who has the firm zeal to serve her nation or mankind as well as an aspiring woman entrepreneur I would like to advise i.e. You might fall seven times but get up the eighth time. Giving up is not an option.

**Which woman inspired you?**

Mother Teresa was always my inspiration since my childhood when I studied her article about her services to mankind specially for the poor and needy in the health sector.

### MOVIE-REVIEW

## A TREAT TO WATCH



TU JHOOTHI MAIN MAKKAAR is a love story between two young and modern individuals. Rohan Arora aka Mickey (Ranbir Kapoor) resides in Delhi with his family. Although he handles his family business, out of passion, he also has a secret profession. He helps those who want to break up in such a manner that they don't come across as villains. His best friend Manu Dabas (Anubhav Singh Bassi) is all set to get married to his girlfriend, Kinchi (Monica Chaudhary). Both head to Spain for a bachelor trip of sorts and Mickey also accompanies them. Kinchi's friend Tinni aka Nisha Malhotra (Shraddha Kapoor) also joins the trio. Mickey falls crazily in love with Tinni. Tinni initially decides to have a fling with Mickey. But seeing how serious Mickey is for her, she also falls for him and they begin a romantic relationship. Once they are back in India, Mickey introduces Tinni to his family as he intends to marry her. And from here on, problems arise. What happens next

forms the rest of the film. Luv Ranjan's story is entertaining and yet makes an important comment about the problems faced by today's youth. Luv Ranjan and Rahul Mody's screenplay is contemporary and smartly written. In fact, some of the developments in the second half will leave viewers stunned as it boasts of some never-before-seen moments. Luv Ranjan and Rahul Mody's dialogues are sharp and funny. A few one-liners and monologue-style dialogues leave the desired impact. Luv Ranjan's direction is praiseworthy. The filmmaker has clearly evolved as a storyteller and this is evident at several points in the film. He knows the art of giving audiences a fun time and also making their eyes moist. It's also great to see that he didn't give out the plot of the film. Hence, audiences would not know where the film is heading. TU JHOOTHI MAIN MAKKAAR starts on a

high note, with the entry of Mickey. The scenes thereafter are strictly okay. The film then picks up only with the entry of Tinni. The scenes of the romance between Mickey and Tinni are cute and will be liked. But the film goes to another level once Tinni meets Mickey's family. The issues that stem from hereon are convincingly shown. The intermission point is terrific and it promises that the second half will be a mad ride. And thankfully, that's what happens. The second half is riddled with some superb dramatic moments that bear the traditional Luv Ranjan stamp. At the same time, a few scenes are quite touching like Mickey and Tinni hugging while secretly crying, the engagement sequence, and the showdown between the two characters in the pre-climax. The finale is hilarious and Luv has given a nice twist to the conventional airport scene template.

Speaking of performances, Ranbir Kapoor is in superb form. He has dabbled in romcoms before but here, he's in a different zone. And he shines in the emotional sequences. Performance-wise, Shraddha Kapoor is absolutely first-rate and a revelation. This was a very challenging role and Shraddha manages to pull it off successfully. As always, she looks her hottest best. Anubhav Singh Bassi is lovely as the sidekick and has an important part to play. Monica Chaudhary is passable. Dimple Kapadia (Mickey's mother Renu) is adorable, especially in the second half. Boney Kapoor (Mickey's father Ramesh) is underwhelming. A lot was expected from his casting but sadly, he doesn't have much to do. Hasleen Kaur (Mickey's sister Minny) leaves a mark. Inayat Verma (Mickey's niece Sweetu) is cute and raises laughs in some scenes. The same goes for Jatinder Kaur (Mickey's grandmother), Rajesh Jais (Tinni's father), Ayesha Raza (Tinni's mother), Amber Rana (Mickey's brother-in-law Ashish) and Rahul Vohra (Tinni's uncle) are wasted. Kartik Aaryan and Nushratt Bharuccha are great in their respective special appearances.

Pritam's music is of the chartbuster variety. 'Tere Pyaar Mein' is catchy and well-shot. 'Show Me The Thumka' is energetic while 'Pyaar Hota Kaayi Baar Hai' comes at a great point in the film. 'O Bedardeya' is moving. The title song is okay while 'Maine Pi Rakhi Hai' and 'Jaadoo Hi Lage Zindagi' are also well-tuned. Hitesh Sonik's background score is exhilarating.

Santhana Krishnan Ravichandran's cinematography is splendid. The locales of Spain, especially, are well shot. Shashank Tere, Dipankar Dasgupta and Manini Mishra's production design is rich. In fact, the film has a very first-class look and it adds to its appeal. Samidha Wangnoo's costumes are glamorous, especially the ones worn by Ranbir Kapoor and Shraddha Kapoor. VFX is damn good. Akiv Ali and Chetan Solanki's editing could have been sharper.

On the whole, TU JHOOTHI MAIN MAKKAAR rests on fine performances by Ranbir Kapoor and Shraddha Kapoor, Luv Ranjan's expert direction, chartbuster music, and a plot that today's youth will be able to relate to. At the box office, it will strike a chord with its target audience and emerge as a hit.

Courtesy: <https://www.bollywoodhungama.com>

### HEALTHLINES

## Learning about Glaucoma

Dr Shally Kandhari

diately consult an ophthalmologist.

### DIAGNOSIS:

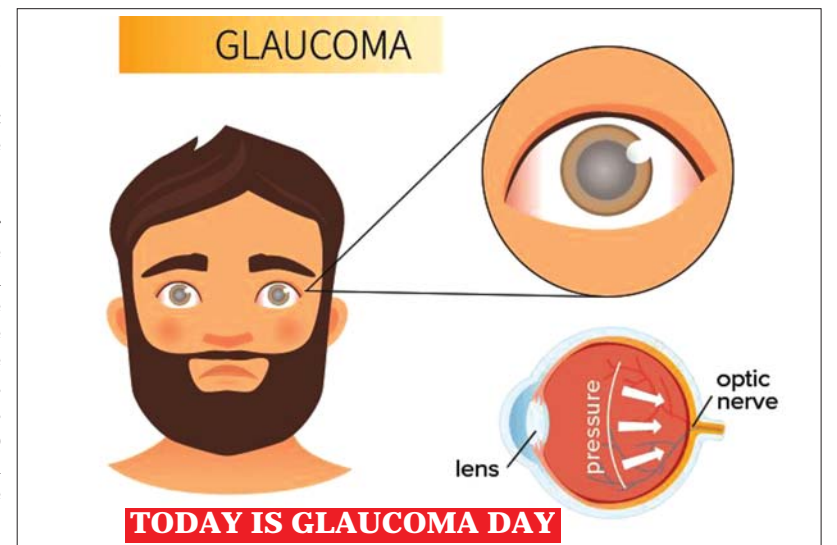
Glaucoma tests are painless: A detailed dilated eye examination is needed to check the optic nerve for signs of Glaucoma. Tonometry is required to check pressure of eye

Optic nerve head analysis is done by OCT Visual field test is done to see loss of peripheral vision

gonioscopy is done

### TREATMENT:

Glaucoma is most often treated with a combination of eye drops called antiglaucoma drugs ,oral medications,laser trabeculoplasty and microseugery.



Glaucoma is a group of disorders that damage the optic nerve. Optic Nerve sends visual information from your eye to your brain and is vital for good vision. Damage to optic Nerve is often related to increased pressure of eye, but it can also occur in normal eye pressure. If the optic nerve damage worsens Glaucoma can cause permanent visual loss.

Glaucoma mostly affects adults over 40 years but young adults ,children and even infants can have it.

### RISK FACTORS:

>40 Years of age  
Family history of Glaucoma  
Diabetes,hypertension,heart diseases  
Steroid intake

Eye injury  
Thin cornea  
Increased pressure of eye

Suspicious optic nerve appearance and many more

### CAUSE:

Aqueous humor is the fluid inside our eye ,which flows out of eye through mesh like channels.If the channels gets blocked or eye is producing too much of fluid,then it builds up to raise pressure of eye.

It usually affects both eyes ,may be worst in one.

There are many types of Glaucoma,most common being open angle Glaucoma.

### SIGNS AND SYMPTOMS:

Most people don't have symptoms .If symptoms develop ,they are usually late .Glaucoma is diagnosed accidentally during a routine eye check up(so regular eye check ups are advised),that is why it is called THIEF OF VISION.

Main sign is loss of peripheral vision i.e side vision when head is kept straight and later complete loss of vision can occur.

Acute angle closure Glaucoma can present as throbbing eye pain that can be the worst eye pain of someone's eye ,other signs can be redness,headaches,foggy vision,dilated pupil ,nausea and vomiting.

It is a medical emergency ,one has to imme-

### TIPS FOR LIVING WITH GLAUCOMA:

Glaucoma is a life long condition and needs continuous follow up with your eye doctor.

Make sure to take your drops and pills religiously in time as directed.

Mild regular exercises may help lower eye pressure.

Healthy well rounded diet including nutrient rich food containing omega 3 fatty acids and other antioxidants.

Avoid smoke which can cause hypertension,eye inflammations which can aggravate other risk factors for glaucoma..

Limit intake of caffeine and tea in too much quantities.

Half of the people with Glaucoma don't know that they have it.Take a healthy step this year on WORLD GLAUCOMA DAY by learning about Glaucoma and taking steps and reduce your risk of visual loss.