

Relationships

Youngsters indulge in a shopping spree to prep for College

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quickly. So, I'm buying tops, tees and kurtas in this material. Also, I'll be getting sandals because they withstand slushy roads." Varsha Mahajan, a second year engineering student, has already bought covers to protect her phone, a waterproof backpack and purse for the season.

Desk supplies
Apart from study material and textbooks, interesting and unique stationery is a must-have for many students. Deepali Gupta, a second year medical student, says, "We are never too old for new stationery. I spent one whole day buying matching desk supplies — from notebooks and pens to staplers and sellotape. Since I spend three hours travelling to and fro college, I've bought chick lit books to read in the train."

Vidhi Naik, who is excited about beginning her final year of Arts (psychology), says colourful post-its and highlighters are a big deal for her. "They are useful to make notes when I'm studying. So, all I have to do is just read through them during exams."

Dimple Soni, a mass media student, says an all-in-one notebook is the best investment she has made this year. She adds, "The book is divided into six portions; I can use them to jot down notes for the six subjects I have this semester. So, all I need to do is carry that one book to college."

Gadgets and Gizmos
The survival kit for college-goers will undoubtedly contain gadgets — pen drives, rewritable CDs, hard drives, music players and card readers among others. So, they allocate huge funds for them. Akshit



Dhar, a second year mass media student, says, "A portable charger, pen drive, earphones and a waterproof cover for my smartphone were my biggest purchase this month."

Make-up kit
No matter what the season, girls say they prefer carrying their cosmetics with them. Dimple adds, "I've already stocked up on my lip balm, sanitiser and a perfume. I've also bought waterproof cosmetics so that I don't end up with smudged make-up."

Priority list of hostel students is different. Those who have returned to the hostel after spending happy days at home have got their bags full with snacks and savouries. Shubham, who studies at a public engineering and research institution in the city, says, "Books, stationeries and gadgets don't get us that excited. Because we miss home, we bring back with us memories of our family in the form of photos. I've bought a lot of snacks that my mom made for me. My purchase list also included nail cutter, buckets, towels and a first-aid box."



Vacations are over and with the new academic year just about to begin, students are gearing up to start afresh and stock up on the essentials. Here's a look at what youngsters are shopping for...
Rain gear
With monsoon just around the corner, most of them are investing in rain proof accessories. Can umbrellas, shawls, windcheaters and rain boots. Flip-flops top the list. While boys are shopping for caps, girls are wisely buying materials that suit the weather. Mallika Kelkar, a third year BMM student, says, "Synthetic clothes are best suited for monsoon because they dry

- Some people are going forward to involve cognitive behavioral therapies such as art, music and animal therapy to be a stepping stone in treating children with special needs.
- Every child is diagnosed with a different problem that has to be dealt with accordingly.

Warm up to aesthetic therapies for Children with special needs

Children with special needs suffer from hyper activism and delayed sensory response and to help overcome these, some people are going forward to involve cognitive behavioral therapies such as art, music and animal therapy to be a stepping stone in treating them. Many healing centers in the city have come up with aesthetic therapies to treat these differently-abled children. Here is a lowdown on these therapies and how they are doing wonders in nurturing the kids with special needs.
Pet therapy builds emotional bond
Many healing centres in the city are using pet therapy to heal children with special needs. Each of these therapies has a different effect on a child's mental and bodily functioning. "Animal assisted therapy helps the child to build emotional bonds and appropriate body balance. Differently-abled children enjoy intimacy and love to cuddle. That's why they play a lot with the dogs in our center. It brings them joy," says Yogini Dighe, an occupational therapist. Taking that into account, labradors are kept in numerous healing centers, as they are patient and loving. "Our dog Esha never harms children even on provocation. They satiate their need for unconditional love in her embrace. Day and night they run and play with Esha, who is not only affectionate towards them, but also towards the inmates," further adds Dr Dighe. They are also taken to the

hospitals, as they fulfill the need for unconditional love and help a lot in the healing process. "Playing with dogs lead to the movement of hands and legs and induced sensory responses that in turn improves reflexes in the child. Whereas sitting on animals such as horses, stretched the abductor and hand muscles in the child which in turn give way to body movements and make them learn balancing. Children who are scared of touching pets are trained by making them play games with blankets which sheds their fear of touching fur," shares a member of Shri Sharda Math Healing Centre.
Occupational Therapy does wonders
Sharing her experience of working for children with special needs, Deepshikha Modi, a city-based occupational therapist, said, "Almost all differently-abled children are hyperactive and aggressive. Some may be little violent and restless as well. This is because their family and relatives don't understand their wants and need. Occupational therapies like keeping the children engaged in activities like cooking, dusting, dance and music has done wonders so far." Apart from the child, parents are also taught ways to deal with such moments. "In fact parents especially mothers are taught how to deal with their children and make use of these therapies in daily life," further adds Deepshikha.
Amsab Bithare's mother Archana says, "Initially when my child joined the healing center, he only ate selective food, majorly snacks and munchies. But through



occupational therapy of making him learn how to cook and prepare sandwiches, his taste-buds have now developed and he enjoys variety in eating after three months." Apart from therapies, some recreational and routine activities such as preparing a shopping list, arranging dinner table and lifting objects also help in building receptivity. "I've seen a lot of improvement in my child. Now she is able to remember a lot of things. I try to teach her routine activities. I keep asking her the names of different objects and eventually she remembers them. It is very vital for the parent to be patient with the child. This is one of the most significant parts of the treatment. Sometimes parents get frustrated, but keeping one's cool is essential. Awareness amongst the parents is must," says Nidhi Gupta, mother of Ayana. "Through dancing, the child learns to move small body joints. Once they learn finger movements, it becomes easier for the child to write. Gradually they learn to apply appropriate pressure while holding a thing, like a steel and a plastic glass", added Dighe.

Every child is diagnosed with a different problem that has to be dealt with accordingly. For the overall development of a special child, game-based learning is beneficiary. "Games such as ludo and monopoly are a medium of group-based activities that help in removing social awkwardness. It also creates sensitiveness towards emotions such as victory and loss. Making children play and exercise in water tub lets them be in sync with nature. Water therapy helps children calm down," say therapists Dighe and Deepshikha. "Children with special needs do not lack Intelligence Quotient (IQ). Many of them have a tremendous imbibing power but delayed sensory responses and weak concentration. So, therapies like art are used to bring out imagination, creativity and bodily movements. There are at least four children in a school who suffer from such disorders. But the teacher and even the parents are unable to detect the problem. Lack of awareness and negligence is the major cause of delayed treatment," reiterates Mataji.

Encourage your child to pick the right foods

Ask any parent how difficult it is to get their child to finish their meals sans the tantrums, and you will probably get an exasperated look. Children are notorious for their fussy eating habits. And if they have a sweet tooth, it gets even more difficult to steer them towards eating something healthy. The good news, however, is that it isn't difficult to get your child to actually relish healthy items — you simply need to know how to make food more interesting and fun. Here are some simple yet effective tips...
- Don't be sceptical to try new recipes. There are several ways in which you can make food tasty without worrying about it being unhealthy. Make a dip if your kids balk at the sight of vegetables.
- Introduce new dishes slowly so that your child get can used to the taste. Don't overwhelm them by piling their plate with health food all at once.
- Encourage your child to participate in the kitchen. Let them help you while you prepare meals so that they are aware about how much effort and time goes into cooking. Ask them to suggest foods that they enjoy eating and prepare them in different ways every time so that they can enjoy the variety.
- Lead by example. This means that if you're asking your child to resist junk food, you should do the same. Children look up to adults and if they see that you're being careless about your eating habits, they'll end up doing the same.
- Don't cut out all junk food completely. This will lead to cravings and tantrums. Instead, allow them to eat out once a week. This will balance out the equation without them feeling deprived.
- Make a schedule for the week so that you don't struggle when it comes to cooking. Once the menu is planned beforehand, you have time to be innovative and plan in advance.
Healthy food alternatives
Instead of frying, bake those fries in some coconut oil. If plain dahi is boring, add some fresh fruits to it. Paneer bread rolls, oatmeal pancakes and puffed rice upma are tasty and healthy snacks.
Add a dash of salad dressing to a boring vegetable salad to amp up the flavour.
Encourage your child to eat a handful of nuts and fruits in-between meals.

Pragati Bhavan maintenance costs a bomb

Hyderabad, Sep 9 (AMN): The opposition parties in Telangana had been criticising Chief Minister K. Chandrababhan Rao for spending heavily on Pragati Bhavan, his official residence at Begumpet, but there had been no response from the TRS leaders. However, the latest figures relating to the expenditure and maintenance of Pragati Bhavan affirmed that KCR spends lavishly when it comes to him and his family.

Built in 2016 at a cost of Rs 45.91 crore in nine acres, the total expenditure on various works of the building till date has run upto Rs 50.90 crore. Pragathi Bhavan was built after demolishing the quarters of 10 IAS officers and 24 peons at the place in the Officers' Colony. The figures were made public by the PRO of the roads and buildings department following a query from Robin Jaques, an RTI activist.

A whopping Rs 75 lakh was spent on painting works alone, for the five buildings on the premises. Another Rs 26 lakh was spent on the modular kitchen in the CM's residence. For the permanent dais at the CM's camp office, Rs 89,108 was spent in 2017-18, Rs 44,277 was spent on urgent maintenance works at the residence. To construct the shed for the security guard, Rs 7.85 lakh was spent. Around Rs 14.45 lakh was spent on payments for plumbers and carpenters and other staff at the Bhavan.

In 2018-19, over Rs 99,000 was spent on urgent maintenance works, Rs 22.06 lakh for payments to plumbers, carpenters and other staff, Rs 40,467 towards extending the CM's dais. Later, another Rs 35.03 lakh was spent towards payment of plumbers and carpenters in the subsequent years and Rs 9.38 lakh for construction of a toilet and dressing room for the security guard.

The reply for the RTI query revealed that over Rs 3.14 lakh was spent towards construction of toilets in the first floor of the main building. Rs 7.15 lakh on barricading and extending the main gate, Rs 26 lakh on the patrolling corridor on the east side of the building. Rs 5.14 lakh for repairing the toilets and on the thermocol ceiling.



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NOTICE OF 30th ANNUAL GENERAL MEETING AND REMOTE E-VOTING INFORMATION

Notice is hereby given that the 30th Annual General Meeting (AGM) of the shareholders of Hindustan Bio Sciences Limited will be held on Friday 30th September 2022 at 10.00 A.M. at the registered office of the company at Plot No. 31 Sagar Society Road No.2, Banjara Hills, Hyderabad — 500034, Telangana

Electronic copies of the Notice of AGM and Annual Report is sent to all the shareholders on 07-09-2022 whose email ID's are registered with Company/Depositories in accordance with the SEBI Circular dated May 12, 2020.

In terms of Section 108 of the Companies Act, 2013 and Regulation 44 of SEBI (LODR) Regulations, 2015, the company is providing the facility to cast their vote by electronic means on all the resolutions set forth in the Notice of the AGM through electronic voting system of Central Depository Services Limited (CDSL) (remote e-voting). The facility of casting votes by a member using remote e-voting as well as thee-voting system on the date of the AGM will be provided by CDSL. All the members are informed that:

- The business as set forth in the Notice of the 30th AGM may be transacted through voting by electronic means.
 - The remote e-voting shall commence at 27-09-2022 at 9.00 a.m.
 - The remote e-voting shall end on 29-09-2022 at 5.00 p.m.
 - The cut-off date for determining the eligibility to vote by electronic means or at the AGM is 23-09-2022. The registrar of members and share transfer books of the company will remain closed from 24-09-2022 to 30-09-2022 (both days inclusive).
 - Any person who acquires shares of the company and become member of the Company after dispatch of the notice of the AGM may obtain the login ID and password by sending a request at helpdesk.evoting@cdslindia.com
 - Members who have not casted their vote on the resolutions through remote e-voting are eligible to vote through poll at AGM. The members who have casted their vote by remote e-Voting prior to AGM may also attend the AGM but shall not be entitled to cast the vote again.
 - Members who have not registered their email address are requested to register their email address with the Depositories/ Company/Registrar and Share transfer agent i.e. Venture Capital and Corporate Investment Pvt. Ltd., to receive copies of Annual report 2021-22 along with notice of 30th Annual General Meeting.
 - The Notice of AGM and Annual Report is available on the Company's website <https://www.hindustanbiosciences.in> and also on the CDSL's website <https://www.evotingindia.com>
 - In case of queries, members may refer to the Frequently Asked Questions (FAQs) for members and e-voting User Manual for Shareholders available at the downloads section of <https://www.evotingindia.co.in> or contact Mr. G Seshavaram, Manager Accounts, Plot No.31, Sagar Society, Road No.2 Banjara hills, Hyderabad - 500034, Telangana, Ph. No: 040-23555161, email. pharma.hindustanbio@gmail.com
- Place Hyderabad
Date: 07-09-2022
- for and on behalf of the Board
For Hindustan Bio Sciences Limited
J V R Mohan Raju
Chairman and Managing Director
(DIN: 00060800)

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