

Advantages of the Smoking Ban

Courtesy: Google Images



The recent ban introduced on smoking in public places seems to be doing the city good in more ways than imagined, avers Serena Menon

Days when people walked into a smoke filled restaurant seem to have come to an end. Non-smokers are thrilled about the fact that they can now walk into pubs and restaurant without having their eyes burning or lungs choking. As for the smokers, they seem to have respected the rule and have found ways to keep the smoking to the ones who want it only.

A hilarious effect that seems to have been observed amongst the strict passing of laws is a vague form of unity and socialising that you can't help but notice. Now instead of being seated and callously smoking cigarettes one after another, people step out of the places and find themselves very open to chit chatting with fellow smokers. Bandra, being the central 'party suburb' houses a lot of such joints and the occasional smokey group of people seen standing outside, seemed to have found solace in each others grief. Not only have people started smoking considerably lesser than they used to, before the ban, but some smokers have begun to enjoy the smoke free environment as well.

"This actually isn't as bad as I imagined, my clothes don't smell of smoke anymore and for some reason I don't see the necessity of smoking constantly when out anymore," confessed an anonymous smoker at the popular club in Bandra called The Hawaiian Shack.

The constant look out for a common

approach to speak up on, the government of India in a fluke case seems to have presented one, which is proving more advantageous than imagined. "Not like the pollution is any less in the city why must we be subjected to smoke when we're out for dinner, at least now one doesn't have to worry about going out and standing in a room full of smoke," says Labony Kaushal, a non smoker from Cartwheel Advertising Agency.

Suffering from the lack of unity and communal unrest, Maharashtra could use some common base on which to build future alliances or strengthen existing ones. While the MNS can constantly keep trying to build walls, in the current scenario, smoke seems to be seeping through the crevices.

ADVANTAGES -

1. No more choking pubs and restaurants
2. Smokers end up smoking less than usual, without any enforcement.
3. Asthmatics, non-smokers, children do not have to be exposed to smoke.
4. Smoking groups outside public places seem to be encouraging healthy socialising.

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Back to Vedas

If you thought the past is gone...think over!



Courtesy: Google Images

Pubs, discotheques, sheesha and night outs, the megalopolis and its people have learnt to co-exist with this popular culture, regardless of its impact. Define it as the Mumbai ethos or urban elite existence; its culture is as sensationalizing as the city itself. Somewhere between this thin line of the pub culture and tranquility lies the scope for a breather, which is strengthening its hold over our lifestyle. This respite draws its inspiration from the past.

Do you know what is common between most Bollywood celebrities, Jennifer Lopez, Ricky Martin and Mr. Anand Saha from Bandra? They all indulge in the most accepted practice termed as 'yoga'. Within the most recent decade, Yoga has established itself among the fastest growing trends in popular culture. Besides for the obvious attainment of spirituality, Beauty treatments, skin care solutions and desired weight loss, there is yoga for every occasion. Doctors, health and fitness experts advise a regular dose of yoga. School, colleges and many offices design specific yoga

sessions that are compulsory. Health clinics, fitness centers and gymnasiums have regular yoga sessions. Epitomized by celebrities, yoga today is no longer restricted to the old. "The 'yoga of today' attempts to strike a balance between physical and mental world. It is practiced for a healthy living," believes yoga instructor Mithilesh Raha. Having taken part in several 'yoga shivirs' as a trainer, Mithilesh is amazed at the youth participation level.

The question however does not concern Yoga or its influence, but whether modern popular culture has turned to the past for inspiration and solution. Is the 'pub' culture failing to provide its lovers with their desired repose? The answer perhaps is debatable, but the influence of primitive therapies on present day living cannot be ignored.

When our branded fairness creams fail to provide the desired results, we turn to the age-old solution 'Ayurveda'. Exotic spas in the city use refined and exquisite description of ayurveda to lure us.

Special ayurvedic skin treatments have become a serious threat to Botox and its counterparts. "Natural and herbal products are the best when it comes to beauty treatments saving you the cost of visiting a beauty clinic. Most of my customers opt for herbal facials," says beautician Ruby.

A visit to any bookstore and you will surely be amazed to find out an entire section devoted to books on yoga, ayurveda and philosophies. Owing to its popularity the Baba Ramdev brand has ventured into herbal hair care products. Fashion too has decided to go back in time for inspiration. The metallic fashion trend draws its inspiration from monarchy.

The go green campaign across the world and the movement urging people to turn vegetarian is a reflection of the 'Saatvik' practice. Past definitely makes its existence in the presence. All we have to do is sit down and think over our definition of popular elite existence.

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