

## Google Lens can now recognise 15 billion things

SAN FRANCISCO: Google Lens which can search what you see using your camera can now recognise 15 billion things, up from one billion just two years ago, to help users identify plants, animals and landmarks, among other things. The search engine giant announced new ways users can use Google Lens and augmented reality (AR) while learning and shopping as part of its SearchOn event on Thursday. If you are learning a new language, Lens can translate more than 100 languages, such as Spanish and Arabic, and you can tap to hear words and sentences pronounced out loud. —ANS



## Women taking COVID-19 more seriously than men

As per a study, both the genders have different attitude towards the pandemic and females are more likely to perceive the coronavirus as a serious health problem

AGENCIES  
Washington

Scientists have finally cracked why women ruled countries are responding more effectively to coronavirus pandemic as surveys suggest a difference in attitudes towards the COVID-19 pandemic in the genders which impacts the gender differences in mortality.

Original data from two waves of a survey conducted in March-April 2020 in eight Organisation for Economic Co-operation and Development countries show



large gender differences in COVID-19-related beliefs and behaviours.

Women are more likely to perceive the pandemic as a very serious health problem and to agree and comply with restraining measures. These differences are only partially mitigated for individuals cohabiting or directly exposed to COVID-19.

This behavioural factor contributes to substantial gender differences in mortality and is consistent with women-led countries responding more effectively to the pandemic. It calls for gender-based

public health policies and communication. Gender differences in attitudes and behaviour are sizable in all countries.

They are accounted for neither by sociodemographic and employment characteristics nor by psychological and behavioural factors. They are only partially mitigated for individuals who cohabit or have direct exposure to the virus. Researchers show that their results are not due to differential social desirability bias.

This evidence has important implications for public health policies and communication on COVID-19, which may need to be gender-based, and it unveils a domain of gender differences: behavioural changes in response to a new risk. —ANI

## STREAM, CHILL, REPEAT!

From music and art to fitness, and from webinars to unique workshops, here are some interesting online events which will help you keep busy during the lockdown

### ENTERTAINMENT



#### One On One

WHAT: One On One India Special is a Unique theatrical Evening, bringing together some of Bombay's finest actors, written by some of India's most talented playwrights and directed by some of our best-known directors. These monologues and duologues in English and Hindi address subjects as varied as marriage, Bollywood, inedible airline food, the politics of road naming ceremonies and the experience of trying to reach out and connect during the lockdown...stories of modern India that amuse, annoy and concern us all.

WHEN: Today, 8 PM onwards  
TO REGISTER VISIT: <https://in.bookmyshow.com/>

#### Zariya: A Curated Show

WHAT: Zariya, a medium, this is what the show is. A medium/bridge to the best artists in town. In this live show you will experience 6 Curated performances of poetry and music. This is for everyone who looks for the meaning of life in words and music. Buy the tickets before they get over. We take the guarantee of making it a night that will stay in your memory.

WHEN: Today, 8 PM onwards  
TO REGISTER VISIT: <https://insider.in/>

### FESTIVE FERVOUR

#### Virtual Garba Workshop

WHAT: Have left feet or don't know where to start with Garba? No worries! Townscript Originals have got you covered for this Navratri Season from the comfort of your home. Navratri, a festival of nine nights. Nights filled with fun, laughter and lots of dancing. Sad you are going to miss the fun and enjoyment of Garba this year? Don't be! as she brings out to you a specially curated Two-Day Garba Workshop with Mansi Dave. So, get ready to groove to the Garba Beats virtually with Mansi and dance your heart out. Learn a graceful choreography on 'Chogada Mashup'.

WHEN: Today & October 19, 7 PM onwards  
TO REGISTER VISIT: <https://in.bookmyshow.com/>

#### Dugga Dugga Festival

WHAT: 93.5 RED FM, one of the largest and most awarded private radio networks, presents "Dugga Dugga Festival", an online experiential festival that brings Kolkata's iconic Durga Puja celebration to other parts of the country. Join this unique, never-seen-before experience where you don't just get to enjoy Bengal's finest singers but also be a part of the whole festive vibe from the comfort of your homes. Here're the highlights: Stunning performances by Iman Chakraborty, Rupankar Bagchi, Lopamudra Mitra and Srikanta Acharya, Celebrities From Their Kitchen with RJ Praveen - Nusrat Jahan, Shaan, Pt. Tamoy Bose, Sujoy Prasad Chatterjee in conversation with Sohag Sen, Usha Uthup, Ritu-pama Sengupta and Haimonti Shukla.

WHEN: Today, 6 PM onwards  
TO REGISTER VISIT: <https://in.bookmyshow.com/>

### ATTEND



#### The World of Weddings

WHAT: The wedding industry has hit the reset button with major readjustments being made amidst the global pandemic. With preferences leaning towards

more intimate and open-air ceremonies, the face of the Indian wedding industry is undergoing a transformation like never before. Adapting to the new world order, the fraternity is all set to witness its first virtual wedding fair, The World of Weddings (TWOW), a 3-day experiential affair from 23rd to 25th October, 2020. An immersive, one-of-a-kind online event, TWOW is a one-stop-shop bringing together the finest of the wedding industry including wedding planners, tourism boards, hotels, decorators, photographers, choreographers, fashion designers and food & beverage experts to engage with soon-to-be wed brides & grooms and their families.

Interact with designers like Masaba Gupta, Nivedita Saboo and Archana Kochhar and jewellery labels like Notandas Jewellers and Farah Khan World. Attend masterclasses by Bollywood make-up artists, Ojas Rajani and Kajol Paswan and get fashion tips from celebrity stylists Esha Amin, Mohit Rai & Aastha Sharma from The Wedding Project.

Plan your big day with wedding planners like Horizon W.I.E and VV Weddings and ace photographers such as Wedding Story and Israni Photography. Meet with hotel brands from the likes of Hyatt, Marriott, Shagri-la and more to select your ideal venue and choose your honeymoon destination from tourism boards such as Seychelles, Thailand or Azerbaijan. Moreover, the audience will be in for a very special tête-à-tête with musical sensations like Salim Merchant and Darshan Raval among others bigwigs.

WHEN: October 23 to October 25  
TO REGISTER VISIT: <http://register.twow.in/>

### WATCH & LEARN

#### Classic Confectionary Workshop



WHAT: No tea-time is complete without a sweet treat - something old-school that takes you down memory lane with each bite. Everyone's childhood is filled with beautiful memories of buttery mawa cake from a local bakery, the one who rings his cycle bell delivering Nankhatai, or picking out a fresh biscuit from large glass jars at your corner shop. Join Chef Heena (@tiffintales) as she brings back these nostalgic favourites with her Classic Confectionary workshop.

WHEN: Today, 4 PM onwards  
TO REGISTER: <https://insider.in/>

## Ladies, keep an eye on these symptoms



#### Breast Cancer Awareness

DR. POOVAMMA CU



The month of October is marked worldwide as Breast Cancer Awareness month, to raise awareness about early detection and treatment of breast cancer. Breast cancer is the most prevalent or common form of cancers in Indian women. As per statistics, one in every 21 women in India will develop breast cancer in their lifetime. The rate of breast cancer in India though is still lower than in the west where the risk is one in eight women. Globally, the mortality due to breast cancer has reduced. However, in India, it still remains high.

It is said that for every two women diagnosed with breast cancer in India, one woman succumbs to it. This is predominantly because breast cancer is diagnosed late, especially in its advanced stages. Any woman may get breast cancer.

The risk increases if your periods have started early or stopped very late. Women who smoke, eat high fat diet, drink alcohol are more at risk. Overweight women are at a higher risk of developing breast cancer and many other cancers. Having had no children and late pregnancy also increase risk for breast cancer.

Breast cancers detected early have very high cure rates of greater than 95%. However, in India, only 60 of 100 women with breast cancer will survive beyond 5 years. This is largely due delay in diagnosis. The key tool in early detection is self-breast awareness. Most

women usually have noticed a change in the breast, however put it off due the challenges of work, office, and children.

It is not a disease of the old, the disturbing trend is, about 48% of breast cancer occurs in women younger than 50-years-old in India. The next recurring misconception is that "nobody has cancer in my family, so how I can have cancer".

**How can I detect cancer early?**  
Most often breast cancer presents as a painless lump/mass or thickening in the breast.

#### Look out for:

- A new lump or thickening in your breast or armpit
- A change in the size, shape or feel of your breast
- Skin changes in the breast such as puckering, dimpling, a rash or redness of the skin
- Fluid leaking from the nipple in a woman who is not pregnant or breast feeding
- Changes in the position of the nipple

Self-Breast awareness/ Self-Breast examination is an important tool for early detection. You should know what your breast looks and feels like. Every month, usually after your period or if periods have stopped, on a fixed day look and feel for any of the above changes in your breast.

**Breast cancers detected early have very high cure rates of greater than 95%. However, in India, only 60 of 100 women with breast cancer will survive beyond 5 years.**

Any change in the breast has to be evaluated by a clinical examination, mammogram, and biopsy to rule out cancer. After 40 years of age, it is recommended to get an annual mammogram or atleast once in two years. Mammograms may detect cancers very early, even before you can feel a lump.

**The things you can do to help lower your breast cancer risk include:**

- Keep a healthy weight and exercise regularly.
- Incorporate loads of fresh and colourful vegetables and fruit in your diet.
- Do not drink alcohol, or limit the amount of alcohol you drink.
- If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.
- Breastfeed your children, if possible, for more than two years cumulatively.

The easiest, least expensive way to reduce your risk for cancer is just by eating a healthy diet, a diet that is filled by plant based and the one that is filled with more fibre. Be aware, bring on your brave face every day! Act now.

(October is marked as Breast Cancer Awareness month)

(Dr Poovamma CU is an MBBS, MS (General Surgery), Consultant Onco Plastic Breast Surgeon at Cytecare Cancer Hospital in Bangalore)

## FUN CORNER

### OUCH!



**Zyada Phantom ban raha hai?**

**SON OF THE YEAR**  
Father looks very seriously at Little Johnny, "Johnny, your marks are terrible! Even you understand that this deserves a good thrashing, right?"  
Little Johnny nods, "Yes, dad, I agree. Here's the teacher's address."

— Compiled by Husain Rizvi

Disclaimer - This is a joke and no ill will is intended against anyone

## Two large pieces of space junk barely avoid collision

AGENCIES / New York

In a big relief, two large pieces of orbital debris barely avoided colliding with each other this week although the chances of a smashup were calculated to be over 10 per cent by California-based space tracking company LeoLabs.

The two bodies, a dead Russian satellite and a spent Chinese rocket body, have a combined mass of about 2,800 kgs, LeoLabs said. A collision of the two objects would have created a huge cloud of debris as they were hurtling toward each other with a relative velocity of 52,950 kilometres per hour, Space.com reported on Friday.

According to astronomer and satellite tracker Jonathan McDowell, who is based at the Harvard-Smithsonian Center for Astrophysics, a collision of the two objects would likely have led to a "Significant (10 to 20 per-



cent) increase in the LEO (low Earth orbit) debris environment."

The close approach of the two objects occurred at 1256 GMT on Friday. The two objects were named Cosmos 2004 and CZ-4C R/B. "Our latest data confirms Cosmos 2004 is still intact. Our final risk assessment showed a computed miss distance of 11 meters (+16/-11 meters at 1-sigma uncertainty). More to come next week as we will share a more detailed risk analysis of this event," LeoLabs said in a tweet on Friday.

A report on space debris by the European Space Agency estimates that there are currently about 34,000 debris objects larger than 10 centimetres, about the size of a softball, currently in orbit. Since the world's first artificial satellite, Sputnik 1, was launched into Earth's orbit in 1957 thousands of additional satellites have joined it. While the number of satellites in lower Earth orbit - objects at an altitude between 99 to 1,200 miles above the Earth's surface - has increased, so has the amount of debris or space junk orbiting above our heads. —IANS

## GUIDING LIGHT

### The Power of a Spontaneous Mantra

— The Mother, Sri Aurobindo Ashram

When you are playing and suddenly become aware that something is going wrong—you are making mistakes, are inattentive, sometimes opposing currents come across what you are doing—if you develop the habit, automatically at this moment, of calling as by a mantra, of repeating a word, that has an extraordinary effect. You choose your mantra; or rather, one day it comes to you spontaneously in a moment of difficulty.

At a time when things are very difficult, when you have a sort of anguish, anxiety when you don't know what is going to happen, suddenly this springs up in you, the word springs up in you. For each one it may be different. But if you mark this and each time you face a difficulty you repeat it, it becomes irresistible. For instance, if you feel you are about to fall ill, if you feel you are doing badly what you are doing, if you feel something evil is going to attack you, then... But it must be a spontaneity in the being, it must spring up from you without your needing to think about it: you choose your mantra because it is a spontaneous expression of your aspira-

tion; it may be one word, two or three words, a sentence, that depends on each one, but it must be a sound which awakens in you a certain condition.

Then, when you have that, I assure you that you can pass through everything without difficulty. Even in the face of real, veritable danger, an attack, for instance, by someone who wants to kill you, if, without getting excited, without being perturbed, you quietly repeat your mantra, one can do nothing to you. Naturally, you must truly be master of yourself; one part of the being must not be trembling there like a leaf; no, you must do it entirely, sincerely, then it is all-powerful.

The best is when the word comes to you spontaneously: you call in a moment of great difficulty (mental, vital, physical, emotional, whatever it may be) and suddenly that springs up in you, two or three words, like magical words. You must remember these and form the habit of repeating them in moments when difficulties come. If you form the habit, one day it will come to you spontaneously: when the difficulty comes, at the same time the mantra will come.

(Spiritual organisations keen to be featured in this space contact : [features@fpi.co.in](mailto:features@fpi.co.in))

## YOUR DAY

**ARIES:** New opportunities are on the cards. Your bond with your life partner/lover will strengthen. Friends/family will give you happiness.

**GEMINI:** Your relation with your seniors and higher authorities will improve. Politicians may get good proposals. Buying a new car is likely.

**LEO:** A woman may help you out in achieving some gains. Money matters will be fruitful. Your optimism will lead you in a positive direction.

**LIBRA:** Good gains are indicated. Previous investments will prove fruitful. Your ambitions will be realised. Promotion is likely for some.

**SAGITTARIUS:** Professional growth is foreseen. Those who are unmarried may soon get a marriage proposal. Love life will be blissful. Avoid junk food.

**AQUARIUS:** You may come across someone with whom you may develop a romantic relationship. Take a break and de-stress yourself. Avoid overthinking.

**TAURUS:** Your new ideas and ambitions shall succeed. Financial gains through stocks/shares are also indicated. Your health will improve.

**CANCER:** Those in partnership ventures will have a rewarding day. Keep an eye on your opponents. You will become popular in your field.

**VIRGO:** Focus on your goals. Finish all your work as early as possible. Do not delay any of your work for the evening. Avoid arguing with your partner.

**SCORPIO:** Business dealings should be done cautiously. Scrutinise business proposals properly before saying yes. You need to polish your skills.

**CAPRICORN:** Stay away from people who like to gossip about others. Keep doing your best and let your success make noise. Travelling will be hectic.

**PISCES:** Your career will throw up more opportunities for you to make faster progress. Make career decisions wisely. Family life will be blissful.

By Nilikash P. Pradhan