



COVER STORIES

JUNK FOOD— THE NEW EPIDEMIC

UJWALA KARMARKAR

Over indulgence in junk food could destroy your health

Pg 12



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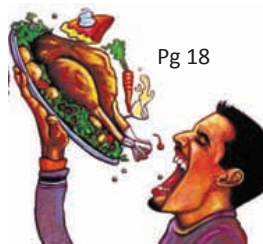
ARTICLES

EXTREME EATING DISORDERS

RICHA SAXENA

Binge eating, excessive dieting or purging only leads a person into the dark alleys of depression, shame and guilt

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INSECT IN MY STOMACH!

PASHTE VRUSHALI VIJAYKUMAR AND SAID PRASHANT PANDHARINATH

The day is not far when insects might soon be a part of our menu

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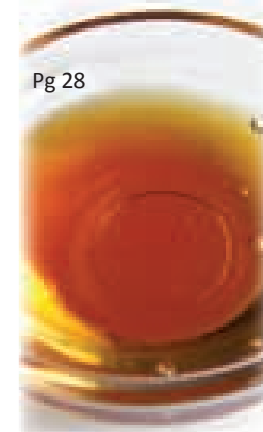
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CHOOSE YOUR COOKING OIL WITH CARE

G.H. PANDYA

Choose a good cooking medium; it could make a difference to your long-term health

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AIR IN ACTION!

IQBAL ABDUL DHALAIT

The best way to find about air is to demonstrate what it can do when it is in action

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INTERVIEW

CARRYING FORWARD THE LEGACY OF INDIAN MEDICINE

BIJU DHARMAPALAN

Dr. M V S Vaialthan talks about his early influences, his academic life and his professional journey.

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SHORT FEATURES

GUTKHA CAN LEAD TO CANCER

HAREKRUSHNA JENA

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PEPINO: AN EXOTIC VEGETABLE

M.K. RANA, DEVEN VERMA AND ARCHANA BRAR

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FICT* -

SECOND CHANCE

DIWAKAR CHOUDHARY & DIVYA CHOUDHARY

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