



COVER STORY

Women's Health — Leading a Healthy Life



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RICHA SAXENA

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With a little care, healthy food habits, and an active lifestyle women can overcome health problems to a great extent.

SCIENCE IN THE KITCHEN LAB

SUJATHA T. PARVATHY

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ORAL HEALTH CARE ESSENTIAL IN PREGNANCY

VIVEK K. BAINS, RHYTHM BAINS & VIPIN BHARTI

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CHILD MENTAL HEALTH DESERVES ATTENTION

JAIMINI SARKAR

Pg 28

LOW-CARB HIGH-FAT: A PARADIGM SHIFT IN NUTRITION

FELIX BAST

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UNICORNS IN PERIL

VIBHAV SRIVASTAVA

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MONEY DOESN'T GROW ON TREES – BUT GOLD CAN!

RIDDHI DATTA

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EVOLUTION OF LOVE, CARE AND EMOTIONS

ALOK KUMAR MISHRA

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ALTRUISM IN THE ANIMAL WORLD

ADWAYA SAU AND SIRAJ DATTA

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HOW PLANTS TURN THEIR WOUNDS INTO WISDOM

MONOLINA SARKAR

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PARETO PRINCIPLE: THE 80-20 PHENOMENON

PRABHAT KUMAR

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