

Standup artiste
Vikash Paul will
perform at 'The
Biere Club'
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Take your pick
from a variety
of garden
decorations
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● **Fat tax**

A sound bite

The strain in implementing resolutions does nothing to deter us from making them, year after year.

The most popular one on this 'to-do' list remains the arduous yet appealing task of losing weight. But despair not because you just may have found an unlikely ally in the union government!

The government is planning a 'fat tax' on junk food and sugar-sweetened drinks in the upcoming budget. The proposal is being considered to curb the growing incidence of lifestyle diseases like diabetes and obesity. But how far will such an ambitious plan actually help?

"It is a good proposal but everything depends on the implementation," says Pallavi Arun, a professional.

"For example, a similar exercise was carried out in Denmark. But the government there decided to wind down the scheme in 15 months due to administrative issues and because the people there went for cheaper alternatives, thus defeating the purpose. That should be seen as a lesson for everyone."

"Last year, Kerala became the first state to levy a 'fat tax' on junk food like pizzas and burgers," says Anu Sunil, a student.

"But I am not sure how successful it was or the impact it had on the health levels. Because for one thing, the tax was only on 'western' foods and excluded our Indian snacks like samosas, banana fritters, pakodas and so on. These are equally unhealthy and should be cracked down on as well."

Despite the misgivings, the suggested step has still found favour with a majority of people in the health and wellness industry. "I love it, I think it is a brilliant idea," says Ryan Fernando, chief nutritionist at Qua Nutrition Clinics.

"It will have an effect similar to how putting up pictures on cigarette packets and increasing their cost saw the trend line of the number of smokers beginning to slow down." He goes on to add, "Maybe the



ON THE RIGHT PATH Many Bengalureans point out that a tax on unhealthy and junk food will discourage people from going for it.

people with high disposable incomes won't care about the inflated cost. But the mere fact that the government took a stance for health at a time when diabetes is the topmost problem in urban India is commendable. Because if the current trend continues, a few years down the line we will be the country with the youngest albeit unhealthy working population."

The effort needs to be appreciated, agrees Susmitha Subbaraju, co-owner of 'Carrots' restaurant. "It is a step in the right direction to discourage unhealthy lifestyle choices. But junk food addiction is quite prevalent and ultimately, it is a person's choice about what or what not to eat. It would also be a good idea to offer subsidies for organic

food to take this step further," she says, a suggestion that Ryan agrees with. "Exercise trackers and food supplements can also be made cheaper," he suggests. While there was an earlier proposal to tax only food and beverages with high sugar content, the fresh proposal is to widen this canvas to include fat and salt. So most probably, all food items considered junk — including Maggi, Cadbury and other chocolates, potato chips like Lays and Kurkure and pizzas and burgers — will come under this high tax bracket with a cess on top of it.

Talking about the need to nip the problem in the bud, Pallavi highlights, "We need a crackdown on advertisements that use colourful visuals, cheery images and interesting toys to entice children into eating junk food. Awareness is the



Pallavi Arun

"It is a step in the right direction to discourage unhealthy lifestyle choices but junk food addiction is quite prevalent."

Susmitha

need of the hour and stopping misleading advertisements would be a most helpful step in this regard."

Rajitha Menon



HEALTHY WAY Susmitha Subbaraju



Anu Sunil

● **Honest views**

Content in her world

He may be known for his comic timings and funny characters, but Bollywood actor Anjana Sukhani says Sunil Grover is anything but a prankster in real life.

The actor will be seen opposite Grover in the film 'Coffee With D' and Anjana feels though he has given life to characters like Gutthi and Dr Gulati, he is not a 'prankster'.

"People keep asking me, is he this big prankster because he is a big comic and I say no he isn't a prankster on sets. In between the scenes he will do something, bring a twist, may be by changing lines and that would crack you up."

"He is not a prankster. He is pretty very sober that way. He has over done that so much that perhaps people might find his normal self different," Anajan said.

The 38-year-old actor says in the Vishal Mishra directed film, the comedian is not trying to make people laugh deliberately as "it isn't a slapstick comedy."

"Sunil comes with this huge baggage of Gutthi and Gulati.



RECLUSIVE Anjana Sukhani

He is phenomenal in both the characters. But this was very different for him as well be-

cause you're breaking away from an image." "There (on the show) he is

deliberately trying to be Gulati, cracking you up with jokes. But here it wasn't like that. It was very different."

Though she has acted in Bollywood films like 'Saalam-E-Ishq', 'Golmaal Returns' and 'Sunday', Anjana has also featured in several South Indian movies.

The actor feels there is a "lot of focus" on storytelling in movies down South, and says even things are changing in Bollywood today.

"Cinema is something done out of passion. But for people who are putting money, for them it is business. You have to make sure that both the parties are happy. It's a cycle which keeps going."

"Regional cinema is a little strong content wise than Bollywood but I guess that's part of every industry. Though, I would say, we do see a lot of good content based films in Bollywood coming out today." Anjana says she has been a "little reclusive" in the past but insists she will be seen doing more Bollywood films this year, once her 'Coffee With D' hits the screens on January 20.

● **Tete-a-tete**

'I only want to do one film at a time'

Actor Ekta Rathod who was first seen in 'Masterpiece', where she played a cameo, is all excited about her latest projects — 'BMW' and 'Siliconn City'. In a candid chat with **Tini Sara Anien**, the actor talks about how she took to acting and her latest role.

son I am here. The director had thankfully watched the movie and we fixed up a meeting and everything just fell in place. The movie set is like a huge family.

dent and I am cast opposite Suraj Gowda in the movie. I play a girl who expects certain things from her boyfriend and keeps asking him for different things. My role could be categorised as a girl who is very needy. My look is very simple in the movie. Though I have played a student in both the other projects I have done, this is a very different role.

Why is that so?

I play a significant part in the movie. There is a lot I had to do to be Shoba. In simpler terms, this is performance-oriented role, which is what I am looking to portray. There is not as much focus on my appearance as there is on the role.

Your chemistry with Suraj...

It is an amazing experience to be paired with a friend. Though it can be initially

challenging to act with someone you know so closely, it was a great experience. Suraj has always been quite supportive, even from my modelling days. I was very excited when I heard that I would be paired opposite him. I was very comfortable with him. He is a professional and has come a long way.

What were the challenges you faced?

The script of 'Siliconn City' demands certain situations which I wouldn't be able to handle in real life. I'm a very egoistic person. To detach myself from the role and just portray what the director wanted can prove challenging sometimes. I had to learn to be more practical. I've learnt a lot from the project. I have learnt that I need to focus more on details and that dedication matters a lot.

Any homework that you had to do for the role...

I was told to read a lot of Kannada literature and newspapers to improve my language. I have taken it in a positive manner and I have my fingers crossed.

What's next?

I am taking it really slow and trying to learn even the smallest details to perfect my craft. I only want to do one film at a time.



EXCITED Esha Rathod

Can you elaborate on your role?

I play Shoba, a college stu-

Advertorial

Diabetic Nephropathy: Prevention, Diagnosis and Treatment

Your kidneys are two bean-shaped organs, each about the size of a fist. They play a vital role and are just as important as your heart. They eliminate waste from your body and balance body fluids. Additionally they are powerful chemical factories, producing hormones that regulate blood pressure and control metabolism.

When your kidney's function is affected by disease, your body cannot eliminate waste efficiently, leading to a build-up of toxins. Genetic factors, injuries or medication may cause kidney diseases. You are particularly at risk if you have diabetes, high blood pressure, or have a close family member with kidney problem. Here, the world-class team of nephrologists at Vikram Hospital Bengaluru answer questions with a focus on diabetic nephropathy, its causes, prevention, diagnosis and treatment options.

What is diabetic nephropathy?

Diabetes affects people of all age groups across the planet. India has the highest number of diabetics in the world, with an estimated 62 million patients. Diabetic nephropathy is a condition where the kidney function is damaged due to diabetes. Uncontrolled diabetes can affect your eyes, skin, heart and also kidneys. In fact diabetic nephropathy is the leading cause of kidney disease and affects 40% of type 1 and type 2 diabetic patients. If you do not monitor and control your sugar levels it will eventually affect your kidneys. If you are experiencing symptoms such as facial puffiness in the morning, anorexia, foamy or frothy urine, fatigue and frequent headaches then do get the required diagnostic tests done.

What are the diagnostic tests for diabetic nephropathy?

Tests include urine microscopy, serum creatinine test, estimated glomerular filtration rate test. If your levels fall out of the normal range for these tests, then it could indicate kidney damage.

How can I prevent diabetic nephropathy?

You can prevent it by keeping your glucose levels in



check with regular monitoring. By continuing your medication without missing any doses, exercising regularly, maintaining a healthy diet and most importantly getting a kidney function test done at least once in three months, you can prevent diabetes from affecting your kidneys.

What is dialysis?

Dialysis is a process where an external machine is used to purify blood, as a substitute for the normal function of your kidneys. If you are diagnosed with diabetic nephropathy, your kidneys have reduced function and require an external system such as dialysis.

What is a kidney transplant and when is it recommended?

Surgical replacement of a damaged kidney with one from a healthy suitable donor is called a kidney transplant. It's the best treatment option for end-stage kidney diseases caused by conditions such as diabetic nephropathy.

For more information on diabetic nephropathy and for appointments at Vikram Hospital call 80335-07035, 99000-14821

Sign up for the Kidney Disease Screening Camp at Vikram Hospital Bengaluru between 19 - 25 Jan*. Avail of a package of diagnostic tests including Random Blood Sugar, urine routine and creatinine, apart from a consultation with a nephrologist for a discounted price of Rs. 300.

*not valid on sundays

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