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THE WORLD IS UP IN ARMS AGAINST MANSREADING AND IS FINDING WAYS TO CURB IT

CRACK THE WHIP ON MANSREADING



NAMRATA SRIVASTAVA and SHWETA WATSON

✓ We all have, at least once, come across someone who occupies more space than he needs while travelling in public transport. Manspreaders, as they are called, is an English term that describes the posture of men who open their legs too wide and take up neighbouring seats.

To avoid this problem, the transport authorities of the Spanish capital, Madrid, have banned manspreading altogether! Madrid's transport authorities in partnership with Madrid city council's equality department and the Microrrelatos Feministas collective, a women's group that has launched an online petition for

such signs to be installed, have installed anti-manspreading signs on the Madrid public transport network, to stop people from adopting a posture that makes others uncomfortable.

Similar initiatives have been launched around the world too. Three years ago, the New York subway system began a crackdown on the problem with a campaign.

BASIC ETIQUETTE IS LACKING

It's not only in buses and trains, some passengers fail to respect the boundaries of another's seat even while flying and in a shared cab too. Carissa Martin, an analyst at IBM, says, "When my sister and I were travelling by plane, my sister was sitting at the window seat and

“ Since we faced a manspreading incident, we always make sure to get an aisle seat

CARISSA MARTIN, ANALYST

a man had his legs apart really wide. She wanted to use the loo and he wouldn't even move. Since that incident, we always make sure to get an aisle seat. It's the thinking that needs to change.”

However, men are not the only ones to blame. Ayesha Farheen, a nutrition student who regularly travels by bus, says, "Even women do this — they sit as if there's nobody sitting next to them.”

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HOW TO DEAL WITH MANSREADING

Etiquette expert Nawaz Modi Singhania shares a few tips on how to tackle this problem. She says, "Manspreading is a new term for an old habit you see in public areas, where people sit with their legs or arms spread wide, taking up the seats next to them. This also inconveniences people who are standing. It gets intolerable, especially if the ones standing are either senior citizens, pregnant, carrying an infant, or with disabilities." Don't give up your grace by losing your cool in a public space — try this instead:

1 Start with giving the person at fault a stern look. That should make him/her uncomfortable.

2 If they don't get the message, politely say, "Would you please make some room..."

3 If you need to get crisper, say, "Would you kindly move up please?" Make sure your tone is firm but not too loud.

4 If the person ignores it, take it up with the authorities like the conductor, or ticket collector or any officer. Ask them to intervene.



Young chef Trisha Reddy cooks up a storm in the kitchen

A TASTE FOR EXCELLENCE

Sixteen-year-old city youngster Trisha Reddy recently won the title of Young Chef India

NEHA JHA

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✓ The journey was not as easy as she thought, but her passion and love for food made Trisha Reddy win the title of Young Chef India. The Hyderabad student crossed many stages to enter the final round of IIHM Young Chef India Schools 2017, one of the country's largest culinary competitions, where her Hyderabad chicken and bell pepper rice, along with another dish helped her seize the title.

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WOMEN FROM THE CITY ARE TAKING TO GOLF, BREAKING ALL BARRIERS AND SETTING A NEW TREND IN THE SPORT THAT IS SAID TO BE A MAN'S TURF



WOMEN: Jonnala Ramadevi, Indrani Ali Khan and B. Chaitanya Reddy are some of the women making the most of the golf courses in the city

LADIES WHO GOLF

RESHMI CHAKRAVORTY

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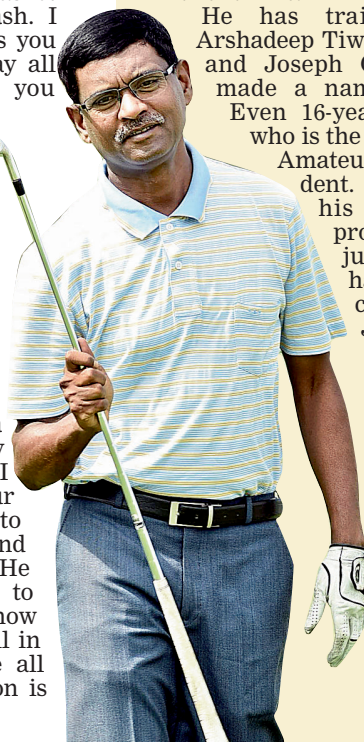
✓ Beautiful lush greens in the middle of the concrete city are a breath of fresh air for many. And a few ladies in the city are making the most of it by indulging in a game of golf, breaking barriers of the game being men's turf.

For instance, Jonnala Ramadevi who started playing golf as a means to spend idle time, has now taken it up as a serious hobby and has won accolades for 'longest drive by a female' at the Sri Lankan Airlines golf tournament. "We were in Kuwait before settling in Hyderabad. I had lots of free time there and didn't know what to do. Then one day I came across the Sahara Golf Course, fell in love with it, and decided to take up the challenge of learning the game. It's been five years since and I can say it takes lots of hard work and concentration to put up a great game," she says.

B. Chaitanya Reddy has her share of tales as to how she fell in love with golf — it was her daughter's love for the game! "I used to take her for golf classes and was amazed to see how she plays. Eventually, even I took a liking to it. It's been six years now," says Chaitanya. She adds, "Golf helps me destress and keep my mind working as it's a new game every day. Also you get to meet new people who share your passion for the game."

One of her golfing partners, Indrani Ali Khan has been playing for six years too, and shares, "You need a lot of patience to excel. Without proper professional guidance, you can't go ahead. And seeing the ball in the hole gives you an immense pleasure that can't be described in words."

While Ramadevi, Chaitanya and Indrani took up the game as a passion, Sharmila Reddy has been playing golf for 18 years now and mastered the game like a pro. "I was into sports since school — basketball, cricket and squash. I played them all. But as you grow old you can't play all these sports and yet you yearn for a competitive spirit. Golf gave me that satisfaction. But yes playing golf in the midst of an active professional life is a challenge as there is a strict time frame when one can play the game — early morning or in afternoon," says Sharmila. Whereas, for K. Shyla Reddy, golf is a family sport. She shares, "I started playing golf four years ago when I used to accompany my husband at the golf course. He loves golf and I used to watch him and don't know how and when I too fell in love with it. Now, we all play together as my son is into the sport too."



COACHING IT RIGHT

Commander Gangadhar (Retd), a graduate of the prestigious Golf Academy of America, Orlando, Florida, US, and Golf Stroke Engineer Master from The Golfing Machine, LLC, Portland, US is a passionate teacher who enjoys training golfers of all levels and age groups as he believes it is a sport which truly remains with one for life.

He has trained professionals Arshadeep Tiwana, Sandeep Sayal and Joseph Chakola who have made a name for themselves. Even 16-year-old Kshitij Kaul who is the present number one Amateur of India, is his student. Pranav Korde, also his student, and a promising young junior from the city has won the just concluded South Zone Junior Championship at Coimbatore.

Commander Gangadhar is a passionate teacher who enjoys training golfers of all age groups and proficiency levels

MANSPREAD NO MORE

CONTINUED FROM PAGE 1

It's annoying and gross sitting so close to someone. It's not just about the manspreading; many people do not adhere to basic etiquette while using public transport. Says Kavyal Sedani, an etiquette expert, "To keep our volume down, respect others' space, to keep our bags small and organised are some of the things people need to keep in mind while travelling. It's common sense — we must keep others comfortable too in all situations. When people see Indians abroad, they tend to shy away because we are capable of being loud and obnoxious."

So, will bringing in a rule regarding respecting a seat's boundaries, bring in any change? Vishala Reddy, a businesswomen and frequent traveller, feels it may not help. "I travel a lot and have come across many who barge into others' space. I feel that rules and regulations don't work much in our country as many of us don't adhere to them. There is no stringent authority that can look into such things. In many foreign countries, the person who breaks rules is either punished or fined. Whereas here, there are so many formalities to go through before the person can be punished. What is more important is to sensitise people about public manners and respecting others."

WRITE TO US

Co-passengers who lack etiquette are extremely annoying. Do you agree? Describe to us a few instances that you have experienced.

Send in your opinions to info@deccanmail.com

A TASTE FOR EXCELLENCE

CONTINUED FROM PAGE 1

"I didn't expect that I would win. But after the competition was over, and I finally saw it on TV again, the feeling finally sunk in," says Trisha, who completed her Class XI from Hyderabad Public School, Begumpet.

"I had to make two portions of every dish in the given time, using the specified ingredients. It was not as easy as it sounds. But, a lot of people voted for me. As for the competition, 20 per cent of the result was based on the votes and the remaining 80 per cent marks were based on cooking," says Trisha, adding, "In the finals, during one of the rounds, we were asked to make *malpua*. Being a South Indian, I did not know much about it, whereas people from other zones did. We were handed over an eight-line recipe, and that made it even more difficult. But, I did my best and here I am, with the winner's title."



Trisha with chef Kunal

Trisha has been interested in cooking since she was 10. Although her first dish, like many of us, was instant noodles, she quickly developed an interest for cooking and went on to experiment with her dishes. "My dad loves to cook. He is especially inclined towards a fusion style of cooking. I drew inspiration from both my parents. But if not for my teacher, Maneesha ma'am, who picked me for the competition and kept encouraging me throughout, this might not have been possible," says the 16-year-old, who wants to hone her skills and open her own restaurant when she grows up.