

# The Teenager Today

theteenagertoday.com



## HOW TO INVEST YOUR SUMMER VACATION

### 5 TOP AI TOOLS FOR TEENS



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DOMINIC REDDY

Vacations are the sweetest part of a person's life. Every student waits for these joyful moments. These days, when youngsters are stressed out, a vacation has become an essential part of his/her healthy growth. Parents who have been toiling along with their children throughout the year heave a sigh of relief.

This valuable time should not be idled away, but turned into a valuable investment in the growth of the youngster. A judicious spending of the vacation can help in rejuvenation, strengthening family bonds and enhancement of social relations. This time can be utilized for acquiring new skills and improving knowledge. Here's how you can make your summer vacation a fruitful one.



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**1 Indulge in physical exercise.** Play your favourite game. Enrol in summer camps. This will enhance physical agility as well as mental alertness. Yoga camps are held in different places. The physical director of your school or college can help you to take assistance from the District Sports Authority.

**2 Time spent with your grandparents** becomes a sweet memory both for you and you grandparents. They will joyfully share with you their stories of the good old days and their life experiences.

**3 Go an excursion or a pilgrimage with your family.** This will refresh your mind, strengthen family bonds and improve social relations.

**4 Visit an orphanage or a home for the destitute** to inculcate compassion for the poor and the needy. You will realize how lucky you are and how you should be grateful to God and your parents.

## HOW TO INVEST YOUR SUMMER VACATION



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**P**reparing for a career as a makeup artist requires a combination of technical knowledge, hands-on experience, and interpersonal skills. The scope is vast, and with dedication and continuous learning, you can turn your passion for makeup into a thriving and rewarding career.

## What's this career about?

Makeup artists are no longer people who run a beauty parlour. Nowadays, the makeup industry is a major industry. There are several different types of makeup artists, each with their own specialties and areas of expertise. Here are some of the most common types of makeup artists:

Makeup artists in the beauty and cosmetic industry work with brands, cosmetic companies and beauty salons to provide makeup services and promote products.

Bridal makeup artists focus on creating beautiful and long-lasting looks for brides, and members of the bridal party.

Fashion makeup artists specialize in creating makeup looks for fashion shows, runway presentations, and editorial photoshoots. These artists may also be involved in product development, testing and advising on trends. This career option requires a strong understanding of products, techniques and the ability to connect with customers. They may work as brand ambassadors, conducting makeup demonstrations, providing education and training and creating makeup looks to showcase the brand's products.

Makeup artists in the film, television and theatre industries play a crucial role in transforming actors into their characters. They work closely with directors, costume designers and production teams to create realistic and visually captivating makeup.

Theatrical makeup artists specialize in creating makeup looks for stage performances, plays, musicals, and other theatrical productions.

Celebrity makeup artists specialize in providing makeup services to celebrities, public figures, and high-profile clients.

Special effects makeup artists specialize in creating realistic and imaginative makeup effects for film,



# Make up Your Career!



television, theatre, and special events. They use prosthetics, latex, silicone, and other materials to transform actors and performers into characters, monsters, creatures, or to simulate injuries, wounds, aging, or other special effects needed for a production. This career path requires technical expertise, creativity and the ability to adapt to the unique demands of each production.

A portfolio is an essential tool for makeup artists, as it showcases your work and helps you demonstrate your skills to potential clients or employers. You can start building your portfolio by working on small projects, such as photoshoots or events, and capturing high-quality photos of your work.

The makeup world is ever-changing, especially when the latest social media trends and looks are always

## SHARLEEN ZACHARIA

Obesity is a global epidemic, affecting people regardless of ethnicity, gender, or age, with rates tripling in recent years, especially childhood obesity. Contributing factors include excessive calorie intake, large portions, junk food consumption, and limited physical activity, leading to health risks like cardiovascular diseases and diabetes.

Concerns with weight and shape are common among teenagers. Besides being exposed to the health risks of obesity, they are being exposed to the unrealistically thin beauty ideals portrayed by the media, and thus many turn to fad diets, hoping for quick fixes to long-term issues.

### What are Fad Diets?

A fad diet is a weight loss plan that promises rapid weight loss tempting people with the idea of a diet that can help them lose weight fast. Various fad diets like low-carb, low-fat, high-fat, high-protein, and detox diets may promise quick results, but blindly following them can harm health. They often eliminate essential food groups, lack proper nutrition,

aren't sustainable, and lack scientific support compared to a balanced diet. Common fad diets include:

### KETOGENIC DIET (KD)

KD is a high fat, extremely low carbohydrate diet that has gained immense popularity in recent years for its ability to induce weight loss quickly. It was originally curated for treating epilepsy.

KD leads to weight loss by depriving the body of glucose (obtained from carbohydrates) and produces an alternative fuel (ketones, from stored fat), hence the term *ketogenic*. The human brain requires a steady supply of glucose (120 gms daily), as it is unable to store it. During periods of fasting or low

carbohydrate intake, the body initially uses stored glucose from the liver, and as a last resort breaks down muscle tissue to release



# Beyond Quick Fixes

Weight Loss Wonders Or Waist Line Woes?



MELISSA D'SOUZA FMA

# WHO IS REALLY RICH?

## Characters

Maid: Sunita

Maid's Mother: Sumathi

Maid's Son: Sunil

Maid's Daughter: Sulaksha

Man: Sudhir

Wife: Supriya

Delivery Boy: Raju

## Scene I

*(Sudhir seen at the laptop, busy working, when the maid Sunita approaches him)*

Sunita (with duster in hand): "Sir, I'm sorry for disturbing you."

Sudhir: "What is it?"

Sunita: "Sir, last week I had asked for two days leave. You said you would tell me later."

Sudhir: "Yes, I remember Sunita. You want to go to your village tonight, right?"

Sunita: "Yes, sir. But, I...I.. wanted to ask you for some money. Diwali is approaching, so I would be very grateful if you could give me some bonus."

Sudhir: "See Sunita, we have already given you your

salary beforehand for this month. I don't think we can give you any extra money."

Sunita (sadly): "Okay, sir, thank you. At least you are allowing me to go for two days. That itself is a big blessing."

Supriya (comes along with a cup of tea for her husband and herself): "Sudhir, I overheard your conversation with Sunita. I know that we are paying Sunita from your salary. She has been working here for three years now, and has never asked us for a raise in salary or even for a bonus. She also does her work with so much love, dedication and diligence. Why don't we give her some amount?"

Sudhir: "Okay dear. Since you insist, I will give her some amount. *(Calls out to Sunita)*. Sunita, Sunita! *(Takes out Rs 2000 from his purse)* Here, take this money. Wishing you a wonderful time with your dear ones."

Sunita (delighted): "Thank you, sir, thank you, ma'am. You people are so kind. Thank you very much."





# Photos of the Month



Angel Rai (14)  
Loreto Convent, Darjeeling



Aasna Mahra (16)  
S. S. J. University, Almora



Srishty Sharma (17)  
Dikshanti International School,  
Zirakpur



Ananya Kumari (12)  
St Joseph's Convent High School,  
Jethuli, Patna



## TTT Photo Pik Contest

Calling all young photographers to unleash their creativity through captivating clicks!

**HOW TO ENTER:** E-mail your original pics to [editorial@theteenagertoday.com](mailto:editorial@theteenagertoday.com) along with your name, date of birth, school/college & place, postal address, Instagram/Facebook id and a photo of yourself.

**ELIGIBILITY:** Open to youth up to the age of 19.

**WINNERS:** Four lucky winners and their photos will be featured in The Teenager Today. They will also receive a 1 year subscription to The Teenager Today.

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