



Although numerous special days are observed throughout the year, September 5 is celebrated every year as Teachers' Day – a day dedicated to expressing our gratitude to those who play an invaluable role in shaping the future of students. Compared with many other commemorative occasions, Teachers' Day holds a unique place in our hearts.

- Dr. N. Seyad Nawaz, Managing Partner, Faywalk Fashions.

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A Heartfelt Thank You!

Those who live not merely for themselves, but for others, are the ones who remain forever at the forefront of our memories. Teachers belong to this special fraternity. Their journey carries immense responsibility and profound significance, shaping the lives and futures of countless students.

When students first step into the care of a teacher, they are like raw clay – full of potential, but yet to be shaped. It is the teacher who patiently moulds them with vision, knowledge and purpose. When teachers inspire their students, nurture their self-confidence, and help good values and principles blossom within them, their mission reaches its true fulfilment.

Tamil, English, Mathematics, Science, Social Studies – subject by subject, teachers open the doors of knowledge, dispel ignorance and empower young minds to face the world with confidence. To those wonderful mentors who have guided, shaped and inspired us, let us offer our heartfelt gratitude from the depths of our hearts.

Happy Teachers' Day!!☺

- Karthikeyan

Editor

India's textile industry is entering a new era in which innovation is becoming as important as manufacturing scale. In 2026, the country's textile ecosystem is witnessing a strong exchange of ideas, technologies and business models across fibres, fabrics, apparel, machinery, digital printing, technical textiles and sustainable production.

Innovation Across the Value Chain

The meaning of textile innovation is expanding beyond new fabrics. Artificial intelligence, automation, IoT, digital printing, robotics and data-driven manufacturing are increasingly becoming part of textile production. At SIMA Tex-fair 2026 in Coimbatore, manufacturers

and suppliers showcased developments in textile machinery, accessories and production technologies, with strong emphasis on automation, innovation and cost efficiency. The exhibition featured more than 240 exhibitors and 258 stalls. The growth of connected manufacturing is also visible at the factory level. Tiruppur-based garment manufacturing is adopting IoT-based systems that provide real-time production information and help manufacturers improve operational efficiency.

Digital Printing: From Design to Production

Digital textile printing is another important area of innovation. It enables designers and manufacturers to move rapidly from digital artwork to finished fabric while supporting customised designs, shorter production runs and faster response to fashion trends. At Bharat Tex 2026, digital textile-printing technology was highlighted as part of India's expanding capabilities in sustainable and digitally enabled textile manufacturing, including applications in home and industrial furnishings and technical textiles.

Sustainability Becomes a Core Innovation

The next generation of textile innovation is not simply about producing faster – it is about producing responsibly.

The Ministry of Textiles' Weave The



Future 4.0 – Upcycling Edition, held in New Delhi in July 2026, brought together artisans, designers, innovators, recyclers and industry participants around upcycling, recycling, repair, repurposing and circular design. More than 100

brands, artisans, makers and other participants showcased solutions for a more circular textile economy. This shift reflects a broader transformation: textile waste is increasingly being viewed not merely as a disposal problem, but as a potential source of raw material, design inspiration and new business opportunities.

Textile Innovation Exchange in India

Where Tradition Meets Technology

A major example is Bharat Tex 2026, held in New Delhi from July 14–17. The event brought together more than 6,000 buyers from over 130 countries and more than 1.3 lakh trade visitors, providing a large platform for technology, sustainability, innovation and global textile trade.

The Ministry of Textiles' Weave The Future 4.0 – Upcycling Edition, held in New Delhi in July 2026, brought together artisans, designers, innovators, recyclers and industry participants around upcycling, recycling, repair, repurposing and circular design.

The Rise of Technical Textiles

Another major frontier is technical textiles – materials designed for performance rather than fashion alone. Textiles are increasingly finding applications in healthcare, automotive components, construction, agriculture, sports, protective clothing and advanced engineering. India's textile roadmap places emphasis on research and innovation in circular textiles, sustainable processes, advanced materials and technical-textile machinery. It also identifies technology upgradation and stronger research ecosystems as important priorities for 2026 and beyond.

A Meeting Point for Industry and Ideas

India's textile innovation ecosystem is therefore becoming a meeting point for manufacturers, designers, technology companies, startups, researchers



and global buyers. Events such as Bharat Tex, SIMA Texfair, Gartex Texprocess India and India ITME provide platforms where new technologies can move from demonstration to commercial adoption. Gartex Texprocess India, for example, connects machinery manufacturers, technology providers, fabric suppliers, textile printers and accessories suppliers across the apparel and garment manufacturing value chain.

The upcoming India ITME 2026, scheduled for December 4–9 at India Exposition Mart, Greater Noida, is expected to further strengthen this technology exchange, with the organisers projecting more than 1,800 exhibitors and over 1.5 lakh visitors.



The Road Ahead

India's textile future will be shaped by the ability to combine its traditional strengths – fibres, weaving, craftsmanship and manufacturing – with emerging technologies. AI can improve decision-making, automation can increase productivity, digital printing can accelerate design-to-market cycles, while recycling and circular manufacturing can reduce environmental impact.

The real Textile Innovation Exchange is therefore not limited to an exhibition or conference. It is an ongoing exchange between tradition and technology, creativity and engineering, sustainability and commercial growth. As India seeks a larger role in global textile supply chains, innovation will increasingly become the thread connecting its heritage with its future.

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Bhawana Kanth Sets New Milestones in Indian Air Force

Bihar-born Bhawana Kanth, one of India's pioneering women fighter pilots, has added another achievement to her distinguished career by completing the elite 'Top Gun' training. She also became the first woman fighter pilot to participate in India's Republic Day parade in 2021 and has gone on to become India's first woman Fighter Combat Leader. Her eight-year journey, from entering the fighter stream to completing advanced combat training, stands as an inspiration to women aspiring to serve in India's armed forces.



Singapore Radio Presenter Makes National Day Parade History

Joanna Francois, a presenter with Singapore's Power 98 radio station, has extensive experience in national-level commentary and broadcasting. She has now made history by becoming the first woman selected to host commentary for Singapore's National Day Parade. The spectacular event runs for around four hours, making it a demanding task to maintain the audience's energy and excitement throughout. Joanna believes that her voice behind the microphone can also reflect the important contribution of women to Singapore's growth and development.



Sri Lankan Tamil-Origin MP Gets UK Ministerial Role

Uma Kumaran, a British politician of Sri Lankan Tamil origin, has recently been appointed to a ministerial role in the UK government, serving as Parliamentary Under-Secretary of State for Foreign, Commonwealth and Development Affairs. Uma's family moved to London in the 1980s. Two years ago, she contested and won a newly created constituency in East London, becoming the first person of Tamil heritage to be elected as an MP in the British Parliament.



Woman With 11-Foot-Long Hair Creates a Record

Renu Dhariyal from Uttarakhand has attracted attention for her extraordinarily long hair, measuring around 11 feet. She says she has not cut her hair for nearly a decade. Her photographs, showing her hair trailing along the ground, have gone viral on social media, earning widespread appreciation. Renu also shares hair-care tips online and says she hopes to encourage people to embrace natural beauty and traditional hair-care practices.



Denmark's Princess Makes Military History

Nineteen-year-old Princess Isabella of Denmark has become the first princess in the Danish royal family to undertake military service. She has begun an 11-month training programme at an artillery regiment and is currently undergoing training as a second lieutenant. Although military service has traditionally been associated with Denmark's royal family, Isabella has chosen to serve without receiving a salary, making her decision particularly noteworthy.



Indian-Origin Woman Crowned Mrs Canada World 2026

Born in Jalandhar, Punjab, Pallavi, who now lives in Canada, has made India proud by winning the national Mrs Canada World 2026 title. She impressed judges and audiences among more than 60 contestants at the recently held event in Surrey, British Columbia, with her distinctive beauty and confidence. A nurse by profession in Canada, Pallavi's achievement has become a proud moment for the Indian diaspora.



Pakistan Returns to the International Beauty Pageant Stage

Pakistan's traditionally cautious approach to international beauty pageants appears to be changing. A significant milestone came in 2023, when Erica Robin became the first Pakistani woman to represent the country at the Miss Universe pageant. Now, 24-year-old Anika Jamal Iqbal is set to represent Pakistan at the Miss World competition. Recently crowned Miss World Pakistan 2026, Anika's participation marks another significant step for Pakistan on the international beauty pageant stage.



Malaysian Princess Marries British Racing Driver

Princess Ilyana Alia, a member of Malaysia's royal family, has married British racing driver Chris Brockett, moving beyond the traditional glamour associated with royal life. The grand wedding blended Islamic traditions with Malay royal customs. Princess Ilyana is the daughter of Sultan Abdullah, who served as Malaysia's 16th Yang di-Pertuan Agong under the country's rotating monarchy. Her husband, Lionel, aged 32, has reportedly built a successful career in international motorsport.



TechnoSport Signs 130 Crore MoU with Tamil Nadu Government

Activewear brand TechnoSport has signed a Memorandum of Understanding (MoU) with the Government of Tamil Nadu for a Rs. 130 crore investment to expand its existing manufacturing facility in Erode. The agreement was signed during the Vettri Tamil Nadu Investment Conclave 2026.

The investment will support the Phase 2 expansion of the Erode facility, strengthening TechnoSport's manufacturing capabilities for functional activewear. The project is expected to generate more than 500 new jobs in the region.

As part of the expansion, the company's activewear fabric manufacturing capacity is planned to increase from the current 25 tonnes per day to 40 tonnes per day by the end of FY27.



The expansion reflects TechnoSport's focus on a vertically integrated manufacturing model, covering fabric development, production and quality control.

The company sees Tamil Nadu's established textile ecosystem as an important foundation for its continued growth.

TechnoSport currently has a presence across more than 20 states, with over 16,000 retail touchpoints

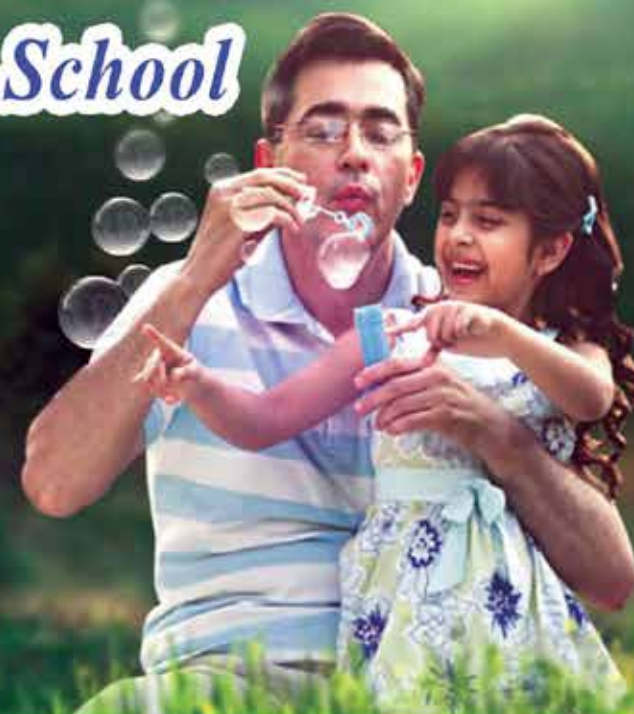
and more than 66 exclusive brand outlets. The company is also targeting significant expansion of its retail network as it grows its activewear business.

The Rs. 130 crore Erode investment is expected to strengthen Tamil Nadu's activewear manufacturing ecosystem while creating additional employment opportunities and supporting the state's textile industry.

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Savitribai Phule

The Woman Who Taught India to Rise

Savitribai Phule was a pioneering social reformer, poet and educator who dedicated her life to women's rights, education and social equality during the British era. A revolutionary woman who challenged caste discrimination and fought for the education of girls and oppressed communities, she holds a special place in Indian history as one of the country's earliest champions of women's education.

Savitribai was born in 1831 in Naigaon, in present-day Satara district of Maharashtra, into the family of Khandoji Nevase Patil and Lakshmibai. Her father was a village headman. Following the customs of those times, she was married at the age of nine to thirteen-year-old Jyotirao Phule.

Jyotirao played a crucial role in shaping Savitribai's life and encouraged her to join the struggle against social oppression. Since the couple had no biological children, they adopted a child named Yashwant Rao and raised him as their own.

At a time when education was largely denied to women and oppressed communities, Jyotirao taught Savitribai to



read and write. After she completed her education and training, the couple began working together to provide education to those who had been denied it.

In 1848, Savitribai and Jyotirao established a school for girls at Bhide Wada in Pune. The school began with nine girl students, and Savitribai took responsibility for teaching them. She thus became one of the first trained female teachers in India and is widely remembered as India's first woman teacher.

Their educational mission expanded rapidly. In 1849, they established another

school open to people from different sections of society, including adults, backward communities and Dalits. At a time when caste discrimination was deeply entrenched, providing education to oppressed communities was itself a revolutionary act.

Savitribai also challenged the denial of basic human rights to people considered "untouchable." Members of oppressed communities were often prevented from drawing water from public wells. In defiance of this discrimination, she opened the well at her own home so that they could access water.

Savitribai is remembered as a pioneering woman teacher and one of the earliest champions of girls' education in India. She fought against discriminatory practices affecting widows and supported widow remarriage. She was also a pioneering Marathi poet whose writings addressed education, equality, society and nature.



She also fought against cruel practices imposed on widows. In those days, the heads of young widows were often forcibly shaved as part of a degrading social custom. Savitribai organized a movement involving barbers, persuading them to refuse to shave the heads of widows. She and Jyotirao also supported and conducted widow remarriages, challenging deeply rooted social prejudices.

Savitribai's contribution extended beyond education and social reform. She was also a poet whose writings explored themes such as nature, society, history and education. Her poetry reflected her vision of equality, dignity and social transformation. Her collection Kavya Phule was published in 1854, establishing her as an important literary voice of the period.

Savitribai Phule and Jyotirao Phule devoted their lives to uplifting women and marginalized communities in India. In 1848, she and Jyotirao Phule established a pioneering school for girls at Bhide Wada in Pune. Savitribai courageously challenged caste discrimination and campaigned for the dignity and rights of oppressed communities.

In 1852, she established the Mahila Seva Mandal, an organization dedicated to creating awareness among women about human rights, social dignity and equality. She worked tirelessly to encourage women to speak for themselves and challenge oppressive traditions.

Savitribai and Jyotirao also established a shelter and care centre for pregnant widows and children born to widows, helping women who faced severe social rejection. Their work extended to providing education and



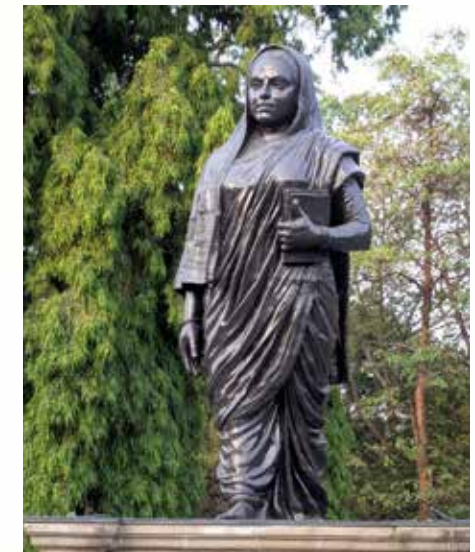
Her birth anniversary, January 3, is widely commemorated in Maharashtra in recognition of her contribution to women's empowerment and education.

support to people from different castes and marginalized communities. Several schools were established across Maharashtra, giving hundreds of women and men access to education.

Their schools performed exceptionally well and even received recognition from the British authorities. Savitribai and Jyotirao were honoured for their contribution to education and their success as educators.

Savitribai continued her social service even during the devastating plague epidemic of 1897. She personally helped people suffering from the disease. While caring for plague victims, she contracted the infection herself and passed away in 1897.

Her legacy, however, continued to grow long after her death. In 1998, the Government of India issued a commemorative postage stamp featuring Savitribai Phule in recognition of her remarkable contribution. Maharashtra has also commemorated her birth anniversary on January 3 as a day celebrating women's achievements, and an educational institution has been established in her name.



Savitribai Phule was far more than a teacher. She was an educator, poet, social reformer and fearless fighter for equality. At a time when society placed enormous restrictions on women and marginalized communities, she chose to challenge those barriers through education and social action.

Her life stands as a powerful reminder that education can become a force for social transformation. Savitribai Phule deserves to be remembered as a towering woman of India — one who opened the doors of education for generations of women and gave a new voice to those who had long been silenced.



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NEW BOOST FOR TN ATHLETES

Tamil Nadu has announced a major expansion of sports infrastructure, including sports hostels in all 38 districts, upgrades to 500 sports centres, and a new para-Olympic training centre in Chennai.



THROWERS SEEK BETTER TRAINING ACCESS

Tamil Nadu's leading javelin and throwing athletes are facing difficulties accessing the newly developed throwing facility at Chennai's Jawaharlal Nehru Indoor Stadium. The issue has renewed attention on training facilities for the state's elite athletes.

CHENNAI LIONS ENTER PRO GOLF

The new Vimtra Chennai Lions professional golf team has entered the Indian Golf Premier League, aiming to build Chennai's profile as a major golfing centre and encourage young talent.



INDIAN BADMINTON MAKES HISTORY

Treesa Jolly and Gayatri Gopichand have secured an assured medal at the 2026 BWF World Championships, ending India's 15-year wait for a women's doubles World Championships medal.

PEARL GLOBAL LOOKS TO AFRICA

Indian apparel manufacturer Pearl Global, which supplies brands including Zara, Levi's and Gap, is evaluating manufacturing expansion into North Africa and Jordan. The strategy aims to bring production closer to European customers and reduce dependence on the U.S. market.

FAST FASHION FACES A VALUATION RESET

Shein is targeting a Hong Kong IPO at a valuation of up to \$27 billion, around 70% below its private-market peak. The move highlights growing pressure on fast-fashion economics and investor expectations.

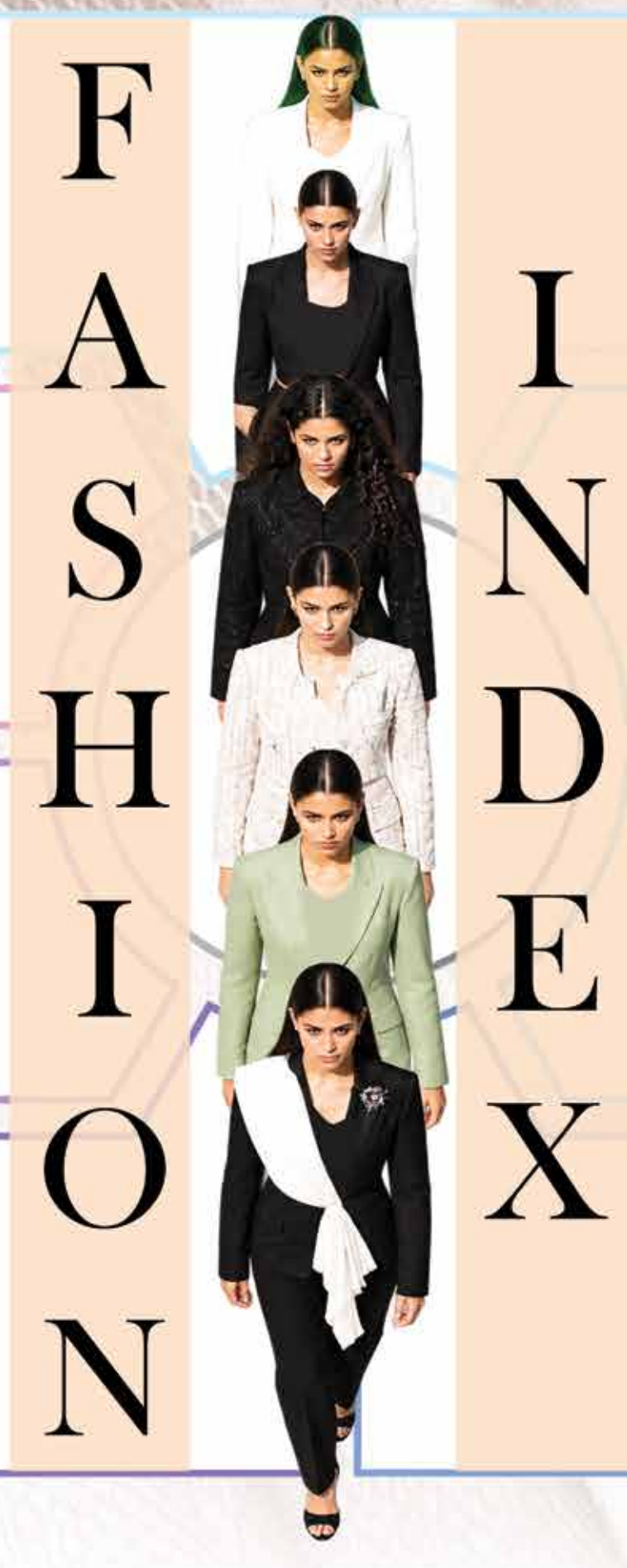
FASHION MANUFACTURING LOOKS BEYOND THE U.S.

Indian apparel manufacturer Pearl Global is evaluating manufacturing expansion into North Africa and Jordan as European demand grows. The company says its U.S. revenue share has fallen from more than 85% in FY2021 to about 50% in FY2026, while Europe has risen to 16–17%.

INDIA STRENGTHENS ITS GLOBAL APPAREL POSITION

India's textile and apparel sector is benefiting from changing global sourcing patterns and increasing interest in alternatives to China. The country's textile and apparel market is projected to reach US\$350 billion by 2030, according to IBEF.

FASHION INDEX



EUROPE PUSHES CIRCULAR FASHION

European policymakers are advancing plans to make the fashion industry more circular, with greater focus on textile waste, recycling and producer responsibility. The move could reshape how apparel companies design, manufacture and dispose of clothing.

INDIA RETAIL PICKS UP PACE

India's retail sector recorded 8% year-on-year growth in July 2026, with consumer demand strengthening ahead of the festive season.

INDIAN BRANDS EXPAND THEIR STORE NETWORK

Indian fashion retail continues to grow through physical expansion. Odette opened its 50th store in Bengaluru, while SNITCH recently added five stores, taking its network to 131.

SHEIN PREPARES FOR A BIG MARKET TEST

Fast-fashion giant Shein is targeting a Hong Kong listing at a valuation of around US\$27 billion, considerably below its earlier private-market valuation. The IPO comes as the company faces changing regulations and higher costs in key markets.

What we wear does more than shape our appearance—it can shape the way we feel, think and carry ourselves. Every morning, choosing an outfit may seem like a simple routine. But clothing can have a surprisingly powerful connection with our emotions and behaviour. A favourite shirt can make us feel confident, a well-fitted outfit can make us feel prepared, and comfortable clothing can help us relax.

Psychologists often describe this connection through the concept of “enclothed cognition”—the idea that the clothes we wear, along with the meaning we attach to them, can influence our psychological state and behaviour.

Dress for the Feeling You Want

Clothing can act as a psychological signal. When we dress formally for an important meeting, interview or presentation, we may naturally become more focused and professional. Similarly, wearing sportswear can create a sense of readiness for physical activity. This does not mean that clothes automatically change our personality. Rather, they can influence the mindset we bring into a particular situation.

Confidence Begins with Comfort

Confidence is not always about wearing expensive or fashionable clothes. Often, it comes from feeling comfortable

in what we wear. A well-fitting outfit that reflects our personality can reduce self-consciousness and allow us to focus more on the people and activities around us. When we feel good about our appearance, that feeling can influence our posture, communication and overall presence.

The Psychology of Colour

Colours can also influence mood and perception. Bright colours may be associated

with energy and optimism, while softer shades can create a sense of calm. Darker colours are often perceived as sophisticated or serious.

Of course, colour psychology is not universal. Personal experiences, culture and individual preferences all influence how we respond to different colours. Still, the colours we choose can become an important part of our daily emotional expression.

Clothes as Self-Expression

Fashion gives people a way to communicate without words. From traditional clothing to modern streetwear, our choices can reflect our personality, profession, culture, interests and mood. Sometimes, putting on an outfit that feels



There is no universal formula for what makes a woman or man feel confident. A particular style that works for one person may not work for another. The most important factor is not whether an outfit is expensive or fashionable, but whether it makes the wearer feel comfortable, confident and authentic.

truly “us” can create a stronger sense of identity. It can remind us that personal style is not simply about following trends—it is about expressing who we are.

Creating a Mental Routine

Clothing can also help separate different parts of our lives. Changing into work clothes can create a transition into professional mode. Changing into comfortable clothes at the end of the day can signal that it is time to relax. These small routines can help the mind recognise that one activity has ended and another is beginning.

PSYCHOLOGY OF DRESSING

THE HIDDEN POWER OF

WHAT WE WEAR

Fashion Beyond Appearance

The influence of clothing is ultimately personal. The same outfit that makes one person feel powerful may make another feel uncomfortable. What matters is the meaning, comfort and confidence we associate with what we wear.

Clothes cannot solve every problem or completely transform our mindset. But they can be a useful tool for influencing how we approach a moment. Fashion is not just about how others see us. It is also about how we see ourselves. Sometimes, the right clothes can help us step into the version of ourselves we want to be.

The Power of Fit and Comfort both Men and Women

For both women and men, comfort plays an important role. Clothes that fit properly and allow easy movement can reduce distraction and help a person feel more at ease.

An uncomfortable outfit can have the opposite effect. Constantly adjusting clothing, worrying about appearance or feeling restricted can affect concentration and confidence.

Dressing for the Occasion

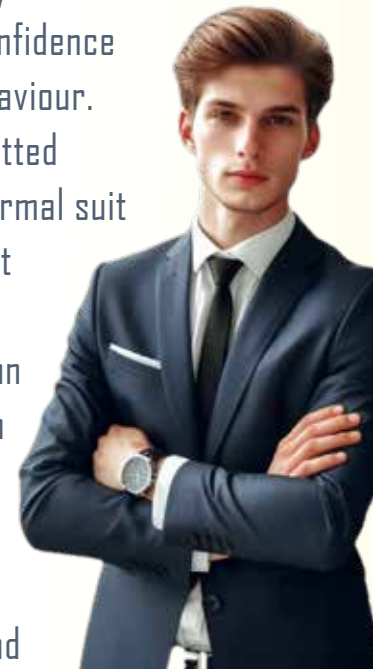
Clothing can also prepare the mind for different roles and situations. Workwear can signal professionalism, workout clothes can create an active mindset, and relaxed homewear can help the mind transition into rest.

- For women, clothing can be closely connected with personal style and self-expression. Choosing a particular colour, silhouette, fabric or accessory can help express personality and mood.



- A professional outfit may create a feeling of authority and preparedness at work, while traditional clothing such as a saree or salwar suit can provide a sense of cultural identity and pride. Casual and comfortable clothing, meanwhile, can encourage relaxation.
- For many women, fashion also provides an opportunity to experiment. Changing hairstyles, colours, accessories and clothing styles can create a feeling of freshness and personal renewal.

- For men, clothing can similarly influence confidence and behaviour. A well-fitted shirt, formal suit or smart casual outfit can create a sense of professionalism and readiness.



- A man preparing for an interview may feel more confident when dressed formally, while sportswear can create a mental association with energy and physical activity.
- Men's fashion is also increasingly becoming a form of self-expression. Colours, watches, footwear, hairstyles and accessories can communicate personality and individual taste.

This psychological association can be useful for both men and women. Creating different clothing routines for different activities can help establish mental boundaries between work, exercise and personal time.

Fashion Is Personal

There is no universal formula for what makes a woman or man feel confident. A particular style that works for one person may not work for another. The most important factor is not whether an outfit is expensive or fashionable, but whether it makes the wearer feel comfortable, confident and authentic.

The clothes we wear may not define



who we are, but they can influence how we feel as we step into the world. When we dress in a way that makes us feel confident and comfortable, fashion becomes more than appearance — it becomes part of our mindset.

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The future of fashion may be woven into the thread itself. Scientists and textile innovators are developing smart yarns that can sense pressure, touch, movement and changes in the environment – turning ordinary-looking fabrics into interactive technologies.



When Fabric Starts



to Feel, Sense
and Respond

Unlike traditional wearable devices that depend on rigid electronic components, smart yarns can be woven, knitted or embroidered directly into garments. This allows technology to become part of the fabric rather than something attached to it.

One exciting development is the use of conductive and pressure-sensitive yarns. When incorporated into knitted structures, these yarns can detect how much a fabric is being pressed, stretched or touched. A sleeve could potentially recognize a gesture, while a shoe or sock could monitor pressure during movement. The possibilities extend far beyond fashion. Smart textiles could

support sports performance, healthcare, rehabilitation, accessibility



ity and human-computer interaction. Clothing could eventually monitor body movement, respond to gestures or communicate information without the need for a conventional screen. For designers, this technology creates an entirely new creative language. A garment is no longer simply something we wear – it can become a responsive surface that interacts with the person wearing it.

The biggest challenge is making these electronic textiles comfortable, washable, durable and affordable enough for everyday use. Researchers are working toward yarns that retain their sensing capabilities while behaving like normal textile fibers. The next generation of fashion may not just be smart-looking. It may actually be smart.

Kabsa

Ingredients

Chicken big pieces	- 1/2 kg with skin
Basmathi rice	- 4 cups
Coriander powder	- 1 tablespoon
Red chilli powder	- 1 teaspoon
Pepper powder	- 1 teaspoon
Onion	- 3 chopped
Garlic	- 1/2 cup
Ginger	- 1 inch piece grated
Tomato	- 2 cups chopped
Tomato	- 2 ground
Cinnamon powder	- 1/4 teaspoon
Cardamom powder	- 1/2 teaspoon
Red chilli flakes	- 1/2 teaspoon
Ginger, garlic paste	- 2 teaspoons
Cloves powder	- 1/4 teaspoon
Red chilly powder	- 1 teaspoon
Cumin	- a pinch
Whole pepper corns	- 5
Salted dried lemon	- 1
(I used salted preserved lemon instead)	
Water	- 6 and 1/4 cups
Almonds + pistachio	
+ pine nuts	- 1/4 teaspoon each
Boiled eggs	- 2 sliced into rounds
Coriander leaves	- chopped few
Raisins fried in ghee	- 1 teaspoon
Lemon	- 1 Cut in circles to

Garnish

Butter	- 1/4 cup
Salt	- to taste

Method

Wash and soak the basmati rice for one hour in water. Marinade the chicken pieces with coriander powder, red chilli powder, pepper powder, salt to taste and ginger + garlic paste for 30 minutes. Heat a heavy bottomed vessel with butter. Fry the chicken pieces to golden. Remove and keep aside. Divide the chicken fried butter equally into two portions in two separate bowls.

Heat one portion of the chicken fried butter in a vessel. Add garlic and onions. Sauté to pink and translucent. Top with grated ginger and salt. Sauté for a minute. Add chopped tomatoes and ground tomatoes. Sauté until butter floats on top. Top with cinnamon powder, cardamom powder, chilli flakes, red chilli powder, cloves powder, cumin, preserved salted lemon and whole pepper corns. Mix well.

Add the fried chicken pieces, salt



Mrs. Hazeena Seyad

Instagram : @hazeenaseyad

Web : <https://ravuthar.recipes/>



and water. Cook for twenty minutes. Remove the chicken pieces. Place them over an oven proof greased tray. Pour two ladles of chicken cooked gravy on top of chicken pieces.

Place small cubes of butter on top of the chicken. Bake in a preheated oven at 180 degrees Celsius for ten minutes. Remove and squeeze lemon juice over the chicken pieces. Drain the soaked rice. Heat the remaining other half of the chicken fried butter.

Add the strained rice and fry gently making sure the rice does not break. Add the chicken cooked water, salt and more water if needed and cook the rice to done. Once cooked add small cubes of butter and fluff up the rice with the help of a fork. Spread the cooked rice over a tray.

Place the chicken pieces over. Arrange the sliced boiled eggs around. Garnish with fried raisins, almonds, pistachios, pine nuts, coriander leaves and lemon rounds. Serve hot with dacos sauce.

Avocado hummus

Ingredients

Ripe avocados/ butter fruit	- 2 cups flesh alone
tahini paste	- 2 tablespoons
(roasted sesame paste 1/2 cup ground with 1/4 cup olive oil together to a smooth paste is tahini paste)	
garlic	- 2 pods
lime	- 1/2 nos
olive oil	- 2 table spoons
salt	- to taste
cumin powder	- 1/2 teaspoon
chilli flakes	- 1/4 teaspoon

Method

Grind avocado flesh tahini paste , garlic and olive oil together to a smooth , thick , creamy paste . Add salt to taste and lime juice . Mix well . Taste and adjust . In a shallow plate , spread the hummus . Top with cumin powder and chilli flakes.



Make a dent in the Center and pour some olive oil . Top with a spring of coriander leaf . serve with vegetable sticks , pita bread or normal toasted bread sticks . I use vegetables like carrot , celery sticks, capsicums, cucumbers.

DIGITAL PRINTING CONTRIBUTING TO THE FASHION ECOSYSTEM



Digital printing on textiles has brought about a revolution in technology, particularly in the textile industry and fashion-oriented apparel design. With its unparalleled capabilities in garment design, digital printing can deliver high-quality prints on fabrics while offering greater cost efficiency.

This innovative technology and its creative potential are opening up new possibilities for customization in apparel and fashion design. As digital printing continues to grow in popularity, its applications and technological capabilities are expected to expand even further in the future.

Digital printing machines manufactured in China have also become increasingly significant in the industry. These machines offer a range of features with consistent performance and print quality. Whether the fabric is cotton, silk

or polyester, modern digital printing machines can deliver precise and consistent results. This flexibility enables manufacturers to meet a wide variety of customer requirements according to their production needs.

When it comes to textile digital printing machines, the industry benefits from remarkable flexibility in design and production. Machines can

In the coming years, digital printing is expected to grow further with advancements in ink technology, printer capabilities and fabric compatibility.

Key Advantages

Digital machines are designed to support a wide range of applications without compromising print quality, making them valuable across the fashion and textile industries.

- Digitally printed fabrics can offer good durability while retaining their colour and visual appeal for longer periods.
- The introduction of digital printing has significantly reduced some of the costs associated with traditional printing methods.
- Digital workflows enable manufacturers to move rapidly from design to production.
- Digital printing can be highly effective for customized and short-run applications.
- Advanced technology combined with environmental considerations makes digital printing a valuable asset for modern textile manufacturing.
- From startup apparel brands to large commercial printing businesses, manufacturers are looking for better print quality and flexible printing solutions.
- Digital printing is essentially a process that uses inkjet technology to deposit digital designs onto the surface of fabrics.



FESPA Global Print Expo 2026

In May 2026, the FESPA Global Print Expo 2026 was held at the Fira de Barcelona exhibition centre in Barcelona, Spain. The expo brought together more than 600 exhibitors from around the world and showcased innovations across major areas including the European Sign Expo, Personalisation Experience, Corrugated & Packaging and Textile Expo.

The event highlighted the latest developments in digital printing, personalization, textile printing and related technologies, reflecting the rapid evolution of the global printing industry.



handle intricate designs as well as large-scale printing jobs across different dimensions. This allows a wide range of design requirements to be fulfilled quickly while saving valuable time and production resources.

The high operating speed of digital machines has made them essential tools for modern textile businesses. Whether the requirement involves intricate patterns or bold graphics, digital printing allows designers to explore a wide range of creative possibilities.

Challenges and Future Outlook

Although digital textile printing offers numerous advantages, it also

faces certain challenges. The inks used in digital printing can be relatively expensive, which may have an impact on overall production costs.

Another major limitation is that not every type of fabric is suitable for digital printing. However, technological advancements are continuously expanding the range of compatible materials.

In the coming years, digital printing is expected to grow further with advancements in ink technology, printer capabilities and fabric compatibility. Innovations in apparel design practices, together with improved production

efficiency, are likely to contribute to the continued growth of this dynamic industry.

Among various printing methods, pigment printing is considered a more environmentally friendly option because it can require less water and energy. As sustainability becomes increasingly important in textile manufacturing, such technologies are gaining greater attention.

Modern digital textile printing (DTP) systems are reportedly capable of producing up to 16 million colours and their shades. Designs can also be modified easily without the need for additional setup costs, making digital printing highly suitable for customized and short-run production.

Digital technology has gained

considerable momentum in countries such as Italy and France. Essentially, digital printing takes images directly from a computer and transfers them onto paper, fabric, plastic and various other materials.

Unlike conventional printing methods, digital printing transfers designs directly from a digital file onto the fabric. This provides significant advantages in creating eye-catching designs and distinctive brands, as well as producing limited quantities of unique products. Italy and France have been at the forefront of adopting such technologies for high-value and customized applications.

The Importance of the Printhead

In digital printing, the printhead performs one of the most critical functions by

8-Colour High - Performance Digital Machine

The high-performance digital machine, model NE250-32A, features an 8-colour ink system, a maximum printing width of 2,500 mm and a peak production speed of up to 1,400 metres per hour. These capabilities make it suitable for a wide variety of design requirements and high-speed production environments.

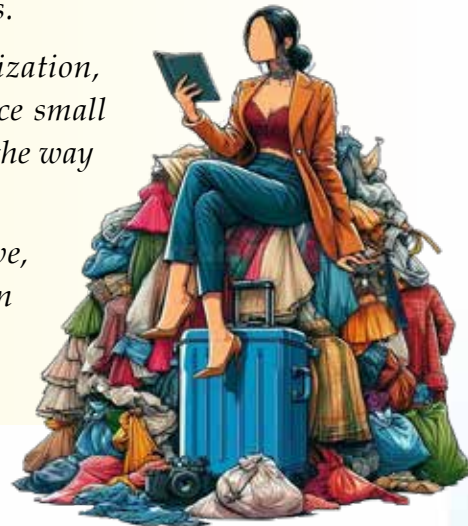


Digital Technology and Fast Fashion

When it comes to apparel, digital technology is becoming an important force behind the growth of "Fast Fashion." The ability to move quickly from a digital design to a finished textile product allows fashion businesses to respond rapidly to changing trends and consumer preferences.

With shorter production cycles, flexible customization, reduced setup requirements and the ability to produce small quantities, digital textile printing is helping reshape the way fashion products are designed and manufactured.

As digital printing technology continues to evolve, it is likely to play an increasingly important role in creating a faster, more flexible and more innovative fashion ecosystem.



depositing ink onto the fabric. Selecting the wrong printhead can lead to faded colours, ink spreading, reduced colour durability after washing, uneven ink penetration and fabric wastage.

There is no single "best" printhead for every printing system. The right choice depends on production objectives, ink type, fabric characteristics and the expected output. Long-term performance ultimately depends on how effectively the entire printing

environment is controlled. This is an important consideration for every textile business. Simply purchasing a DTF printer does not automatically guarantee a successful business. Equal attention must be given to employment and manpower, pricing strategies, production processes, customer experience and the measurement of long-term operational performance.

The technological innovations of digital printing have fundamentally transformed the textile manufacturing landscape and are emerging as powerful tools for both designers and manufacturers. As this technology continues to advance, it is expected to create even more possibilities in the fashion world and bring further transformation to the fashion industry.

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Don't Let Grey Take Over!

Premature greying is no longer a concern limited to older adults. Today, even young people are experiencing grey hair. Environmental pollution, unhealthy eating habits and excessive stress are considered some of the contributing factors behind premature greying.

From a medical perspective, hair turns grey or white when the production of melanin, the pigment responsible for hair colour, decreases. Melanin production naturally declines with age. However, in some people, this process begins much earlier, resulting in premature greying.

Tips to Manage Premature Grey Hair

Many women choose artificial hair colouring to conceal grey strands. Frequent colouring can affect hair health, making it dry, brittle and

prone to breakage. Chemical-based dyes, in particular, may cause considerable damage to the hair. Understanding the underlying causes of premature greying can help you take better care of your hair and scalp.

How Can Premature Greying Be Prevented?

In today's fast-paced world, women often experience high levels of stress and emotional pres-

sure. Prolonged stress and anxiety may contribute to various hair-related problems, including premature greying. Managing stress, getting adequate rest and following a healthy lifestyle are therefore important for overall hair health. Maintaining a clean and healthy scalp is equally important. Excessive dandruff and scalp problems can affect scalp health and may be associated with hair concerns. Regular hair and scalp care can help keep dandruff under control.

Some health conditions, including thyroid disorders, may also be associated with changes in hair colour and texture. Since thyroid problems are increasingly seen among younger adults, maintaining a balanced diet and healthy lifestyle is important. Anyone experiencing sudden or extensive premature greying should consult a doctor to rule out underlying medical or nutritional issues.

Nutritional deficiencies may also play a role in premature greying. Copper, iron, vitamin B12 and other nutrients are important for maintaining healthy hair. A well-balanced diet containing a variety of fruits, vegetables, whole grains, pulses, nuts and other nutrient-rich foods can support overall hair health.



Mrs. Esther
Beautician

A Traditional Hair-Care Remedy

A traditional home remedy involves combining five Indian gooseberries (amla), a handful each of henna leaves and curry leaves, and two cloves. Grind each ingredient separately, extract the juices and mix them together. Add three tablespoons of gram flour (besan) to the mixture.



Apply it to the scalp and hair, leave it on for about 30 minutes, and then rinse thoroughly with water. Traditionally, this treatment is used once a week as part of a natural hair-care routine.

Note: Home remedies may help with scalp and hair care, but they cannot be guaranteed to reverse grey hair. If greying begins suddenly or at a very young age, it is best to consult a dermatologist or healthcare professional to identify any underlying causes.



Sewing Dreams into Reality

A Woman of Her Own

— Fashion Designer **Jeevitha**

From learning to stitch clothes on a single pedal-operated sewing machine at home to establishing her own fashion studio, Jeevitha's journey is a story of determination, hard work and entrepreneurship. A native of Vengittipalayam near Dharapuram in Tiruppur district, Jeevitha pursued a degree in Fashion Designing and went on to create a career of her own. Today, she runs a growing fashion studio with confidence and ambition. Behind her success is an even greater motivation — to make her mother, who raised the family through years of sacrifice and hard work, proud.

- We met Jeevitha at her vibrant new fashion unit, where she was enthusiastically involved in her next phase of growth.



"Our native place is Vengittipalayam village near Dharapuram. I completed my schooling there and later studied Fashion Designing in Coimbatore. There are three daughters in our family. My mother worked extremely hard and raised us on her own. She took up whatever work was available, including farming, daily-wage labour and tailoring, to educate us. Even after my elder sisters completed their education and one of them joined an IT company in Chennai, my mother continued to work tirelessly." Her only goal was to see all of us move forward in life.

"During my second year of Fashion Designing, the COVID-19 lockdown began. I continued my studies online from home and later attended college to complete my final-year semesters," says Jeevitha, who completed her B.Sc. in Fashion Designing from Avinashilingam University, Coimbatore.

"I used to practise stitching with old sarees and pieces of fabric. After completing my studies, I started stitching blouses, churidars and kurtis. Gradually, neighbours, relatives and friends began giving me orders. All of this was done using the pedal-operated sewing machine we had at home. As the number of orders increased, I started concentrating more on tailoring after completing the household responsibilities," she recalls.

The turning point came when Jeevitha decided to move beyond working from home and establish a dedicated space. "We lived in an old tiled house where there was very little space for cutting and stitching. I discussed the idea of starting a boutique with my mother and sisters. Two years ago, with a small bank loan and the support of my family, we started Sara Designing Studio. Though it was a small boutique, we arranged facilities for cutting, stitching

Since January 2025, Jeevitha has been operating from a spacious two-storey fashion studio on the Pollachi-Dharapuram Road. The studio offers a wide range of women's fashion and customised clothing, including dress materials, jackets, gowns, churidars, lehengas, kurtis and kurtas. It also specialises in family combinations, brother-sister combinations, sisters' combinations and couple outfits.



"We also create Aari work and embroidery designs on jackets. Customers often bring their old silk sarees, and we transform them into contemporary outfits such as maxi dresses, churidars and kurtis according to current trends. We have completed orders not only for customers in nearby areas but also for people in Chennai, Coimbatore and Tiruchirappalli. We have also received orders from Bengaluru and Mumbai, as well as from customers abroad,"



and ironing. From taking orders from customers to delivering the finished garments, I handled everything myself. From the beginning, I also had the habit of recording my work on video and posting it on social media. Even today, I regularly share our work through the Sara Designing Studio pages," says Jeevitha.

Jeevitha started her professional journey in 2022 with a Jack industrial sewing machine, an overlock machine and the pedal-operated sewing machine she already owned.

"As the orders increased, I hired people to help with stitching. Later, I purchased three more machines and appointed people to operate them. I personally concentrated on the cutting work. After that, we bought the house behind our boutique and expanded the workspace. We then established a separate unit in the nearby area with six sewing machines, cutting facilities and



overlock machines. However, having the boutique and production unit in different locations meant a lot of travelling and coordination. I felt it would be much better if everything could operate from one place," she explains.

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Jeevitha now has bigger dreams for Sara Fashion Studio. She hopes to expand the business and establish branches in the future. Her journey, however, is about much more than fashion and business. It is about repaying, in her own way, the sacrifices of a mother who worked tirelessly to build a better future for her daughters.



Jeevitha now has bigger dreams for Sara Fashion Studio. She hopes to expand the business and establish branches in the future. Her journey, however, is about much more than fashion and business. It is about repaying, in her own way, the sacrifices of a mother who worked tirelessly to build a better future for her daughters. Jeevitha's determination to create a successful life and make her mother proud is perhaps the most inspiring part of her story.

From a single pedal sewing machine at home to a two-storey fashion studio, her journey proves that entrepreneurship does not always begin with big investments. Sometimes, it begins with a skill, a dream, a supportive family and the courage to take the first step.

We wish Jeevitha continued success as she takes Sara Fashion Studio towards new heights — and perhaps, one day, towards a chain of fashion studios of her own.

FROM SCREEN ICON TO STYLE ICON

Known for her long-running career in Tamil cinema, Trisha continues to command attention both on screen and off screen. Her recent public appearance once again showed why she remains one of Tamil cinema's most recognisable female stars.



NAYANTHARA'S 'HI' CREATES A BUZZ

Nayanthara is back in the spotlight! The trailer for her upcoming Tamil romantic drama Hi, co-starring Kavin, was released today and is already attracting attention for its unusual love story and unexpected marriage angle. The film marks director Vishnu Edavan's debut and is scheduled to hit theatres on August 28, 2026.

JASON SANJAY'S 'SIGMA' GETS RELEASE DATE

Jason Sanjay, son of Vijay, is set to make his directorial debut with Sigma, starring Sundeeep Kishan. The film has now been scheduled for worldwide theatrical release on 2 October 2026.

