

You



HEALTH TIP: Sugarcane juice gives you a shot of instant energy



Eating pumpkin makes you full for hours



ASK THE SEXPERT

DR IRFAN SHAIKH

MS (PGI), MCh Urology, Consultant Andrologist

1 What is stitchless circumcision? Is the recovery fast?

Stitchless circumcision is performed without taking manual stitches, so stitch removal is not required. Recovery is definitely faster than the conventional method and the pain and swelling is less.

2 I am a 28-year-old woman suffering from vaginal discharge. The discharge causes an intense burning sensation in my vagina and I get frequent urinary tract infections.

Vaginal discharge doesn't cause urinary infection. Meet a gynaecologist for vaginal discharge treatment. If urinary infection persists, get a urine culture done and meet an urologist.

3 I am a 32-year-old fitness enthusiast. I have a habit of masturbating and watching porn videos. I masturbate a lot due to which I have been feeling weak and low recently. Will masturbation reduce my manhood? Will it affect my sexual life?

Masturbation is a natural phenomenon, but anything done in excess is not good. You won't lose your manhood by masturbating. Gradually reduce the habit and watch porn if you only feel the urge. Yoga and meditation will towards getting rid of the habit.

4 I am a 38-year-old housewife. I think my husband can't satisfy me which leads to irritability and anger. He ejaculates within 10 seconds. Is there a treatment for this problem?

The problem your husband is facing is called premature ejaculation. This is a very common issue faced by many men. You could indulge in more foreplay and consult a qualified andrologist for the treatment.

SEND YOUR QUERIES RELATED TO SEXUAL PROBLEMS TO sexpert@punemirror.com



How to retain your sense of self in a relationship

Keeping a sense of "self" may seem counterintuitive when we are in relationships

You're in a relationship with someone you love and you often find yourself changing to please your partner. You might start to wear their clothes, eat the food they like and even adopt their hobbies... sounds familiar?

Keeping a sense of "self" may seem counterintuitive when we're in relationships. We find ourselves wanting to do everything we can in order for our partners to feel satisfied and happy with us. While this is a natural part of any relationship it's important not to lose sight of who we are in a relationship because it can make the experience more fulfilling for both people involved. It's also good for your mental health and spiritual well-being as it can help with restoring self-confidence whilst embracing individuality.

Devina Kaur, Radio host and Producer speaks on three leads to keep your sense of self when you are in a relationship:

Revealing your sense of self: The first step to keeping our sense of self in a relationship is to focus on what we are good at and what we enjoy doing. Our sense of self should be rooted in our ability to be divinely empowered by our own identity. We should not be so hard on ourselves and should stop comparing ourselves to other people. Revealing our sense of self can include taking care of our bodies and mind by eating healthy

and exercising regularly.

We can also take care of our mental health by talking to professionals about how we are feeling when things get tough for us. This will help us feel more satisfied with our lives and will make it easier for us to be happy with ourselves.

Empowerment in your independence: When you are in a relationship, it is important to maintain your sense of self. This means that you need to spend time on your own, be independent and not depend on your partner for everything. A relationship is a two-way street. It's important to

maintain your sense of self while being in a relationship. This is because you want to feel good about yourself and not just be the other half of someone else. Remember the journey to more self-love is love itself.

Balance found in self: Relationships of any magnitude require a balance between the parties involved. We can start by being honest with ourselves and our partner about what we want and need from the relationship. We should also try to set some boundaries for ourselves and our partners so that we know where the line is drawn.

Lastly, it is also important to have a strong support system outside of your relationship so that we don't get lost inside it.

It is important to maintain your sense of self while being in a relationship. There are many ways that you can do this, but one of the most effective ways is by finding an activity that interests you, spending time in knowing the ever-changing you, and then practising radical self-acceptance. You want to feel good about yourself and not just be the other half of someone else. Embrace the power that lies within your individuality.

IAN S



MIRRORLIGHTS

Kerala named 'The Most Welcoming Region' for the 4th time

Despite the challenges the past two years have wrought upon the travel industry, our love for travel has never waned as travel optimism and hope for recovery remains high. Travel platform Booking.com announces the recipients of its tenth annual Traveller Review Awards, including the 2022 Most Welcoming Places on Earth. Kerala has topped the list once again as the 'Most Welcoming Region' in India followed by Goa and Puducherry. Palolem, Agonda, Mararikulam, Thekkady and Varkala are the top five 'Most Welcoming Cities' in India. The awards also highlight hotels as

the most welcoming accommodation type by Indians followed by homestay, resort, guesthouse and apartments. From iconic architectural wonders to pristine natural beauty, the 2022 Most Welcoming Places on Earth span the globe and offer travellers a range of memorable travel experiences. The 2022 Most Welcoming Regions on Earth include Gorenjska (Slovenia) followed by Taitung County (Taiwan) and Tasmania (Australia). Booking.com also revealed the top 3 Most Welcoming Cities on Earth which include Matera (Italy), Bled (Slovenia) and Taitung City (Taiwan).

