

Seventeen-year-old Amara Jain's story of developing her own online fashion business with a sustainability mission is inspiring. Here's her entrepreneurial journey with massive takeaways. If she can, so can you

Teen eco warrior's fashion venture

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Amara Jain's passion for sustainable fashion didn't just remain a passing fancy. The class XII student at the Shri Ram School, Moulisari, Gurugram, converted her passion into something concrete by starting her own eco-conscious online fashion brand Clo_ser (closerindia.com) during the Covid-19 pandemic in 2022.

cled and designed to create garments and home decor.

Teaming up with under-privileged women tailors!

The proceeds from the sale of my apparel and home decor items help in providing stitching and tailoring training to less privileged girls. The courses offered, besides tailoring, also teaches life skills and communication skills to the girls, to groom them for future employment. We intend to provide tailoring training to 200 more girls too.

The NGO way – give back to the society

We collaborated with an NGO in Kashmir to provide sweatshirts from our winter collection to young students in peak winter. So, by reinvesting our earnings back into the project to upskill and economically empower the women in the community and through the donations to the NGO in Kashmir, we

were able to impact the wider community. It feels good for sure.

The balancing act: Studying is imp

Running a sustainable product business along with studies is challenging, but it is doable if you have a robust support system. My support system are my parents who help me work effectively through a timetable and tons of motivation.

THE TOUGH BUT PROMISING BEGINNING...

We started by identifying different types of available fabric, and how they could be used. I mapped trends, colours, designs and consumer preferences based on changing seasons and styles. Being a young individual, this opportunity allowed me to tap into my own and my peers' experiences as consumers and contribute to the design aesthetics from a set of fresh eyes and a new perspective.

How her start up began

Clo_ser is an initiative that focuses on sustainable fashion, utilising leftover scraps from the fashion industry that are upcycled to reduce land and sea-fill, while economically empowering young girls by upskilling them. My brand currently operates on the circular fashion approach where leftover fabrics from the fashion industry is upcy-

Students, take Note

Self-discipline is the main takeaway from Amara's success story. "Trying to strike a balance between academics and entrepreneurship is easier said than done, but if you are focused and disciplined, you can live your entrepreneurial dream every single day," she says.

STUDENT ACHIEVER

WORDSWORTH

UPCYCLING

It is the act of taking something (old clothes, furniture, etc.) no longer in use and giving it a new function. In doing so, the finished product often becomes more practical, valuable and beautiful than what it previously was.

NGO

The full form of NGO is non-governmental organisation. NGO is any non-profit, voluntary group of individuals established to fix social inequalities like poverty, lack of resources for underprivileged kids, etc.

AMARA'S ADVICE TO TEEN ENTREPRENEURS

★ Passion isn't enough; you need supporters. Find people who can support you in a tangible way – through resources, investment, loans and so on.

★ I have always been keen on sustainability and was curious to understand what happens to all the waste fabric in garment factories and how they could be put-to-use for a sustainable cause. To take this ahead, I connected with my parent's friends who were entrepreneurs or ran factories in the concerned industries.

★ I convinced those entrepreneurs and business-people about the idea I had – to use all the unused fabric for upscaling outfits and sell in the market. I ended up negotiating a buy-in and collaborating with these individuals and kickstarted the implementation of my sustainability project.

HELPFUL TIPS!

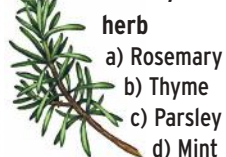
What is sustainable fashion?

Sustainable fashion is a way in which brands create clothes that reduces the impact on the environment and is mindful of the people who work to produce the garments. It is fashion that is ethically made and is eco-friendly.

FOOD QUIZ

While monsoon is still around, it's good to know about herbs and their benefits. Take this quiz and get more herbalicious than ever

1. Identify this herb



- a) Rosemary
- b) Thyme
- c) Parsley
- d) Mint

2. Which among the following teas help in inducing sleep?

- a) Peppermint tea
- b) Chamomile tea
- c) Ginger tea
- d) Tulsi tea



3. Which country is the largest producer of saffron?

- a) Iraq
- b) Iran
- c) India
- d) Sri Lanka



4. Which among the following countries is known as the 'land of spices'?

- a) Vietnam
- b) Malaysia
- c) India
- d) Thailand



5. Which of these spices is a commonly used powder consisting of horseradish and mustard?

- a) Curry
- b) Red pepper
- c) Thyme
- d) Wasabi

ANSWERS: 1. a) Rosemary; 2. b) Chamomile tea; 3. b) Iran; 4. c) India; 5. d) Wasabi

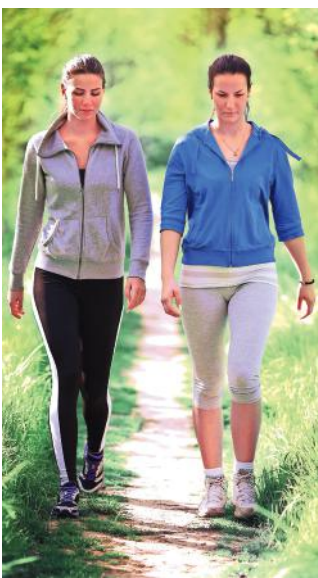
FITNESSTREND

Is 'fart walking' just a fad?

The term fart walking may be giggle-inducing and at first seem like yet another fitness fad, but it's prominent in fitness parlance. For the uninitiated, fart walking is done post meals and as the name suggests, it's an effective means to release the trapped gas through flatulence, aiding in digestion and relieving the discomfort of bloating.

Who coined this term?

The word 'fart walking' was coined by a Toronto-based cookbook author Marilyn Smith who shared her experience of going for a 60-minute walk post dinner to release gas and curb bloating issues. The idea connected well with people who struggle with acidity and bloating.



It's backed by science

Fart walking goes beyond releasing gas and aiding digestion post meals. It has hidden benefits that can elevate your overall health apart from gastrointestinal woes. Check these positives:

- ▶▶ A meta-analysis published in the journal 'Sports Medicine' suggests that going for a walk after a meal can prevent blood sugar spikes, even if the movement lasts for a few minutes. The logic is that muscles require glucose to function, and any sort of movement can help clear sugar from the bloodstream.
- ▶▶ Walking after meals can boost metabolism, aiding in better nutrient absorption.
- ▶▶ Walking releases happy hormones and even short burst of walking can boost your mood and reduce anxiety. TNN

5 FISH FOR YOUR HOME AQUARIUM



Keeping fish as pets can be source a joy. They are low maintenance and beautiful to look at and bring positive vibes. Here's a list of five freshwater species

BETTAS

1 Also known as the 'Siamese Fighting Fish,' this species is popular for its pretty colours and fancy fins. Bettas are territorial by nature and fight with each other to establish their territory.



Top Tip: Only one male betta can be kept in an aquarium as males tend to fight aggressively with one another (hence the name 'Siamese fighting fish'). Females are a bit more tolerant of each other.

CALLING ALL PET LOVERS...

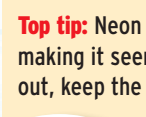
Do you have a story to share about your Shih Tzu or a conundrum over your cat, troubled about your tabby or want to get your feathered friend featured? This is the space for you. Send in your pics, tricks, tips and tales to tointe175@gmail.com and your pet story/pic will be featured in this space

GOLDFISH

4 The popular freshwater fish comes in various sizes, shapes and colours. But you will need a water conditioner to neutralise the water used to fill the aquarium as the chemicals in tap water such as chlorine are poisonous for goldfish.



DID YOU KNOW? Goldfish have a lifespan averaging about 10 to 15 years, with some varieties living up to 30 years, if given proper care.



Top tip: Neon Tetra's iridescent blue colouration has highly reflective scales, making it seem like they are glowing at night. To make their blue colour stand out, keep the aquarium against a black background.

GUPPIES

3 Colourful and lively, guppies are popular among fish enthusiasts. They come in a wide range of colours and patterns, making them a pretty addition to your home.



Top tip: Guppies eat a variety of foods like brine shrimp, flake food, pellets and because they are not picky eaters, they even graze on the algae growing inside the aquarium.

ZEBRA DANIOS

5 This small fish with horizontal stripes is known for its elegance. Get at least five zebra danios for your aquarium so they can shoal, which means many fish swimming together. Too few fish or too little space can stress this species.



Top tip: The minimum aquarium size for zebra fish is approx 37 litre, as they are active and need room to swim around.

SOURCES: TNN, WIKIPEDIA