

## Home & Garden

# How to grow a pocket-friendly Eco garden!

**Follow these tips to grow an eco-friendly garden that doesn't burn a hole in your pocket**

### Shrink the lawn

Expanses of lush green lawns use up a lot of resources—including water and fertilisers—and cost a bomb to maintain. A more ecologically friendly option is to reduce the stretch of planted grass and replace it with low shrubs and all-season ornamental grasses.



### Grow organic

Make full use of your garden to grow your own food. Plant fruits, vegetables and herbs to have a fresh stock of ingredients for your kitchen. An organic garden is cost-effective since you are cutting the cost of buying expensive organic groceries from the supermarket. Start with having nutrient-rich soil, add natural compost to balance it and use organic solutions to treat pests. An important factor of eco-friendly organic gardening is planting crops by season.

Lettuce and leafy veggies grow quickly in other seasons but die out in summer's heat, while tomatoes and pepper are hot weather crops.

### Mulch your landscape

Mulch refers to a covering placed around plants and over the soil in a garden to conserve moisture, ward off weeds and prevent soil erosion. It is especially good for domestic gardens in a city like Mumbai since water shortage is a common issue here. Sustainable mulch materials include coconut shell coir, grass clippings and shredded bark. Add a 2-3 inch layer of any of these around the plants and garden beds.

### Plant perennials and natives

Natives are plants that are indigenous to the region you live in while perennials are plants that live very long. Native Indian plants need less water to grow, less effort to maintain and grow faster and healthier since they are attuned to our climate, rainfall and soil. Another advantage of natives is that they are sources of food and shelter for native bird and insect species. As for perennials, experts recommend

g small ones if you are on a budget. They will grow tall fast. In fact, every two years, you will need to divide these burgeoning plants. This leaves you with more plants for your own garden or to share with gardening enthusiasts friends.

### Save water

An essential feature of an eco-friendly garden is one that doesn't drink much water. Use methods like xeriscaping that involves planting an array of beautiful drought-tolerant shrubs and perennial plants. Get water straight from nature by installing a

rain barrel at the base of your downspouts. You can use a DIY rain barrel or buy one from a gardening supply store.

### Do composting

Compost is also known as black gold, because of its richness and the value it adds to soil. It's an essential element of any eco-friendly garden. The most sustainable way to make compost is to use garden and kitchen waste. Make good use of 'waste' materials like dried leaves, raw fruit and vegetable peel, and grass clippings by putting them in a compost pile and thus making them a source of nutrition for the garden's soil.



## 7 Tips for hand-washing Dishes fast

Not every home or apartment owner is lucky enough to have a dishwasher, and most of us don't have a tonne of time to spend cleaning dishes.

The dish-washing process is tedious, to be sure. But there are hacks to make it go faster. Jolie Kerr, columnist and author, and Dr Kelly Reynolds, a professor specialising in food safety and disease transmission, give us seven tips for ultra-speedy dish washing so you can clean up, dry off and get on with your life.



1. Switch to a soap with the right ingredients. Look for soaps with lactic acid, which provides antibacterial benefits and gets the job done fast. Soaps with lauramine oxide have grease-cutting.
2. Use a sanitising rinse. Dipping dishes in the rinse will mimic part of the process they go through in a dishwasher, and it'll provide peace of mind that your dishes are clean, even if you don't scrub them for hours. Next, dip your plates in one tub of water with one teaspoon to one tablespoon of bleach. You can also use this solution to clean your dish sponge and your sink in a jiffy.
3. Let dishes soak. It's tempting to start scrubbing caked-on food right away, but do yourself a favour and let pans soak in warm water first. It'll loosen food particles and save your hands from sponge-induced fatigue. Soak pots with burn marks on the bottom in salt and cold water overnight, then boil the water to remove grime.
4. And while you're waiting, go get a serious sponge. Sponges covered in a plastic netting allows you to scrub well, and doesn't cause any scratching.
5. Use cold water to un-stick dairy and starches. Rinsing ice cream or butter off a plate with hot water can cause it to gum up. Get these foods off with a cold rinse before continuing to wash the dish in warm water.
6. Make baking soda your grease-dissolving best friend. Coat a sticky, greasy pan with baking soda and cover the bottom with water. Heat it up a bit, then scrub the gunk off in mere seconds.
7. Never ever stack dirty dishes in your sink. Have your guests leave their dishes on the counter next to the sink, not inside it. Remember, you need to leave your sink open so that you can actually wash those dishes. Unstacking and re-stacking is going to make washing your dishes take longer, and ain't nobody got time for that.

## Simple ways to freshen up Your home

Here are some more easy ways to bring the best of the season into your home. Take out any dark accessories like velvet pillows, wool throws, and even that dark leather club chair and ottoman. Don't worry! You can bring them back in when the weather changes. Nothing brings freshness like a casual decor. Use wicker, rush, iron, or painted white garden furniture in place of heavy upholstered pieces.



Add colourful pillows. Sheer, pretty curtains keep a room feeling cool and open while offering some privacy. White is always a good choice, but don't shy away from some of the new citrusy pastels. Subtle colour and texture make a big difference to mind and body. Colour choices such as white, almond, soft shades of orchid, dusky blue and corn silk yellow can turn your bedroom into an oasis of calm. Don't forget to bring the outdoors in. Toss out leggy, brown plants that you're trying to nurse. Bring in fresh, flowering new ones. Flowers bring freshness into any room. Choose your favourite glass vase or colourful ceramic jug and keep it full of fresh cut stems from your garden, the

neighbours, or the flower market. Add fresh flowers and plants to your guest room or bedroom. Enjoy colourful, cheery, summery new flowered bed linens. Layer sheer, frothy fabrics on tables, as a second layer on a bed skirts, and even make a sheer pillow cover for a dark pillow. Add a touch of whimsy with embroidered sheer fabric. When you enter a home, the first scent you smell makes a significant impact on you. You may quickly formulate impressions or opinions about the home, even if you are not conscious of this occurring. Make sure you fill your own home with inviting and pleasant scents, both for your own enjoyment and the enjoyment of guests. Make a homemade liquid potpourri to simmer on your stove top. Revive your home and perk up your senses with homemade liquid potpourri. A few items from your cupboard or refrigerator are all you need to create an aroma that is pleasing. Use potpourri in the bathroom or bedroom to create a mood. Potpourri mixes can be purchased from stores, but you can experiment with different combinations of fruits and spices until you find the perfect fragrance for your home. Don't ignore your kitchens. Invest in a kitchen chimney, which will keep the heat and smoke of cooking out of the home. Kitchens with steel partitions instead of wooden ones ensure proper ventilation and retard heat and dampness. While you may not be able to decorate every room in the house, there are numerous ways to add flair to your living space. Lighten up your colours, accessories, and decorate your home with less. Pare down, and let the air circulate. Now sit back and sip a cool pinacolada.

The first rule of contemporary decorating is - lighten up! It's not necessary to change every room or throw out all the old furniture, but there are lots of ways to lighten up and freshen up your home for a wonderful seasonal change.

## How to take care of artificial Jewellery

Avoid spraying deodorant/perfume on the jewellery while getting ready. After removing your jewellery, store it in a soft zip up pouch so that dust doesn't easily get to it. Don't use tissues to cover them as they might cause scratches. Do not wear your jewellery while taking a shower. If you have to clean your jewellery, try and use only warm water. Clean your jewellery with a soft cloth and mild detergent with warm water if required. Don't clean any jewellery piece that is broken or damaged since cleaning it might damage it more. Inspect your jewellery at regular intervals to ensure that it isn't tarnished.



## Scientists find a headway in Antimalarial Drugs

A team of researchers has recently discovered new targets for drug development against life-threatening malaria parasite, which needs two proteins to infect red blood cells and exit after multiplying. Plasmodium falciparum is the species of parasite that causes the most malaria deaths worldwide. Researchers from Eunice Kennedy Shriver National Institute in the U.S. sought to uncover the role of plasmepsins IX and X - two of the 10 types of plasmepsin proteins produced by P. falciparum for metabolic and other processes.

The findings indicated that one drug called CWHM-117, which has already been tested in a mouse model of malaria, may help researchers modify CWHM-117 to make it more effective. They created malaria parasites that lacked plasmepsin IX or X under experimental conditions and compared them to those that had the two proteins. The team found plasmepsin IX in rhoptries, specialised cell structures inside the parasite, which help to invade Red Blood Cells.

The parasites lacking plasmepsin IX had defective rhoptries. In addition, they also observed plasmepsin X in exosomes - small vesicles (balloon-like structures) that help malaria parasites exit infected cells. The team also discovered that plasmepsin X processes an important protein called SUB1. When deprived of plasmepsin X, the parasites could not process SUB1 and could not infect red blood cells or exit these cells after multiplying.

The researchers also identified three experimental malaria drugs that may work by targeting plasmepsin X. Furthermore, parasites lacking the plasmepsins could potentially be used to screen candidate drugs to identify additional anti-malaria compounds. The research appears in journal called 'Science'.

## Kidney transplant prolongs life of patients on long term dialysis

According to a recent study, a kidney transplant prolongs the lives of not only those patients, who have recently initiated dialysis, but also those who have been undergoing dialysis for more than a decade. The findings indicate that patients, who may not have been referred for transplantation, should be re-evaluated. John Gill, from the University of British Columbia and Vancouver's Providence Health Care, and his colleagues, examined whether patients, who receive transplants after a prolonged treatment with dialysis derive a similar survival benefit as those who undergo transplantation earlier.

"Because of the recent changes in the allocation policy, patients not previously wait-listed for many years can rapidly access transplantation if they are referred for it and accepted onto a waiting list," said Dr. Gill. The researchers suspected that the benefit might not be the same because pre-transplant dialysis exposure is associated with inferior post-transplant kidney survival. The team analysed 5,365 patients and determined the risk of death in recipients of a deceased donor kidney transplant after 10 or more years of dialysis treatment compared with wait-listed patients, who continued to undergo dialysis.

The patients were followed for at least five years. The overall death rate for patients, who underwent transplantation was 3.9 per 100 patient-years, compared with 5.8 per 100 person-years for patients, who continued on dialysis. After adjustments, the transplant recipients had a 40 per cent lower risk of dying than patients on dialysis, who had equal lengths of follow-up from their 10-year dialysis anniversary. Transplant recipients were at a higher risk of death for 180 days after transplantation, however, and they did not derive survival benefit until 657 days after transplantation, despite receiving good quality kidneys.



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Sub: Intimation of Board Meeting under regulation 29 of SEB1 (Listing Obligations and Disclosure requirements) regulations, 2015

Unit: Hindustan Bio Sciences Limited (Script Code 532041)

With reference to the subject cited, this is to inform the Exchange that meeting of the Board of Directors of M/s. Hindustan Bio Sciences Limited will be held on Tuesday, the 31<sup>st</sup> day of January, 2023 at 02.00 p.m at the registered office of the company situated at Plot No. 31, Sagar Co-Operative Housing Society, Road No 2, Banjara Hills, Hyderabad — 500 034 to consider the following:

- 1 Un-audited financial results of the company for the quarter ended 31-12-2022.
- 2 Limited Review Report for quarter ended 31.12.2022.
- 3 To accept the resignation of Mr. Varun Varma Jampana (DIN No: 00515430) Non Executive Non Independent director of the company.
- 4 Any other matter with the permission of Chair.

Sd/-  
VENKATA RAMA MOHAN RAJU JAMPANA  
Managing Director  
(DIN: 00060800)

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