



## HEALTH TIPS

Water helps keep your joints and muscles lubricated, thus preventing cramps and sprains



Fresh tomatoes and tomato extracts have been shown to help lower total cholesterol, LDL cholesterol, and triglycerides

## ASK THE EXPERT

DR MAHINDER WATSA



**1 Which is the best condom brand? What is the difference between the different flavours available?**

All brands are good. Some like chocolate, others strawberry. Keep both, and give her the choice.

**2 Can you please offer tips for penis enlargement?**

Do not waste your money. Learn that it is not the length, but the skill behind it that counts.

**3 I suffer from premature ejaculation. It takes me about 3-4 minutes to ejaculate after being aroused. What is the average time and how can I extend my time?**

Start Kegel exercises. See a sexpert for further advice.

**4 I am 64 and used to have rock-like hard erections till about three years ago. Kindly suggest herbal or ayurvedic medication for long-lasting erections.**

It's remarkable to have rock hard erections till 61. Please share the secret of your success. Try Fortege tablet (Alarsin) (two tablets twice a day before meals, for three weeks). Have your prostate checked.

**5 My girlfriend and I are 18 years old. We recently dry humped, following which she consumed a contraceptive pill immediately. She got her period last month and it was very painful for her. But this month, she hasn't got her period yet. She is also experiencing cramps for the last few days and we wanted to know if we should be worried?**

Continue to be worried till she gets her period. She cannot be pregnant.

**SEND YOUR QUERIES TO:** Ask the Sexpert, Mumbai Mirror, Times Of India Building, Dr D N Road, Mumbai 400001 or email at drwatsa@timesgroup.com. Contact Dr Watsa, send an email to mcwatsa@hotmail.com

# CRACKER JACK

Throwing an impromptu taash party for Diwali? We call in the experts so that you can make it a cracker of a night

Mumbai Mirror Bureau  
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## 'INSTEAD OF CASH, REWARD WINNERS WITH FESTIVE GIFTS'

**DHAIRESH DESAI**, co-founder Aces Over Kings, a live gaming casino company

Blackjack, roulette and poker (5-card and 3-card) are the most popular games during Diwali. We usually take orders for taash parties 15 days in advance. We provide props and dealers so that the experience is as authentic as possible.

If you are throwing an intimate party at home, rent a blackjack table or roulette ring. Guests can exchange cash for tokens when they enter. Improvise with coins from kid's games and set the denominations. Make sure everyone knows the rules which are easily available online.

At the end of the night, reward winners with the maximum tokens for gifts instead of cash. The price limit depends on you.

## 'MAKE KIDS FEEL VALUED AS GUESTS'



**ANKITA KHANNA**, child psychologist and blogger (littlebigger.wordpress.com)

In keeping with a cracker-free Diwali, I decided to throw a taash party. While most adults enjoy playing cards, make sure the kids also feel valued as guests, not just as add-ons, who "couldn't be left at home".

Set up a separate space for the kids' activities. Make sure they are not in the same room as the adults' playing cards or drinking. They will, of course, be in and out but it is important to drive home the message that some Diwali activities for adults and kids are different.

You could get the kids involved in working on a big rangoli, make cards or paper lanterns, and paint diyas and candles. Setting up a work station lined with newspapers, enough supplies, usually works



well. Later in the night, you can use what they've made as decorations or giveaways.

Leaving around some age-appropriate books about Diwali for the older ones to read to the younger ones is also a great way to inject some cultural education as well. I found an illustrated one called *Amma, tell me about Diwali!* by Bhakti Mathur for our 'little' guests."

## 'LET GUESTS CONTRIBUTE TO THE PLAYLIST'

**MAGESH GANDHI**, vocalist with Coshish

Music is key to setting the mood of the party. The genre depends on the crowd. Who says you can't play rock at a taash party? For example, post-rock is mellow and guitars take centre stage; *The Calm Blue* and *Pangea* are noteworthy bands in the genre. Volume and tempo is key. Make sure it is loud enough to recognise but soft enough to have a conversation. So even if you choose old Bollywood number, don't hog the playlist. Nothing makes guests feel more comfortable than being able to contribute with their music."

## 'KEEP 'BACK-UP' ALCOHOL'

**NIKHIL AGARWAL**, wine and spirits consultant

"If you are expecting 20-odd guests, be prepared to cater to a variety of tastes. It's a good idea, I'd say, to have a bit of each — some good single malt, a few beers, red and white wine, a vodka or rum, and champagne if it's serious celebration you are aiming for. Serving cocktails can get laborious (you don't want to be behind the bar all night while everyone else is making money), but they add an element of fun. Fix two easy varieties, if you like. Source recipes online. Or prepare large pitchers of an easy-to-make cocktail like sangria. Once guests are through with that, they can switch over to hard liquor. Organise for lots of ice. You always runs out of it. Make sure your wines are chilled to the right temperature — not tepid, not freezing cold.

Keep 'back-up' alcohol. The night's going to melt into morning, and if you run out of booze, that will be a dampener. Diwali is about coming together, and parties expand magically.

Everyone's invited and everything's allowed, so ration for a friend's friend who may accompany him out of the blue. Do you have mint for that Caprioska. Do you have enough mixers? You may think whiskey and soda isn't the way to do it, but there's always be some bloke who'll want it. If by impromptu, you mean that a bunch of you suddenly decided, let's do a cards party tonight, everyone's going to be willing to pitch in. Ask for help, divide sourcing supplies and tasks to do."

