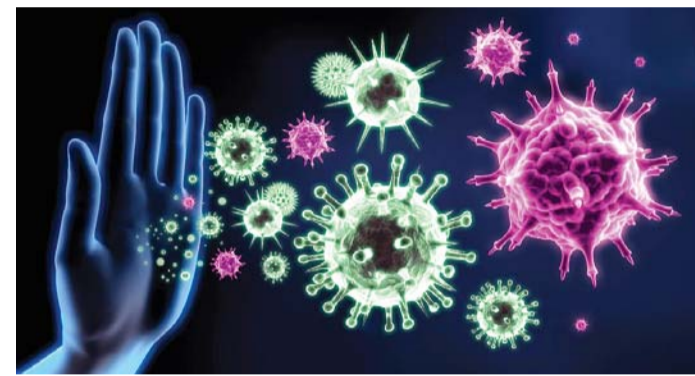


#IMMUNOLOGY

T Cell Enhances Immune System Memory

When humans or animals get infected, the body's immune system tries to not only clear the infection but also build up a memory of the pathogen that caused it. So, when the pathogen comes around again for possible reinfection, the body has an army of memory T cells that can recognize and destroy it. These T cells are a critical part of immunological memory, and an important component of efficient vaccines.

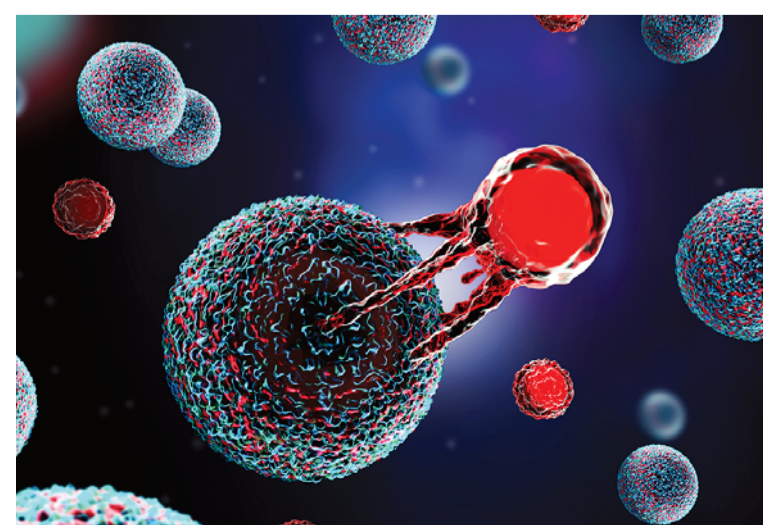


Manipulating one molecular signalling pathway in the T cells that participate in clearing influenza virus in the lungs can improve strength and longevity of immunological memory produced, researchers report.

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Now, researchers are one step closer to making the T cell army stronger. The new finding can potentially support the future development of more effective vaccines and therapeutics to combat influenza and other respiratory infections with the ultimate goal of increasing the body's immunological memory, which can both prevent and lessen the severity of infections and reinfections.

Emma Teixeira and Mark A. Daniels, associate professors in the University of Missouri School of Medicine, led the NIH-funded study, which involved unique mouse models of influenza infection. "Immunologists like myself have always wondered why T cells in the lungs after influenza infection disappear so quickly," Teixeira says. "This research can help us solve that problem by increasing the amount of T cells that can fight against infection. In this study, we have identified novel ways to improve the generation and long-term maintenance of protective



Lavy Pinto wins gold for India.



Prakash Bhandari
The writer is senior journalist

As this was the first big international event India was staging the new government headed by Pandit Jawahar Lal Nehru was very concerned on the organizational aspect of it.

At the heart of the story of the Delhi Asiad was a desire for newly independent India to be noticed, the moment of arrival signified by an international event of Olympic proportions. Writing in 1959, Anthony de Mello, the Director of the organising committee, recounted the opening ceremony. "What was the greatest moment in Indian sport?"

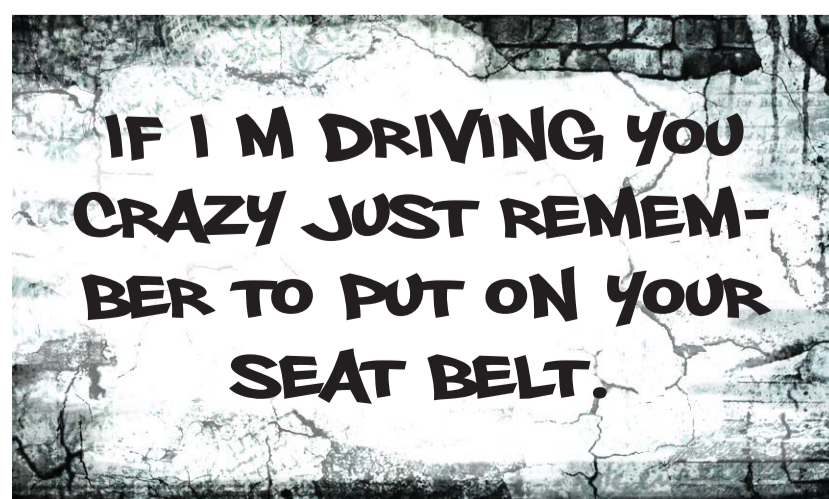
It is to be noted that national-ist India was invested in the idea of Asian unity and solidarity prior to its Independence – the Congress Working Committee in the 1920s proposed and later passed a resolution for the Asian Federation with India as its leader. Anthony de Mello knew the potential of Sheri Dhawan, who impressed de Mello when a meeting called in the erstwhile Bombay to discuss the feasibility of organising the Asian games in Delhi. It was Sheri Dhawan, who assured the meeting that the first one lakh could be raised through NSCI.

Teixeiro adds that T cells can recognize parts of viruses that do not mutate, so if researchers can better understand how to strengthen the T cells and extend the timeframe when they can do their job appropriately, the body's immune system will ultimately be better suited to fight against infection and lessen the severity.

While the influenza virus was the focus of this particular study, gaining knowledge of the underlying molecular mechanisms and signaling pathways that regulate memory in tissues can be helpful to improve therapeutics for patients with cancer, autoimmunity, or other respiratory infections.

"By unveiling the biochemical and molecular secrets of these T cells, we can provide valuable information to other scientists who work on optimizing vaccine strategies," Teixeira says. "The good news is there are already clinical treatments that do target this particular pathway we identified, so this study is a big step in the right direction, but we still have a long way to go."

THE WALL



Pakistan And China Did Not Participate... PART:2

At various phases it was realized that without the active support of the government and the influential people the efforts would not be blessed with any success. Thus a strong organising committee was formed with President Rajendra Prasad as the Chief patron and Pandit Nehru and Vallabhbhai Patel as the patrons. Various committees were formed that had Gen. K M Cariappa, Sir Girija Shankar Bajpai, Nawab of Pataudi, Sr, Maharajkumar of Vizianagram " Vizzy" a number of ICS officers like R K menon, Shankar Prasad, Dr Tara Chand, Krishna Prasad, Usha Nath Sen and other dignitaries like Sir Biren Mukherjee, Sir Sobha Singh, Naval Tata, JRD Tata. Director de Mellow and organising secretary Sheri Dhawan were made a part of all the committees. Anthony de Mellow, a great sports organizer, who also served as the Board of Control for Cricket in India (BCCI) President was made the Director of the Asian Games Organising Committee.



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Dhawan's courageous offer put new hope into the sagging spirit of the organizing secretary. De Mellow, then urged the executive committee of the National Sports Club of India, (NSCI) in Delhi to offer a loan of Rs one lakh to the IOA for staging the Asiad. The loan was granted and this was the only funds that the organizers had as there was no support from the government. NSCI also helped in building the swimming pool, stadium and also in importing equipments.

The main stadium and the venue of the opening ceremony, athletics, cycling and football was Irwin Amphitheatre, a multipurpose sport complex named after the Viceroy was rechristened National stadium and now it has been further rechristened as Dhyani Chand stadium.

As the preparations were going ahead, the Union government began to realise the importance of the event. But the resource crunch was killing. Both de Mellow and Sheri Dhawan spent sleepless nights as the day of the inauguration was nearing.



#HISTORY

It was Sheri's idea to ask de Mellow to meet Pandit Nehru and ask for fundings from the government. Nehru, after much thought allowed Rs 10 lakh from the Prime Minister's Fund for the Asian Games. It was like hitting a jackpot then. Barring swimming and water polo all other events were organised in the National Stadium. The main office of the organising committee was also in the stadium precincts. The fund granted by Pandit Nehru helped in building the infrastructure. A month before the opening of the Games in March sixty percent of the job was done and when the Asian Games opened everything was complete. My father and mother would leave me to the care of my grandparents and would return only late in the evening and would start for work the next morning very early. Such was the dedication and commitment to make the Asian Games, a success," added Tutu Dhawan.

The technical aspect was supervised by Mehar Chand Dhawan, who was the sports teacher in Aijmer's Mayo College. He was assisted by his own team of trusted and dedicated officials.

Dhawan was among the original founders of the Asian Games, declined to participate because of the Kashmir conflict and though China was invited, did not respond.

The Games featured six sports: athletics, aquatics—broken into diving, swimming, and water polo, disciplines—basketball, cycling—road cycling and track cycling—football and weightlifting "The record of the first Asian Games is, that Japan sent a 72-member strong team, the second largest after the host, and participated in all except aquatics events. Burma and India sent their contingents in all the events. Iran participated in all events, but did not send any female athletes. Ceylon, the Philippines, Afghanistan, Nepal, Singapore and Thailand were the other participants.

The sports were broken down into 57 events. But due to various reasons, boxing and hockey did not make the final list for the Games. Except athletics, women did not participate in any other event.

In the Games, "Mr. Asia of 1951" was also contested as the non-medal event. The contingents were judged on the basis of their physical development, looks, and personality. "Primal Roy of India won the event," said Tutu Dhawan.

The opening ceremony where Dr Rajendra Prasad was the Chief Guest saw some 40,000 spectators. A 31-gun salute was fired from the ramparts of the Purana Quila. Prime Minister Nehru presented his speech from which organisers of the Games adopted the official motto of the Games—"Play the game, in the spirit of the game".

The Lighting of the Cauldron was done by the 1924 Olympian of India, Brij Lalip Singh with the help of Asian Games torch, which had been lit by the sun's rays in the Red Fort. Afterwards, Baldev Singh, a member of the Indian athletics squad, recited the athlete's oath on behalf of all competitors at the Games.

Athletics was the only sport in which all the eleven participated. The Games featured 24 medal events for men and 9 for women. Japanese women won all the 9 girls of their events and just lost

World Meat Free Week

Even if you are an omnivore who eats meat on an everyday basis, this day is the perfect chance to take a break from your habits and try something new. You will probably not become a vegetarian after eating vegetarian for just one day, but that's hardly the point of this day—millions of people celebrating World Meat Free Week together could have an enormously positive impact on our Planet. Plus, you may well discover some interesting vegetarian dishes you had no idea existed before and incorporate them into your normal diet. Basically, it's a win-win situation!



#PSYCHOLOGY

There are no pain-free options in life



There's really only one mistake you can make: continue doing the same thing you already know is hurting you and expect a different result.

If you find yourself chronically feeling bad, experiencing the same problems over and over, chances are high that you're stuck because you've been seeking the perfect solution. But you don't need a perfect solution; you need a powerful one.

Perfect solutions don't exist, because they're predicated on the total absence of pain's energy, which is scientifically impossible. Instead of trying to eradicate your pain, what you want to do is first clearly understand the pain you feel and then pick a more powerful pain—a pain that will ultimately make you stronger because you're able to hold more emotional energy.

Let's use an analogy that will make this clear. If you're trying to get physically stronger, you go to the gym and lift more weight. At first, 20 pounds may be the edge of what you can comfortably tolerate. But you decided your goal is to get stronger, and you know you must pick a more powerful weight. Let's say you work long enough that you're now able to lift 40 pounds. Clearly, you've gotten stronger.

But here's the thing: When you're able to lift 40 pounds, it's not that 20 pounds no longer exists. In fact, you will forever have to lift 20 pounds in order to lift 40—20 is inherently part of the 40. Twenty pounds didn't get easier; you got stronger.

To see how this relates to your emotional life, let's apply this logic of picking a more powerful pain with your partner.

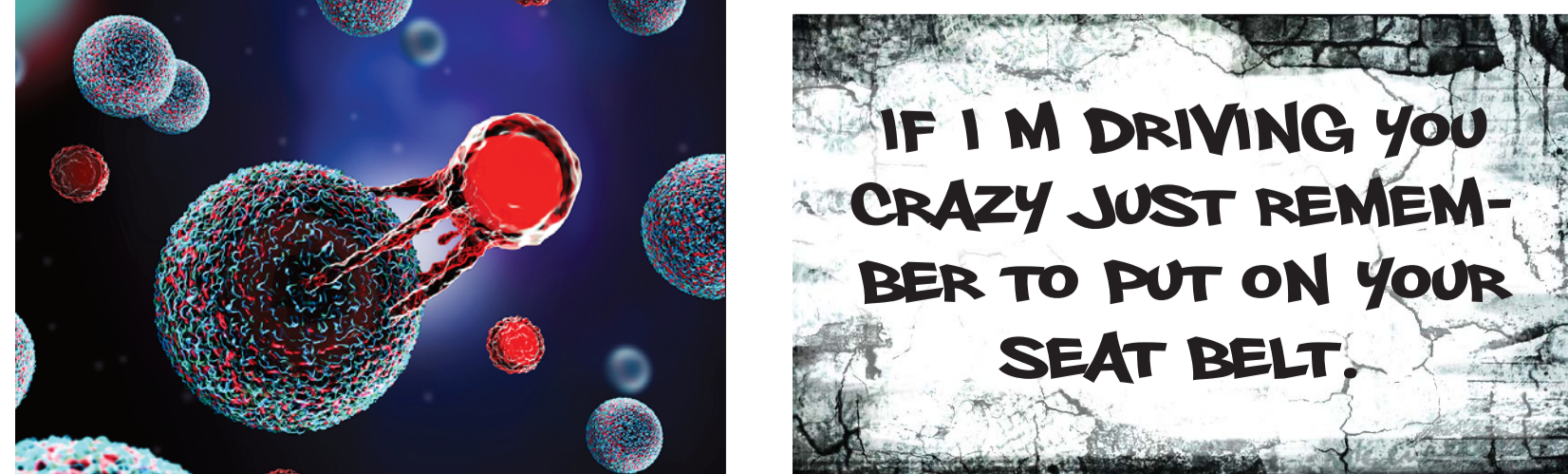
Let's imagine your partner is upsetting you because you feel that you have to excessively take care of them—you do their laundry, cook their food, do all the grocery shopping, take care of the kids, pay all the bills, and even remind them about their own appointments. You feel more like a parent than a partner. You continue to do this work for them, all the while hoping they'll change. Maybe you've had multiple conversations with them about how their behaviour bothers you; maybe you've displayed your sadness to show them how their behaviour is hurting you; maybe you've even made snide remarks—all in the hope that they will change their behaviour to deliver you from your painful feelings. You may now decide it's time to choose a more powerful pain: You are no longer willing to do this much work on behalf of your partner because you feel like your own self-respect is waning. You know,

though, that when you do this, you will have to face their threatening emotions. Chances are high that they will be mad at you. They also may be hurt, asking you why you don't care about them anymore. They might start to respond to you in passive-aggressive ways. Maybe your worst fear materializes and your new boundary leads to the end of the relationship. We realize this can sound devastating. But don't panic. It's clarifying—steady-ing, really—to realize that there is absolutely no scenario in which you magically avoid all pain. Now, ask yourself [this] question: Which pain do I choose? Do I choose the pain that comes from feeling disrespected, unappreciated, and parental? Or do I choose the pain that will likely come when I attempt to expand into a relationship with more self-respect, partnership, and intimacy? These are not empty, moralistic questions—faux reflections where the choice is already self-evident. These questions are so powerful precisely because they orient you to the truth of your life, which is this: In a life where there is no pain-free option, which pain do I genuinely choose? This level of honesty is a total power move.

In the former caretaking scenario, you already know the precise pain your current situation offers simply because you've been living it for a while. It's totally okay to stay in this version of a relationship if this pain is genuinely acceptable to you. But if you desire to expand your edge—to meet the natural and stressful resistance that comes with change—you have the chance to build the relationship you've been dreaming about. This change, like any change, comes with the pain of the unknown.



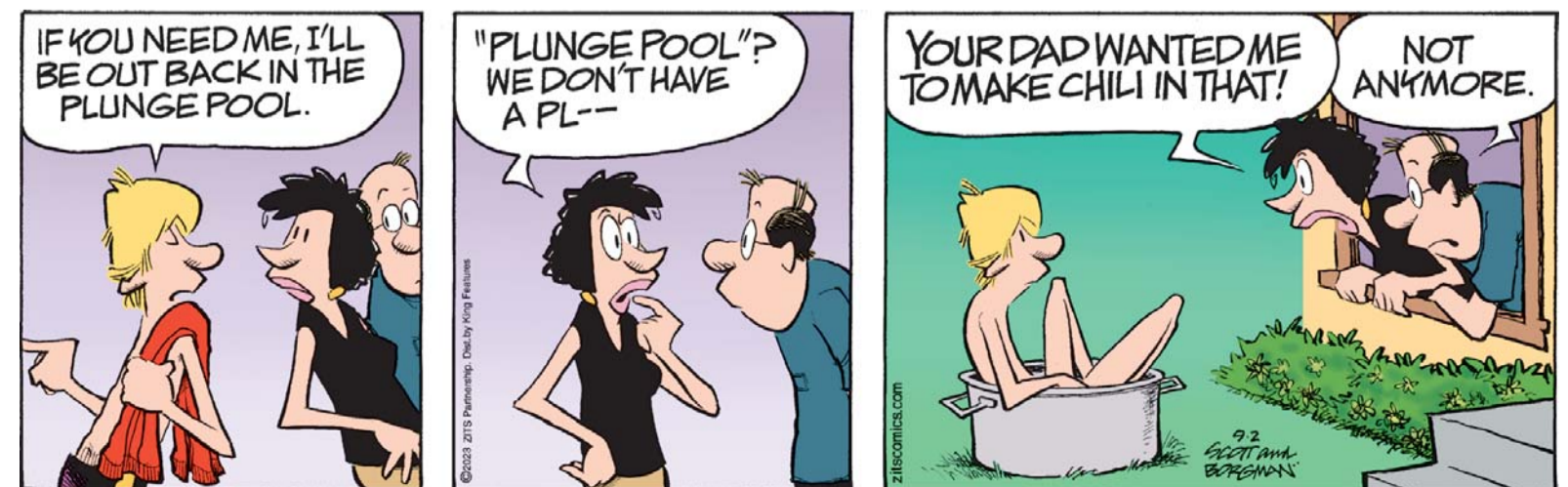
BABY BLUES



ZITS



THE WALL



By Rick Kirkman & Jerry Scott

By Jerry Scott & Jim Borgman