



Global Ethics Day

With the purpose of empowering ethics as a force for good, Global Ethics Day offers plenty of opportunities for engaging with ethics as an active process for people to improve their lives and build better communities. Even in situations where people disagree with each other about certain topics or where there are partisan and nationalistic sentiments, Global Ethics Day seeks to provide ways to listen to one another and work collaboratively to make the world a better place for everyone.

#TRIED & TASTED

Feast While Fasting!

Navratri is a celebration of nine days during which Goddess Durga is worshiped and most people observe fasts. Here are a few vrat recipes that you can prepare and relish on festivals such as Navratri.



Tired of eating potatoes for breakfast, lunch and dinner when fasting? Try this delicious ArbiKofta recipe that is a perfect tea-time snack for you.

Arbi Kofta with Mint Yogurt Dip

- Ingredients**
- 250 Gram Arbi/colocasia roots
 - 3-4 tbsp Water chestnut flour (kuttukaata)
 - 1 Green chili
 - 1/2 inch Ginger, finely chopped
 - 1 tsp Carom seeds
 - As required Rock salt
 - 2-3 tsp Oil
- For the dip**
- Few sprigs Mint
 - 100 gram Curd
 - 50 gram Cucumber, finely chopped
 - For garnishing Pomegranate

Singhare ke Atte ka Samosa



- Ingredients**
- For the dough**
- 120 gram Singharekaatta (water chestnut flour)
 - 1/4 cup Arrowroot
 - 60 gram Ghee
 - 2 1/2 cups Water
 - 1 tsp Sendhanamak (white rock salt)
 - For deep-frying Ghee
- For the filling**
- 125 gram Chironji (charoli) (soaked in water for about 2 hours)
 - 3/4 tsp Chilli powder
 - 1 tsp Zeera (cumin seeds)
 - 2 tsp Dhania (coriander powder)
 - 2 tsp Sendhanamak (white rock salt)
 - 1/2 tsp Elaichi (cardamom) powder
 - 50 gram Ghee

- Preparation**
- Samosa filling**
1. Remove the husk of the chironji and grind coarsely.
 2. Heat the 2 tsp ghee, in a pan and add the zeera. When it splutters, add chironji and rest of the filling ingredients.
 3. Sauté over low heat till mixture is well fried. Leave to cool.
- Samosa Dough**
1. Place the water, ghee and 1 tsp salt in a pan and bring to a boil.
 2. As soon as it comes to a boil, put in the atta and arrowroot and mix well, over low heat, till it collects together in the center.

She says that right in the beginning of her career in Bombay, she had laid down two conditions to accept any assignment. "I would never wear revealing clothes which would make me so uncomfortable that it would affect my performance. And the second condition was that I would retain my original name and not get in changed to a screen name like my predecessors Madhubala and Meena Kumari," she said several times and she stuck to these right through her career in films which spans six and odd decades.

THE HAPPIEST DADASAHEB PHALKE AWARD



WAHEEDA REHMAN



Dr. Shoma A. Chatterji
Film scholar
journalist & author

Waheeda Rehman has been announced as the latest winner of the Dadasaheb Phalke Award for her Life time Contribution to Indian Cinema. This news has been received with great joy by every single lover of Indian cinema who does not think there is any lover of Hindi cinema who is not familiar with the work of this great actress-dancer in the history of Indian cinema.

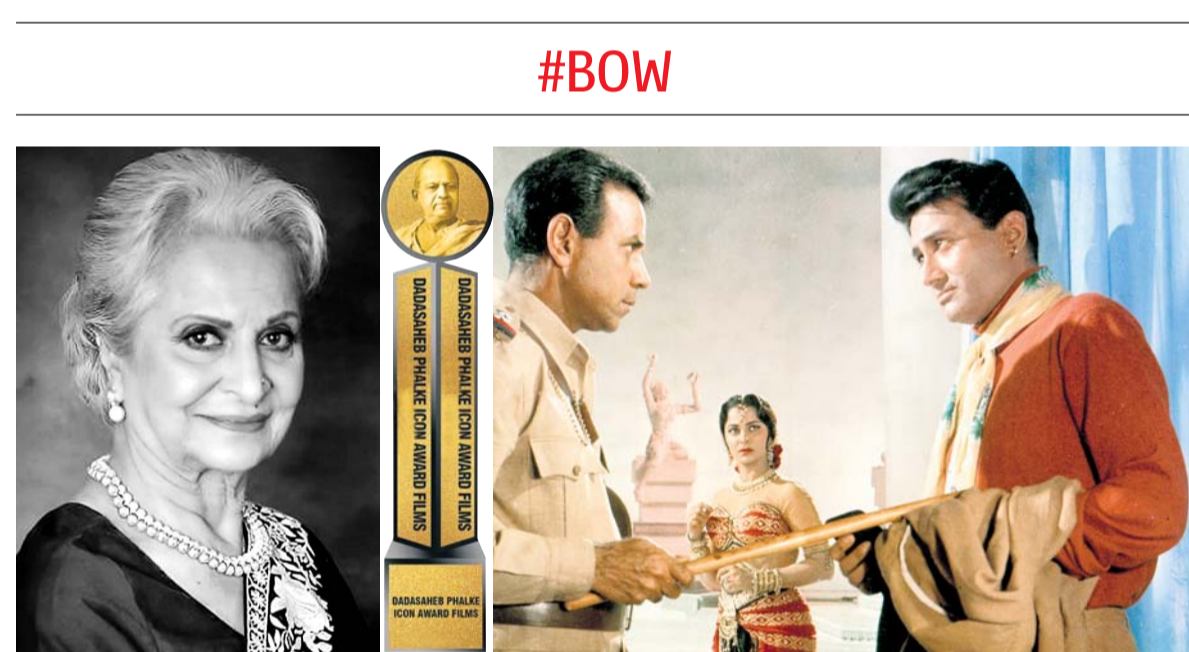
This is truly a pleasant surprise for the actor herself because when she was growing up within a modern and educated Muslim family in Hyderabad, she never dreamed of becoming an actor. She wanted to be a doctor because, "in those days, in Muslim families, the only profession for girls treated with acceptance was medicine. But looking back, I can say that nothing in my life has been planned by me or by my family. We were three sisters and I was the youngest. I took training in Bharat Natyam for several years and loved it. But even films happened to me. I never planned this," she reminisces, adding, "even marriage and motherhood just happened to me quite organically for me and I was not looking for these. I have never planned anything in my life. But things have worked out fine."

Born on February 3, 1938, Rehman has been working in the Indian film industry since 1955, when she made her debut as a dancer in the Telugu social drama *Rajulu Marayi*. She was chosen because of her dusky beauty and

her prowess in classical dance. Southern films in those days were known for their use of Indian classical styles of dance and the foundation was laid perhaps by Vyjayantimala in the 1951 Hindi film *Ladki* starring Vyjayanthimala and Anjali Devi. While she continued working in Southern films, once, Guru Dutt, during a visit to Hyderabad, happened to watch Waheeda's dance performance in a dance drama and "he immediately approached me to do a role in his thriller movie *C.I.D.* which he was producing and Raj Khosla was directing. I accepted the assignment and this took me to Bombay and I did not come back," says Waheeda, adding, when I see the film today, I feel it could have made it to some film festivals which were not known in India when the film was made." She did not realize it at the time but fact is, he was preparing me for a bigger

role and more important role in *Pyasa*." Waheeda played a supporting role but her performance and screen presence at once struck the audience at the time. "The very sensual song number in *CID* pictured on Waheeda Rehman namely jaata kahan hai deewane, sab kuch yahan hai sanam was beautifully choreographed on Dev Anand and Waheeda Rehman. However, the story goes that this song number was later deleted from the film because it was felt that the lyrics were both titillating and filled with double entendre though it was not."

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#BOW

Photo: SUBHASH CHEDA

human trafficking. She becomes friendly with the hero Narsingh (Soumitra Chatterjee) and possibly falls in love with him. When Narsingh, not really established as a person with high moral values, risks his job with Sukhram just to rescue Gulabi from being trafficked. The way Waheeda expresses the finer nuances of being rustic, simple and innocent makes the marginal character as important as Narsingh's as she functions as a cathartic agent in Narsingh's struggling journey through life.

She remembers her work in the film and praises her friendship with Soumitra Chatterjee who, she says, "made me feel quite comfortable in a team I did not know from Adam. Nor did I have an inkling of Bengali as a language. But it is an experience I look fondly back on. I also liked the actor Robi Ghosh but did not have the chance of making friends with him." She says that right in the beginning of her career in

his poetry and falls in love with this frustrated man. She tries her best to get his poems published and even goes to the shop where his brothers have sold his notebooks with his poems to buy them back. Even as a prostitute, she adds a strange dignity to the character taking it out of the conventional cliché of a sex worker behaving very cheaply, using vulgar language backed up with vulgar body language. She presents a very respectable person and even walks out from Meena (Mala Sinha)'s home when she makes acidic comments on her profession without making the request to ask her husband to publish Vijay's poetry. The song Jaane Kyu Tune kahi belted out in the sonorous voice of Geeta Dutt shows off Waheeda at her best but even here, there is no touch of cheapness in her enactment of the song. In *Kaagaz Ke Phool*, her name

Though she bagged the National Award for Best Actress for her performance of Reshma in Sunil Dutt's *Reshma Aur Shera*, everyone will agree that she ought to have got the same award again for her magnificent performance in Vijay Anand's *Guide* (1965) of the many-hued Rosie, the most liberated and empowered young woman who walks out a bad marriage, builds up a successful career as a dancer and then, leaves Raju too when she discovers that he has cheated her which is not exactly the case. "Waheeda will be my only heroine in *Guide*" insisted Dev Anand when roles were being discussed because the two directors, Vijay Anand for the Hindi version and Tad Danielewski, director of the English version did not quite approve of Waheeda for Rosie's character.

I consider *Guide* to be the career-best films of both Dev Anand and Waheeda Rehman because these two were the most challenging and multi-layered performances in their entire career. In *Guide*, Waheeda Rehman at her career-best performance because she excels both as a dancer and as an actress with equal mastery.

As Rosie, Waheeda uses dance as her "voice" of expression, of creativity through performance, of anger for not being able to dance for so long, of freedom for at last learning to live life on her own terms and of empowerment as it gives her financial independence enough for Raju (Dev Anand) also to live off her earnings. Even if Waheeda has done only these three films in her entire career, there would be no doubt that she is among the few dancer-actresses Indian cinema has ever produced. The Dadasaheb Phalke Lifetime Achievement Award bestowed on her has come at the right time to the right person from the right place.

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#GLOBAL-WARMING

Awareness Of Weather Trends

Exposure to a record-breaking heat day in a local area significantly affects individuals' perceptions of increasing temperature, supporting the hypothesis that record-heat days can drive changes in the general perception that the weather is worsening.

Experiencing days in which the temperature exceeds previous highs for that time of year affects people's perception of weather trends, a study finds. Published in *Scientific Reports*, the study finds that living in an area with record-breaking heat effectively increases perceptions that the weather is getting hotter. In December 2022, the authors surveyed a nationally representative sample of 1,605 United States adults to determine whether more frequent record-breaking weather events affect weather change perceptions. The participants were asked, "To the best of your knowledge, how did excessive daytime heat across the United States in 2022 compare with previous years?"

Timothy Hyde, postdoctoral fellow in the University of Pennsylvania's Annenberg School of Public Policy and Dolores Albarracín, professor at Penn and director of the Science of Science Communication Division linked answers to this question with meteorological data collected by the National Climatic Data Center from 1949, when meteorologists first implemented a reliable record of climatic data, to 2022. Doing so allowed the researchers to determine which days in 2022 constituted a heat record in a particular area before correlating heat recordings with perceptions that temperatures were higher relative to previous years.

The study found that while record-breaking heat days have little or no effect on beliefs in the existence of climate change, they do affect evaluations of how much hotter the weather has become compared to previous years. This effect of record-heat days is such that the difference in answers between a respondent who experienced no record-breaking heat days and another who experienced 16 record-breaking heat days is as large as the average difference in responses between independent and Democratic respondents.

Whether a day has reached a record-breaking temperature in a locale can only be known after the fact. The average person cannot determine whether any particular day is a record heat day by simply



walking outside. Instead, individuals must learn that a day broke the existing heat record by checking the news. Nor is the absolute temperature itself the key metric; what is important is whether the temperature surpasses records set in the same place over the last 72 years. "It doesn't matter whether one day is 100 degrees and the next is 101. What matters to people is if one of those days gets the big red stamp that says 'record-breaking,'" Albarracín says.

The study also found that other indicators of climate change, including average heat levels, non-record-breaking extreme heat days, and severe weather, did not significantly affect the respondents' views.

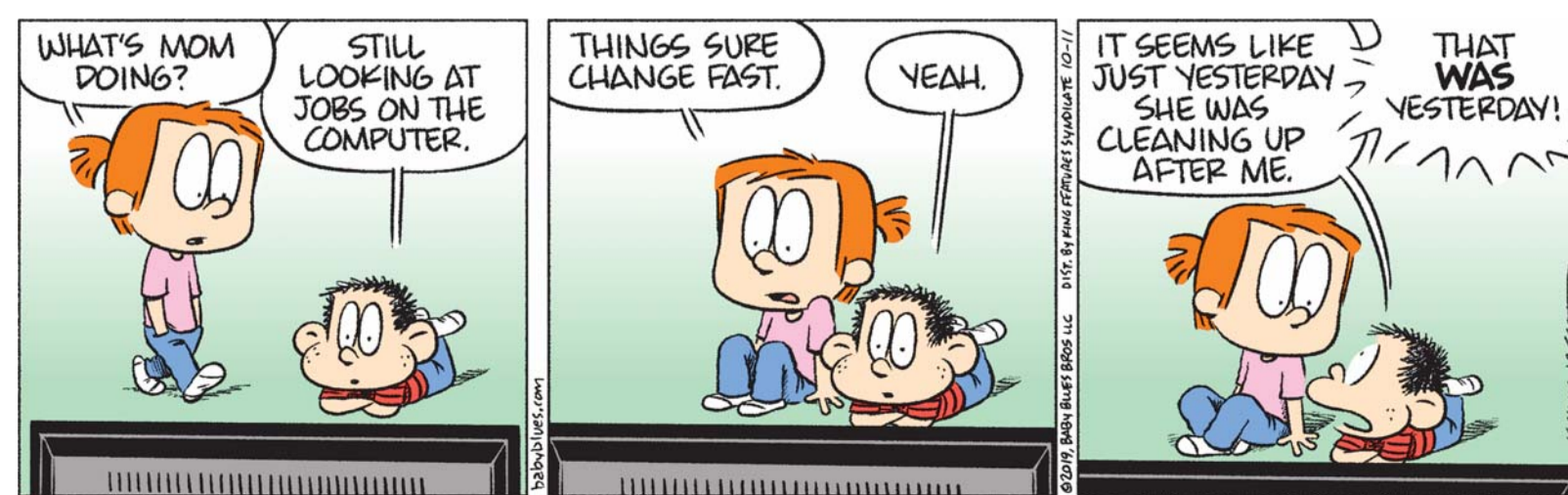
The season in which the record heat days occur is also associated with effects. Since the hottest days of the year typically occur in the summer, the scholars hypothesized that heat records during that time of year would have the most significant impact, as those days would have the highest temperatures a person would see in a year. Instead, they found that record-heat days in winter affect people's perceptions of worsening heat most strongly. "This may be due to the difference in media coverage of temperature during different times of the year," Hyde says. "That is likely because it sticks out to people when media discusses how warm a day is during what is supposed to be the coldest time of the year." While exposure to record-heat events has been found to cause people to believe that the temperature is hotter than in previous years, it had little effect on perceptions of the existence of climate change. These beliefs are less likely to change, the researchers say, because they are associated with political stances. "Since discussing changes in weather patterns is not necessarily political, it is reasonable to assume that people are more willing to update their opinions on weather change than climate change," Hyde notes. "Just because a record heat day can change a person's opinions on the weather doesn't mean it holds the key to changing opinions on climate change," adds Albarracín. "Even if it did, we could not expose populations to extreme heat as we see fit to generate change. The most critical element is understanding how record-breaking heat days change opinions and then seeing whether communications about these events can change people's beliefs."



THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman