

## #SOLAR-SYSTEM

### A Freak in Space?

Since the landmark discovery in 1992 of two planets orbiting a star outside of our Solar System, thousands of new worlds have been added to a rapidly growing list of 'exoplanets' in the Milky Way galaxy.



We've learnt many things from this vast catalogue of alien worlds orbiting alien stars. But one small detail stands out like a sore thumb. We've found nothing else out there like our own Solar System.

This has led some to conclude that our home star and its brood could be outliers in some way - perhaps the only planetary system of its kind.

By extension, this could mean life itself is an outlier; that the conditions that formed Earth and its veneer of self-replicating chemistry are difficult to replicate.

If you're just looking at the numbers, the outlook is grim. By a large margin, the most numerous exoplanets we've identified to date are of a type not known to be conducive to life: gas giants and subgiants, of the size and maybe ice variety.

Most exoplanets we've seen so far orbit their stars very closely, practically hugging them; so close that their scorching temperatures would be much higher than the known habitability range.

It's possible that as we continue searching, the statistics will balance out and we'll see



more places that remind us of our own backyard. But the issue is much more complex than just looking at numbers. Exoplanet science is limited by the capabilities of our technology. More than that, our impression of the true variety of alien worlds risks being limited by our own imagination.

What's really out there in the Milky Way galaxy, and beyond, may be very different from what we actually see.

**Expectations**  
Exoplanet science has a history of subverting expectations, right from the very beginning.

"If you go back to that world I grew up in when I was a kid, we only knew of one planetary system," says planetary scientist Jonti Horner of the University of Southern Queensland.

"And so that was this kind of implicit assumption, and sometimes the explicit assumption, that all planetary systems would be like this. You know, you'd have rocky

planets near the star that were quite small, you'd have gas giants a long way from the star that were quite big. And that's how planetary systems would be."

For this reason, it took scientists a while to identify an exoplanet orbiting a main sequence star, like our Sun. Assuming other solar systems were like ours, the tell-tale signs of heavyweight planets tugging on their stars would take years to observe, just as it takes our own gas giants to complete an orbit.

Based on such lengthy periods of a single measurement, it didn't seem worth the trouble to sift through a relatively short history of observations for many stars to conclusively sift out a fellow main-sequence solar system.

When they finally did look, the exoplanet they found was nothing like what they were expecting: a gas giant half the mass (and twice the size) of Jupiter orbiting so close to its host star, its year equals 4.2 days, and its atmosphere scorches at temperatures of around 1,000 degrees Celsius (1,800 degrees Fahrenheit).

Since then, we've learnt these 'Hot Jupiter' type planets aren't oddities at all. If anything, they seem relatively common.

We know now that there's a lot more variety out there in the galaxy than what we see in our home system. However, it's important not to assume that what we can currently detect is all that the Milky Way has to offer. If there's anything out there like our own

Solar System, it's very possibly beyond our detection capabilities.

"Things like the Solar System are very hard for us to find, they're a bit beyond us technologically at the minute," Horner says.

**What's Out There?**  
By far, the most numerous group of exoplanets is a class that isn't even represented in the Solar System. That's the mini-Neptune - gas-enveloped exoplanets that are smaller than Neptune and larger than Earth in size.

Most of the confirmed exoplanets are on much shorter orbits than Earth; in fact, more than half have orbits of less than 20 days.

Most of the exoplanets we've found orbit solitary stars, much like our Sun. Fewer than 10 percent are in multi-star systems. Yet most of the stars in the Milky Way are members of a multi-star systems, with estimates as high as 80 percent seen in a partnership orbiting at least one other star.

Jasdev Singh writes in the autobiography "At the end of the Second World War it was decided to host the World Jamboree of Boy Scouts. The battlegrounds where the fierce battles were fought in the north of France were selected as the venue. In all about 25,000 Boy Scouts from all over the world attended it. The Indian contingent consisted of 165 Boy Scouts from all parts of India. The (Rajputana) Rajasthan contingent consisted of seven Boy Scouts from Mayo College, Ranbir Singh, Chanchal Singh, Nahar Singh, Prithivi Singh, Bhim Singh, Guman Singh and Aftab from Jamia Millia of Ajmer. And also Nasrulla from Indore's Daly College joined the Rajputana contingent. Danmal Mathur of Mayo College was the Scout Master. GTJ Thadeus of Kerala was the leader of the Indian contingent.

# "Jab Wo Gulam Gaye The Aur Aazaad Laute"

## #JASDEV SINGH REMEMBERS



Prakash Bhandari  
The writer is a senior journalist

The tradition of scouting in Jaipur is more than 90 year old. Not many people know that the Maharaja Sawrai Man Singh had made Scouting a part of the curriculum in schools, though not compulsory. From class fifth, one could opt between scouting and tailoring and a large number of boys opted for scouting as it was interesting.

Celebrated commentator Jasdev Singh, who was part of the Indian contingent to the Paris World Jamboree in 1947 and represented Jaipur state, has written his memoirs about scouting and his experience in the Paris World Jamboree in his book "Main Jasdev Singh Bol Raha Hoon".

While in school, he along with a few other boys opted for Scouting, one has to pass it by securing the minimum passing marks. Jasdev Singh describes how while training as a scout, they were taught how to live in tents,

prepare food, fix knots in ropes, make beds, cut bushes and cut bamboos or wood from trees for various use.

Jasdev has vividly described his school days when he was studying in Chaksu near Jaipur where his father was an overseer in the state's PWD department. Jasdev Singh was a Sikh, but his family had long ago migrated to Jaipur from Gujranwala which is now in Pakistan.

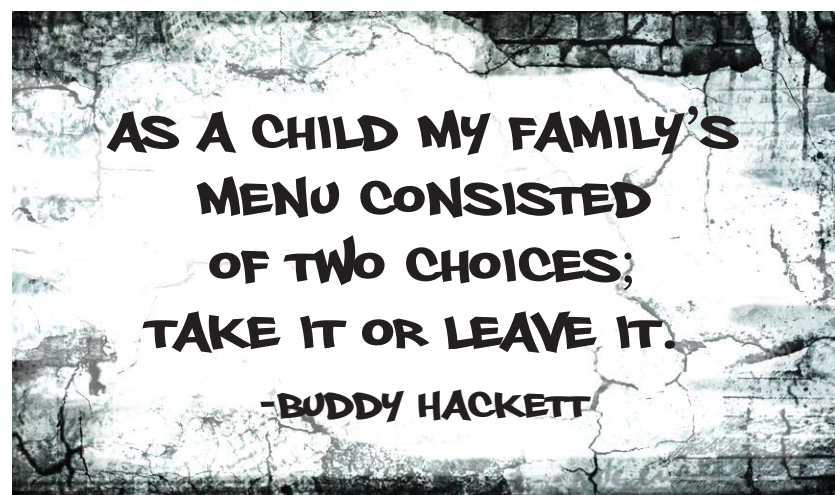
He was raised in Boali and Chaksu and later he shifted to Jaipur to complete his school education.

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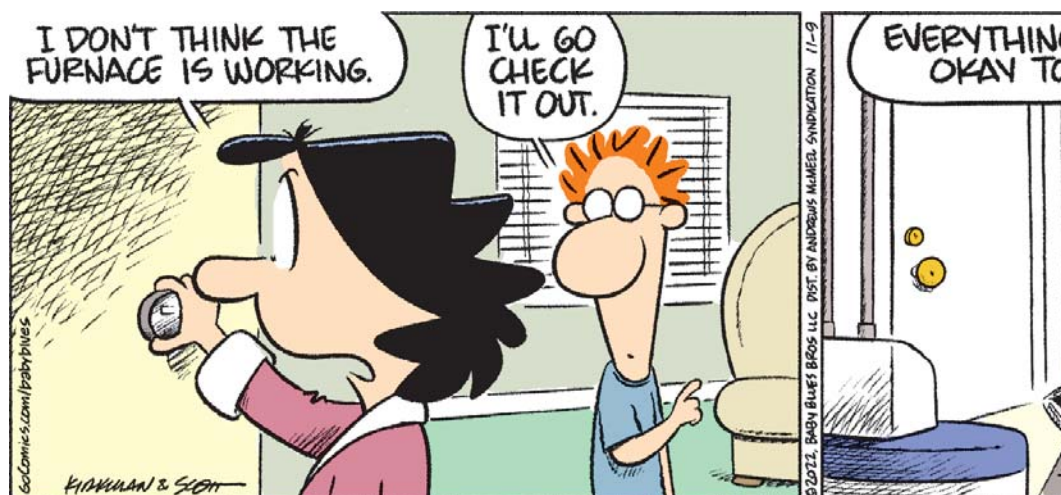
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## THE WALL



## BABY BLUES



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An interim government was already formed in the country and India was to win its well-deserved freedom on August 15. The ship, SS Alexandra that we boarded was a war-wrecked ship whose only two of the five engines were working. Thus the journey which normally should have taken 15 days to reach from Bombay Port to Southampton in England took 21 days to reach the shore of England.

As they sailed from Bombay port, we all got emotional. Leaving our land of an undivided India with members from Punjab and Sindh which are now part of Pakistan was a great experience.

The ship SS Alexandra was leaving the shore of Bombay traversing waves that became bigger and bigger as the ship deep sea.

The next destination to London was a big British-oriented program under which all the Commonwealth countries would join hands together to show the world the power of the British Empire. King George VIII and Queen Elizabeth invited the Commonwealth delegates to the Buckingham Palace lawn party. It was July 29th and on August 15 we in India was gaining freedom. It was a matter of just 17 days. The British media focused on India as unusual things were happening during the era. While an undivided India was getting freedom, the undivided nation was getting split into two-India and Pakistan.

**Arch of Triumph**  
Jasdev Singh further writes that on reaching France and the jamboree venue the Indian contingent saw the great efforts made by the French people to organize the world jamboree. The Jamboree was held just after World War II when the economy was poor and the people were reeling under the scarcity of food. Yet, the French people saved their food for the jamboree. They were drinking tea and coffee without sugar and as wheat was in shortage, they were eating maize bread. Milk powder was used and this was also given to us. But, what was creditable was the sacrifice of the French people and they managed with rationed food. We received cheese and butter for our breakfast.

During our journey on the English Channel on our way to France, we were served tea coffee



Jasdev Singh with Lal Bahadur Shastri.

on board that had no sugar. During this journey by steamer, we could get a hint that France is facing food shortage.

Earlier, in London we were amazed to see that the railway stations had no ticket checkers and everybody travelled by buying tickets.

In London, we saw a war memorial in Trafalgar Square and noticed that the English men and women and even children, who passed through the memorial saluted the soldier's monuments. They would take off their hats and bow in respect before the monuments. They were those soldiers, who lost their lives in the two wars. We also saluted.

On August 9, 1947 hours before the opening ceremony of the world jamboree, 16 members from each nation were taken to the Paris "Arch of Triumph" which was a war memorial and we placed a wreath there. It was a very emotional moment as we paid our respected soldiers, who sacrificed their lives for the nation.

Part of the Forest of Moisson, tightly held in a loop of the Seine 50 miles above Paris, was used by the Luftwaffe as a bombing range during the war. The vast tented camp made an intricate stippled pattern of green and white and yellow specks.

One of the laws of this worldwide youth movement demands

that each member be a friend to all "and a brother to every other Scout, no matter to what country, class, or creed the other may belong," and here it is being observed faithfully - but easily and naturally - by some 40,000 boys of very nearly every country, class, creed, and colour. In a pleasing confusion, an orderly disorder, camp dovetails into camp, their occupants consistently spilling and mingling, making themselves understood where there is no common language by the Esperanto of mime. Here, indeed, the nations are united.

We Indian- Sikhs, Muslims, Hindus, Parsis, Christians, and even Jews found no trouble at all in living together with neither blows nor bitter arguments.

We stood together at the camp site to celebrate India's freedom during the era. While an undivided India and Pakistan were hoisted side by side. We sang Tagore's Jana Gana Mana and Saare Jahan Se Achha.....History was being made at Paris as our tricolour was raised and we saluted the national flag proudly.

**Fun-filled Journey**  
Everywhere there were boys chattering, grinning, bartering, singing, sunbathing, and playing musical instruments. Girls, too, for 1,500 French Guides are brought into the camp each day to help with the administrative work. The smoke from a thousand campfires pierces the haze of dust, and as the day goes on with assorted cooking smells, becomes increasingly oppressive to one who is not 16 and a Scout.

The world jamboree was a great experience and every member of the Indian contingent thought they were privileged. We visited a few French cities before returning to London. In London, we stayed for a few days and saw the city. We had to travel by a huge ship SS Strathmore from Southampton to Bombay. This was the same ship on which Mahatma Gandhi travelled from Bombay when he went to attend the Round Table conference. The 1936 Indian hockey team, which to the Berlin Olympic under hockey wizard Dhyan Chand also travelled by this ship. The Captain of the ship hoisted the Indian tri-

colour, when the ship was nearing Bombay. It's a tradition that the ship enters a particular nation would show the flag of the nation where the ship would anchor.

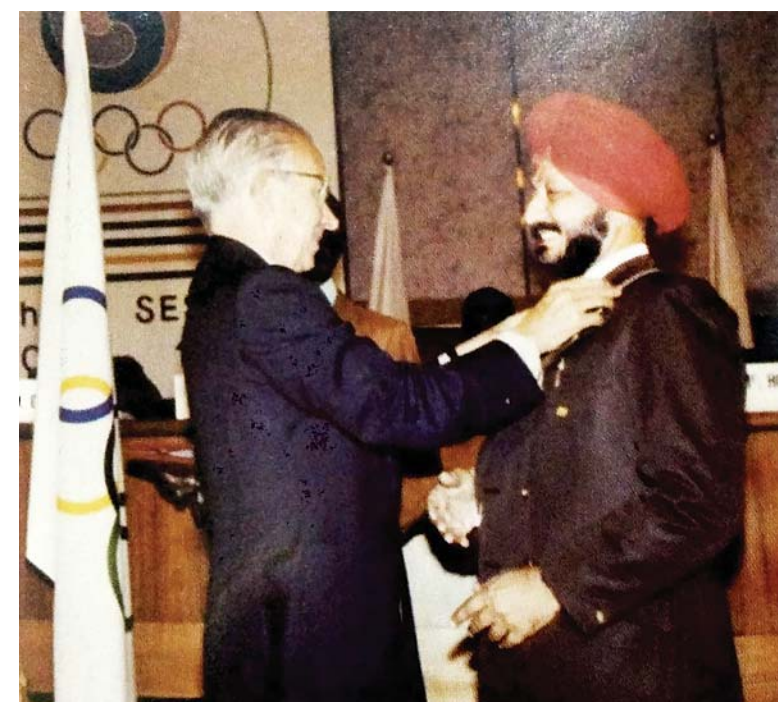
When we reached the port of Bombay, this meant the end of three months of a fun-filled journey. Ghulam Gaye The, Azad Laute. We had gone as British subjects and returned as free Indians. The contingent members departed to their respective cities and towns after hugging and promising to meet again.

Scout movement in the state flourished after the jamboree and the movement picked up with the formation of the Rajasthan State Scouts & Guides which had its headquarters first in Bani Park and now the building is located in Jawahar Lal Nehru Marg.

The Organization has grown quantitatively and qualitatively and the Rajasthan State Association is a pioneer state in the map of the country.

Various activities of the organization are made functional separately for boys and girls under Scout and Guide sections separately. State Commissioners of Scout & Guide sections use to work as Head of Departments (Sections). State Chief Commissioner is the head of both sections. Senior officers of all India services and prominent administrators of the State viz. Sh. S. K. Zibbo, Sh. L. L. Joshi, Sh. J. S. Mehta, Sh. R. S. Kumat, Sh. A. K. Garg, Sh. Niranjan Arya and Sh. J. C. Mohanty have been the State Chief Commissioner. Presently Shri Niranjan Arya, former I.A.S. Chief Secretary of Rajasthan is working as the State Chief Commissioner. ||||| writetoarbit@rashtradoot.com

Jasdev Singh with Lata Mangeshkar.



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## #HEALTHIFY

### Hair-friendly Food

Hair care is not only about using cosmetic products, it is also about eating healthy foods that will provide adequate nutrition to the hair.



We all wish for long and lustrous hair, but it must be known that healthy hair requires a lot of effort, patience, and dedication. Much like the skin, hair care is not only about using cosmetic products, it is also about eating healthy foods that will provide adequate nutrition to the hair. Wondering what are these healthy hair-friendly foods? That's exactly what we are here to tell you about, courtesy of Pooja Makhija, a health and beauty expert, who shared the foods she swears by for healthier, more lustrous hair.

\*Eggs: 1 whole + 3 whites.  
\*Protein + biotin = keratin + hair growth," she says.

\*Nuts: 2 soaked peeled almonds and 2 walnuts.  
"These give you vitamin E, B vitamins, zinc, and essential fatty acids," she says.

\*Seeds:  
1 tsp - Sunflower  
1 tsp - Flax  
1 tsp - Chia

\*Massive nutrition, very few calories. They give my hair selenium, omega 3, zinc, B vitamins and vitamin E," she said in the Instagram video.

\*Virgin coconut oil:  
1 tsp on an empty stomach for healthy, lustreous hair. "The most important on the list" she added.

According to Harvard Health Publishing, specific vitamins are associated with improving hair health. Some of these include B vitamins: B-1 (thiamin), B-2 (riboflavin), and B-7 (biotin). B-1 can be found in fortified breakfast cereals, rice, trout, black beans, tuna, and acorn squash. B-2 is found in oats, yoghurt, milk, beef, clams, almonds, and cheese. A good source of B-7 is eggs.

"Sebum," the natural oil on the hair, covers straight hair better than curly hair - thus straight hair tends to appear shinier.

Karishma Shah, Integrative Nutritionist & Health Coach, also weighed in. "Hair needs protein and biotin as well, so eat a lot of protein and biotin rich foods for healthy, lustrous hair. Eggs are a great source of biotin and protein. If you're vegetarian - eat avocados, good quality nuts and a lot of seeds such as flaxseeds. Coconut is another thing that's great, not just to put in the hair as oil but to eat as well. All of these nutrients are the key to great hair."

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