

#CELEBRATION

Azaadi Ka Mahotsav

Here are some ideas to celebrate Independence Day this year with all the fervour.



India is all set to celebrate its 75th Independence Day on August 15. The entire country is observing this historic milestone by taking part in the 'Azadi Ka Amrit Mahotsav' to commemorate the 75 years of independence. The central government has also launched the 'Har Ghar Tiranga' campaign from August 13 to August 15 and Independence Week from August 11 to August 17, to celebrate the 75th year of India's independence. Here are some ideas to celebrate Independence Day this year with all the fervour.

Plan a Short Getaway

You can celebrate Independence Day by visiting any of the vacation spots that have been on your travel wish list for many years. You can also de-stress your body and mind by staying at your favourite resort. What could be a better



way to celebrate Independence Day than by pampering yourself away from your busy schedule?

Wear Ethnic Clothes

You can choose to dress up in your ethnic clothes to celebrate this occasion. Pick up a white kurta and pair it with a saffron jacket and green pocket square. Join the tricolour bandwagon and celebrate Independence Day in a holistic way with a traditional Indian outfit.

Watch Patriotic Movies

If you are planning to celebrate Independence Day at home then you can watch movies based on patriotic themes. Several good Bolly-

wood movies like Lagaan, Rang De Basanti and Border will fill you with patriotic fervour.

Prepare Tricolour Dishes



You can bake a tri-colour cake or you can also prepare tri-colour dishes using colourful vegetables.

Flying Kites

Flying kites is one of the most meaningful things that you can do on Independence Day. A sky full of colourful kites that are scaling new heights is a remarkable symbol of freedom.

Read Patriotic Books

If you are a bookworm, you can choose to read books about India's freedom struggle or a biography of any eminent freedom fighter on this Independence Day. Terrific books like 'Midnight's Children' by Salman Rushdie, 'The Discovery of India' by former Prime Minister Jawaharlal Nehru, and 'Freedom at Midnight' by Larry Collins and Dominique Lapierre should be read by everyone.

Listen to Patriotic Songs

You can make your Independence Day melodious by listening to patriotic songs. Evergreen patriotic songs of singers like Lata Mangeshkar, Mohammed Rafi and AR Rahman will motivate you to do something for your country.

Celebrate with your Neighbours

You can attend a flag hoisting ceremony that is organised in your housing society or neighbourhood. Watching the national flag fluttering in the wind will fill you up with pride.

Watch the Ceremony at Red Fort

The Prime Minister leads a Grand National flag hoisting ceremony at Red Fort on August 15. You should watch this ceremony and witness the historic celebrations of India's 75th Independence Day.

Distribute Sweets

There is no better way of celebrating India's 75th Independence Day than by distributing sweets in your neighbourhood. Freedom is a precious gift that should be savoured by every citizen.



But Rakesh kept insisting to be permitted to shoot at my level only. I made out that the miser producer wanted to evade the Government fee. Perhaps he was used to enjoying such underhand dealings, taking advantage of his celebrity status and glamour. But surprisingly all through this discussion Mr Puri sat silently without saying a word.



Sariska forests have been a favourite shooting location for Bollywood film makers since long. And every shooting episode has left behind some interesting stories. An affair between charming Moushami Chatterjee and KL Saini, a smart young forest officer posted here then, became a topic of interesting gossip among the Alwar people and the film unit of Chambla Ki Kasam, including its hero the legendary Raj Kumar; who was seriously upset due to this growing relationship.

But that was 1979 when Sariska was just taken under the umbrella of the Tiger Reserve Scheme of the GOI. Rules were not very stringent then.

While with the growing days restrictions on various non forestry activities kept on increasing and pressure started piling upon the reserve management, making film shooting difficult in the reserve.

The Sariska Palace was built in the honor of the Duke of Connaught, the son of Queen Victoria by Maharaja Jai Singh, the then ruler of the Alwar State. In 1880s it was purchased by Shri

Sariska & Bollywood

...The Old Connection (...1)



Sariska Palace, where large part of the film shooting was done.

#REMINISCENCE

Ranjit Singh of Bikaner who converted it in to a hotel after necessary renovations. Shortly this facility became a point of great attraction for the film industry.

By 1991, when I joined Sariska as Field Director, succeeding legendary Fateh Singh Rathore, rules for shooting feature films inside the reserve were already in practice.

Comendable Dedication
In 1993 winter, film maker Rakesh Roshan, quite popular by then, arrived at Sariska and stayed with his entire unit at this Palace hotel. The film was Karan Arjun, which was released a year after and hit box office to yield huge profits for him. It was a multi starer film. The two famous Khans, Shahrukh and Salman, played the main leads, where Kajol and Mamta Kulkarni were their respective heroines. Legendary Amrishi Puri was the chief villain. Also Johny Lever, playing an intimate friend of these heroes bore the responsibility of playing chief comedian.

While shooting was on inside the Palace hotel and in the evening at about 6 my telephone rang. On the other side was Virendra Singh, a smart young man, who in those days was posted as an incharge of the police station of Thanagazi, hardly 8 km from my office. He sought a few minutes meeting with Rakesh Roshan; as they could reach me within 10 minutes.

On my consent they appeared even earlier. After the formal greet-

ings Rakesh Roshan invited me to have drinks and dinner with him that evening at the Palace hotel. I was reluctant to accept this invitation from a stranger but the SHO was quite insisting. I was not happy with this kind of approach. Maybe, because the insistence by the police officer was a bit irritating to me. The sharp actor cum producer-director could read me fast and digressing from the subject shared a brief account of their shooting schedule here and solicited my help in shooting inside the reserve area.

I briefed him about the requirement of a formal application with necessary details. He promised to do so and before leaving my chamber again humbly repeated his invitation. And at the same time thanking him I too gently took an excuse for some other day.

Those days Ranjit Singh, the owner of the Palace hotel was assisted by his maternal uncle Shri Guman Singhji, a retired IAS officer. He was quite a humble person. The very next day after Rakesh Roshan's visit, Gumanji met me and extended the invitation on behalf of Rakesh Roshan.

He was a highly courteous gentleman. How could I say no to him and about eight in the evening I reached the palace. That time shooting was going on inside the main visitors hall. To my surprise the multi-talented Amrishi Puri was busy giving last minute touches to his makeup of an old man, playing uncle and Thakur; who enjoyed the exclusive right over the entire state including this marvel of the Palace. Rakesh introduced me to Amrishi, Rakhi Gulzar was



Kaka Thakur, the famous Cinematographer of Karan-Arjun film & Author.

playing the role of wife of this old Thakur's son, who was disowned by the Thakur long back as a punishment for marrying a lady (Rakhee) of ordinary status. The story goes, that living in poverty this royal prince soon died leaving behind his bereaved wife with two sons. Now these sons, played by the Khans had grown up and the ailing Thakur aggrieved with his nephew Durjan Singh's (played by Amrishi Puri) ill deeds decides to hand over the state to his grand sons. On Thakur's wish his disowned daughter-in-law visits him with her young sons. Durjan Singh learning about this development gets furious and kills the Thakur in the presence of these heirs.

The emotional scene of this meeting and murder was scheduled for this evening's shooting. After completion of the make-up, the Thakur moved to the bed, placed close by and lied down on it. After the murder of Thakur Durjan Singh threatens the mother of murdering her sons as well and she as frightened as hell rushes out of the palace with her sons. By now Durjan Singh's two brothers-in-laws, his accomplices also appear on the scene and try to further frighten the mother and sons with

We were sipping our drink when Ranjit called Rakesh to join us. He came to us with a drink in hand and without the exchange of any kind of greetings straightaway burst out at me, "I did not come here to be treated... like this."



The luxuriant forests of Sariska have always attracted the Bollywoodians.

Ranjit told everyone that the boy was Hritik Roshan, the only son of the producer Rakesh. Just two days back he had reached Sariska from Bombay, perhaps with the sole purpose of celebrating his 18th birthday with his father. The fragile boy did not seem to be his age from any angle.

told permission is to be sought from the state Government on payment of prescribed fee. He incessantly insisted to be allowed for merely an hour to shoot beautiful Mamta Kulkarni's bathing scene under the Pandupole spring, at my level. I repeated that Government's permission was a must but also assured to recommend his application on guarantee from Gumanji that no rules shall be flouted. Also I suggested that Gumanji, well-versed with the Government offices and working may be of great help in procuring permission from the Government.

But Rakesh kept insisting to be permitted to shoot at my level only. I made out that the miser producer wanted to evade the Government fee. Perhaps he was used to enjoying such underhand dealings, taking advantage of his celebrity status and glamour. But surprisingly all through this discussion Mr Puri sat silently without saying a word.

The session could not be prolonged under such circumstances and I was about to bid goodbye when Gumanji personally proposed that the shooting may be permitted at my level in the forest areas not falling under the sanctuary. I consented finally, provided they abide by the rules. The conversation ended here and then we dined together with not much of the conversation.

After two days I had the invitation from Mr Ranjit Singh, to join him for evening drinks and dinner. I was not busy yet I avoided this invitation, foreseeing that Rakesh Roshan would be behaving like a highly protective mother hurriedly took away Hritik back to his room



Sambar herd, aware of their great wild beauty, were quite inquisitive about the visitors.

International Left Handers Day

From scissors to knives, can openers to cork screws, Left Handers (also sometimes called Southpaws) can be the brunt of jokes all year long due to their unique hand dominance. But this is the day to range all of that and bring awareness. As the old saying goes- right handed people operate on the left side of the brain, which means that left handed people are functioning on the right side. Therefore, only left handed people are in their right mind. It's time to take a look at Left Handers Day!

#BACTERIOLOGY

How Gut Bacteria Evolve To Become Dangerous



A new study digs into the mystery of how good gut bacteria can go bad. Gut microbes have been linked to both good health and the promotion of diseases such as autoimmune disorders, inflammatory bowel diseases, metabolic syndrome and even neuropsychiatric disorders.

One popular explanation for these bad outcomes has been what is called the 'leaky gut' hypothesis in which potentially damaging bacteria are said to escape the intestine, triggering a chronic inflammatory response that can contribute to a variety of diseases.

But one mystery has been how potentially pathogenic bacteria can exist in healthy people for decades with no apparent health consequences," says Noah Palm, assistant professor of immunobiology at Yale University.

In a new study in the journal Nature, Palm and colleagues offer new insights into this mystery, describing how gut bacteria can evolve over time becoming more pathogenic by gaining the ability to migrate across the gut barrier and persist in organs outside of the intestine, thereby driving chronic inflammation and associated pathologies.

For the study, the researchers studied the genetics and behavior of a species of potentially pathogenic bacteria which they introduced into germ-free mice, a species that lacks its own gut microbes.

Over the time these microbes diverged into two distinct populations: one that behaved similarly to the ancestral strain and another that acquired tiny DNA mutations that allowed them to live in the mucosal linings of the intestine and persist in the lymph nodes and liver after escaping the gut.

Unlike traditional pathogens that prompt rapid immune clearance, these small colonies of relocated bacteria remain semi-hidden in organs and can avoid the attention of the immune system at least temporarily.

However, the researchers found that the presence of these bacteria over time can eventually trigger inflammatory pathologies such as autoimmune diseases.

This phenomenon may at least partially explain why some people with potentially pathogenic bacteria never get sick but why the risk of illness increases with age, the researchers say.

This ability of gut bacteria to become more pathogenic is driven by a phenomenon referred to as 'within-host evolution' which explains why individual bacterial species living in our intestines

This finding suggests that environmental factors which influence the pace or trajectory of within-host evolution will also have important effects on the development of microbiota driven disease.



are able to adapt and evolve over the course of our lifetimes, the researchers say.

This finding suggests that environmental factors which influence the pace or trajectory of within-host evolution will also have important effects on the development of microbiota driven disease.

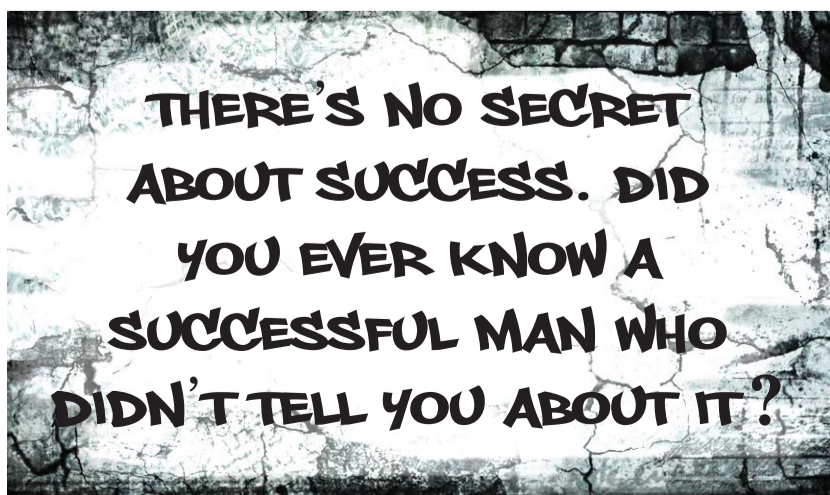
For instance, people who consume a healthy diet tend to develop diverse bacterial communities in their guts. This means that many different microbes must compete for space and resources, limiting the population size of any individual species and thus depressing the chances that potentially unhealthy variants will emerge and escape the gut.

However, in less diverse bacterial communities more niches may open up within the intestines increasing the likelihood that damaging bacterial variants will arise, Palm explains.

"These bacteria are essentially pre-adapted to exist in organs outside the intestine," Palm says. "We believe that this evolutionary process starts over in each new host due to the preferential transmission of non-pathogenic strains between individuals."

Understanding the role of within-host evolution in shaping bacterial behaviour in the gut, he adds, may eventually lead to new therapeutic interventions that can restrict or redirect this process to prevent the development of diverse diseases associated with 'leaky gut'.

THE WALL

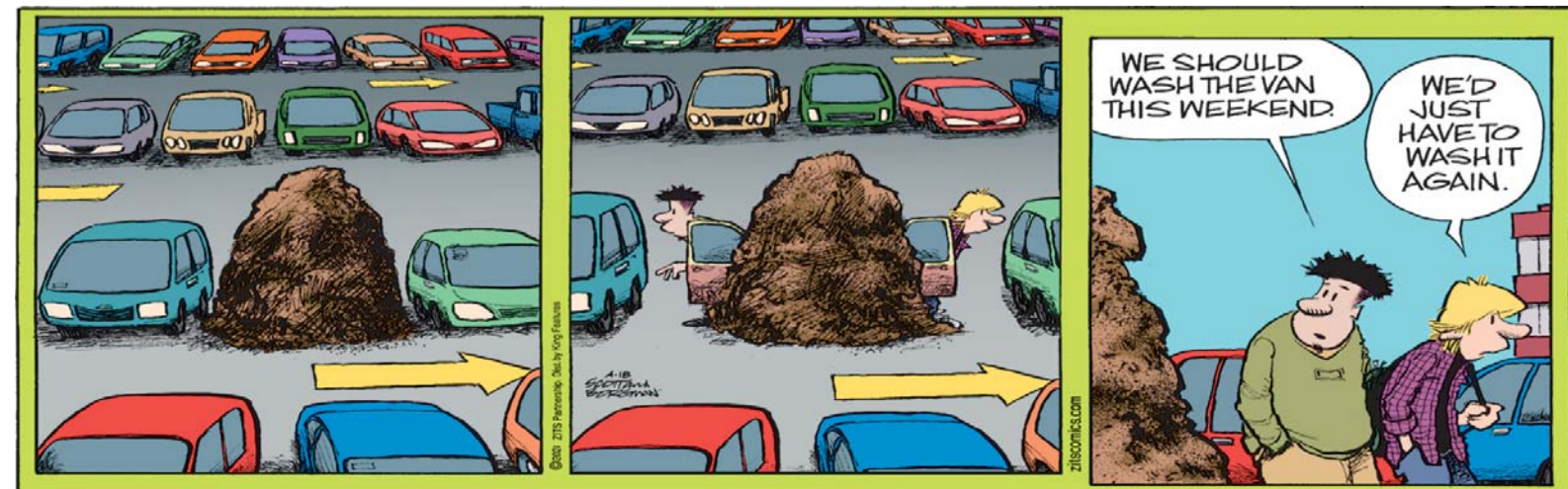


BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman