

## #FOODFESTIVALS

### Indulge In Culinary Delights

From the flavours of Japan to the delicacies of Punjab and Mumbai, there is a lot on offer for the foodies of Pink City this month.



Punjab Di Mehek at Holiday Inn Jaipur.



The month of September is indeed a delicious one for the gastronomes of Pink City. A plethora of food festivals and special curations are taking place in the hotels around the city where foodies can sample both global delicacies as well as cuisines from different regions of the country. Here are some food festivals and promotions you can try to satisfy your culinary cravings:

#### Tonkatsu and Tempura: Comfort food of Japan

For those who love Japanese food or are looking to try out a new cuisine, House of Han at Crowne Plaza is holding a Tonkatsu and Tempura special menu for their guests. While Tonkatsu is essentially a Japanese dish that consists of a breaded, deep-fried pork cutlet, Tempura is a typical Japanese dish usually consisting of seafood, meat and vegetables that have been battered and deep fried. "Tonkatsu and Tempura is a combo meal and it is a unique concept in Jaipur. For those who love experimenting with their food and especially like Japanese, must try these delicacies. There are options for both vegetarians as well as non-vegetarians," says Chef Naresh Sharma of House of Han.

For vegetarians, there is Tofu Vegetable Katsu Curry, Kinoko Tempura (Deep Fried mixed exotic mushroom) as well as the Tokyo Tempura (Kabocho, bell peppers, lotus root and sweet potato). Prawn and crab tempura is a must-try for those who love sea food. If you are a non-vegetarian like me who does not want relish pork, there is chicken katsu too. Tender and succulent chicken pieces coated in a crispy batter and served with sticky rice and a thick and rich gravy that is not heavy or spicy, makes it a bowl synony-



Tempura.



Tonkatsu.

mous with comfort. What stands out about the katsu curry is that it is made in-house from scratch and is not bought off the store shelves. While you're there also try their dessert options- fried ice cream, crème brûlée as well as chocolate spring rolls. The chocolate spring rolls and fried ice cream do sound absurd at first but they are worth giving a try. The crunch, warmth and sweetness are just the right amount. While the distance of the hotel from the city center may seem a bit much but the food more than compensates for the long drive.

**When:** September 4 - September 13, 7:30 pm to 11:30 pm  
**Where:** House of Han, Crowne Plaza

#### Vada Pav: The quintessential street food of Mumbai



Street food from Mumbai at Jaipur Marriott.

Looking at the rainy season, Hotel Jaipur Marriott decided to bring the vibe and taste of the streets of Mumbai to Jaipur. "Cutting chai, vada pav, and dabeli are some popular street foods of Mumbai that are loved by everyone. So we decided to bring them to the Pink City as well," says Executive Chef of Jaipur Marriott, Jatin Dhalwal. The chai and snacks are made fresh during the evening tea hours every day. They are served with a wide assortment of chutneys and accompaniments. These carts have been used to give the authentic feel in a modern coffee shop.

**When:** September 5 - September 30, 4 pm to 7 pm  
**Where:** Jaipur Baking Company, Jaipur Marriott

#### Punjab Di Mehek

The culinary chronicles of Punjab are coming alive in the Pink City as a food festival Punjab Di Mehek is currently ongoing at Hotel Holiday Inn's Monarch restaurant. From the mandatory lassi to Amrisari chole kulche, butter chicken, sarson ka saag and makke ki roti to pinnis, doda barfi and gud ki barfi for dessert, there are a wide array of Punjabi delicacies available at the festival.

"I did my course in hotel management from IHM Gurudaspur which is in Punjab. I also worked in Ludhiana for four years and I have used my experience with the food there to curate this festival and bring the delicacies of Amritsar and Ludhiana to Jaipur," says Executive Chef of Hotel Holiday Inn, Raj Kumar.

The ambience of the hotel has also been amped up with colourful pin wheels, khaats and accessories to give the vibe of the rural bylanes of Punjab. **When:** 2 September to 11 September, 7 pm to 11 pm  
**Where:** Monarch, Hotel Holiday Inn

In the present day scenario the new-born is examined with care by the paediatrician to look for any abnormalities. Some of them, like obvious limb defects, are there for all to see but jaundice, heart and spine defects have to be looked for. One cannot forget the late 1970's when a sedative (Thalidomide -now banned) prescribed to German women lead to the birth of a huge number of babies without any limbs. Often breathing problems due to poorly developed lungs and breathing passages require assistance through a ventilator to tide over the early days. Similarly it is quite frightening to suddenly realise that the defects (narrowing or abnormal connection between the trachea and the gullet) in the food passages may require urgent surgical procedures. Even a normal looking child may show changes later due to complications during the delivery. Particularly lack of oxygen may lead to brain damage and cerebral palsy. Such babies survive long and need special and expensive care. The umbilical cord around the neck of the baby has been known to be the cause of death of healthy babies too. Twin or multiple deliveries have their own issues. Diabetic mothers tend to have large babies and may need Caesarean section.

# The Baby is Coming!!



Dr Goutam Sen  
CTVS Surgeon  
Traveller  
Story teller

## #DELIGHTS

One of the most memorable moments in a married life is when we are given the news of the impending arrival of another member in our family. After the initial shared joys of a new way of living is begun. Most of our action will now become tempered with the anticipation of the baby's arrival. All those habits of going out for drinks and dinner are now measured and reduced to as infrequent as possible. A healthy life as advised by the elders becomes the norm. Even the lazy people start a regular exercise and the food too becomes different. Suddenly healthy eating and drinking becomes the rule. The husband finds himself worrying about the future. Up to now money came and went. Now the additional expenses are listed and some funds are kept aside for the future. Smoking cigarettes and drinking alcohol are an absolute 'No-No' for the mother and the husband too is encouraged to do the same.

The doctor's appointments are marked with a red pencil on the calendar and hubby darling is repeatedly reminded that he too should be there. The entire doctor's advices are carefully noted. The first ultrasound of the baby is a big letter day. When you see for the first time the well-formed tiny limbs of the foetus a surge of love overflows. A coloured print is now framed and put on the bedside table as the first picture. Sometimes some unclear findings require re-examination and a special search is made for any malformations and defect. If there is a family history particular care is taken to identify these as early as possible. At times this in addition to amniotic fluid study will determine whether the pregnancy should be allowed to continue. Of course, the law does not permit a sex determination and so that remains a surprise till the end. Huge discussions take place about the colour of the baby's clothes (Pink or Blue? - a very western concept!). Not only that, the colour theme of the nursery becomes a huge part of the discussion late at night when the baby is restless and kicking around like John Ronaldo.

#### Prenatal Classes

Both parents are advised to attend prenatal classes. Breathing exercises and muscle toning takes up some time. Husbands are trained to be able to support the spouse during the delivery. There are vaccines and vitamins to be taken. The anaemia is to be regulated. The blood pressure tends to shoot up in the last semester of the pregnancy. The doctor's visits become more frequent. Lot of time is spent making lists of names from which the one chosen should be not only acceptable to the mother and father but also to the extended family. Sometimes the name chosen is unique and needs to be explained to all others - it may be another name for the sun, moon or flowers. Care is taken that it should not be distorted at school and must be easy to yell from a distance. The last few days are to be prepared for. Where the delivery is to be conducted is discussed threadbare. Will it be at the maternal home? Will it be at the hospital? Or will it be in that special luxury suite where you stay and the labour too is conducted. That costs a pretty penny but some think it is money well spent. A small suitcase

is packed with all the anticipated requirements of the new arrival. It has to be taken to the hospital. There are special numbers that are put on the speed dial. The car is always fully spruced for the ride to the hospital. Even standby vehicles are kept ready. It is quite amazing how the most intelligent also become dumb and the limbs become numb when the time comes! Despite all the planning, it is quite often that in the rush to get to the hospital some important item is forgotten!

The first cry of the baby is huge moment of joy!

#### Modern Parents

Once the baby arrives there is followed by the assessment of the wellbeing of the mother and child. I can never forget the film 'Khamoshi' where both the parents are deaf mute and they are ever so afraid that their child would be the same. There is that moving scene where they tinkle a bell near the baby's ears to see the response. Their fear turns into joy when the child responds to the bell.

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Once the new-born has arrived there is a huge amount of adjustment that is required in the household. In the present day unit families the role of the husband in child care is much more than otherwise. In fact, from feeding and changing diapers there are many more aspects of care that will become a part of shared parental roles. Even if grandparents are there the modern parents find many of the old methods of care unsatisfactory. There is always a certain amount of disagreement between the two generations about how the baby is to be cared for. No water to be given for the first six months to a breast fed baby is so confusing to the older generation! Even the gripe water bottle is forbidden! No salt or sweets when solids are started are some of the new rules of infant care.

As the child grows there are some unusual issues that may puzzle the parents. It has been reported that when the parents have linguistic differences - Mother Bengali and Father Punjabi! The baby gets confused although it fully understands what is said. This may result in delayed speech. Boys have been known to speak later than girls of the same age. There may be other causes of speech delay. Genetic predisposition is seen in a family of late talkers. Children speak earlier if the parents talk to each other more often. In children with hearing



defects speech gets delayed. If there is a suspicion of hearing loss an early assessment will lead to better outcomes. Local abnormalities like a cleft lip or palate may affect the phonation of the baby. A lisp or stutter has to be corrected. An interesting cause for delayed speech is lack of motivation.

#### Parentese

If a baby is given things even before they are asked for he will feel little need to express the desire or show anger or frustration. Such children often end up having tantrums. Too many toys or gadgets also delay the speech. The child needs real people to interact to encourage speaking. Often Alexa will confuse them. Baby talk may sound good but encourages the baby to talk in the same copycat manner. It is advisable to speak to the baby in a normal tone and pronunciation. The new term 'parentese' has been used where the baby is spoken to with various intonations. Over worked parents often speak less. A child needs to hear and be spoken to. They learn by repeating what they have heard. Lastly if there is tension in the family the child is very perceptive

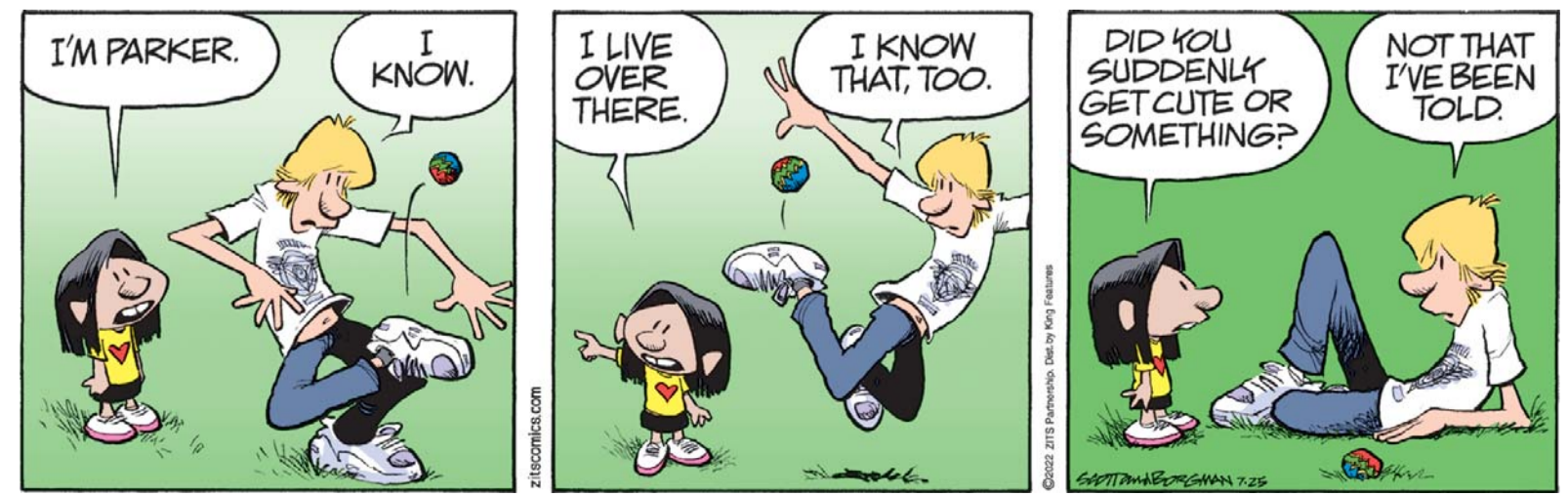


By Rick Kirkman & Jerry Scott

## BABY BLUES



## ZITS



By Jerry Scott & Jim Borgman

## THE WALL



## #MEDICATION

### Posture Matters In How You Take Pills



If you're aiming a pill for this part of the stomach, posture is critical to play into both gravity and the natural asymmetry of the stomach.

When you have a headache and reach for the pain reliever, keep this in mind: posture can make a big difference as much as an hour longer in how fast your body absorbs the medicine.

The findings are based on what's thought to be the first model to simulate the mechanics of drug dissolution on a human stomach.

"We were very surprised that posture had such an immense effect on the dissolution rate of a pill," says study senior author Rajat Mittal, an engineer at Johns Hopkins University and an expert in fluid dynamics. "I never thought about whether I was doing it right or wrong but now I'll definitely think about it every time I take a pill."

In recent years models have been created to authentically represent the workings of several major organs, notably the heart. The team's new model, called StomachSim, appears to be one of the first to be able to conduct realistic simulation of the human stomach. Blending physics with biomechanics and fluid mechanics, the team also considered what stomachs that aren't functioning at full strength due to gastroparesis caused by diseases such as diabetes and Parkinson's syndrome meant for pill dissolution. Even a small change in the conditions of the stomach can lead to significant differences in the outcome of an oral drug, says lead author Jae Ho "Mike" Lee, a former postdoctoral researcher at Johns Hopkins.

The impact of stomach disease on drug dissolution was similar



StomachSim mimics what happens inside a stomach as it digests food, or in this case, medicine.

Most pills do not start working until the stomach ejects their contents into the intestine. So the closer a pill lands to the last part of the stomach, the antrum, the faster it starts to dissolve and empty its contents through the pylorus into the duodenum, the first part of the small intestine.

If you're aiming a pill for this part of the stomach, posture is critical to play into both gravity and the natural asymmetry of the stomach.

The team tested four postures. Taking pills while lying on the right side was by far the best, sending pills into the deepest part

to that of posture which underscores how significant a difference posture makes.

"Posture itself has such a huge impact, it's equivalent to someone's stomach having a very significant dysfunction as far as pill dissolution is concerned," Mittal says.

Future work will attempt to predict how the changes in the biomechanics of the stomach affect how the body absorbs drugs, how food is processed in the stomach and the effect of posture and gastroparesis on food digestion.

The National Science Foundation and the National Institutes of Health supported the work.