

#FITNESS

Healthy Habits

It may be in your best interest to trade five minutes of scrolling in favour of one of the five science-backed, health-boosting activities listed below.



If you feel like you don't have enough time for daily self-care beyond the basics, you aren't alone. Many people cite their busy schedules as barriers to having healthier lifestyles.

But what if you only need five minutes? Believe it or not, there are quick, practical activities you can do in five minutes or less to make a measurable positive impact on your health and wellness.

If you're still not convinced you can find the time, consider reclaiming those minutes from a less productive, time-consuming activity. How often do you check social media accounts, mindlessly scrolling through posts only to look up and realize five, 10 or even 20 minutes have passed?

can make a difference. In fact, a 2020 study found that just 11 minutes of exercise every day, done in any increments, increases your life span.

Connect With A Friend

Take five minutes to feel seen and heard each day - and return the favour for someone else. If you can't meet up with a friend or loved one in person, screen time can actually work in your favour by enabling video chatting. It's always better to talk in person, but socializing in any way that helps you feel supported can ward off loneliness and feelings of isolation, which are associated with declining cognitive skills, depression, heart attack, stroke and early death.

If scheduling makes it difficult to connect with friends daily, make a point to strike up conversations with others as you run errands.

Prep Healthy Snacks

Have you ever been watching TV and wanted a snack but didn't want to take the time to wash the fresh fruit in your fridge, so you grabbed a bag of chips instead? I know I have. Accessibility is a significant factor in our ability to make healthy choices, so taking five minutes to prep fresh foods for snacking can be impactful.

You've likely heard nutritionists and fitness influencers alike touting the benefits of weekly meal prep, where you make all the meals for your week on one day. Although that sounds great in theory and is convenient throughout the week, it can be logistically demanding and time-consuming.

Spending only five minutes every other day or so to wash and cut up some of your favourite fresh fruits and vegetables is less intimidating and serves as a good entry point to larger-scale meal prep.

Take A Quick Stroll

Research has shown that 10,000 steps a day can reduce your risk of cancer, heart disease and early death, but newer research has found that any amount of walking helps. So just one five-minute walk around your neighbourhood or inside your office building has health-boosting benefits.

Taking it a step further (pun intended), walking for five minutes every 30 minutes produces an immediate measurable reduction in both blood pressure and blood sugar, according to a recent study.

Unlike lofty resolutions for better health, such as giving up cheese or chocolate forever, the five-minute activities listed above are more practical. With consistent practice, they can become sustainable healthy habits that will deliver wellness-boosting benefits over your lifetime - a potentially longer lifetime because of those five-minute habits!

Focus On Your Breath

Want to reduce stress and boost your physical and mental health almost immediately? Take a breathing break. Simply pause and spend a few minutes taking long, deep breaths in and out of your nose.

Better yet, it doesn't even require a full five minutes to begin reaping the wellness benefits. In as little as 90 seconds, deep breathing stimulates a physiological relaxation response that inhibits stress hormone production, lowers blood pressure and decreases heart rate, according to research. Consistently working on breathing better can also improve posture and decrease pain.

Move Your Body

Being sedentary, specifically prolonged sitting, is not only detrimental to your physical health but also your mental well-being. Increasing your risk of both death and depression. Moving your body for even five minutes at a time



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Scorch Earth Policy of Pratap



Dr. Rima Hooja
An archaeologist, historian, writer & a distinguished academician

Chakrapani Mishra is described as belonging to a Mathur Navsaware Chobe brahmin family, that held the ancestral title of 'Mishra'. Chakrapani's immediate ancestors had served in the Mewar courts of Rana Kumbha and Rana Raimal. Chakrapani Mishra himself served at the court of Maharana Pratap. We know of two other texts by Chakrapani - namely the 'Rajya-abhisheka-paddhati' and 'Muhurtamala'. The former was composed at Maharana Pratap's coronation at Gogunda, and predated the 'Vishva-Vallabha' by at least five years.

Chakrapani Mishra's 'Vishva-Vallabha' is in the overall tradition of India's 'Yajurveda' texts, and is divided into nine chapters (or ullasas). One sub-section focuses on how to test the ground in search of water, and check sources of water on the basis of types of soil, rocks and vegetation. Another explains how to classify tracts into categories such as 'Anup', 'Jangala', 'Mishra', and 'Parvatiya', watered by many rivers, or else categorized as open wilderness with scarcity of water, or as well-forested land etc. Another section looks at the digging of different types of wells, step-wells, tanks, ponds and other water structures. Yet another details

#VALOUR

methods of blasting hard rocks using burning wood, or through using specific chemical compounds mixed with water. There are descriptions for preparing hardened chisels for use as digging tools. Methods for purifying alkaline and hard water through the addition of herbs, vegetation or chemicals form a part of the text too, as do methods of testing various types of soils in order to decide the most suitable types of trees, plants and creepers.

Forced Submission of Mewar

Yet another section of the treatise provides details on the correct ways of watering, sprinkling and otherwise irrigating different kinds of trees, shrubs, plants and grasses as per specific climatic conditions, as also the process of plantations, care of seeds quality, and suggestions for reviving destroyed orchards and gardens, etc. Protection of plants and trees from climatic extremes and disasters like fire, frost, gusty winds, weeds, predators, diseases and insects, and of providing suitable supports to creepers and plants forms part of Chakrapani Mishra's text, along with ways of making and using a range of protections that range from pesticide to spells, taste, flowering etc of plants and creepers; and other types of agriculture-connected issues.

It was, and remains, a work of value - and obviously its practical application had been hoped for, when it was commissioned. To an extent, this did happen in the changed circumstances that Pratap's Mewar found itself in. Thus, small terraced land-holdings in narrow hilly valleys were farmed in different areas, water sources discovered and water-structures built on an urgent basis in the hilly tracts previously not used for farming agriculture, even as fertile plain tracts were abandoned in the vulnerable plains of Mewar.



Akbar and Maharana Pratap.

Coming now to Maharana Pratap's policies and problems from 1576 onwards: Akbar tried to extract peaceful submission from Pratap on at least three occasions between 1573 and 1575, and three successive emissaries were sent by him to Maharana Pratap. But they could not convince Maharana Pratap to change his mind. Eventually, Akbar decided to force the submission of Mewar. By this time Akbar had dealt with several of the outstanding problems plaguing his governance, including the Afghans of eastern India, Rao Chandrasen of Marwar (who had been forced out of Jodhpur, Bhadrachal, and eventually Sivwana), and the rebellious Mirza brothers who had been crushed both in western U.P. and later Gujarat.

The Mughal forces were given the command to advance against Mewar on 3rd April, 1576. There were many wings and units to the vast Imperial army, and its commanders and warriors were already well-known for the battle-hardiness. Akbar appointed prince Man Singh Kachchwaha from Amber as Commander-in-Chief. Among other commanders and battle veterans were Asaf Khan, Balyazhi Khan, Shah Ghazi Khan,



Steel is More Elastic Than Rubber

We generally understand that material is elastic if it is stretchable and regains its shape quickly when the stretching force is removed. According to physics, elasticity is the property of a material to regain its shape after deformation. You might not believe that steel is elastic in nature, but it actually is. In fact, steel is very more elastic than rubber. This is the reason why it is used for making bridges and buildings. When deformed, it can quickly regain its original shape, better than rubber.



War Painting Art Haldighati Scene.

of Mewar: All passes of the hilly terrain had been fortified, and vast tracts of Mewar countryside had been burnt and laid to waste at his order.

Pratap and his army moved to Khamnor, a village near the entrance to the Haldighati pass. All was now set for the forthcoming battle, which we today know by the name of the 'Battle of Haldighati', fought in June, 1576, on the 2nd Sudi of Jyestha month of VS 1633. According to the contemporaneous account of Badauni, there was a total of five thousand cavalry under Man Singh at the battle, though some later writings, like the 'Nainsi's Khyat' by Muhtod Nainsi, who was one of neighbouring Marwar's later period ministers, maintain that Man Singh commanded forty thousand soldiers. A still later 19th century work, the 'Vir Vinod', by Kaviraj Shyamaldas stated that the Mughal troops numbered 80,000. Maharana Pratap is said to have had over three thousand warriors, including Bhils, fighting for him. Here again, sources differ on the actual numbers involved. On the basis of various compiled sources, one of Rajasthan's 20th century historians, the late Professor G.N. Sharma stated that Maharana Pratap Singh faced the Mughal army at the head of 3,000 horsemen, 2,000 infantry, 150 elephants, and 100 miscellaneous men who served as drum-

Traditional Orders

Around the end of May, the Mughal army left Mandalgarh and marched in the direction of Gogunda, 16 miles north-east of Udaipur. Gogunda lies close to the valley now famous by the name of Haldighati, some 17 miles north of Udaipur so called because the local rocks have eroded to give a turmeric yellow colour to the soil. At that time, the ghati was a very narrow pass or defile, strategically located at the neck of a hill, within a densely forested area. (It was artificially widened for road traffic and popular movement in the mid-20th century).

On reaching the vicinity of the village of Molela, situated on the banks of the river Banas, the Imperial forces camped on the south bank of the river Banas. Maharana Pratap had the support of Afghan chief, Hakim Khan Sur, and of the Bhils of the Bhomat area

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Along with this, vast tracts of the countryside, stretching up to near Chittor, were burnt and left unploughed by Maharana Pratap's orders, so that the Mughal forces could not depend on local supplies of food or fodder. With rain-fed agriculture, Pratap's Mewar had traditionally known two crops a year, and despite occasional famine years, Mewar was self-sufficient with its locally grown wheat, maize, sugar cane, cotton, millets and vegetables, supplemented by edible items that came in through the trade routes. The latter included small amounts of rock salt (patthar ka namak) from the far-distant mountains to the north-west of the Sub-Continent, and other types of

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mers, trumpeters and pick-men.

There were several skirmishes and encounters, before the sanguine battle in the heat of June. On the basis of Mughal and Rajasthani accounts, G.N. Sharma has described the battle formations of Maharana Pratap in his book, 'Mewar and the Mughal Emperors' (1962). Pratap used the traditional order of Harawal (van, or front attacking formation of an army), Chandrawal (rear), Vama-Parshva (left wing) and Dakshin-Parshva (right wing), besides the central main body. It is said that Maharana Pratap had assembled his forces on both sides of a narrow pass, where the thickly forested hill-pass was so



The strategy of Rana Pratap that stunned the Mughal army.

narrow that two riders could barely pass side by side.

The Gory Battle

The two armies came together at the plain of Rati-Talai (since called 'Rakt-Talai' or 'Lake of Blood' in commemoration of the gory battle), close to the narrow pass of Haldighati. According to Abul Fazl, the pitched battle between the two opposing armies was fought besides the village of Khamnor, while the eye-witness Badauni stated that it took place near Gogunda. On the basis of information made available to him during the opening years of the 19th century, Lt. Col. James Tod attempted his own description of the confrontation between the Mughal and Mewar armies, which he named as the 'Battle of Haldighati'. Compiling available information, 20th century historians believe that the major fighting took place at the pass, and near the area still known as 'Badshah Bagh'. The battle was fiercely fought. Abul Fazl noted that in the thick of the battle it was difficult to distinguish between friend and foe. In the initial stages the Mughal vanguard was hit hard, and its forces forced to retreat. Subsequently they rallied again. The elephant forces also clashed, and when the mahout of Mewar's lead elephant Ram Prasad fell to an arrow, the Mughal elephants' mahouts captured Mewar's elephant Ram Prasad.

The fighting brought Maharana Pratap and Prince Man Singh face-to-face. Seizing an opportunity, Maharana Pratap flung his spear at Man Singh who was seated on an



Battle Of Haldighati.

elephant. The spear missed Man Singh and pierced the body of the elephant's mahout instead. At the same time, a sword held in the trunk of Man Singh's elephant grievously wounded Chacra's forelegs. Mughal troops surrounded the Maharana, and he was hard-pressed as he fought his way through. In the heat of the battle, Mahtar Khan spread the rumour that the Emperor Akbar himself was approaching, leading a large contingent of the Imperial Army (though in reality Akbar was not present at any stage of the fighting at Haldighati).

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We all know that food and drinks can go bad. Your refrigerator likely has items right now that were once wholesome some and is now...not wholesome, and no longer food. But one basic component of our lives that might seem immune to that spoilage is water.

It's a pretty fundamental compound, after all, and doesn't contain anything other than a bunch of hydrogen and oxygen, so there doesn't seem to be anything in there that other organisms could defile. When your leftover mint chutney goes bad, it makes sense, but water seems so impervious that noticing an

expiration date on a bottle of water seems kind of ludicrous. But it's not completely wrong. Water doesn't rot or spoil like many foods, but there's definitely a shelf life. When Tap Water Goes Bad Water that comes out of your faucet has most likely been treated with chlorine, which helps keep it free from microorganisms that can do you harm. But that water will react with the carbon dioxide in the air continuously, lowering the pH of the water, making it more acidic, which will can make it taste funny. Additionally, uncovered water will collect dust and other stuff from the air, adding to the unpleasantness. Eventually this process could even make you sick-although the water would have to sit there a very long time before it became dangerous as opposed to just gross.

At the same time, that chlo-

#CHEMISTRY

Yes, Your Water Can Go Bad



Whether from tap, a pitcher, or a bottle, there's definitely a point when you shouldn't drink that water.

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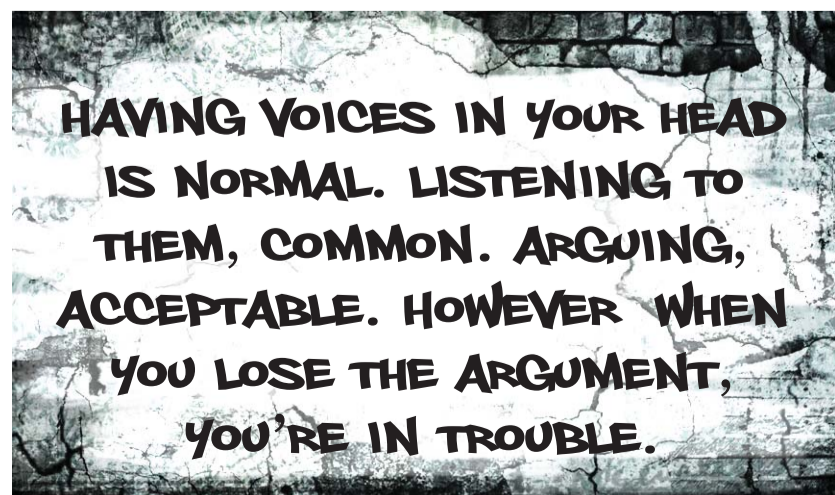
When Bottled Water Goes Bad

Commercially bottled water lasts longer than exposed water, but it will eventually go bad. The water is pure when bottled, and the plastic (mostly) prevents microorganisms

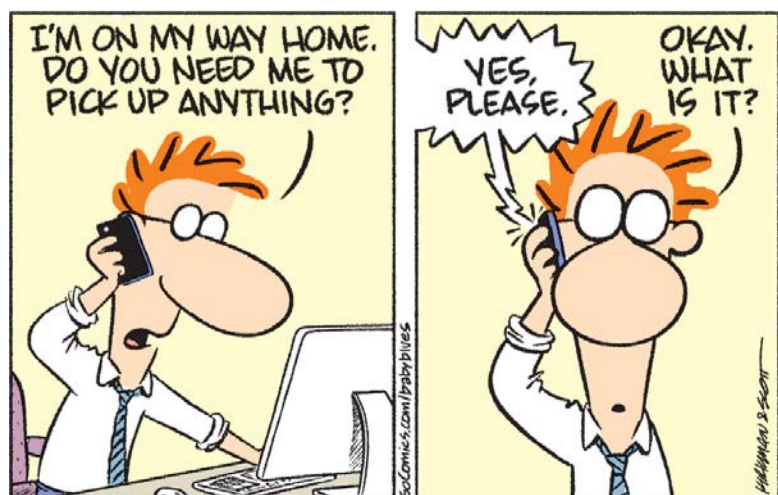


from getting in there-but the plastic itself is the problem. The plastic isn't totally impervious, so the water will very slowly react with the air outside the bottle, evaporating and providing a slim-but-not-zero chance of contamination. More importantly, chemicals from the plastic can slowly leech into the water-a process sped up by exposure to heat and the sun. These chemicals can be dangerous in large amounts, but there probably isn't enough of them in an old bottle of water to hurt you-but it will hurt the taste. This is why old bottled water sometimes has that "plastic" taste to it. The rule of thumb on bottled water is that it's fine for about two years-if it remains sealed and stored in a cool, shaded place. Once that bottle is opened, the clock speeds up, because you're part of the equation.

THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott



ZITS



By Jerry Scott & Jim Borgman

