



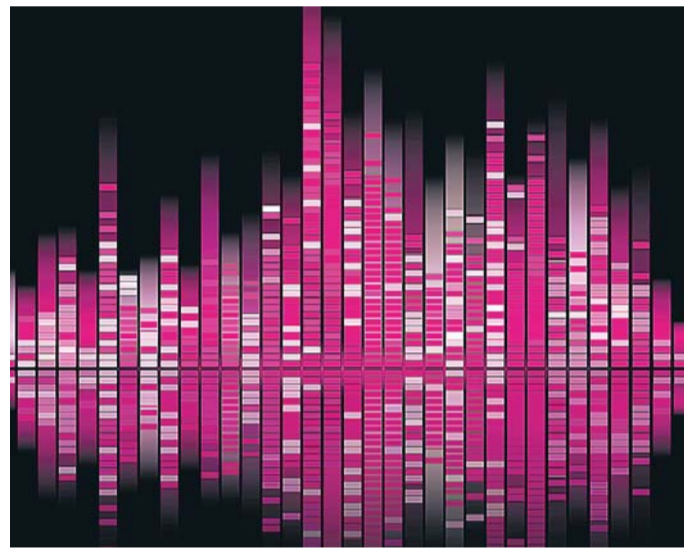
## Tick Tock Day

Tick Tock Day enables you to start the following year with a clear head. It can ensure that you start the next chapter of your life in the best possible way, giving yourself the greatest shot of having a successful year ahead. After all, no one wants to carry their clutter and disorganization with them into another calendar year, right? There is something quite therapeutic about having a couple of ultra-productive days before January hits. Work through your to-do list and finish any odd jobs so that you can leave your worries behind, and focus on the future.

## #RESEARCH

# 'Pink Noise' Benefits Heart

The heart's pumping force and its relaxation were greater after nights with stimulation compared to nights without stimulation



Targeted stimulation with brief gentle sounds during deep sleep significantly enhances heart function, a new study shows.

Deep sleep is crucial for overall health. The brain recovers during this sleep stage, and the rest of the body seems to regenerate, then.

A new study finds that the targeted stimulation causes the heart, in particular, the left ventricle, to contract and relax, more vigorously. As a result, it pumps blood into the circulatory system and draws it out again, more efficiently. The left ventricle supplies most organs, the extremities, and the brain with oxygen-rich arterial blood.

When the heart contracts, the left ventricle is squeezed and wrung out like a wet sponge. The more immediate and more powerful this wringing action, the more blood enters the circulation and the less remains in the heart. This increases blood flow, which has a positive effect on the cardiovascular system.

The researchers used echocardiography (cardiac ultrasound examinations) to demonstrate that the left ventricle undergoes more intense deformation after nocturnal stimulation. This is the first time, anyone has shown that an increase in brain waves during deep sleep (slow waves) improves cardiac function.

"We were expecting that stimulation with tones during deep sleep would impact the cardiovascular system. But the fact that this effect was so clearly measurable after just one night of stimulation, surprised us," says project leader and sleep expert Caroline Lustenberger, a fellow at the Neural Control of Movement Lab at ETH Zurich.

"During stimulation, we clearly see an increase in slow waves, as well as a response from the cardiovascular system that is reminiscent of cardiovascular pulsation," says lead author Stephanie Huiwiler.

"We clearly saw that both, the heart's pumping force and its relaxation, were greater after nights with stimulation compared to nights without stimulation," says Christian Schmid, adjunct professor at the University of Zurich and senior consultant for Cardiology at the University Hospital Zurich.

Both factors are an excellent measure of cardiovascular system function.

**'Pink Noise' Stimulation**  
The study involved 18 healthy men, aged 30 to 57, who spent three non-consecutive nights in the sleep laboratory. On two nights, the researchers stimulated subjects with sounds. On one night, they did not.

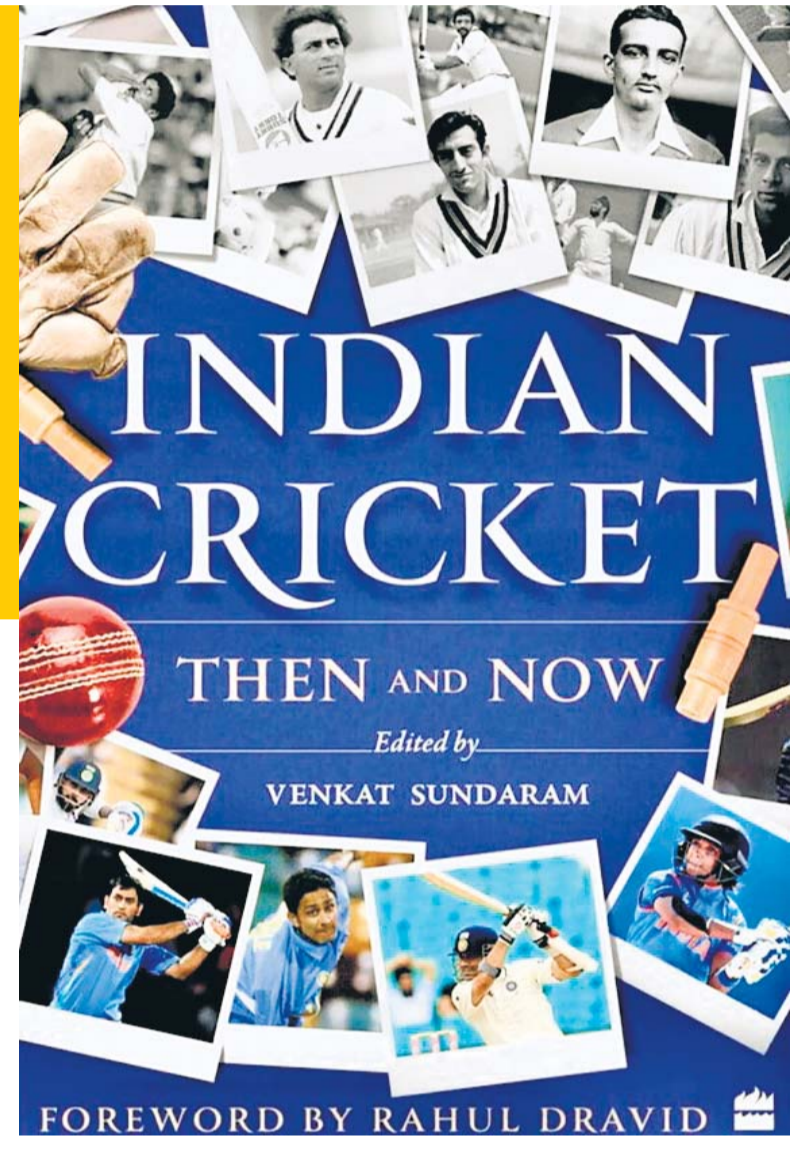
While subjects slept, the scientists continuously measured their brain activity, blood pressure, and heart activity. They coupled their measurements to a computer system that analysed the incoming data.

As soon as the readings indicated that the subject had fallen into deep sleep, the computer played a series of very brief tones at certain frequencies, called *pink noise*, which sound like static. Ten seconds of such tones were followed by ten seconds of silence, and then the same procedure was repeated. A feedback mechanism ensured that the noise was played at the right time and depending on the brain wave pattern, stopped again.

This experimental setup allowed researchers to directly monitor whether the sound stimulation enhanced deep sleep and whether it influenced the subjects' heart rate and blood pressure.

# 'Then And Now' PART:1 Cricket- the India Way

Abbas Ali Baig, too, has contributed to this book under the chapter "After The Kiss." Baig goes like this: "Just as I relaxed happily with the thought that I had left the kissing saga well behind the field after saving the match against Australia in Bombay's Brabourne Stadium, I heard a gentle knock on the dressing room's door, where I found a respectable looking elderly gentleman standing outside with a few pretty young ladies. The lovely young ladies were from respectable families and were watching the match from guest boxes and would be very happy if I would allow each one of them, individually, to do what the naughty girl had so boldly done on the field, before a crowd of 50,000. And this would be done quietly in my room with no prying eyes distracting me from the action. But I agreed. One after another, the ladies and I went through the process. The man, who made this happen, remained a dear friend all my life."



Venkat Sundaram



Palwankar Baloo-the first dalit cricketer



Salim Durani



Prakash Bhandari  
The writer is a senior journalist

ants of cricket are getting published. Cricket was introduced in the country by the British and many of us still feel that cricket was the best parting gift that the British gave us, before leaving the country, after almost two centuries of rule.

Cricket, as a sport, has many attributes. It teaches you discipline, it improves your thought process, it teaches you arithmetic, psychology and philosophy.

The sport was favoured by the British and later, in Bombay, they started playing against the Parsees. Cricket was an exclusive English creation and the Victorians glorified it as a perfect system of ethics and glory. As the sport was played by the British rich and the bureaucrats, the Maharajas and the rich Indian merchants took to the sport as a matter of social presence, who prized it as a national symbol.

Cricket was a sport of the affluent and the Maharajas. They earnestly played and patronized cricket by the middle of the 18th century.

Unfortunately, for England that even, as they have "invented" the game, it took them 44 years to win their maiden World Cup on July 14, 2019. It may be recalled that the One-Day limited over International World Cup began way back in 1975.

Over the years, India has become a force to reckon with and commands high reputation as the patron of cricket with tons of money. It's the dream of every cricketer to play in the IPL.

Cricket, though an expensive sport to play by Indian standards, has touched the lives of our people.

Numerous books have hit the stands recently when India hosted the World Cup ODI. But the book, "Indian Cricket: Then And Now," edited by former Delhi and North Zone skipper Venkat Sundaram is a fascinating book. A dear friend, Venkat, even though his playing days were over long time ago, served the sport as a curator. Well-educated with a strong cultural background, he took to writing and produced a book, "The Sardar Of Spin," a book on late Bishan Singh Bedi. This book had a collection of articles by illustrious cricketers and cricket writers on Bedi.

Venkat Sundaram's new edited book is categorised into six sections. The Early Years, Legends of the Past, Winds of Change, The

## #CRICKET

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Palwankar Baloo, a dalit and an "untouchable" cricketer belonged to a very poor family of Dharwar and his family moved to Poona in search of work. He got a job as a groundsman in Poona Gymkhana, where he showed his cricketing abilities. Later, after moving to Bombay, he got the opportunity to play for Hindu Gymkhana. The team members would play with Baloo, but would keep him at a distance. He skipped the Hindus in the Quadrangular victory. The high caste raised their brows on playing a dalit the captainship. But Baloo proved it with his bowling prowess. In 1911, when the Maharaja of Patiala had taken his team to England, Baloo delighted everyone with his bowling skills and he teased and tormented the English batters with his skills. He showed to the world that a poor outcast from a small village in India could do wonders.

Baloo had three other brothers, Shivram, Vithal and Ganpat, and these four brothers made the Hindu team a great outfit. But the dalit brothers were only exploited and forgotten.

Once, Dr. B.R. Ambedkar

asked Baloo that as they are called *untouchables* in the Hindu community, they should convert to Buddhism. But Baloo did not heed the call given by Ambedkar, as he trusted Mahatma Gandhi. Baloo felt with Mahatma Gandhi's emergence, the status of his community would become important, and they would become a part of the mainstream. In 1937, Baloo fought an election against Ambedkar and lost. Baloo died in penury in 1955 as a forgotten hero.

One of the early pieces in the book is from the pen of Vijay Merchant, and gives an account of an episode in 1936, when, for suggesting an election against Ambedkar and Maharakumar of Vizianagram that he should step down from the Test side and he was almost sent home.

The book also salutes legendary cricketers like C.K. Nayudu, Vijay Hazare, Vijay Merchant, Nari Contractor, Tiger Pataudi, Ajit Wadekar, Salim Durani and the Spin Quartet of the 1960s and 1970s, to Sunil Gavaskar, G. R. Vishwanath, Kapil Dev, Dilip Vengsarkar, Anil Kumble, Sachin Tendulkar, M.S. Dhoni and Virat Kohli.

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On that tour of 1932, he was often compared with Sir Donald Bradman. But the great cricket writer, Neville Cardus, spotted the essential difference.

Cardus wrote "Nayudu is lithe and wiry and voluble. Bradman is steady and concentrated. He never suggests that elusive and poetic quality which is best called 'sensitivity' Nayudu is a very sensitive batsman, from each of his stroke, you find an impression of a newborn energy, of a sudden improvisation of superb technique.

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**To Be Continued...**

Modern Age, Domestic Starwars and Beyond the Pavilion, and each of them chronicles the game's extraordinary journey starting with the iconic first-ever Test match that India played at Lord's in 1932, against host, England.

The book's foreword has been written by former Indian skipper and currently the coach of the Indian team, Rahul Dravid.

In the foreword, Rahul Dravid, the former Indian Captain, notes, "From a game once sponsored and nurtured by the royal class, cricket has come to be accepted as a game for everybody. The fact that India has won two 50-overs World Cups and the T20 World Cup is a matter of national pride."

Shashi Tharoor, MP, has also contributed to this compilation of writings. He mentions some golden moments of an anonymous sarri-clad beauty running out and giving a public kiss to Abbas Ali Baig in Bombay while he returned to the pavilion and outrage in the country, when Salim Durani was dropped from the national team, during the England tour in 1972.

Abbas Ali Baig, too, has contributed to this book under the chapter "After The Kiss."

Baig goes like this: "Just as I relaxed happily with the thought that I had left the kissing saga well behind the field, after saving the match against Australia in Bombay's Brabourne Stadium, I heard a gentle knock on the dressing room's door, where I found a respectable looking elderly gentleman standing outside

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Union minister Meenakshi Lekhi (centre) at the launch of the book. On the left is the editor of the book, Venkat Sundaram and on the right is Navroz Dhondy, the nephew of Nari Contractor, who also contributed to the book.

Abbas Ali Baig, being kissed by a girl who intruded into the Brabourne Stadium in 1960 to plant a kiss on Baig, after he scored a century, against the Australians.

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Dr B R Ambedkar



Abbas Ali Baig

itself an interesting story. Not too long ago, a great Indian opening batsman was nearing the world record for the first wicket partnership in Tests. When informed that he was within touching distance of a record held by *Vino Mankad*, he asked who Mankad was.

His reaction was, "Very few names in Indian cricket have been bigger than Mankad. Yet, this incident illustrates that even he is liable to be forgotten. We had to do something so that these names live on, and *Indian Cricket: Then and Now* is the result."

There are 47 contributions to the book from 40 different writers and some of the pieces were written, especially, for this book.

Raju Mukherjee paid glowing tributes to three exemplary figures from Indian cricket in the hope that their deeds will be long remembered.

Mukherjee writes about *Mehalsha Pavri* who was a member of the first Parsi team to tour England in 1886.

In a match against Gentlemen of England, Pavri took six wickets for 56 that led the Parsis win this match. Pavri became the first Indian to play county cricket in England when he played for Middlesex and later, for Cambridge University.

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## #KEEP-PEDALLING

# Scenic Cycling Routes In India

The mesmerising landscapes will make your journey more beautiful than the destination. From the sand dunes of Rajasthan to hills of Cherrapunji, every route has stunning sights for you, to cherish always.



Remember, as a kid, the joy of receiving your first bicycle? Relive those days from your childhood and venture off with your cycles to explore the most scenic journeys in the country. From the east coast to the south to *Gangtok* and *Nathula Pass* in the northeast, invigorate yourself here by the Portuguese, the trees have edible fruits bearing medicinal powers.

East Coast trail. Encompassing over 200 kms, if you avoid the conventional highways, the landscape is extremely picturesque. Cycle by the coconut farms, and let the clear blue skies flooded by migratory birds add to the perfect setting. With the sea along the route, observe the unusual palm trees called the *Hokka trees*. Originally brought here by the Portuguese, the trees have edible fruits bearing medicinal powers.

**Chennai to Pondicherry- East Coast Trail**

Clear roads sprinkled with sparkling beaches make this trail one of the best in India. The route, going through *Mahabalipuram*, is renowned for its glistening seaside views. The journey, which also happens to be the easiest on this list, will take one to two days, depending on your stamina and determination. The 150-kms adventure will involve pedalling past *Kelambakkam*, where the *Thirupavur temple pond* will be brimming with water. The glorious lush green of the East Coast Region is sure to bring a smile on your face.

**Duration:** 3 days  
**Level:** Moderate

**Shillong to Cherra**

From one end of the country to another, far away from the desert of the West and into the hills of the East, the *Shillong to Cherrapunji* (also called *Sohrai trail*) is one that you shouldn't miss out on. One of the more difficult trails on this list, the hilly terrain is sure to make your ride challenging. The short 60 kms adventure, though, might take up to two days. The sudden twists mixed with surprising turns are certain to make this journey the one to remember. But, be assured that the scenic mountain and valleys on either side will add another dimension to your trip.

**Duration:** 1-2 days  
**Level:** Easy

**Somnath to Diu**

Moving further up north, this trip is slightly more challenging than the

**Gangtok to Nathu La**

Possibly, the most beautiful trail on this wish list, the *Gangtok to Nathu La* is close to the Indo-Chinese border and is often used by the army. Hence, a permit is required for you, before you go on this journey. While the distance from the Sikkimese capital city to the pass is a mere 60 kms, it is the elevation which makes this ride the most challenging. Situated at an altitude of over 14,000 ft, the road isn't in the best of conditions. The unwavering cold weather is a further hindrance. However, get past all those obstacles, and you'll be faced with an unforgettable view, one, that is sure to leave you immobile!

**Duration:** 1 day  
**Level:** Difficult

**Ahmedabad to Jaipur**

Having explored the greenery of Gujarat, make your way to the home of the *Rajputana* dynasties. Pedal through the route from Ahmedabad, admiring the glamorous forts and lakes of this historical state. Make stopovers, if you have time to get a closer look at the bastions, and remember to cherish the view from these magnificent structures, that once served the kings of the region.

Apart from this, you will also have the opportunity to marvel at the unending *Thar Desert*. The sheer size of this unyielding landscape is sure to capture your imagination.

**Duration:** 10-12 days  
**Level:** Moderate

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