the doctor again. This time the reports were even worse. The paedi-

atrician decided to have a second

Desperate efforts were made to

he first to refuse anv loan or

admitted to the hospital. The doc

tors wanted to fix a date for the sur-

Helpless Sarabjeet went back to

ple who were coming were leaving

donations on a white sheet in front

money was gradually becoming big-

and folded the sheet and made a

bundle. All the people around were

told him that the money was the

Gurudwara's and he could not take

it away. Sarabjeet responded as a

gerv or discharge her.

राष्ट्रदुत

#TECH-HACKS

Boost Your Wi-Fi Signal

You can significantly improve your Wi-Fi experience with small adjustments to the placement of your Wi-Fi router



ruddy Wi-Fi performance is frustrating, but so is spending money when you could improve your Wi-Fi without spending a dime. Here are ten tips to improve your Wi-Fi for free, plus three bonus tips for people with more room in

Move To Another Room There's a good chance the location of your Wi-Fi router is wherever your Internet Service

Provider (ISP) put the drop in your house. The line came off the pole, to the nearest corner of vour home, and that's where the hardware went. Moving your router is one of the easiest ways to fix Wi-Fi issues. This is because the sig-

nal from your router radiates out from the router in roughly a donut shape. If you have the router parked against the wall in the far corner of your house, around half that donut shape (or less, if it's on a corner) is inside your home, and the rest is outside in your vard or neighbour's apartment. Just moving your router



from an outside wall to a central location will do wonders for your Wi-Fi experience as the "umbrella" of the router is now over the most used spaces

of your home. Raise Your Router Up High

On top of moving your router to a more central location in your home, you can also significantly improve your Wi-Fi experience by moving the router Putting aside the actual

physical structure of the home, the bulk of the mass inside a home is between the floor and about 4-5 feet off the ground. That's where the majority of our stuff-like couches, chairs, televisions, bookshelves, counters, appliances, etc.-is located.

If your Wi-Fi router is sitting on a shelf under your TV, a large portion of the Wi-Fi signal is being absorbed by all the stuff down at its level. Just putting the router on the tallest bookshelf in your living room or using the mounting holes on the back to mount





and its settings.



that are interfering with the **Ditch the Wi-Fi for Ethernet** If somebody told you the best

way to improve your Wi-Fi is to not use it, you might consid er that advice to be a bit flippant. But there's a very good reason we advise people to do Wi-Fi is great but it's easy to overload your Wi-Fi router

with many devices-especially if you have many high-demand devices running simultaneously. One of the simplest solutions to that problem is to stop using Wi-Fi and offload some of the bandwidth de mands onto Ethernet. This frees up the Wi-Fi for devices (such as your phone) that don't

Enable Quality of Service Rules

You might find that your Wi-Fi experience is great when you're home by yourself but not so great when your spouse and kids are home and using the internet too.

If your root problem is that. you simply don't have enough download bandwidth to support all the activities your family is engaged in, Wi-Fi tweaks aren't going to help and we hope affordable broadband finds its way to your locale sooner rather than later.

But if the issue is that one particular activity is putting the hurt on your bandwidth allocation to the detriment of all other network activity it's worth looking into whether or not vour router supports Quality of Service (QoS) rules.

Update Your Firmware You should stay on top of router firmware updates to en-

sure your router isn't vulneraole to known (and already patched) security exploits. But it's also a great idea to stay on top of firmware updates because, for every zero-

day exploit that gets patched up, most firmware updates are actually performance patches. Router firmware updates are a free way to get performance improvements out of the

hardware you already own. **Adjust Your Wi-Fi Channels**

If you live in an apartment or neighbourhood with closely packed homes, it's possible that your router's Wi-Fi channel allocation is conflicting with the allocation of other nearby routers.

By scanning for both your Wi-Fi channel settings and the settings of nearby routers, you can manually change the Wi-Fi channel allocation for your router to take advantage of the





Not a paisa more: Not a paisa less

Helpless Sarabjeet went back to the Gurudwara to pray for help. While praying, he noticed that people who were coming were leaving donations on a white sheet in front of the Granth sahibs. The heap of money was gradually becoming bigger. Sarabjeet went upto the money and folded the sheet and

made a bundle. All

the people around

were surprised and

stopped him. They

told him that the

Gurudwara's and

away. Sarabjeet

responded as a

cornered animal

does. He looked

asked in a loud

around and

voice.

he could not take it

money was the

Dr Goutam Sen CTVS Surgeon Traveller Story teller

imran was a gra cious and lovable child. Youngest of the three sisters she was the darling of the family. For a ten year old, she had a very mature head on her tiny slim body. Her eyes sparkled with the joy of life and there was a smile hidden behind her pink lips all the time. She never said no to anybody and was always ready to help in whichever way she could. She preferred books and music to dolls and toy kitchen sets. Being the daughter of a school teacher, there were books strewn all around the house. Children were encouraged to read in their spare time. Often livey discussions would take place on the dining table where she participated with equal energy and wisdom. She could often be seen sitting on the small cane stool in the living room where her father's friends would discuss literature and poli-

tics. Some of these people were emi-

#BENEDICTIONS

nent writers and poets. She was fortunate to read their first editions earlier than the general public. On rare circumstances, she was bold enough to comment on their writings. Her boldness was treated with affection and appreciation by the authors. She was such a favourite. one of the poets even dedicated a collection of poems to her.

Simran's father Sarabjeet Singh was a simple person. Well educated and beloved teacher of English with a genuine love for literature. He had done Master's in English from the Lucknow University. Surprisingly. his knowledge of the current Hindi literature was more profound than English. He had passed on this love and passion to all his daughters but it was Simran, who was probably the best. She soaked up whatever she heard or read, like a sponge. Her mother encouraged her in her interests. While cooking meals for the family, Simran would be at her side helping to stir and had endless questions about the food being cooked. She would ask about books and politics too.

It was a happy family. There was The laughing and late into the night that all was not normal with the

not much wealth but the love and affection was abounding. Simran was known to have cough and cold quite often. On most occasions, it sed to get better in a few days. When she was twelve, she had a bout of cough with a sore throat,

Joint pains and swelling. She con-

sulted a reputed general practitioner and recovered soon. The diagnosis was neither asked for nor told. Little did the family know that this illness had a self-limiting character! The worst part of it was, that even after the symptoms subside, the infection often affect the heart valves. In Simran's case, this is what happened. She lost her lustre and people noticed how easily she became tired. The laughing and happy child now became cranky. She wanted to rest all the day and refused to go out to play. She was also reluctant to help in the family chores. Sarabjeet and his wife often talked late into the night that all was not normal with the little one. Since they had a limited income

Finally, they took her to a reputed child specialist. He was of the old school. He listened with care about the history of cough, sore throat

and there was no severe symptom,

the visit to the doctor, which they

had thought about, kept getting

delayed. The fact of the matter was

that they had little ready money for

happy child now became cranky. She wanted to rest all the day and refused to go out to play. She was also reluctant to help in the family chores. **Sarabjeet and his** wife often talked

little one.

and joint pains. He became quite concerned as the history was being presented. He did a head to toe examination and his expression became grimmer as the examination progressed. He recommended a set of blood tests, a chest X-ray and ECG. It should have struck the parents that the matter was more severe than what they originally thought. The specialist did not pass on his suspicions until the tests had been done. After a couple of days, the family was called by the doctor and then the bomb was dropped. Simran had 'Rheumatic Heart disease'. The cough and cold caused by a bacteria had travelled by the blood stream and affected one of the valves on the left side of the heart. He even mentioned that it was the mitral valve. The parents had not understood much but they were fully aware that the news was not good. The child specialist explained that Simran would be given long acting Penicillin to control the infection and slow down the possibility of further complications. At the end, the doctor warned that over time the damaged and infected valve would become worse and could become narrower or even fail

to adapt well(Regurgitation). Only opinion from a heart specialist. The time would tell how much longer it final decision was that. Simran's would take to reach a final stage. mitral valve was now functioning In the initial days the family was poorly. It leaked and was narrowed extremely solicitous. Simran was taken care of with affection and too. No medicine was going to help She needed an open heart surgery concern. As time passed and she did to replace the valve. This was an not seem to become worse, the famiincommon and newly introduced ly went back to its old routine. It was surgery in those years. It was going just that Simran was not doing well. to be costly. It would cost around The doctor's visit had become less one and half lacs rupees. The parfrequent as the treatment order conents did not have that kind of tinued to be the same. One day, Simran complained of breathlessness on effort. She was finding it borrow from friends and family. The harder to walk to the nearby school. private school and the bank were She had become pale and one of the teachers commented that her face advance. The trickle from other looked puffy. This time the doctor sources was meagre. A sense of too was concerned and he asked for frustration and anxiety was evia new set of investigations. A newdent. Sarabjeet was no more the fangled expensive test called calm and loving person. He was Echocardiogram was ordered. The frantically going around looking for parents were told that the valve was now thickening and had narrowed to half the size. More medicines were added to the prescription. There was a particular one (a

Nobody told Simran all this. The poor child was given the tablet before she left for school. She had to take permission often to leave the class to go to the washroom. Soon unpleasant comments were passed her classmates. She tried her level best to reduce the trips and time, of the washroom visits with the intervals. One day, she embarrassed herself. She was delaying going to the washroom till the end of the class but could not hold any

diuretic) that helped in reducing the

water in the body. The practice was

to give it in the morning and the

action lasted for about six hours.

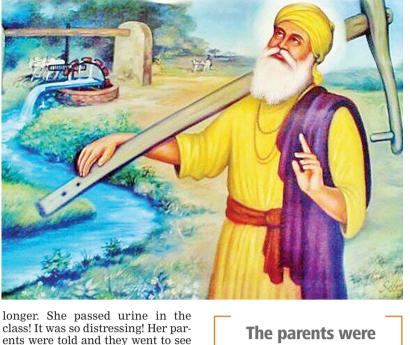
the Gurudwara to pray for help. While praying he noticed that peoof the Granth sahib. The heap of ger. Sarabjeet went upto the money surprised and stopped him. They

nelp. When no help comes from anywhere then there was only one person to appeal to. The parents were seen going to the Gurudwara frequently to beseech the 'Baba' for help. Still nothing happened Simran was getting worse. She was

> between the Baba and me. The Gurudwara's senior people

hospital cash counter and asked for the money to be deposited. The cashier counted the money. It was exactly the amoun required- Not a paisa more: not a

The Almighty has his own ways to help the faithful.



The parents were seen going to the **Gurudwara** frequently to beseech the 'Baba for help. Still nothing happened. Simran was getting worse. She was admitted to the hospital. The doctors wanted to fix a date for the surgery or discharge her.

cornered animal does. He looked around and asked in a loud voice. Is this your money that you are

This is the 'Baba's' money! If I am taking it away, he will stop me. I have been asking for help and e has told me to take this. It is

had come by that time. One of the senior people restrained the others from stopping Sarabjeet. He just told one of the retainers to follow Sarabjeet went straight to the



#FOOD REVIEW

Forgotten Recipes of the Thar

A hidden gem for fine dining in Crowne Plaza, Jaipur is offering their guests an opportunity to indulge in the splendour of traditional delicacies of the Thar region.



he Crowne Plaza in Jaipur has always been synonymous with delectable Chinese cuisine at the House of Han. However, my recent visit

to the hotel led me to discover a hidden gem for fine dining - The Royal Root. The restaurant offers a tastefully done set up, soothing live instrumental music, and authentic recipes that are crafted to perfection, making it a must-try.



For their special gastronomic curation of 'Forgotten Recipes of Thar', the restaurant's culinary maestros have taken it upon themselves to revive the long-forgotten recipes of the Thar region and offer their guests an opportunity to indulge in the splendour of traditional delicacies. This unique and authentic dining experience is a welcome break from the fusion food that has become common in many restau rants these days.

An Indulgent Affair

To begin the regal culinary sojourn at The Royal Root, one can start with the Murgh Shorba, Dahi ka Shorba, or Makai Ki Raab, which are all flavourful and comforting soups. For non-vegetarians, the starters like 'Umarkot ke Silbatte Kebab', made using stone minced lamb cooked in subtle spices, and



fish marinated to perfection with mustard and other spices, are nust-try dishes. Vegetarians can savour the Sangri ki Shami and Bajre aur Pudine Ke kebab, both f which are equally delicious. Moving on to the main course

The Royal Root offers an array of dishes that are sure to tantalize your taste buds. The Khad Murgh, a traditional slow-cooked chicken preparation cooked with stone-rubbed spices, and Chuley Ka Shikaar, tender lamb cooked on wooden fire infused with regional spices like patthar ke phool and nag kesar, are both nissable dishes that are bursting with flavour. For those looking to try some-

thing different than the usual ker sangri. I highly recommend sampling the Panchkuta, a mix of indigenous dried vegetables and berries that are packed with great taste. In addition to these dishes, the restaurant also offers some unique and innovative vegetarian options such as the Gulab Jamun Ki Sabzi, which features succulent dumplings of deepfried cottage cheese, cooked in a rich gravy infused with the sweetness of Gulab Jamun. The Rabodi ki Sabzi, made using dried corn papad, and Pitthod Ki Sabzi, steamed gram flour dumplings cooked in vogurt gravy, are also quite unique and lefinitely worth a try.

For those with a sweet tooth, I highly recommend trying the Churma and Gur Bajre Ke Laddu To round off the meal, sip on the refreshing paan shots, which are perfect way to cleanse the





Simple Ingredients and **Authentic Flavours**

vegetarian options

some unique and innovative

Telling more about the festival Sudhir Kumar Sharma, Chef De Cuisine of Crowne Plaza says: "To create the menu, the culinary team has researched in the rural pockets of Rajasthan and consult ed with the ladies who cook in homes to find out the traditional recipes. They use ingredients such as sour curd for the curries spices like fresh haldi, red chill ies, pepper, onion, and garlic, which are ground on the silbatta Women have been called from outside especially for this festival to make rotis such as tikkad and bejad ki roti in an authentic way

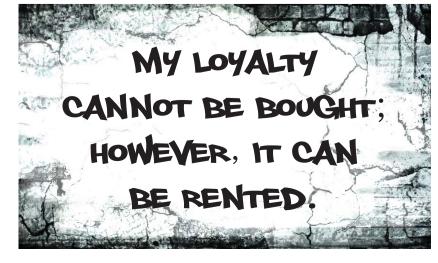
on a mitti ka tawa and choolah. The restaurant's dedication to quality is evident in their attention to detail, from the candle light setup to the regal interiors that make for a truly luxurious dining experience. The ambience of the restaurant adds to the charm of the authentic Rajasthani cuisine, making it a perfect destination for those who enjoy fine dining.

Where: The Royal Root, Crowne

When: 10 March to 19 March, 7.30

By Jerry Scott & Jim Borgman

THE WALL



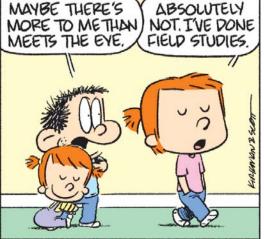
BABY BLUES



WREN, YOU SHOULD BE IDOLIZING ME, NOT SOME BOOGER-INFESTED



By Rick Kirkman & Jerry Scott



ZITS







