



Fresh Spinach Day

Spinach is not just food, it's a bundle of energy, vitamins, and minerals. Think of it as nature's way of giving us a health boost. This day encourages us to add more green to our plates and discover tasty ways to enjoy it. Spinach fans, circle July 16 on your calendar because it's Fresh Spinach Day! This day isn't just another date, it's a green signal to dive into the world of this leafy powerhouse. It's like a party where spinach is the star, and everyone's invited to join in for the fun.

#FOOD-TALK

Why Tomato Is A Must-add To Your Daily Diet

Tomatoes are a brilliantly versatile vegetable that is almost unmissable in Indian cooking. From salads, chutneys to curries, tomatoes are omnipresent in our home kitchens.



Tomato not only imparts taste to food, but it can be great for health, too. Yes, tomatoes have some magical nutrients, which can beat the woes of cholesterol. Its benefits will surprise you. As soon as the rainy season arrives, tomato prices are inflated. Its prices rapidly increase and at the moment, it has reached a whopping Rs. 50/kg. In the days ahead, tomatoes are likely to become more expensive than this. Tomatoes are a brilliantly versatile vegetable that is almost unmissable in Indian cooking. From salads, chutneys to curries, tomatoes are omnipresent in our home kitchens.

Do you know the medicinal properties of tomatoes?

Many health problems can be curbed or contained by eating tomatoes. Cleveland Clinic, which is a hub for modern medicine, has published a report that states that tomatoes contain nutrients of the likes of protein, carbohydrates, fibre, Vitamin C, Vitamin K, potassium, and folate. Tomatoes are also full of 94.0g/100g water. They have negligible fat in them. They also are a great source of antioxidants. Consuming them raw can lead to tremendous health benefits. It is believed that drinking tomato juice on a regular basis can help reduce cholesterol. Consumption of tomatoes in the rainy season can help boost immunity. Tomatoes are also considered beneficial for heart health. According to researchers, tomatoes are rich in a nutrient called lycopene. Lycopene is a substance that can be very effective in reducing the risk of diseases of the heart. Tomato helps in reducing inflammation in the body.



Russian Nuclear Threat: Why Is It Back In The Equation?

Russia's security doctrine and laws give Putin the license to use nukes, a stand that's backed by Putin's longtime ally and former Russian President and Deputy Chairman of their Security Council, Dmitry Medvedev. He said that Russian laws grant Moscow complete leeway to protect what it would consider by law as Russian territory. "Encroachment onto Russian territory is a crime which allows you to use all the forces of self-defence," Medvedev stated in a Telegram post, adding that "this is why these referendums are so feared in Kyiv and the West."



Maroof Raza

In March this year, President Putin announced a major escalation of the war in Ukraine, with the threat to use Russia's nuclear arsenal, the largest in the world, that could destroy the world many times over, if his actions were challenged in Ukraine. The US, NATO and European nations were initially shocked. Even though, they do know that nuclear weapons are most unlikely to be used in a hurry. These are weapons of last resort.

Although, Mr. Putin carries a briefcase, a communication tool that can connect Putin to all his top military Commanders, he knows that once a nuclear attack is launched, then, there'll be no looking back. Nukes could be used only if Russia's existence is under threat by a US led NATO military invasion. And since the West has watched Russia's botched up invasion, they'll continue with the strategy of giving support to Ukraine by proxy supplies and soldiers exhaust Russian troops and their resources, but not escalate things further, unless Kyiv is to fall.

Is it Nuclear Blackmail?

Putin's threat came, only days before he was to secure another six-year term. Putin had warned Ukraine and the West that Russia would not hesitate to utilize its nuclear arsenal, if necessary, to defend the territorial integrity of Russia (including its annexed Ukrainian regions) from renewed NATO-backed Ukrainian counteroffensives. Furthermore, he has cited Russia's security doctrine and laws that give him the license to use nukes, a stand that's backed by Putin's longtime ally and former Russian President and Deputy Chairman of their Security Council, Dmitry Medvedev. He said that Russian laws grant Moscow complete leeway to protect what it would consider by law as Russian territory. "Encroachment onto Russian territory is a crime which allows you to use all the forces of self-defence," Medvedev stated in a Telegram post, adding that "this is why these referendums are so feared in Kyiv and the West."

He further stated that no future Russian leader would be able to constitutionally reverse their outcome. Then, Russian Foreign Minister Sergey Lavrov



said, during a news conference, that Russia has "a doctrine for nuclear security which is an open document."

In an interview, Ukrainian President Volodymyr Zelenskyy said that he believes that Putin isn't bluffing. "He wants to scare the whole world," Zelenskyy said. "These are the first steps of his nuclear blackmail." When asked whether he thought stability in Europe was possible with Putin in power, Zelenskyy replied, "No, I don't have anything to add. My opinion is no. We have observed this over the years. We don't see stability." According to SIPRI (the Stockholm International Peace Research Institute), a think tank that tracks global nuclear stockpiles, Russia boasts the largest

nuclear arsenal in the world, with nearly 6,000 nuclear warheads. About 1,500 of them are currently deployed.

Diverse Opinions about the Nuclear Threat

Why is Putin taking the risk? Because he, himself, had encouraged the lack of public attention to the war for several months, initially, hoping for swift military gains. But his invasion has been stalled, leading to discontent in Russia and hence, his threat to now use nukes, to give his countrymen a shot to their sagging morale. When, two years ago in 2022, Russian soldiers were making few gains, he ordered a mobilization, but he knew it could be



training, arming and sending 300,000 men to the front was enormous, especially since Russia has already deployed its most experienced soldiers. Even then, Russia made a few rare admissions of military losses in Ukraine. "Since the start of the military operation, almost nothing has gone according to plan," Stanovaya said.

According to experts, it might be more beneficial to respond to a Russian nuclear assault in a more traditional military or diplomatic manner, and to provide Ukraine with more potent weapons so that it can attack Russia.

The US may also provide Ukraine with NATO aircraft, Patriot and THAAD Anti-Missile Batteries, and ATACMS long-range Missiles, that Ukraine forces might employ, to launch attacks inside Russia. This Russian mobilization is sparking protests in Russian cities, with fresh demonstrations. It is also opening splits in Europe about whether fighting-age Russian men, fleeing in droves, should be welcomed or turned away. For Ukrainian and Russian military planners, the clock is ticking, to make fighting more complicated.

Though it is a tricky question, NATO and the United States do not want to come across as being unprepared for an implicit nuclear threat. The options are difficult, and the West hasn't made it clear how it would react to a tactical nuclear strike.

(This essay was first published in THE TRIBUNE on 16th March 2024)
rajeshsharma1049@gmail.com

you desert your guard post in Donetsk or Kherson (or change into civilian clothes and run away, as some Russian soldiers have done in the past few weeks). "Support for Putin is eroding, abroad, at home, and in the Army. Everything else he said, was nothing more than an attempt to halt that decline," observed Applebaum.

'It's Not a Bluff'

Analysts say that the Kremlin's nuclear threat is a move to force Ukraine's surrender. "It's an absolutely unequivocal ultimatum from Russia to Ukraine and the West, either Ukraine retreats or its nuclear war," political analyst, Tatiana Stanovaya, opined in 2022.

It's unclear how or whether the mobilisation would impact facts on the ground. The challenge of

#WARGAMES



Why is Putin taking the risk? Because he, himself, had encouraged the lack of public attention to the war for several months, initially, hoping for swift military gains. But his invasion has been stalled, leading to discontent in Russia and hence, his threat to now use nukes, to give his countrymen a shot to their sagging morale. In 2022, when Russian soldiers were making few gains, he ordered a mobilization.

fraught with serious discontent in society. So, he decided to order a partial mobilization rather than a full one.

In The Long Run

Commentator, Anne Applebaum wrote in the Atlantic, "There's a 'crisis inside the military.' And so, the Russian Army faces not just a logistical emergency or some tactical problems, but also a collapse in morale. That's why Putin needs more soldiers, and that's why, as in Stalin's time, the Russian state has now defined 'voluntary surrender' as a crime, as Russian soldiers (largely, the conscripts), abandoned the front lines."

Under a law approved by the Russian Parliament, you can be sent to prison for up to 10 years, if

#ART

"Moh Moh ke Dhagey"

Meena's 'Mother and Child' series depict the innocence of childhood, mother-daughter relationship. Replete with motives and designs of textile traditions from Northeast, it is a very conscious effort to identify with her roots.

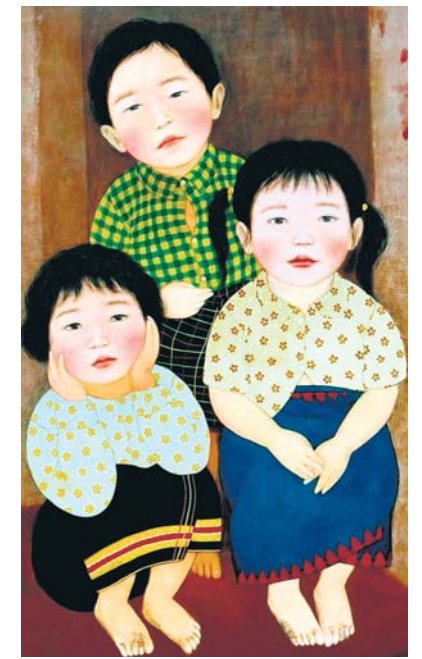


Sadhana Garg
Journalist &
Social Entrepreneur

In Manipur, there are 30 tribes, each one armed and distinct with their own dialect, and different patterns worn on clothes," says Laishram Meena Devi, an artist.

Hailing from Northeast and influenced by the textile patterns of her Mother State in many ways, it also reflects the child in all of us, adults, always eager to emotionally draw from lived experiences through recall. Meena's 'Mother and Child' series depict the innocence of childhood, mother-daughter relationship. Replete with motives and designs of textile traditions from Northeast, it is a very conscious effort to identify with her roots. "The broad stripes shown in the skirts are worn by the Kukli tribe and thin ones by the Meitei, just as the red triangle border is woven into the latter and not by the Kukli."

Her 'Lullaby Series,' that depict children in sound sleep, is a comment on the sleep-deprived society, that we have metamorphosed into, due to the relentless onslaught of electronic and social media. Currently, in Jaipur, for a 6-day residential, sponsored by Darshanam Art Gallery, she showcased innocent young children, enjoying sound sleep in an idyllic environment,



depicted by a pet dog, that we all grew up in, but have miserably failed to provide the same for our children. "The next big tsunami, that will hit us, will be mental health issues."

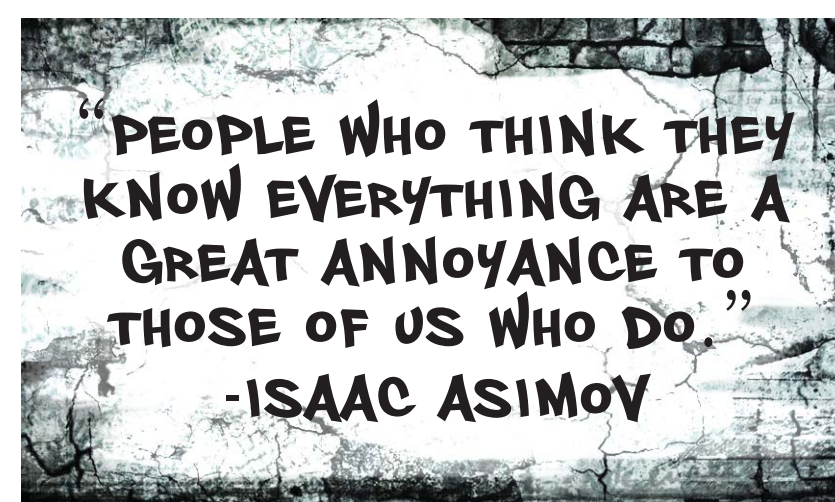
Frequent use of Lotus, Krishna, Gopis and Rasleela are both decorative and engaging. The soulful connotation of Krishna's Rasleela is a frequent subject in Anjum's work.

Anjum says, "My mentor, Gogi Saroj Pal, too, deeply impacted me and the end result was my women-centric paintings."

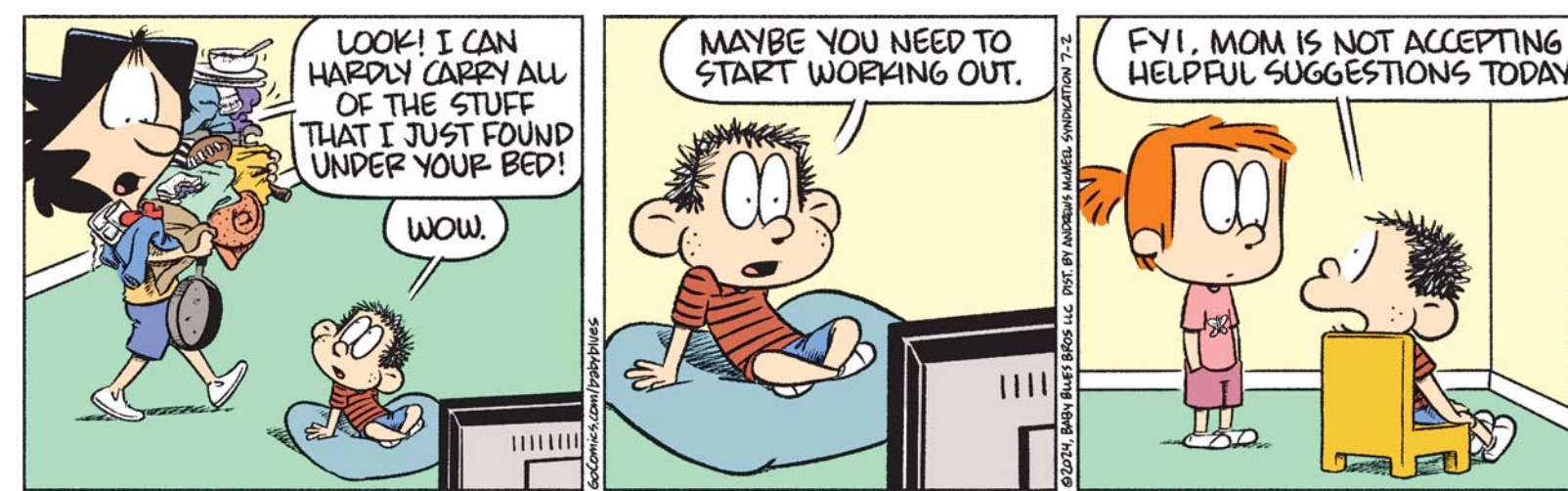


A serving Vice Principal in Bhopal, Dr. Kusumlata Sharma began painting after her PhD. Water Hyacinth is central to her work. Replete with minutest detail, she likes to get into the depth of everything. Finest of etchings are a hallmark of this artists' work. Mostly, a rottering pen is all she needs to create a fusion of symbolic and abstract art. For her, the water hyacinth is symbolic of gross urbanization that, too, saps all living creatures of the earth. Her work, 'Threads of Life' in 2021 was awarded by Bombay Art Society at Jehangir Art Gallery. Layers of acrylic are etched upon with a rottering pen to depict interconnectivity of the human society and the cosmic world as was done in her work named 'Moh Moh ke Dhagey'.

THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman