

## World Tuberculosis Day

World Tuberculosis Day focuses on a global challenge that affects millions every year. Celebrated on March 24, this day marks the anniversary of Dr. Robert Koch's ground-breaking 1882 discovery of the bacterium causing tuberculosis (TB). Think of it as a reminder that, despite advances in medicine, TB still poses a significant threat, especially in parts of the world with limited access to healthcare. The reasons behind World Tuberculosis Day are compelling and multifaceted. Primarily, it serves to educate the public on the devastating health, social, and economic effects that TB has on communities, worldwide.

## #SKIN-CARE

### Holi Safety Rules You Should Not Ignore

Tips for a Safe and Enjoyable Holi



Gunjiyas, pickharis, gulal, thandai and laughter. That's what Holi symbolizes for all of us but among all the swirls of colourful madness, it's vital to remember some basic safety rules. Brighter, toxic chemical colours and dyes are often used, and according to experts, these can cause severe skin infections, eye

#### Protecting Your Nails

Protecting your nails is equally important as they bear the brunt of all the colour. To protect your nails from Holi colour, you must apply nail paint. Start by applying a top coat for added protection and to prevent staining nails.

#### Covering Maximum Skin

As much of your skin as possible while playing Holi. Wear a scarf on your head to protect your hair. Wear full-sleeved clothing and long pants or a salwar so that your skin's least possible part is exposed.

#### Protecting Your Teeth

During Holi, the chances of colour entering the mouth is high. This can affect the colour of your teeth. To be on the safer side, it's advisable to wear dental caps to protect your teeth from getting damaged, especially if you have veneers and caps. If nothing, just keep your mouth tightly shut whenever someone applies colour.

#### Home Remedy To Remove Stubborn Holi Colour

A simple home remedy to fade stubborn Holi colour is to make a mixture of Gram Flour, sweet Almond Oil and Milk Cream in Rose water. Apply the paste on areas where the colour is deep-set. Let the paste dry on the skin and rub it gently to remove it.

#### Moisturizing Skin Post Holi

When all the fun is over, use a good moisturizing face wash on your face. Holi colours can be very drying and using soap or harsh face washes can irritate the skin further. Applying a good moisturizing cream after your bath will also help restore your skin's lipid balance and soothe irritated skin.

#### Protecting Your Hair

Generously apply oil on each strand before playing with colours to form a protective shield on your hair and prevent the colour from seeping into the scalp. Simply shampooing after your fun session is not enough to restore your crowning glory.

Chemical colours are also cheaper alternatives to herbal pigments and many people tend to opt for them without realizing how toxic these can be. Here are some Holi tips for a Safe and Enjoyable Holi!

#### Protecting Your Eyes

Keep your eyes closed whenever someone is applying colour, or better still, put on a pair of sunglasses. In case colour does enter your eye, resist the temptation to rub them and instead splash plain water immediately. Then, use a dropper to apply Rose water to your eyes and rest them. This will cool the irritation.

#### Moisturizing Skin Pre Holi

You should apply mustard oil or moisturizer before stepping out to play Holi. This prevents the colour from sticking to skin and allows for easy removal. You can also apply a good sunscreen with at least SPF 30 all over your arms, legs and face to diminish the effect of colour on the body.

# Holi/Eid-I-Gulabi in the Mughal Empire

"Their day is Holi, which in their belief, is the last day of the year. This day falls in the month of Asfandarmudh, when the sun is in Pisces. On the eve of this day, they light fires in all the lanes and streets. When it is daylight, they spray powder on each other's heads and faces for one watch and create an amazing uproar. After that, they wash themselves, put their clothes on, and go to gardens and fields. Since it is an established custom of the Hindus to burn their dead, the lighting of fires, on the last night of the year, is a metaphor for burning the old year as though it were a corpse."



Rana Safvi  
Writer, Blogger  
and Translator

Holi khelungi, keh Bismillah. Nam Nabi ki ratn chari, Bund pari Allah Allah. "I start playing Holi with a Bismillah. Covered with the light of Prophet's name, Showered by blessings of Allah."

When I celebrate Holi, Muslims often tell me that the practice is 'haram' (forbidden), because colour is prohibited in Islam. But the 18th-century Punjabi mystic Bulleh Shah's words above provide the perfect frame for the subcontinent's centuries-old syncretic culture, our Ganga-Jamuni tehzeeb that is under threat from fundamentalists of both religions.

As it turns out, Islam does not prohibit colour. It's just that when we perform our ablutions for namaz, water should touch the skin, so there should be no colour at that point. Wash the Holi colours away before praying, I tell the critics. It's simple. I do it.

#### Tale of harmony

This fundamentalism is a recent phenomenon. In the past, the influence of the Sufi and Bhakti movements encouraged 'harmony' between the communities.

In Alam Mein Intikhaab Dilli, Maheshwar Dyal writes, "Holi is an ancient Hindustani festival which is played by every man and woman, irrespective of religion and caste. After coming to India, the Muslims also played Holi with gusto, be it the Badshah



of the Faqeer." Basant Panchami would signal the onset of the festivities and people would be carrying squirt guns with colours and smear gulaal (red powder) on each other's faces. Mustard flowers would be offered in temples and abhir'gulaal would be flying in the air.

Flowers from the Tesu/Palash/ Dhaak plants (flame of the forest) would be immersed in earthen water pots. It is believed that Lord Krishna played Holi with Radha, using colours made from the red Tesu flower, which blooms during the spring season.

All colours used were natural and plant extracts. There were neither chemicals nor hooliganism.

Holi is one of the most delightful and colourful festivals of India. It is aimed at uniting people by forgetting their complaints and embracing one another.

#### Early references

In the 13th century, Amir Khusrau (1253-1325) is said to have written many verses in celebration of Holi. "Khelungi holi, Khaaja ghar aaye, dhan dhan bhaag hamare sajni,

In the 16th century, Ibrahim Raskhan (1548-1603) wrote, "Aaj hori re Mohan Hori Kaal hamare aangan gaari dai aayo, so kori

Ab ke duur baithe maiyya dhang, nikaso kunj bihari." "It's Holi, Mohan, us Holi today Who was it who came yesterday to our courtyard and swore at us Now you hide behind your mother far away, Oh come out Kanj Bihari."

In Tazuk-e-Jahangir, Jahangir (1569-1627) writes, "Their day is Holi, which, in their belief, is the last day of the year. This day falls in the month of Asfandarmudh, when the sun is in Pisces. On the eve of this day they light fires in all the lanes and streets. When it is daylight, they spray powder on each other's heads and faces for one watch and create an amazing uproar. After that, they wash themselves, put their clothes on, and go to gardens and fields. Since it is an established custom of the Hindus to burn their dead, the lighting of fires, on the last night of the year, is a metaphor for burning

## #HORI-KE-RASIA



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Much fanfare Holi would be celebrated on the same scale as Eid in the Red Fort or Qila-e-Mualla (Exalted Palace). It was called Eid-e-Gulabi or Aab-e-Pashi (Shower of Colourful Flowers), with everyone joining in.

There would be melas or fairs behind the Red Fort on the banks of the Yamuna. A huge crowd would gather from the fort till Raj Ghat. The dhaf, jhanjaen, nafiri (tambourine, cymbal and trumpet) would be played and nautch girls would dance. Groups of travelling musicians and artists would gather under the Red Fort and display their tricks and talents. The mimics would imitate the Emperor, prince and princesses too and nobody would take offence.

The queens, princesses and noble women would be sitting in their jharokas overlooking enclosed balcony and enjoying the entertainment. The Emperor would reward these artists handsomely. At night, there would be a grand celebration of Holi in the Red Fort, with singing and dancing throughout the night. Famous courtesans, from throughout the country, would come here. The most popular song would be Bahadur Shah Zafar's Horiyan. Bands of entertainers would go



want to see who can drench me) "Bahut dinan mein haath lage ho kaise jaane doon. Aaj main phagwa ta sau Kanha faita pakad kar loon." (After many days have I caught you, how can I let you go I will catch you by your cummerbund and play Holi with you)

"Shokh rang aisi dheet langar sau khelay kaun ab hori mukh meedai aur haath marore karke uoh barjori." "Holi is being played at beloved Ahmad's doorstep. My face you have coloured and my wrist you have twisted in your playfulness.)

Jam-e-Jahanuma, an Urdu newspaper, wrote in 1844 that during the days of the Mughal Emperor Bahadur Shah Zafar, special arrangements were made for Holi festivities, and goes on to describe the frolicking and exchange of colour, made from the tesu flowers.

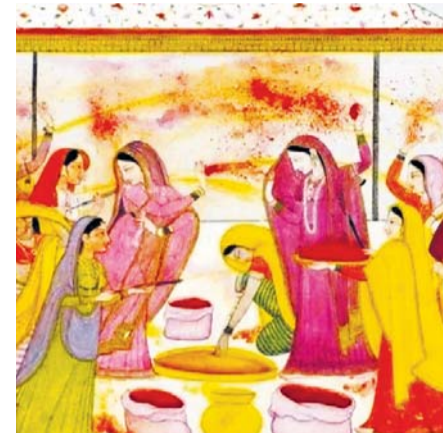
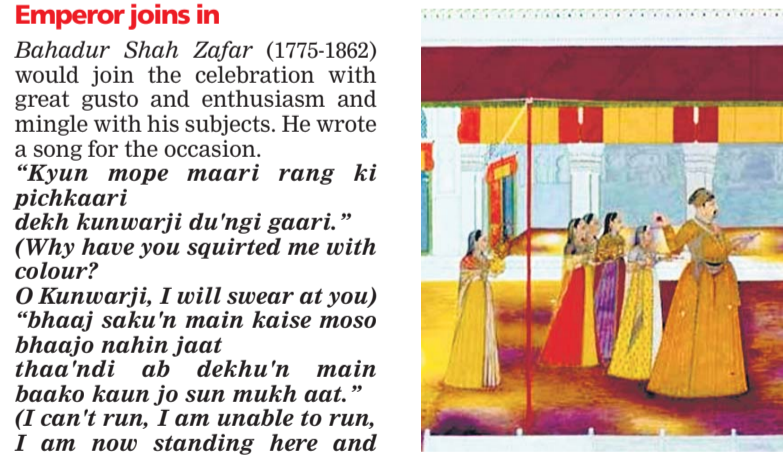
Nazeer Akbarabadi (1735-1830) was the 'people's poet,' who wrote, "Jab Phagun Rang Jhamakte Ho, Tab dekh bahaare'n Holi ki Jab Daf Ke Shor Khaake Hon ab Dekh Baharein Holi Ki

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around Shahjahanabad, entertaining the aristocrats and the rich in their Havelis. There would be much good-natured leg-pulling with the slogan "Bura Naa Mano, Holi Hai!" "Don't take it the wrong way it's Holi."

Children would also go around entertaining elders with their acts. At night, there would be mehfilis (soirees) in the walled city, with the aristocrats, traders and shopkeepers all enjoying themselves.

Emperor joins in Bahadur Shah Zafar (1775-1862) would join the celebration with great gusto and enthusiasm and mingle with his subjects. He wrote a song for the occasion. "Kyun mope maari rang ki pickkaari dekh kunwarji du'ngi gaari." (Why have you squirted me with colour?) O Kunwarji, I will swear at you) "bhaaj saku'n main kaise moso bhaajo kaun jo sun mukh aat." (I can't run, I am unable to run, I am now standing here and



Aur Majlis Ki Tyari Ho Kapdon Par Rang Ke Cheeton Se Kushrang Ajab Gulkari Ho." "Roses are blooming on fountains Preparation is on for a soiree, Clothes are smeared with colour As bright as painted flowers."

Shah Niaz's (1742-1834) Holi song has been made immortal by Sufi singer Abida Parveen. "Holi hove rahi hai Ahmad Jiya ke duare Hazrat Ali ka rang bano hai Hassan Hussain khilaa." "Holi is being played at beloved Ahmad's doorstep. Hazrat Ali has become the colour and Hasan and Husain are playing."

#### Lasting tradition

Royal patrons, who were mostly secular in those days like Ibrahim Adil Shah and Wajid Ali Shah used to distribute mithai (sweets) and thandai (a drink) to everyone in their kingdom. It was a common and beloved festival of all.

This is the Ganga-Jamuni tehzeeb that prevailed all over India, right till 19th century. It still does in most of India despite attempts to divide and rule.

The famous poet Mir Taqi Mir (1723-1810) wrote on Nawab Asaf-ud-Daula playing Holi: "Holi khela Asifuddaula Vazir Rang sobhai se Ajab hain Khurd-o-Pir Asidua dala plays Holi."

"Commoners and kings are happy after being drenched with colour." Munshi Zakaulah (ca mid-19th century Delhi intellectual), in his book Tarikh-e-Hindustani, even questions the fact that Holi is a Hindu festival and describes the Holi festivities lasting for days during the Mughal rule. There were no restraints of caste, class or religion and even the poorest of the poor could throw colour on the Emperor.

I don't think there can be a better ending than Gauhar Jaan singing, "Mere Hazrat ne Madene mein manaayi Holi."



# #INSIGHT All About the Hindu Festival of Colours

Holi is also referred to as the 'Festival of Love'

Holi is a holiday celebrated by millions of Hindus around the world. It falls on the purnima, or full-moon day of Phalgun, which is the last month of the Hindu lunar calendar (usually around February or March), and it is a joyous, vibrant celebration of colour. Though the holiday has been commercialized, it's actually rooted in a sacred love story between two deities, and it's one of the biggest festivals of the year. Here are a few things to know about the festival!



## Holi represents the 'triumph of good over evil'



According to the story of Holi, the evil king Hiranyakashipu thought himself to be a god, a being above any laws or moral code. He expected everyone else to regard him in the same way too. However, his five-year-old son Prahlad was a

## Holi celebrates the arrival of spring

Holi marks the arrival of spring and is an invocation for a flourishing harvest season, as Holi falls around the time when many people in

## Holi honours the love between Radha and Krishna

Another popular, and much more wholesome Holi origin story involves Krishna and his beloved Radha, the goddess of love and devotion. Krishna has blue skin and, one day, decided to ask his mother about it. She responded with a joke, saying that if he threw different colours on Radha's face, he could change her skin tone to whatever colour he

devout worshiper of Vishnu. Hiranyakashipu hated Vishnu, as he had killed his brother, Hiranyaksha. So, once Hiranyakashipu discovered that his son openly worshipped his brother's killer and he grew angry. He couldn't shake his son's devotion to Vishnu, so he decided to have the boy killed. After failing to do so himself, he called upon his sister, Holika (whose powers included being protected from agni (fire)) and asked her to take his son into the fire pit with her, where he would burn or so, Hiranyakashipu thought. Regardless, Prahlad entered the fire willingly. Vishnu, ever eager to protect his followers, prevented Prahlad from being hurt and reversed Holika's power so that she burned to ashes, instead.

This tale serves as a reminder of the innate power of good over evil and of that strength that resides in those who behave with good intentions, despite any hardships life throws their way.

India harvest wheat. On the night before Holi, it's tradition to roast holuk, a blend of gram, wheat, and other grains as thanks for a good harvest.

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## What does each Holi colour mean?

**Red** One of the most well-liked colours, red is worn on many significant occasions, such as the Holi celebration. Red is applied as a tilak, married ladies apply kumkum, and red-coloured clothing is worn because the colour red represents love, marriage, and fertility.

**Green** It's referred to as the 'first hue of spring.' Holi signifies the start of the harvest season and the spring season. Green is, therefore, associated with fresh starts and is a significant colour during Holi festivities. As per the principles of colour psychology the colour green is associated with tranquility, nature, fresh starts, and new development.

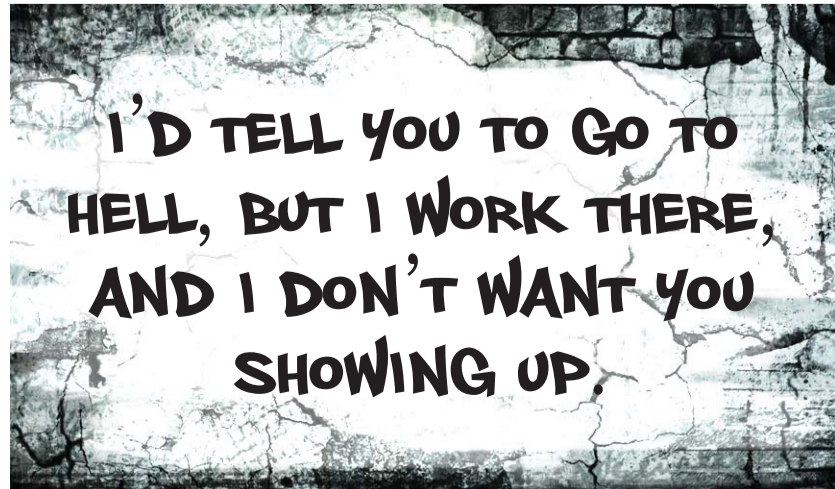
**Yellow** In the colour palette, yellow is considered the happiest and brightest colour. What makes it even more unique is that it is the colour of Lord Vishnu. Yellow is a symbol of vitality, joy, happiness and health.

**Orange** Orange, often used during Holi celebrations, is another vibrant colour after yellow. Light and new beginnings are associated with this colour as it is believed to represent Lord Sun. Another meaning of this colour is to start over and be forgiven.

**Pink** Although it has no religious significance, the colour pink is associated with charm and beauty. It is one of the most popular colours during the Holi festival. The soft pink colour represents beauty and faithfulness.

**Blue** After red, blue is considered one of the most auspicious colours in Hinduism. Similar to the seemingly limitless vastness of the sea and sky, the blue skin of some of Hinduism's most powerful gods and goddesses symbolises the boundless and the impossible. Intuition, introspection, calm and clarity are all represented by the colour blue in colour psychology.

## THE WALL



## BABY BLUES



By Rick Kirkman & Jerry Scott

## ZITS



By Jerry Scott & Jim Borgman

