A R B I I it happens here...

#ENTERPRISING

Empowering Small Businesses in Jaipur

The Market Place is the brainchild of Upasana Kumar, who from the very beginning aimed to provide a platform for Jaipur's people to showcase their products that are handmade, homemade, organic and artisanal.





or the past four years now, Hotel Clarks Amer in Jaipur has been hosting a unique marketplace to showcase small businesses and entrepreneurs. With the exception of the Covid-19 pandemic induced lockdown, this market is being held every Sunday. This mar ketplace began as "The Farmer's Market," offering fresh organic produce, organic pulses, spices and grains, chemical-free beauty products vegan and gluten-free snacks. preservative-free sauces and lips, and other environment conscious products. It was lat er rebranded as "The Market Place" to expand its product range. The concept was the



who from the very beginning aimed to provide a platform for Jaipur's people to showcase their products that are handmade, homemade, organic and artisanal

According to Upasana, The Market Place has given many local brands the confidence to display their work and skills. providing a space for them to connect with each other mingle with like-minded business



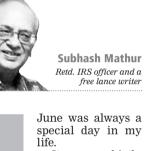
owners, and an opportunity to scale up their businesses. The impact on the local community has been substantial.

When selecting vendors for The Market Place, Upasana endeavours to accommodate as many people as possible, with a focus on locals who have attempted to create different types of products or have created routine products in a unique way. The quality of the products cannot be compromised, and they should be reasonably priced.

The concept of a weekly narket was a new concept for Jaipur when Upasana began in 2019, and she encountered challenges in getting people on board and marketing the idea across genres. However, by spreading the word through social media and regularly organizing markets, she was able to overcome these obstacles. Since then, the market has gained popularity, and it has been a great success.

To mark the International Nomen's Day and The Market Place's fourth anniversarv. a special edition featuring around 30 women entrepre neurs and business owners was organized. After collaborating with large-scale events such as the Jaipur Literature Festival and We The Women, Upasana aims to expand the concept to a pan-India level. She hopes to take Jaipur's home-grown brands to other cities, allowing them to network with like-minded communities to carve out better opportunities together.





It was my birthdav. It was made even more exciting

because the Final of the newly minted 100- Hundred was also scheduled for 25th June. 100 H had swept away T10 - T20-ODI off the table and into the dust

100 H was played in two halves in alternating segments in Mixed dou-

bles format It was gender neutral with 12 players in each team. Grounds had been made larger to accommodate

And the Finale was slotted for Additionally I was going to touch

Happy birthday to You.

Thanks

the new age 'Don't Grow Old' pills had been fine tuned to keep Senior Citizens youthful and peppery. The previous evening I had per-

all preparations 'glitch' proof. No disruptions. On any account,

My seat was reserved next to the Ice box full of soft drinks. I avoid hard drinks on 'must stay awake' occasions

from 999 during the game. I loved sautéed Prawns Excitement was in the air and I

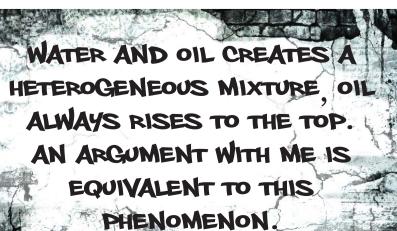
My family, that is my 80 plus wife Chirpy and children had agreed to join me in the drawing room to watch the game.

Defending champions Namibia

Kings, Netherlands. I was rooting for Namibia. I really

mould. And sis Abena had cornered huge glory in the past six months.

THE WALL



The 100 Hundred Finale and the Broken Trust

#THE LAST MATCH

She was known as the 'Foxer' Man Fridav had ensured that I

was up and about on 25th before 8 and was ready for breakfast. As I waited for 2 water poached eggs with buttered toast I scanned

the Morning Star hurriedly. One large cuppa hot sweet and steaming tea was already at my elbow

Weathermen predicted clear balmy evening over the Hammer Complex. Rochester. So far so Good.

As usual I was tiring by 11. Man Friday gently tucked me into the bed for my usual pre-lunch nap. the day

ne large cuppa hot sweet and Osteaming tea was already at my elbow. Weathermen predicted clear balmy evening over the Hammer Complex, Rochester. So far so Good. As usual I was tiring by 11. Man Friday gently tucked me into the bed for my usual prelunch nap. That kept me going for the rest of the day. As per custom I would wake up around 12 but that didn't happen on 25th.

me up but to no avail. cheek! Audacious fellow.

Shortly thereafter he shouted for the other family members to converge and check me out. Each one tried cajoling me into

wakefulness control. She whispered sweet noth deaf ears.

bing and sense lots of frenetic activ-Our building resident doctor was

being contacted but he was in the shower.

Soon I heard my son Munnu ng for the ambulance

Our eldest Bahu, Vatika started chanting Babu ji 'Kitne acche they'

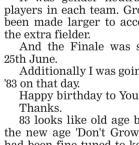
Out of the blue Ambika groaned

How cute!

blustered his way on to my bedside with a serious countenance.

BABY BLUES





83 looks like old age but in 2032

suaded my grand-nephew to make

Fresh snacks would be ordered

was lit into H 100.

Birthday celebrations after the

were pitted against the new Cricket

liked Mbanga Jr. He was in Sir Gary

around 12 but that didn't happen on Worried. Man Friday rushed into my bedroom and tried to wake He even slapped me twice. On my

My wife Chirpy of 62 years togetherness walked in and took ings into my ears. But they fell on

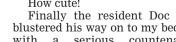
I could hear some subdued sob-

[Manohar for the uninitiated] call-He vaguely mentioned Escorts

Jaipur to Grandy Ambika. but quickly corrected herself into

After all I wasn't declared dead

and blurted out 'Oh my God, Babaji will miss the Finale'



That kept me going for the rest of As per custom I would wake up

'Kitne acche hain' iust vet

Finally the resident Doc Hari



Hurriedly he conducted a feverish

preliminary exam just to confirm

over, he solemnly

That I was 'Dead as a Dodo'

'It's all over. Call the relatives

ing away. Why was I left alone?

Just then the voices started fad-

what I already what I knew:

And left hurriedly.

Family took over.

Exam

announced

Global Recycling Day



decline. This makes it more and more important for humans to do what they can and focus on ways to reduce waste, reuse items and restore the health of the planet. One vital way of doing this is through the practice of recycling. Global Recycling Day is here to remind individuals, organizations, corporations and governments that recycling is a key part of the circular economy of humans on the planet.



'Nange aayey the Nange he jaayey ge' And quickly bathed me with cold water. How I hated cold baths.

Swoosh! Without warning I was lifted in the air and then placed on a rickety bed. With six relatives holding it afloat. Barely.

Ah! The Last Journey had begun.

But I still was desperate to know - who won the final?

Grandy Ambika made sure that I knew. Namibia she shouted out to no one in particular. But I understood.

Visitors entered the Flat with mildly shaking folded hands. And bare footed. Tip toeing to stand in front of me almost touching my fee. Very soon some mantras chanti-ng started. The Priests had landed I surmised It was finally getting kind of

s planet Earth gives up billions of tons of natural resources each year, the health of the planet continues to

claustrophobic. I could feel it in my But exhaustion finally took over. I fell asleep. As morning dawned I was jolted

awake as someone had removed the tent. And two strangers were taking off my clothes. What the hell was going on?

They didn't even ask me. But it didn't matter to anyone anymore. Just then I remembered: I was dead anyway.

I should not butt in unnecessari As clothes resisted being taken off they were just cut them open. And cast asunder.

Eeeks! 'Nange aayey the Nange he jaayey ge'

And quickly bathed me with cold water. How I hated cold baths

would suit everyone Which 'Shamshan' Ghat will be nicer? And so on Let's divide the work of informing the Family and friends.

We have to give time for the outstation family to join. Eldest Bahu Vatika was entrusted with drafting the obituary for the local papers. She began feeling important

Just then I heard Mansi, the younger daughter crying inconsolably on the speaker phone. And giving out instructions to Munnu in between the sobs. You know Munnu, she blurted

out 'We need a befitting funeral For the Doyen Befitting? Never mind. Doyen Seriously And wait till I reach and please

please don't do anything stupid in the meanwhile' Mansi admonished Just then Chunnu, the younger one

joined the conference call - Hey wait for us to reach. Don't be in a rush. Mansi as usual ignored Chunnu and went on: put Papa comfortably on an ice slab under a see through tent. For clear 'darshan'

How lovely. And listen Munnu light a few candles and Agarbatti - Papa loved the rose scent.

Let's make him feel comfortable and important. Yeah put him in the drawing room. It's a large room. And yes, before I forget book the

Zia band We will take him in a Song and Dance grand procession. I loved him vou know.

And Munnu, listen don't forget to call Dangi Chachi and Piyu Bhua. They would be livid if we didn't inform them straightaway.

They were close to Papa See you all soon. The chatter ebbed away. In the midst of all the activities I lay comfortably on the Ice Slab. For

some odd reason I didn't feel the cold at all. Lots of activity was happening. People were coming in and going



See you all soon. The chatter ebbed away. In the midst of all the activities I lay comfortably on the Ice Slab. For some odd reason didn't feel the cold at all. Lots of

activity was happening. People were coming in and qoing out.

MAR NO मुझे यहाँ तक पहुँचाने वालों तुम्हारा धन्यवाद, आगे हम अकेले ही चले जाएँगे

Swoosh! Without warning I was lifted in the air and then placed on a rickety bed. With six relatives holding it afloat

Ah! The Last Journey had begun. But I still was desperate to know who won the final?

Grandy Ambika made sure that I knew. Namibia she shouted out to no one in particular. But I understood Briefly the procession halted at the exit gate of the building to enable the women folk to howl, sob and pay a tearful farewell. Soon, I was riding an elevated heavily bedecked truck with Zia band ahead, striking soul foul tunes till Mansi shouted for more peppy

numbers. Zia obliged with 'Zindagi Ek Safar Hai Suhana'. I wanted to get up and do a jig. Frenetic activity began once l

was laid on the wooden Pyre! Ouch! Soon I could feel that heat from the Pvre. Wood was burning glori-

ously around me. I could see mourners backing away but the Family stood ground bravely ignoring the heat and the smoke. They were murmuring farewell chants

'Farewell dear Papa for we lived a happy a happy life with you '. Chirpy stood so lost and forlorn as if in deep thought. Obviously

she was in shock. After all I had broken our Solemn Pact - that she would go first. I shed a tear for leaving Chirpy

all alone. Surrounded by the family I made my way to 'Jannat 'with my Sanchit

Karma in tow 'Ashes to Ashes! Dust to Dust'

Amen writetoarbit@rashtradoot.com

#DIABETES Insulin Doses Could

The absorption of insulin in the body is controlled by how insulin molecules assemble themselves in clusters.

large portion of a dia betic's insulin dose is unlikely to work as expected, new research suggests. The discovery vides a tool for developing better insulin preparations that millions of people around

the world depend on. If you are one of the many millions of type 1 diabetics worldwide, you know that there is a difference in how rapidly and for how long insulin preparations work in the body. For diabetics, these differences are crucial for effective treatment. Getting too little or too much insulin can lead to blood sugar that is either too low or high. Both conditions can be dangerous.

The absorption of insulin in the body is controlled by how insulin molecules assemble themselves in clusters. Whereas

actually be getting absorbed as expected. While the researchers emphasize that this is not outright dangerous for patients, it does show that there is great potential for the development of more precise medications.

Zooming in On Insulin

"Insulin preparations have only gotten better and better over the years, and a great many diabetics are well regulated. However, the development of insulin preparations has been based on a certain assumption about how the molecules assemble. With the crude



a single molecule provides rapid action in the body clusters of six never been appreciated at a molecules-known as hexamersassembles with a certain distribution of molecular clusters of either one, two, or six molecules. Pharmaceuticals have been designed based upon this

assumption But with the help of highly advanced single molecule microscopy, a team of researchers is the first to demonstrate that this important point has been wrong for years.

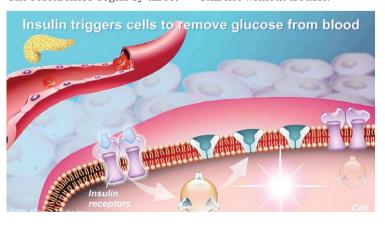
"It is now apparent to us that we've gotten things wrong by 200%. There are only half as many single molecules in insulin compared to what we thought Conversely, there are far more six-molecule clusters than we assumed. These experiments were not on animals but were performed on a microscope slide and one should be careful how to interpret their direct application to humans," says professor Nikos Hatzakis of the chemistry department at the University of Copenhagen.

"However. our results mav mean that when we believe to be administering a certain dose, it may mean that insulin behaves in a different way than expected and that even better insulin therapeutics can be developed." In other words, much of the insulin that diabetics currently put into their bodies may not

detailed level. That's what we can are long-acting. For decades, it do," says the study's other lead has been assumed that insulin author, ProfessorKnud J. Jensen of the chemistry department. "This doesn't mean that cur-

rent insulin medications are bad or that patients have been medicated wrongly. But we now have a basic understanding of how insulin behaves and how much could be available to the body as rapid-acting medication. We now have the right method for providing us with accurate figures. We hope that the industry will use this or a similar tool-both to check current insulin prepara tions and to develop new ones,"

adds Hatzakis The research results were achieved through a mix of chemistry, machine learning, simulations, and advanced microscopy. The researchers began by direct-





By Rick Kirkman & Jerry Scott

"The clustering of insulin is incredibly important for how preparations work. Because the ifference between a rapid- and slow-acting insulin preparation is dependent upon how quickly the molecules assemble in clusters and how quickly they disas semble. Access to highly advanced equipment makes i relatively simple and fast to gain insight into exact concentra tions, knowledge that at the same time, is also quite sophisticated, says lead author Freja Bohr, a PhD fellow in Hatzakis's

research group. **Better Insulin** In addition to the different distribution of molecular clusters, the observations also show that clus ter formation is a much more complex process than once presumed. The clusters can both grow and shrink at far more different intervals than previously supposed

standard model, this process was







ly observing the process in which each insulin molecule joins forces with other molecules to assemble into clusters. This allowed them to see how fast each cluster forms. The researchers

looked at about 50,000 clusters. Knowing the exact distribu tion of different clusters in a given amount of insulin is funda mental when developing medica tions that need to have either short- or long-acting effects in the body

"Without being able to say exactly how just yet, this should make it possible to expand the number of ways in which prepa rations are designed. This could lead to an insulin with a different effect profile that reduces the fluctuations in patients' blood sugar-which remains a major challenge," says Bohr.

Jensen believes that the new knowledge will be able to opti mize all types of new insulin and make a difference for the more than 40 million children and adults who take insulin on a daily basis. Life as a diabetic is still not without trouble.