ARBiT it happens here...

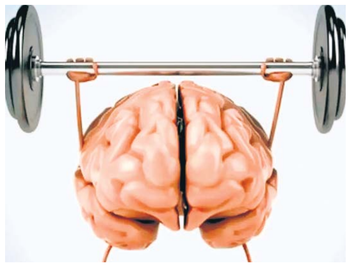
When your taste buds are way above the clouds

You actually lose a large percentage of your taste buds while on an airplane. This might explain why you find yourself craving the saltiest foods while in the sky. Essentially, you leave your normal sense of taste behind at the airport departure gate. Taste buds and sense of smell are the first things to go at 30,000 feet. Flavour is a combination of both, and our perception of saltiness and sweetness drop when inside a pressurised cabin. There are several reasons for this: lack of humidity, lower air pressure, and the background noise.

#MENTAL HEALTH

Exercise & Socialise

Physical exercise is associated with a variety of positive health aspects. Numerous studies have shown that regular physical activity has a preventive effect on cardiovascular diseases, diabetes, cancer, high blood pressure, and obesity.



Physical and social activities in old age have a protective effect on the part of brain which plays a central role in memory.

This part of the brain, the *entorhinal cortex*, is impaired in patients, with *alzheimer's disease*, even in the early stages.

Physical exercise is associated with a variety of positive health aspects. Numerous studies have shown that regular physical activity has a preventive effect on cardiovascular diseases, diabetes, cancer, high blood pressure, and obesity.

But how do various leisure activities, physical, social, and cognitive, affect brain health in old age? Researchers from the University Research Priority Program Dynamics of Healthy Aging and from the Healthy Longevity Centre of the University of Zurich decided to investigate this question.

To this end, they examined data from a comprehensive longitudinal study on brain development and behaviour in old age. The longitudinal study was set in motion, 12 years ago, by Lutz Jäncke, professor emeritus at the University of Zurich, who continues to supervise the project together with co-lead, Susan Mérillat.

The aim of the current research was to investigate relationships between the thickness of the *entorhinal cortex*, memory performance, and leisure activities in cognitively healthy adults over the age of 65, for a period of seven years.

The *entorhinal cortex*, approximately 3.5 millimetres thick, is part of the cerebral cortex in the inner part of the temporal lobe and plays a key role in learning and memory. It is also one of the brain regions that is affected early on. in the development of *alzheimer's disease*.

"Our findings show that in people who were more physically and socially active at the beginning of the study, the thickness of the *entorhinal cortexes* decreased less over the seven-year period," says neuropsychologist Jäncke.

The researchers also found that the thickness of the *entorhinal cortex* is closely linked to memory performance. The less the thickness of this brain structure decreased over the course of the study, the less memory performance was reduced.

"Physical exercise and an active social life with friends and family are, therefore, important for brain health and can prevent neurodegeneration in later life," says Jäncke.

It was also shown that higher memory performance at the beginning of the study was associated with a lower decline in memory performance over the course of the study.

"These findings support the idea that we have a 'cognitive reserve,' and that the brain can be trained throughout our lives like a muscle, to counteract age-related decline," says Isabel Hotz, one of the two first authors alongside Pascal Deschwanden.

In other words, it pays to be physically, mentally, and socially active throughout our lives, including in later life.

By organising a *Polo Match* in Jodhpur because he hailed from it. Held at the Maharaja Gaj Singh Sports Foundation Grounds, "*Bappji*", as Gaj Singh ji is fondly called by one and all, was the chief guest. The two teams made sure that every minute was gripping. Jodhpur's *Palace of wheel* was led by the debonair H.H. Jaipur Padmanabh Singh. Others in the team were Himmat Bedla, Savir Godhara and Lance Watson. The other team, namely, *Indian Navy Swant Path* led by Hemendra Singh had Altaf Khan, Nikhilendra Singh, AP Singh.

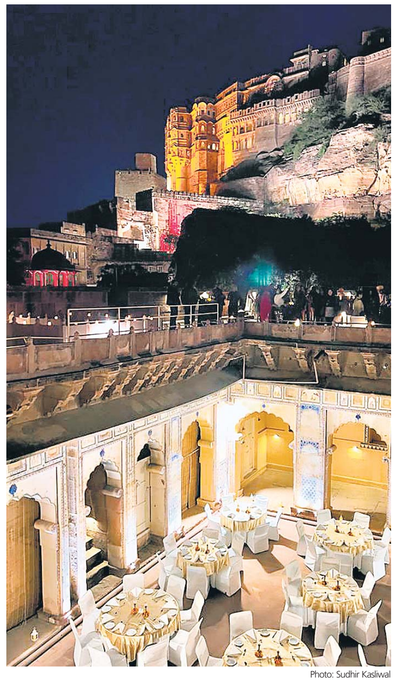


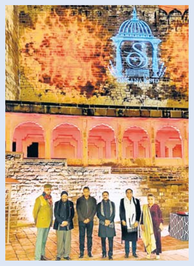
Photo: Sudhir Kasliwal

MDM Polo Cup

All Things Good And Dashing

#TRIBUTE TO BHAJI

Sadhana Garg
Journalist & social entrepreneur



Season four of *Mathuradas Mathur Polo club* was a befitting tribute to a man who had loomed large in Rajasthan politics for five decades.

Hosted in Jodhpur by his grandson, Vishaal Mathur, a media honcho of the mega event, saw close to a hundred people, swarm to the *Sun City* from all over the country.

Mathura Das Mathur, fond of all good things of life, was dashing to say the least. Called "*Bhaji*" by friends and family, he would make hearts flutter in his *pathan* suits, a trend that continued even in his twilight years. A stylish politician amongst the *paan chewing dhoti kurta* clad herd, he stood tall, not only physically, but also metamorphically.

So how does one pay tribute to a *Grand Dad* like that?

By organising a *Polo Match* in Jodhpur because he hailed from it. Held at the Maharaja Gaj Singh Sports Foundation Grounds, "*Bappji*", as Gaj Singh ji is fondly called by one and all, was the chief guest. The two teams made sure that every minute was gripping. Jodhpur's *Palace of wheel* was led by the debonair H.H. Jaipur Padmanabh Singh. Others in the team were Himmat Bedla, Savir Godhara and Lance Watson. The other team, namely, *Indian Navy Swant Path* led by Hemendra Singh had Altaf Khan, Nikhilendra Singh, AP Singh. After a gripping match, the MDM Cup was lifted by Jodhpur's *Palace of Wheels*.

Even though the veterans could be heard reminiscing of days when polo was redoubtable with long back hands and passes to the who's, who, watching the match, there was never a dull moment. Fashionably dressed up, feeling fierce, everyone was ready to sashay into a moonlit afterparty at Mehrangarh.

Harshita Saboo, a jeweller from Hyderabad, who has found her way into the Guinness book of World Records, why? Well, of that another day, gushed, "Oh! everyone has overdosed on cheer and fun." She could not have been more bang on.

The High Tea, post the match, was a scene to behold. *Fashionista*, and the high and mighty, stood in a line awaiting for the famous *Mirchi Vada*. As reports go, it is said as many as 1 lakh *Mirchi Vadas* are sold during the monsoon in the *blue city*. The delectable heritage snack had such a swing like *Oliver Twist* most wanted "more".

As night fell, the scene of action shifted to the formidable Mehrangarh for the after-party. Spread over 1200 acres, the lower terrace was where all action was. One look at the groups, as they streamed in bling and shiny metallic spandex gowns and leggings, one knew that an epic night was about to roll out.

Graced by Padmanabh Singh and his younger sister, Gaurvi Kumari, the party was a blast. Hand it to them for being one of the most humble celebrity children with immaculate manners. Rishi Miglani, Rajasthan's youth icon, Kashiff Khan, MF Fashion TV and Aftab Shivdasani, bollywood actor, were spotted too.

As the DJ pelted foot tapping bollywood numbers, the crowds lost in the rhythm, would struggle to find each other in the retro melodies.

As everyone got busy partying, one came away convinced that good friends and good vibes are the best combo for celebration.

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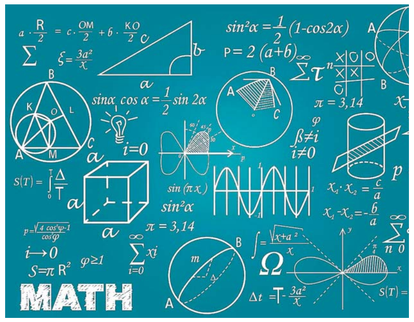
#COMMEMORATION

Mathematics Day

Exploring patterns, solving puzzles, and understanding the world through numbers - it's a journey of discovery, that's endlessly fascinating!



Mathematics Day, on December 22, celebrates the birth anniversary of India's famed mathematician, Srinivasa Ramanujan. Ramanujan's genius has been regarded by mathematicians to be on the same level as Euler and Jacobi from the 18th and 19th centuries. His work in the number theory is especially regarded and made advances in the partition function. Since 2012, India's *National Mathematics Day* is recognized on December 22, annually with numerous educational events held at schools and universities throughout the country. In 2017, the day's significance was enhanced by the opening of the *Ramanujan Math Park* at Kuppam, in Chittoor, Andhra Pradesh. Mathematics lovers like Sri Ramanujan are all around the world and some even support others enhance their knowledge on the subject.

History of Mathematics Day

Srinivasa Ramanujan is the brilliant mathematician behind the inspiration for Mathematics Day in India, whose works influenced many across the country and the world. Ramanujan was born in 1887, in Erode, Tamil Nadu to an Iyengar Brahmin family. At age of 12, despite lacking a formal education, he excelled at trigonometry and developed many theorems for himself.

After finishing secondary school in 1904, Ramanujan became eligible for a scholarship to study at the Government Arts College, Kumbakonam, but could not secure it since he did not excel in other subjects. At the age of 14, Ramanujan ran away from home and enrolled at Pachaiyappa's College in Madras, where too, he only excelled in mathematics without managing the same in other subjects and was unable to finish with a Fellow of Arts degree. Living in dire poverty, Ramanujan instead, pursued independent research in mathematics.

Soon, the budding mathematician was noticed in Chennai's mathematics circles. In 1912, Ramaswami Aiyer, founder of the *Indian Mathematical Society*, helped him get a clerk position at the Madras Port Trust. Ramanujan, then began sending his work to British mathematicians, receiving a breakthrough in 1913, when Cambridge-based G.H. Hardy called him to London, after being impressed by Ramanujan's theorems. Ramanujan made his way to Britain in 1914, where Hardy got him into Trinity College, Cambridge. In 1917, Ramanujan was well on his way to success, after being elected to be a member of the *London Mathematical Society*, and he also became a Fellow of the Royal Society in 1918 and became one of the youngest to achieve the esteemed position.

Ramanujan returned to India in 1919 because he couldn't get accustomed to the diet in Britain. His health continued to deteriorate and he died in 1920, at the age of 32. However, his achievements in the field of mathematics are still highly regarded across the globe. Ramanujan left behind three notebooks with pages containing unpublished results, which mathematicians continued to work on for years to come. So much so that in 2012, former Prime Minister of India, Manmohan Singh declared December 22, the day of Ramanujan's birth, as *National Mathematics Day* to be celebrated across the country.

How To Celebrate Mathematics Day

Read up about trigonometry

Srinivasa Ramanujan's earliest stories began around the age of 12, mastering the dizzying logic of trigonometry and developing theorems on his own without any assistance. While not everyone feels the need to celebrate mathematics, it's still an important subject. Why not try learning the concept of trigonometry yourself, or read up about it? It's actually one of the most important branches of mathematics and is something that every student should focus on. Great trigonometry skills allow students to work out complex angles and dimensions in relatively less time.

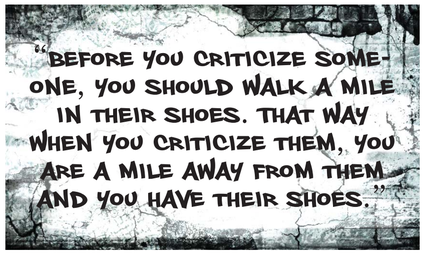
Watch the movie about Ramanujan

The brilliant mathematician inspired the field of mathematics and many students across India. If you don't know much about him, you can watch his incredible story of success from the comfort of your own home. Consider watching '*The Man Who Knew Infinity*', starring Dev Patel. It's a great biopic of Ramanujan's inspiring journey.

Encourage other students' strengths

If there is one important factor to take away from Srinivasa Ramanujan's amazing story and success in the field of mathematics, it is, that he persevered despite performing horrendously in other subjects such as English, Philosophy, and Sanskrit. This shows that each student has his own strengths and weaknesses, and while it's always important to do our best, and make sure to nurture and compliment a student who excels in a particular subject. Who knows, maybe that compliment will help nurture his will to perform better and even pursue his interests to amazing heights!

THE WALL



BABY BLUES

By Rick Kirkman & Jerry Scott

ZITS

By Jerry Scott & Jim Borgman