

#INSIGHT

The Delicious History Of India's Kulfi

The favourite summer dessert goes back a long way, well before the arrival of the modern refrigerator.



Kulfi has been around long before the ice creams of today. The word 'kulfi' comes from the Persian qulfi meaning "covered cup". It is believed to have originated in Delhi during the 16th century, making it nearly 500 years old.

Did you ever wonder how they made it before the arrival of the modern refrigerator? Kulfi is not like regular ice cream; it is denser and creamier. Sweetened and flavoured milk is cooked over a low flame and stirred continuously to prevent it from sticking to the utensil.

The slow cooking condenses and thickens the milk, caramelises the sugar and browns the milk proteins giving kulfi its unique taste and feel.

The Mughals added pistachios and saffron for flavour. But how did this heavenly mix turn into ice cream?

Sourcing Ice
The ancients were fascinated by ice. Since some parts of their territories had glaciers and enjoyed snowfall, the Mughals had access to ice.

They established a system of human runners, horses, bullock carts, boats and other forms of transport to bring ice from the Himalayas to cities like Lahore and Delhi.

Blocks of ice were carefully cut out, wrapped in multiple layers of fine clean cotton and then jute cloth. Saltpetre, a form of salt that helps in refrigeration, was sprinkled.

Ain-i-Akbari, a detailed record of the Mughal emperor Akbar's administration, mentions the use of saltpetre for refrigeration as well as the transportation of Himalayan ice to warmer areas.

Stored in sealed wooden boxes within layers of fine woven cloth, the ice travelled well.

Once it reached the cities, it was stored in specially built and temperature controlled ice pits, which were deep underground chambers.

Initially limited to royals, this technology became available to the common man over a period of time.



PIRU SINGH BROUGHT HOME THE PARAM VIR CHAKRA

From reconnaissance reports it appeared that enemy was strongly holding a high feature whose capture for further advance was essential. Further ahead was another feature held in strength by the enemy. 6 RAJPUTANA RIFLES were given the task of securing these two in Tithwal Valley over 1100 feet high. The Battalion was informed that the enemy did not have enough time to dig-in extensively and therefore could be easily dislodged. However, the information received was inaccurate and the Battalion did not have enough time to conduct proper reconnaissance of the enemy position. The attack for the capture of Darapari was to take place at 0130 hours on the night of 17/18 July 1948.



Seventy-five years ago, on the night of 17/18 July 1948, Company Havildar Major (CHM) Piru Singh laid down his life in the highest traditions of the Indian Army at Tithwal in Jammu and Kashmir. He had displayed undaunting valour and, in his sacrifice, had set an example that continues to inspire and motivate the future generations of soldiers. For his act of conspicuous gallantry, unyielding fighting spirit and exemplary leadership he was awarded the nation's highest gallantry award the Param Vir Chakra.

Piru Singh Shekhawat was born on 20 May 1918 in village Rampura Beri, District Churu, Rajasthan. His father was Lal Singh who was a farmer and his mother was Smt Tarawati Kanwar. The family consisted of three brothers and four sisters and he was the youngest among his siblings.

He was tall, fit and strong and had a desire to join the Army from his childhood. However, he was rejected twice for being underage and finally joined the Indian Army on 20 May 1936 at the age of 18 and underwent his basic training at Jhelum (now in Pakistan). He had initially served in 10/1 PUNJAB and 5/1 PUNJAB. He was a keen soldier and a good sportsman who represented his unit in Basketball and Hockey and participated in World War II.

September 1941, he was posted as an Instructor at the Punjab Regimental Centre as a Naik and was promoted to a Havildar in May 1945. He was sent to Japan as part of the British Commonwealth Occupation Force from where he returned in September 1947. Later when returned from the War in September 1947, he was assigned to the 6 RAJPUTANA RIFLES as a result of the reorganization of the Indian Army post partition.

During the Indo-Pak War of 1947-1948, CHM Piru Singh participated in the Battle at Darapari in Tithwal in J&K with 6 RAJ RIF, where he fought gallantly and displayed exemplary leadership.

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WAR TALES



A statue of Company Havildar Piru Singh has been installed in his village at Jhunjhunu, Rajasthan.

GORKHA RIFLES and Sawai Man Guards was initially part of 161 Infantry Brigade which had been tasked to carryout a Southern encircling move along the Pir Panjal Range and get behind the enemy at Chakothi and Bandi Forest area in order to



A bust of Company Havildar Major Piru Singh has been installed at the National War Memorial, New Delhi within the Param Yodha Shala.

In a daring act, he jumped on the MMG crew bayonetting them to death. CHM Singh realised that he was the sole survivor of the Section and the rest were either dead or wounded. The responsibility of clearing the enemy from the hill feature lay with him alone. Shortly thereafter, grenade thrown at him wounded him in the face. With blood dripping from his face wounds, he crawled out of the trench, hurling grenades at the next enemy position. He gave a loud battle cry, then jumped on the occupants of the next trench bayonetting two to death. As he came from the second trench to charge the third enemy bunker, he was shot in the head and chest by and was last seen falling into the enemy trench. There was an explosion in the trench, indicating that even while succumbing to his injuries he had hurled his grenade at the enemy and the grenades had done their job.

He had paid with his life for his singularly brave act, but he had left for the rest of his comrades an example of single-minded bravery and determined courage in the highest traditions of the Indian Army with his exemplary bravery and raw courage.

Company Havildar Major Piru Singh laid down his life leaving behind a legacy of exemplary leadership, conspicuous bravery and undeterred determination. He remains one of the twenty-one Param Vir Chakra awardees of which fourteen including him are Posthumous. On the Seventy fifth year of his gallant action, we Salute him for his singularly brave act.

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here's something amazing about a hug that just makes the day so much better. Maybe it's the warmth of someone you care about being close to you, maybe it's the feeling of security and solidarity that happens when you're surrounded by the arms of others, maybe it's the fact that you can't give one without getting one back. Whatever it is, there's never a bad time to share a hug. Share a Hug Day is your opportunity to politely offer someone else a hug when they look like they're feeling down!



Share a Hug Day

#COVID-19

Neurocognitive Issues

Scientists are just beginning to understand COVID-19's effect on the brain



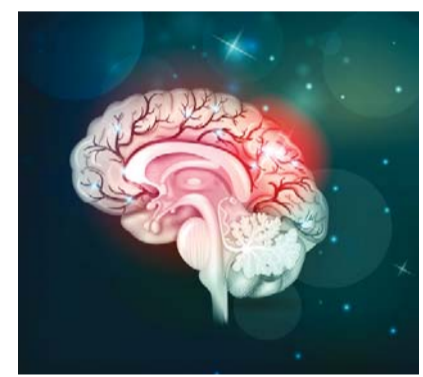
Early in the COVID-19 pandemic, doctors started to notice something striking. For what was originally described as a respiratory virus, SARS-CoV-2 seemed to have a strong effect on the brain, causing everything from loss of taste and smell and brain fog to, in serious cases, stroke.

NYU Langone Health, a New York city research hospital, started collating those anecdotes in hopes of better understanding how the virus affects the brain and nervous system. Years later, the project has morphed from focusing solely on acute symptoms to also tracking the long-term neurologic issues that some people with Long COVID experience, says program director Dr. Sharon Meropol.

The list of neurocognitive issues that Meropol's team and other researchers must track is extensive: cognitive decline, changes in brain size and structure, depression and suicidal thinking, tremors, seizures, memory loss, and new or worsened dementia have all been linked to previous SARS-CoV-2 infections. In some cases, these longer-term problems occur even in patients with relatively mild COVID-19.

The "Holy Grail" question now, Meropol says, is what's going on in the brains of COVID-19 patients—and how to reverse the damage.

Gray Matters
If you were to look at the brain of someone infected by certain viruses, like rabies, you would see "virus teeming everywhere. It's black and



white" that the brain is infected, says Dr. Avindra Nath, clinical director of the National Institute of Neurological Disorders and Stroke (NINDS). With SARS-CoV-2, there's more gray area. Early in the pandemic, Nath and his colleagues scanned and physically analyzed the brains of 13 people who died from COVID-19. They didn't find the SARS-CoV-2 virus in those brains—but they did find significant damage to their blood vessels, which were coated with antibodies.

It looked to Nath like the body's immune system had gone haywire in response to the virus, causing it to attack its own blood vessels and setting off a cascade of effects that led to significant inflammation in the brain, potentially culminating in fatal damage to the part that controls breathing.

In people who survive COVID-19, brain inflammation may also explain years-long symptoms like brain fog and memory loss—though "we don't know for sure," Nath says.

To Nath, however, that's still an open question, and one worthy of more research. His team has continued to study the brains of COVID-19 patients and has yet to find concrete evidence of the SARS-CoV-2 virus in those organs.

Dr. Wes Ely, who researches brain disease at Vanderbilt University Medical Center, says he's convinced SARS-CoV-2 can attack the "support cells" of the brain, or those ensure neurons are able to keep the brain and body functioning normally.

Damaging these support cells, Ely says, can kick off a domino effect that leads to tissue death in the brain. While there may not be a single solution, that doesn't mean there's no solution. Ely has found that "cognitive rehab," a process of rebuilding the brain's function through targeted mental exercises, can help people who develop similar cognitive decline after stays in the intensive-care unit.

Dr. Lara Jehi, who researches COVID-19 and the brain at the Cleveland Clinic, also points to inflammation as a possible trigger for COVID-19's neurologic symptoms. She's found evidence of abnormal inflammation in people with chronic post-COVID headaches. And in a 2021 study, Jehi and her colleagues compared the brains of people with Long COVID and Alzheimer's disease.

"We found many areas of overlap between the two, and these areas of overlap centered on...inflammation in the brain and microscopic injuries to the blood vessels," she says.

Going into that study, Jehi says, her team wanted to determine whether the SARS-CoV-2 virus was entering the brain and causing damage directly or triggering an immune response that led to brain changes. Their findings pointed to the latter—but researchers still haven't ruled out the possibility that the virus has direct effects on the brain.

Virus In The Brain
Since Nath's brain-scanning project early in the pandemic, other researchers have found the virus in the brains of people who died from COVID-19.

Researchers analysed brain tissue of 11 people who had COVID-19 when they died. In all but one of those individuals, the researchers found the virus' genetic material in central-nervous-system tissue—which, they wrote, "proved" definitively that SARS-CoV-2 is capable of infecting and replicating within the human brain.

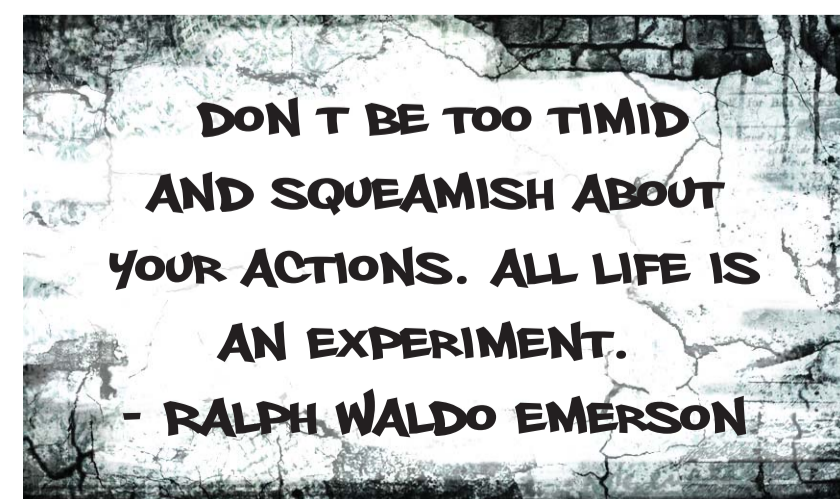
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THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman