

#JANAB PEER ALI KHAN

90 Years It Took...

The Forgotten Martyr of 1857!



The Revolt of 1857, also known as India's First War of Independence, was a watershed moment in the nation's history. While many names like Mangal Pandey, Rani Lakshmbai, and Bahadur Shah Zafar are widely recognized, there were countless other brave souls who sacrificed their lives for the cause of freedom. One such lesser-known yet significant figure



was Janab Peer Ali Khan, a revolutionary from Bihar who played a crucial role in organizing resistance against the British in Patna.

Early Life of Peer Ali Khan

Peer Ali Khan was born in 1812 in Azamgarh, in present-day Uttar Pradesh. Orphaned at a young age, he moved to Patna, Bihar, where he worked as a bookbinder. Though his profession seemed modest, he harbored strong patriotic sentiments and was

deeply disturbed by the oppressive British rule in India. His workplace became a hub for revolutionary discussions, and he gradually became involved in anti-British activities, using his contacts and position to support the freedom movement.

Role in the 1857 Revolt

Peer Ali Khan emerged as a key figure in the underground revolutionary network in Bihar during the 1857 revolt. Unlike many who fought openly on the battlefield, Peer Ali worked covertly, organizing secret meetings, spreading revolutionary ideas, and distributing pamphlets and letters calling for rebellion.

He used his skills as a bookbinder and his position

Arrest and Martyrdom

The British soon became aware of his activities. Acting on intelligence, the British authorities arrested Peer Ali Khan along with many of his fellow revolutionaries in July 1857. During interrogation, he refused to betray his comrades or apologize for his actions. On July 7, 1857, Peer Ali Khan and 14 of

his associates were publicly hanged by the British in Patna. His execution was meant to send a strong message to those who dared to oppose British rule, but instead, it strengthened the resolve of many Indians to continue the fight. He was only 45 years old when he attained martyrdom.

Legacy

Though history did not give Peer Ali Khan the recognition he deserved, his contributions have been rediscovered in recent years. The Government of Bihar has acknowledged his sacrifice, and his memory is honoured at the Peer Ali Park near the Patna Railway Station. Streets and institutions in Bihar have been named after him. He is remembered as one of the earliest revolutionaries who fought against British rule long before the emergence of organized national political movements.



Anti-Aging? - More Risks

It's vital to understand that in most countries, health supplements are regulated differently from pharmaceutical drugs. Unlike drugs, which must undergo rigorous testing for safety and efficacy before being marketed, supplements are largely 'assumed to be safe' until proven otherwise. This lack of pre-market scrutiny is a significant concern and a primary reason why some supplements can pose serious risks. Manufacturers can also make exaggerated and incorrect claims about their products without substantial scientific evidence to back them up, often leading to misleading marketing with dire



Dr. Goutam Sen  
CTVS Surgeon  
Traveller  
Storyteller

ho does not wish to look beautiful and youthful despite the vagaries and onslaught of aging? It has been an eternal desire.

It reminds me of a novel written long time ago. 'She,' a romantic novel by H. Rider

Haggard, was published in 1887. It is about two adventurers who search for a supernatural white queen, Ayesha or 'She-Who-Must-Be-Obeyed,' who is the ruler of a lost African city called Kôr. She has the ability to remain youthful for 2000 years by regular immersions in a magical fire. Ayesha has waited for the reincarnation of her lover whom she killed out of jealousy. She is beautiful and powerful. She finds her reincarnated ideal in one of the explorers, who is her lover's descendant. He falls under her spell and she attempts to make him immortal. She tries to persuade him to pass through the magic fire, but in doing so herself, she ages and crumbles into dust.

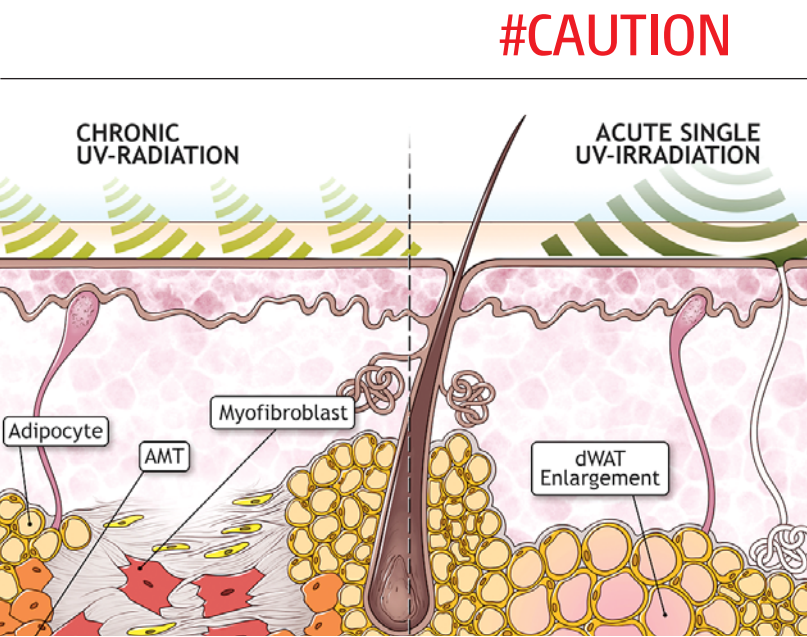
The lesson learnt is that anti-aging processes, magical or medicinal, have limited abilities and can often be fatal if wrongly administered.



The recent death of a middle-aged actress on various doubtful anti-aging supplements has become the hot topic in the fashion pages. It is of interest because large number of youngsters feels that health supplements are harmless and can really be effective in retarding the physical signs of aging. The wrinkles and the sagging chin are gone. The weight is within control and 'all is well' with the world. The unregulated nature of this industry, coupled with misinformation and a 'more is better' mentality, can transform seemingly innocuous pills and powders into serious health hazards. It has contributed to premature death in vulnerable populations like young adults in alarming numbers.

Health supplements, also known as dietary or nutritional supplements, are products designed to provide nutrients that might be missing from a person's diet or to offer additional health benefits. The ingredients can range from well-known vitamins and minerals to herbs, amino acids, enzymes, botanicals and other substances. Vitamins and Minerals are arguably the most common type, including popular ones like Vitamin C, Vitamin D, calcium, iron, and multivitamins. They aim to fill nutritional gaps of specific bodily functions.

Herbal Supplements derived from plants like Ginkgo Biloba, Echinacea and Ginseng are often marketed for various health concerns for mood enhancement to immune support. Amino acids and proteins are widely used by athletes and fitness enthusiasts. These



include protein powders (whey, casein and soy), branched-chain amino acids (BCAAs) and creatine aiming to support muscle growth and recovery. The purported mechanisms of action for health supplements vary widely, depending on their ingredients by filling nutritional gaps in iron deficiency anemia and Vitamin D deficiency. A vegan might take a B12 supplement as this vitamin is primarily found in animal products. Vitamin C is crucial for collagen synthesis and immune function. Supplements like protein powders provide building blocks for muscle repair and growth or enhance energy production during high-intensity exercise.

Caffeine, a common ingredient in pre-workout supplements, acts as a stimulant to improve focus and reduce fatigue. It's vital to understand that in most countries, health supplements are regulated differently from pharmaceutical drugs. Unlike drugs, which must undergo rigorous testing for safety and efficacy before being marketed, supplements are largely 'assumed to be safe' until proven otherwise. This lack of pre-market scrutiny is a significant concern and a primary reason why some supplements can pose serious risks. Manufacturers can also make exaggerated and incorrect claims about their products without sub-



stantial scientific evidence to back them up, often leading to misleading marketing with dire consequences. Janab Peer Ali Khan (IVC) and IV Glutathione are often promoted for various health benefits, including anti-aging, skin brightening and immune support. High doses or improper administration can lead to serious adverse effects,

#CAUTION

While generally considered safe in appropriate doses and when given to healthy individuals, IVC (Vit. C) can pose risks. It is especially so with very high doses in certain susceptible individuals. Vitamin C is metabolised in the body. When very high doses of Vitamin C are administered intravenously, particularly rapidly, the body can produce an excessive amount of oxalate. In severe cases, a condition called oxalate nephropathy can occur, where these crystals deposit in the kidney tubules, causing life-threatening acute kidney injury or even kidney failure.

and in rare but documented cases, even death. It's crucial to understand that these are not without risks, especially when administered without proper medical supervision or to individuals with pre-existing heart conditions. Since both these products are available without prescription and are administered by unqualified hacks or so called beauty specialists, they lack any safety precautions. The administration is based on notions rather than standard operating protocols.

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In severe cases, a condition called oxalate nephropathy can occur, where these crystals deposit in the kidney tubules, causing life-threatening acute kidney injury or even kidney failure. High-dose IV Vitamin C, particularly at pharmacological concentrations, can dangerously increase iron absorption and deposition in organs like the heart, liver and pancreas. This can exacerbate organ damage, leading to muscular damage of the heart, liver failure, or dia-

Celebrating the Art of Beautiful Writing

World Calligraphy Day celebrates the timeless art of beautiful handwriting. This day honours the creativity, skill, and cultural significance of calligraphy across the globe. From ancient scripts to modern lettering styles, calligraphy continues to inspire artists, designers, and enthusiasts alike. It encourages people to slow down, appreciate detail, and express themselves through pen and ink. Workshops, exhibitions, and social media challenges are often held to showcase this elegant art form. World Calligraphy Day reminds us that in a fast-paced digital world, the beauty of hand-crafted letters still holds lasting charm.



#POETRY

Mango: The King

Through this Sanskrit verse, the mango becomes more than a fruit, it becomes a ruler whose presence transforms all others

In the grand tradition of Sanskrit literature, nature is never just scenery, it is alive, conscious, and poetic. Among its many celebrated symbols, the mango (amra) holds a unique place. Not only is it admired for its luscious sweetness and intoxicating fragrance, but it is also revered as the king of fruits. A recently composed Sanskrit verse beautifully illustrates this royal image, showcasing how other fruits react in humility and joy when the mango ripens.



The Verse

आम्रः फलानां युवतिं समृद्धः सुगन्धिमन्तः सुरभीकृत्यारः ।  
नक्षिकेण्डविकाः प्रणम्य, द्रवाः स्तरेः नैतिनिन्दमयुः ॥  
पन्तः स्वर्गलमुत्तर्जनीं यदा समायति सुगन्तिनोम् ।  
सर्वेऽपि फललज्जान्तर्द्वीर्, नम्राः सर्वान् प्रसन्नमुत्सृजन् ॥

Translation

The mango, rich and majestic, is the king of all fruits. Fragrant and sweet, it perfumes the very air. The proud crests of coconuts bow in homage. While grapes burst into songs of sweet delight. Even the bulky jackfruit sets aside its pride. When the warmly scented mango arrives. All fruits, recognizing their sovereign's path, Bend low and spread out in reverent welcome.

A Kingdom of Fruits

In this verse, the mango is portrayed not just as a fruit, but as a monarch presiding over a kingdom of flavors. Its fragrance announces its arrival like the scent of royal incense, and its presence transforms the orchard into a courtly celebration.

Coconuts, known for their towering form and tufted crowns, are imagined here as proud soldiers or ministers who lower their heads in respectful salutation. Grapes, delicate and musical, express their delight

through metaphorical song, a poetic nod to how grapes often become wine, and how both wine and music intoxicate the senses.

Jackfruit, despite its enormous size and spiky armor, lets go of its pride when the mango, warm, fragrant, and irresistible, steps into the limelight.

The imagery of all the fruits lining up along the royal path creates a scene of procession, as if nature itself bows to the mango's seasonal reign.



Conclusion

Through this Sanskrit verse, the mango becomes more than a fruit, it becomes a ruler whose presence transforms all others. Coconuts bow, jackfruits surrender their pride, and grapes sing in joy. It is a reminder that even among equals, true elegance commands gentle reverence, and that beauty, fragrance, and sweetness are timeless virtues, worthy of a crown.



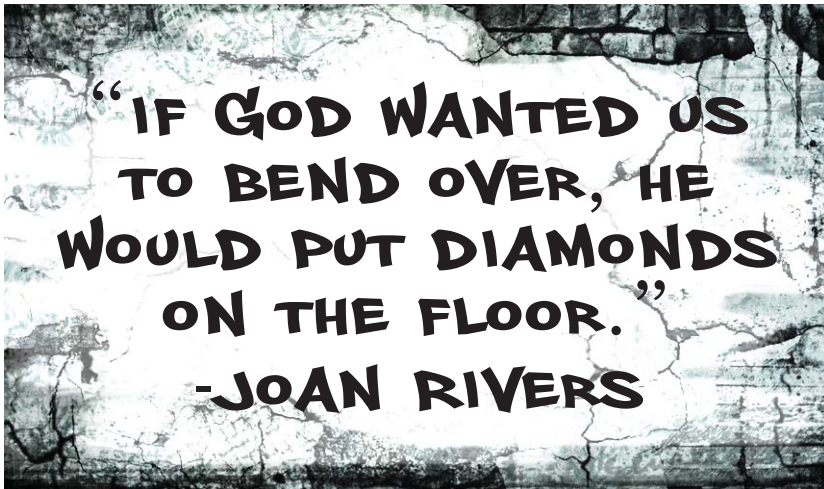
A Deeper Symbolism

This poetic tradition goes beyond taste. In Sanskrit culture, mangoes symbolize abundance, fertility, and divine love. The spring season (Vasanta) is often depicted with mango blossoms, and the koel bird is said to sing in delight when the mango trees

bloom. Kings and poets alike offered mangoes as gifts of highest honour. Here, the verse brings together humor, elegance, and subtle metaphor to elevate a common fruit to mythical status, showing how even in a garden, poetry finds politics, pride, and pageantry.



THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman