orld 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.

राष्ट्रदुत

#JANAB PEER ALI KHAN

90 Years It Took...

The Forgotten Martyr of 1857!



also known as India's First War of Independence, was watershed nation's While many names like Mangal Pandev. Lakshmibai, 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 vet significant figure



revolutionary from Bihar who played a crucial role in organizing resistance against the

deeply disturbed by the

oppressive British rule in

India. His workplace became a

hub for revolutionary discus-

sions, and he gradually

in society to circulate revolu-

tionary materials and com-

municate with freedom fight-

ers across regions. His house

became a center for planning

and strategizing against

British officials in Patna and

with other revolutionaries

and is said to have led a net-

work of over 30 associates

who were active in plotting

the British downfall in Bihar.

He was in close contact

nearby areas.

Early Life of Peer Ali Khan

eer 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

became involved in anti-British activities, using his contacts and position to support the freedom movement.

Role in the 1857 Revolt

eer 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

He used his skills as a bookbinder and his position

Arrest and Martyrdom he 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

hough history did not give Peer Ali Khan the recognition he deserved, his contributions have been rediscovered in recent vears. The Government of Bihar

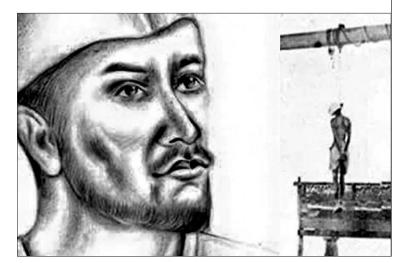
has acknowledged his sacrifice, and his memory is honoured at the Peer Ali Park near the Patna Railway Station.

 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.

His life reminds us of the diverse backgrounds of India's freedom fighters. Muslim, Hindu, rich, poor, educated, and ordinary workers, all united by the dream of Swaraj (self-rule).

Janab Peer Ali Khan's role in India's struggle for independence is a powerful example of silent yet significant resistance. As a grassroots revolutionary, he mobilized people, spread the message of freedom, and ultimately laid down his life for his motherland. His sacrifice, though long forgotten, now serves as an inspiration for future generations to value freedom. unity, and courage.



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

It reminds me of a

novel written long time

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

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 vears by regular immersions in a magical fire. Avesha 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 antiaging processes, magical or medicinal, have limited abilities and can often be fatal if wrongly adminis-

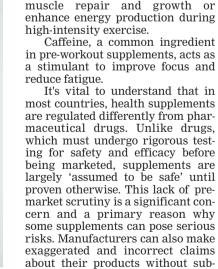
The recent death of a middle aged actress on various doubtful anti aging supplements has become the hot topic in the fashion pages. It is of interest because large number of youngsters feels that health suplements are harmless and can real y be effective in retarding the physical signs of aging. The 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 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 wellknown 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



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





#CAUTION

ACUTE SINGLE UV-IRRADIATION

stantial scientific evidence to back them up, often leading to misleading marketing with dire consequences. Intravenous Vitamin C (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,

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 pro-

duce an excessive amount of oxalate. In severe cases, a condition called oxalate nephropathy can occur, where these crystals deposit in the kidney tubules, causing lifethreatening acute kidney injury or even kidney failure.

and in rare but documented cases even death. It's crucial to underrisks, 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. partic

ularly 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 diabetes, potentially contributing to premature death. All the same, it is difficult to

attribute sudden death directly to it. The other anti-aging supplement, which is in common use, is Glutathione. It is a powerful antioxidant naturally produced by the body. IV glutathione has gained popularity for skin lightening and 'detoxification.' While glutathione is involved in detoxification, it can, in excessively high doses, especially over a prolonged period or with impurities, paradoxically stress the kidneys and liver.

When given in high-dose, IV administration also carries significant risks like hypotension (sudden drop in blood pressure) and cardiac arrest. Glutathione, particularly when infused quickly, can cause vasodilatation which can result in dizziness, fainting and shock. It has the potential to trigger cardiac arrest, especially in individuals with pre-existing cardiac condi

As with any IV infusion, there's a risk of severe allergic reactions, including anaphylaxis, which can be life-threatening. This could be due to the glutathione itself, preservatives or other components in the

IV administration bypasses the body's natural defenses. If the IV is not prepared and administered in a sterile environment by trained professionals, there is a significant risk of bacterial or fungal infection at the injection site or even a systemic bloodstream infection (sepsis), which can be fatal.

to assess individual needs, potential risks and appropriate dosing, if any. The notion that 'more is better' or that 'natural' equates to 'safe' is a dangerous misconception when it comes to health supplements.

Health supplements can play a

legitimate role in addressing specif-

ic nutritional deficiencies under

medical supervision. Their wide-

spread unregulated, and often indis-

criminate use, particularly among

young people, carries substantial

risks. The allure of quick fixes for

appearance or performance, com-

oined with aggressive marketing

and a lack of proper scientific

scrutiny, can lead to the consump-

tion of products that are contami

nated, mislabeled or simply toxic at

The potential for adverse drug

interactions, organ damage (espe-

cially liver and kidney), cardiovas

cular events and even death, high

lights the critical need for caution

The production should fall under

regulatory systems. Young people

are especially vulnerable due to

their developing bodies. Their meta-

bolic responses are susceptible to

ments, the cornerstone of health for

young individuals remains a hal

anced diet rich in whole foods, regu-

lar physical activity, adequate sleep

and professional medical guidance.

Any decision to take a supplement,

particularly for a young person,

should always be made in consulta-

tion with a healthcare professional

Instead of relying on supple

high doses.

marketing hype

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Mango: The King

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

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 नृपतिः समृद्धः स्गन्धिमत्तः स्रभीकृताशः । नारिकेलपञ्चलिकाः प्रणम्य, द्राक्षाः स्वरैः गीतिविनोदमद्यः । पनसः स्वगौरवमृत्युजन्ति यदा समायाति सुवासितोष्मा । सर्वेऽपि फलराजमार्गदर्शी, नम्राः भवन्ति प्रसरन्त्यपर्वम ।।

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

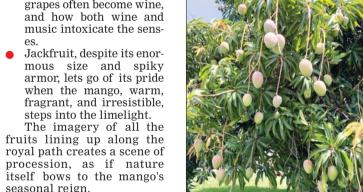
n this verse, the mango is portrayed not just as a fruit, but as a monarch presiding over a kingdom of flavors. Its fragrance announces its arrival like the scent of royal incense, and its presence transforms the orchard into a courtly celebration.

 Coconuts, known for their towering form and tufted crowns, are imagined here as proud soldiers or ministers who lower their heads in respectful saluta-

 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 sens-

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

seasonal reign.



hrough 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 excellence commands gentle reverence, and that beauty, fragrance, and sweetness are timeless virtues, worthy of a crown.



his poetic tradition goes

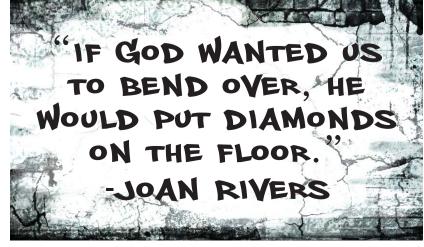
A Deeper Symbolism

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

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include protein powders (whey

casein and soy), branched-chain

amino acids (BCAAs) and creatine

aiming to support muscle growth

and recovery. The purported mecha-

nisms of action for health supple-

ments vary widely depending on

their ingredients by filling nutri-

tional gaps in iron deficiency ane-

mia and Vitamin D deficiency.





I NAME YOU THIRD ASSISTANT MANAGER OF DOING WHATEVER I SAY. WOW! I'VE NEVER HAD A TITLE BEFORE!

By Rick Kirkman & Jerry Scott

ZITS





By Jerry Scott & Jim Borgman