



## Wobbly Wednesday

Nystagmus is characterised by involuntary movement of the eyes, symptomatic of problems with the visual pathway. It causes varying degrees of sight impairment. Nystagmus is often a genetic condition and may be associated with albinism but can also be caused by a number of medical conditions such as cataracts, glaucoma or aniridia. Wobbly Wednesday is your opportunity to gain experience more about this limiting condition. Nystagmus affects 1 in 1,000 people. It is a form of visual impairment and can occur at any time of life. It is the most common form of visual impairment in school-aged children.

## #SAATVIK

# Celebrating World Vegan Day!

Like many, do you believe vegan food is boring? You need to try it out for yourself to bust this misconception. Ensure you begin your vegan journey this World Vegan Day from the right recipe.



Veganism is a comprehensive ideology and lifestyle dedicated to minimizing or eliminating any involvement in animal exploitation and suffering, primarily in the realm of nutrition and dietary choices. Those who adhere to a vegan way of life abstain from the consumption of animal-derived products, such as meat, dairy, eggs, and honey, frequently opting for plant-based alternatives instead.

November 1 is celebrated as World Vegan Day, and the best way to celebrate the day is to have home-cooked vegan meals.

If you are skeptical about trying out vegan food, think twice, as vegan food is tasty yet healthy. Not just that, vegan food is something that is very easy to cook and doesn't involve much time.

So, if you want to try out some vegan food, what better than World Vegan Day? Here is an easy recipe to try at home:

### Vegan Matcha Pancake

Check out this vegan matcha pancake!

#### Ingredients

- All-purpose flour
- Matcha powder
- Sugar
- Baking powder
- Salt
- Almond milk
- Coconut oil (or olive oil)
- Vanilla extract

#### Preparation

1. In a large mixing bowl, combine 200 grams of all-purpose flour, 10 grams of matcha powder, 20 grams of sugar, 8 grams of baking powder, and a pinch of salt.
2. In a separate bowl, mix the 240 ml of almond milk (or any plant-based milk), 30 ml of coconut oil, and 5



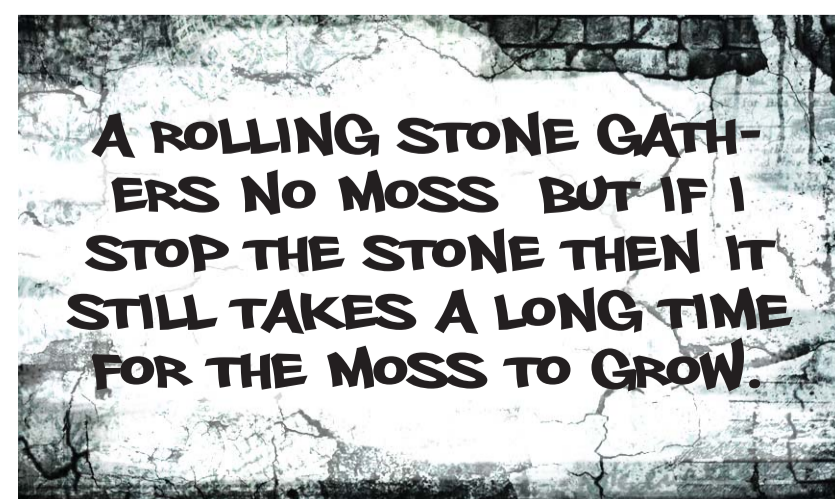
o the Jew, Christian and Islam Jerusalem is the holiest and most hotly contested place on Earth. All three believe in the monotheistic Abrahamism and Mosaic same One God, though they call Him by different names: God, Yehowah or Allah, and yet are ever willing to kill not only each other but others. For the Jews the Holy of the Holies is the site of the Old Temple and the surrounding Wailing Wall, Christians claim ownership of the Church of the Holy Sepulchre and the for Muslims it is the Dome on the Rock. An old city with some interesting architecture but to a casual non-religious Indian visitor used to seeing smiling faces in his native land, finds the hostility to each other reflected in the eyes of its unsmiling and perpetually frowning citizens oft putting and repulsive.

## BETHLEHEM

As the birthplace of Jesus Christ and association with the Christmas festivities makes Bethlehem both holiest and most beloved of places for Christians. Its location in the West Bank of the Jordan River in a disputed territory restricts the number of tourists who visit the town and its two famous shrines—the Church of Nativity and Rachel's Tomb. Like other places in the Middle East, Bethlehem too has a rich history that pre-dates the birth of Christ.



## THE WALL

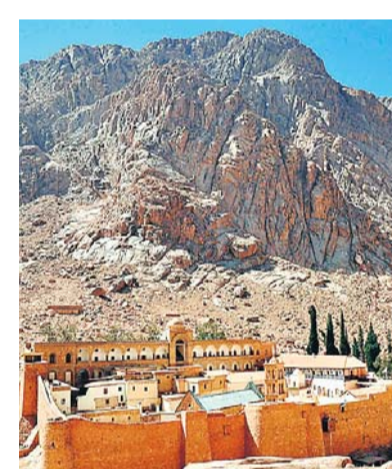


## SEA OF GALILEE

Sea of Galilee is the lowest fresh water lake and second lowest lake in the World after the Dead Sea. It is in Northern Israel and is 13 miles long and miles wide it is fed by the Jordan River and some underground springs. Galilee lies on the ancient Via Maris the Royal Egyptian highway which linked the Kingdom to its Northern parts. In the New Testament of the Bible much of Jesus ministry occurs on the shores of the Galilee. Many of his miracles are also supposed to have occurred here, including walking on water and catching fish.



## MOUNT SINAI



faiths I felt as if I was in a special place and a sudden peace and calm descended upon me. For a moment I felt I was in the presence of some divine force and a recipient of its grace. This feeling should not have come as a surprise for it is here according to the Bible that Moses came into the of God who gave him His Ten Commandments to guide his people and be a moral and social code for their conduct.

Mt Sinai lies in the heart of the Sinai Desert and is 7,497 feet high, but it is not the highest peak in the Sinai. There are higher, including neighbouring Mt Catherine, after whom the monastery and convent at the foot of the mountain is named. On the top of Mt Sinai is a mosque and church both of very simple design and size. The chapel encloses the rock which is supposed to be the source of the Biblical tables.

## MOUNT CARMEL

The word 'karmel' means garden land and if the meaning is to be believed then Carmel would have once been a hill covered with vineyards and olive groves but centuries of overgrazing and deforestation had reduced it to a barren waste denuded of its soil cover and vegetative growth, it is only now that the western extremity has again been greened by the Bahais. In 1931 discoveries of Neanderthal and early human remains were made inside some caves. These caves are now declared as heritage sites by UNESCO. According to Josephus Carmel had been a stronghold of the Essenes. According to the Jewish Book of the Kings Carmel and the Keshon River which flows at its foot was the site of a battle between Elijah and the priests of Baal. A Catholic religious order called Carmelites was founded in 1209. The Ahmadiyya Muslim community have their largest mosque on Mount Carmel.



# THE HOLY LAND OF UNHOLY STRUGGLE

PART-2



## #GAZA AND THE PALESTINE

### ACRE

Located on the Northern extremity of the Bay of Haifa, Acre is the holiest city of the Bahai Faith in Israel. It was the site of many battles between the Crusaders and Muslims. In 1799 Napoleon laid siege to the city which lasted for three months but failed to capture it. Two days after the successful capture of Haifa the Indian Cavalry attacked Acre and took the town from the Turks. Abdul Baha on meeting some Indian soldiers told them: "What Napoleon failed to do in three months, you did it in two days."



The author briefing a UN patrol on the border of Israel and Gaza, 1964

### MILITARY GEOGRAHY

## BATTLE OF HAIFA 1918



Indian Cavalry in Palestine 1914-16

Jodhpur and Mysore Lancers defeated the Turks. The outcome of the battle influenced history in four ways. Firstly it hastened the end of the War by forcing the capitulation of Turkey and the end of the Caliphate which is what the ISIS is now trying to re-establish. To perceive observers it is not surprising that Erdogan the Turkish President, the Saudi Royals and Iranian Shia Clergy are competing with each other and the ISIS to don the mantle of the new Caliph. The battle is now not only of Islam vs the rest of the World but more potently of Islam vs Islam.

Secondly by release from captivity and sentence of death of Abdul Baha, it ensured the survival of the Bahai Faith. The Bahais with their message of oneness and equality of all faiths have

the potential to be the bridge that unites all of humanity which today is raven with discord and violence. Their strong advocacy of women's rights and equality is also the need of the hour. For us Indians the presence in India of a large Bahai population more than that in any other, a matter of pride for it reflects our secular and tolerant character. They have also given us in the Lotus Temple the most beautiful building built in India after Independence. Their faith acknowledges as prophets Krishna, Buddha, Jesus, Zorashtra and Mohammad but their real strength is in the belief that faith must have at its core: reason, logic, equality of gender and class, abhorrence of violence and love of all mankind. Echoes of the teachings of the Upanishads! So it is not difficult for us Indians to acknowledge the Bahais as one of our own. Perhaps the Bahais will be the bridge that will one day unite all faiths.

Thirdly the display of exceptional heroism and professional competence by Indian troops led solely by Indian Officers forced the British Government to break racial barriers and opened the way for grant of Kings Commission as officers to Indians which they had been resisting on

the grounds that Indians lacked the leadership qualities to make good officers. Entry to Sandhurst was opened soon after the War and The Prince of Wales Royal Indian Military College was founded in 1922 to prepare suitable applicants for entry into Sandhurst. With the result that twenty five years later at the end of the Second World War there was a million strong Indian Army officered by Indian fully supportive of the Independence movement and there was no way that the British could then hold on to India. This fact was acknowledged in a letter from the Viceroy Field Marshal Lord Wavell to the British Prime Minister in 1946. Indian Independence opened the flood gates to the grant of independence to all the colonies of the European powers the world over bringing to an end the Age of Imperialism.

Fourthly the victory led to the final downfall of the Ottoman Empire and the creation of the British Protectorate of Palestine which the World Jewish community considered as their homeland and to which they started migrating in large numbers and in the course of the next three decades the Jews displaced the Arabs from Palestine and created the newly independent state of Israel.

## BATTLE OF HAIFA 1918



## TYRE

Located on the southern coast of Lebanon is a small 4 square kilometre sized island which is one of the oldest continually inhabited cities in the world. Even before it became a part of the Egyptian empire tyre was a prosperous port town. The major part of it was on the mainland but the citadel was on an off shore island. From the Egyptians it passed into the hands of the Phoenicians who were the most powerful seafaring and trading people in the Mediterranean. Many areas and ports on the northern coast of Africa and in the Levant were under their control. So powerful where they that under Hannibal they defeated the Romans and invaded mainland Italy. From the Phoenicians the Assyrians took it in control only to lose it to the Persians a few centuries later. In 332 BC Alexander after his decisive victory over the Persians and their Allies the Phoenicians. The citadel walls ris-

ing a hundred and fifty feet above the sea made the town impregnable. It took a siege lasting seven months before Tyre finally fell to the Greeks. Alexander succeeded by demolishing the old city on the mainland and using its stones to build a causeway to the island. (In the manner of Rama and his army of monkeys built the Ramsetu linking India with Lanka.) Eight thousand Tyrians were killed for the loss of four hundred Greeks. To overwhelm the high walls of citadel Alexander built the tallest siege towers ever built before and even after his time, and moved them over this man-made land bridge. As Alexander's army moved forward, the Tyrians evacuated their old men, women and children to Carthage. Besides the eight thousand Tyrians killed another thirty thousand were taken prisoner and sold as slaves. After Alexander it became a part of the Indo-Greek Seleucid Empire whose official state religion was Buddhism. From the Greeks to the Romans and finally to the Islamic armies of conquest except for a brief period with the Knights Templars. The history of Tyre encapsulates the entire history of the Levant.

## GAZA

Alexander the Great had besieged the city for five months before it fell in 332 BC. It was the last city to resist Alexander in his march to Egypt. All inhabitants were killed or taken captive as slaves. When I was in Gaza in 1964-65 as a part of the United Nations Peace Keeping Force the town of Gaza was a dusty shanty town. Nothing in it then bore any semblance to its past greatness or antiquity. Most inhabitants were Palestinian refugees from what is now Israel, a few Christian the remainder Muslim who for centuries had suffered under Ottoman Rule and after the First World War British and Egyptian occupation.

Gaza had been the site of two major battles in 1917 during the First World War in which the Indian Cavalry and the Bikaner Ganga Risala played a leading role. The old town had been virtually destroyed by artillery bombardment. A well maintained Commonwealth Cemetery with hundreds of graves of fallen soldiers including some Indians lies to the East of the town. Whilst we were in Gaza one of our own soldiers a Christian who had died in an accidental fire was laid to rest here. His name was a very common Hindu name Ram Chander, we were taking his body for cremation on the sea shore when our head clerk Havaldar Baljit Singh came running to inform us that according to his records Ram Chander was a Christian. So instead of cremation on the seashore we changed direction and took his body for burial to the Gaza Cemetery.

To be continued...

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## BABY BLUES



By Rick Kirkman & Jerry Scott

## ZITS



By Jerry Scott & Jim Borgman