

#### **#HEALTH**

### Pregnant? Have your coffee

Coffee drinking behaviour is partly due to genetics





women to drink prescribed

amounts of coffee during their

pregnancy, we used genetic

analyses to mimic a random-

ized control trial," Hwang

that there was no greater risk

of miscarriage, stillbirth, or

premature birth for women

who drank coffee. "When it

comes to diet during pregnan-

cy, women are often advised to

cut things out, but this study

shows they can still enjoy cof-

fee without worrying about

increasing the risk of these

pregnancy outcomes." Hwang

says. The researchers empha-

size that the study only looked

at certain adverse pregnancy

outcomes, and it is possible

that caffeine consumption

could affect other important

aspects of fetal development.

"For that reason, we don't rec

ommend a high intake during

pregnancy, but a low or mod

erate consumption of coffee,"

Moen says. Researchers used

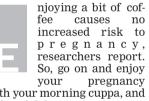
genetic data from the Coffee

and Caffeine Genetics Consortium, the UK BioBank,

the Avon Longitudinal Study

of Parents and Children, and

The genetic analysis found



researchers report So, go on and enjoy your pregnancy with your morning cuppa, and a cheerful day. The researchers used genetics to analyze coffee

drinking behaviour, and their findings show that limited coffee consumption during pregnancy didn't increase the risk of miscarriage, stillbirth, or premature birth.

"Current World Health Organization guidelines say that pregnant women should drink less than 300 mg of caffeine, or two to three cups per day," says Gunn-Helen Moen of the Institute for Molecular Bioscience at the University of Queensland. "But that's based on observational studies where it's difficult to separate coffee drinking from other risk factors like smoking, alcohol, or poor diet."

"We wanted to find out if coffee alone really does increase the risk of adverse pregnancy outcomes, and the research shows this isn't the case." Coffee drinking behavior is partly due to genetics, with a specific set of genetic variants affecting how much coffee we drink, says Daniel Hwang of the Institute for Molecular Bioscience

"We showed that these genetic variants not only affect coffee consumption in the general population but also in pregnant women." For the study in the International Journal of Epidemiology, the researchers used a method called Mendelian randomization, which uses eight genetic variants that predict pregnant women's coffee drinking behaviour and examined whether these variants were also associated with birth outcomes. "Because we can't ask

23 and Me

# **Joint Celebration Of 1971 Victory Made No Difference**

This writer cannot forget that day because he was doing a Gunnery Course at the Armoured Corps School and Centre, a Ahmednagar, Maharashtra, where three Bangladesh Army officers were also doing courses. The one doing the Gunnery Course came to this writer's room early in the morning on 15 August 1975, looking very upset and broke the news of Sheikh Mujib's assassination. He then requested this writer to convey this up the line to the Commandant and that he be allowed to proceed immediately back to Dhaka, as he needed to be with his mother, who was a senior Awami League politician. The writer did the needful liaising and arranged for this officer to be dropped to Pune to catch a flight to Delhi, from where he flew to Dhaka



speech but made no mention of Sheikh Mujibur Rahman. The sentiment in his interim government allows India to be mentioned, if at all, now only as an ally.

One of the most disturbing and significant visuals of the chaos which began in Bangladesh on 05 August 2024, was of Bangladesh's first and founding President Sheikh Mujibur Rahman's statues being vandalised, hammered, garlanded with shoes, etc. These acts signified hate for those involved in Bangladesh's struggle for the freedom from oppression and atrocities by the ruling West Pakistanis and an attempt to wipe out its glory of liberation and birth of the new nation Bangladesh in 1971.

At least 29 leaders of the Awami League were killed and Sheikh Hasina was fortunate to have escaped by being flown out of Dhaka in military helicopter.

There was some déjà vu.On 15 August 1975, Bangabandhu (pronounced Bongobondhu, meaning friend of the people) Sheikh Mujibur Rahman, considered to be the driving force behind the liberation of Bangladesh, was assassinated. This writer cannot forget that day because he was doing a Gunnery Course at the Armoured Corps School and Centre, at

were also doing courses. The one doing the Gunnery Course came to this writer's room early in the morning on 15 August 1975, looking very upset and broke the news of Sheikh Mujib's assassination He then requested this writer to convey this up the line to the Commandant and that he be allowed to proceed immediately back to Dhaka, as he needed to be with his mother, who was a senior Awami League politician. The writer did the needful liaising and arranged for this officer to be dropped to Pune to catch a flight to Delhi, from where he flew to Dhaka

Ahmednagar, Maharashtra, where

three Bangladesh Army officers

Immediately after Sheikh Mujib's assassination by pro-Pakistan officers of Bangladesh Army, his daughter, Sheikh Hasina, her husband, sister and two children were secretly provided refuge by India's then Prime Minister Indira Gandhi in New Delhi's Pandara Road, an area where this writer grew up in the

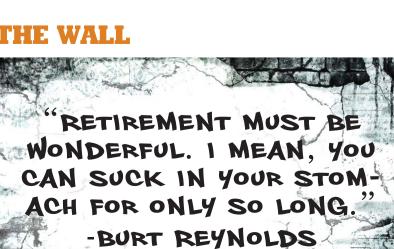
1960s.

The Awami League (AL) ruling in Bangladesh since 2009 was overthrown by the student-people's uprising in early August 2024. Apart from the 29 AL leaders killed, many went into hiding; the properties and residences of many AL leaders were looted; vandalised and set on fire: many ministers and influential politicians of AL were arrested: many of them were prohibited from leaving Bangladesh and bank accounts of many AL leaders and their families were frozen. Since then, the party has remained underground. Sheikh Hasina, the former prime minister had to flee to India. From a secular democra cy, Bangladesh was plunged into anarchy along with atrocities against Hindus and non-Muslims A look back at pre-Bangladesh history is relevant. A few years after the painful birth of Pakistan (1947) into two parts, West and East, separated physically by India; the Bengalis of East Pakistan realised the oppression, exploitation and deprivation that they had suffered at the hands of British were all back, and this time, being practised by their West Pakistani 'countrymen. Some of the causes of discon-

tentment of East Pakistan's Bengalis were: East Pakistan had been turned into a market to dump West Pakistani products foreign trade policy was biased in favour of West Pakistani interest the ruling elite allocated and distributed resources in favour of West Pakistan; between 1948 and 1960, East Pakistan made 70% of all of Pakistan's exports, while it only received 25% of the due money: no profits/ advantages were accruing to East Pakistan despite it being the largest producer of raw jute; Urdu vs Bengalithe state language of Pakistan was to be Urdu and no other language, despite Bengali being granted official status in 1956;

1969's mass revolt; protests/ demonstrations as Pakistan Central government failed to aid victims of Bhola Cyclone in coastal areas of East Pakistan in November 1970: Pakistan refusing to accept Awami League under Bangabandhu Sheikh Mujibur Rahman, winning 298 seats in the East Bengal elections and 167 seats at the National Assembly elections; Operation Searchlightgenocide, by Pakistan army in East Pakistan, of over 3 million East Pakistanis, largely Bengalis, but also Hindus and Christians. and rape of up to 4 lakh East Pakistani women

#### THE WALL



### **BABY BLUES**





Bangladesh since 05 August 2024, there seemed no hope of 16 December 2024 being celebrated for defeat of Pakistan and liberation of Bangladesh iointly by the Armed

Forces of India and Bangladesh in the traditional way by Indian Armed Forces and Mukti Bahin veterans. Mukti Yoddha/ Joddha However, albeit very late and without any advance intimation, they did. Six Armed Forces veterans of the 1971 War and two serving offi cers were invited to Dhaka and six Yodhas with two serving officers of Bangladesh Army were invited to Kolkata to attend the Vijay Diwas (India) and Victory Day/ Bijoy Diwas (Bangladesh) cere-

monies. Chief Advisor Muhammad Yunus did make a Victory Day



#### **Celebrating World Bicycle Day**

he bicycle is one of the most important inventions in the history of the planet. It provides millions of people with a means of transport, powered by nothing other than their bodies. It's practical, reliable, and helps one to stay fit. On June 03, World Bicycle Day, you can cycle to work, college or school, on your bicycle instead of using the car. One will be able to avoid traffic iams and the cost of gas. You may find this to be a more enjoyable and stress-free way to get around. Also, cycling is an environmentally sound, safe, and healthy way to travel. There's no gas money required, and the fresh air will feel wonderful!









The Bangladesh Liberation War began on 26 March 1971. A band of determined East Pakistani Bengali youth rose in rebellion under the banner of Mukti Bahini (freedom force) and aided and trained by Indian Army. became an asset against Pakistan Army in East Pakistan. Meanwhile, around 10 million East Bengali refugees entered India during the early months after March 1971, of whom 1.5 million may have staved back after Bangladesh became independent The two-nation theory had been shot to smithereens.

On 03 December 1971, India had to declare war on Pakistan after its attack on Indian airbases Indian Army fought on two fronts, Western and Eastern, and within 12 days, it encircled East Pakistan and ended the war on 16 December 1971, with over 93,000 Pakistani Armed Forces personnel surrendering to it at Dhaka This surrender was the largest of its kind since World War II. The casualty count of Indian Army in this way was about 3.800 killed and 12.000 injured.

Having been requested by the highly suppressed Bengalis of erstwhile East Pakistan to assist them, the Indian armed forces did so and after Bangladesh's libera tion, they did not stay on there, but returned to India.

Muhammad Yunus, who took over as the Chief Advisor of the interim government in August 2024, has been described in media as 'a puppet of the renewed CIA-ISI (Pakistan's Inter-Services Intelligence) nexus/ US Deep State decoy,' who has ignored India's contribution of over \$ 10 billion for Bangladesh's development and also provides 25% of Bangladesh's electricity. It is widely reported that one of Yunus'

first acts after becoming the Chief Advisor of the interim government was to free Islamist terrorists from prison, lift the bans of proscribed Islamist terror outfits giving them free rein and allowed hem to gain a lot of influence in Bangladesh. Yunus has allowed them to perpetrate all kinds of atrocities against Hindus mainly and even other minorities. False cases have been lodged against Chinmay Krishna Das, a priest of **ISKCON** (International Society for Krishna Consciousness) and spokesperson for the Bangladesh Sammilita Sanatani Jagran Jote and other.

While India's External Affairs Ministry (MEA) has been urging Bangladesh to ensure the safety of the Hindus and all minorities, Mohammad Yunus and others in his administration have been reportedly blatantly denying reports of attacks on Hindus and other religious minorities as fake and insisting that Hindus are safe in Bangladesh.

Retired Ambassador MK Bhadrakumar has not pulled his punches by plainly warning, "Do of the Deep State in America to

not underestimate the ingenuity have its way. Keeping the guard down will be a catastrophic mis-

ishment. We could get hit when least expected. That's what happened in Bangladesh and Syria.' President elect Donald Trump has stated: "I strongly condemn the barbaric violence against

take on the part of the Delhi estab-

Hindus, Christians, and other minorities who are getting attacked and looted by mobs in Bangladesh, which remains in a total state of chaos." While such statements sound good, it remains to be seen how much Trump will do to rein in the US' Deep state. Prime Minister Narendra Modi must make best use of his equation with Donald Trump and urge him to undo whatever possible of the major damage that has been done during the Biden administration in the long period before

Trump's swearing in. It is vitally important for India to try to prevent Bangladesh from becoming a pro-Pakistan anarchy. India's MEA must get into high gear for launching information/ nfluencing operations. If Bangladesh gets completely taken over by anti-India elements, then India will have to make necessary provision in its external security

> 111 rajeshsharma1049@gmail.com



capacity.

## Idli's Help



signs of inflammation, according to

new research. In a clinical trial, 36 healthy adults were randomly assigned to a 10-week diet that included either fermented or high-fiber foods. The two diets resulted in different effects on the gut microbiome and the immune

Eating foods such as yogurt, kefir, fermented cottage cheese, kimchi and other fermented vegetables, vegetable brine drinks, and kombucha tea led to an increase in overall microbial diversity, with stronger effects from larger servings. "This is a stunning finding," says Justin Sonnenburg, an associate professor of microbiology and immunology at the Stanford University School of Medicine. "It provides one of the first examples of how a simple change in diet can reproducibly remodel the microbiota across a cohort of healthy adults."

In addition, four types of immune cells showed less activation in the fermented-food group. The levels of 19 inflammatory proteins measured in blood samples also decreased. One of these proteins, interleukin 6, has been linked to conditions such as rheumatoid arthritis, Type 2 diabetes, and chronic

"Microbiota-targeted diets can change immune status, providing a promising avenue for decreasing inflammation in healthy adults,' says Christopher Gardner, professor and director of nutrition studies at the Stanford Prevention Research



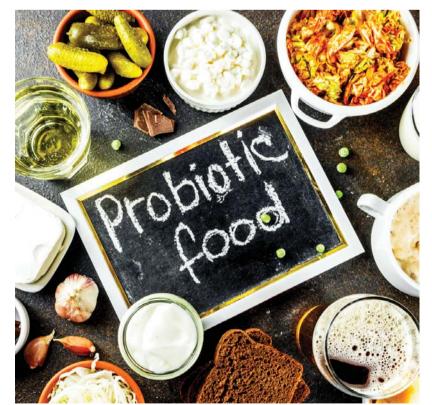
**#FOOD** 

Center. "This finding was consistent across all participants in the study who were assigned to the higher fermented food group.'

By contrast, none of these 19 inflammatory proteins decreased in participants assigned to a high-fiber diet, rich in legumes, seeds, whole grains, nuts, vegetables, and fruits. On average, the diversity of their gut microbes also remained stable.

"We expected high fiber to have a more universally beneficial effect and increase microbiota diversity," says Erica Sonnenburg, a senior research scientist in basic life sciences, microbiology, and immunolo "The data suggest that increased ïber intake alone over a short time period is insufficient to increase microbiota diversity.

A wide body of evidence has demonstrated that diet shapes the gut microbiome, which can affect the immune system and overall health. According to Gardner, low microbiome diversity has been linked to obesity and diabetes



By Jerry Scott & Jim Borgman



By Rick Kirkman & Jerry Scott

#### ZITS



e happy and eat all your Idlis with pleasure, uninterrupted by any nonsensical homily. A diet rich in fermented foods boosts the diversity of gut microbes and decreases molecular



disease "We wanted to conduct a proof of-concept study that could test whether microbiota-targeted food could be an avenue for combating the overwhelming rise in chronic inflammatory diseases," Gardner says. The researchers focused on fiber and fermented foods due to previous reports of their potential health benefits. While high-fiber diets have been associated with lower rates of mortality, the consumption of fermented foods can help with weight maintenance and may decrease the risk of diabetes cancer, and cardiovascular disease. The researchers analyzed blood and stool samples collected during a three-week pre-trial period, the 10 weeks of the diet, and a four-week period after the diet, when the par icipants ate as they chose.

cardiovascular

The findings paint a nuanced picture of the influence of diet on gut microbes and immune status. On one hand, those who increased their consumption of fermented foods showed similar effects on their microbiome diversity and inflamma tory markers, consistent with prior research, showing that short-term changes in diet can rapidly alter the gut microbiome. On the other hand the limited change in the microbio me within the high-fiber group dove tails with the researchers' previous reports of a general resilience of the human microbiome over short time periods. The results also show that greater fiber intake led to more carbohydrates in stool samples, pointing to incomplete fiber degradation by gut microbes. These findings are consistent with other research suggesting that the microbiome of people, living in the industrialized world, is depleted of fiber-degrading

"It is possible that a longer intervention would have allowed for the microbiota to adequately adapt to the increase in fiber consumption,' Sonnenburg savs "Alternatively, the deliberate introduction of fiber-consuming microbes may be required to increase the microbiota's capacity to break down the carbohydrates.<sup>3</sup>

microbes

Erica

In addition to exploring these possibilities, the researchers plan to conduct studies in mice to investigate the molecular mechanisms by which diets alter the microbiome and reduce inflammatory proteins They also aim to test whether high fiber and fermented foods synergize to influence the microbiome and immune system of humans. Another goal is to examine whether the consumption of fermented food decreases inflammation or improves other health markers in natients with immunological and metabolic diseases, and in pregnant women and older individuals

"There are many more ways to target the microbiome with food and supplements, and we hope to continue to investigate how different diets, probiotics and prebiotics impact the microbiome and health in different groups," Justin Sonnenburg says.