#FOOD-TALK

Beat the Heatwave

Amid the ongoing heatwave, it's usual to experience a decline in appetite. Here're five interesting salads you can rustle up in no time for quick hydration.

ammer is here in all its glory and as the mercury climbs up, it is usual to experience a decline in appetite. Nutrition in hot summer days to take mprove appetite. To beat the heatwave and stay refreshed, salads can be a wonderful addition to your summer diet. Full of water content, fibre and important vitamins and

minerals, salads can add a

wealth of micronutrients to your diet and can also whet

Besides, salads can be turned into one-bowl meals or snacks that can reduce your Balancing them with protein, complex carbs, healthy fats boost your immunity and pro-Whether you are a cucumber lover, like all things minty or like fruity flavours, there's a wide variety of salads that

SUMMER SALADS YOU MUST HAVE



Smashed Cucumber Mint Salad

ucumbers are the sweethearts of summer. Prepared by smashing cucumbers along with mashed potatoes, tomatoes, and onions, this salad is sprinkled with *mint*, which leaves the mouth delighted with taste and the body charged with hydration.



Tomato Paneer Salad with **Smashed Cheese**

prepared with a mouthwatering blend of tomatoes. cucumbers paneer, and paired with cheese, this salad gives a dual advantage of taste and health. Tomatoes and cucumbers work out the hydration part while cheese and *paneer* pair up to offer



Watermelon

Salad with

Yoghurt dressing

nriched with the

hydration power of

watermelon, this salad

is a perfect choice to

consider for summers.

To elevate the taste, it

can be blended with

Tomato Cucumber Salad, sprinkled with Mint and Lemon

🚺 eggies like cucumber, tomato, and mint are all beneficial for taste and health. Dive into the inexplicable taste of the salad, that's prepared with chopped cucumbers and tomatoes, sprinkled with *mint* and *lemon*, to make summers seem deliciously extravagant



Greek Salad

reshly prepared from sliced cucumbers, tomatoes, green Γ bell pepper, and olives, *Greek salad* is a high-prized diet for summers. Its timeless ingredients help the body regain the hydration, which it loses during summers, along with leaving



Is BJP Now 'Saksham'!!!!

Though Jawaharlal Nehru, the first prime minister of independent India, had little working relation with RSS, his daughter, Indira Gandhi, always kept a line open for the organization that swears by Hindu nationalism. This fact is well-documented in journalist Neerja Chowdhury's recent book, How Prime Ministers Work.



The author is a

current Lok Sabha

weighty poll *pundits*

notably, the stock

market, seemingly

already announcing

Narendra Modi's hat

trick, if there was a surprising

distraction, it was the interview of

the ruling Bharatiya Janata

Party. The surprise element, in

Nadda's statements, lies in the

subject on which he snoke which

is the relation between the party

and its father figure, the *Rashtriva*

Swayamsevak Sangh. It's unusual

for Nadda, who is actually a politi-

cal lightweight and, perhaps, that

is the reason why the all powerful

Modi-Amit Shah duo had pitch-

forked him to a ceremonial chair,

to speak on so deep and sensitive

an issue like the state of the

umbilical cord that binds the BJP

to the RSS. As a low-key executive

like Nadda spoke up on a high volt-

age issue, suspicion grew, expect-

edly, that he was relaying to the

interviewer, and the world at

reason for worry among BJP's

supporters, as Nadda, instead of

striking the expected notes as pre-

served in the Sangh's hymn book,

had spoken the 'unspeakable.' He

adulthood and had become capa

said that the BJP had reached its

And that was all the more a

large, his master's voice.

Jagat Prakash Nadda, president of

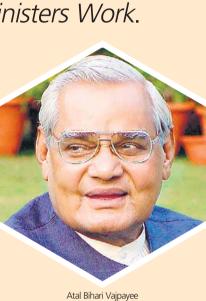
Prashant

Minister

ble, 'sakhsam,' to manage its own

affairs. Nadda was responding to a

question on how the relation







It is likely that Indira kept the RSS biggies in the loop, long before the actual Indian Army operation in the erstwhile East Pakistan. Its dividend was realized instantly, with RSS volunteers withdrawing from the 1991 general election scene on such a massive scale that the BJP was left with only two MPs in its bag. RSS knew that Indira Gandhi's move might lead to the realization of one of its cherished dreams, the vivisection of Pakistan.



in the forefront, not Advani. The RSS power, to influence mobilization of supportive voters at the booth level, was in full display in the 1998 and 1999 general elections that got Vajpayee's rule consolidated. Rajendra Singh, himself a professor of Allahabad University, was RSS is not a meddler in BJP's

firmly behind Vajpayee for the 1998 Pokhran nuclear test. K.S. Sudarshan, the next RSS chief, had a conservative mindset and wasn't in agreement with Vajpayee's economic policy, which was never quite out of line with the

physics

porters who put A.B. Vajpayee

reform path, on which it had Ith Vajpayee's exit from prime ministerial race, Advani **VV** thought that he'd be the natural choice. He, obviously, disregarded the age factor. But he did a major faux pas in Karachi, Pakistan, by praising M.A. Jinnah, the founder of Pakistan. It was

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election, in which the congress

352 seats. The Jan Sangh, with

nominal RSS support, was left

with only twenty two MPs in

its bag. RSS knew that Indira

Gandhi's move might lead to

It is a proven fact that the Ram temple movement of the 1990's was a brainchild of the Sangh pariwar during RSS' stewardship by Balasaheb Deoras (till 1994) and Rajendra Singh (till 2000). On the ground, the movement was led by L.K. Advani. The political action and the tireless campaigning by RSS pracharaks brought the BJP into reckoning at the vortex of electoral power. But when it came to a selection of who'd be the party's prime ministerial candidate, it was Rajendra Singh and his supbeen set by the Congress, under P.V. Narasimha Rao as minister Manmohan Singh as finance minister. However, the RSS, under Sudarshan, showed its displeasure when, in the 2004 general election, the Vaipaveeled BJP, despite screaming from the housetop its 'India Shining' slogan, had to face an ignoble defeat. BJP's poll management in 2004 had gone for a toss due to an unexpectedly low RSS support.

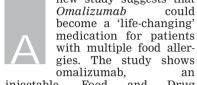
the natural choice. He, obviously, disregarded the age factor. But he did a major faux pas in Karachi, Pakistan, by praising M.A. Jinnah, the founder of Pakistan. It was politically suicidal for him, and it was only then that the RSS support, under Mohan Bhagwat, the current sarsanghchalak, swung to Gujarat chief minister, Narendra Damodardas

political functions, but that is strictly to the extent that it is in conformity with the thought process of the Sangh's contempo rary ruling cabal. Modi, by silencing his critics through draconian means, became so confident of his power (and pelf) that he thought could overturn the natural order of power hierarchy, much like Macbeth in the timeless play. Modi briefed Nadda, his birdbrained messenger, to ask RSS to mind its own business! Modi knew this battle was coming, as after a long spell of chill with Bhagwat, when he recently visited Nagpur, where the RSS headquarters is located. Bhagwat was reportedly not available. RSS may be led by hardcore national ists but it always had a cultured eadership that doesn't appreciate downright non-performers in governance to thump their '56 inches' chest and rattle off fake 'guarantees.' Nor does it compromise with a toxic blend of ignorance and arrogance, even if it comes from a leader who claims to be of a 'non-biological' ancestry, having been chosen by the 'paramatma' (supreme being) for the job. Since he is 'Saksham' now, Nagpur might have wished him best of luck, but is quietly looking for a competent substi

#MEDICATION

Injectable Drugs

The findings have the potential to be very meaningful, and potentially even life-changing, for people with food allergies.



injectable, Food and Drug Administration-approved medication, for treating asthma and other allergic conditions, substantially reduced potentially life-threatening reactions in patients with an allergy to peanut and other common food

A report on the first stage of a three-stage study appears in the New England Journal of Medicine. The researchers also presented their work during a late-breaking symposium at the American Academy of Allergy, Asthma & Immunology annual meeting in Washington, DC.

The FDA recently approved omalizumab for treatment of multiple food allergies, following an interim analysis based on this study In the study, investigators compared the effects of 16-20 weeks of omalizumab injections with placebo injections, in 180 participants, rang ing from age 1 to 55, with a history of peanut allergy and at least two other food allergies. The subjects were randomly assigned to receive omalizumab or placebo. All but three of the participants were age 17 or younger.

Researchers found after 16 weeks, 66.9% of patients, treated with omalizumab, were able to tolerate 600 milligrams or more of peanut protein, equal to about 2.5 peanuts, compared with 6.8% of participants, who received placebo injections. The researchers also found that omalizumab injections increased participants' threshold reactivity not just to peanuts but to other common food allergens like milk, eggs, wheat, cashews, walnuts, and hazelnuts to levels that would protect most patients from reactions after accidental exposure.

"The day-to-day life of patients with food allergy is consumed by fear of accidental exposure to food allergens," says Robert Wood, director of the Eudowood Division of Immunology, Allergy, Rheumatology at Johns Hopkins Children's Center, and the study's principal investigator

"Our findings have the potential to be very meaningful, and potentially even life-changing, for people with food allergies.' According to researchers, up to 8% of children and 10% of adults

Diseases (NIAID) scientists, and Genentech/ Novartis. The NIAIDfunded Consortium for Food Allergy Research, which Wood eads, conducted the trial at 10 medical centers across the US. "A majority of people not only reached the primary endpoint of 600 mg or more of peanut, an amount

addition, almost 50% of partici pants, who received omalizumab were able to successfully eat a cumulative dose of 6,044 mg of to 86% are allergic to more than one food. This condition requires constant vigilance and has significant, detrimental effects on quality of

Management of food allergies

emergency treatment with epinephrine, when an accidental exposure occurs. Currently, there is only one additional FDA-approved treatment for food allergy, an oral

The research team also assessed approved for peanut allergy in 4 to 17 years old children. The study was designed as a collaborative effort among Wood, investigators from other study sites, National

The researchers also studied the safety of omalizumab with reassur ng results that are similar to what s known for the *medication's use* for other conditions. They say that this s important since the medication had never been studied in children as young as 1 year of age.

while the overall study indicates the benefits and safety of omalizumal to treat food allergies, there was substantial variability in response among individual participants.

did not tolerate even 30 mg of peanut. Therefore, patients will still need to avoid the foods to which they are allergic even when treated, and continue to carry self njectable epinephrine.

#REALPOLITCS

between the RSS and BJP had changed over the years. Though Nadda fielded the question gracefully, there was a submerged wave of *bravado* in his reply, as reproduced in The Indian Express newspaper, "Shuru mein hum aksham honge, thoda kum honge, RSS ki zaroorat padti thi...Aaj hum badh gave hain...toh BIP apne aapko chalati hai." ("In the beginning, we might have had help of RSS was required. But we have grown up now. BJP is selfreliant.") In course of the conversation, Nadda seemed, in a haste,

RSS founder, had a different idea of nation building through social work. He preferred, staying away from politics of every kind, including the non-violent way of Gandhi, or the terror-linked politics of V.D. Savarkar, president of the *Hindu* Mahasabha. Hedgewar's apathy to politics and politicians was wellknown, and was disliked even by Savarkar, who penned the famous line, "The epitaph on a Sangh Swayamsevak will be, 'He was born, he joined RSS, he died." During Independence in 1947, and

Then the Sangh was born in 1925, M.K. Gandhi, though not When the sangh was boll in 1929, which regarded as the 'Mahatma' yet, was still way ahead of all other Indian politicians in mobilizing the masses, K.B. Hedgewar the RSS founder, had a different idea of nation building through social work. He preferred, staying away from politics of every kind.

to put BJP and RSS in two separate islands, the 'political' and the 'ideological,' in a manner that exposed the convent school-educated 11th BJP president's palpably insufficient understanding of the history of evolution of the 'Sangh pariwar,' or the Hindu nationalist family, with the RSS as its ethical guardian. With the centenary of RSS' foundation just a year away, Nadda showed scant sense of history of his own party's 'symbiotic ties' with the RSS.

When the *Sangh* was born in 1925, M.K. Gandhi, though not regarded as the 'Mahatma' yet, was still way ahead of all other Indian politicians in mobilizing the masses. K.B. Hedgewar, the

a few months thereafter, the Congress and RSS moved along mostly parallel paths. But it came to an end with Gandhi's assassination on 30 January 1948. As the assassins' connection with RSS came to light, and the organization was banned, it felt the need for having a political arm. The Bharativa Jana Sangh, RSS' political wing, came into being under the leadership of Dr. Svama Prasad Mukherji, after a long deliberation between him and M.S Golwalkar, the Sangh chief ('sarsanghchalak'),

It is a fact that these delibera tions, as retold by Golwalkar in his memoir, underlined the 'sepa

rate pursuits of RSS and the Jana Sangh.' But reiterating their 'otherness' means pushing into obliv ion the historical fact that the RSS, in the early 1950's, did not like its new political offspring to carry the stigma of sharing an association with Gandhi's killers. In reality, though, the ties between BJS under Deen Dayal Upadhyay and Atal Bihari Vajpayee, and the RSS, was based on the party holding the ideologi cal front in great respect. Saffron ideologue, K.R. Malkani, in his The RSS Story, has described it as a mentor-disciple relation, like between Swami Ramdas and Shivaji' or even like the role that 'Gandhiji played for the national movement.' The trouble is, Nadda made a hash of it, when he harped

the context. From the Jana Sangh years to its rebirth as BJP in 1980 and its assumption of governmental power 1998 to 2004, there was no loud on the mentor-disciple ties between the two wings of the saffron nationalism. The 'mentor' often exercised his right to discipline the 'disciple,' at times by not sparing the rod. Here are

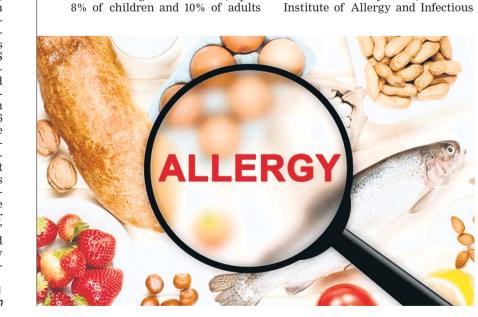
on the separation of roles of RSS

and BJP without a reference to

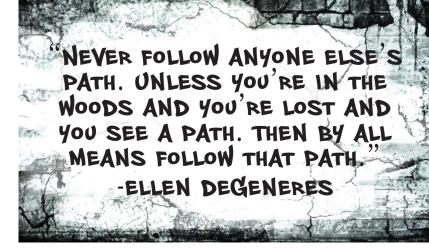
a few examples • Though Jawaharlal Nehru. the first prime minister of inde pendent India, had little work ing relation with RSS, his daughter, Indira Gandhi always kept a line open for the organization that swears by Hindu nationalism. This fact is well-documented in journal ist Neerja Chowdhury's recent book. How Prime Ministers

With Vajpayee's exit from prime ministerial race, Advani thought that he'd be

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THE WALL



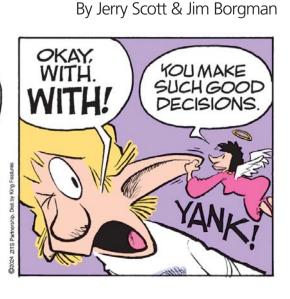
BABY BLUES



By Rick Kirkman & Jerry Scott ZITS







that exceeds most accidental expo Kolait sures, but also the majority of par ticipants tolerated 4,000 mg of peanut protein, which is equivalent o about 15 peanuts," says Wood. In

peanut protein, which is equal to about 25 peanuts. During the study, omalizumab also significantly increased the reaction threshold for tree nuts, milk, eggs, and wheat. About 69% of participants could tolerate a cumulife, including nutrition, mental lative dose of 1.044 mg of two foods health, and even personal finances.

and 47% were able to tolerate a cumulative dose of 1,044 mg of three "This is unique, because we

found omalizumab is effective for seven different food allergens,' explains Wood. mmunotherapy product that is

the effects of longer periods of omalizumab treatment. The first 60 participants entered a 24-week extension phase of the study. Researchers found most participants' reaction threshold remained the same or increased, when they continued receiving omalizumab during this

The investigators caution tha

For example, 14% of subject