

#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.

Summer is here in all its glory and as the mercury climbs up, it is usual to experience a decline in appetite. Nutrition experts recommend 'cooling and hydrating foods' in hot summer days to take care of gut health and improve appetite.

SUMMER SALADS YOU MUST HAVE



Smashed Cucumber Mint Salad

Cucumbers 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 mouth-watering blend of tomatoes, cucumbers, paneer, and paired with cheese, this salad gives a dual advantage of taste and health.



Watermelon Salad with Yoghurt dressing

Enriched 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 fruits like berries, carrots, and oranges and served with a dressing of creamy yoghurt.



Tomato Cucumber Salad, sprinkled with Mint and Lemon

Veggies like cucumber, tomato, and mint are all beneficial for taste and health. Dive into the inexplorable 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

Freshly prepared from sliced cucumbers, tomatoes, green 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 behind a tantalising taste.

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.



Sumit Mitra The author is a veteran journalist

In the middle of the current Lok Sabha elections, with weighty poll pundits (like Prashant Kishor), and most notably, the stock market, seemingly already announcing Prime Minister Narendra Modi's hat-trick, if there was a surprising distraction, it was the interview of Jagat Prakash Nadda, president of the ruling Bharatiya Janata Party.

The surprise element, in Nadda's statements, lies in the subject on which he spoke, which is the relation between the party and its father figure, the Rashtriya Swayamsevak Sangh. It's unusual for Nadda, who is actually a political lightweight and, perhaps, that is the reason why the all-powerful Modi-Amit Shah duo had pitched 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.

And that was all the more a reason for worry among BJP's supporters, as Nadda, instead of striking the expected notes as preserved in the Sangh's hymn book, had spoken the 'unspeakable.' He said that the BJP had reached its adulthood and had become capa-

ble 'saksham,' to manage its own affairs. Nadda was responding to a question on how the relation 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 gaye hain...toh BJP apne apko chalti hai.' ("In the beginning, we might have had some inadequacies, for which the help of RSS was required. But we have grown up now. BJP is self-reliant.") In course of the conversation, Nadda seemed, in a haste,

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 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 parivar,' 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.

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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 well-known, 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

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 Bharatiya 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 ('sarsangchalak'), after Hedgewar.

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

#REALPOLITCS

rate pursuits of RSS and the Jana Sangh. But reiterating their 'otherness' means pushing into oblivion 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 ideological 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 on the separation of roles of RSS and BJP without a reference to 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 cloud 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 a few examples.

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

World Hunger Day

World Hunger Day, observed annually on May 28, sparks global action to combat hunger, a challenge that affects every nation. This day emphasizes the critical need for sustainable solutions to hunger and malnutrition worldwide. It draws attention to the various factors that contribute to food insecurity, such as conflict, climate change, and poverty.



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.

porters who put A.B. Vajpayee 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 physics professor of Allahabad University, was firmly behind Vajpayee with the 1998 Pokhran nuclear test.

With Vajpayee's exit from prime ministerial race, Advani 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 politically suicidal for him.

the realization of one of its cherished dreams, the vivisection of Pakistan. It is a proven fact that the Ram temple movement of the 1990's was a brainchild of the Sangh parivar during RSS' stewardship by Balasahab 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 pracharakas 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 sup-

been set by the Congress, under P.V. Narasimha Rao as prime minister and Manmohan Singh as finance minister. However, the RSS, under Sudarshan, showed its displeasure when, in the 2004 general election, the Vajpayee-led BJP, despite screaming from the housetop its 'India Shining' slogan, had to face an ignominious defeat. BJP's poll management in 2004 had gone for a toss due to an unexpectedly low RSS support.

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#MEDICATION

Injectable Drugs

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

A new study suggests that Omalizumab could become a 'life-changing' medication for patients with multiple food allergies. The study shows omalizumab, an 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 allergies.

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.

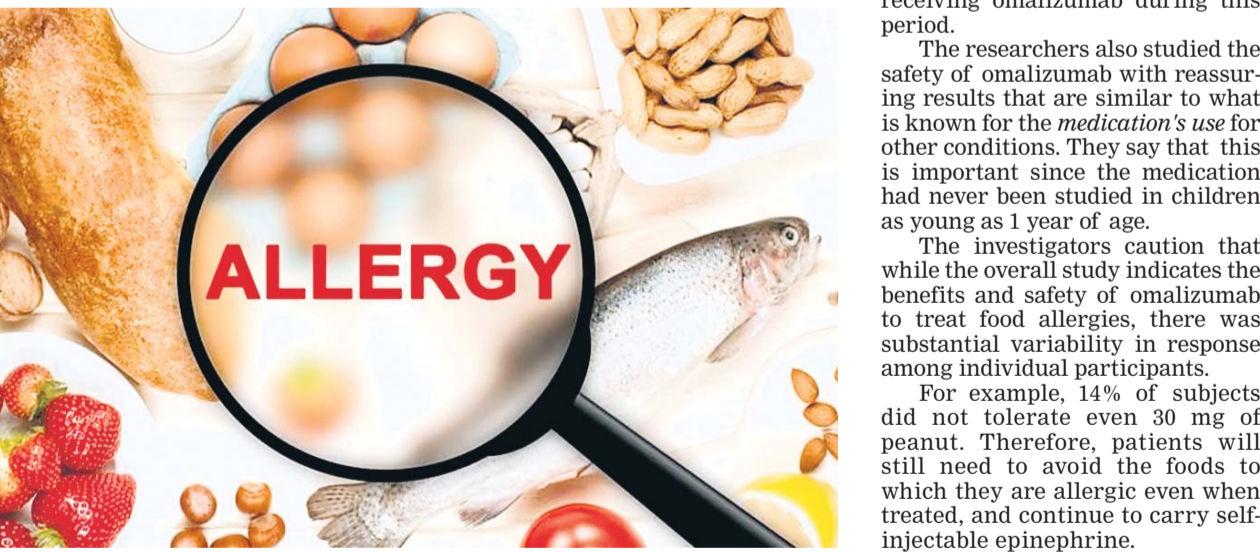
The FDA recently approved omalizumab for treatment of multiple food allergies, following an interim analysis based on this study. In the study, investigators compared the effects of 16-20 weeks of omalizumab injections with placebo injections, in 180 participants, ranging from age 1 to 55, with a history 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 25 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.

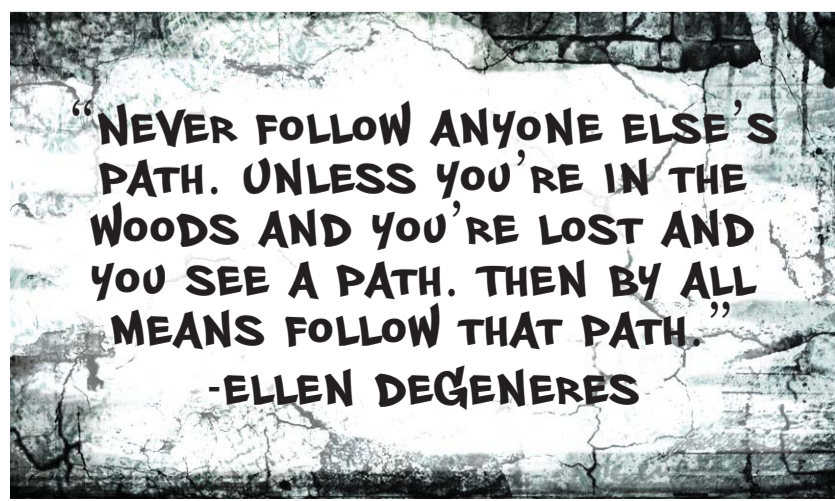
Management of food allergies mostly relies on avoidance and emergency treatment with epinephrine, when an accidental exposure occurs. Currently, there is only one additional FDA-approved treatment for food allergy, an oral immunotherapy product that is approved for peanut allergy in 4 to 17 years old children. The study was designed as a collaborative effort among Wood, investigators from other study sites, National Institute of Allergy and Infectious Diseases (NIAID) scientists, and Genentech/Novartis. The NIAID-funded Consortium for Food Allergy Research, which Wood leads, conducted the trial at 10 medical centers across the US.



have at least one food allergy; and up to 86% are allergic to more than one food. This condition requires constant vigilance and has significant, detrimental effects on quality of life, including nutrition, mental health, and even personal finances. Management of food allergies mostly relies on avoidance and emergency treatment with epinephrine, when an accidental exposure occurs. Currently, there is only one additional FDA-approved treatment for food allergy, an oral immunotherapy product that is 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 Institute of Allergy and Infectious



THE WALL



BABY BLUES



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