ARBIT it happens here...

#AWARENESS

International Stuttering Awareness Day

In a world where fluency of speech is often taken for granted, this condition emerges as a testament to the resilience of the human spirit.



eople make jokes about everything, about about citizens of every country in the world, about men. women and children

History

statesman.

political situation.

and teenagers, about cultures. history and religion, about various human conditions or mindsets. Some of them are genuinely funny, and some of them are downright cruel and offensive. In particular, jokes about disabilities can be very mean-spirited and hurtful towards those who have those

blondes

friends and families. And that's why so many different disability awareness day. exist, to help us understand how much harder the lives of the disabled are, even when their disabilities seem relatively minor. Stuttering can pose real problems in both the personal and professional lives of those suffering from it. and take vears to get under control, not to mention the amount of embarrassment and frustration it can cause in the meantime

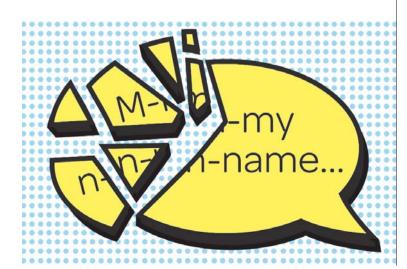
disabilities as well as their

♥ tuttering has been the himself. In ancient and Subject of interest of medieval times, herbal remedies were often recommended many physicians over the millennia, with one of the for stuttering, as was drinkmost famous stutterers being ing water from a snail shell. prominent Ancient Greek and the most superstitious Demosthenes. believed that the condition Demosthenes, who lived in could be caused by tickling ar the 4th century BC, could not infant too much or allowing i speak without stuttering and to look at itself in the mirror. was often mocked by his In the 18th and 19th cen turies, different kinds of danpeers, causing him to become determined to get his condigerous surgeries were pre tion under control, especially scribed to help correct a stutsince he was an extremely terer's speech, from making intelligent man who had small incisions in the tongue plenty to say about Athens' or lips to removing the tonsils, none of which were effective. Nowadays, various One of the tactics he used kinds of fluency shaping was to practice speaking loud enough to be heard over the therapy are prescribed that waves with pebbles in his help the stutterer exercise mouth, and after much hard more control over his or her work, he succeeded. Other lips, jaw and tongue. Simply famous people who have had decreasing a stutterer's stress to deal their stutter include and anxiety levels has also Roman Emperor, been shown to greatly improve speech. As a last Claudius, British Prime Minister, Winston Churchill, resort, several types of med-Hollywood icon, Marilyn ication can also be prescribed, though their effec-Monroe, and James Earl Jones, whose voice the world tiveness seems to be quite knows as that of Darth Vader limited.

Spreading Awareness

The best way to spread awareness is to read up on some talented and influential individuals who have had to deal with a stutter, and how much work they did to overcome it. If you're in the mood for a movie. 'The King's Speech' is an Oscar-winning historical drama about King George VI of England and his speech and language therapist. Lionel Logue, who worked together tirelessly to

finally beat his disability. If vou have children, this day is the perfect time to talk to them a bit about the lives and struggles of thus and other wise disabled classmates, who struggle with their conditions every day. You can also consider making a dona tion to the International Stuttering Association to help those who can't afford treatment and improve their lives



I was surprised to know that he had told his parents about me. His parents were welleducated people. The house was spartan and clean. There were books everywhere, plethora of book shelves. His father had retired as a director of a listed company. Mother had retired as a professor of History from a leading college. I had an enjoyable one hour with them. I felt at home and was reluctant to leave but propriety demanded a timely departure. His parents suggested that I stay back for the night, but Shashi did not seem that keen, though, they had three bedrooms. Next day was hectic for me. I reached office at 9 A.M. and set a scorching pace for my team. Eventually, by 2:30, we wrapped up and presented the report to Mr. Chopra. I heaved a sigh of relief and proceeded for lunch. At 5 P.M., Mr. Chopra called me and complimented



Love Has Many Ways



P. S. Rashtrawa

ime flew past. I met him few times more. I had a cousin study Economics ing Honours in St. Xavier's. He one day asked me if I knew Shashi Menon. said yes, he was my batchmate. He said sometimes, he took their class and was always escort-

ed by the Principal who would sit in the class throughout the period He described him as brilliant. was fascinated how he was taking a pure Economics class. I told my cousin that I too wanted to attend one of his classes. After few days, my cousin called that Shashi was taking the class next day in the morning. I dressed like a student and went and sat in the class with my cousin a bit at the back. It was a large lecture hall and soon it was packed to capacity My cousin told me that the Maths Honours guys had also joined in. Sharp at 10 A. M. Shashi, accompanied by the Principal, trudged in. After a few words of welcome by the Principal, Father Gomes, the class was handed over to Shashi

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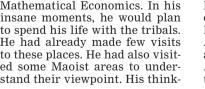
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ur friendship deepened but Shashi was unpredictable. There would be periods when he would, sort of, go into his shell. But again, he would appear bursting with thoughts and ideas, especially on the economy of our country. He wouldn't fit any label. Yes, he was pro-poor but not a Marxist.

remarks. Finally, Mr. Chopra sensed his reluctance and requested him to give his frank opinion. And that was it. Shashi elaborated on his reaction which he found difficult to defend. Slowly, it became clear to him that Shashi was much bigger than he appeared. He was a great thinker. Immediately, he took his number and marked him in his mind as someone who could he a source of ideas

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more all-encompassing. He want-

ed income tax exemption limits

lowered. He was in favour of indi-

rect taxation to be lowered. He

started writing for business news-

papers and soon was a popular

columnist. We. friends. were mak-

ing good money and were always

on the lookout for better opportu-

nities. Shashi was contented with

his lower pay and loved the free-

dom of time. BBC was quite happy

I had been promoted as

with his insightful reporting.

#LOVE STORY



ing about life was a complex affair. I couldn't understand what to do. I finally broached the subject one day. He calmly heard me and then burst into a tirade against himself as a prospective husband. Finally, I called him a narrow-minded patriarchal. hazv-headed. pseudo-intellectu al. He burst out laughing and hugged me. I had tears in my eyes, and finally, I sobbed as he comforted me. The point I put across was that he could do whatever he wanted and my salary would take care of the family. Finally, we called a truce and decided to take a call shortly.

In the meantime, I went to England for the first time to attend a seminar. Shashi, being in BBC, had already been there few times and gave me a rough itinerary. which I could follow once my seminar was over. I was gone for a week and spoke to Shashi a couple of times. He never gave an idea that something was amiss. After I came back, I came to know that he had been suffering from high fever. The fever was not going down inspite of all kind of antibiotics. Several tests had been conducted under the advise of Group Captain Dr. Raghay. He was a thorough man and tried everything in his arsenal. He advised that Dr. Advani at Raheia Hospital should be contacted. I was surprised to learn that Dr. Advani was a Haematologist and an authority on Blood Cancer. We reached Raheja hospital and met Dr. Advani around 10:30. He immediately arranged a series of tests. And advised that we wait for the test results. Once the results were

THE WALL



BABY BLUES





International Caps Lock Day

nternational Caps Lock Day first came to pass in the year 2000, when Derek Arnold of Iowa decided that he, ike so many other internet users, had simply had enough of people using all caps to emphasize themselves on the web. So, he created International Caps Lock Day in the interest of poking fun at people who use this abomination of a typing style, and to finally bring some sanity to the net. Don't use caps lock for an entire day. That way, you can help others see that you don't need to shout on the internet to get your point across.

me for the report, which he had gone through, in the meantime. Then, he asked me how I knew Shashi. I told him. He went on to tell me about a management seminar at St. Xavier's where he was invited as a speaker. After the seminar, Father Gomes introduced him to Shashi. They sat on a table for four to have some refreshments. Father was keen to know Shashi's opinion on my speech and Shashi was giving monosyllabic answers to his gueries. Mr. Chopra was a bit irked by Shashi's remarks. Finally, Mr. Chopra sensed his reluctance and requested him to give his frank opinion. And that was it. Shashi elaborated on his reaction which he found difficult to defend. Slowly, it became clear to him that Shashi was much bigger than he appeared. He was a great thinker. Immediately, he took his number and marked him in his mind as someone who could be a source of ideas.



he BBC series on Indian economy was a big hit. Everybody was talking about it. Though, it had analysed India's problems but it also showed a way out where the steps taken by the government were highlighted. It also suggested several steps to be taken to further improve matters.

ready, he opined that he had to do the bone marrow aspiration tomorrow. I was shocked. I could figure out where we were headed. He immediately spoke to the concerned surgeon and asked us to come at 11 A.M. the next day. We spoke to Dr. Raghav who informed us that he had been suspecting blood cancer lately. Bone marrow test would be conclusive. The next day, the bone marrow aspiration was carried out and we were asked to wait for few days. Dr. Advani had been able to control the runaway temperature. Everything was moving at a frenetic pace. My cousin had joined me in going to the hospital. Dr. Advani had a very strong hold over the hospital and his patients were treated as VIPs. After a few days, the results were out and it was diagnosed as lymphocytic leukaemia. Dr. Advani immediately started his treatment with drugs and blood transfusions, and within a short time Shashi started feeling much better. But Dr. Advani called me and said that we would have to go for bone marrow transplant at the earliest. We enquired around and finally zeroed in on Tata Memorial hospital, where the operation would be carried out by Dr. Manas

Roy, a Senior Oncologist In the meantime, it had

become difficult for Shashi to attend to his work. He discussed with his principals at London, who advised that they would provide a substitute for him, and he could periodically supervise the work as well as work on assignment basis. They told him to carry out a BBC series on the major developing economies and the first could be India. This ensured that his medical insurance would remain in force. I was shattered and my insides

were burning all the time. I started getting hallucinations in the night. But I was able to keep things aside during my work and was able to work fairly well. Shashi had undergone a transfornation. He was a driven person. He just ignored his discomfort and pain or rather he would take pain killers, and as soon as pain would subside, he would start working. He set a blistering pace for himself. The substitute was a young lad from Presidency College, Calcutta and a very sincere person. He hardly required much supervision, once Shashi had chalked out a plan for him. The transplant was carried out in May 2022. The results would be known

in few weeks and to the delight of

all, the doctor announced that the

transplant had taken well and pro-

duction of non-cancerous blood

cells had started. Shashi had lost lot

of weight, which he gradually

started gaining. Within a year,

things were almost normal. I was

very happy and suggested that we

get married. Shashi was sceptical

as chances of recurrence were

economy was a big hit.

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way out where the steps taken by the govt. were highlighted. It also suggested several steps to be taken to further improve matters. It was aired by BBC on TV and was viewed around the world. The phone calls wouldn't stop. There was a call from Chief Economic Advisor, well- known to Shashi, who informed that there was a meeting with the PM on Monday, hardly three days ater. Shashi took it nonchalant ly. I was in seventh heaven. PM Modi had a long discussion with him and asked his juniors to take a note of his points and see what could be implemented.

I almost forced Shashi to get married as he was making all types of excuses. I self analysed my motive and I was driven by a maniacal desire to be called his wife and bear his child. I was not willing to let go Shashi at any cost. I wanted to retain a part of him. Finally, we got married in a private party and we kept the guest list limited. It was as if I was set free. I got pregnant within a couple of months and my joy knew no bounds. A baby boy was born and there was celebration in our families.

In addition to his work, where he was now covering Brazil, he was writing extensively on economic issues of India. His first book got published and was well- received Soon, he became a known name in economic circles. He was a much sought after speaker.

I had resumed my duties and had been made Asstt. Director. Everything seemed to be perfect. But it was not to be. Shashi had a relapse. Dr. Advani was highly disappointed and consoled me. His words still ring in my ears when he said that when the time comes, let go. Dr. Advani advised that Shashi should not be bombarded with treatment except what was required to make him comfortable. Shashi was highly worried about my fate as a widow. I assured him that I would take life as it comes. and maybe, some other day, there would be another Shashi, of which I am highly doubtful Concluded.



#ART & CULTURE

Rangilo Rajasthan

The Art Of Devotion: Inside Rajasthan's Rich Tradition Of Pichwai Paintings

t the intersection of creativity and devotion lies the ancient artistic tradi tion of Pichwai. The word 'pichwai' has Sanskrit roots and literally means 'that which hangs from

the back.' The word is an amalgamation of the Sanskrit words 'pichh,' which means 'back' and 'wais.' which means 'hanging.' The 400-year-old art form has large sacred Hindu images, primarily on cloth, portraying Lord Krishna. This beautiful art form was born in the vibrant town of Nathdwara,

It is renowned not just for its Shrinathji (Krishna) temple but also for the traditional Pichwai artists living there, since the 17th century. These gifted artists are responsible for bringing this uniquely divine art form to the rest of the world. These vibrant cloth paintings

adorn the rear walls of the Vallabha Sampradaya (sect) shrines. Vallabha Sampradaya, also known as Pushtimarg Sampradaya is an early 16th-century devotional school of thought, dedicated to worshipping Shrinathji.

Shrinathji is the *svarup* (form) of Lord Krishna, resembling his 7year-old infant self. The paintings hang behind the various svarups of Krishna, worshipped by the sect and thus, the term 'Pichwai,

The paintings are more than a decorative backdrop, however. It is an essential element of a highly developed seva (service) practices to Lord Krishna, creating a particular *bhaav* (mood). The paintings, with their bold and evocative com positions, often recreate Krishna's lilas (sports) or capture a reveren tial historic event.

They are also a vital part of festivals in Nathdwara, where the liturgical calendar is loaded with festivals for the living child god. Shrinathii, Along with the festival. there are painted works sponsored by the *tilkayat* (hereditary leader of the sect) to record historic occasions such as his personal offering of *aarti* to Shrinathji or a congregation of the svarups (living images). The history behind how the bustling town of Nathdwara became the epicenter of the pichwai tradition is quite interesting. In 1671, the svarup of Shrinathji was transferred to Nathdwara from its original temple on Mount Govardhan in the Braj region (present-day Uttar Pradesh). This transfer was done in anticipation of a Mughal raid, led by Emperor Aurangzeb. They decided to bring it to Rajasthan, where it would be safe under the protection





the Rajputs. The svarup of Krishna was also accompanied by the lord's *sevaks* (servants), the priests *halwais* (confectioners). cows, and their caretakers, and the painters. They could not live separately from Lord Krishna and came along to serve him, so true-hearted was their devotion.

After the transfer to Nathdwara in 1671 till the present-day painted pichvais continue to be created by a nandful group of hereditary artists in Nathdwara. It is believed that Lord Krishna permeates their thoughts and guides their paintbrushes. Painted pichhwais are never hung in winter but are hung only during the warmer months. In the gruelling heat of summer, the major themes in the artworks are representations of vibrant green-





By Rick Kirkman & Jerry Scott GIVE ME WELL? SHE GAVE ME AN LIBERTY, OR EARLY BEDTIME. GIVE ME DEATH! 0

ZITS





erv, shady caves, sparkling pools, and blooming lotuses rising from the invigorating waters of the river Yamuna. When the outside temperature rises, these refreshing representations bring comfort

In the current day and age, pich wai has become the main export of Nathdwara. It is in heavy demand in foreign markets. The artists live mostly in the *chitron ki gali* (street of paintings) and chitrakaron ka *mohallah* (colony of painters) and are a close-knit community. Often a pichwai painting is a collaborative group effort, where several highly skilled painters work together under the supervision of a master artist. Many artists and designers from across the country have taken initiatives to preserve and showase this art form to a wider, global audience. Designers have drawn nspiration from the traditional olors, printing techniques, and pattern styles associated with pichwai in clothing attires and have showcased them via major international platforms. The pichwai tradition has been nurtured for the last few centuries and pros pered primarily because of the intimate and mutually beneficial relationship between the temple its rich patrons, and its pilgrims who come from diverse backgrounds. For artistic traditions with such a rich heritage, new patrons must come forward to ensure their continued flourish

By Jerry Scott & Jim Borgman SINCE 40U HIT PUBERTY, THEY'RE PRETT4 RARE