

World Radio Day

The world used to be a much bigger place, at least when you consider the difficulty involved with transmitting information from place to place. In the beginning, we simply had to walk and talk to one another, and then, we were able to write and exchange letters. Ideas and music travelled the world at a snail's pace as compared to today. But then, the radio was invented, and suddenly transmitting ideas hundreds of miles became a relatively trivial matter! The world became connected, and it would never be the same. Let's celebrate the interconnectedness it brings us!



#TRAVEL

How the Direction of Your Flight Affects Jet Lag

A look at the science of how flying east-to-west affects the body



all it the 'good' jet lag. On an east-to-west flight that touches down, just before dusk, sleep finds you early and you wake up, often naturally, early enough to take in a full day somewhere new.

"Generally speaking, it is easier to fly east to west," says W. Christopher Winter, M.D., a sleep expert and author of *The Sleep Solution*.

But why? It's a lot easier to suppress a chemical drive to sleep than create one.

"When you fly east, there's less 'sleep pressure,'" adds Charles A. Czeisler, Ph.D., M.D., chief of sleep and circadian disorders at Brigham and Women's Hospital in Boston, Massachusetts. "Furthermore, species that are active during the day, like humans, feel a rush of energy just before dusk," he says. (That energy was likely helpful during evolution because, since we couldn't see anything at night, we could scurry before sundown).

Westward locales could also fit our circadian rhythms more naturally. The human internal body clock is about 24 hours long. "But most of us (three out of four people)," Czeisler says, "have cycles that run a few minutes longer than that, meaning, we're slightly more oriented towards being night owls. (If your clock was running a little bit faster, you'd be more of a morning person). Pair this with the light pollution of modern day city living that brightens up the hours between dusk and bedtime, and you might be even more

"shifted" westward than you realize," says Czeisler. Of course, these explanations don't always hold for long-haul travel. "At some point, especially as you get close to the 12-hour time-difference mark, the body is more easily confused," says Winter. Switching hemispheres, which usually comes with stark seasonal and light changes too, can throw the body for a loop as sunlight is the most powerful synchronizer of the body's internal clock (which is why seeking sunlight out, on a trip, is just one way to help your body adapt).

But is it ever easier to adjust back to your 'home' time zone? There's some truth to the idea that no matter the direction you fly, arriving home is easier on the body. Sometimes, for example, we don't travel for long enough to 'adjust' to a foreign time zone, which can make our travels more difficult, no matter the direction, but perhaps our returns a little smoother. (In the case of a short business trip, overseas, for example, not adjusting can even be beneficial, helping you fall back into your routine more seamlessly, when you get home.)

Linger long enough to adjust to a vacation time zone? It isn't necessarily a sentence for jet lag upon your return home, though, it will take time. Roughly the 'one day per one time zone travelled' rule holds as a good measure of how long it takes the body to adapt, Winter notes. "But the familiarity of your own environment and routine can often help you fall back into life at home," he says. "It's a rhythm your brain has known for a very long time."



The bewitching smile on the androgynous face of a five-year old *Ram* and eyes that look deep into our heart and soul are unsurpassed by any other work of art, anywhere in the world, including the *Mona Lisa* or the *David and Pieta* of Michelangelo. Like the eyes of *Leonardo da Vinci's Mona Lisa*, the eyes of *Arun Yogiraj's 'Ram Lalla'* follow you, no matter where you look at it from.



THE EYES HAVE IT



Maj. Chandrakant Singh VVC (Retd) Military Historian

Kalidas Is poetry always worthy when it is old?

And is it worthless, then, because it is new? Reader, decide yourself if this be true:

Fools suspend judgment, waiting to be told.

I know I am being a fool to even think of writing this account, which even learned scholars would hesitate to pen. I know that I lack the qualification to deal with such large a theme. But with the courage of the foolhardy, I venture forth, leaning on the arms of the great scholars of the past and present, and guided by another verse of Kalidas.

Yet, where the ancient poets cut.

The gateway, I may enter in.

Where a diamond pierced the way, a pearl

Is threaded by the softest thread.

No man, they say, has ever found the place.

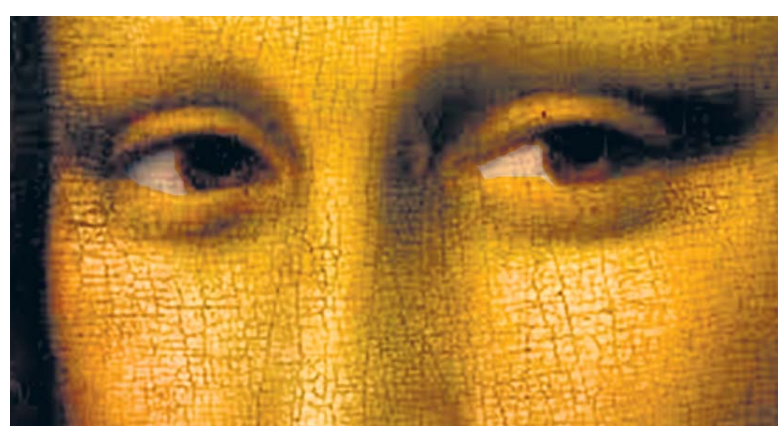
Where lotus flowers within a lotus rise.

Yet I have seen two dark blue lotus eyes

Set in the fair white lotus of your face.

- Anon

The bewitching smile on the androgynous face of a five-year old *Ram* and eyes that look deep into our heart and soul are unsurpassed by any other work of art, anywhere in the world, including the *Mona Lisa* or the *David and Pieta* of Michelangelo. Like the eyes of *Leonardo da Vinci's Mona Lisa*, the eyes of *Arun Yogiraj's 'Ram Lalla'* follow you, no matter where you look at it from. It is all the more remarkable that Yogiraj has captured in inanimate granite. Perhaps, as he himself admits, it is not his work, it is, by the grace of divine intervention. The face and eyes express compassion, love and a calm disposition like no other statue of any time or place. It is of 'a *Ram*,' whom you want to love, hug and cuddle and become a part of. So different from the *warrior Ram*' whose images that we see more often! This is 'genius, at its best.'



Mona Lisa by Leonardo da Vinci at Louvre, Paris.

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For the benefit of my readers, I present some details of images of other 'great works of art,' each with introductory notes and leave it to the readers, to compare and judge for themselves.

My favourites amongst western sculptures are the two works of Michelangelo. One is *Madonna with child Jesus in Notre Dame, Bruges, Belgium*. Another is the *Pieta* in St. Peter's Rome, which depicts Mary holding the body of dead Jesus. The face and half closed eyes of the *Bruges* statue express love for the child Christ, whereas *St. Peter's* captures her compassion and grief for the suffering and death of her son.

An *Alabaster head of Nefertiti*, the Queen of Pharaoh, Akhenaten, who introduced the monotheistic worship of Ra, the

#MESMERISED

Sun God, is also remarkable.

Unfortunately one of the eyes of Nefertiti has been damaged, which is a great distraction from her exquisite beauty, but nonetheless, it remains one of the greatest masterpieces of art that humankind has inherited. All the more remarkable because this is three and half thousand years old, older by a thousand years than my other favourite, *Didarganj Yakshi*.

Two other masterpieces of Michelangelo are *David*, about to take on *Goliath in Florence* and in Rome, the detail of the head of *Moses in the tomb of Pope Julius in St. Peter's*. Both are amongst the greatest works of art, depicting important events from the Bible. The eyes are expressive of anger and they look great in the setting that they are meant to be in. But I would not be comfortable in having even replicas of them, in my home, which I want to be full of compassion and love and not anger and negative thoughts. I want to hug and cuddle my divinities and not fear them.

In India, too, we have images of 'angry Gods.' Perhaps, the finest example in the world of the fear-some aspect of god is the *south-facing 'Rudra face' of Shiva at the Chaumukhnath temple at Nachna* in my home district of Panna. The other faces of the *shivling* show other aspects of *shiva* including

the *female Uma*. There is eastern front facing Shiva called as *Sadyojata (Shant)*.

Made of the same *Chunar sandstone* of which the *Ashokan Lions* and many pillars have been carved, she has the characteristic mirror polish of the best *Ashokan sculptures*. It surpasses in beauty and expression its Western counterpart, *Venus de Milo*, with whom she shares her Greek sister's modesty, in wearing a drape which hangs from her waist in delicate folds, just about held up by an intricately carved chain-belt. She has high prominent globular breasts, trim waist and curvaceous hips, with two soft rolls of flesh on her tummy, an indication of her being a mature mother figure, who is yet stunningly attractive. It is her eyes which, in spite of lacking in detail, I find most attractive and full of expression.

SATYAM SHIVAM SUNDARAM

Bharatmani's 'treatise on art' states 'Constant partaking of the aesthetic experience leads to a permanent state of mind akin to supreme beatitude.'

Art, in all its forms, has always been used to express humankind's thoughts and views on religious and spiritual matters. This is true of not only the world's major religions but also of humankind, when it was still in the primitive stone-age stage of evolution.

Any creation of art is giving form to the formless, and in a way

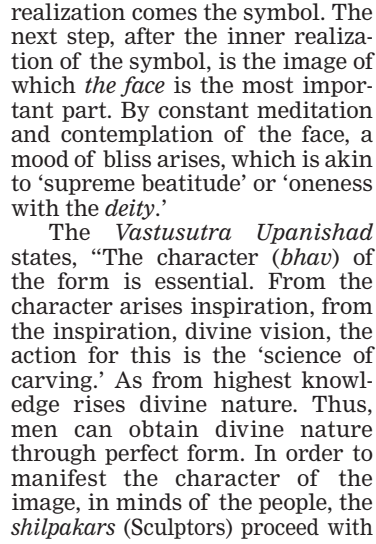
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manifesting the unmanifest. The artist, in order to create form, has to dive deep into himself. He has to meditate, and the result of this meditation is 'Dhyanrupa,' the meditation form of the *murti*, that is installed in the *garbhagriha* of the temple. The process is very clearly expressed in the 'Vastusutra Upanishad.' First, the 'nirguna brahman' is meditated upon as the form, formless light in the space of the heart. When this realization dawns, there arises a form in the same space in the heart, which is not a describable form, but which can be only be expressed symbolically. From this realization comes the symbol. The next step, after the inner realization of the symbol, is the image of 'India and its civilizational ethos' which they will pass on to, not only their families but to others, as well.

Irrespective of which side of the ideological and political divide one is on, there is no escaping from the fact that we are at the beginning of a 'transformational era.' One can only hope and pray that it is for the good of all Indians, irrespective of their caste or creed.

Rupa rupa pratirupa babhu- vradasya rupapratichandya' He became the original form of every form, it is His form that is everywhere to be seen.

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Didarganj Yakshi at Patna Museum.

#J'ADORE

Valentine Vivacity

Indian weaves are evergreen, and they agree with most women's likes.

Love is in the air, for it's almost *Valentine's Day!* Whether you are single, married, in a relationship, or going through the 'It's Complicated' stage, it's a day to rejoice in the powerful vibe of 'love.'

One of the first things that most of us, *fashion-savvy ladies*, tend to cater to, while thinking about *Valentine's Day* is 'The Special Outfit.' Well, the look, you've been thinking of, has more to do with 'charming your partner' on this special occasion.

So, are you planning something on the lines of 'Emily in Paris' or the famous 'Bollywood chiffon saree' to make your man have a crush on you, again? Well, here we are, with a careful curation from our stylist, to transform your day into photogenic moments.

The Colour Code

Pink and red are the undisputed *Valentine's Day* palettes, and there's absolutely no reason to miss out on these gorgeous colours, on a day made for celebrating 'Love!' Take on an adorable vibe with graceful silhouettes in these V-day hues.

An evening gown resembling an *Anarkali suit*, bejewelled for elegance, can be a stunning pick for the day, especially if you're planning an upscale get-together or a quiet, candle-light dinner.



The Elegance Factor

Indian-wear, by default, is quite elaborate. And that's not what you may seek for a day that brings visions of sleek, swish, and glamorous dressing. But well, the best part about ethnic wear is that it is easily adaptable. A *flowing satin saree* is as in sync with V-day as a satin evening gown. Stick to simple details. *Plain and ombre saree* in exotic fabrics and *floor-length suits* with similar detailing are some styles to adopt.

A Floral Vibe

What exclaims LOVE better than flowers on a day dedicated to 'romantic feels.' Whether you are a patron of evergreen classics or a fusion-inclined trendsetter, your wardrobe elements shouldn't miss out on mesmerizing and versatile blooms. Get yourself or your loved one some beautiful surprises for this occasion with *floral sarees, kurtis, suits*, or even statement *dhosi suits* with artistic *floral details*.



Traditional Tales

A *red saree* is one of the most glorious options to put ahead a drool-worthy look. Whether it's a massive social meet or a candid outing with your partner, a red saree can fetch you the overdose of compliments that you've been secretly wishing. Dress up in gorgeous outfits, celebrate yourself, and your companionship, and look beautiful as the special day is all about happiness. There are a hundred different ways in which you can make your Valentine's Day extra charming. We hope our list of romantic and colourful Indian attires and gifts motivates you rightfully.

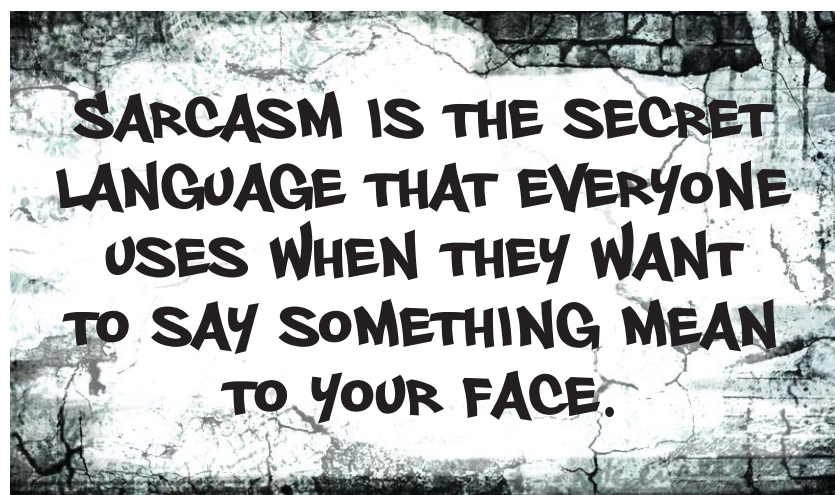


The Black Staple

No matter what occasion, it is hard to stay away from the passionate, dark embrace of the amazingly flattering, dignified, and graceful hue, *black* and the enigmatic feel of deeper tones of blue. The only *mantra* to follow while choosing black or dark blue for a V-Day wardrobe is to keep it swish. If you intend to wear a black saree, choose one that's plain or minimal with its details. A *palazzo suit*, crafted with glamorous details like strappy sleeves and sequin accents, gets a thumbs-up for all sorts of celebrations around this theme.



THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman