

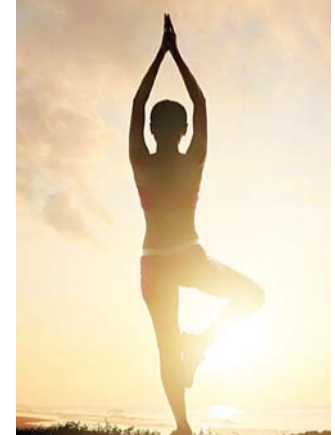
#MIND&BODY

Get a brain workout



The brain has the size and appearance of a small cauliflower, but thanks to its 100 billion nerve cells, it enables you to think, plan, talk, imagine, and so do much more. In our day-to-day life we meet many people, we come across new things and we have opportunities to learn, but we do not always benefit from it because we underutilize our brain.

Difficulty in memorizing a person's name or recalling recent events are signs that the grasping capacity of the brain has slowed down. Often genetics, diet during infancy, vaccination, childhood illnesses, exam stress etc. affect the development of our brain. The only solution to overcome this situation is to exercise the brain. Similar to a gym workout and dieting to overcome obesity, we can also train our brain to exceed its initial intellectual capacity. You can enhance your thinking capacity through activities like learning new words, playing games that stimulate the brain, challenging your IQ and following a healthy diet.



Here are a few tips that will help you exercise your brain:

Yoga & meditation: These are good sources of exercise for the brain, as they involve contraction and relaxation of different muscle groups and regulate breathing that help in keeping the mind and the body active and focused.

Active reading: This provides mental stimulation, keeping your brain active and engaged. It keeps you focused in the present, takes your mind away from everyday stress and allows you to relax.

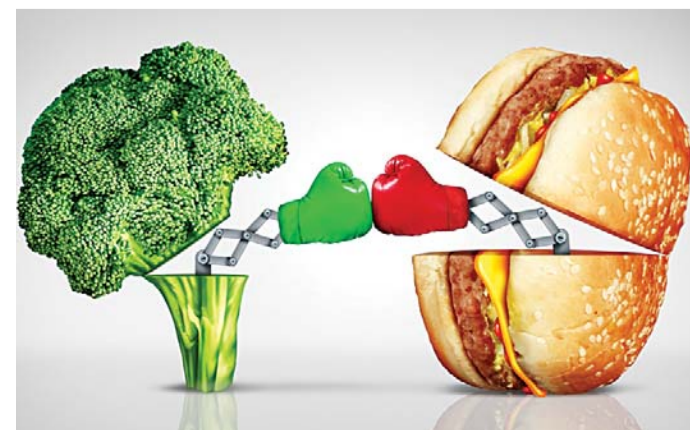
Creative writing: This requires steady thinking and is an excellent source of brain workout. Writing one page a day about anything under the sun can also be fun. This is a real stress buster, as clears the mental blocks, helping you explore your creative side.

Use your less dominant hands: Keep your left hand busy if you are right handed and vice versa. This stimulates the part of your brain that controls your muscles. Use your less dominant hand for activities like writing, drawing or playing games like

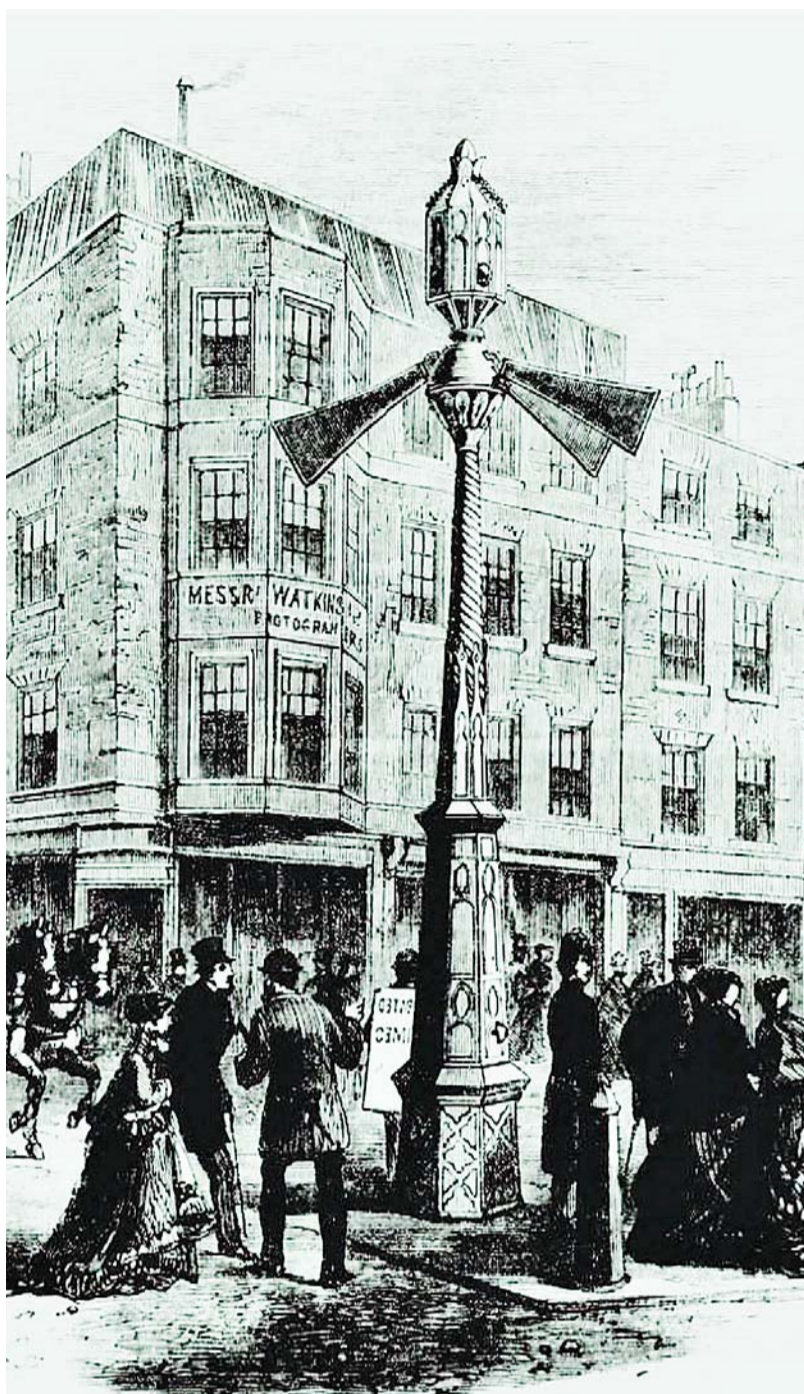


tonics.

The key to successful management of brain is to keep it relaxed and calm. Each of us have our own mental capacity, so you should experiment with techniques that can help you maintain a balance, and learn what works best for you.



Stop!! It's Red Light!



The first traffic lights in England.



Dr Goutam Sen
CTVS Surgeon
Traveller
Story teller

#LIFESAVER

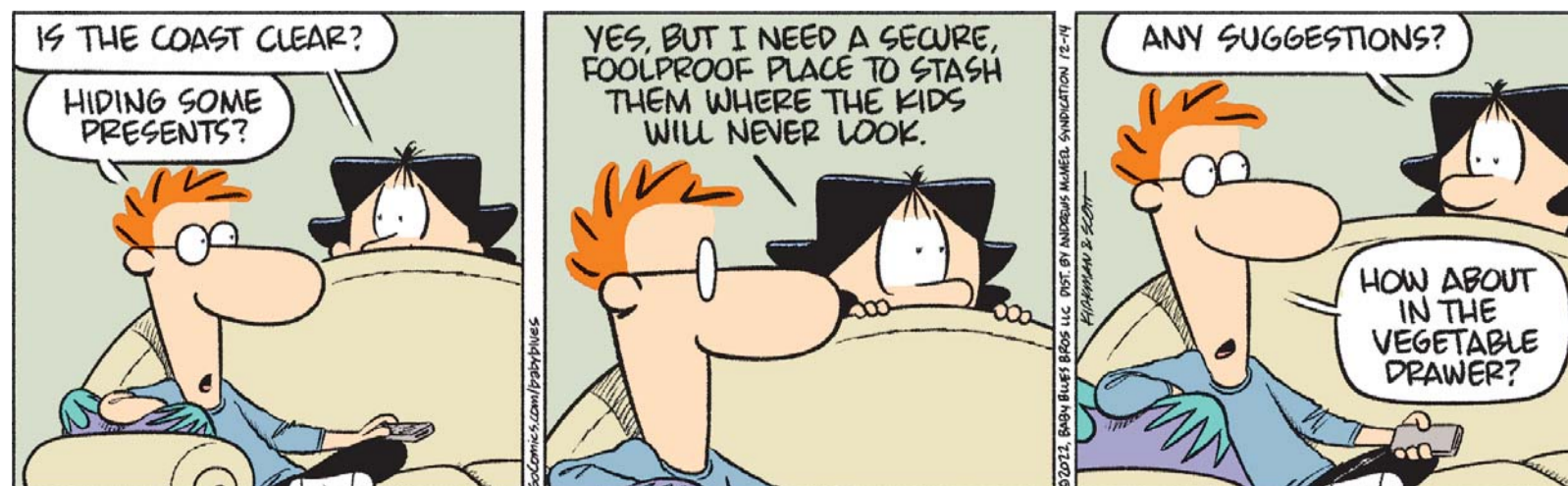
control. Some sort of regulation about which side of the road is used was first introduced then. But overtaking and right of way at a crossing was still a matter of who was stronger, bulkier and swifter. Rules of the crossing and right of way were a far dream. It may surprise many readers that the first traffic lights were seen in 1868 in England nearly half a century before motor cars had been produced.

The first traffic lights were designed for a busy crossing near Great George and Bridge Street and were in operation on December 9th, 1868. The light was 22 feet tall and had semaphore arms that swung up horizontally (Stop) or dropped to a 45 degree angle (Proceed). It was manually operated and had a hazardous gas lamp for use in the dark-

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BABY BLUES



installed at Egmore junction, Chennai in 1963. The second was put up at the Corporation Circle in Bangalore. They were manual to begin with and later electrified. The problem used to arise when the electricity went off. The traffic then became chaotic and it was then a case of might is right! Recently most traffic lights are installed with solar panels. The colours of the traffic lights are the same as in the other countries but the interpretation was much to our inclination. The lights treated in more cavalier manner as long as there was no policeman to supervise. It also depended very much on what kind of a vehicle was used. In Jaipur, where till recently slow moving bullock carts, cycle rickshaws and two wheeled cycles plied in the main roads along with cars and motor cycles the behaviour at the traffic light was quite variable. The cyclists and the rickshaws ignored the lights and made their sedate way across crossings despite the lights being red. It was the duty of the faster drivers to make sure they were not run over. To make the matters worse the pedestrians ignored the zebra crossing. At the Rambagh crossing the students from the nearby school are not at all concerned about the vehicular traffic. They make their way across in a diagonal fashion with their mobiles plastered to their ears. It is the concern of the drivers to make sure that they are not run over.



Mechanical Puzzle

Rubik's Cube is a 3-D combination puzzle invented in 1974, by Hungarian sculptor and professor of architecture Erno Rubik. Originally called the Magic Cube, the puzzle was licensed by Rubik to be sold by Ideal Toy Corp. in 1980, via businessman Tibor Laczi and Seven Towns founder Tom Kremer, and won the German Game of the Year special award for Best Puzzle that year. Although the Rubik's Cube reached its height of mainstream popularity in the 1980s, it is still widely known and used.



LIFESTYLE

Getting the kitchen game right

Today, kitchen appliance brands are listening to their customers and paying heed to their needs by coming out with a plethora of new products. Kitchen tools high on innovation and packed with features is the answer to your problems.



The fast pace of our contemporary lifestyle has most of us burning the candle at both ends. With limited time, we are constantly on the lookout for tips on how to reduce the time we spend in the kitchen. As we enter a new year, many of us will be prioritising our resolutions, cultivating new hobbies, and putting in place a roadmap to living a more fulfilling 2018. The best way to free up more time for these pursuits is to spend less time in the kitchen. For this, it is crucial to have the right cooking tools and gadgets to make life easier.



Cooking becomes a much more pleasurable experience when we take away the laborious and time-consuming element from the preparation work. Today, kitchen appliance brands are listening to their customers and paying heed to their needs by coming out with a plethora of products to help the home chef. Kitchen tools high on innovation and packed with features is the answer to your problems.

What are some of the interesting tools out there that can help you speed up your cooking? Here are some essentials.

Every Indian kitchen needs a vegetable cutter, as vegetables are an important part of our diet. A vegetable cutter ensures that the vegetables are chopped

in a fine manner, and save the time and effort of the cook by significantly reducing the preparation time.

It is also crucial that every kitchen has an electric chopper to make light of tedious tasks like chopping onions, mincing meat and cutting fruits.

Rotis, a staple in every Indian home, are tedious to prepare. A roti-maker can help you make fluffy and round rotis. The roti-maker kneads the dough as well, thereby saving a lot of effort and taking away the hassle of kneading the dough yourself.

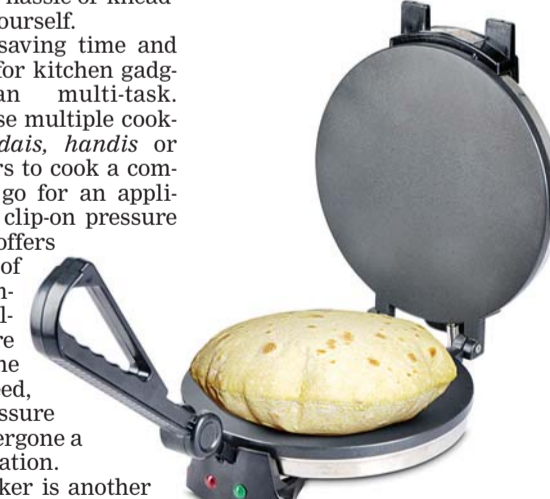
The key to saving time and effort is to opt for kitchen gadgets that can multi-task. Normally, we use multiple cookwares like *kadalis*, *handis* or pressure cookers to cook a complex dish. But go for an appliance such as a clip-on pressure cooker, which offers the options of sauteing, steaming, frying, boiling and pressure cooking all in one pan itself. Indeed, the humble pressure cooker has undergone a huge transformation.



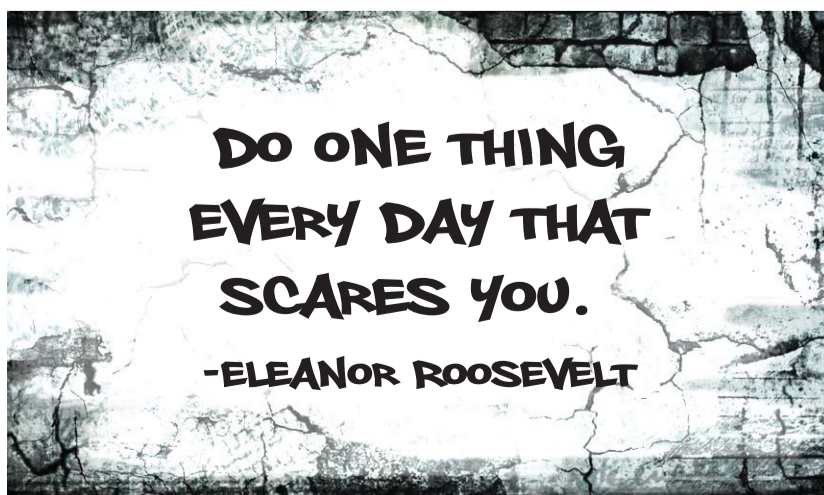
The rice cooker is another such gadget that should have a place of pride in every Indian kitchen. From rice to porridge, soup, stew, pulao, idlis and steamed vegetables, this multi-functional gadget truly takes away the hassle of cooking.

And if you happen to be a novice cook, then consider a microwave pressure cooker that offers an exceptionally speedy experience. Enjoy delicious home-cooked food with zero effort. The microwave pressure cooker can be used for cooking, heating or even steaming, thus allowing an escape from the hassle of the morning rush. All you need to do is put the contents in the cooker, place it in the microwave and set the timer.

Make 2018 your best year ever and ensure that you have plenty of time to pursue new endeavours by making sure your kitchen gadgets work for you.



THE WALL



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman