



World Teachers Day

Teachers' Day aims to raise awareness of the importance of the role played by teachers all over the world. They dedicate their lives, often for a very low salary, to making an impact on the way children learn and grow and turn into adults. The responsibility for educating future generations is not a light one by any means, so show some for these dedicated and important people not just on Teachers' Day, but throughout the whole year!

#HEALTH

Eating too much protein can be bad for your heart

Specific amino acids, which are the building blocks of protein, can trigger cardiovascular disease through a signaling mechanism at the cellular level in the blood. An amino acid found in animal-protein foods, such as beef, eggs, and milk, was found to be responsible for signaling activity in macrophage cells that typically clear away debris in blood vessels.



Consuming dietary protein in excess of the recommended daily allowance triggers signals at the cellular level that result in negative cardiovascular and metabolic health effects, a new study shows.

A diet high in protein is often promoted as part of a healthy lifestyle and that diets encourage consumers to reduce carbohydrates and fats in favor of protein to lose weight and gain lean muscle. For the study in *Nature Metabolism*, Bettina Mittendorfer, senior associate dean for research at the University of Missouri School of Medicine and director of the NextGen Precision Health Clinical and Translational Science Unit, and colleagues found that while the prevailing advice for promoting good health is that increasing the proportion of protein in daily caloric intake is beneficial, consuming protein in excess not only doesn't add to the development of lean muscle but can cause unintended adverse health effects.

"Consumers are being led to believe that they can never get too much protein in their diet, with a variety of foods and even beverages enriched with protein and promoted as a way to increase the proportion of protein in their diet," says Mittendorfer.

"However, our research shows that specific amino acids, which are the building blocks of protein, can trigger cardiovascular disease through a signaling mechanism at the cellular level in the blood. An amino acid found in animal-protein foods, such as beef, eggs, and milk, was found to be responsible for signaling activity in macrophage cells that typically clear away debris in blood vessels. As consumption of dietary protein increases, so does the consumption of leucine, the specific amino acid responsible for triggering this macrophage cellular activity in the blood. When functioning normally these macrophage cells work to keep blood vessels free from plaque buildup. When their



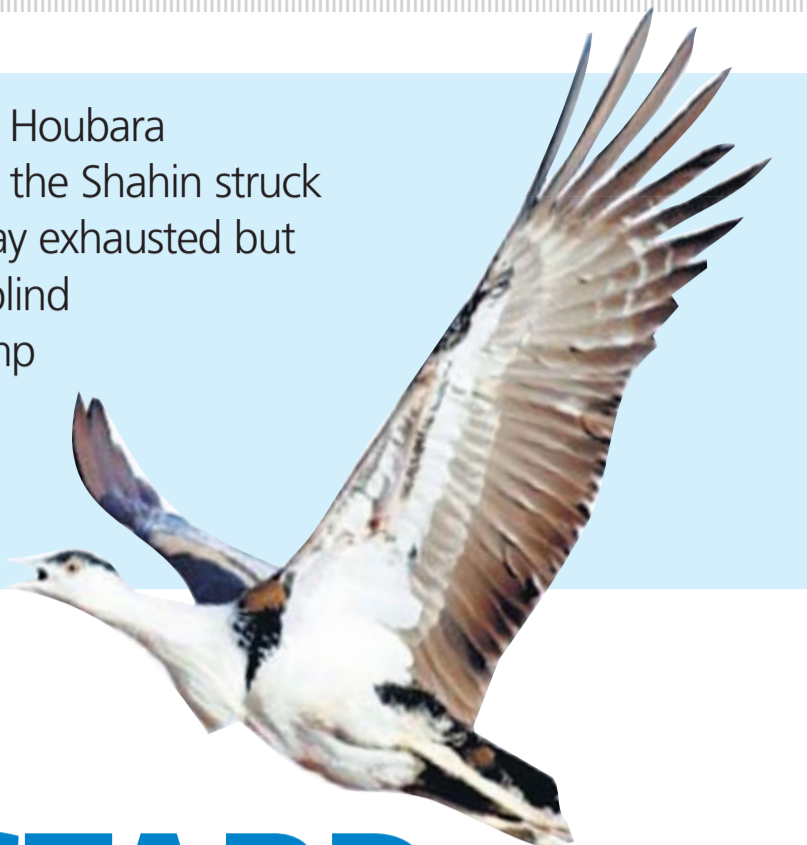
production becomes overactive the resulting accumulation of spent cells in the vascular system can cause the plaque buildup and blockages they are supposed to prevent. The resulting atherosclerosis, or hardening of the arteries, is a leading risk factor for heart attack and stroke.

"Not getting enough dietary protein is bad for health, but too much might also carry adverse health effects due to this macrophage signaling mechanism," says Mittendorfer. "Our hope is to eventually find the Goldilocks approach for maximizing the health benefits of dietary protein, such as building lean muscle, while avoiding the health drawbacks from over-consumption."

The researchers found that consuming more than 22% of daily calories from protein carries more downside risk than dietary benefit. For a normal adult, 20 to 30 grams of protein per meal, or 60 to 90 grams of protein per day is adequate to support health.



"The Shahin (falcon) soared for the sun, and came down on the Houbara attempting to break its neck. The Houbara flew on furiously and the Shahin struck again. The two birds spiraled downwards ... the baby Houbara lay exhausted but was still trying to kick. The first thing the Shahin had done was blind its yellow eyes so that it could not run or fly away, Farouq (a camp follower) cut open the Houbara's stomach, retrieved its liver and fed it to the Shahin. He then hooded the falcon and ritually slit the baby Houbara's throat to conform with dietary laws.



EAT CUSTARD SPARE THE BUSTARD



husbra bustard bird-watching

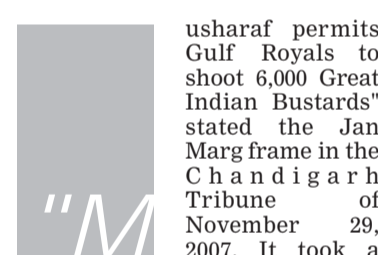


Lt Gen Baljit Singh, AVSM, VSM
Military Historian, Sportsman & Environmentalist

India with Babur and vanished by the last Mughal, Bahadur Shah Zafar. Interestingly, how much the sport had captured the fancy of mankind becomes evident from a 17th century painting by Willem Schelinks auctioned by Sothebys in December 2007, in London. It was estimated to fetch F 80,000. However, once an art historian identified the five figures in the foreground as Emperor Shah Jehan tutoring his four sons in the art of falconry, the painting went under the auctioneer's hammer at F 378,000!

Not so long ago, there were 22 species of the bustard in the world. Of these, only six species were found in Asia, three each on either side of the Hindu Kush mountain divide. Except for one species, which inhabits Australia, the balance 15 live in the Ethiopian region of Africa.

The three species south of the Hindu Kush breed and live in India; and one of them is the famed Great Indian Bustard (GIB), which is also the largest of them all in the world. But the sad fact of life is that today this majestic bird stands driven to the brink of extinction. According to the latest counts, Dr. Asad Rahmani, Director, BNHS, placed its worldwide population in September 2007 at below 500 birds. That makes the



usharaf permits
Gulf Royals to shoot 6,000 Great Indian Bustards

enormity of this disturbing norm to sink in. And then, a whole range of issues connected with bustards and falconry came rushing to the fore. The sport of hunting gamebirds by setting trained falcons upon them is believed to have originated in China some 4,000 years ago. Among the pre-eminent practitioners of falconry were Ghenghis Khan and Alexander the Great. The latter was initiated to the sport by the Persians and he in turn introduced it in Europe where it thrived till the Middle Ages. Hunting with falcons arrived in



#ALMOST EXTINCT



GIB also the rarest among all other bird species inhabiting the Indian subcontinent.

Some Indians, and especially the school children, have made valiant efforts to save the GIB. Back in 1972, when the Saudi Royals were provided diplomatic immunity to cross over from Pakistan to Rajasthan in pursuit of the Houbara about 1,000 school children gathered at India Gate. Each child draped over his apparel the poster "Eat Custard. Spare the Bustard", in bold capital letters. And they walked in total silence, first, to all the Gulf Region embassies, and then to Mrs. Indira Gandhi's residence. Once there, the youngest child made a bold decision; he took off his poster and gracefully handed it to Mrs. Gandhi. She responded at once, revoking the diplomatic immunity granted to the Saudi Royals to hunt the Houbara in India, then and there! Fortunately, that decision has remained in place ever since.

Will the other Mrs. Gandhi now save the less than 500 surviving GIB and the Bustard habitat in India by putting an end to the on-going degradation, destruction and diversion? She will earn international acclaim too, because the TUON (a UN body had wide Resolution CGR.RECO33 urged the Govt of India to do just this way back in November 2004. But to no avail.

Hunting the Houbara Bustard with falcons survives in the Gulf Region to this day. The fanciers of



bustard-indian

the sport are the princes of the House of Saud and other Chiefs of the Gulf Emirates. Their prized quarry comprised the Houbara or the Macqueen's Bustard. All of them bred in Central Asia, north of the Hindu Kush.

Presently the Houbara (which is often confused with the GIB) alone survives north of the Hindu Kush. Of all the bustard species, the Houbara is comparatively a prolific breeder. According to W.A. Kermani, Pakistan's retired Inspector General Forests, the Houbara were so plentiful in the 1950s that they could be counted from the roadways "like butterflies in a field". Just four decades later, unremitting hunting by the Gulf falconers coupled with local poaching, reduced their numbers to about 30,000 birds in all. The Houbara migrate south from Central Asia in winters and enter Pakistan through the Chagga district in Baluchistan. The Saudi Royals follow in the wake of the Houbara in their fleet of 130-C aircraft. Mary Anne

Weaver of the New Yorker covered one such season and wrote on December 14, 1992: "Some Sheikhs have built personal airfields and constructed huge desert palaces in Baluchistan some live in elaborate tent-cities, guarded by legions of Bedouine troops some of them even drill their own water holes ... And they put millions of dollars into their hunts They also provide Pakistan with some three and a half billion dollars annually in military and economic aid ..."

And at the end of the season each year, "the Saudi Royals alone kill at least six thousand of the birds whose meat has alleged invigorating powers." Unfortunately, one feast on bustard meat is not an all time aphrodisiac panacea. Given the current surviving population of the Houbara, this bustard species is in danger of extinction.

If that eventually fails to trouble the conscience of the world, may be Mary Anne Weaver's description of the climax of the hunt would hopefully churn up every one's soul:

"The Shahin (falcon) soared for the sun, and came down on the Houbara attempting to break its neck. The Houbara flew on furiously and the Shahin struck again.

... the baby Houbara lay exhausted but was still trying to kick. The first thing the Shahin had done was blind its yellow eyes so that it could not run or fly away, Farouq (a camp follower) cut open the Houbara's stomach, retrieved its liver and fed it to the Shahin. He then hooded the falcon and ritually slit the baby Houbara's throat to conform with dietary laws.

Now it is Halal, he said permitted in Islam. Will mankind remain mute spectator to the extinction of the only remaining bustard species surviving in the north of the Hindu Kush? And of the last 500 GIB in India? And of the other eye of India's bustard, namely the Lesser Florican and the Bengal Florican, which though more numerous than the GIB eye still far removed from the survival comfort zone? If nothing else, every one please join me in a silent prayer: "Ya Allah, the merciful Grant the surviving four species of the bustard in Asia, life on Earth in Perpetuity!" Lt. Gen. Baljit Singh (Retd.) is an active promoter of nature conservation, particularly within and by the Armed Forces, over the last 35 years.

rajeshsharma1049@gmail.com



#EVENT

REVIVING INDIAN HANDICRAFTS

Shilpkaree's 2-day exhibition in Jaipur will showcase the incredible talent of traditional artisans, featuring a diverse range of handcrafted textiles and products. This two-day event aims to promote sustainable fashion while bridging the gap between artisans and modern consumers.



Tusharika Singh
Freelancer writer and city blogger

Shilpkaree, a prominent platform dedicated to the preservation and promotion of Indian handloom and handicrafts, is set to host a vibrant two-day exhibition at the Front Lawns of Birla Auditorium in Jaipur on October 5 and 6, from 11:00 AM to 8:00 PM. This event promises to be a celebration of traditional craftsmanship, bringing together a diverse array of skilled artisans and artists renowned for their exquisite handcrafted creations.

Celebrating Craftsmanship

According to Shilpi Bhargava, the founder of Shilpkaree, the exhibition will showcase a stunning variety of handcrafted textiles. Visitors can look forward to seeing celebrated techniques such as Ajrak, Eco Print, and Kalamkari, alongside traditional embroidery styles like Applique, Tanka, Zardosi, Chikankari, Kashmiri embroidery, Phulkari, and Kantha. The event will also highlight resist printing methods including Batik, Bandhani, Shibori, and Itajime, as well as intricate weaving techniques featuring Ashwari Brocade, Chanderi, Tangaliya, Bhujodi, Jamdani, Himalayan Handloom, Kosa Silk, Maheshwari, Patola, and Ikat.

Diverse Offerings

Beyond textiles, attendees will have the chance to explore a rich assortment of products that reflect the creativity and skill of Indian artisans. Featured items will include Kilim accessories, handwoven cane products, sustainable coconut shell candles, ceramics, Chikankari accessories, Sabai grass products, handcrafted educational DIY kits for children, stained glass crafts, handcrafted leather goods, and traditional metalwork from Kutch artisans.



Empowering Artisans

Shilpkaree's mission extends beyond mere exhibition; it aims to bridge the gap between traditional artisans and contemporary consumers. By fostering sustainable fashion practices that empower artisans while minimizing the environmental impact of the fashion industry, Shilpkaree is committed to promoting fair trade and ethical production. This initiative not only supports artisans but also contributes positively to their communities.

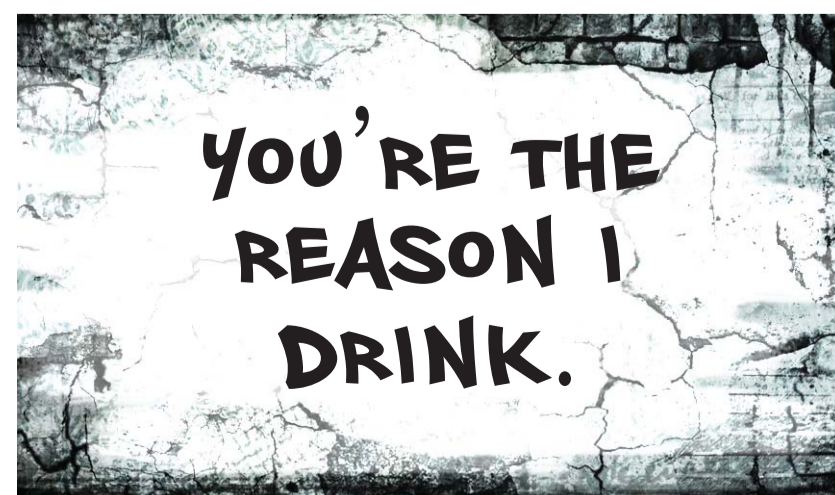


A Movement Towards Sustainability

The exhibition is more than just an opportunity to purchase unique handcrafted items; it represents a movement towards sustainable fashion that honours heritage while embracing modern consumerism. Visitors are encouraged to immerse themselves in this celebration of creativity and craftsmanship while supporting the artisans who keep these traditions alive.



THE WALL

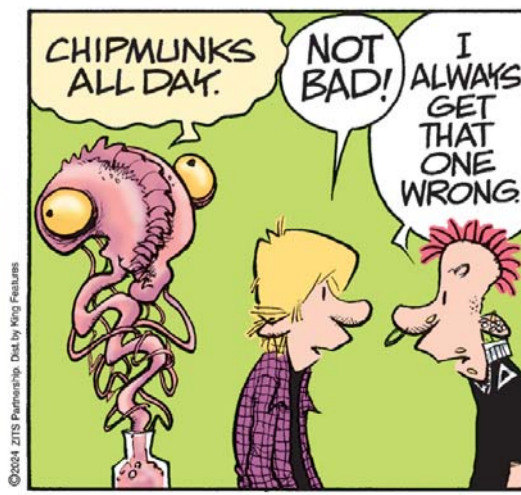
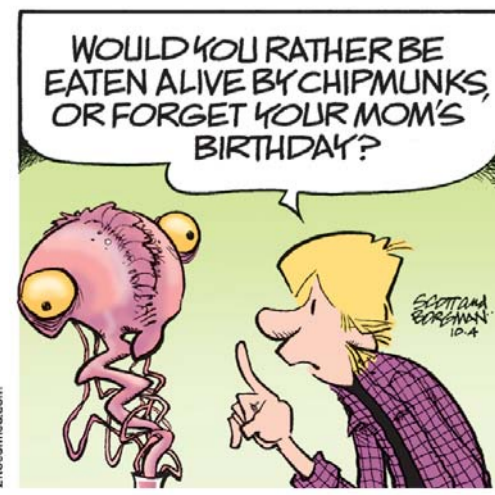


BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman