



## International Labour Day

May Day, celebrated on May 1st, is a day full of meaning and tradition worldwide. It marks a time to celebrate the changing seasons, with roots in ancient festivals that welcome the start of spring. Today, *May Day* is known for its joyful celebration of life and nature's renewal. The day also holds a special place in the hearts of workers and labour movements across the globe. Known as *International Workers' Day*, it's a day to remember the fight for fair working conditions and labour rights, inspired by events like the Haymarket Affair in Chicago in 1886.

## #ADDICTION

How to identify the secret addictions in your life?

We are all susceptible to addiction. Our brains, still adapting to the rapid developments of modern life, are inherently prone to it.



Imagine a typical 'addict.' What comes to mind? Perhaps, someone staggering down the street clutching a wine bottle, or maybe, someone staying up late, glued to their Instagram feed? More often, it's the first image that strikes.

Yet, this portrayal of addiction, focusing on the most extreme cases, misses a broader, more inclusive picture. Addiction isn't just about illicit substances or gambling. It spans a vast spectrum of behaviours and it's likely that we all harbour some form of addiction.

- **Feeling Shame:** Feeling deeply flawed, fueling continued addictive behaviours.
- **Keeping Secrets:** Hiding behaviours or feelings due to guilt or embarrassment.
- **Defensiveness:** Reacting negatively to others' concerns, a sign of denial.
- **Broken Promises:** Failing repeatedly to adhere to self-set limits, like promising to stay off social media but re-installing an app soon after deleting it.
- **Recognising these patterns** is a courageous first step towards change. Fortunately, our adaptable brains can learn and unlearn habits. Here are strategies to break the cycle of addiction.
- **Abstinence:** Temporarily abstaining can help reset your brain's balance. Always consult with a doctor for safe practices.
- **Reflection:** Understand the real needs behind your actions to find healthier alternatives.
- **Seek Support:** Turn to friends, family, or support groups.
- **Therapy:** Professional help can provide deeper insights and strategies.
- **Know Your Triggers:** Recognise what prompts your behaviours to better avoid them.
- **Embrace Feelings:** Allowing yourself to experience a range of emotions can uncover underlying needs and growth opportunities.
- **Identifying addiction** can be subtle and involves recognising several key signs.
- **Inability to stop:** Struggling to take breaks or quit, despite wanting to.

# Naghza Tarin Mewa Hindustan: Amir Khusro

In ancient India, the ruling class used names of mango varieties to bestow titles on eminent people, like the honour given to the famous courtesan of *Vaishali*, '*Amra Pali*.' The mango tree was also associated with the god of love, *Manmatha*, and its blossoms were considered to be the god's arrows by the Hindu *Nanda* Kings. It was during the Nanda rule that Alexander arrived in India and fought the famous battle with King Porus. When it was time for him to return to Greece, he took with him several varieties of the delicious fruit.



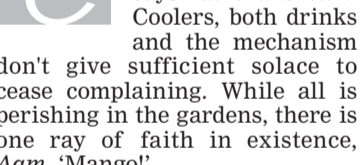
A Mango-shaped flask. The mango had started to influence design as well.



A Mango-shaped flask. The mango had started to influence design as well.



southern India. The earliest name given to the mango was *Amra-Phal*. It is also referred to in early *Vedic* literature as '*Rusala*' and '*Sahakara*,' and is written about in the *Brihadaranyaka Upanishad* and the *Puranas*, which condemn the felling of mango trees. On reaching South India, the name translated to '*Am-Kaay*' in Tamil, which gradually became '*Maamkaay*' due to differences in pronunciation. The Malayali people further changed this to '*Maanga*.' The Portuguese were also instrumental in taking this decadent fruit to the masses of ancient India.



In the medieval period, Alauddin Khilji was the first recorded patron of the mango and his feast in *Sivana Fort* was a real mango extravaganza, with nothing but 'mangoes' in different forms on the lavish menu. Next came the Mughal Emperors, whose fondness for the mango is legendary. The obsessive love for mango was, in fact, the only legacy that flowed untouched from one generation to another in the *Mughal* dynasty.

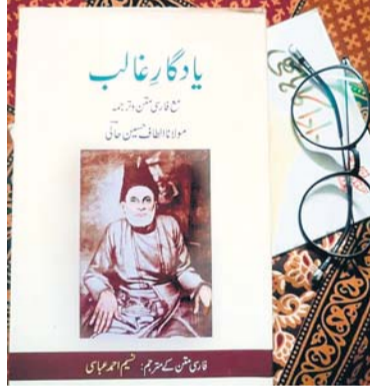
The first Mughal, Babur, was reluctant to face the feared warrior *Rana Sanga* of *Mewar*, despite Daulat Khan Lodi's promises of a good part of his empire and war booty. It is said that Lodi then introduced Babur to the mango, a fruit he became so fond of that it convinced him not only to

face *Rana Sanga* but to also lay the foundation of his empire in India! While on the run from India to Kabul, Humayun ensured a good supply of mangoes through a well-established courier system. Akbar built the vast *Lakhi Bagh* near *Darbhanga*, growing over a hundred thousand mango trees. This was one of the earliest examples of grafting of mangoes, including the *Totapuri*, the *Ratalu* and the expensive *Kesar*.

## #MANGO MAUSAM

*Legend has it that the Buddha was presented with a mango grove so that he could rest under the shady trees.*

Megasthenes and Hsien-Tsang, the earliest writer-travellers to ancient India, wrote about how the ancient Indian kings, notably the *Mauryas*, planted mango trees along roadsides and highways as a symbol of prosperity. They also wrote about the incredible taste of the fruit, bringing the mango to the notice of people outside India. The *Munda* tribals and the *Dattaraya* sect of *Sوامy Chakradhar* were also instrumental in taking this decadent fruit to the masses of ancient India.



In the months of June-July, Ghalib's love for poetry and wine became secondary to his love for mangoes.

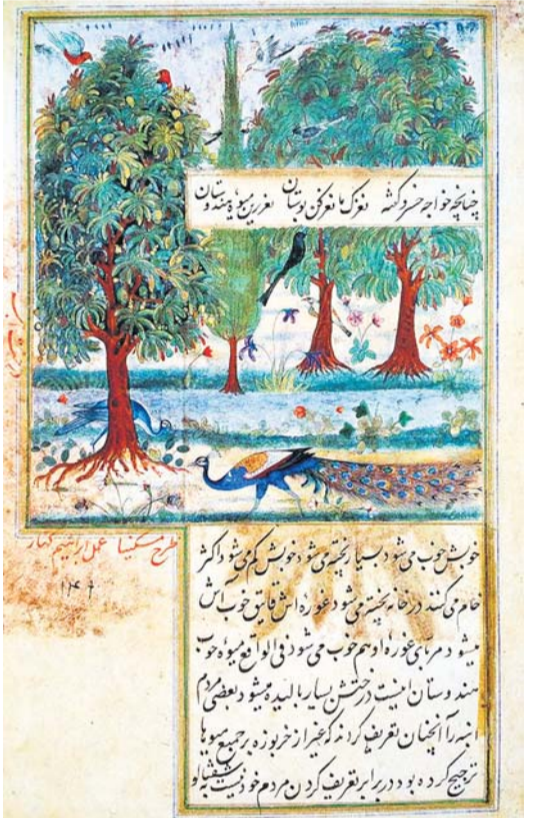
Shah Jahan's fondness for mangoes was so deep that he had his own son, Aurangzeb, punished and placed under house arrest because the latter kept all the mangoes in the palace for himself. It was also mangoes that Aurangzeb sent to Shah Abbas of Persia to



Sultan Ali Adil Shah sits in camp under a canopy erected beside a mango tree.



Shiva and his Family under a Mango tree.



Mango Trees and Peafowls Babumama Agra ca. 1590.



Buddha, preaching the First Sermon under the Mango tree.

extremely fond of mangoes and has written several poems about the fragrant flowers of mangoes, including the very famous '*aamer monjori*.' Legendary Urdu poet *Mirza Asadullah Khan Ghalib* was a mango aficionado too. He despised people who didn't share his addiction for the fruit.

Today, the curvaceous shape of mangoes, which has long held the fascination of weavers and designers, has become an iconic 'Indian motif'. The mango is seen as a symbol of good luck and prosperity and in many parts of India, mango leaves are strung up over the front doors of homes as '*Toran*'.

*A Purnakumbha, used in ritualistic Hindu puja, is a pot filled with water and other contents and topped with fresh mango leaves and a cocunut. It is considered to be the foundation of a puja, with the mango leaves symbolising life.*

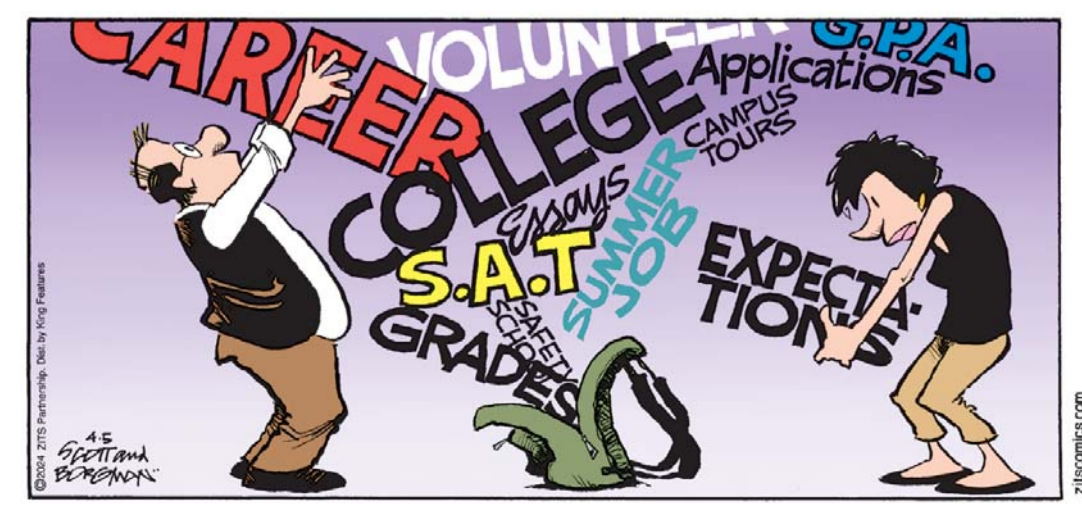
The most remarkable eating-giving of the mango has been done in a poem written by the famous poet *Amir Khusro* in which he called the mango '*Naghza Tarin Mewa Hindustan, the fairest fruit of Hindustan*.'

Childhood memories for many Indians include precarious attempts to pick elusive mangoes, dangling enticingly from the branches of fruit-laden trees. Every summer, the heady smell of mangoes ripening on trees and the velvety taste of home-made *aamras* bring happiness to countless Indian homes. It's no wonder then that the mango is rightfully called the 'king of fruits'.

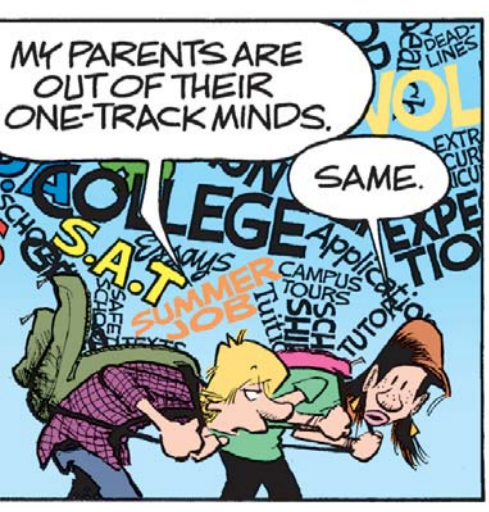
Over the ages, the mango became a 'household fruit' and robes were sung in its praise. Rabinranath Tagore was

By Rick Kirkman & Jerry Scott

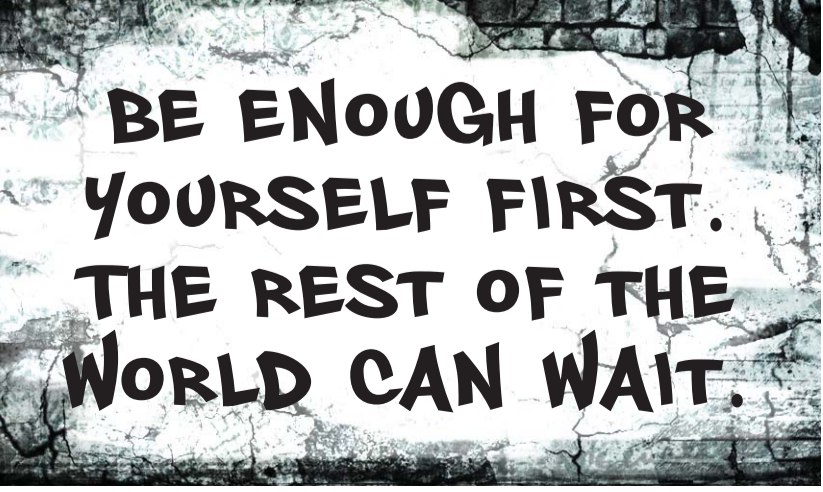
## ZITS



By Jerry Scott & Jim Borgman



## THE WALL



## BABY BLUES



## #TRIED & TASTED

# Delectable Mango Recipes

It's mango season here and my heart can't stop dancing! This 'king of fruit' has all our heart and we just can't get enough of it!



**Mango Pachadi**

Served at room temperature, this tart condiment adds just the right pucker to round out an *Onam sadya*, a vegetarian feast, served with rice on a banana leaf.

**Aam Kasundi**

Served at room temperature, this tart condiment adds just the right pucker to round out an *Onam sadya*, a vegetarian feast, served with rice on a banana leaf.

**Mango Murabba**

Served at room temperature, this tart condiment adds just the right pucker to round out an *Onam sadya*, a vegetarian feast, served with rice on a banana leaf.

**Ingredients**

- 2-3 small raw green mangoes, chopped
- 1/2 cup mustard seeds, both yellow and black
- 4-5 tsp mustard oil
- 2-3 green chillies
- 1 tsp turmeric powder
- Salt, to taste
- Sugar
- A little garlic (optional)

**Preparation**

Soak the mustard seeds for 1 hour. Grind them with a pinch of salt. Add the chopped mangoes, chillies, turmeric, salt and sugar, and grind into a pulp. You can add slightly chunky mango pieces, if you like. Pour it into a glass jar. Add the oil and shake it. Cover the jar with a muslin cloth and leave it in the sunlight for 2-3 days. Keep refrigerated.

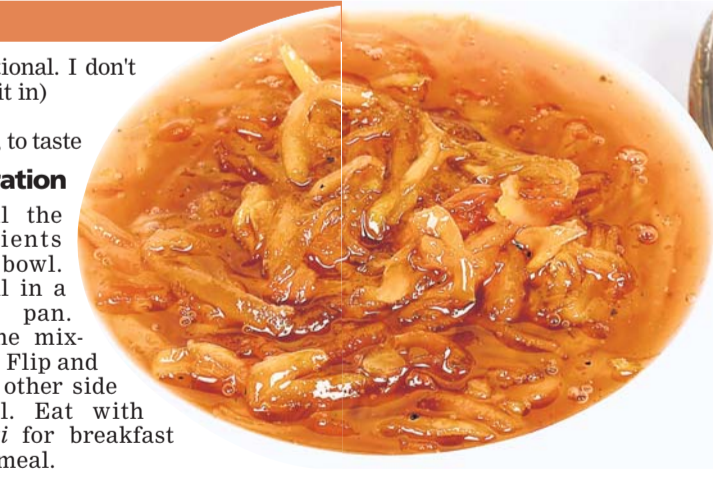
**Ingredients**

- 500 g green mangoes
- 500 g sugar
- 1 cup water

**Preparation**

For this *Punjabi* specialty, peel raw green mangoes and slice them. Boil them in the sugar and water until the syrup is of one *taar*

## Parsi Pora With Raw Mango



**Ingredients**

- 2 eggs, beaten
- 1 tsp onion
- 1 tsp coriander leaves, finely chopped
- 1 green chilli, finely chopped or a pinch of red chilli powder
- Tiny pinch of turmeric
- 1 tsp raw mango, finely chopped
- Tiny pinch of garlic-ginger paste

**Preparation**

Mix all the ingredients in a bowl. Heat oil in a frying pan. Pour the mixture in. Flip and fry the other side as well. Eat with *chapatti* for breakfast or any meal.

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