



Approximately 480 million people worldwide experience hearing loss. While five percent of the population is also thought to experience problems with speech, with communication being so important to our lives, Better Speech and Language Month sets out to raise awareness of issues surrounding communication problems such as an inability to hear properly or to speak effectively. So take stock of your hearing and speech and get help if necessary.

#CLOTHING

Brocade Silk Saris

Since it is an organic fabric, you must take care of your silk outfits to preserve and save them from agents of deterioration.

Let's be honest, although we might not wear them very often we all love our silk sarees. It might be because we spent considerable time purchasing them for some special purpose and also because they are ever-green. These sarees hold a lot of memories from when we wore them.



Be it our wedding or any other special occasion, they make us look confident and beautiful. Although the silk saree is a very integral part of fashion conscious women they are also extremely delicate.

They need to be taken care of to ensure they do not get damaged or fade.

While silk saris are a much-treasured piece of clothing owned by various women in the Indian subcontinent and abroad, the fabric is prone to insect attacks, or loss of sheen and colour, among other things. As such, one needs to be extra cautious when taking care of these textile heirlooms.

So, if you too are looking for ways to preserve your cherished sari, we've got you covered with a few simple tips.



Silk brocade fabrics are vulnerable to damage due to their intrinsic nature. But a good preventive care routine can increase their life and keep them shining bright for a longer time.

Investing a little time in taking proper care and storing of these fabrics can help in preventing damage control actions taken once deterioration has taken place.

- Tips to keep your silk sari looking new:
1. Store the silk brocade sari/suit in a clean and dry muslin or cotton bag to avoid dust accumulation. The muslin or cotton should be de-starched and unbleached. Nowadays, such sari bags are easily available on online market-places. One should prefer buying the plain cotton ones in white colour and wash them thoroughly before use.
 2. It is better to roll your saris if the space allows. If folding is necessary, white tissue paper should be sandwiched in the folds to avoid sharp creases. When stack-

ing your clothes one above the other, put a sheet of tissue paper between the layers of the folded fabrics.

3. In case of a very old brocade sari (family heirloom), invest in an activated charcoal cloth for its storage. This specialised cloth would absorb all air pollutants from the surrounding air and keep the sari safe from various deterioration factors.

4. It is equally important to pay attention to the storage space/area. Your valuable clothes should be stored in a clean and dry place. If required, keep silica gel packets in the storage area (not in direct contact with the object) to absorb moisture and keep the area dry.

5. Before packing away your silk saris for winter, make sure there are no stains on them. Get them dry cleaned, and put them in the sun for a few hours before storing them.

6. Avoid keeping any woollen fabric, plastic items, rubber bands and metallic objects near your silk brocade sari as these can lead to the corrosion/tarnishing/blackening of sari.

7. While wearing your silk brocade saris/suits, do not use any kind of perfumes or deodorants. If you wish to wear a fragrance, it should be applied carefully avoiding any contact with your garment. This might result in loss of shine and discolouration of the sari.

8. How often should you wash your silk saris/suits? Silk brocade saris/suits do need a wash after every use. But you can wash them after 3-4 uses or if there is a stain on them. It is always better to get them dry-cleaned professionally. If it is not an option, gently hand wash these saris in eze or gencele or reetha solution.

9. You should be very careful, use light pressure, and not rub them aggressively. The sari should not be wrung or tumble-dried; it should be lightly squeezed to remove excess water and left to dry in the shade.

10. Rinse it thoroughly to remove all the traces of the washing solution used.

11. Detergents and machine washing should never be used.



It is not just the humans who get fascinated by the old forts. Tigers too love frequenting these relics of time which inhabit the old forests; quite a frightful proposition for a tourist who is just interested in having a good time!



The southern forests of the Sariska Tiger Reserve lie mostly under the Tehla range. Though these dry deciduous forests predominated by Anogeissus pendula, popularly known as Dhonk or Kala Dhaw are treasure trove of biodiversity but what makes them outstanding in the entire reserve is their archaeological and cultural treasure spread over the entire southern forest belt like a string of pearls. These heritage structures represent various cultural evolutions of society for over thousand years.

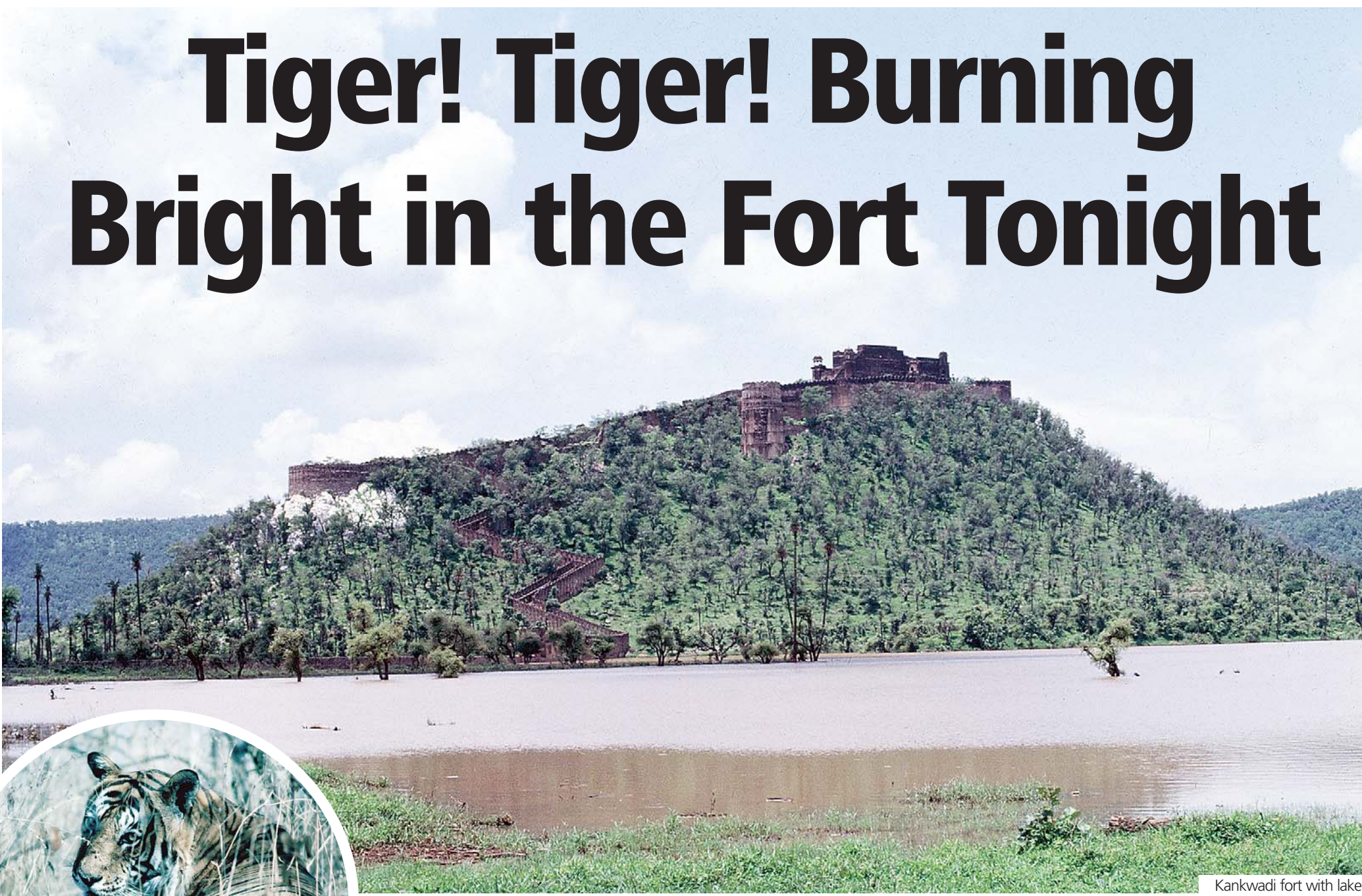
Very few tourists, keen on archaeological and cultural history, may be seen roaming in this part of the reserve as these historical buildings are located in remote forest areas.

Interestingly tigers have always shown great fancy for these foregone structures which for sometime remained the centre of attraction for the people of that era. Therefore it is advisable to be cautious while roaming about these sites lest your sudden intrusion provokes the large cat to charge on you purely out of an instinctive behaviour.

A Bone-Chilling Tryst
I can never forget my first such encounter with a tigress in the fort of Kankawadi. It was replete with bone-chilling experiences. During one such visit while camping at Kalighatinaka (protection outpost), Kabul Singh, one of the most experienced forest guards who spent his entire service in Sariska, informed



A view of valley from Kankawadi Fort.



Kankawadi fort with lake.



Elusive tigers find solace in the abandoned fort.

#ROYAL LAIR

salar, gurjan, kadaya, tendu, khair and bamboo. The majestic fort with such rich green surroundings looks like a precious diamond in a ring of green gold. I had joined Sariska (1991) as the field director merely few days back and was pretty busy in combing various far flung areas especially the sensitive ones from protection point of view. During one such visit while camping at Kalighatinaka (protection outpost), Kabul Singh, one of the most experienced forest guards who spent his entire service in Sariska, informed

that a tigress is frequently using the Kankawadi fort for rest during day hours. This excited me to try my luck at the earliest and the very next day, at 8 am, I was on my way to Kankawadi along with Kabul Singh and the Nakedar of Kalighati.

On Kalighati-Tehla tar road at about 3.5 km on the right side, an earthen hilly track of about 8 km took us to the fort. This earthen track gets badly damaged during monsoon every year especially because hundreds of people from Gujar community use this track round the year for travel and transport. They are mostly cattle owners who are settled here in four hamlets (many of these have been shifted out of the reserve after 2006), not far from each other, at the foot of the Fort.

A forest guard outpost was created here in order to contain the forest damage by these cattle owners. This track passes through a narrow valley rich in soil. Bamboo grows on the lower hill slopes on either side of this valley. Sambar and chital are always present here in good numbers. The upper areas of these hills are cautiously used by leopards for fear of the larger carnivore, the tiger.

A Grim Tale
The abandoned medieval fort is situated in the heart of the reserve. It tells a grim story of the Mughal Empire. It is believed to have been built by the Mughal emperor, Aurangzeb, in the 17th century to keep his brother, Dara Shikoh in confinement here for several years as a prisoner in the race for succession to the Mughal throne.

Thousands of date palms growing around the fort are said to be the result of seeds thrown by the Mughal soldiers, guarding the fort during that period after eating the fruits. It is a small but beautiful fort. Even now beautiful paintings can be seen on some of the walls of the fort. After entering the gate, as soon as I reached the main building, I had a closer look to inspect the space created under the platform of the elevated ground floor. It is quite a spacious place with an earthen floor. Here I saw several pugmarks, body marks and other evidences to prove that a tigress had been using this place frequently to take rest. Soon I realized that there was fresh evidence including peculiar



Rich Bhagani valley Adjacent to Kankawadi valley.

body odour and probably the tigress must have been here till a little while ago and could be around even at that point of time! I had a gut feeling that the tigress left the resting place only when she saw me approaching her after entering the gate. That sent a chill down my spine. The staff too was frightened. I realized my mistake and lack of experience with tigers. I apologized to my team and promised myself to be more careful in the future.

After this incident, I found the pug marks of tiger in the fort on several occasions but, of course, I took enough precaution, every time I visited the fort. The fort was in ruins. Many ceilings and walls had collapsed. The

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Tigress showed mercy on us by leaving her seat.

agement has to always be on toes to keep strict vigil on the movements of not only big cats but also the miscreants lest they get a chance to poach the big cat!

This valley is very special from archaeological and cultural point of view as well.

There are ruins of Shaivite and Jain temples, which are more than a thousand years old, in the archaeological complex of Garh-Rajore. Here, barely 9 km from Kankawadi, Neelkanth temple of 9-10th century is still intact. The Jain temple with an 18ft statue of Lord Mahavira stands as a mute witness to the political turmoil in the past. This complex was probably a deserted township.

An Ancient Learning Hub
It has several dilapidated temples within a small area of about 1 sq. km. It is believed that the complex was a university where students from various parts of the country used to study various subjects, philosophy in particular, from learned teachers. These temples doubled up as residential schools for these scholars. Several invaluable old statues of Hindu Gods and Goddesses have been smuggled out of here in the past. Of course, now the Archaeological Survey of India (ASI) is protecting the remaining valuables, collected from the ruins of these temples. A full armed guard has been posted here to guard these invaluable statues round the clock. Some important badadis (stepped wells) have been revived by the ASI. During one of my rounds, I saw some labourers repairing an old badadi close to the Neelkanth temple. At first, I was happy to see restoration work being done but was alarmed to find that the contractor was using old and invaluable statues as stones for the masonry work! I intervened and scolded the contractor. The contractor promised me not to use any such statue in future but was not ready to take out the ones already buried deep in the masonry. I threatened him with stoppage of payment. Only then did I succeed in rescuing the invaluable. I informed the Archaeological Survey Of India

On Our Toes
Kaniawas is inhabited mainly by Gujar community while the other three villages are dominated by Meena community, who are mainly farmers. The tobacco of this area is of high quality. Therefore, along with cattle rearing, tobacco farming is one of the main sources of livelihood for these villagers. Meena community here is a non-vegetarian community. Therefore, threat to herbivores and prey species always exist in this area. The reserve man-



Langoors are witness to all jungle happenings.



The historic gate to Kankawadi valley.

(ASI) authorities about this case. They showed their concern but it is just not enough.

This invaluable treasure deserves better care-taking. Though the Garh-Rajore complex is under care of the ASI but overall, this part of the reserve falls under administrative control of the range officer, Palha. Another approach road to Garh-Rajore complex is through Dakban and even today an old fort wall made of red stone along with a huge gate stands on this approach road at the entrance of this complex. This complex is also called Para Nagar. It was under the rule of the mighty Gurjar-Pratihara dynasty. Later, it went to the powerful Bad-Gurjar kings. During the reign of the Mughal emperor, Akbar, it was merged with Jaipur. In this period, 17th century AD, the entire Garh-Rajore complex was fortified with the help of a massive wall and small structures made of red stone for the security in-charge and other personnel at the top of the hill. This security house overlooks Dakban village and the Mansarovar lake.

In the latter half of the 18th century, it finally shifted from Jaipur to Alwar under the leadership of Rao Raja Pratap Singh who had formed Alwar. It seems that during his rule, except for Lord Shiva's temple, no other temple or structure was maintained and that is why this rich cultural heritage got ruined. I wish this invaluable heritage is maintained and preserved with utmost care by the governments, in the interest of mankind. ||||| rajeshsharma1049@gmail.com

#RESEARCH

Light Therapy



Can intervention in middle age could enable people to avoid further age-related heart deterioration?

A form of light therapy called photobiomodulation may delay the occurrence of age-related diseases, like heart deterioration, a study with mice shows.

Almost 20% of Americans older than 65 have been diagnosed with heart disease, and heart disease continues to be the leading cause of death in the United States.

"The idea was to see if intervention in middle age could enable people to avoid further age-related heart deterioration," says Praveen Arany, associate professor of oral biology in the University at Buffalo School of Dental Medicine.

The study focused on heart condition and function in middle-aged mice, 14 months of age. The research showed an improvement in heart function after exposure to photobiomodulation (PBM) therapy.

The substance plays an important role in human health and disease, especially in age-related diseases. Arany

PBM also mitigated the thickness of the cardiac wall. "As muscle thickens, it becomes stiffer, and the pumping action of the heart is less effective," says Arany. Gait symmetry-observing how mice performed comfortably on a treadmill-also improved, suggesting an improvement in neuromuscular coordination.

The experiment exposed mice to a dose of near-infrared light by using an overhead LED light source rather than a focused light source. The ambient low-dose exposure took place five days a week for two minutes each day.

One group of the geneticaly manipulated mice gets severe heart disease, which usually causes death. After treatment with PBM, heart disease among these mice with heart disease did not progress. The survival rate among the most susceptible group was 100%, compared to

says that TGF-β1 regulates stem cell activity, inflammation, and immune system function that may partly explain why light therapy works.

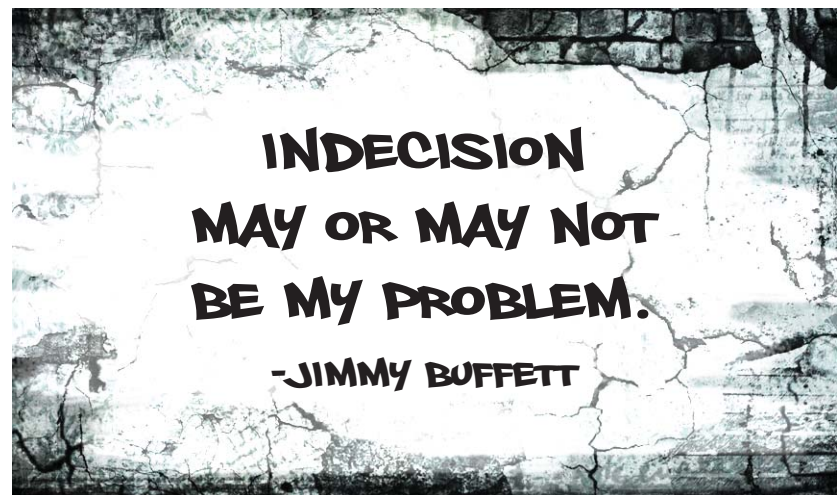
Light therapy is only effective if it is administered with appropriate parameters. To be effective and safe, it is important to use specific light wavelength (colour), intensity (dose), and length of exposure. Certain kinds of light, such as ultraviolet light and light produced by lasers, can be harmful.

Other lights, while harmless, may not be effective. This study shows that long-term exposure to a low-dose near-infrared light in a non-therapeutic manner, carefully adjusted, may benefit heart health and longevity. The next step, Arany says, is controlled human clinical trials.

The study appears in the journal Lasers in Surgery and Medicine.



THE WALL



BABY BLUES



ZITS

