

## #HAIR-CARE

### Your Daily Hair Regimen

Since diet and lifestyle play an important role when it comes to the quality of your hair make sure that you pay attention to them as well to get the desired results.

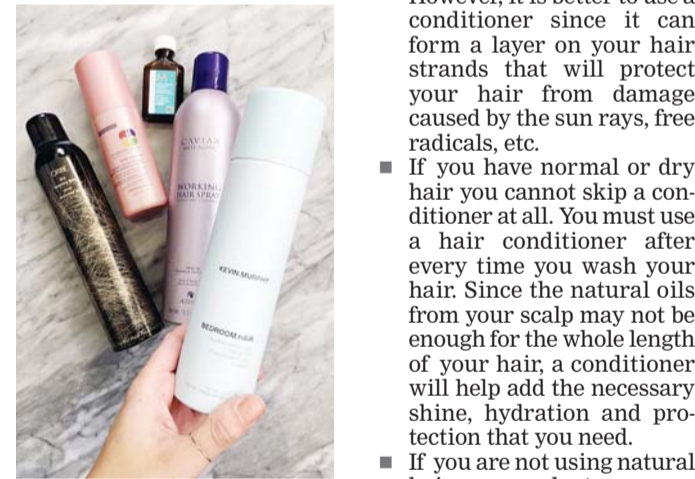


**A** daily hair care routine to help you maintain healthy hair is just as important as your daily skincare routine. A hair care routine is not just about a few standard hair products but lot more. Let's find out how to maintain healthy hair daily by hair care routine you need to follow to help you achieve that.

Let us look at some daily hair care tips you can follow to maintain healthy hair.

**Shampoo**

Clean hair is one of the most important steps to maintain healthy hair. Irrespective of your hair type you need to make sure that you wash it properly with a shampoo and keep it clean. Also, a pre-shampooing routine is very important to maintain the shine and moisture of your hair. The frequency of washing does depend on your hair type. Never use hot water to wash your hair since it can strip your hair of its natural oils resulting in dry and dull hair.



- If you have an oily scalp, you need to wash your hair frequently to avoid the build-up of sebum on your scalp since excess oil will make your hair appear greasy. You do not need to wash your hair every day but keep your hair wash routine based on how oily your hair feels and looks.
- People who have normal hair and scalp can wash their hair whenever necessary. You can wash your hair twice a week or based on your needs. Since the hair does not get oily or dry easily you can use soap-free hair cleansers to maintain the pH balance of your hair. This will ensure that washing your hair will not strip your hair of its moisture.
- If you have a dry scalp, you should not wash your hair every day since it will only make your scalp drier. You can get away with washing

your hair once a week. An SLS-free shampoo can be good for your hair since Sodium Lauryl Sulphate (SLS) can further dry your hair. If you want a shampoo that lathers but is not as harsh on your hair you can use one containing Sodium Laureth Sulphate. This is also a lathering agent but is much gentler to your hair than SLS.

**Conditioner**

Washing your hair with a good shampoo is important but a conditioner is far more crucial to maintain the health of your hair. A conditioner can help add moisture to your hair and also give it a lot of shine. After washing your hair you need to apply conditioner to the length of your hair and then rinse it after a few minutes. You are not supposed to apply conditioner to your scalp or roots.

- If you have oily hair you may skip using a conditioner since the natural oils from your hair are sufficient to keep your hair moisturized and shiny. However, it is better to use a conditioner since it can form a layer on your hair strands that will protect your hair from damage caused by the sun rays, free radicals, etc.
- If you have normal or dry hair you cannot skip a conditioner at all. You must use a hair conditioner after every time you wash your hair. Since the natural oils from your scalp may not be enough for the whole length of your hair, a conditioner will help add the necessary shine, hydration and protection that you need.
- If you are not using natural hair care products, you can use simple things from your kitchen to condition your hair. Ripe bananas, honey, curd, avocados, oatmeal, etc. are excellent hair conditioners. All you need to do is to apply them to your hair for an hour and then wash it with a gentle shampoo.

**Oil Massage**

The first thing that you need to add to your normal hair care routine is an oil massage or a pre-shampooing routine and this is irrespective of your hair type. You can use coconut oil, almond oil, olive oil, etc. to massage your scalp and hair. This will promote blood circulation and also add the much-needed moisture to your hair. Massage your hair with oil and then leave it for at least one hour or overnight before washing it with a gentle shampoo. Your hair will feel soft and look shiny instantly.



Unlike her two cousins Man Bai and Salim who drowned their upsets and wasted themselves in heavy drinking and opium addiction, Jodha took to spirituality -- fasting and prayers -- to overcome her grief of separation from her only child. When Man Bai moved to Allahabad to be with Salim during his revolt in her last months, Jodha stayed back at Agra Fort. May be because her child Khurram was in Agra Fort with Ruqaiyah or she wanted to take care of Salim's family. But Jodha never left Mughal seat and stayed back with them rather than go to her husband. Meanwhile Man Bai was not helping herself or her husband with her addiction. Salim may have not loved Man Bai like Nur Jahan but he was definitely concerned about her. Salim himself mentions that Man Bai had mental illness and her family too agreed on that fact. Man Bai would have her bout of depression and meltdowns where she would not spare even Salim of her angry outbursts. Abul Fazl himself has mentioned in Akbarnama that Man Bai would get agitated for simple things in Mughal harem. In 16th century mental illness was not really known or treated. Man Bai seems to have had heavy depression and Salim too seemed to have been frustrated and depressed in life. But he was not someone to give up as easily as a Man Bai and held on to his life despite health issues and many personal set backs in life both politically and personally.

## Jodha Bai

### A Life Lost To Sadness

#### #AKBARNAMA

children. The Mughal harem was no different. Exceptions were there as the senior wives like Ruqaiyah and Salima who had children from Akbar yet had very high positions.

**The Upbringing**

Jodha was not only his wife she was his cousin sister as his mother Hira Kunwari's grand aunt was married to Jodha's grandfather and her aunt Rukmavathi was Salim's step mother (Akbar's wife). Yet Jodha wanted a child badly. Finally in 1591 she decided that she will undertake the same pilgrimage Akbar undertook to beget Salim. To walk from Lahore to Ajmer Sharif bare foot. Prince Salim was not really in favour of her undertaking this hazardous walk but he finally bent to her wishes. He too accompanied her on this pilgrimage. Prince Salim was a warrior who was used to tough life in war fields and on roads. But Jodha had a very secure and shielded life, first under her father than her husband Salim. So walking 500 or more kilometres was not an easy task for a princess. Yet Jodha and Salim took this barefoot walk and completed it after almost a month.

Finally in 1592, she was blessed with a baby boy Khurram. Khurram was born on 5th Jan 1592 to Jodha Bai and Salim. Salim was at war in Rajputana at Khurram's birth. Salim rushed back from the war field to see his new born baby. Now Akbar called a priest from Kashi and asked him to do astrology-

ical charts of the newborn. The priest said Khurram will be more famous than grandfather Akbar or father Salim. When Ruqaiyah heard this she demanded Khurram to be handed over to her for upbringing. Akbar could not say no to his senior wife and cousin. So the 6 days old Khurram on the orders of Akbar was handed over to Ruqaiyah for upbringing. Ruqaiyah was 48 years old and Akbar 50 years old when Khurram was born. Jodha was 19 years old and Salim 23 years old when Khurram was born to them.

When Salim heard this he must have definitely felt bad but did not actually show any opposition. Already his elder son Khusrav from Man Bai was being brought up in Akbar's household. Now his younger son Khurram was being given to Ruqaiyah to be brought up in Akbar's household. In a way may be Akbar was trying to tie up or restrain Salim politically. Anyway in Akbarnama, Abul Fazl has mentioned that 'Akbar loved his grandsons (Khusrav and Khurram) more than his sons' taking a direct dig at Salim. Further Akbar even gave very high ranks to both Khusrav and Khurram at a small age. At 7 years only Khusrav had a mansabdari rivaling his father Prince Salim and his uncles Daniyal and Murad. Whether Salim was flattered by all attention his boys were getting from Akbar or resented it no one will know. But what happened a few years down the line must have hurt Salim as a father a lot. But both Khusrav and Khurram started considering Akbar as father and Salim was just a dummy invisible father in their life. Khusrav went a step further calling Salim as 'Shah Bhai' meaning 'Royal brother' rather than father.

While Man Bai was not helping herself or her husband with her addiction, Salim may have not loved Man Bai like Nur Jahan but he was definitely concerned about her. Salim himself mentions that Man Bai had mental illness and her family too agreed on that fact. Man Bai would have her bout of depression and meltdowns where she would not spare even Salim of her angry outbursts. Abul Fazl himself has mentioned in Akbarnama that Man Bai would get agitated for simple things in Mughal harem. In 16th century mental illness was not really known or treated. Man Bai seems to have had heavy depression and Salim too seemed to have been frustrated and depressed in life. But he was not someone to give up as easily

**S**alim too like Jodha loved Khurram a lot. When Khurram's son got unwell, Salim took oath not to hunt and maintained it for years till Shah Jahan revolted. And everyone knows Salim loved hunting and was a great hunter too. For him to refrain from hunting is a very big sacrifice.



Anjali Sharma  
Senior Journalist & Wildlife Enthusiast

Jodha Bai was the mother of Khurram aka Shah Jahan the mughal emperor. She was the daughter of Mota Raja Udai Singh and Maharani Mangrang Devi of Jodhpur royal family.

ly, also known as Marwar. Prince Salim married Princess Jodha Bai in 1586. Salim was 17 years old and Jodha Bai was 13 years old at time of marriage. Jodha Bai was related both to Salim through her aunt Rukmavathi and mother Hira Kunwari. Maharani Rukmavathi was the last chief wife of Emperor Akbar. She married him in 1581 when he was 39 years old and she was 15 years old. Udai Singh (not the confuse with Kunwar Pratap's father) married his youngest sister Rukmavathi to Akbar in 1581.

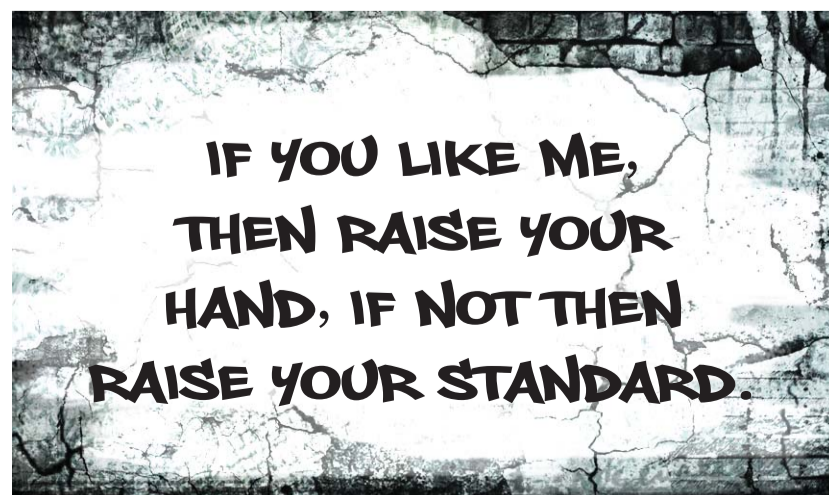
Both Rukmavathi and Jodha Bai had very high status and powers in the Mughal court. Rukmavathi was one of top ten chief wives of Akbar and had many powers. In the same way Jodha Bai was one of the top 3 wives or chief consorts of Salim aka Jahangir. Man Bai and Nur Jahan were other two chief consorts of Jahangir. Jodha Bai like Man Bai had seals to issue orders on behalf of her husband Salim or Emperor Jahangir. Salim was any way away from Agra or the Mughal court on campaigns and as governor in other places so Man Bai and Jodha Bai got all powers to run his family in Agra or Lahore court.

Jodha Bai had a tragic personal life. Till the first 7 years of marriage she did not conceive after the first child, who died in infancy. In the 16th century wife system, respect of any wife depended on her giving birth to an heir. All other Salim's senior wives had children from Salim. This frustrated Jodha Bai a lot. She turned to use a conditioner since it can form a layer on your hair strands that will protect your hair from damage caused by the sun rays, free radicals, etc.

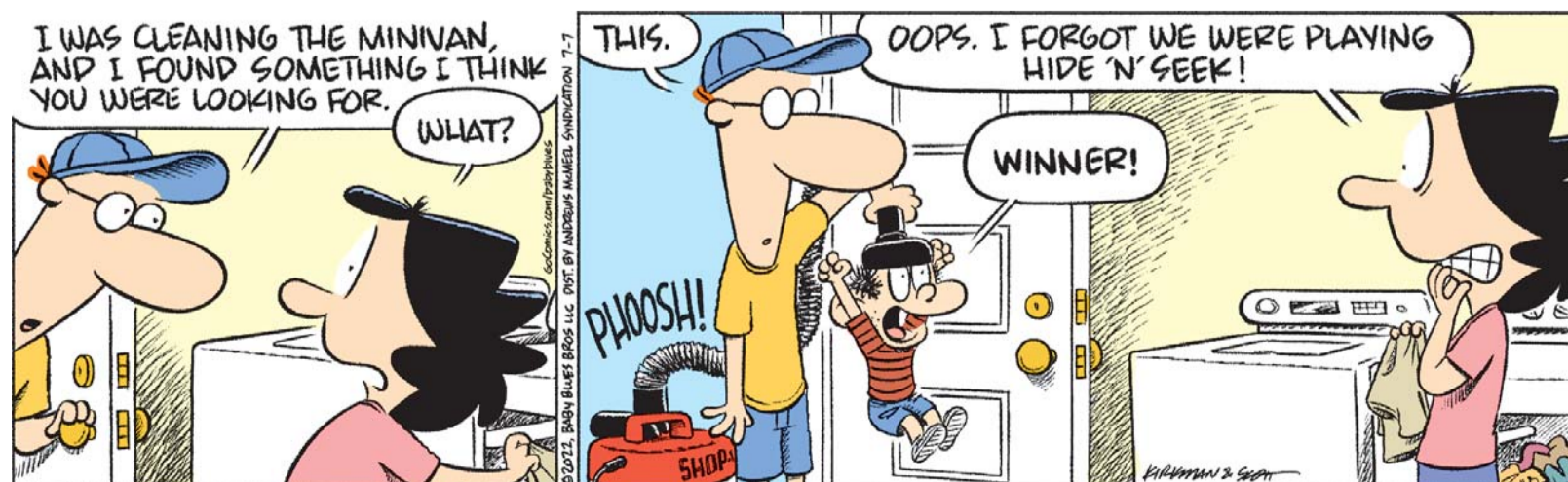
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#### THE WALL



#### BABY BLUES



By Rick Kirkman & Jerry Scott

#### ZITS



By Jerry Scott & Jim Borgman



#### World Hepatitis Day

Hepatitis is a disease characterized by the inflammation of the liver. There are 5 main hepatitis viruses, referred to as types A, B, C, D and E. These 5 types are of greatest concern because of the burden of illness and death they cause and the potential for outbreaks and epidemic spread. Take care of your health, get vaccinated and have your doctor screen for hepatitis to prevent health complications. Raise awareness to help others do the same.



Jodha Bai



Palace of Jodha Bai gate.

**ff** When Jodha died Khurram cried a lot and Jahangir had to take him to his palace and console him. May be the guilt of not having had a relationship with mother all life through weighed on his mind. In her last few years she had lost her husband's love too as he was being close to Nur Jahan after 1611 to 1619 till her death.

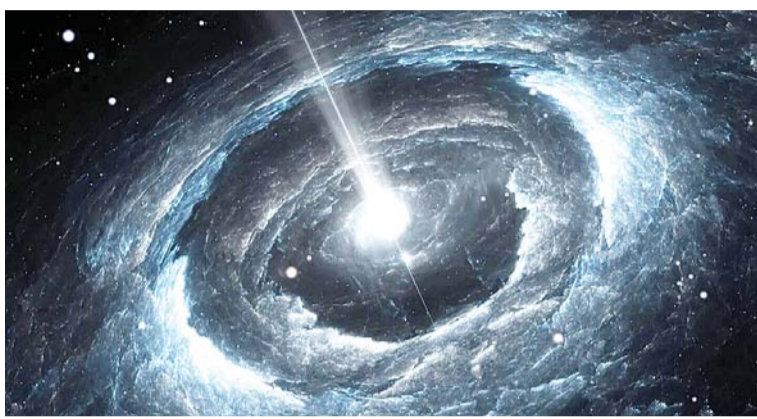
father and his current favourite Nur Jahan, his nurse maid which was more beneficial in long term to his political ambitions. In 1617-18 Nur Jahan started her political maneuvering and first asked Khurram to marry her daughter Ladli Begum from Ali Quli. Khurram refused saying he considers her a sister. Than Nur Jahan asked Khusrav and he too refused saying he only loves his wife. So Nur Jahan married Ladli Begum to Sharyar and started making all decisions against Khurram's interest. Khurram was shocked at this turn of events. He finally must have realized that only a biological mother cares for a child without any expectations.

But it was too late in 1619, Jodha Bai died at young age of 46 years. Thus even if Khurram wanted to rectify his behavior and get close to his mother it was too late. When Jodha died Khurram cried a lot and Jahangir had to take him to his palace and console him. May be the guilt of not having had a relationship with mother all life through weighed on his mind. In her last few years she had lost her husband's love too as he was being close to Nur Jahan after 1611 to 1619 till her death. It is said when Taj Mahal was being built Shah Jahan put a trishul on top in memory of his mother. But it was too late to rectify decades of neglecting her. She died heartbroken. Akbar's decision to hand over Khurram to his senior wife Ruqaiyah for upbringing thus brought irreparable damage to the relationship between Khurram and his parents especially mother Jodha. Thus their only child which they got after many prayers and penance just remained a distant dream for them.

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## #RADIATIONS

### Telescope Detects Radio 'Heartbeat'



**A**stronomers have detected a strange and persistent radio signal from a far-off galaxy, which appears to be flashing with surprising regularity. Classified as a fast radio burst or FRB, this new signal persists for up to three seconds about 1,000 times longer than the average FRB.

Within this window, the team detected bursts of radio waves that repeat every 0.2 seconds in a clear periodic pattern.

"THERE ARE NOT MANY THINGS IN THE UNIVERSE THAT EMIT STRICTLY PERIODIC SIGNALS."

The researchers have labelled the signal FRB 20191221A. It is currently the longest lasting FRB, with the clearest periodic pattern, detected to date.

On December 21, 2019, the CHIME telescope picked up a signal of a potential FRB, which immediately drew the attention of Daniele Michilli, who noticed something unusual while scanning the incoming data.

"Not only was it very long lasting about three seconds but there were periodic peaks that were remarkably precise, emitting every fraction of a second-boom, boom-like a heartbeat," recalls Michilli, who led the research, initially while at McGill University and then as a postdoc at MIT. "This is the first time the signal itself is periodic."

"There are not many things in the universe that emit strictly periodic signals," adds Aaron Pearlman, a postdoctoral fellow at the McGill Space Institute who also collaborated on the paper.

"Examples that we know of in our own galaxy are radio pulsars and magnetars, which rotate and produce a beamed emission similar to a lighthouse. As we think this new signal could be a magnetar or pulsar on steroids."

The team hopes to detect more periodic signals from this source, which could then be used as an astrophysical clock. For instance, the frequency of the bursts and how they change as the source moves away from Earth could be used to measure the rate at which the universe is expanding.

In analysing the pattern of FRB 20191221A's radio bursts,

Classified as a fast radio burst or FRB, this new signal persists for up to three seconds about 1,000 times longer than the average FRB.

Michilli and his colleagues found similarities with emissions from radio pulsars and magnetars in our own galaxy. Radio pulsars are neutron stars that emit beams of radio waves appearing to pulse as the star rotates while a similar emission is produced by magnetars due to their extreme magnetic fields.

The main difference between the new signal and radio emissions from our own galactic pulsars and magnetars is that FRB 20191221A appears to be more than a million times brighter. Michilli says the luminous flashes may originate from a distant radio pulsar or magnetar that is normally less bright as it rotates and for some unknown reason ejected a train of brilliant bursts, in a rare three-second window that CHIME was luckily positioned to catch.

"CHIME has now detected many FRBs with different properties," Michilli says. "We've seen some that live inside clouds that are very turbulent while others look like they're in clean environments. From the properties of this new signal we can say that around this source there's a cloud of plasma that must be extremely turbulent."

The astronomers hope to catch additional bursts from the periodic FRB 20191221A, which can help to refine their understanding of its source, and of neutron stars in general.

"This detection raises the question of what could cause such an extreme signal that we've never seen before, and how we can use this signal to study the universe," Michilli says. "Future telescopes promise to discover thousands of FRBs a month, and at that point we may find many more of these periodic signals."

