

## #HEALTH

### This is what a body 'heading towards diabetes' looks like

Your body may be sending subtle signals long before a formal diagnosis



Diabetes is a chronic health condition that affects millions of people worldwide, often developing silently over time. However, your body may be sending subtle signals long before a formal diagnosis. Recognising these early warning signs can be crucial in preventing or managing the onset of diabetes. From unexplained weight



changes to persistent fatigue, your body has ways of alerting you to potential blood sugar imbalances.

#### So, what are these Signs?

- **Stubborn fat** might need a medical scan for accurate measurement. But, if you carry a lot of weight around your middle and have trouble losing it despite diet and exercise, it might be a sign to discuss your risk with your doctor.
- **Skin tags** are small, benign flaps of skin that can appear anywhere on the body. While they're not dangerous, some studies suggest a possible link

between having multiple skin tags and insulin resistance. However, more research is needed to confirm this connection.

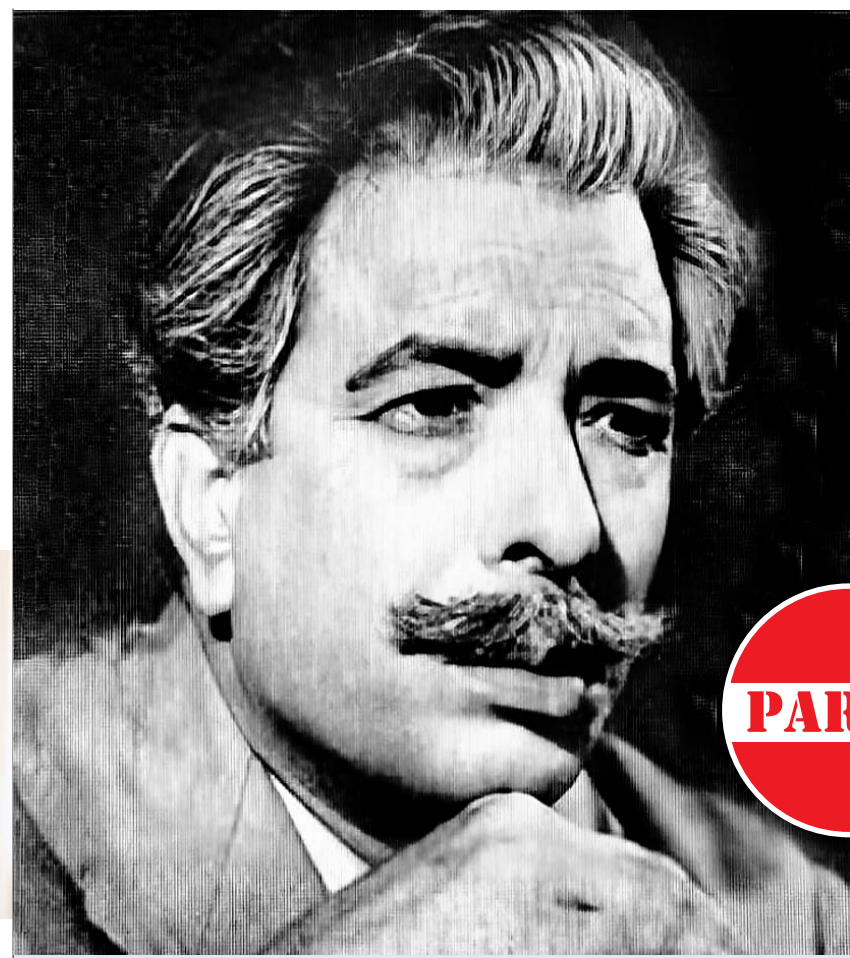
- A **thick neck** can be caused by a variety of factors, including excess weight gain or fluid retention. While not a specific indicator of diabetes itself, a thickened neck, especially along with other risk factors or symptoms, might warrant a conversation with your doctor.

#### Some additional Early Physical Signs or Symptoms that indicate that you may be at risk

- **Increased thirst and urination:** This is a classic combination. When your blood sugar levels rise, your kidneys work extra to remove the excess glucose, making you thirsty and having to use the restroom more frequently.
- **Excessive hunger:** Even after eating, you may feel as if you have not touched food in days. This is because the sugar is not adequately absorbed by your cells, leaving them energy-starved.
- **Unexplained weight loss:** This can be perplexing because weight loss can be beneficial! However, if you have diabetes, your body may be breaking down muscle for energy because it cannot use sugar efficiently.
- **Blurred vision:** High blood sugar levels can interfere with the fluids in your eyes, changing how light is focused on the retina. This can cause fuzzy vision, which is most noticeable when reading or looking at distant objects.
- **Slow healing wounds:** Diabetes can affect circulation, making it harder for wounds to heal, increasing the risk of infection.
- **Fatigue:** Feeling constantly tired is another sign that your body isn't getting the energy that it needs from food.

#### Specific Biomarkers or Diagnostic Tests that help detect prediabetes or early-stage diabetes

1. **Hemoglobin A1c (HbA1c):** This test measures the average percentage of red blood cells coated with sugar over a period of 2-3 months. It's the gold standard for diagnosing diabetes and monitoring its control.
2. **Fasting Plasma Glucose (FPG):** This test measures your blood sugar level after not eating for at least 8 hours.
3. **Fasting Insulin:** If you're already diagnosed with diabetes or prediabetes, a fasting insulin test, along with a blood sugar test, can help your doctor assess your insulin resistance. This information helps custom tailor your treatment plan.



Nazir Hussain.



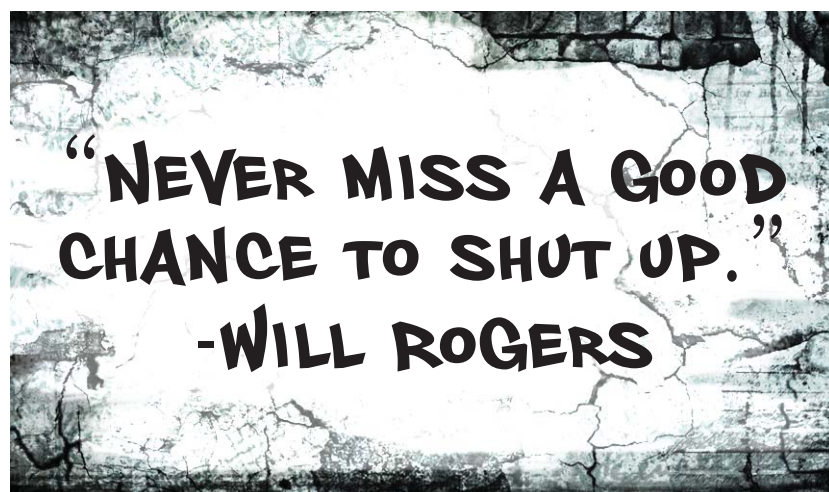
Ratnottama Sengupta

On August 18, 1945, Netaji Subhas Chandra Bose, revered leader of the anti-British Provisional Government of Free India, was presumed to have died following an air crash off Taipei. The same year, his home state of Bengal had seen the emergence of a legendary filmmaker Bimal Roy, with the release of his very first film, *Udayer Pathay*. Three years later, New Theatres chose the same director to direct *Pehla Aadmi*, a love story set against Netaji's Indian National Army (INA) and its war in North Eastern India, ending with the film's hero breathing his last after planting the Indian tricolour in Manipur.

In that film, the character of Balraj VII, the hero's father, was enacted by the writer of the story, Nazir Hussain. Because he himself was, not long before this, a member of the INA in Singapore. He was born on May 15, 1922 in Ghazipur, a city close to Banaras in Uttar Pradesh. His father, Shahabzade Khan, was a guard with the Railways. So, he grew up in Lucknow, and then he too joined the railways as a fireman. But, within months, he joined the British Army. Why? The reason is not clearly known to me but I do know that before long, he was sent to Singapore in the Malaysian Peninsula.



## THE WALL



# The Really long march of Kadam Kadam...

The loss of Singapore shattered Britain's illusion of permanence and reduced the prestige of the British Empire in the region. The Allies, too, started seeing European empires in Asia as unsustainable. So, until their final defeat at the end of WWII, the Japanese held Singapore. But about 40,000 men, mostly conscripted Indian soldiers, joined the pro-Independence *Indian National Army* (INA), formed by Rashbehari Bose with help from the Japanese. Soon, under the leadership of Subhash Chandra Bose, INA formed the provisional government, *Azad Hind*, that set in place its own currency, court and civil code. While Port Blair was identified as its provisional capital, Singapore continued to be the Capital in Exile.

## #NAZIR HUSSAIN

### Kadam Kadam Badhaye Jaa... March, March On...



Subhas Chandra Bose and Rashbehari Bose in Singapore.

World War II was on then, and as the South East Asian theatre of the Pacific War, Singapore, being the foremost British military base and economic port in South East Asia, was of great importance in Britain's defence strategy. The British Lt. General Arthur Ernest Percival, OBE, commanded an 85,000 strong Allied troop in Singapore, which far outnumbered the Japanese troop that attacked, leading to the Battle of Singapore from February 8 to 15 of 1942. The Japanese General Tomoyuki Yamashita had advanced with only 30,000 men along the Malayan Peninsula. He entered through the Johor Strait and attacked the weakest part of the island defence, the forested area, which the British least expected to be breached. With few defence positions, little reserves and continuous bombing of their water supplies by Japanese aircraft, Percival capitulated. Following his unconditional surrender, 80,000 British, Indian, Australian and local troops were taken Prisoner of War by the Japanese. Among them was Nazir Chacha, as we children would call him in later years. By then, India had been celebrating Independence Day for years, and Nazir Hussain was privileged to hold a *Freedom Fighter's Pass* that entitled him to 'freely travel' through India

A majority of the erstwhile Japanese POWs now donned his uniform to fight the Commonwealth forces in the Burma Front, in order to secure India's freedom from Britain. The INA had its first major engagement in the *Battle of Imphal*. Under the command of the Japanese Fifteenth Army, it even breached the British defences in Kohima, even though, the British-Indian Army soldiers attacked the INA soldiers as 'traitors'. This gave a greater impetus to the ongoing struggle for freedom within India. However, subjected to the Allied air dominance and outbreak of diseases, the forces suffered a catastrophic defeat and had to retreat, but not before a



## World Industrial Design Day

Industrial designers envision products that fill homes, offices, hospitals, and schools. These visionaries serve diverse working environments and create innovations to help serve the leaders of the global economy. They work tirelessly and out of sight to give people the best tools of the trade. *World Industrial Design Day* is a day dedicated to the industrial designers who create the vision of the future. Attend an industrial design expo, sign up for a class, and learn about the many exciting career opportunities for these innovative visionaries.



## Khushi Ke Geet Gaaye Jaa... With a song on your lips...

Now, since the former INA members found themselves at a loose end, Nazir Hussain once again turned to acting in plays. In one such play, *Sipahi ka Sapna / A Soldier's Dream*, he was spotted by Birendra Nath Sircar, the founder of New Theatres. The Calcutta based production house had adapted the technical innovations of Hollywood and Europe to turn the studio into an institution synonymous with the state of the art and artistic good taste in cinema.

At that point in time, B.N. Sircar was taken up with the thought of paying a celluloid tribute to Netaji, who had been his next door neighbour on Elgin Street in Calcutta. In fact, the bonding between the two families went much beyond being good neighbours. Like Subhash Chandra's father, Janakinath Bose, B.N. Sircar's father, Sir Nripendra Nath, was an eminent lawyer. He was a Law Member of the Viceroy's Executive Council, who went on to become the Advocate General of undivided Bengal (1934-39).

Sir N.N. owned multiple properties on Elgin Road, and Janakinath lived close by, in Woodburn Road. When his family grew, to boast six daughters and eight sons, he approached Sir N.N. to let his family stay in one of the houses, 38/1 Elgin Road, while he built his own house next door, on 38/2. This is the house we know as 'Netaji Bhawan' today. The bonding percolated to the next generation.

Sir N.N. introduced the perceptive of Netaji's men. Those who were painted as 'traitors' now came to be regarded as 'liberators'. Most of the 30,000 soldiers had been set free after cashing in and forfeiture of pay and allowance. And the INA memorial, to its fallen soldiers in Singapore, had been demolished, under orders from Lord Louis Mountbatten, head of the South East Asia Command.

impressed with his emotional scenes that he came to feature in nearly 500 character roles, and then went on to become the *Father of Bhojpuri Cinema*.

On 6th February, 1951, in response to 'Jaganmoy' Director Ashok Kumar's call to direct *Maa* for Bombay Talkies, another landmark institution of Indian cinema, Bimal Roy boarded a train for Bombay. With him was his team that included screenplay writer Nabendu Ghosh, editor Hrishikesh Mukherjee, assistant director Asit Sen, actor Paul Mahendra.

Nazir Hussain too was not left out. He was to play father once more, to the hero essayed by Bharat Bhushan, with Leela Chitnis as his wife. So successful was the portrayal that, for several decades thereafter, he would be seen on the *Hindi* screen as a father, of either the lead actor or of the heroine.

The persona of father fitted him so well that, though he simultaneously played Balraj Sahni's rickshaw puller 'guru' in *Do Bigha Zamin*, and the trusted family retainer in *Devdas*, Nazir Chacha again played father, to Sadhna, in *Parakh*, all directed by Bimal Roy. And finally, when the curtain fell on his life, he had played father to almost every heroine of the 1950s and 1960s, be of a poor family or born to wealth!

Bombay Talkies, the movie studio founded by Himanshu Rai in 1934, was in the north-western suburb of Malad. Within the studio compound was *Devika Rani Bangaloe*, in which lived Bimal Roy with his wife, Manobina and two daughters, Rinki and Tatu. At a stone's throw was a two-storeyed

To be continued... [rajeshsharma1049@gmail.com](mailto:rajeshsharma1049@gmail.com)



Asit Sen, Nabendu Ghosh and Nazir Hussain.

## #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 evergreen. These sarees hold a lot of memories from when we wore them. While *silk saris* are a much-treasured piece of clothing, owned by various women in the Indian sub-continent 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.

### 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 marketplaces. 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 stacking 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*.

### How often should you wash your silk sari/ 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 ezeer or genteel or reetha solution. 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. Rinse it thoroughly to remove all the traces of the washing solution used. Detergents and machine washing should never be used.

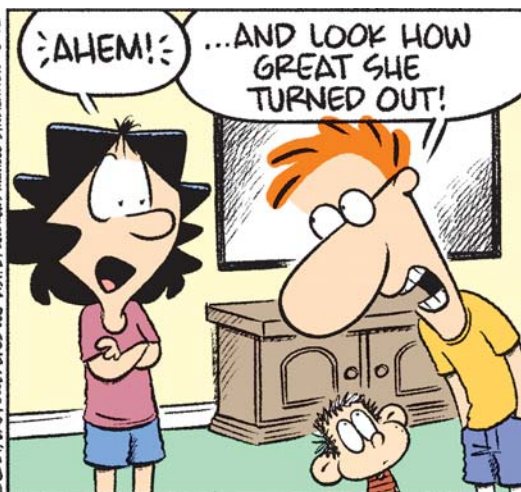
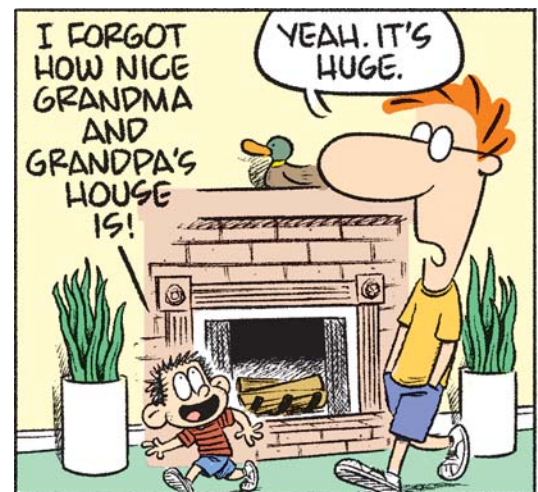
### How to iron Silk Sari?

You need to be extra cautious while ironing silk saris as ironing them in a wrong way can lead to loss of sheen from the fabric. Always iron them on low temperature or use a steam iron to ensure zero damage to the fabric, while removing all the wrinkles and creases.

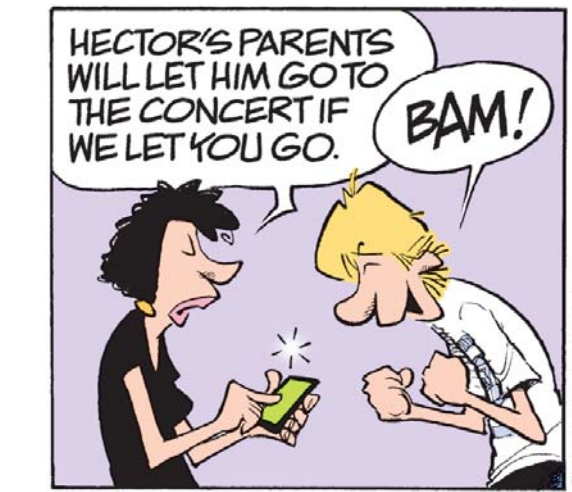
### How to remove stains from Silk Saris?

Blotting or stains on silk can be a nightmare but there are ways through which you can remove the stains in a gentle manner without harming the fabric. The most trusted way to remove stains from silk is the dry cleaners' secret tool, petrol. All you need to do is dab the stain with petrol for a few minutes and wash it off. You can also use liquid soap for stains like sweat and grease.

## BABY BLUES



## ZITS



By Rick Kirkman & Jerry Scott

By Jerry Scott & Jim Borgman