

World Mental Health Day

World Mental Health Day was established in 1992 by the World Federation for Mental Health. In some countries around the world, it forms just one part of the larger Mental Illness Awareness Week. Mental health problems, ranging from issues like depression and anxiety disorders to conditions like schizophrenia or bipolar disorder, affect millions of people around the world. The purpose of World Mental Health Day is to raise awareness of mental health issues, increase education on the topic, and attempt to eliminate the stigma attached. It is hoped that this, in turn, will encourage sufferers to seek out help and support.



#DELICACY

World Gulab Jamun Day

Mouthwatering spheres, dripping with sweetness-delightful treats that capture the essence of culinary indulgence and celebration.



World GulabJamun Day was established with the purpose of showing appreciation for this amazing dessert and celebrating the beautiful and rich flavors that it offers to the world!

Originating in the Indian subcontinent, gulabjamun is a sweet dessert that is now popular all throughout India, Pakistan, Nepal, Bangladesh and many other people with a heritage from South Asia. In many traditions, this delightful food may be served at festivals, holidays and other important celebrations. But this day is all about celebrating this favorite dessert in its own right!

The name gulabjamun means "rose water berry" or "rose berry" and it is made from milk solids that are



reduced into a soft dough and then fried. The dough balls are soaked in a rose flavored syrup that is sticky and sugary, then the sweet dish is sometimes given a garnish of nuts, like cashews or almonds before serving. The taste and fragrance of gulabjamun are subtle and enjoyable.

Celebrate World GulabJamun Day

It's easy to get those taste buds on board with celebrating World GulabJamun Day including some of these ideas:

Eat GulabJamun

Obviously, the first order of business on World GulabJamun Day is to find a restaurant or bakery that serves this dish and then order some. Whether enjoyed hot or served cold, this sweet dish can be enjoyed dunked in plenty of syrup. Those who want to enjoy gulabjamun at

home in honor of this celebration can likely find an option for pre-made frozen or refrigerated desserts that can be cooked and eaten by the whole family - or even the whole neighborhood! Because, of course, gulabjamun is best enjoyed when shared with anyone and everyone.

Try Making GulabJamun at Home

Those who are diehard cooks or people who are just looking for a culinary challenge might want to try making this delicacy at home in honor of National GulabJamun Day. Many modern day recipes use milk powder to create the dough balls, but it can also be made with

khoya, made from dry evaporated milk solids. Other ingredients may include flour, ghee, curd, and baking soda, as well as oil to fry the dough balls in. The sugar syrup is made from sugar, water, rose water and flavored with spicy cardamom pods. Check out some online recipes to find out more!

Get Creative with GulabJamun Variations

While gulabjamun is a delicious dessert that can certainly be enjoyed in its own basic style, some chefs and culinary creatives like to get more adventurous in their kitchens. This dessert flavored with rose water syrup has all sorts of

ways that it can be nuanced and complemented with different flavors for people of different tastes. Other creative dishes that can be made from gulabjamun may include cheesecake, cupcakes, tarts, custards and so much more!



Djemal Pasha who ordered the expulsion.



Refugee jews.



Bombay's David Sassoon With A Big Heart.

Bombay's David Sassoon With A Big Heart

"Djemal Pasha openly declared that the joy of the Jews on the approach of the British forces would be short lived, as he would make them share the fate of the Armenians," the newspaper said. This was obviously a reference to the Ottoman genocide of Armenians, in which one million are said to have died.



Ajay Kamalakar

In early 1917, most members of Bombay's financial elite would have felt the horrors of the Great War unfolding a world away. After three years, the tide was turning in favour of Britain and its allies, but

the human cost it exacted was heavy. In Bombay, all trading communities kept a close watch on the war, but the one that lost sleep over it was the city's Baghdadi Jews. Many members of this community had strong family connections to the area that was the theatre of bloody battles between British forces and the Ottoman Army.

By the end of April, telegrams and distress calls from Jews in West Asia were pouring into Bombay. A series of reports appeared in the international media, confirming the worst fears of Bombay's Jews - that the Ottoman Empire had turned on their brethren in West Asia.

An article in the May 9 issue of The Manchester Guardian described how Jews were expelled

from the city of Jaffa. "On April 1, all Jews were ordered to leave the town within 48 hours," the newspaper said. "No means of transport were provided or obtainable; fares reached fabulous prices, 100 to 200 francs were charged for a carriage from Jaffa to Petah Tikwah (a distance of about nine miles), instead of the normal fare of about 15 to 25 francs." A week before this, 300 Jews were forced to leave Jerusalem.

Although the Ottoman authorities claimed the entire civilian population of Jaffa was evacuated, the Muslims and Christians of the town were allowed to live in nearby villages and visit the city and access their property. No such privilege was extended to the Jews.

The Guardian laid the blame for the evictions on Ahmed

#GIVING



David Sassoon (seated) with his sons.



Kinnet cemetery the graves of the unknown sufferers.

ery disease (stop) Masses young Jerusalem Jews deported northwards - destination unknown forcible evacuation of colonies imminent."

The telegram - signed by Jack Mosseri, P Pascal and Waitz Alexander - requested the Sassoons to "remit funds immediately".

The Sassoons were a wealthy business family with a multinational empire that stretched from Europe to West Asia to China besides India. Their patriarch, David Sassoon, was born in Baghdad in 1792 and had moved to Bombay in the 1830s. The family had a strong philanthropic streak that made it contribute generously to diverse causes, with the result that its name can still be spotted at docks, educational institutions and a library in Mumbai.

Even before the telegram from Cairo arrived, the family had been informed about the disturbances in Palestine by friends and relatives in Baghdad. Concerned about the plight of fellow Jews, the Sassoons sprang into action.

Their first step was to arrange funds to be sent to Baghdad (then spelled Bagdad). The city was wrested from Ottoman control by the British using largely Indian troops in March 1917, and was a safe space for Jews in West Asia. Around 80,000 Jewish residents lived in the city, comprising more than a third of its population. Its

By the end of the First World War, the Ottomans were driven out of the Levant, and in 1920, Mandatory Palestine was established by the British. The Indian Archives contain a wealth of information about Jews.

chief rabbi was leading the relief efforts for Jews from Palestine, and the Sassoon family wanted to send money to him from Bombay. "We have the honour to inform you that we have received an appeal from Bagdad for pecuniary help for the Jews who have suffered from the effects of the war," Nissim, a manager at David Sassoon and Co, wrote in a letter to the deputy secretary of the Political Department in Bombay. "We wish to remit about Rs 15,000 by telegraph in view of the urgency of the appeal but as telegraphic communication with Bagdad is not yet open to the public and we have no means of forwarding the money we shall feel highly obliged if Government would kindly receive the amount from us and telegraph to the Bagdad authorities to pay the same to the Chief Rabbi or to the Jewish Committee for distribution to the needy Jews there." For reference, Rs 15,000 in 1917 is equivalent in purchasing power to about Rs 90 lakh in 2023.

This Sassoons' proposal was accepted since the British authorities in India had a good relationship with the family and seemed to be favourably inclined towards Jewish people. Once the money was sent to the authorities, the Accountant General in Bombay made arrangements for it to be remitted to the British Political Resident in the Persian Gulf, Percy Cox, who was in Basra at the time.

Second contribution

As tensions grew in Ottoman Palestine over a British advance, the Sassoons continued to get reports of Jews being forced out of their homes. This prompted them to once again approach the British authorities for a contribution.

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By the end of the First World War, the Ottomans were driven out of the Levant, and in 1920, Mandatory Palestine was established by the British. The Indian Archives contain a wealth of information about Jews who came to Bombay from places such as Bukhara and Herat and then moved to Palestine with the help of both the local Jewish community and the British.

Some Jews who were driven out of Jaffa and Jerusalem managed to find their way back after the establishment of the British mandate. The financial help from the Sassoons went a long way in sustaining them during the dark period at the closing stages of the First World War.

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The deportation.

#TECHNOLOGY

Why Are Some TV Shows and Movies So Dark Now?

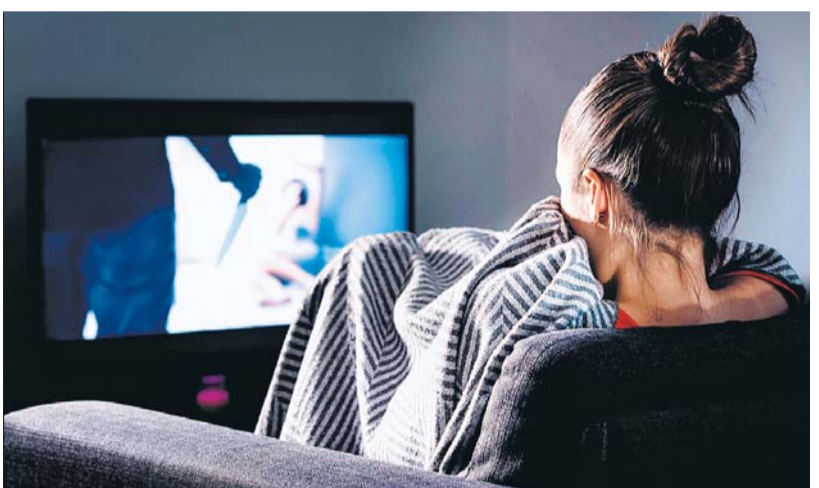
Display technology now allows for some extremely dark scenes to be captured and reproduced.

The topic of why some shows and movies have scenes of such utter darkness in them is a complicated one. The most direct answer is that camera and display technology has improved so much that it now allows for these extremely dark scenes to be captured and reproduced. Since creators have been given these tools, they're using them with artistic intent. Where before scenes would be lit using bright studio lighting on a sound stage or even on location, now they can just dial up the sensitivity to increase levels without worrying about grainy noise ruining the shot.

On the display side of things, HDR (High Dynamic Range) televisions are now common, and these displays push the upper and lower limits of brightness and darkness way beyond what's been possible before. The old dynamic range is now known as SDR or Standard Dynamic Range. This technology is also commonplace in cinemas, and in the case of movies in particular, they are shot, lit, and colour-graded for these new cinema projectors. On the TV side of things, most creators are probably a little more conservative, but a few, especially in prestige television circles, are pushing things to the allowable limit without concern about the average person's viewing setup. So they do it because they can and because the technology is there to allow for us to enjoy it, but if you're still left in the dark by this new frontier in filmmaking, there are a few things you can do to lighten the situation.

Enable HDR

If you have an HDR TV and you're watching a film made with HDR in mind, it's important to make sure HDR is actually active. This means checking that it's enabled on your TV and any connected device like an Apple TV or Amazon Fire Stick. It's also worth checking that your HDMI cable is certified for HDR, since some older HDMI cable standards may not carry HDR signals, especially not at 4K.



Calibrate Your TV

To get the best out of your TV, it's essential that you calibrate it. While some degree of calibration can be done in the factory, to get it right, it has to be done in the conditions where the TV will actually be used. If you have a recent

iPhone and Apple TV, you can use the iPhone's camera to calibrate the picture output for your Apple TV. This doesn't calibrate the TV as a whole, but it can make a big difference to the shows or movies you're watching on your Apple TV.

Adjust Contrast, Brightness, Gamma, and Backlighting

Your TV has settings that can improve image reproduction in dark scenes. Pause on the scene that's too dark for you to make out any details, and try adjusting the contrast, brightness, gamma, or backlight settings. Each of these has its own pros and cons, but

adjusting each one a little can tease out details from dark scenes you might otherwise miss. How well these settings work depends entirely on the TV model you're using, so don't be afraid to experiment, writing down the original settings first in case you decide to reset.

Change Picture Mode

Most modern TVs have several "picture modes" which are just combinations of settings tuned for specific kinds of content. For example, you may have ones for movies, sports, games, and so on. Try flipping between these picture modes to see if they are good for elevating detail in dark scenes.

Disable Power Saving

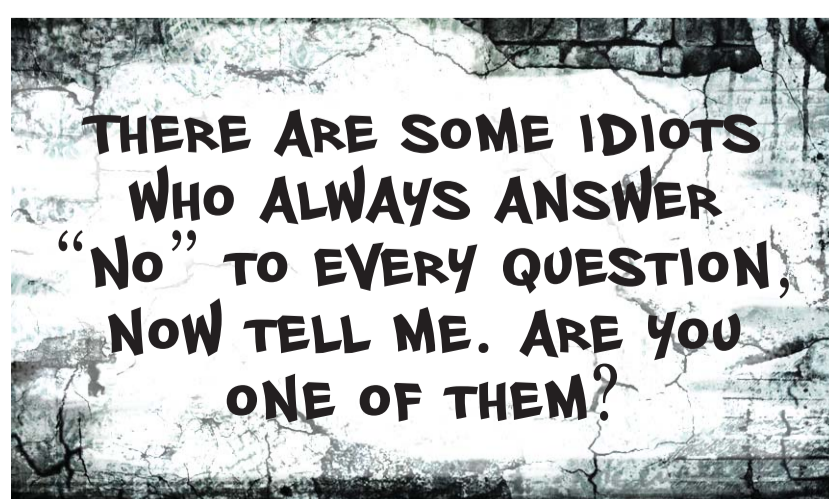
If your TV has any power-saving features active, turn them all off to see if his helps. Power saving modes don't just reduce brightness, they may also reduce the panel's performance in other areas, as well as the amount of post-processing that's done to optimize the image.

Enable Dynamic Contrast

If you don't want to mess around with multiple image setting sliders, one quick potential fix is to enable the dynamic contrast feature if your TV has it. This automatically adjusts the contrast level of your TV based on the current scene. So it will compensate for dark scenes without blowing out brighter scenes as would happen with a fixed setting. Alternatively, if this feature was already on, it may be a poor implementation of it. So try turning it off and cranking up the contrast manually instead.



THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman