

## #LIFESTYLE

### Keep Your Home Clean in Rainy Season

If you are tired of traditional cleaning routine and looking for the best ways to keep home clean in rainy season then here's the post worth checking.



While coming of the rainy season is a very good sign as it gives us respite from the summer heat, rainy season brings plenty of dirt and mud with it. The problem with rainy season is the accumulation of dirt, filth and mud all around us. Monsoon is literally the time when your homes get most dirty and you have to work with double force to keep it clean and tidy all the time.

We thought of sharing some of the best and easiest ways to keep home clean in rainy season. The usual daily cleaning routines have to be tweaked according to the season for best results. Listed below are some of the best and easiest ways to keep home clean in rainy season. Try some of these monsoon cleaning hacks and keep your home clean and tidy this rainy season.

**Place The Shoe Rack Near The Entrance**  
Usually we keep our shoe rack near the entrance but if you have placed it elsewhere then maybe you should consider



changing its place. Well, most of the dirt and the mud enter your home via your dirty shoes. It is obvious when you are going out in the rain your shoes are going to be covered with mud. Hence, keeping a shoe rack near the entrance will help you to limit the entry of mud inside your home.

Make it a point that everyone opens the shoes and then enters the home.

**Clean Yourself Before Entering**  
Walking outside can accumulate a lot of germs and dirt on our legs and feet. Cleaning your feet properly before entering your home can help with dirt accumulation. However, if that is not possible you can enter straight into the



restroom and wash your feet before entering other parts of your home. This tip can surely help you in keeping your home clean this rainy season.

**Get Rid Of Wet Dripping Clothes**  
Make sure to immediately get rid of wet and dirty clothes after going out. By doing this you can instantly prevent the germs from spreading all over your home. In addition, clothes you wear outside contain a lot of germs and getting rid of them instantly is a good thing for your health and hygiene as well.

**Keep Your Home Dry**  
During the rainy season the floors remain moist or wet all the time. Wet floors attract more dirt, dust and mud; hence, it is important that you keep the inside of your home dry. Keeping a proper ventilation system and opening your windows whenever it stops raining can help you fight this problem. In addition, proper air circulation is very important to have a fresh atmosphere at home. This can keep your home clean during the rainy season.

**Disinfect The Floor**  
The climate of the rainy season is very damp and humid which makes it favourable for the germs and bacteria to breed. During this time, it is obvious that your home will have many of them. One of the things to do to get rid of the germs is to keep your home clean by using a proper disinfectant. This will kill the germs and make you and your family safe and less prone to diseases. Try the disinfectant cleaner to kill 99.9% of the germs present in your home.

**Clean Your Bathroom**  
Your washroom gets dirtier compared to other parts of your house since it is usually the first area we go to when returning home to wash our body and keep ourselves clean. For short, it is more exposed to a lot of dirt, filth and mud during the rainy days. It is important to properly clean your bathroom after every use and keep it dirt-free. Try an all-purpose cleaner to remove stubborn dirt and leave your surface clean and spot-free.

**Try Deep Cleaning Weekly**  
Cleaning during the rainy season can be very hectic especially for those working, it can really take your time and keeping your home clean can be really difficult. Deep cleaning at least once a week is really important during this rainy weather to keep you and your family safe from unwanted diseases.



Lodhi Gardens.

## Dilli ke Mukaam

The famous playwright Shakespeare said, 'What's in a name?' 'Everything' most of us would answer in today's world! Why a person, place or a thing is given a certain name, has to do with a lot of factors. Speaking of places, do you know how places like Chandani Chowk or Dhaula Kuan got their names?

### #DELHI



Saba Sharma  
The writer loves travelling and exploring new places

If you close your eyes and imagine the streets and winding lanes that vein Delhi their names function as chapters in its multi-layered narrative. Even for those who have inhabited this city for decades, the majestic ruins scattered across it may have gone unnoticed. It is in these ruins that stories of invasion, victory and defeat crouch. Delhi is not a walking-friendly city. You may tour its innards and learn of its contours on buses or in auto rides but it is seldom that you'd know the story behind the naming of a street or a certain locality.

#### Moonlight Square

Take Chandni Chowk for instance. Situated within the walled city of Shahjahanabad (what is today known as Old Delhi), Chandni Chowk was a 19m wide and 1.4km long road that connected the Red Fort's Lahori Gate to the Lahori Gate at the city's walled circumference. Back then at its centre was a lone water tank. On a full moon night the water would reflect the pale moonlight and set the surrounding areas aglow. This is the name 'Moonlight Square'.

In the 18th century, this once-decorated thoroughfare was quite popular among the elite. A paper titled 'Economy of the City of Delhi: 1707-1761', published by the Indian History Congress, quotes a Dargah Quli Khan who visited the market in 1738: "Chandni Chowk is a place where important people



Chandni Chowk.

woman walking about with a camera around your neck, too many wagging tongues.

#### Lodhi Gardens

Shuttle across seven metro stations towards the heart of modern Delhi, from Chandni Chowk to Jor Bagh and you will find yourself in close proximity to Lodhi Gardens. A city's landmark today, this park was not always called so. On the same land once lay the village of Khairpur. "Khair means well-wisher or good," explains Vikramjit Singh Roopral, a city historian who has been studying Delhi and its past since 2009. The village was uprooted and relocated in the 1930s by the British and a vast manicured park was built in its place, orchestrated by Lady Willingdon, the wife of Lord Willingdon, the then Viceroy of India.

"If you enter Lodhi Gardens from Rajesh Pilot Marg, the original gate built during the inauguration is still there. The stone still has Lady Willingdon Park 1936 inscribed on it," says Roopral. As part of the area's beautification process, a baoli (step-well) disappeared along with the village. Once

an important water source for the village, it was buried and forgotten.

In the years to follow the park was re-sculpted and landscaped by foreign architects like Joseph Allen Stein (who also designed the adjacent India International Centre and the Triveni Kala Sangam, a 10-minute drive away). Over the years, the 15th-century tombs of emperors belonging to the Lodhi and Sayyid dynasties were carefully enveloped by trees and ponds. After Independence, the gardens were renamed as Lodhi Gardens and gave their name to Lodhi Road, the thoroughfare that skirts the park to the south.

#### The True Siri Fort

Next, hop into an auto rickshaw and request the driver to take you to Siri Fort. He will negotiate his way through the closely-stacked coral-hued buildings of Andrews Ganj, turn out towards Ansal Plaza (the first mall in the city opened in 1999), breeze through August Kranti Marg hemmed in by jamun, neem and gumhar trees, and drop you off near Siri Fort Auditorium. It is likely that the driver won't know where the actual fort is. Even fewer know why the place is called



Siri Fort.



### International Tiger Day

Tiger is the largest of the cats in our world. This magnificent creature with its distinctive orange and black stripes and beautifully marked face has a day that is dedicated to it. International Tiger Day has been created so that people around the world can raise awareness for tiger conservation and their natural habitats. Help raise awareness by joining the fight against threats facing the extinction of world's largest cats.



Chor Minar.



Hauz Khas Fort.

to be known as Ghiyas-ud-din-Tughlaq, the man who began the reign of the Tughlaq dynasty, which ruled for almost a hundred years. He ordered the construction of Tughlaqabad, the fourth city of Delhi. The remnants of Siri Fort's once marvellous bastions are now dwarfed and weathered down.

#### Hauz Khas

Five kilometres away, nestled within the leafy R-block residential area in Hauz Khas (which itself was named after a 13th century royal water reservoir - in Urdu, *hauz* means a water tank, while *khas* refers to something special), sits Chor Minar, a monument made of rubble masonry that looks like an overturned cup placed on top of a rectangular platform. There is an equally brutal story behind the

Chor Minar. Built during Khilji's reign; 225 holes dot the circular structure like vacant eyes. It stands in the middle of a small gated lawn where children play on cool evenings with their plump dachshunds and hula hoops. Centuries ago though this location would not be a place for children; this was where the decapitated heads of criminals would be suspended from the bamboo poles which used to be inserted in the minare's holes. The macabre sight was meant to strike fear in the hearts of thieves and frauds.

"Khilji came to the throne of Delhi Sultanate at a time when the Mongol threat was escalating and he had to maintain a huge army" writes Safvi. "He could not therefore afford mismanagement, inflation, cheating and deceit." Today,



Dhaulta Kuan.

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It is said that the name of Siri Fort - which once contained an entire city within it - is soaked in the blood of 8,000 severed heads. Sir and sar translates to 'head' in Urdu and Hindi respectively. In her book 'The Forgotten Cities Of Delhi', historian Rana Safvi writes on the city of Siri (which was called Dar-ul-Khilafat, or Seat of the Caliph earlier).

Chor Minar stands quietly by itself. Walk slowly around it and all you'd hear is the staccato of shrieks from a coterie of bats.

#### The White Well

About 10km to the north-west of Hauz Khas is Dhaulta Kuan. It is one of the busiest road intersections in the city and spills vehicular traffic towards Gurugram in Haryana. The place adopted its name from a landmark that was built possibly 200 years ago - it was where travellers would stop to take rest. "Dhaulta means 'white' and *kuan* means 'well'," explains city historian Dr Swagata Liddle of the Indian National Trust for Art and Cultural Heritage (Intach). According to Liddle, the stones of the once-famed well were white in colour.

The 40-50-foot-deep well, now defunct, still exists. It is hidden in the corner of a 70-acre lawn and is now under the supervision of the Delhi Development Authority (DDA). After a 5-minute walk from the Dhaulta Kuan metro station (on the road that leads to Indira Gandhi International Airport), turn left onto a dirt track through a broken-down grill gate. In a corner, there is Mahadev Chai Stall, where rickshaw and taxi drivers converge for tea-breaks. A wooden board, dislocated and cast away as garbage, rests on the side. It reads in Hindi: "Your safety is in your hands".

Fifty two-year-old Mahavir, with closely-trimmed hair, is a maali. He has been the caretaker of the lawn since 1982. The lawn is often visited by labourers, who in the evenings, settle under a tree, slip out their bottles, play cards or rest. Mahavir curiously peeps out of his small office window when he sees a new visitor approaching. He is reticent at first but when nudged slightly begins to talk about the well's recent history. "They call it the white well because there used to be white water in it," he grunts in Hindi. "I've seen it with my own eyes," he adds.

The said water was possibly white because of the mica minerals that laced the stones in the surrounding area. When the water receded completely nine years ago, the well was closed. Today, it is covered by a flat, rusted circular grill. "This used to be an important water source for travellers. Between Karol Bagh in West Delhi and here (a distance of about 12km today), this was the only well," says Mahavir. "Today, nobody comes here. It's forgotten like many other places which were once the lifeline for many."

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## #RESEARCH

### Potential To Grow Lost Hair Again



Researchers have discovered that a molecule called SCUBE3 potentially stimulates hair growth.

It may offer a therapeutic treatment for androgenetic alopecia, a common form of hair loss in both women and men. The study in Developmental Cell determined the precise mechanism by which the dermal papilla cells (specialized signalling fibroblasts at the bottom of each hair follicle) promote new growth. Although it's well known that dermal papilla cells play a pivotal role in controlling hair growth, the genetic basis of the activating molecules involved has been poorly understood.

"At different times during the hair follicle life cycle the very same dermal papilla cells can send signals that either keep follicles dormant or trigger new hair growth," says corresponding author Maksim Plikus, a professor of developmental and cell biology. "We revealed that the SCUBE3 signalling molecule, which dermal papilla cells produce naturally, is the messenger used to 'tell' the neighbouring hair stem cells to start dividing, which heralds the onset of new hair growth."

"The production of activating molecules by the dermal papilla cells is critical for efficient hair growth in mice and humans. In people with androgenetic alopecia dermal papilla cells malfunction greatly reducing the normally abundant activating molecules. For the work, researchers developed a mouse model with hyperactivated dermal papilla cells and excessive hair, which will facilitate more discoveries about hair growth regulation."

"Studying this mouse model permitted us to identify SCUBE3 as the previously unknown signalling molecule that can drive excessive hair growth," says co-first author Yingzi Liu, a postdoctoral researcher in developmental and cell biology. Further tests validated that SCUBE3 activates hair growth in human follicles. Researchers microinjected SCUBE3 into mouse skin in which human scalp follicles had been transplanted, inducing new growth in both the dormant human and surrounding mouse follicles. "These experiments provide proof-of-principle data that

"There is a strong need for new, effective hair loss medicines, and naturally occurring compounds that are normally used by the dermal papilla cells present ideal, the next-generation candidates for treatment," Plikus says.

SCUBE3 or derived molecules can be a promising therapeutic for hair loss," says co-first author Christian Guerrero-Juarez, a postdoctoral researcher in mathematics. Currently, there are two medications on the market-finasteride and minoxidil that are approved by the Food and Drug Administration for androgenetic alopecia. Finasteride is only approved for use in men. Both drugs are not universally effective and need to be taken daily to maintain their clinical effect.

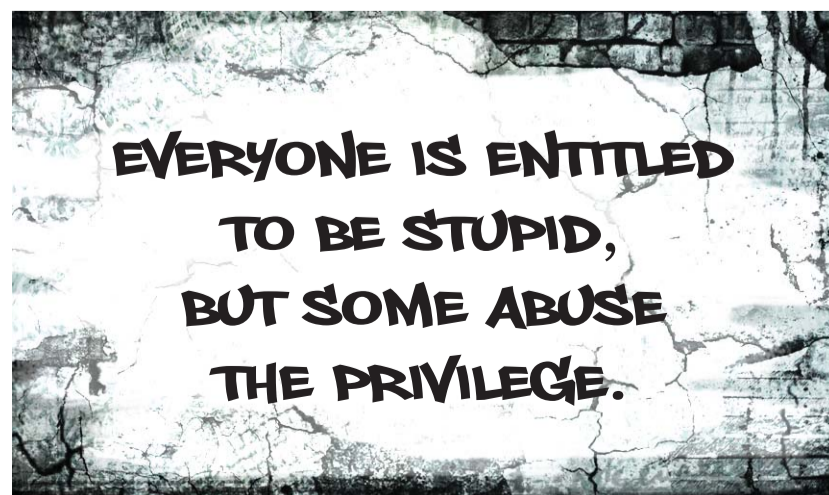
"There is a strong need for new, effective hair loss medicines and naturally occurring compounds that are normally used by the dermal papilla cells present ideal next generation candidates for treatment," Plikus says. "Our test in the human hair transplant model validates the preclinical potential of SCUBE3."

UC Irvine has filed a provisional patent application on the use of SCUBE3 and its related molecular compounds for hair growth stimulation. Further research will be conducted in the Plikus lab and at Amplifica Holdings Group Inc., a biotechnology company co-founded by Plikus.

Funding for the work came from the LEO Foundation; the Chan Zuckerberg Initiative; the W.M. Keck Foundation; the National Science Foundation; the National Institutes of Health; the Simons Foundation; the National Natural Science Foundation of China; the NNSFC's Major Research Plan training program; and Taiwan's Ministry of Science and Technology.



## THE WALL



## BABY BLUES



By Rick Kirkman & Jerry Scott

## ZITS



By Jerry Scott & Jim Borgman