

Math 2.0 Day

Math 2.0 Day is a unique celebration that brings together math and technology, highlighting their combined power to improve our world. Celebrated every July 8, this day is all about appreciating the role that math plays in the advancement of technology and our daily lives. It's a reminder that math is not just a subject in school but a foundation for countless innovations and conveniences that we enjoy today. Schools, companies, and math enthusiasts worldwide use this day to engage in activities that demonstrate math's beauty and its indispensability in driving technological progress.



#HEALTH

Food allergies: A growing health concern

Some allergens are overlooked such as soy, sesame, and gluten, which can cause serious and sometimes severe reactions in sensitive individuals.



In India, where the population is as diverse as the culinary landscape, food allergies are becoming a rising concern. A food allergy is an autoimmune response, that occurs in an individual, after consuming food that is harmful or unsuitable for their body.

Soy allergies

Soy allergy poses a significant health risk due to its widespread use as a common ingredient in various foods, presenting a challenge for individuals with soy allergies to entirely eliminate it from their diet. Found prominently in processed foods such as baked goods, cereals, and sauces, as well as serving as a primary meat substitute in vegetarian and vegan diets, soy avoidance requires constant vigilance to prevent allergic reactions. Symptoms

of a soy allergy can range from mild to severe and typically appear within minutes to hours after consuming soy products. Common symptoms of soy allergy include skin reactions like eczema, itching, and swelling of the lips, face, tongue, throat, or other parts of the body digestive issues like nausea, vomiting, abdominal pain, and diarrhoea, and respiratory problems like runny nose, sneezing, coughing, wheezing, and shortness of breath.

Sesame allergies

A common component in many Indian recipes is sesame seeds, particularly when they come in the form of sesame oil. In addition to being a popular garnish in Indian cooking, sesame seeds are also used in many different dishes including bread, snacks, and several spice blends. The increased consumption of sesame seeds in

Indian diets is one reason why sesame allergies are becoming more common in India. Diagnosing sesame allergies can be challenging because the symptoms are often mild and can be mistaken for other conditions. Cough, throat tightness, stomach pain, vomiting, diarrhoea, trouble breathing, and wheezing are common symptoms of sesame allergy.

Gluten allergies

Gluten allergy, also known as celiac disease, is a condition where the immune system reacts to gluten, a protein found in wheat, barley, and rye. One of the main reasons for the concern about gluten allergy-like symptoms in Indians is the increasing consumption of processed and refined wheat products, such as *suji* and *maida*. These products, commonly used in dishes like *upma*, *idli*, and *naan*, often have important nutri-

ents and fibre removed during the refining process, making them less nutritious and also contributing to digestive issues and gluten intolerance. Headaches, tiredness, brain fog, acidity, indigestion, acne, rashes, muscle pain, bloating, hormonal imbalance, constipation and belching are some symptoms that result from the body's inability to properly digest gluten, leading to inflammation and damage in the gut.

Minimising Accidental Exposure to Allergenic food

Increasing awareness about overlooked food allergies is crucial, as many people are not familiar with the concept of food allergies and may not recognise the symptoms of an allergic reaction. It is essential to seek immediate medical attention if signs of an aller-

gic reaction appear. To confirm if a person is allergic, they must get a food sensitivity test done. Once diagnosed, management includes strict avoidance of allergy-containing products, carrying emergency medications, and educating oneself and others about the allergy.



APPINESS is one thing everyone wants in this world. Nobody wants to be unhappy. Perhaps, this holds good for animals, too. But what is happiness? This is surprisingly a difficult thing to put in words.

So, I thought of asking some elderly persons in my family and in my neighbourhood to educate me on what happiness 'really' is? The answers were long, often confusing and vague. But two basic facts could still be made out.

1. "A happy life is every one's cherished desire."
2. "Still, no one knows for certain what happiness is and how it can be acquired."

Most of the persons I met, surely wanted to be happy, today, tomorrow and always. But why bother about 'defining' it and wasting your happy mood.

Others seemed to be mixing happiness and spirituality. It is the final stage of satisfaction, the final purpose of life. All great saints have been working to reach this stage of 'happiness' through the path of 'religion'.

Then, there were some who believed that happiness, in this modern world, depends on having all material goods, wealth, family comforts and freedom to do what ever one likes. Obviously, I realized that happiness is not an easy thing to define or grasp. So, I began my adventure to search the meaning and source of this 'wonderful thing' which we call 'happiness'.

For almost two months, I often strolled through this enchanting garden of happiness whenever I had the time. I took guidance of course from many persons, particularly my grandfather, Dr. L. K. Kothari, my psychology teacher, Dr. Asha Mathur and several interesting books. And here is the outcome of my efforts.

DEFINING HAPPINESS



What exactly is this wonderful thing which we call 'happiness'? We have to examine it more deeply and analyse its aspects with the help of available knowledge. At my age, happiness can be taken as God's day gift to all of us. Every infant I imagine is happy when it arrives on this planet. The mother takes care of everything. There is nothing to worry about. No exams, no politics, no conflicts. But things soon begin to change as we grow. Innumerable factors begin to intervene in our happy life and cut down or destroy our wonderful God-given happiness. Diseases like cancer or serious birth defects and accidents can make life quite miserable. Other man-made factors related to our family profession and financial status can create unhappiness on their own. But surprisingly, sometimes, chemical or hormonal imbalance in our brains neuronal system can give rise to unhappiness, which seems to have no cause that we can see. We just can't understand why this person is not happy and cheerful, when he has everything one can wish for. An interesting case study throws light on this.

COUNT YOUR BLESSINGS



THE CASE OF THE CIRCUS CLOWN

A famous psychologist in America, one day, had a patient who complained, "Doctor, I have everything a man wants. A good lucrative job, a good family, a pleasant house and enough money for my needs. But I am not happy. All the time, I feel sad and bored. I want to run away from life. Doctor, just make me happy. I'll feel good if I have happiness. I don't want anything else."

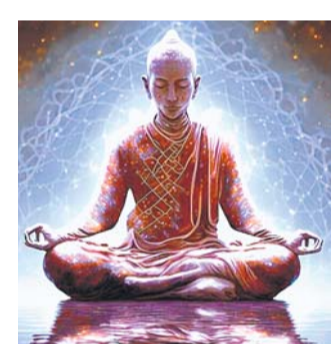
The psychologist examined him thoroughly and finally said, "There is nothing wrong with you. But do one thing. There is a circus running in the town and there is a wonderful clown in the circus. He makes people roar and roar with laughter. They forget everything and just go crazy at his funny antics and jokes. My advice is go and see this circus and I am sure it will make you happy. You would like to see the clown again and again."

The patient grew silent. And then said, "It means, Doctor, that there is no treatment for me because I am that very clown." This incident tells us a very important thing. One can be laughing and laugh externally but still be without any happiness 'internally.'

Even more surprising is the fact that very often we are unhappy not because of bad things happening to us, but because of good things

HOW TO GAIN HAPPINESS

There is no shop in the market 'selling happiness' as such but there are many *tantriks* and fake *babas* etc. selling all sorts of rituals or magic formulas to cheat us. Human beings have been searching for



happening to our friends.

How many of us are willing to accept this? In a nutshell, we can say that happiness is a mental state of perfect peace and harmony, bliss and inner satisfaction, from which we don't want to fall down. Happiness is said to be **CONTAGIOUS**. A happy person, by his positive thoughts, wit and humor, will make people around him cheerful and happy. This is, perhaps, what makes clubs, laughter groups, kitty parties so popular. But there are people who find happiness in solitude, like our *rishis* and ancient *yogis*, living in the Himalayas. Attempts have been made to measure happiness in terms of *Gross National Happiness Index (GNH)*. It is more important than *GDP*. *GNH* is a balance between material and spiritual development. Bhutan, it seems, has the highest *GNH* index, today. This is a wonderful reality and the world can learn many things from it.

ways to become happy, and remain happy since time immemorial. As a matter of fact, we can say that the search for happiness is as old as the human race. Let us examine some of our past discoveries.

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1. WEALTH

In today's world, most persons seem to believe that wealth and happiness are the same thing. Instead of starting the day with their morning prayer, they would rather check their bank balance. Ah! Higher the balance, happier would be the day. Accumulation of wealth is taken to be life's main objective.

However, some studies in USA have shown that the relationship between wealth and happiness is not so consistent. Money adds to happiness only at lower levels just as fame adds to happiness only at higher levels. Giving a gift of Rs. 1000 to our maid would make her very happy, but giving 1 crore of rupees to Tata or Ambani would hardly matter to them.

At the same time, excessive wealth brings its own tensions and problems, in today's world. So, let us not take wealth as an absolute prescription for happiness.

2. PHYSICAL EXERCISE

Physical exercise, besides strengthening the body, also calms our mind, filling it with pleasant thoughts. Exercise is also known to produce a chemical hormone, *Endorphin*, which makes us feel happy and stress free. These endorphins interact with the receptors in the brain that reduce our perception of pain. Physical exercise includes and can take many forms. A brisk walk, routine household work, outdoor sports, going to a gym and many more. Someone has rightly said that 'a brisk walk for half-an-hour is excellent and only needs a strong will and a good pair of shoes.'

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SOME NEW PRESCRIPTIONS FOR HAPPINESS

5. DRUGS

A number of substances are widely used or abused today to create a false sense of mental excitement and illusion. These include Alcohol, tobacco, cannabis (*ganja*) etc. But the damage the body as well as our personality and behaviour. They have nothing to do with happiness. Recent medical research has shown that a number of chemical hormones or neurotransmitters in the brain regulate our mood, sense of satisfaction and a feeling of pleasure. In other words, these include dopamine, serotonin. Imbalance in them would produce depression and feeling of unhappiness. Extensive work has happily led to a number of drugs, taken regularly, over fairly long periods of time, which effectively correct this imbalance. The result is the person begins to feel happy again and resumes his normal work. So, here is a remedy for people feeling depressed or unhappy for no specific reason, but these medicines should only be used under an expert doctor's advice.

3. POOJA, MEDITATION AND YOGA

Although, known for thousands of years, they are now becoming widely popular for spiritual and mental satisfaction, ultimately leading to happiness.

Several religious practices and systems of meditation are being advertised every day. Together with *yogic* classes, it is almost a lucrative business. My grandfather always asked me to gracefully bow before a picture of *Lord Mahavir* in our home, before leaving for my school exams. I obeyed him dutifully. But one day, I asked him, "What was the purpose of all this?" He answered at once, "I can tell you one thing for sure. God will never go to your Madam and ask her to increase your marks. Just keep on following my advice. Someday, later in life you would realize what all this 'really' means. Religious *pooja*, going to temples, spending time in meditation or practicing *yoga* may not bring us any wealth or success as many people imagine. But this will bring you confidence, a purposeful life and happiness." Only time will tell if this is indeed so.

Man has tried a number of recipes or prescriptions for securing happiness. But to me, it appears that nothing has been found fully satisfying for all persons and all times. The best way I have found to be happy is that we should always 'Count our blessings.' God, it seems, has an unlimited treasure of blessings and he showers some on each of us. We should not remain trapped in our petty day-to-day problems, but enjoy our blessings and be happy.

The persons, I have been able to interview so far, to think seriously and name five of their most cherished blessings, have revealed many interesting things, more about it later, but a few of the blessings revealed so far are amazing to me, ranging from lovely grandchildren to a particular brand of whisky.

4. HOBBIES

It is unfortunate that in our country, people seldom take any interest in hobbies. It is believed that where is the time to pursue hobbies in this hectic life and where is the money to waste on such useless things. Very few of my colleagues care about music, art, theatre, collecting stamps, coins, gardening, reading, writing, sports, hiking etc. And there can be hundreds other interesting hobbies that I have heard about. Many are quite funny and unique. Without interest in some hobby, life becomes boring and a burden, particularly after retirement. The result is that our senior citizens feel bored, lonely and unhappy without any purposeful work. Even for the young, interest in some hobby can make life beautiful and exciting.

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#EVENT

HARMONIES OF SUSTAINABILITY

The Leela's 'Rhythm of the Earth' concert series, featuring Grammy winner Ricky Kej, captivated the audience in Jaipur. The event combined stunning musical performances with powerful messages on sustainability and compassion. Guests enjoyed a specially curated wellness-inspired dinner after the concert, further enhancing the unforgettable experience. Proceeds supported the Kailash Satyarthi Children's Foundation, underscoring The Leela's commitment to environmental and humanitarian causes.



Tusharika Singh
Freelancer writer and city blogger

The Pink City recently witnessed a scintillating musical evening with three-time Grammy winner and United Nations 'Goodwill Ambassador' Ricky Kej live in concert.

The event, titled 'Rhythm of the Earth', was part of a series of concerts held across four of The Leela Palace properties. Set against the backdrop of The Leela's majestic landscapes, this musical concert series began in Bengaluru, continued in Chennai and Udaipur, and concluded in Jaipur. This series aimed to bring the symphonic beauty of nature together with the evocative power of music, igniting a spark for compassion and awareness on global issues through Ricky Kej's performances.

The concert was designed to be an exclusive, intimate performance by Ricky Kej, accompanied by virtuoso musicians. The music, augmented by stunning visuals, created a spectacular audio-visual experience centered around the natural world, sustainability, and India's rich heritage. Ricky Kej aspires to champion global causes through his music, raising awareness on issues like climate change and sustainable practices.

Guests at the concert were treated to a harmonious blend of melodies that resonated far beyond the performance space, fostering a profound connection with nature and the community. The band performed songs like 'One Song' and 'Ganga,' along with compositions addressing themes such as the environment, culture, tribal farming, wildlife preservation, and climate change. Being in Rajasthan, the traditional piece 'Kesariya Balam' was an obvious choice to woo the audience. The popular Sufi rendition 'Mas Kalandar' was also featured, with the concert concluding with an instrumental performance of the national anthem.

In alignment with The Leela's sustainability efforts, a wellness-inspired sit-down dinner menu



Ricky Kej and his band with Sharad Puri (in black), Senior Vice President and General Manager, The Leela Palace Jaipur and Indian activist, Kailash Satyarthi.



Ricky Kej and his band live in concert at the Leela Palace in Jaipur.

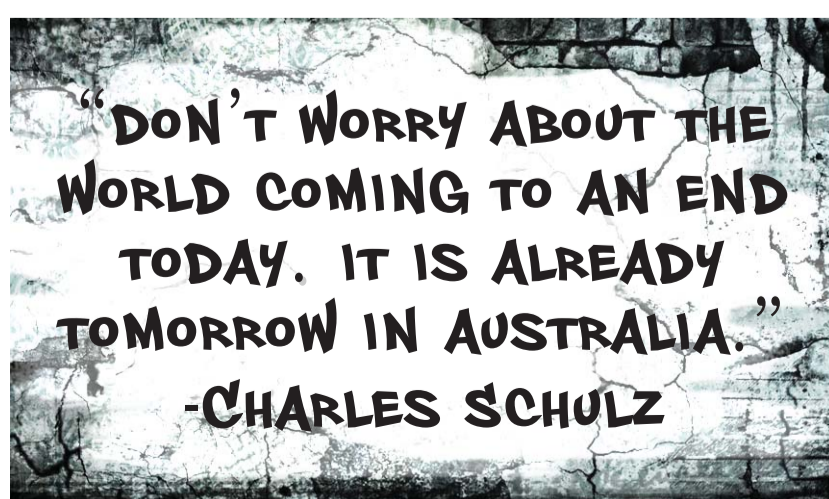
under 'Aujasya by The Leela' was specially curated for all patrons across the participating hotels. This initiative further underscored the brand's commitment to promoting well-being and responsible living. "Today's travellers are seeking immersive and meaningful experiences. This gives The Leela an opportunity to curate fulfilling experiences that resonate with all our patrons. We are excited to host the 2nd edition of this concert with Ricky Kej, and through this partnership, we continue to redefine luxury through a lens of responsibility and sustainability for our guests."

Ricky Kej shared his enthusiasm, stating, "I am thrilled to partner with The Leela Palaces, Hotels, and Resorts for the second edition of 'Rhythm of the Earth.' Music is an effective tool to communicate messages, and partnering with The Leela gives me a platform to strengthen my outreach and inspire change." Through 'Rhythm of the Earth,' The Leela and Ricky Kej not only created a magical musical journey but also reaffirmed their commitment to making a positive impact on the environment and the community.



Audience enjoying the performance.

THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman