



## Global Recycling Day

Global Recycling Day is here to remind individuals, organizations, corporations and governments that recycling is a key part of the circular economy of humans on the planet. The day is meant to draw attention to and recognize the important part that recycling plays in preserving primary resources. In addition, Global Recycling Day is meant to motivate people into taking action as they seek to help repair and restore global resources. From trash to treasure, give your waste a new lease on life! Contribute to a better future with the power of recycling.

## #CONSCIENTIOUSNESS

### Pandemic Changed Personality Traits

Over the course of the pandemic, people became more conscientious, even more so in the later months of the pandemic.



Major life changes can affect personality, and the COVID-19 pandemic was the rare big life event that all humans shared together. "This was a really unique opportunity to see how a life event that's happening at the global stage to the entire population at the same time is changing personality," says Emily Willroth, an assistant professor of psychological and brain sciences at Washington University in St. Louis.

Over the course of 21 months of the pandemic, Willroth and colleagues surveyed 500 people with diverse backgrounds, ages, and from varied regions across the US using the "Big 5" personality traits test that measures conscientiousness, extraversion, agreeableness, neuroticism, and openness.

What they found was that over the course of the pandemic, people became more conscientious, even more so in the later months of the pandemic. In addition, extraversion dropped, though it eventually stabilized, and people exhibited slightly less neuroticism, on average.

The increase in conscientiousness was not surprising considering "people really had to engage in conscientious behaviours," such as hand washing and distancing, and when people engage in behaviours repeatedly, it can lead to overall change that is broader than Willroth notes.

Extraversion, being outgoing and sociable, also declined for what would seem like obvious reasons, but Willroth points out that isolation isn't the only factor in becoming less extraverted.

Extraversion and "good feelings" go hand in hand, so the stresses of the pandemic also could be a factor in muting an outgoing attitude. In other words, people were not only being forced to isolate, but they also were experiencing fewer positive emotions, which also can decrease extraversion.

The decrease in neuroticism happened later in the pandemic and may have occurred because people began to adapt to the new norms of pandemic life. Despite the view that the pandemic left us grumpier and meaner, that didn't show up in the trait survey, as "agreeableness" did not noticeably change during the pandemic.

We have lost a veteran writer. He helped Arbit to grow from infancy to it's present heights. There can be no greater homage to him than to re-read one exclusive set of his contribution for our readers. Here is one set of his masterly contributions.

With this issue we introduced a new format that showcased the works of many Jaipur artists and professionals. We started with the works of Nihal Mathur and his unique stamp presentations. He tells the Story of Flight by arranging his stamps in historically sequential order to tell the tale. There are in all 38 presentations that takes the reader from the beginning made by the early pioneers and ends with modern aircrafts today.

-Editor



Concept and Design by Late Nihal Mathur

Computer Graphics by Bharat Kumawat

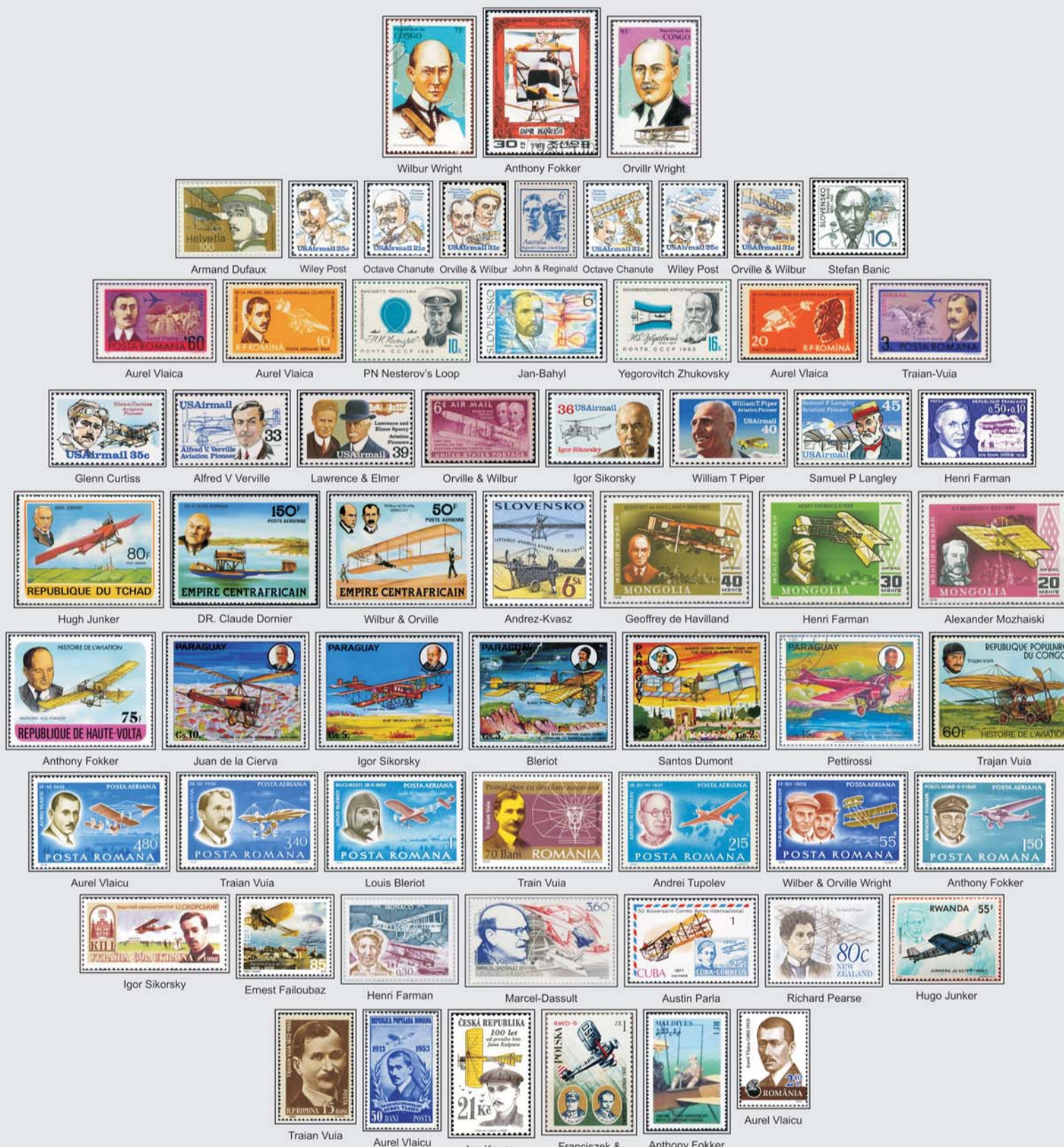


Late Nihal Mathur, Filmmaker, writer

Obviously, a stamp is postage paid to the government for delivering our letter to distant friends and family. But these small bits of perforated printed paper are actually cultural ambassadors of a nation because glued on mail, they go far and wide carrying images of the country. Imagine a kid in Kuwait captivated by the image of a Royal Bengal Tiger or a boy in Barbados seeing his hero Tundalkar on a letter from India. Once upon a time, before the advent of television, stamps were one of the mediums that brought these representative colourful images from around the world. People loved to collect flowers, birds, animals etc. Over the years, the popularity of the Hobby of the King's declined as other mediums captured the children's imagination. Like any school going child in early Sixties, Nihal also began to collect stamps as a hobby. This was a random collection that ended soon after he joined college. But stamps lurked in his subconscious and wherever he could get his hands on them, he collected them and put them away in a big paper box as a compulsive action. Later in his professional life, when he visited different metros for work, he would take time out to visit stamp dealers in the city and spend hours sifting through heaps of cheaply priced stamps to select what he wanted. His selection depended on his interests and he pulled out stamps on all kinds of themes - writers, poets, scientists, national parks, wildlife, space and of course aircrafts. Nihal has written many popular stories on stamps. One of them 'Daughters of the Land' described how Indian postage stamps portrayed the Indian women. The National Philatelic Museum in New Delhi displayed pages of the story for some time. He also produced a brochure 'Reminiscences of Steam Era: A Journey Through Stamps' for the Ministry of Railways. He was also member of many online stamp communities.

## #MEMORY

### Early Pioneers 1914-1918



### Advancement of Aeronautical Era

With the arrival of Wright Brothers' invention there was fervent activity amid the early pioneers to make their own aircrafts. Many different aircraft configurations were experimented with, all as the preserve of few eccentric rich enthusiasts to being an established technology with its complex aeronautical engineering. Industrial aircraft manufacturing businesses also sprang up and aviation became a subject of enormous popular interest.

Popular aircraft magazines appeared along with Aero Clubs in many countries where series of prizes were announced to encourage the pioneers to invent and innovate to address aeronautical

problems. In America there were Glenn Curtiss, Octave Chanute, Lawrence & Cline, Sikorsky, Langley to name a few, who did pioneering work. But it was the French who considered themselves as the true inheritors of the aerial era because it was abuzz with many aviators - Blériot, Farman, Voisin, Nieuport, Brugué, Potez, Dassault, and not to forget Santos Dumont who was a Brazilian living and working in France. In England

Geoffrey Handley Page, Short Brothers, Vickers and many others were all involved in designing and manufacturing aircrafts. The other significant aviators were Hugo Junker and Claudius Dornier from Germany while in Romania there were Aurel Vlaicu and Traian Vuia who were busy building aircrafts. Besides these, there were many other pioneers in Europe who were

all competing with one another for prizes and trophies like the Gordon Bennett Cup for Racing and other technical achievements. These attracted huge audiences and successful pilots achieved celebrity status. By 1914, the competition between the aviators was raging and that was reflected in World War I which was not long in coming.

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## #FOOD-REVIEW

### Chaat Bistro

"Chaat Bistro is an outcome of the indelible mark that each region with its distinct flavour profile left on my palate," says Vrinda Agarwal



Sadhana Garg, Journalist & social entrepreneur

Have you heard of the Chaat Bistro? If not then do head for this cosy restaurant nestled in the verdant greens of Civil lines in the city. First things first, it's all about the good vibes and good food. On the walls is a map of India which is like a culinary canvas that narrates diverse spectrum of Indian street food. Vrinda Agarwal, the foodie behind the venture says "Chaat Bistro is an outcome of the indelible mark that each region with its distinct flavour profile left on my palate."

To begin with the BOM- BAE Bhel, unknown to this part of the country a few decades ago totally justifies its popularity. The Sev - Puri - a crispier cousin of the Bhel wherein thin white flour wafers are loaded with a medley of zero number, sev, potatoes, chickpeas and sweet and sour chutneys. The Masala Pav, clearly a lifeline of Mumbai is great for all lovers of spices and garlic.

Kolkata Kravings, as the name suggests, is about Jai Muri & the Dahi Toast. The latter sounds very basic but the hung curd with onion, tomato and potatoes among other things is surprisingly very delicious.

From Indore ka Sarafa Bazaar there is Sabudana Khichdi- not the lumpy kind that one finds in most places. The Bread Poha made mostly "chatpat in jhatpat" in Indian homes at Bistro is a flavour packed dish.

The dhokla - the savoury sponge like farsaan from Gujarat that lies on the Western coast of India is surprisingly not included in the menu. To refresh ones memory it may be mentioned that it is a dish that was depicted on a postal stamp by the government of India in 2017. Instead the Masala Khakra- a humble staple of the Gujarati thali finds its way in the menu as Dhokla ka Amdavadi Dost. Crispy and spicy, it sure is addictive. The PeejaToast - is the Indian version of the authentic Italian pizza- a happy combination of bread, pizza sauce, cheese, onion and paneer. It is what most homes still dabble in at different times of the day. So in many ways the bistro is an extension of the home kitchen bringing alive nostalgia and child-



hood stories shared over hearty meals.

Move over to Banaras - the only city in the world to have three names - kashi, Varanasi and Banaras. The latter was coined by Akbar meaning "City of light." It's gastronomic variety bewilders one. The fox nut or simply put the Makhana mixture is a delight in four different variations. The Chuda Aloo was great but one missed the Mattar Chuda of Banaras. No other city in the country in winters is as "hap- pea" as this ancient gem. The aroma of fresh coriander and lime with, fresh ground garam masala and kala namak impart it a simple divinity sans garlic and onions.

Jaipur's claim to fame- the Piyaz Ki Kachori gets a makeover as "Kachori Chaat" with dollops of yoghurt, green and sweet chutney and a generous helping of zero number Seethe DIY Mattar Bhel is somewhat of a challenge for those



good at only eating- if you add the right amount of accompaniments that come in small katories you can end up curating a treat for yourself.

The Marina Beach, speciality of Chennai is a high protein combination of white peas, carrots, raw mango curry leaves and coconut shredding. Add to this the puffed Millet Bhel and you have a healthy platter from South.

For those who think dessert is the sweetest form of love, there is Rasagulla from rose flavoured milk- the softness and fluffiness is something to die for. Mishrimawa and Malai Kulfis are an added bonus.

For Beverage lovers there are various blends of tea and coffee to sip and savour. For all those calorie watchers if you want to reduce your blood sugar levels after the Chaat, binge chew on the home made psam served in a nawabi style platter- a perfect finish to an immersive "chaaticious" experience.

