

## #COVID-19

### Long Covid Rehab Program

It is based on a gradual or paced increase in a patient's physical activity.



rehabilitation programme that helps people with long COVID reduce their symptoms and increase activity levels has shown 'impressive' results, say scientists.

Before the start of the programme, the people taking part in the programme were reporting on average three 'crashes' a week where they were left physically, emotionally or cognitively exhausted after mild physical or mental exertion. Six weeks later, at the end of the programme, that was reduced to an average of one crash a week.

The patients also experienced a 'moderate improvement' in their ability to be active and better quality of life.

The pacing programme was run by the long COVID service at Leeds Community Healthcare NHS Trust and evaluated by clinicians and scientists at the University of Leeds and Leeds Beckett University. The findings are reported today (16/12) in the Journal of Medical Virology.

Writing in the paper, the research team say the programme, which involves a supervised increase in physical activity, has the potential to be an effective treatment option.

Dr Manoj Sivan, Associate Clinical Professor in the School of Medicine at the University of Leeds, Consultant in Rehabilitation Medicine at Leeds Teaching Hospitals NHS Trust and research and service evaluation lead for the long COVID service at Leeds Community Healthcare Trust, supervised the research project.

He said: 'Long COVID affects around two million people in the UK and it has an impact on their quality of life and in some cases, their ability to work. It is distressing and disabling.'

Post-exertional malaise or post-exertional symptom exacerbation or simply 'crashes', as described by patients, is a defining and important symptom of long COVID.

'When patients get a crash, they experience feelings of complete exhaustion and wipe out and are unable to resume activities for hours or sometimes days.'

'The findings of this research are exciting because this is the first time that crashing episodes have been used as a marker for the condition and a structured pacing programme has now been shown to substantially reduce symptoms and improve quality of life.'

Thirty-one people with long COVID took part in the six-



The battlefields of WWII did not just see soldiers dying or killing for their countries; they also were witness to hundreds of thousands of specially created posters that fluttered down from specially flown airplanes which were created with only one aim- to covert the Indian soldiers to fight for freedom rather than the British Raj.

## The Shackles of the Raj...

### When Japanese posters urged Indians to destroy them



**Sandeep Mukherjee**  
The writer is a historian with a special interest Asian history.

Against a blood-splattered background, a brown, turbaned man is shown with his forefinger outstretched, angrily pointing, almost out of the poster and at the viewer. Upon closer examination, the gory red background reveals piles of skulls and massacred bodies. The text, appearing in sections across the page in Hindi and Bengali, recalls pivotal moments in the subcontinent's history: the 1785 Massacre in Dhaka, the first war of Indian independence in 1857, the 1919 Amritsar massacre, and the First World War sacrifices in 1918.

The singular thing that all these crucial moments have in common is the failings of, and the conflict caused by, the British in India, and as if addressing that, the final piece of text in the centre of the poster reads, 'The English claim to understand and care for Indians. But the 300 years of exploitation...'

#### Psychological Advertising

This poster, dropped into Assam by the Japanese in 1944, is eerily reminiscent of others from history. It has the same directness of War Minister Lord Kitchener's 'BRITONS [Kitchener] Wants You!', which was published in 1914 as a call to join the First World War and inspired Uncle Sam's infamous 'I want YOU for US Army'.

It has the same urgency. Above all, the poster is a crystalline example of the psychological advertising and conversion attempts employed by the Axis powers in the Indian subcontinent during World War II.

'During the Second World War, the British and Japanese govern-



#### #HISTORY

ments fought a fierce propaganda war in South Asia to influence mass opinion in their favour,' said Parthasarathi Bhaumik, assistant professor of comparative literature at Jadavpur University and a British Library Cheltenham Fellow. 'They exploited all available media- wireless, film, print and live performances... The aim was to discredit the opponent and to project their own side as the true friend of South Asian people.'

On September 03, 1939, at 8.30 pm, the voice of Viceroy Lord Lithlingow rang through the frequencies of All India Radio, announcing that His Majesty's Government was at war with Germany - and as a colony of that government, so was India. 'I am confident,' he said, 'that India will make her contribution to the side of human freedom rather than against the rule of force.'

This announcement sent leaders of the Indian National Congress into rage and frenzy. India's involvement in the Second World War had

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and the Great Bengal Famine in 1943. What was also harrying them was the rise of the Indian Independence League, a political organisation that was headed by leaders like Subash Chandra Bose and Rash Behari Bose, who were collaborating with the Axis powers.

India was of interest to all. Its strategic location, its abundance of natural and financial resources and armed power had proved it to be an attractive territory in the South Asian theatre of the War, for both the Allied powers to retain, as well as Axis powers to gain.

A folio in the British Library, labelled Japanese Policy in Regard to India since the outbreak of the War of Greater East Asia up to the end of May 1942, has detailed and chronological notes provided to British officers on the activities of Japan, including its occupation of Malaya (1941) and Burma (1942).

weave Japanese paper. These can be quite obviously divided into batches based on the style, inkery and printing technique, but it is clear that within each batch, the scribe and the artist have remained consistent. The pro-Japanese, anti-British posters detail the discrimination, racism, xenophobia and inequality propagated by the Empire, and focus on 'Asia for Asians' or the idea of racial grouping. A poster shows five different Asian men, including a Japanese soldier, all united and raising a toast, suggesting that Asians can live in harmony. An injured figure (donning the British flag) is falling from the globe. The text reads, 'This is an apt occasion to drive out the English from Asia.'

These posters emphasise on intense psychological conversion, and they were distributed to troops and civilians, particularly along the border regions. They also fluttered down from circling airplanes across the battlefields in Europe, North Africa and Burma, hoping to convert the Indian soldier. In The Raj at War: A People's History of India's Second World War, historian Yasmin Khan writes, 'Although [the troops] had been trained to ignore Axis propaganda, some of it reaching the Indian troops was extremely unerving... it was directed at the weakest spots in the psychological armoury of the sepoy. It played on their homesickness, anxieties about hunger and home and on their desire for the war to end.'

'To be continued...'

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The Japanese were at the very threshold of India, threatening the Empire's dominance. There are records of captured Sikh soldiers from these were being given the option of either joining the Indian Independence League or facing persecution, imprisonment or execution. 'Japan openly showed her interest in India,' the document reads, 'and Premier General Tojo publicly announced that the Indians should take this opportunity and revolt in order to drive the British out of India, thereby gaining for themselves, their independence.'

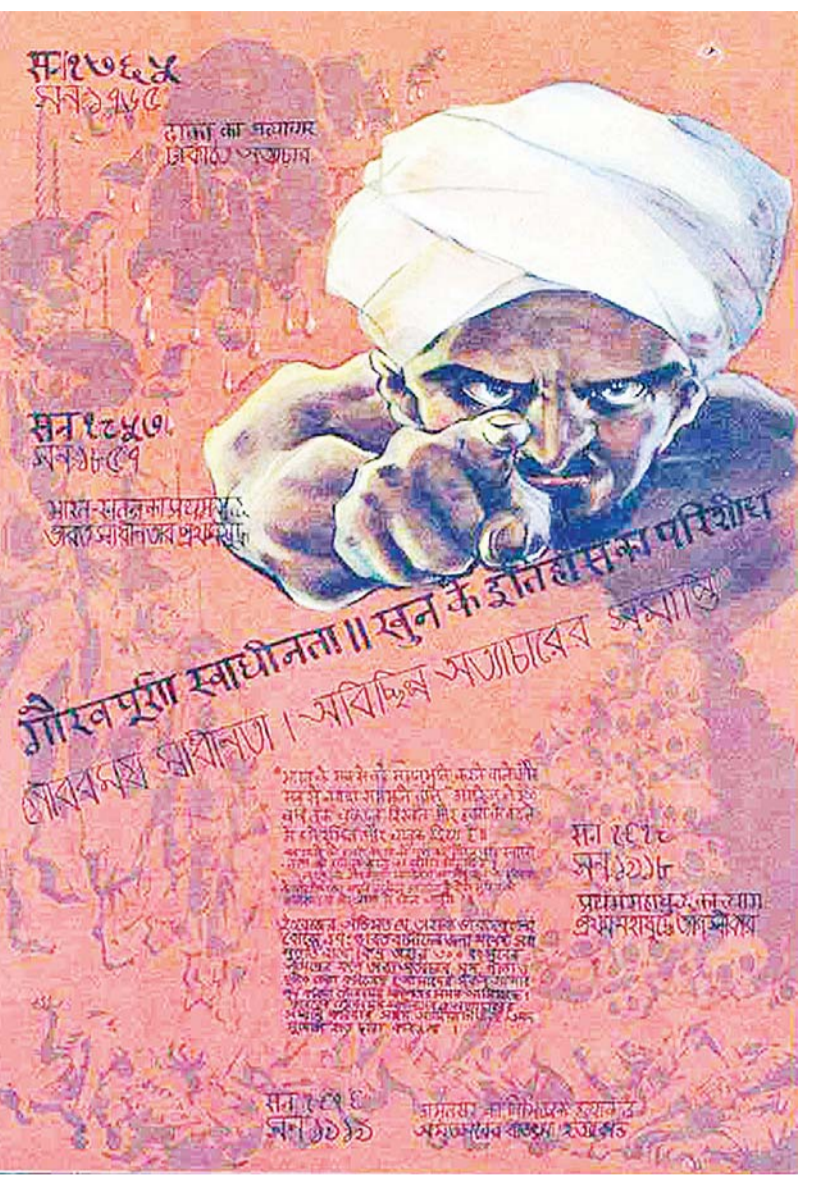
#### Propaganda Cartoons

This interest in India led the Japanese to start a fascinating propaganda effort to convert, as if it was for the benefit of India herself, the Indian soldiers and civilians to the side of the Axis powers. In Farthest Field: An Indian Story of the Second World War, journalist-writer Raghu Karnad describes how after the fall of the city of Rangoon to the Japanese, the air was filled with 'thousands of fluttering leaflets. These were propaganda car-



#### Tick Tock Day

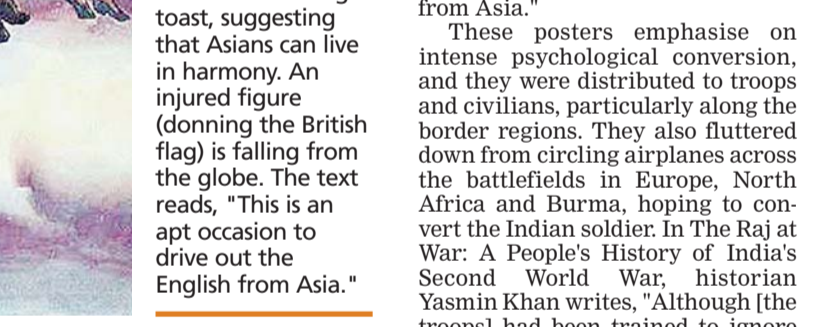
ick... Tock... Tick... Tock... This is the sound of the year, and indeed your life, slowly slipping away. Every moment not spent living life to the fullest is another moment that is gone forever, impossible to reclaim. Tick Tock Day reminds you that the year is almost at an end, and there are things still left to be doing, and in fact, only two days left to do them in. Don't let the year end with regret! Get out there and beat the Tick Tock!



This poster recalls pivotal moments in the subcontinent's history and highlights the failings of the British in India.

#### Anti-British posters

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expression in MC4R-expressing neurons suppressed obesity because mutations in the MC4R gene are known to cause obesity.

Consequently, they created a strain of mice that expresses CRCT1 normally except in MC4R-expressing neurons where it is blocked to examine the effect that losing CRCT1 in those neurons had on obesity and diabetes.

When fed a standard diet, the mice without CRCT1 in MC4R-expressing neurons showed no changes in body weight compared to control mice. However, when the CRCT1-deficient mice were raised on a high-fat diet, they overate, then became significantly more obese than the control mice and developed diabetes.

This study has revealed the role that the CRCT1 gene plays in the brain, and part of the mechanism that stops us from overeating high-calorie, fatty, and sugary foods,' said Professor Matsumura. 'We hope this will lead to a better understanding of what causes people to overeat.'

The research results were published in the FASEB Journal on November 9, 2022.

## #FOOD-PSYCHOLOGY

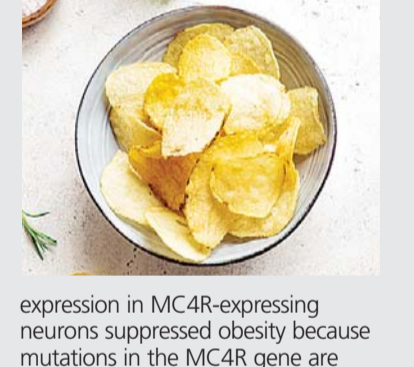
### Eating Just One Potato Chip Is Impossible



High-calorie foods-high in fat, oil, and sugar-can taste good but often cause overeating, leading to obesity and major health problems. But what stimulates the brain to cause overeating?

Recently, it has become clear that a gene called CREB-Regulated Transcription Coactivator 1 (CRCT1) is associated with obesity in humans. When CRCT1 is deleted in mice, they become obese, indicating that functioning CRCT1 suppresses obesity. However, since CRCT1 is expressed in all neurons in the brain, the specific neurons responsible for suppressing obesity and the mechanism present in those neurons remained unknown.

To elucidate the mechanism by which CRCT1 suppresses obesity, a research group led by Associate Professor Shigenobu Matsumura from the Graduate School of Human Life and Ecology at Osaka Metropolitan University focused on neurons expressing the melanocortin-4 receptor (MC4R). They hypothesized that CRCT1



points and wifi but also extends to the general vibe of the place which is designed to facilitate anything that requires calm and peace', tells Skand. The café is also open for other artists to display their work.

#### Best of brews and eats

Earnest is also a great option for someone who likes to experiment and try different coffees from roasters across India. 'We want to offer varieties of coffee and an array of roasting profiles from a host of different roasters. When it comes to food, the objective is to serve healthy, unadulterated and fresh food with a global appeal. We try to use everything prepared in-house. The most basic and classic dishes made using an authentic and traditional approach and not just to appeal to the local palate is our main idea', elaborates Skand.

**Must Try:** Neapolitan pizzas, Rachel Salad, Chocolate brownies, Pumpkin hot bread, Brazilian lemonade, Lemon sparrows and specialty coffees.

## #DINE OUT

### An Earnest Effort

When teaching English literature did not work out for Jaipur's Skand, he decided to bring together his love for literature, art, photography, music and coffee under one roof and share it through 'Café Earnest'. Used as a space for book lovers to meet and discuss books, artists to display their art and freelancers to work, the café inspired by Oscar Wilde, is not just an eatery but a space for a living culture in its own right.



**Tusharika Singh**  
Freelancer writer and city blogger

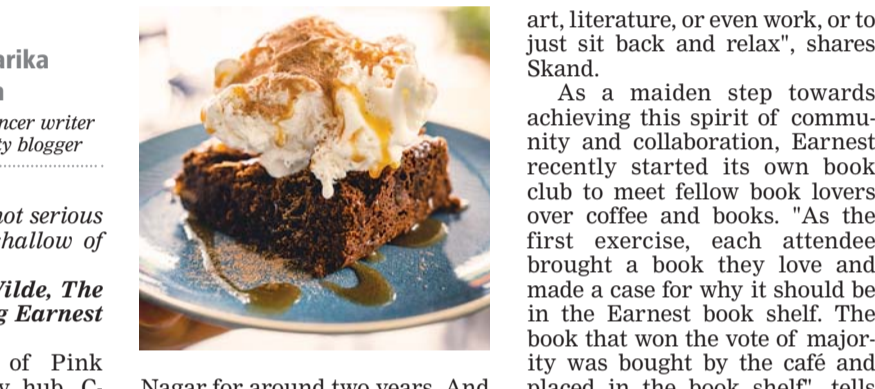
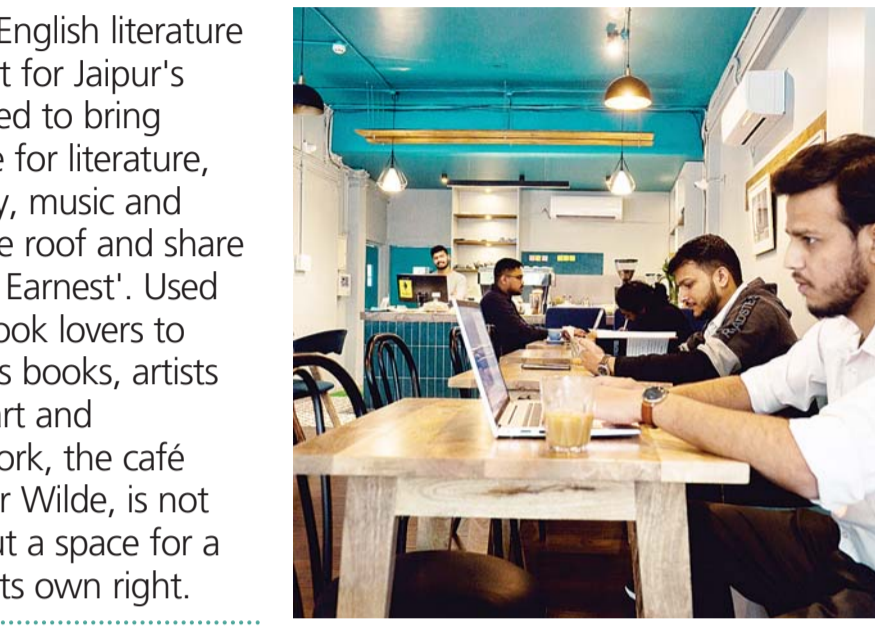
'I hate people who are not serious about meals. It is so shallow of them.'

#### Oscar Wilde, The Importance of Being Earnest

In the heart of Pink City's culinary hub, C-Scheme is a café that takes its inspiration from the famous Irish poet and playwright, Oscar Wilde and is aptly called 'Café Earnest'. Right outside the entrance is a charming, little board that displays different quotes from Wilde's popular comedy fiction, 'The Importance of Being Earnest'. As one enters the café, an evocative portrait of Wilde is almost impossible to miss. The man behind this piece of art is also the brain, heart and soul behind Café Earnest. Skand wanted to study design and animation but because he could not get into his preferred college, he ended up studying English literature. He taught literature too for around a year and a half and realized it was not his cup of tea. During the pandemic-induced lockdown, Skand spent most of his time learning about specialty coffee and brewing it himself. This fascination with coffee led him to brew coffee and run the operations of a café in Vaishali

#### Culture, Community and Collaboration

is the art and the photographs on the wall, the books and antiques on the book shelf and even the music has either been created or chosen by Skand. 'Being an artist myself, more than anything I wanted to create a community that perceives Café Earnest as a space for collaboration and participation. It is designed for anyone who loves a peaceful haven to enjoy music,



Nagar for around two years. And for him, the next obvious step was moving to C-scheme and opening a space that is a reflection of his persona. 'C-Scheme is a historic place in becoming with a sort of a culinary revolution in place. I wanted to be a part of this culinary transformation of this city. Café Earnest is my way of bringing everything I like together under one roof. I love making music, photography, art, literature, coffee and food and in this space I have tried to weave everything together.'

Cafes have also become popular co-working spaces for those who do not like working from home or an office. 'At Earnest, co-working does not stop at plug



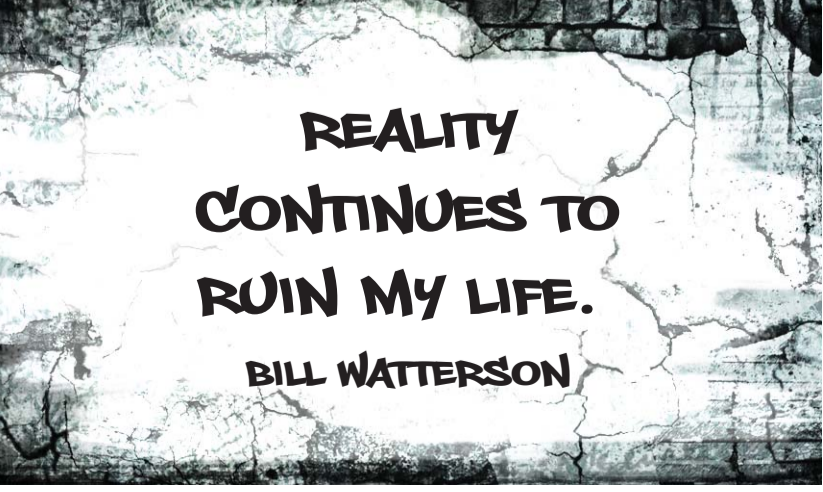
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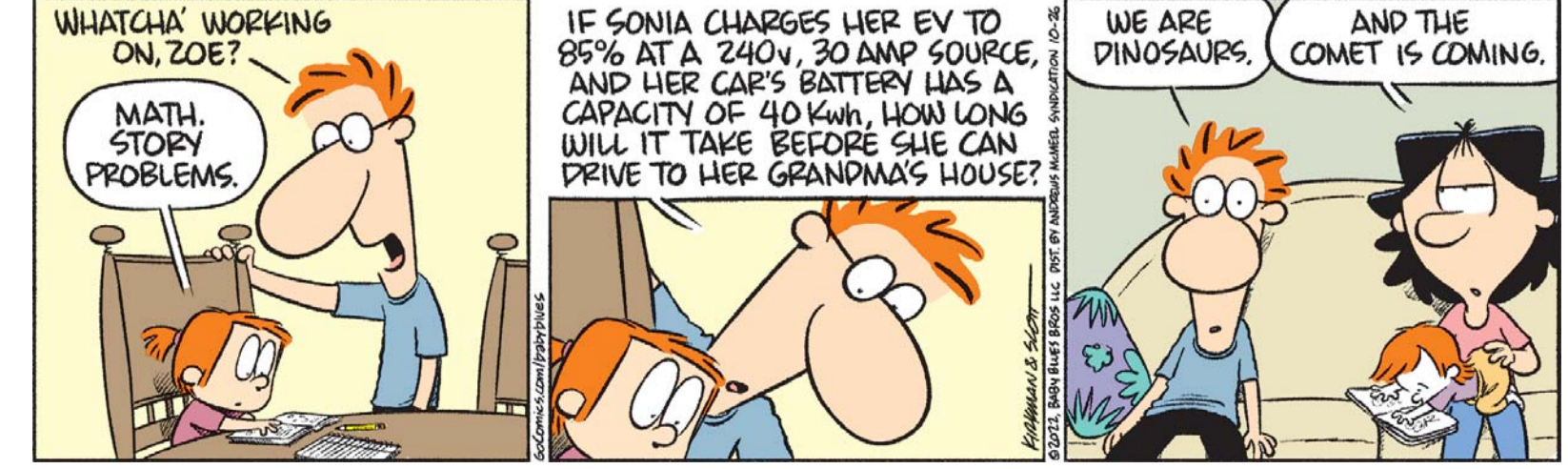
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## THE WALL



## BABY BLUES



By Rick Kirkman & Jerry Scott

## ZITS



By Jerry Scott & Jim Borgman