



### Vet Nurse Day

When you think of a nurse, what do you think of? The traditional white nurses uniform with the red cross on it? (They don't dress that way anymore, in fact, we're not certain they ever did). What about the man or woman wearing the scrubs running around the hospital taking your vitals? There are other nurses that aren't often considered, and Vet Nurse Day reminds us to take some time to remember and honor those men and women who work at our veterinarian's office every day to take care of those precious furred, feathered, and scaled members of our families.

### #PLAN YOUR TRIP

## No More Travelling Stress!

Feeling stressed about travelling during the festive season? Here, we'll share essential tips to help you plan your trip like a pro.



The festive season is here in all its glory, and we can't keep calm. With Navratri ongoing and Dussehra and Diwali right around the corner, it's a month packed with celebrations. Many of you are likely making travel plans, either to your hometown or for a vacation. While travelling is usually an exciting experience, it can be quite hectic during the festive season. Before you know it, all your excitement turns into stress as you find yourself worrying about your trip. Questions like, "Will I be able to get a ticket?" or "Will I end up overspending?" may instantly come to mind. If you're in a similar situation, don't worry, we've got your back. Here, we'll share essential tips to help you plan your trip minus the stress.

### HERE ARE 6 TIPS FOR STRESS-FREE TRAVELLING DURING THE FESTIVE SEASON:

#### 1. Book Your Ticket In Advance

Booking tickets during the festive season can be tough due to increased demand for travel. To avoid the stress of not getting a ticket, make sure to book in advance. This will save you

#### 2. Check Out The Best Deals

Who doesn't like to get more for less? So, why miss out on the opportunity while booking your travel tickets? Remember to check out all popular online travel

#### 3. Avoid Peak Travel Dates

You should also avoid travelling on peak dates during the festive season. For example, this year Diwali falls on October 31, and if you book your ticket for October 30 or

#### 4. Pack Light

Overpacking is something we're all guilty of, aren't we? However, it's best to travel light during the festive season. Packing light allows you to move around easily and can also save you

#### 5. Be Flexible

While it's important to plan your trip in advance, you also need to be a little flexible. During the festive season, there's a surge in travel, and anything can happen at the last

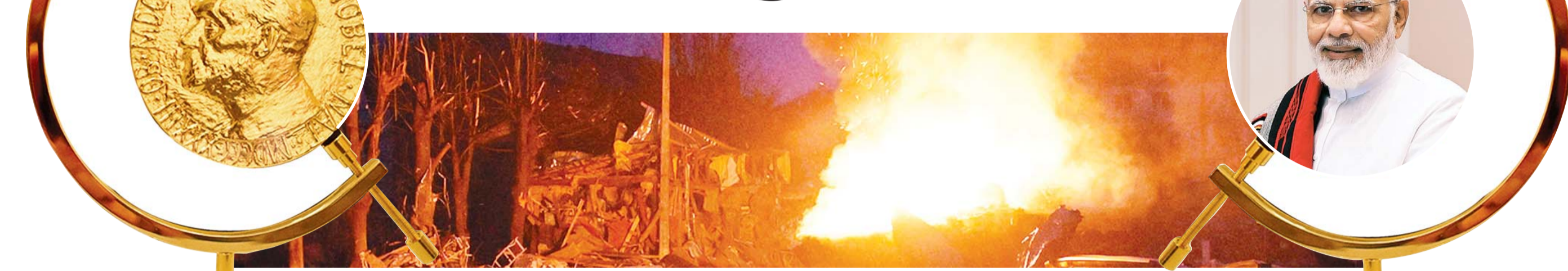
#### 6. Get Enough Sleep

The festive season is all about celebrating and spending quality time with your loved ones. But amidst the festivities, don't forget to get enough sleep.

Travelling during the festive season isn't as hectic as it seems. These tips will help you plan your trip with ease and ensure you have a memorable time with your friends and family.



# Whoever Solves Ukrain-Russia War Brings In Peace



There is a distinct possibility that this year's Peace prize will be awarded to whoever can defuse the Russia-Ukraine war. The Russia-Ukraine war started on February 24, 2022, with Russia's full-scale invasion of Ukraine, and it has been ongoing for over two years. Russia's invasion of Ukraine includes territorial disputes, national security concerns and geopolitical tensions between Russia and Western countries. While the Russia-Ukraine war is not considered a global conflict like World War II, it has sparked a significant humanitarian crisis and raised concerns about global security and economic stability.



Dr Goutam Sen  
CTVS Surgeon  
Story teller

Alfred Nobel (1833-1896) was a Swedish inventor, chemist, and engineer who made significant contributions to various fields. Nobel's work on nitroglycerin led to the creation of dynamite (TNT) and other explosives. Prior to this most of the explosives used were similar to gunpowder which the Chinese had developed centuries ago. The powder was unstable and unpredictable in its strength and often exploded prematurely. Nitroglycerin, invented by Nobel, was also a very fragile explosive and had to be handled with care. During their transportation the glass vials had to be individually packed in cotton cushions. But the invention of Dynamite, a stable and powerful explosive, revolutionised the mining industry and warfare.

The quick and wide use of dynamite made Nobel an extremely wealthy and well known person. However, with increasing use of his invention for destruction he was depressed about the 'Frankenstein' he had given birth to. As a consequence, in his last will and testament (1895), Nobel bequeathed the majority of his

estate to establish the Nobel Prizes. He tasked various academies as well as institutions to select and award the prize. It is awarded annually in the fields of:

- Physics
- Chemistry
- Medicine
- Literature
- Peace (added in 1901)

Nobel's motivation for creating the prizes was to atone for the destructive potential of his inventions, promote peace and international cooperation as well as recognize and reward outstanding achievements in various fields.

The first Nobel Prizes were awarded in 1901, five years after Nobel's death, on the anniversary of his passing (December 10). The prizes have since become the most prestigious awards in their respective fields, honoring exceptional contributions to humanity. Nobel's legacy extends beyond his inventions and the prizes, as he remains an iconic figure symbolising innovation, philanthropy, and the pursuit of peace.

Since it is one of the most prestigious and old prizes it has been lauded and criticised in equal measure. The book called 'The Prize' written by Irving Wallace (1962) still remains very pertinent. It explores the intrigue and politics surrounding the Nobel Prize selection process. The story follows Andrew Craig, an American writer, who is nominated for the Nobel Prize in Literature. As Craig becomes embroiled in the selection process, he uncovers a web of corruption, manipulation, and deceit. The novel exposes the darker side of



### #THE NOBEL PEACE PRIZE 2024



the Nobel Prize, revealing how politics, personal agendas and biases can influence the selection of winners. Craig discovers that jurors have personal vendettas and biases. Lobbying and campaigning by nominees and their supporters can sway decisions. Political considerations and national interests can override merit. False information and misinformation can be used to discredit or promote candidates.

While the book is fiction, it raises important questions about the integrity of the Nobel Prize selection process. Instances of real-life controversies exist. In 1939 the German writer Gerhart Hauptmann was awarded the Nobel Prize in Literature, despite being a member of the Nazi Party. Similarly in 1973 the Nobel Peace Prize was awarded to Henry Kissinger and Le Duc Tho for their efforts to end the Vietnam War, despite criticism of their roles in the conflict.

In 2009 the Nobel Peace Prize was awarded to Barack Obama for his "extraordinary efforts to strengthen international diplomacy and cooperation between peoples". This had sparked a debate about whether he had achieved sufficient progress in his first year as President.

In response to criticisms, the Nobel Committee has implemented reforms to increase transparency and ensure the integrity of the selection process. In 2012 the Committee introduced new rules to prevent jurors from discussing

while it's difficult to say which leader has the best chance of resolving the conflict, leaders like the UN Secretary-General, the US President or the European Union's High Representative for Foreign Affairs and Security Policy may play important roles in facilitating negotiations and finding a peaceful solution.

its scope, scale, and nature. World War II was a global conflict involving many countries, whereas the Russia-Ukraine war is a regional conflict although with significant international implications. Additionally, the Russia-Ukraine war is characterised by modern warfare tactics, including cyberattacks and propaganda.

A negotiated resolution is possible, but it would require concerted efforts from international leaders and organizations. The United Nations has called for a peaceful resolution and some world leaders have offered to mediate talks.

While it's difficult to say which leader has the best chance of resolving the conflict, leaders like the UN Secretary-General, the US President or the European Union's High Representative for Foreign Affairs and Security Policy may play important roles in facilitating negotiations and finding a peaceful solution.

India too, may have a major role to play in this matter. Narendra Modi's recent visit to Russia and Ukraine, where he met with President Putin/President Volodymyr Zelenskyy, marks a significant step towards resolving the Russia-Ukraine conflict. As a neutral party, Modi's efforts to facilitate dialogue and diplomacy between the two nations are crucial in finding a peaceful solution. His visit to Ukraine, following his trip to Russia, demonstrates India's commitment to maintaining good relations with both countries while promoting peace in the

region. Modi has skillfully stated that at the UN Assembly. "This is not the era of war. But it is one of dialogue and diplomacy". His willingness to support negotiations and provide humanitarian aid showcases India's potential role in mediating the conflict. He further strengthened his interest in negotiating a peace in the conflict. He recently told Ukraine "We have stayed away from the war with great conviction. This does not mean we are indifferent. We are not neutral from day one; we have taken a side and we stand firmly on the side of peace". However, the complexity of the issue and the involvement of multiple global powers make it challenging to predict the outcome of Modi's efforts. Nevertheless, his initiative is a positive step towards finding a peaceful resolution. This makes him one of the foremost contenders for the Nobel Peace Prize.

Besides this war the world is looking forward to Modi's intervention in the Israel-Hamas confrontation. Here too Modi holds the unique position of being equally able to talk to the leaders of both nations convincingly. His magic may be required here too! Even in Yemen and the Red Sea India plays a major role to maintain peace. The only nation has this influence has been seen how Houthi refrain from attacking in the region when Modi is overflying the area.

The 'Modi Doctrine', prioritises engagement, cooperation, and peaceful resolution of conflicts. He has actively pursued strategic partnerships with countries across regions, fostering econom-

ic ties, cultural exchanges, and security cooperation. Some notable initiatives and achievements that demonstrate Modi's commitment to peace and international cooperation are: Neighbourhood First Policy; Act East Policy; Middle East Outreach; Quad Cooperation and Climate Change Leadership.

While Modi's efforts have garnered international recognition, the Nobel Peace Prize selection process is highly competitive and unpredictable. The Nobel Committee considers various factors, including the impact, scope, and sustainability of initiatives.

Ultimately, while Narendra Modi's foreign policy initiatives and commitment to peace make a strong case for Nobel Peace Prize consideration, the decision rests with the Nobel Committee. Nevertheless, his efforts have undoubtedly contributed to a more peaceful and interconnected world. Of course like most Peace prizes it is often awarded to more than one person. Since China can also contribute to influencing Russia to cease its war Xi Jinping could be the other name. It will be an odd moment when these two leaders stand on the same podium to be awarded for advancing peace in this world while they still have many issues to sort out about our mutual borders!

Disclaimer: I am not a member of the BJP. I am only an Indian Citizen who is watching carefully how our political leadership is progressing on the international stage!

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### #TAMING

## Domestication Syndrome

Why would a host of seemingly unrelated features repeatedly occur together in different domesticated animals?



In the 19th century, Charles Darwin was one of the first to notice something interesting about domesticated animals: different species often developed similar changes when compared to their ancient wild ancestors. But why would a host of seemingly unrelated features repeatedly occur together in different domesticated animals? Scientists call this collection of shared changes 'domestication syndrome', and the reason it occurs is still hotly debated. In a new paper in Proceedings of the Royal Society B, we argue that currently popular explanations aren't quite right - and propose a new explanation focused on big changes in the way domesticated animals live.



#### Shared Changes

The most commonly shared change is tamer behaviour: All domesticated animals are calmer than their wild ancestors naturally were. That's probably not very surprising. Ancient humans would've preferred docile animals, and likely selected breeding stock for tameness. But other common changes don't seem at all useful to humans - or to the animals themselves. Like shorter faces, smaller teeth, more fragile skeletons, smaller brains, and different colours in skin, fur, and feathers. Not all domesticated animals share all these features. For example, dogs have many, and camels only a few. But each change occurs in more than one domesticated species.

#### Wild Self-domestication

Surprisingly, very similar changes sometimes also appear in wild animals, leading some scientists to think they "self-domesticated" in some way. The bonobo (a great ape closely related to the chimpanzee) is one famous example of an animal that has undergone these changes without human intervention. Urban foxes are another. Wild self-domestication is most common in isolated sub-populations, like on islands, and may overlap with a similar phenomenon known as the "island effect". Perhaps more surprisingly, modern humans also show features of domestication syndrome, when compared to our ancient ancestors. This suggests we also self-domesticated. Some scientists argue these changes made us more social, helping us to develop complex languages and culture. So, a clearer understanding of domestication syndrome in animals might improve our knowledge of human evolution too.

#### What Causes Domestication Syndrome?

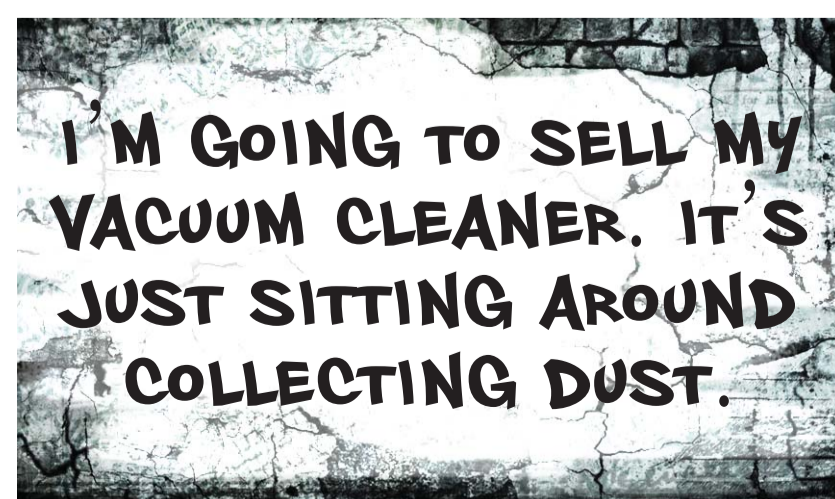
In recent years, two main possible explanations for domestication syndrome have dominated scientific discussion. The first suggests it was caused when ancient humans selected animals for tamer behaviour, which somehow triggered all of the other traits too. This idea is supported by a famous long-running Russian fox-breeding experiment which began in 1959, in which caged foxes were selected only for tameness but developed the other "unselected" features as well. The second hypothesis complements this first one. It suggests selection for tameness causes the other features because they're all linked by genes controlling "neural crest cells". These cells, found in embryos, form many animal features - so changing them could cause several differences at once.



#### More Than Selection for Tameness

However, new research suggests these two ideas oversimplify and obscure the complex evolutionary effects at play. For one thing, there are problems with the famous Russian fox experiment. As other authors have noted, the experiment didn't begin by taming wild foxes, but used foxes from a farm in Canada. And these pre-farmed foxes already had features of domestication syndrome. What's more, the experimenters didn't only select for tameness. They bred other foxes for aggression, but the aggressive foxes also developed domestication syndrome features. And in a similar experiment conducted in the 1930s, caged rats developed the same common changes, including tamer behaviour, despite no deliberate selection for tameness, or aggression. So, it seems domestication syndrome might not be caused by humans selecting animals for tameness. The removal of pre-existing selection is just as important, because that's what naturally shaped the wild ancestors in the first place. For example, domesticated animals are often protected from predators, so wild traits for avoiding them might be lost. Competition for mating partners is also often reduced, so wild reproductive features and behaviours could decline, or disappear. Domesticated animals are also usually reliably fed. This might alter certain features but would certainly change natural metabolism and growth. In effect, we argue there are multiple selective changes at work on domesticated animals, not just "selection for tameness", and that shared shifts in evolutionary selection would often cause shared changes in features. Even across different species.

### THE WALL



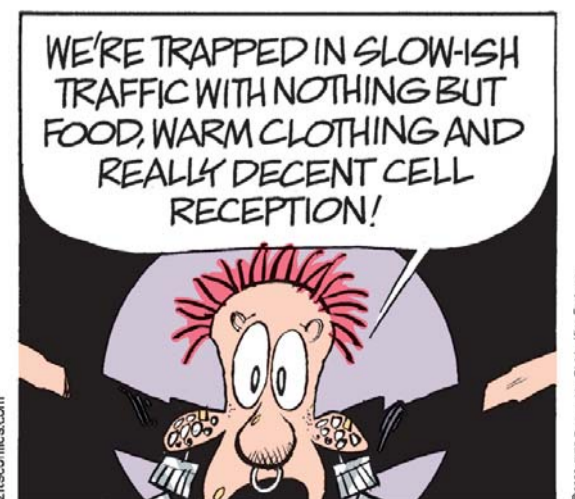
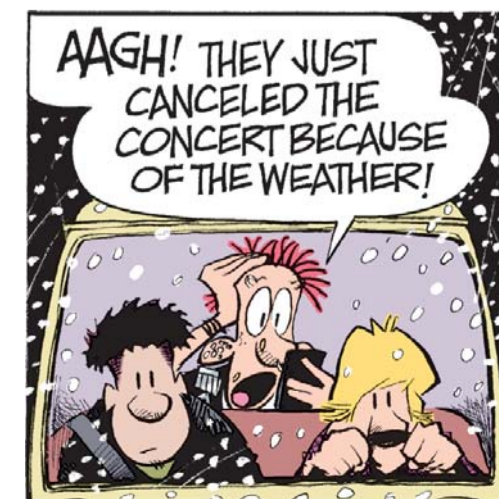
### BABY BLUES



By Rick Kirkman & Jerry Scott



### ZITS



By Jerry Scott & Jim Borgman

