

The International Day of Sign Languages, observed on September 23, celebrates linguistic and cultural diversity while promoting the rights of people who are deaf and hard of hearing. Recognized by the United Nations, the day highlights the importance of sign languages as vital tools of communication, identity, and inclusion. Events worldwide showcase the richness of sign languages and advocate for equal access to education, public services, and opportunities. By fostering awareness and encouraging broader use of sign languages, this day reinforces the principle that communication is a fundamental human right, ensuring no voice is left unheard.

#HOME MADE

Home Cure

Garlic, Ginger, and Honey in Water: A Timeless Remedy with Powerful Benefits



In the world of natural remedies, few combinations are as respected and widely used as garlic, ginger, and honey. These three simple ingredients, when infused in warm water, form a potent tonic that has been relied upon for generations in various cultures for its health-boosting properties. Backed by tradition and supported by modern research, this mixture is known for its immune-enhancing, anti-inflammatory, and detoxifying effects.



1. Immune System Support

Each ingredient in this trio is a natural immune booster. Garlic is rich in compounds like allicin, which has antiviral, antibacterial, and antifungal properties. Ginger contains gingerol, a powerful antioxidant known for reducing inflammation

and fighting infections. Honey, especially raw or unfiltered, adds natural antimicrobial effects while soothing the throat and improving taste. Together, they form a natural shield against seasonal colds, flu, and minor infections.

2. Cold and Cough Relief

This mixture is a popular home remedy for soothing sore throats, coughs, and nasal congestion. Garlic clears up respiratory infections, ginger warms the body and clears mucus, and honey

coats the throat and reduces irritation. Drinking a warm cup of this mixture first thing in the morning or before bed can offer relief from persistent coughing and congestion.

3. Digestive Aid

Garlic and ginger are both known to stimulate digestion. Ginger reduces bloating and nausea, while garlic promotes the production of digestive enzymes and balances gut

bacteria. Drinking this infusion can help with indigestion, bloating, and mild stomach discomfort. Honey also acts as a mild probiotic, feeding healthy gut bacteria.

4. Anti-Inflammatory and Detox Effects

Chronic inflammation is at the root of many diseases, and this combination helps combat it naturally. Ginger and garlic have been studied for their anti-inflammatory effects,

which may help reduce joint pain, muscle soreness, and even symptoms of arthritis. The mixture also supports the liver, promoting the removal of toxins from the body.

5. Heart Health and Circulation

Garlic is known for its ability to lower blood pressure and cholesterol, while ginger promotes healthy circulation. Combined, they support

cardiovascular health, potentially lowering the risk of heart disease when consumed regularly as part of a balanced diet.

How to Use

1. To make this tonic,

1. Boil a cup of water and add 1-2 cloves of crushed garlic and a small piece of fresh ginger (sliced or grated).

2. Let it steep for 5-10 minutes.
3. Strain, and add 1 teaspoon of honey once the water is warm, not hot, to preserve its enzymes.

Drink it warm, once or twice daily, preferably on an empty stomach or between meals.

A Word of Caution

While this remedy is safe for most people, those with certain conditions (like ulcers, low blood pressure, or bleeding disorders) or those on specific medications should consult a doctor before using it regularly.



Muiz ud din Qaiqabad.



he decline of the Mamluk dynasty started soon after the death of Balban. Balban died in 1287 and in 1290, Jalal-ud-Din Khalji acquired the throne and founded the Khalji dynasty. But what happened between this

period of 3-4 years? Prince Muhammad Khan, who was the son of Balban and got the training for the throne, unfortunately died in 1285 in the battle against the Mongols. Another son of Balban, Bughra Khan, who was at that time the independent governor of Bengal, was not keen on the throne of Delhi and wanted to be the ruler of Bengal instead. Hence, Balban had chosen his grandson Kaikhasrau, son of Prince Muhammad, as his deceptive. But Kaikhasrau too died before the coronation and nobles chose Muiz ud din Qaiqabad, son of Ghugra Khan, as the new ruler. Qaiqabad, at the time of his ascension, was just 17 years old.

CONDITION OF DELHI SULTANATE

QAIQABAD, AT THE TIME OF HIS ASCENSION, WAS JUST 17 YEARS OLD.

At the time when Muiz ud din Qaiqabad was made the Sultan of Delhi, the Delhi Sultanate was in a very powerful position. He had managed to get among the most powerful empires in the world in mere inheritance. His predecessor Balban was among the most powerful and able rulers of the dynasty who managed to put a foundation of the

REIGN OF QAIQABAD

Qaiqabad was just a teen during his coronation and was among the closest grandsons of Balban. And this being the reason, Balban usually kept a lot of checks upon Qaiqabad. As a result, when he became the king, he got indulged in such things that he was kept deficit of. He indulged in the attraction of wine and women. And this was the example set by the Sultan to all the other nobles and courtiers. The

result was that the administration of the Delhi Sultanate was kept neglected for a long time, making it weaker and weaker. The Sultan usually kept himself over-indulged in pleasure parties having no time for anything else. Gradually, all the power was taken into the hand of Nizam-ud-Din, the son-in-law of Fakhr-ud-Din, the Kotwal of Delhi. Qaiqabad just became the puppet ruler and Nizam-ud-din became the de-facto ruler.



The Eastern Entrance to the Mosque at Amroha.

Qaiqabad- Wine And Women Did Him In!

“The horse of my excellence is standing on the plain  
The hand of my generosity is under an anvil  
My eyes that never beheld less than gold mines and jewels  
Come and see, how much it is perplexed today!”

#HISTORY

BUGHRA KHAN'S MARCH TO DELHI

In 1288, Bughra Khan, the father of Qaiqabad, marched towards Delhi along with a big army. There has been controversy behind the reason for Bughra Khan's march to Delhi. One view is that he wanted to snatch the throne from the hands of his son. But at the same time, when we notice the fact that he had rejected his authority to the throne, historians suggest that his objective was to give his son a lesson and advice to give up a life of ease and take active participation in the administration of the empire. Qaiqabad also made equally powerful arrangements to face the army of his father, both armies faced each other at Ghaghra near Ayodhya, but all this took the form of a peaceful settlement in the end.



Jalal-ud-din Khalji, Jalal-ud-din Khalji was warned by his nephew Malik Ahmed Chap about the conspiracy against him. Jalal-ud-din moved his quarters to Ghiyaspur and also called all those officers and nobles who were being targeted by the two nobles. The conspiracy gradually backfired on Jalal-ud-Din Khalji by strategy and technique. And soon after this, Jalal-ud-din's sons marched to the orders. Despite the opposition faced by the Turkish nobles, he gave Jalal-ud-Din Khalji (then Firuz) the fief of Baran and made him the commander of the army. Jalal-ud-Din Khalji's position was continuously increasing the empire due to his capability, leadership skills, and strategy.

On the other hand, Kayumars was said to be established under the name of Qaiqabad but was planned to be managed by the nobles. These two nobles even conspired against all the other rival nobles and planned their murder, including that of the Delhi Sultanate. During his reign, Qaiqabad also faced Mongol raids under the leadership of Tamar Khan of Ghazni. He managed to plunder the region as far as Samana. But still, by this time, the defence system set up by

one inscription at Hansi, Haryana and two more at Barwala in Hisar District in Haryana. Except for one in Barwala, the three inscriptions seem to be designed by an expert hand, extremely adept at artistry. The present epigraph is situated in Amroha's Saddo Masjid in Mohalla Saddo, and but for the epigraph, there is hardly anything which is dated to the Sultanate era of the Mamluks. This implies that either the epigraph is not in situ, or that the Mosque was reconstructed over the intervening years, and presently has a typical late-Mughal signature. In extreme decrepitude, the Mosque is also a contested property, and thus, entry into the ruins here is difficult. Before we get to the epigraph, let us spend some time with Qaiqabad, the founder of the Sultanate. Capital of Kilokhari (we shall delve into this city as well below), now a nondescript village between Delhi's Sarai Kale Khan and Ashram.

MONGOL RAIDS DURING QAIQABAD

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Muiz al-Din Qaiqabad

His training was overseen under the strict rules set up by Balban, thus keeping him away from the pleasures of the day, wine and women! The coronation must have released Qaiqabad from all the earlier restrictions placed upon him, and he decided to relocate to Khilokhari, where he set base after building a splendid palace and garden (both wiped out of existence now). Malik Jhaji, the nephew of Balban, was made the Governor of Samana (in Indian Punjab). Nizam-ud-Din, the nephew and son-in-law of the Kotwal Malik Fakr-ud-Din, was made the Chief Magistrate, who quickly ingratiated himself with Qaiqabad, and started to practically rule the Delhi Sultanate.

Meanwhile, Kaikhusrav had gone over to Ghazni to win over the Mongols to his cause to win back the throne of Delhi. Nothing came of it, and he was forced to return to Delhi. While on his way, Nizam-ud-Din, who had already poisoned Qaiqabad's mind about Kaikhusrav's rightful ownership to the throne, obtained a Royal Summon to eliminate Kaikhusrav, which was successfully carried out in Rohtak (Haryana). The Mongols were proving menacing, and to neutralize their threat, Qaiqabad sent an army to confront them at Lahore. The Mongols were forced to retreat, and were slaughtered in great numbers. Qaiqabad, upon learning that many of the Mongols had converted to Islam, decided to enlist them as Soldiers of Fortune. This did not go down well with Nizam-ud-Din, who once again sowed the seeds of suspicion about the Mongols' tendency to exhibit kinship with their clan and rise in revolt someday. Qaiqabad once again succumbed to the plot wrought by Nizam-ud-Din and ordered another slaughter of the Mongols in Delhi.

Bughra Khan, now titled Nasir-

ud-Din, the Sultan of Bengal and father of Qaiqabad, upon learning of the great turmoil in Delhi, began his march to confront his son, who too gathered his forces. The father and son with their armies met on the banks of the Ghaghra (Sarayu) in Awadh. The meeting of the two is described in detail in Amir Khusrav's Qiran-us-Sadain. Bughra Khan gave Qaiqabad explicit counsel to get rid of Nizam-ud-Din, who was eventually poisoned and eliminated. The death of Nizam-ud-Din paralyzed the Mamluks' rule, and gave an opportunity for Malik Firuz (an officer of Qaiqabad and based in Samana) to seize the moment. Malik Firuz rose to prominence after being appointed as aaron-ul-Mumalik (C-in-C). Qaiqabad fell ill with palsy and paralysis leaving his one side of the body out of use. Malik Firuz, seeing no hope of recovery for Qaiqabad, deposed the Sultan and installed Shams-ud-Din Kayumars (son of Qaiqabad), aged three on the throne, as the eleventh and final Sultan of the Mamluks, and made himself the regent. As Qaiqabad lay dying, he is known have to penned these lines, which in translation, reads,

“The horse of my excellence is standing on the plain  
The hand of my generosity is under an anvil  
My eyes that never beheld less than gold mines and jewels  
Come and see, how much it is perplexed today!”

A Malik, whose father had been put to death by Qaiqabad, vowed to avenge his father's death. He entered Qaiqabad's chamber, wrapped his body in a sheet and kicked him out of the palace. Qaiqabad's lifeless body was thrown out of the window into the waters below. Thereafter, Malik Firuz seized the throne, ended the Mamluks' rule and established the Khiljis' Dynasty in CE 1290.

Khilokhari

The fresh founding of the city traces from the accounts of Ziyauddin Barani in his magnum opus, Tarikh-i-Firuz Shahi. He credits Sultan Qaiqabad as the founding father of Khilokhari. He describes him as a ‘handsome young man of excellent qualities with a heart filled with the desire to enjoy the pleasures of life.’ On the banks of river Yamuna, Qaiqabad laid foundations of a large palace and a splendid garden. He moved there and started living with his auxiliaries. The nobilities started building palaces in the quarters they occupied and the heads of each profession moved from Delhi-i-Kuhna or the Old Delhi to Khilokhari, making it populous and flourishing. Eventually, singers,

jesters and performers started migrating from the accounts of course of time, wine houses became full and recreational places came up in the city. Sources suggest that the price of wine increased ten-fold. Everybody was busy seeking the sensual pleasures of the materialistic world, supplemented by an enormous demand for wine and perfume. However, there's no evidence suggesting that Qutb Delhi ceased to be the capital of the Sultanate. The imperial mint continued to be located in Qutb Delhi and the coins mentioning the name of Sultan Qaiqabad were found from Qutb Delhi. The reign of Jalaluddin Khalji witnessed a new round of construction activities in Khilokhari.

The Inscription at Amroha

The epigraph in Arabic and written in Naskh is of great artistic merit (on par with the inscription of Balban at Garh Mukteshwar). It gives all the titles borne by Sultan Qaiqabad in due order. Calligraphy at this time was a popular art in India, and Qaiqabad, when a Prince, along with literature and art, was trained in it also. This epigraph was seemingly prepared by calligraphists who were employed at the court, and were held in considerable esteem. The Arabic language employed here is free from grammatical errors. The name of the builder indicates that he was probably an Abyssinian Slave, but as his name does not occur in history, it appears that he was one of the minor officials. The inscription consists of two lines engraved on a slab which is roughly 39X1. When translated, the inscription reads,



This used to be the Entry Exit Gate on the East of the Saddo Mosque Complex in Amroha.

#ANIMALS

He Forgot How To Fly

Fascinating Animal Facts: Nature's Surprising Tricks and Talents



The Kakapo: The Heavy Parrot That Forgot How to Fly

The kakapo, native to New Zealand, holds the title of the world's heaviest parrot. Weighing up to four kilograms, this nocturnal bird is simply too heavy to take flight. Unlike other parrots that glide and soar, the kakapo has adapted to life on the ground, using its strong legs to climb trees and walk around. Its unique characteristics and inability to fly make it one of the rarest and most remarkable birds alive today.

Ostrich Legs: More Powerful Than a Lion's Bite

The ostrich, the largest flightless bird on Earth, possesses legs so strong that they can crush bones with a single kick. This incredible strength is enough to injure or even kill predators such as lions, making the ostrich a formidable adversary despite its inability to fly.

Dolphins: Masters of Imitation

Dolphins are among the smartest animals on the planet. Their ability to imitate human sounds and behaviours demonstrates advanced cognitive skills and a unique capacity to connect and communicate across species.



Parrots on the Move: Speedy City Flyers

Parrots are not just colourful and intelligent; some species can travel remarkable distances in surprisingly short time. In bustling urban environments like Delhi, parrots can fly swiftly across the city, showing off their agility and adaptability to human habitats.

Eagles: The Sky's Heavyweight Lifters

Eagles are renowned for their impressive hunting skills and strength. One remarkable fact is their ability to carry prey weighing up to six kilograms while flying. This capability showcases the power of their sharp talons and strong wings, making eagles some of the most dominant birds of prey in the sky.



Two-Headed Snakes: When Cooperation Turns to Conflict

Occasionally, snakes are born with two heads, a condition known as bicephaly. These snakes often face internal struggles as each head tries

to control the body, sometimes leading to conflict between the two. This bizarre condition usually decreases their survival chances in the wild.



Elephant Memories: Friends, Foes, and Never Forgotten

Elephants have earned a reputation for their extraordinary memory. The saying ‘an elephant never forgets’ holds true, as these majestic animals can remember friends and enemies alike over many years. This memory helps maintain complex social relationships crucial to their survival.

The American Kangaroo Rat: Nature's Water-Free Wonder

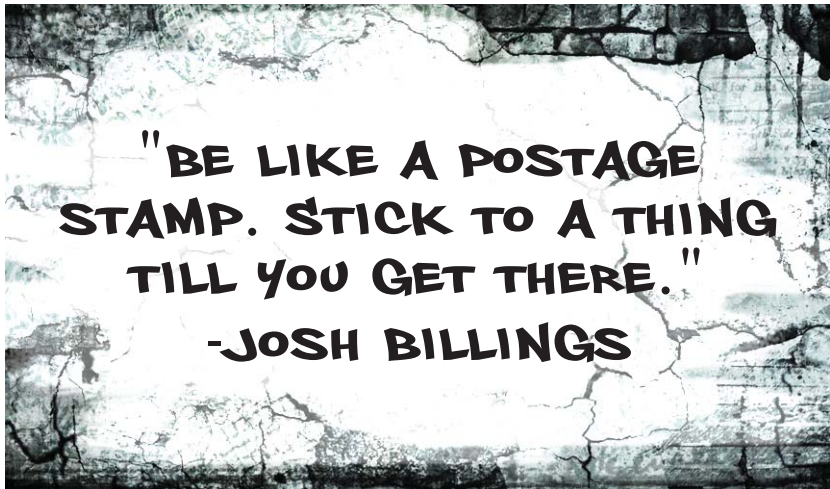


Surviving in some of the harshest desert environments of North America, the American kangaroo rat has an incredible adaptation, it never drinks water. Instead, this small rodent obtains all the moisture it needs from the dry seeds it eats. This efficient water conservation strategy allows it to thrive where water sources are scarce or nonexistent.

Mosquitoes: The Annoying Urinators

After drawing blood, mosquitoes have a peculiar habit, they urinate on your skin. This action helps them expel excess fluid, making it easier to fly away. Unfortunately for us, this also causes the familiar itching and irritation we associate with mosquito bites. From the flightless kakapo to the smart and social dolphins, these amazing facts remind us just how diverse and ingenious life on Earth can be. Every animal has its own fascinating story, shaped by evolution and survival in an ever-changing world.

THE WALL

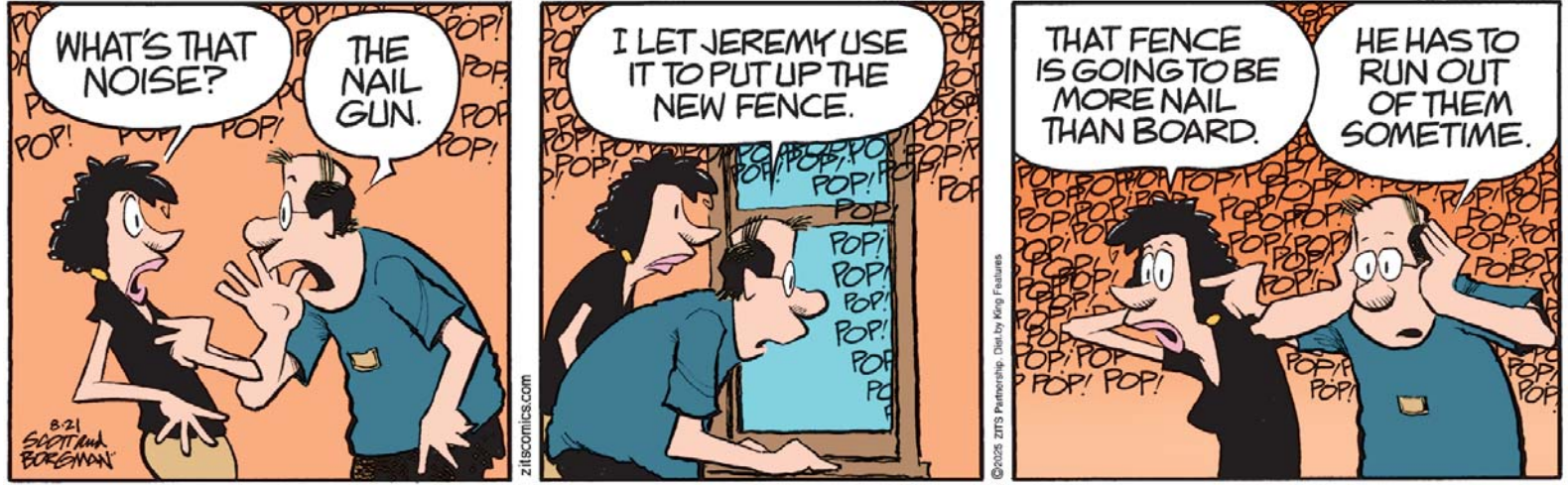


BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman