



Earth Hour 2026: A Global Switch-Off For A Brighter Planet

Observed on Saturday, March 28, 2026, Earth Hour is a global environmental movement that encourages individuals, communities and businesses to switch off non-essential lights for one hour. Organised annually by the World Wide Fund for Nature (WWF), the initiative symbolises collective action against climate change and biodiversity loss. Beyond the symbolic blackout, Earth Hour inspires long-term sustainable habits, from conserving energy to reducing carbon footprints. Iconic landmarks across the world participate, sending a powerful message of unity. More than just sixty minutes in the dark, Earth Hour is a reminder that small actions can illuminate lasting environmental change.

#THE ELEPHANT'S TRUNK

## A Marvel of Strength and Precision

The trunk isn't just about brute force, it also allows for delicate actions. Elephants can use their trunks to pick up a single peanut from the ground



The elephant's trunk is one of nature's most extraordinary features. This long, flexible appendage, which is an iconic part of the elephant's anatomy, is made up of around 40,000 muscles and contains no bones at all. It's a unique and powerful tool that allows elephants to perform a wide range of tasks, from simple actions like feeding to complex social interactions. The trunk's strength, flexibility, and precision make it a true marvel of evolutionary design.

**A Muscular Wonder**  
The elephant's trunk is essentially an incredibly complex muscle system, consisting of over 40,000 muscles. This is more than the number of muscles in the entire human body! These muscles are arranged in units that give the trunk its remarkable range of motion. Unlike human limbs, which have bones for support and structure, the elephant's trunk is completely boneless. This lack of bones makes the trunk extraordinarily flexible, allowing it to move in many directions and perform a wide variety of tasks.

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**Strength and Dexterity Combined**  
Despite being boneless, the trunk is incredibly strong. Elephants can use their trunks to carry heavy objects, like uprooting trees or breaking branches. Estimates suggest that an elephant's trunk can lift objects weighing as much as 600 pounds! This strength is essential for survival, especially when moving obstacles or defending against threats. However, the trunk isn't just about brute force, it also allows for delicate actions. Elephants can use their trunks to pick up a single peanut from the ground or handle fragile objects like small twigs without damaging them. This ability to combine strength with dexterity makes the trunk a truly versatile tool.



## The Toxicity of Honey!

Honey, though a natural and potent healing substance, can turn toxic or lose its beneficial effects when combined with certain foods or exposed to high heat. In Ayurveda, these dangerous combinations are referred to as Viruddha Ahara, and they can disrupt the body's balance, leading to digestive issues, toxin buildup, and other health problems.

#AYURVEDA



● Bulbul Joshi

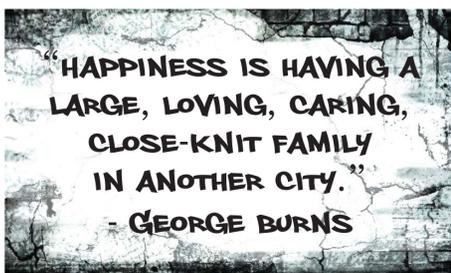
Honey, often praised for its sweetness and medicinal properties, has been used for centuries in traditional medicine. However, what is surprising to know is that like many natural substances, honey can become toxic or lose its beneficial properties when combined with certain foods or exposed to high temperatures. In Ayurveda, this phenomenon is referred to as *Viruddha Ahara*, which denotes incompatible food combinations that may disrupt the body's balance and cause harm. So, how to take your honey so that it remains 'sweet' till the end depends on not misusing it. Here are some tips.

**1. Honey and Heat: The Impact of Heating on Honey**

When honey is heated, especially at high temperatures, it undergoes a chemical transformation that makes it potentially harmful. Raw honey contains enzymes, vitamins, and antioxidants that are beneficial for the body. However, when honey is exposed to excessive heat (above 40°C or 104°F), these enzymes and nutrients begin to break down. In addition, heating honey can lead to the formation of hydroxymethylfurfural (HMF), a compound that is considered toxic in large amounts. HMF is linked to digestive disturbances, and prolonged consumption of overheated honey may have detrimental effects on the liver and kidneys.



THE WALL



While honey mixed with hot water can be harmful, honey with lukewarm water is considered safe and is often used as a soothing remedy. Lukewarm water (at or below 40°C or 104°F) allows honey to dissolve without breaking down its enzymes or creating harmful compounds. Drinking honey with lukewarm water can aid digestion, improve gut health, and promote better hydration. This combination is also recommended for soothing sore throats and boosting energy levels.

**2. Honey with Lukewarm Water: A Safe Combination**

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**3. Honey and Hot Water: A Harmful Mix**

Combining honey with hot water (above 40°C) should be avoided, as the heat destroys the natural enzymes present in honey, reducing its therapeutic benefits. Furthermore, excessive heat can transform honey into a more acidic substance, potentially irritating the digestive system and causing indigestion. As mentioned earlier, high temperatures can also lead to the creation of HMF, which may cause long-term health issues.

**4. Honey and Ghee: A Traditional but Controversial Pairing**

Honey and ghee (clarified butter) are both considered sacred in Ayurvedic traditions, often combined in specific rituals or health tonics. While both have medicinal properties, mixing honey with ghee can be problematic when consumed in large amounts. Ghee is an excellent carrier of fat-soluble nutrients, but when combined with honey, the resultant mixture may lead to digestive imbalance. Honey, being a natural sugar, can aggravate the digestive system when paired with the rich, oily nature of ghee. This combination may disrupt digestion, especially if consumed in excess.

**5. Honey and Sesame Oil: A Potentially Harmful Pairing**

Sesame oil is rich in healthy fats and antioxidants, but combining it with honey is considered *Viruddha Ahara* in Ayurveda. Honey's natural sugars and sesame oil's fats may not blend well together in the digestive system. This combination can cause sluggish digestion, bloating, and discomfort. While both ingredients have their own medicinal benefits,

**6. Honey and Hot Milk: A Risky Combination**

Combining honey with hot milk is a popular traditional remedy for improving sleep and boosting immunity. However, this combination can be problematic. When honey is mixed with hot milk, it can cause a reaction in the body, especially in individuals with sensitive digestive systems. The heat from the milk can alter the beneficial properties of honey, and the milk proteins may not interact well with honey's natural sugars, leading to poor digestion and possible acidity.

**7. Honey and Fish: A Harmful Food Pairing**

One of the most well-known *Viruddha Ahara* combinations is honey with fish. According to Ayurvedic principles, honey and fish should never be consumed together. Honey, being a natural sugar, can ferment in the stomach when combined with fish, a rich protein source. This fermentation process may cause digestive discomfort, bloating, and gas.

Additionally, the combination is said to produce toxins in the body that could lead to food poisoning-like symptoms.

**8. Honey and Meat: Another Dangerous Combination**

Similar to honey and fish, honey and meat are considered an incompatible combination in Ayurvedic dietary principles. The fermentation of sugar in honey when paired with protein-rich meat can disturb the digestive process, leading to gas, bloating, and indigestion. Additionally, both honey and meat are heavy foods, and when combined, they can strain the digestive system, leading to slow digestion and potential toxic buildup.

**9. Honey and Radish: A Toxins-Generating Pair**

Radishes are known for their cooling properties and ability to aid digestion. However, when consumed with honey, radishes can cause indigestion. Honey's heating qualities combined with the cold nature of radishes may result in an imbalance, creating toxins in the digestive system. This combination can cause stomach discomfort, bloating, and flatulence.

**10. Honey and Fruits: A Delicate Balance**

Fruits are highly nutritious, but the combination of honey with certain fruits can disrupt the digestive system. Some fruits, particularly citrus fruits, when consumed with honey, can lead to fermentation in the stomach. This can cause bloating and gas. It's best to consume fruits separately from honey or choose fruits with lower acidity levels, such as apples or pears, for a safer combination.

**11. Honey with Ginger and Pepper: A Strong Mix for Some**

While both ginger and pepper have medicinal properties, combining them with honey should be done cautiously. Ginger is warming, and pepper is a strong stimulant. When combined with honey, these ingredients may over-activate the digestive system, leading to discomfort for individuals with sensitive stomachs. For optimal benefits, consume ginger and pepper separately from honey, especially if you are prone to digestive issues.

**12. Honey and Fever: A Contraindicated Pairing**

Honey is known for its healing properties, it is generally not recommended for individuals with a fever. Consuming honey during a fever could aggravate the body's internal temperature regulation

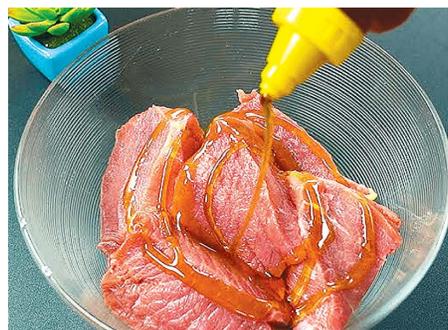
and may cause further discomfort. Instead, it's better to stick with hydration and foods that are cooling and easy to digest when feverish.

**13. Medicinal Uses of Honey**

When consumed in moderation and with the right combinations, honey has numerous medicinal benefits. It is known for its antimicrobial properties, helping to heal wounds and soothe sore throats. Honey is also rich in antioxidants, which help combat oxidative stress and support heart health. Additionally, honey can be used as a natural remedy for digestive issues, coughs, and skin ailments. For therapeutic purposes, it is best consumed raw and unheated to preserve its natural enzymes and nutrients.

Honey, though a natural and potent healing substance, can turn toxic or lose its beneficial effects when combined with certain foods or exposed to high heat. In Ayurveda, these dangerous combinations are referred to as *Viruddha Ahara*, and they can disrupt the body's balance, leading to digestive issues, toxin buildup, and other health problems. To harness honey's full benefits, it's essential to be mindful of how and with what it is consumed. Enjoying honey in its pure form or with lukewarm water is often the safest way to benefit from this ancient superfood.

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#JOAN OF ARC

## The Maid of Orléans

She convinced Charles VII to allow her to accompany the French army to the besieged city of Orléans



Joan of Arc, often called the Maid of Orléans, is one of history's most remarkable figures, a young peasant girl who rose to become a military leader and a symbol of French unity and courage during the Hundred Years' War. Born around 1412 in Domrémy, a small village in northeastern France, Joan's life was brief but extraordinarily impactful, marked by her faith, bravery, and determination.

Joan was born into a humble farming family during a turbulent period in French history. France was deeply embroiled in the Hundred Years' War against England, which had claimed large territories in France and severely weakened the French monarchy. From a young age, Joan claimed to experience visions and hear voices from saints such as St. Michael, St. Catherine, and St. Margaret. These divine messages urged her to support Charles VII, the Dauphin (their apparent) of France, and help him reclaim his throne by driving the English out of French lands.

**Early Life and Divine Visions**

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Joan's presence inspired the troops and the French population. Her leadership and courage helped lift the siege of Orléans, marking a turning point in the war. This victory boosted French morale and paved the way for Charles VII's coronation as king in Reims, a ceremony Joan insisted must happen to legitimize his rule.



**Rising as a Leader**

Despite being a teenage peasant girl with no military training, Joan's conviction and faith impressed those around her. In 1428, she convinced Charles VII to allow her to accompany the French army to the besieged city of Orléans. This city was crucial to French resistance, and its capture by the English would have been a devastating blow. Joan's presence inspired the troops and the French population. Her leadership and courage helped lift the siege of Orléans, marking a turning point in the war.

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**Capture and Trial**

In 1430, Joan was captured by Burgundian forces allied with the English. She was handed over to the English and put on trial for charges including heresy, witchcraft, and dressing as a man. The trial was politically motivated, aimed at discrediting her and undermining Charles VII's legitimacy.

Joan was found guilty and, despite her steadfast faith and bravery, was burned at the stake in 1431 at about 19 years of age. Her death was tragic, but her legacy had already begun to inspire the French people.

**Legacy**

Joan of Arc became a symbol of French nationalism and faith. In 1456, a posthumous retrial declared her innocent, and in 1920, the Catholic Church canonized her as a saint. Today, Joan of Arc is remembered worldwide as a courageous heroine who defied gender and social norms to lead her country through one of its darkest hours.



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman