

#GENETIC-STUDY

A Mother's Diet Can Protect Her Grandchildren's Brains

Senior author Professor Roger Pocock and his team were investigating nerve cells in the brain that connect and communicate with each other through about 850,000 kilometres of cables called axons. For axons to function and survive, essential materials need to be transported along an internal structure that contains microtubules. The discovery is part of a project that found a mother's diet can affect not just her child's brain but also those of her grandchildren.



Others who eat apples and herbs in early pregnancy could be protecting the brain health of their children and grandchildren, a Monash University study using genetic models has found.

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More specifically, the study used roundworms (Caenorhabditis elegans) as the genetic model because many of their genes are also found conserved in humans, allowing insights into human cells. The researchers found that a molecule present in apples and herbs (basil, rosemary, thyme, oregano, and sage) helped reduce the breakdown of communication cables needed for the brain to work properly.

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Professor Pocock explained that a malfunction that caused the axons to become fragile led to brain dysfunction and neurodegeneration. He said his team used a genetic model with fragile axons that break as animal's age. "We asked whether natural products found in the diet can stabilise these axons and

prevent breakage," he explained. "We identified a molecule found in apples and herbs (ursolic acid) that reduces axon fragility. How? We found that ursolic acid causes a gene to turn on that makes a specific type of fat. This particular fat also prevented axon fragility as animal's age by improving axon transport and therefore its overall health."

Professor Pocock said this type of fat, known as a sphingolipid, had to travel from the mother's intestine, where food is digested, to eggs in the uterus for it to protect axons in the next generation. He said while the results were promising, they still need to be confirmed in humans.

"This is the first time that a lipid/fat has been shown to be inherited," he said. "Further, feeding the mother the sphingolipid protects the axons of two subsequent generations. This means a mother's diet can affect not just their offspring's brain but potentially subsequent generations. Our work supports a healthy diet during pregnancy for optimal brain development and health."



Mukesh (1923 – 2023)

The Mukesh-Raj Kapoor pair gave Hindi cinema some of its most remembered songs. Mukesh's voice fitted Raj Kapoor's on-screen persona perfectly and it is difficult to distinguish the actor and the singer in their numerous songs together. The partnership with Kapoor started with 'Aag' (1948) where Kapoor's feelings of despondency and despair were vividly caught by Mukesh in Ram Ganguly's composition 'Zinda Hoon Is Tarah', and ended with RD Burman's 'Ek Din Bik Jayega' in the film 'Dharam Karam' (1975). Then there are the all-time hits like the evergreen songs of 'Awaraz' (1951), 'Shree 420' (1955), 'Parvarish' (1958), 'Anari' (1959), 'Sangam' (1964), and 'Mera Naam Joker' (1970). Songs like 'Awaara Hoon', 'Mera Joota Hai Japani', 'Aansoo Bhari Hai', 'Sab Kuch Seekha Humne', 'Dost Dost Na Raha', 'Jane Kahan Gaye Woh Din' and many more.

DOST DOST NA RAHA...



#TRIBUTE



whether it was the Dilip Kumar-Mohammad Rafi duo. Then followed the Dev Anand-Kishore Kumar duo. But the fact remains that Raj Kapoor and Mukesh remain the classic pair of actor-voice that has stood the test of time.

Even SD Burman, who had not utilized Mukesh's services for over a decade following the Dev Anand-Surayya starrer Vidya (1948), composed those two masterpieces for him - 'Chal Ri Sajni' from 'Bombai Ka Babu' (1960) and 'O Jaanewale Ho Sake To Laut Ke Aana' from 'Bandini' (1963). There was no turning back.

After Mukesh's sudden demise of a heart attack at the mellow age of 53 in the US, Kapoor said in the singer's death, he had lost his "soul". "There was Mukesh - my soul, my voice, I was a mere body. It was he who sang to the hearts of the people all over the world, not me. Raj Kapoor was an image, just a carcass of flesh and bones. When he died, I felt there goes my breath, there goes my soul," said Raj Kapoor in his daughter's book. His son Nitin Mukesh, now 73, said, "His repertoire was great. His songs are 47 or 50 years old or more. But all the songs are fresh in people's minds even today. A song, which describes him the best, is 'Kisi ki muskurahat pe ho nisar, kisi ka kard mil sake to le udhaar, kisi ke waste ho tere dil mein pyar, jeena usika naam hai'."



Dr. Shoma A. Chatterji
Film scholar
journalist & author

God gave Kishore Kumar His voice,

God gave Mohammad Rafi His heart

God gave Mukesh His soul

entertainment function when I was just into my teens. Mukesh-ji was invited to sing and in those days, singers did not charge a single paisa for such functions on invitation provided they knew the organizers well. Mukesh asked me my name and what I was studying and I told him. He asked if I was comfortable out of school watching such functions which were distanced from my studies. I was sitting in the greenroom next to him as I too, had a dance number to perform. I was so awestruck both by his star aura and by his very rooted modesty that I was unable to respond except with a wan smile. He smiled right back and patted me on the back and left

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Mukherjee, Kishore Kumar, Manna De and many others. Yet, looking back on his golden years of creating his own, natural style, one discerns that his memorable numbers are musically and lyrically attuned to very philosophical lyrics that cross the barriers of time, place and geography, barring language.

An ardent fan, Narayan Kutty Karrupath writes, "He is singer of the soul. That is why it is ever green. It touches some deep part of the heart. The honesty in his voice is unmatched. I have been listening to his songs for more than 50 years. Each song I would have heard 100s of times. Still it is as fresh as it was at the beginning. A big salute to him."

Over his memorable stint in films, Mukesh sang around 1300 songs and was actually discovered not by Raj Kapoor but by the veteran actor Motilal who loved

the stage to perform. That was Mukesh for you. No starchy airs, no arrogance, no 'public image' but just committed to what he had to do - sing. I never met him again in person.

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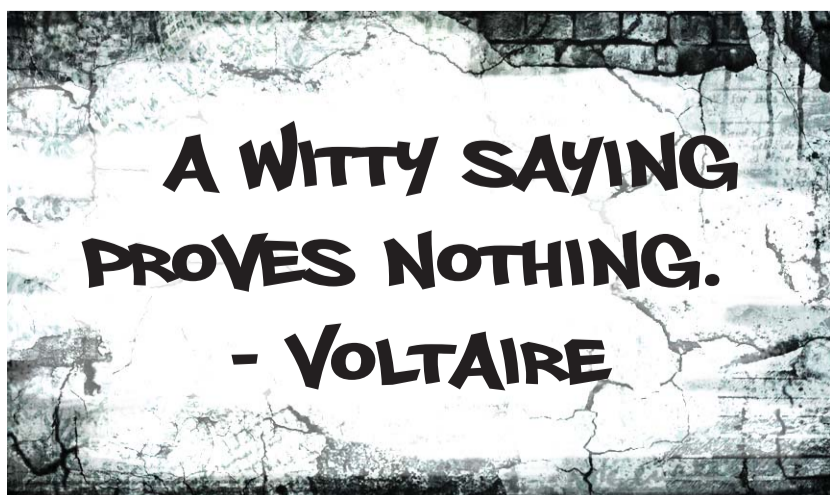
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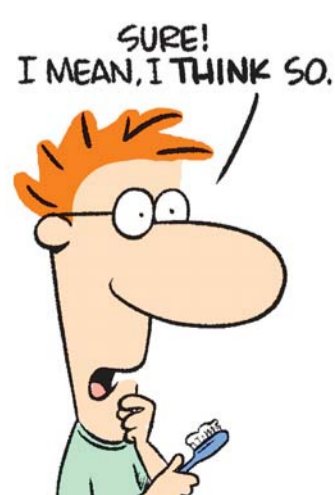
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THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman



Melon Day

Melon Day has been designed to pay tribute to this tasty ingredient. As mentioned, it started off as a holiday in Turkmenistan. However, it has now been honoured in many different places around the world. If you are someone who enjoys eating this tasty fruit, you can definitely celebrate Melon Day. You may even want to use this date as an opportunity to try a variety of melon that you have never tried before. The Turkmenbashi melon, in particular, has been praised for its large size, taste, and aroma. It is a type of muskmelon.

#TUNE-IN

The Rise of Makeba ... Part Deux

The song, which has been gracing fitness, cooking and home cleaning as well as fridge restocking videos on Instagram, has a far deeper meaning and history than you would otherwise attach to its catchy, thudding beats.



Uma Sharma
Arbit Correspondent

In 2018, a fresh new ad, with a fresh new sound burst onto our television screens. It made you want to move and groove, to a tune that was so catchy, and beats that resonated in your body. From bhanga to hip hop, the ad showcased a range of dance styles. The iconic brand that made the (transiently iconic) ad was Levis. The song was Jain's Makeba.

If you're even moderately into Instagram or TikTok, you would have come across dozens and dozens of reels set to Jain's tune over the last month. The song, which disappeared from our horizons the moment Netflix caught our imaginations, has made a meteoric appearance on our social media feeds, so much so that everyone from 4 to 40 is obsessed with this new (old) tune.

First released in 2015, Makeba was composed by Jeanne Louise Galice herself, better known by her stage name Jain, and featured in her debut album Zanaka. The song is an ode to the real "Mama Africa", Miriam Makeba, who was herself a singer, songwriter, actor and civil rights activist.

Born in South Africa, Miriam Makeba's life was one of both adversity and dreams coming true. She rose from the ashes of a tough beginning in life that included an early, abusive marriage and a battle with cancer, to emerge as one of the 200 greatest singers of all time (Rolling Stone, 2023).

Although she claimed that none of her songs were politically driven, her music frequently spoke of her struggles and pain living under Apartheid and her subsequent exile from her homeland. Her vocal style, over a career spanning more than 50 years, encompassed African Jazz to Afropop, to even including Latin American styles in her performances. Also known as "The Queen of South Africa" she is credited for popularizing South African artists and also helping in putting the spotlight on "World Music".

Miriam also has an Indian connection. The granddame of South African music was briefly married to Shunna Pillay, or Sunny Pillai, a South African Indian from Durban. In the 1950s, Pillai himself was a Jazz singer, rising to fame in Durban and eventually moving to the US and UK, where he performed for most of his life. Although they were married for only a few months, and their marriage is not

very well documented, despite Miriam's global popularity, they were considered one of the glamorous couples of the 50s.

Indian Jazz queen Usha Uthup, frequently included the latter's songs in her performance repertoire, especially 'Makeba's' best known international hit 'Pata Pata' (1967). While touring Johannesburg over 25 years ago, Usha Uthup met with Nelson Mandela. When she touched his feet in the traditional Indian salutation, he asked her what her one wish was while in Africa. Without missing a beat, Uthup replied that she wanted to meet "Mama Africa", whose songs she had been performing for years, without really knowing her. The next



I want to hear your breath just next to my soul
I want to feel oppress without any rest
I want to see you sing
I want to see you fight
Because you are the real beauty of human right
Nobody can beat the Mama Africa
You follow the beat that she's going to give ya
Only her smile can all make it go

The sufferation of a thousand more
With over 2.7 million reels made using the song in just the last one month, the song is topping many weekly charts, including Sweden, Hungary, the UK, Poland, etc. Another niche audience that the song has found, is with the fishermen's community of Kerala.

The music video itself, shot in South Africa, is meant to celebrate the rich culture and natural beauty of the country. With the key message of unity and oneness, which the director has tried to communicate with the use of monochromatic colours, a play of black and white in several frames, it showcases the beauty of African music and its ability to uplift and inspire.

THE MAKEBA PLAYLIST

1. **Pata Pata:** Her most popular song, which gained her wide-spread international recognition.
2. **The Click Song:** A traditional song of the Xhosa people of South Africa. It is sung at weddings to bring good fortune.
3. **Malaika:** A Swahili song that became a worldwide hit in 1965 when Makeba covered the song with Harry Belafonte.
4. **Africa Is Where My Heart Lies:** A soulful love song that celebrates the beauty and vibrancy of Africa.
5. **Amampondo:** A traditional Zulu song with a driving rhythm and infectious chorus.
6. **Makeba (Jain):** Where our journey into Makeba's life began.

