



World Hypertension Day: A Wake-Up Call for India

bserved on May 17, World Hypertension Day raises awareness about the 'silent killer,' high blood pressure. In India, where over one in four adults suffers from hypertension, early detection and lifestyle changes are vital. Often symptomless, untreated hypertension can lead to heart disease, stroke, and kidney failure. This year's theme, 'Measure Your Blood Pressure Accurately, Control It, Live Longer,' urges people to get regular screenings. With rising stress, unhealthy diets, and sedentary lifestyles, it's time we take our heart health seriously. A small step today, like a walk or a low-salt meal, can go a long way.

#TRENDING

Chillin' with Penguins

A heartwarming café experience at Ski Dubai lets visitors dine beside waddling penguins, blending icy charm with viral magic.



Imagine sipping hot chocolate in a glass igloo while a pair of tuxedoed penguins waddle past your table. Sounds like a scene from a winter fantasy, right? Well, it's real, and it's happening in the middle of the desert! Welcome to Ski Dubai's Penguin Café experience, the latest viral sensation that's turning heads (and melting hearts) across social media. Set inside the Mall of the Emirates, this frosty experience invites visitors to enjoy a warm meal while adorable Gentoo and King penguins roam freely in the icy enclosure just inches away from your seat. The concept, equal parts surreal and heartwarming, has taken the internet by storm. Videos of diners beaming with joy as curious penguins waddle around have racked up millions of views on Instagram, TikTok, and YouTube. One video captioned, 'I never thought I'd eat breakfast with penguins in Dubai!' has over 3 million views and counting.



A Chilling Experience in a Hot City

Dubai, known for its futuristic attractions and over-the-top luxury, has long been a magnet for unique experiences. But dining with penguins? That's a new level of cool, literally. Located within Ski Dubai, the indoor snow park that maintains sub-zero temperatures year-round, the Penguin Café is part of the Penguin Encounter program. Guests can book a session that includes a tour of the penguin habitat, educational interactions with trainers, and a cozy meal inside a dome surrounded by snow and, of course, penguins. And don't worry, the experience is designed with the penguins' well-being in mind. The entire area is climate-controlled, supervised by veterinary staff, and follow ethical animal care standards.

A Hit with Families, Influencers, and Couples

It's not just animal lovers flocking to this frozen paradise. Families see it as an educational and fun day out, couples consider it a romantic 'cool date,' and influencers? Well, let's just say a selfie with a penguin is pretty unbeatable on the Instagram feed. The café offers a selection of hot drinks, pastries, and comfort food, all served with a side of icy charm. Think sipping hot cocoa while watching penguins slide across ice, it's hard not to smile.

What's Making It Go Viral?

A part from the obvious 'aww' factor, the success of this experience lies in its unexpectedness. Who would expect a slice of Antarctica in the heart of Dubai? The element of surprise, coupled with the visually stunning setup, makes it irresistibly shareable. In an age where unique experiences trump material things, the idea of 'dining with penguins' perfectly taps into the experiential travel trend. People don't just want vacations, they want stories. And this one's a keeper.

Would You Try It?

So, if you're heading to Dubai and looking to swap skyscrapers for snow, maybe it's time to pencil in a penguin date. After all, how many people can say they've had brunch with a bird in a bow tie? One thing's for sure, when it comes to unforgettable moments, Dubai just keeps raising the (ice) bar.



How the Quit India movement brought down the Left Front

Villagers in some cases attacked armed soldiers taking away rice from the district, resisting the colonial scorched-earth policy which would soon lead to mass starvation. By the end of September, Dhara's team was taking over police stations and government officers. In this direct action, 71-year old Matongini Hazra was shot and killed as she attempted to take over the police station of the district headquarters located in Tamluk. Hazra's murder came to symbolise the immense British repression as well as the heroic grassroots resistance that characterises the Quit India movement and she remains an icon of anti-colonial struggle. Modern Kolkata remembers her with a statue at the Brigade Parade Grounds, proudly holding up the Congress flag, which is what she was doing when she was shot.

Shoaib Daniyal

Seven years ago, on August 8, 1942, the Congress passed what has come to be known to history as the Quit India resolution. The entire summer had seen Mohandas Gandhi in an unprecedentedly belligerent mood towards the British. Three years earlier, a month before the start of World War II, however, Gandhi had Subhas Bose expelled from the Congress for advocating a mass movement, preferring instead, along with entire right wing of the Congress, to work with the Raj. But now things were different and Gandhi was turning increasingly hostile, a change Jawaharlal Nehru attributed to 'Gandhiji's feelings that Japan and Germany will win World War II,' a popular sentiment at the time, before the allies turned the tide in Stalingrad. On July 10, Gandhi spoke vehemently against the Raj's scorched-earth policy in Bengal, built to deny provisions to Japan should it invade from Burma, a move that would cause a famine killing three million Bengalis. This statement was so incendiary that the British government thought it amounted to the declaration of a 'parallel authority act' in defiance of measures necessary for the prosecution of war.

Arrest and repression

Then, on July 14, the Congress passed a resolution asking for complete independence and speaking vaguely of a 'widespread struggle,' without giving any details how this was to be accomplished. The resolution of August 8, more or less, repeated the points made in the July 14 resolution: independence and a vague reference to mass struggle. The British reaction this time, though, was different. Taking the Congress off guard, the Raj arrested the entire party leadership and banned the organisation. Historian Sumit Sarkar explains that the August 8 resolution was not a call for a mass movement per se or a complete break with the Raj. "Far from ruling out further negotiations, the whole thing may conceivably have been an exercise in brinkmanship and a bargaining counter." The British, facing a life and death struggle of their own, though, were in no mood to negotiate with the Congress. Not only did they arrest the Congress leadership, before they could launch any sort of mass movement, the Raj also unleashed an unprecedented wave of repression with no less than 57 armed battalions deployed against Indian civilians. Leaderless and under heavy fire, nevertheless, Indians across the subcontinent fought back. On August 31, the Viceroy would write: "I am engaged here in meet-

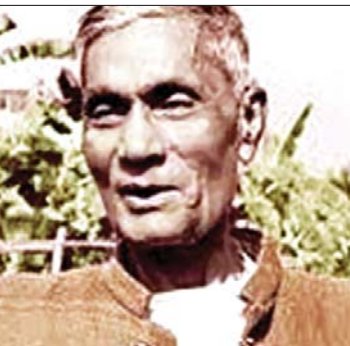
IN OCTOBER, 1942, A MASSIVE CYCLONE HIT THE REGION AND THE RAJ, AS COLLECTIVE PUNISHMENT, PROVIDED ALMOST NO RELIEF WORK. AFTER A WHILE, THOUGH, THE RAJ SIMPLY LET THE PROVISIONAL GOVERNMENT BE, GIVEN THAT IT DID NOT REALLY THREATEN THE WAR EFFORT, WHICH IS ALL THE BRITISH WERE INTERESTED IN AT THE MOMENT. TUCKED AWAY IN THE SOUTH OF BENGAL, MIDNAPORE DID NOT AFFECT EITHER THE ASSAM OR BURMESE FRONT OF WAR.



#HISTORY



ing by far the most serious rebellion since that of 1857, the gravity



Sushil Kumar Dhara

and extent of which we have so far concealed from the world. In fact, so fierce was the Indian response that, for the first time in a century, the Raj actually lost control of some areas. One of them was located on the western coast of Bengal, in Midnapore district, where rebels ran an independent government for two whole years, called the Tamuk Jatiya Sarkar, the Tamuk National Government."

British repression

The British response was initially brutal. Colonial security forces

Heroic resistance

Most of the revolutionary activities in the area were led by a Congressman, Sushil Kumar Dhara and Satish Samanta (although given the famine and the chaos, quite a bit of the resistance was also leaderless). Villagers in some cases attacked armed soldiers taking away rice from the district, resisting the colonial scorched-earth policy which would soon lead to mass starvation. By the end of September, Dhara's team



Satish Chandra Samanta

was taking over police stations and government officers. In this direct action, 71-year old Matongini Hazra was shot and killed as she attempted to take over the police station of the district headquarters located in Tamluk. Hazra's murder came to symbolise the immense British repression as well as the heroic grassroots resistance that characterises the Quit India movement and she remains an icon of anti-colonial

town using aeroplanes. In October, 1942, a massive cyclone hit the region and the Raj, as collective punishment, provided almost no relief work. After a while, though, the Raj simply let the provisional government be, given that it did not really threaten the war effort, which is all the British were interested in at the moment. Tucked away in the south of Bengal, Midnapore did not affect either the Assam or Burmese front of war. The Jatiya Sarkar, meanwhile, launched a militia, in the hope of helping Bose's Indian National Army should it succeed in invading British-held Bengal (it didn't). The Sarkar was also involved in cyclone relief work and was actually rather successful in famine relief, targeting hoarders and distributing surplus paddy to the poor. The parallel government was so organised that it even ran its own justice system, helping to dispose of 1,681 cases. Eventually, while the Quit India movement did not succeed in its immediate aim of making the British quit India, it did have a major impact on Britain's colonial policy after the war. Clear that they could not hold India by force, the British looked to work out a negotiated withdrawal from India, which they did on August 15, 1947.

1942 to 2007

And it wasn't only 1947. The culture of Midnapore, which had produced something as radical as the

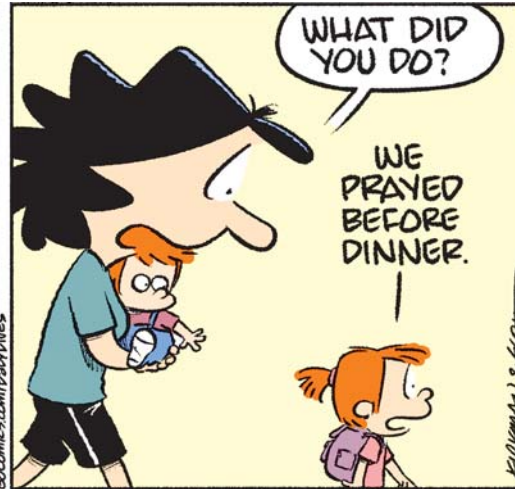
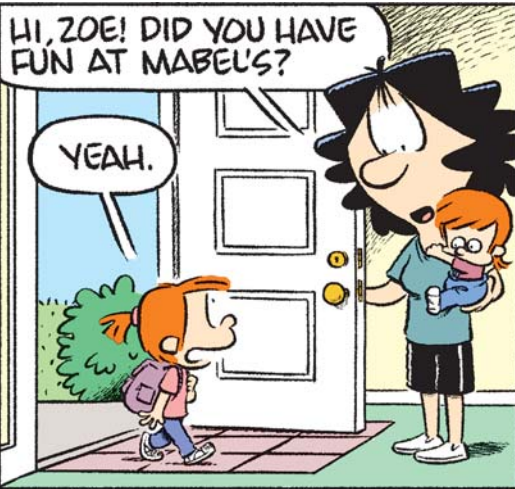
Tamluk Jatiya Sarkar, wasn't going to quieten down overnight. Sixty years later, in 2007, the Left Front government looked to acquire land forcibly in the Nandigram area of Midnapore, one of the areas liberated by the Tamluk Jatiya Sarkar. In a movement startlingly similar to 1942, Nandigram simply cut itself off from Kolkata. Protestors dug up roads, cut off telephone cables and declared a muktanchal, 'liberated zone' free from government control. Chief minister Buddhadeb Bhattacharya told the West Bengal Assembly: "For two and a half months, the administration could not function at Nandigram." Eventually, the state government would launch a massive operation involving 3,000 policemen supported by Communist Party of India (Marxists) cadre to try and 'take back' Nandigram. During this, the police opened fire on protestors, killing between 14 (official figures) to 50 people. Like in 1942, though, the events in Midnapore reverberated far beyond the district. Four years later, the Trinamool Congress would make opposition to forcible land acquisition, its main point of attack against the ruling Left, holding up the violence in Nandigram as a graphic example. The campaign would be a success and Nandigram would end the Left's 34-year rule over West Bengal.

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By Rick Kirkman & Jerry Scott

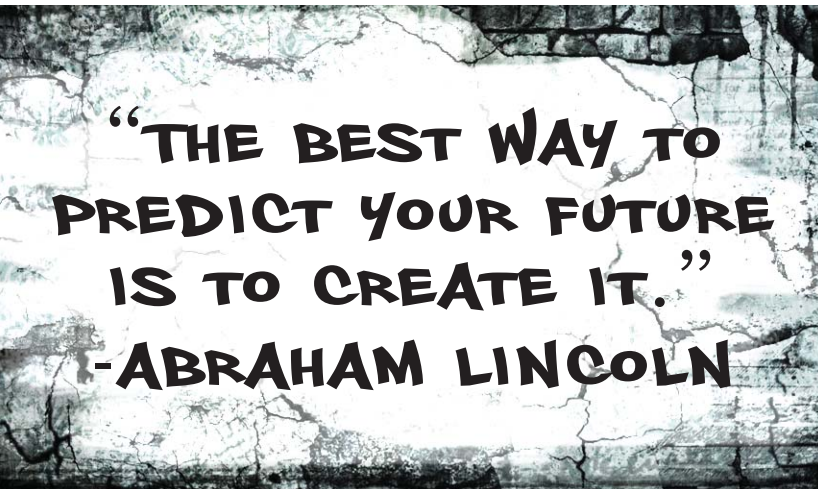
BABY BLUES



ZITS



THE WALL



By Jerry Scott & Jim Borgman