

#FOOD-TALK

South Indian Breakfast

What Makes It So Healthy and How It Helps In Weight Loss!



In their quest to lose weight, many people are looking for new and tasty ways to incorporate nutritious foods into their diets. When it comes to breakfast alternatives, whether in Delhi, Mumbai, or Kolkata, most people want something both full and nutritious, and South Indian breakfast meets the bill. Also, there are simply too many alternatives for a

healthy South Indian meal. Upma, idiyappam, Pongal, uttapam, appam, and vegetable stew are classic South Indian breakfast foods. The cuisine highlights the use of ingredients such as various lentils, coconut, and curry leaves, which not only give depth to the meals but also improve their nutritional profile. In addition, the most significant part of South Indian breakfast is finishing it with hot filter coffee.

What factors contribute to a healthy South Indian breakfast?

South Indian food is good for your gut health because of the nutrients and fermentation process, which helps you lose weight, indirectly. If your objective is overall health rather than weight reduction, we believe that you won't find a better breakfast option that is simple to prepare, delicious, and sustainable.

Why a South Indian breakfast is excellent for weight reduction?

When trying to lose weight, it is recommended that you restrict your portions, eat low-calorie foods, and use as little oil as possible. Surprisingly, South Indian breakfast products combine low-calorie options with a burst of flavour, making them great for weight loss or maintenance.

Idly Sambhar

Idly is a nutritious, light snack that is easy to digest. The idly batter contains lentils and rice, making it low in calories. In contrast, sambhar is a stew made from dal and veggies. One bowl of sambhar provides important nutrients.



Dosa



Dosa is made with the idly batter as they are produced by heating brown rice or wheat and topping with ghee, onion, chana dal, urad dal, ginger, turmeric, and other spices. Upma is often cooked with rice and lentils. However, it can be substituted with oats and other millets. As a result, uttapam will be packed with nutrients. The allure of South Indian breakfast goes beyond its instant flavour and nutritional worth. It's a silent fighter in the fight against obesity, serving dishes that are high in fibre, low in calories, and packed with key nutrients, all of which play an important part in weight loss.

Upma



Upma has the benefits of wheat or rice. They are produced by heating brown rice or wheat and topping with ghee, onion, chana dal, urad dal, ginger, turmeric, and other spices. Upma is often cooked with rice and lentils. However, it can be substituted with oats and other millets. As a result, uttapam will be packed with nutrients. The allure of South Indian breakfast goes beyond its instant flavour and nutritional worth. It's a silent fighter in the fight against obesity, serving dishes that are high in fibre, low in calories, and packed with key nutrients, all of which play an important part in weight loss.

Uttapam is a simple dish that uses the same batter as idly and dosa. It is thought to be helpful for people trying to lose weight. Uttapam is often cooked with rice and lentils. However, it can be substituted with oats and other millets. As a result, uttapam will be packed with nutrients. The allure of South Indian breakfast goes beyond its instant flavour and nutritional worth. It's a silent fighter in the fight against obesity, serving dishes that are high in fibre, low in calories, and packed with key nutrients, all of which play an important part in weight loss.



The good widow lady wanted her lawyer 'husband' to be remembered well. She instructed the carver to etch the epitaph, thus, "Here lies 'Strange' A Good and Honest Lawyer"

After reading the epitaph, a few times, the carver suggested a modification, "Here lies

A Good and Honest Lawyer That is indeed 'Strange'"

Such a witty epitaph will certainly draw the attention of the passerby. Isn't it odd that a majority of the world's population, who are cremated, do not have headstones and hence no epitaphs. Only the great and renowned may have the honour of a Mausoleum or Samadh. In fact, some of the most beautiful buildings are these structures. I find it intriguing that Muslim culture does not advocate headstones and even allows reburial in the same grave, which has contributed to some of the most elegant mausoleums in India. The Taj Mahal, Humayun's tomb and that of Safdarjung are some examples. Similarly, the newly finished Samadh of Swamiji Maharaj of the Radhasoami sect in Agra is an example of exquisite carving and Lapuz lazuli. To me, it is even better than that of the Taj.

It is only in the Christian world that there is the custom of headstones and epitaphs. Epitaphs, with concise inscriptions, have a long and fascinating history. They display a large insight into the values, humour, even of the dark variety, from different cultures and eras. Ancient Egyptians preferred the short declaration and were the originators of the 'Here lies' or 'May he rest in peace.' Ancient Greeks went a step further and were more philosophical. The epitaph on Pericles' grave states the eternal truth, "Whatsoever is made by human hands may be destroyed by time." It was nearly a century later that humour crept into the headstones during the Roman era. One epitaph reads,

"Here lies Marcus, Who never did anything but eat, drink and sleep. You may well ask, 'Why did he die then?'"

The restless human mind is always on the lookout for change and in the medieval era, there was evidence of religious influence.

"Here lies John Doe, waiting for resurrection"

Finally came the period with renewed interest in classical learning. Italian artist Michelangelo's epitaph reads,

"I paint with my mind, Carve with my hand and live in hope"

I can think of no better description of the huge body of art, created by him, described so briefly.

The use of wit and satire



became common on epitaphs in 18th century.

The classic witty and satirical epitaph of a renowned American thinker, writer and diplomat reads,

"The body of B Franklin, Printer, Like the cover of an Old Book, Its Contents torn out and strip of its Lettering and Gilding, Lies Here Food for worms. But Work shall not Be lost, For It Will (as we Believe) Appear Once More in a New & More Elegant Edition."

The epitaphs of the 20th century became more diverse and in some ways reflected the changing norms.

The classic humorous one of a supposed hypochondriac reads, "I told you I was sick!"

Martin Luther King Jr. was deeply personal and cry from the grave. He lamented,

"Free at Last! Free at Last! Thank God Almighty I'm Free at Last!"

Even in epitaphs, error creeps in and leaves posterity smiling! One tombstone of a notorious insomniac reads,

"Rest in peace, at last!"

At times, an epitaph can be a message to the world. One murdered person's grave stone reads,

"Beware! I shall return! Revenge is mine!"

Although I wonder how the message was given to the carvers of his epitaph, when he died suddenly? As a doctor, the recent classic epitaph on a grave stone in Nashik was a warning. It said, accordingly,



#EPITAPHS AND OBITUARIES



"Ivan James DySp of Police Father of Husband of Died on 20th June 2001 DUE TO NEGLIGENCE OF SUJATA BIRLA HOSPITAL & DR. CHAWLA OF NASHIK RD."

Classic epitaphs offer a unique window into history, reflecting cultural values, humour, history and even personal quirks. They remind us of the unfortunate brevity of life, the importance of living meaningfully and finally, the enduring power of words, even beyond the grave.

On the other hand, writing obituaries is a different kettle of fish. To my mind, it is possibly the most difficult piece of writing. To describe briefly and yet compre-

Departed And So Remembered

Classic epitaphs offer a unique window into history, reflecting cultural values, humour, history and even personal quirks. They remind us of the unfortunate brevity of life, the importance of living meaningfully and finally, the enduring power of words, even beyond the grave. On the other hand, writing obituaries is a different kettle of fish. To my mind, it is possibly the most difficult piece of writing. To describe briefly and yet comprehensively 'the life of a person' needs skills beyond compare.

departed other than quote from their own writings. Einstein wrote, "My religion consists of a humble admiration of the illimitable superior spirit, who reveals himself in the slight details which we are able to perceive with our frail and feeble minds. That deeply emotional conviction of the presence of a superior reasoning power, which is revealed in the incomprehensible universe, forms my idea of God."

"The most incomprehensible thing about the world," he said on another occasion, "is that it is comprehensible."

While most obituaries celebrate the departed, a few have been printed prematurely. Mark Twain is one of the few people in history, who was lucky (or unlucky) enough to comment on newspaper reports of his own death. In 1897, an English journalist from the New York Journal contacted Twain to inquire whether the rumors that he was gravely ill or already dead were indeed true. Twain wrote a response, part of which made it into the article that ran in the Journal on June 2, 1897.

"Mark Twain was undecided whether to be more amused or annoyed when a Journal representative informed him today of the report in New York that he was dying in poverty in London. The great humorist, while not perhaps very robust, is in the best of health. He said, "I can understand perfectly how the report of my illness got about. I have even heard on good authority that I was dead. James Ross Clemens, a cousin of mine, was seriously ill, two or three weeks ago in London, but is well now. The report of my illness grew out of

his illness. The report of my death was an exaggeration."

Khushwant Singh, the celebrated Indian author and journalist, offered a thought-provoking perspective on obituaries. He argued that instead of focusing solely on individual lives, we should dedicate more space to lamenting the death of conscience in society. His words resonated, urging us to reflect on the ethical and moral decline alongside the passing of individuals.

The recent obituary of Fall Nariman by Gouri Kapoor in the Indian Express is an excellent example of a complete obituary. It not only traces his early life from Burma to the halls of St. Xavier's College in Mumbai but also through his early legal career, which was not a first choice. His father wanted him to be an ICS. His classic and firm stand, out of the box defense of Ramnath Goenka, through the constant threat of a vindictive Indira Gandhi during the emergency, and the Golaknath case were the high points in his illustrious career. His accepting the Union Carbide case was one of his abiding regrets. His short fuse and his aggressive pug also find a mention. In the end, his profound knowledge and defense of the Indian Constitution round off the tribute to a great man.

The Arbi has created a novel obituary for Nihal Mathur. Besides the brief description of the eventual life, it has printed a collage of the 'History of Flight' from his prized stamp collection. Many other writers, who have followed, may also be remembered in this fashion. For me, I imagine, it will be a collection of 'heated hearts' and a collage of the titles of my writing for Arbi!

Beyond famous figures, obituaries offer a glimpse into the lives of ordinary people, their unique stories, and the quirks that made them who they 'were.' As technology continues to evolve, the future of obituaries remains uncertain. Will virtual reality experiences replace written tributes? One thing is certain, the desire to remember and honor the departed will endure, ensuring that obituaries will continue to play a vital role.

flourish and poetic tributes. Albert Einstein's obituary, published in The New York Times, was impactful, highlighting his scientific genius and humanitarian spirit. The last paragraph summarizes his whole life pithily. "Einstein's gifts inevitably resulted in his dwelling much in intellectual solitude. While he was not sociable in the usual sense, he had a penetrating understanding of his fellow-men. Music played a great part in his life, and the satisfaction it gave him, he gladly shared with his friends. The many tributes paid to his personality all testify that his moral stature matched his intellectual pre-eminence."

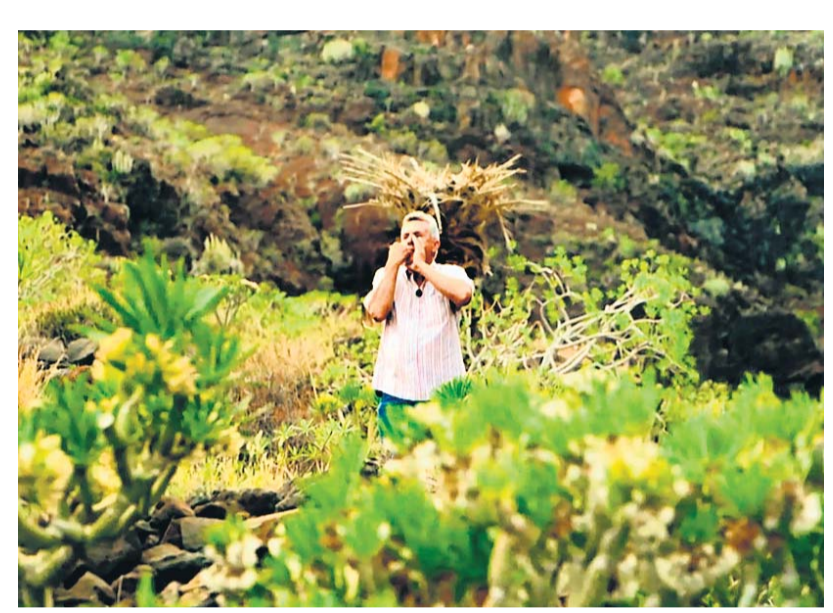
Sometimes, there is no better way to describe the vision of the

#HERITAGE

Whistled Languages

Whistled speech, used for public announcements and even courtship, mimics the tones and intonation of spoken languages. However, the future of these languages is threatened by the dominance of English and the erasure of native communities.

Whistled languages emerged in many cultures across the world because whistled speech goes further than ordinary shouting. Such languages typically originated in places where people lived in mountainous terrain or dense forest. While the information conveyed usually revolved around public announcements, they were also used by some to court one another. Whistled speech mimics the tones, vowel formants and even the intonation of spoken languages so that listeners can understand them.



The erasure of indigenous cultures around the world, the dominance of languages like English and the double-edged sword of technology, which can help and hinder the survival of languages, threatens the future of whistled speech. UNESCO has listed many whistled languages as 'Intangible Cultural Heritage' in a bid to preserve their importance to local communities and cultures.

Here are five of the most well-known whistled languages that you should know about.

Homong Language

Residing in places like China, Vietnam and Laos, along with a thriving diaspora in Western countries, the Homong practise one of the few whistling languages left in the world. Using their fingers and mouth, they whistle love songs, laments and pleas to the spirit world, but also use leaves, bamboo flutes and a traditional instrument called a qee, to augment their communication over long distances. This alchemy of speech and music was employed by herders, hunters and farmers to communicate with one another, and the beauty of their language is like hearing birdsong.

The Homong have formalised their language in written form called Romanised Popular Alphabet. It was created from 1951-53 by a group of missionaries and Homong advisers and is the most widespread system for writing the language in Western countries. In China, the language is written with Chinese characters and in Thailand, it is written with the Thai alphabet.

Silbo Gomero

Used by the residents of La Gomera in the Canary Islands, the silbo gomero would traverse the ravines and valleys of the island and reach people, up to five kilometres away.

Everything, from event invitations to public information, would be conveyed by the whistles. UNESCO declared the silbo a 'Masterpiece of the Oral and Intangible Heritage of Humanity' in 2009.

The language has two to four vowels and four to ten consonants. Each vowel or consonant is replaced with a whistling sound and is distinguished by its pitch and continuity. While all of La Gomera's inhabitants understand the language, only those born before 1950 and the younger generations, who attended school since 1999, can speak it. Silbo's whistling techniques require physical precision and strength in the body parts used, to produce the complex language.

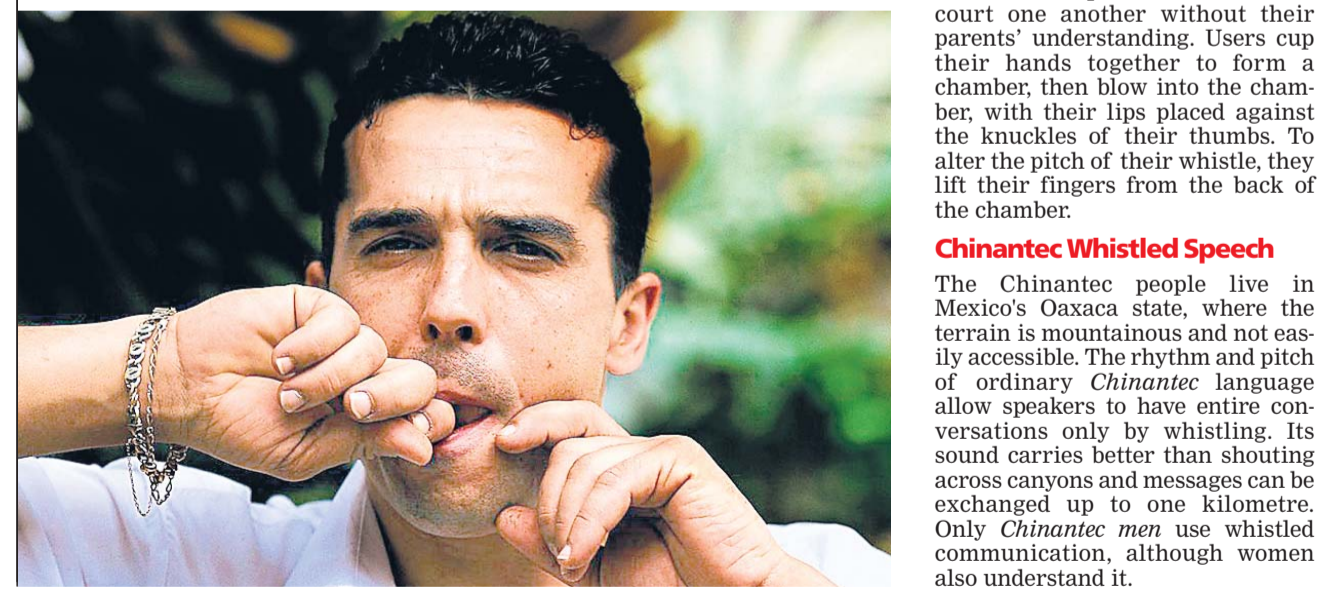
The community has held a 'cultural and art festival' since 2017, to celebrate their bird language. People compete against one another before a panel of judges, and the winner is deemed to be the one who whistles the given instructions best.

Kickapoo Whistled Speech

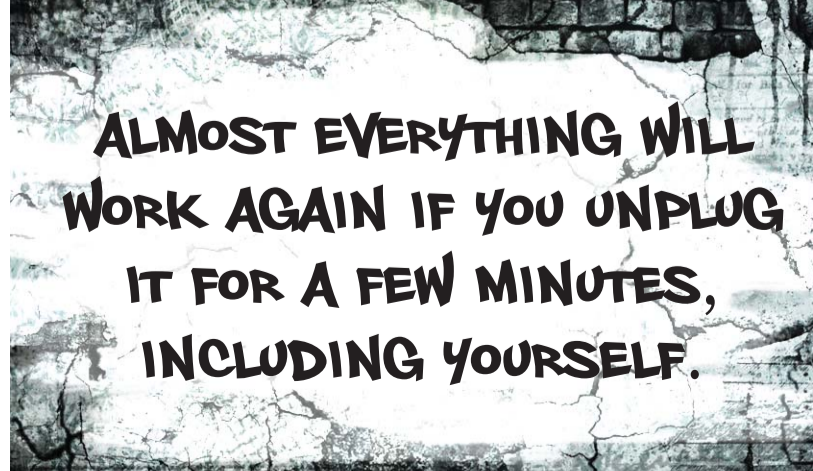
The Kickapoo tribes of Texas and Mexico communicate orally but their whistled speech is only found among the inhabitants of Coahuila state. The pitch and length of vowels and vowel clusters are represented in whistled form while vowel qualities and consonants are not. Teenagers and young adults of the Kickapoo community pioneered this form of speech around 1915 to court one another without their parents' understanding. Users cup their hands together to form a chamber, then blow into the chamber, with their lips placed against the knuckles of their thumbs. To alter the pitch of their whistle, they lift their fingers from the back of the chamber.

Chinantec Whistled Speech

The Chinantec people live in Mexico's Oaxaca state, where the terrain is mountainous and not easily accessible. The rhythm and pitch of ordinary Chinantec language allow speakers to have entire conversations only by whistling. Its sound carries better than shouting across canyons and messages can be exchanged up to one kilometre. Only Chinantec men use whistled communication, although women also understand it.



THE WALL



BABY BLUES



ZITS



Good Friday

Good Friday falls on the Friday just before Easter Sunday. This day is special because it commemorates a key event in Christianity, the crucifixion of Jesus Christ. Think of it as a moment in history that's both tragic and transformative. This makes it a pivotal day for many around the world. It's a day to ponder the sacrifices made by Jesus, who Christians believe died on the cross to offer humanity redemption and eternal life. It's a mix of mourning the death of Jesus and looking forward to the hope that his resurrection brings.



By Rick Kirkman & Jerry Scott

By Jerry Scott & Jim Borgman