



International Harry Potter Day: A Magical Celebration

Every year on May 2, fans around the globe celebrate International Harry Potter Day, marking the anniversary of the Battle of Hogwarts the day Harry Potter triumphed over Voldemort. Declared by former UK Prime Minister David Cameron in 2012, the day honors not just the iconic book and film series, but also the values it upholds—bravery, friendship, and standing up for what's right. From rereading the novels to cosplay events and trivia contests, Potterheads relive the magic in countless creative ways. It's a day to raise your wands and say, "Hogwarts will always be there to welcome you home."

#HEALTH

A Simple Morning Ritual

Why Okra Water and Honey Deserve a Spot in Your Routine



In the ever-evolving world of wellness, where smoothies, seed blends, and detox teas often steal the spotlight, one humble super-duo is quietly making waves-

okra water and honey. Traditionally used in Ayurvedic and folk medicine, this simple combination is gaining popularity for its wide-ranging health benefits, especially when consumed first thing in the morning.

What is Okra Water?

Okra, also known as lady's finger or bhindi, is rich in fiber, antioxidants, vitamins A and C, and essential minerals like magnesium and potassium. Soaking okra pods in water overnight allows their nutrients to infuse into the liquid,

creating a slimy yet nutrient-dense tonic. Adding a spoonful of natural honey enhances both the taste and the benefits. So, why exactly should you consider starting your day with okra water and honey? Let's break down the reasons:

1. Supports Blood Sugar Regulation

One of the most talked-about benefits of okra water is its ability to stabilize blood sugar levels. The viscous fiber in okra slows down sugar absorption in the intestines, making it

especially beneficial for people with Type 2 diabetes or prediabetes. When consumed in the morning, it helps set the tone for better glycemic control throughout the day.

2. Aids Digestion and Gut Health

The soluble fiber in okra water acts as a natural laxative, promoting smoother bowel movements and reducing bloating. It

helps cleanse the digestive tract and supports healthy gut flora, which is essential for immune health and nutrient absorption.

3. Promotes Heart Health

The combination of okra's antioxidants and honey's natural anti-inflammatory properties contributes to better heart health. Okra contains

pectin, which helps lower LDL (bad cholesterol), while honey can help reduce blood pressure and improve circulation when consumed regularly.

4. Enhances Skin and Hair

Rich in antioxidants and vitamin C, okra water can boost collagen production, giving your skin a natural glow and improving elasticity. The

hydration from both ingredients supports clearer skin and shinier hair. Regular intake may also reduce acne and pigmentation over time.

5. Boosts Immunity

Honey has long been valued for its antibacterial and antiviral properties. Paired with okra's high vitamin C content,

this drink can strengthen the immune system, making it a perfect addition during seasonal changes or flu outbreaks.

6. Natural Energy Kick

Unlike caffeine-based drinks, okra water with honey provides a steady and natural energy boost without the crash.

The natural sugars in honey combined with essential vitamins in okra help revitalize the body and keep fatigue at bay.

How to Prepare:

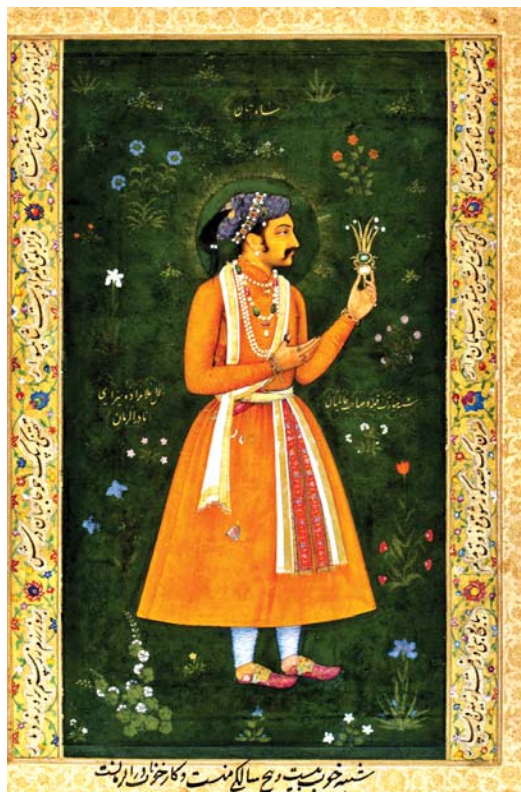
Slice 3-4 fresh okra pods and soak them in a glass of water overnight. In the morning, remove the pods, add a teaspoon of raw honey, stir well, and drink on an empty stomach.



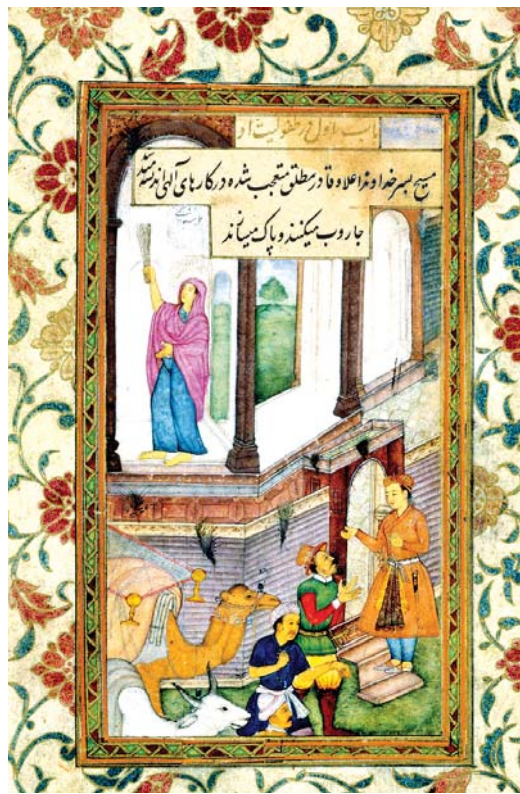
Akbar Was Not Averse To Using European Or Hindu Iconography



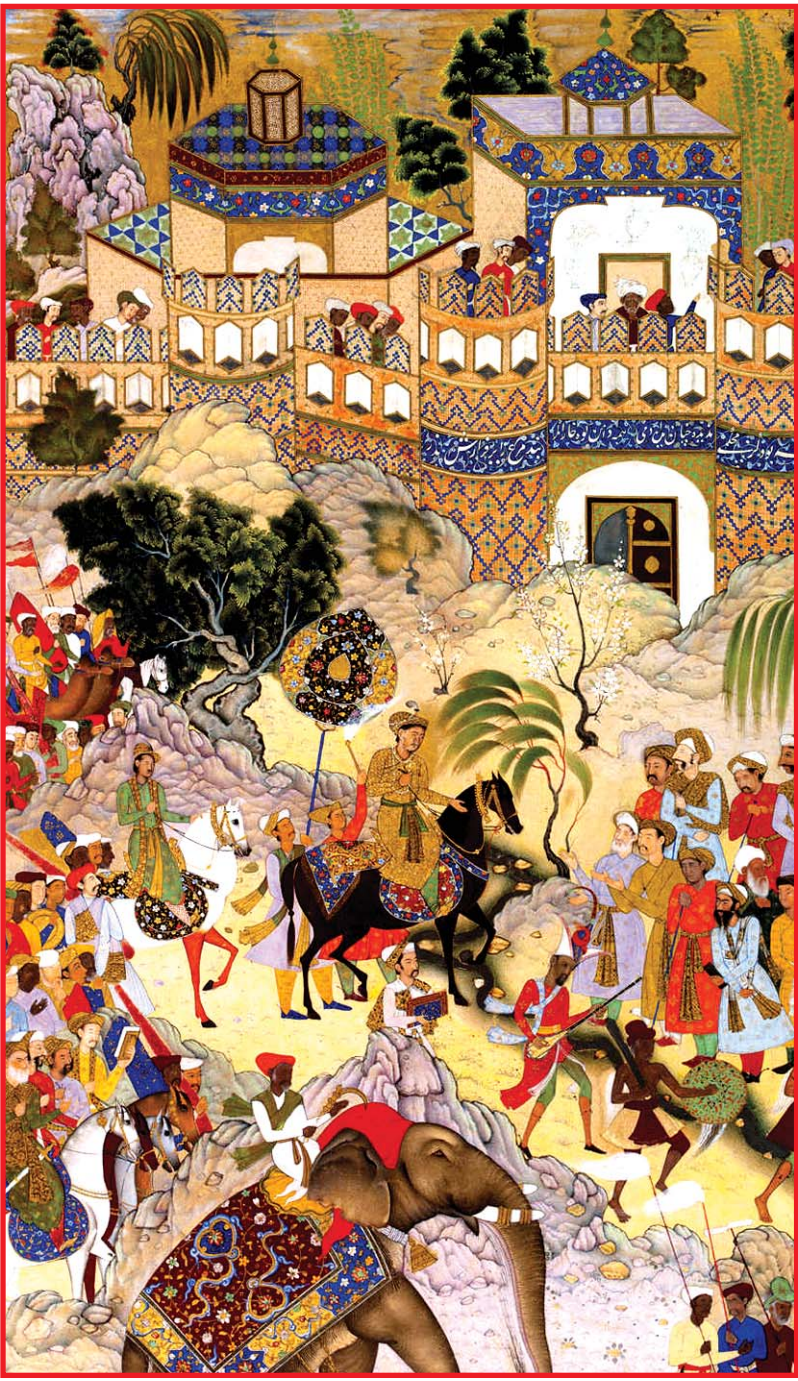
The martyrdom of Saint Cecilia, 1600.



Shahjahan as prince, by Abu'l Hasan, 1617



Preparation for the birth of Christ, by Masood Deccani, 1600



Akbar's triumphant entry into Surat, Akbarnama, by Farrukh Beg 1590-95

#THE ARTS



Alter frontal, wood inlaid with ivory, 1600



Dagger, watered steel, chiselled and with traces of gold overlay, about 1580-1600.

leading courtiers to see them, and then sent for his artists. The impact of this - and of paintings and engravings brought by subsequent



The emperor brought his leading courtiers to see them, and then sent for his artists. The impact of this - and of paintings and engravings brought by subsequent Jesuit missions - was soon apparent in Mughal painting. The principles of scientific perspective were not followed, but a sense of depth derived from European art is found in some of the paintings in the Akbarnama.

and beliefs. They had come from the Portuguese settlement of Goa, and this encounter would result in Akbar sending a delegation there, to request that a religious delegation be sent to the Mughal court. The first Jesuit mission arrived at the city of Patehpur in 1580, and installed a chapel inside the house that Akbar had assigned to them. Here, they displayed paintings with Christian subjects that caused a sensation. The emperor brought his

Jesuit missions - was soon apparent in Mughal painting. The principles of scientific perspective were not followed, but a sense of depth derived from European art is found in some of the paintings in the Akbarnama. One of the paintings from the Hariwamsa, showing the dramatic combat between the gods Indra and Krishna taking place above a boat sailing past a rocky landscape, is also obviously inspired by European art.



Gold spoon set with rubies and emeralds, 1600.



Krishna in combat with Indra, from a copy of Hariwamsa, 1590



Akbar directing the attack at Ranthambor Fort in 1569, from Akbarnama, by Khim Karan, 1590-95.



gold, shows the close relationship that must have existed between the artist/designers in the royal workshops and the craftsmen who made objects like this. The chiselled details of a tiger attacking an elephant whose rider or mahout, tried to fight it off on one side of the blade; and the combat between a horse and an elephant directed by their respective riders on the other, relate to similar scenes in paintings done at the end of Akbar's reign.

By this time, specialist craftsmen in the provinces of the empire supplied the court, and exported their wares to Europe. Gujarat was famous for its inlaid wooden boxes and cabinets, and for its artefacts made out of thin pieces of mother of pearl. Their intended market determined the design of the finished piece, and often its form. Therefore, items made for the huge market in Portuguese Goa might include European-style ewers and salvers that, from there, often travelled westwards and were sometimes given European silver or gilt silver mounts.



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vessel made at about the same time demonstrates the virtuosity of Hindustani metalworkers working with a master calligrapher/designer who was probably Iranian. The shape is Indian, but the decoration within cusped cartouches (an ornate framing motif) is based on Iranian designs of the period of Shah Tahmasp (reigned 1524 - 76). A dagger of watered steel, which was originally overlaid with

The rare surviving altar frontal was probably also intended for a Goan patron, but the Mughal-influenced motifs surrounding its central panel of Christian imagery are similar to those on cabinets that were made for the domestic market and must have been produced in quantity. The designs on the altar frontal also have parallels in Mughal painting from that period, showing how far the influence of court art had spread.

By Akbar's death in 1605, Mughal art had brought together disparate influences from Hindustan, Iran and Europe. New industries such as carpet weaving were firmly established, while existing crafts with antecedents long predating the Mughals thrived by having access to much larger markets and new patrons.

Jahangir

Akbar was succeeded by his son Salim, who took the title Jahangir ('World Seizer'). He inherited a stable and immensely wealthy empire, with an efficient administration that ensured cash flowed from every province into the twelve separate treasuries of the royal household. One treasury was for precious stones, of which there was a vast store, and another held jewelled artefacts including wine cups made of single precious stones and gold thrones. It also held the jewellery that was worn in considerable quantity by the emperor and his family and was exchanged as gifts during the major festivals of the court. Jahangir already had several wives before he married the beautiful and intelligent Mehr-un-Nissa in 1611. She came from an

aristocratic Iranian family, and both her father and brother reached the highest positions in the Mughal hierarchy after the family came to court. Jahangir gave her the title Nur Jahan ('Light of the World'), and became devoted to the highly educated and dynamic woman who effectively ruled with him. She was the only Mughal queen to have coins issued in her name. Both were patrons of architecture, though the greatest artistic achievements of the time were to be found in the art of the book, Jahangir's great passion, and in the innovations in some of the materials and techniques used to create objects.

The Jahangirnama

Like his great-grandfather Babur, Jahangir wrote his memoirs which were entitled the Jahangirnama or Tuzuk-e Jahangir. In between accounts of the rituals of court life, political events and family matters like births, marriages and deaths, they reveal that Jahangir inherited a similar fascination for the natural world.

To be continued... rajeshsharma1049@gmail.com



Water vessel, cast gold alloy, engraved and filled with black composition, 1580- 1600. Gold thumb ring set with emeralds and rubies and enamelled on the inside, 1600-50.

THE WALL



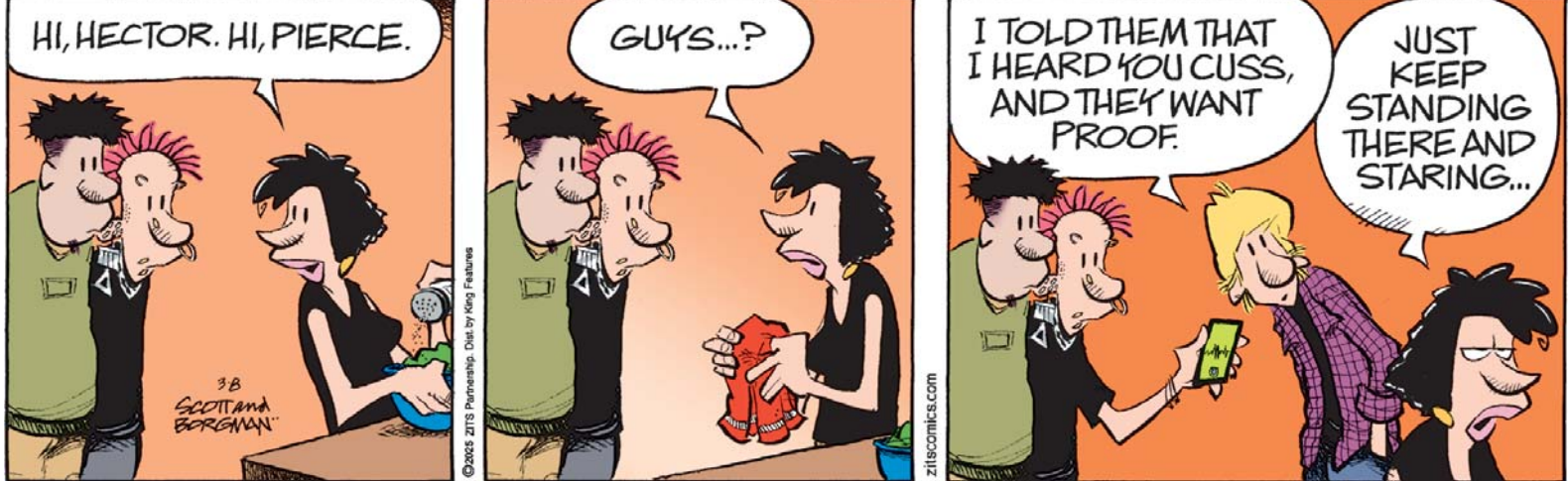
BABY BLUES



By Rick Kirkman & Jerry Scott



ZITS



By Jerry Scott & Jim Borgman