

#FOOD-TALK

Delicious Ways To Eat Watermelon

Here are our favourite ways to enjoy this delicious, hydrating summer fruit.



Most of us enjoy watermelon the old-fashioned way, sliced into triangles and eaten fresh. But there are many other ways to enjoy watermelon. It can be kept raw, frozen, or pureed and strained to create juice. You can also eat the rind and seeds to eliminate food waste even further! Here are some of our favourite ways to use watermelon.

- Salsas:** You see salsas made with fruits like strawberries, mango, and pineapple, why not watermelon? It's equally as sweet and has the added benefit of adding a bit of crunch. Toss diced watermelon with some lime juice, sliced chillies, and fresh cilantro. Then, spoon it over your favourite grilled protein.
- With Spices:** Spice mixes really help bring out the sweetness in watermelon. For snacking, drizzle sliced or cubed watermelon with some fresh lemon or lime juice, then, go as heavy with the spices as you can handle. Try fiery ones like Tajin, chili powder, or cayenne. We also love a heavy dusting of toasted sesame seeds or dukkah.
- Fruit Salad:** What would a fruit salad be without melon? While watermelon is ripe during the summer, incorporate it into a colourful fruit salad with your other favourites like pineapple, strawberries, and blueberries.
- Fruit Leather:** You can turn any fruit into homemade fruit leather. Essentially, you're dehydrating the fruit to remove the moisture, which leaves it extra sweet. Try it with watermelon and any other seasonal fruits.
- Dessert Pizza:** Watermelon pizza is a healthy way to enjoy dessert, and kids love it. Cut a thick round from a watermelon, spread one side with yogurt or ricotta, and sprinkle on your favourite toppings such as granola, chocolate chips, and other fresh fruit.



Another legend is that Bahadur Shah Zafar was determined not to lead the rebel sepoys, who had promised him the wealth of India to fill up his depleted coffers, but a dream made him change his stance. According to his private secretary, Jivan Lal, the King was told, in a vision, by his grandfather (Shah Alam) that the time had come to undo what had happened at the Battle of Plassey, 100 years ago and that he should lead the rebellion. But at 82, Bahadur Shah hardly slept at night because of a persistent cough and dreams had long ceased to be part of his sleep.

1st BATTLE FOR INDEPENDENCE



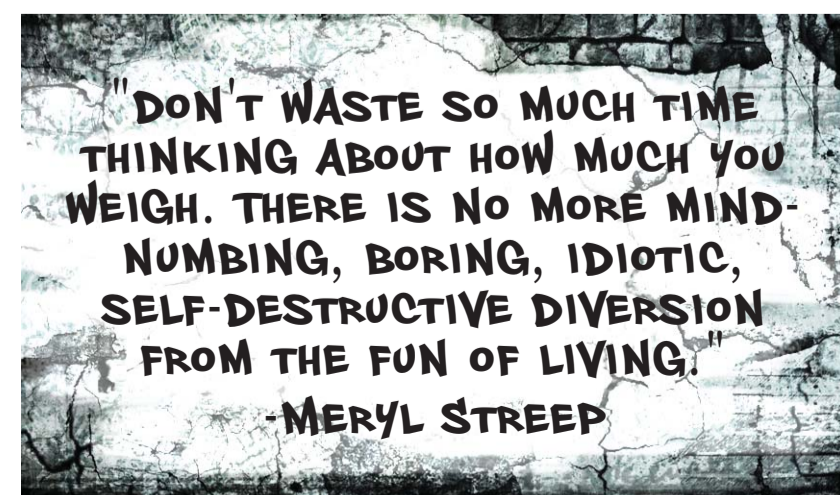
Though Jaipur State did not take active part in the 'Mutiny' of 1857, it did give refuge to a number of freedom fighters, who escaped the British wrath. Earlier, even *Firangi* fugitives from Delhi and Agra sought protection in Jaipur. Among them was Sir Theophilus Metcalfe, who fled on a horse, wearing Indian clothes provided by the *Thanedar* of Paharganj. He stayed on in the city till the British forces had recaptured Delhi, and was most thankful to *Maharaja* Sawai Ram Singh II for saving his life, after a *Gujjar* mob raided Metcalfe House in North Delhi, and chased him half-naked upto Daryaganj. He died in 1883, three years after the *Maharaja*, who ruled from 1858 to 1880, part of which period coincided with the 'Mutiny' or the First War of Independence.

The First War of Independence in 1857 was a watershed in India's history as it marked the end of the medieval era and the beginning of a new one, the precursor of the modern age. That was also the time when legends and superstitions played a big part in guiding the destinies of both, the British and Indian contestants. The late Lala Hanwant Sahai's grandfather had heard in *Chandni Chouk* that when the new moon would come right above the ramparts of the Red Fort, its most would be filled up with the blood of the *Feringis*, but if the



The storming of the Kashmir Gate in 1857, during the siege of Delhi by British forces, was one of the great feat of arms of the bloody conflict.

THE WALL



blood made its way to the Yamuna and polluted the river, the British would win back what they had lost.

Hanwant Sahai was one of those held for conspiracy in the *Hardinge Bomb* case of 1912 but by then, his grandfather was dead. The *Maulvi* of Faizabad, Ahmadullah Shah, who had made the prophecy of the new moon, had done so not in Delhi, but in the main market of Meerut, where '*Sab Lal Hoga*' slogans, in crimson dye, were daubed on walls and stables. To counter Sir Charles Napier's assertion that if he became Governor General, 'Christianity would become the State religion as Providence had entrusted India to England,' the *Maulvi* had called upon Muslims and Hindus to combine and protect the faith of their forefathers. His deep-set eyes and fierce mien had the desired effect when he told the sepoys in Sadar Bazar, Meerut that the Queen's Rifles had been ordered to disarm them. With a loud shout of '*Mara ferehngi ko*,' the sepoys ran to the cantonments and set the bungalows of the British ablaze. Col John Finnis, a veteran of 40 years, who tried to stop them, was shot through the head, the first of many killed from Sunday, May 10 till Monday, when the sepoys left for Delhi.

On the way they saw a *bluejay* (*neelkanthi*) flying towards their destination and the Hindus among them shouted, "There goes *Lord Shiva's sentinel* to guide our way." Soon after, a white-bearded *fakir* was sighted sitting on a mound and reciting the *Kalma*, which the *Mussalman* soldiers took as a propitious sign. However, the *fakir* was disturbed in his recitation by a king cobra, with hood raised, that threatened to strike him. The *Pathan* sepoys picked up stones to kill it, but their *Brahmin* and *Rajput* comrades forbade them, saying that it, too, was a sign of Shivji's blessing to the cause. The alarmed *fakir* suddenly stood up, with his '*chimta*,' tongs of bent iron, and the snake, taking flight, slithered away into the thicket.

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The *Angel of Death* was seen hovering over the Red Fort, an apparition also witnessed before the death of Aurangzeb, in Feb 1707. A headless warrior riding a horse startled many a belated traveller near the Kashmir Gate. He came to be known as the *Dund* or man with just a neck sticking out above his shoulders. The *Dund* was also seen in Bareilly, Agra, Lucknow, Jaipur and Faizabad. And wherever he went, there was bloodshed. In Agra, reported *The Statesman*, before the onset of the



India's First War of Independence.

#AZADI-GATHA



Rare pic of Emperor Bahadur Shah Zafar, with sons, at his renovated tomb in Yangon.

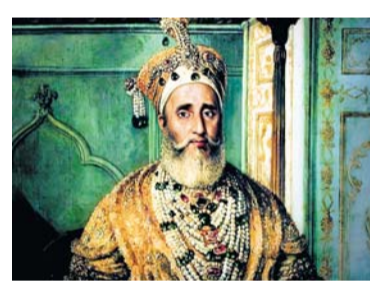


Khoooni Darwaza.



Zafar Mahal.

summer of 1857, a sheet of blood was seen on several nights in the sky that seemed to extend right up to Delhi and beyond. Strange sightings were reported on the Ridge, too, by English soldiers. One of them saw a long line of kings, silently trooping down to the city and then disappearing (end of the Mughal dynasty?). Another soldier saw his dead father wagging his finger, as though warning him of lurking dangers. A British woman, Harriet Tytler, wife of Capt Robert Tytler, dreamt that the baby she was carrying in her womb, would have to pass through a harrowing time until both, she and her child, were rescued by *Punjabi* or *Pathan* sepoys. Harriet did, in fact, give birth on the Delhi Ridge and her baby nearly died of dysentery during the rains that followed. However, she was able to take the child safely to Karnal. In Shahjahanpur, the daughter of a Protestant priest had a nightmare, in which she saw a whole lot of



people being shot, among them her father. She also saw a man in black, walking in her house after midnight. The spectre would always disappear near the staircase. Her dream came true as on a May morning in 1857, rebel sepoys attacked and killed many *Feringis* including the girl's father. But she and her mother escaped.

In Chandni Chowk, a *Sikh* *sevadkar* saw a vision of men hanging from gibbets that extended from *Lal Mandir* to *Fatehpuri Mosque*. Later, it turned out that the avenging British did hang many sepoys and others whom they suspected of taking part in the revolt from gibbets in the Chowk. The grandmother of Haji Zahur was troubled by dreams, in which she saw dead bodies rotting in front of *Gurudwara Sis Gani*, with an overwhelming stench that seemed to persist even after she woke up. As it turned out, the bodies of two sons and a grandson of Bahadur Shah Zafar, who had been killed by Lt. Hodson at the *Khoooni Darwaza*, were thrown to rot in front of the *gurudwara* at the spot now marked by Northbrook Fountain.

In Darvaganj, the '*nehari*' or canal, that flowed through it, was reportedly seen to be covered with blood by a relative of Sir Sayyid Ahmad Khan, or this is what his dream foretold. When Sir Sayyid, then 40-years-old, came to inspect his house after the disturbances

World Elephant Day

They're intelligent. They're family-oriented. They have great memories. They are capable of feeling a wide range of deep emotions, from intense grief to joy bordering on elation, as well as empathy and stunning self-awareness. They create complex, supportive societies much like our own. Still, countless elephants are brutally killed every year for their ivory by greedy poachers, who then leave their carcasses to rot in the sun. *World Elephant Day* is the perfect time to find out more about these amazing animals and what we can do to preserve and protect them so that they do not go the way of the mammoth.



#NEUROSCIENCE

How Your Brain Remembers

The findings reveal insights into how the brain organizes personal experiences and maintains stability despite constant updates



Researchers developed a computer model that mimics how the hippocampus stores new episodic memories without erasing old ones. This model demonstrates that the CA3 region of the hippocampus serves as an anchor point for memories, allowing efficient storage in surrounding regions. The findings reveal insights into how the brain organizes personal experiences and maintains stability despite constant updates. The model shows promise for enhancing our understanding of memory retention and cognitive processing.

Key Facts

- Episodic Memory Function:** Episodic memory allows individuals to store unique personal experiences in a temporal and spatial context, forming a foundation for personal identity.
- Hippocampus Role:** The study redefines the function of the hippocampal CA3 region, suggesting that it acts as an anchor for memories rather than storing them directly.
- Memory Stability:** The model maintains memory stability by organizing new experiences without disrupting existing ones, akin to adding books to a well-organized library.

The brain is constantly storing new experiences that it has to integrate into the jumble of existing memory. Surprisingly, it does not overwrite previous memory traces in the process. The first day of school, entering the classroom for the first time, the excited feeling in your stomach and the joy of having a school bag, these are all typical examples of memories from our episodic memory. It stores unique personal episodes in a temporal and spatial order and links them to subjective experiences.

In a study at the Institut für Neuroinformatik at the Faculty of Computer Science of Ruhr University Bochum, Germany, a team, led by Professor Laurenz Wiskott, has developed a new com-



puter model of episodic memory and thus made significant progress in understanding the hippocampus, the region of the brain that is crucial for the formation of new episodic memories.

Episodic memory is an important basis for our personal life story. It helps us to form our identity by storing and connecting past experiences and events in the right order. "This happens through changes in the connections between the nerve cells in our brain," explains Laurenz Wiskott. "A so-far unexplained phenomenon was how the human brain is able to make these changes without forgetting other memories, even though, the experience is only seen exactly once and therefore cannot be slowly and carefully integrated into the circuit diagram of a nerve cell."

The Bochum researchers' innovative computer model makes it possible to recreate precisely this natural ability of the human brain, to reliably store sequences after a single presentation without destroying previous memories.

The model focuses on the principles of self-organization in the hip-

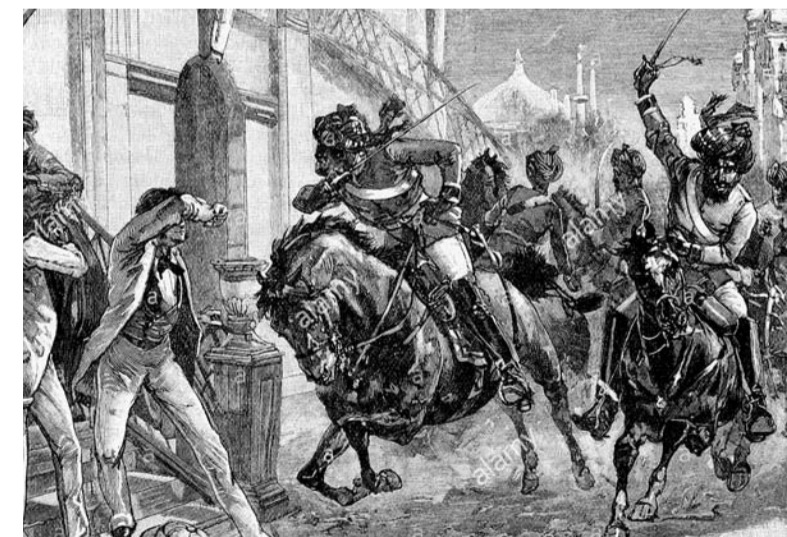
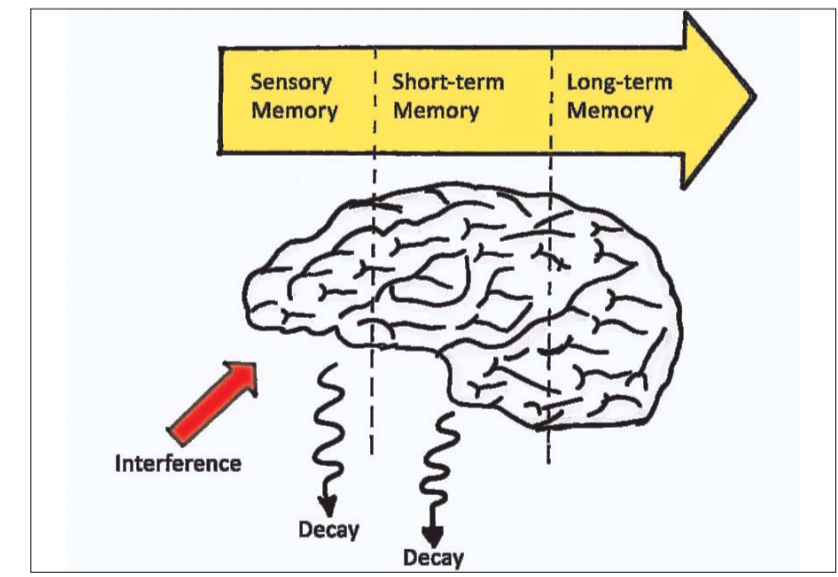
poampus and is based on the CRISP theory of Professor Sen Cheng, also a researcher at Ruhr University Bochum. The abbreviation stands for Content Representation, Intrinsic Sequences, and Pattern Completion.

In particular, the model redefines the function of the so-called CA3 region in the hippocampus. "Previously, it was assumed that episodic memories were stored directly in the CA3 network," says first author Dr. Jan Melchior. "However, we now use the CA3 region only as a kind of anchor point for memory. Storing takes place in the regions that come before and after CA3."

To achieve this, the research team trained the CA3 region in their model with pre-information and thus, figuratively speaking, set up a well-organized library in CA3. "When new books, i.e., new experiences, are added, the library does not have to be completely reorganized. Instead, new books are added to the existing structure and linked to existing shelves and categories," continues Jan Melchior. This saves time and keeps the library well organized.

The CA3 region remains stable in the model and can work efficiently without the need to constantly adapt its internal structure. This makes processing and storage of information faster and more reliable. Neural changes during the learning process occur exclusively in adjacent regions. The results of simulation convinced the researchers. "I still regard the robustness of the model as surprising," says Laurenz Wiskott. "Even with incomplete or incorrect cues, a single presentation of a pattern sequence can be reliably stored, remembered and retrieved."

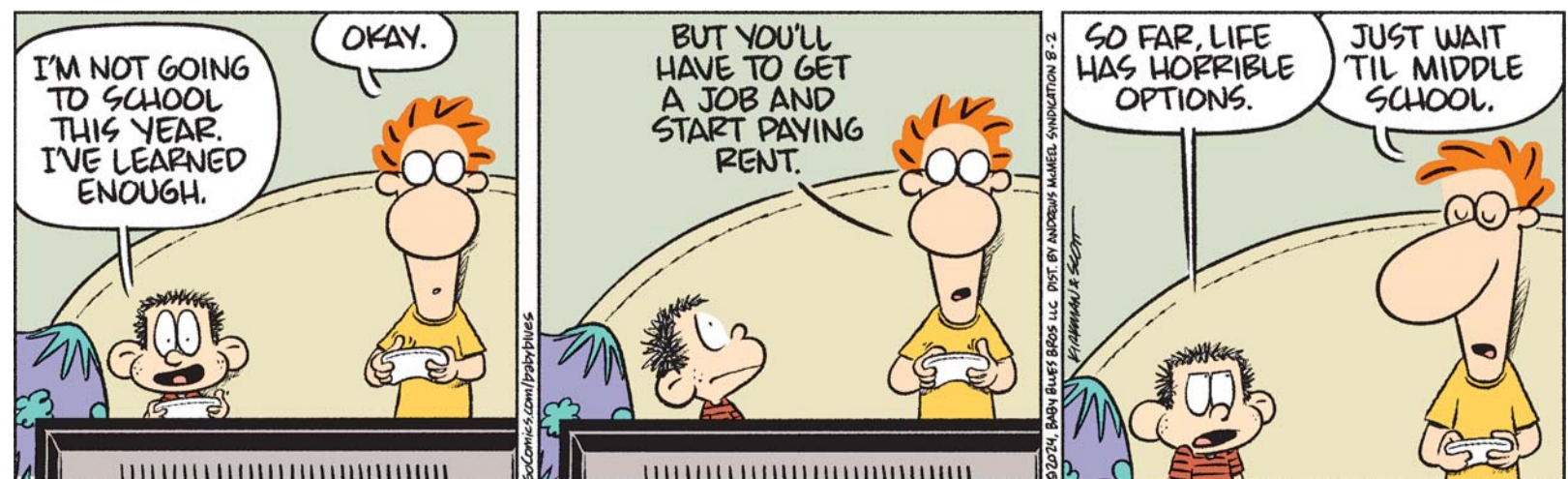
"The model works not only with artificially generated sequences, but also with handwritten numbers and natural images," adds Jan Melchior. "It can also improve itself without additional input by repeatedly replaying what it has learned."



Rebel sepoys at Delhi, India, at the outbreak of the Indian Rebellion.

By Rick Kirkman & Jerry Scott

BABY BLUES



ZITS



By Jerry Scott & Jim Borgman