











## #NUTRITION

## High-Protein Vegetables

You need protein for several body functions. So, try these protein-rich vegetables to fulfill your daily protein requirements.



We include vegetables in every meal. They not only make our meals eye-appealing and delicious, but they also make sure that our body receives a wider variety of vital nutrients. However, most people suggest that green veg-

## Protein-Rich Vegetables

rotein is an essential component of all cells in your body. It is utilized to construct and repair tissues, as well as to produce enzymes and hormones. Protein is required for the growth of bones, muscles, skin, and blood and serves as

a source of energy. Protein transports haemoglobin, which delivers oxygen to all of our cells. Moreover, it also helps to transport minerals and vitamins to the cells that require them. Due to these benefits, you require protein on a daily basis.

## Vegetables You Must Eat

## Peas

Peas are a rich source of vegetable protein and fiber. In fact, these little treats have less fat and cholesterol. Peas are also high in manganese, copper, phosphorus, folate, zinc, iron, and magnesium. They also include phytonutrients like coumestrol, which can help prevent stomach cancer. If you have not yet included peas in your diet, now is the time. Peas are great in curries, salads, and other dishes.

## Broccoli

Broccoli is high in protein, low in fat, and low in calories. It's an excellent source of vitamins, minerals, and antioxidants, all supporting good health. Folate, manganese, potassium, phosphorus, and vitamins K and C are all found in broccoli. It also includes glucosinolates, which have been demonstrated to combat cancer.

## Sweet Corn

You might be surprised but sweet corn is also a vegetable! Sweet corn is low in fat and high in protein, meeting roughly 9 per cent of the protein that you need every day. Corn also contains thiamine, vitamins C and B6, folate, magnesium, phosphorus, and magnesium. Corns may be used to make sandwiches, soups, and salads.

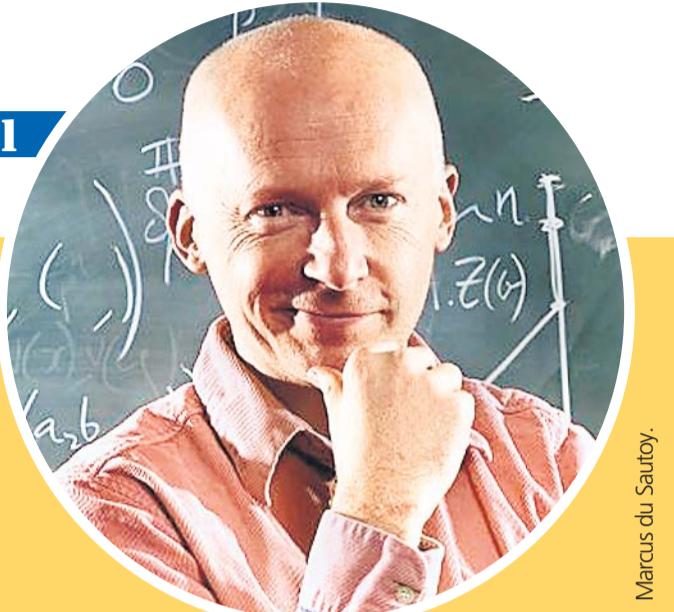
## Spinach

Spinach is thought to be one of the richest in nutrients in leafy green vegetables. Protein, together with necessary amino acids, is claimed to contribute 30 per cent of its calories. Spinach is the second richest source of protein in vegetables. It contains nutrients like vitamin A, vitamin K, and vitamin C, which help to maintain an effective immune system, protect eyesight, and promote healthy blood flow.

## Games, Numbers And Play

PART:1

Marcus du Sautoy is a professor of mathematics who loves to play games with Maths. Though, initially, he found math tough, once he discovered the magic of Math, there was no going back.



Marcus du Sautoy



Anir Srinivasan, Marcus du Sautoy, Mohit Satyanand, Pavan K. Varma, Pinky Anand, Varghese K. George, moderated by Vir Sanghvi.

Shailaza Singh  
Published Author,  
Poet and a YouTuber

- So what do you like about the Jaipur Literature Festival?

This is my fourth time at the Jaipur Literature Festival. I love the fact that it brings so many people from different disciplines, different countries, different philosophies, and that I think what's so exciting is sharing time with people with very different ways of looking at the world. So, I'm a scientist, so it's nice to bring a scientific perspective on political issues, for example. I like the variety.

- Have you been to Jaipur before?

I love coming to India, and especially Rajasthan. Last year, I came with my wife, and after the festival we travelled around to Jodhpur, Udaipur, and I've been to Jaipur again before that. And in Jaipur, we got to know a very wonderful family, who are into making carpets, and today, I'm having two carpets delivered to my hotel from the family. We are good friends with them. They invited us to their daughter's wedding, but unfortunately, it was two weeks before the festival, so we couldn't go.

Kale is another excellent plant-based protein source. It also includes phenolic chemicals, which provide antioxidant benefits. Kale contains omega-3 and omega-6 fatty acids, as well as vitamins K, C, A, and B6, calcium, potassium, manganese, and magnesium. It also includes lutein and zeaxanthin, which have been linked to a lower risk of cataracts and macular degeneration, respectively.

- What is it like to visit the Jaipur Literature Festival?

It's hectic but so much fun. I get to talk about everything. I have been to seven sessions and each session has been a different experience. Today was games, yesterday was parenting in the digital age. I have done AI and publishing, AI and creativity, and tonight I'm talking about free speech.

## Was Mathematics easy for you as a child?

Math wasn't necessarily easy for me. I think that you have to remember that mathematics is a little bit like learning a musical instrument. You can't play the piano immediately. You have to practice, spend time in that world, and gradually, it gets easier. I think people have to remember that these stories about math,

you don't have to get everything right the first time, but you have to understand why you got something wrong and learn from that. I only fell in love with mathematics when I was about 12 or 13, and the key for me was seeing some exciting stories about mathematics, not just doing multiplication and

all the technical side. And again, it's like learning an instrument. If you just did scales and arpeggios, you get bored. That's not music. Sometimes, I feel like the mathematics taught in school is not real mathematics. Fortunately, I had a teacher who showed me these stories about math.

- How can that happen?

I think that AI is very good at is learning behaviours. So, if we give it empathetic behaviour, then it will produce empathetic results. If we lead it astray by depicting abusive behaviour, it will respond with abusive results. We've seen many examples of this, where a chatbot put online interacts with people who are racist, misogynist, and it learns how to repeat that, and that's what we don't want. We're at the moment in control of its evolution, and so, we need to take responsibility to take it in a positive direction.

- Does that mean that if we create robots or anything, it will learn that behaviour?

Yes. And unfortunately, because it's learning on human behaviour and human behaviour is not always terribly

- So, will we need to reformat the humans first?

(Laughs) I think so, right? But I think that's what's interesting and I think people don't realize this. The AI that is emerging, is a reflection of our values and our way of looking at the world, because it's learned.

To Be Continued

rajeshsharma1049@gmail.com

from our world, our art, our writing, our literature. And so, it's not a new thing. It's a new take on an old thing, which is humanity.

Now, there are dangers that this learning is to succeed at the expense of everybody else. That is not a great learning model.

- How can teachers convert Mathematics into a Game for children?

I think we're in a golden age, where a teacher, who may not be so confident with mathematics, can still teach well because there are lots of resources on the internet, that they can use, to try and help the students. In particular, for example, I created an *internet maths school* based on gaming. It's called *Mathematician*, and what we did was to take the mathematical curriculum, turn it into a game and then, the kids learn mathematics by playing the game. And the game is clever enough so it understands. Well, the student is finding this difficult, so it takes them down a level to lift their confidence up, or if a student is just eating it all up, so, it pushes them to the higher levels. I think we're in a great age where technology can help a teacher, not replace a teacher.

- Somewhere, you said that there is a possibility that AI can become conscious. What if that happens? Will we be in danger?

With new technologies, there are always positives and negatives, and it's about how we use that technology. So, if AI becomes conscious, we want it to be empathetic to the human race. We can create AI that understands us and we understand it. So, as with any new relationship, it's about building trust. If the thing is conscious, it's sophisticated, then, we'll understand because we want to create an AI, which isn't incentivized to wipe out humanity.

Human DNA can be found nearly everywhere, short of isolated islands and remote mountaintops, according to a new study. That ubiquity is both a scientific boon and an ethical dilemma, say the researchers who sequenced this widespread DNA. The DNA was of such high quality that the scientists could identify mutations associated with disease and determine the genetic ancestry of nearby populations. They could even match genetic information to individual participants, who had volunteered to have their errant DNA recovered.

David Duffy, a professor of Wildlife Disease Genomics at the University of Florida, who led the project, says that ethically handled environmental DNA samples could benefit fields from medicine and environmental science to archaeology and criminal forensics.

For example, researchers could track cancer mutations from wastewater or spit undiscovered archaeological sites by testing hidden human DNA. Or detectives could identify suspects from the DNA floating in the air of a crime scene.

But this level of personal information must be handled extremely carefully. Now, scientists and regulators must grapple with the ethical dilemmas inherent in accidentally or intentionally sweeping up human genetic information, not from blood samples but from a scoop of sand, a vial of water, or a person's breath.

"We've been consistently surprised throughout this project at how much human DNA that we find and the quality of that DNA," Duffy says. "In most cases, the quality is almost equivalent to if you took a sample from a person."

Because of the ability to potentially identify individuals, the researchers say that ethical guardrails are necessary for this

kind of research. The study took place with approval from the institutional review board of the university, which ensures that ethical guidelines are adhered to during research studies.

It's standard in science to make these sequences publicly available. But that also means that if you don't screen out human information, anyone can come along and harvest this information," Duffy says. "That raises issues around consent. Do you need to get consent to take those samples? Or institute some controls to remove human information?"

Duffy's team at the University's Whitney Laboratory for Marine Bioscience and Sea Turtle Hospital has successfully used environmental DNA, or eDNA, to study endangered sea turtles and the viral cancers that they are susceptible to. They plucked useful DNA out of turtle tracks in the sand, greatly accelerating their research program.

The scientists knew that human

## Global Energy Independence Day

This event is fairly recent, its background can be traced back to the early 20th century, when Nikola Tesla, the famous Serbian-American inventor, generated revolutionary ideas about sources of renewable energy that were far ahead of his time. From a political standpoints, many people believe that building towards a future of energy independence is helpful as it reduces the need to buy energy from foreign sources while increasing a nation's stability, economic growth, and political freedoms. A more local perspective means that the principles of energy independence can be applied to businesses, farms, neighbourhoods, and individual homes.



W

- How can teachers convert Mathematics into a Game for children?



## #EVOLUTION

## Human DNA Is Everywhere



Tracing along a river that winds through town on its way to the ocean, Duffy found human DNA everywhere but the remote mountain stream where the river starts, far from civilization.



eDNA would end up in their turtle samples and probably many other places they looked. With modern genetic sequencing technology, it's now straightforward to sequence the DNA of every organism in an environmental sample. The questions were how much human DNA there would be and whether it was intact enough to harbour useful information.

The team found quality human DNA in the ocean and rivers surrounding the Whitney Lab, both near town and far from human settlement, as well as in sand from isolated beaches. In a test facilitated by the National Park Service, the researchers travelled to part of a remote island that people never visit. It was free of human DNA, as expected. But they were able to retrieve DNA from voluntary participants' footprints in the sand and could sequence parts of their genomes, with permission from the anonymous participants.

Duffy also tested the technique in his native Ireland. Tracing along a river that winds through town on its way to the ocean, Duffy found human DNA everywhere but the remote mountain stream where the river starts, far from civilization.

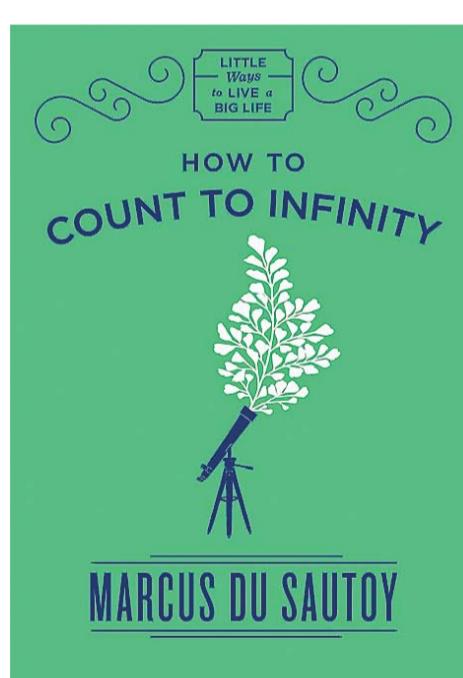
The scientists also collected room air samples from a veterinary hospital. They recovered DNA matching the staff, the animal patient, and common domestic viruses.

Now that it's clear that human eDNA can be readily sampled, Duffy says that it's time for policymakers and scientific communities to take issues around consent and privacy seriously and balance them against the possible benefits of studying this errant DNA. "Any time, we make a technological advance, there are beneficial things that the technology can be used for and concerning things that the technology can be used for. It's no different here," Duffy says. "These are issues we are trying to raise early so that policy makers and society have time to develop regulations."

## #CHIT-CHAT

## #CHIT-CHAT

- Okay, can you share some of those stories, maybe one story about what made it so interesting for you?



it's not something arbitrary. But the other beautiful thing is these numbers are important in music as well. If you're a drummer, a table player, with long and short beats, the number of rhythms goes in this sequence, 5, 8, 13. So, for me, that's the kind of story you want to tell. Then, the numbers start to creep into nature, into music, into poetry. And then, that connects with the things, you know, maybe, your child is more interested in numbers, but they might like music. Or, they might like the garden. For me, that's the key, finding why mathematics is everywhere. And then, children start saying, "I want to understand the world, I need to understand math."

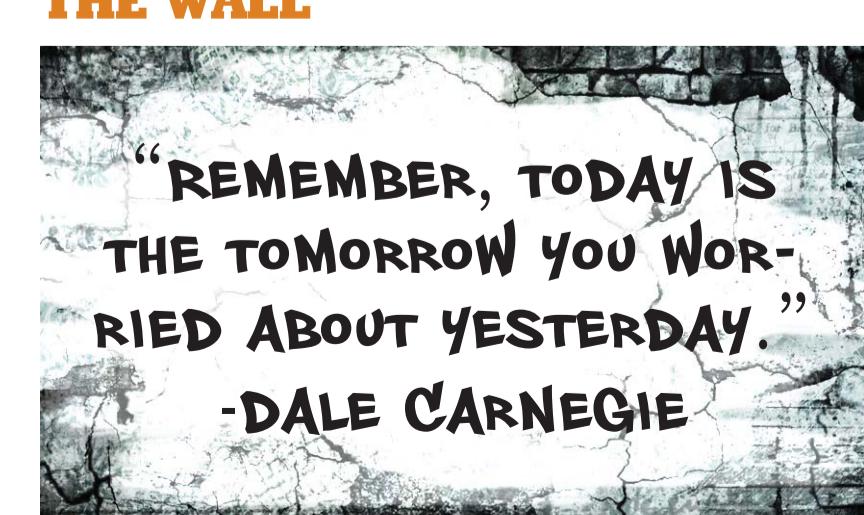
(Laughs) I think so, right? But I think that's what's interesting and I think people don't realize this. The AI that is emerging, is a reflection of our values and our way of looking at the world, because it's learned.

To Be Continued

rajeshsharma1049@gmail.com



## THE WALL



## BABY BLUES



By Rick Kirkman &amp; Jerry Scott

## ZITS



By Jerry Scott &amp; Jim Borgman





# प्र.मंत्री मोदी को रूस का सर्वोच्च नागरिक सम्मान मिला

रूस के राष्ट्रपति लादिमिर पुतिन ने अपने आधिकारिक आवास पर प्र.मंत्री मोदी को यह सम्मान प्रदान किया

मोदी को रूस के राष्ट्रपति लादिमिर पुतिन ने ऑर्डर ऑफ सेंट एंड्रयू एपोसल पुस्कर से सम्मानित किया। यह रूस का सर्वोच्च नागरिक सम्मान है। प्र.मंत्री मोदी को रूस के बीच द्विक्षेप संबंधों को बढ़ावा देने की दिशा में असाधारण सेवाओं के लिए इस सम्मान से नवाजा गया। उन्होंने एक समारोह में पुस्कर प्राप्त करने के बाद एक्स पर लिखा, ‘ऑर्डर ऑफ सेंट एंड्रयू द एपोसल पुस्कर प्राप्त करने के सम्मानित महसूस कर रहा हूं। मैं इसे भारत की जनता को समर्पित करता हूं।’

रूस में प्र.मंत्री मोदी को सम्मानित किया जाने का विडियो किया प्राप्त सम्मान है। इसे प्र.मंत्री मोदी को राष्ट्रपति पुतिन कुछ समझा रखने आरंभ है। पहले उन्हें ऑर्डर ऑफ सेंट एंड्रयू एपोसल का आगे की दिखते हुए इशारा करते हैं। इस दौरान मोदी को पुस्कर उन्हें आरंभ है। पहले उन्हें ऑर्डर ऑफ सेंट एंड्रयू एपोसल का आगे की दिखते हुए इशारा करते हैं। इसे प्र.मंत्री मोदी को रूस के सर्वोच्च राजकीय सम्मान है।

ओर से स्थिति ‘ऑर्डर ऑफ सेंट एंड्रयू एपोसल’ रूस का सर्वोच्च राजकीय सम्मान है। इसे प्र.मंत्री मोदी को रूस के सर्वोच्च राजकीय सम्मान है।

- रूस ने प्रधानमंत्री मोदी को यह सम्मान दोनों देशों के आपसी सहयोग को बढ़ावा देने के लिए उनके असाधारण योगदान के लिए दिया है।
- बैठक के दौरान रूसी राष्ट्रपति ने अपने वक्तव्य में रूस-भारत संबंधों में विशेष और विशेषाधिकार प्राप्त रणनीतिक साझेदारी की सराहना की। उन्होंने जिक्र किया कि पिछले साल रूस और भारत के बीच व्यापार 66 प्रतिशत बढ़ गया है और इस वर्ष की पहली तिमाही में आपसी व्यापार में 20 प्रतिशत की ओर बढ़ोतारी हुई है।

ओर से पहले प्र.मंत्री मोदी को रूस के सर्वोच्च राजकीय सम्मान है। इसे पहले प्र.मंत्री मोदी को रूस के सर्वोच्च राजकीय सम्मान है। इसे पहले प्र.मंत्री मोदी को रूस के सर्वोच्च राजकीय सम्मान है। इसे पहले प्र.मंत्री मोदी को रूस के सर्वोच्च राजकीय सम्मान है।



प्रधानमंत्री मोदी को रूस के सर्वोच्च नागरिक सम्मान से नवाजा गया। रूस के राष्ट्रपति लादिमिर पुतिन ने ‘सेंट एंड्रयू द ऑर्डर’ सम्मान प्र.मंत्री मोदी को दोनों देशों के आपसी विशेष और विशेषाधिकार प्राप्त रणनीतिक साझेदारी की सराहना की। उन्होंने जिक्र किया कि पिछले साल रूस-भारत संबंधों में विशेष और विशेषाधिकार प्राप्त रणनीतिक साझेदारी की सराहना की। उन्होंने जिक्र किया कि पिछले साल रूस-भारत संबंधों में विशेष और विशेषाधिकार प्राप्त रणनीतिक साझेदारी की सराहना की। उन्होंने जिक्र किया कि पिछले साल रूस-भारत संबंधों में विशेष और विशेषाधिकार प्राप्त रणनीतिक साझेदारी की सराहना की।

## सचिन पायलट ने टोंक...

(प्रथम पृष्ठ का शेष)

ही बड़ा प्रभावशाली व्यक्ति है, उसके कहने पर अग्र सरकार आगे मंद लगी और यह और कानूनी कार्रवाई होनी चाही है।

कर्मचारी के कठुआ में सेना पर हुए आतंकी के आगे उन्होंने कहा कि इस प्रकार की आतंकी का आतंकान्द लगातार बढ़ रही है। सरकार को इसका जवाब देना जिलाध्यक्ष हरिप्रसाद बैरवा, पूर्व

## ए.डी.जे...

(प्रथम पृष्ठ का शेष)

लेकर हाईकोर्ट की परीक्षा सेल को योग्य विधिवालों के प्रोफेसरों की कमेंट बनाने का नियम दिया गया था। हाईकोर्ट की कमेंटों की भी निर्देश दिए थे कि वह प्रस्त्र पत्र की लंबाई व्यापक हल करने को देखके लिए स्ट्रंगर रहेंगी और हाईकोर्ट की परीक्षा को सही होना चाहिए। गैरूत बहुत है कि ए.डी.जे. भर्ती परीक्षा में गड़बड़ी को लेकर अध्यक्ष की मांग ही है। उन्होंने राज्यसभा के अन्य संसदीय प्रतीक्षा विधिक व अन्य ने हाईकोर्ट के अधिकारी की ओर से दिए गए अंक और मौजूदा अंकों का तुलनात्मक अध्ययन कर हाईकोर्ट को बताएगी। इसे हाईकोर्ट प्राप्तान ने एस.एल.पी. के जरिए आगे उपलब्ध करते हैं।

■ बालिका सीनियर सेकेण्डरी स्कूल कोहना के भवन का नियमांतर 4 करोड़ 49 लाख थी। विद्यालय के प्रिसिपल ने दिवारों के लिए लिप्ट, सी.सी.टी.वी. कैमरे, वॉटर क्लूलर सहित पायलट को स्कूल के लिए आशयक बीस बिंदुओं की सूची दी। पायलट ने सभी कार्यों को अपने विद्यालय का माध्यम से समाप्त करते हुए कहा कि टोंक के विकास के लिए, विशेषकर शिक्षा विभाग के लिए संसाधनों की कोई कमी नहीं आने दी जाएगी।

सचिन पायलट ने 4 करोड़ 49

विधानसभा उपाध्यक्ष रामनारायण

लाल की लागत से बने राजकीय

विधानसभा सीनियर सेकेण्डरी स्कूल

चैर्यरन अली अहमद, रामलाल

संडीला, पार्श्व सुनील बंसल, हंसराज

गाता, मूलचंद बैरवा, सरपंच संघ

जिलाध्यक्ष मुकेश मीणा, धर्मन्द

आवश्यक समान व सुविधाओं की संस्थान

विद्यालय के स्थानीय विधायिका

विधायिका विधायिका विधायिका

विधायिका विधायिका



