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## International Labour Day

**M**ay Day, celebrated on May 1st, is a day full of meaning and tradition worldwide. It marks a time to celebrate the changing seasons, with roots in ancient festivals that welcome the start of spring. Today, May Day is known for its celebration of life and nature's renewal. The day also holds a special place in the hearts of workers and labour movements across the globe. Known as International Workers' Day, it's a day to remember the fight for fair working conditions and labour rights, inspired by events like the Haymarket Affair in Chicago in 1886.

## #ADDICTION

How to identify the secret addictions in your life?

We are all susceptible to addiction. Our brains, still adapting to the rapid developments of modern life, are inherently prone to it.



Imagine a typical 'addict.' What comes to mind? Perhaps, someone staggering down the street clutching a wine bottle, or maybe, someone staying up late, glued to their Instagram feed? More often, it's the first image that strikes.

Yet, this portrayal of addiction, focusing on the most extreme cases, misses a broader, more inclusive picture. Addiction isn't just about illicit substances or gambling. It spans a vast spectrum of behaviours and it's likely that we all harbour some form of addiction.

Addiction goes beyond the substances or activities that we traditionally associate with dependency. It involves our reliance on anything external to soothe, escape, or alter our internal state. Whether it's compulsive online shopping, endlessly scrolling through social media, or skipping meals due to weight concerns, these behaviours can signify deeper issues, if they persist and cause harm. In essence, addiction surfaces when we persist with harmful behaviours, breaking promises to ourselves and others in pursuit of a temporary respite from our realities.

Have you ever found yourself up late, scrolling through Instagram to distract from sadness? Felt regret after a 'self-care' session during a 'mental therapy' session? Lied to friends about your eating habits due to concerns about your appearance? These could be signs of addictive behaviours.

But don't worry, you're not alone. We are all susceptible to addiction. Our brains, still adapting to the rapid developments of modern life, are inherently prone to it. The neural pathways that evolved to reward survival behaviours, are now being hijacked by modern stimuli, from binge-watching TV shows to reacting to social media notifications. This hijacking leads to a cycle where the pursuit of instant gratification becomes increasingly compelling.

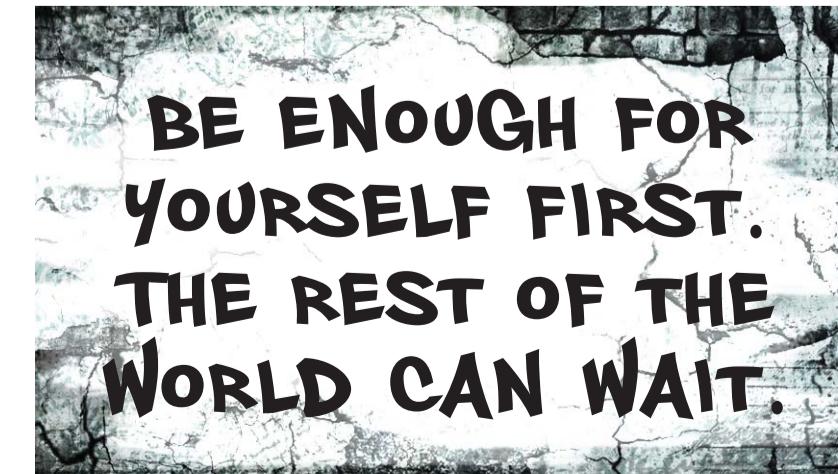
Identifying addiction can be subtle and involves recognising several key signs.

● **Inability to stop:**

Struggling to take breaks or quit, despite wanting to.



## THE WALL



## BABY BLUES



By Rick Kirkman &amp; Jerry Scott

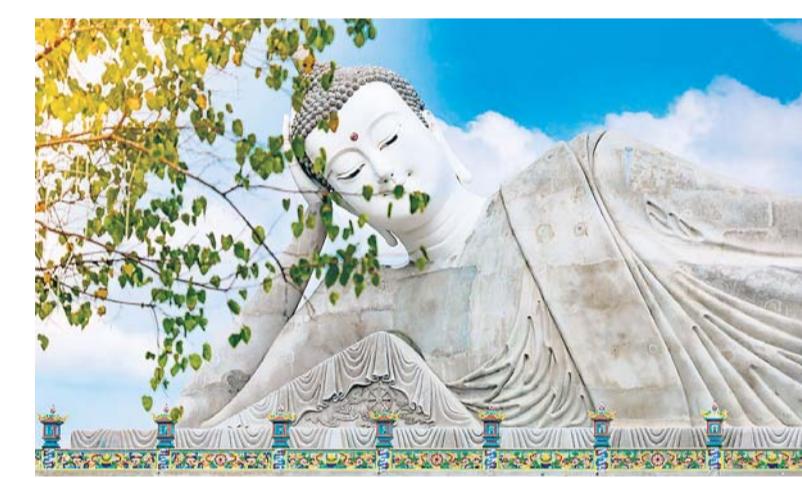
## ZITS



By Jerry Scott &amp; Jim Borgman

# Naghza Tarin Mewa Hindustan: Amir Khusro

In ancient India, the ruling class used names of mango varieties to bestow titles on eminent people, like the honour given to the famous courtesan of *Vaishali*, 'Amra Pali.' The mango tree was also associated with the god of love, *Manmatha*, and its blossoms were considered to be the god's arrows by the Hindu *Nanda* Kings. It was during the Nanda rule that Alexander arrived in India and fought the famous battle with King Porus. When it was time for him to return to Greece, he took with him several varieties of the delicious fruit.



A Mango-shaped flask. The mango had started to influence design as well.



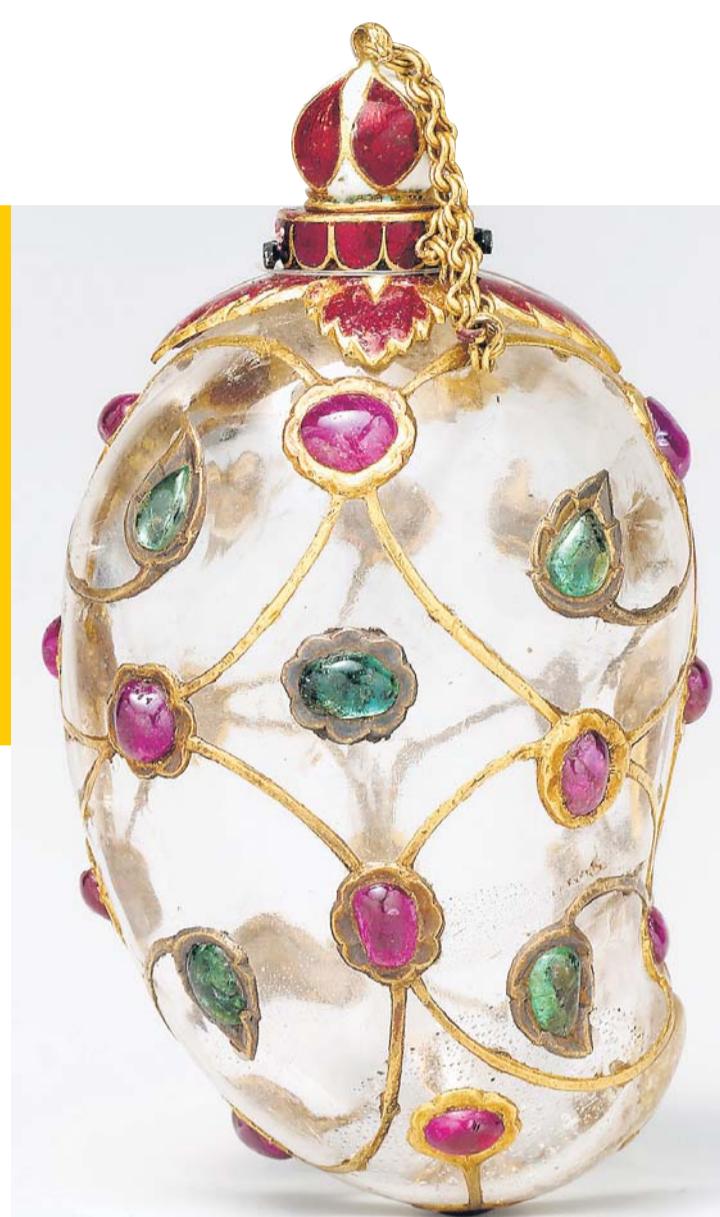
Shruti Kothari

- **Feeling Shame:** Feeling deeply flawed, fuelling continued addictive behaviours.
- **Keeping Secrets:** Hiding behaviours or feelings due to guilt or embarrassment.
- **Defensiveness:** Reacting negatively to others' concerns, a sign of denial.
- **Broken Promises:** Failing repeatedly to adhere to self-set limits, like promising to stay off social media but reinstalling an app soon after deleting it.
- **Recognising these patterns is a courageous first step towards change. Fortunately, our adaptable brains can learn and unlearn habits. Here are strategies to break the cycle of addiction.**
- **Abstinance:** Temporarily abstaining can help reset your brain balance. Always consult with a doctor for safe practices.
- **Reflection:** Understand the real needs behind your actions to find healthier alternatives.
- **Seek Support:** Turn to friends, family, or support groups.
- **Therapy:** Professional help can provide deeper insights and strategies.
- **Know Your Triggers:** Recognise what prompts your behaviours to better avoid them.
- **Embrace Feelings:** Allowing yourself to experience a range of emotions can uncover underlying needs and growth opportunities.

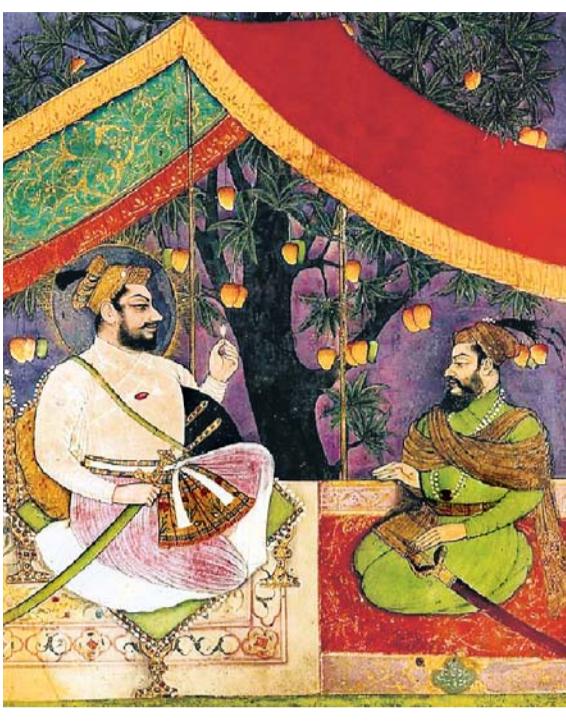
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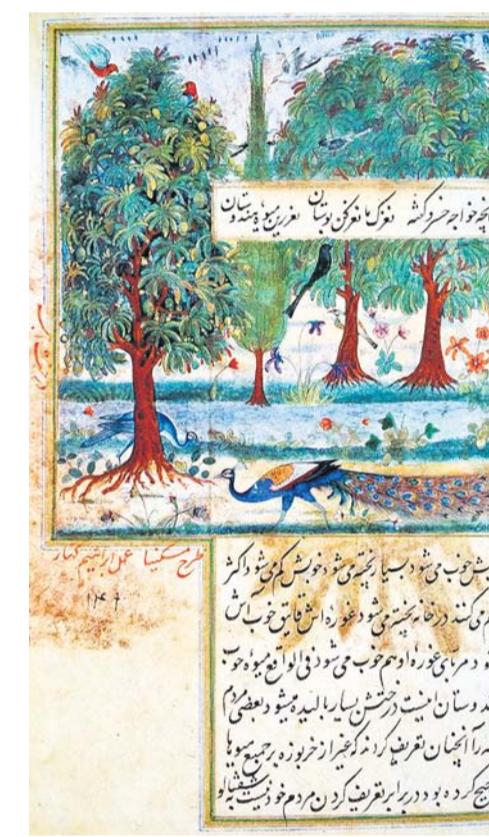
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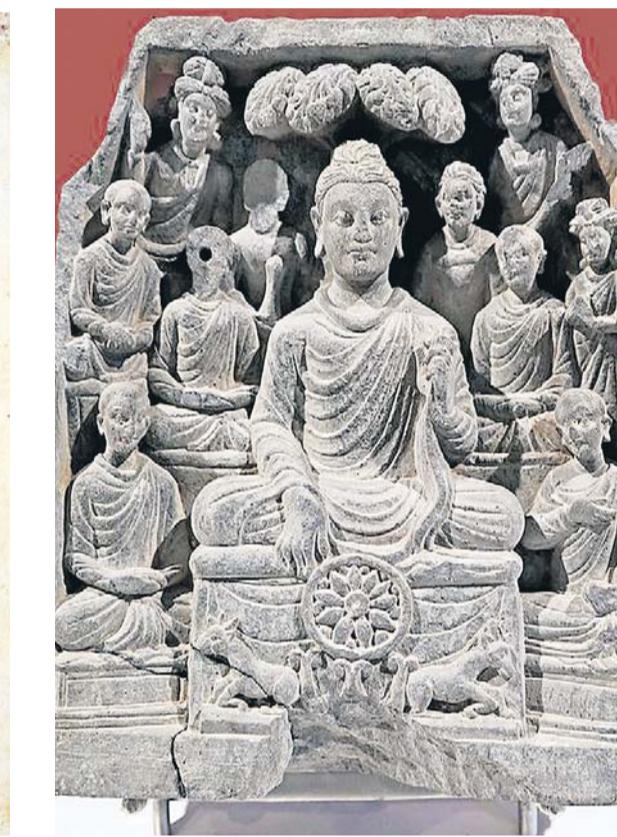
Sultan Ali Adil Shah sits in camp under a canopy erected beside a mango tree.



Shiva and his Family under a Mango tree.



Mango Trees and Peafowls Baburama Agra ca. 1590.



Buddha, preaching the First Sermon under the Mango tree.

## #TRIED &amp; TASTED

## Delectable Mango Recipes

It's mango season here and my heart can't stop dancing! This 'king of fruit' has all our heart and we just can't get enough of it!



## Mango Pachadi

Served at room temperature, this tart condiment adds just the right pucker to round out an *Onam sadya*, a vegetarian feast, served with rice on a banana leaf.

- 1 cup, minced slightly, ripe mango of any variety
- 3 green chillies, cut fine
- 1-inch piece ginger, cut fine
- 3 shallots (small onions), cut fine
- ½ cup grated coconut
- ½ tsp *jeera*
- ½ tsp mustard
- Salt to taste
- A pinch of fenugreek powder

## Aam Kasundi



*Kasundi* is a traditional Bengali sauce. It has a sharp kick, like a milder sister of *uzupchi*, and takes a little getting used to. It is eaten as a condiment with fish fry and chops or with really hot rice and fried preparations of *karela*, *brinjal*, small fish or *taar*.

## Ingredients

- 2-3 small raw green mangoes, chopped
- ½ cup mustard seeds, both yellow and black
- 4-5 tsp mustard oil
- 2-3 green chillies
- 1 tsp turmeric powder
- Salt, to taste
- Sugar
- A little garlic (optional)

## Preparation

Soak the mustard seeds for 1 hour. Grind them with a pinch of salt. Add the chopped mangoes, chillies, turmeric, salt and sugar and grind into a pulp. You may add finely chunky mango pieces, if you like. Pour it into a glass jar. Add the oil and shake it. Cover the jar with a muslin cloth and leave it in the sunlight for 2-3 days. Keep refrigerated.

## Mango Murabba



consistency. The way to test if the consistency is correct is to take a drop of *chashni* (sugar syrup) between your thumb and index finger and stretch it. The syrup should be viscous enough to form only one string. If it's thicker than you want it, it will separate into two or three strings. Refrigerate before consuming.

## Parsi Pora With Raw Mango

When mangoes are in season, it's time for *Parsi Pora* (omelette) with raw mango. It's actually quite nice as it offers a little tang to the humble egg preparation.

## Ingredients

- 2 eggs, beaten
- 1½ tsp onion, finely chopped
- 1 tsp coriander leaves, finely chopped
- 1 green chilli, finely chopped or a pinch of red chilli powder
- Tiny pinch of turmeric
- 1 tbsp raw mango, finely chopped
- Tiny pinch of garlic-ginger paste

(Optional. I don't put it in)

● Oil

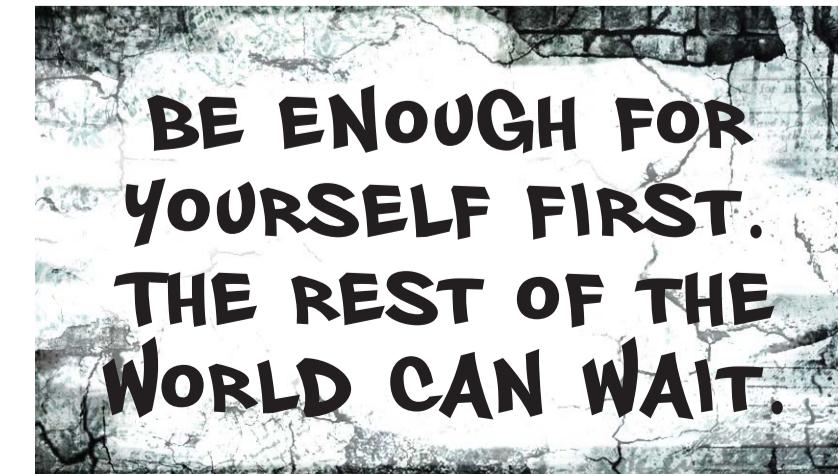
● Salt, to taste

## Preparation

Mix all the ingredients in a bowl. Heat oil in a frying pan. Pour the mixture in. Flip and fry the other side as well. Eat with *chapatti* for breakfast or any meal.



## THE WALL



## BABY BLUES



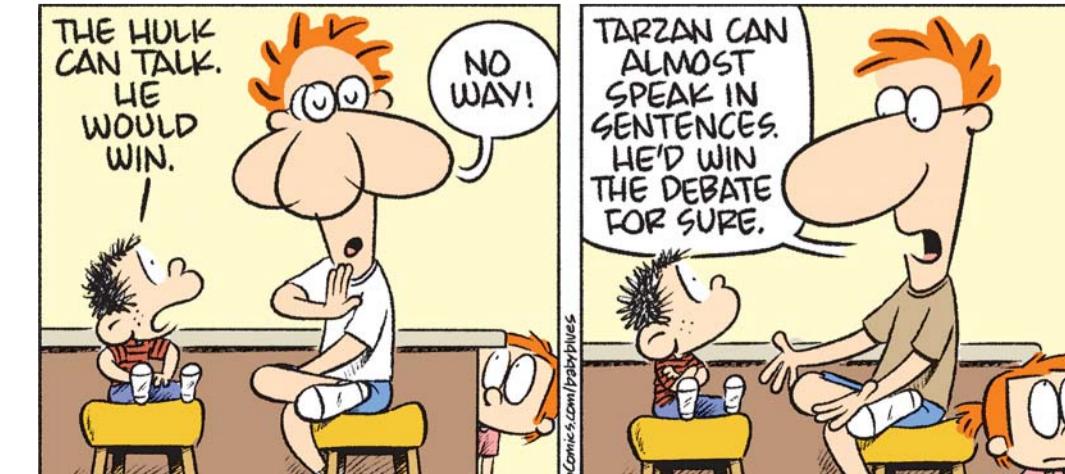
By Rick Kirkman &amp; Jerry Scott

## ZITS



By Jerry Scott &amp; Jim Borgman

## BABY BLUES



By Rick Kirkman &amp; Jerry Scott

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