













## World Gratitude Day

The awareness of the benefits of having time in one's life for gratitude, appreciation and positive reflection have become increasingly apparent. The hope of the founders of *Gratitude Days* that taking time, one day a year, to reflect on many amazing things, that we have in our lives, would positively impact our well-being and make us happier, more contented people. There are so many different ways in which you can be thankful, on World Gratitude Day. This includes simply being thankful for the fact that you have woken up and experienced a brand new day.

## #PARENTING

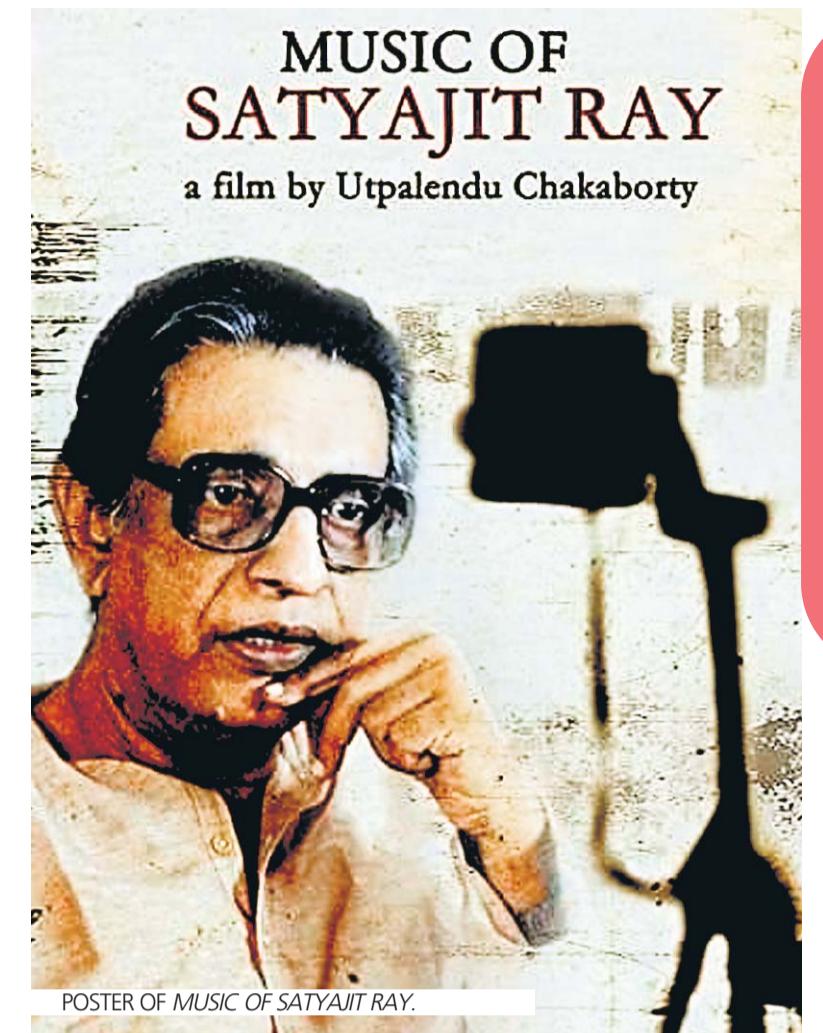
## Make Reading Exciting

Try doing voices, picking books that your child loves, and more, to make reading pleasurable.



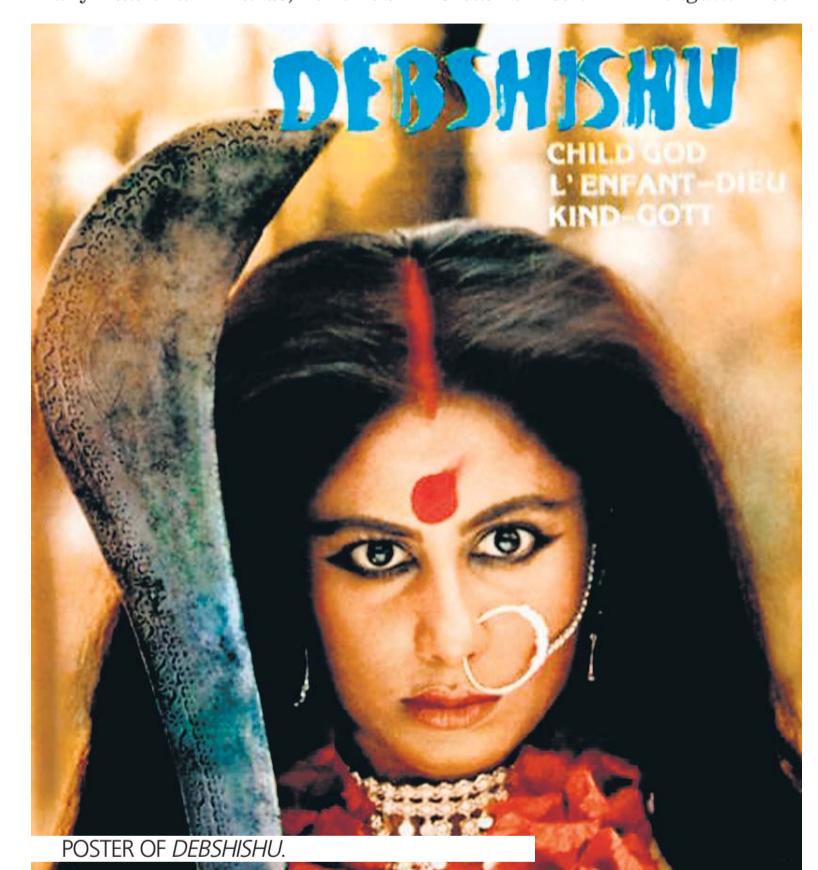
## How to make the most of your reading time

- Ham it up!** Read slowly enough for your child to build mental pictures of what he hears. Stop periodically so that he can study pictures in the book without feeling hurried. Raise or lower your voice to build drama and suspense. Dialogue adds life to a story. So, scan a book before you read, and follow the implied stage directions. If a character shouts, raise your voice! If he speaks in a stern voice, do the same.
- Foster closeness between siblings.** If your children are several years apart, you may want to schedule individual reading times as they get older to ensure that the books are at the appropriate reading level. But don't forsake family reading. Suggest that older kids read to younger ones.
- Help your child notice new information as you read.** By sharing your feelings about a story you motivate your child to do the same. By asking her opinions and listening to them without judgment or criticism, you let your child know that you value her feelings and ideas and respect her judgment.
- Hunt for books that match your child's interests.** When you make a point of finding books on subjects dear to your child's heart, you not only stimulate his interest in literature, but also let him know that you value what he thinks and does.
- Look for books that interest you too.** Enthusiasm is contagious. If you're excited by an author or a storyline, your child will be too. The world



Utpalendu Chakraborty's life story spells out more of tragedy than was observed in his films. He is one director who never wore a halo around his head, though he could have, if he had wanted to. Because he was considered among the most daring filmmakers after the other mavericks in Bengali and then international cinema, like Gautam Ghose, Buddhadeb Dasgupta and Aparna Sen.

Each of these stalwarts has carved their names in golden letters in the post-Ray-Sen-Ghata era and has established his/her personal oeuvre and signature in and through the films that they have made. But the difference between these three and Utpalendu is that though he won many National Awards, followed



of books provides a safe, inexpensive way to explore new subjects, travel to Japan, read about sports heroes, learn how astronauts prepare for space.

acquiring a Master's Degree in Modern History from the Calcutta University (1967), he was deeply involved with the CPI (ML) led student agitations, and reportedly was jailed several times. As a filmmaker, completely self-taught, he infused almost every film, that he made, with strong political commentary. After his post-graduation, he wrote short stories, underlined by his political philosophy of the extreme Left. He also joined first as an informal teacher among the tribals of Bengal, Bihar and Orissa. But always being of very indifferent health, he was forced to come back to his hometown Kolkata in 1971, where he took up the job of History teacher in a high secondary school. But he had also begun making films and became so busy that finally, he had to quit his teaching job.

*Prasab*, a feature film, spelt out an interesting story of a young wife with a small child, forced to live under the shelter of a political activist, and his sister-in-law, as his husband, a political extremist, is in prison. How she walks out of this friend's home when his sister-in-law is killed in an attack by extremists to move away into a village with her baby, how she fights her escape against some extremists by pretending to be pregnant and hiding important documents of the underground movement inside her garment, where she pretends to be a *Punjabi*, clothed in *Punjabi* attire, depicts the inner strength of an ordinary woman placed in extra-ordinary circumstances. In retrospect, the film looks rather outdated in terms of its technical and aesthetic finesse

but considering that it was made by a new filmmaker, it made a strong political statement against the backdrop of the extremist movement in West Bengal. Besides, there seems to have been no attempt by any organization, including the NFAI and others, to make efforts to preserve the original prints of the films, as a consequence of which, none of the prints that you get to watch are clear and lucid while some are not available for viewing at all.

He won the *Indira Gandhi National Award* for the Best Film of a Debut Director, for his film *Moyra Tadanta* in 1980. However, it is extremely difficult to access his films for wider viewing. Research on his films is also sparse, but his absence is Jethia. As the protagonist of *Jethia*, he hungered for a corneal transplant for his son, who has lost his sight in some 'Naxalite' fracas, according to the old man. Asking the super to flout rules of unconditional donation, he insists that the pair of corneas be given to his son. Though the medical superintendent bends under pressure from Jethia, Dr. Mukherjee, an ophthalmologist, known for his integrity and rigid commitment to rules of law, refuses to perform the corneal transplant on Jethia's son's eyes. His logic is that the gift is a 'conditional' gift, where the donee is selected by the powers-that-be, and is not a person whose name is listed on top of the donee list. He puts his foot down also because the case is not backed by any papers detailing the names of the donor or the donee.

*Debshishu* (Hindi) (1985) is a stark irony that defines the

## #TRIBUTE



After *Chhandaneer*, a biographical fiction on a Bharatnatyam dancer, which was worlds apart from the kind of films that he had made till then, Utpalendu's career as a director clambered down to never rise again. It was completely out of his system, ran against his ideology of humanism at its tragic best, and turned out to be a terrible cinematic disaster. No producer was willing to touch him with a ten-foot-long pole after this film, but his telefilms were quite good.

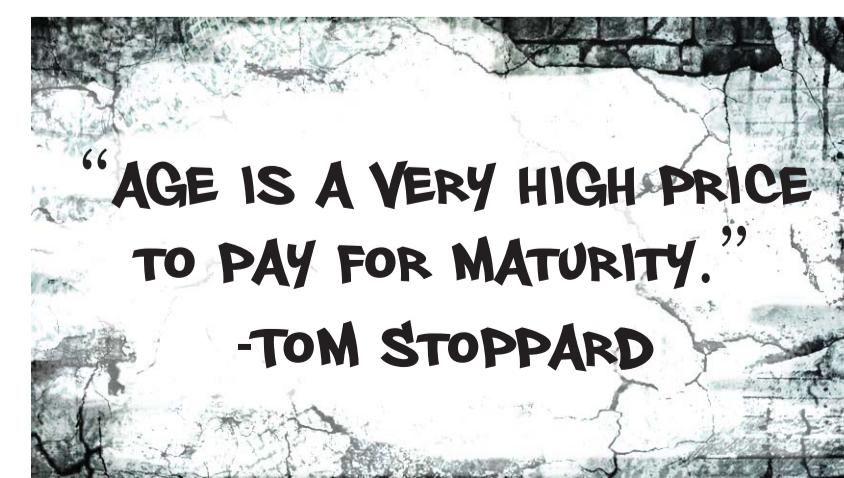


POSTER OF CHOKH

## Utpalendu Chakraborty Made It But Didn't

## #THE WALL

## THE WALL



## BABY BLUES



## By Rick Kirkman &amp; Jerry Scott



## ZITS



India is a land of *chai* and *chaiwala*, and on National Chai Day 2024, we honour the country's beloved beverage.

"C hai peen hai?"

In all our memories rooted in our inherent *Indianness*, tea has been an intrinsic part of them all. Be it those rainy monsoons, struck inside the house, having endless cups of *meda chai* with *pakoras*, or lazing on a hot summer afternoon, when the refreshing lemon tea would come to our rescue. Whether it was skipping classes in college to sit at the roadside *tapri*, clutching a *kadak kulfad* of *chai* and talking about politics, or the shrill call of the *chaiwala* on trains, waking you up at the crack of dawn, this sweet concoction has always had a permanent spot in the lives of Indians. India is a land of *chai* and *chaiwala*, and on National Chai Day 2024, celebrated annually on September 21, we honour the country's beloved beverage by diving deeper into our cups to explore the diverse varieties of tea, enjoyed across the nation.

Chai, Culture, And Beyond

With a history that spans over 5,000 years, *chai* has a rich and storied past that dates back to its medicinal roots. Today, it is a beloved beverage, which is consumed all across the world. *National Chai Day*, established in 2018 by Sonrus, a company specializing in *chai* spices and blends, is a testament to its enduring popularity and myriad benefits.

Colonial Roots

*Chai* culture in India shares its roots with British colonization. During the era of the British East India Company, tea from Assam became a major commodity. As a result, tea consumption in India soared. Indians put their unique twist on the British preparation of tea, black tea with milk and sugar, by adding an array of spices like ginger, cinnamon, and cloves.

The Health Benefits

The health benefits of *chai* are abundant, making it more than just a delicious beverage. Its ingredients hold remarkable therapeutic properties. Black pepper and ginger in *chai* aid digestion, while cloves soothe abdominal pain. Cardamom contributes to mood regulation, and cinnamon promotes heart and lung health.

Masala Chai

India's status as the world's leading tea exporter traces back to its colonial history. Yet, the country's diverse culinary traditions birthed *masala chai*, a beloved concoction of black tea, simmered with milk, sugar, and an array of fragrant spices like ginger, clove, cardamom, and cinnamon. Each Indian household boasts its exclusive *masala chai* recipe.

Lebu Cha, Kolkata

*Lebu Cha*, or spiced lemon tea, is Bengal's answer to flavourful street-style *chai*. This zesty infusion of black tea combines the essence of lemon with a unique blend of spices, curated by each street vendor. A final squeeze of lemon adds a tangy kick to this delightful *chai*.

When in the city of joy,

Kangra Chai, Himachal Pradesh

Himachal Pradesh's Kangra region reigns as North India's tea capital. The lush, green gardens of Palampur offer a haven for tea enthusiasts. *Kangra chai*, both green and black, has been cultivated here since the mid-19th century. It boasts a fresh, vegetal aroma and a subtle pungent taste, making it a tea lover's dream.

