

#PLAN YOUR TRIP

No More Travelling Stress!

Feeling stressed about travelling during the festive season? Here, we'll share essential tips to help you plan your trip like a pro.



The festive season is here in all its glory, and we can't keep calm. With Navratri ongoing and Dussehra and Diwali right around the corner, it's a month packed with celebrations. Many of you are likely making travel plans, either to your hometown or for a vacation. While travelling is usually an exciting experience, it can be quite hectic during the festive season. Before you know it, all your excitement turns into stress as you find yourself worrying about your trip. Questions like "Will I be able to get a ticket?" or "Will I end up overspending?" may instantly come to mind. If you're in a similar situation, don't worry, we've got your back. Here, we'll share essential tips to help you plan your trip minus the stress.

HERE ARE 6 TIPS FOR STRESS-FREE TRAVELLING DURING THE FESTIVE SEASON:

1. Book Your Ticket In Advance

Booking tickets during the festive season can be tough due to increased demand for travel. To avoid the stress of not getting a ticket, make sure to book in advance. This will save you from last-minute panic and potential cancellations.

Always plan ahead and book your ticket at least 1-2 weeks before your travel dates. Plus, booking in advance can also help you get a better deal.

2. Check Out The Best Deals

Who doesn't like to get more for less? So, why miss out on the opportunity while booking your travel tickets? Remember to check out all popular online travel

portals and compare prices before booking. This will give you a better idea of how much you should pay for the ticket, ensuring you don't overspend.

3. Avoid Peak Travel Dates

You should also avoid travelling on peak dates during the festive season. For example, this year Diwali falls on October 31, and if you book your ticket for October 30 or

4. Pack Light

Overpacking is something we're all guilty of, aren't we? However, it's best to travel light during the festive season. Packing light allows you to move around easily and can also save you from paying extra for excess luggage. Moreover, it'll leave room in your bag for festive goodies that you might bring back from home - and we're sure there will be many!

5. Be Flexible

While it's important to plan your trip in advance, you also need to be a little flexible. During the festive season, there's a surge in travel, and anything can happen at the last minute. Your train or flight might get delayed or even cancelled. To avoid feeling stressed, be open to travelling on other days and always have a backup plan ready.

Lack of sleep can make you feel tired, drowsy, and stressed - things you'll want to avoid when spending time with family during a festival.

Travelling during the festive season isn't as hectic as it seems. These tips will help you plan your trip with ease and ensure you have a memorable time with your friends and family.

THE WALL



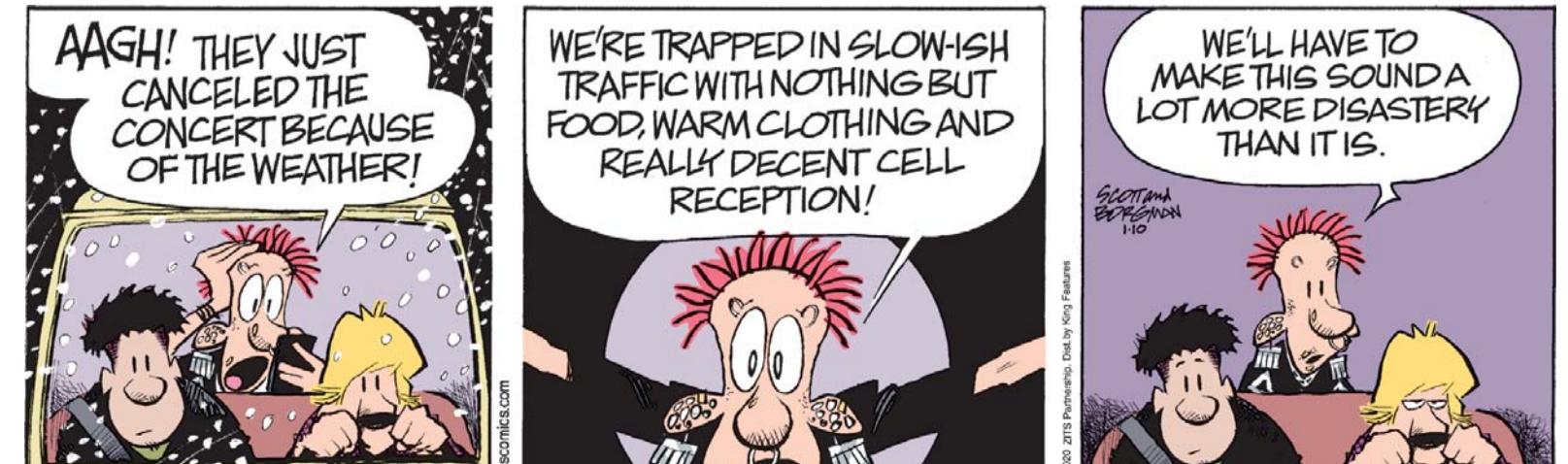
BABY BLUES



By Rick Kirkman & Jerry Scott



ZITS



Vet Nurse Day

When you think of a nurse, what do you think of? The traditional white nurses uniform with the red cross on it? They don't dress that way anymore, in fact, we're not certain they ever did. What about the man or woman wearing the scrubs running around the hospital taking your vitals? There are other nurses that aren't often considered, and Vet Nurse Day reminds us to take some time to remember and honor those men and women who work at our veterinarian's office every day to take care of those precious furred, feathered, and scaled members of our families.

Whoever Solves Ukrainian-Russia War Brings In Peace



There is a distinct possibility that this year's Peace prize will be awarded to whoever can defuse the Russia-Ukraine war. The Russia-Ukraine war started on February 24, 2022, with Russia's full-scale invasion of Ukraine, and it has been ongoing for over two years. Russia's invasion of Ukraine includes territorial disputes, national security concerns and geopolitical tensions between Russia and Western countries. While the Russia-Ukraine war is not considered a global conflict like World War II, it has sparked a significant humanitarian crisis and raised concerns about global security and economic stability.



Dr Goutam Sen
CTVS Surgeon
Traveller
Story teller

estate to establish the Nobel Prizes. He tasked various academies as well as institutions to select and award the prize. It is awarded annually in the fields of:

- Physics
- Chemistry
- Medicine
- Literature

• Peace (added in 1901)

Nobel's motivation for creating the prizes was to atoms for the destructive potential of his inventions, promote peace and international cooperation as well as recognize and reward outstanding achievements in these fields.

The first Nobel Prizes were awarded in 1901, five years after Nobel's death, on the anniversary of his passing (December 10). The prizes have since become the most prestigious awards in their respective fields, honoring exceptional contributions to humanity.

Nobel's legacy extends beyond his inventions and the prizes, as he remains an iconic figure symbolizing innovation, philanthropy, and the pursuit of peace.

Since it is one of the most prestigious and old prizes it has been lauded and criticised in equal measure. The book called 'The Prize' written by Irving Wallace (1962) still remains very pertinent. It explores the intrigue and politics surrounding the Nobel Prize selection process. The story follows Andrew Craig, an American writer, who is nominated for the Nobel Prize in Literature. As Craig becomes embroiled in the selection process, he uncovers a web of corruption, manipulation, and deceit. The novel exposes the darker side of

#THE NOBEL PEACE PRIZE 2024



the Nobel Prize, revealing how politics, personal agendas and biases can influence the selection of winners. Craig discovers that jurors have personal vendettas and biases. Lobbying and campaigning by nominees and their supporters can sway decisions.

Political considerations and national interests can override merit. False information and misinformation can be used to discredit or promote candidates.

While the book is fiction, it raises important questions about the integrity of the Nobel Prize selection process. The story follows Andrew Craig, an American writer, who is nominated for the Nobel Prize in Literature.

In 1939, the German writer Gerhard Hauptmann was awarded the Nobel Prize in Literature, despite being a member of the Nazi Party. Similarly, in 1973 the Nobel Peace Prize was awarded to Henry Kissinger and Le Duc Tho for their efforts to end the Vietnam War, despite criticism of their roles in the conflict.

In 2009, the Nobel Peace Prize was awarded to Barack Obama for his "extraordinary efforts to strengthen international diplomacy and cooperation between peoples". This had sparked a debate about whether he had achieved sufficient progress in his first year as President.

In response to criticisms, the Nobel Committee has implemented reforms to increase transparency and ensure the integrity of the selection process. In 2012, the Committee introduced new rules to prevent jurors from discussing

region. Modi has skillfully stated that at the UN Assembly. This is not the era of war. But it is one of dialogue and diplomacy. His willingness to support negotiations and provide humanitarian aid showcases India's potential role in mediating the conflict. He further strengthened his interest in negotiating a peace in the conflict. He recently told Ukraine: "We have stayed away from the war with great conviction. This does not mean we are indifferent. We are not neutral from day one; we have taken a side and we stand firmly with the people of Ukraine."

The complexity of the issue and the involvement of multiple global powers make it challenging to predict the outcome of Modi's efforts. Nevertheless, his initiative is a positive step towards finding a peaceful resolution. This makes him one of foremost contenders for the Nobel Peace Prize.

While Modi's efforts have garnered international recognition, the Nobel Peace Prize selection process is highly competitive and unpredictable. The Nobel Committee considers various factors including the impact, scale, and sustainability of initiatives.

Ultimately, while Narendra Modi's foreign policy initiatives and commitment to peace make a strong case for Nobel Peace Prize consideration, the decision rests with the Nobel Committee. Nevertheless, his efforts have undoubtedly contributed to a more peaceful and interconnected world. Of course like most Peace prizes it is often awarded to more than one person. Since China can also contribute to influencing Russia to cease its war, Xi Jinping could be the other name. It will be an odd moment when these two leaders stand on the same podium to be awarded for advancing peace in this world while they still have many issues to sort out about our mutual borders!

Disclaimer: I am not a member of the BJP. I am only an Indian Citizen who is watching carefully how our political leadership is progressing on the international stage!

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#TAMING

Domestication Syndrome

Why would a host of seemingly unrelated features repeatedly occur together in different domesticated animals?



In the 19th century, Charles Darwin was one of the first to notice something interesting about domesticated animals: different species often developed similar changes when compared to their ancient wild ancestors. But why would a host of seemingly unrelated features repeatedly occur together in different domesticated animals?

Scientists call this collection of shared changes "domestication syndrome", and the reason it occurs is still hotly debated.

In a new paper in Proceedings of the Royal Society B,

we argue that currently popular explanations aren't quite right - and propose a new explanation focused on big changes in the way domesticated animals live.



More Than Selection for Tameness

However, new research suggests that these two ideas oversimplify and obscure the complex evolutionary effects at play. For example, there are predators with the famous Russian fox experiment. As other authors have noted, the experiment didn't begin by taming wild foxes, but used foxes from a farm in Canada. And these pre-farmed foxes already had features of domestication syndrome. What's more, the experimenters didn't only select for tameness.

Surprisingly, very similar changes sometimes also appear in wild animals, leading some scientists to think they "self-domesticated" in some way. The bonobo (a great ape closely related to the chimpanzee) is one famous example of an animal that has undergone these changes without human intervention. Urban foxes are another. Wild self-domestication is most common in isolated sub-populations, like on islands, and may overlap with a similar phenomenon known as the "island effect". Perhaps more surprisingly, modern humans also show features of domestication syndrome, when compared to our ancient ancestors. This suggests we also self-domesticated. Some scientists argue these changes made us more sociable, helping us to develop complex languages and culture. So, a clearer understanding of domestication syndrome in animals might improve our knowledge of human evolution too.

What Causes Domestication Syndrome?

In recent years, two main possible explanations for domestication syndrome have dominated scientific discussion. The first suggests it was caused when ancient humans selected animals for tameness. Instead, it might be caused by uninvited shared effects from the new domestic environment. A new hypothesis for domestication syndrome tells us that it's not just new forced selection, such as a human preference for tameness that matters. The removal of pre-existing selection is just as important, because that's what naturally shaped the wild ancestors in the first place. For example, domesticated animals are often protected from predators, so wild traits for avoiding them might be lost. Competition for mating partners is also often reduced, so wild reproductive features and behaviours could decline, or disappear. Domesticated animals are also usually reliably fed. This might alter certain features but would certainly change natural metabolism and growth. In effect, we argue there are multiple selective changes at work on domesticated animals, not just "selection for tameness", and that shared shifts in evolutionary selection would often cause shared changes in features. Even across different species.



By Jerry Scott & Jim Borgman

