



World Hunger Day

World Hunger Day, observed annually on May 28, sparks global action to combat hunger, a challenge that affects every nation. This day emphasizes the critical need for sustainable solutions to hunger and malnutrition worldwide. It draws attention to the various factors that contribute to food insecurity, such as conflict, climate change, and poverty. The day serves as a platform to highlight the harsh reality that many still face, food scarcity and poor nutrition, which can lead to severe health problems. The aim is to mobilize efforts to address these issues through education, better agriculture practices, and community empowerment.

#FOOD-TALK

Beat the Heatwave

Amid the ongoing heatwave, it's usual to experience a decline in appetite. Here're five interesting salads you can rustle up in no time for quick hydration.

Summer is here in all its glory and as the temperature climbs up, it is usual to experience a decline in appetite. Nutrition experts recommend 'cooling and hydrating foods' in hot summer days to take care of gut health and improve appetite. To beat the heatwave and stay refreshed, salads can be a wonderful addition to your summer diet. Full of water content, fibre and important vitamins and minerals, salads can add a wealth of micronutrients to your diet and can also whet appetite.

Besides, salads can be turned into one-bowl meals or snacks that can reduce your trips to the kitchen. Balancing them with protein, complex carbs, healthy fats and other nutrients can help boost your immunity and protect against summer illnesses. Whether you are a cucumber lover, like all things minty or like fruity flavours, there's a wide variety of salads that you can experiment with.

SUMMER SALADS YOU MUST HAVE



Smashed Cucumber Mint Salad

Cucumbers are the sweethearts of summer. Prepared by smashing cucumbers along with mashed potatoes, tomatoes, and onions, this salad is sprinkled with mint, which leaves the mouth delighted with taste and the body charged with hydration.



Tomato Paneer Salad with Smashed Cheese

Prepared with a mouth-watering blend of tomatoes, cucumbers, paneer, and served with cheese, this salad gives a dual advantage of taste and health. Tomatoes and cucumbers work out the hydration part while cheese and paneer pair up to offer an exquisite experience.



Tomato Cucumber Salad, sprinkled with Mint and Lemon

Vegetables like cucumber, tomato, and mint are all beneficial for taste and health. Dive into the inexplicable taste of the salad, that's prepared with chopped cucumbers and tomatoes, sprinkled with mint and lemon, to make summers seem deliciously extravagant.



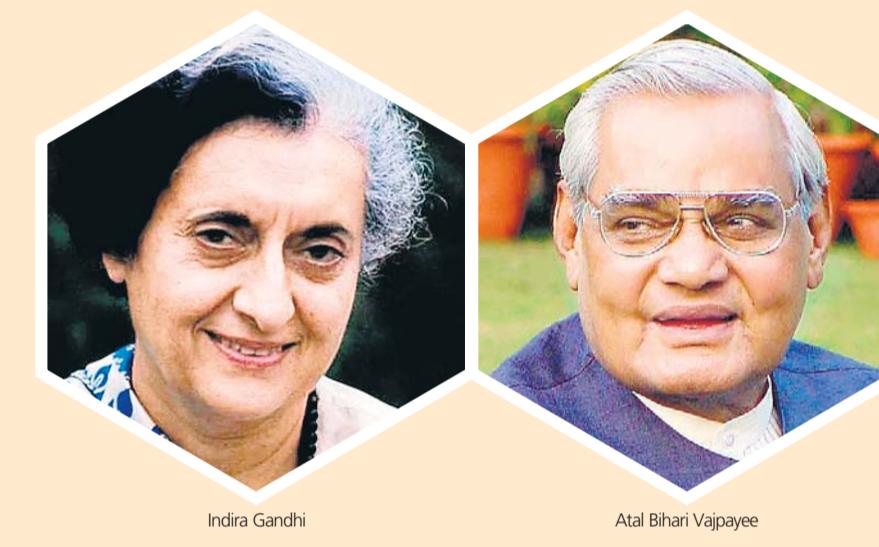
Greek Salad

Freshly prepared from sliced cucumbers, tomatoes, green bell pepper and olives, Greek salad is a high-priced diet for summers. Its timeless ingredients help the body regain the hydration, which it loses during summers, along with leaving behind a tantalising taste.

Is BJP Now 'Saksham'!!!!



Though Jawaharlal Nehru, the first prime minister of independent India, had little working relation with RSS, his daughter, Indira Gandhi, always kept a line open for the organization that swears by Hindu nationalism. This fact is well-documented in journalist Neerja Chowdhury's recent book, *How Prime Ministers Work*.



Indira Gandhi

Atal Bihari Vajpayee



Sumit Mitra

The author is a veteran journalist

In the middle of the current Lok Sabha elections, with weighty poll pundits (like Prashant Kishor), and most notably, the stock market, seemingly already announcing Prime Minister Narendra Modi's hat-trick, if there was a surprising distraction, it was the interview of Jagat Prakash Nadda, president of the ruling Bharatiya Janata Party. The surprise element in Nadda's speech was the subject on which he spoke, which is the relation between the party and its father figure, the Rashtriya Swayamsevak Sangh. It's unusual for Nadda, who is actually a political lightweight and, perhaps, that is the reason why the all powerful Modiji-Amit Shah duo had pitchforked him to a ceremonial chair, to speak on so deep and sensitive an issue like the state of the umbilical cord that binds the BJP to the RSS. As a low-key executive like Nadda spoke up on a high voltage issue, suspicion grew: expectantly, that he was relating to the interviewer, and the world at large, his master's voice.

And that was all the more a reason for worry among BJP's supporters, as Nadda, instead of striking the expected notes as preserved in the Sangh's hymn book, had spoken in 'unprecedented' terms. When the Sangh was born in 1925, M.K. Gandhi, though not regarded as the 'Mahatma' yet, was still way ahead of all other Indian politicians in mobilizing the masses. K.B. Hedgewar, the RSS founder, had a different idea of nation building through social work. He preferred, staying away from politics of every kind.

From the Jana Sangh years to its rebirth as BJP in 1980 and its assumption of governmental power 1998 to 2004, there was no cloud on the mentor-disciple ties between the two wings of the saffron nationalism. The 'mentor' often exercised his right to discipline the 'disciple', at times not sparing the rod. Here are a few examples.

• Though Jawaharlal Nehru, the first prime minister of independent India, had little working relation with RSS, his daughter, Indira Gandhi, always kept a line open for the organization that swears by Hindu nationalism. This fact is well-documented in journalist Neerja Chowdhury's recent book, *How Prime Ministers*

work.

a few months thereafter, the Congress and RSS moved along mostly parallel paths. But it came to an end with Gandhi's assassination on 30 January 1948. As the assassins' connection with RSS came to light, and the organization was banned, it felt the need for having a political arm. The Bharatiya Jana Sangh, RSS' political wing, came into being under the leadership of Dr. Syama Prasad Mukherjee, after a long deliberation between him and M.S. Golwalkar, the Sangh chief ('sarsanghchakal'), after Hedgewar.

It is a fact that these deliberations, as retold by Golwalkar in his memoir, underlined the 'sepa-

rate pursuits of RSS and the Jana Sangh'. But reiterating their 'otherness' means pushing into oblivion the historical fact that the RSS, in the early 1950's, did not like its new political offspring to carry the stigma of sharing an association with Gandhi's killers.

In reality, though, the ties between BJS under Deen Dayal Upadhyay and Atal Bihari Vajpayee, and the RSS, was based

on the party holding the ideological front in great respect. Saffron ideologue K.R. Malkani, in his *RSS Story*, has described it as a mentor-disciple relation, like 'between Swami Ramdas and Shrivardhan'. The trouble is, Nadda made a hash of it, when he helped on the separation of roles of RSS and BJP without a reference to the context.

The realisation of one of its

cherished dreams, the vivisection of Pakistan.

• It is a proven fact that the Ram temple movement of the 1990's was a branchchild of the Sangh parivar during RSS' stewardship by Balasaheb Deoras (till 1994) and Rajendra Singh (till 2000). On the ground, the movement was led by L.K. Advani. The political action, and the tireless campaigning by RSS pracharakas brought the BJP into reckoning at the vortex of electoral power. But when it came to a selection of who'd be the party's prime ministerial candidate, it was Rajendra Singh and his sup-

porters who put A.B. Vajpayee in the forefront, not Advani. The RSS power to influence mobilization of supportive voters at the booth level, was in full display in the 1998 and 1999 general elections that got Vajpayee's rule consolidated.

Rajendra Singh, himself a physics professor of Allahabad University, was firmly behind Vajpayee for the 1998 Pokhran nuclear test.

• K.S. Sudarshan, the next RSS chief, had a conservative mindset and wasn't in agreement with Vajpayee's economic policy, which was never quite out of line with the reform path, on which it had

been set by the Congress, under P.V. Narasimha Rao as prime minister and Manmohan Singh as finance minister. However, the RSS, under Sudarshan, showed its displeasure when, in the 2004 general election, the Vajpayee-led BJP, despite screaming from the housetop its 'India Shining' slogan, had to face an ignoble defeat. BJP's poll management in 2004 had gone for a toss due to an unexpectedly low RSS support.

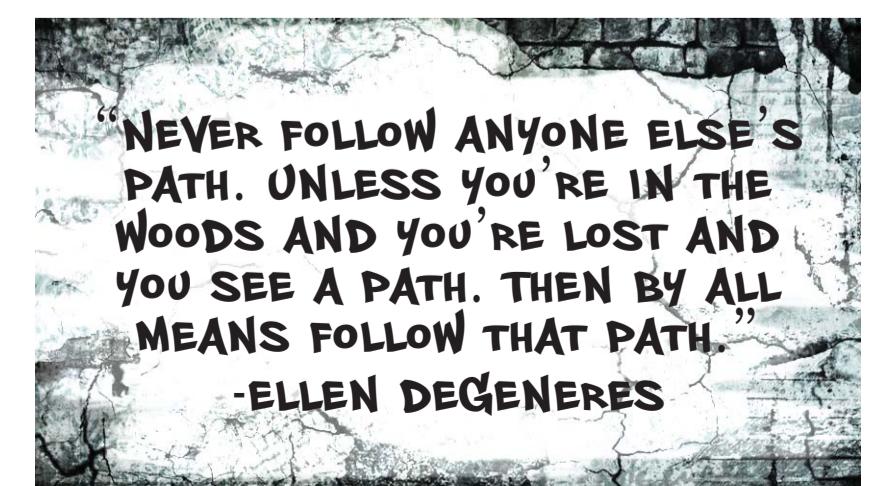
• With Vajpayee's exit from prime ministerial race, Advani thought that he'd be the natural choice. He, obviously, disregarded the age fac-

tor. But he did a major faux pas in Karachi, Pakistan, by praising M.A. Jinnah, the founder of Pakistan. It was politically suicidal for him, and it was only then that the RSS support, under Mohan Bhagwat, the current sarsanghchakal, swung to Gujarat chief minister, Narendra Damodardas Modi.

RSS is not a meddler in BJP's political functions, but that is strictly to the extent that it is in conformity with the thought process of the Sangh's contemporary ruling cabal. Modi, by silencing his critics through draconian means, became so confident of his power (and pelf) that he thought he could overturn the natural order of power hierarchy, much like Macbeth in the timeless play. Modiji briefed Nadda, his brainwashed messenger, to ask RSS to mind its own business. Modiji knew the battle was coming as, after a long spell of chill with Bhagwat, when he recently visited Nagpur, where the RSS headquarters is located, Bhagwat was reportedly not available. RSS may be led by hardcore nationalists but it always had a cultured leadership that doesn't appreciate downright non-performers in governance to thump their '56 inches' chest and rattle off fake 'guarantees.' Nor does it compromise with a toxic blend of ignorance and arrogance, even if it comes from a leader, who claims to be of a 'non-biological' ancestry, having been chosen by the 'paramatma' (supreme being) for the job. Since he is 'Saksham' now, Nagpur might have wished him best of luck, but is quietly looking for a competent substitute.

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THE WALL



"NEVER FOLLOW ANYONE ELSE'S PATH. UNLESS YOU'RE IN THE WOODS AND YOU'RE LOST AND YOU SEE A PATH. THEN BY ALL MEANS FOLLOW THAT PATH."

-ELLEN DEGENERES

BABY BLUES



"WAHHHHHHH!"
"YOUR TURN, I'LL GIVE YOU FIFTY BUCKS TO TAKE THIS ONE."
"I CAN'T BE BOUGHT THAT CHEAP."
"I'LL THROW IN FOOT RUBS FOR A WEEK."
"ALL GOOD ONES, NOTHING UNDER FIVE MINUTES."
"I KNEW THIS WOULD COST ME."

By Rick Kirkman & Jerry Scott

ZITS



"WE NEED TO RETURN THE WALLET TO ITS OWNER RIGHT AWAY."
"SURE."
"WITH, OR UM, WITHOUT THE CASH?"
"THAT'S TOTALLY UP TO YOU."
"OKAY, WITH WITH!"
"YOU MAKE SUCH GOOD DECISIONS."
"YANK!"

#MEDICATION

Injectable Drugs

The findings have the potential to be very meaningful, and potentially even life-changing, for people with food allergies.

A new study suggests that Omalizumab could become a 'life-changing' medication for patients with multiple food allergies. The study shows omalizumab, an injectable, Food and Drug Administration-approved medication, for treating asthma and other allergic conditions, substantially reduced potentially life-threatening reactions in patients with an allergy to peanut and other common food allergens.

A report on the first stage of a three-stage study appears in the *New England Journal of Medicine*. The researchers also presented their work during a late-breaking symposium at the American Academy of Allergy, Asthma & Immunology annual meeting in Washington, DC.

The FDA recently approved omalizumab for treatment of multiple food allergies, following an interim analysis based on this study.

In the study, investigators compared the effects of 16-20 weeks of omalizumab injections with placebo injections, in 180 participants, ranging from age 1 to 55, with a history of peanut allergy and at least two other food allergies. The subjects were randomly assigned to receive omalizumab or placebo. All but three of the participants were age 17 or younger.

Researchers found after 16 weeks, 66.9% of patients, treated with omalizumab, were able to tolerate peanut protein, equal to about 2.5 peanuts, compared with 6.8% of participants, who received placebo injections. The researchers also found that omalizumab injections increased participants' threshold reactivity not just to peanuts but to other common food allergens like milk, eggs, wheat, cashews, walnuts, and hazelnuts to levels that would protect most patients from reactions after accidental exposure.

"The day-to-day life of patients with food allergy is consumed by fear of accidental exposure to food allergens," says Robert Wood, director of the Endocrinology Division of Allergy, Immunology, and Rheumatology at Johns Hopkins Children's Center, and the study's principal investigator.

"Our findings have the potential to be very meaningful, and potentially even life-changing, for people with food allergies."

According to researchers, up to 8% of children and 10% of adults



Xolair Omalizumab
Injection
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Reference Guide
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have at least one food allergy, and up to 86% are allergic to more than one food. This condition requires constant vigilance and has significant, detrimental effects on quality of life, including nutrition, mental health, and even personal finances.

Management of food allergies mostly relies on avoidance and emergency treatment with epinephrine, when an accidental exposure occurs. Currently, there is only one additional FDA-approved treatment for food allergy, an oral immunotherapy product that is approved for peanut allergy in 4 to 17 years old children. The study was designed as a collaborative effort among food allergy investigators from other sites, National Institute of Allergy and Infectious Diseases (NIAID) scientists, and Genentech/ Novartis. The NIAID-funded Consortium for Food Allergy Research, which Wood leads, conducted the trial at 10 medical centers across the US.

"A majority of people not only

reached the primary endpoint of 600 mg or more of peanut, an amount that exceeds most accidental exposures, but also the majority of participants tolerated 4,000 mg of peanut protein, which is equivalent to about 15 peanuts," says Wood. In addition, almost 50% of participants, who received omalizumab, were able to successfully eat a cumulative dose of 6,044 mg of peanut protein, which is equivalent to about 25 peanuts.

During the study, omalizumab also significantly increased the reaction threshold for tree nuts, milk, eggs, wheat, and meat. About 69% of participants, who received omalizumab, were able to successfully eat a cumulative dose of 1,044 mg of two foods, and 47% were able to tolerate a cumulative dose of 1,044 mg of three foods.

"This is unique, because we found omalizumab is effective for seven different food allergens," explains Wood.

The research team also assessed the effects of longer periods of omalizumab treatment. The first 60 participants entered a 24-week extension phase of the study. Researchers found most participants' reaction thresholds remained the same or increased, when they continued receiving omalizumab during this period.

The researchers also studied the safety of omalizumab with reassuring results that are similar to what is known for the medication's use for other conditions. They say that this is important since the medication had never been studied in children as young as 1 year of age.

The investigators caution that while the overall study indicates the benefits and safety of omalizumab to treat food allergies, there was substantial variability in response among individual participants.

For example, 14% of subjects did not tolerate even 30 mg of peanut. Therefore, patients will still need to avoid the foods to which they are allergic even when treated, and continue to carry self-injectable epinephrine.

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