



Celebrating World Bicycle Day

The bicycle is one of the most important inventions in the history of the planet. It provides millions of people with a means of transport, powered by nothing other than their bodies. It's practical, reliable, and helps one to stay fit. On June 03, World Bicycle Day, you can cycle to work, college or school, on your bicycle instead of using the car. One will be able to avoid traffic jams and the cost of gas. You may find this to be a more enjoyable and stress-free way to get around. Also, cycling is an environmentally sound, safe, and healthy way to travel. There's no gas money required, and the fresh air will feel wonderful!

#HEALTH

Pregnant? Have your coffee

Coffee drinking behaviour is partly due to genetics



From a bit of coffee causes no increased risk to pregnancy, researchers report. So, go on and enjoy your pregnancy with your morning cuppa, and a cheerful day.

The researchers used genetics to analyze coffee drinking behaviour, and their findings show that limited coffee consumption during pregnancy didn't increase the risk of miscarriage, stillbirth, or premature birth.

"Current World Health Organization guidelines say that pregnant women should drink less than 300 mg of caffeine, or two to three cups per day," says Gunn-Helen Moen of the Institute for Molecular Bioscience at the University of Queensland. "But that's based on observational studies where it's difficult to separate coffee drinking from other risk factors like smoking, alcohol, or poor diet."

"We wanted to find out if coffee alone really does increase the risk of adverse pregnancy outcomes, and the research shows this isn't the case." Coffee drinking behavior is partly due to genetics, with a specific set of genetic variants affecting how much coffee we drink, says Daniel Hwang of the Institute for Molecular Bioscience.

"We showed that these genetic variants not only affect coffee consumption in the general population, but also in pregnant women." For the study in the International Journal of Epidemiology, the researchers used a method called Mendelian randomization, which uses eight genetic variants that predict pregnant women's coffee drinking behaviour and examined whether these variants were also associated with birth outcomes. "Because we can't ask

Joint Celebration Of 1971 Victory Made No Difference

This writer cannot forget that day because he was doing a Gunnery Course at the Armoured Corps School and Centre, at Ahmednagar, Maharashtra, where three Bangladesh Army officers were also doing courses. The one doing the Gunnery Course came to this writer's room early in the morning on 15 August 1975, looking very upset and broke the news of Sheikh Mujib's assassination. He then requested this writer to convey this up the line to the Commandant and that he be allowed to proceed immediately back to Dhaka, as he needed to be with his mother, who was a senior Awami League politician. The writer did the needful liaising and arranged for this officer to be dropped to Pune to catch a flight to Delhi, from where he flew to Dhaka.



Lt Col Anil Bhat
VSM (Retd)

With what has been happening in Bangladesh since 05 August 2024, there seemed no hope of 16 December 2024 being celebrated for defeat of Pakistan and liberation of Bangladesh, jointly by the Armed Forces of India and Bangladesh in the traditional way by Indian Armed Forces and Mukti Bahini veterans. Sheikh Mujib's statue was being vandalised, hammered, garlanded with shoes, etc. These acts signified hate for those involved in Bangladesh's struggle for the freedom from oppression and atrocities by the ruling West Pakistanis and an attempt to wipe out its glory of liberation and birth of the new nation Bangladesh in 1971.

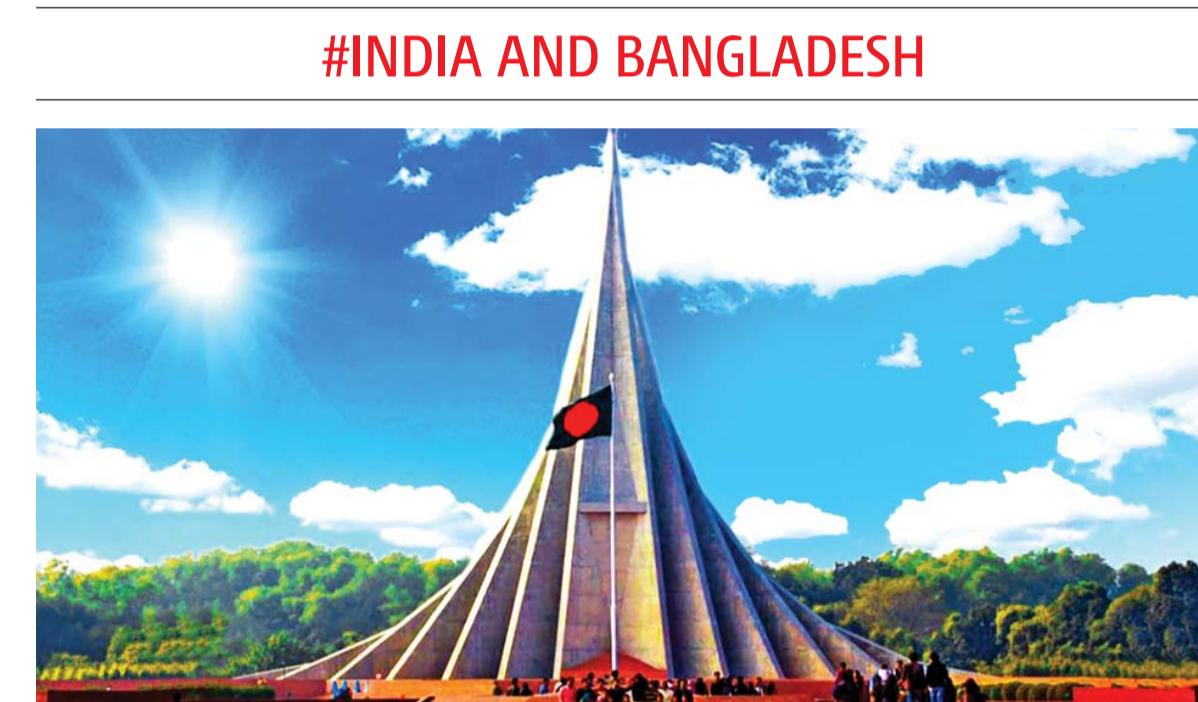
At least 29 leaders of the Awami League were killed and Sheikh Hasina was fortunate to have escaped by being flown out of Dhaka in military helicopter.

There was some déjà vu. On 15 August 1975, Bangabandhu, meaning friend of the people), Sheikh Mujib Rahman, considered to be the driving force behind the liberation of Bangladesh, was assassinated. This writer cannot forget that day because he was doing a Gunnery Course at the Armoured Corps School and Centre, at

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Immediately after Sheikh Mujib's assassination by pro-Pakistan officers of Bangladesh Army, his daughter, Sheikh Hasina, her husband, sister and two children were secretly provided refuge by India's then Prime Minister Indira Gandhi in New Delhi's Pandara Road, an area where this writer grew up in the 1960s.

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The Awami League (AL) ruling in Bangladesh since 2009 was overthrown by the student-peoples uprising in early August 2024. Apart from the 29 AL leaders killed, many went into hiding; the properties and residences of many AL leaders were looted; vandalised and set on fire; many ministers and influential politicians of AL were arrested; many of them were prohibited from leaving Bangladesh and bank accounts of many AL leaders and their families were frozen. Since then, the party has remained underground. Sheikh Hasina, the former prime minister had to flee to India. From a secular democracy, Bangladesh was plunged into anarchy along with atrocities



first acts after becoming the Chief Advisor of the interim government was to free Islamist terrorists from prison, lift the bans of prescribed Islamist terror benefits, giving them free rein and allowing them to gain a lot of influence in Bangladesh. This has allowed them to perpetrate all kinds of atrocities against Hindus and non-Muslims.

The Bangladesh Liberation War began on 26 March 1971. A band of determined East Pakistani Bengali youth rose in rebellion under the banner of Mukti Bahini (freedom force) and aided and trained by Indian Army became an asset against Pakistan Army in East Pakistan. Meanwhile, around 10 million East Bengali refugees entered India during the early months after March 1971, of whom 1.5 million may have stayed back after Bangladesh became independent. The two-national theory had been shot to smithereens.

Some of the causes of disorientation of East Pakistan's Bengalis were: East Pakistan had been turned into a market to dump West Pakistani products; foreign trade policy was biased in favour of West Pakistani interest; the ruling elite allocated and distributed resources in favour of West Pakistan; between 1948 and 1960, all of East Pakistan made 70% of all of Pakistan's exports, while it only received 30% of the imports; no profits/advantages were accruing to East Pakistan despite it being the largest producer of raw jute; Urdu vs Bengali, the state language of Pakistan was to be Urdu and no other language, despite Bengali being granted official status in 1956; 1969's mass revolt; protests/demonstrations as Pakistan Central government failed to aid victims of Bhola Cyclone in coastal areas of East Pakistan in November 1970; Pakistan refusing to accept Awami League under Bangabandhu Sheikh Mujib Rahman, winning 298 seats in the East Bengal elections and 167 seats at the National Assembly elections; Operation Searchlight/genocide, by Pakistan army in East Pakistan, of over 3 million East Pakistanis, largely Bengalis, but also Hindus and Christians, and rape of up to 4 lakh East Pakistani women.

Having been requested by the highly suppressed Bengalis of erstwhile East Pakistan to assist them, the Indian armed forces did so and after Bangladesh's liberation, they did not stay on there, but returned to India.

Muhammad Yunus, who took over as the Chief Advisor of the interim government in August 2024, has been described in media as 'a puppet of the renewed CIA-ISI (Pakistan's Inter-Services Intelligence) nexus/ US Deep State decoy,' who has ignored India's contribution of over \$10 billion for Bangladesh's development and also provides 25% of Bangladesh's electricity. It is widely reported that one of Yunus

#FOOD

Idli's Help



Be happy and eat all your idlis with pleasure, uninterrupted by any nutritional homily. A diet rich in fermented foods boosts the diversity of gut microbiomes and decreases molecular signs of inflammation, according to new research.

In a clinical trial, 36 healthy adults were randomly assigned to a 10-week diet that included either fermented or high-fiber foods. The two diets resulted in different effects on the gut microbiome and the immune system.

Eating foods such as yogurt, kefir, fermented cottage cheese, kimchi and other fermented vegetables, vegetable brine drinks, and kombucha tea led to an increase in overall microbial diversity with stronger effects from larger servings.

"This is a stunning finding," says Justin Sonnenburg, an associate professor of microbiology and immunology at the Stanford University School of Medicine. "It provides one of the first examples of how a simple change in diet can reprogram the microbiome across a cohort of healthy adults."

By contrast, none of these 19 inflammatory proteins decreased in participants assigned to a high-fiber diet, rich in legumes, seeds, whole grains, nuts, vegetables, and fruits.

On average, the diversity of gut microbiomes also remained stable.

"We expected high fiber to have a more universally beneficial effect and increase microbiota diversity," says Erica Sonnenburg, a senior research scientist in basic life sciences, microbiology, and immunology. "The data suggest that increased fiber intake alone over a short time period is insufficient to increase microbiota diversity."

"Microbiota-targeted diets can change immune status, providing a promising avenue for decreasing inflammation in healthy adults," says Christopher Gardner, professor and director of nutrition studies at the Stanford Prevention Research Center.

"It is possible that a longer intervention would have allowed for the microbiome to adequately adapt to the increase in fiber consumption," Erica Sonnenburg says.

"Alternatively, the deliberate introduction of fiber-consuming microbes may be able to increase the microbiome's capacity to break down the carbohydrates."

In addition to exploring these possibilities, the researchers plan to conduct studies in mice to investigate the molecular mechanisms by which diets alter the microbiome and reduce inflammatory proteins. They also aim to test whether high-fiber and fermented foods synergize to influence the microbiome and immune system of humans. Another goal is to examine whether the consumption of fermented food decreases inflammation or improves other health markers in patients with immunological and metabolic diseases, and in pregnant women and older individuals.

"There are many more ways to target the microbiome with food and supplements, and we hope to continue to investigate how different diets, probiotics and prebiotics impact the microbiome and health in different groups," Justin Sonnenburg says.

Fermented foods can help with weight maintenance and may decrease the risk of diabetes, cancer, and cardiovascular disease.

"We wanted to conduct a proof-of-concept study that could test whether microbiota-targeted food could be an avenue for combating the overwhelming risks in chronic inflammatory diseases," Gardner says. The researchers focused on fiber and fermented foods due to previous reports of their potential health benefits. While high-fiber diets have been associated with lower rates of mortality, the consumption of fermented foods can help with weight maintenance and may decrease the risk of diabetes, cancer, and cardiovascular disease.

The researchers analyzed blood and stool samples collected during a three-week pre-trial period, the 10 weeks of the diet, and a four-week period after the diet, when the participants ate as they chose.

The findings paint a nuanced picture of the influence of diet on gut microbiomes and immune status. On one hand, those who increased their consumption of fermented foods showed similar effects on their microbiome diversity and inflammatory markers, consistent with prior research. On the other hand, the changes in diet can rapidly alter the gut microbiome. On the other hand, the limited change in the microbiome within the high-fiber group dovetails with the researchers' previous reports of a general resilience of the human microbiome over short time periods. The results also show that greater fiber intake led to more carbohydrate degradation in stool samples, pointing to incomplete fiber degradation by gut microbes. These findings are consistent with other research suggesting that the microbiome of people, living in the industrialized world, is depleted of fiber-degrading microbes.

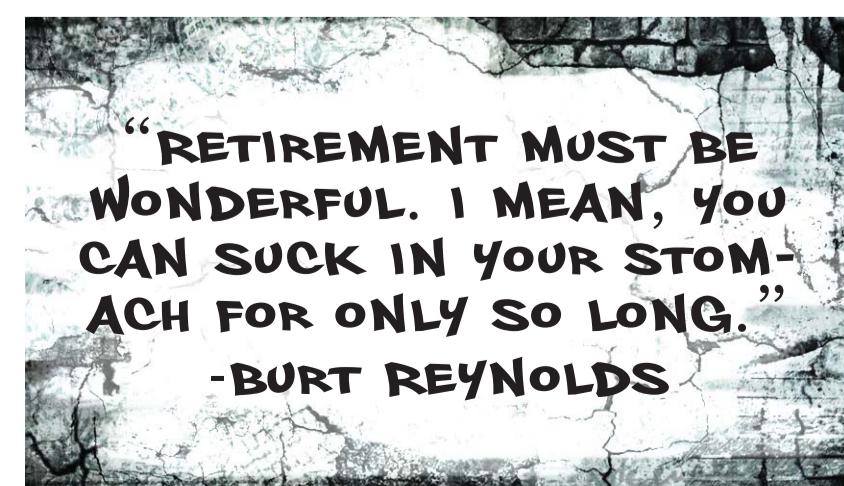
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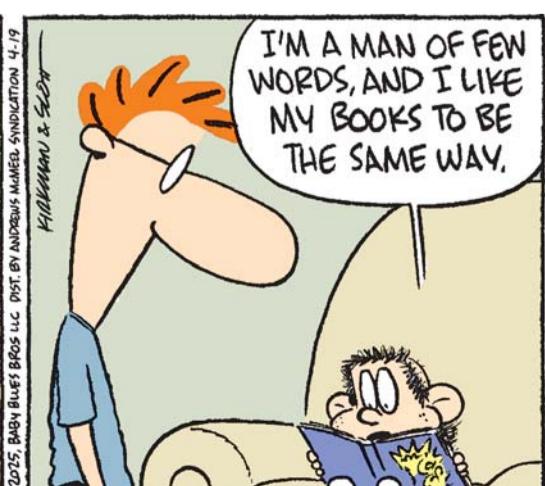
THE WALL



BABY BLUES



Rick Kirkman & Jerry Scott



ZITS



By Jerry Scott & Jim Borgman



