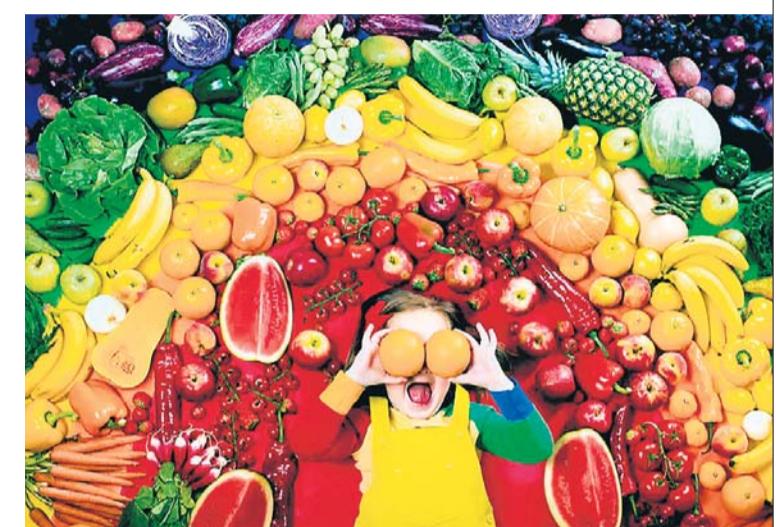


#SKIN-CARE

Antioxidant-rich Foods

Include these in your diet for a radiant complexion



In the quest for healthy, glowing skin, consider antioxidant-rich foods as your best ally. What do antioxidants do? The mighty compounds battle free radicals that wreak havoc on our skin cells. Incorporating these anti-ageing foods into your daily diet not only rejuvenates your complexion and hair but also maintains your overall health. Here's how you can make the most of them.

Cocoa
Who knew cocoa could benefit our health so much? This superfood is packed with flavonoids, which are powerful antioxidants that combat cell ageing. Additionally, it enhances blood circulation, which gives us brighter, healthier skin. The best part? You can indulge in its benefits through dark chocolate. Just be sure to choose varieties with high cocoa content to reap its rewards.

Green tea
Green tea has numerous health benefits, one of which is that it has powerful natural antioxidants that shield our bodies from free radicals and reduce inflammation. Regularly drinking green tea can enhance skin elasticity and prevent premature ageing, too.

Berries and blackberries
Fruits like strawberries, blueberries, blackberries, and raspberries are antioxidant powerhouses, rich in polyphenols and anthocyanins. Packed with vitamins A, C, and E, phe-nolic acids, and fibre, these low-fat, low-calorie berries boost brain function and cardiovascular health. Plus, they're delicious. Add them to your smoothies, or yogurts, or enjoy them as a fresh snack.

Carrots
Carrots are renowned for their high beta-carotene content, an antioxidant that our bodies convert to vitamin A. This essential nutrient maintains healthy skin and protects against signs of ageing, such as wrinkles and dryness. Add carrots to your salads and soups or eat them raw.

Kiwi
The humble kiwi packs a punch in terms of its antioxidant capacity. Loaded with vitamin C, E, and other compounds, it shields the skin from environmental damage while enhancing elasticity. Moreover, kiwi aids in promoting healthy digestion, crucial for maintaining a radiant complexion. Incorporate this nutrient-packed fruit into your juices or chop one up and eat it after breakfast.

Loosing Lupine

"I have never seen or heard about a wolf in the Sundarbans, either on the Indian or the Bangladeshi side. I have checked previous records and there has been no sighting, previously," said Mukherjee. "Wolves travel a long distance when they disperse. They can go for hundreds of kilometres. The closest wolf population from the Sundarbans is about 300-350 kilometres away in Purulia. This animal could have strayed or dispersed into the Sundarbans from there," Y. V. Jhala, one of India's foremost canidae (dog family) experts told us.

Anjali Sharma
Senior journalist & wildlife enthusiast

whole process went on for about 15 minutes. Because it was sundown, we returned back," Ridhi Mukherjee, a wildlife photographer said.

"I have never seen or heard about a wolf in the Sundarbans, either on the Indian or the Bangladeshi side. I have checked previous records and there has been no sighting, previously," said Mukherjee.

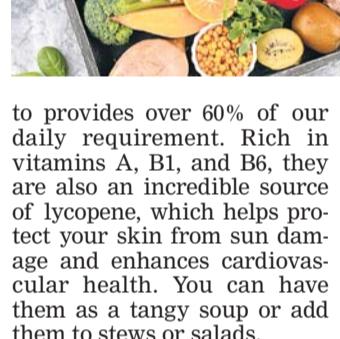
"Wolves travel a long distance when they disperse. They can go for hundreds of kilometres. The closest wolf population from the country into a tizz

"At that age, you cannot introduce it. If it would have been a pup or a juvenile, then introduction would have been possible," he said. He added that an Indian Wolf, usually used to arid scrub grasslands, could survive in a mangrove forest. "It can survive. However, this animal will not live in the mangroves proper but on the outskirts."

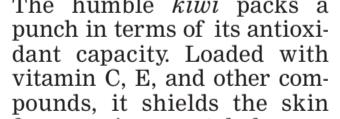
Sundarbans is about 300-350 kilometres away in Purulia. This animal could have strayed or dispersed into the Sundarbans from there," Y. V. Jhala, one of India's foremost canidae (dog family) experts told us. Jhala also discounted any possibility of the wolf having been forcibly introduced into the area. "It is a full-

grown adult male. At that age, you cannot introduce it. If it would have been a pup or a juvenile, then introduction would have been possible," he said. He added that an Indian Wolf, usually used to arid scrub grasslands, could survive in a mangrove forest. "It can survive. However, this animal will not live in the mangroves proper but on the outskirts."

Jhala also said that there was no need to make a hullabaloo about the incident. "This animal has been photographed in the villages on the outskirts of the man-made forest, in the buffer zone of the Sundarbans National Park. It will live there and come occasionally into the mangroves to scavenge. And this is a single individual. Had there been a breeding population, it would have been a small, luminous complexion.



Red grapes
Grapes are rich in antioxidants. Their skin contains resveratrol, a compound that is known to help prolong cell life. Additionally, grapes are rich in vitamin C and other polyphenols that combat signs of ageing and maintain a smooth, luminous complexion.



Beets
Beets are another superfood that should be a staple in your diet. Packed with antioxidants like alpha-lipoic acid, beets help slow ageing, improve cell regeneration, and keep your skin smooth and firm. Additionally, their rich nitrate content improves blood circulation, giving your hair a natural, healthy shine.

Tomato
Tomatoes are one of the best antioxidant-rich foods, boasting an exceptionally high vitamin C content. Just one tomato

provides over 60% of our daily requirement. Rich in vitamins A, B1, and B6, they are also an incredible source of lycopene, which helps protect your skin from sun damage and promotes cardiovascular health. You can have them as a tangy soup or add them to stews or salads.

Spinach
Spinach is packed with natural antioxidants like lutein and zeaxanthin, along with high levels of protein, vitamins C and E. These components act as a shield against UV radiation, reduce inflammation, and improve the overall appearance of your skin, helping you look younger. Add a handful to your salads or juices and experience the benefits.

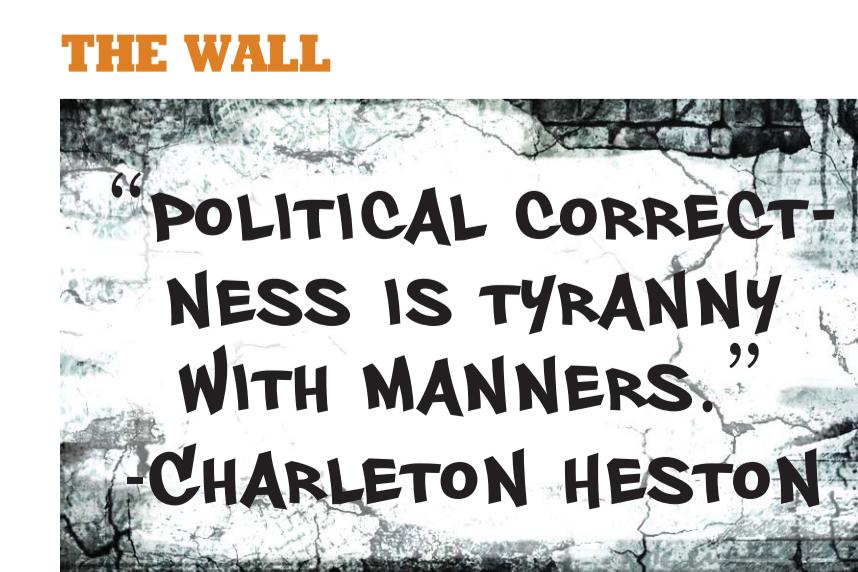
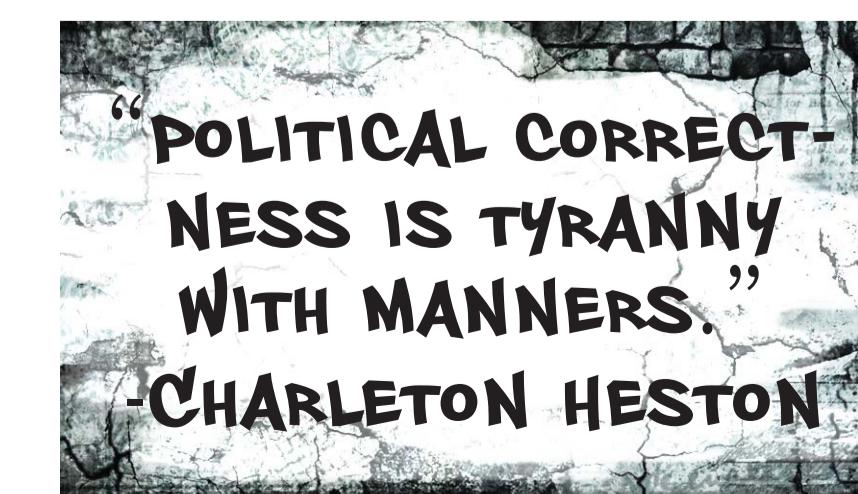
Green tea
Green tea has numerous health benefits, one of which is that it has powerful natural antioxidants that shield our bodies from free radicals and reduce inflammation. Regularly drinking green tea can enhance skin elasticity and prevent premature ageing, too.

Indian Wolf
(*Canis lupus pallipes*) has been photographed in the Indian part of the Sundarbans for the first time, sending conservation circles in West Bengal and in other parts of the country into a tizz

"At that age, you cannot introduce it. If it would have been a pup or a juvenile, then introduction would have been possible," he said. He added that an Indian Wolf, usually used to arid scrub grasslands, could survive in a mangrove forest. "It can survive. However, this animal will not live in the mangroves proper but on the outskirts."

Sundarbans is about 300-350 kilometres away in Purulia. This animal could have strayed or dispersed into the Sundarbans from there," Y. V. Jhala, one of India's foremost canidae (dog family) experts told us. Jhala also discounted any possibility of the wolf having been forcibly introduced into the area. "It is a full-

THE WALL



Cow Appreciation Day

Cow Appreciation Day is an event that has been designed to raise awareness about cows and appreciate everything that they do! A lot of people dress up like cows for free food, and that's just the start of it! So, this is a great time to have a spare cow suit handy. But it is also a time to be reminded of all of the amazing products that cows bring to the world, and a lot of people like to raise a glass (of milk, of course!) for this special occasion.



A Himalayan Wolf. Credit: Smanla Tsering.

#SIDELINED

species living there find it difficult to attain the status of flagship species.

For starters, we have two types of wolves in India. The *Indian Wolf* or *Peninsular Wolf* is the most familiar one, distributed in a few remaining grasslands of central and southern India. The Indian wolf is recognised as a distinct subspecies of the Grey Wolf, as *Canis lupus pallipes*. Another lesser-known lineage of wolves is found beyond the heights of the Himalayas.

The attention of scientists and explorers for long. Genetics studies from 2003 to 2007 discovered new findings about these wolves, bringing them into spotlight. Grey wolves are considered to have originated about 800,000 years ago. This is the same time when the Himalayas were rising. Scientists suspected that these wolves were trapped in the Himalayas and

evolved separately since then.

The grey wolves, in rest of the world, evolved into different sub-species including the domestic dog, making them a separate 'clade.'

'Clade' is a term used by

biologists to describe organisms belonging to the same evolutionary line.

Research shows that Himalayan wolves acquire a major portion of their diet from livestock.

In a

study authors found that when prompted by a command from their owner, the gifted dogs cocked their heads 43 per cent of the typical dogs. Thus, the head tilt could be a sign of mental processing meaning that the pups are likely paying attention or even matching the toy's name with a visual memory of it in their head. "The head tilt is a way to think about something," adds Sommese. "To call it a 'mental representation' of the item or the toy."

and then we decided to analyse it."

With a penchant for playing,

cocked their heads after being

presented with a common (toy model) more often than their less-skilled peers. That's when Sommese and his colleagues decided to dig deeper. "All of us noticed this," he adds. "So, we started talking about it, because it was getting more and more consistent. And then we decided to analyse it."

common behaviour in dogs," says Andrea Sommese, an Animal Behaviour researcher at Eötvös Loránd University in Hungary. "There are a lot of anecdotes and stories and all that, but there was no scientific publication on this."

That is, until Sommese and his colleagues found that 'gifted' dogs, meaning those that could memorize the names of a number of different toys, frequently cocked their heads to the side before correctly fetching a specific toy.

But when it comes to head tilting in dogs, the scientific literature is far scarcer. "It's a very

common behaviour in dogs," says Andrea Sommese, an Animal Behaviour researcher at Eötvös Loránd University in Hungary. "There are a lot of anecdotes and stories and all that, but there was no scientific publication on this."

That is, until Sommese and his colleagues found that 'gifted' dogs, meaning those that could memorize the names of a number of different toys, frequently cocked their heads to the side before correctly fetching a specific toy.

common behaviour in dogs," says Andrea Sommese, an Animal Behaviour researcher at Eötvös Loránd University in Hungary. "There are a lot of anecdotes and stories and all that, but there was no scientific publication on this."

That is, until Sommese and his colleagues found that 'gifted' dogs, meaning those that could memorize the names of a number of different toys, frequently cocked their heads to the side before correctly fetching a specific toy.

common behaviour in dogs," says Andrea Sommese, an Animal Behaviour researcher at Eötvös Loránd University in Hungary. "There are a lot of anecdotes and stories and all that, but there was no scientific publication on this."

That is, until Sommese and his colleagues found that 'gifted' dogs, meaning those that could memorize the names of a number of different toys, frequently cocked their heads to the side before correctly fetching a specific toy.

common behaviour in dogs," says Andrea Sommese, an Animal Behaviour researcher at Eötvös Loránd University in Hungary. "There are a lot of anecdotes and stories and all that, but there was no scientific publication on this."

That is, until Sommese and his colleagues found that 'gifted' dogs, meaning those that could memorize the names of a number of different toys, frequently cocked their heads to the side before correctly fetching a specific toy.

common behaviour in dogs," says Andrea Sommese, an Animal Behaviour researcher at Eötvös Loránd University in Hungary. "There are a lot of anecdotes and stories and all that, but there was no scientific publication on this."

That is, until Sommese and his colleagues found that 'gifted' dogs, meaning those that could memorize the names of a number of different toys, frequently cocked their heads to the side before correctly fetching a specific toy.

common behaviour in dogs," says Andrea Sommese, an Animal Behaviour researcher at Eötvös Loránd University in Hungary. "There are a lot of anecdotes and stories and all that, but there was no scientific publication on this."

That is, until Sommese and his colleagues found that 'gifted' dogs, meaning those that could memorize the names of a number of different toys, frequently cocked their heads to the side before correctly fetching a specific toy.

common behaviour in dogs," says Andrea Sommese, an Animal Behaviour researcher at Eötvös Loránd University in Hungary. "There are a lot of anecdotes and stories and all that, but there was no scientific publication on this."

That is, until Sommese and his colleagues found that 'gifted' dogs, meaning those that could memorize the names of a number of different toys, frequently cocked their heads to the side before correctly fetching a specific toy.

common behaviour in dogs," says Andrea Sommese, an Animal Behaviour researcher at Eötvös Loránd University in Hungary. "There are a lot of anecdotes and stories and all that, but there was no scientific publication on this."

That is, until Sommese and his colleagues found that 'gifted' dogs, meaning those that could memorize the names of a number of different toys, frequently cocked their heads to the side before correctly fetching a specific toy.

common behaviour in dogs," says Andrea Sommese, an Animal Behaviour researcher at Eötvös Loránd University in Hungary. "There are a lot of anecdotes and stories and all that, but there was no scientific publication on this."

That is, until Sommese and his colleagues found that 'gifted' dogs, meaning those that could memorize the names of a number of different toys, frequently cocked their heads to the side before correctly fetching a specific toy.

common behaviour in dogs," says Andrea Sommese, an Animal Behaviour researcher at Eötvös Loránd University in Hungary. "There are a lot of anecdotes and stories and all that, but there was no scientific publication on this."

That is, until Sommese and his colleagues found that 'gifted' dogs, meaning those that could memorize the names of a number of different toys, frequently cocked their heads to the side before correctly fetching a specific toy.

common behaviour in dogs," says Andrea Sommese, an Animal Behaviour researcher at Eötvös Loránd University in Hungary. "There are a lot of anecdotes and stories and all that, but there was no scientific publication on this."

That is, until Sommese and his colleagues found that 'gifted' dogs, meaning those that could memorize the names of a number of different toys, frequently cocked their heads to the side before correctly fetching a specific toy.

common behaviour in dogs," says Andrea Sommese, an Animal Behaviour researcher at Eötvös Loránd University in Hungary. "There are a lot of anecdotes and stories and all that, but there was no scientific publication on this."

That is, until Sommese and his colleagues found that 'gifted' dogs, meaning those that could memorize the names of a number of different toys, frequently cocked their heads to the side before correctly fetching a specific toy.

common behaviour in dogs," says Andrea Sommese, an Animal Behaviour researcher at Eötvös Loránd University in Hungary. "There are a lot of anecdotes and stories and all that, but there was no scientific publication on this."

That is, until Sommese and his colleagues found that 'gifted' dogs, meaning those that could memorize the names of a number of different toys, frequently cocked their heads to the side before correctly fetching a specific toy.

common behaviour in dogs," says Andrea Sommese, an Animal Behaviour researcher at Eötvös Loránd University in Hungary. "There are a lot of anecdotes and stories and all that, but there was no scientific publication on this."

That is, until Sommese and his colleagues found that 'gifted' dogs, meaning those that could memorize the names of a number of different toys, frequently cocked their heads to the side before correctly fetching a specific toy.

common behaviour in dogs," says Andrea Sommese, an Animal Behaviour researcher at Eötvös Loránd University in Hungary. "There are a lot of anecdotes and stories and all that, but there was no scientific publication on this."

That is, until Sommese and his colleagues found that 'gifted' dogs, meaning those that could memorize the names of a number of different toys, frequently cocked their heads to the side before correctly fetching a specific toy.

common behaviour in dogs," says Andrea Sommese, an Animal Behaviour researcher at Eötvös Loránd University in Hungary. "There are a lot of anecdotes and stories and all that, but there was no scientific publication on this."

That is, until Sommese and his colleagues found that 'gifted' dogs, meaning those that could memorize the names of a number of different toys, frequently cocked their heads to the side before correctly fetching a specific toy.

common behaviour in dogs," says Andrea Sommese, an Animal Behaviour researcher at Eötvös Loránd University in Hungary. "There are a lot of anecdotes and stories and all that, but there was no scientific publication on this."

That is, until Sommese and his colleagues found that 'gifted' dogs, meaning those that could memorize the names of a number of different toys, frequently cocked their heads to the side before correctly fetching a specific toy.

common behaviour in dogs," says Andrea Sommese, an Animal Behaviour researcher at Eötvös Loránd University in Hungary. "There are a lot of anecdotes and stories and all that, but there was no scientific publication on this

