

Sweet Tooth...

By Dr Swapna Khanzode

FESTIVALS are celebrations of our faith in Almighty and sweets are integral part of festive delicacies. 'Watchful eating' is the key to good health amidst festivities. Certain important things about sugar control and correct information about diabetes might be helpful. Lets get to know about peculiarities of diabetes in ladies. Diabetes increases the risk of heart disease (the most common diabetes complication) by about four times in women, but only about two times in men. Women are more prone to developing complications of diabetes like retinopathy, kidney failure and even depression.

Important risk factors are;

- Family history of diabetes
- Hormonal imbalances
- Pregnancy related diabetes (gestational diabetes)
- Hypertension
- Polycystic ovarian syndrome
- Obesity
- Lack of exercise

Certain symptoms like sudden loss of weight, frequent urinary tract infections, burning or tingling of feet, vaginal infections, should prompt you to consult your doctor immediately and get evaluated for diabetes.

9 JEWELS OF WOMEN'S HEALTH

Prevention and management of diabetes can easily be remembered with the help of rule of ABC.

A - A1c: Control the HbA1c levels. The HbA1c test gives an estimate of the glucose level over the past 2-3 months. It should be less than or equal to 6.5 % for normal people and for people with diabetes, it should ideally be kept below 7%.

B - Blood pressure. It is essential that women with diabetes check their blood pressure regularly and also maintain a log book of all their BP readings. Blood pressure must be maintained at around 120/80 mmHg. Maintaining the right level of blood pressure prevents and delays diabetes complications.

C - Cholesterol. Most ladies with diabetes develop heart disease and hence its important to check the cholesterol levels regularly. Diabetics are advised to regularly check their triglycerides, low-density lipoprotein (LDL) cholesterol, and high-density lipoprotein (HDL) cholesterol levels at least once a year.

Remember that diabetes is a chronic lifestyle condition which can be managed by lifestyle modifications and taking your medication as recommended by your doctor.

Prevention can also be summarised by rule of ABC.

A - Activity, Physical activity. Atleast 30 minutes of exercise is a must. You can slowly increase the duration.

B - Balanced diet. Watch what you eat. Make sure that proteins, carbohydrates, fats are in right proportion. Foods with low glycemic index will help. Eat everything, but in moderation.

C - Calm. Be calm. Practice mental relaxation. Stress management plays an important role in mental health. A sound mind can help in controlling many triggers for bad health.

Dear ladies, yes the time is now...



A poem that changed Hindi poetry forever...

By Somen Sengupta

FOR centuries the festival of *Durga Puja* is mingled with creative literature written in Bengali, Oriya, Assamese, Nepali and Hindi.

One of the ground breaking poetry in Hindi was once written as a festival piece during *Durga Puja* and it was written in Calcutta by one who was educated in Bengali medium school with Bengali as primary his language.

The man was legendary Hindi poet 'Nirala' whose original name was Surya Kanta Tripathi. Born in Bengal's Midnapore district Suryakant had very little influence of Hindi in his growing years. As a student of Bengali medium school, he was rather grown up by reading Rabindranath Tagore and Bankim Chandra Chatterjee in their originals. Later Nirala translated many classic Bengali write ups of Tagore and Bankimchandra in Hindi.

Surya Kanta was pushed by his wife to start learning Hindi and in short span he became famous in the world of Hindi literature.

By mid 1930s Surya Kant by then known as Nirala became a tall figure in Hindi 'Chayavad' movement. In that era he got a seat beside stalwarts of Hindi literary world like Sumitra Nandan Panth, Mahadevi Verma and Harivansh Rai Bachchan.

On October 23, 1936 Nirala completed along *kavyanatyai* titled 'Ram Ki Shakti Puja' in Calcutta and the same was published in an Allahabad based Hindi daily named *Bharat* on October 26, 1936.

Later it was included in his poetry collection *Anamika* and rest what they say is history. Within a week of it's publication the poem stormed Hindi readers

from Allahabad to Patna. Though it offended few, but Nirala was not castigated by larger part of the readers and scholars. This long poem borrows it's theme from a part of *Ramayana*.

The poem at it's initial part describes how all power of *Shakti* come together to give *Ravana* an unvanquished status before whom even Ram fails. Nirala illustrated Ravana's image with less evil element and packed with more wisdom that bestowed upon him through divine support of *Shakti*. On the contrary Ram as per Nirala is brave, skilled but exhausted and frustrated to handle such an enemy. He in poem even cries but soon regains his self esteem to challenge his enemy. This new makeover of Ram's character was indeed an earth shaken presentation to Hindi heartland.

Ram that comes from Tulsidas's *Rancharit Manas* or the original *Sanskrit Ramayana* written by Balmiki is a near God. There he is a supreme idol of a super natural entity who is above all demerits of human character.

Tulsidas's execution of Ram is so super normal and divine that it was an impossible glass door to break for one in establishing a rational image of him. Nirala was brave in his style and execution and his poetry was proved as a distinctive presentation. Educated under Bengali teachers in school and having an upbringing completely in Bengali cultural atmosphere he from his childhood had been reading lot of Bengali books including *Bengali Ramayana* translated by Krittibas Ojha. Now Krittibas who translated *Ramayana* in Bengali from Sanskrit illustrated Ram as a common man with high knowledge and military skill. At the same time *Ravana* in *Bengali Ramayana* is not an ordinary devil, but



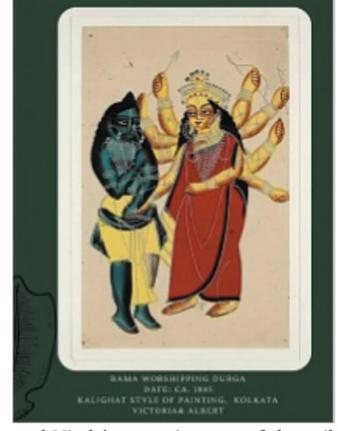
a man of wisdom who misuses his supreme power. So *Bengali Ramayana* of Krittibas and *Hindi Ramayana* of Tulsidas are very fundamentally different both in content and characters.

Dr PC Tandon noted Hindi professor of Delhi University has marked this poem as a pathbreaker because it was first '*chanda mukt kavita*' in world of modern Hindi literature. As per him the excellent blending of divine and human characters of Ram was indeed unknown before Hindi world and it was a master stroke by Nirala to establish a rational approach to epic.

Nirala picked an episode of *Ramayana*'s battle written by Krittibas and this part was neither in original *Ramayana* nor in one translated by Tulsidas. The *Durga Puja* of Ram known as 'Akal Bodhan' is a creative inclusion of Krittibas. He has shown Ram as a warrior but at the same time a human being with all domestic merits and demerits and full of common human instincts.

Here Ram is a follower of *Devi Shakti* and he worships the manifestation of *Shakti* that is *Devi Durga*. In original *Balmiki Ramayana*, Ram is a worshiper of Sun and nowhere he has shown any desire to worship *Devi Durga*.

Ram both in Krittibas's *Ramayana*



and Nirala's poem is a son of the soil and not a super normal empowered man. Though the theme and background of Nirala's poem were uncommon to Hindi readers still it contains all common aspect of Hindi poem like the *Veera rasa*, *Karun rasa*, *Bhakti rasa*, *Shant rasa*, *Vatsalya rasa* etc.

At the end, Nirala makes Ram a victor. These all were perfectly blended in this poem with the uncommon background story and it clicked.

He thus travels into the hearts of the readers as they see him sacrificing one of his eye at the feet of *Devi Durga*. Here Nirala's usage of words like *Rajeev Nayana* is an unique application.

This expression later became a common word in Hindi language. Ram's offering of his eye as a replacement of a lost lotus is described in this poem. It follows *Durga* emerges to bless Ram and bestowed all power to destroy his foes. Here *Bhakti* and *Karun rasa* are followed by *Veera rasa*.

In nutshell Nirala very articulately took a part of Bengal's literary heritage and blended that well with various *rasas* of Hindi literature. Bengal's contribution to the development of modern Hindi language is enormous, but this episode is largely unknown.

Garba songs to light up your Navratri celebrations

FESTIVALS have seen a washout due to the COVID-19 pandemic.

The situation has improved gradually, but uncertainty still looms over the fate of grand celebrations. With Navratri just beginning and unfortunately, *Garba* and *dandiya*, the main highlights of the nine-day festival are banned in several areas in a bid to control the spread of coronavirus.

If you don't want such restrictions to dampen your festive mood then right away add the below-mentioned *Garba* songs to your playlist to celebrate Navratri 2021 in the comfort of your home.

1. Dholi Taro Dhol Baaje

Thanks to filmmaker Sanjay Leela Bhansali for giving us this evergreen festive song 20 years ago with his romantic film *Hum Dil De Chuke*

Sanam, which stars Aishwarya Rai Bachchan, Salman Khan and Ajay Devgn in the lead roles.

Sung by Vinod Rathod and Kavita Krishnamurthy, the track instantly sets you in an energetic mode. It's been over two decades and people still like every beat of this song and try to dance as Salman and Aishwarya did in the particular track.

2. Kesariyo Rang

Navratri festivities are incomplete without the songs of popular folksinger Falguni Pathak. She has entertained us with several *Garba* songs over the years. *Kesariyo Rang* is one of her songs that people definitely play to get the *Garba* vibe on. *Khel Khel Re Bhauani Maa*, *Radha Ne Shyam*, *Indhana Winva*, and *Vithala* are also other popular Gujarati *Garba* songs of Falguni Pathak, who is

known as *Garba* queen.

3. Udi Udi Jaye

Shah Rukh Khan has made several traditional dance forms all the more special in his Bollywood films. With *Udi Udi Jaye* song from his film *Raees*, he marked his debut *Garba* performance on screen. His chemistry with actor Mahira Khan in the colourful song will definitely prompt you to pick up your *dandiya* sticks and shake a leg with your partner.

4. Chogada Tara

Salman Khan's brother-in-law Aayush Sharma's debut film *Loveyatri* didn't do well at box-office but its song *Chogada Tara* was definitely a hit. Sung by Darshan Raval and Asees Kaur, the track is filled with Gujarati words and beats that will make everyone feel hit the dance floor.

5. Nagada Sang Dhol

Power couple Ranveer Singh and Deepika Padukone-starrer *Nagada Sang Dhol* from their movie *Ram-Leela* is a perfect song to listen to during Navratri. Sung by Shreya Ghoshal and Osman Mir, the catchy track begins with a teary-eyed Deepika lighting up *diyas* and performing *Garba* in a vengeance.

The sky is the limit when it comes to making your festivals memorable with a dash of songs. Making Navratri 2021 special for everyone, singer Rahul Vaidya is all set to come up with his new song *Garbe Ki Raat*, featuring none other than Nia Sharma.

Singer Aastha Gill and actor Arjun Bijlani are also gearing up for the release of their Navratri special song *Saawariya*. (ANI)

DOUBLE CROSSWORD

11379

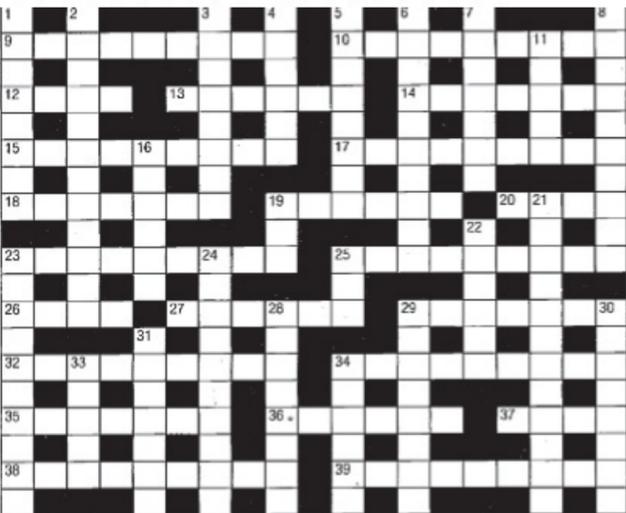
CRYPTIC PUZZLE

ACROSS

- Result of feeling sick of being sweet and charming? (3,6)
- Telephoning to say where the train is (2,3,4)
- The morning's started badly for him (4)
- Be very humble when writing a note to the new lover (6)
- It's a gun, kid! Put back those gems! (7)
- Knowing it's deliberate (9)
- Doesn't stop the papers before one's going off (7,2)
- Do they take a little peek at the laces threaded through? (7)
- Before you settle for mono, say (6)
- Was preparing a little breakfast while you wash (4)
- Stir, mixing into after blending, and it's very good (5-4)
- Fixing a bell outside the entrance is of little importance (9)
- Try again to wound (4)
- Firm it should go on the second list (6)
- The difference in currency does make things hard (7)
- Remind you they're still awaiting admission (4,1,4)
- Recapping on the physical assault (5-4)
- Many a lie having been found out, is antagonistic (7)
- Refuses to move the booths (6)
- Back with a little less than a dollar from abroad (4)
- In a confident sort of way, no doubt (9)
- Stick the forged notes inside for the foreigner (9)

DOWN

- For a number, boarding the boat is the high point (8)
- Not a mistake made though being dim? (7,5)
- Turning up among ours, is unfortunately a fake (8)
- Forces into united efforts to attain the goal (6)
- Crack up and pass, by mistake (8)
- The amazing looking egg is cracked into it (10)
- Make up for having got out of line? (7)
- Someone capable of being prepossessing (10)
- Paid up and is taking possession of the articles (5)
- Be innovative, but make a big to-do about it (6)
- The easy answer to what to have for dessert (3)
- "Good-looking" is very fancied by the punters (4-8)
- Smart, bagging the royal parcels! (6)
- Reckon the boss is a boss in name only (10)
- Waiting to get that wrapped up before taking the day off (2,3,5)
- Said the letter travels by air (3)
- What the child has targeted in the sweet shop? (5-3)
- Is going to give us a song about drinking (8)
- Told, rushed back and ticked off (7)
- The weapons are a knock out, sire! (8)
- About suntraps being popular with birds (5)
- The gander will fly off (6)



EASY PUZZLE

ACROSS

- Grind down (9)
- Nerve pain (9)
- Precipitation (4)
- Highly-seasoned sausage (6)
- Local language (7)
- Bubbly (9)
- Man-made (9)
- Faithfulness (7)
- Films on tape (6)
- In good health (4)
- Self-assured (9)
- Tower of London warder (9)
- Requre (4)
- Short and thick (6)
- Tramp (7)
- Surreptitious (9)
- Row of columns (9)
- Underwater missile (7)
- Flora (6)
- The Red Planet (4)
- Nudity (9)
- Earth-moving machine (9)

DOWN

- Approbation (8)
- Second sight (12)
- Tardy (8)
- Hold-ups (6)
- Impartial (8)
- Onerous (10)
- Verve (7)
- Specific (10)
- Hall (5)
- Sheepdog (6)
- Barrel (3)
- Spectacular show (12)
- Former US president (6)
- Senior doctor (10)
- Cricket fielding position (5,5)
- Lad (3)
- Hungarian capital (8)
- Dangerously unstable (8)
- Cherish (8)
- Pals (7)
- Man's name (5)
- Ill-tempered (6)

DENNIS THE MENACE

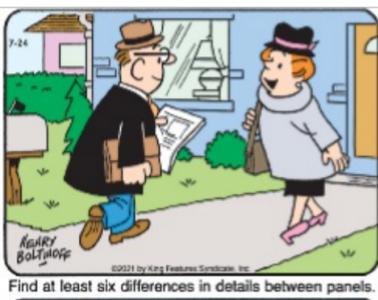


"IN TROUBLE AGAIN?" "YOU SHOULD READ 'BABY BLUES'. THAT KID GETS IN A LOT MORE TROUBLE THAN ME!"

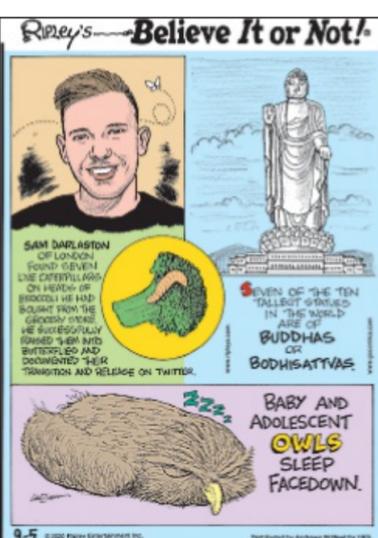


"I LOVE SALAD ... ESPECIALLY IF YOU SLAP IT ON A BUN WITH A CHEESEBURGER."

HOCUS-FOCUS



Find at least six differences in details between panels.



BABY AND ADOLESCENT OWLS SLEEP FACEDOWN.

Cryptic Solutions To No. 11378
 ACROSS: 4, Fields 7, Both-well 8, Others 10, All-ay 13, Moo-t, 14, To-LL 15, Worm 16, Ten 17, Lied 19, An-on 21, Conductor 23, Saw-5 24, L-O-ot 26, Job 27, Trad 29, Ciam 32, Tea-R 33, China 34, Biceps 35, Por-trait 36, A-gent's.
 DOWN: 1, U-boat 2, Sta-LL 3, SWay 4, F-ile-or 5, Eoht 6, Darken 9, To-ma-to 11, Lob 12, All-O-w 13, Modula-R 15, Wed 16, Tor 18, Instep 20, Not-CH 21, Cab 22, Cod 23, Sowing 25, Pan 28, Ramps 30, Lil-AC 31, Masts 32, Torn 33, Cut-o.
 Easy Solutions To No. 11378
 ACROSS: 4, Appeal 7, Eventual 8, Issues 10, Shove 13, Maps 14, Tuna 15, Lose 16, Hut 17, Liar 19, Epee 21, Gun-powder 23, Dies 24, Coat 26, Hen 27, Taco 29, Edon 32, Biro 33, Prime 34, Meble 35, Navigate 36, Peseta.
 DOWN: 1, Feast 2, Demon 3, Stye 4, Alias 5, Pass 6, Avenue 9, Speeds 11, Hum 12, Value 13, Morocco 15, Lap 16, Her 18, Instil 20, Potor 21, Qin 22, Woo 23, Demote 25, Gom 28, Arena 30, Divan 31, Never 32, Bit 33, Pall.