

ART & CRAFT

# Revisiting blue history of the Pink City

The story of blue pottery and its relationship with Jaipur needs to be told. To know it all, read on...

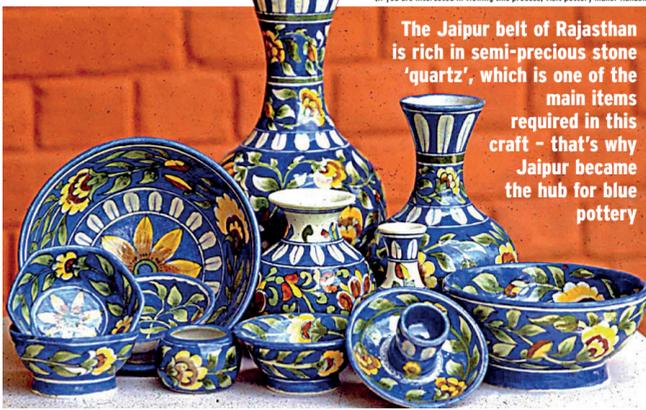
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The colour blue has had a significant impact on India's history and culture. The beautiful hue is associated with Lord Krishna as it was his favourite colour. Blue is also associated with the Indian Cricket Team and has in the process become a symbol of sportsmanship. However, many are unaware of an art, which wears this colour with pride – the 'Blue Pottery'. Here's all about this pretty pottery's journey...



### What is blue pottery?

The name 'blue pottery' comes from the eye-catching cobalt blue dye used to colour the clay. Made with components like fuller's earth, quartz powder, zinc oxide, charcoal and other ingredients, the pottery gets its distinctive look from the glazed style, that is, glassy coating. This pottery is opaque and is decorated with beautiful nature and animal motifs.



The Jaipur belt of Rajasthan is rich in semi-precious stone 'quartz', which is one of the main items required in this craft – that's why Jaipur became the hub for blue pottery

### Tales of glazed blue tiles

Research conducted by the ASI points that glazed blue tiles first appeared in Delhi in a Tughlaq monument dated between AD 1321 and AD 1414.

These glazed tiles are now seen here: Tomb of Isa Khan, Old Fort and Nila Gumbad in Delhi; Chini-ka-Burj in Jaipur, and Gwalior Fort in Gwalior.



### How did it come to India?

Blue pottery, which is now a traditional craft of Jaipur, was originally a native craft of Persia. It came to India with the Mughals and during the rule of Maharaja Sawai Man Singh I (1550-1614 in Jaipur), the art was patronised. Man Singh was the first to bring the art of blue pottery to Rajasthan, after his interaction with the Mughals and through his campaigns in Afghanistan.

## What goes into the making of blue pottery?

- THE PREP:** Raw materials like quartz powder, glass, etc. are ground into a fine powder and kneaded into a dough.
- GIVING IT SHAPE:** The dough is flattened into round chapati-like shapes and placed inside moulds. After the product is taken out of the mould and dried, a base is attached to it with a potter's wheel.
- ADDING COLOURS AND SHINE:** Intricate designs are painted on the pottery products (pots, bowls, vases, etc.) and filled with these colours: blue, yellow, brown, red, green. Once the paint dries, the products are dipped in a thick glaze (glassy) solution to protect the colour – this process also gives blue pottery its popular subtle shine.
- IT'S TIME TO BAKE:** The glazed pottery item is finally baked inside a special kiln after which it is ready to be sent to decor stores.



(If you are interested in viewing this process, visit pottery maker Kailash Doraya's factory in Sanganer, Jaipur. Check his interview in the side column.)

### EXPERT Speak

**KAILASH DORAYA** – a pottery maker creates beautiful blue pottery products at his factory in Sanganer, Jaipur. He gives us an insight in this much-loved art.

**Q:** Do you think the art of blue pottery is very popular in India?

**KD:** This art has not reached many people because of lack of promotion. People compare it with Khurja pottery which is very different from blue pottery.

**Q:** How do you promote it?

**KD:** We conduct workshops for students and tourists who visit my factory. They also create their own pottery pieces in the process.

**Q:** How can we spot the difference between a real blue pottery and a fake one?

**KD:** Blue pottery is actually much lighter than normal clay pottery. It is also not too shiny and glitzy; the shine is subtle.



NEWSWORTHY

## NEW FOOD EMOJIS FOR 'FLAVOURFUL' TALKS



Emojipedia introduced new food emojis for 2020 to add soul to your food conversations. Right from bubble tea to flatbreads and tamale to name a few, these emojis have been created to simplify our food talks

### FOR THE LOVE OF FLATBREADS

Flatbread is a part of many cuisines: Middle East, Asia and Africa – it's great to have an emoji that represents so many cultures.



### SWITZERLAND'S CHEESE FONDUE

Another regional dish that was included in the emojis list was Switzerland's cheese fondue. The emoji is in the shape of a red-coloured pan placed atop a flame. The pan has the Swiss cross on the body. Cute, isn't it?

### CUTE BUBBLE TEA

Conversations without tea are next to impossible. This drink from Taiwan is a perfect amalgamation of milk, tea and sugar combined with 'bubble' like ingredients such as tapioca balls or sago.



### TAMALE – THE MEXICAN DELIGHT

A fun addition to the list is tamale. This Mexican wrap is prepared with ground-corn dough and filled with veggies or meat. It's unique because it is cooked in a corn husk. Now enjoy it in the emoji world too.



This year will surprise you with more cute emojis such as peppers, blueberries and olives

FITNESS TIP

## RUN BACKWARD TO INCREASE YOUR SPEED

New areas of research in fitness throws up surprises. This one reveals the power of 'running backwards' to become a better runner. Go for it

If your New Year resolution was about running faster, 'The Telegraph' has a tip. It says you should practise running backward to run forward faster. Sports scientists at Manchester Metropolitan University, UK, see merit in the idea. They have been working with Shantelle Gaston-Hird, who holds the female record for the quickest backward half-marathon. She started 'retro-running' six years ago and "has since managed to knock more than half an hour off her triathlon time." Running backward is harder than running forward, so Gaston-Hird uses about 30% more oxygen. It has also made her muscles stronger, "meaning she can run faster."



The reverse motion allows the body to tone muscles quicker and more efficiently, strengthening foot muscles and improving posture

### IT HAS MULTIPLE HEALTH BENEFITS

**IMPROVES POSTURE:** You may slouch over at the waist while running forward, which may lead to neck pain. Running backward requires you to stand more upright, correcting your posture throughout the run. **Reduces boredom:** Running for marathons can be tiring. Adding back-



ward running to your long run will make it more fun and exciting. **BETTER PERFORMANCE:** When you run backwards, you require more effort in terms of movement as it is more difficult to move from one point to another. This increases cardiovascular efficiency and improves stamina.

HEALTH

## Home remedies to reduce cough

Every winter we spend money on over-the-counter cough medicines. But for common cold and cough (not whooping cough or bronchitis), look into your kitchen for ingredients that really help in healing your body. Here are some effective DIY remedies straight from grandma's kitchen.

### Ginger juice with honey and black pepper

Honey soothes throat and ginger has anti-inflammatory properties; both the things together make for a perfect cough remedy. Grate some ginger in one glass of water and boil it for 2-3 minutes. Strain the water and add honey to it. You can store this concoction in a kettle and keep sipping it through the day to heal your body.



### Take plenty of fluids

While coughing/sneezing, you lose out on a lot of water from your body. Keeping yourself hydrated is crucial to flush out toxins from the body.



### Use a humidifier

Though this is not an age-old practice, it's very effective as it doesn't let your nose and throat get dry, which can make matters worse. People who have a sore throat must try using a humidifier in their room.

### Rock salt rescue

This one is very easy. Warm a glass of plain water and add 1/4 teaspoon of rock salt (preferably organic) to it. Gargle with this blend few times a day and you will notice a visible improvement in your cold and cough symptoms.



## FEBRUARY 18, 2020 MUST SEE MUST DO

**TV & MOVIES**

**THE WONDERFUL WORLD OF BABY ANIMALS, SONY BBC EARTH HD, 3.00 PM**

**WILDLIFE: ANIMAL FIGHT CLUB, NATIONAL GEOGRAPHIC CHANNEL, 5.00 PM**

**ROGUE ONE: A STAR WARS STORY, &FLIX, 6.25 PM**

**PREDATOR, STAR MOVIES, 8.50 PM**

**FACT:** Michelangelo found himself an interesting place in Sistine's Chapel fresco to place his self-portrait. He chose to paint his face as Saint Bartholomew, who is always shown as played skin, because he was skinned alive. He carved the "David" from a discarded block of marble.

**1564:** The artist Michelangelo died in Rome. **1885:** Mark Twain's "Adventures of Huckleberry Finn" was published. **THIS DAY THAT YEAR** **1930:** The planet Pluto was discovered by Clyde Tombaugh. **2019:** British parliamentary committee issued scathing report on Facebook, accusing company of breaking privacy laws, calling for new regulations.

**FACT:** A single day on Pluto is equal to 6.4 Earth days, and it rotates backward compared to Earth and other planets. Pluto goes from east to west like Venus & Neptune. It also rotates on its side, like Neptune. Charon is the largest moon of Pluto, and it's actually very large compared to the dwarf planet.

PET CARE

**NO LOUD NOISE, PLEASE**

Enjoying loud music on weekends is fun for us but it's traumatic for pets. Comfort your pooch by following these tips



### HOW YOU CAN HELP

- DO NOT SCOLD YOUR DOG:** If your dog is scared of loud noises, do not scold or punish her/him. Your pet is already stressed, scolding will only add to it.
- GIVE HIM A HEAVY MEAL:** Dogs tend to lose appetite when they are scared. So, feed them well if you are expecting a loud night.
- TIRE YOUR DOG OUT:** When your dog is tired, s/he is more likely to sleep. So, before the party begins, tire your pet out. Take her/him out for a long walk, let him run, play with him... let him expend some energy. Once the pooch is tired, s/he may want to sit quietly.
- KEEP THEM INDOORS:** Always keep your dog indoors during this time. Never leave him unattended as s/he may run out of the home.
- DOG-PROOF YOUR HOUSE:** Since dogs are scared at this time, they tend to hide under beds, tables and other corners. Keep them clean and put dangerous items out of their way.
- KEEP DOORS AND WINDOWS CLOSED:** To minimise the intensity of the sounds, keep doors and windows closed.
- PLACE CARPET ON FLOOR:** To reduce the vibrations of loud noises, put carpets or cushions on the floor so that your pet can sit on it.