

# WET YOUR APPETITE

To keep the magic that comes with rains intact, it is advisable to watch what you eat in the monsoon season...

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**T**he sky is overcast, it is pouring outside, you settle down for a rainy day! What could possibly go wrong in this dreamy weather, you think. Well, a lot. For all the romantic notions associated with the monsoon season, it is also the reigning season of bugs and bacteria. According to Ayurveda, monsoon is the time when because of humidity or moisture in the atmosphere, the air and the water element in the body tend to get disturbed. The heaviness which comes with humidity and loss of fluids with perspiration induces lower energy levels and poor digestion, resulting in lethargy, skin and gastric disorders and respiratory problems. We get experts to give some useful advice for a rainy day...

**1** Humidity is high during monsoon, causing a lot of sweating, so dehydration levels are high. Water alone is not enough since it doesn't give the body the required nutrients and electrolytes. So take coconut water, nimbu pani, chaas and lassi.

**2** Joint pains, acidity, flatulence are all a result of aggravated vata (air) and kapha (water) elements, therefore diets and daily regimen should consist of foods that are warming and drying in nature. Try besan (gram flour), black chana, arhar, moong, soups and roasted chana. Avoid curds, raw salads, and fermented foods as they tend to further aggravate acidity, gas and joint pains.



**3** The fruit of the neem tree which also comes in this season acts like an antidote and purifies blood to help you detox. Amaltas which is in full bloom in summer also yields dark brown pods in this season. Soak the pulp of these pods with the pulp of tamarind (10 gm) each day. Next morning mash and sieve it. This water taken regularly cleanses the blood, keeps the skin and the digestive system free of congestion and aids elimination of toxins from blood and digestive tract.



**4** Drink water flavoured with chamomile, dalgini (cinnamon) or fennel (saunf) to detoxify your system. If your parents suffer from arthritis, you could ask them to drink warm water with a little tulsi and dalgini first thing in the morning, on an empty stomach. This reduces pain in the joints, common in this weather.

**8** Add digestive spices like ginger, cinnamon and black pepper to your tea to counter the aggravation of vata (air). Ginger tea with old honey aids digestion and makes up for loss of fluids from the body.



**7** Use of Indian cow's organic ghee, light oils like olive oil and sunflower oil and cooked mustard oil are highly recommended in monsoon.



**6** It is important to maintain the optimum temperature of food to avoid spoilage. Milk, veggies and non-veg items should be stored at their optimum temperatures.

**5** Garlic is also helpful in restoring balance caused by aggravated air element. Home-made garlic butter is an excellent addition to breads, casseroles, pastas and many varieties of foods in this season. Add more herbs like basil and parsley to your food.



Inputs by **ARTI GAUR**, an Ayurveda expert and **RITIKA SAMADDAR**, HOD Dietetics, Max Healthcare

## Tech Talk

# 5 extensions to make online class cool

There is a growing list of Chrome extensions that can enhance your virtual classroom experience. This list is not just for students but teachers too!

### GRID VIEW FOR GOOGLE MEET

> Grid view makes it possible to see all of your classmates on-screen at one time. You can successfully use Grid view in a session with more than 200 participants and it works very well.  
> Keep in mind that when Grid View is active, all participant's screens are shown at the same time. If you are presenting something for your class, they should turn Grid view OFF so that your screen is larger.  
> **Note:** Google recently added "tiled view" to Google Meet which will display up to 16 participants at a time. If you have more than 16 classmates in a video chat, you should install Grid View.



### NOD REACTIONS FOR GOOGLE MEET

> The Nod Chrome extension adds in Facebook-like reactions. Students can clap, raise their hand, or LOL during your session without interrupting the speaker.  
> The Nod extension **MUST** be installed before you will see reactions from others in the call.

and keep track of the Meet chat and video windows you need to organise your tabs into two windows - one that contains the websites you want to share and another that lets you view the Google Meet platform.  
> If you have dual monitors this is pretty easy. But if you are "dual-less", you can use this handy Chrome Extension!

### Meet Attendance

> This extension will record a list of everyone who is present in a live session. Attendance information is stored in a Google Sheet which is only accessible by the meeting creator.  
> Only the teacher

needs to have this extension installed.

> While it does work, the Meet attendance interface is a bit funky. You'll want to spend some time playing with it to understand how it works.

### Push to Talk

> This is a great extension for young students who struggle to push the mute/unmute button. When this extension is installed, you must press the space bar to talk. Let go of the space bar and your mic is muted again.  
> While it's not perfect, this extension helps address the lack of a "mute all" button on Meet.

**COOL TIP:** Once you join your online class, you have to manually mute the mic. This is required before the push-to-talk extension will work. From this point forward - you can use the spacebar to control your microphone.

### DUALLESS WINDOW SPLITTER

> Use Dualless to split your screen into two windows so that you can screen share and monitor what's happening in class at the same time.  
> If you want to share your screen



### TEST YOURSELF

## HISTORY MYSTERY

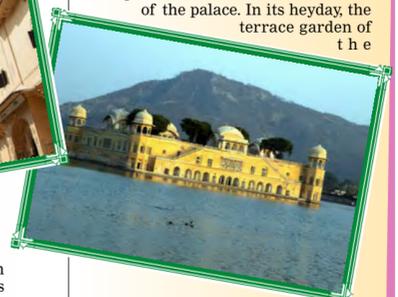


### NAHARGARH FORT, Jaipur

**2** It was built in 1734 by Maharaja Sawai Jai Singh II, founder of Jaipur, on the Aravalli hills, as a retreat place. The fort follows Indo-European architecture and there are many structures inside the fort. To the left of the entrance gate "Tadigate", there is a temple dedicated to the deity of Jaipur rulers. Apart from this, there is another temple inside the fort, dedicated to the Rathore prince - Nahar Singh Bhomia. One of the beliefs attached to the construction of this fort is that its construction was obstructed by the spirit of the Rathore prince Bhomia. However, the spirit was pacified when a temple dedicated to him was built inside the fort. Sawai Ram Singh renovated this fort in 1868. Nahargarh Fort was never attacked but, it witnessed some major historical events.

**What was the former name of Nahargarh Fort?**

**Answer:** Sudarshangarh Fort



### JAL MAHAL, Jaipur

**1** Jal Mahal was built by Maharaja Sawai Pratap Singh in 1799. It served as a hunting lodge for his duck shooting trips. While four of its storeys remain underwater, only the top storey remains visible, giving an impression that the palace is floating on the waters of the lake. Jal Mahal was constructed with red sandstone. Four elaborate chhatris designed in octagonal shape adorn the four corners of the palace. A huge Bengal-style rectangular chhatra also exists on the roof of the palace. In its heyday, the terrace garden of the

Jal Mahal was decorated with arched passages. It is a great example of Rajput Architecture.

**Name any other monument built by Maharaja Sawai Pratap Singh?**

**Answer:** Hawa Mahal

Photos: MILIND KUDAPA

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**ROALD DAHL CHARLIE AND THE CHOCOLATE FACTORY**  
WILLY WONKA'S PICK 'N' MIX

Which of Willy Wonka's wonderful ingredients isn't in the wordsearch because greedy Augustus Gloop has eaten it all!

CACAO	CARAMEL	CREAM
CHOCOLATE	CANDY	SUGAR
NUT	TOFFEE	BUTTERS-COTCH

R A C A C A C A O L F P M Y R O E Y K

X Y N Z G O X P Y N X N U T B L

E A P F V F B X B G G J G O Q D

X F E X M O W C U I C N A D C F

Q W Z E E S U H T E Y R H Z L K

P F D W Q V T R T U A U E Q I A

F S G C A R A M E L I M W A E N

G F A S R L T E R O Q J V P M J

B T H B G R S A S B D T P C H X

R I O M S I D K C J H O D B J M

O H T F S T S R O R B K Y Z Q K

G C G L F H Z N T C U W D C J P

I Y W T A E U S C M L V N L I L

H C Y Q J K E N H V K S A R Z N

D N M A G U S Z V B V C Y J Q M Y

AUGUSTUS GLOOP HAS EATEN ALL THE

**Quiz time**

MIXED BAG

**Q.1) Which river did George Washington's troops cross to engage in the Battle of Trenton?**  
A. Delaware  
B. Potomac  
C. Hudson  
D. Mississippi

**Q.2) Which leader was overthrown by the US invasion of Iraq in 2003?**  
A. Saddam Hussein  
B. Abdel Gamael Nasser  
C. King Saud  
D. Indira Gandhi

**Q.3) Where did the abortive 1961 invasion of Cuba take place?**  
A. Bay of Biscay  
B. Guantanamo Bay  
C. Havana Bay  
D. Bay of Pigs

**Q.4) In which year was the Battle of Hastings fought?**  
A. 1055 B. 1061  
C. 1011 D. 1066

**Q.5) Which of these wars was the longest in history?**  
A. The Vietnam War  
B. The Hundred Years' War  
C. The Peloponnesian War  
D. World War II

ANSWERS

1. A) Delaware 2. A) Saddam Hussein  
3. D) Bay of Pigs 4. D) 1066  
5. B) The Hundred Years' War