

# Quest



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Monthly magazine for JANUARY compiled by MINI SETHI and SIMRAN BHATIA

# WATER WARRIORS OF INDIA

## 1. A RICH MATRIARCH'S QUEST TO QUELL THE THIRST OF PEOPLE TURNS INTO A MISSION

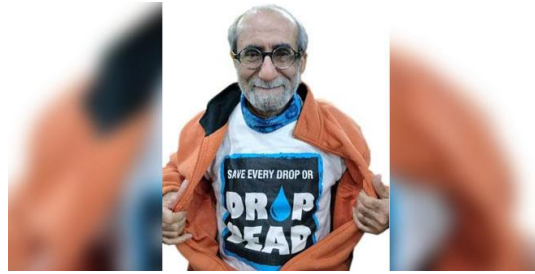


Though born with a silver spoon in her mouth, Amla Ruia's heart bled seeing the sufferings of people due to acute water shortage. Flipping television channels, Ruia froze at the images from a village in Rajasthan that was then reeling under a severe drought in 1998. The otherwise charitable woman suddenly realised that sending money and clothing to victims of disasters was not a permanent solution. She set out of her wealthy home with a mission to create water sources and today her Aakar Charitable Trust has built 350 check dams, impacting 400 villages. She started her work from Ramgarh village in Rajasthan, where the terrain had no scope for runoff. It was like a bowl where all the rain water went right in. Finally, after six years of making drinking water 'kundis' (tanks) in Shekhawati area the situation changed.

The check dams that Aakar trust has built has transformed several dry and arid villages into green patches. "Check dams 'check' the flow of water. We hold the water for three to four months in a huge reservoir spread out over several square kilometres," says Ruia. The water seeps into the ground through capillary action of the soil, reaching the wells situated in the villages turning the land fertile.

In 2011, **Ruia** was **awarded** a Lakshmi Pat Singhania - IIM Lucknow National Leadership **Award** in the category of Community Service and Social Upliftment. In 2016, she was nominated for the Women of Worth Social **Award** category. In 2018, she received the India Eye International Human Rights Observer Achievement **Award** 2018.

## 2. **This 84-year-old Artist And Water Warrior Has Single-Handedly Saved 20 Million Litres Of Water In Last 12 Years**



It is 10 in the morning, 84-year-old Aabid Surti, author, painter and cartoonist, accompanied with a plumber and volunteer rings the doorbell of a house on the top floor of one of the apartment complexes on Mira Road, Mumbai and asks a simple question, 'Do you have a leaking tap?' If the person says yes, with due permission, he enters the house and fixes faucets for free else moves to the next house. This way, he goes door to door, fixing leakages with a single motive to save water.

With determination to save water, the very next day which happened to be a Sunday, Mr Surti along with a plumber visited all his friends and got taps fixed. Mr Surti was elated as the fire inside him to save water was put down, but an idea was born. In that very moment, Mr Surti, the water crusader decided to alleviate the water crisis by fixing leakages every weekend and launched 'Drop Dead Foundation'.

### **Welcome To Drop Dead Foundation**

Drop Dead Foundation is a non-governmental organisation (NGO) established in Mumbai to deal with minor plumbing issues such as leaking taps. Drop Dead team consisting of three people – Mr Surti, a plumber and a volunteer, fixes leakages in apartments situated of Mira Road in the city, every Sunday. Explaining the working process, Mr Surti says, Every week we target a building and on the first day of the week – Monday, we go, meet the secretary and explain him our purpose. After his permission, we put up our posters that read 'Save Every Drop or Drop Dead' on the notice board. On Saturday, our pamphlets giving out our details, what we are doing and why, reaches every house in the building. Finally, on Sunday, we start from the top floor, knocking every door, fixing faucets.

To spread the message of 'save water', Mr Surti also took help of religion. He got posters printed with a photo of Lord Ganesha and a quote, "Arey balak jab paani nahi hoga to mera visarjan kaha karoge?" (Child, if there won't be water, where will you immerse me?)

**Abid Surti** is featured as Indian comics legend creative in the Legend Calendar 2019 released by Comix Theory as featured legendary artist for the month of January. He has been **awarded** National **Award** 1993, Hindi Sahitya Sanstha **Award**, Gujarat Gaurav.

# 10 herbs that heal



## Coughing?

### ADD ROSEMARY

The *eucalyptol* in this aromatic herb is study proven to loosen chest congestion, making phlegm easier to expel. Plus, rosemary is rich in anti-inflammatory tannins, which soothe a sore throat.

**Pairs well with:** white beans, chicken, Brie cheese, roasted meats and poultry, potatoes, polenta, apples



## Crampy tummy?

### ADD MINT

Peppermint contains menthol, a natural plant compound that relaxes pain-inducing intestinal spasms. This reduces belly discomfort by 40 percent, according to German researchers.

**Pairs well with:** eggplant, tomatoes, lamb, green peas, melon, couscous, hot and cold beverages



## Menstrual cramps?

### ADD OREGANO

Enjoying 2 tsp. of fresh oregano daily during menstruation reduces or eliminates cramps, according to a Greek study. That's because this herb's *thymol* and *carvacrol* relax uterine muscles to prevent painful contractions.

**Pairs well with:** mushrooms, tomato sauce, olives, summer squash, fish



## Achy joints?

### ADD CURRY POWDER

The curcumin in curry inhibits the body's production of *prostaglandin E2*, an inflammatory compound that oversensitizes nerves. This blunts joint and muscle pain as effectively as prescription medications.

**Pairs well with:** lentils, mangoes, rice, cauliflower, spinach



## Upset GI tract?

### ADD DILL

Indian scientists found that dill's *limonene* works as well as prescription antibiotics at killing harmful intestinal bacteria such as *E. coli*.

**Pairs well with:** salmon, eggs, cucumbers, chicken, Cheddar cheese, mixed greens, clear soups, cream cheese, beets, carrots



## Bloated?

### ADD PARSLEY

Thanks to its stores of *apiol* and *myristicin*, parsley is a natural diuretic that relieves bloat-inducing water retention by preventing salt from being reabsorbed into bodily tissue.

**Pairs well with:** grains, onions, Parmesan cheese, pasta, salads, seafood, tomatoes



## Congested?

### ADD CAYENNE

The fiery *capsaicin* in cayenne deactivates *substance P*, a neurotransmitter linked to inflammation. The result: less sinus congestion and pressure.

**Pairs well with:** root vegetables, roasted poultry, rice, chocolate, leafy greens, shrimp, eggs, popcorn, grilled-cheese sandwiches, beans, creamy soups



## Feeling down?

### ADD BASIL

The *eugenol* and *rosmarinic acid* in basil boost the brain's production of dopamine and serotonin. According to Indian researchers, this could lead to sunnier moods in as little as three days.

**Pairs well with:** tomatoes, olives, strawberries, melon, fresh mozzarella, pizza, pasta, white fish, feta cheese



## Always tired?

### ADD CILANTRO

The *carboxylic acid* in cilantro binds to heavy metals such as mercury in the blood and carries them out of the body. Their removal reverses the toxin buildup that causes chronic fatigue, joint pain and depression.

**Pairs well with:** avocados, seafood, corn, black beans, steak



## Nauseous?

### ADD GINGER

Ginger's *gingerol* and *shogaol* calm digestive-tract spasms to reduce nausea better than motion-sickness drugs, according to a study at Brigham Young University in Provo, Utah.

**Pairs well with:** citrus fruit, tea, sweet potatoes, pork, coconut, miso soup, onions, relishes, pears, rice

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## Best Foods For Cleansing Your Liver



**Olive Oil**



**Avocado**



**Garlic**



**Lemon Juice**



**Turmeric**



**Spinach**



**Green Tea**



**Beets**



**Carrots**



## DID YOU KNOW

### DID YOU KNOW?



Eating pistachios before bed helps with sleep as they are one of the most melatonin rich foods!

### DID YOU KNOW?

WHAT HAPPENS WHEN YOU SNIFF THIS HERB..



A study found that sniffing rosemary can increase memory by 75%

### DID YOU KNOW?

When you burn bay leaves at home ...

Holistic All



It helps to Relieve Anxiety, Reduce Inflammation, Boost Immune System, Increase Alertness, Open Respiratory System, and Increases Mindfulness.

## ACIDITY



Sucking a piece of clove after a meal helps in reducing acidity.

### DID YOU KNOW?



Eat 10-12 almonds, the equivalent of two aspirins, for a migraine headache.

### DID YOU KNOW?

When you eat just 3 carrots...




3 carrots give you enough energy to walk 3 miles, and they were first grown as a medicine, not food.


# SIMILAR, YET DIFFERENT

Each member in the following pairs appears so identical but we often mistake one for the other. Let us find out the differences between the two.

Presence of spines or quills is the only commonality between a hedgehog and a porcupine. The animals are not related to each other genetically.




- Hedgehogs are spiny mammals with a triangular face and snout
- They have a small body, feet and claws, and short quills
- Quills do not detach easily from their bodies
- They protect themselves from predators by rolling themselves into a tight ball, causing all of the spines to point outwards

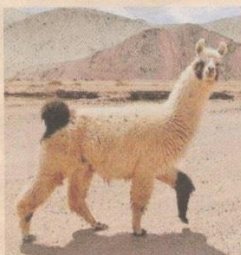


- Porcupines are slow-moving rodents with a round face
- Porcupines have a large body, long quills, broad feet and long claws adapted for climbing
- The quills lie flat when dormant and rise when threatened
- Even the slightest touch can make a porcupine lodge dozens of quills on the predator's body. Quills may also drop out when the porcupine shakes its body

Llamas and alpacas belong to the camelid family, native to South America. The cousins do look similar, but noticeable differences exist.




- Llamas are and heavy
- They have long, banana-shaped ears and elongated face
- Llamas are covered by wool made up of coarse hairs




- Alpacas are smaller than llamas
- They have small, straight ears and a small, blunt face
- Alpacas have soft, thick hair, which is used for fleece production

Alligators and crocodiles are both reptiles, belonging to same family crocodylidae. While they do look similar, there are several important differences between them


- The crocodile's snout is pointed and V-shaped
- Crocodiles live in saltwater
- The teeth of a crocodile are visible even when their jaws are shut
- Crocodiles are usually olive and tan in colour
- They are typically more aggressive than alligators



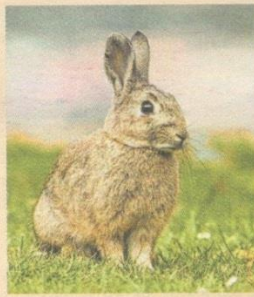
- The alligator's snout is wide and U-shaped
- Alligators are freshwater animals (in the wild, they are found only in parts of the U.S. and China)
- Alligator teeth are hidden (not visible) when their mouth is shut
- An alligator is grey or black



Hares and rabbits are members of the same order Lagomorpha and same family, Leporidae. But they're of different species.



- Hares have a large body and long ears
- They are less social
- Hares live completely above the ground
- Hares' fur changes colour – from brown or grey in the summer to white in the winter
- Hares live in the wild



- Rabbits have a small body and short ears
- They live in groups
- Most species of rabbits live underground in burrows
- Rabbits' fur does not change colour
- Rabbits can be domesticated

# IMPORTANT DAYS IN JANUARY



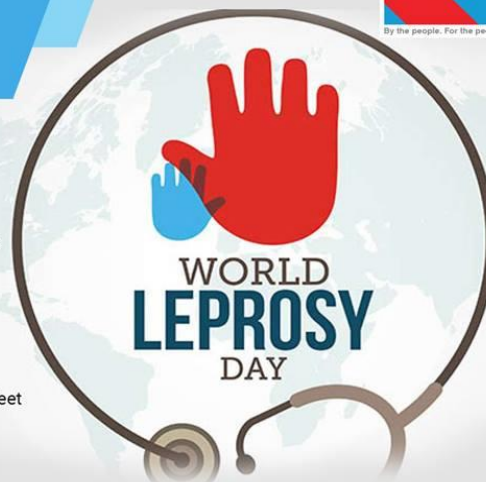
- World Leprosy Day focuses on the target of zero cases of leprosy-related disabilities
- Early detection is important to treat leprosy and prevent its transmission
- WHO developed a multidrug therapy in 1995 to cure all types of leprosy which is available free of charge worldwide

## Symptoms

- Discolored patches of skin, usually flat, that may be numb and look faded
- Painless swelling or lumps on the face or earlobes
- Loss of eyebrows or eyelashes

## If Left Untreated

- Paralysis and crippling of hands and feet
- Chronic non-healing ulcers on the bottoms of the feet
- Blindness
- Muscle weakness and loss of hair
- Kidney failure
- Nose disfigurement





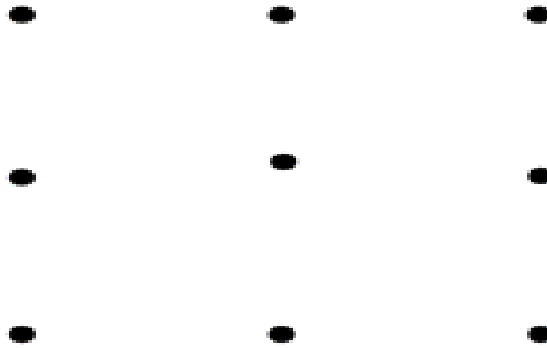
# FIND MATH INTERESTING BY SOLVING THESE PUZZLES!!



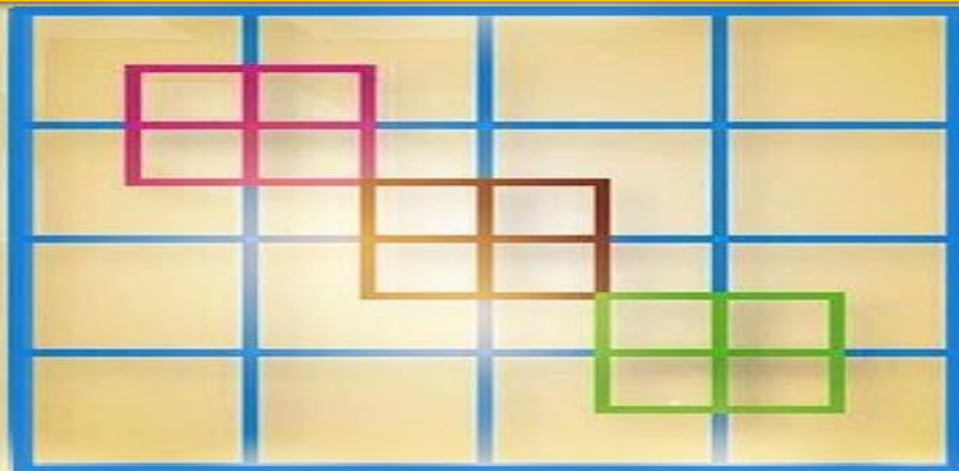
## Puzzle time

### Four lines

Now this really does need some imaginative thinking - but it is possible!!



Can you join all nine dots with four straight lines, without taking your pencil off the paper? You can not go over any line twice.



How Many Squares are there in this figure?

## DID YOU KNOW?

Amazing Math Fact!!

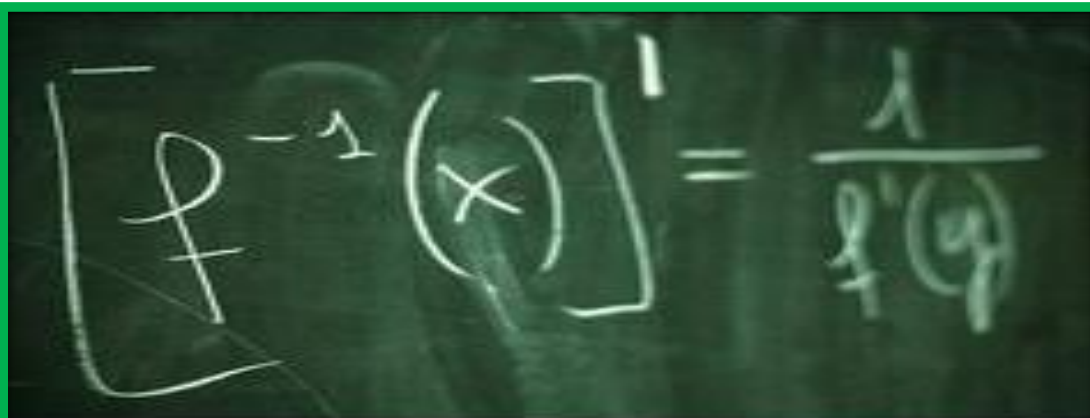
$$1^3 + 5^3 + 3^3 = 153$$

$$16^3 + 50^3 + 33^3 = 165033$$

$$166^3 + 500^3 + 333^3 = 166500333$$

$$1666^3 + 5000^3 + 3333^3 = 166650003333$$

and so on and on and on and on!



A chalkboard with a green border showing the derivative of an inverse function. The formula is written in white chalk:  $[f^{-1}(x)]' = \frac{1}{f'(y)}$ . The 'x' in the function is circled, and the 'y' in the denominator is also circled.

**Maths Magic: Just try it.  
"259 x your Age x 39 = ?"  
You will get an interesting result.**

