he express train from

Jaipur rolled into the

Meerut railway sta-

tion carrying eleven

members of the crick-

et team from SMS

Medical college. Also

accompanying them

was the twelfth man -

Inam – included at the

Inam had surrendered to his

affable instincts when, Badshah, the

captain, mentioned to him the night

before, "Mian, Meerut chal, maje

karenge!" All through a hockey

player, a trip with the cricket eleven

had Inam fire his imaginations on

start, winning the initial two match-

College tournament with handsome

margins. An undercurrent of amia-

bility and goodwill was sweeping

gently across the team, and Inam let

chip in with entertaining tales of

the exploits of his college days and

Anil, the Badshah and the captain,

would try hard to put up a stiff

upper lip so as not to dilute the seri-

his hockey prowess

Stiff Upper Lip

es of the All-India Inter Medical

The team had got off to a flying

### **#TRIED&TASTED**

# Tempting and Delicious

What better way to spend some time changing the taste as well as mood. You can let go off the diet but keeping in mind the immunity factor can go for these favourite old recipies during these trying times. There is no doubt something beneficial about the vegetables that we have in India and our grandmothers and mothers know how to make them look tempting and taste delicious.

### **Chena Fry**



**Elephant** foot yam, or chena, is an extensively used tuber in Kerala. You will find it in vegetarian dishes like avival and koottu curry, and you will also find it turned into chips Parboiled and fried in coconut oil, it makes for a delicious and crunchy treat. Jimikand or elephant foot yam is full of good gut bacteria and can help rebuild the digestion process. Hence, people experiencing weight problems due to bloating, gastric issues and irritable bowel syndrome (IBS) can benefit from eating

this veggie

2 cups yam, clean and cut into

**3** cups water

3/4 tsp turmeric powder

1/2 tsp chilli powder

2 cups coconut oil

**Originally,** we halve the okra

lengthwise and marinate it

with chickpea flour, lemon

juice and spices. Although I

think of it as a salad, others

call it a side dish, an ideal substitute for French fries. Okra

boasts an impressive nutrient

profile. It has an excellent source of vitamins C and K1

Vitamin C is a water-soluble

nutrient that contributes to

tion. Additionally, okra is low

in calories, carbs, contains

some protein and fiber.

450 gm okra, stems removed

and thinly sliced lengthwise

1.5 tsp chaat masala

1 tsp toasted cumin seed

2-3 small red onions, thinly

3 small tomatoes, cored, seeded

powder (bhuna jeera)

and thinly sliced

**Ingredients** 

1 tsp sea salt

your overall immune func-

3. Shallow fry in coconut oil absorbent paper.

4. Serve hot as a snack or as

**Crispy Okra Salad** 

1/6 tsp asofoetida powder 15 garlic cloves with skin,

Heat water in a vessel, add

1/2 tsp turmeric powder.

coriander powder, salt and

yam cubes. Boil for 15 min-

Drain off the water.

asofoetida. 1/4 tsp turmer

ic. 1 tsp of chilli powder.

crushed garlic and curry

transfer

1/4 cup chopped fresh coriander

Heat 2 inches of oil in a large heavy-bottomed pot

to 350°F (approx 176°C).

Add 1/3 of the okra and fry for 5 to 7 minutes until

Transfer to a paper towel-

lined plate and repeat with

remaining okra, making

comes back to 350°F before

sure the oil temperature

frying additional batches.

okra with the onions, toma-

toes, coriander, lemon

juice, chaat masala, toasted

cumin powder and salt.

Taste for seasoning and serve immediately.

Tip: For nicely seasoned

crispy okra, season with chaat masala and some salt

as it comes out of the oil

and vou drain it on the paper towels, in addition to

he seasoning you will add

as per the recipe.

3. In a large bowl, toss the

Canola oil or any neutral oil

browned and crisp.

Sprinkle a pinch of salt,

ousness of the whole affair. But come evening and even the Badshah would let his sparse hair down in the carefree relaxation of his restraints as a captain. The welloiled team gelled smoothly with the Badshah-Birbal duo cementing it from stem to stern.

But like a dark cloud athwart the bright skies, events unfolded to mar the harmony of the proceedings. The third tie with the Meerut Medical College was threatening to be a tense affair with passions boiling on both sides. To douse the raging fire of disbelief, the administrators decided to field one umpire each from the two teams. Finding Inam to be at a loose end and with nobody else to fall back on, Anil asked suggestively, "Inam umpiring



he did not rise to the occasion as a twelfth man, however capable or otherwise he was. "Kar lenge," he His flatfooted forays in cricket had been limited to casually watching Test matches on TV and playing

friendly games in the hostel corridors in Jaipur. And now he was to be an examiner in a subject, which had hardly caught his attention in

So, a crash course to educate the examiner got underway on the penultimate night. Aware of Inam's learning capabilities, Badshah decided to take the bull himself by



Meerut Medical College.

The Hippocratic Oath is one of the oldest binding documents in history. Written in antiquity, its principles are held

In Hippocrates's Footsteps

sacred by doctors to this day: treat the sick to the best of one's ability, preserve patient privacy, teach the secrets

of medicine to the next generation, and so on. Even today, most graduating medical-school students swear to

some form of the oath. But the oath is not always related to a doctor's medical practice, it also reflects his life

choices however trivial they may seem, as this charming story from Jaipur's leading cardiologist demonstrates



its horn. His room was soon a host to senior players, ensconced cosily in blankets, tutoring Inam in the nuances of cricket umpiring To start, with the knowledge of basics like number of balls in an over under his belt, Inam carried

himself with aplomb. Soon, he was to be caught in a quandary of complicated signs and signals of fours, sixes, no-balls, and wide-balls. The list was unending. Instructions flew wildly from different corners of that small room messing up the swamp of commotion that his mind The wealth of umpiring information bestowed upon Inam made him first gape, then gurgle, then

gasp and then finally shoot for yet another cup of refreshing tea. Failing to curb the demon of discontent arising from Inam's lacklustre performance. Badshah chided. 'Inam, bilkul dhakkan hai kya? Exam mein kaise pass hua tha?" The answer to this question had always eluded Inam himself.

He had hoped that with the pass-

were a thing of the past. But now its mention had twisted the knife in his

stilted tenor laced with a tinge of

With Inam's retaining skills dwindling as the night ticked by, the occupants of the room found their patience leave them. Ultimately, they rose, looked into his eyes and asked him to repeat after them, "Chahe kuch bhi ho jaye, apne khiladi ko out nahi dena hai!" in a

tion. Not that he could boast of any lofty ideals, his conscience had never been stifled so conclusively even in his most unregenerate days. His mind was hurt as his new responsibility seemed to sap his moral fibre. The things were getting increasingly sticky. Perhaps some sleep could make them less sticky. Meerut woke up to a cold and

quilts and blankets, the members of

our cricket team from SMS Medical

College descended on the dining

foggy morning. Releasing themselves from the warmth of their

## **#FLASHBACK**

hall of their guesthouse. The hall was drowned in the noisy bonhomie as players helped themselves to libhelpings of omelettes, parathas, toast, and seemingly an ndless supply of tea.

Enjoying his cup of coffee, Dr Dwivedi, our manager, sat in a corner watching the activities as he contemplated over the possible course of events later in the day Hope you are all set. Inam!" he chuckled as he saw him passing by to refill his platter. Inam responded with a tentative, "Yes Sir!" The cricket ground of the

Meerut Medical College, located in its hostel quadrangle, was gearing local and the visiting team from Jaipur. Since early morning, inmates had been thronging the premises and the rooftops of the hostels around the venue. Full throated and truculent cries of "Go Meerut, go!" and "Down with Jaipur!" added fire to the already

surcharged atmosphere. On reaching the venue, our ade quately fed team got the show down on the road promptly. Decked in flannels, sporting baggy caps and Panama hats, the batsman of our team started knocking and getting themselves familiarised with the sweet spot of their well-oiled Vijay Manjerekar bats while the bowlers loosened up their arms for the uncoming encounter.

The sun emerged weakly but surely, shredding the mist apart and tried to dry up the dew spread on the ground. The groundsmen throwing away their lethargy, got down to mending the matting on the pitch. The stray dogs, warmed up by the morning sun, broke into aimless gambol around the field. The spirits were distinctly high and mood on



solemn disposition as he fretted along the sidelines like a timorous rabbit. Occasions, like this, with gigantic implications would always

The events of the previous night bore heavily on Inam's mind. Many a man in Inam's position would have found it impossible to choose between the honest delivery of his duties as an umpire on one side and fidelity towards his team on the other. But not Inam. He had decided to be true to his team and to the Hippocratic oath thrust upon him! This culmination of thoughts had steeled Inam's resolve. The uncertainty in his own capabilities melt ed into thin air. He picked up his hat, stuck it at a rakish angle on his head and sallied forth into the chalenging world of umpiring.

## The day started with Jaipur losing

the toss. Invited to bat, Raju and opened the innings. As I went through the ritual of taking guard. exchanged a conspiratorial glance with Inam. We got into the groove soon and were timing the ball well. The ball was coming up to us fast and was highly conducive to our drives and square cuts. The crowds went into a silent huddle. But not for long, when Inam got into his ele

His expertise, or rather lack of it, was slowly unmasking. The fours were signalled as no balls when he would stick out his right arm but forget to swing it and then break into an ataxic gesturing as an after thought. His upper limbs moved gratuitously and involuntarily to convert a wide ball into a six. His gestures would lag way behind his calls. The scorers cried themselves hoarse to sort out Inam's confused gesticulations. The crowd went berserk but Inam would remain calm as a cucumber amidst all this

As the innings wore on, Inam



Meerut Medical College Cricket Ground.

His expertise, or rather lack of it, was slowly unmasking. The fours were signalled as no balls when he would stick out his right arm but forget to swing it. His upper limbs moved gratuitously to convert a wide ball into a six.

### was in the centre of every storm, a cynosure of all eyes. The loudest of snicks would fall on his deaf ears. Any of the appeals for LBW and the chest thumping thereafter would be ignored ruthlessly. Unmoved, stolid, his countenance bore the stamp of an unemotional coconut.

Jaipur came and Jaipur went out on a low note with its innings fizzling out modestly. Inam's conduct had left the atmosphere sizzling with rash excitement. His reputation as an umpire had plonked abysmally. The home crowd brayed for his blood as the tempers frayed towards the end of Jaipur innings. To restore a respectable average, he was relegated unceremoniously to being a leg umpire for the Meerut

innings.

Meerut started cautiously with one Dr Elhans opening the innings. The target was simple and the chase steady. As Badshah took his position at forward short leg to put the pressure on Dr Elhans, he did not forget to exchange another conspiratorial glance with ever obliging Inam.

Inam seemed to have gained in his confidence as noon commenced and the belt of fog that had blurred his earlier decisions had nearly cleared up. Dumped to the unremarkable uneventful position of a leg umpire, his thoughts like thistledown floated away in the unfortunate happenings of the Jaipur innings. "If only I were more nimble-witted; if only I had more experience; if only...", he was interrupted by a surge of activity around the wicket.

"Howzat!" cried the wicketkeeper and Badshah in a whimper. Relocating himself into the present drama, Inam almost reflexifly, stuck his finger up towards heaven. Seeing his finger go up, an exasperated Elhans gave Inam a deep penetrating stare and protested vehemently, "Dikhta nahi hai kya; crease mein hi hoon!" It dawned on Inam that the

appeal was for stumping and he had goofed up! In a disconcerting moment, in which the time seemed to have stood still, a thousand eyes pierced his conscience as even Badshah looked the other way, hardv convinced as he was of the ruition of his appeal. Only a miracle could redeem his lost dignity. In a swift display of smart thinking, Inam's finger, which was stationary till now, merged imperceptibly into staccato short movements as he announced with a touch of official air, "Drinks!" to add verisimilitude

brought glory to his otherwise forgettable performance on that day. The crowd broke into raptures cheering him endlessly. He would later notice a shade of respect for him in the eves of Meerut boys as they walked pass him.

Meerut won the tie and also all the honours except the consolation prize for umpiring, which was reserved for, of course, the indomitable Inam! Concluded

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as 12 to 18 months. Urgency must not be mis-

understood; accelerating vaccine development must not mean compromising safety. Transparent, rigorous assess ment by independent regula tory bodies without political interference is non-negotiable. Already, there are worrying signs of diminishing trust in potential Covid-19 vaccines. Polls suggest that in countries with some of the highest global case numbers, such as the United States, any Covid-19 vaccine, no mat-

## #COVID-WATCH

# No Vaccine Will Work As If By Magic

To dream of imminent solutions is only human. But progress will come from controlled expectations

there is no doubt that we must be ready to face a long road ahead. beyond the end of this year. The fact that a vaccine, alongside effective treatments, is our only true exit strategy remains unchanged. The speed and scale of vaccine development have been remarkable but it's important to avoid false hope.

I am optimistic that we will soon see results from the first vaccines coming through latestage clinical trials. However, we must temper this opti mism, this talk of the perfect vaccine 'just around the corner' or the idea that it will be a complete and immediate solucines and restarting the economy. If large parts of the world remain shut down because of the selfish hoard ing of initial supplies by rich er nations, we all suffer for it The United States not join ing the vital Covid-19 Vaccines Global Access Facility (Covax), which aims to ensure equal access to affordable vaccines, is disappointing. It is more impera tive than ever that those in stronger positions, with con

Most importantly, fair

access to any vaccine must be

addressed. No matter where

the first vaccines originate

ority groups worldwide, par

ticularly frontline healthcare

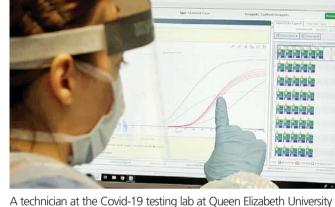
workers and the most vulner-

able. Global cooperation is

key to advancing these vac

example in fair allocation. The UK has manoeuvred itself into such a leading posi

siderable resources, lead by



hospital in Glasgow.

vaccine taskforce has done an impressive job of securing access to a broad portfolio of potential Covid-19 vaccines. But I worry that, beyond the taskforce, too much hype is being applied to the first vaccines and in some countries too much focus on a political agenda and domestic provi-

The "first" vaccine, or even the first generation of vaccines, will most likely not be perfect; we need to be pragmatic and transparent on that front. The reality is that with these vaccines, we will be taking small steps to return to a sense of normality. However, the first generation of Covid-19 vaccines will probably be only partially effective. It is very possible that they might provide immunity only for a limited period, even as short

dose stockpile, the highest access per capita of any country Yet only 20%-30% of the UK population will require access to a vaccine in the first few months. The UK's position could be even stronger pooling surplus doses through Covax. The European comimportant leadership and has do more. Such enlightened global leadership is badly needed at this time of crisis. As we move through

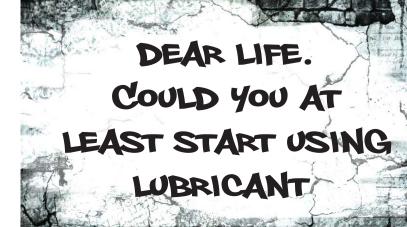
tion. It has options on a 340m

autumn and winter, we will see an increase in community transmission. Without urgent action to stop the current increased community trans mission among young adults leading to transmission in and thereby severe illness and we will be facing a chaotic stop-start winter for schools and businesses. We have to do everything

possible to avoid this. The first vaccine may not be a magic bullet that sends us back to normal in a matter of months. However, by using doses wisely on the people who most need them - and doing this alongside truthful considered public health mes saging that does not deal in false expectations - we will be in a strong position to avoid a repeat of early 2020.

By Jerry Scott & Jim Borgman

## THE WALL



## **BABY BLUES**



THIS VIRUS HAS US STUCK AT HOME 🛚 WEVE NEVER ALL SUMMER INSTEAD OF TAKING OUR USUAL AWESOME FAMILY VACATION!



### ZITS

