

▶ Personality of the Week ◀

Yashpal Sharma: Tireless leader of masses

■ DR SUSHIL SHARMA



Integrity, consistency, empathy, relentless determination, a binding moral compass and the ability to motivate common populace within the inviolate ethical and ideological framework of politics are the essential attributes of a true leader. Regrettably such ideals have largely been missing in present day world and consequently we have been left with a numbered leaders who believe that arrogance, ignorance, obduracy, boastfulness and scape-goating have no place in the lexicon of elevating leadership. One such leader, who left us alone few days ago, significantly holds value of a true leaders and earned popular epithet like 'Chacha', 'Sher-e-Poonch' and 'Sharma Sahib'. Though the name of Sharma Sahib emerged in political circles during a popular and widespread agitation in 1978, his concern for human creed was known to everyone who knows him since his childhood. Right from school days, he started organising his colleagues towards various social issues and made measurable impact on their lives. A keen reader, who not only lived but also propagated the philosophy of Bhagvad Gita, Mahatma Gandhi, Leo Tolstoy, Swami Vivekananda and Maulana Abul Kalam through his social actions. A cursory glance at major highlights of his life reveals how well he understands the issues concerning people sharing varied socio-economic characteristics and how successfully he suggested workable solutions

to mitigate their grievances from time to time. At this juncture, it is pertinent to mention that his Karmabhoomi (Poonch) besides performing low in 3A's scale of Accessibility, Availability and Affordability has host of other problems bearing national and international significance viz., issues of PoJK Displaced section in 1947, ceasefire violations across LoC and terrorism. Dealing with such problems require indomitable will and awareness of national and international legal framework which I feel Sharma Sahib, being a law graduate and social researcher, has successfully handled. A paper published by Institute of Peace and Conflict Studies (2010) and a special acknowledgement of his contribution in a famous work 'Poonch: The Battlefield of Kashmir' (KD Maini) in this respect bears ample testimony to this fact. It is not out of place to mention here that how his vision in understanding the problems of unemployed youth has given rise to a mass movement which though started from a small town assumed regional significance. Talking specifically in context of 1978 Poonch agitation famous Political analyst Balraj Puri pointed out, "It was a spontaneous protest in the whole of Jammu region, which indicates a deeper problem. It was not merely a protest against a loss of an innocent young life or against the alleged irregularity in the recruitment of teachers in Poonch district. The intensity of popular reaction only indicates that the discontent was much deeper." Pursuant to 1978 agitation, Justice Sikri Commission was appointed to look into grievances



of Jammu region. The Commission agreed that there existed discrimination and favoritism in the field of development, employment and education in the context of different regions, which was giving rise to irritations and tensions among the people of State. Even former Governor Jagmohan, in his book 'My Frozen Turbulence in Kashmir' equally pointed to the fact that 1978 agitation was meant to rectify regional disparities and imbalances in terms of development and employment in erstwhile State. Another noteworthy contribution of 1978 Poonch agitation was the historic role played by women to make this movement successful. The able leadership of Sharma Sahib during this agitation involved thousands of women since he believed that equal participation of women is concomitant for a healthy democracy. This is what political scholars, now a days, emphasize through a concept known as 'engendering democracy'. For his fearless approach, honesty and social service, he won millions of hearts during his long social and political career. He served as president of Poonch municipality in 1980 and initiated important development works for the up gradation of town. During his stint and Chairman many prestigious works were completed, the historical Krishan Chander Park and Town Hall Poonch are notable among them. An important feature of his working as President remains his methodology of introducing community participation. Most of the works were initiated after seeking opinion of the affected population. Even during his tenure as Member Legislative Council, he dis-

bursed his funds for the needy sections in all regions of the State and even monitored the pace of such works till completion. Such reliance on transparency, public participation and accountability in his work culture has led one to come to this conclusion that he is a firm proponent of Good Governance. He firmly believed that the panacea for the present faux pass in the world and especially in J&K is the promotion of Good Governance Model which inter alia includes, responsiveness, predictability, transparency, accountability, rule of law, public participation and consensus building. Most notably, he has played a phenomenal role in preserving and protecting the rich cultural and religious heritage of Poonch district. He stressed upon the need to perceive places of worship as a place of healing and tolerance which he believes is important for people living in this border town. A newly constructed Navgreh Temple in Ajote village near LoC and constructing community halls for public gatherings and functions for all walks of people at Dashnami Akhara and Baghichi Mandir amply justify his concern in this respect. Moreover, he contributed generously for construction of lawyer's chambers at Poonch. He loomed large as a fatherly figure for people of Poonch and always lent a helping hand and listening ear to those in need. He was a leader par excellence, one whose loss will be mourned for years to come, even as his legacy remains. (The author is HoD Cardiology and younger brother of Yashpal Sharma).

5 exercises you can skip and what can you do instead



There is no set number of exercises that every fitness enthusiast needs to know about. There are multiple variations of one exercise which have been tweaked to target muscle groups and challenge different parts of the body. You may choose to do whatever you like depending on your comfort and fitness level. But this does not mean that every exercise you come across is good for you. While some may actually work well, others do not have that many benefits or may increase the risk of injury. Here are six exercises that you can skip without feeling guilty and exercises you can perform instead of it. **Smith machine squat** This exercise might look safe to perform as compared to the squat rack, but it is not true. No matter which out of the two you choose to do, when you put the weight on your shoulders and go down, you may have difficulty in keeping your spine straight. Besides, exercises would put unnecessary stress on your knees and you may not get

the benefits of this leg workout to the fullest. Instead of the Smith machine squat and squat rack, you can go for dumbbell thrusters or dumbbell hack squats to target your upper body. **Leg extensions machine** Honestly, there is no point working out on this machinery. Leg extension machine does not help to target the relevant muscles group. In fact, working on this machine twists your knees in an unnatural way that can put extra pressure on them, which can be more harmful to your legs than usual. For targeting more muscle groups and strengthening your muscles go for bodyweight exercises like squats, step-ups, and lunges. **Light dumbbell exercises** The whole point of lifting weight is to challenge your muscles and activate the complex muscle group. If you lift lightweight, your muscles won't be targeted and you might not gain the benefits of strength training. To reap benefits from your strength training session, lift heavy-weights as much as you can handle and perform 10-15 reps easily without compromising your form. **Superman** Superman targets the muscles of your back and helps to strengthen them. But this pose can twist the natural curve of your spine and overextend your lower back. It can contribute to bad patterns and back pain. Instead of doing this super uncomfortable exercise, you can do plank hold and hollow hold. **Behind-the-neck pull ups** Unlike other exercises, behind-the-neck pull-ups do not overstretch your muscles or bend them in an unnatural way, but not many can perform it correctly. When performing this exercise many are not flexible enough to pull the bar correctly. Due to this they are not able to reap all the benefits of this exercise. Simply stick with proper pull ups to target your chest muscles.

Things to keep in mind before buying cosmetic products



Today the cosmetic industry is a million dollar business and sometimes it's hard to decide what is best for your skin. Infact choosing the right cosmetics is many times a trial and error. The fact is that everyone's skin is different and so you need to personalize your cosmetics to your face. There are so many different brands out there and so many different cosmetics targeted toward almost every skin type so most of the type it leaves you confused as to what is the best for you. Choose cosmetics that match your skin tone and complement it. When you use cosmetics fit for your skin tone you will complement and enhance your features rather than washout or overpower it. It's worth it to invest in good makeup. If you have good quality makeup, your face will look good and skin will stay free from problems as makeup stays on the skin for long hours. **Why is it important to personalize your skin cosmetics:** What you put on your skin is as important as the food you eat. Chemicals that come in contact with your skin can be absorbed into your bloodstream. Many of the ingredients used in cosmetics and personal care products are toxic, even though they may not cause any reaction on the skin. Some cause cancer. Some of the most commonly used ingredients combine with other ingredients to form cancer-causing substances. So how do we choose what's best as well as safest for our skin? Here are some pointers which will help:

List of the ingredients mentioned: Though the ingredients mentioned by many cosmetics sellers might not be complete, it is important to make a note of the ingredients as well as the additives and preservatives. Sometimes your skin can react to the preservatives as well as the fragrances. Once you have a known allergy to any of these, please avoid them altogether in any further products. Many of the manufacturers use words on labels to promote their products which are misleading and false. **Harmful chemicals:** Cosmetics are made from chemicals such as parabens, petrochemicals, lead, mercury and phthalates. The effects of many of these chemicals on your skin have not been adequately researched, so side-effects cannot be ruled out. At best, these could irritate your skin or cause it to erupt into a rash. Also many products contain cancer-causing ingredients along with ingredients that enhance absorption of the product through the skin into the bloodstream.To make sure the products you're buying are safe, check the ingredients against a reliable safety list and then go ahead. **Multiple ingredients in single product:** Many cosmetic brands mention a long list of ingredients and after seeing that many of us are confused. Such products need not be better than the one with shorter list of ingredients. Infact in case of an allergy, it is very difficult to pin point the culprit in such a case. **Determine your skin type first:** Before placing your finger on the right skin product it is important that you know your skin type and do not get carried away by the seller. This can be done with your dermatologist who will suggest you the skin type. These days there are sophisticated software and technology that help you determine your accurate skin type.

General Knowledge Question

- 1. Which countries from the membership of CACM (Central American Common Market)?
A. Costa Rica, EI Salvador, Guatemala, Honduras, Nicaragua
B. Bogota, EI Salvador, Honduras
C. Washington DC, Bogota, Guatemala
D. All of the above
- 2. Which company manufacturers low and high power communication equipment like radius for the use of defence services and paramilitary organisations?
A. Bharat Electronics Limited (BEL)
B. God Shipyard Limited (GSL)
C. Bharat Dynamic Limited (BDL)
D. None of the above
- 3. Where is the Judicature of Orissa?
A. Bhubaneswar
B. Cuttack
C. Both
D. None of the above
- 4. Which of the following are the members of SAARC (South Asian Association for Regional Cooperation)?
A. Bhutan, Bangladesh, India and Pakistan
B. Bhutan, Bangladesh, the Maldives, Nepal, India, Pakistan, Afghanistan and Sri Lanka
C. Afghanistan, Pakistan, Thailand, Indonesia, Nepal and Sri Lanka
D. None of the above
- 5. Where is the permanent secretariat of the SAARC?
A. Kathmandu
B. New Delhi
C. Islamabad
D. Colombo
- 6. Which is the oldest paramilitary force in the country?
A. Border Security Force (BSF)
B. Assam Rifles
C. Indo-Tibetan Border Police (ITBP)
D. Coast Guard
- 7. When was Mahatma Gandhi assassinated?
A. 1948
B. 1951
C. 1958
D. 1971
- 8. Which is the India's largest and the oldest museum?
A. Indian Museum, Kolkata
B. National Museum, New Delhi
C. Allahabad Museum
D. Salar Jung Museum, Hyderabad
- 9. When was pottery developed in the Indus Valley?
A. 5000 BC
B. 6000 BC
C. 3500 BC
D. 2600 BC

- 10. Which Academy promotes and develops literature in all the 22 languages of India?
A. Sahitya Academy
B. Sangeet Natak Academy
C. Lalit Kala Academy
D. None of the above
- 11. Which of the following are the members of CARICOM?
A. Angrilla, Antigua, Trinidad, Tobago
B. Barbados, Belize, St. Lucia, St. Vincent
C. Dommica, Grenade, Guyana, Jamaica
D. All of the above
- 12. When was the International Monetary Fund established?
A. 1945
B. 1946
C. 1947
D. 1950
- 13. Which is the major mineral found in Punjab?
A. Coal
B. Gold
C. Salt
D. Iron
- 14. When was Shakespeare born?
A. 1564 AD
B. 1618 AD
C. 1642 AD
D. 1776 AD

ASTRO SPEAK

ARIES

You'll feel emotionally enlightened this morning, thanks to a sweet connection between the Scorpio moon and Neptune. These vibes are perfect for unpacking your psyche, so try to get a journaling session in before the day gets started. Your money could begin to burn a hold in your pocket later this afternoon, though you'll want to avoid spending without cause. Try only to invest in things you need right now, especially if they can help you professionally.

LIBRA

You should feel grounded and stabilized this morning as the Scorpio moon travels through your second house. Look for ways to engage with your senses right now, as it will help you center and connect with your gratitude. Keeping your cool will be especially important this afternoon when the moon and Uranus face off in the sky, creating emotional and material upheaval. Avoid making large purchases right now, and try not to reach for your debit card if you're feeling upset.

TAURUS

Love will be in the air for you today, sweet Bull, but it will have its ups and downs. If you've been hoping to transition one of your friendships into a romantic connection, you could make some serious headway this morning, so be sure to get a little flirting in. Just remember to invest in yourself as well, and don't waste your emotional energy on anyone who cannot reciprocate it.

SCORPIO

Try to enjoy the popularity boost that's manifesting for you in the sky right now, dear Scorpio, as the moon makes its way through your sign. Your star will be rising as all eyes turn to you, especially this morning when Luna and Jupiter share a supportive connection. Pay attention to what makes you feel inspired right now, as it could give you clues on how to reach your highest potential moving forward.

GEMINI

If you don't feel like doing something today, don't — unless you have to! With the moon traveling through Scorpio, you won't be in the mood to cater to tasks, situations, or people that don't interest you. It's okay if you need to shake up your life or embrace only the things that bring you don't, just don't shirk your responsibilities if it could create major issues for you, especially this afternoon when the moon opposes Uranus.

SAGITTARIUS

Inner peace will find you this morning, sweet Archer, as the Scorpio moon blows a kiss to your ruling planet, Jupiter. Make the most of these vibes by embracing a meditation session before starting the day, as you're sure to benefit from a sense of calm and spiritual enlightenment. Unfortunately, things could get a bit rocky this afternoon when Luna faces off with unpredictable Uranus.

CANCER

The moon moves through Scorpio today, bringing profound and creative ideas to your psyche. If you're an artist of sorts, be sure to set aside some time for creation, as inspiration will come easily. Make sure you're nurturing your needs and taking appropriate breaks this afternoon, or you could find yourself hitting an energetic lull. You'll also want to watch out for conflict within your social circles and try not to get involved in any drama or gossip that doesn't concern you.

CAPRICORN

You'll feel popular and in the loop this morning, Archer, as the Scorpio moon blows a kiss to your ruling planet, Jupiter. Make the most of these vibes by embracing a meditation session before starting the day, as you're sure to benefit from a sense of calm and spiritual enlightenment. Unfortunately, things could get a bit rocky this afternoon when Luna faces off with unpredictable Uranus.

LEO

You should wake up feeling revived, refreshed, and optimistic about the day, thanks to a supportive connection between The Scorpio moon and auspicious Jupiter this morning. Affirmations said as you get ready for work will hold more weight, so be sure to set a few goals while giving yourself some positive reinforcement. Unfortunately, the vibe could get rocky this afternoon, especially around the office. Try to keep a nurturing and patient disposition.

AQUARIUS

Good luck will find you on a professional level this morning, thanks to a helpful connection between the Scorpio moon and auspicious Jupiter. Use these vibes to pursue your goals and create opportunities for yourself, as the universe will be looking for ways to support your dreams. Thanks to a harsh opposition between Luna and Uranus, things could get a bit stressful later in the afternoon.

VIRGO

You love your routines, dear Virgo, and today's Scorpio moon will accentuate your mind's need for consistency. Unfortunately, your plans could go awry this afternoon when Luna faces off with unpredictable Uranus. Upheaval in your personal or professional life could make you feel as though the universe is testing you, but try not to shake your fist at the cosmos.

PISCES

Your spiritual cup will be full today, sweet Pisces, as the Scorpio moon shines a light in your ninth house. This is the perfect day to embrace quiet, calm, and introspection so that you can open yourself up to guidance from beyond the veil. Unfortunately, your zen might take a hit later in the afternoon, as Uranus looks for ways to shake things up. Try not to get sucked into your phone or social media right now.

Answers:

1. Costa Rica, EI Salvador, Guatemala, Honduras, Nicaragua
2. Bharat Electronics Limited (BEL)
3. Cuttack
4. Bhutan, Bangladesh, the Maldives, Nepal, India, Pakistan, Afghanistan and Sri Lanka
5. Kathmandu
6. Assam Rifles
7. 1948
8. Indian Museum, Kolkata
9. 3500 BC
10. Sahitya Academy
11. Angrilla, Antigua, Trinidad, Tobago
12. 1945
13. Salt
14. 1564 AD

