

## DEMISE OF AN INSTITUTION

The tragic loss of first Chief of Defence Staff General Bipin Rawat has created an unrecoverable void for our country. No doubt he was a great visionary soldier who always inspired others with his motivating and skilled proficiency. He was an experienced professional with great patriotic spirit. He has devoted his entire service tenure for strengthening the defence forces. He was decorated with many gallantry awards due to his contribution in his service period. He was the great public figure as well because on different trivial issue he lead the nation with his outspoken skill. He was the pivotal strategic designer behind many successful operations including air strikes and other military action in Kashmir region. He was the main strategic planner behind the operation all out in Kashmir. Even in solving dispute between Indo-China borders, he was the man behind the curtain. His straightforwardness and action research behind such operations is very popular. Due to his untimely and tragic death we have not lost only a professional soldier but a nice human being. No doubt it was a great loss for the nation at this crucial juncture. Because at present we are facing the problem of cross border terrorism and other conflicts in different border fronts. He always boost morale of our brave hearts by narrating the fact that we are capable to tackle the enemy in all fronts. No doubt it was possible due to his experience and strategic planning. Because we have created this design of Chief of Defence Staff to make an alignment and synergy with the different forces. After Kargil war it was felt that a similar kind of command was needed for the execution in different operations. General Bipin Rawat along with his subordinate staff who has lost their precious life for the sake of our country would be remembered by every person of our nation. Their valour and sacrifice would always inspire others in coming future. On this tragic death of our beloved chief of defence staff we are getting various condolences messages all over the world. No doubt he was a very popular figure among the different defence personnel all over the world. What is the power and role of a general hardly understand anyone except the defence forces. No doubt some people has got their name due to their profession in which they are serving but few people glorify the profession due to their presence in that profession. General Rawat was known for two things the most, the ability to come up with new ideas and not being shy to express them. He was born in Uttarakhand, a mountainous region of our country. And no doubt like mountain his heart was so brave and strong. Our defence forces have suffered a deep blow due to his tragic death. It is very difficult for the forces to recover from this great tragedy. He was a torch bearer for all of us particularly for our defence forces. The departure of such people does not just end of a position or rank, but an institution gets a shock in itself. It is said that a dedicated and professional general has the ability to win a difficult war. Now entire nation is in great depression due to loss of this great son. We will forever be indebted to the great soldier.



## OFF 'D' CUFF Rise and Shine

We may be facing a few health, financial, or relational problems, but more frequently, our hard times arise from our mind. Mental hard time is mostly a wounded ego. In such times, all we need is a shift in our thinking, the way we see and interpret life. Here are five tips to help us rise above our challenges.

1 Is this the worst? Ask yourself, 'Is this the worst that can happen to you? How would you have handled something worse than this?' You are anxious about the money you have lent to someone; think, 'What if the person refuses to pay it back?' When we draw a longer line parallel to another, the latter one looks shorter. It is our overthinking that makes any situation seem like it is hard to handle. The moment we change the track of our thinking to — 'This is not the worst', the panic that crippled us subsides, and that situation becomes easy to manage.

2 How can I use this challenging time for my growth? Instead of feeling bad, weak, or confused, let us think about how we can utilise tough times to become braver, stronger, more creative, and loving. You have been trying hard to achieve something, but it has not worked. Think differently. 'If this doesn't seem to be yielding results, let me try another way?' When we meet with a wall, if we don't feel defeated and become stagnant, we will discover within us a surge of energy that will open up more avenues for handling the same situation efficiently and we will metamorphose into braver and stronger beings.

3 Start healing your wounds instead of increasing them. When you make a mistake, your wounded ego can blow it up to such an extent that you start condemning yourself, 'I have no worthiness. I have lost my Guru's rajipo,' blessings garnered by pleasing the Guru. Correct, you have. But rajipo can be regained too. Instead of being your enemy, be your friend. Be humble to accept your mistake and with a heart filled with deep gratitude and love, work hard to win back the rajipo.

Pujya Gurudevshri Rakeshbhai

We are what our thoughts have made us; so take care about what you think. Words are secondary. Thoughts live; they travel far.

-Swami Vivekananda

## Art of Balancing

## ■ DR WAHIED KHAWAR BALWAN

The idea of 'balance' gets repeated from time to time, in varying circumstances and with different meanings encapsulated within. It is important to strike a balance between different aspects of life, like studies and play, professional life and personal life, human development and environmental sustainability etc.

In addition to these, to strengthen immunity and to improve one's well-being, there are other things that need to be balanced in human body.

Balance, by definition, means having the right amount of anything which leads to harmony or peace. Often, at various stages in life, one encounters situations where it is important to maintain balance among different priorities, which we fix during our day to day activities.

Environment plays an important role in the overall development of a person and to keep good environment one needs to keep a balance between human activities and nature for a sustainable future.

Over the past 50 years we have witnessed a significant development in the fields of science and technology. However, there is a rise in the environmental degradation due to activities like deforestation, excessive fishing, mining leading to severe consequences such as global warming, loss of biodiversity. Unchecked human activities also increase the risk of newer zoonoses (infectious disease that is caused by the jump of the pathogen from animals to humans) like COVID-19.

If not addressed, these problems will reduce the benefits that the future generations may reap from nature.

While the above examples are quite apparent, there are others that need our attention like the balance of our gut microbiota, which influences the balance of immune system. Human body provides a favourable habitat for growth of a number of microbes (bacteria, fungi, viruses etc.).

The large and mixed collection of these microbes called as micro flora or micro biome is acquired by an individual from his environment.

These microbes tend to harbour inner surfaces of respiratory, digestive, uri-

nary and genital tracts and are generally protective. Majority of the microorganisms live in our large intestines which are called as gut microbiota. There are about 500 different species of bacteria in a person's gut which varies from individual to individual. Though relatively stable, it fluctuates with age, change in diet, health, hygiene and usage of drugs.

To be healthy we need to have a diverse and balanced gut microbiota. Microbial imbalances in the gut called as dysbiosis can cause immune deregulation leading to autoimmune diseases, intestinal disorders, allergies, skin diseases and even cancer.

Our diet supplies most of the nutrients needed by the gut microbes.

Therefore healthy interaction between immune system and the microbiota can be obtained by consuming a healthy, balanced diet.

A diet which includes prebiotics (foods which help in growth of healthy microbes in gut) like oats, barley, honey, banana, tomato, onion, garlic etc. and probiotics (foods which contain live bacteria, which produce health benefits when consumed) like yogurt, milk, buttermilk etc. contributes to the development of healthy microbiota that prevents disease development.

Other ways of promoting healthy gut are having good sleep, drinking plenty of water and lowering stress by meditation and yoga etc. Pre-biotics and pro-biotics are micro-biota regulating tools which improve the health of the host and currently a lot of research is happening in this field with an aim to explore new strains of pro-biotics and exploit them to improve human health.

Once an individual steps into a job and family life, it becomes very important to have a balance between the two i.e. balancing profession and family life. Though career helps in attaining a sense of satisfaction, status in society and a purpose to life, it alone cannot fulfill a person and often makes one lonely. It is the family which provides love and support needed for one's existence. The ultimate goal of everyone is to live happily and peacefully.

This is possible by spending quality time with family members and not allowing

ing work to creep in one's personal life.

A student should have the art of balancing studies and sports as both are equally important.

Education provides knowledge which can be useful throughout the life similarly sports is also important as it helps in relaxation, recharging and overall development of the individual. As the old saying goes 'All work and no play makes Jack a dull boy, All play and no work makes Jack a mere toy.'

Similarly there should be a balance between free radicals or oxidants and antioxidants in the body.

Free radicals are atoms or molecules that are highly unstable and react with other cellular structures due to their unpaired electrons.

They are constantly generated in small amounts as by-products of cellular metabolism. At moderate or low levels, they have beneficial effects and involve in various physiological functions, such as in immune function.

Excess amounts of free radicals can be generated in humans due to stress, household chemicals, environmental stressors like UV radiation, microbes, allergens, cigarette smoke, physical stressors like intense exercise, use of certain drugs etc. At higher concentration these oxidants can not only damage the integrity of various biomolecules including DNA, proteins and lipids but also participate in damage caused by microbial infections, tumour progression and activate cell death.

Antioxidants are compounds which neutralize the free radicals by donating an electron.

The body cells produce many of these by expressing genes encoding antioxidant enzymes (superoxide dismutase, catalase etc.) and endogenous antioxidants (vitamin C, vitamin E, glutathione etc.) to counteract the extra oxidants.

This complex antioxidant grid counters the damaging effects of free radicals on important biomolecules and eventually body tissues. An imbalance between oxidants and antioxidants due to accumulation of free radicals results in oxidative stress.

Oxidative stress may ultimately lead to impaired immunity, DNA damage which can cause mutations, and the develop-

ment of several diseases like diabetes, cancer, neurological diseases etc.

It is important to maintain the balance between oxidants and antioxidants in the body for good health. However, the free radicals or oxidants usually outnumber the antioxidants naturally produced in the body.

Therefore, it is important to have a continuous supply of antioxidants from an external source to maintain this balance.

The potential role of nutritional antioxidants in reducing the damage induced by oxidative stress is also emphasized by Liu et al (2018). Antioxidants also called free radical scavengers are naturally occurring in certain fruits and vegetables like betacarotene in carrots and lycopene in tomatoes. Other dietary sources include tea (catechin), chocolate (flavanol), nuts, grains, spices etc.

These exogenous antioxidants are vital for maintaining a healthy living. Contrary to the single antioxidant supplements, fruits and vegetables have antioxidants along with many other substances like fiber, minerals, vitamins which work together collectively to prevent diseases.

It is also necessary to include seasonal food in the diet to fulfill the body's requirement of antioxidants.

A diet rich in antioxidants may help in anti-aging, countering diseases, promoting immunity, preventing DNA damage, keeping one's brain active and gut healthy, all of these help in improving the quality and length of life.

Balancing is an art which varies from person to person. It is the choice of an individual to decide a better suited strategy based on one's values, priorities, existing commitments etc. Making the right choices ensure the well-being of the individual.

To reiterate, inclusion of antioxidant rich food like fruits, grains, vegetables, cumin, ginger, garlic, clove, turmeric and cinnamon etc in one's regular diet is always good for health all stages of life including the present pandemic situation.

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## Triumphed farmers suspend stir

## ■ OKMAR DATTATRAY

The he postulates of better late than never and all is well that ends well comes to mind when the farmers call off their over year long agitation and headed towards their homes in a jubilant mode. It was the moment of satisfaction for the agitating farmers when they dismantled their tents and other structures and returned to their homes with smiling faces.

The suspension of the strike by the farmers gave a sigh of relief to the central, state governments and the general public as all of them were inconvenienced by the agitation of the framers and wanted an end to the strike.

However some selfish and disgruntled politicians and the farmers' leaders wanted to continue the agitation and even the Rakesh Tiket who was spearheading the farmers' movement was indifferent to call off the stir but majority of the farm leaders and the common agitating farmers prevailed on him and he was forced to announce the suspension of the strike.

In fact calling off the stir is a matter of pride to the farmers as the government was forced to tow the line of the agitating farmers. It is the triumph for the farmers that all most all of their demands were accepted by the Modi-Shah dispensation of the centre.

The centre government and the prime minister has come down from the ego and had announced the decision of the cabinet to annul the three controversial agricultural laws and he has also informed the farmers and the nation that the scrapping of the three farm laws will be vetted by the parliament in the winter session of the parliament. In accordance with his decision the bill to repeal the farm laws was tabled in the parliament and passed without any debate.

The repeal of the three farm laws was the main demand of the farmers but they did not call off their stir just after the repeal of the three farm laws but continued their strike. However the farmers

put forward some six more demands and pressed for acceptance of these demands as well.

The centre government and the prime minister was of the opinion that the farmers will call off their stir on the repeal of the controversial farm laws but it did not happen at that moment.

It took the agitating farmers many days after the repeal of the farm laws to decide the suspension of their agitation.

Since the agitating farmers put forward the demand for the law to guarantee the Minimum Support Price for the agricultural produce-MSP, demand for striking down the FIRs and criminal cases against the farmers, Compensation for the farmers died during the agitation, demand for continuing the subsidy for the electricity to the farmers.

Now that the centre government has accepted all most all the demands of the agitating farmers so the farmers have decided to suspend their agitation. Many lessons have been learnt from the farmers' stir. The nation learned that anything can be achieved if we remain united and are ready to give sacrifices.

The next lesson is that the striking people should also be ready to undergo ordeals and difficulties just as the farmers faced many difficulties and inconveniences during their one year long movement and at last they have been successful in their mission and they got what they wanted as the government accepted more or less all their demands.

Therefore it is a matter of great pride and victory for the agitating farmers that their demands were in principle accepted by the centre government as it does not want to offend the farming community as the elections to five state assemblies including the states of Punjab, Uttar Pradesh, Uttarakhand etc are round the corner and the government does not like to offend the farmers as that will have a definite impact on the election results.

Thus has the centre government accepted the demands of the striking farmers under the political compulsion as it does not want to annoy the farmers. During one year long agitation the striking farmers have been bracketed as anti-national which is very unfortunate and the farmers should not have been nicknamed as anti nationals.

It is the irony of the present times that all those who speak against the Modi government are called anti-nationals.

It is very disturbing that the space for the criticism and opposition has shrunk in the present government of NDA headed by Narendra Modi.

It is no good sign of a vibrant democracy as for the success of a democracy the criticism and the constructive opposition is very much needed but the present government does not like criticism of its policies and style of working.

There should be enough space for the debates and criticisms in a democracy and the people in power should realize this fact and work accordingly and not call agitating farmers and people as anti-nationals.

away from such policies. People also not used their power of the vote in large numbers to force the corrupt and underperformed out.

We keep betting on the same people and expect a different result every time. But how this is possible in the present time? There is a select group of families and individuals who keep showing up under different guises and slogans to woo public.

These people flock to party that seems to be gaining steam and start promising people that they will charge the fate of the country after winning the elections. People don't realize that it is the same group of people who created the problem in the first place while being in the other party and are now promising to bring about change being in the other.

If the people really wanted to change their fate, they should never elect such people. They would also stand up strongly for their rights. History is witness that whenever people stand strong, nothing can come in their way.

a committee has been constituted by the government and five leaders of the farmers are also given a representation in the committee. It is a historical moment that the farmers have suspended their strike and are now returning to their homes.

The farmers are upbeat and they feel very happy and satisfied as all their demands were accepted by the powers after one year of their continuous strike away from their homes and hearths.

It is in fact a matter of satisfaction and pride for the farming community that the demands put forward by struggling farmers have been accepted by the Modi government as it does not want to offend the farming community as the elections to five state assemblies including the states of Punjab, Uttar Pradesh, Uttarakhand etc are round the corner and the government does not like to offend the farmers as that will have a definite impact on the election results.

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There should be enough space for the debates and criticisms in a democracy and the people in power should realize this fact and work accordingly and not call agitating farmers and people as anti-nationals.

Unfortunately it seems that we are ourselves become corrupt and are only interested to see those in power, who would let us keep doing what we do. No wonder India stands among the lower per capita tax collecting countries in the world.

If we want to see the change, we will have to change ourselves too. People will have to pay taxes and call out wrongs when they see it. Society should never respect people who have ill gotten money rather they should be out-casted.

Only if the people decide to stand strong against corruption and use their right to elect wisely, will we have leaders who work for the country and the people behind them will genuinely be afraid of a backlash if they do not perform.

Last but not least otherwise, I am afraid that the circumstances we are witnessing will continue in perpetuity with country drifting toward complete destruction.

Mool Raj  
Village Bhagota, Doda.

## YOUR COLUMN

## Change yourself to bring change

Dear Editor,

Through the columns of your esteemed daily newspaper, I want to express my deep concern how to bring change in our country, so that menace of corruption is uprooted. Our country is in the grip of multiple problems that are crushing the public.

Most of problems being faced by our country are a manifestation of consistent wrong-doings of past governments. Unfortunately our leadership never truly understood the country first.

They followed self focused policies that benefitted them in place of country.

However people are also a part of the problem as they never stood up against inflation bomb and unemployment in a way that would force the Government to stay