

GIVE EXEMPLARY PUNISHMENT

Those who are indulging in activities which are detrimental to nation should be given exemplary punishment without any relaxation or leniency. The latest case of espionage that has been surfaced from UT's Rajouri District should be dealt with iron hands after completion of investigation as already J&K is passing through critical times with Pakistan leaving no chance to dent the interests of India and its people. In this context, Inspector General of Police (IGP) Kashmir Vijay Kumar while giving details of Pakistani terrorists who were killed in Srinagar in over a month, asserted that rogue neighbour is hell-bent to disturb peace in Valley, especially in Srinagar. Under such a condition, the security forces in the UT cannot afford to be complacent against those who are brazenly involved in activities which are harmful for the country and people. The latest in the series of incidents that are against the country's security and safety, the army and police have arrested two persons on the charges of spying for Pakistan in a village in the border district of Rajouri. This is not the first case of similar kind as earlier also people have been caught doing such things in the UT of J&K making the situation crucial for the country. Reportedly, a man working as a porter with the Army and his relative, both residents of Nowshera, were picked up by a joint team of the Army and police as the duo is accused of taking videos of vital and sensitive security installations and sharing them with their handlers outside the country in lieu of money. The duo has made a video clip in the Army premises on a mobile phone. This is quite praiseworthy that both the culprits are in custody and will soon spill beans leading to more arrests. The busting of this spying racket should be taken as a warning because there might be more of such anti-nationals active in the UT of J&K and uncovering their identities has become important for ensuring failsafe security of the country. One thing is sure that Pakistan will not mend its ways and therefore security forces should always remain vigilant to stop the rogue nation from denting interests of the country.

OFF 'D' CUFF

Stop being a slave to your emotions

Many people describe themselves as emotional. Their mood changes instantly. It seems as if they are a 'slave' of their emotions. If you are also one of them, start working on it. You have the ability to control your emotions and mood.

Train yourself to manage your emotions, dominate them and utilize them to make your life pleasant and contented.

In fact, being emotional and responding to the 'heart' can both be great attributes for human beings. Openness to feelings allows you to be self-conscious and it also helps you to connect with others.

Yet, if you let your emotions dictate how to live and how to behave before others all the time, it can lead to stress, depression, and anxiety.

And too much slavery to emotions may have a negative impact on your relationships and personal health.

Further, all emotions rise from your thoughts. Being too emotional can make you a person with low self-esteem. It may lead to negative self-talk and you may become too sensitive to others' opinions. Your emotions may start taking control of your life.

Before they start controlling you, be courageous and control them now! Manage your emotions and become their master rather than allowing them to be your master.

Here's how.

'Emotional Detachment' is the Way

The human brain is packed with multifarious thoughts, many negative and very few positive. These thoughts lead to emotions. Learn to see your thoughts as they come and go. Do not give in to each thought that comes to your mind and do not believe in everything you think. Learn to detach from your thoughts through mindfulness meditation.

And then 'emotional detachment' will come naturally. Try to take action without allowing all the thoughts in your mind to distract you. Just remember, your emotions are mere thoughts in your mind that can't interfere with your actions.

Stay 'Conscious' of your Emotions

Understand why you react to a situation in a particular way. It surely would help to lessen the effect of that situation on your senses. Staying aware of the reasons behind your intense emotions will help you to make sense of happenings around you. You feel yourself in absolute control. Boiling down to the valid reasons behind your emotions will lead to a happier life.

Know that emotions are a crucial part of life; it's what

Love one another and help others to rise to the higher levels, simply by pouring out love. Love is infectious and the greatest healing energy.

-Sai Baba

EDITORIAL

Hindustan, Hinduism & Hindutva

■ OMKAR DATTATRAY

All the three terms are more or less same and synonymous and the underlying principles are the same. Hindustan is the name of country inhabited by the Hindus and in fact all people living in the country are Hindus no matter to which faith they belong, but loosely said Hinduism is a finer religion as it is more tolerant and all absorbing and all assimilative and thus there is no difference between Hinduism and Hindutva. There is much similarity between Hinduism and Hindutva and the two terms are not different as held by the congress scion and leader Rahul Gandhi, the other day and his assertion has generated enough heat and debate and discussion in the country, but the fact is that the Hinduism and Hindutva are more or less same and these are complimentary and supplementary and it is factually wrong to call them as separate terms when the fact is that they connote same meaning and refer to the same religion. Thus Hindutva and Hinduism can be called same and to the super secularists like the congress Hinduism and Hindutva are an eyesore and they lose no opportunity to denounce the Hinduism and Hindutva and they take pride in this and in doing this they try to prove their secularism and secular credentials and hate for Hinduism and Hindutva. Therefore, to the grand old part of congress the Hinduism and Hindutva are different but the fact is that these terms are same and there are glaring similarities between the two and thus to bracket them as different is factually wrong and it should not be done. So, as far as Hindutva is concerned it is

to be more specific this religion is without beginning and without end and thus it is appropriate to call it as the Sanatan Dharma and therefore Hinduism is no religion at all and thus all the people who reside in India are Hindus no matter to which faith they belong, but loosely said Hinduism is a finer religion as it is more tolerant and all absorbing and all assimilative and thus there is no difference between Hinduism and Hindutva. There is much similarity between Hinduism and Hindutva and the two terms are not different as held by the congress scion and leader Rahul Gandhi, the other day and his assertion has generated enough heat and debate and discussion in the country, but the fact is that the Hinduism and Hindutva are more or less same and these are complimentary and supplementary and it is factually wrong to call them as separate terms when the fact is that they connote same meaning and refer to the same religion. Thus Hindutva and Hinduism can be called same and to the super secularists like the congress Hinduism and Hindutva are an eyesore and they lose no opportunity to denounce the Hinduism and Hindutva and they take pride in this and in doing this they try to prove their secularism and secular credentials and hate for Hinduism and Hindutva. Therefore, to the grand old part of congress the Hinduism and Hindutva are different but the fact is that these terms are same and there are glaring similarities between the two and thus to bracket them as different is factually wrong and it should not be done. So, as far as Hindutva is concerned it is

a philosophy and a way of life and it has nothing to do with communalism as the word Hindutva is also all absorbing and all assimilative and all inclusive and therefore it cannot be called as communal and sectarian but is through and through tolerant. Hindutva is nothing more than Sanaskritik Rashtriyaav or cultural nationalism. Thus Hindutva can be equated with nationalism and patriotism. The term Hindutva is not narrow but is broad and cosmopolitan in nature. Hindutva implies Indian-ness and Hindutaniyet and cannot be called communal by any stretch of imagination and hence the philosophy of Hindutva embodies characteristic of unity in diversity and this is the shining example of India and because of this India stands tall in the comity of the nations and we should be proud of this. Hinduism and Hindutva advocates the philosophy of Vasudav Kutambakam or one world family and therefore people live peacefully in Hindutva. Hindutva is the breath and soul of India and it is sacrosanct and it should be recognized by the people.

The objective of Hindutva is compassion and love for all human beings as all are respected in this system and as such it influences the society. The term of Hindutva was coined by Vir Savarkar who was a staunch and a firebrand Hindu and he was the advocate of Akhand Prachand Bharat meaning united powerful India. Hindutva is the predominant form of Hindu nationalism in India and some people wrongly compare it with fascism and ethnic absolutism. It is the wrong interpretation of the Hindutva. As a political ideology the

term Hindutva was articulated by Vinayak Damodar Savarkar in 1923. It is not fascist at all but is inclusive and all assimilative and therefore it is wrong to call it conservative and orthodox. It connotes supremacy of the Hindu culture and manifests in the respect to the all forms of faith as it regards all people residing in India as Hindus irrespective of their religious affiliation. It believes in united India and works incessantly for the attainment of this objective. It is in consonance with Hinduism and is the extension of Hindu thought and culture. Hindutva is not against Hinduism but is very much in accordance with Hindu Philosophy which is not narrow but very broad and all encompassing and as such it should not be confused with the extreme form of Hinduism as there is nothing as extreme in Hinduism as it is more tolerant and all inclusive and all embracing.

Hindutva is the concept of Indian cultural, national and religious identity. The term conflates a geographically based religious, cultural and national identity and a true Indian is one who partakes of this Hindutva. Hinduism is the name given to the most ancient and persistent religion on the Indian subcontinent and Hindutva is the cultural nationalism and patriotism which should dominate the Indian thought system and therefore terms Hindustan, Hinduism and Hindutva are not overlapping but are complimentary and supplementary to each other and should be understood in this sense.

(The author is a retired Education Officer and Columnist).

Job opportunities & career options in sports

■ VIJAY GARG

One are the days when sports were merely hobbies. With big business houses investing heavily and governments promoting different sports, it is now lucrative career not only do you get a chance to represent your country but also get fame and recognition. But, sports as a career does not need to ply the sportspersons. You can take a number of allied fields to get into the sporting world. India is the home to more than billion people. There are lakhs of talents that need a good platform. Together with that, sports as a career is still in its nascent stage. You must have seen that the annual IPL gala unveils some of the local talents who would never have got a chance if it were not IPL. There are several tournaments going on in the same format. So, here we will be telling you how to make a career in sports.

Note Them Down

Writing creates a beautiful channel for your mind to clean out your emotions. Try to maintain a diary. Pen down your feelings and also try to decipher the surface-level thoughts. So, if ever you feel under the control of your emotions, ask a simple question in your diary, why do I feel so anxious today? From here you can work back through the series of events and thoughts that have led you there.

Then ask a positive question to deal with another emotion. You may ask, what is one positive step I can take to feel happy? Try to do this experiment when you feel emotionally overwhelmed. You will see the difference. And if you lack time to write a note, repeat the same questions in your mind and find the answer.

Let Not Others' Actions Impact You

Are you easily offended by others' actions or words? How many times have you told somebody that your actions or words made you feel angry or afraid?

While it's true that other's actions and words may affect you, but you also need to take responsibility for the emotions you feel in response to such words and actions. No one should be allowed to make you feel absolutely anything. It must be your choice.

Understand that people act in a certain way based on their own perception, beliefs, faith, culture, upbringing, and life experiences. In any confrontational situation, do not succumb to your emotional weakness, rather, think rationally and take the right action. It will make your life easy.

Practice daily positive affirmations

Finally, do not forget the power of positive affirmations. Whenever a negative emotion arises like anger, emptiness, frustration, insufficiency, helplessness, guilt, fear, depression, resentment, jealousy, or gloom, you can remove yourself from the situation with the help of positive affirmation.

Know that emotions are a crucial part of life; it's what

and work hard. And when you get the chance to represent the nation, don't get into too much pressure. Just perform to your full capability.

Sports Physiotherapist: You must have seen that during a cricket match, a player gets a physiotherapist when he/she gets cramps. Sports Physiotherapists are an integral part of every sports team. Not only do they help players in crisis on the field but also keep them in good shape. Those who are faced with injuries undergo treatment under a physiotherapist. They help in gradually getting the strength back and make the body ready to hit the fields. There are many colleges that offer an undergraduate and postgraduate degree in physiotherapy. Sports authority of India and other such sports regulatory bodies always need physiotherapists. You can start working for them.

Dietitian: A sportsperson needs to have a balanced diet. Neither should have too low calories nor too much. A dietitian ensures that players are having a perfect diet according to their body needs and sports schedules. A runner's diet has gone to be different from that of a weightlifter. With a dietitian involved, players don't run into the risk of facing nutrition issues. You can get into this field by doing an undergraduate and postgraduate course in food nutrition and dietetics. Since you will be involved with the sportspersons, you should have a strong background of how much energy that particular game needs.

Sports Coach: A coach is the most respected person in any player's life. They are the ones who recognize the talent and nurture it. You can make your career as a Sports coach. For this not only do you need to have a strong background in the sports, you also need to have strong leadership qualities, keen observation skills, and patience. You should be able to push budding players to get them out of their comfort zone. A major part of this job involves networking. To survive, you must interact. You should coach at any level; be it school, college or a local team. Dedicate yourself to the team's victory. Then only your efforts will be paid attention to.

Sports Management: There are a number of sports events now. From the national to the district level, investors are spending heavily in organizing events to attract new talents. In such big

events, proper management is needed. Spectators need to have proper seating arrangements, drinking water, restrooms and above all security. Also, the players need to have their kit in place. All such requirements need trained personnel. Sports management is a new area in India. But the best thing is that the government is asking the sports club to appoint a full-time CEO to manage the club's affairs. In abroad, all the teams have a manager who is responsible for the upkeep of the team. Be it the inclusion of players or managing funds, they handle it all. So, if you are attracted to this area, you can go for the sports management courses.

Sports Journalist: If you are a true fan but could not make it to the player's list, you can get into the sports journalism. There is an ardent fan following who need rich and informative articles on sports topics. So, if you have a strong background in sports, you can go for the journalism courses. As such, sports journalism is not taught anywhere. Once you get into this field, you need to create a niche for yourself. Start with sports reporting and article writing. You can grow on to become a renowned sports writer! Everyone loves to know more about a particular game.

Commentator: While watching a match, the commentary is what attracts the people most. Not only, you get updates every second, but also get expert panel discussing the game strategies. Commentaries are the way so many people enjoy a game even on the radio. To make a career in this field, you should have strong oratory skills coupled with sound knowledge of the sports. Most of the time, it is the ex-sportspersons who do commentary. But in recent years, we have seen some remarkable people getting in this field who are not a sportsperson. Sports commentary for radio is comparatively less paying than that on the TV. But in both cases, it is an amazing option. You get to meet new people every day not to mention the players themselves. And, once established as a Commentator, you can earn anything between Rs 30-40k per day!

Job opportunities & career options in sports

Public Relations Manager: Most sports teams and all the established players have their own PR team. Their job is to ensure that there is a positive image of the player among the masses. In sensitive cases, they handle their statements. Overall, their job is to ensure that the player remains in good light. You basically need to be a sharp person. It would be better if you come from the mass communication background. If you happen to be the PR of the renowned teams, you will earn pretty decent. Sports is the field that holds huge potential in a country with such a large population. The sad reality is that we don't lead the medal tally in major sporting events. Barring few podiums every now and then, India is yet to be a sports superpower.

If we invest in our financial as well as human resources in sports, we will definitely lead the world. Also, our youth's energy will be properly channeled, but we do need to realize that sports are in dire need of trained manpower. It's high time that we offer our youth a respectable career in sports.

Umpire/Referee: If you love the fair judgment of umpires and their keen observation skills, you can work to be a sports umpire. Not only you need to have a sound knowledge of the rules and regulations, but also great stamina. Just imagine the stamina needed by a football match referee! Likewise, a cricket umpire needs to stand on the ground at a stretch with complete concentration throughout. To get into the shoes, you need to clear the umpire selection exam conducted by state sports authorities. From here, you can go to the national as well as international bodies. Renowned umpires and referees earn quite handsomely. Additionally, you get to witness the matches from the ground and get to travel the world.

Sports Psychologist: Players go through ups and downs throughout their career. A Sports Psychologist ensures that this emotional turmoil does not affect his/her performance, because if that happens it might have an adverse effect on whole career. As a sports psychologist, you will be required to keep the player's spirits high even in unfavourable situations. You can get into this field by doing a post-graduate degree in clinical psychology and obtaining the license.

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