

SHOW MUST GO ON

The idea of mental condition of health workers moving in places covered with snow and inhabited with those having acute hesitancy for vaccination is not easy to think about because the difficulties they are facing are immense. It is really hard life for these frontline warriors who have to stop the wastage of vaccine also, convince the rural population about the benefits of the vaccine jabs and remove the doubts and myths which have been spread across the region falling both in Jammu as well as Kashmir region by unscrupulous elements using the easily accessible social media thus misleading a large segment of population. The climate these days is harsh with bone chilling gale and snowstorms becoming a norm, both the male and female health workers have to traverse large areas and far off localities to administer vaccines to people living far and wide. Their job is noble but the quantum of misinformation is so gigantic that at times they have to face the resistance of the people who have made up their mind not to get them vaccinated despite the risk and perils. Despite so much of hardships, the results which are coming out are quite promising and are testimony to the fact that the aforesaid frontline workers or corona warriors are accomplishing their job with strong conviction and resolute mindset and no power on earth can stop them from carrying out 100 per cent vaccination of entire population of J&K. It is a necessity that the entire population is inoculated fully to keep at bay the corona virus and all its mutants but there are still certain elements in the society which are unnecessarily raising bottlenecks in the vaccination programme by either refusing to take vaccine jabs or misleading others by giving illogical references and bogus facts. It is however greatness of the health workers of J&K that they are astutely busy in doing their job of fortifying the people against the virus despite such hardships which have been created unnecessarily and without any reason.

OFFLINE OR ONLINE

The big question in the minds of school going students is whether their examinations will be offline or online? The state of mind of students presently is tumultuous because after two years of online exams that too with sympathy of teachers, parents and others, almost all the students are showing inhibition to revert to offline exams with a plea that they have studied online. Though, chances of board exams of senior classes are quite bright that the same will be held online as already inoculation of children between the age group of 15 and 18 years is in full swing and there is every chance that the majority of these will get their first doses well before the exam time thus making them fortified against the disease corona and government can think of going for offline exams. What about the other classes in which children are not vaccinated yet and the Omicron is not behaving at all with 10 deaths reported yesterday in Jammu Division only after people falling prey to Omicron? The government and other stakeholders responsible for taking the decision over the issue must be in a fix because still the status of pandemic is not clear and the exam time is fast approaching. It is quite obvious that as soon as the exam system will return to normalcy is best for all, especially the students as assessment of students by online exams has many loopholes and in a way the method is unfair with the chance of students going for unfair means. Whatever will be decided by the concerned helmsmen should be in the interest of all and good for the society as well because young children are the future of the country and their career is pivotal for making the country strong in the coming times. Though the situation arising out of the third wave again is unprecedented, a trade-off has to be made between the safety and education of the students while deciding that the exams will be held online or offline.

OFF 'D' CUFF

The situation is Negative: I am Positive!

tude or negative attitude- it completely depends upon us.

No matter what the situation is, we can always react with empathy and care

Choose Thankfulness over Complaints

Further, many times, people are trying to do good for us but we seldom focus on that, rather we focus completely on a little discomfort and pain making us consider that person as completely wrong.

We are not thankful for all the goodness, but give it back ingenuously for small mistakes. However, if a person learns how to stay thankful, his whole life will transform.

So, today, on the auspicious occasion of Makar Sankranti- an apt day to show gratitude towards everything that is amazing in life- take a pledge that we'll remain thankful for whatever gifts we have. We won't live with a complaining attitude.

The mantra is- choosing thankfulness over complaints.

Different People, Different Thoughts!

Two friends stand looking out thru a window. One says, oh, it's a gloomy, dark night; it's too humid here with mosquitoes all around. I cannot sleep in such a bad situation.

On the other hand, the second friend says, I am feeling blissful, it is a beautiful night of Purnima, it's so wonderful. So, one person sees gloom while the other, the moon. The way of living life and the mindset is different for two different people.

Dr Archika Didi

Amit Shah- Chanakya of BJP

■ OMKAR DATTATRAY

Amit Shah has rightly been described as Chanakya of the BJP. He is not only the Chanakya of BJP only but the Chanakya of Indian politics as well. Amit Shah has influenced the course of the BJP politics too by following the Machiavellian tricks of the Chanakya. Thus has he been in a position to chart the way ahead for the politics of the BJP. There is no exaggeration in saying that Amit Shah is the Chanakya of Indian politics because he has and is always busy in shaping the course of the BJP and Indian politics on the lines of the Chanakya. We can compare the functions and the style of the working of Amit Shah so as it relates to the politics of the BJP and also to the politics of India with the Chanakya of the yore and there is no exaggeration in calling Amit Shah as the Chanakya of the BJP. It is because of the fact that he has played an instrumental part in giving victory to state after state to the BJP in the elections and it is due to the efforts and the organizational ability of the Amit Shah that he has been successful in adding state after state to the BJP kitty. He has made BJP a mass based down to earth party. He has influenced the rank and file of the BJP organization and has made it possible for the BJP to win power in various states of India through his Machiavellian manner of Chanakya. It is because of this characteristic of Amit Shah that he is called the Machiavellian of the modern Indian politics. It is because of the fact that Amit Shah works on the philosophy of Chanakya and he has been successful in molding the politics of not only the BJP but the politics of whole India through his style of functioning and working. Amit Shah has put Chanakya to practice and has influenced the politics of BJP and modern day politics of India by implementing this Nitto. Amit Shah is the Chanakya of BJP because he has influenced and impressed the leaders, workers, supporters and the general public with his theory of Chanakya and thus it is appropriate to call him as the Chanakya of BJP. Chanakya is a collection of aphorisms written by Chanakya and its first European translation was done in Greek language in 19th century. Chanakya was a Brahmin from Takkasila. He was well versed in four Vedas and politics. Chanakya was an ancient Indian polymath who was active as a teacher, author, strategist, philosopher, economist, jurist and above all royal advisor. He was the advisor of the King Chandragupta Maurya and was instrumental in making his big empire and spreading it far and wide. He is traditionally identified as Kutilya or Vishnugupta who authored the ancient Indian political treatise, the Arthashastra. As such he is considered as the pioneer in the field of politics and economics. As for as philosophy of Chanakya is concerned, equality for all was his motto. Security of citizens was of prior importance to him. He supported agriculture to the fullest as he considered it to be a state subject. He believed in protection of women and hence ended all exploitation against them. As per Chanakya the best strategy is that a powerful leader should focus on treasury and army and should allow trustworthy people to handle business. Chanakya assisted the first Mauryan emperor Chandragupta in his rise to power. He is widely credited for having played an important role in the establishment of the Maurya Empire. Chanakya served as the chief advisor to both Chandragupta and his son Bindusara. Because of winning 2014 UP polls and for the abrogation of article 370 he is called as the Chanakya of BJP and Indian politics too because of his way of doing things and moulding of the politics of only the BJP but the Indian politics as well. It is fair to say that Amit Shah has become most powerful person of the Indian politics after Modi. Critics have often stated that if 2014-19 was a Modi show, 2019 onwards has been a Modi-Shah rule. Amit Shah has played a key role in the BJP's current domination of Indian politics,

dubbed a modern day Chanakya for handing state after state to BJP since 2014. Amit Shah has said, "I admire Savarkar because he was a staunch follower of the ideology of Hindutva, Chanakya because he was mathab Knowledgeable. His sutras are eternal, economics, politics, the problem of governance are all there." This was by the dint of party 2014 performance in Uttar Pradesh where Amit Shah managed seventy one seats. From 2014 to 2019 Amit Shah was portrayed Chanakya of not only BJP but of the Indian politics too and it is very much true. Amit Shah reformed politics of BJP and influenced and impacted the leaders, workers and supporters of the BJP thus making them to vote in favor of the party with a difference. It is because of his working style and because of his practicing Chanakya that the political pundits as well as the critics call him the Chanakya of BJP and modern day politics of India. In his first avatar he was the president of the BJP then and he steered the party to highest destination by making the BJP to win state after the state and also to grab the power at the centre. It was because of his sterling efforts that Amit Shah has been able to impress a large number of leaders and the people at large to work for the BJP and at the end of the day vote in favor of the party. In fact he worked in the capacity of the organizational head with great dedication and it was because of his endeavours that BJP has been in a position to gain power in different states and consolidate and spread its presence in the north eastern states and the places where its presence was not up to the mark. Thus in his first avatar Amit Shah was successful in the installation of the BJP governments in various states and at the centre level also. In his second avatar as the Home minister of the country his role in the governance of the nation has increased but his role in strengthening the BJP and in multiplying the states to the kitty of the BJP increased and it justifies his role as Chanakya. In the present time, when the state assembly elections to the five states including the most populous state of UP have been announced by the election commission and the electioneering is at its top, Amit Shah leaves no stone unturned to impress and influence the voters in UP and other poll bound states. Thus he is busy in election touring in the state of UP and other states where elections are announced and he is making every effort to influence and impress the voters so that they vote in favor of the BJP and in this he makes much use of his philosophy of the Chanakya to attract the voters. One the one hand he is making sincere efforts to impress the voters and on the other hand he is using his philosophy of the end justify means theory to succeed in the elections and give the BJP again a chance to rule different states so that the party becomes a true pan India party with a mass base and mass appeal. Thus is Amit Shah using and practicing the Chanakya on the ground so that the people in general are influenced and impressed to vote in favor of BJP. Amit Shah has been successful in turning the wave in favor of the Modi and BJP from 2014 onwards and again in the year 2019 he has worked wonders through his meticulous planning and handling of the BJP politics. Thus it was possible for the BJP to again come to power with plus three hundred seats and it is no mean development. In fact it was Modi-Amit Shah duo who are ruling the country at present and the two have been able to garner votes on a large scale in order to make BJP to retain power in 2019 and it is hoped that the BJP will again come to power on the basis of its rule and good governance in the 2024 general elections. Anyway there is no exaggeration in saying that Amit Shah is the Chanakya of not only the BJP but Chanakya of the modern Indian politics. It is because of his belief and practice of the Chanakya in BJP and Indian politics that we call him Chanakya of BJP politics and Indian politics too.

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

Suryanamaskar: Ambrosia for one & all

■ PURAN SHARMA

There is a famous couplet in Sanskrit, Sharir Madhyam Khala Dharam Sadhnam' which means our body is a kind of vehicle which facilitates performance of all noble and virtuous acts in the temporal world. A person whose body is diseased, afflicted and imbecile is rendered incapacitated to execute his worldly assignment or duty towards himself, family, society and the country as a whole. We have also heard and read, 'Sound Mind Lives in A Sound Body', which is a clarion call to the human beings across the world that until and unless our body is physically, mentally and spiritually healthy, balanced and stable, the very purpose of our life on this planet shall be defeated in its entirety. All living beings fervently desire to have access to the ultimate state of ecstasy till the moment of eternity in life. The moot point to be kept in mind is that no one can be fully happy sans being comprehensively healthy. By the grace of Almighty, people have turned focus on buzz word Yoga inclusive of Suryanamaskar, which provides blanket guarantee for physical, mental and spiritual health.

Origin and 12 postures of Suryanamaskar: Yoga has eight distinct dimensions, the regular and consistent practice of which enables the modern man to enjoy holistic health. In the current times man is not only hard of time but also lacks will to diligently practice eight steps of Ashtang Yog such as Yam, Niyam, Asan, Pranayam, Pratyahar, Dharna, Dhyan and Samadhi. Mehrishi Patanjali, an outstanding spiritual scientist went through a prolonged penance, did a lot of research and in depth study in respect of human psyche and practical aspects of human behaviour in the course of his journey in this transient world

more than 5000 years back. Simultaneously, this spiritual stalwart very diligently analyzed the behaviour of diverse species of domestic and wild-animals which are nature controlled and live their life in perfect harmony with the Mother Nature even in the extreme challenging circumstances. But the human beings are blessed with decision making and reasoning power and are aptly susceptible to go erratic at times under the pressure of worldly allurements.

According to Rishi Patanjali physical postures involving stretching and de-stretching of body parts fall under the category of ASAN of which Suryanamaskar is the integral and most significant part.

Suryanamaskars comprises twelve distinct postures:-

1. Pranam: The practitioner stands erect with both heels joined together and toes open, hands folded in Pranam Mudra. Mind is focused on Agnyachakar; a power centre located in between the two eyebrows by virtue of which it gets pin pointed.

2. Hast Uttan: In this pose both the hands stretched above while inhaling and slightly bending backwards. It has soothing and curative effect in the cervical area. Mind is focussed on Vishudhichakar, a power centre located behind the throat which activates Thyroid and Para thyroid Glands.

3. Paad Hast Pose: In this position the practitioner bends forward with both arms tightly pressed with the ears, knees duly straightened and hands placed on both sides of the feet. Manipur Chakra, another nerve centre is activated which is responsible for smooth functioning of Digestive and excretory systems in the body.

4. Ashav Sanchalan: While performing

this pose right leg is stretched backward with knee straightened few inches above the ground and foot standing on the toe. Left leg folded from the knee and pressed against the chest which is turned backward. Waist is kept downward. Liver together with other adjoining vital organs get suitably impacted. Significant power centre Svdhishan Chakkar just above the genitals is activated.

5. Parvat Asan: Right foot is also moved behind. Both heels are joined and placed on the ground. Hips raised upwards, chin touching the throat, body pushed backward. Practitioner focuses on Sahasrara Chakkar located on crown of the head. It has salutary effect on the sciatica nerve.

6. Shastang Pranam Asan: In this position body is brought parallel to the ground, thereafter knees, chest and forehead are made to touch the ground, belly slightly raised, stay as per practice. Point of concentration is Anahat Chakar. It has soothing impact on heart and the related organs.

7. Pooran Bhujang Asan: This is also called as Cobra pose wherein body is pushed forward from position-6 and arms are straightened, spine is twisted backward in such a way that all the three parts of spine, Lumber, Dorsal and Cervical get beneficially impacted. Focal point in this case is Mooladhar Chakkar, the root chakkar from where pranic energy gets activated and moves upward and suitably impacts the whole body.

8. This is same as position fifth, no elaboration to avoid unnecessary repetition. 9. Same as position fourth, 10. Same as position 3rd 11. Same as position second. 12. Same as position first. After performance of one Suryanamaskar comprising 12 positions, relaxation of two minutes in Shavasan is advisable for holistic benefit.

YOUR COLUMN

United approach can defeat COVID

Dear Editor;

Many are openly hoping that through Omicron variant, most of the world population will acquire 'herd immunity'. When COVID-19 pandemic started in early 2020, many epidemiology terms were thrown on to us by those who were newly inspired by the discipline. How quickly COVID-19 could be moved from a pandemic status to an endemic stage? This was a favourite question for highest decision-makers and alongside they were quietly hoping that quickly a majority of the population gets infected with the disease and then countries could have 'herd immunity' and move forward. That is why there was a huge demand for prevalence surveys even though at that time diagnostic tests were still in infancy and accuracy of these surveys was very limited. But resources were poured in across the globe to find some false assurances. But now two years into the pandemic we have seen the highest ever number of cases in many countries. Fortunately, deaths have not risen proportionally in most countries. Biggest exception is the USA where deaths have risen to a historic level too. COVID-19 is becoming once again a news headline. Many are openly hoping that through the Omicron variant, most of the world population will be infected and then we will acquire 'herd immunity' and then disease will become endemic. Once disease becomes endemic the life will return to normal and the pre-pandemic party will restart. This is mostly coming from the developed world, and they are hoping that the way TB, HIV/AIDS and other infectious diseases have been controlled in the West, COVID-19 could be controlled too. But leaders are forgetting that these diseases are still killing hundreds of thousands in poor countries every single year. Nearly all of those who are dying of these diseases are dying in developing countries. So, if you see anyone talking about COVID-19 endemic situation, they may be hoping that the above situation happens again in case of corona virus too and they could be safe while the rest of the world could take a hike. That is why people in developed countries are moving toward the fourth dose while one-third of the world population is still waiting for their first dose. Even the scientist could not persuade giant pharmaceutical companies to share technology of mRNA vaccines with poor countries so that vaccination could be maximized. What they are forgetting is that COVID-19 is not like TB, HIV/AIDS or Malaria. Corona virus pandemic cannot be pushed down and contained in

Why Tricolour 'hoisted' on Independence Day but 'unfurled' on Republic Day?

■ ADV DINESH SINGH CHAUHAN

The National Flag is hoisted on Independence Day from the bottom of Flag post to the top to mark the country's independence from British Rule. The Flag is tied on top of the Flag Post and Unfurled on Republic Day, indicating that the country is already Independent. PM Hoists the Flag on Independence Day as the Head of the Government as there was no President in 1947. Since India became a Republic on January 26, 1950, the President of India is the Constitutional Head and unfurls Flag on Republic Day. January 26th is also the 'Poorna Swaraj Diwas' - the day Indian National Congress declared as 'Independence Day' in 1930. Post the actual Independence in August 1947, January 26 was chosen to mark Republic Day. The Tricolour is hoisted to commemorate the Independence Day or Swatantrata Diwas across the country. Interestingly, many do not know that we hoist the National Flag on Independence Day and unfurl it on Republic Day. Speaking of Independence and Republic Days, did you know that the Indian Flag is 'Hoisted' on Independence Day ('Azadi Diwas') on August 15, and 'Unfurled' on Republic Day on January 26? The difference is that on Independence Day, the Flag is tied to the bottom of the Flag Pole and is 'Hoisted' to the top. This is to mark India's rise as an Independent Country and the end of British Rule. On Republic Day, the Flag is tied to the top of the Flag Pole and is 'Unfurled' indicating an open era for the country to spread its wings as a Republic. Interestingly, many do not know that we hoist the National Flag on Independence Day and unfurl it on Republic Day. However, there is a difference between Hoisting a Flag on Independence Day and unfurling it on Republic Day. On Independence Day, the Indian Tricolour is tied at the bottom of the Flag Pole and then pulled up for Hoisting. Usually, the Prime Minister of India Hoists the Tricolour. This is done to mark the Independence of the country from the British Rule. On the other hand, during the Republic Day celebrations, the Flag is already tied up on the top and is Unfurled without pulling it up, which depicts that the country is already independent. Another crucial difference is that the Prime Minister of India hoists the Flag on Independence Day as the Head of the Central Government. This is done since at the time of Independence, the Constitution of India was not in effect and the President of India, who is the Constitutional Head, did not take Office. However, on Republic Day, the President of India, who is the first citizen of the country, attends the Republic Day Official event and Unfurls the Flag. Independence Day is observed as India became independent of British Rule on 15th August, 1947 after the Indian Independence Act was passed. It coincided with the partition of India on religious lines and a new country Pakistan came into existence. Republic Day is celebrated to commemorate the date on which the Constitution of India came into effect on 26th Republic, 1950. The Constitution of India was adopted by the Indian Constituent Assembly on 26th November, 1949 and came into effect on 26th January, 1950 with a democratic Government system. When India got Independence, the country's first Prime Minister Jawaharlal Nehru celebrated the historic occasion by hoisting the National Flag above the Lahori Gate of the Red Fort. The massive complex of the 17th Century Monument had served as the main palace of the Mughal Empire till 1857, when the British overthrew Bahadur Shah Zafar, to start its direct Rule over India. Until then, the British ruled the country through the East India Company. Also, there was a great rebellion by Indians in the year 1857. This had temporarily led to the British temporarily losing their control over some parts of Central and Northern India. The Red Fort and its occupant, Bahadur Shah Zafar, became one of the biggest symbols of the rebellion. After Prime Minister Jawaharlal Nehru, the Hoisting of the National Flag at Red Fort became a symbolic gesture and every Prime Minister after him has followed it to honour the freedom fighters and their sacrifices. The Flag Hoisting is also a symbol of National pride. The President of India also delivers a televised address to the Nation but that is done a day before Independence Day. Positioning of the National Flag on Pole: When the Tricolour is to be 'Hoisted' on Independence Day, i.e. August 15, Flag is tied and sits at the bottom of the Pole. The Prime Minister of the country raises the Flag up and hoists it with the aim to honour the historical event of the day. On the other hand, when the Tricolour is to be 'Unfurled' on Republic Day, i.e., January 26, the flag remains closed and tied up at the top of the Pole. The President of India unfurls it without pulling it up like it is done on Independence Day. The difference between the two ceremonies is because when India became Republic, it was already independent. Who Hoists or Unfurls Tricolour: Prime Minister is the Head of the Government. He 'Hoists' the Flag on Independence Day. On the other hand, the President of India 'Unfurls' the Tricolour on Republic Day as the Constitutional Head and First Citizen of the country.

On Independence Day, the Prime Minister of India hoists the Flag at the Red Fort in New Delhi at Rajpath on the other hand, on Republic Day ceremony of Unfurling the Flag is done by President of India. One more difference between both days is the location of the events. On Independence Day, the Flag Hoisting ceremony takes place at the Red Fort in New Delhi followed by the Prime Minister's address to the Nation. On the other hand, the Republic Day ceremony of unfurling the Flag by the President of India takes in the National Capital followed by Parades/Marches by the Indian Army, Indian Navy, Indian Air Force, Para-Military Forces including Boarder Security Force, Central Reserve Police Force, Indo-Tibetan Border Police and Tableau of the States, Artillery Display, etc and President's address to the Nation.

(The author is an advocate in High Court of J&K & Ladakh).

the south the same way. It is highly infectious and airborne with many spreading while they are without any symptoms. This makes it close to impossible to control the disease working exclusively inside your national borders. As I wrote last year, 'Rich countries cannot build a wall of vaccinations around their borders as if transmission is happening somewhere else, eventually a new variant will breach these walls and make these populations vulnerable again.' The recent Omicron variant has made it abundantly clear that we are all in this boat together. Secondly, prior infection is no guarantee against re-infection. Vaccinations are still saving lives but do not provide the same protection against re-infection. To really protect ourselves we need to hold each other's hand and work together. Working together in a meaningful way and only then with global effort and a game plan could we bring the transmission down and put hold on new variants. For that, the World Health Organization has to step up and provide leadership based on science and collaboration. For those who are thinking that they