

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

## OFFLINE OR ONLINE

 **OFF 'D' CUFF**

**The situation is Negative: I am Positive!**

**L**ife is unpredictable. Negative situations come about all the time. It's almost impossible to avoid them, and control them. Their impact on people's lives and their attitude is clearly visible. It may lead to a sudden change in mood, frame of mind, thinking, lifestyle, and in extreme situations, the entire life.

Yet there are people, who do not allow negative situations to affect them greatly. These people manage to maintain a super positive attitude even in tough times and emerge victorious after the passing phase.

But how they do that?

It's all About the Perspective

Everyone wants the colourful garden of life to be filled with beautiful flowers spreading loveliness, greenery and fragrance all around. When someone gifts us flowers, it feels nice. When our friends and relatives gift us flowers, it makes our whole day. The gesture boosts our mood and it feels as if they love us genuinely.

Now imagine, someone has brought a bouquet of assorted flowers just for us. It contains all the flowers that we love. It makes us delightful but as soon as we open the bouquet, a small pin injures us; we feel the pain and start bleeding too.

Now our mind shifts from the flowers to the pain and we start complaining and, in extreme cases, reprimanding that person as well- 'don't you know how to choose a bouquet...?'

Obviously that person would say, I brought flowers for you and you are scolding me.

So how do we live our lives- with a positive attitude 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**

## Suryanamaskar: Ambrosia for one & all

## YOUR COLUMN

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

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

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 maximised. 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

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 Border 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).

Mool Raj,  
Doda.