

HEALTHY LIFESTYLE

The importance of cultivating and maintaining a healthy lifestyle, highlighting the challenges people face in doing so and the detrimental effects of unhealthy habits. It emphasizes the need for determination and taking gradual steps towards a healthier life.

One key aspect highlighted is the importance of a balanced diet rich in essential nutrients while avoiding junk and unhealthy foods. Additionally, it stresses the significance of regular exercise for physical fitness and stress relief.

Furthermore, the passage advises on the importance of adequate sleep and limiting mobile phone usage to mitigate physical and mental health issues associated with excessive screen time. It also advocates for surrounding oneself with positive influences to promote mental well-being.

The detrimental effects of common unhealthy habits such as smoking, drinking, junk food consumption, addiction, meal skipping, and overuse of medication are emphasized. These habits are portrayed as not only detrimental to individual health but also to society at large.

In contrast, adopting a healthy lifestyle is depicted as beneficial for both physical and mental health, reducing the risk of various diseases including cancer, heart disease, diabetes, obesity, and osteoporosis. The passage concludes by highlighting the numerous social and personal benefits of living a healthy lifestyle, including improved relationships and longevity.

Appeasement eating the vitals of political system

OMKAR DATTATRAY

It is very queer and piquant that appeasement is used and misused by all most all the political parties. The appeasement and vote bank politics has eaten the vitals of our political system like a termite. The appeasement is most used and misused by the opposition parties and more so by the grand old party of congress. It is a hard fact and reality that congress is using appeasement politics as a means to reach to the corridors of the power. It is very unfortunate that the minority communities are pampered and appeased in order to gain power without thinking of its serious implications for the country's political system and democracy.

The political parties and especially the congress uses and misuses the politics of appeasement without thinking of its adverse impact upon the democracy and political system. From the day one of the electoral democracy and elections that is from 1951, the congress used and misused the politics of appeasement to remain in the power and it used the appeasement to leech to power and thus had the congress remained in power for at least for seven decades. The Congress exploited the minority the Muslims for vote bank politics and did little to better their lot and miserable condition. It is a fact that congress used the Muslim card to come to power and after getting power it forgot the minority and used it as a use and throw way and thus did little to transform the fate of the biggest minority of the country.

While using minority card, the congress did not think of the development of the country and relegated the majority community to the dust bin of the history.

Thus on the one hand, congress did nothing or very little to develop the minority community and on the other hand it did nothing to transform the fate of the majority community. It only used the gain access to power and after getting power, the congress leaves the minority to fend for itself. The appeasement politics has replaced the genuine politics and has and is even today replacing the politics of this land. Appeasement politics is used by the political parties and more so by the congress to lure the voters and make the gullible voters to vote in the favor of the congress party.

The congress takes pride in being as the messiah of the minorities but in actual parlance it is not the well wisher of the minority as it neglects and forgets it after winning elections and thus congress uses and dumps the minority community after getting power and it does not take care of the minority and its core vote constituency. The congress makes use of the minority community for the vote bank purpose and soon discards those who vote for them and it is very abnoxious.

The right wing saffron party is rightly accusing congress of doing appeasement politics as a short cut to gain access to the power and then forgetting its core voters. The congress party is habitual of doing appeasement politics to gain power and the party has done so soon after the freedom of the country and it has been doing so from the very first election of the largest democracy of the country. The Muslim community should not allow it to be deceived by showing green pastures by the congress party and it should instead vote for the party which does not believe in appeasement politics and treats all the people of this great land equally.

The minority community should realize that congress party only uses it for cultivating votes and soon after getting votes dumps the minority and it is very sad and unfortunate. Therefore what is needed is that the minority community should not allow itself to be exploited by the congress and instead vote for the party which does not believe in appeasement politics. The bane of appeasement politics has so much crept into the politics of this country and it is very difficult to free the politics from the disease of appeasement politics.

The appeasement politics is striking at the very roots of the political system and it is difficult to come out of the bane of appeasement politics.

Appeasement politics has been deep rooted in our polity that it is difficult to come out of the cobweb of appeasement. The congress party, SP, BSP, JDU, RJD, Leftists should realize that it is against the country and democracy to do appeasement politics and pamper Muslims for the vote bank purpose and therefore they should desist and abstain from doing appeasement politics and do clean politics which does not give any importance to it.

Therefore what is needed is that the appeasement politics should be buried in the grave and the political parties should not do appeasement politics for the sake of votes. Instead all the political parties should keep distance from appeasement politics so that the democracy flourishes and strengthens so that there is equality for all in our democratic set up and all the people relish equality which is the essence of democracy.

Democracy being the game of numbers, the political parties aim at the power by hook and by crook and in doing so, they do appeasement politics to remain in the power and for reaping the fruits of power.

The political parties should learn the art of politics and abstain from appeasement politics in the interest of the people and the country as well as for flourishing of the democracy. Therefore there is urgent need to give a goodbye to the politics of appeasement so that the political parties will do genuine politics which is far from the politics of appeasement. Appeasement in an international context, is a diplomatic negotiation policy of making political, material or territorial concessions to an aggressive power to avoid conflict. In a democracy, pleasing the voters are the main requirement for winning an election. Individual or small groups are insignificant in an election. The interests of these sections are not counted for. According to our prime minister, politics of appeasement is the biggest obstacle in the journey of the development of country and thus appeasement politics is against the interest of the country.

If we want that our country should develop, it is very important that the politics of appeasement should be bade a goodbye and then and then only our developmental journey is carried to the logical conclusion of development. In short, the politics of appeasement is eating the very vitals of our political system and democracy like a termite and therefore there is urgent need to do away with the appeasement politics.

Foods that lower elevated cholesterol

SURJIT SINGH FLORA

Maintaining healthy cholesterol levels not only helps protect against the risk of premature mortality, but also enhances vitality and overall well-being. It is common knowledge that cholesterol is not inherently harmful, as this waxy substance plays a crucial role in cell development and hormone production. Unfortunately, our modern lifestyle choices have led to an excessive accumulation of it in our bodies, thanks to our unhealthy eating habits and sedentary way of life. The presence of high cholesterol levels in the body can have severe consequences, potentially leading to heart disease, stroke, and high blood pressure. These risk factors can greatly impact our quality of life and even have fatal outcomes.

When following a high cholesterol diet for Indians, it is important to prioritize the consumption of a variety of fruits, vegetables, whole grains (such as brown rice and whole wheat), legumes (like lentils and chickpeas), nuts, seeds, and healthy fats (such as those from nuts, seeds, and avocados). Opt for nutritious sources of protein such as skinless poultry, fish, and low-fat dairy. It is advisable to reduce consumption of saturated and trans fats commonly found in fried foods, processed snacks, ghee, butter, and fatty cuts of meat. Minimize the intake of refined carbohydrates such as white rice and refined flour products. Reduce consumption of sweetened foods and drinks. Choose cooking methods such as steaming, baking, grilling, or stir-frying with minimal oil. Make sure to include cholesterol-lowering foods such as oats, garlic, fenugreek seeds, and green tea in your regular diet. It is important to be aware of portion sizes and strive for a well-rounded, diverse diet in order to effectively manage cholesterol levels.

Making adjustments to your diet by incorporating nutritious alternatives to high-fat and sugary foods is an important initial move towards improving your overall health and lowering your cholesterol levels. By making mindful choices in our diet, we can effectively manage our cholesterol levels. Opting for heart-healthy fats such as avocados, nuts, and olive oil, while avoiding processed foods and trans fats, is a great way to achieve this. In her latest Instagram post, nutritionist Bhakti Arora Kapoor discusses the contrasting effects of HDL (high-density lipoprotein) and LDL (low-density lipoprotein) on cholesterol levels. She provides valuable insights on how to enhance the beneficial aspects while minimizing the negative ones.

Flaxseeds

Flaxseeds are rich in alpha-linolenic acid, a crucial omega-3 fatty acid that has been proven to reduce LDL cholesterol and triglyceride levels. You have the option to incorporate flaxseeds into your breakfast cereal, sandwich, or yoghurt. If you have a penchant for baking, you can incorporate them into your cookies, muffins, and other baked goods.

Fish oil

Fish oil is a highly regarded source of omega-3 fatty acids. Consistently incorporating these healthy fats into

your diet through fish such as mackerel, salmon, lake trout, sardines, and halibut can effectively reduce cholesterol levels and decrease the likelihood of cardiovascular disease.

Garlic

Garlic is rich in allicin, a sulfur compound that has been shown to effectively lower both total and LDL cholesterol levels.

Incorporate the habit of chewing a few cloves of garlic in the morning and at bedtime consistently. Raw garlic is more effective than cooked garlic. Additionally, incorporating them into your curries can enhance both the flavor and nutritional value.

Dark leafy greens

While all vegetables are great for your heart health, dark leafy greens offer exceptional benefits. Dark leafy greens like kale and spinach are rich in lutein and other carotenoids, which have been associated with a reduced risk of heart disease.

Legumes

Legumes contain a lot of fibre, minerals and protein. Replacing some refined grains and Replacing processed meats in your diet with legumes can help reduce the risk of heart disease. Indulge in dal-chawal, cheela, dosa or soup for a delightful legume experience.

Make sure that your diet contains healthy fats that are in line with the particular nutritional requirements that you have. Avocados, raw nuts and seeds, gently cooked or raw eggs, olive oil, coconut and coconut oil, organic raw dairy products (such as butter, cream, sour cream, and cheese), and organic grass-fed meats are some examples of foods that are considered to be organic and raw.

Reduce the amount of grains and sugars you consume, paying particular attention to avoiding sugars that are dangerous, such as high-fructose corn syrup. If your HDL/cholesterol ratio is irregular, it may be advantageous to reduce the amount of fruit you consume as well since fruit includes fructose.

After your cholesterol levels have improved, you may gradually and moderately return fruits into your diet without having a negative impact on your cholesterol levels while doing so.

You should include a sizeable amount of raw foods into your diet plans.

To improve circulation and blood flow throughout your body, it is important to maintain an optimal amount of physical activity by exercising regularly.

You should abstain from smoking and drinking an excessive amount of alcohol.

Reduce the amount of cortisol in your body by introducing prayer or meditation into your routine and reducing the amount of stresses in your life.

It is imperative that you not include any artificial trans fats in your diet.

Consume fats that are good for you, ideally raw, and that match to the nutritional type you have. This includes the following:

Coconut and coconut oil, olive oil, and olive oil

Including but not limited to butter, milk, sour cream, cheese, and other organic raw dairy products such as The avocado, Nuts and seeds are raw. Eggs (either raw or mildly cooked with the yolks still intact), The meats are organic and grass-fed.

Food Routines:

The presence of saturated and trans fats in the diet is associated with an increase in blood cholesterol levels. Red meat, full-fat dairy, and processed snacks are some of the worst offenders.

2. Sedentary Lifestyle:

Cholesterol imbalances might be a result of a sedentary lifestyle. The "good" cholesterol that helps remove the "bad" cholesterol (low-density lipoprotein, or LDL) from the circulation is high-density lipoprotein (HDL), and regular exercise helps improve HDL levels.

Thirdly, heredity and family tree:

- Heredity: Having a close relative with high cholesterol might greatly raise one's risk. A person's genetic makeup may influence whether or not their body effectively removes excess LDL cholesterol.

Excess Fat:

Obesity and excess body fat are associated with increased levels of bad cholesterol (LDL) and decreased levels of good cholesterol (HDL). Keeping a healthy lipid profile requires careful weight control.

Gender and Age: Cholesterol levels are inversely proportional to age and gender. Another possible side effect of menopause for women is an elevation in LDL cholesterol.

Diabetes mellitus:

Insulin Resistance: It is common for people with diabetes to have lower HDL cholesterol levels and higher LDL cholesterol levels as a result of insulin resistance.

Cigarette Use:

Cigarette smoking reduces HDL cholesterol and destroys blood arteries. Atherosclerosis risk factors include a double-edged sword.

Section 8:

Health Issues: -Basic Medical Conditions: Hypothyroidism, renal illness, and liver ailments are a few underlying medical issues that might interfere with regular cholesterol metabolism.

Prescribed Drugs:

Corticosteroids and certain diuretics are among the drugs that might affect cholesterol levels. Before taking any medication, it is important to talk to your doctor about the risks and benefits.

Bad Practices: Though there may be some cardiac advantages to consuming alcohol in moderation, drinking too much might cause cholesterol levels to skyrocket.

It is highly recommended to adopt a well-balanced and nutritious diet while avoiding foods that contain high amounts of unhealthy fats and added sugars in order to effectively manage high cholesterol. In addition, engaging in consistent exercise and managing a balanced weight can also contribute to enhancing cholesterol levels.

(The writer is a veteran journalist and freelance writer based in Brampton.)

Promoting Pulses and Oilseeds Production

DR. BANARSI LAL

Pulses are the important crops as they contain a variety of nutrients and are ideal and affordable source of proteins for large sections of the population. India is self-sufficient in food grain production and over the years pulses and oilseeds production have also increased but still there is need to increase their production. Pulses production is a source of income and proteins for the various sections of society.

The pulses production has increased from 163.20 lakh tones in 2015-16 to 275.04 lakh tones in 2022-23 and oilseeds from 252.50 lakh tones to 409.97 lakh tones during the same period. Import of pulses has declined from 58 lakh tones in 2025-16 to 24.96 lakh tones in 2022-23. India still needs to increase the pulses and oilseeds production to mitigate the domestic demand of burgeoning population.

In order to increase the income of the farmers the pulses and oilseeds production play the significant role. More farmers need to be convinced for the commercial cultivation of these two important crops. Oilseeds and pulses continue to flummox the policymakers, farmers and consumers.

India is self-sufficient in food grain production despite burgeoning population and various climatic stresses. But the country is still needs to increase the pulses and oilseeds production. The gap between demand and supply often leads to skyrocketing of prices in domestic market in pulses and oils which is a cause of major concern for general public and the government alike.

The government has developed the new strategies for achieving self-sufficiency in pulses and oilseeds.

Protein malnutrition in India can be eradicated by regular and adequate supply of pulses to the poor people. There is need an effective strategy to increase production, productivity, area and processing techniques for oilseeds and pulses to mitigate the demand of increasing population.

The Indian Council of agricultural Research (ICAR) has made the strenuous efforts to increase the production of oilseeds and pulses by involving its research and extension mechanism across the country. Government of India has also supported 'International Year of Pulses - 2016' a call given by United Nations by organizing various activities and events among the farmers with the objective to promote pulses cultivation across the country.

India is the largest producer and consumer of pulses in the world. In India pulses are grown in an area of around 28 million hectares of land with productivity of about 885 kg/hectare which is less than the global average.

In order to mitigate the projected demand of pulses, productivity must be enhanced to a level of 1200 kg per hectare and additional area need to be brought under pulses across the nation. More efforts are needed to drastically reduce the post harvest losses of pulses. There are various bottlenecks to achieve the target of pulses production. Around 92 per cent of the area under pulses is rainfed where pulses cultivation mostly depends on monsoon rains.

Drought and heat stress conditions may reduce pulses crop yields up to 50 per cent, especially in arid and semi-arid regions. Pod borers, aphids, cutworms, white fly, powdery mildew, blights, wilts are the major insect-pests and diseases affecting many pulses. Generally, pulses are treated as secondary crops. Availability of quality seed of improved varieties is one of the major inputs in increasing productivity of pulses.

The government has launched many new initiatives and strengthened various programmes to increase the production of pulses across the nation. Government of India is operating a National Food Security Mission (NFSM) to maintain sustainable food security in the country which provides support to pulses, cereals, millets and selected commercial crops.

Previously the NFSM was operative only in limited states but now the present government has extended its benefits to all the states and districts across the country. This will benefit north-eastern states and hilly states/UT like Jammu & Kashmir, Himachal Pradesh and Uttarakhand. These states/UT have huge potential for cultivation of pulses. The support provided by NFSM is helpful to boost pulses production in these areas and across the country.

Edible oils occupy a unique place in Indian society, culture, dietary patterns and economy of the nation. According to 'VISION - 2015 document of ICAR - Indian Institute of Oilseeds Research, Hyderabad, India is one of the largest vegetables oil economies in the world next to USA, China, Brazil and Argentina. Due to diverse agro-climatic conditions and geographical loca-

tions in India, farmers are able to grow the entire nine annual oilseeds viz. groundnut, mustard, soybean, sunflower, sesame, safflower, niger, castor and linseed. Among these, castor and linseed oils are chiefly used for industrial and other applications.

In India, oilseeds are the second most important crop after cereals sharing 14 per cent of the country's gross cropped area and account for nearly 3 per cent of the Gross Domestic Product (GDP).

Value wise, oilseeds constitutes nearly 6 per cent of the value of all agricultural products. India grows oilseeds on an area of nearly 27 million hectares. Demand of vegetable oils is increasing steadily because of the lifestyle changes in dietary pattern and increasing per capita income.

Interestingly, India is also largest cultivator of oilseeds in the world. Like pulses, oilseeds also face challenges in terms of climatic stresses and unfavourable farming conditions. Nearly 70 per cent of the oilseeds area falls under rainfed farming where climatic vagaries cause severe damage to crops. Studies have indicated emergence of biotic threats which have the potential to disrupt the production patterns and regional crop preferences in a significant manner.

Number of schemes have been launched for the welfare of farmers by increasing profitability of agriculture through innovative policy initiatives. These schemes are also helping pulses and oilseeds farmers to increase their income level by increasing the production and productivity.

'Pradhan Mantri Fasal Bima Yojana' promises security of income to farmers despite natural vagaries at a very nominal premium.

'Pradhan Mantri Krishi Sinchayi Yojana' is continuously expanding irrigation facilities to the rural areas and also helping increase irrigation efficiency by introduction of micro-irrigation techniques. The nation-wide soil health card scheme is also helping the farmers to increase land fertility and productivity. All these schemes, initiatives, programmes and activities are helpful for the farmers to increase the pulses and oilseeds production.

(The writer is Sr. Scientist & Head of KVK, Reasi, Sher-e-Kashmir University of Agricultural Sciences and Technology-Jammu)

YOUR COLUMN

Gole Gujral- Bhagwati Nagar road in pathetic condition

Dear Editor,

The dilapidated condition of Gole-SOS- Bhagwati Nagar road is causing hardships for local residents, while the R&B Department seems least bothered about it. Locals alleged that they brought the matter into notice of department concerned several times for repairing of the said road but to no avail.

Commuters said that the potholes developed on the road due to water logging are posing serious threat to bikers, old aged persons and children but the department is in deep slumber. If the road is not immediately renovated there can be any catastrophe in future and the concerned Department will be responsible for the same. People shared that last year due to heavy rainfall, the road was damaged

Locals appeal administration to repair the road as soon as possible to avoid any mishap. The people once again urged the authorities to take up the renovation work of the road immediately instead of waiting for a major accident to take place.

Is the money received by wife from husband taxable?

Dear Editor,

The straight answer is emphatic 'no'. If it is taxed it amounts to double taxation. The husband has already incurred tax on that income. Because the husband parts with a portion of his income to meet the household expenses which he pays to his wife. It is not an earning by and income to the wife. But when the wife saves the money after meeting household expenses and if that saving is invested, the income earned by such investments attracts tax. It is not illogical. This is something that everyone can understand. Money given to wife is considered as gift in the tax law. Wife is considered as a relative.

Hence money given as gift to relative is not taxable. Money given as gift to the wife does not obviate the tax liability on the part of husband. Gift tax is payable when any individual receives cash gifts exceeding Rs. 50,000/- in a single financial year. The amount in excess of Rs. 50,000/- attracts income tax to the giver and gift tax to the receiver. Double taxation is manifest in the name of income tax and gift tax. Double taxation is unfair. It would be fair if the giver of the gift is removed from the tax bracket. If tax has already been paid that proportion of the gift tax which the gift receiver pays has to be given as exemption to the giver in the next year. Taxation law needs to be revamped. There are four countries viz., Bermuda, Monaco, the Bahamas and the United Arab Emirates (UAE)

where the income tax is not payable by the citizens of that country. In fact, Dr. Subrahmanian Swamy had raised pitch for income tax abolition in India. It was a cry in wilderness. There was a public outcry to keep the payment of dearness allowance (DA) tax-free on the ground that the DA is paid to offset the increasing cost of living. Salaried class do not need DA if the cost of living is stabilized. Stabilization of cost of living is impossible because the price behaviour of goods and services cannot be controlled or tamed. What is given as DA is only to absorb the increased cost.

This argument was not accepted by the Supreme Court. Hence, DA is continued to be taxed. Digital payments would be in the Tax authorities lens. Cashless economy in toto is quite convenient. But at the same time, every sundry expense will be at display. Further, the number of pass books to be obtained swells. Even a layman knows, to know the balance, one need not get the pass book entry.

But the need for pass book entry cannot be dispensed with in toto. When a person wants to take a glance at the transactions made through Bank in the long or recent past, pass book is a convenient record to know. When pass books are sought frequently, the banking authorities grumble. Digital payment should be used as a substitute where the payer and the payee are at remote places in which case cash payment is not possible, where the amount involved in the transaction is high and when carrying heavy amount is risky. Digital payment and cash payment should go hand in hand. One cannot be foregone for the other.

K.V. Seetharamaiah