

# Editorial

Imphal, Wednesday June 21, 2017

## For that little bit more

The one basic thing that could make much of almost everything much easier, simpler and smoother, yet seemingly impossible to accomplish is the act of coming clean. It would indeed take a much greater strength of character to own up to our mistakes and shortcomings, and still greater willpower to refrain from deliberately committing acts we consciously know is wrong and false. The few fortunate ones who have the grit and will to transcend these urges are acknowledged and respected, even revered. On the other hand, a new breed of "Go-Getters" who would not stop at anything to achieve their goal is on the rise - the pressures of present day society helping in developing and pruning such mindset to perfection. They are the restless, hyperactive and aggressive ones who do not cater to emotions and aesthetics. Modern parents and guardians are increasingly urging their wards to adopt the latter approach towards life in order to carve out a place in the society that invariably results in a level of respect - respect that again is dependent on the earning capacity, the social circle adopted and living status maintained. Increasing compulsions for security in terms of food, shelter and a step towards a more secure future could be the factors that prompted the collective thinking towards adopting such an attitude towards life. But then, does that justify the adage "All is fair and love and war"? Is our life becoming a daily struggle, a battle - if not a war, we are destined to wage every single living day of our lives? Where does that leave us with any room or opportunity for improvement - not the financial kind, but a more rounded and holistic one as a person? The present developments in the society - particularly that of mindless atrocities and lack of considerations that is becoming rampant would be, to a large part, a spill-off of this new approach towards life. Greed takes precedence over everything else, making our lives worse off than when we started. What then could be the panacea for these aberrations that has come to plague our lives of late? The answer lies within us - common knowledge which just needs to be acknowledged, and more importantly to act on. Putting up a façade of make-believe and a show of benevolence and righteousness will not absolve anyone of the crimes and wrongs. This is of utmost importance for everyone, and more so for those who are donning the role of public representatives. Concepts like beauty, peace and harmony can only be experienced if we can rise above our petty urges and look at life - that of ourselves and the ones around us in a different and totally new perspective - one that does not have anything to do with wealth, power or fame. But how does one explain these "abstract" concepts, even after knowing them to be true, to someone struggling to earn a square meal on a daily basis? Aren't there adequate schemes and programs to alleviate these basic sufferings being borne by a majority of the people in the State? How do these people who are consistently trying to find any menial job just to earn enough to eat come to know of these schemes if they are not informed, and more importantly, assist them in getting their fair share? Who would not want a little extra, even in spite of having more than everything they could possibly ever need in life? The best persons to validate this observation will be in the performance of those in whose hands are the reign of power and affairs of the State. "The earth has enough to satisfy man's needs but not man's greed": Mohandas Karamchand Gandhi.

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By : Ratnadeep Banerji

There is a natural tendency for unification of various entities of our planet. Yoga perceives and attains it in its higher realms of *samadhi* dwelling on heightened state of mind and elevated knowledge. The unification of mind, body and soul is divinity. This is yoga and is achieved through *yogābhyāsa* to maintain poise between *pravritti* and *nivritti* in the attainment of *purusārtha*s. *Yogāsana*s is one part of yoga to attain perfection of body. The lore of India's tryst with yogis needs to retain its sanctity. Our Prime Minister, Narendra Modi feels - 'Yoga embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being.' The state of well-being is pervasive to our existence and pertains to global community. Why does a prime minister practice yoga on a public podium? A prime minister in any democracy is the vanguard of the citizenry. Shri Narendra Modi and his penchant for yoga has become a cult and his mission to popularize yoga has received worldwide appreciation. Yoga verily leads to better attainment in public life. The Prime Minister himself practicing it has instilled a precedent for others to try out and adjudge its prudence. Yoga also bears a secular mantle and cultural versatility. This has led yoga to get transplanted all across the globe. Prime Minister in his address to the 69<sup>th</sup> session of the United National General Assembly (UNGA) on September 27<sup>th</sup>, 2014 exhorted the world community to adopt an

## Yoga for Global Well-being

International Day of Yoga to render its profundity - 'Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and nature. By changing our lifestyle and creating consciousness, it can help us to deal with climate change.' Within three months, 193 members of UNGA approved this proposal by consensus with a record 177 co-sponsoring countries agreeing to establish 21<sup>st</sup> June as the International Day of Yoga. The Ministry of AYUSH has been striding forth with establishing the curative values of yoga and integrating yoga with various disciplines to reap societal benefits. Be it the high altitude soldiers or mountaineers or expeditions in Antarctica, yoga streamlines body's functioning to the requisite elimination of body wastes and bolster better assimilation of nutrients for bodily build-up. Yoga can be of immense benefit to the armed and paramilitary forces. Yoga is highly effective in enduring cold tolerance and proves to be immune-modulatory and anti-inflammatory and also in augmenting stress hormones and neurotransmitters. Yoga workout improves the brain derived neurotrophic factor (BDNF) and the alpha index of electroencephalogram sees improvement. Yogic practice on stress hormones and neurotransmitters sees a spurt. Defence Institute of Physiology & Allied Sciences (DIPAS) under Defence Research & Development Organization in collaboration with Morarji Desai National Institute of Yoga (MDNIY) and Swami Vivekananda Yoga Anusandhana

Samsthana (S-VYASA) developed customized yoga packages for army, air force and navy to tackle high altitude, hot desert and cold desert conditions and submarine and ship conditions. According to Dr Shashi Bala Singh, outstanding scientist and Director of DIPAS, 'scientific investigations on āsanās and Director of DIPAS, 'scientific investigations on āsanās and Director of DIPAS, 'scientific investigations on āsanās have enabled its application in combating the stress in soldiers and promoting their psycho-physiological fitness. Yoga can also be a support system to cope up and overcome the disturbed biorhythm and social isolation in adverse climatic conditions.' Yogic practices on BSF have shown to improve anaerobic power. Yoga in Antarctica was tried out during 35<sup>th</sup> Indian Scientific Expedition to Antarctica in 2015-2016. 'Effect of Antarctic conditions and mitigation: yoga for Indian Expedition' was undertaken by DIPAS and S-VYASA to facilitate better thermoregulation and minimize sea sickness. Also, yoga was found to enable better adaptations to the changes in the circadian rhythm or the body clock while staying at Bharati and Maitri stations in Antarctica. Improved sleep architecture and better mood prevailed. Yogasana is not just for body flexibility but has a profound corrective action on aberrant human physiology. Several incurable ailments for modern medicine such as epilepsy, mental disorders, endocrine imbalance etc find a solution. Prof K.K. Deepak is the Head of Department of Physiology at All India Institute of Medical Sciences (AIIMS), New Delhi. He has carried out

measurement of autonomic tone using heart rate variability before and after prānāyām and sudarshan kriya which involves regulated and rhythmic breathing. The effect of controlled breathing exercise on the psychological status is also noted. He has made assessment of sympatho-vagal modulation during prānāyām and conscious paced breathing. Heart Rate Dynamics during Shambhavi Mahamudra, a practice of Isha Yoga was worked upon. Voluntary heart rate reduction is proven possible following yoga using different strategies. Cardiac autonomic function even in patients with diabetes improves with practice of comprehensive yogic breathing program. An extensive study on yogic therapy in epilepsy and prolonged meditation practice as a useful adjunct for management of drug-resistant epileptics has also been carried out in AIIMS. Yogic intervention for mental disorders is also possible. Studies have also been conducted to see the effect of yoga based intervention in patients with Inflammatory Bowel Disease. The effect of comprehensive yogic breathing program on type 2 diabetes is also noted. What is āsana and how should it be done? *Shirāsukhamāsanam*, says the seer Patañjali. Late Yoga Guru B.K.S. Iyengar translates it as, 'the sense of sanctity brings composure and poise in the body, feeling of firmness in mind and benevolence in the intelligence'. Acmaṅga Yoga of Patañjali holds exemplary toning regimen. (Courtesy PIB Feature)

## National and International News

### UN chief says he is engaged in bringing about India-Pak dialogue

**United Nations, June 21:** UN chief Antonio Guterres has said he is engaged in bringing about a dialogue between India and Pakistan to resolve the Kashmir issue through his meetings with the prime ministers of the two

countries. "Why do you think I met three times the Prime Minister of Pakistan and two times the Prime Minister of India," Guterres said with a laughter, responding to a question during a press briefing

here whether he is engaged in bringing about dialogue between India and Pakistan to resolve the Kashmir dispute. "For someone accused of doing nothing, it is quite a number of meetings," the Secretary General said, referring to criticism that he has been shying away and is reluctant to act to defuse tensions between India and Pakistan over the Kashmir issue. Guterres, addressing reporters at his first press conference at the world body's headquarters since assuming office in January, was asked about the escalating tensions between India and Pakistan along the Line of Control and the ceasefire violations since he assumed office. Guterres did not elaborate further but through his response he did not make any indication that he will act as a mediator between India and Pakistan to resolve the Kashmir issue. Modi and Guterres had met in St Petersburg earlier in June on the sidelines of the St Petersburg International

Economic Forum. During the meeting, Modi had stressed on multilateralism to address global challenges such as terrorism. Pakistan Prime Minister Nawaz Sharif and the UN chief had met on the sidelines of the World Economic Forum at Davos in January and again this month in Astana on the sidelines of the Shanghai Cooperation Organisation (SCO) summit. Guterres' spokesman Stephane Dujarric, when asked at press briefings about the Secretary General's response to the situation in Kashmir, has repeatedly said that Guterres is following the situation in the region closely. The UN Chief has not made any direct intervention to resolve the issue, reiterating his call for India and Pakistan to find a peaceful solution through engagement and dialogue. Pakistan continuously raises the Kashmir issue at the UN seeking the world body's intervention in the dispute with India. But New Delhi has always maintained that Kashmir is a bilateral issue with Islamabad.

### Indefinite bandh continues in Darjeeling hills

**PTI Darjeeling, June 21:** Normal life continued to be crippled while Internet services remained suspended on the seventh day of the GJM-sponsored indefinite shutdown today.

The police and security forces patrolled the streets of the hills and police pickets were placed at the entry and exit routes of Darjeeling.

Except pharmacies, all other shops, hotels and restaurants remained closed.

An all-party meeting convened by the Gorkha Janmukti Morcha (GJM) yesterday had passed a resolution that the shutdown would continue until security forces were withdrawn.

The GJM, spearheading the agitation for a separate Gorkhaland, also decided to withdraw from the tripartite accord on the Gorkhaland Territorial Administration (GTA). There were reports of some tea

garden workers being beaten up by GJM supporters in Naxalbari area, 65 km from Darjeeling. GJM, however, denied the reports.

The GJM took out small rallies in various parts of the hills demanding a separate state.

Internet services remained suspended for the fourth day in the hills. Locals termed it as an "oppressive step against a democratic movement."

The parties, which attended yesterday's meeting, also decided not to participate in the June 22 all-party meet called by the West Bengal government to discuss the prevailing situation in the hills. GJM spokesperson T Arjun had told reporters after the meeting that it was also decided that an all-party coordination committee would be formed which would soon send a delegation to meet Prime Minister Narendra Modi and Union Home Minister Rajnath Singh to press for the demand for Gorkhaland.

### 2 Hizbul militants killed in encounter

**PTI Srinagar, June 21:** Two Hizbul Mujahideen militants were today killed in an encounter with security forces in Sopore township of north Kashmir's Baramulla district, police said. The militants have been identified as Basit Ahmad Mir, a resident of Indergam Pattan, and Gulzar Ahmad, a resident of Brat Sopore. Following intelligence inputs about the presence of militants, security forces had launched a

cordoned and search operation in the area last night.

The search operation was halted for the night but the forces maintained the cordon to stop the militants from escaping, a police official said.

He said the operation resumed this morning and the gunfight started after the trapped militants opened fire on the forces. Two AK rifles, five AK magazines, 124 AK rounds, a hand grenade and a pouch have been found at the encounter site, the official said.

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