

CITY 3 GOVT TO MAKE KRISHI KUMBH 2.0 A GLOBAL EVENT

NATION 5 ARMY FOILS INFILTRATION BID ALONG KUPWARA

SPORT 7 BUTTLER'S MEN HAVE STOKES' FIRE, BUT...

LUCKNOW, SUNDAY OCTOBER 1, 2023; PAGES 12 ₹3

sunday pioneer

www.dailypioneer.com



KHALISTANIS RUN RIOT IN UK

India condemns blocking of Indian envoy's entry to Glasgow gurdwara



Khalistanis block the car of Indian High Commissioner to the UK Vikram Doraiswami from entering a gurdwara in Glasgow on Saturday

PTI ■ LONDON
The Indian High Commissioner to the UK, Vikram Doraiswami, who was touring Scotland this week was blocked from entering a gurdwara in the city of Glasgow by pro-Khalistan extremists, an incident the Indian mission dubbed as "disgraceful" before reporting it to the UK government.
In a statement issued on Saturday, the High Commission of India in London said that three people from outside Scotland "deliberately disrupted" the visit on Friday evening, and one even attempted to violently force open the diplomatic vehicle as senior diplomats arrived at Glasgow Gurdwara Guru Granth Sahib on Albert Drive.
As they hurled threats and abuses, the High Commissioner (HC) and Consul General of India (CG) decided to leave the premises to avert any further altercation.
"On September 29, 2023, three persons — all from areas outside Scotland — disrupted a planned interaction organised by the Gurdwara Committee for the community, the High Commissioner (HC) and the Consul General of India (CG)," said the High Commission of India in a statement.

"This interaction was to discuss community and consular issues. The organisers included senior community leaders, ladies and Committee members, and a member of (the) Scottish Parliament. They were threatened and abused by these elements. In an effort to prevent any potential altercation, the HC and CG decided to leave the premises shortly upon their arrival," it said.
The statement goes on to add that one of three elements attempted to "violently force open the HC's car door," which will require suitable police consideration.
"It is due to the quick reaction of one of the organisers, who physically intervened at the car door, that a bigger incident was avoided. The High Commission of India has reported this disgraceful incident to the Foreign, Commonwealth and Development Office (FCDO) and the Metropolitan Police," the statement added.
The FCDO Minister for Indo-Pacific took to social media soon after to express her concern over the incident.
"Concerned to see that the Indian High Commissioner, Vikram Doraiswami, was stopped from meeting with the Gurudwara Committee at the Gurudwara in Glasgow.

The safety and security of foreign diplomats is of utmost importance, and our places of worship in the UK must be open to all," Anne-Marie Trevelyan said in a post on X.
The gurdwara committee and local community leaders have expressed their regret over the incident and have called on the authorities to take action against the culprits. The local police said it was called to the "disturbance," and its enquiries remain ongoing.
"We were called around 1.05 pm on Friday, 29 September, to a report of a disturbance that happened in the Albert Drive area of Glasgow. There were no reports of any injuries, and enquiries are ongoing to establish the full circumstances," said a Police Scotland spokesperson.

The incident follows a diplomatic standoff over the issue of pro-Khalistan extremism after Canadian Prime Minister Justin Trudeau's statement in the country's Parliament last week that the authorities are "actively pursuing credible allegations" related to Indian government involvement in the murder of Hardeep Singh Nijjar, a designated terrorist, allegations which the Ministry of External Affairs has strongly rejected as "absurd and motivated".
"This is exactly how we should be greeting any Indian ambassador, anyone from the Indian government who comes in an official capacity under any excuse of doing visa applications or whatever it might be," a Sikh man is heard saying in a video posted on social media

by a group called Sikh Youth UK following the incident in Glasgow.
The incident came towards the end of a two-day visit of the Indian High Commissioner to Scotland.
During his meeting with Scotland's First Minister, Hamza Yousaf, the issue of British Sikh Jagtar Singh Johal in custody on terrorism charges in India was also raised.
"Replying to some issues raised by FM (First Minister Hamza) Yousaf, HC (High Commissioner) stressed that due process is being given under laws to Mr Johal, who faces 8 serious terror charges. FM also 'appreciated' HC's clear message that rights of all communities are guaranteed in India's pluralist and free democracy," the Indian High Commission tweeted with reference to the meeting.
The Indian mission added that the discussions with Scottish leaders ranged from India-Scotland cooperation in sectors across fintech, sustainable agriculture, tourism and water conservation. A visit to the Scottish Parliament, a lecture entitled 'India@75' at the University of Edinburgh, an interaction at the University of Strathclyde and a breakfast meeting with leading business chiefs on topics ranging from whisky, aviation, energy, agriculture, green economy, space and investments were part of the packed two-day schedule to the region.

Do not normalise Canada situation: Jaishankar

PTI ■ WASHINGTON
Hitting out at Canada, External Affairs Minister S Jaishankar has said it is necessary to call out things like violence, threats and intimidation against Indian diplomats and missions and wondered if this had happened to any other country would the world have taken it with equanimity.
"Let's not normalise what is happening in Canada," Jaishankar said during an interaction with Indian journalists here on Friday.
His remarks came amidst simmering tensions with Ottawa following Prime Minister Justin Trudeau's explosive allegations of the "potential" involvement of Indian agents in the killing of Khalistani extremist Hardeep Singh Nijjar on June 18 in British Columbia.
India had designated Nijjar as a terrorist in 2020.
India has angrily rejected the allegations as "absurd" and "motivated" and expelled a senior Canadian diplomat in a tit-for-tat move to Ottawa's expulsion of an Indian official over the case.

"We have had an ongoing problem with Canada and the Canadian government for some years now. The ongoing problem really revolves around the permissiveness to terrorism, extremism and violence. This permissiveness is also reflected in the fact that some important extradition requests have not been responded to from their side," he said.
"We have had smoke bombs thrown at the mission, we have had violence in front of consulates, there are posters put up. Do you consider this normal? If this had happened to any other country, how would they react? Let's not normalise what is happening in Canada. It is important to call out what is happening there," Jaishankar said.
"What is happening in Canada, had it happened anywhere else, do you think the world would've taken it with equanimity?" he asked. When asked about Trudeau's allegations, he said India has already pointed out to Canada that this is not the government of India's policy.
"But if they are prepared to share with us specifics and

anything relevant, we are also open to looking at it. So in that sense, that's where the matter stands," Jaishankar said.
Jaishankar said one of the problems is that no incident is isolated and the totality as there is a context for everything.
"There are multiple problems out there. So, I guess in the case of individual incidents, the concerned governments will have to talk to each other and see how they sort of take it forward," he said.
"But there is a larger issue. And I think it's important that the larger issue should be flagged. The larger issue is this permissiveness that I have spoken about," he said.
He also asserted that it was not acceptable to make threats and intimidate diplomats in the name of freedom of speech.
"We don't need to learn from other people what freedom of speech is about. But we can tell people this. We don't think freedom of speech extends to incitement, to violence. That to us is a misuse of freedom," he emphasised.
Continued on Page 12

PM Modi ignites hope

PIONEER NEWS SERVICE ■ NEW DELHI
Affirming that the Aspirational Districts Programme has positively impacted over 25 crore people across 112 districts, Prime Minister Narendra Modi stated on Saturday that he plans to return next year to assess its progress.
During an event launching "Sankalp Saptah" linked to the Aspirational Blocks Programme, the Prime Minister inaugurated the Aspirational Blocks Programme Portal, declaring, "For me, this gathering is no less important than the G20."
He emphasised that the programme represents the success of Team Bharat and the spirit of Sabka Prayas.
The PM highlighted that the Aspirational Districts Programme has transformed these areas into "inspirational districts." He announced an ambitious goal: within the next year, at least 100 out of 500 aspirational blocks will become inspirational.
Modi urged officials from various ministries to select 100 blocks that are lagging behind in their respective departments and elevate them above the national average on various parameters.
Expressing confidence in meeting again in October-



Prime Minister Narendra Modi during the launch of a week-long programme for Aspirational Blocks titled 'Sankalp Saptah' at Bharat Mandapam in New Delhi on Saturday PTI

November 2024 for an evaluation, Modi addressed an audience that included government officials, representatives from approximately 3,000 panchayats and blocks, and functionaries from across the country.
Around two lakh individuals, including block and pan-

chayat-level functionaries, farmers, and local residents, virtually participated in the event. The Prime Minister noted that the Aspirational Districts Programme will hold a significant place in any list of the top 10 programmes of independent India.
At the Bharat Mandapam event, Modi contrasted the venue's previous role in hosting world leaders' discussions on global matters with its current focus on grassroots-level issues involving participants from all corners of the country.
The international convention and exhibition center at Pragati Maidan, which hosted the G20 Summit during India's presidency, played a pivotal role.
Modi emphasised the crucial importance of optimal resource utilisation, convergence, and public involvement in grassroots development.
Drawing from his extensive government experience, he stressed that budget allocation alone is insufficient for creating change. Through efficient resource utilisation and convergence, progress can be achieved without additional funds.
The Prime Minister emphasised the need for equitable resource distribution and urged increased public participation in achieving goals.
He engaged with block-level officers from three aspirational districts: Baheri (Uttar Pradesh), Mankote (Jammu and Kashmir), and Resubelpara (Meghalaya).
Each day of 'Sankalp Saptah', from October 3 to October 9, focuses on a specific development theme, with all aspirational blocks actively participating.

India tramples Pakistan

India gets Gold in Squash, Maiden Gold for Badminton



Indian captain Harmanpreet Singh celebrates with teammates after beating Pakistan in the men's hockey competition at the 19th Asian Games in Hangzhou on Saturday PTI

PTI ■ HANGZHOU
Captain Harmanpreet Singh found the net four times as a rampaging India hammered Pakistan 10-2 to record their biggest-ever win over the arch-rivals in a one-sided Pool A match to book a semifinal berth in the men's hockey competition at the Asian Games here on Saturday.
Harmanpreet scored in the

11th, 17th, 33rd and 34th minutes while Varun Kumar (41st and 54th) struck twice. Mandeep Singh (8th), Sumit (30th), Samsher Singh (46th) and Lalit Kumar Upadhyay (49th) were the other goal getters.
Pakistan reduced the margin through Muhammad Khan

(38th) and Abdul Rana (45th) as India toyed their opponents for large part of their penultimate pool match. This was the 180th match between the two teams and the 8-goal margin win was the biggest-ever in the history of India-Pakistan hockey.
India's earlier biggest victory margin was 7-1 against Pakistan registered in 2017.
Pakistan's 7-1 win in the final of 1982 Asian Games in New Delhi was their biggest win against India.
India, thus, exacted revenge of that humiliating loss 41 years ago though Saturday's match.
India collected 12 points from four consecutive wins to
Continued on Page 12

PATANJALI
Ye Shastra hai Vigyan hai, Puratan ka Gaan hai.
Ye Vedon se mila hua Maharishiyon ka Gyan hai.
Hai Panchtatvon ki Sugandh, naa koi Shak naa koi Dwand.
Vata, Pitta, Kapha ko jo karta hai Nitya Khand-Khand.
Ashuddhta ka Bhaav bhi, isko naa chhu sake kabhi.
Ye Jiwaniya Shakti hai, isme naa Atishyokti hai.
Ayurved ka ye Saar hai, Aarogya ka Prakash hai.
DIVINE AND PRICELESS
Patanjali Chyawanprash
is the Best in the World
It increases strength, agility and immunity.
'First time in the world' Leading research journal 'Frontiers in Pharmacology' carries a research paper that proves that Patanjali Special Chyawanprash cures inflammation and enhances immunity.
www.ncbi.nlm.nih.gov/pmc/articles/PMC8633414/

"Reflecting on where I came from helps me to appreciate and balance what I have now"
— Meghan Markle



REMEMBERING JAYANTA MAHAPATRA

A POET OF DEPTH AND HUMANITY

Jayanta Mahapatra, revered Indian poet, delved into human psyche with poignant verses. His works, spanning social disparity and existential reflection, resonate beyond accolades. His legacy is one of profound introspection and empathetic insight, leaving an enduring impact

All the poetry there is in the world/appears to rise out of the ashes.

Jayanta Mahapatra in "All The Poetry There is"



KK SRIVASTAVA

Poetry and poetic experiences are strange phenomena. That was the precise reason Plato banned poets from entering his ideal Republic. Athenian society, at the zenith of rationality, offered poison to Socrates. Socrates's fault was his belief in the power of scrutiny, of judgement. He found "an unexamined life is not worth living." Genuine poets pierce through the layers "an unexamined life" is made of and then let gathered clouds in their minds get scattered by the sunlight of their musings.

Jayanta Mahapatra, such a poet, was one of the most revered doyens of English poetry in India who delved into deep, unexplored human psyche wherein he slipped into pseudo-realistic visions: more real than real. We lost him.

I knew him since 2005 when the then Sahitya Akademi's Secretary Nirmal Kanti Bhattacharjee introduced me to him. Since then we cherished a relationship words can hardly describe. Many handwritten letters, a few telephonic conversations and his FOREWORD to my book of poems SHADOWS OF THE REAL are the aftermath. I went to meet him once at Jaipur Airport but briefly, when he was returning from Ajmer after attending a literary programme. He was old but far from serious illnesses. The warmth of his embrace is still a treasure with me.

During the course of more than fifteen years of association, I chanced upon reading many of his poetry books including Relationship that fetched him Sahitya Akademi Award in 1981. He sent me a number of issues of the prestigious literary journal Chandrabhaga. He wanted me to read The Hudson Review from the USA that I subscribed to and was immensely pleased to read Mahapatra's long letter to its Editor (one of the features of the magazine was to feature each issue a long letter from world's top litterateurs across the world.)

If I were to summarise Mahapatra's poetry, I find it in one of the issues of Chandrabhaga, where he pens in "First Page", "It is a small life I live. Perhaps in the way I am, doing small things, like plucking a half-ripe guava from the tree in our yard, the green cozying up to my senses, the mesmerising aroma waking me up.....Perhaps one should not be one of those who suffer because the world is a wreck, it's hard to say. Does it matter?"

HIS POETRY IS ABOUT TRUTH, JUSTICE, DEPRIVATION, SELF-DELUSION, ANXIETY, SELF-PACIFICATION AND SOLACE. AT TIMES LUCIDLY, AT TIMES SURREPTITIOUSLY, HIS POETRY HARPS ON THE ESSENTIAL HARMONY IN THE DIVERSITY OF THINGS: LATENT OR APPARENT. HE OBSERVED EVERYTHING OF THE UNIVERSE AS A COMMON HERITAGE FOR ALL: POOR OR AFFLUENT. READERS OBSERVE IN THE DEPTH AND MAGNITUDE OF THE FEELINGS/SENTIMENTS MAKING HIS POEMS, THE RISING STORMS IN MAHAPATRA'S MIND. HE KEPT ON EXPLORING THE SOCIAL POWER OF THE PLEBEIANS THROUGH HIS POETRY



But look at concluding lines that amaze:
It's my job to love people again and again. To feel flowers blossoming in the sun, butterflies dipping into the pollen.

He was certainly not the poet of the great and prosperous. He evolved over a number of years through his penetrating observations and interactions. He developed a tender fellow feeling for the men, women and children on the margin.

"Hope lay perhaps in burning the home I lived in."

He writes in HUNGER. Readers can interpret the way they wish.

Always there was the question in his lips, the bewilderment in his eyes, the rebellion of his soul. He spent his last days in extreme loneliness tackling the tyranny of his memories and dreams. He writes in SPRING, "Somehow it seems the light/has spent its night in another's arms/But it's here with me now/with a story of a million words." He had faith in the power of words. He transferred his own fluid moment into the frozen store of memory and surveyed his dreams through a pragmatic eye.

His poetry is about truth, justice, deprivation, self-delusion, anxiety, self-pacification and solace. His poetry is indispensable irrespective of time and space. His poetry oscillates between the virility and verisimilitude. As in Mask of Longing—

A time when even oxygen seems to hiss cruelly

In those crumpled eyes of hers the light of death goes on gathering shadows. And I feel I'm late with my life.

At times lucidly, at times

surreptitiously, his poetry harps on the essential harmony in the diversity of things: latent or apparent. He observed everything of the universe as a common heritage for all: poor or affluent. Readers observe in the depth and magnitude of the feelings/sentiments making his poems, the rising storms in Mahapatra's mind. He kept on exploring the social power of the plebeians through his poetry.

His poems endeavour to trace different facets of human life and existence: love, lust, revenge, sufferings, fears and deprivations. His voice is melancholic, sharp, intimate and scans the movement of time and human beings' silence. Many of Mahapatra's collections are kaleidoscopic collections of poems written with diverse thought processes underway. These engage readers with preoccupation of human beings with fleeting time and man's questionable existence in the universe. His poems weave a quagmire of wonton thought that invades poet's psyche very incisively. Nostalgia aches,

There was something I did not like: his returning Padma Shri in November 2015. I conveyed it to him. Though nothing was heard from him, I got Mahapatra's last letter to me on August 5, 2019. He wrote of the sad demise of his wife, son and son's family, and summarising his concluding days by quoting from my poem DEPRESSION from my book of poetry Shadows of the Real, "the same known fire burns me from inside" and then added, "a fire unknown and nameless still goes on burning through the nights." His greatness lay in making small, unknown writers like me happy and joyous through his words.

His concluding life reminded me of a line from his poem A STILL WINTER MORNING, "standing like a lost sheep/huddled away from death." Or as Brazilian poet, Izacyl Guimarães Ferreira confronts us with what he thinks of life in his poem — A WAR

WITH NO NAME, "There is too much and there is too little/there is warmth and there's a chill." Life links; it delinks too.

In Indian Summer, Mahapatra in his characteristic way, bemoans loneliness of a woman:

The good wife lies in my bed throughout the long afternoon, dreaming still, unexhausted by the deep roar of funeral pyres.

In this poem there are all disconnected pictures, with none of them being in any way inter-related to the others. "funeral fires" convey the deepest amount of mental agony of "a good wife".

Truth is either the most simple or the trickiest of the phenomenon a man has to deal with. It brings awakened enlightenment thought amidst suffocating pains for those who keep truth on the highest pedestal. Look at following lines:

The worn-out face of India/ holds the weak eyes of dumb,/ solitary poets who die alone.

For truth seekers, there are no engrossing dilemmas; no consequences. He clarifies doubts; he clears doubts as far as yearning for truths is concerned.

WH Auden pointed out three attributes in a poet to deserve him a classification of being a great poet, "Firstly a gift of a very high order for memorable language, secondly a profound understanding of the age in which he lives, and thirdly a working knowledge of and sympathetic attitude towards the most progressive thought of his time."

Mahapatra met all these stringent conditions based on which we remember him as a great poet. His deathless poems enabled him to pave his way into the mists of eternity.

Imagist simplicity with dense connotations, oscillating rhythms of ebbs and flows are a few scintillating characteristics of his poetry.

Poets who believe, to use writer, critic and Centennial Professor of English at Vanderbilt University, Mark Jarman's words, in "poetry with an edge", poetry has lasting impact on the world, for every poet contributes his little bit to keep the edges of poetry sharp. The moot question is: how capably each and every poet contributes to that edge. Poets have to determine poetry's strength and future. They possess their own ultimate destiny, which Mahapatra summarises in his poem, Twilight —

Newly-lit lamps in the houses across the street make me look out at the wet August evening that holds up the vast unknown in such small delicate hands.

As for Mahapatra, he belonged to the intellectual aristocracy of the world though he lived a very down-to-earth life in Cuttack, never hankering after literary awards and recognition. Reclusiveness is a serious writer's sine qua non.

(KK Srivastava is a former Additional Deputy Comptroller & Auditor General, an acclaimed poet, writer and columnist for The Pioneer, The Daily Guardian and Brazilian Literary magazine SIBILA. Currently, he is a nominated member from the category of 'Literate person from the public and community' of Ethics Committee on Research of mental health establishment- IHBAS (Institute of Human Behaviour and Allied Sciences), of Government of NCT of Delhi where he is working with a group of psychiatrists/neurologists on research work on mental health. Views expressed are personal.)



LOVE YOUR HEART

Ignorance may be bliss sometimes but never when it comes to the heart. Rapid urbanisation inducing stress and a stressful lifestyle, coupled with dietary issues, are alarmingly taking toll on the heart, spiking cardiovascular diseases year after year. These ailments have increasingly affected the younger age groups, imposing economic and social burdens on the society, doctors point out in a chat with THE HEALTH PIONEER

Dr Vivek Tandon, Additional Director, Interventional Cardiology, Fortis Hospital Greater Noida, said, "Cardiovascular diseases are one of the leading causes of mortality in India.

In the last few years, there has been a rise in heart attack cases which has also been recorded in various studies: 25% of Indians below 40 years of age are at a higher risk of suffering heart attacks or other serious heart-related ailments.

This risk increases to 50% for people between 40 and 50 years of age. Regular Health Screening, Weight Management and moderate exercising lowers the risk of heart attack, advises the medicos.

People with family history of cardio vascular diseases, smoking and high stress levels are at greater risk, they warn.

"Since heart health has been a serious concern in India, the need for introducing light to moderate exercise regime, maintaining body weight, healthy diet intake, reduce consumption of alcohol and tobacco are critical to avert any cardiac related ailments.

"Even if we are active, take a

balanced diet, give up smoking and alcohol, and introduce methods to keep stress levels under control, sudden cardiac arrests can be averted. One of the major reasons for increasing heart attack cases in the young population is the long working hours, reduced sleep, and relationship issues, which cause stress and lead to heart disease. People with risk factors like family history of cardiovascular disease and exposure to an unhealthy lifestyle must get themselves examined by doctors", added Dr Tandon.

Cardiologists at Amrita Hospital, Faridabad concurred even as they blamed stress, smoking and overeating-led visceral weight gain as the flagbearers of risk factors leading to cardiovascular challenges.

Dr. Vivek Chaturvedi, Head of Department (Adult Cardiology), Amrita Hospital, Faridabad said, "Stress management takes center stage in heart health so, it is crucial to avoid excessive stress and also smoking which is caused by it.

Additionally, maintaining control over eating habits is crucial; overeating should be avoided, and a healthy diet should be embraced. Abdominal obesity is a significant

concern for heart health which can be prevented through regular exercise and physical activity. Such activities hold great significance in preventing a range of diseases, including hypertension, diabetes, and obesity. Weight loss and blood pressure reduction can often be achieved through regular exercise without the need for medication."

The doctors emphasized upon inculcating healthy habits among students in the early stage itself. "School students should adapt to a healthy lifestyle early on in their lives which will help them sidestep adverse heart diseases in the long run," said Dr. Mohit Bhutani, Assistant Professor, Dept of Adult Cardiology, Amrita Hospital, Faridabad.

He added, "Students should focus on taking a balanced diet, with an adequate intake of proteins, carbohydrates, fats, and nuts while cautioning against excessive consumption of fatty foods. In the educational setting, schools play a pivotal role in promoting heart health among students. Schools to monitor students' anthropometry regularly, which includes measurements like height, weight, and body mass index, to identify and address

potential obesity concerns early on.

"Incorporating yoga and meditation into daily routines can enhance mental and emotional health of students. It is essential for students to avoid harmful habits such as smoking, excessive alcohol consumption, and substance abuse. Teachers are urged to lead by example by proactively integrating heart-healthy practices into their lives, including regular exercise, tobacco and alcohol avoidance, and stress management through activities like yoga and meditation."

Pramit Mishra, Facility Director, Fortis Hospital, Greater Noida stressed on having complete sleep. "In these competitive times, our sleep takes a toll, which impacts the overall health, whereas people who complete their sleep cycles and have healthier sleep patterns are better at managing health factors like weight and blood pressure along with a healthy heart."

India's share of one-fifth in the 17.9 million global heart attack deaths, as per WHO, is a stark reminder that heart disease is now affecting people in their 30s and 40s. This shift highlights the urgent need for preventive measures and

early detection in younger adults to curb this alarming trend.

Dr Jyoti Kapoor, Founder-Director and Senior Psychiatrist from Manasthali felt that one way to keep heart healthy is by keeping one free from stress.

"Stress is the silent architect of heart disease, weaving a web of risk factors that can shatter the strongest of hearts. It's not just an emotional burden; it's a potent risk factor for heart disease. When stress takes center stage in our daily existence, it orchestrates a symphony of physiological changes that can, over time, harm our cardiovascular health. Like a relentless storm, chronic stress can erode the resilience of our hearts, leading to increased blood pressure, inflammation, and unhealthy lifestyle choices.

"To protect the heart's sanctity, we must become vigilant guardians of our well-being, mastering the art of stress management. As we unravel the knots of tension, we fortify the heart's defenses, nurturing a future where stress is but a fleeting gust in the gentle breeze of a healthy heart."

The WHO South-East Asia Region member states need to join the global call to raise awareness

about heart health and accelerate actions to prevent, detect and manage cardiovascular diseases. The region is home to a quarter of the world's population, said WHO Regional Director for South-East Asia Dr Poonam Khetrapal Singh on the occasion of World Heart Day observed on September 29.

The WHO South-East Asia Region is experiencing a very high burden of noncommunicable diseases. Cardiovascular diseases are responsible for 3.9 million or 30 per cent of all deaths annually.

"Alarmingly, almost half (48 per cent) of these cardiovascular disease-related deaths occurred prematurely, affecting individuals aged 30-70 years and imposing significant socioeconomic burdens on families, communities and countries," Singh said.

The main causes to the burden of cardiovascular diseases include modifiable lifestyle factors such as tobacco use, alcohol consumption, unhealthy diets -- especially high salt intake -- and lack of physical activity. Raised blood pressure and glucose levels are the key drivers and these can be detected, diagnosed and managed adequately in primary care, she added.

SEVEN-DAY SELF-CARE FOR HEART HEALTH

Here is a seven-day self-care plan that is sure to get you on the road to improving your heart health:

● **Healthy Eating for Your Heart**
Everyone has heard that they need to eat healthier, but knowing what that actually means can be overwhelming and confusing. If your doctor has told you to lower your cholesterol to reduce your risk for heart disease, then ask the dieticians what type of food will work.

● **Get Your Blood Pressure Checked**

Did you know that you can feel fine and still be suffering from high blood pressure, also known as the "silent killer"? For that reason, it is recommended that you have your blood pressure checked at least once per year. If you also grapple with "white coat syndrome" (an increase in blood pressure due to the presence of a doctor or other medical professional), it is reasonable to use at-home cuffs or grocery store cuffs to get an idea of what your numbers are. Make sure that you remain quiet and calm for several minutes before taking the reading. Knowing your blood pressure and working with your medical team can be life-saving.

● **Engage in High-Quality Sleep**
Sleep disorders can have an impact on heart health; therefore, it is important to know the signs of a sleep disorder. Because you are unconscious when asleep, asking a family member or person with whom you live about your sleep behaviors is informative.

● **Weight Management and Maintenance**

Managing your weight is much easier said than done; however, obesity greatly increases your risk of heart health difficulties. If you have tried dieting and exercising with no success, there is still hope. If you feel that you have exhausted all options, speak with a physician to discuss next steps.

● **Moderate Your Sugar Intake**

Sugar intake is closely linked to inflammation and heart disease. If you have a sweet tooth, try to snag a fruit instead of a treat. Moderating your refined sugar intake will help keep your heart healthy, keep your weight down and get you feeling more energized throughout your day.

● **Quit Smoking and Avoid Smoke**

Smoking and regularly coming into contact with cigarette smoke is detrimental to your overall health and especially to your heart health. Did you know that when you quit smoking you begin to experience health benefits within just half an hour?

● **Be Active for 30 Minutes or More**

If lifting weights at a gym sounds intimidating, fear not. You can improve your heart health by focusing on increasing your physical activity by at least 30 minutes per day. Some ideas include dancing, swimming, walking and anything else that gets your body moving.

Courtesy: Washington University Physician

Unique SOS QR Code to ensure timely aid within 'Golden Hour'

This groundbreaking service of detecting the accurate location of the patient in need and providing ambulance service underscores the Manipal hospital's bid to transforming Bengaluru into a Heart Smart City, reports THE HEALTH PIONEER

In a bid to save lives and provide first aid faster during medical emergencies, Manipal Hospitals has launched an advanced SOS QR code through which one can avail ambulance service at the earliest in times of distress.

Manipal Hospitals has strategically positioned the QR codes at key traffic intersections, apartments, and a few vehicles for easy access during emergencies.

Patients or their caregivers can in an instant scan these codes using their Android and iOS mobile phones. The QR code will seamlessly provide real-time, patient location information to the nearest Manipal Ambulance Response Service and 108 Ambulance team.

These ambulances have been strategically stationed at various key points throughout the city so that they can transport patients to the nearest hospital. Manipal Hospitals has also launched a cardiopulmonary resuscitation (CPR) education programme for Bengalureans and proposed to the state government to make CPR education mandatory in colleges and schools

Guj Govt takes lead in heart diseases treatment

The Gujarat Government has spent approximately Rs 1614 crore on the diagnosis and treatment of heart disease patients in last five years even as it included the heart transplant procedure under AB PMJAY-MA.

Thus, making Gujarat the first and only state in the country to do so

On World Heart Day on September 29, the Gujarat Government shared that more than 2 lakh 95 thousand heart disease patients have availed free treatment under AB PMJAY-MA (Ayushman Bharat-Prime Minister Jan Arogya Yojana-Chief Minister Amrutam) in the last five years.

When considering the number of claims submitted by these beneficiaries, the figure exceeds 2 lakh 99 thousand.

Under AB PMJAY-MA, a range of diag-



nostic and treatment procedures for heart diseases are available. These include diagnostic angiogram, Coronary artery bypass grafting (CABG), Valve Procedures, Pacemaker Implantation, AICD - Automatic Implantable

Cardiac Defibrillator, Device Closure, femoral bypass and Ventricular pacing, etc.

It is well-known that the diagnosis and treatment of heart-related diseases are quite expensive. In such a situation, the Gujarat government has implemented the Prime Minister's Ayushman Bharat Yojana in the state in such an effective manner that the state's underprivileged families no longer need to wander extensively in search of heart-related check-ups and treatment.

In a significant move to provide an additional facility to serious heart disease patients from poor and middle-class families, the State Government has also decided to include the heart transplant procedure under AB PMJAY-MA, making it the first and only state in the country to take this step.

to make the community capable of providing critical assistance during medical emergencies.

Through these initiatives, the multi-specialty healthcare chain said, it aims to ensure that every crit-

ical patient receives timely assistance during the 'golden hour'. In medical circles, the 'golden hour' is referred to as the period of time immediately after an adverse health event such as a heart attack or stroke or tra-

umatic injury during which there is the highest likelihood that prompt medical and surgical treatment would prevent death.

As part of its health awareness programme, Manipal Hospitals has

also transformed traffic signals into heart-shaped symbols. These traffic signals display SOS QR codes for easy access to the ambulance service.

The heart-shaped signal at the traffic junction is meant to be a

reminder to everyone that every life counts and that one should not neglect one's own heart health.

This trend was set by introducing red heart signals last year at key traffic junctions, which was expanded to 37 traffic signals this year as well, with the support of Bengaluru Traffic Police and BBMP.

The event was inaugurated by Home Minister G Parameshwara and Minister of Health and Family Welfare Dinesh Gundu Rao along with Dr Sudarshan Ballal, Chairman of Manipal hospitals.

As per data from the Centres for Disease Control and Prevention, almost 47 per cent of cardiac arrest fatalities occur prior to a patient's arrival at the hospital. The key to saving lives during heart attacks lies in delivering prompt assistance such as CPR during the 'golden hour'.

Speaking about the newly launched initiatives, Dr Ballal said that at the time of an accident or a medical emergency, one just needs to scan the QR code and one of the ambulances of the hospital would get activated and rush to the spot as

early as possible.

"We have about 35 ambulances in our system in Bengaluru, which may not be enough. So, we have also sought the help of the '108' ambulance service so that there are enough ambulances to address the issue in case of emergency. We also want to educate as many number of people as possible about CPR so that we can save lives," he said.

Home Minister Parameshwara said he will make CPR training mandatory in police training academies in the state and also take efforts to include it in school and college curricula. "We have more than 12 police training academies in Karnataka and we will include CPR as part of our police training programme," he said.

Health Minister Gundu Rao said that in emergency situations, the quicker the patient is brought to the hospital, the better the chances of recovery increases. "We are also working to improve 108 ambulance service facilities and will push for giving CPR training to more and more people, as it can save more lives," he added.

WHEN A CULTURE HAS FALLEN TOTALLY AWAY FROM SPIRITUAL PURSUITS INTO MATERIALISM, ONE MUST BEGIN BY DEMONSTRATING THEY ARE EACH A SOUL, NOT A MATERIAL ANIMAL — L RON HUBBARD

YOUR WEEK AHEAD MADHU KOTIYA



ARIES March 21-April 19

The cosmos emphasizes the need to judiciously manage your monetary resources. While abundance is foreseen, your expenditures might surpass your earnings if not monitored.

Lucky number 24 | Lucky colour Lavender Lucky day Friday



LEO July 23-Aug 22

The stars bestow upon you a commanding presence, allowing you to steer situations with confidence this week. While emotions and passions run deep, they remain within your grasp.

Lucky number 26 | Lucky colour Indigo Lucky day Tuesday



SAGITTARIUS Nov 22-Dec 21

There are numerous shortcomings that require prompt rectification. Master the art of delegating tasks and pre-scheduling your routine to ensure efficient time and energy management.

Lucky number 23 | Lucky colour Amber Lucky day Wednesday



TAURUS April 20-May 20

You might come across harsh or unkind remarks from a colleague or even a loved one, which could be unsettling. Despite this, the week kicks off on a cheerful note with new opportunities presenting themselves.

Lucky number 17 | Lucky colour Coral Lucky day Saturday



VIRGO Aug 23-Sep 22

This week, you find yourself on an emotional whirlwind, reminiscing about old friends or yearning to be with family if you're away.

Lucky number 14 | Lucky colour Marigold Lucky day Monday



CAPRICORN Dec 22-Jan 19

Guidance on your life's path ahead may come from a guru or a senior family member, as high aspirations and desires are causing confusion. Steer clear of illusions and false narratives; a practical approach will serve as your shield against these adverse circumstances.

Lucky number 15 | Lucky colour Mauve Lucky day Sunday



GEMINI May 21-June 20

Many positive occurrences are on the horizon. Experiences of love, romance, heightened emotions, recognition, applause, and triumph over adversarial situations will elevate your self-esteem.

Lucky number 29 | Lucky colour Turquoise Lucky day Monday



LIBRA Sep 23-Oct 22

This week, your energy, creativity, and determination toward achieving professional aspirations take center stage. If you've been anticipating news or messages from overseas, this period seems promising, with good news likely to buoy your spirits.

Lucky number 21 | Lucky colour Oliviolet Lucky day Thursday



AQUARIUS Jan 20-Feb 18

The week appears promising both professionally and romantically. An unexpected pay raise or a superior position might be on the horizon. Be prepared for work-related travel, which is poised to yield significant benefits in the future.

Lucky number 28 | Lucky colour Orange Lucky day Tuesday



CANCER June 21-July 22

Your sentimental tendencies are taking hold, leading to potential remorse over past actions and displaying resentment or aggression towards those close to you.

Lucky number 12 | Lucky colour Peach Lucky day Saturday



SCORPIO Oct 23-Nov 21

This week unfolds a tapestry of delightful and amusing narratives for you. You'll find yourself immersed in a challenging task or mission, dedicating your heart and soul to it, and experiencing a unique journey altogether.

Lucky number 19 | Lucky colour Teal Lucky day Saturday



PISCES Feb 19-March 20

This week will be marked by a reflective analysis and evaluation of your recent work, helping you learn from past mistakes. Negative thoughts could surface during this period.

Lucky number 11 | Lucky colour Beige Lucky day Friday

Madhu Kotiya is a tarot card reader, spiritual healer, and Founder, MShezaim Institute of Tarot and Divination. Contact details: madhu@indiatarot.com, www.indiatarot.com, M: 9873283331



ASTROTURF BHARAT BHUSHAN PADMADEO

Dhyana process proper

In Indian tradition, Mantra plays an important role in Dhyana process. It will therefore be desirable to explore its relevance and the way it works. Mantra is usually a set of syllables placed in a logical sequence to create a particular sound effect.

chanting with focus on the related imagery, consciousness of the seeker comes in harmony with that of the mantra and the imagery. Eventually, with time, the seeker's consciousness becomes one with the eternal element of consciousness.

may then be able to remain focused for a longer stretch of time. Let me add here that when the sound notes of the mantra resonate to the imagery in focus, with time, one gets so involved that distracting thoughts go out of sight.



the iconic figure targeted). With time even the iconic figure drops. Following which the mantra, the imagery, and the mind become one seamless awareness, which means attaining the state of

nirvikalpa (formless) samadhi. In samadhi, all thoughts, whether pertaining to the past or future get perturbed. The sense of past and future having been lost, nothing is there to process in immediate terms.

feel of earth spinning at such a great speed while standing on its plane. For, the person and the earth become synonymous. This is what may mean attaining a state of Yoga. In this state, mind enters an infinite domain having no distinctive existences.

Now you can write to us at agendapioneer@gmail.com

Although every possible care and caution has been taken to avoid errors or omissions, this publication is being sold on the condition and understanding that information given in this publication is merely for reference and must not be taken as having authority of or binding in any way on the writers, editors, publishers, and printers and sellers who do not owe any responsibility for any damage or loss to any person, a purchaser of this publication or not for the result of any action taken on the basis of this work.

US govt on brink of shutdown; Speaker pivots 45-day plan

On the brink of a federal government shutdown, Speaker Kevin McCarthy announced a dramatic pivot Saturday, trying to push a 45-day funding bill through the House with Democratic help...

ing meeting. "We're going to be adults in the room. And we're going to keep government open."
With no deal in place before Sunday, federal workers will face furloughs, more than 2 million active-duty and reserve military troops will work without pay...

McCarthy was setting up a process for voting that will require a two-thirds supermajority, about 290 votes in the 435-member House for passage. Republicans hold a 221-212 majority, with two vacancies. Relying on Democratic votes and leaving his right-flank behind is something that the hard-right lawmakers have warned will risk McCarthy's job as speaker...

Democrats and Republicans, but action was delayed as senators kept an eye on House developments. "Congress has only one option to avoid a shutdown — bipartisanship," said Senate Majority Leader Chuck Schumer, D-N.Y. Senate Republican leader Mitch McConnell of Kentucky echoed the sentiment, warning his own hard-right colleagues there is nothing to gain by shutting down the federal government...

ellers could face delays in updating their US passports or other travel documents. An earlier McCarthy plan to keep the government open collapsed Friday due to opposition from a faction of 21 hard-right holdouts despite steep spending cuts of nearly 30 per cent to many agencies and severe border security provisions...

Opp candidate headed to victory in Maldives presidential runoff

Mohamed Muiz appeared to be headed for a win in the Maldives presidential runoff on Saturday, securing more than 53 per cent of the vote after almost all the ballots were counted, local media reported. The election has turned into a virtual referendum on which regional power — India or China — will have the biggest influence in the Indian Ocean archipelago nation.

and corruption. Neither Muiz nor Solih got more than 50 per cent in the first round of voting earlier in September. Solih, who was first elected president in 2018, was battling allegations by Muiz that he had allowed India an unchecked presence in the country. Muiz's party, the People's National Congress, is viewed as heavily pro-China. Solih has insisted that the Indian military's presence in the Maldives was only to build a dockyard under an agreement between the two governments and that his country's sovereignty will not be violated.

won the presidency, he would remove Indian troops from the Maldives and balance the country's trade relations, which he said were heavily in India's favor. An engineer, Muiz had served as the housing minister for seven years. He was mayor of Male, the capital, when he was chosen to run for president. Solih suffered a setback closer to the election when Mohamed Nasheed, a charismatic former president, broke away from his Maldivian Democratic Party and fielded his own candidate in the first round. He decided to remain neutral in the second round.

FROM PAGE 1

DON'T NORMALISE CANADA SITUATION: JAISHANKAR

Jaishankar said he always asks people one question, how would they react if they were in his place? "If it was your diplomats, your embassies, your people, what would be your reaction?" he asked. Jaishankar said the entire debate should not focus only on issue one and not on issue two and the bigger picture, which has been going on for some time and which is a very serious picture. "After all, I was thinking back, when was the last time that any of our missions was intimidated to a point where it could not continue with its normal function? I will have to think back. And if someone says this could happen in a G-7 country, in a commonwealth country, it gives you a lot to think about," Jaishankar said.

On September 21, India suspended visa services for Canadian citizens in view of "security threats" faced by the Indian High Commission and consulates in Canada.

INDIA TRAMPLES PAKISTAN

India took the lead when Abhishek made a fine turn on the left side into the opponent's striking circle and his pass was deflected into goal in the eighth minute by Mandeep. Pakistan made some threatening moves and earned their first penalty corner in the 11th minute but India goalkeeper Krishan Bahadur Pathak was upto the task. India doubled their lead in the 11 minute when they were awarded a penalty stroke and Harmanpreet made no mistake. Harmanpreet scored his second goal and

sixth of the tournament in the 17th minute by converting India's first penalty corner of the match with an accurate drag-flick. Abhay Singh won the battle of attrition against Noor Zaman for the biggest prize of his career as top seeds India regained the Asian Games squash gold with an epic 2-1 win over Pakistan here on Saturday.

Before the tournament began, the Indian men's team was expected to step on the top of podium after eight years with its main challenge coming from Malaysia and Pakistan, the sport's powerhouse in the yesteryears. In squash, Saurav Ghosal-led side managed to see off both the opponents on their way to glory. The win in the final against Pakistan came after the loss to the arch-rivals in the league stage. Zaman, ranked 113, had got the better of world number 69 Abhay in that contest earlier this week and for the major part of the match on Saturday, it looked going in Pakistan's

favour again. In badminton, Kidambi Srikanth rallied his way to a thrilling win in a tense decider as India stood one step away from winning their first-ever gold medal at the Asian Games, reaching the men's team championships final with a 3-2 win over South Korea here on Saturday. This is India's maiden entry into the final of the team event at the continental showpiece. World No. 7 HS Prannoy showed nerves of steel to bounce back from an opening game reversal to outwit Jeon Hyeok Jin 18-21 21-16 21-19 and put India 1-0 ahead but Satwiksairaj Rankireddy and Chirag Shetty lost the first doubles 13-21 24-26 to world champions Seo Seung-Jae and Kang Min-hyuk as Korea made it 1-1. Indian long-distance runners Kartik Kumar and Gulveer Singh bagged a silver and bronze medal respectively in the men's 10000m race with personal best times at the Asian Games here on Saturday.

NOTICE INVITING TENDER No. SSA-20015/1/2023-Equity-SSA/1/294335/2023 Date 30.09.2023 Mission Director, Samagra Shiksha Axom, Kahilipara, Guwahati-19, Assam invites bids vide GEM/2023/B/4025930 Dated : 29-09-2023 for printing and Supply of Career Guidance through GeM portal.

INDIAN RAILWAY CATERING AND TOURISM CORPORATION LTD. (A Government of India Enterprise - Mini Ratna) CIN : L74899DL1999GO101707 IRCTC invites bids for the following: i) Open E-tender COIN/FP-FU/2023/07 for Setting up, Operation and Management of Food Plazas and Fast Food Units...

GLIDERS INDIA LIMITED logo and banner: भारत सरकार का उपक्रम, रक्षा मंत्रालय A Govt. of India Undertaking, Ministry of Defence. Advertisement text: "Gliders India Limited (GIL) is dedicated to national security." Key points: From its inception to the present, what new dimensions has GIL established in the defense production sector? As a specialized parachute manufacturer, what are GIL's plans in the export sector? Regarding research and development (R&D) in parachute manufacturing, how is GIL contributing to 'Make in India' and 'Atmanirbhar Bharat' policies? In the area of research and development (R&D), has GIL collaborated with foreign companies for specific achievements? Tell us about GIL's approach to innovation in the defense sector. What can you say about GIL's future plans? Message from the Honorable Chairman and Managing Director: Gliders India Limited (GIL), a PSU under the Ministry of Defence, Government of India has emerged as a market leader in the field of parachute manufacturing.