



"I love having every right to be as outspoken as I am, as any man would be" — Chrissy Teigen



THE WORLD AT HER FEET

Sheetal, born without hands, is being feted as the world's first para female archer who shoots using her feet. She has been labelled as a perfect role model for youngsters as she displayed raw courage and faced all her challenges in life with a determined resolve to succeed, writes MOHIT KANDHARI

At first sight it is very difficult to spot Sheetal Devi in a gathering of fellow players assembled at an archery range for regular practice sessions. A girl with less than five feet, Sheetal may come across as a small town girl, but in reality, she is not an ordinary athlete.

Hailing from a remote village of Lohi Dhar in Mughal Maidan area of Kishtwar district in Jammu & Kashmir, this 16-year-old girl has come a long way and is already making waves in the sporting world. At present she is being looked upon as India's next big medal hope in the upcoming para-archery world championships and 2024 Paralympics in Paris.

Born without hands (phocomelia), a condition where both her hands were underdeveloped, Sheetal is being feted as the world's first para female archer who shoots using her feet. Before winning her place of honour in the world of sports, Sheetal had left everyone spell bound with her ace performances and firm resolve to succeed.

Last week, when I visited the Archery range located in the Shri Mata Vaishno Devi Shrine board sports complex in Katra, several players greeted me with a big cheer.

While I acknowledged their greetings one by one, I shook hands with one of the seniors and paralympian Rakesh Kumar. Before meeting others, I asked him whether Sheetal was also around. It was then she also greeted me from an adjacent bench in a feeble voice.

After registering her presence, I too heaved a sigh of relief as I had travelled all the way from Jammu to meet her. I congratulated her for winning three medals --- one Gold, Silver and Bronze in the Para Archery World Ranking Tournament held in the Czech Republic between May 13 and May 21. She acknowledged with her sparkling eyes and mesmerising smile.

The Indian team secured nine medals out of which five medals were contributed by the archers from the Shrine board training academy.

Rakesh, a paralympian, and Sheetal won gold in Compound open mixed team and Compound men open doubles. Besides, Sheetal and Jyoti clinched silver in compound women open and bronze in compound women doubles. The Shrine archers contributed five medals for India in the total tally by which the country secured 2nd position in the event.

Lt Governor Manoj Sinha, who is also the Chairman of Shri Mata Vaishno Devi Shrine Board, congratulated both the sports persons for their performances. He tweeted that "the entire nation is proud of their achievement and their feat will inspire millions of our youth."

Chief Executive Officer of the Shri Mata Vaishno Devi Shrine Board Anshul Garg said the archers being trained at the Shrine Board's Sports Complex will also

win medals in the forthcoming events of the archery at the international levels, thereby bringing laurels to the country, the UT of Jammu & Kashmir and the Shrine Board.

TRAINING HARD FOR 2024 PARA-OLYMPICS BERTH

A day after returning from the Czech Republic, Sheetal was back in the training academy without taking a single day break. Speaking to The Sunday Pioneer, Sheetal said, "I feel very happy after winning three medals in a recent event. I am upbeat and very optimistic. My josh is very high. My coaching and hardwork is showing positive results and now I am determined to secure my berth in the 2024 Paralympics and win a medal for my country."

Referring to her training schedule, Sheetal said, "Each day we come to the academy and practice for about four hours between 8 and 12 pm before breaking for a two hour lunch break."

During the training session Sheetal is assisted by her fellow players as and when required. The players also crack jokes and play mischief with each other. The second session starts at 2pm and the players call it a day after attending an hour long physical training session between 5pm and 6 pm."

Her coach Kuldeep Vedwan told The Sunday Pioneer we have already started training for the next big event lined up in the month of July and September 2023.

Sheetal, along with other players, are focusing her energies on World Archery Para Championship scheduled in Pilsen, Czech Republic in the month of July and Para Asian Games in China between September 23 and October 8 to reserve their berth for the 2024 Paralympics scheduled to take place in Paris.

Talking about Sheetal's journey, Kuldeep Vedwan told The Sunday Pioneer, "11 months ago Sheetal first arrived here at the Archery range. She was introduced to me by one of the volunteers working for a famous NGO. Before inducting her in the academy I interacted with her and tried my best to motivate her over a ZOOM meeting. Initially, I spent two long months carefully trying to understand her needs and how I could make her play archery and hit a bull's eye. Before starting her training schedule, I again counselled her. Since then, she has not looked back," Vedwan said, feeling elated over her recent performance.

Vedwan said it's amazing that in such a short span of time she has really proved her mettle. By winning three medals in the recently concluded Para Archery World Ranking Tournament she has already secured her place in the upcoming Para Archery world championship scheduled to be organised in Pilsen, Czech Republic and Para Asian Games. I am hopeful Sheetal will secure her berth in the Paralympics and win us a medal in the 2024 Paralympics in Paris.



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logistics to explore the possibility of providing her with a prosthetic arm.

Sheetal's parents accompanied her to Bangalore where she was first treated and later provided with the prosthetic arm. At present she is not using the same while undergoing training. After she won three medals she received lots of good wishes and blessings from netizens who rallied behind her and wished her luck for all her future championships.

She was labeled as a perfect role model for youngsters as she displayed raw courage and faced all her challenges in life with a determined resolve to succeed.

SHEETAL'S JOURNEY

A native of Lohi Dhar village of Mughal Maidan area in Kishtwar, Sheetal's initial phase of life was full of struggle. She was born without hands and it is with great difficulty that her parents, Man Singh, a farmer by profession and mother Shakti Devi, a home maker looked after her basic needs.

Tucked in the hills she received no other medical help in her formative years. As she grew up, she started using her feet to feed herself. As Sheetal was keen on pursuing her normal school studies so she gradually started using her feet for writing as well. She has passed her class 10th examination and is studying in class XI.

No one in the family discouraged her. Remembering her school days, Sheetal said, "I used to attend regular classes with other children in my village. I was never discouraged by any one. My teachers and my friends helped me a lot and supported me. I used to play with them like a normal child."

Life took a sudden turn when she was spotted by a senior army officer at a local fair in Kishtwar district. The local army authorities approached her family and volunteered to support her. At that time Sheetal was nurturing her childhood dream of becoming a school teacher.

Fulfilling her desire Sheetal has been adopted by the Indian Army for her education since September 2019. Later with the help of reputed NGOs, the Indian Army had facilitated her travel and arranged other

A BIG MOTIVATION

Practicing in the company of other players Sheetal feels motivated. To attend her regular practice sessions Sheetal reaches archery academy, wearing sleepers. During her day long training she prefers staying barefoot in the archery range in order to hit a bull's eye.

On an average she is spending 6-7 hours under the guidance of her coach Kuldeep Vedwan at the archery range.

Before focusing on her target, she gently picks an arrow and adjusts it on the bow string. Using her feet, she adjusts the arrow against her shoulder and then triggers the shot with jaw and back muscles before hitting a bulls-eye.

"During training we interact with each other and discuss our performances. Fellow players in the academy are very helpful. They walk with me in the archery range and pull out the arrows after checking my score."

"Our coach sir also evaluates our performance and wherever we need his guidance he chips in and does course correction."

In Katra, Sheetal is staying with her mother and younger sister Shivani. Her mother Shakti sometimes visits the academy and spends time with her. Sheetal says, "When she was home her sister Shivani used to look after her basic needs. She is my dear friend."

Commenting on the quality of training facilities Sheetal said we have been provided with excellent training facilities by

Shri Mata Vaishno Devi Shrine Board authorities to ensure better performance in the field.

Apart from routine training sessions we attend physical training modules, perform yoga and meditation to maintain our calm and enhance our abilities to focus on our goals.

A former Olympian from Katra Rakesh Kumar, who participated in the Tokyo Olympics, said Sheetal is a very promising athlete and is training hard in the academy to realise her goal of winning a gold medal in the world championships and paralympics.

Rakesh Kumar is the senior most player in the academy. He is also working hard and setting high benchmarks for younger players to achieve their goals.

Rakesh told The Sunday Pioneer, "I started my journey six years ago after coming in contact with the coach Kuldeep Vedwan in 2017. He said, I met with a deadly accident in 2009. I was in a very bad condition but then I decided to keep myself busy and opened a mobile recharge shop in Katra. In 2017 I met my coach Kuldeep Vedwan."

"When I met Rakesh, I motivated him and asked him to try archery at the academy." He made a sincere effort and went on to become a para-Olympian.

Kuldeep Vedwan also highlighted the role of Sports Authority of India, and the Archery Association of India for their support, and stressed the importance of psychologists and dietitians in sports.

Para Archer Rakesh said, "Archery is a mind-game. When we are participating in a championship we are bound to feel pressure. Our training gives us an edge. So, just like the coach is essential for us, psychologists are equally important."

Highlighting another important aspect Rakesh said para-athletes face difficulties while moving from one place to another. "They spend maximum time in a wheelchair, we may not eat much, but digestion becomes a problem and so a good dietitian is very important."

At present over two dozen budding archers from Tamil Nadu, Haryana, New Delhi and from different districts of Jammu & Kashmir are receiving training at the academy.

Manisha Bhadana, from Faridabad in Haryana has recently joined the training academy and is witnessing improvement in her game. She told The Sunday Pioneer that the atmosphere at the academy is very very competitive. "I feel motivated while receiving training in the presence of International players such as Para-Olympian Rakesh Kumar and young archer Sheetal."

Pravin, an upcoming archer from Tamil Nadu said, he is training at the academy for more than six years and aiming to perform better in the coming championships. Amit Thakur from Reasi said, "We are focusing on Khelo India games and National Championships to perform better and earn medals."

(The writer is Senior Correspondent of The Pioneer)

China creating another Xinjiang

President Xi Jinping is all out to prevent the Islamic radicals across China. The first was the western-most province of Xinjiang wherein he has been undertaking full-scale measures to shield the Uyghur Muslims to stay away from Muslim extremists. Even global governance institutions like the UN had complained against the Xi regime that the ethnic Uyghurs and other minorities are being targeted simply in the name of preventing Islamic terror in the country.

A report published by the UN accused China of serious violations of human rights against the Uyghur Muslims that may be termed as "crime against humanity". The reality is that as per various international media sources and leaked videos from Uyghur detainees, Beijing is creating large concentration camps in the guise of training camps. And Chinese authorities are calling these camps as "Re-education Camps" or "vocational training centres". The Human Rights Watch and other global rights agencies say that China is committing genocide in Xinjiang which the Communists completely deny.

Currently, the Hui Muslims in Yunnan are under threat from Beijing. To them, China is trying to create "Another Xinjiang" in Yunnan which they say they won't allow it to happen. It's a province that borders Burma, Laos and Vietnam. It's again clamping down on religious freedoms of the Muslims and demolition of the mosques in these areas by the local authorities.

This month, thousands of ethnic Muslims came out in this Southwestern Province defying public orders to stop police from removing its dome and minarets. It took place in Najiating Village of the province where the locals fought with the authorities in a last-ditch attempt to save their sanctum sanctorum.

It is widely believed that all these measures are an integral part of what President Xi calls as an attempt to "sinicize" religion.

The Huis have a rich historical background. History says they are distant descendants of Arab and Persian traders who had come to Imperial China in the past. They are a group of nearly 11 million strong Muslim community living in scattered pockets from northwest to coastal belts of China. But Ningxia is an officially designated Autonomous Region for the Hui ethnic minority where they live.



Unlike the other ethnic minorities in China, they are widely assimilated with the majority Han community and their rich cultural traditions. Most of them speak Mandarin and live side by side with the powerful Hans. In recent years, they also have acquired more freedoms to practise their religious ceremonies than any other ethnic groups in China.

This is not the first time Beijing is trying to restrict Huis in Yunnan. Five years back, in 2018, the Hui community engaged in a tense standoff with the authorities when the latter came to demolish a newly constructed mosque. Thousands of Huis came out to stop government officials to safeguard the mosque in Ningxia, in the northwest part of the country.

But later, the Government had replaced the domes and minarets of the mosque with indigenous Chinese style pagodas. So, the Hui Muslims are now quite familiar with the evil designs of the Communists of Beijing who have been making sustained efforts to pushing their long held religious and cultural traditions and symbols all these years.

Interestingly, a court order in 2020 ruled that recent additions to the mosque that includes a domed roof and minaret are not legal. So these could be removed or demolished as per law. It is believed that the administration is rightly acting under the directions of the court. Last week, the local security agencies warned the protesters to maintain law and order.

Sadly, the mosque that the local officials wanted to dismantle belonged to 14th century. It's an ancient place of worship and largely revered by the Hui Muslims. Indeed, the town of Nagu wherein the incident sparked violence this week is considered as a historic

home and a rich cultural hub of the Hui people in Yunnan Province.

The "sinicization policy" aims to purge external or foreign religious beliefs. It strongly urges the ethnic minorities to align more closely with Chinese culture and more specifically with the standard codes of the official and the most powerful Communist Party of China (CPC), which follows an atheist line of thinking. So, the problem originates from here itself for the largely devoted and faithful Hui Muslims in this part of China.

Now, how have the Chinese people and officials reacted to this saga of violence against the ethnic Hui Muslims? Normally, officials stay tight-lipped in China. Whereas China has a huge social media called Weibo like the Twitter through which people express their views and at times criticise the Government and even the most powerful CPC. But this time, the government quickly removed all the anti-government comments and views in regard to the mosque demolition in Nagu.

And in fact, one message supporting the Govt said national policy to handle such unrest is fine. The State should not allow any "wolfish extremists" to impact the law-and-order situation in the country.

It's loud and clear that the majority of the Chinese people are either forced to live under the dictates of the Communists, especially under its authoritarian rule and rulers or they long for stability rather than unrest of any kind.

Xi's new China is typically what he wants to be. The President forever is highly ambitious. With the falling western liberal order and rising global clout of China, Xi is fast mobilising the CPC, the Army, diplomacy, economy and finally his people into one central point that China will rise and rise. Xi is a combination of both power and paranoia. His is a regime conspiring to create imbalance in global governance, as many believe. For Xi,

he is working hard and fast to spread the message to his people, making China strong demands uniting under the Party.

And joining the Party is precisely a gateway into the vanguard of the Chinese elite forever. For him, the Party is the only future. And thus, once he echoed: "The Party-Government, the Armed Forces, society and academia; east, west, south, north and centre; the Party leads everything." If this is what he foresees and expects compatriots to do, he will not allow Hui Muslims to preserve their age-old traditions and unique lifestyle strongly imbued with religiosity.

Today, Islamophobia in the West is abetting, but in China it is on the rise. But punching down the ethnic Huis and Uyghurs will not offer any readymade solution to the Communists. When the country is aspiring to be rich, resourceful and powerful in the global stage, it needs to be patient with cultural, regional,

ethnic and especially, religious differences.

The Party must accept assimilation of various cultural and religious strands as the world is fast encircled by multiple waves of globalisation and post-globalisation. But then continued atrocities and persecution of Hui and Uyghurs will certainly damage China's reputation on the global stage. Xi is completely an anti-thesis of Mao as the latter desired for continuous revolution. Whereas Xi called for peaceful China meaning total stability? And for managing this stability, he will not mind "re-educating" the Hui's the same way he and the Chinese statecraft has been doing for the Uyghurs so far in Xinjiang.

Finally, the liberal democracies and their leaders must be serious about China's massive "sinicisation" of Uyghurs and now a fresh attempt at Hui Muslims. Truly, this "sinicisation" is nothing but the curtailment of one of the edifices of basic freedoms that is the right to freedom of religion available in most of the modern nations.

Innocuous as it may seem, but this is the beginning of a new trend of religious persecution of minorities with Chinese characteristics under the leadership of President Xi.

It must be stopped, and the world leaders should voice their concerns in global governance institutions. China must behave responsibly and like a law-abiding nation. Before venturing out to capture the global stage and records, Beijing must set its own house in order. Huis and Uyghurs have the same basic rights the way it is enjoyed by the majority Hans in China.

By targeting the ethnic Muslims, China is simply inviting the wrath of the global jihadists. It would be prudent on China's part to stop atrocities on the Hui Muslims. Making Yunnan another Xinjiang would be fatal for China's stability in the long run. Denying the freedom to practice and enjoy ethnic religious rights goes against all basic universal tenets of human rights. It's completely unfair to keep the Hui Muslims under a state of constant fear.

(The writer is currently the Head of the School of Humanities & Social Sciences, Geeta University, Panipat)

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MAKHAN SAIKIA

PERSPECTIVE

Climate change not a myth

The saddest part of the climate menace is that the poorest countries and island communities are the worst sufferers of climate change. Whereas they have not played any role in altering the environment



CHITRANGADA

Climate change is real. Not a myth. Anthropogenic elements are central to environmental disturbances. The fear is that humanity is in great danger. The situation today is escalating. We are advancing towards a catastrophe.

Climate change is one of the most emerging problems and we humans are the main predators to such things. Now the question arises: how are we going to stop it? We may have many motives and initiatives in our mind but are we able to implement them in a useful way? We can't just see that we are the ones who have brought such destruction for the past 200 years. Fossil fuels and greenhouse gases are the uprising problems. The most astonishing part is that the earth is a system where everything is connected. If an area is affected, then the change is seen everywhere.

In 2021, the UN Secretary General Antonio Guterres unveiled the UN Report on Climate Change called 'State of the Global Climate 2020'. It is a report prepared by the World Meteorological Organization (WMO), a key agency of the UN. The State of the Global Climate 2022 released by the

WMO indicates the continued rise of greenhouse gas emissions in the last year. It focuses on primary climate indicators like greenhouse gases, temperatures, sea level rise, ocean heat and acidification, sea ice and glaciers. The report seriously highlights climate change and extreme weather conditions. The Report states that drought, floods, and heatwaves are major parts of the globe, and the costs are rising for all. It is also reported that global mean temperature for the last 8 years has been recorded as the highest. Further, sea levels and ocean heat are at their record high. It is predicted that this trend will continue for centuries. The Report also says that sea ice in Antarctica falls to the lowest level. The continent of Europe has witnessed the breaking of glacier melts.

The Climate Change Synthesis Report 2023 released by the Intergovernmental Panel on Climate Change (IPCC) highlights the state of the knowledge of climate change, its widespread impact, and risks. It says that human activities principally through emission of greenhouse gases, have unequivocally caused global warming, with global surface



temperature reaching 1.1 degree Celsius above 1850-1900 in 2011-2020. It's alarming.

Another UN Report in the year 2021 highlighted that time is running out to tackle the climate crisis now. It was clearly said that even the deadly Covid-19 has failed to put a brake on relentless environmental change. Again, this WMO Report mentioned that because of the severe Covid-19 restrictions, the rich and advanced nations barely could help in assisting the climate-affected nations of the world. This pandemic has seriously delayed the delivery of climate finance and other protective

measures to extremely vulnerable nations, especially the small island developing countries like Tuvalu, Madagascar, Seychelles, Maldives, Fiji, Haiti, etc. The UN stressed that the year 2021 is the year of action for the protection of the people from the disastrous effects of climate disasters.

Besides other negative impacts of climate change, it is also preventing people from enjoying basic rights or human rights in many parts of the world. Last year, a group of young people filed a petition at the European Court of Human Rights. They complained to the Court that climate inaction is

a human rights violation. They all highlight a 1990s era treaty named 'Energy Charter Treaty' according to which governments are required to compensate energy companies and investors if public policies cut into their profits. And this refers to public policies that are made to fight environmental change.

We all must know that the UN Framework Convention on Climate Change (UNFCCC) 2021 for the first time tried to connect human rights and climate change to the table of the Conference of the Parties (COP). The aim of this move was to promote rights-based

climate actions and the integration of human rights in the historic Paris Agreement. Since then, the Office of the UN High Commissioner for Human Rights (OHCHR) has expanded its work on human rights and climate change all around the globe.

Under the existing international human rights law and the UN Declaration of Human Rights (UDHR) of 1948, all the states have the responsibility to protect its people from any foreseeable danger. These laws and conventions have the mandate to protect, respect and create conditions for fulfilling our human rights. The dangers heralded by climate disasters are ever present in our life today. It's largely hampering us from enjoying the basic rights of the people. Under the existing international human rights law, the states and the world bodies have the responsibility to take immediate steps to mitigate the impacts of greenhouse gas emissions. And it must ensure that all of us have the necessary means to adapt to rapid climate changes.

The saddest part of the climate menace is that the poorest countries and island communities are the worst sufferers of climate change. Whereas

they have not played any role in altering the environment. But it is also true that these countries are directly or indirectly enjoying the benefits of the massive industrialization and post industrialization era. The products of all polluting and extractive industries produced by advanced nations are used by all of us including the poor and vulnerable nations. In that way, we all are part of the damages done to the Planet Earth today. So we need to refrain from all such practices that may harm or destroy this planet not only today but also in future also.

I, being a youngster, am still confused about what will happen to Planet Earth. Like me, millions are in a state of shock. But no one has the right to steal our future. No one has the divine will to bring back our planet to the pre-industrial level. What we can do is to prevent further disasters. We can plan for active mitigation efforts. It's our home. Let's preserve it together. But do remember that 'Climate Abyss' is one of the starkest realities of the 21st century.

(The writer is a young climate thinker based in Delhi-NCR)

