

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

TACKLING SPIN REMAINS A CHALLENGE

PTI ■ MUMBAI
With Ben Stokes coming out of retirement and the 2019 title winning core group largely intact, England will fancy a successful campaign in challenging conditions in India during the 50-over World Cup starting on October 5. England's squad has depth and variety but adapting to conditions would be crucial for them, and the Three Lions players will also lean on their IPL experience to tread through eight venues for their nine group stage matches.
Jos Buttler's team will face New Zealand in Ahmedabad in the World Cup opener on October 5, but before that, they would hope to make the most of the two warm-up matches against India and Bangladesh, especially in their preparations against spin.



HERE'S THEN A SWOT ANALYSIS OF ENGLAND
Strengths: The presence of Stokes is a massive shot in the arm for them, and they also have a number of players who know how to win a global tournament, something only Australia can boast of among the competitors. They have a long batting line-up but more than the length the fearsome ability to subjugate rivals with an aggressive approach make England stand out from the rest, a key component of their domination in white ball formats. The addition of in-form Harry Brook in place of out of form Jason Roy has only added to their firepower, but they also have class in Joe Root. Fast bowler Jofra Archer will be a reserve player but England have searing pace in Mark Wood, while leg-spinner Adil Rashid will be crucial for them on Indian pitches.
Weakness: Unlike their Indian and Australian counterparts, England have had no specific build-up to the World Cup. A four-match ODI series against the Kiwis at home, which England won 3-1, was their most recent experience of one-day cricket while their frontline players were rested for the Ireland series.
This lack of game-time for key players could be a major deterrent for England's ambi-

2023 World Cup could be my last for India: Ashwin

PTI ■ GUWAHATI
"Being in a good space, enjoying this tournament will keep me in good stead. This could be my last World Cup for India, so enjoying the tournament is of utmost importance," Ashwin told Star Sports.
"I would have said that you were joking. Life is full of surprises. Honestly, did not think I would be here. Circumstances have made sure I am here today, the team management have shown trust," said Ashwin while talking about his inclusion in the Indian squad.
Ashwin has played 10 matches for India in World Cup history with his last appearance coming in 2015.
He has bagged 17 wickets in the competition at an average of 24.88 and an economy of 4.36 with his best figures being 4/25.
Apart from Virat Kohli, Ashwin is the only member of the current Indian side who were also a part of their World Cup winning campaign in 2011.
Ashwin said dealing with pressure would be crucial. "All you can do is turn the ball both ways, and I think I can do it. Dealing with pressure is paramount in these tournaments, and it will dictate how the tournament goes," he said.
Ravichandran Ashwin on Saturday conceded the upcoming World Cup could be his last for India after the veteran spinner replaced Axar Patel in the hosts' 15-member squad for the event, starting on October 5.
Ashwin, who enjoyed a successful outing against Australia featuring in the first two ODIs of the recently-concluded series, was named as the replacement of Patel who has been sidelined due to quadriceps strain.
Ahead of India's first warm-up match against defending champions England here on Saturday, the 37-year-old Ashwin made the admission in a pre-match chat.

Kuldeep best spinner going into World Cup, will give India significant advantage: Intikhab Alam

PTI ■ HYDERABAD
Kuldeep Yadav is the best spinner going into the World Cup and will give India a distinct advantage in the middle overs through the course of the 50-over showpiece, reckons former Pakistan captain Intikhab Alam.
The 28-year-old Kuldeep is being seen as India's trump card in the World Cup at home, having taken 33 wickets in 17 ODIs at an average of 16.03 this year. Since coming back from a knee injury, Kuldeep has worked on his arm speed and angles, helping him get a bagful of wickets in the middle overs.
Alam, who has been to

India multiple times as a player and having also served as a manager of the Pakistan team in the past, feels it will be advantage India in the mother of all clashes in Ahmedabad on October 14. "The way India played in Asia Cup and played the final (decimating Sri Lanka). They look like the team to beat. Their spin attack stands out. Kuldeep is going to play a major role in the tournament. He will test the batters of all teams," Alam told PTI on Saturday.
"Jadeja and Kuldeep make a lethal combination. Kuldeep is a match winner. He is the best spinner in this World Cup in my opinion. Now you also have (Ravichandran) Ashwin back," said the 81-year-old, who was born in Hoshiarpur in the pre-Independence India.
Alam added that India's batting, including greats like Virat Kohli and Rohit Sharma, as well as the in-form Shubman Gill makes the hosts a strong contender to win the trophy.
'SPIN ATTACK A CONCERN FOR PAKISTAN'
Alam said Pakistan spinners, however, don't inspire the same confidence.
Pakistan could not defend 345 in the opening warm-up match against New Zealand here on Friday as their premier spinner Shadab Khan did not bowl while left-arm spinner



Mohammad Nawaz leaked runs. Leggie Usama Mir, though, made an impact with two wickets. "In the bowling department, Pakistan's spin attack is weak in the middle overs. In Asia Cup we struggled. It is important for them to do well in this phase else teams will easily score 300 against them. Naseem Shah is young and quick and he too will be missed with the new ball," said Alam referring to Shah's injury.
'STICK WITH FAKHAR ZAMAN'
Fakhar Zaman has been battling an inconsistent run and pressure is building on him ahead of the team's opening World Cup fixture against Netherlands, here on October 6. Abdullah Shafique can replace him at the top.
"On these true wickets in India, most games will be high-

scoring. With Fakhar you can expect anything, he will fire in one out of five games but you have to take that risk with him," said Alam.
'SINCE MY FIRST TOUR OF INDIA IN 1961, PAKISTAN HAVE BEEN ACCORDED WARM WELCOME'
Barring two members, Pakistan players are visiting India for the first time including captain Babar Azam and Shaheen Shah Afridi. Upon their arrival here on Wednesday, the entire squad was overwhelmed with an unexpected welcome at the airport.
For Alam, who has also coached the Punjab team in Ranji Trophy in the early 2000s, it doesn't come as a surprise.
"Whenever we go to India we get a memorable welcome. I have spent two years there (as Punjab coach). People to people contact should be encouraged in tense times like these," he said.
Alam said Pakistan cricketers will feel the pressure of playing on Indian soil.
"There will be pressure, for sure. It depends on how team management treat the players to ensure they focus only on cricket. You get four years to prepare for an event like this. You have to do something special so people remember for you a long time. It is a great opportunity for Babar and Co.," added Alam.

Black Caps look to punch above weight despite injury cloud over Williamson

PTI ■ MUMBAI
For a team which has entered the World Cup knockout stage in the last four editions of the World Cup, New Zealand would want to end their wait to win a trophy this time in India.
In 2019, Kane Williamson's men came agonisingly close in doing so in the summit clash against England, but only to end on the wrong side of a result, courtesy a strange boundary countback rule.
The outcome still rages on in debates but the Kiwis will have to muster all their strength to have a crack at the coveted trophy, and they would want to do that for their affable leader Williamson.
STRENGTH: The stats may tend to portray New Zealand as a side who struggle in India but in ICC events, the Black Caps are a different beast - often punching above their weight, evidenced by their three ICC tournaments final appearances - two 50-over WC finals in 2015 and 2019 and the WTC summit clash in 2021.
The Kiwis have a largely balanced squad for this World Cup consisting of exciting players like



success he has had this year with the bat.
Mitchell has been a vital cog for New Zealand with both the bat and the ball and he would want to play an impactful role in their campaign. Phillips, Will Young and even Rachin Ravindra would look to make their contributions.
THREAT: Apart from a dismal ODI record in India, New Zealand have suffered away series defeats against two Asian sides - India and Pakistan - this year. But to their credit, New Zealand did well to edge Pakistan 2-1 in their first of the two away series in 2023.
Along with Williamson's injury, New Zealand's trusted bowling weapons in Southee and Boulton, 34 each, will have to prove themselves on wickets that may not suit their art.
If recent form is taken into account, New Zealand are coming off a 1-3 defeat to England in a four-match away ODI series, albeit in different conditions.
The Kiwis got the better of Bangladesh 2-0 in a three-match affair before they reached India for the World Cup, but they need to replicate that effort in a bigger stage.
Devon Conway, Daryl Mitchell and Glenn Phillips but also ageing stars like Williamson, Tim Southee and Trent Boult, who form their backbone.
New Zealand's bowling, especially the spin department, seems to have covered the bases with Mitchell Santner and Ish Sodhi in their ranks while fast bowlers Lockie Ferguson and Matt Henry will be there to support Boult and Southee.
WEAKNESS: Overall, New Zealand's ODI record in India is pretty dismal: only 18 wins to show from 61 matches with 47 losses and two games ending without any result.
Besides, Williamson won't be available for New Zealand's tournament-opener in Ahmeda-

Rain washes out India-England World Cup warm-up match

PTI ■ GUWAHATI
Persistent rain on Saturday washed out the World Cup warm-up match between India and England at the Barsapara Cricket Stadium here. It began raining a little before the start of the match on Saturday afternoon, which resulted in the toss being delayed but later in the evening the umpires decided to abandon the contest, a little before 6pm local time owing to inclement weather. All 10 teams will get to play two warm-up matches each before the group stage of the 50-over World Cup which gets underway in Ahmedabad on October 5.
England will face New Zealand in the World Cup opener. England, who arrived in India a day before their first warm-up match, will remain in Guwahati to play their second and final warm-up game against Bangladesh on October 2.
On the other hand, India, who travelled all the way to Guwahati on Thursday after completing a 2-1 series win over Australia, will now fly to Thiruvananthapuram for



their second warm-up match against the Netherlands on October 3.
The warm-up matches began on Friday with Sri Lanka suffering a seven-wicket defeat at the hands of Bangladesh here, while New Zealand defeated Pakistan in a high-scoring contest in Hyderabad.
The warm-up matches are being played at three venues Guwahati, Thiruvananthapuram and Hyderabad.

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"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"



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 coozing 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.)

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 dietitians 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



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 ailment.

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 cardiovascular 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."

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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 Khetrpal 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.

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.

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.

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 trau-

matic 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

Nagorno-Karabakh conflict: No endgame

The conflict in the Nagorno-Karabakh region is now more than three decades old. This disputed territory lies in the mountainous South Caucasus region, situated between the Black Sea and the Caspian Sea. Known as Artsakh to Armenians, this landlocked region falls within the sovereign borders of Azerbaijan, but it is predominantly populated by ethnic Armenians. While internationally recognised as a part of Azerbaijan, it is currently home to over 120,000 Armenians who resist being under Azerbaijani control. Both Azerbaijan and Armenia fought in the 1980s and 1990s to gain control of this hilly region, but were unsuccessful in their attempts.

As the conflict has resurfaced, it is worth examining the historical background of the issue. In 1923, Vladimir Lenin, the first leader of the USSR who ruled the Soviet Union from 1917 to 1924, established the Nagorno-Karabakh Autonomous Oblast within the Azerbaijan Soviet Socialist Republic. At that time, it was home to a 95 per cent ethnic Armenian population. The problem arose in 1988, just two years before the dissolution of the USSR, when the regional legislature of Nagorno-Karabakh passed a resolution indicating its desire to join Armenia, despite the region being an integral part of Azerbaijan. It is widely understood that ethno-nationalism has played a vital role in mobilising people for nationhood since the beginning of modern civilisation. This strongly influenced the Armenians living in this enclave, and they gradually prepared themselves to become a part of neighbouring Armenia. With the dissolution of the USSR in 1991, both Armenia and Azerbaijan became independent nations.

Meanwhile, the Nagorno-Karabakh oblast declared independence, leading to intense fighting between Armenia and Azerbaijan. By 1993, the Armenian security forces had occupied the region and also gained control over 20 per cent of the neighbouring Azerbaijani territory. In 1994, Boris Yeltsin, the first leader of the Russian Federation, successfully negotiated a peace deal known as the Bishkek Protocol between the two former Soviet Republics.



A convoy of cars of ethnic Armenians from Nagorno-Karabakh moves towards Komridzor in the Syunik region in Armenia

AP

However, it did not resolve the territorial dispute and left the Nagorno-Karabakh region de facto independent. Peace between the two warring neighbours was maintained for some time with the influence of Moscow. However, once the USSR disintegrated, these peripheral republics became more conscious of their rights, priorities, and sovereign frontiers and they tried to re-establish their external relations with other nations around the globe.

From 1994 to 2015, there was peace between Armenia and Azerbaijan. In 2016, heavy fighting erupted once again. Then, in late September 2020, fresh clashes broke out along the Azerbaijan-Nagorno-Karabakh border. Azerbaijan regained much of the territory from Armenia and left a small portion of Karabakh to Armenia. The war came to an end with a Russia-brokered peace deal in November 2020.

The most significant aspect of this agreement was the

establishment of the Lachin Corridor, which allowed Armenia to connect to the Nagorno-Karabakh enclave under strict monitoring by Russian peacekeepers. The main trouble started in December 2022 when activists from Azerbaijan blocked the Lachin Corridor, halting all supplies coming to Nagorno-Karabakh from Armenia. This further led to the opening of a checkpoint by the Azerbaijani government on the corridor, alleging the supply of arms to Armenian separatists in the Nagorno-Karabakh region.

To put an end to the hostilities between the two neighbours, the US, Russia, and the European Union hosted talks with representatives from Baku and Yerevan. Finally, Armenian Prime Minister Nikol Pashinyan and Azerbaijani President Ilham Aliyev made considerable progress towards peace after constant intervention by the major powers and pressure from the UN to maintain tranquility in the region. It

is positive for the international community that Pashinyan recognised the entire Nagorno-Karabakh enclave as the sovereign territory of Azerbaijan. He also emphasised that Baku must respect the internationally recognised boundary of Armenia and ensure the protection of ethnic Armenians living in the Nagorno-Karabakh region."

What has happened in Nagorno-Karabakh now? On September 19, in the days following the opening of the Lachin border, people from both sides of the frontier hoped that normalcy would be back to the disputed territory. This deal came as a result of an understanding between the Azerbaijani Government and the Armenian separatists of the Nagorno-Karabakh oblast. The agreement aimed to reopen two disputed transport routes, including a crucial link road known as the Lachin Corridor.

What has really worsened the ground situation is that for the last more than nine

months, Azerbaijan authorities are tightly restricting the movements of the Armenian Government with the Nagorno-Karabakh oblast through the Lachin Corridor.

Earlier Azerbaijan accused Armenia of smuggling arms and ammunition by using this route to the Nagorno-Karabakh. When the historic deal was sealed between two warring nations, the self-proclaimed Republic of Nagorno-Karabakh declared the election of a new President named Samvel Shahramanyan for it simultaneously. This move, which irked the Azerbaijani Government, was declared as illegal. For Baku, this election is purely illegal. Azerbaijan referred to the government as a "puppet separatist regime" at the heart of all troubles between the two nations.

While echoing concerns for a new flare-up, the Azerbaijani foreign ministry reiterated that "the only way to achieve peace and stability in the region is the unconditional

and complete withdrawal of the Armenian armed forces from the Karabakh region of Azerbaijan and the disbandment of the puppet regime".

Meanwhile, both Ukraine and Turkey voiced support for Azerbaijan's claim over Karabakh and denounced the election held in the region. The European Union has taken a very cautious stand by saying that it did not recognise the election but wanted the people of the Nagorno-Karabakh to consolidate around its de facto leadership while dealing with Armenia.

Many in Armenia fear that the people in the Nagorno-Karabakh enclave may face genocide in 2023. The way Baku is asserting control over the disputed territory is alarming. We are all aware of the Armenian genocide of 1915, when people of Armenian origin were massacred in Anatolia, in what is now modern-day Turkey. It is ironic that the US remained silent about the Armenian genocide until 2021,

when President Biden finally publicly recognised it.

Currently, the ethnic Armenians in the Nagorno-Karabakh oblast need the support of global governance institutions like the UN, as well as intervention from major powers such as the US, the Russian Federation, and the European Union, to prevent a potential genocide in the enclave.

What is concerning are the messages coming from Baku and President Aliyev. In the past, Aliyev did not abide by the verdict of the International Court of Justice (ICJ) which instructed Baku to reopen the Lachin Corridor. He has consistently disregarded requests from the UN and US Secretary of State Antony Blinken to comply with the ICJ's ruling. His government has assured the international community that reintegration will bring development and prosperity to Nagorno-Karabakh.

However, it is alarming that since 2010, Aliyev has reportedly stated that Armenia itself is "Western Azerbaijan", and last December, he declared that "present-day Armenia is our land". Furthermore, for years, Azerbaijan has maintained that Armenia is an illegitimate state. These are serious warning signals for the entire world, for Armenia, and for the conflict-ridden Nagorno-Karabakh oblast.

At present, Azerbaijani forces have fully occupied the Nagorno-Karabakh region whose separatist leaders have laid down their arms. However, thousands of ethnic Armenians are fleeing to Armenia, fearing for their lives and the sudden change in the status quo.

It is time for the international community to ensure the future safety of ethnic Armenians in Azerbaijan. President Aliyev must work towards restoring peace and tranquility to the Nagorno-Karabakh region. He should refrain from seeking further escalation of the crisis. Otherwise, pressure on Pashinyan might lead Armenian forces to reclaim the oblast, potentially sparking a bloody war in the region.

The time has come for both Baku and Yerevan to bid farewell to arms.

(The writer is currently president of the Global Research Foundation)

The Nagorno-Karabakh conflict spans over three decades, rooted in territorial disputes between Azerbaijan and Armenia. Despite internationally recognised as part of Azerbaijan, the region is predominantly Armenian-populated. Recent tensions, exacerbated by border restrictions, pose a risk of genocide. International intervention is crucial to ensure ethnic Armenians' safety and regional peace.



MAKHAN SAIKIA

PERSPECTIVE

Planet burns as superpowers desert multilateralism

The planet is on fire, but almost all the firefighters have deserted. At the meeting of the United Nations General Assembly, which began on September 19 in New York, the leaders of four of the five permanent members of the Security Council — the UN's most powerful executive body — were absent.

The absence of the top representatives of France, the United Kingdom, Russia and China, replaced by ministers or diplomats, demonstrated the emptying of the main global multilateral forum and highlighted the speeches of the two presidents who opened the General Assembly: Brazil's Luiz Inácio Lula da Silva and the US' Joe Biden.

Both leaders, with decades of experience, referred bluntly to fires that are ravaging the planet — starting with the climate emergency and the war in Ukraine. And both, albeit in very different tones, pointed the finger at the central issue hanging over the meeting, which the absentees made clear: the crisis of the UN and the multilateral system that has been built around it in recent decades.

The UN was created in 1945, on the initiative of the United States and with the support of the allied countries that had defeated Nazism and

fascism (primarily the Soviet Union, Great Britain and France) with the aim of "preserving future generations from the scourge of war".

A year earlier, in 1944, the Bretton Woods Agreements had laid the foundations for the post-war global financial system, and created the World Bank and the International Monetary Fund. Over the years, dozens of agencies, funds and specialised programmes have been added, gradually building up what is known as the UN System.

Practically every country in the world is a member of the UN and the organisation deals with countless issues, ranging from protecting life in the oceans to coordinating satellite orbits, humanitarian aid operations, vaccination campaigns, agreements to limit climate change and, more recently, attempts to create regulations against disinformation on social networks and to combat tax avoidance by large international corporations.

An imperfect system, but one that worked

The system, as Biden pointed out in his speech, "is not always perfect and has not always been perfect", but with its ups and downs, it worked reasonably well for seven decades. During the Cold War,

the UN was a crucial channel of communication that contributed to avoiding nuclear conflict. After it, the UN's remit expanded further: for example, with the multiplication of peacekeeping operations.

Despite the genocide in Rwanda, the civil war in the former Yugoslavia and the invasion of Iraq in 2003, in those two decades the number of armed conflicts (between countries and within countries) steadily declined, as did the number of victims. The curve reversed in 2012, when the civil war in Syria worsened, and since then it has continued to rise year on year. According to the Conflict Data Programme at Uppsala University, 184 different conflicts were recorded in 2022, including the war in Ukraine, with more than 238,000 victims in total, compared to an average of 120 conflicts and 30,000 victims per year between 2001 and 2012.

The UN's inability to respond appropriately to the war in Ukraine is more an indicator than a trigger of the crisis of multilateralism. Russia has brought the war of aggression, of territorial annexation, back as a tool of foreign policy. But the same Western powers with permanent seats on the Security Council that are right-

ly criticising the Russian invasion today have resorted to the unilateral use of military force in recent decades, contrary to the UN Charter and international law.

What we usually call multilateralism is the way in which the international system adopts a grammar of principles and norms that, in theory, should be followed by all states. It is a process of institutionalising forms of coordination and cooperation in public policy that generates a certain stability and predictability in relations between states and societies.

In the way the UN works, there is an element of equality in the treatment of states (all 193 member countries have the right to vote and voice in the General Assembly), but there are also obvious asymmetries of power, such as the special status of the five permanent members of the Security Council. The so-called P5 have kept their veto power unchanged since 1945 and often ignore the rules they are supposed to enforce — a historical incongruity that Lula rightly attacked again in his speech in New York.

Global governance

Even so, this grammar organises a large part of global governance mechanisms,

which increase international dialogue and cooperation, and decrease the propensity to use force as the main instrument for settling disputes.

The UN system is based on the idea that power relations between states should not be the only element that determines the shape of international relations. In fact, as recently as 2015, the multilateral system reached a consensus to adopt two global agreements of great importance and impact: the Paris Agreement for the reduction of greenhouse gases, responsible for the climate emergency, and the Agenda 2030 for sustainable development.

From then on, the multilateral system was able to do little more than try to manage a growing number of humanitarian emergencies. In June 2023, the UN Office for the Coordination of Humanitarian Assistance (OCHA) estimated that there were 362 million people around the world in need of international aid to meet their basic survival needs.

Crisis of legitimacy and authority

During the COVID-19 pandemic, the World Health Organisation, under heavy fire from the administration of then US President Donald Trump, was virtually ignored

by the richest countries in its attempt to ensure equitable distribution of vaccines. The conflicts in Syria, Yemen and Israel/Palestine drag on, with no solution in sight. Efforts to strengthen the UN's capacity for preventive diplomacy, promised by Secretary-General António Guterres, have backfired, and the organisation has been unable to do anything to prevent the invasion of Ukraine or to facilitate a ceasefire. The system has apparently ground to a halt.

It continues to shape a large part of international interaction, but today there are two key areas of resistance to it: the emergence of countries in the Global South willing to reinterpret the hegemony of the liberal order, and the growth of a transnationally articulated radical right.

In the international debate, there is much more attention paid to the first question than the second. However, as the experience of the Trump and Bolsonaro governments has shown, the radical right's sovereignist vision is at odds with the essence of multilateralism, which requires agreed transfers of national sovereignty in favour of common goals, such as the fight against climate change. It is no coincidence that the Spanish radical right party Vox has been running a

campaign against the 2030 Agenda for years, which has been expanding throughout Latin America. Even so, the entire UN bureaucracy, from Secretary-General Guterres onwards, is reluctant to engage in open conflict with the radical right.

A strategic problem

For Brazil, and Latin America in general, the crisis of the multilateral system is a strategic problem. The region has an old multilateralist tradition, in which conflicts between states have been resolved by diplomatic means and not by arms. A dozen countries from the region took part in the creation of the League of Nations in 1920, and 20 were among the 51 founding nations of the UN. To this day, the multilateral space represents the only international arena in which the region has any influence, since from an economic and military point of view Latin America's weight is extremely limited: the region is home to 8 per cent of the world's population, but in 2022 it accounted for only 5.26 per cent of global GDP.

At the same time, the collective influence of the so-called Global South is increasing. In the weeks leading up to the UN General Assembly, the leaders of developing nations

met at the BRICS summits in South Africa, the G20 in India and the G77+China in Cuba.

For Brazil and the other countries of the Global South, the challenge is to maintain political independence and action, seeking to defend the interests of their populations, without taking sides in the dispute over the new global hegemony between China and the US. It is the concept of active non-alignment.

Concluding his speech in New York, Lula recalled that "the UN needs to fulfil its role as a builder of a more just, supportive and fraternal world. But it will only do so if its members have the courage to proclaim their indignation at inequality and work tirelessly to overcome it".

Brazil and the Global South must endeavour to reform the multilateral system, such as the unsustainable composition of the Security Council, while respecting all its norms, including with regard to the UN Charter and all human rights protection mechanisms, including the International Criminal Court. Only in this way will it be possible to reaffirm the legitimacy of multilateralism, reduce global power asymmetries and try to put out the fires that threaten our planet.

(The Conversation)

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. Seeking equilibrium between fiscal management and other fast-evolving aspects of life is essential. Your domestic sphere, real estate matters, educational pursuits, and career advancements are beckoning for your consideration. As the week draws to a close, you'll experience a lightening of burdens, making way for a harmonious flow of energy. A spirited and exuberant aura will envelop you, enhancing your zest for life's journey. However, a cautionary cosmic whisper advises staying vigilant to avoid any unforeseen snags. The tarot's wisdom reiterates the need to cultivate balance, assuring a smoother sail through life's various arenas.

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. Engaging in creative endeavors, whipping up delightful dishes, and catering to family needs will occupy your time. Additionally, you'll indulge in some self-care and leisure activities. By midweek, a shift in your convictions and operational methods emerges. An epiphany about harnessing your talents might strike you. A journey beckons and unforeseen events might catch you off guard. However, with meticulous planning, you'll navigate these scenarios adeptly. A surge of optimism and trust in the cosmic order fills you. You'll perceive the guiding hand of destiny, and perhaps, witness serendipitous occurrences or a string of fortunate events.

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. If a promotion is on the horizon, you might see it materialize this week, alongside indications of financial gains. Work or business-related travel will be fruitful, paving the way for new associations poised to benefit you in the long-term. Your self-confidence and valor are your ladders to success, propelling you upwards. By the week's end, substantial monetary and financial gains await, leading to enjoyable material comforts. This period is auspicious for property acquisition, though caution and thorough deliberation are crucial in the decisions you make. Don't let career anxieties bog you down; you're on the brink of a significant breakthrough, just one step away.

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. It's advisable to remain grounded and not get carried away by unrealistic expectations. There's a possibility that a budding relationship might hit a rocky patch. It's crucial to manage your emotions and temper, as it may otherwise lead to a stressful and tiresome situation. Although this is a transient phase, gaining control over the situation will soon be achievable. A supportive interaction with a senior female figure, be it your mother or a distant relative, could prove beneficial during this time.

Lucky number 17 | Lucky colour Coral
Lucky day Saturday



VRIGO 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. A trip to your hometown may be on the cards, offering a chance to exchange gifts and share joyful moments with friends. However, when it comes to love or romance, you might find yourself lagging. Your emotions may tilt towards possessiveness with your partner, thus maintaining a balanced emotional state and a calm demeanor is advisable. Meditation can serve as an excellent solace. Donning white attire is recommended. Rather than dwelling in gloom or disappointment, channeling your energy into artistic or spiritual pursuits could be more rewarding. Remember, after every phase of darkness, there's light, signaling that change is on the horizon, so keeping an optimistic outlook is beneficial.

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. Fantasizing without grounding may lead to further complications, and while relationship issues might arise, providing space and time to your partner before making decisions can pave the way for better outcomes. Uphold honesty and exercise wisdom and intellect to accurately assess the reality in front of you. A negative ambiance surrounding you requires clearing to let the joys of life color your days. Have faith in your capabilities and proceed forward with confidence.

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. The week commences with nurturing support and a strengthened bond with your spouse. The altruistic love and mutual understanding within existing relationships will invigorate your spirit, enabling you to give your utmost. With a positive outlook, you'll overcome the negative forces that previously stifled your ease. Your capability and intelligence will earn the admiration of even those opposed to you, marking a significant victory. Your persona inspires those around you. You'll experience healing both physically and mentally, ultimately leading to a sense of justice being served.

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. Come mid-week, financial matters will engage your attention, encompassing transactions, payments, and investments. While money flows favorably, remember, channeling some towards charity or assisting the less fortunate will usher in blessings. As you transition into this next chapter laden with myriad possibilities, a significant shift in your behavior or thought processes is essential. Embracing this change will pave the way for positive outcomes and the taste of success. Though obstacles may arise, your seasoned experience and intellectual prowess will equip you to confront and overcome these hurdles proficiently.

Lucky number 21 | Lucky colour OlivViolet
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. There may be a change in your workspace or residence if you're currently renting. Mid-week brings a wave of romantic and sentimental feelings, fueling your passions. A particular relationship or situation may leave you torn; though your heart and mind seem at odds, following your heart is advisable. As the week concludes, a sense of stability and emotional control will prevail. Your perspectives will broaden, inviting a host of opportunities related to your career, the birth of a child, or fertility.

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. It's vital to steer clear of disappointment and depression, and engaging in mental exercises could provide significant relief. Practices like meditation, yoga, Pranayama, or even delving into enriching literature may prove beneficial. The past is behind you, and reflecting on the present to brighten your future is the week's motif. By closing an old chapter and adopting a fresh perspective, you showcase your strength and intelligence. Dodging an issue won't resolve it. It's optimism and faith that will propel you towards your desires. It's advisable to steer clear of any risky endeavors.

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. Collaborating with a group towards a common goal will enrich your character, exposing you to new insights, talents, and revealing your own potential. Around mid-week, an overseas connection might emerge, possibly through a friend or plans for a foreign visit may be laid down. Your goal-driven attitude ensures that distractions like love, romance, or leisure won't sway you off course. Your ambition to attain financial success and carve a notable reputation is strong. The recognition for your diligent efforts is on the horizon, potentially manifesting as a promotion or salary increment.

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. However, come mid-week, a sense of contentment and joy may emerge as unexpected opportunities in business, new assignments, or job offers come your way. This period is ripe for financial gains, investments, and launching new business ventures. Various offers will cross your path, requiring careful consideration to select the most suitable one. It's also essential to keep a tight rein on your budget to avoid overspending. As the week winds down, travel seems likely—be it for leisure, a romantic outing with your partner, or a pleasant picnic, plans for a rejuvenating excursion might be in the offing.

Lucky number 11 | Lucky colour Beige
Lucky day Friday

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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. It could be just a seed letter, syllable, word, or a set of words. That, as a sequel to stress created and uttered by mouth, is heard by ears, and apprehended by mind. Mantra is so called because it involves a mental process. The word comprises of 'mana' out of 'manana' and 'tra' from 'trana'. In Hindi lingua-franca 'mana' means mind; 'manana' implies reflection in mind; and 'trana' stands for liberation. So, chanting of mantra helps attain liberation from mental limitations, and therefore, serves a great purpose. For, it happens to be a radiant energy, rather a sound-body of consciousness, set in correspondence with the consciousness of the related imagery. Following repeated

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. While pursuing the process, one is continuously confronted with distracting thoughts that drifts our attention away from the focal point, again and again. So, you won't have an easy go. Don't confront those distracting thoughts. If you ever do that, they will stay put in mind, and keep visiting again and again. The only way out is training one's mind not to pay attention to them. It needs to be appreciated here that unless you pay attention to something, it won't bother you. Continue chanting and try to bring back attention to the imagery sought after again and again. Gradually, the distracting thoughts go out of reckoning. You

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. Once fully established in the process, mind becomes one pointed. In the process, one also inculcates a value system, coming as it may with the educative import of the imagery in focus. As one gets established in the dharana process, the seeker is in harmony with the imagery and its related educative import, as well as the resonating mantra. State of dhyana is thus arrived at. Pursuing the process further, one reaches a stage when mantra, though playing in the background, but apparently goes unnoticed. One remains steadfast with the concept synonymous with the imagery in focus. This state is termed as being in savikalpa samadhi (immersed in



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 dropped. The sense of past and future having been lost, nothing is there to process in immediate terms. Mind, therefore, is at peace. You then live in just your present moment, which is termed as mindfulness. The question now is: If all about life, including the mind, involves play and interplay of nature driven energies, always pulsating, how comes mind would become inactive and be at peace? Well, it can never become immobile the way a running vehicle is halted. But pursuing dhyana, a state is arrived at when mind is in perfect harmony with the element of consciousness. The unitary mind then submerges with the cosmic mind. Mind then becomes an integral part of nature's flow, and so is at peace with self and the rest. Just the way someone doesn't have a

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. It is something like a river stream merging with the ocean. In that state the river water loses its identity and becomes one with the ocean. Having thus struck upon the core of existence, mind realises its wholesome nature, when it has nothing more to explore. The unitary mind having thus been dropped the sense of individualistic existence too goes away. That leaves no scope for any comparison or differentiation and hence at peace by the self and with the rest.

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