

## #REJUVENATION

### Fighting Fatigue

Here are some ways to get through the day when you're knackered.



Do you drag yourself out of bed, bone tired? Stifle yawns over your morning coffee? Find your eyelids drooping during the kids' story time? Welcome to 2023, which has been dubbed the year of "hyperfatigue". Everyone is exhausted. Yet everyone is struggling to sleep. So if you find your days stalked by sleepiness, what strategies are out there?

In the age of hyper-fatigue, a good night's sleep is often hard to come by. Here are some ways to get through the day when you're knackered.

**Think Positive**

"If you're exhausted, day-in, day-out, there may be a physical basis for your exhaustion, and no amount of positive thinking is going to sort that out," says Dr Nerina Ramlakhan, sleep and energy expert and author of books including Tired But Wired. If that's the case, see your doctor.

But if it's just the odd day when you feel you're running on empty, try positive thinking. Constant negative thoughts are depleting, says Ramlakhan, but your brain has a natural negativity bias. Our survival as hunter-gatherers depended on picking up and storing negative information. In the aftermath of a global pandemic, this poses a particular challenge. Especially as fatigue is a common side effect of anxiety.

It takes microseconds to embed a negative memory, but 30-40 seconds to embed a positive one, explains Ramlakhan. So slow down. Take conscious stock of happy moments.

**Eat At The Same Time**

"New evidence suggests that when we eat, not just what we eat, matters," says Dr Emily Leeming, gut health expert at King's College London. "Hormones like melatonin make you sleepy, while cortisol makes you more alert. If your body clock is off-kilter, these can be released at the wrong times."

Your main internal clock, or circadian rhythm, is found in our brain and is set in part by light and darkness.

When you can, eat your main meals around the same time each day. Your body will then 'know' when mealtime is. It will even start to release a little insulin before a meal, ready to grab the sugars from your food so you'll have more energy and feel more awake.

**Rest Little & Often**

Our circadian rhythms are important, says Ramlakhan. "But built into those is a shorter rhythm - the ultradian rhythm - a cycle of about 90 minutes."

She is, therefore, a passionate proponent of regular, short rests, ideally every 90 minutes and for three to five minutes, with occasional longer breaks. "If we were to live in rhythm with our cycles, we'd allow ourselves the intermittent, intentional replenishment of energy. We'd oscillate, rather than drive on relentlessly and into the ground."

Resting does not, however, involve social media scrolling. "We get our energy from physical, mental, emotional and spiritual practices," Ramlakhan adds. Her prescription might involve: "eating something healthy; hugging someone, playing with the dog, or going outside to look at the sky."

**Listen To Music**

"Music helps counter physical and mental fatigue. We can see its impact on performance when we conduct behavioural studies, and when we use neuroimaging methods to peer into the brain, we can see profound impacts on a neural level too."

Researchers like Karageorghis call this "invigorating impact 'entrainment'" and explore the changes it creates in our brainwaves, breathing rates, heart rates, even our locomotion. But, he says: "DJs also know about it. As soon as they cross the threshold of 120 beats per minute (bpm) with a track, the music energises people and draws them to the dancefloor. It's a critical threshold."

**Vigorous Exercise**

When physical activity declines, sleep suffers, says Emmanuel Stamatakis, a professor at Sydney University, who conducted an analysis of data from nearly 40,000 UK adults. His research also suggests that even in the absence of improved slumber - exercise helps to neutralise some dangers sleeplessness poses to our health, such as a raised risk of heart disease or cancer mortality.

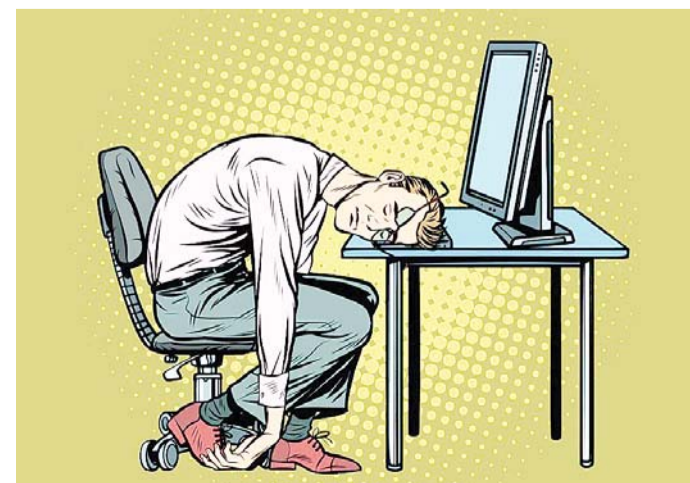
Engaging in three to four, single-minute bouts of "vigorous intermittent lifestyle physical activity" a day, is associated with huge health benefits. Stair climbing, bursts of very fast walking, or walking with heavy shopping bags all qualify. "What we know," he says, "is intensity seems to matter."

**Get Humming**

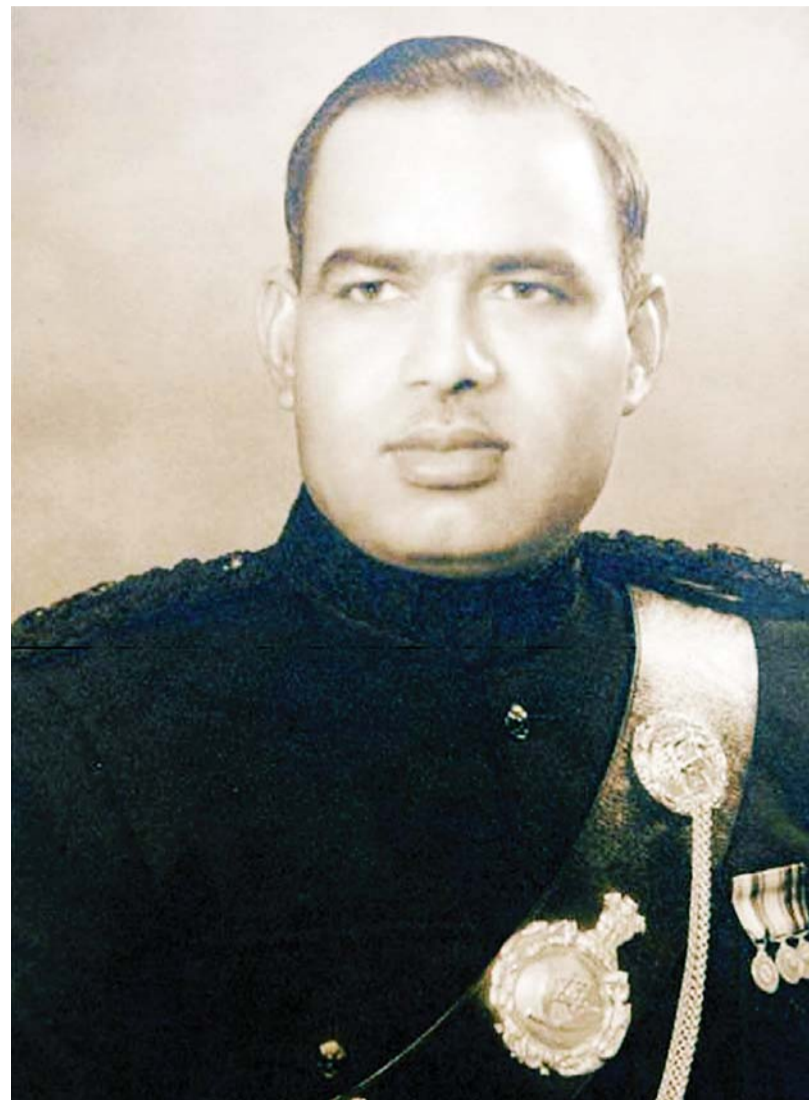
To recover your energy after a meeting, keep your mouth closed, soften the tongue, let there be a slight gap between your upper and lower jaw, then softly but deeply breathe through your nose, in and out.

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# NOSTALGIC ON Gen. Sagat's 104 birth anniversary



Gen Sagat Singh as a Lt Colonel of 3 Gurkhas.



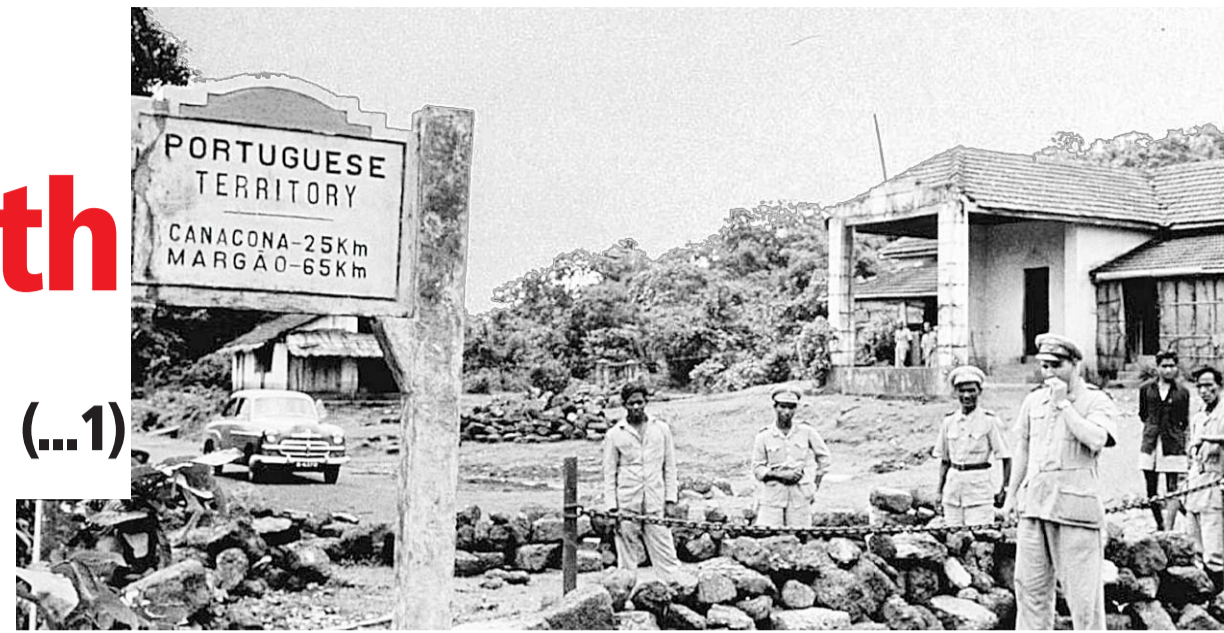
Late Lt Gen Sagat Singh

The Portuguese were the first to discover the sea route to India and set up trading posts and colonies. They monopolized the spice and slave trade. Importing West African slaves for the lucrative market of the Deccan Sultanates and exporting Tamil and Bengali slaves to other Asian markets. Of all the colonial powers the Portuguese were the most cruel. St Francis introduced the Inquisition in which over twenty thousand Goans were burnt at the stake in a ritual called 'auto-da-fe' and hundreds of thousands forcibly converted. All temples and masjids were destroyed and the religions other than Christianity banned.

1961 was a lucky year for me, I was promoted to the rank of Brigadier and even though a non-paratrooper was posted to command 50 Parachute Brigade and leading it in a lightning and highly successful campaign operation in Goa in December of the same year. On taking command, what struck me the most was the outstanding comradeship and esprit de corps prevailing in all the ranks throughout the brigade. It was a pleasure to be with this well-knit formation. All this made me feel that whatever tasks the brigade is called upon to perform, it will discharge them with professional skill and enthusiasm. My own immediate concern was to make myself really acceptable by all ranks of the Brigade I must earn my "Wings" as soon as possible. This I did in a record time, twice making two jumps in a day.

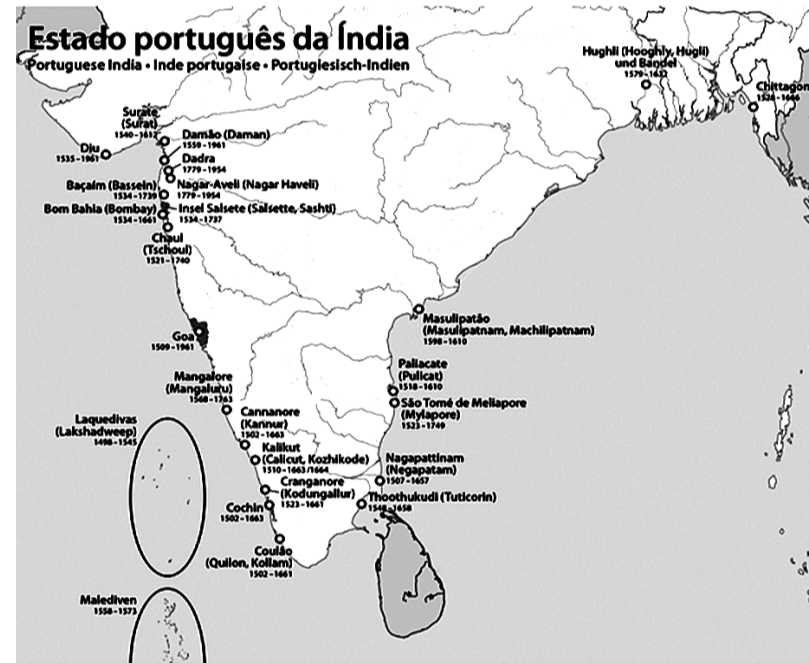
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Para and 2 Para Battalion groups. The brigade then being one battalion short. As luck would have it, for 2 Para their operational task in Goa turned out to be almost similar except for the river obstacles and terrain, which was in many ways similar to what I had to deal with exactly to the month in December 1971 in Bangladesh.

In late November 1961, I got a call from Director of Military Operations at Army Hq asking me to come over to Army Headquarters as fast as possible. By getting hold of a Paratroopers Training School's Dakota aircraft, I was able to make to reach the DMO's office within 50 minutes. In the meeting was present Lt Gen Chaudhry then GOC in C Southern Command and both he and Army Hq felt that as Portugal was a



Portuguese Indian colonies before arrival of British.

member of the US led North Atlantic Treaty Organisation (NATO), its Army in Goa was well equipped and that air-cover would be available to the Portuguese troops.

At a conference later on in the evening presided over by the Chief of the General Staff Lt Gen BM Kaul, I put forth that since time and riverine obstacles were the main considerations, 2 Para be air dropped by night in area Donda, so that the water obstacles of Rivers Sanquelim, Bicholim, Chandper and Usgaon they could be over-passed. The Air Officer in Chief Operational Command, who was present, expressed his inability for a night drop. I finally suggested that one company be dropped at dawn, another at first light and rest of the battalion by day. The IAF accepted

to get to know each other better and to gauge the state of tactical training, I set tactical exercises for 1 Para and 2 Para Battalion groups. The brigade then being one battalion short. As luck would have it, for 2 Para their operational task in Goa turned out to be almost similar except for the river obstacles and terrain.

A company led by Major Uthayya set off on a man pack basis after last light of December 15/16. He was guided by seasoned smugglers who knew the secret tracks across the country. The task given to them was to capture the bridge intact, if not then to find a crossing place across the river. The company got to their forming up place on the eastern end



## Shark Awareness Day

Contrary to what you might expect, the purpose of Shark Awareness Day is not to stand on the beach and shout out warnings to terrified swimmers and surfers! Like top predators in any ecosystem, sharks play an essential role in keeping the seas healthy and productive, and yet various threats make these ocean oligarchs a persecuted and vulnerable species. While no one is suggesting we go out and hug a great white on Shark Awareness Day, it's the least we can do to respect these wonderful creatures and help protect them.

## GOA OPERATIONS December 1961

of the bridge. As they started crawling forward, trouble began in the form of incessant barking of dogs from the hutments of workers who had worked on the construction of the bridge and had settled there. The camp was not marked on the map.

Men of 2 Para carefully crawled forward a little at a time but the dogs would not give up. The Portuguese guards got suspicious. As our men were preparing to charge the bridge the Portuguese blew up the demolition charges and scurried towards Usgaon. Maj Uthayya was able to locate and mark a crossing place from which all vehicles, tanks and guns got through without difficulty. I can never forget the scene of Maj Uthayya meeting me at the Sanquelim end of the bridge. With tears rolling down his eyes and in a choked voice telling me, "Sorry Sir, I have failed you," meaning that he had not got the bridge intact.

Actually the mission was a great success, the crossing place enabled us to maintain momentum of our advance. What Maj Uthayya did not realize at the time was that he had prevented the Portuguese from firing all the demolition charges affixed to the long single span. They could only fire the charges in the demolition chambers at either end of the single 110 foot span. In the aftermath, the span was lifted by marine jacks and with additions to the abutments on either side, the bridge was re-commissioned economically and in a short time.

I have narrated this in some detail not only to commend the performance of the 2 Para Company but to say that in war, howsoever you might plan in detail, there would be imponderables like barking dogs at night to contend with. They contacted Usgaon and the bridge there was blown up when Maj Minnie Mohite's vanguard company was barely 300 yards away. Usgaon is a major river containing the back flow of sea water during high tide. 2 Para found piles of dry coconut tree trunks on the river bank awaiting transportation by river craft. In no time 2 Paras improvised rafts from the tree trunks.

Led by the irrepresible Captain later Maj Gen KS Pannu, a 2 Para



Brig Sagat Singh in Goa.

company raced on foot to catch up with the Portuguese, another water obstacle was faced at River Chandper. The leading company forded it and were in Ponda by 5.30 PM on December 8. 2 Sikh LI advance was initially slow, although led by a squadron of 7 Cav. I had to personally push them hard. Except for a troop of Portuguese armoured cars, Sikh LI did not encounter any appreciable opposition. The armoured cars were dealt with by our AMX tanks. Later Sikh LI advanced with good speed and were at the Bentim Ferry on the Panjim Creek by last light.

After our crossing of the Usgaon River and with the Portuguese on the run, there seemed no necessity to hold 1 Para in reserve. 1 Para managed to commandeer small steamers on River Sequelin in Banastri opposite Velha Goa. In a bold move on foot 1 Para were on the outskirts of Panjim by last light. In order to avoid fighting in built up areas by night, all the battalions were ordered to get into night harbours. 2 Sikh LI on high ground overlooking Bentim Ferry. 1 Para on road Velha-Goa-Panjim and 2 Para in area Ponda.

1 Para were first to enter Panjim on December 17, and were soon joined by 2 Sikh LI which crossed the creek by ferry boats. Except for some firing by Portuguese in the Customs House, there was no effective resistance.

To be continued...

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(Lt Gen Sagat Singh was born on 14 July 1919. Today is his 104th birth anniversary. This account is an extract from the forthcoming biography of Gen Sagat Singh authored by Major Chandrakant Singh.)

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## #HEALTH

### Boost Your Immunity

During the monsoon season, our immunity tends to decrease due to several factors. However, taking proper precautions and including these five herbs into your diet may help boost your immunity.



During the monsoon season, increased humidity promotes the growth of bacteria, viruses, and fungi, leading to compromised immunity. Contaminated water sources and poor sanitation contribute to waterborne diseases, while mosquitoes and insects raise the risk of vector-borne illnesses. Inadequate hygiene practices and nutritional deficiencies further weaken our immune system.

Collectively, these factors make us more susceptible to illnesses during the monsoon. However, worry not. Take a look at these five herbs that you can include in your diet to help you boost your overall health and support your immune system.

**Neem**

Nimbidin and nimbolide, which are constituents of neem, have been found to possess antibacterial and antifungal properties. Drinking neem tea or chewing neem leaves can promote overall well-being. Neem leaves taste bitter but have numerous health benefits. Neem is antifungal, has anti-inflammatory properties.

**Giloy**

Giloy, an anti-inflammatory, antipyretic herb which helps to boost your immunity to fight against the infection and helps in early recovery. Giloy has Javarghana (antipyretic) (fever-reducing) properties and may help manage fever and flu-like symptoms. Consuming Giloy as a decoction or in powdered form can help fortify your immune system during the monsoon.

Giloy helps in reducing inflammation and pains in joints. Giloy along with tulsi

**Lemongrass**

Lemongrass contains compounds like citral, which exhibit antimicrobial and immune-stimulating properties. Consuming lemongrass tea or incorporating lemongrass-based soup can help strengthen your immune system and protect against common illnesses during the monsoon. Lemongrass has citral, a bio-active molecule, which is extremely beneficial, especially during the rainy season. Regular use of lemongrass tea was also demonstrated to decrease oxidative stress and protect against free radical attacks.

**boosts immunity.**

**Ginger**

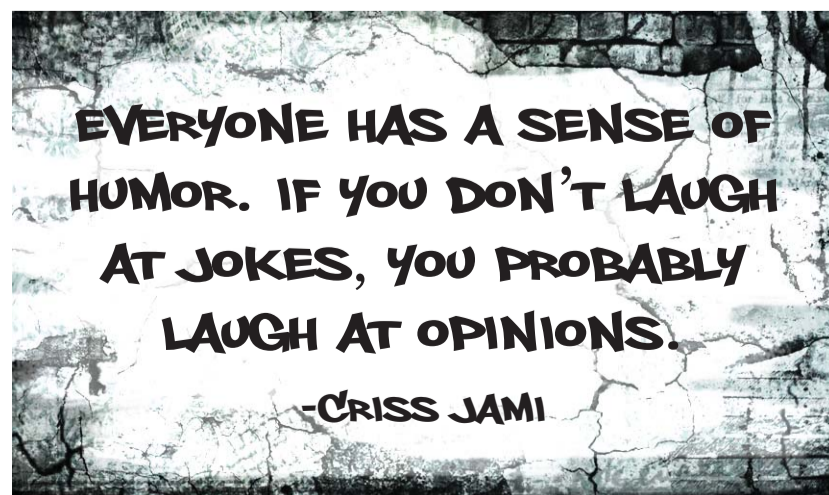
The presence of gingerol, a major bioactive constituent of ginger, has been reported to possess anti-inflammatory, antiviral, antitumor, antioxidant, and antibacterial functions. Drinking ginger tea or adding grated ginger to soups, stews, or stir-fries can help boost your overall health during the monsoon season.

**Ashwagandha**

Ashwagandha has immunomodulating properties that can help strengthen the immune system. Consuming ashwagandha as a supplement can help boost your health during the monsoon season. Ashwagandha helps to reduce inflammation and improves gut health. It is also good for weight loss and diabetic patients.



## THE WALL

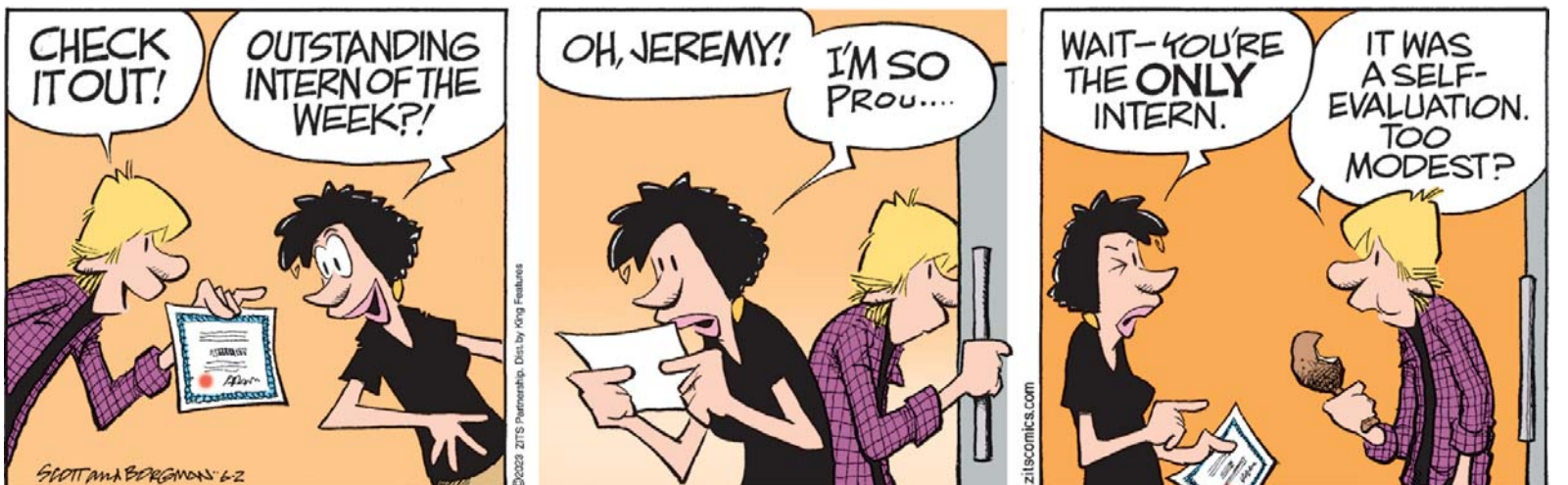


## BABY BLUES



By Rick Kirkman & Jerry Scott

## ZITS



By Jerry Scott & Jim Borgman