



Water Saving Week

Recognizing that 'water' is one of the most precious natural resources on Earth, *Water Saving Week* invites the citizens of the planet to be more conscientious in the ways that we live and make use of water. Started in the United Kingdom in 2015, *Water Saving Week* is an initiative of *Waterwise* with the purpose of reducing waste and working towards a sustainable future. The event encourages individuals and families to value each drop of water they use because every drip and droplet counts towards the preservation of the environment and the health of the planet.

#LIFESTYLE

Simple Expert-approved Habits for Diabetics

Incorporate a variety of nutrient-rich foods into your meals, including lean proteins, whole grains, healthy fats, and plenty of vegetables



Following certain lifestyle and diet habits are essential to managing diabetes. But what if we told you that doing just two simple things daily can make a huge difference? If you are wondering what they are, keep reading.

Regular Physical Activity

Engaging in regular physical activity has numerous benefits for diabetics. Exercise helps to improve insulin sensitivity, which means your body can utilise insulin more effectively. It also aids in weight management, reduces the risk of heart disease, and boosts overall well-being. Aim for at least 30-45 minutes of moderate-intensity exercise, at least 5 days of week. 7 days is always better. This could include brisk walking, cycling, swimming, or even dancing.

Consider incorporating the following activities into your routine.

- **Aerobic exercises:** Aim for at least 150 minutes of moderate-intensity aerobic exercise per week, spread over several days.
- **Strength training:** Do resistance exercises two to three times per week. This can include lifting weights, using resistance bands, or performing bodyweight exercises like push-ups and squats. Strength training helps improve muscle strength, metabolism, and overall blood sugar control.
- **Flexibility and balance exercises:** Practices like Yoga, Pilates, or Tai Chi can help enhance flexibility, balance, and core strength, reducing the risk of falls and promoting overall mobility. Always consult with your healthcare provider before starting any exercise regimen, especially if you have existing health conditions or complications related to diabetes.

Mindful & Healthy Eating

Eating a balanced diet is essential for managing diabetes. Experts stress that one should focus on incorporating plenty of fruits, vegetables, whole grains, and lean proteins into their meals. Limit foods high in refined carbohydrates, added sugars, and



unhealthy fats. Instead, choose nutrient-dense foods that provide sustained energy and help control blood sugar levels.

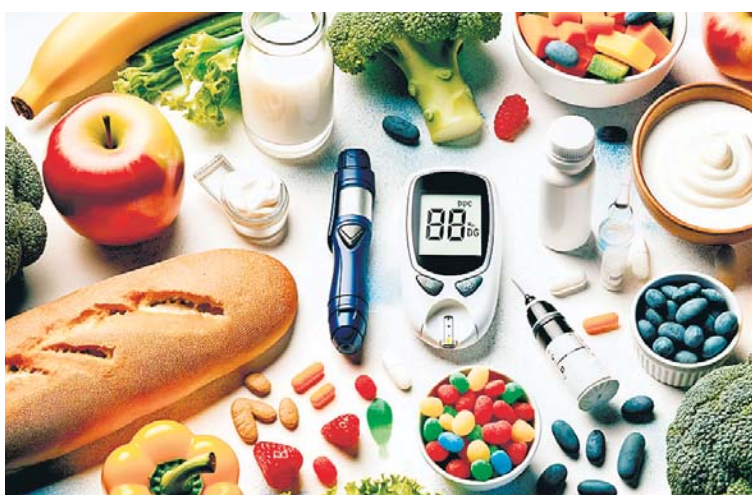
Consider working with a registered dietitian to create a personalised 'meal plan,' tailored to your dietary needs and preferences. Also, try to eat regular, evenly spaced meals and snacks throughout the day to keep blood sugar levels stable. Avoid excess eating when the food is tasty and palatable.

Adopting *mindful eating* habits can greatly benefit individuals with diabetes by promoting healthy eating patterns and better blood sugar control.

Here are some tips to help you develop mindful eating habits.

- **Portion control:** Be mindful of portion sizes and avoid overeating. Use measuring cups or a food scale to accurately portion your meals.
- **Read food labels:** Pay attention to food labels and choose products low in added sugars, saturated fats, and sodium.
- **Balanced meals:** Incorporate a variety of nutrient-rich foods into your meals, including lean proteins, whole grains, healthy fats, and plenty of vegetables. Aim to create balanced meals that include a combination of carbohydrates, proteins, and healthy fats.
- **Slow down and enjoy:** Take your time to savor each bite, paying attention to the flavours and textures of your food. Eating more slowly can help you recognize when you are full and prevent overeating.

Remember, maintaining a healthy lifestyle and managing diabetes require individualised strategies. Consult with a healthcare professional or registered dietitian for personalised advice, tailored to your specific needs.



Potboiler in the Cold

After the Galwan incident, a *Strike Corps*, under Lieutenant General Savneet Singh was tasked to execute a crucial operation, termed *Operation Snow Leopard*, on the Kailash Heights. The Indian troops had the advantage of early movement and initiative. When the Indian troops occupied the Kailash Ranges on 29th-30th August 2020, they found themselves staring in their direct line of sight, the *Moldo Garrison* in the plains below them, on the Chinese side. The capture of *Chushul Heights* on the Kailash Range, with tanks deployed at Rezang La and Rechin La, had tilted the balance in India's favour. The Chinese had been shaken and outwitted as India gained a crucial advantage of dominating the heights.

■ Probal Das Gupta

Among the various legacies of the Himalayan stand-off from April 2020, the catapulting of *Ladakh* from a historical dispute to a contemporary flash-point in *India-China rivalry* is a significant one, relegating most other issues in comparison. The geographical position of Ladakh, squeezed between a strop-y Pakistan to the West and a bel-

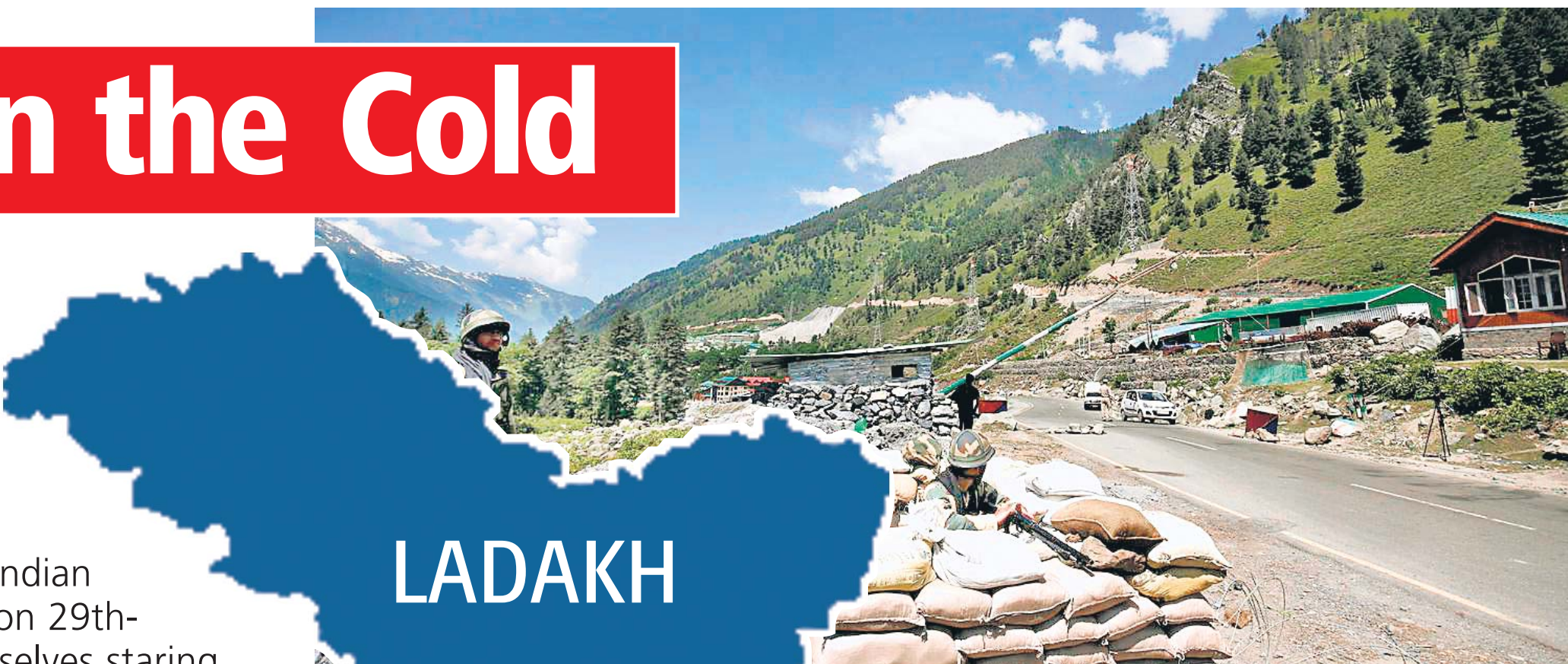
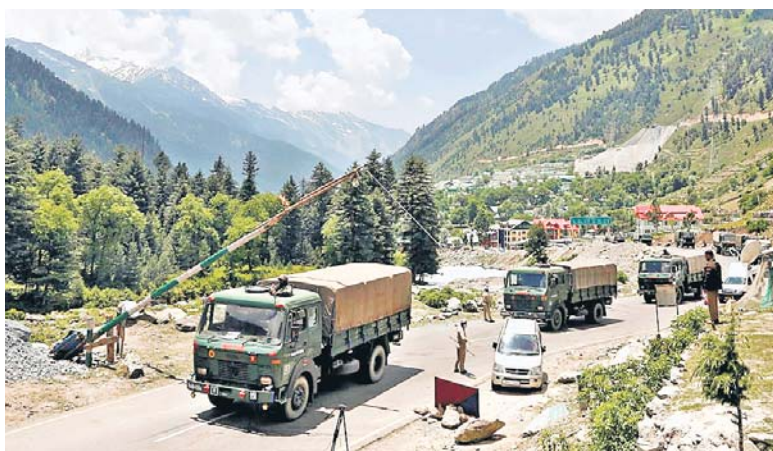
ligerent China on the East, opened up recent deliberations on collusion between India's adversaries and the likelihood of a two-front war, given that India had fought wars past against Pakistan in Ladakh. This was especially so after the PLA tore up the protocol rulebook to initiate a clash with Indian troops in Galwan in June 2020. China's play may have been to test India's discomfiture about a potential war on two fronts, and extract concessions. The objective of this piece is to examine the current focus on 'Ladakh' and the 'Chinese intent' alongside it.

Collusion and Collision Course

An active collusion between China and Pakistan, and a resultant two-pronged threat isn't a recent occurrence. The two signed a treaty in 1963, in which the Shaksagam Valley was ceded by Pakistan to China. Thereafter, they birthed a plan to stretch Indian operational deployment on two fronts in the 1960s war. While much attention was focused on the India-Pakistan war on the Western front, China mounted pressure by its aggressive posturing on the Sikkim-Tibet border. It is interesting to note that after 1965, India fought two wars and a battle at *Siachen* with Pakistan, and on each occasion, Chinese interference didn't materialise. In 2020, through its aggressive actions in Eastern Ladakh,

China claimed to create a 'Wall of Steel' defence of its territory. China perceived a potential threat to its CPEC corridor, that courses through parts of Jammu and Kashmir and Ladakh, which are under the illegal occupation of Pakistan.

Ladakh is a subject, that China has had in its sight, for almost ten years. Ever since Xi Jinping came to power in 2013, China and Pakistan began doing regular joint combat exercises called '*Shahen*' in Northern Ladakh, gaming various scenarios in the region. China has invested in helipads, airfields, connectivity human settlements that facilitate mobility and rapid execution of operational plans in Ladakh. In short, Ladakh's pivotal location grabbed the Chinese mindspace.



Ladakh's Galwan Valley.



Maj. General Savneet Singh.



General Sagat Singh.

#INDIA AND CHINA AT LADAKH

Why Ladakh

The premise of Xi's approach towards India is based upon two factors. One, the increasing role of 'India in QUAD' and its rise as an economic, military and political power in the region tests China's regional ambitions. Besides, the projection of the Indian peninsula 2,000 kilometres into the Indian Ocean sets up India as a contender to China's maritime interests. Alongside, India's external balancing through association with QUAD adds heft to a Western constellation, that Xi believes, will threaten

China's maritime domination and the Taiwan reunification agenda.

Two, China wanted to unilaterally solve the most complex border dispute, in Eastern Ladakh. They wanted to creep closer to the claim line, proposed by Zhou Enlai in 1959. Their aim has been to create buffer zones at the LAC, with an intent to push the line closer in India, which is close to the claim line of 1959. On the other hand, Chinese collaboration with Pakistan on the CPEC corridor resulted in developing a strategy of deterrence and dissuasion

against both countries in Ladakh. It is unlikely that Eastern Ladakh is going to witness a drawdown of posturing in the near future as China is expected to maintain its force levels and aim to pressurise India in a region, where the latter faces a two-pronged threat. Despite multiple rounds of discussions between Indian and Chinese diplomatic and army delegations on troop disengagement, de-escalation and de-induction, high levels of mistrust and competitive claims will deter lowering of force levels on either side.

Old Issues Continued To Fester

In 1950s, India intelligence was caught napping by plans of Chinese roadwork in *Aksai Chin*. In a rerun of history in May, 2020, India was surprised by PLA's troop deployment in the North and East of Gogra and Hot Springs. Not much had changed in our strategic evaluation of Chinese intent. The PLA amassed numbers and forced India to deploy hurriedly, not before engaging in a violent skirmish on June 15, 2020. After the skirmish at Galwan, India responded by occupying the Kailash Heights, at the expense of China, in a Quid Pro Quo action that was the clearest demonstration of India's capability on ground. Along with inadequate

intelligence on Chinese intent, there was also the issue of lack of leadership autonomy on ground. Like in the lead-up to the 1962 conflict, when on-ground Commanders were railroaded by senior Commanders, *Galwan 2020* witnessed a repeat. At Galwan, local Indian Army Commanders, including Colonel Santosh Babu, were negotiating with their Chinese counterparts about withdrawing the latter's tents. Manoj Joshi wrote in his book, '*Understanding the India-China Border: The Enduring Threat of War in the Himalayas*,' that there was intense pressure on Babu from his senior Commanders to hasten the eviction of the Chinese, without taking into account the

interaction between the two sides on ground and the Chinese intent. The fact that the situation went out of hand led to no one owning the unintended disaster of the decision. In this context, it is pertinent to mention that in 1967, Major (later Lieutenant General) Sagat Singh, the Commander on ground, anticipated Chinese intent correctly and ignored remote directives that were devoid of understanding of the local situation. Ultimately, it was Sagat's autonomous thinking, planning and positioning of artillery, a day before the skirmish, that helped prevail over the Chinese. Learnings from past instances provide valuable insight, which needs to be taken into account.

India's Soldiers Outwit a Shocked and Awed China

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plains below them, on the Chinese side. The capture of Chushul Heights on the Kailash Range, with tanks deployed at Rezang La and Rechin La, had tilted the balance in India's favour. The Chinese had been shaken and outwitted as India gained a crucial advantage of dominating the heights. Upon occupying the dominating heights on the Kailash Range, India insisted on resolving other points of dispute. However, Beijing was non commit-

tal on disengagement in the Depsang Plains and North of Pangong Tso, referring to its own claimed territory up to the 1959 Claim Line. The subsequent disengagement on the Kailash Range, where Indian army held a tactical advantage over the Chinese, without wresting adequate concessions from China, has not been convincingly addressed. The advantage gained on ground was not leveraged at the negotiating table.

By Rick Kirkman & Jerry Scott



ZITS



By Jerry Scott & Jim Borgman

#QUICK-TIPS

How to make the most of Apple Notes

The iPhone's default note-taking app continues to get better

Apple Notes is one of those apps you can turn to on a daily basis, without ever really making full use of all the different features and functions that it's got to offer. That's where this particular guide comes in. The idea is to point you to some of the lesser known, but very useful tricks, that Apple Notes can do.

We're going to focus on the mobile app, but you'll find most of these tips apply to the desktop version of Apple Notes on macOS, as well.

Link notes together

Maybe you've got two notes that are separate but also related, one note for planning a trip, for example, and another listing various sights that you want to see. Apple Notes lets you link them both together.

- Open one of the notes. At the point you want to insert the link, long-press on the insertion point. In the pop-up menu, select **Add Link**. (You may need to tap on the > to see more options.)
- Begin typing the title of the note you want to link to and select it when it appears.
- Turn off **Use Note Title as Name**, if you want to enter a different title for the link.
- Tap **Done**, and you'll see your note inserted.

Another way to insert a link is to type >> where you want to place the link. In that case, you'll simply get a pop-up menu, listing the available notes.

Now, you can tap on the note link to quickly jump to it. To delete it, tap and hold on the link, then choose **Remove Link**.

Embed PDFs inside notes

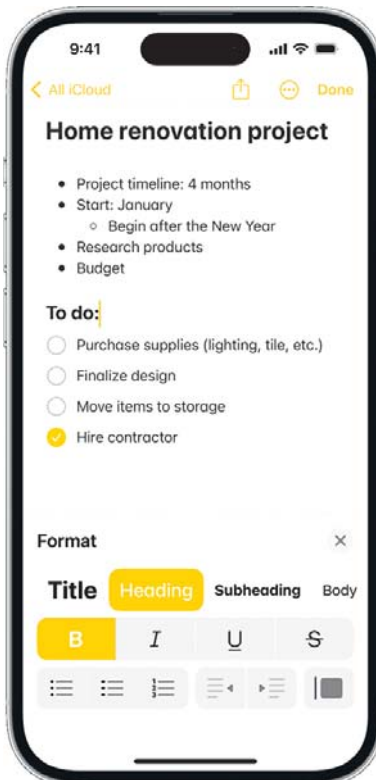
Notes can contain PDFs, which can be read and annotated, if needed.

To add a PDF from another app (like Mail) to a note,

- Tap on the thumbnail of the PDF in your email or other app.
- Choose **Share** (usually in the upper-right corner) > **Notes**.
- Select which note you want to embed the PDF in by tapping on the field below **Save To**. You can also start a new note by selecting **Create New Note** at the bottom.
- Tap **Save**.

When you've got a PDF inside a note,

- Tap on the down arrow next to the PDF name.



- Choose **Quick Look** to see the PDF in full-screen mode. (You can use pinch and zoom to move around it.)
- Tap **View As** to change the size of the embed in your note.
- Pick **Share** or **Copy** to send the PDF somewhere else.
- Tap **Delete** to remove the PDF from the note.



You can scribble on top of PDFs with the pen tool to annotate them and select and highlight text inside a PDF, in the same way as normal note text.

Show lines or grids

- With a note open, tap the three dots (top right).
- Pick **Lines & Grids** and choose a style.
- To set the default style for new notes, choose **Notes** and then **Lines & Grids** from the iOS Settings panel.

Change the heading

By default, new notes will start with a title in a larger font at the top, but that layout might not be something you want to use. To change the way that new notes are formatted,

- Open the main iOS Settings panel.
- Tap **Notes** > **New Notes Start With:**
- You can now pick from **Title, Heading, Subheading**, and **Body**.

Create notes quickly

If you need to jot down something as fast as possible, you can quickly create new notes from the Control Center.

- From Settings on iOS, tap **Control Center**.
- Make sure the **Quick Note** option is added to the active controls.
- The Quick Note shortcut is now available when you swipe down from the top-right corner of the screen. (Its icon looks like a scribble inside a box.)

Your iPhone's lock screen should keep notes well-protected from prying eyes, but you can add some extra security for notes, that are particularly sensitive. (Note that some notes, for example, those with video, audio, tags, PDF, or file attachments, can't be locked.)

Inside a note, tap the three dots (top right), then **Lock**. By default, locked notes can be viewed using the same passcode or biometric authentication that you use to get into your iPhone. If you'd rather set a different password for Notes, tap **Create Password** when the **Lock Notes** screen comes on.