

#WELFARE

Caregiver's well-being declines over time

Researchers explore how time spent in caregiving affects well-being. They found that the more time people spent on caregiving tasks, the more their well-being suffered, regardless of gender. The study further examines factors like caregiving intensity, the relationship between caregivers and recipients, and full-time employment. Surprisingly, these factors had little influence on the overall decline in well-being, suggesting that caregivers face similar challenges across different contexts.



ew research shows that the longer individuals spend caring for loved ones, the more their well-being suffers, regardless of the caregiving context. These findings underscore the need for policy discussions to alleviate the burden of informal care. The prevalence of informal caregiving continues to rise globally, bringing abrupt changes to caregivers' lives. But how does caregiving affect their well-being? Past research offers conflicting views. Some suggest that it enhances well-being by providing a sense of purpose, while others report decline due to emotional strain.

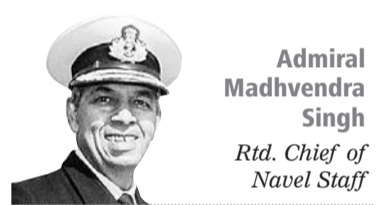
To address this, the new study from the University of Zurich (UZH) analyzed data from 28,663 caregivers, who contributed 281,894 observations across panel studies in the Netherlands, Germany, and Australia. The results show a consistent drop in life satisfaction and emotional health, with an increase in loneliness and anxiety, particularly for women. "The results of our analyses showed a decline in well-being in the years following the start of caregiving," explains co-author, Michael Krämer from the Psychology department at UZH. "These declines were consistent across different aspects of well-being, life satisfaction, emotional experiences, depression/anxiety, and loneliness, and were more pronounced and longer last-



Veterans Run

And Who Are They?

Every few years, I go to the United States of America and while walking on the streets, and in their fancy shopping malls with my Veteran Cap, I am frequently greeted by the citizens of America with the words, "Thank you for your service." They don't know me and nor do they know all the Veterans of their own country. But they realise, as we should, that while we do not know every Veteran, we owe them a great deal. In fact, one is elated when one is respected and honoured as a veteran in a foreign country. When one queues up for boarding an aircraft in the USA, invariably, the first announcement is "Personnel of the Armed Forces and Veterans may please board first."



Admiral Madhvendra Singh
Rtd. Chief of Naval Staff

A unique event took place in Jaipur at the behest of the General Officer Commanding-in-Chief, South-Western Army Command, Lt General Manjinder Singh. It was the HONOUR RUN on Sunday, the 8th December, which has been started primarily to honour our Veterans. It was flagged off from the iconic Albert Hall, and there were different distances to be run for various age groups. (Regrettably, none for the over 80s) While the run was in progress, the Army had a demonstration of Martial Arts and other military activities for those awaiting the return of the 'Honour Runners'. The finishing too was at the Albert Hall and the General, thereafter, hosted a Felicitation Dinner to honour those who had won prizes in the Honour Run. Hundreds came to run, as also many on wheelchairs, to honour our veterans.

I am from the Navy, and I am aware that my fellow sailors, as also our Airmen and personnel of the Paramilitary forces, undergo many stresses and strains, and have a very difficult life compared to our civilian brethren. But I have no hesitation in saying that amongst all the uniformed services, it is the Army that bears the greatest hardship and makes the maximum sacrifices. Therefore, all of us citizens have a great deal to thank our Army for. It is because of this great institution, and our Navy and Air Force that our country remains free and democratic and that we, citizens, live peacefully and go about our business and make India prosperous. It is thanks to the Army that Kashmir is still with us because in the early 90s, terrorists were roaming in the streets of Kashmir with Kalashnikovs in hand, and threatening all and sundry. Such an onerous task cannot be accomplished by weak, pot-bellied, unfit, and even older persons. The nation needs a young, physically fit Army, Navy and Air Force to defend our country, and therefore, personnel of the armed forces, unlike the police and paramilitary forces, do not serve up to the age of 60. They are retired at a much younger age, and therefore, need the support and understanding of citizens and the Government, when they leave the Armed Forces and become a VETERAN.

Who is this Veteran? He is, perhaps, a person who left home in his late teens or early 20s, went through a stringent selection process, followed by very rigorous training, which transformed him from a boy to a man capable of defending our country. On joining his Service, he comes under the Army / Navy / Air Force Act, which take away from him a whole lot of rights granted by the Constitution to the average citizen. On completion of this training, he/she takes an Oath at a solemn ceremony, which ends with the words, "that I will observe and obey all the commands of the President of the Union of India and the commands of any officer set above me, even to the peril of my life."



"INDECISION MAY OR MAY NOT BE MY PROBLEM."
-JIMMY BUFFETT

#HONOUR



Forces made by our veterans and, if nothing else, give them the respect that their uniform and the Service, they have rendered, deserves. Every few years, I go to the United States of America and when one queues up for boarding an aircraft in the USA, invariably, the first announcement is "Personnel of the Armed Forces and Veterans may please board first." And at times, those standing by to board, will even honour the servicemen boarding by clapping if they are in uniform. Even in the concessions granted to Veterans at various museums and other venues, they don't make a distinction between the US veterans and a veteran of the Indian Navy. For them, a Veteran is a Veteran.



A soldier fights, and at times, dies, for "Naam, Namak Aur Nishan" (i.e. 'Naam' for the name (Izzat) of his unit and service, the place to which he belongs and his country, 'Namak' for the citizens of India, who have faith in him and give him his wherewithal, 'Nishan', the Flag that he is sworn to protect). That is why throughout history, the soldier has been given a special status and the profession of arms has been valued even in our scriptures. Even today, any one aspiring to be the King of England has to serve in the Armed Forces. Today, there are 212446 vet-

erans and 60143 veterans' widows in Rajasthan, with the maximum numbers hailing from the districts of Jhunjhunu, Kotputli-Behror and Jaipur, our area. Last year, 23 of our soldiers made the supreme sacrifice in the line of Duty. Every year, another 3500 join the ranks of Veterans in Rajasthan.

Being a soldier is not just something about courage. It is not just about making a living. It is something more. It is about sacrificing yourself for something greater than yourself, which is our beloved Country. As the epitaph in the Kohima cemetery reads, "When you go home, tell them of us and say, 'That for your tomorrow, we gave our today.'"

Many of us are unaware that the Constitution of India authorises the prefix of Rank prior to the name only for Commissioned Officers of the Armed Forces. An Officer of the Armed forces carries his rank forever more, and with great pride. Even when he dies, he is referred to as Late General. Help educate their children. In our culture, we are giving 'Daan' on various occasions. My mother always said that the best 'Daan' is 'Vidya Daan', to educate someone. Another way we can help is to give them a job. I can assure you that a veteran will be an asset to any team. If you are in Government, at least ensure that the vacancies reserved for Veterans are allotted to them and not to someone else.

About veterans, 11 year-old Jodie Johnson wrote,

"Who are these men who March so proud,
Who quietly weep, eyes closed,
head bowed;
These are the men who once were boys,
Who missed out on youth and all its joys,
Who are these men with aged faces,
Who silently count the empty spaces?
These are the men who gave their all
Who fought for their country for freedom for all,
Who are these men with sorrowful look,
Who can still remember the lives that were took,
These are the men who saw young men die,
The price of peace is always high
Who are these men who promised to keep,
Alive in their hearts, the ones God holds asleep?
These are the men to whom I promise again:
'VETERANS,' my friends, I will remember them!"

At the Felicitation Dinner, I thanked General Manjinder Singh for honouring us Veterans and suggested that this Honour Run should be made an annual event to be conducted on the second Sunday of every December so that it is a regular event in the Jaipur calendar. Hopefully, it will be conducted again.

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By Rick Kirkman & Jerry Scott

#J'ADORE

How To Wear a Beanie

Beanie hats are a lifesaver when you want to heat up your street style game.

If all the cold-weather accessories you could possibly buy this season, the beanies are non-negotiables. They come in a million colours, knits, and fits and can effortlessly pull together an outfit while also keeping your ears and head warm when it's bone-chillingly cold outside. Beanie hats are a lifesaver when the weather isn't exactly warm, but also when you want to heat up your street style game. All the cool girls are sporting this stylish accessory. Want to nail this effortlessly cool look? We've got a few ways you can wear a beanie and look good in it. Try them all and see which one suits you best.



The Standard Beanie
This is a basic way of wearing a beanie, a happy medium between close fitting and slouchy.



The Slouchy Beanie
If your beanie is of a looser, more slouchy style, wear it pushed back on your head with the top of the beanie left to slouch.



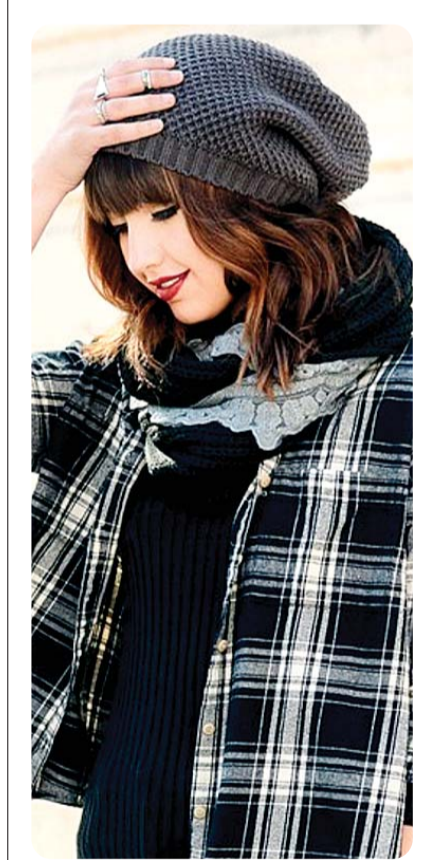
The PomPom Beanie
If you want to add a little something to your beanie, let it be a pom-pom! A cute beanie with a pom-pom will add a fun, playful touch to your look.



The Stylish Beanie
For a casual, but stylish look, wear the beanie at the scalp line and let your hair out. Both side swept hair and the centre part look great with a beanie.



The Fitted Beanie
Another way of rocking a beanie is wearing a close fitting beanie or rolling up a slouchy beanie. This basic style of wearing a beanie is simple and fuss free and will definitely keep you warm.



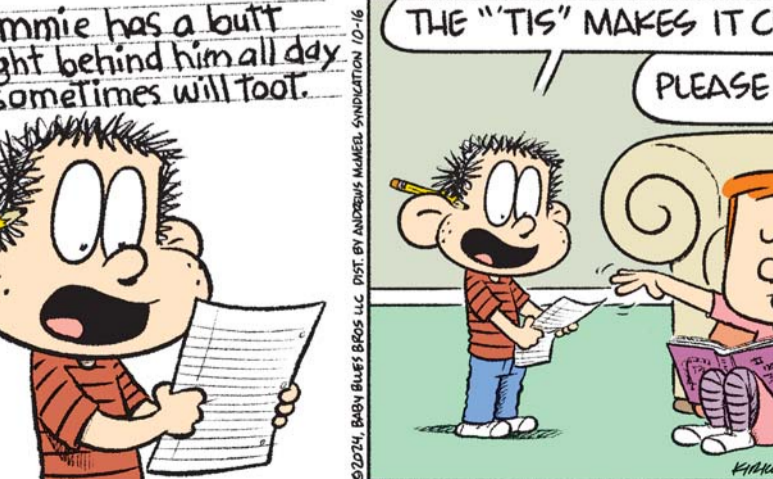
The Bangs Out Beanie
For a cute and stylish look, let your bangs out and wear the beanie further up on your head so that the beanie doesn't flatten your bangs to come down over your eyes.

By Jerry Scott & Jim Borgman

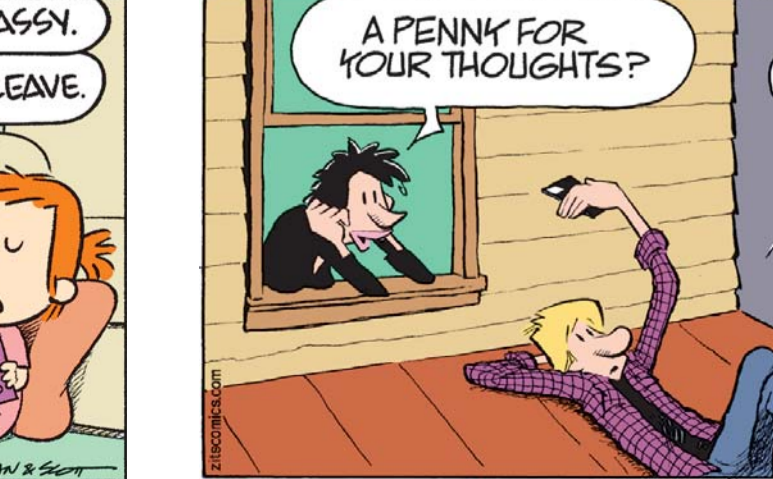
BABY BLUES



ZITS



THE WALL



AND THERE'S A TWENTY-DOLLAR MINIMUM NOW.

