

International Day for Tolerance

There's no doubt that a world free of tolerance would not be a good place to be. It is the belief of those supporting this day that such a world should never exist, and that everyone has a right to their expression, religion, and their conscience without fear of bias or ridicule. In addition, the idea teaches that a person's racial or religious background is inconsequential to the potential for tolerance and friendship between them. In honour of the work that continues to be done in the human race to respect all humans, the International Day for Tolerance is celebrated each year.

#INSIGHT

How Did Chutneys Came to the World?

The Mughal kitchens were known for their elaborate feasts, which included a wide range of chutneys.



Chutney is a savoury condiment that is commonly used in Indian cuisine. It is often made by blending together various ingredients such as herbs, spices, fruits, and vegetables to create a delicious and flavourful accompaniment to a meal.

The word 'chutney' is derived from the Hindi word 'chutni', which means to crush or grind. Chutneys were traditionally made by grinding together fruits and veggies

with spices and salt, using a mortar and pestle, but today they are often made using a blender or food processor. This method was used in Ancient India to preserve fruits and veggies. From *Dosa to Cheela, Samosa and Dahi Bhalia*, we enjoy chutney with literally all kinds of food. This condiment is also used as a dip or spread for making a variety of sandwiches. In this article, we will share with you a brief history of how this condiment came to India and some common chutney recipes. Take a look.

History of Chutneys Chutneys in the Past

When this method was adopted, people of India started making chutneys with veggies and fruits by grinding them with spices and salt, to preserve them from spoiling. This was especially important during the monsoon season when fresh produce was scarce. Also, they were used to add flavour to bland foods as rice and lentils were the staple foods and chutneys enhanced their taste. They were also used for flavouring meats and vegetables.

Common Chutneys in Indian Cuisine

Mint Chutney

This chutney is made by blending together fresh mint leaves, coriander leaves, green chillies, ginger, garlic, lemon juice, and salt. One can enjoy this chutney with literally any dish in the world. However, people love to have it with *tandoori* and fried dishes.



Tomato Chutney

Another chutney that's very popular in southern India, is prepared by sauteing tomatoes, onions, and garlic with spices such as cumin, coriander, and chilli powder. People love to consume this chutney with South Indian foods like *Dosa*, *Uttapam*, *Idli*, etc., though, you can enjoy it with dal and rice as well.

Tamarind Chutney

Remember the tangy yet sweet chutney that you love consuming with *Dahi Bhalia*, *Tikki*, *Samosa* and other chaats? It's called tamarind chutney, which is made by simmering tamarind pulp with jaggery (unrefined cane sugar), dates, and spices such as cumin and coriander. It's a great chutney, that's used for not only flavouring dishes, but for digestive purposes as well.

Onion Chutney

This chutney is made by sauteing onions with spices such as cumin, mustard seeds, and red chilli powder. It is often served as a side dish with *Dosas* and *Uttapams*.

Coconut Chutney

Be it any part of the country, this chutney is pure love, which one can consume on its own. Often, it is made by blending together fresh coconut, green chillies, ginger, and coriander leaves with a little bit of water. It is often served with *Dosas* and *Idlis*. People also add some peanuts while grinding the chutney as it brings that unique taste.

UNMATCHED DEVOTION TO DUTY



Major Devinderjit Singh Pannu was born on 10 September, 1941 in Khanewal in Multan District of present-day Pakistan, and post partition, his family settled in Jullundur, Punjab.

He owes his lineage to an illustrious Jat Sikh family, with a rich tradition in soldiering, and was a sixth-generation soldier. His maternal grandfather, Captain Thakur Singh, had fought as part of 47 SIKH (now 5 SIKH), during World War I in the Battle of Neuve Chapelle in France, where he was severely wounded and decorated with the Military Cross for his act of gallantry. He was, later, also mentioned in Despatches and subsequently awarded the OBE. His father, Lieutenant Colonel Gurdial Singh Pannu, saw action in World War II, the Indo-Pak War of 1947/48 and the Sino-Indian War of 1962, where he was taken as a prisoner-of-war in Bomdila in November, 1962, when commanding 3 JAK RIF and remained in China till repatriated in May 1963.



Major Devinderjit Singh Pannu.

Major Devinderjit Singh Pannu, along with his two younger brothers, Colonel NJS Pannu and Harmohinderjit Singh Pannu, received their education from the Lawrence School, Sanawar. Major Pannu joined the National Defence Academy in Khadakwasla, where he was awarded a Blue in Football, went to the Indian Military Academy, Dehradun, where he was awarded a Blue in Polo. He was an excellent sportsman and a great *shikari*.

He was commissioned into 5 SIKH, his maternal grandfather's Battalion on 10 June, 1962. The Sikh Regiment, known for its intrepid soldiers, has carved a name for itself with scores of battle honours. One of the highest decorated Regiments of the Indian Army it came into existence on 01 August, 1846, with the raising of Ferozepore Sikhs and Ludhiana Sikhs by Captain G. Tebbs and Lieutenant Colonel P. Gordon.

The son of an Army officer, Major Pannu was a soldier at heart, and soon evolved into a no-nonsense and committed soldier, who set his standards high. In his Army career, Major Pannu was first posted to Poonch, and then moved with his Battalion to Nagaland, where he was part of Counter Insurgency Operations. He had also served as an Instructor at the Officers Training Academy in Madras (now Chennai).

As the tensions with Pakistan escalated in 1971, 5 SIKH was

deployed in the Chhamb-Jaurian Sector of Jammu and Kashmir as part of Operation Cactus Lily. By this time, Major Pannu had put in about nine years of service and gathered substantial experience in various challenging operations.

The Dynamics of Chhamb
Chhamb was a small village in an Indian Enclave on the West of the *Manawar Tawi*, which provided India a firm base for launching an offensive towards Bhaddar on the sensitive Gujarat-Bhimber axes, and thereafter, advancing on to Kharian.

Tactically, Pakistan had a strategic advantage in Chhamb, as the Chenab River secures its Southeastern flank during its offensive. Proximity to Sialkot and internal communication lines allowed Pakistan to maintain a numerical superiority. In contrast, India faced challenges with the river behind her.

The terrain in Chhamb is predominantly open, with seasonal *nullahs* scattered throughout. The *Chenab* river, flowing from Northeast to Southwest, poses a significant barrier to crossing, as there is only one road bridge near Akhnur. The *Manawar Tawi*, which flows North to South, feeds into the *Chenab* above the Marala Headworks, and can be crossed at Mandiala, Chhamb, Darh, and Raipur during winter. The region, West of the river, features undulating land which is tankable, with south create a funnel effect, leading to Akhnur, where all routes converge towards Jammu across the river.

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Chhamb was crucial for both nations. If Pakistan initiated an offensive through Chhamb, as it did in 1965, it could pose a threat to Jammu. Capturing the Akhnur Bridge would disrupt the main supply route for Indian forces, situated West of the *Chenab*. Conversely, an Indian pre-emptive strike could hinder the movement of Pakistani troops from the Kharian-Jhelum area towards the Lahore and Sialkot sectors. The operational responsibility of Chhamb and Sunderbani-Kalidhar sectors lay with 10 Infantry Division, which was commanded by Major General (later, Lieutenant General) Jawsant Singh. Major General Jawsant

Major Pannu repeatedly exposed himself to enemy's small arms and artillery fire while moving from one locality to another, unmindful of his own safety, inspiring his men to repulse the enemy attack. However, as the position was of strategic importance to the enemy, it launched another Battalion attack on 5th December morning, preceded by heavy artillery fire. Major Pannu, once again, swung into action and ordered his soldiers to retaliate forcefully. He kept moving from trench to trench, motivating his men with the war cry of the Regiment, '*Jo Bole So Nihal, Sat Sri Akal.*' However, while doing so, Major Pannu got hit by a shell and was martyred.



Major Pannu (third from the right).

#MAJOR DS PANNU

Some exceptions. The Southern part of Chhamb is low-lying on both sides of the *Manawar Tawi* and is characterised by dense growth of *sarkanda*. When the river level is high, the area can become boggy, but it is typically dry and firm at other times. To the North, there are low hills and ravines, with the steep *Kalidhar* Range in the background. These hills and the *Chenab* River to the

However, the minefield from Barsala to Jhanda was a dummy one, as the Division had planned to launch an offensive through this area. When there was a change of plan on 01 December, efforts were made to lay protective minefields in the dummy minefield area also.

This task had not been completed when Pakistan's 23 Infantry Division, reinforced with artillery

interpersed by Pakistani air attacks and intense shelling. Pakistan launched major attacks on 5 SIKH positions at Point 303, Phagla and Gurha. In the attack on Point 303, Maj Devinderjit Singh Pannu's Alpha Company was occupying a key position for the defence of Chhamb, when the enemy launched an attack on the night of 03/04 December 1971. He immediately rushed to one of his Platoons, occupying a Screen Position at the Moel Border Outpost, when he learnt that hostilities were imminent so as to

ensure that the Post was not surprised and held out against the enemy attack. The attack continued throughout that night.

After heavy fighting, 191 Infantry Brigade vacated Chhamb and the area around on 06 December and withdrew East of the river. Tenacious defence by 5 SIKH, 5 ASSAM, 4/1 GORKHA RIFLES and aggressive actions by DECCAN HORSE and 72 Armoured Regiment, which had been placed under command from 3 (Independent) Armoured Brigade, helped in blunting the Pakistani offensive. A shallow Bridgehead, that had been established by Pakistan's 23 Infantry Brigade, was beaten back the next day. During the battle, the Pakistani Divisional Commander was killed in a helicopter crash. The situation finally stabilised on 11 December.

The Screens/Patrols were maintained up to the International Border and the Ceasefire Line. Mines had been laid all along the Ceasefire Line.

The Unmatched Commitment by Major Pannu
In the area held by 5 SIKH, 5 ASSAM and 4/1 GORKHA RIFLES, battles raged throughout,

yet, he and his men kept thwarting the enemy back and he took it on himself to keep their morale high, by fighting by their side.

Major Pannu repeatedly exposed himself to enemy's small arms and artillery fire while moving from one locality to another, unmindful of his own safety, inspiring his men to repulse the enemy attack. However, as the position was of strategic importance to the enemy, it launched another Battalion attack on 5th December morning, preceded by heavy artillery fire. Major Pannu, once again, swung into action and ordered his soldiers to retaliate forcefully. He kept moving from trench to trench, motivating his men with the war cry of the Regiment, '*Jo Bole So Nihal, Sat Sri Akal.*' However, while doing so, Major Pannu got hit by a shell and was martyred.

By his inspiring leadership and gallant actions, Major DS Pannu was instrumental in not only blunting the attacks but also in inflicting heavy casualties on the enemy. He displayed relentless grit, unmatched determination and a sacred sense of duty and loyalty during the operation and laid down his life in the service of the nation. He was awarded the *Vir Chakra* for displaying gallantry, determination, and leadership of a high order. The CO of 5 SIKH Lieutenant Colonel (later, Major General) PK Khanna was awarded the *Atish Vir Chakra*. 5 SIKH had stood their ground with valour for the soil of Chhamb.

Reinforcing a Tradition
In keeping with the rich tradition of honouring and respecting its fallen soldiers, the Battalion Memorial at Akhnur was inaugurated in December 1972, and since then, an *Akhnur Path* has been held every year on 05 December, without a break, notwithstanding where the Battalion is located. The function is attended by a large number of ex-officers, JCOs and ORs as well as family members and serving personnel. Major Pannu's parents, Lieutenant Colonel and Mrs. Gurdial Singh Pannu, attended this function every year till they were alive, and this tradition is now being carried out by his two younger brothers, Colonel NJS Pannu and Harmohinderjit Singh Pannu. |

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#CHEMISTRY

What's the difference between liquid and powder laundry detergent?

Knowing more about the chemistry involved will help you answer those questions.

When shopping for a laundry detergent, the array of choices is baffling. All of the products will likely get your laundry somewhat cleaner. But what gets the best outcome for your clothes and your budget? Do you want whiter whites? Do you need enzymes? And what's the difference between a powder and liquid detergent? As is often the case, knowing more about the chemistry involved will help you answer those questions.



What is a Detergent?

The active ingredients in both laundry powders and liquids are 'surfactants,' also known as detergents (hence the product name). These are typically charged or 'ionic' molecules that have two distinct parts to their structure. One part interacts well with water and the other interacts with oils. This useful property allows surfactants to lift grease and grime from fabrics and suspend it in the water. Surfactants can also form bubbles. Metal salts dissolved in your water can limit the performance of the surfactants. So-called hard water contains lots of dissolved calcium and magnesium salts which can readily form soap scum. Modern laundry detergents,

What's in Laundry Liquid?

The main ingredient of laundry liquid is water. The remaining ingredients have to be carefully considered. They must be stable in the bottle and then work together in the wash. These include similar ingredients to the powders, such as alkaline salts, metal sequestrants, water softeners and surfactants. The surfactants in liquid products are often listed as 'ionic' (charged) and 'non-ionic' (non-charged). Non-ionic surfactants can be liquid by default, which makes them inappropriate for powdered formulations. Non-ionic surfactants are good at suspending oils in water and don't form soap scum. Liquid detergents also contain preservatives to prevent the growth of microbes spoiling the mixture. Liquids do have one advantage over powders, they can be added directly to stains, prior to placing the item in the wash. A recent 'convenience' version of liquid formulas is highly concentrated detergent pods. Colourful and bearing a resemblance to sweet treats, these products have been found to be dangerous to young children and people with cognitive impairment. Pods also remove the option to add less detergent, if you're running a smaller load or just want to use less detergent in general.

What's in Laundry Powder?

While detergents and ingredients to avoid soap scum are the most important components, they aren't the most abundant. The main ingredients in powders are salts (like sodium sulfate) that add bulk and stop the powder from clumping. Another common salt added to laundry powders is sodium carbonate, also known as washing soda. Washing soda (a chemical cousin of baking soda) helps to chemically modify grease and grime so that they dissolve in water. Laundry powders also frequently contain oxidising agents like sodium percarbonate. This is a stable combination of washing soda and hydrogen peroxide. An additive, known as tetraacetyethylenediamine, activates the percarbonate to give a mild bleaching effect. Chemically, powders have an advantage, their components can be formulated and mixed but kept separate in a solid form. (You can usually see different types of granules in your laundry powder)

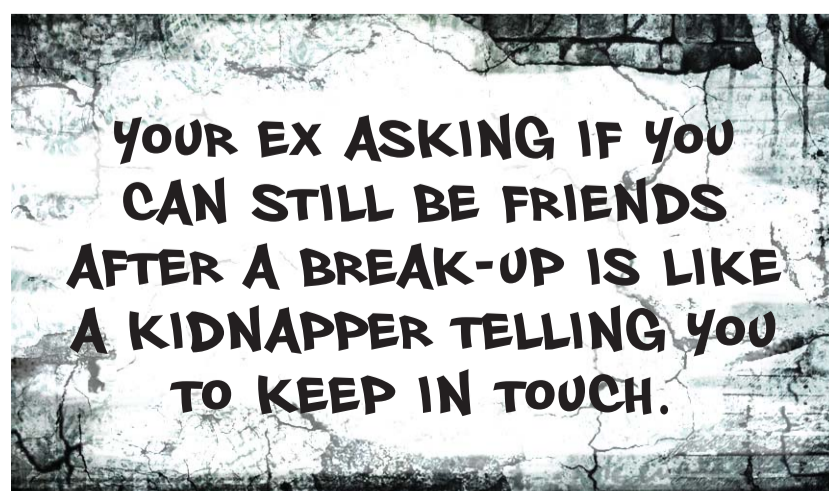


So, what about Enzymes?

Enzymes are naturally evolved proteins included in laundry products to remove specific stains. Chemically, they are catalysts, things that speed up chemical reactions. Enzymes are named for the molecules they work on, followed by the ending '-ase.' For example, lipase breaks down fats (lipids), protease breaks down protein, while amylase and mannanase break down starches and sugars. These enzymes are derived from organisms found in cool climate regions, which helps them function at the low temperature of washing water. Running an excessively hot wash cycle can damage or denature the enzyme structure, stopping them from assisting in your wash. If your detergent contains enzymes, the washing temperature should be neither too hot nor too cold. As a guide, temperatures of 15-20°C are used in standard laundry tests.



THE WALL



BABY BLUES



ZITS



ZITS



ZITS

