

## #SKIN-CARE

### Towards Healthy & Radiant Skin

Listen to your skin's changing needs, and be prepared to adjust your routine as required.



**C**rafting an effective skincare routine in India's diverse and often challenging climates is a journey towards healthy, radiant skin. From the humid coastlines to the arid interiors and the ever-changing seasons, the Indian subcontinent offers a unique set of conditions. To navigate this skincare terrain, we must understand the importance of adaptability and a well-structured regimen.

Listen to your skin's changing needs, and be prepared to adjust your routine as required. Healthy, radiant skin is achievable in the diverse climates of India, with a mindful and adaptable approach to skincare.

#### Cleansing

A fresh start to your skincare routine, cleansing is crucial in removing accumulated dust, pollutants, and excess oils. For Indian climates, a gentle, sulfate-free cleanser works wonders. Over-cleansing can strip your skin of essential oils, so find the right balance to maintain a healthy lipid barrier.

#### Hydration

India's heat and humidity often lead to dehydration, making hydration a priority. Look for lightweight, non-comedogenic moisturisers, which provide essential hydration without clogging your pores. Hyaluronic acid is an excellent choice, as it holds moisture effectively.

#### Sun protection

The Indian sun can be relentless, making sun protection a non-negotiable step. According to Dr Kapoor, it is essential to opt for a broad-spectrum sunscreen with an SPF of at least 30. Reapply every few hours, especially if you're out in the sun. Sunscreen helps shield your skin from harmful UV rays and prevents premature ageing and skin damage.

#### Antioxidants

Pollution and UV radiation can cause oxidative stress on your skin, leading to premature ageing. Antioxidants are your skin's allies here. Products with vitamin C, vitamin E, and niacinamide can help counteract this damage and keep your skin looking youthful.

#### Exfoliation

Regular exfoliation is essential to remove dead skin cells, promote cell turnover, and



maintain a glowing complexion. In India's humid conditions, you might want to exfoliate 2-3 times a week, depending on your skin type. Opt for a chemical exfoliant with AHAs or BHAs, which are gentler on the skin.

#### Night-time recovery

Night-time is when your skin regenerates. A quality night-time moisturizer, along with skin-repairing treatments like retinoids, can work wonders. These ingredients help combat issues like acne, fine lines, and uneven skin tone. Remember, consistency is key with these treatments.

#### Adaptability

Your skin's needs change with the seasons. During the hot summer months, a lightweight routine might be all you need. However, in the winter, you might require more intensive hydration. Pay attention to your skin and adjust your products accordingly.

#### Diet and hydration

Remember that skincare is not just about products; it's also about what you consume. A balanced diet rich in antioxidants, vitamins, and minerals can significantly impact your skin's health. Staying well-hydrated is equally important.

#### Consult a professional

While a general skincare routine can be beneficial, consider consulting a dermatologist for personalised guidance. They can help you identify your skin type, address specific concerns, and recommend products tailored to your skin's unique needs.

# CAPTIVITY-A STATE OF NON-EXISTENCE PART-2

As we settled down, fresh challenges confronted us. Jail had a claustrophobic effect on many. Being a hodgepodge of different arms and services, we lacked cohesion, which sometimes led to friction between individuals and groups. During the initial days of imprisonment, a large number amongst us, especially those who had not been of notable sober conduct when free, quickly turned about and joined the God-fearing and I joined a prayer group. To soften us the Indians tried to brainwash us by quoting the example of prominent Muslims as examples of our common origins, cultural affinity and common language and tolerance of all religions were frequently harped upon. In service matters, the behavior of our custodians was quite predictable. Having a common origin, both our armies have similar psyches. Soldiers away from home are not the best behaved species. The physical needs of the young are well recognized but our current predicament precluded any accommodation in this regard. It was a matter of great amusement when a young fellow prisoner was heard seeking favours from another prisoner in the darkness of the night, on the promise of a watch. Soldiers will be soldiers.



Maj. Chandrakant Singh Vrc (Retd)  
Military Historian

**R**anchi in Jharkhand is an old cantonment town, first built by the East India Company to keep the local tribal population under control, but it really gained in importance later when it became the headquarters of Eastern Command which is now in Calcutta. Being an old and large cantonment it had accommodation for several thousand troops. After the surrender of the Pakistan Army the army camp at Ranchi and nearby Ramgarh were turned into prisoner of war camps to house the thousands of war prisoners. Lt Col Qureshi along with many others were sent to POW Camp 95. What follows is Col Qureshi's account:-

"We had reached a maze of barbed wire which, in daylight, turned out to be a number of POW cages. Open fields could be seen stretching for miles around the perimeter fence. The officers were segregated from other ranks, though some were allowed to stay with us as administrative staff. In our enclosure there were over a hundred officers from different units. We had Col Howze, an Indian Christian, as the Camp Commandant, Capt Deka a Hindu as adjutant and a Sikh JCO in charge of administration. This unity in diversity was intended to influence us morally. We were lodged in the

huttled accommodation of an old officers' mess. Although the buildings were old it had a dining hall, separate bathrooms with running water and modern flush systems. There was sufficient space around the barracks for a mosque, volleyball court and open ground for a stroll. It took us several days to settle down but the Indians had already started interrogating us. Their purpose was more sinister than that of eliciting information. With a large number of turncoats on their payroll, there was hardly anything of military value that was not already in their knowledge. Their aim was to spot the weaklings amongst us for future use. Their methodology was simple - browbeat the subject into submission by threatening him by a public trial for committing genocide, rape and other offences against the Bengalis. Once the subject had been demolished to, he was to be rebuilt as a sub continental person who believed in the idea of an undivided greater India. (Akhand Bharat)

#### ESCAPE ATTEMPT FOILED

It was through such persons that sensitive information was passed on to Indians. In one case of an escape project, in which we had invested hundreds of man hours of work. At a gathering of officers, the proposed scheme was brought up for consideration. We managed to acquire a shovel for the upkeep of the camp, we indulged in gardening by day and dug a tunnel at night. At first the earth dug out was concealed in the false ceiling of the barracks and then in the flower beds. The prime mover was Capt Hussain, when the project was nearing completion, it was time to start finalizing the escape plans. Information on the communications infrastructure and



Pakistanis coming to surrender. The photographer is Jay Usl.

## #BANGLADESH LIBERATION WAR



Pakistani Soldiers who tried to escape, handcuffed.

security arrangements outside the camp was gathered as well as areas of muslim population concentration areas was gleaned from newspapers and other sources. Labour working in the camp was a useful source of information and where necessary information was bought by disposing watches and gold rings and chains.

Finally the day before getaway night dawned. Morning roll call was held on schedule, then we dispersed and got on the daily routine of reading newspapers, playing cards, group discussions and the like. We had lunch and then suddenly in the afternoon, contrary to normal routine and normal practice we were asked to fall in at a central place. A heavily armed guard was posted around us, look outs were doubled and additional foot patrols with tracker dogs prowled the perimeter fence. The Camp Commandant, Col Howze with an armed escort entered the camp and made a beeline for the room from where the tunnel started. He asked our administrative NCO to shift his bed and pulled out the ground sheet exposing the tunnel opening. Twenty nine of us were selected by him for being involved in the escape attempt. We had been betrayed. The enemy had succeeded in penetrating our ranks. Months of hardwork had been wasted. Why is it that the Muslims of the sub-continent seem to have more than their fair share of traitors. As a punishment, charpoyes were withdrawn, personal baggage was collected and stored, mess facilities were discontinued, after dinner walks were disallowed, purchases

from outside the camp banned. Camp life became more difficult, frequent searches and roll calls at odd hours became the norm. It must be remembered here that the Indians had, a couple of months after the surrender started paying us a stipend, as required under the Geneva Convention. It came in the form of paper coupons of different denominations for purchase of necessities. A few days later we were shifted from Camp 95 to Camp 93. Our new abode was rather uncomfortable and the rules were very strictly implemented. Our sojourn in Camp was rather brief for soon after our arrival orders for the 29 'undesirables' who had attempted to escape.

#### CAMP 88, WHERE GANDHI LIVED

On 20 June 1972 we were summoned outside the camp perimeter with bag and baggage. We were handcuffed, put in a vehicle and driven to a railway station. To be fettered like ordinary criminals was humiliating. At the railway station, we were



## International Artist Day

The first records of the world are not written in books, but are captured in paintings, sculptures, and music that help to paint a picture of world lost to the past. Whether it's revealing a style of dress worn in a period by the clothing worn in the painting, or the slight heave's hidden in some of the world's most beautiful works of art, acknowledging can reveal a hidden or lost side of us to the present. Explore a world of creativity and self-expression through vibrant visuals and imaginative forms that captivate the eye and inspire the soul.



Gen Sagat escorting Niaz to POW Camp.

common origins, cultural affinity and common language and tolerance of all religions were frequently harped upon. In service matters, the behavior of our custodians was quite predictable. Having a common origin, both our armies have similar psyches. Soldiers away from home are not the best behaved species. The physical needs of the young are well recognized but our current predicament precluded any accommodation in this regard. It was a matter of great amusement when a young fellow prisoner was heard seeking favours from another prisoner in the darkness of the night, on the promise of a watch. Soldiers will be soldiers.

Old timers in the camp collectively developed a mania for losing weight. One of them, a senior colonel who had to have two webbing belts sewn together to go around his ample waist, took it in his head to reduce overnight. He decided to organize a fat free diet as if the Indians had not already taken care of that. He did so much of exercise that all the fat melted away, which left him with a loose skin hanging all over a most unappealing sight. We were allowed to write letters twice a month. For ease of censorship, special stationery was provided so we did not write anything that we did not want the enemy to know. Receiving mail was always exciting and for us were nourishment for our deflated egos. We looked forward to mail days with great expectations. Letters from home gave a sense of belonging. During those days of turmoil when a new, truncated Pakistan was taking shape, Zulfikar Ali Bhutto started emerging as a leader of consequence. He was a sensitive man, highly responsive to the feelings of his electorate, and a strong personality. His concern about wellbeing of prison-

ers' families evoked an emotional response from us all. His public resolve to sleep on the floor while in India for the Shimla talks, identifying himself with our discomfort, endeared him to all of us. It was on one mail from home that I learnt that I had been awarded the 'Sitara-i-Jurat' for gallantry. I was thrilled to the core. The validity of gallantry awards has been frequently questioned in various quarters. Are they necessary? Are soldiers not expected to be brave? Many acts of bravery go un-noticed, but it is a fact that acknowledgement of an act of bravery does encourage others to perform well. Bravery is nothing more than overcoming fear. Some men are brave when confronted with physical danger, but buckle under moral pressure. Others are made of strong moral fibre and refuse to give in.

**RETURN TO PAKISTAN**  
In due course of time we settled down to a life of endless routine. We understood that a long incarceration lay ahead and the Agra Jail with its seven concentric walls and wire fencing was escape proof. Confinement became a way of life. As the year 1972 marched on and came to an end we followed the progress of Indo-Pak talks but little progress seemed to have been made, till the Shimla talks in July 1972 but it took almost a year of hard bargaining to clear the decks for the return of prisoners of war. The news in October 1973 that a few amongst us would be in the first train to Pakistan was a pleasant surprise. When the names of the first batch of repatriates, was announced there was celebration in the camp. In mid-October when the second train from Agra was announced my name was in the list, and the procedure for my journey home was set in motion.

It was my third train journey in captivity. The first was from Malda to Karachi as a unit. The second was from Ranchi to Agra in handcuffs as punishment for a failed escape attempt. Now it was the third. No armed sentries, no handcuffs as we were returning home there was no need to attempt to escape. I was so engrossed in my thoughts that I failed to notice the train slowing down. We were approaching journey's end and then the train stopped. We were told to detain and after a personal search we were directed to march towards the border. Just short of the border we were marshalled into a single file and a headcount taken. After the formal exchange of documents we were allowed to cross the border.

The moment the first soldier crossed the border, a brass band struck a welcome tune and some of us prostrated ourselves and thanked Allah for our return. We were ushered into a shawlana where hot tea and snacks were served. It was gorgeous. The smell of freshly baked items of confectionery was overpowering to hungry nostrils. After the dal-roti, interspersed by bones and scraps of meat, that had been our daily fare for the last two years it was a royal feast. We were home. I was taken to see my family in a brand new jeep, quite a change from a jail van. From a two winged country to a country 'cut to size' as Indira Gandhi was fond of proclaiming from a whole to a half.

**Concluded.**  
rajeshsharma104@gmail.com

As we settled down, fresh challenges confronted us. Jail had a claustrophobic effect on many. Being a hodgepodge of different arms and services, we lacked cohesion, which sometimes led to friction between individuals and groups. During the initial days of imprisonment, a large number amongst us, especially those who had not been of notable sober conduct when free, quickly turned about and joined the God-fearing and I joined a prayer group. To soften us the Indians tried to brainwash us by quoting the example of prominent Muslims as examples of our

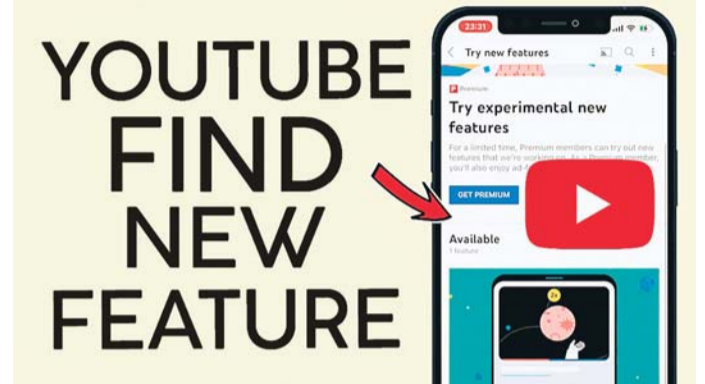


Pakistani officers including medical officers assembling to surrender.

## #TRENDS

### YouTube gets a new 'You' tab

Some of the recently added features includes the ability to lock the screen when watching a video, option to cancel scrub, and a new stable volume to minimize ear damage.



**Y**ouTube is adding several new features to its mobile app that were previously limited to Premium users. The video-sharing platform also introduced a new 'You' tab that combines the existing 'Library' tab and account page.

In a recent blog post, YouTube said that the decision to merge the account page and Library tab was made to make it easy for users to find all their stuff in one place. The new 'You' tab replaces the 'Library' tab that resides in the right corner of the bottom navigation bar. YouTube also made some changes to the 'Like' and 'Subscribe' buttons, which now glow and have a fancy sparkle animation when you tap on them.

**Lock screen while watching videos**

YouTube also seems to be improving the video player experience, with users now able to long press anywhere on the player to change the video playback speed to 2x speed. The preview thumbnails are also bigger now, and you can now cancel scrubbing by moving your finger back to the part where you started.

**New formats for video descriptions**

YouTube is making the video descriptions scrollable and giving creators greater ability to format them. New formatting for social media links will make them easier to find and click, and even include the social media platform's logo for better scannability. This is a big change for creators, but it'll also make it easier for viewers to find the host's information and other creators through the video description.

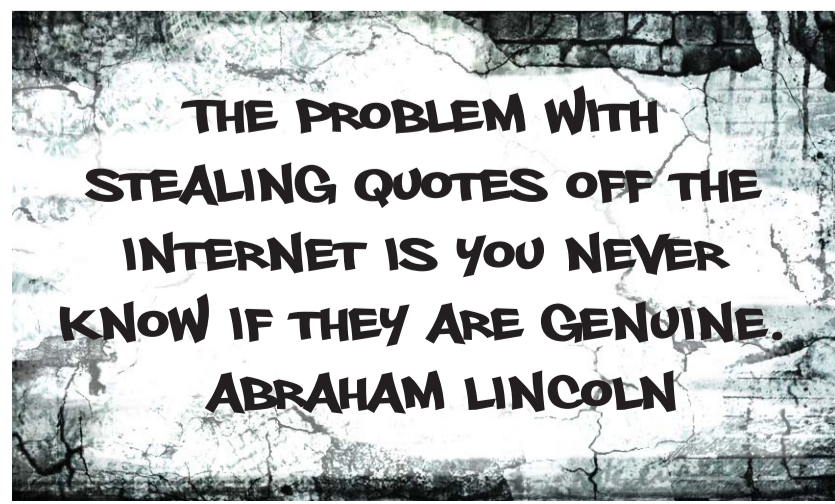
**New 'live' animations**

YouTube is also adding more visual features. During a video, if a host asks viewers to like or subscribe, these buttons will animate in sync with the words on the video. The activity will also look more lively with top comments that automatically rotate below the video description as well as real-time view and like counts within the first 24 hours after a video is uploaded.

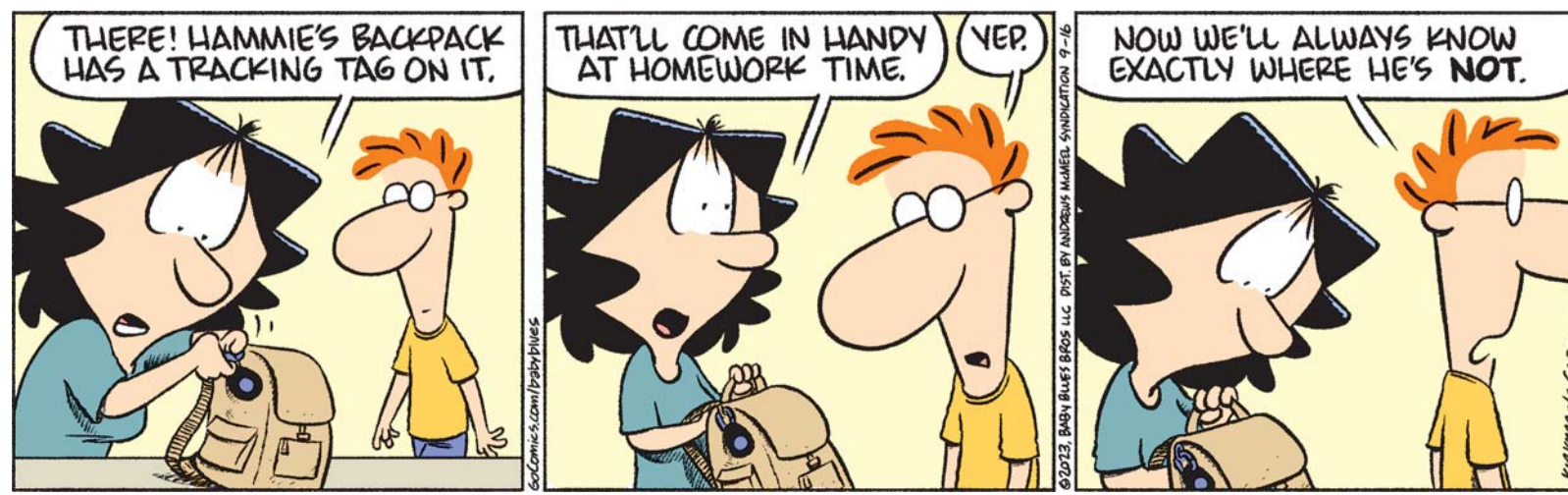
**Stable volume**

As the name suggests, the 'stable volume' feature helps users by automatically balancing the sound in a video. This is really helpful if a video has a huge difference in volume. Google says it will be

## THE WALL



## BABY BLUES



By Rick Kirkman & Jerry Scott

## ZITS



By Jerry Scott & Jim Borgman