

Plastic Free July

Recycling is emphasized everywhere, but there's not enough holiday to indeed enforce the idea of how easy it is to recycle. When it comes to plastic, plastic has become the number one product people use each day, despite how damaging it is to the environment. Plastic Free July is a holiday dedicated to teaching people about the dangers of plastic and challenges people to avoid plastic for a month. Make a point to avoid creating plastic waste, and substitute reusable, environmentally-friendly items like metal straws and water bottles or paper bags.

#J'ADORE

Rain Shouldn't Stop Your Style

reacherous weather is no match for these picks.

As the seasons start to shift, now's the time to prepare for rain dominating the forecast. Most people associate rain with gloomy and dreary days. While there are certainly days like that, it doesn't have to be all bad!

Instead, think of it as an opportunity to show off your seasonal style with trendy raincoats, rain boots and umbrellas. Whether you want to go with a classic trench, a trendy jacket or a sporty coat for staying active in the rain, there's an affordable and functional option for every style.

Defender Coat



Free People Jacket

This Free People jacket packs into itself, folding down into the rear pocket and can be stowed away for adventures on-the-go. With a more oversized fit, you can rest assured knowing you'll be completely covered from rain, sleet, wind and other harsh elements.

Wear this raincoat loose as is, or tighten at the hood, wrist and waist with the included elastic cuffs and drawcords for a more fitted feel. While this lightweight option lacks the layers others might have, it will keep water from lingering during spring and summer showers.

Townsend Trench Coat



When wind and rain work together to create a not-so-ideal day, turn to this jacket that will keep you protected from both elements, thanks to the two interior layers. "Stylish," "versatile" and "lightweight," you will love this jacket because it's easy to pack for unexpected showers.

Lightweight Packable Rain Jacket

You'll never have to worry



Keep it loose or cinch it up in this high-low Everlane anorak that features a drawcord. Made with 100 percent recycled materials sourced from plastic water bottles, shoppers also love how "adventure-y yet polished" this lightweight pick looks.



#MEDALS

Undoubtedly, the most highly decorated and battle-hardened Chief of Army Staff was General Arun Shridhar Vaidya, MVC**, who was the Army Chief from 1983-1985. Renowned for his remarkable leadership skills, strategic acumen, and unwavering dedication, General Vaidya played a pivotal role in shaping the modern Indian Army. Throughout his illustrious career, he exhibited exceptional courage, resilience, and commitment, earning him numerous accolades and the respect of his peers and subordinates alike.

General Arun Shridhar Vaidya was born in Bombay on 27 July 1926 to Shridhar Balkrishna Vaidya, a Barrister and Indra Shridhar Vaidya. After his early education at Pune, ArunVaidya studied at Elphinstone High School in Bombay before joining Elphinstone College and later the MTB Arts College at Surat, presumably moving due to his father's posting there as District Collector. At Elphinstone College, ArunVaidya joined the 1st Bombay Battalion of the University Training Corps (UTC) and was awarded the Best Cadet in 1942.

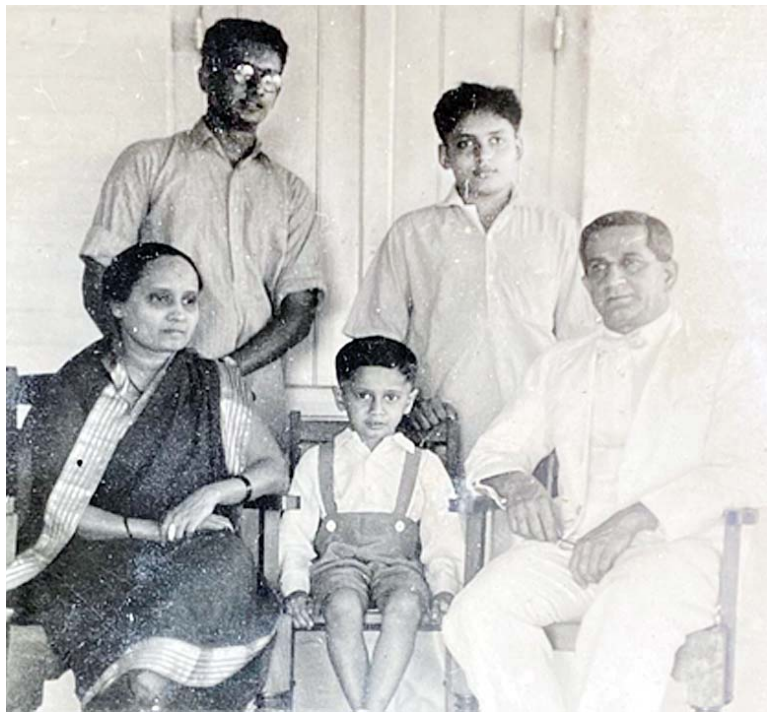
On 30 March 1944, he joined the Officers' Training School at Belgaum. He was then selected for

the Armoured Corps and underwent further training at Ahmednagar where he received an Emergency Commission in the DECCAN HORSE on 20 January 1945 and was granted Regular Commission on 07 May 1945. In the Second World War, he fought in the Burma Campaign with the 14th Army during the final months, including at the Battles of Meiktila and Rangoon.

DECCAN HORSE

In September 1948, General Vaidya was involved in Operation POLO as a member of the ad hoc Armoured Force organised from the Armoured Corps Centre and School. The force captured the Daulatabad Fort, Ellora Caves area and Parbhani. In 1958, he was selected to attend the Defence Services Staff College, Wellington, having secured a competitive vacancy. He was subsequently appointed Brigade Major of the 70 Infantry Brigade and served in this appointment in Ladakh during the Sino-Indian War in 1962.

On promotion to the rank of Lieutenant Colonel, he took over command of DECCAN HORSE, one of the oldest and illustrious Armoured Regiments. He commanded the Regiment in the Battle of Asal Uttar during the 1965 Indo-Pak War, and 16 (Independent) Armoured Brigade in the Battle of Shakargarh during the 1971 Indo-Pak War. He was decorated with the Maha Vir Chakra twice - the first time in



General Arun Shridhar Vaidya with his Parents and Brothers.
Source: Personal Archive of Gen Vaidya's daughter Neeta Kochhar

GENERAL ARUN S VAIDYA, MVC** Of Khem Karan, Basantar, Operation Bluestar

In the battle of Chakra and Dehira, the going was difficult due to deep minefield and terrain. In a cool and confident manner, Brigadier Vaidya undertook the crossing through the minefield. He personally moved forward, disregarding personal safety. Through his inspired leadership, the armour pushed through quickly deployed itself to meet the enemy's counter-attacks. During the Battle of Basantar, he again displayed his professional skill and superb leadership. He got his tanks through one of the deepest minefields, expanded the Bridgehead and repulsed a strong enemy counter-attack. In this battle, 62 enemy tanks were destroyed. This is the historic battle in which Second Lieutenant Arun Kheterpal of Poona Horse was awarded the PVC.



General Vaidya addressing audiences at an event.

1965 War and the second in 1971 War.

He is one of only six soldiers to have got the distinction till date. General Vaidya married Bhanumati nee Dharker on 05 December 1948 and had three daughters; Neeta Kochhar married to Brigadier Arun Kochhar, Parijat Belliappa married to DM Belliappa and Tarini Vaidya. His wife Bhanumati passed away peacefully on 26 January 2022.

From 06 to 11 September during the 1965 Indo-Pak War, DECCAN HORSE which was part of 2 (Independent) Armoured Brigade fought a series of actions in Asal Uttar and Cheema, in Punjab. As Commandant, Lieutenant Colonel Arun Vaidya was instrumental in stemming thrusts by Pakistani 1 Armoured Division in the battle of Asal Uttar and later at Cheema. During the fierce battles Indian forces repelled repeated attacks by Pakistani armour and infantry.

Indian troops held firm and the situation was stabilised by 10 September with heavy losses to Pakistani armour. The bravery of CQMH Abdul Hamid of 4 GRENADIERS and the outstanding handling of the armour by Brigadier TK Theograj Commander of 2 (Independent) Armoured Brigade and by Lieutenant Colonel (later Major General) Salim Caleb, Commandant of 3 CAVALRY and Lieutenant Colonel (later General) Arun Vaidya,

Commandant of DECCAN HORSE prevented any enemy ingress and resulted in severe attrition of the attacking forces. As a result, Pakistan Army's 1 Armoured Division, which was its pride, limped back to Kasur in after being ruthlessly battered. 9 HORSE played a crucial role in delaying the advance of the Pakistani armour on Asal Uttar-Cheema axis and inflicted heavy casualties on it.

Exceptional Leadership

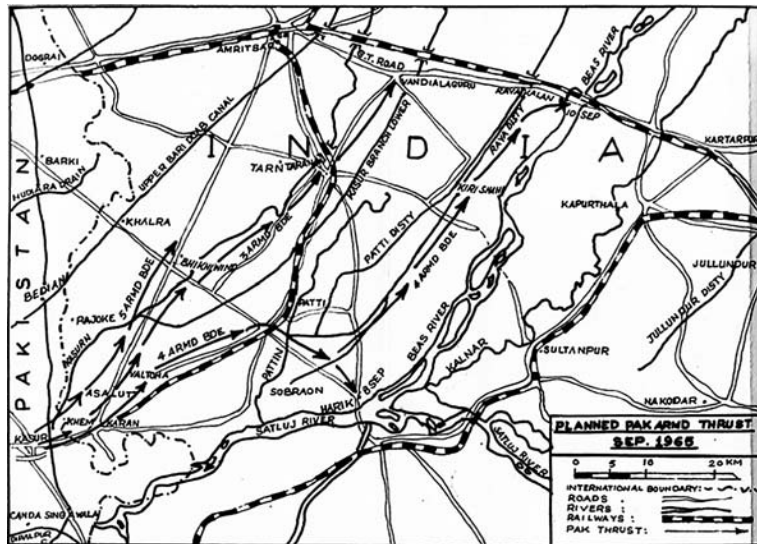
Lieutenant Colonel Arun Vaidya showed inspiring leadership and remarkable resourcefulness in organising his unit and fighting against heavy odds and inflicted severe casualties on the Pakistan Army's Patton tanks. With untiring efforts and complete disregard for his personal safety, he inspired his troops by his personal example. He was instrumental to a large extent in stemming thrusts by enemy armour in the battle of Asal Uttar and later at Cheema, and delivered effective blows to the enemy tanks. He earned his first Maha Vir Chakra for exceptional leadership during this battle.

On 21 July 1969, he was promoted to the rank of Brigadier and appointed Commander of 167 Mountain Brigade. Under him, the Brigade conducted operations against the Naga hostiles who were backed by China. Along with the leader, Mowu Angami, most of the hostiles were captured with



General A S Vaidya's Wife; Bhanumati nee Dharker.

their weapons and equipment. Brigadier Vaidya was awarded the Ati Vishisht Seva Medal on 26 January 1970. On 02 November 1970, he was appointed Commandant of the Armoured Corps Centre and School at Ahmednagar after which he was selected to raise 16 (Independent) Armoured Brigade at Pathankot. General Vaidya earned his Second Maha Vir Chakra during the 1971 Indo-Pak War, while commanding 16 (Independent) Armoured Brigade in the Shakargarh Sector. The Battle of Basantar was fought from 15 to 17



Battle of Khem Karan: Planned Pak Armoured Thrust, September 1965.
Source: S N prasad, UP Thapliyal, The India Pakistan War of 1965. (2011) Nitrog Publication, New Delhi



General AS Vaidya, Chief of the Army Staff presenting award to an army official during the Army Day Parade in Delhi on 15 January, 1984.

December turned out to be one of the fiercest tank battles of the 1971 War. Brigadier Arun Vaidya displayed outstanding leadership.

As the Commander 16 (Independent) Armoured Brigade in 1971, he was deployed with the 54 Infantry Division. The Centurion Tanks' Brigade, had on its ORBAT 16 Light Cavalry, 4 Horse (Hodson's) commanded by Lieutenant Colonel (later Lieutenant General) RM Vohra, 17 Horse (Poona) commanded by Lieutenant Colonel (later Lieutenant General) Hanut Singh, 18 Rajputana Rifles (Tops APC) and 90 (Independent) Reconnaissance Squadron (17 Horse) with AMX-13 tanks.

Professional Skills

54 Infantry Division's advance was planned to be between the Basantar and Karir rivers. The night of 05-06 December saw the start of the advance. For Indian tanks and men to reach their targets, including Barapind-Jarpal, they had to cross at least three minefields. The Indian Army had set up. Brigadier Vaidya along with the 9 ENGINEER REGIMENT, whose Commanding Officer was Lieutenant Colonel (later Lieutenant General) BT Pandit, took the responsibility for the tawling and clearing operations. The advancing forces encountered fierce resistance to the East of the Zafarwal-Dhamtal line at Dehira and Chakra, not only from



Listening to the ceasefire on a transistor radio at Dibbipura. From Left: Lt Col Arun Vaidya, Commandant Deccan Horse, Maj Reggie Christian, Brigade Major, Lt Col PC Mehta, Commandant 8 CAV, Lt Col Salim Caleb, Commandant 3 CAV, Col Salim Caleb, Brigadier TK Theograj, Commader 2 (I) Armd Bde; and a FAC.



General Arun S Vaidya, Mahavir Chakra and Bar, then Chief of the Army Staff, third from right, forefront, flanked by then Lieutenant General Krishnaswamy Sundarji, second from right, and then Major General Kuldeep Singh Brar, fourth from right.

the mines but also from heavily constructed Infantry positions with concrete bunkers.

Brigadier Vaidya moved his Brigade swiftly to get to grips with the Pakistan Army and took the enemy tanks by surprise. Employing his tanks relentlessly and aggressively, he helped the Division maintain constant pressure & momentum of advance against the Pakistan Army.

In the battle of Chakra and Dehira, the going was difficult due to deep minefield and terrain. In a cool and confident manner, Brigadier Vaidya undertook the crossing through the minefield. He personally moved forward, disregarding personal safety. Through his inspired leadership, the armour pushed through quickly deployed itself to meet the enemy's counter-attacks. During the Battle of Basantar, he again displayed his professional skill and superb leadership. He got his tanks through one of the deepest minefields, expanded the Bridgehead and repulsed a strong enemy counter-attack. In this battle, 62 enemy tanks were destroyed. This is the historic battle in which Second Lieutenant Arun Kheterpal of Poona Horse was awarded the PVC.

Throughout the war, General Vaidya displayed outstanding courage, great professional skill, indomitable will, foresight and imagination in fighting against the enemy in keeping with the best traditions of the Indian Army earning him his Second Maha Vir Chakra.

On 04 January 1973, Brigadier Vaidya was promoted to the rank of Major General and appointed General Officer Commanding (GOC) the elite 1 Armoured Division. On 01 April 1974 after command of the Division he moved to Army Headquarters as Director Military Operations (DMO). Promoted to the rank of Lieutenant General in January 1980, he held the appointment of Master General of Ordnance and later as the General Officer Commanding of 4 Corps before

being elevated to the appointment of General Officer Commanding-in-Chief of Eastern Command in June 1981. His tackling of the insurgency problems in his command has been particularly praiseworthy. He was awarded the Param Vishisht Seva Medal (PVSM) in 1983 for distinguished service of the most exceptional order.

On 01 August 1983, General Arun Shridhar Vaidya was appointed as the Chief of Army Staff (COAS).

Exceptional Vision

During his tenure as Army Chief, he focused on modernizing the Armed Forces, enhancing combat readiness, and improving strategic capabilities. Under his visionary leadership, the Indian Army underwent significant reforms, adopting new technologies, refining doctrines, and strengthening defense infrastructure. He displayed exceptional vision and led the army with great determination and integrity. One of the most significant challenges Vaidya faced during his tenure was the growing militancy in Punjab to counter which the

Army launched Operation Bluestar. He described the operation as the most difficult and painful decision of his career.

After more than forty years in service General Vaidya retired on 31 January 1986 to a quiet life in Pune. Tragically, on 10 August 10, 1986, his life was cut short when he was assassinated in Pune by Sikh militants.

The assassination of General Vaidya caused widespread shock and the nation expressed widespread condemnation of General Vaidya's assassination, mourning the loss of a highly decorated and esteemed military leader.

General Vaidya was posthumously awarded the Padma Vibhushan - India's second highest civilian honour - for his tireless service to the nation. Despite his premature departure, General Vaidya's contributions and legacy endure. As an outstanding military leader, General Vaidya's life exemplifies the values of courage, sacrifice, and commitment to the nation, serving as an inspiration to future generations of military leaders.

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General Vaidya during Operation Bluestar.

#PET-CARE

Dog Dementia

Dogs who slow down physically also slow down mentally, according to a new study.



Measuring gait speed in senior dogs could be a simple way to monitor their health and to document decline in their neurological function as they age.

"Walking speed in people is strongly associated with cognitive decline," says Natasha Olby, chair in gerontology at North Carolina State University and corresponding author of the study. "We hypothesized that the same might be true in dogs."

Olby and her colleagues measured gait speed off leash in 46 adult and 49 senior dogs. The adult dogs, who served as a control group, only had their gait speed measured. The senior dogs did some additional cognitive testing and their owners filled out a cognitive assessment questionnaire, called the CADES questionnaire. A higher CADES score indicates more severe cognitive decline.

The senior dogs were grouped together based on their CADES and cognitive testing scores. Individual gait speed was measured first by walking them over a five meter distance on a leash with a handler, then by offering a treat the same distance away from the dogs, and calling them to retrieve it off leash.



"The challenge with measuring gait speed is that dogs tend to match the speed of their handler when on leash, so we measured both on and off leash to see which was the most useful measure," Olby says.

Additionally, we are always concerned that body size and limb length will affect gait speed-but if you see a Chihuahua and a Great Dane walking together off leash, the shorter one isn't always behind the other," Olby continues.

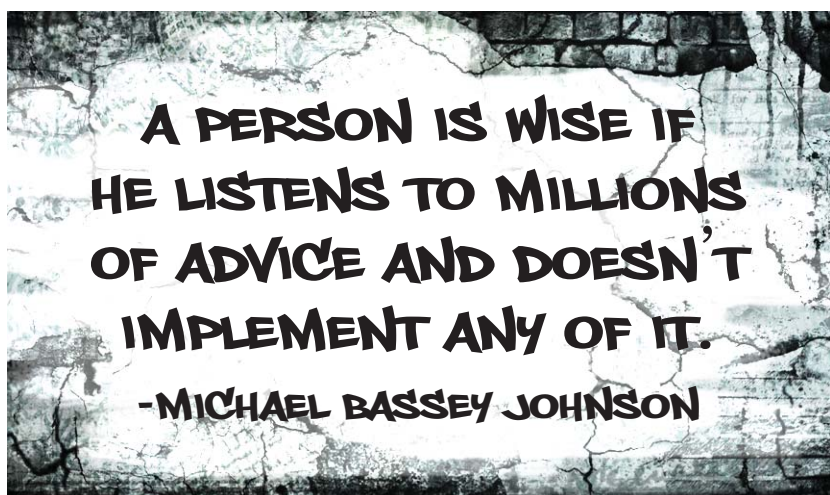
"We found that on leash, size does correlate with gait speed, but off leash it doesn't make a difference. Capturing gait speed off leash lets us see the effects of both physical ability and food motivation."

The researchers found that in the senior dogs, size didn't matter when it came to speed; in other words, dogs in the last 25% of their expected life span moved more slowly than adult dogs, regardless of relative size.

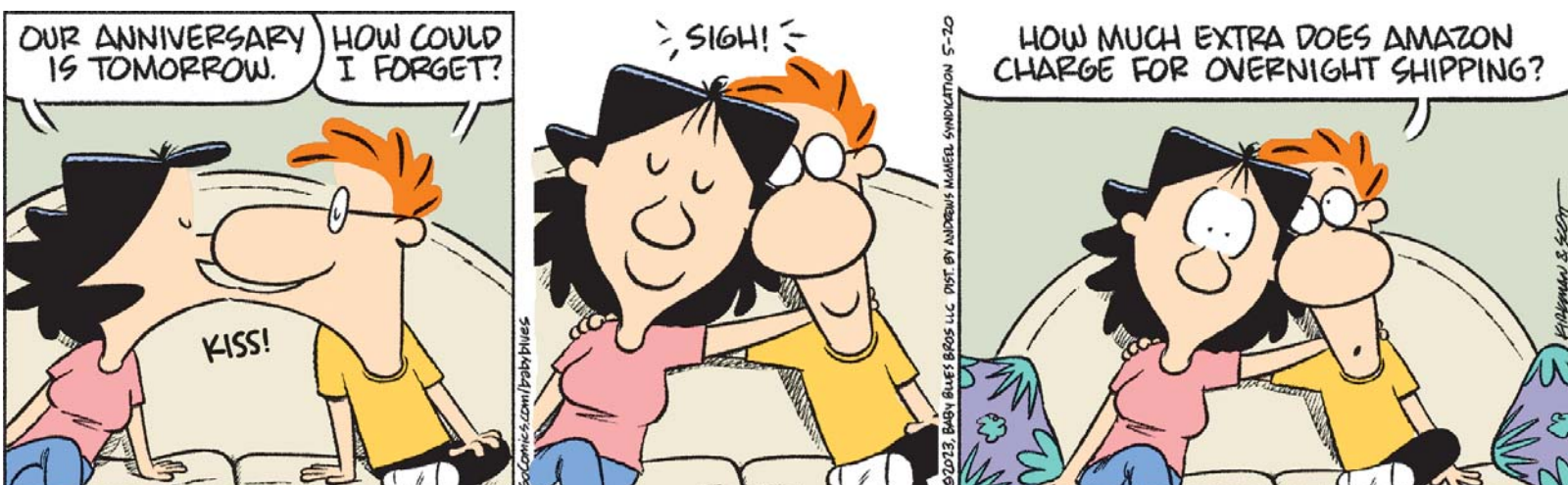
"Just as in humans, our walking speed is pretty stable through most of our lives, then it declines as we enter the last quarter or so of our lifespan," Olby says.

By Jerry Scott & Jim Borgman

THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS

