



Read an E-book Day

Years ago there was a giant push to encourage reading among youth and adults alike, and that push has entered the modern age with International Read an eBook Day. With the invention of the eBook, we have reached the point where the wonder of reading is available to anyone with the computer or portable electronic device. Get lost in the world of a book, whether new or an old favourite, without the hassle of lugging it around, holding it up, or damaging it. That's right, read an eBook!

#YOGA

Manage Diabetes with These Asanas

Yoga can do more than just relax your body in mind – especially if you're living with diabetes.



Diabetes is a chronic metabolic condition in which the patient has high blood glucose or hyperglycemia. Diabetes develops when the body is unable to produce enough insulin or use it effectively. According to research published in the Indian Journal of Ophthalmology, "the estimates in 2019 showed that 77 million individuals had diabetes in India, which is expected to rise to over 134 million by 2045."

While following a proper diet, sleep schedule, and exercise routine can help manage diabetes, doing yoga can also prove to be extremely beneficial. Yoga can do more than just relax your body in mind – especially if you're living with diabetes. Certain poses may help lower blood pressure and blood sugar levels while also improving circulation.

Experts suggest that regular practice of certain yoga asanas may even help reduce your risk for other complications of diabetes, such as heart disease. Other benefits include helping your digestive system, nervous system, and endocrine system work effectively.

Check out the asanas below:

Half Lord of the Fishes Pose/Ardha Matsyendrasana



Ardha Matsyendrasana involves a half spinal twist that helps in improving energy levels and promoting the release of insulin in the body. Therefore, this pose helps in controlling diabetes and keeps the energy levels high.

Meditate



Meditation helps diabetic patients by minimising stress,

reducing blood sugar levels, and decreasing the risk of cardiovascular disease. Meditating for 10-15 minutes can help in suppressing stress responses reducing plasma cortisol which improves glycemic control.

Supported shoulder stand



This asana may help improve circulation and stimulate the thyroid gland. It can also help calm the mind and relieve stress.

Child's Pose/Balāsana

This pose helps in relieving stress, fatigue, and back and neck pain. It also encourages relaxation that helps increase the production of insulin-producing beta cells.

Seated forward bend/Paschimottasana

In addition to lowering blood pressure and promoting weight loss, this pose may help relieve anxiety, headache, and fatigue, and tones the abdominal and pelvic organs.

But experts advise caution, adding that practitioners must keep the following things in mind:

- Do these poses at a moderate to slow pace.
- All poses are to be done on an empty stomach (at least 2 hours after a meal), and 4 hours in case you've had a heavy meal).
- Breathe at a regular pace and do not hold your breath till instructed.
- Consult your yoga instructor in case of a doubt.
- In case you feel discomfort stop immediately.

"I watched the Sri Lanka-Pakistan final and couldn't help but admire the planning of the Lankans. They literally strangled Pakistan, such was their meticulous strategy and beautiful execution. Plenty of credit must go to head coach Chris Silverwood... Sri Lanka's a serious threat to the 'big' teams in the T20 World Cup"



Dilip Vengsarkar.

#INTERVIEW



Lokendra Pratap Sahi
Senior Journalist

Dilip Balwant Vengsarkar has worn each hat with distinction... Be it as player, captain or chairman of the selection committee... His views, therefore, carry plenty of weight. The Mumbai-based Vengsarkar, now 66, spoke to this Columnist for over an hour. Excerpts...

Q: What was the thought process which went into picking the squad for the inaugural T20 World Cup (then called World Twenty20), back in 2007? India, after all, had the experience of just one T20I...
A: I have to confess neither I nor my colleagues - Venkatapathy Raju, Bhopinder Singh (Sr), Sanjay Jagdale and Ranjib Biswal - had watched the format in person. Plus, there were no T20 tournaments in India... I was in England for the Test series and, so, I told my co-selectors you pick your squad and I mine, idea being to exchange notes. We were on the same wavelength where 90 per cent of the players were concerned.

Q: Seniors Sachin Tendulkar, Anil Kumble, Sourav Ganguly and Rahul Dravid opted out, right?
A: Zaheer Khan as well... All of them, who were in England, chose not to be considered.

Q: Were you put off track when the seniors made themselves unavailable?
A: When somebody chooses not to be available, an opportunity opens for somebody else. There's always somebody waiting to come in.

Q: How did you, as chief selector, go about picking that squad?
A: Went by instinct, chose players with energy... Selected those I felt would be hungry. Selectors need to have a vision, else it won't work out.

Q: The 50-over World Cup, earlier that year, had been a disaster. Did that influence you and your colleagues in any way?
A: Let's say I'd become the selection committee chairman in the 2006-2007 season, when that World Cup squad was picked. By the time the T20 World Cup came, I was firmly in the saddle.

Q: Yuvraj Singh, who got the vice-captaincy, was senior to Mahendra Singh Dhoni. Was there a debate over the captaincy?
A: Virender Sehwag was also senior... Look, Dhoni had been playing from 2004-2005 and colleagues and I had been impressed by his approach to the game. Also, his understanding of cricket. Moreover, I spoke to some seniors,

who'd stand in the slips cordon, and their feedback on Dhoni was positive too... There was something about Dhoni which strongly suggested he was destined to be a leader.

Q: Selectors, I suppose, must be brave as well. Do you agree?
A: You're right. Besides a vision, selectors must have the courage of conviction... They need to back themselves as much as they back the players.

Q: The decision to make Dhoni captain became a game-changer. Cause, surely, for immense satisfaction...
A: Indeed, as also selecting Virat Kohli for the latter half of the 2008-2009 tour of Sri Lanka.

Q: Were you surprised by (a) India making the 2007 final and (b) actually becoming champions?
A: The squad was balanced and, in any case, you cannot predict in the T20 format. Two good overs for one team become two terrible overs for another... Dhoni's men peaked at the right time. Besides, they were neither lacking in energy nor the hunger to make headlines. The squad was young too. So, wasn't surprised by Pakistan being beaten in the final.

Q: What lessons did you and your colleagues learn from that success?
A: (Laughs) Where was the time to learn anything? Next season, I was out of the selection committee!

Q: That victory became the best PR exercise for the IPL, which was to begin in 2008...
A: Of course that inaugural T20 World Cup win was a major boost for the yet-to-be launched IPL. Interest in the format soared after the India vs Pakistan final and a new breed of passionate fans couldn't wait for the IPL to start.

Q: Joginder Sharma, hero after the T20s...
A: I do know what will be an impediment. Going for extravagant shots all the time. No harm playing to the galleries once in a while, but your innings has to be built around a sensible approach and by playing cricket shots. If a set order batsman is there till the end of 20 overs, his team stands a great chance.



Mahendra Singh Dhoni with the inaugural T20 World Cup.

that sensational last over, disappeared rather soon...
A: Sadly, happens to some.

Q: The squad for this year's T20 World Cup is now known. Your take?

A: Well... It's a run of the mill selection, nothing out of the box. Selectors must be fearless and pick boldly. For major tournaments, have a surprise player. The gamble may be worth it.

Q: Surprised that Mohammed Shami hasn't been included?
A: Yes... I thought Shami had been rested for the Asia Cup. But it's clear he's not in the T20 scheme of things. Wonder why?

Q: Wouldn't have been a shock, but why not go for young and fiery Umran Malik?

A: This omission beats me... After this year's IPL, Umran should have been a regular in T20s. If the selectors wanted to have another look at him (leaving aside the three T20Is already played), he should have been in the Asia Cup squad. The thinking in India isn't correct. Why wait for Umran to first play a couple of full seasons of pure domestic cricket? When will you give him more opportunities? When Umran's pace drops from 150 kph to 135 kph? I cannot subscribe to this line of thinking.

Q: How would you comfort Umran?
A: I'd ask Umran to keep the focus intact, work hard and wait for the next opportunity. Umran and Shubman Gill are players with the potential to serve India for long.

Q: Would you like Virat to open with captain Rohit Sharma?
A: Hard to say off hand, would depend on the situation and the thinking within the core group. Fact, however, is anybody can open in T20s.

Q: India begin their campaign at the MCC, against Pakistan, on October 23. Your starting XI?



Dilip Vengsarkar.

A: Tough one this... Often, conditions determine the XI... Today, I'd go with: Rohit, KL Rahul, Virat, Suryakumar Yadav, Rishabh Pant, Ravichandran Ashwin, Jasprit Bumrah, Harshal Patel, Bhuvneshwar Kumar.

Q: That India lost to Pakistan in the Super Fours stage of the Asia Cup... Would it weigh heavily?

A: Don't think so... India fared poorly in the Asia Cup because they chose to experiment. I have nothing against trying to work out the best combination, but you do that in a bilateral series, not in ICC tournaments or the Asia Cup.

Q: India also lost to Pakistan in the 2021 T20 World Cup...

A: Done and dusted... A year is a long time in cricket. Teams go forward by quickly learning from mistakes. India should have gone through that process by the time the world's focus is on the MCC.

Q: You've experienced it all in different roles. Does the past actually count for much in Indo-Pak matches?

A: Where T20Is are concerned, it can be anybody's day. Rankings don't mean much, nor for that matter, whatever happened the last time... In ODIs, you do have the overs to make a comeback... Test cricket, because of the way it is structured, allows good teams to claw back in innings No.2. Quality determines the winner in the longest and oldest format.

Q: South Africa too is in India's

group in the T20 World Cup... Dangerous!
A: Definitely. You cannot underestimate anybody.

Q: What goes into succeeding in the T20 format?

A: From a batsman's perspective, I do know what will be an impediment. Going for extravagant shots all the time. No harm playing to the galleries once in a while, but your innings has to be built around a sensible approach and by playing cricket shots. If a set order batsman is there till the end of 20 overs, his team stands a great chance.

Q: Sri Lanka... Simply stunning in the Asia Cup... What did you make of Dasun Shanaka and his men?

A: (Admirably) I watched the Sri Lanka-Pakistan final and couldn't help but admire the planning of the Lankans. They literally strangled Pakistan, such was their meticulous strategy and beautiful execution. Plenty of credit must go to head coach Chris Silverwood... Sri Lanka's a serious threat to the 'big' teams in the T20 World Cup.

Q: Would you stick your neck out and name the favourite?

A: Won't, for it's impossible to predict in the T20 format. Naturally, I want India to win, though.

Selectors need to have a vision, else it won't work out: Dilip



Umran Malik.

sponsors. The format's popularity has scaled incredible heights. Even Greece is looking to promote T20 cricket.

Q: Eventually, then, will the 50-over ODIs be squeezed out or is the Test format most threatened?

A: The International Cricket Council has the responsibility to protect all three formats. The issue is about striking a balance and each Board also has a responsibility. For me, every format is important. There's definitely place for Tests, ODIs and T20Is to co-exist.

Q: With that terms-dictating hundred against Afghanistan, the proverbial monkey is off Virat's back. Your expectations from him in the T20 World Cup?

A: For years, Virat has been such a critical cog... I don't have to underline he's a match-winner. Virat has done well in Australia, which is a boost both for India and for him.

Q: Virat had captained India to the U-19 World Cup crown at the start of 2008, but what made you select him for Sri Lanka later in the year?

A: I went by instinct, which proved most of my decisions as chief selector. I'd seen Virat from his U-16 days and knew he had something special. As head of the Board's Talent wing, I recall having a chat with the late Arun Jaitley at the Kotla once, when Virat was around 15-16, and he too made the point about the teenager having loads of potential.

Q: How has Rohit taken on the responsibility of captaining India across the three formats?
A: Rohit's a good thinker and cap-

tains who're clear in the head do well.

Q: What would you tell Rohit if you happened to meet him before the squad leaves for Australia?

A: I'd just wish Rohit, who has been representing India for 15 years, success... He's experienced and, by now, must be on top of things. The less pressure Rohit takes, the better for India and for him. All captains carry heavy expectations, it cannot be any different for him.

Q: Would you favour two captains, to lessen the burden on one?

A: I don't know what's the thinking of the selectors... My view is immaterial, really... I'm disappointed that captains aren't being groomed. For example, the India A captain must be one who has the qualities to lead India. No point giving the A captaincy to somebody who may not even play for India.

Q: Some countries have two coaches as well - for Test cricket and the two white-ball formats...

A: Let's not make too much of the solitary red-ball format and the other two. Too many voices in the dressing room and at team meetings can also get confusing. Isn't it?

Q: To end... Rahul Dravid has been the head coach for 10 months, but his wards haven't delivered when it mattered - be it the Test series in South Africa, one-off Test in England, Asia Cup... Could he, by the end of his innings, experience the same success he had as an iconic batsman?

A: I hope so.
writetoarbit@rashtradoot.com

#EVENT

The Chewy Chapter

In a one-of-its-kind food festival, home chefs, bakers, culinary entrepreneurs as well as new restaurants and cafes of Jaipur will be putting their best foot forward to please the palate of the foodies of Pink City.



Tusharika Singh
Freelance writer and city blogger

They say nothing brings people together like good food. The foodies of Pink City are going to unite this Sunday (18 September) as a one-of-its-kind food festival – The Chewy Chapter – is all set to take the gastronomes for an epicurean adventure.

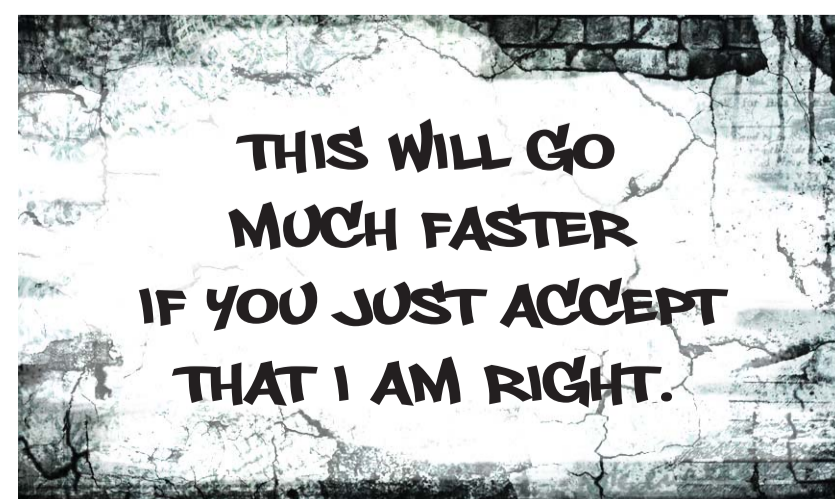
Aimed at promoting home chefs, home bakers and newly opened cafes and restaurants, the Chewy Chapter is the brain child of Café Choubhara and Pirangi Deli. "We felt the need to create a platform for passion driven cooks to showcase their products in an energetic atmosphere. The festival works on an exclusivity clause, where no two exhibitors showcase similar dishes. This also allows us to bring a plethora of cuisines and variety of dishes to be presented to the visitors. The festival has a no-charge entry for visitors", shares Arahant Jain, co-founder of The Chewy Chapter, while shedding light on the genesis of this festival.

The festival provides affordable showcase opportunities to entrepreneurs, bakers, home chefs etc who work on a small scale budget and investments but are hugely driven and passionate about their food. The first edition of the festival was held in July with around 15 exhibitors and over 700 visitors. This time there are around 22 exhibitors bringing delicacies from not just different parts of India but also from across the globe. One will be able to sample wraps, dimsums, tacos, burritos, falafel, dahi vada, nagori poori and also as well as an array of desserts. There will also be several engaging workshops, live music, puppet show, games, storytelling sessions etc. to give the visitors a holistic experience. The workshops also help to give a platform to people to showcase their culinary as well as artistic skills to the audience. A special curtain raiser event was also organized this time in the form of a pot-luck to give some of the foodies a glimpse of what to expect at the food festival.

When: Sunday, 18 September, 4 pm to 11 pm
Where: Cafe choubhara, Naru Path, near Narsain Singh Circle
Entry: Free



THE WALL



THIS WILL GO MUCH FASTER IF YOU JUST ACCEPT THAT I AM RIGHT.

BABY BLUES



WHAT :HIC!: ARE YOU :HIC!: DOING?
THIS SAYS THAT ONE CURE FOR THE HICCUPS IS TO...

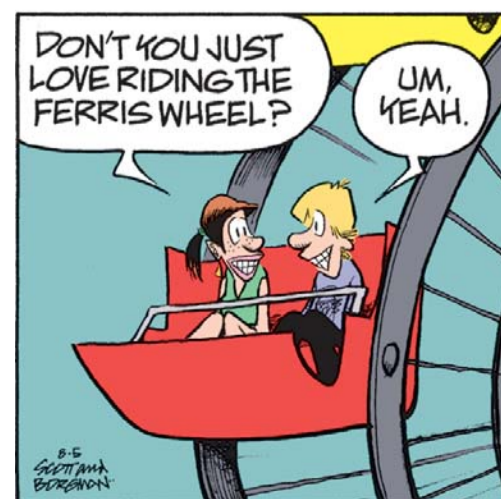


BOOGA-BOOGA-BOOGA!
... STARTLE THE PERSON.
I HAVE :HIC!: TWO SISTERS. I DON'T :HIC!: SCARE EASY.



UM, YEAH.
IT'S SO ROMANTIC UP HERE, ABOVE THE WORLD.
WHY IS IT TAKING SO LONG TO UNLOAD??

ZITS



DON'T YOU JUST LOVE RIDING THE FERRIS WHEEL?
UM, YEAH.



BUT PROBABLY NOT THE BEST CHOICE RIGHT AFTER THE ALL-YOU-CAN-DRINK LEMONADE BOOTH.
MOVE IT!



BUT PROBABLY NOT THE BEST CHOICE RIGHT AFTER THE ALL-YOU-CAN-DRINK LEMONADE BOOTH.
MOVE IT!



Balāsana.

By Rick Kirkman & Jerry Scott

By Jerry Scott & Jim Borgman