



### International Retainer Day

International Retainer Day was first celebrated in 2021 when it was founded in collaboration with the retainer company, Vivera, which is a subsidiary of the Invisalign teeth alignment company. This company works with dentists and orthodontists to provide comfortable, clear retainers, that are easily wearable and less obvious than traditional braces and retainers. Some people have to wear their retainers all the time, while others wear them just at night, taking them out just for eating. International Retainer Day works to encourage orthodontic patients that wearing a retainer is key to keeping their smiles straight and beautiful for many years to come!

### #LIFE-HACKS

## Are you stuck in a rut?

Don't worry, it is much more common than you think!



Living the hustle life can often leave you feeling like you have to keep working tirelessly day after day. And in doing so, you can end up feeling stuck sometimes, which is more common (and normal) than you think. The lack of motivation to get things done can be off-putting. Believe us, we know the feeling. If you've been feeling stuck off-late, and are trying to get back into your routine, here are six easy tips to help you get back on track and regain your lost motivation.

### Understand the Root Cause

Oftentimes, understanding the *root cause* behind your lack of motivation can help you get back on track. And once you do, you will be able to approach it more effectively. For instance, if you find out that your colleagues are demotivating you by indulging in a lot of negative talk, you can start keeping your distance, which can help you maintain a more positive mindset and regain your motivation.

### Practice Mindfulness

It is important to practice *mindfulness*, especially when you're low on motivation. It doesn't have to involve hard-core meditation (although, it is great if you decide to do so). It can be as simple as reciting positive affirmations whenever you feel unmotivated. Or you could even discuss it with your loved ones, who will readily uplift you with their encouraging words.

### Prioritise Rest

Sometimes, the lack of motivation stems from your body's need to *rest and relax*. Not every time you feel like 'you do not feel like working', should you push yourself to work. Some days, it's better to just take it light and slow. Even if it is a Monday!

### Switch Distractions with Productive Habits

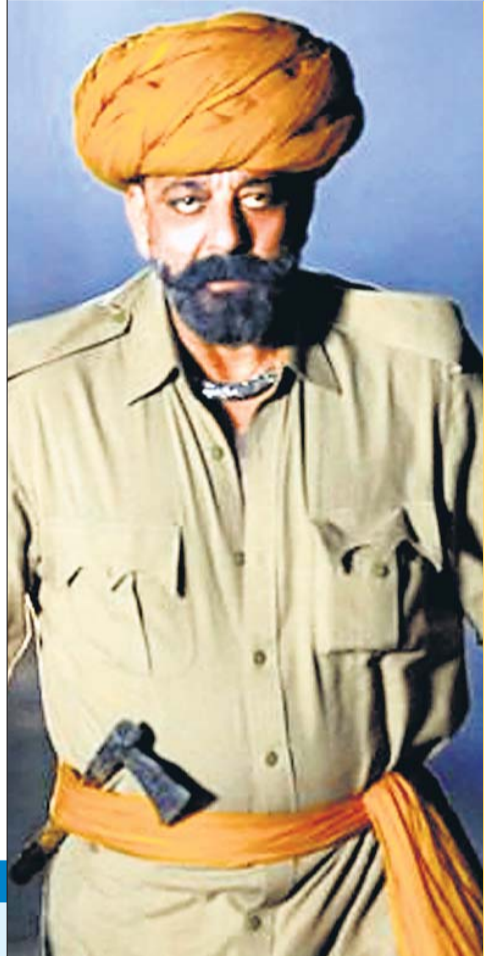
Imagine this. You're in the middle of work and suddenly, a friend texts you. You reply, thinking that it'll be a short break and before you know it, two hours have passed. Doesn't feel right, does it? This might be your sign to just swap your distractions with healthy, productive habits. Need a break from work? Try reading. Switching such distractions with healthy habits will still keep your brain active and you will be able to get back to work much quicker than you would otherwise.

### Just Start

This might seem strange, but sometimes, the toughest part of a task is to simply *start*. If you have to hit the gym early in the morning, the most difficult thing might just be actually getting out of bed in the morning. Want to get done with an important exam revision? Sitting at your desk and opening your book might just be tougher than the actual study. Once you train your brain to simply start, not paying much heed to whether you want to start or not, you will end up realising that the actual task is not half as hard as actually starting it is. And starting only takes about a few minutes. Sweet!



# The Other Heroes Of 71



In 1971, India had won the war. General Manekshaw was in Dhaka. He ordered to call *Paagi*. He would have dinner with him today. A helicopter was sent. While boarding the helicopter, one of Paagi's bags was left behind. The helicopter was landed back to pick it up. As per the rules, the officers opened the bag before placing it in the helicopter and were stunned because it contained two *rotis*, onions and a dish made of gram flour (*gathia*). In dinner, *Sam Sahab* ate one *roti* and Paagi ate the other.



**HISTORY**  
Ranchhod Das was an Indian expert in tracking the marks of Camel (KHOJI), by looking at those marks he could make out how much weight was carried. Ranchhod Das was an uneducated man, besides that he guided Indian Forces during the war of 1965 and 1971. He took the challenge as KHOJI to guide Indian Forces in difficult terrain of Rann of Kutchh, which was very helpful for Indian Forces, which eventually won the war.



Anjali Sharma  
Senior Journalist & Wildlife Enthusiast

The old shepherd in the photo was actually the biggest confidant of the army. In 2008, Field Marshal Manekshaw was admitted to Wellington Hospital, Tamil Nadu. In his serious illness and semi-conscious state, he would often take one name, 'Paagi-Paagi!' One day, the doctors asked, 'Sir, who is this Paagi?'

Sam Sahab himself replied. In 1971, India had won the war. General Manekshaw was in Dhaka. He ordered to call *Paagi*. He would have dinner with him today. A helicopter was sent. While boarding the helicopter, one of Paagi's bags was left behind. The helicopter was landed back to

pick it up. As per the rules, the officers opened the bag before placing it in the helicopter and were stunned because it contained two *rotis*, onions and a dish made of gram flour (*gathia*). In dinner, *Sam Sahab* ate one *roti* and Paagi ate the other.

A border post in Suigao International Border area of North Gujarat was named *Ranchhoddas post*. This was the first time that an army post was named after a common man and his statue was also installed.

'Paagi' means guide, the person who shows the way in the desert. General Sam Manekshaw used to call Ranchhod Das Rabari by this name.

Ranchhod Das was from Pethapur Gadhdho village, adjacent to Pakistan border in Banaskantha district of Gujarat. He used to rear sheep, goats and camels. His skill was such that he could tell how many people were riding on a camel by looking at its footprints. He could estimate everything from weight to age by looking at human footprints. He could estimate how long ago the footprints were and how far they

### #71 LORES



might have gone with utmost accuracy, as if a computer was doing the calculations. At the beginning of the 1965 war, Pakistan Army captured Vidhok, situated on the Kutch border in Gujarat, India. In this encounter, about 100 Indian soldiers were killed and a contingent of 10,000 soldiers of the Indian Army had to reach Charkot in three days. Then, Ranchhod Das Pagi was needed for the first time! Due to his command over the desert routes, he had taken the army to its destination two hours before the scheduled time. He was personally selected by *Sam Sahab* to guide the army and a special post was created in the army, '*Paagi*,' which means expert of feet.

In the 1971 war, along with guiding the army, it was also part of Pagi's work to deliver ammunition to the front. Pagi played an important role in the victory, in which the Indian tricolour was

hoisted on the Palnagar city of Pakistan. *Sam Sahab* himself gave a cash prize of 300 from his own pocket.

Pagi also received three honours for his contribution in the 65 and 71 wars, *Sangram Medal*, *Police Medal* and *Samar Seva Medal*!

Ranchhod Das Pagi's life changed when, aged 58, he was appointed the police guide by the Banaskantha Superintendent of Police, Vansri Singh Jhala.

He was recruited by the Indian Army as a scout.

The Pakistani army captured many villages in the Kutch area just before the Indo-Pakistani War of 1965. Pagi went into the captured areas to gather information from both, villagers and his own relatives. It is said that he also helped during war, at Harami *nala*, at a Channel of Sir Creek, which is a Heaven for infiltrators and Smugglers.

Field Marshal Sam Manekshaw died on 27 June 2008, and in 2009, aged 108 years, Pagi also took 'voluntary retirement' from the army. Pagi died in 2013, aged 112. Event today, he is a part of *Gujarati folk* songs. His tales of bravery will be sung for ages. Ranchhod Das Rabari i.e., our 'Pagi' became immortal in Indian military history forever due to his patriotism, valor, bravery, sacrifice, dedication and decency.

The Gujarat State School Textbook Board has introduced a chapter on Ranchhod Pagi in its Gujarati subject textbook, for class 7 for the 2023-24 academic year. Pagi, the Indian Army scout, who helped the armed forces during the 1971 Indo-Pak war, was immortalised by Sanjay Dutt in the movie '*Bhuj: The Pride of India*,' which also starred Ajay Devgn. The movie, based on the India-Pakistan War of 1971, had Dutt as Pagi, who helps the Indian

Armed Forces in Kutch. The new textbook, which has come into effect from June 2023 onwards, has a chapter titled '*Ek Manas nu Sainya*' (One Man's Army) that tells the story of Ranchhod Pagi, a brave and strong member of the Pagi community and tracker, who helped the Indian Army on the India-Pakistan border of Kutch.

Dr Kamlesh N. Parmar, Deputy Director (Education) said that the chapter is written by author, Ravji Gabani, and aims to inform children about Ranchhod

Pagi and the fading Pagi community. "It also tries to inculcate a sense of patriotism among children," he said. The chapter also mentions the *Ranchhod Das checkpoint* at the Kutch border, named in his honour. The Government of India and the Indian Army awarded him several medals for his contribution. The new chapter is expected to provide children a glimpse of the rich history and culture of Gujarat.

rajeshsharma1049@gmail.com



### #J'ADORE

# Creative & Stylish

Add some personality and interest to your everyday outfits with minimalist jewellery

All things minimal are in vogue, of late. Whether it concerns clothing, home décor, interior designs, or jewellery, *minimalism* has a real moment. Minimalist jewellery, in particular, is a versatile choice that can complement a wide range of clothing styles and looks.

The good part of minimalist jewellery is that it adds elegance and accent to a look without going overboard. If you have an uncomplicated sense of fashion, this guide, on all the details surrounding minimalist jewellery, will help you keep up with the current trends.

### Layered Chains

Layering necklaces is one of the latest trends that has become a huge hit! It looks classy, feminine, and less fussy. But layering does not mean you put together all the possible neckpieces that you own. You can invest in two or three chains of different lengths, and probably, of different metals, to pair with an outfit with an open neckline.



### Hoop Earrings



Hoop earrings are the go-to accessory for every woman and are timeless. Geometric shapes, clean lines, and mixed metals are some of the characteristics that this highly sought-after accessory presents. From professional suits to casual T-shirts or joggers, hoops of any shape or size look modern and emphasize simplicity. Plus, they are great as everyday wear.

### Cuff Bracelets



Every now and then, you will notice everyone, including bloggers, college students, and models showing their love for cuff bracelets and joining the minimalist jewellery bandwagon. The combination of a watch and bangle or bracelet, with delicately engraved gemstones or studs, makes the accessory versatile and suitable for all kinds of outfits, from casual to party wear.

### Florals



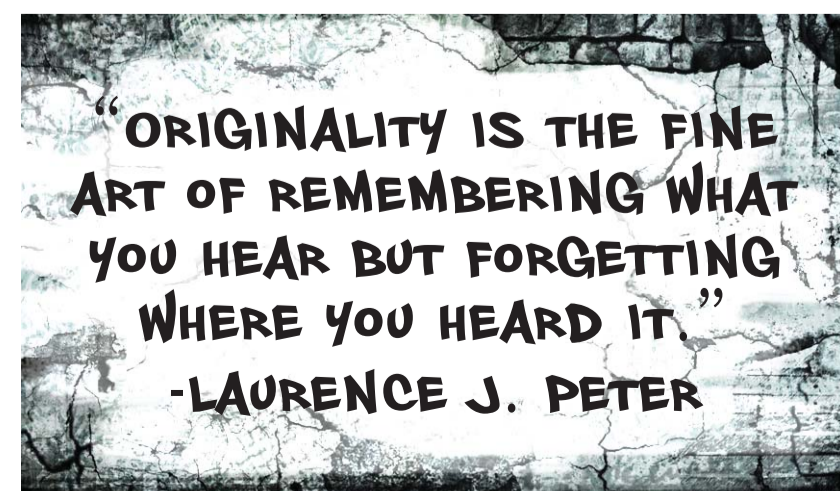
Florals are often associated with summer dresses or the tablescapes at a dinner party, but the trend is in full bloom in the accessories sphere. Floral earrings are especially having a moment and are a fun twist on the whimsical look of tucking a flower behind your ear. The style works with statement earrings, flower-encrusted hoops or bracelet charms.

### Initial Jewellery



Jewellery is so personal and the *initial and name jewellery* trend proves it. Wearing a customizable name necklace, initial ring or both is a fun way to make a 'this is me' statement. Initial jewellery can also be a meaningful way to show your connection to someone else, whether it's your parent or child's initials. Adding a piece to your collection will keep them close to you all day.

### THE WALL



### BABY BLUES



By Rick Kirkman & Jerry Scott

### ZITS



By Jerry Scott & Jim Borgman