

Global Ethics Day

With the purpose of empowering ethics as a force for good, Global Ethics Day offers plenty of opportunities for engaging with ethics as an active process for people to improve their lives and build better communities. Even in situations where people disagree with each other about certain topics or where there are partisan and nationalistic sentiments, Global Ethics Day seeks to provide ways to listen to one another and work collaboratively to make the world a better place for everyone.

#RESEARCH

Diet & exercise reverse liver damage

Diet and exercise are the first lines of treatment for liver disease; however, this study is the first to examine the impact of diet and exercise on liver health and confirm the organ's recovery through imaging and diagnostic biopsies.

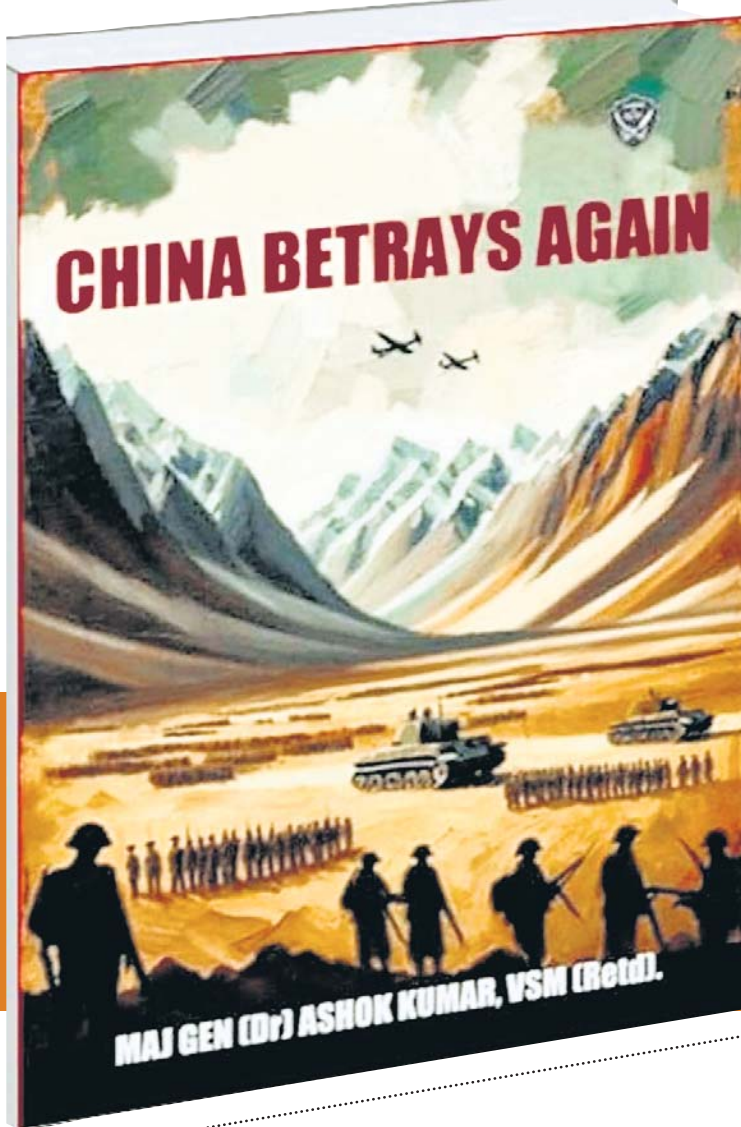
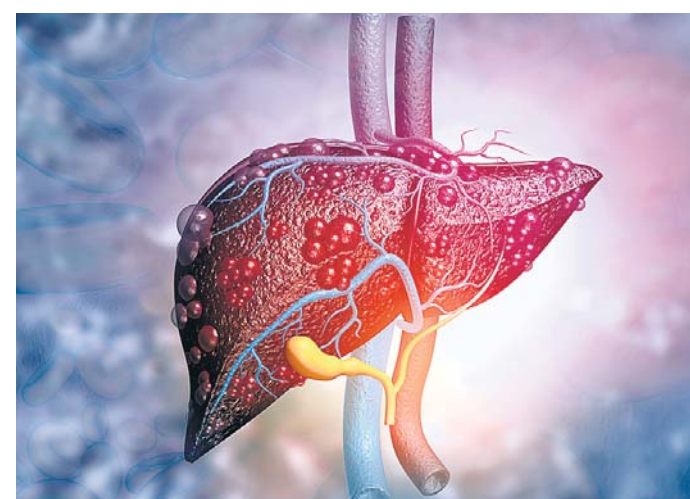


New research suggests intensive lifestyle interventions are an effective way of treating and improving liver disease. In the study of 24 patients with metabolic dysfunction-associated steatohepatitis (MASH), a common liver disease caused by excessive fat buildup, one group followed a restricted diet and a high intensity interval training exercise program for 10 months. They dramatically improved their liver health over the control group of patients who received standard of care treatment.

Diet and exercise are the first lines of treatment for liver disease; however, this study is the first to examine the impact of diet and exercise on liver health and confirm the organ's recovery through imaging and diagnostic biopsies. These techniques allow for measurements of liver inflammation, fat buildup, fibrosis development, and other indicators of liver health.

"Other studies investigated the impact of either diet or exercise on the liver, not both," says study author Elizabeth Parks, professor of nutrition and exercise physiology at the University of Missouri School of Medicine. "In addition, similar studies were just observational, but... we have technology for metabolic imaging that can give in-depth data on liver disease." Nutritionists determined the best food intake for each participant and tracked their caloric and nutrient intake, and pathologists examined blood biochemistries with each blood sample taken. The patients treated lost about 13-22 pounds and had increased

muscle mass, while the control group lost 0.9 pounds. The peak oxygen uptake, considered an indicator of cardiovascular health and the ability to exercise, was much higher on average for the treatment group compared to the control. Insulin sensitivity, which measures how effectively cells convert glucose to energy, also increased for treated patients. Obesity is one of the most prominent risk factors in developing MASH, and other conditions like high blood pressure and type 2 diabetes can contribute. Lifestyle interventions can be used to treat these conditions and reverse liver damage. It may even protect against future development of MASH. "Obesity and diabetes are going up in the country and they are the two main risk factors for fatty liver disease," Parks says. "We know diet and exercise can alleviate these health conditions. Liver disease is increasing too fast. We were able to show in our research how diet and exercise should be the mainstay of treatment for the disease." Though more research is needed to validate and explore these findings, this breakthrough offers some hope. "Our findings suggest liver disease doesn't have to be a chronic, progressive condition," Parks says.



China Betrays Again

The new land border law was introduced in the 31st Meeting of the Standing Committee of the 13th National Peoples' Congress in October 2021. With 62 clauses in seven chapters the law provides a legal and coercive framework for China to assert itself using all elements of its Comprehensive National Power. The declaration of this law along with the rapid buildup of China's military infrastructure will have serious implications for India and Bhutan.

#BOOK REVIEW



between the two nations. Ashok has gone into great detail writing about the border and its management. He writes that from the time India became independent till China occupied Tibet in 1951, there was a window of opportunity for India to sign a border agreement with the then Tibetan government provided that the Tibetan authorities agreed to the Indian viewpoint and its own need for a secure border. Having forcibly occupied Tibet, China began developing infrastructure and constructed the G219 connecting Hotan to Lhasa the alignment of which

Maj Gen (Dr) Ashok Kumar is a prolific defence analyst who has been contributing regularly to various newspapers, magazines and journals including The First Post, Financial Express, Sunday Guardian, Salute, CENJOWS and CLAWS. Post retirement he has authored over two hundred articles on security related issues and his insights have contributed significantly to the ongoing discourse on contemporary geo-political affairs. An expert on China his book, "China Betrays Again" is a compilation of his articles in which with his clarity of thought he has broken down the complexities of issues to their fundamentals and provided the reader with a fresh and candid perspective on the subject. The book sheds light on the recurring pattern of how China has been disregarding international norms and pledges while furthering its expansionist agenda and focuses on the events of May 2020 in Galwan, the effects of which have cast a dark shadow on the relationship between India and China. His views of course have been enriched due to his rich military experience and scholarship.

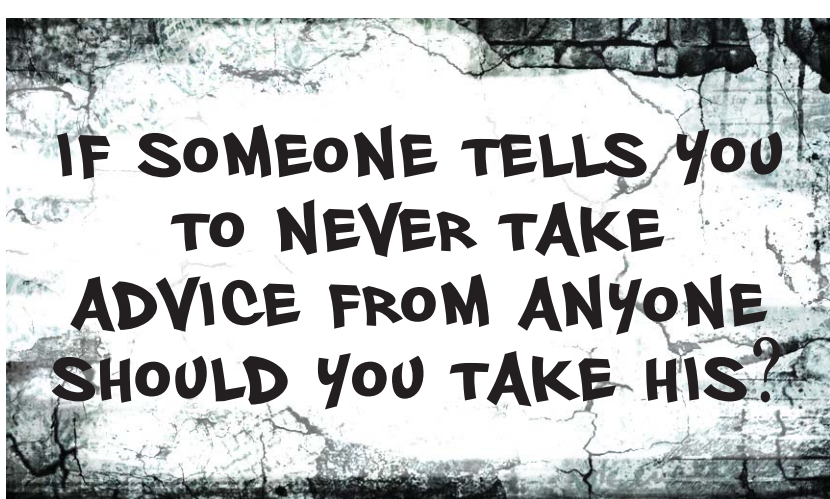
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passed through the Indian side of the Johnson line, which was India's claimed borderline while India was busy focusing on "Hindi-Chini-bhai-bhai". Post 1962 of course, no meeting ground could be reached even though China unilaterally withdrew from the areas they had captured but atmosphere had been vitiated. This was immediately followed by Pakistan handing over the Shaksgam Valley of Pakistan Occupied Kashmir to China and the close relationship that has developed between China and Pakistan also precluded any serious bilateral engagements. Though the 1983 'Border Peace

and Tranquility Agreement' was a major step forward, the alignment of the LAC did not have any effect on either of the country's claims on the border. It also fell short on account of not factoring in military infrastructure, as well as not being clear on minimum force and mutual security which have now become reasons for confrontation between the two countries. China has been consistently undermining Indian positions and disregarding bilateral agreements. As regards the large-scale transgressions which took place in April-May 2020 in Eastern Ladakh the author states that "efforts were made at all levels political, diplomatic and military to advance the dialogue process but a resolution was far fetched". Though resolutions have taken place at some places but they have also resulted in creating buffer zones, a situation that did not exist prior to April 2020. It has been India's stance that China must return to pre-war 2020 positions all along the LAC for normalizing bilateral relations. The new land border law was introduced in the 31st Meeting of the Standing Committee of the 13th National Peoples Congress in October 2021. With 62 clauses in seven chapters the law provides a



THE WALL



BABY BLUES



ZITS



connected events are indicative of the possibility of escalation of conflict which requires constant monitoring and requisite preparedness. It is clear that China wants to keep India engaged along the LAC. Galwan has resulted in mass mobilization of troops and an increase in troop deployments on a permanent basis which has not only a recurring cost but has also led to a recalibration of forces in other theatres and subsequent restructuring in order to deal with this emerging threat. Unfortunately, relations cannot return to normal unless a framework for settlement of the border issue is agreed upon by both countries. What stands out in the book is authors analysis of the border

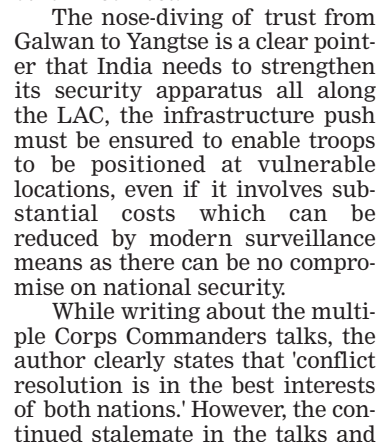
in the contemporary international system, driven by great power rivalry and deep-seated conflicts and disarray, both India and China play a vital role in shaping and influencing global order. There is no doubt that the book stands out as a valuable resource for those who are keen to understand the contours of the relationship between India and China. It is balanced, well written and provides a clear and concise overview on all key issues to include China's economy, foreign policy, domestic politics and particularly the military perspective to understand the complexities and challenges posed by China's rise. However, though a bibliography would help readers to dwell deeper into the subject it remains a book which is indispensable while navigating China's strategic landscape.

The author clearly states that by ceding the Shaksgam Valley in 1963, getting operationalization of the Karakoram Highway, and being part of the Chinese BRI and CPEC, Pakistan has succeeded in getting China into the Indo-Pak Conflict. There are huge strategic, operational and economic commitments by China in Pak that ensure that it cannot take a back

not been learned in all the areas. We manned the Sikkim border and the results at NathuLa and Cho La were different in 1967, in 1984 we occupied the Soltoro Ridge in spite of adverse climatic conditions. We ignored Eastern Ladakh and Arunachal Pradesh and have suffered there in 1987 as China occupied the Wangdung Camp South of Samdorong Chu. Unfortunately, there are differing perceptions that exist at multiple areas. As against accepting a middle path for resolution both countries have been articulating the author clearly states that by ceding the Shaksgam Valley in 1963, getting operationalization of the Karakoram Highway, and being part of the Chinese BRI and CPEC, Pakistan has succeeded in getting China into the Indo-Pak Conflict. There are huge strategic, operational and economic commitments by China in Pak that ensure that it cannot take a back

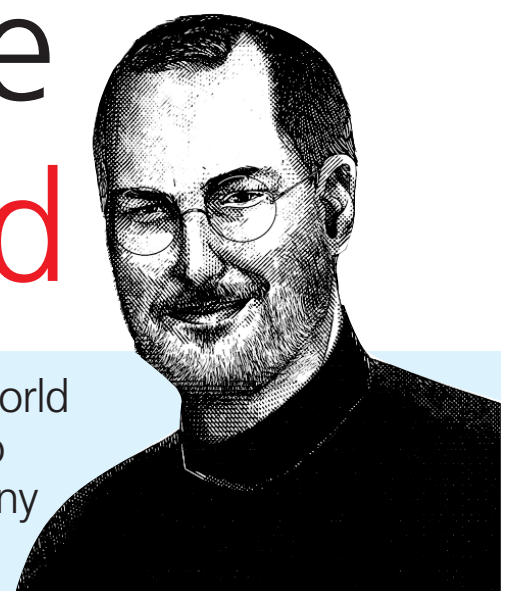
dispute, which gives out the historical background from 1911 till the present, giving out how historical events have shaped China's present strategy in dealing with its borders and this helps understanding its future perspectives and territorial expansionism. The author clearly states that by ceding the Shaksgam Valley in 1963, getting operationalization of the Karakoram Highway, and being part of the Chinese BRI and CPEC, Pakistan has succeeded in getting China into the Indo-Pak Conflict. There are huge strategic, operational and economic commitments by China in Pak that ensure that it cannot take a back

The nose-diving of trust from Galwan to Yangtze is a clear pointer that India needs to strengthen its security apparatus all along the LAC, the infrastructure push must be ensured to enable troops to be positioned at vulnerable locations, even if it involves substantial costs which can be reduced by modern surveillance means as there can be no compromise on national security. While writing about the multiple Corps Commanders talks, the author clearly states that "conflict resolution is in the best interests of both nations. However, the continued stalemate in the talks and



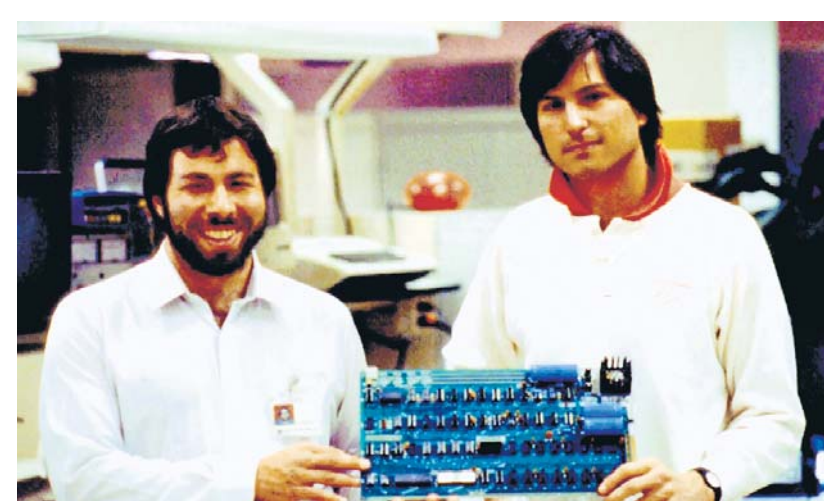
#INSIGHT

Father of the Digital World



Steve Jobs revolutionized the modern world with Apple products. Take some time to consider the impact this singular company has had on the world we know.

In today's modern world, the name "Apple" has become synonymous with technology. It's no wonder then that Steve Jobs, the company's late co-founder, is such an influential figure worldwide. October 16 is known as Steve Jobs Day, which was declared in 2011 by the Governor of California. The day brings forth the opportunity to reflect on the life of the famed innovator and how his contributions have helped advance the human race. From iPhones to iPads and every single app in between, one could argue that humanity would not be as technologically savvy without the work of Steve Jobs.



The Early Years

Jobs grew up in the San Francisco bay area in the 1960s. By the age of 10, he had developed a fascination with electronics, likely due largely in part to time spent with his father building crafts. This hobby paved the way for Jobs' establishment of Apple in 1976, along

with his co-founder Steve Wozniak. Jobs sat at the helm of Apple's operations until 1985, when he broke ties with the company and established NeXT computers. Apple later purchased NeXT and paved the way for Jobs' return to the company in 1997.

Apple Computers

While Jobs can't be credited for inventing the first computer, his founding of Apple paved the way for its widespread use. The computers that came before Apple was expensive and typically used only for business purposes. The introduction of the Apple II, the brainchild of Jobs and Steve Wozniak, changed this concept forever. Marketed as the world's first mass-market personal computer, the Apple II meant users could now access the technology from the privacy of their own homes. More than two decades later, in 1998, Apple released the iMac, an all-in-one computer. One of Apple's lesser-known

inventions is the iBook, which was introduced in 1999. The laptop came equipped with Wi-Fi technology and a few upgrades to its design. People today may remember it for its tangerine and blueberry color options and clamshell design.

The Apple iPad, introduced in 2010, has made the Internet even further accessible. This tablet computer was built more for entertainment than previous devices, making it a staple in many households, utilized by children and adults alike. The product was deemed so successful that Apple sold more than 15 million of these devices in its first year.

The iPhone

Of all Apple's products, none is as influential in the tech world as the iPhone. Apple's introduction of the iPhone marked a paradigm shift for the traditional mobile phone. Apple's version, like the majority of its most revolutionary products, boasted a sleek, simple design that helped further uncomplicate technology for the masses. Introduced in 2007, the phone has undergone a radical series of redesigns over the years, each year presenting more opportunities for

productivity than the last. Prior to the invention of the iPhone, mobile phones' primary purpose was to access chatting and emailing. Today's version is utilized for web-surfing, Facetimeing, social media and the utilization of an endless stream of apps available for download at users' fingertips. Frequent updates and new designs ensure Apple users are getting the best product possible, which has helped the brand amass its own population of loyal followers.

The iPod

One of Apple's most significant inventions to date remains the iPod. While mp3 players had been on the market for several years, Apple's version was seen by many as far superior, and so it began to dominate the market. Able to store thousands of songs, the iPod grew in success with the help of other products, such as Apple iTunes, which was released in 2001. The new technology allowed users to organize their digital library on both their personal computer and through their devices. The iTunes Music Store went live in 2003. Not all of Jobs' best inventions were technological. The innovator is also credited with inventing the world's first glass staircase. The design, which was awarded a patent in 2002, has been used across some of Apple's flagship stores and has since been adopted, in some sense, by both commercial and residential properties the world over. Steve Jobs Day is a day designated for honoring the Jobs legacy, but his impact is seen daily, in the hands of millions. While Apple, as a company has certainly carried on without him, Jobs is one innovator unlikely to ever be forgotten.

By Rick Kirkman & Jerry Scott

By Jerry Scott & Jim Borgman