In the annals of warfare, rare is a

commander who has never lost a battle,

amongst the very few is Lt Gen Sagat

who has successfully conducted joint

military operations in war, involving all

the three services of the Indian armed

forces, army, air force and the navy in

the heliborne Meghna crossing in the

Bikaner state forces before

Independence, rose to become a

General Officer Commanding and

was involved in the annexation of

Goa, and later, in capturing Dhaka.

1965, he was made the General

Officer Commanding of the

Mountain division, which had also

participated in the Goa operations.

The division was later shifted on the

India-China border, and during

Sagat Singh's stint in Nathu La, the

Indian army under his command

defeated the Chinese in Nathu La

and Cho La clashes, achieving deci

was once commanded by Late Sagat

Singh, celebrated the 59th Nathu La

Vijay Diwas by installing a bust of

function, in which the Governor of

Sikkim, Om Mathur, and the Chief

Minister, Prem Singh Tamang, and

This was a great tribute to one of

the son of Lt Gen Sagat Singh, Col

(Retd) RV Singh, and his family

the best Generals of the world and

after Jaipur, Jodhpur and Bikaner,

his statue was erected in Nathu Lal,

which would inspire a whole gener-

Kunhiraman Palat Kandet, who

played a pivotal role in the libera-

tion of Goa from Portuguese con-

trol in 1961 along with that of Lt

Gen Sagat Singh, has been

raieshsharma 1049@gmail.com

Similar statues of Lt Gen

Gen Sagat Singh at a colourful

The Mountain division, which

sive tactical advantage.

were present.

planned for Goa.

Prior to the Dhaka operations in

amphibious landing at Cox Bazar.

until the International Crimes

The student-led protest against

memorials of Bangabandhu

Her exile in India created ani-

Tribunal found her guilty of the

Hasina led to the devastation of all

mosity against India and Indians

and also caused diplomatic chal-

lenge for India-Bangladesh. Dhaka

has formally requested India for

Hasina's extradition, but Delhi is

this would mean throwing her to the

soldiers in Bangladesh is vandal-

ized, a large number of soldiers

emembered the 13 days of the 1971

December war, when India joined

the fray to help Mukti Bahini after

Pakistan launched preemptive air

strikes on Northern India. The

fronts, and eventually. Pakistan sur-

rendered in Dhaka on December 16.

1971, with India forcing 93,000

Pakistani soldiers to surrender in

Dhaka, to date the largest surrender

of armed personnel since World

War II. Lt Gen Sagat Singh, who

started his career as a sepoy in the

Indo-Pak war was fought on the two

As the memorial of the Indian

unwilling to let Hasina return as

death of 1400 protestors last year.

Mujibur Rahman.

Singh, and he is the only Indian General

hristmas Eve, celebrated on December 24th, marks the joyful anticipation of Christmas Day and brings families and communities together in festive cheer. It is a time for reflection, gratitude, and spreading love through small acts of kindness. Traditions vary across cultures, from decorating Christmas trees and singing carols to attending midnight church services or sharing special meals. Many families exchange gifts or simply enjoy each other's company, creating cherished memories. Christmas Eve captures the magic of the holiday season, fostering warmth, togetherness, and a sense of hope and joy that carries into Christmas Day itself.

राष्ट्रदुत 24 December 2025

#FLAVOUR

Not All Onions Are Equal

Understanding Red, Yellow, and White Onions: Differences, Uses, and Flavour Profiles



nions are among the essential ingredients in global cuisine. Though they all share the botanical genus (Allium), not all onions are created equal eties, red, vellow, and white differ in flavour, appearance, texture, and culinary application. Understanding these differences can greatly enhance how you use onions in your cooking, whether you're

Yellow Onions: The All-

grilling, or serving raw.

pickling.

Purpose Kitchen Staple Yellow onions are the most commonly used type and are nion in many cuisines. They have a golden-brown papery skin and white flesh with a slightly sweet, sharp flavour that mellows and deepens with cooking. When sautéed or caramelized, vellow onions develop a rich, complex sweetness that forms the foundation of savory dishes

These onions are ideal for long-cooked dishes such as soups, stews, sauces, and roasts, where their natural sugars can fully develop. French onion soup, for instance, traditionally relies on vellow onions for that deep, sweet flavour after slow caramelization Their halanced flavour also makes them suitable for stocks and

Red Onions: Vibrant, Mild, and Best Raw

Red onions are easily recognized by their purplish-red skin and layers that often have a similar reddish hue. They are generally milder and slightly sweeter than yellow onions when raw, making them a popular choice for dishes where the onion is not cooked. Their crisp texture and vibrant colour make them a favourite in salads, sandwiches, burgers, and salsas.

Because of their striking colour, red onions are also commonly used for pickling. Quick-pickled red onions retain their crunch and develop a tangy flavour that comple ments tacos, wraps, or grilled meats. However, when cooked, red onions tend to lose both their colour and some of their sweetness, which makes them less ideal for caramelization compared to yellow onions.

White Onions: Sharp, Crisp, and Traditional in Latin Cuisine

White onions have a pure white skin and flesh and are known for their sharper, more pungent flavour compared to have a high water content and a very crisp texture, which makes them well-suited for recipes that require a strong In Mexican and Latin

American cooking, white onions are frequently used in guacamole, and ceviche, and are often served finely chopped as a topping for tacos and grilled meats. They are also used raw in salads or lightly sautéed in stir-fries. Though they can be cooked, their assertive flavour and high water content mean they don't caramelize as richly as

Nutritional and Culinary Considerations

All onion varieties contain beneficial compounds like quercetin, sulfur compounds, and antioxidants. Red onions tend to have higher levels of antioxidants due to their anthocyanin-rich pigments. Nutritionally, the differences among red, yellow, and white onions are minor, and all contribute valuable flavour without adding many calories. When choosing an onion,

it's important to consider the flavour profile you want: Use vellow onions for deep

- sweet flavour in cooked dishes. Use red onions when colour and mildness are
- key, especially in raw appli-Use white onions when you want a sharper edge, par-

ticularly in Latin or raw

preparations.

While red, yellow, and white onions may seem interchangeable at a glance, each brings its own distinct qualito the table Understanding their unique characteristics allows home cooks and chefs alike to make informed decisions in the kitchen, elevating everything from a simple salad to a complex curry. Whether you're caramelizing yellow onions for a hearty soup, tossing red onions into a salad for crunch and colour, or spicing up tacos with crisp white onion, choosing the right type can transform your dish from ordinary to exceptional.





Bhandari The writer is a

Gen Sagat Singh, the real hero of the 1971 Bangladesh Liberation war, and the Indian soldiers who gave their lives to enable Bangladesh gets itself free from

Pakistan and become an independent nation, must be turning in their graves after hearing that disgruntled youth of Bangladesh vandalized the war memorial being raised in Ashuganj in Bangladesh

The mob, mostly youth and college students, vandalized the iconic sculpture depicting the 1971 Pakistan surrender, defacing the faces of Indian army officers who played a crucial role in the liberation of Bangladesh liberation war. The sandstone sculpture at the Ashuganj war memorial, showing the surrender of the Pakistan army at the Dhaka Race Course, was created at the Ashuganj war memorial in Brahmanberia and is almost complete. Ashuganj is close to Agartala. The foundation stone of this war memorial was laid by both Prime Minister Narendra Modi and the former Prime Minister Sheikh Hasina in March 2021, when the

Bangladesh.

The war memorial is almost ready and all the names of the 1600 Indian soldiers, who laid their lives, would be inscribed in the war nemorial, so that everybody can know who those people are who laid their lives for the liberation of Bangladesh. Ashuganj, on the border of Agartala, has particular significance in the liberation war as Indian forces advanced to Dhaka by crossing the Meghna river.

"In the annals of warfare, rare is a commander who has never lost a battle, amongst the very few is Lt Gen Sagat Singh, and he is the only Indian General who has successfully conducted joint military operations in war, involving all the three services of the Indian armed forces, army, air force and the navy in the eliborne Meghna crossing in the amphibious landing at Cox Bazar. Operations conducted by Lt Gen Sagat Singh not only involved all the three Indian forces, but also their Bangladesh counterparts, Mukti Bahini and guerilla army, Kilo Flight, the Bangladesh Air Force and Bangladesh naval commandos. Lt Gen Sagat Singh, after disarming

he war memorial is almost ready and all the names of the 1600 Indian soldiers, who laid their lives, would be inscribed in the war memorial. so that everybody can know who those people are who laid their lives for the liberation of Bangladesh. Ashugani, on the border of Agartala, has particular significance in the liberation war...



the Pakistan army, helped restore law and order and civic services. Just a week after the famous surrender of the Pakistan army on December 16 1971, he handed over the control of Dacca to the democratically elected government of Bangladesh on December 22," said Maj Chandrakant Singh, a war hero of the Bangladesh liberation war, who was awarded *Vir Chakra* for his valour in the Bangladesh war.

Mai Chandrakant Singh of 4 Guards (I Rajput) has put together Lt Gen Sagat Singh's own personal account as he himself was actively nvolved in the war theatre. Maj Chandrakant Singh, a well-

known military historian, has served with the United Nations forces in the Middle East. During first helicopter to cross Meghna the Bangladesh war, he was in the River. Later in the war, he was

#HEARTBREAK

indulged in vandalizing the war memorial, which shows how ungrateful are the people of Bangladesh having forgotten the valour and the sacrifices of the Indian soldiers. The political change in Bangladesh sparked off great hatred against India.

who was deputed to receive Mujibur Rahman at Dacca on his return from imprisonment in Pakistan. Maj Chandrakant Singh was sore that the people of Bangladesh are indulged in vandalizing the war memorial, which shows how ungrateful are the people of Bangladesh having forgotten the valour and the sacrifices of the Indian soldiers.

wounded and was awarded the *Vir*

The political change in Bangladesh and the ousting of the Prime Minister Sheikh Hasina in the afternoon of August 4, 2024, and her fleeing from Bangladesh and taking refuge in India sparked off great hatred against India. She has been sentenced to death in absentia as she had been in exile in India

■ aj Chandrakant Singh was sore that the people of Bangladesh are

Chakra. He was among the officers

We Are Old Really Old

Moroccan Fossil Finds Rewrite the Story of Human Origins



First of our kind found in Morocco.

discovery in Morocco has transformed our understanding of where and when Homo sapiens first emerged. For decades, the scientific consensus placed the origin of modern humans in East Africa around 200,000 years ago. However, the unearthing of ancient remains at the Jebel Irhoud site in northwestern Morocco has pushed that timeline back by at least 100,000 years, and expanded the geographical range of our early ancestors. In 2017, a team of paleoan

thropologists led by Jean-Jacques Hublin of the Max Planck Institute uncovered fossilized bones and stone tools at Jebel Irhoud that date to about 300,000 years ago. The fossils included parts of skulls, jaws, teeth, and limb bones belonging to at least five individuals. Their anatomical features were unmistakably Homo sapiens, including modern-looking face, yet they retained some archaic traits, such as an elongated braincase. This blend of features suggested these were early members of our species, existing long before the previously

accepted emergence point. The stone tools found at the site also added to the picture. Sophisticated flint blades showed signs of advanced shap-



Oldest Homo Sapiens fossils discovered

ing techniques, and the presence of burned flint suggested that fire was used systematicallv. This level of technological elopment, combined with the anatomical evidence, points to a much earlier stage in human evolution than previous-

The implications are profound. Rather than a sudden 'birth' of Homo sapiens in one location, the evidence from Jebel Irhoud supports a more gradual, pan-African evolution of our species. Human traits may have developed across different populations scattered across the continent, eventually blending

recognize as modern humans. This view challenges the long-held 'Out of East Africa' model and replaces it with a more complex and nuanced pic ture. The Moroccan fossils reveal that the cradle of humanity was not limited to one region but was likely a continent-wide process involving interconnected groups. These populations may have shared knowledge, technologies, and genes, gradually giving rise to the species we are today. Furthermore, the Jebel

together into what we now

Irhoud discovery has sparked renewed interest in other underexplored regions of Africa. It encourages scientists to look beyond traditional fossil sites in Ethiopia and Kenya and consider the wider landscape in piecing together our deep history. In short, the Moroccan fossil find has shifted the narrative of human origins. It has not only pushed back the timeline of our species but also redefined the way we understand human evolution. Instead of a singular birthplace. Homo sapiens may have arisen through a complex web of evolutionary processes across Africa. As research continues, the Jebel Irhoud fossils serve as a powerful reminder that our past is far more intricate, and far more widespread,



BABY BLUES



By Rick Kirkman & Jerry Scott ZITS









By Jerry Scott & Jim Borgman