

#YOGA

Cooling Down This Summer

Certain yoga poses have the capability to lower the temperature of your body and cool it down. Modify your daily yoga practice by incorporating the following poses this summer.

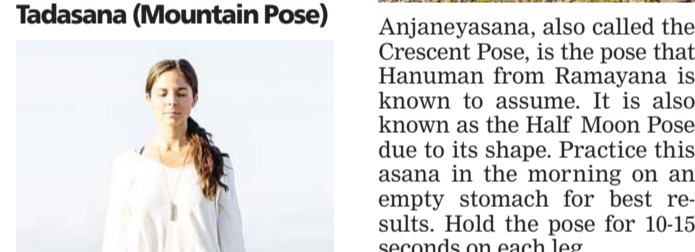


Bhujangasana
After a chilly winter, we all welcome the warmth of summer. But the extreme temperatures during this period are a cause for concern. Thankfully, you can do certain yoga poses to cool down. What? Is it really possible? Of course, why not! Yoga has the potential to bring down the body temperature and help you cool off. Curious to get started?

Yoga reduces your body temperature in a natural manner. The thermal energy from the metabolic activities of your body causes body heat. Sometimes, due to excessive heat outside and less intake of water, your body heats up to inconvenient levels, this needs tackling.

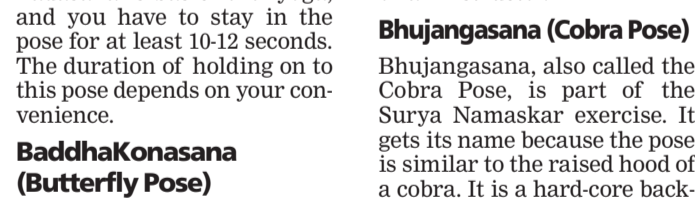
In this article, we have curated a list of the seven best yoga poses that make your life easy in summer. Take a look!

Tadasana (Mountain Pose)



Tadasana, also known as the Mountain Pose, is a standing pose and the basis of all the other poses. It can be practiced during any part of the day and not necessarily on an empty stomach, especially when you are doing only this asana. Tadasana is basic level yoga, and you have to stay in the pose for at least 10-12 seconds. The duration of holding on to this pose depends on your convenience.

BaddhaKonasana (Butterfly Pose)



BaddhaKonasana, also known as the Butterfly Pose, is named so as the movements in the asana represent a butterfly flapping its wings. It is a relatively simple pose and has a plethora of various benefits. These seven poses help in reducing your body heat and also provide a full workout regimen of standing, sitting, bending, and lying down exercises.

Savasana (Corpse Pose)



Savasana



Anjaneyasana, also called the Crescent Pose, is the pose that Hanuman from Ramayana is known to assume. It is also known as the Half Moon Pose due to its shape. Practice this asana in the morning on an empty stomach for best results. Hold the pose for 10-15 seconds on each leg.

Simhasana (Lion Pose)

Simhasana, or the Lion Pose, is known as the destroyer of all diseases. The asana represents a roaring lion. It is quite an easy and comfortable pose and takes about 30 seconds to do. It is recommended to perform it in the morning on an empty stomach.

Bhujangasana (Cobra Pose)

Bhujangasana, also called the Cobra Pose, is part of the Surya Namaskar exercise. It gets its name because the pose is similar to the raised hood of a cobra. It is a hard-core backbend that needs to be done strictly on an empty stomach. An empty stomach enables you to expand more in the pose. One should ideally stay in this pose for 15-30 seconds.

Savasana (Corpse Pose)

Savasana, or the Corpse Pose, resembles a dead body. The asana looks like an easy one but may turn out to be tough because it involves complete switching off of the mind and body. Stay in Savasana for 10-12 minutes, but be careful not to fall asleep while doing so.

These seven poses help in reducing your body heat and also provide a full workout regimen of standing, sitting, bending, and lying down exercises.

Dilip Balwant Vengsarkar, former India captain and head of the selection committee, finished his career with handsome figures: 6,868 runs in 116 Tests (17x100) and 3,508 runs in 129 ODIs (1x100). He scored big in an era, 1976-1992, when every team had outstanding fast bowlers. Given the overall quality of bowling now, Dilip would surely have signed off with an even richer tally

Real test of a captain is in Test cricket, not T20 matches: Dilip



Lokendra Pratap Sahi
Senior Journalist

Dilip Balwant Vengsarkar, epitome of elegance with the bat, is both a former captain of India and chairman of the senior selection committee. He has been a vice-president of the Mumbai Cricket Association too. Vengsarkar (66), therefore, has worn many hats. Following are excerpts from my interview with the Mumbaier...

Q: The extended 2021-2022 season will end with the IPL final later this month. Much happened between December-January, in particular, with Virat Kohli the cynosure. Your thoughts?

A: You're referring to Virat losing the ODI captaincy and, then, relinquishing the leader's role in Test cricket... From the outside, there appeared to be a communication gap between the Board of Control for Cricket in India, the selectors and Virat... I've maintained unambiguous communication and ensuring any transition or change in captaincy is smooth. I don't need to remind anyone that Virat is an outstanding cricketer and one of the very best when it comes to batting.

Q: But Virat isn't having the best time of his life with the bat, not even in the IPL...

A: When you're in an elite bracket, expectations remain high... Always... Moreover, the very best themselves set high standards, which cannot be met in every match. Virat sits in the elite bracket and, so, has to deal with a lot more than most other batsmen. As batsman and also when he was captain, Virat's mindset has drawn appreciation from all. Perhaps, it was in the Adelaide Test (December 2014) when, going for a win, India lost under his captaincy. That was acceptable. Fans, after all, would like to see a positive brand of cricket.



Dilip Vengsarkar with wife Manali



Dilip Vengsarkar with Imran Khan during a charity match in England

Q: You've captained India. Can additional responsibility affect performance?

A: Look, as captain, you have to think of the remaining players, not just your own game. If you're ready for the challenge, nothing is a burden. A captain's desire to lead from the front must never diminish.

Q: Rohit Sharma is now the India captain across formats - Tests, ODIs, T20s. Would it have been better if the selectors split the captaincy between Test cricket and the two white-ball formats?

A: Hard to say... Rohit is a regular in every format, then why have two captains? England's experiment with Joe Root and Eoin Morgan did work for a length of time, but why not have one voice giving directions in all formats? Rohit can take a break, if he feels the need to recharge batteries.

Q: Given the aura around Virat, Rohit has stepped into big shoes...

A: As stand-in captain on numerous occasions, Rohit wasn't found wanting. He has begun successfully too. I find Rohit an adequate leader.

Q: Virat captained India in Test cricket from the 2014-2015 season till this January. That's a long time... In white-ball cricket from January 2017 till last December... His legacy?

A: I'm not one of those to harp on Virat not winning an ICC tournament. For, on the other hand, he won Tests overseas and a host of bilateral series - in different formats, home and away. The emphasis Virat placed on fitness and overall discipline is part of his legacy.

Q: What are the qualities you'd look for in a captain?

A: Man management is right at the top. Next is the effort made to build a team for the future, not just looking at immediate results. Naturally, a captain's sharpness in responding to key situations counts. That said, any captain is only as good as his team. Also, depending on a handful of players, without bothering about an adequate bench strength, cannot be the way forward. If you keep depending on a few, they may become complacent.

Q: This edition of the IPL features quite a few young Indian captains. Has anybody impressed you with his leadership?

A: I wouldn't judge captains on how they're leading in 20 matches. Rather, I'd rate them on how they face the challenge of



Late Jagmohan Dalmiya was the "best" BCCI president, feels Dilip Vengsarkar

#CRICKET

Test cricket. The oldest and longest format requires the thinking cap to be worn all the time as the game could change in every session or two. Real test of a captain is in Test cricket, not T20 matches.

Q: What raises the performance in T20 tournaments like the IPL?

A: Fearlessness. Also, the balance of the XI.

Q: For much of this IPL, the two new franchises -- Gujarat Titans and Lucknow Super Giants (LSG) -- have been at the very top of the table. Were they smart at the mega auction or have they played the right combinations?

A: You have to be smart at the auction. I'd go to the extent of saying winning or losing starts right there, at the table. Look at five-time champions Mumbai Indians (MI). They're at rock bottom because they didn't pick well at the auction.

Q: That apart, did MI take things for granted?

A: Maybe, complacency did creep in. You can't assume things in cricket, certainly not in the T20 format.

Q: If you were to lay a wager, which IPL franchise would you put your money on at this point in time?

A: I'd refrain from doing so, simply because the T20 format is mightily unpredictable. Anything can happen.

Q: Some words on Mahendra Singh Dhoni, who turns 41 in July...

A: Dhoni's a phenomenon, I can't describe him better. Some cricketers make a difference by their inspirational presence alone. Dhoni is one such. It's one thing to guide the younger ones on the field, quite another to coach or offer tips from beyond the boundary. Dhoni has been pushing the younger Chennai Super Kings (CSK) players from the thick of action. They're learning faster.

Q: Is CSK's Ruturaj Gaikwad a product of your Academy in Chinchwad (near Pune)?

A: Indeed, yes... Ruturaj has the qualities to succeed in Test cricket and I hope the selectors saw the way he handled 150 kgs plus deliveries from Umran Malik. Ruturaj has guts and is capable of facing the short-pitched stuff. You cannot be a Test batsman if you can't handle the ones pitched short. Ruturaj ticks that box prominently. He has already played T20s, it's time to pick him in the Test squad. I may add Rajasthan Royals's Yashasvi Jaiswal has been to one of my two Academies in Mumbai. I've taken him to England with my boys.

Q: Besides the skill to handle short-pitched deliveries, what qualities must batsmen aspiring for the Big League have?

A: Mental toughness, as it's never easy, and the ability to read situations. Adapt to different conditions too.

Q: Your take on the system as it exists in India?

A: It's good and it's the system which produces (quality) cricketers... Not individuals. The age-group tournaments within the states and inter-state are a big help as are the India A tours. I'd like the Duleep Trophy to be played over five days, with the five zonal teams making a comeback. It'd also like the Irani Trophy to regain importance. Both were huge tournaments during my playing days.

Q: For the past many years, domestic cricket has hardly seen the India players participate. Shouldn't the scheduling be such that the very best actually get to play with the rest?

A: Definitely. When I was starting off, I rubbed shoulders with the India players both at the club and office level. Unless the very best play domestic cricket, how can you judge the worth of hundreds and five-wicket hauls from the non-India players? It's critical that selectors have the knack of spotting talent, not go by scores alone.

Q: To consistently bowl at the pace Umran does takes some doing. LSG's Mohsin Khan has also been good and the same can be said about Arshdeep Singh (Punjab Kings). Include Royals's Kuldeep Sen and CSK's Mukesh Choudhury too... The selectors don't have to worry about injuries to the regular India fast bowlers...

A: Of course, some have caught the eye in this IPL... I'd like to go back to 2010, when I was chairing the Board's Cricket Improvement Committee. My colleagues (late Chetan Chauhan, Pranab Roy, Arshad Ayub, Prashant Vaidya) and I proposed to the Board, then headed by Shashank



World Facilities Management Day

Do you work in a large building that seems to run like a well-oiled machine? Do you enjoy going to the mall and taking advantage of all of the amenities there? Every single one of these is a case regarding a team of Facilities Management professionals working behind the scenes to make sure that everything runs smoothly. World Facilities Management Day celebrates the importance of these people and the role they play.



Dilip Vengsarkar being felicitated by the Mumbai Cricket Association

Manohar, that mass trials be conducted for fast bowlers in different regions. That was needed as many with talent didn't have the resources to travel to the bigger cricket centres for Board-conducted trials. Mass trials would have been open to all in the 18-22 age group and the potential for a sizeable pool of fast bowlers was very much there. The Board, however, put the Committee's proposal on hold as the administrators were "busy" with preparations for the 2011 World Cup! After a year, the Committee itself was disbanded. End of story... Had mass trials been held back then, perhaps many more Umrans and Mohsins could have been spotted over a decade ago.

Q: While on the Board, is there an administrator who has stood out?

A: Among the Board presidents I interacted with in different capacities, the late Jagmohan Dalmiya was outstanding. He was the best, hands-on and always prepared for meetings. Accessible. Dalmiya respected cricketers, something which matters. Sharad Pawar was also good... In my book, (IPL chairman) Brijesh Patel is the best president this Board never had. Look at the way he transformed the Karnataka State Cricket Association.



Members of the 1983 WC-winning team bond over breakfast

Remarkable!

Q: I've been curious... You registered 100s in each of your first three Tests at Lord's (1979, 1982, 1986). It remains a glittering record by an overseas batsman. Did the revered venue bring the best out of you?

A: Revere!... Yes... When you walk into Lord's, you sense the difference... It's inspiring, not intimidating. When it's a full house at Lord's - it invariably is - then the atmosphere is electrifying. It has been hosting Test matches from 1884... There's so much history.

Q: Last one... Corona hasn't gone away. How did the pandemic treat you?

A: My family went through a tough period as (wife) Manali lost her brother in the killer Second Wave. My brother-in-law was a fit 57-year-old... His illness and death was a difficult period for us... Some club-level cricketers of Mumbai, men I'd played with and against, also passed away... It pained. Life can be so short... Corona has taught us to value human relationships. To hold on to what we have... Who knows about tomorrow?

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#IMMUNIZATION

Ineffective Vaccination Campaign

A study in eight European countries shows that information on the benefits of vaccines can even reduce the willingness to get immunized.



Conventional vaccination campaign messages often miss their targets. A study in eight European countries shows that information on the benefits of vaccines can even reduce the willingness to get immunized. The researchers also looked into the factors that influenced the impact of messages, including low health literacy.

Not many Covid-19 vaccination campaigns in Europe lived up to the hopes of the public health authorities. However, the results of past studies in various countries have yielded a mixed picture as to which communication strategies can increase vaccine uptake and which factors undermine certain messages. A team of the Technical University of Munich (TUM), the University of Trento and the London School of Economics and Political Science explored these questions in Bulgaria, France, Germany, Italy, Poland, Spain, Sweden and the UK.

Decisive Factor: Health Literacy
Using data mining methods, the research team was able to carry out detailed analysis of various associations between the message effectiveness and socio-demographic characteristics as well as the following factors: citizens' trust in their government, their literacy with regard to healthcare issues and the share of the population who believe in certain conspiracy theories. The scientists used existing surveys to obtain data on these factors (which are not to be seen as mono-causal) for the various countries.

For all messages, the likelihood of achieving the desired effect was reduced in a country when the health literacy of the population was low. "This result surprised us," says Matteo M. Galizzi, a professor of behavioural science at the London School of Economics and Political Science. "We had thought that understandable and clearly visualized information on Covid-19 would lead to an improved understanding of the disease among people with little prior knowledge and thus to a greater vaccination willingness." In contrast, the study confirmed conjectures that citizens' trust in their own government would have a positive effect on vaccination intention.

Older People Less Receptive
Where there was relatively high prevalence of conspiracy theories, neither the message on health benefits nor that on the prospect of future leisure-time options produced significant successes. "The analysis shows that this strong disinformation can also explain the negative impact of health information in Spain and Italy," says Giuseppe A. Veltri, a professor in computational social science at the University of Trento. The researchers saw differences between socio-economic groups. For example, men with low levels of educational attainment were more often convinced by the two messages highlighting advantages in everyday life and leisure time than men with the same profile in the control group. Among these men there was also a very pronounced effect in countries with a high level of trust in the government and low prevalence of conspiracy theories. Older people tended to be less receptive on the whole to all of the messages.

Effective Only In Germany
The study, published in Science Advances, shows that the tested messages would be effective in boosting vaccination quotas

only in Germany and, to a lesser extent, in the UK. In Germany the vaccination willingness was significantly higher in the three groups than in the control group. In the UK, the readiness was higher only when the message stressed the benefits of a vaccination certificate. In all other countries the messages were ineffective - or even produced results opposite to those intended: people in Spain and Italy, when informed of the reduced risk of illness through vaccines, were less likely to seek vaccination than the corresponding control groups.

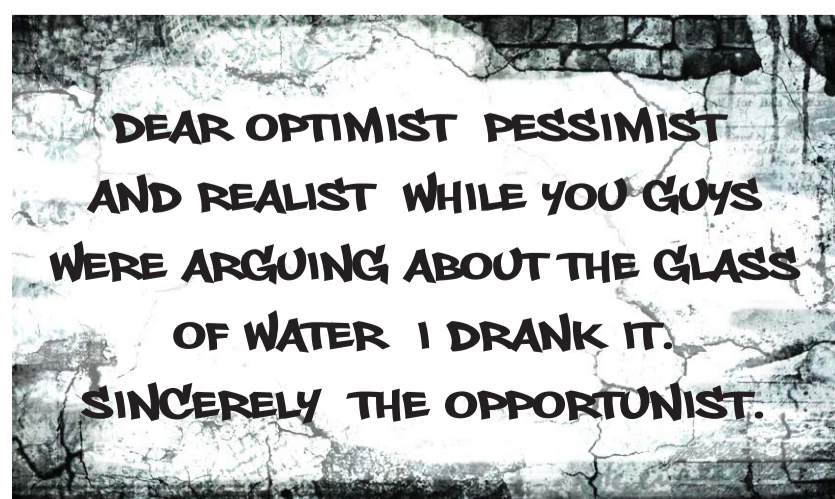
Clearer differentiation in campaigns
"During the pandemic, people often looked at other countries to see what was working better or worse. Our study showed that such comparisons have limited usefulness," says Prof. Tim Büthe, Chair of International Relations at TUM. "A more promising approach is to investigate the existing conditions in every country and then adapt the policy measures and communication strategies accordingly. Policy makers can use our findings to inform messaging for upcoming Covid-19 booster campaigns."

However, if a communication campaign has poor prospects of success due to several known barriers, the research team recommends shifting the focus to other measures. These might include concrete incentives or individually assigned vaccination appointments, which can only be actively objected to.

In the long term, all countries should develop their citizens' health literacy to improve the effectiveness of future vaccination campaigns.



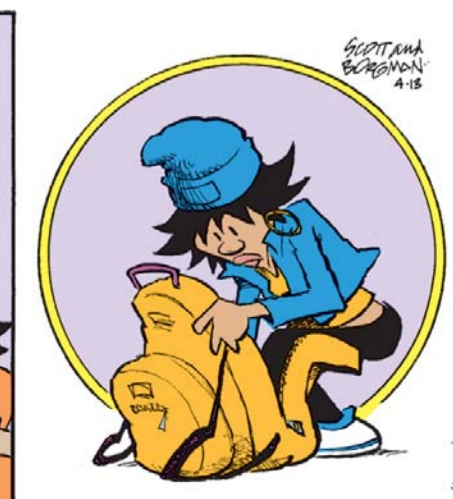
THE WALL



BABY BLUES



ZITS



By Rick Kirkman & Jerry Scott

By Jerry Scott & Jim Borgman