

## #CHAITRA NAVARATRI

### 5 Healthy Foods To Eat While Fasting

Chaitra Navratri is a time for spiritual rejuvenation and devotion to *Maa Durga*. Many devotees observe fasts during this nine-day festival, adhering to strict dietary guidelines. But fasting doesn't have to mean sacrificing nutrition.



As Chaitra Navratri approaches, millions of Hindus around the world prepare for nine days of fasting and devotion. During this auspicious period, fasting is observed as a way to cleanse the body, mind, and spirit, while paying homage to the divine feminine energy. While fasting, it's essential to nourish the body with wholesome foods that provide energy, essential nutrients, and keep you feeling satiated. Here are five healthy foods to incorporate into your 'fasting regime' during Chaitra Navratri 2024.

#### Seasonal fruits

Fruits are nature's gift, packed with essential vitamins, minerals, and antioxidants. Opt for a variety of fruits such as apples, bananas, oranges, berries, and pomegranates. These fruits are not only delicious but also provide a quick energy boost during fasting. You can consume them as whole fruits or blend them into refreshing smoothies to keep yourself hydrated and energised throughout the day.



#### Nuts and seeds

Nuts and seeds are powerhouse snacks, loaded with protein, healthy fats, and fibre, making them an ideal choice for fasting days. Almonds, walnuts, pistachios, pumpkin seeds, and sunflower seeds are excellent options to munch on when hunger strikes. They help in maintaining blood sugar levels, keeping you feeling full for longer periods, and providing essential nutrients to support overall health.

#### Makhana (Fox nuts)

A nutritional powerhouse, makhana is a staple ' vrat food.' These tiny nuts are loaded with protein, fibre, complex carbohydrates, and healthy fats. They can be roasted, boiled, or used in kheer (pudding) for a satisfying and nutritious snack.



#### Buckwheat flour (Kuttu ka atta)

Buckwheat flour is a gluten-free alternative that is commonly consumed during fasting periods. It is rich in protein, fibre, and essential minerals such as magnesium and manganese. Buckwheat flour can be used to prepare a variety of dishes including rotis, pancakes, and porridge. Its nutty flavour adds a unique taste to your meals while providing sustained energy to keep you feeling full and satisfied.

#### Sabudana (Tapioca pearls)

Sabudana is a popular ingredient used in fasting recipes due to its high carbohydrate content, which provides instant energy. It is gluten-free and easy to digest, making it an excellent choice for those with dietary restrictions or sensitive stomachs. Sabudana khichdi, sabudana vada, and sabudana kheer are some delicious dishes that you can prepare using tapioca pearls during Navratri fasting.



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The Pakistani officer became abusive and his soldiers started shouting 'Pakistan Zindabad.' This irked me. I had a stick in my hand. I lifted it and ran towards the Pakistani officer, shouting choicest Punjabi abuses at him. I could hear my company commander asking me to get back, but I was full of rage. Then, a few of my men also followed suit.



An alumnus of the NDA and the DSSC, Col Rajinder Singh was commissioned in 3 Bihar in June 1971. He is a prolific writer on defence and security matters and has authored two books, "Kashmir: A Different Perspective" and "The ULKA Insurgency in Assam." He has also co-authored "Victory India," with Col Vinay Dalvi.

After the 1971 war, the border remained tense for quite some time, though, a ceasefire was in force. The task of delineating the Line of Control (LOC) on the ground, sector wise, by military representatives from both sides, had begun in March 1972. My unit, 3 Bihar, was located in Tangdhar and we were part of 104 Brigade. In those days, Nagaon and Kaiyan Bowl were part of 104 Brigade, located at Tangdhar. Post the war, our Brigade Commander, Brig MML Ghai had claimed that we had captured the Kaiyan bowl. This was not strictly true. Kaiyan was a depression, with high hills on all sides. We controlled the entry to it from three directions, but after the war, we found that a Pakistani section of nine men held the depression area. Instead of evicting them, we allowed logistic supplies to go to this section, through a narrow corridor, on humanitarian grounds. Some sort of friendship had developed between the Sikh battalion, holding the Kaiyan bowl and the Pakistani section, and we were confident of throwing them out, if the need arose. Unknown to us, however, the Pakistanis had surreptitiously built up their strength to about a battalion and had dug in defences. Thus, in May 1972, when we attempted to evict what we thought was a section strength of troops, we were confronted with a battalion and suffered heavy casualties.

For the delineation process,

## A WAR AVERTED WITH STICKS



Action in Tangdhar, Kashmir.

led on the Indian side by Lt Gen Prem Bhagat, my CO, Lt Col SS Sahrawat was a member. The LOC, to be delineated in our brigade sector, had been marked jointly by the Commander, Brig Ghai and my previous CO, who had moved out on posting, as an instructor to the Defence Services Staff College. In the meantime, they had shown village Chak Mukam, located near the banks of the Neelam Ganga River as being in Indian-controlled territory. This appeared to be doubtful to Col Sahrawat, as the unit was holding the Sariy Ridge and Chak Mukam was a good four odd kms away from our nearest post, 'Amar Singh ki Tekri.' On the other hand, the Pakistani post was just a few hundred meters away, across the Neelam River. Col Sahrawat asserted that we cannot exercise control over Chak Mukam unless we physically occupy it, but Brig Ghai rubbished that logic and stated that the village, being on our side of the river, ought to be under our domination.

To verify the facts, Col Sahrawat had twice sent patrols to the village but in both cases, the patrol had come under effective fire from the Pakistanis and had been forced to withdraw. Around this time, I had returned to my unit after completing the YO's course at Belgaum. That night, at 8 P. M., I was leaving through a magazine in the officers' mess shelter at Battalion Headquarters at Nagina post (now called Shararat), when another officer entered. He had fluffly hair and a slim waistline and I thought that he was a Captain from a neighbouring battalion, who had perhaps come with a patrol. I wished him and we got on a discussion of the war and how we had captured the Wanjal feature on the night of 15/16 December. Suddenly, the stranger asked me if I had been to village Chak Mukam.

"Oh, a number of times," I boasted. It was a white lie, because I had been there twice only, in December 1971, immediately after the ceasefire, but which young officer does not give into a bit of bragging, when talking of his wartime exploits to his colleagues! At this time, a few more officers came into the shelter and they were all very deferential to the

## # REMINISCENCES

I freed the prisoners on my CO's instructions and moved to Rakhi post. On arrival, I was told to move to Brown Patch. A lot of movement had taken place by this time. It was now a different kind of a situation, 'War without firing,' as I later learnt, a real hand to hand war. Then, Maj. Sinha told me to move to Left Shoulder.



stranger. And then, it hit me, the officer, whom I had erroneously thought was a young Captain from a neighbouring unit, was none other than my Commanding Officer, Col SS Sahrawat!

The Adjutant, Capt AD Singh, then introduced me to the CO. "Sir, he is subaltern Rajinder Singh, we call him Rajee. He has just returned from the YO's course." "Yes, AD, I have met him," said the CO. "Fortunately, he knows Chak Mukam quite well. Send him on a Special Mission to the village. We need to know who actually controls that place." And that is how I found myself the next day leading a patrol of twenty men to Chak Mukam.

"One five for Two Alpha, what the f\*\*s\* you are doing? Where are you?" My CO shouted over the set. "One five, task given to me accomplished. I have occupied village Chak Mukam, taken seven Pakistani soldiers 'prisoner' and now, the villagers have been collected together and I am teaching them the National Anthem."

Another voice now got onto my frequency "Shut up, you rascal. Stop this nonsense. DO NOT START A NEW WAR ON YOUR OWN. As per message intercepted from across the border, Pakistanis are about to bring down heavy artillery fire on you."

My CO then got back on line. "One Five for One-O-Four, let me handle this. I will retrieve the situation."

"One-O-Four for One five, get this rascal out immediately. I want him to be marched up to me." "Roger One-O-Four. Hulio, One Five for Two Alpha, leave the place immediately and move to Rakhi." I was determined to stay put. "Two Alpha for One Five, local vil-

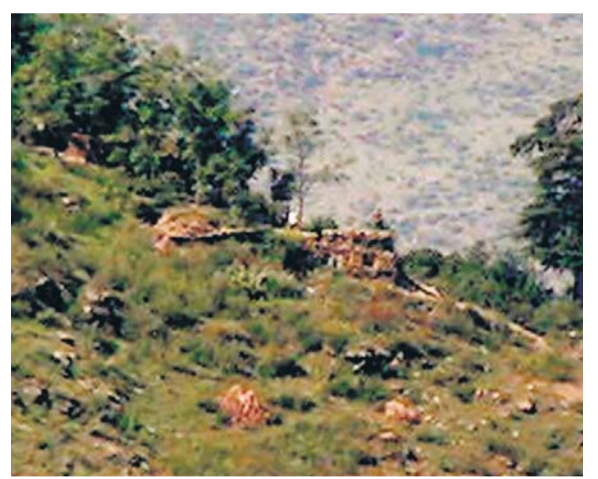


## Global Holistic Wealth Day

Complete well-being, weaving prosperity across life facets encompass fulfillment, health, and purpose in a seamless tapestry of existence. Founded by best-selling author of *Holistic Wealth*, Keshia Blair, *Global Holistic Wealth Days* is a celebration of life-well-being. Embodies the transforming power that comes from living with a purpose, engaging in work that is meaningful, and creating connection with others on both emotional and spiritual levels, in honour and observance of this important day.



Pahalgam, Valley



View of Brown Patch from the Pakistani side.



Village Chak Mukam is where the river disappears on the right of the picture.

You have done your job." The Brigade Commander, however, was not so forgiving.

At this time, my CO, wanting me out, sent me back to Brown Patch. On reaching there, I found that Pakistani soldiers were holding positions, some 300-400 meters short of Brown Patch, within the range of our small arms. They were about 400 to 500 men, shoulder to shoulder. I had never seen anything stranger than this in my life. After the Kaiyan Bowl incident, we had orders not to open fire unless approved by the Corps HQ. It was then that a thought struck me.

"Sir," I said, addressing my company commander, "if we have orders not to open fire, I think, they too have their orders on the same lines."

"So," said Maj. Sinha. "Let us physically throw them out." My exuberance had got the better of me.

"How?" Maj. Sinha had an amused look on his face. "We will tell them to go back, and then physically push them out, if they do not listen." Even to this, this sounded so *unmilitary like*. Maj. Sinha burst out laughing. "You think that we are participating in a wrestling championship here youngster, or facing a fully-armed enemy?"

That silenced me. At 11 A.M., we received a message from the CO, asking Maj. Sinha to talk to the Pakistani Commander on the spot and ask him to move back, otherwise, we would open fire. We collected some 40 men and moved down to the Pakistani positions. Negotiations began when we were just 50 meters short of them.

We kept talking for 15 minutes. The Pakistani officer became abusive and his soldiers started shouting 'Pakistan Zindabad.' This irked me. I had a stick in my hand. I lifted and ran towards the Pakistani officer, shouting choicest Punjabi abuses at him. I could hear my company commander asking me to get back, but I was full of rage. Then, a few of my men also followed suit.

Lo and behold! The scene transformed thereafter. The Pakistani soldiers started running back. Seeing this, the company commander ordered all other men from Ring Contour, Brown Patch

and Ghaska Top to start physical assault with sticks. And every- one, including the Pakistanis, were on the run. Maj. Sinha then apprised the CO about this latest development, who, in turn, apprised the GOC.

"I want such spirited men in my Division," was the GOC's response. He then told the CO to stop short of Chak Mukam village. Accordingly, we stopped short by about 200 meters and took up positions. So did the Pakistanis. At places, we were just lying five meters away from each other.

Meanwhile, Pakistani opened up another front towards Ghaska Top from their post at Shishaldi feature. GOC, at Left Shoulder, saw this happening and he asked our Medium Machine Gun to open fire, but in the air, Pakistani soldiers ran away and our men moved down and occupied more advantageous positions. Thus, the game spread to entire Leepa Valley. This wrestling match continued till next 15 days, when the LOC was finally agreed to on the ground, during a flag meeting at 'Amar Singh Tekri.' I was present there, along with my CO, who was head of our delegation.

Eight months later, in February 1973, while driving from Chowkhal in J&K to Dharamshala in Himachal Pradesh, to attend Captain AD Singh's marriage, my CO, in a happy mood, told me, "Rajee, you know your set of charging the Pakistanis at Brown Patch had averted an Indo-Pak war." I did not know it, then, but the GOC had basically come to assess the current situation and approve an attack plan to throw out the Pakistanis. A brigade had concentrated for the attack near the Niti Pass, some 10 kms, behind our roadhead, but all that changed with 'my charging the Pakistanis with a stick.'

"What made you do that?," my CO asked. "Sir, irritation at our Commander's abuses," was my instant response. "Yes! I thought so," said the CO.

Oh, to be young and foolhardy, as a 21-year-old, caution is not in your USP. And that is what makes us win our wars!

Lo and behold! The scene transformed thereafter. The Pakistani soldiers started running back. Seeing this, the company commander ordered all other men from Ring Contour, Brown Patch

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## #J'ADORE Summer Style Statement

From chic chain anklets to charming boho styles, there's a wide array to complement every taste and ensemble.



As you navigate the fashion landscape of summer, consider 'anklets' as the delicate brushstrokes that complete the canvas of your style. In 2024, these ankle adornments have your look with sophistication and a hint of edge. Whether you're off to the beach or a

### Trendy Chain Anklets

Prepare to enhance your summer ensemble with these essential trendy chain anklets! Chain anklets serve as the ideal accessory to infuse your look with sophistication and a hint of edge. Whether you're off to the beach or a

rooftop soirée, these anklets will effortlessly elevate your outfit.

The beauty of chain anklets lies in their versatility. You can easily dress them up or down, making them suitable for any occasion.

From chic chain anklets to charming boho styles, there's a wide array to complement every taste and ensemble. But what makes these essential anklets stand out?

### Boho Charm Anklets



Elevate your summer boho style effortlessly with the enchanting appeal of boho charm anklets. These anklets are a perfect addition to your wardrobe, adding a touch of whimsy and free-spirited flair to any outfit. Boho charm anklets typically feature a mix of eclectic charms such as feathers, coins, shells, or beads, all intricately woven into the anklet design. The beauty of boho charm anklets lies in their ability to create a laid-back, bohemian vibe, that's perfect for summer adventures.

### Minimalist Beaded Anklets



Enhance your summer style with the subtle sophistication of minimalist beaded anklets. These delicate anklets offer a refined and understated look that effortlessly elevates any outfit. The simplicity of the beads adds a touch of elegance to your overall aesthetic without being overpowering. You can choose from different bead sizes and colours to suit your personal taste and complement your summer wardrobe.

### Statement Pearl Anklets



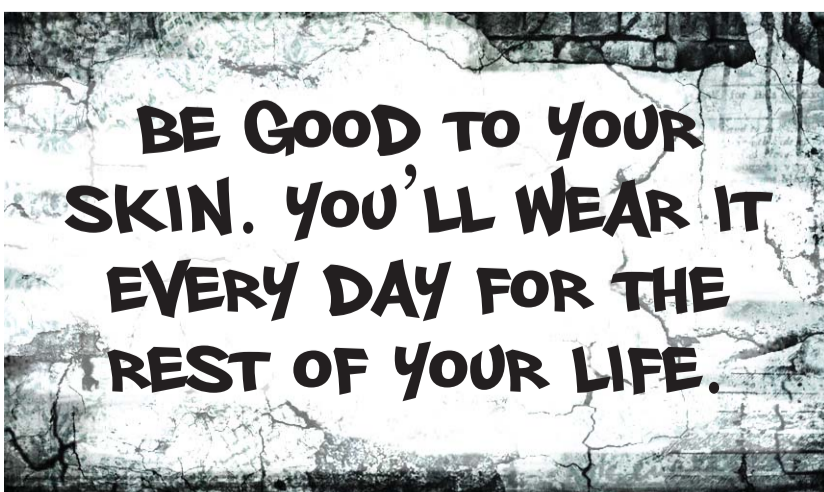
With their bold and luxurious appeal, statement pearl anklets effortlessly capture attention and sophistication for your summer ensemble. These anklets feature stunning pearls that add a touch of elegance and refinement to any outfit. Whether you're heading to a beach party or a fancy dinner, statement pearl anklets are versatile accessories that elevate your look.

### Layered Mixed-Media Anklets



Make a bold fashion statement this summer by exploring the trend of layered mixed-media anklets. These anklets offer a unique and versatile way to accessorize your outfit. They combine different materials like beads, shells, charms, and metals, creating a visually appealing and dynamic look. Mixing textures and colours in one anklet adds depth to your style and allows you to experiment with various elements to suit different occasions.

## THE WALL



## BABY BLUES



By Rick Kirkman & Jerry Scott

## ZITS



By Jerry Scott & Jim Borgman