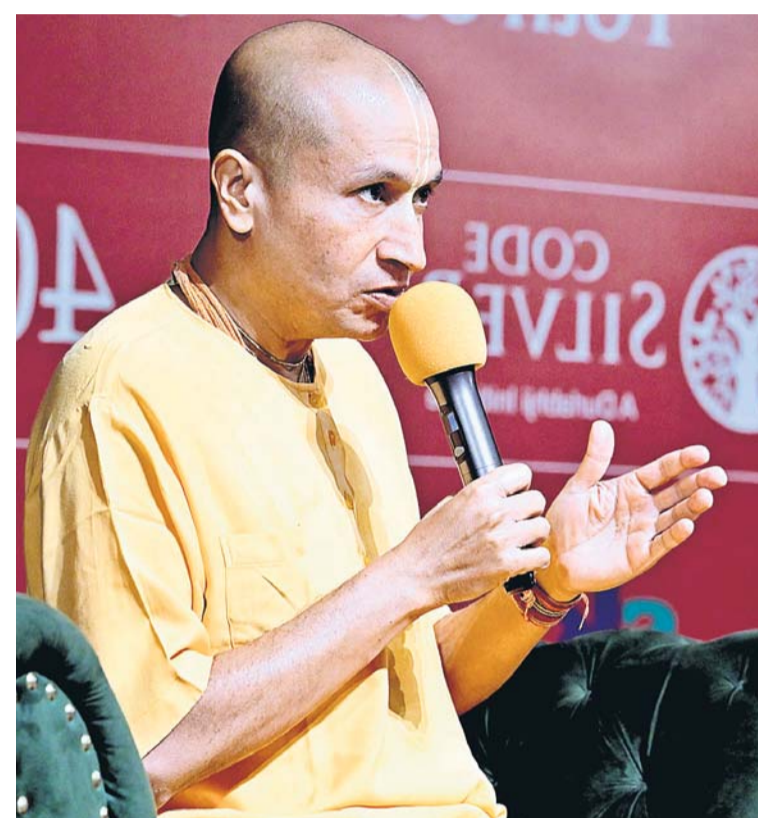


## #EVENT

### THE ART OF HABITS

"In the Era of Digitalization, where we are all glued to the screens of our devices, processing our brains with AI, internet, and vast information, it is crucial to train our minds and develop habits that are not only versatile but also meet the evolving needs of the hour," said Neha Dhadda.



**Tusharika Singh**  
Freelance writer and city blogger

In a recent event, FICCI FLO Jaipur orchestrated a captivating Talk Session featuring Gauranga Das, a distinguished motivational speaker and author. The session, themed around "The Art of Habits," aimed to enlighten attendees on the profound significance of personal development in the digital era.

#### Pillars of Habit Transformation

**Focus: Overcoming Mind's Three Cancers**  
Gauranga Das elucidated the challenges, posed by a distracted mind in an age, bombarded by data, especially through social media. He identified complaining, comparing and criticizing as the three cancers of the mind, urging individuals to embrace their unique capabilities.

#### Intention: Setting the Right Course

Emphasizing the paramount role of intention, Das urged the audience to purify their motives. He underscored the need for intentions rooted in love, rather than being swayed by greed or fear.

#### Resilience: Bouncing Back from Defeats

Discussing internal mental strength, Das encouraged cultivating resilience, the ability to overcome provocation and respond effectively to challenges. Resilience, he stressed, hinges on a steadfast sense of one's unchanging identity.

#### Empathy: Breaking the Chains of Self-Obsession

Das delved into the root cause of bad habits, advocating for empathy, the ability to view others with compassion. Breaking free from self-obsession, he suggested, is vital for ethical living.

#### Holistic Approach: Balancing Development

Gauranga Das highlighted the need to prioritize family bonds alongside educational and economic development.

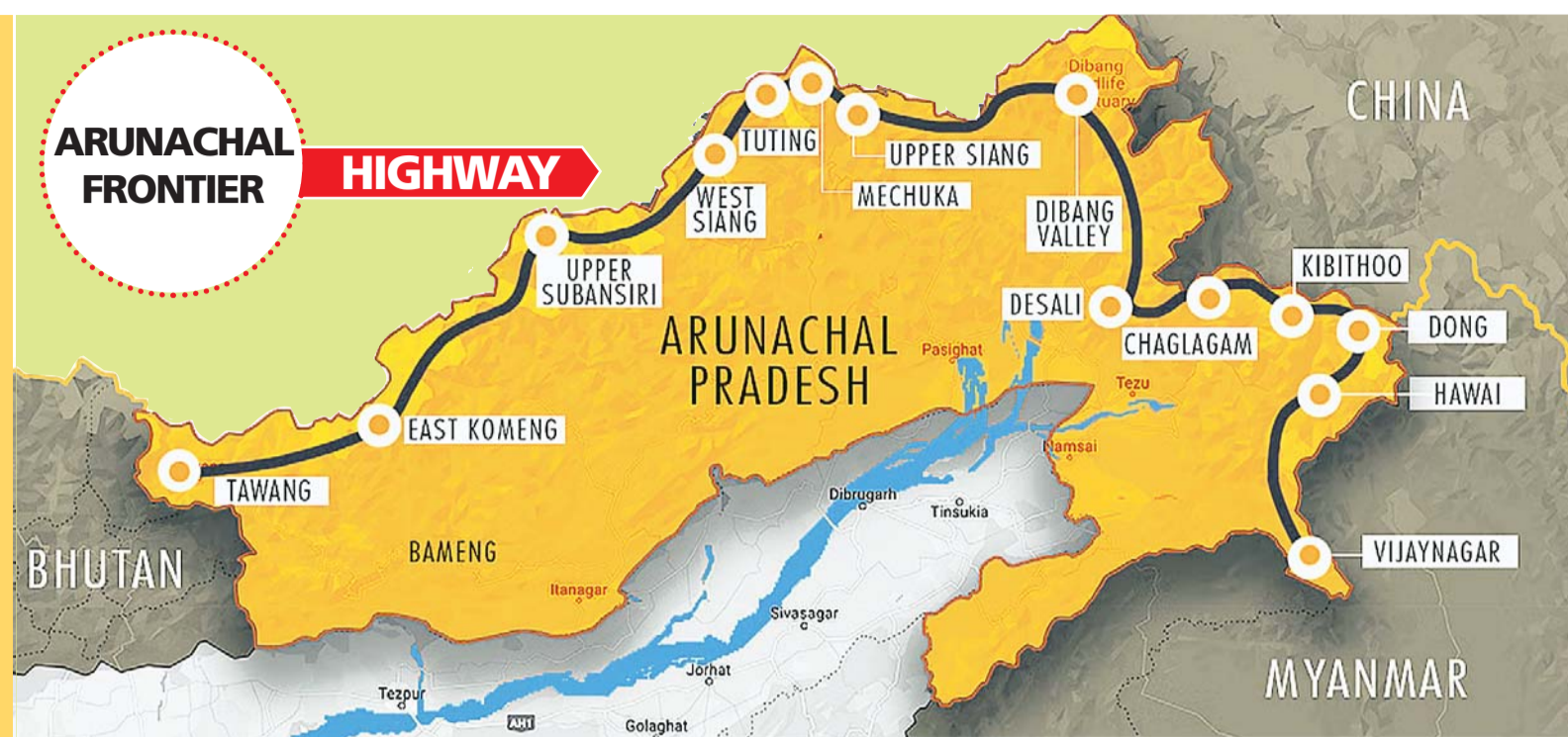
#### ABCD Approach: Mastering the Art of Habits

Introducing the ABCD approach for mastering the art of habits:

- Association with Like-Minded People
- Books that add value to our lives
- Contemplation of Self
- Diet that nourishes the body

This holistic approach, according to Das, serves as a roadmap for individuals striving to master their habits and navigate the complexities of modern life.

Vijaynagar salient has now grown to a total of 16 villages, primarily inhabited by *Lishus* and ex-servicemen of *Assam Rifles*, with a population of up to 6000. Due to its geographical peculiarity, the settlement is completely dependent on its air link for transportation of men, material and supplies. Assam Rifles, in coordination with the Indian Air Force, provides air transportation for the population of Vijaynagar. These air sorties endeavour to provide a link between the isolated salient and Upper Assam, despite constraints of extremely unpredictable weather conditions. As there is no public distribution system presently functioning in Vijaynagar, Assam Rifles has been assisting local population to fulfil their requirements of essential goods and commodities, by ferrying them from the open market and supervising its sale through village authorities at market prices.



## Constructing To Win A War!!

Major Vishnu Kumar Mishra (SO1 (G), HQ 25)

Vijaynagar salient is located in the eastern frontier of the nation, colloquially called "East of the North East." Approximately 2050 square kilometres of land is located near the tri-junction of India, Myanmar and

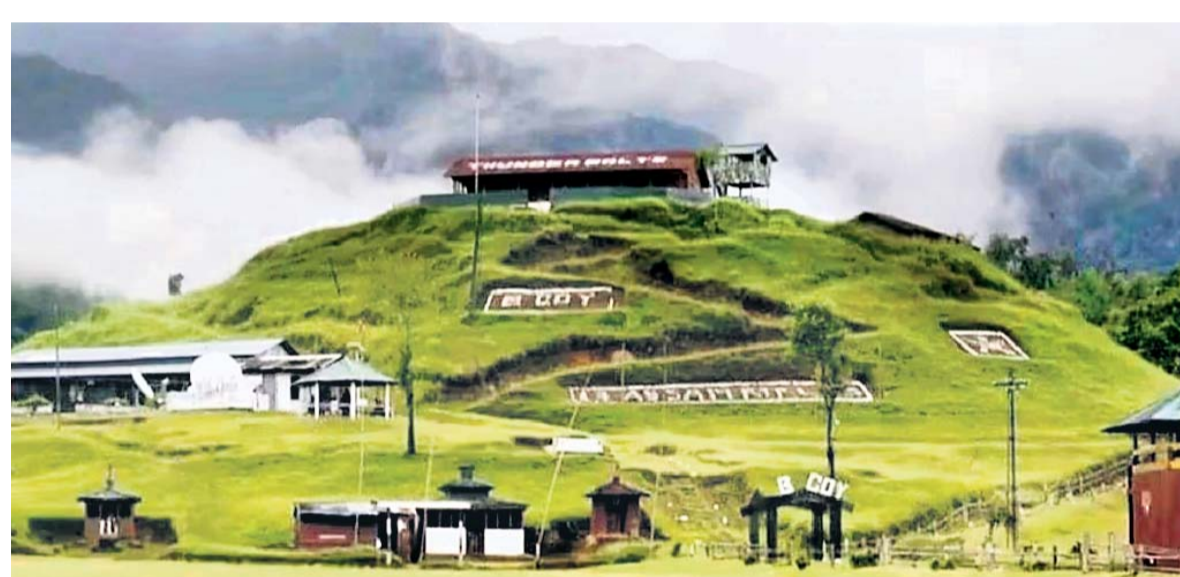
China, jutting inside the unstable Kachin State of Myanmar. The discovery of the salient dates back into the history during pre independence era. The region was then administered by North-East Frontier Agency (NEFA), which was one of the political divisions in British India and existed as hitherto fore, as part of the Indian Republic till 1972, when *Union Territory of Arunachal Pradesh* was established.

Vijaynagar can only be reached on foot or by air via the Vijaynagar Airport (also called the 'Vijaynagar Advanced Landing Ground'). This is the 9th Advanced Landing Ground (ALG) in Arunachal Pradesh, upgraded by the Indian Airforce (IAF) and Indian Army (IA) in September 2019, to allow the landing of fighter jets and large transport planes. The upgrade involved building local link roads among villages around Vijaynagar.

A road connection to nearby Miao, costing 225 crores, was dedicated in February 2013 but has been delayed by environmental activists, concerned about the National Park. The issue was resolved by adding a prefabricated bridge to protect park life and facilitate monitoring by the Forest Department. In September 2019, the Governor of Arunachal Pradesh ordered new construction by first completing the central bridge road, already being built in Kolkata. There are plans to extend



### #THE LASTING TALE



Assam Rifles Post at Vijaynagar.

During invasion by the Japanese Forces along India - China - Burma frontier, the Allied forces, while retreating from Fort Hertz (now Putao, Myanmar), accidentally, took the route through 'Chaukhan Pass' and reached Miao, after a treacherous foot journey of three weeks.

This road to Putao Airport in Myanmar under the Look East policy, thus connecting it to both, India's and Myanmar's national highway networks.

The first mention of the isolated salient, appeared in the history in 1945, during WW II. During invasion by the Japanese Forces along India - China - Burma frontier, the Allied forces, while retreating from Fort Hertz (now Putao, Myanmar), accidentally, took the route through 'Chaukhan Pass' and reached Miao, after a treacherous foot journey of three weeks. The forces were rescued by Assam Rifles troops and were maintained by air drops during the period. The brave soldiers of the Assam Rifles, who took part in the rescue operations, were awarded by the Royal British Army.

In 1950's - 1960, during demarcation and delineation process of boundary between India and Myanmar, area, ahead of Miao Bum, was not known due to lack of cartographic details. Almost at the same time, Chinese tribals, called *Lishus* or *Yobins* were reported to be making ingress into the uninhabited Indian Territory, especially in Vijaynagar. Their hunter parties, in pursuit of musk deer, discovered the valley, cleared some patches of jungles and started settling down.

The reconnaissance attempts 'to identify land routes to the valley' were made in February 1953 by the Assistant Political Officer of Tripura and in June 1960, by a column of 7 Assam Rifles. However, both these attempts were abandoned owing to extremely hostile weather conditions.

Prior to 1960, very little was known to the outside world about Vijaynagar. In a signal, written by

Mr C H Kahre, Deputy Advisor to Governor in December 1961, he expressed the concerns over immigration from Burma into our territory. He also mentioned the urgent requirement for construction of Dakota airstrip and positioning of minimum one wing of Assam Rifles in the area. He urged the government for establishment of civil administration and introduction of, as many volunteers as possible, into the settlement.

Prior to Chinese aggression in 1962, requirement of 'Indian inhabitation' in the area was necessitated by the Government of India. Consequently, in October 1961, Brig. (later, Maj. Gen.) Ajit Singh Guraya, Inspector General, Assam Rifles, decided to lead an expedition to the Chaukhan Pass, himself. An expedition named *SRI JITGA II* was organized for reconnaissance of land routes to the Chaukhan and Hukawng passes. The aim was to establish 'Indian Administration in the area by opening an *Assam Rifles post* at a suitable place, from where foreign intrusion into our territory could be checked.' With steady resolve and herculean efforts, the Assam Rifles expedition, under the leadership of Brig. Guraya, achieved success. After concerted efforts for almost one year, platoon strength of 7 Assam Rifles was stationed in November 1961, which named the place as "Vijaynagar."

Indian government subsequently colonised the remote but strategic location, with 200 families of Assam Rifles ex-servicemen in four batches, from 1963-64

to 1970-71. They were transported to Vijaynagar by Dakota aircraft and landed at Advance Landing Ground, which was prepared by the troops of Assam Rifles. The ex-servicemen were given incentives in the form of cash, cattle, houses, land and free air transportation. Vijaynagar salient has now grown to a total of 16 villages, primarily inhabited by *Lishus* and ex-servicemen of *Assam Rifles* with a population of up to 6000. Due to its geographical peculiarity, the settlement is completely dependent on its air link for transportation of men, material and supplies. Assam Rifles, in coordination with the Indian Air Force, provides air transportation for the population of Vijaynagar. These air sorties endeavour to provide a link between the isolated salient and Upper Assam, despite constraints of extremely unpredictable weather conditions. As there is no public distribution system presently functioning in Vijaynagar, Assam Rifles has been assisting local popula-

All houses have been lit up by Assam Rifles by distribution of state-of-the-art solar lights. In the past few years, major projects have been undertaken by the Assam Rifles to connect this salient to the rest of the country.

has opened the services of its DSPT to the local public, as there is no other telecom connectivity in the region. Assam Rifles has constructed a 'community hall,' having a dish antenna and television for the local population to enable them to know and connect to the happenings with rest of the country.

All houses have been lit up by Assam Rifles by distribution of state-of-the-art solar lights. In the past few years, major projects have been undertaken by the Assam Rifles to connect this salient to the rest of the country.

Assam Rifles has been providing medical assistance to the needy residents, as a part of its civic action programmes, which aim at 'instilling a sense of care and feeling to the citizens.' The doctor of the Assam Rifles, posted at Vijaynagar, provides medical cover to the patients. Assam Rifles troops often give preference to the locals so that sick and needy residents could be flown to Dibrugarh in the Assam Rifles Air maintenance sortie. To augment the communication infrastructure, Assam Rifles post

### Speak Up and Succeed Day

Throughout human history, various cultures have sometimes embraced and sometimes rejected the idea of speaking up. The days, when employees will simply blindly follow their leaders without speaking up, are coming to an end. And that's a good thing! In this new era of giving everyone a voice, the idea of creating a speak up culture in companies and workplaces continues to grow and develop. Speak up and Succeed Day is here to encourage those who have something to say, to go ahead and say it, in a meaningful and respectable manner.

## #SYMBOLISM

### Significance and Meaning of Saffron Colour

The scientific reason behind Indian saints wearing saffron colour!



Often, saffron is touted as nothing more than a religious colour that holds mythological significance. When we look at it spiritually, the colour resonates with two auspicious things in Hindu mythology, the colour of the sunrise/sunset (*sandhya*) and of fire (*agni*).

The Sun and the Fire are two of the most important elements that hold significant powers. But, as it is a world that is ragged by science today, we can't help but ask if there is a scientific reason behind saints wearing the colour saffron in India?

Though, the reason may not be exactly what resonates in their minds, when they wear it, was there any reasoning behind it 'being so' in the first place? Read along to understand the science behind this choice of colour and he has interesting scientific insights to share.

#### The seven chakras

The seven primal colours are associated to seven *chakras* of our body. These are red, saffron/orange, yellow, green, blue, indigo and violet. Every colour has a different wavelength and has different impacts on our minds when we look at them and/or concentrate on them.

#### Colour vibration therapy

When we see a colour, it forms an image on the retina which is transformed into electrical signals which are then sent to the brain. The optic nerve of the eye connects it to the visual cortex and other areas of the brain. This is what makes different colours send different vibrations to the brain.

#### The red chakra

Now, the red chakra is the first chakra and is the *muladhara* or the root chakra, which is related to the genital area. It is the most important for your survival as it is the *instinctual chakra*. This chakra is associated with the primal energy and manages the musculoskeletal system of the human body.



#### The saffron chakra

Moving on to the second primary chakra, that is the *saffron chakra*, also called *Svadhishthana* or the *Sacral chakra*. It is associated to one's colon, bladder, kidney, reproductive system and urinary bladder. Buddhists also believe that orange is the colour of bliss as it is the amalgamation of red and yellow. Concentrating on the orange colour can yield multiple benefits in one's life, both, on the mental as well as physical plane.

#### How colours heal

This is the science of *vibration* that uses colours to heal. People facing fatigue problems are asked to concentrate on *lord Hanuman*. Now, the colour of *lord Hanuman* is red, a colour that denotes strength and stamina. When one concentrates on *lord Hanuman*, he/she also indirectly concentrates on the colour red, making it 'colour vibration therapy.'

#### It is science!

Saints wear saffron and it isn't just an unreasonable choice. There is science behind the choice of the colour and it is, in fact, the colour of the most *spiritual chakra*, one which has unimaginable healing powers.

In India, colours play a very important role in religion and cultures, showing a very deep significance that transcends purely disc-



relative values. Artists use colour on the deities and their dresses signifying their qualities.

Proper use of colours creates an environment, which should keep a person cheerful. Some of the main colours used in religious ceremonies are red, yellow (turmeric), green from leaves, white from wheat flour, etc.

#### Hinduism

A colour of purity, it represents religious abstinence, purging and resultant purity. It is the colour of saints and ascetics, those who have renounced the world. Wearing saffron colour symbolizes the quest for 'Knowledge of Godhead.'

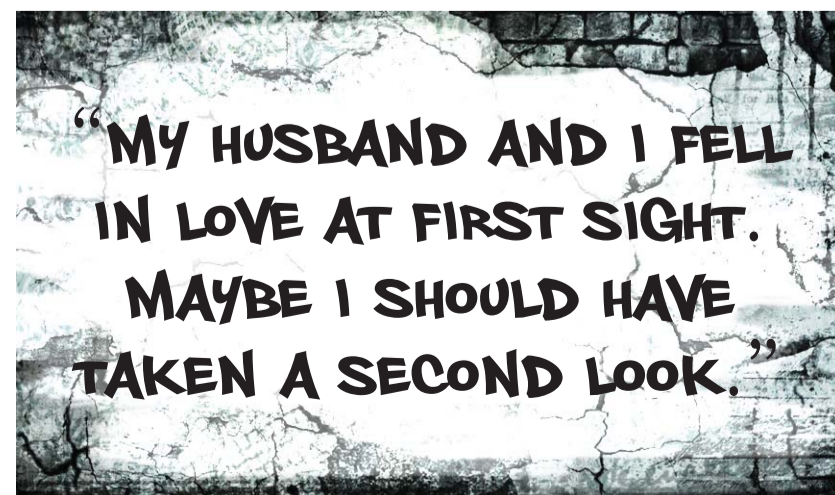
In symbolism, *Saffron* comprises of the colours of Sun, Mars and Jupiter that relates to something.

Driving the *Desire* (Mars) for Truth or *Moksha*, liberation (Sun) with the help of knowledge and one who dispels it (Jupiter).

When sages moved from one ashram to another, it was customary to carry fire along. The inconvenience to carry a burning substance over long distances may have given rise to the symbol of a saffron flag.

It is the colour of holy men and ascetics who have renounced the world. Wearing the colour symbolizes the 'quest for light.' It is the battle colour of the *Rajputs*, the warrior caste.

### THE WALL



### BABY BLUES



### ZITS



By Rick Kirkman & Jerry Scott

By Jerry Scott & Jim Borgman