राष्ट्रदुत

## "I see you Fear"

Fear Lives in Future 'What Ifs,' But You Don't Have To





isn't rooted in our present reality. It ives in the 'what ifs'

What if I lose everything? What if they reject me? What if I'm not ready?

less loops in our minds, feeding anxiety, indecision, and over-



**T** t's important to say this L clearly: fear itself is not the problem. It's a messenger, not a master. Fear evolved to protect us, and sometimes, it still does. But in our modern lives, it more often shows up when we're

about to grow, about to risk, or about to step outside our comfort zone. Suppressing fear doesn't make it go away. But honouring it and then choosing to move through it, that's where our strength is built.

safe. But in truth, we're often

just staying stuck.

### From Circling Fear to Moving Through It

lives circling fear. We feel it rising, and we retreat. Or we overthink it. Or we numb it with distrac-

ost people spend their tion, busyness, or selfdoubt. But what if we had tools to help us meet fear with presence, not to avoid it, but to understand it?

### Some important Points to Ponder

Why fear often masquerades as logic or caution.

Tools to re-center when

fear takes over.

between intuitive caution How 'future-based fear' and limiting beliefs. keeps us from living fully The freedom that comes from facing fear without

### Give Yourself the Tools, Not Just the Talk

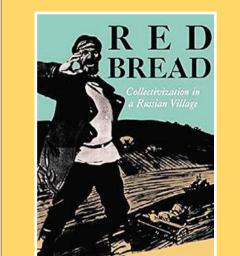
T t's easy to say, "Don't be afraid." But that's not real life. Real courage comes from saving: "I see vou, fear. You're trying to protect me. But I'm choosing a different path." That

path might be uncomfortable, but it leads to growth, clarity, and authentic living. You don't have to pretend that fear doesn't exist. You just don't have to let it decide vour life.

How to differentiate

judgment.





In the 1950s, Nehru was highly respected in both the East and West. It was his stature, and India's diplomatic ties with both Communist and Western blocs, that allowed the country to be seen as neutral during the Korean War.

"Let it be noted that it was Nehru who originated the formula for the repatriation of the Korean War prisoners, which is an extraordinary diplomatic achievement," Hindus wrote. "Calculated to save Mao's face and win approval of the United Nations, it broke the deadlock in the Korean armistice negotiations." It struck Hindus as 'remarkable' that a country he considered more backward than Tsarist Russia and slightly more developed than China had produced a leader like Nehru. For this, he credited India's cultural heritage and British constitutionalism.

# **Maurice Hindus predicted the** India-China economic divide



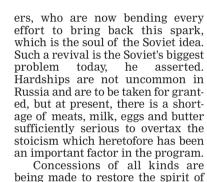
**Anjali Sharma** Senior Journalist &

his is a digitized ver sion of an article from The New York Times's print archive, before the start of online publication in 1996. To preserve alter, edit or update

them. The piece, that has been reproduced, speaks about the three 'fast' friends, India China and USSR. It is full of rare insight Please read on.

The stringent Soviet régime of the last year is a colossal blunder which has impaired the usefulness of collectivism and taken away the Russian's will to work, according to Maurice Hindus, author of 'Red Bread' and a writer on Russia, who returned last night on the North German Lloyd liner Europa. Mr. Hindus, who was born in Russia, has been visiting there for several

régime, particularly the imposition of grain collections beyond the powers of collective farms, had resulted in a shortage of grain and the loss of a great deal of livestock, particularly in the Ukraine. Mr. Hindus, who spent five months in the 'Black Earth' country and in the Ukraine, said that he had observed very 'stupid bungling' by the Soviets. The peasants' will to work is gone and this fact is worrving the Soviet lead-

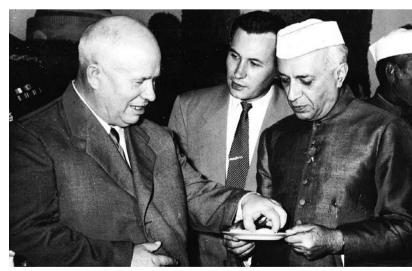


ing that they have something to work for and that their labors are not in vain, Mr. Hindus said. He made observations and informed predictions about the future of these three, some of them dire, but mostly near true.

the peasants, to give them the feel-

In the early 1950s, as newly independent India embraced Western-style democracy and China followed the path of Sovietstyled Communism. Western ana lysts closely monitored the economic trajectories of Asia's two largest

Although the Cold War cast its shadow over both countries, India and China maintained cordial diplomatic relations at the time. To many in the West, however, they were another theatre in the ideological battle between democracy and communism. Among the keen observers Hindus, an American journalist and author best known for his expertise on Russia and the Soviet Union. Born in 1891 in what is now Belarus, into a moderately wealthy peasant (kulak) family, Hindus emigrated to the United States at the age of 14. His experiences as a war correspondent in the USSR during World War II and his deep familiarity with both



Nehru with Nikita Khrushchev of the Soviet Union at Rashtrapati Bhavan in

### **#HISTORY**



Communist ideology and American life shaped his insights into global Canada's Star Weekly in December 1953, Hindus analysed the competing models of 'backward China' and backward India,' describing them as being on the brink of 'the most decisive battle in their own and Asia's very turbulent history' despite their 'outward friendliness

"Another way of stating it is whether Pandit Nehru, India's prime minister, who is Asia's most distinguished apostle of democracy, or Mao Tse-tung, who is Asia's foremost apostle of Communist totalitarianism, will win the battle of Asia," Hindus wrote. "No other Asian leaders begin to approach these two men in stature and influence, and an examination of their personalities and of the ideas they represent will give us the measure of the historic forces with which they are grappling and of the strength and weakness of each

Though Hindus, of Jewish heritage and a vocal anti-Communist, oreferred democracy, he was critical India's economic pace. He admired Nehru's statesmanship and moral authority but questioned whether a democratic system could achieve rapid transformation in a society still mired in poverty, illiteracy and feudal traditions.

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had produced a leader like Nehru. For this, he credited India's cultural heritage and British constitutional-"Nehru is an aristocrat by birth, and Mao is a peasant," Hindus wrote. "Nehru studied at England's Harrow and Cambridge, is an accomplished linguist and most highly educated man. Mao is largely

self-taught and speaks not a single

foreign language. Despite the difference in their ntellectual achievements, both eaders faced common challenges. "Like India, with a population of 350,000,000, China with a population of 440,000,000 is overwhelmingly peasant," Hindus wrote. "For centuries, both nations have been steeped in feudalism; in both, the peasant has been a victim of landlordism, usury, famine, illiteracy and disease.

Hindus estimated that the average per capita income in both countries hovered around \$50 and noted that neither had experienced a 'significant industrial revolution.' "Not even the steel plow is in widespread use on the fields of either," he

Both India and China, he argued, shared the structural disadvantages of Tsarist Russia, industrial backwardness and the absence of a strong middle class, a group he enemy.' He argued that while Mao and Nehru shared similar goals, uplifting their nations, they chose radically different paths. "Nehru, the democrat, relies exclusively on peace and persuasion," he said "Mao, the Communist, relies essen tially on class war and compulder' at Mao's people's courts, firing squads and brainwashing campaigns, while the Chinese leader would 'laugh' at Nehru's 'sensitive-

ness to human suffering' and

'abhorrence of all violence.'

Hindus admired Mahatma Gandhi, calling him 'the latest of the great prophets of Asia.' He recalled in his column the 'nrivilege' of spending an evening with the Indian leader in London, where Gandhi told him it was 'a sin' to use wrong means no matter what the end And vet Hindus believed that Nehru's strict adherence to Gandhian non-violence and democratic principles was slowing India's progress.

"Nehru has refused to apply force or dictatorial decree even to the breakup of landlordism," Hindus wrote. "That is why he is still struggling with the problem. whereas Mao rid himself of it within only a few years, even as Lenin did it in Russia."

China, Hindus observed, was progressing faster in both agriculture and industry. "This is best illustrated by the amount of investment each nation has assigned to its respective first five-year plan. In India, it is only five percent of the national income, in China, it is 25



ing to the latest US models; and if diverted to his early plans." India wishes to send engineers and agricultural experts for study in the ficed consumption to fund rapid US, the doors are open to them, as development, whereas Nehru they are shut to Russian and Chinese refused to impose such hardship on industrial and agricultural leaders. the Indian people. "The more irriga-Nevertheless, he predicted that tion projects he launches, the more railroads he lays out, the more fac-

tories he builds, the more he must

cut down on the daily consumption

of the people, including factory

workers. But Nehru will not sacri-

fice consumption, whether of food,

shoes or clothes, to any ultimate

objective." For Nehru, he said, man

came first, whereas for Mao,

machine came first, "Besides, in a

democracy, it is impossible to

impose severe self-sacrifice on peo-

ple, however laudable and far-reach-

tages, including its efficient civil

service. "Neither Russia nor China

has ever developed such a service or

can hope to train one like it in the

foreseeable future." he observed. "In

consequence, the process of admin-

istration, whether in government or

nationalized enterprises, is infinite-

ly more competent and infinitely less

costly in India than in China or

was its access to Western science

and technology. "There is no embar-

go on the sale of industrial equip-

ment or even of strategic materials

"If India builds a steel plant or a

tractor factory, it may do so accord

to India as there is to China," he said.

Another advantage India had

China's authoritarian system would outpace India. "There can be no question that within the next 10 or 20 rears, China will far outstrip India in industrial development and in the mechanization of agriculture." He warned that India was destined to fall 'far, far behind' 'as long as China devotes five times as much of the national income to construction projects as India does.' The only way to prevent this, he argued, was if the West aided India's

velopment. He noted that the

ing the purpose for which it is Western bloc had allocated \$100 bil done," he wrote, "Under a dictatorlion to paralyse what it called ship, nothing is impossible, and if Communist expansionism. Even if the people protest or rebel, there is just a hundredth of this amount was given to India as financial aid, he always a police force to quell them." said, it would fortify its democracy. Despite China's relative successes, Hindus acknowledged India's advan-

"Indeed because of India's high regard for the dignity and inviolabil of the individual citizen, she might become a challenge, if not a threat to totalitarian China and serve as an example to other nations in Asia, which are still groping for a way out of their historical backwardness." he wrote.

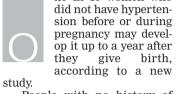
Hindus' prediction did not mate rialise within the timeframe he envisioned. Over the next two decades India and China struggled with internal challenges, including poverty. However, in 2025, the development gap between them is undeniable, and Western interest in positioning India as a counterbalance to China remains as strong as it was in the early 1950s.

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## If You Didn't Get B.P. During Pregnancy...

Mothers at risk are over 35 years old, smokers, or delivered their baby via cesarean section



People with no history of high blood pressure can develop hypertension for the first time in the weeks and months after childbirth, but until now, there has been very little data on firsttime hypertension that develops more than six weeks after deliv

The study, published in the journal *Hypertension*, also found that nearly a quarter of these cases of high blood pressure developed six weeks or more after childbirth. Mothers at highest risk are over 35 years old, current or former smokers, or patients who delivered their baby via cesarean section.

Postpartum hypertension can lead to complications such as stroke, cardiovascular disease, and kidney failure later in life, but until now, most research has underestimated the burden of new-onset postpartum hypertension.

Previous studies focused primarily on blood pressure measurements taken during delivery or hospital readmissions. Furthermore, standard postpartum care consists of just one clinical visit within four to six weeks of delivery, so new cases of hypertension in the late postpartum period (six weeks to a year after childbirth) may go undiagnosed. The new study, which

included racially and ethnically diverse participants, shows that patients with all three of the above risk factors have a 29% risk of developing new postpartum hypertension, and that this risk increased to 36% among non-Hispanic Black patients. This insight may provide a

better understanding of the persistent racial disparities in US maternal morbidity and mortality, and the extent to which hypertension may contribute to these disparities. The findings also underscore the need for strategies to identify and manage postpartum high blood pressure among high-risk patients before they are discharged from the hospital after delivery.



implications for postpartum care, particularly among patients without a history of hypertension," says study lead author Samantha Parker, assisat Boston University School of Public Health (BUSPH).

"We were surprised at the number of cases captured more than six weeks after delivery, a period that falls well outside of routine postpartum follow-up," Parker says. "Monitoring during this period could mitigate severe postpartum and longterm cardiovascular complica-

Other studies suggest that new-onset hypertension after childbirth may be up to 2.5





compared to white women, she adds. "Understanding this rela inequities in maternal cardic vascular disease and death for people of colour." For the study, Parker and

colleagues used medical records to examine demographic char acteristics and prenatal, deliv ery, and postpartum data among 3,925 pregnant people who gave birth between 2016 and 2018 at

Boston Medical Center. The researchers analyzed urements from the prenatal period through 12 months after delivery, taken at the hospital during office visits, urgent and emergency care, and readmis-

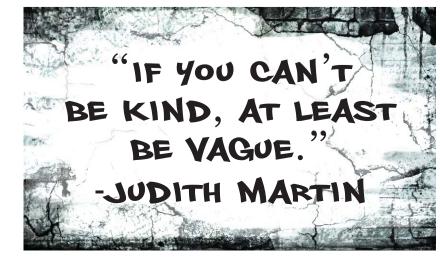
The team defined new-onse postpartum hypertension as at least two separate blood pressure readings, beginning 48 hours after delivery, in which the systolic blood pressure was at least 140 mmHg and the dias tolic blood pressure was at least 90 mmHg. Severe blood pressure included systolic readings that were at least 160 mmHg and diastolic readings that were at

least 110 mmHg. Although the majority of patients were diagnosed with postpartum hypertension before they were discharged from the hospital following delivery, 43% of patients received first-time hypertension diagnoses after their delivery hospitalization, and about half of these new cases occurred more than six weeks postpar tum, emphasizing the need for blood pressure monitoring throughout the entire postpar-

tum period. "Future research should explore opportunities to reduce the risk of hypertension in the postpartum period and investigate the implications of post partum hypertension on future cardiovascular health."

Christina Yarrington, assistant professor of obstetrics and gynecology at Chobanian & Avedisian School of Medicine is the study's senior author. Ayodele Ajayi, a research assistant at BUSPH at the time of the study, is a co author

### THE WALL



### **BABY BLUES**



### By Rick Kirkman & Jerry Scott







