Ajay Kamalakaran

important details, likely to be of

use and interest to pilgrims and

tourists.' Simply titled 'Kailash

Mansarovar,' with a foreword by

Jawaharlal Nehru, the book had

make a geographer proud.

the kind of details that would

and 800 miles from Lhasa, the cap-

ital of Tibet, stand Mount Kailash

and Lake Mansarovar, constitut

ing one of the grandest of the

Himalayan beauty spots," wrote

Swami Pranavanda, a former rail-

way employee and Congress work-

er, who had renounced the materi-

al world at age 30. The sacred

mountain's "gorgeous silvery

summit," he added, "pierces into a

heavenly height of 22,028 feet

above the level of the even bosom

Mansarovar, he said, "In order to

realise and appreciate the

grandeur of the Holy Lake fully

one has to actually spend a twelve-

month on her shores. For those

who have not paid her even a casu-

al visit, it would be difficult, if not

aspects of beauty that she pres-

sons by Mansarovar were winter,

when the lake froze over, and

spring, when it melted. "It is

only the inspired poet or the

colours who can, for instance,

describe and represent ade-

quately the beauty and grandeur

of sunrise and sunset on the

Kailas) and Lake Mansarovar

(also spelled Manasarovar) have

Mount Kailash (also spelled

lake." he wrote.

divine artist with his magic

the year, to close observers."

ents round the different seasons of

The *sanyasi's* favourite sea

impossible, to imagine the diverse

Equally

enamoured

"240 miles from Almora in UP

n 1949, an Indian ascetic-explorer pub-

lished a book that

drew on his 'first-

hand knowledge' of

Mount Kailash and

Lake Mansarovar to

render a 'minute'

account of these places, with an

'emphasis on all

HIMALAYA

STEPHEN ALTER

been revered by Hindus, Jains,

Bons and Buddhists for at least

2.000 years, becoming over this

period the subject of numerous

poems, stories and legends. Until

the early 1920s, those attempting

the pilgrimage to these places

from India could choose between

several routes. No passport was

needed for British India subjects

to enter Western Tibet, but if

they wanted to visit other parts

of Tibet, such as Lhasa, a pass-

port was mandatory. The absence

of bureaucratic hurdles to go to

Kailash and Manasarovar was

more than made up by other chal-

lenges and dangers on the routes.

such as high mountain passes.

extreme weather and bandits. It

would take a 'Pranavananda' to

give India and the rest of the

world a proper glimpse of not

just the religious sites, but also

the region's physiography and

and culture. In his book 'Wild

Himalaya,' writer Stephen Alter

called Pranavananda 'one of the

most diligent geographers to

explore' this part of the

Himalayas. "The lengthy, poetic

descriptions in Pranavananda's

book reflect a combination of his

spiritual and scientific sensibili-

ties for he was fascinated by

both the sacred resonance and

physical nature of the land-

scape," Alter wrote.

geology as well as its customs

राष्ट्रदुत

#RESEARCH

Men are less likely to share negative information

Most of the existing research on gender differences and information sharing predates the internet



Carnegie University. Bayes Business (formerly Cass), and Bocconi University has found that men are less eager and likely to share negative information than women, while there was little difference when it comes to positive news. Published in the Journal

Experimental Social Psychology, the authors suggest that this may be due to a greater concern among men over how other people will see them, resulting in a tendency to self-promote by sharing positive information about themselves and not revealing

Dr. Erin Carbone, Visiting Assistant Professor in the Department of Social and Decision Sciences at Carnegie Mellon University and first author of the study, said, "The

Sharing in the Digital Age ost of the existing research on gender differences and information sharing predates the internet Given that we live in a world, where people readily post information on a variety of platforms on a daily basis, this new study offers insights into the way we share, as well as the consequences of sharing, in the digital age. To explore gender differ-

ences in sharing of different types of information, the researchers carried out three different experiments with over 1,000 people. In the first study, people selfreported times when they felt like they were 'dying' to

Disclosure Patterns he study also found that women reported greater

satisfaction than men with their own level of disclosure. whereas most male participants reported a greater propensity to withhold information about their thoughts and feelings, even when it might have been better to share it with others.

Professor Irene Scopelliti, Professor of Marketing and Behavioural Science at Bayes Business School (formerly Cass) and one of the authors of the study, said, "Disclosure is increasingly prevalent and

The advent of social media and digital communication channels has enabled unprecedented levels of information sharing, which is accompanied by an array of social and psychological consequences. Our results show important fault line when it comes to the desire and propensity to disclose negative information, and men may be differentially advantaged by, or vulnerable to, the consequences of information sharing compared to women.

revealed a consistent, and to

the best of our knowledge not

uanced pattern, wherein the

tendency for women to dis-

close more than men depends

crucially on the nature of the

nformation shared. These

findings can help make sense

of the existing literature, as

well as clarify some existing

stereotypes, around gender

disclose information to oth-

ers, then indicated whether

they actually had shared the

information. Although men

and women generated simi

lar numbers of instances of

wanting to share positive

information (e.g., about a

promotion), men were far

less likely to report wanting

to share negative informa-

tion (e.g., a failure to receive

a promotion). Two further

studies enabled the team to

quantify the desire to dis-

close and aggregate partici-

pants' desire as well as their

propensity to disclose posi-

tive or negative information

about different topics and

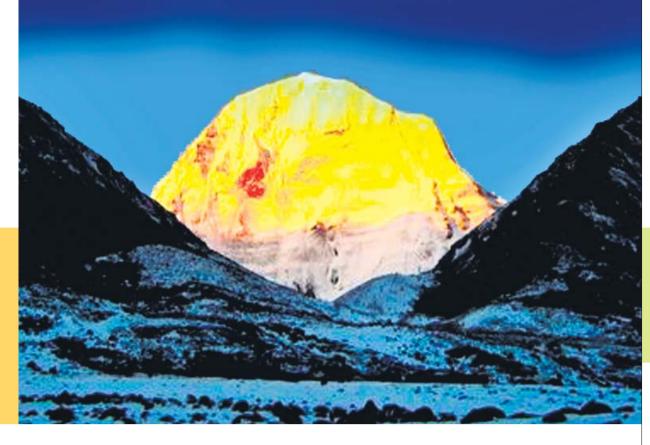
permanent in the digital age

differences in disclosure.



A Sanyasi's account of Tibet

"One peculiarity with the lake is that at times, when there are high waves near the shores, the middle is calm and clear like a mirror, reflecting the silvery dome of the Kailas, if seen from the southern side, or the Mandhata's giant heads, if seen from the northeast," he wrote. "On full moon nights, with the full moon overhead, the scene is simply indescribable. At sunset, the whole of the Kailas range on the north becomes a fiery region, all of a sudden, throwing an observer into a spell of trance, and by the time he returns to consciousness, he sees only the silvery peak in his front."



#PRISM

Scientific Interest

B orn Kanakadandi Venkata Somayajulu in 1896 in modern-day Andhra Pradesh, Pranavananda assumed his new name after he was initiated into a spiritual order at the Sivananda Ashram Rishikesh Two years later, he under-

took his first journey to the

sacred sites, travelling from Srinagar to Ladakh to Gartok in Tibet and crossing Gyanima Mandi to reach Kailash and Mansarovar. From there, he proceeded to Taklakot (Purang), a town that was a major post for Nepalese and Indian traders, and sits at an altitude of 12.975 feet above sea Fromthere. Pranavananda went to Khocharnath (Khorzak), Chhakra Mandi and back to Gartok. He returned to India by crossing the Gunla Niti Pass (19.028 feet above sea level) into

modern-day Uttarakhand. It would take another seven vears before Pranavnanda would make his second journey to Tibet. This time, he went through Gangotri and Nilang, crossing the Jelukhaga Pass (17,392 feet above sea level), Tholing and Mangnang, home of a 11th-century Buddhist monastery. On another journey, he crossed the 16,780-feet high Lipulekh Pass, near the trijunction of India, Tibet and

From 1937, the sanyasi began to visit the area every vear and started staving in Tibet for periods ranging from



two to six months. In 1943, he ended up staying in Thugolho on the shores of Manasarovar for 16 months. It was during this stay that he was able to properly observe the changing of the seasons by the lake and the natural phenomena that accompanied it. Between 1928 and 1949, he did 23 *parikramas*

circumambulations (Kailash. He also walked around Mansarovar 25 times, including seven times in the winter Pranavananda published his first book about the sacred places in 1939, titled 'Pilgrim's Companion to the Holy Kailas and Manasarovar The sanyasi's interests

went well beyond the pilgrimage sites in Tibet and he made a concerted effort to explore the scientific aspects of the region, including collecting fossils and rocks. According to Alter. Pranavananda took an inflatable rubber dinghy out on Mansarovar to make soundings of its depths. "He also hauled the dinghy up to Gauri Kund, a small pond on the northeastern side of Mount Kailas at 5.630 metres. Alter wrote. "Later, he brought a galvanized steel boat from India with an outboard motor to continue the

Eve for Detail

ranavananda's eye for detail is clearly visible through the book, as is his adoration for the region. It would be difficult for any reader, religious or agnostic, even today to not be moved by his descriptions of Kailash and Mansarovar and have an urge to visit these still-difficult-toaccess places.

"One peculiarity with the lake is that at times, when there are high waves near the entirely a romanticised account shores, the middle is calm and of western Tibet. The cruel clear like a mirror, reflecting vicissitudes of nature feature the silvery dome of the Kailas, in it, too. "One cannot generally if seen from the southern side, escape or get away without or the Mandhata's giant heads, noticing a tragic spectacle, here if seen from the northeast." he and there, in the Mansarovar

region," he wrote. "It is, for wrote. "On full moon nights, with the full moon overhead, example, a pathetic sight to see hundreds of fish frozen and the scene is simply indescribable. At sunset, the whole of crushed in the swimming posthe Kailas range on the north ture under the transparent ice becomes a fiery region, all of a (as at the mouth of the sudden, throwing an observer into a spell of trance, and by the time he returns to consciousness, he sees only the silvery peak in his front. Despite these purple lines. Pranavananda's book is not

Gyumma chhu), or a whole flock or a line of ducks, with their young ones frozen to death and sandwiched on the surface of the ever-changing mysterious lake, or scores of new-born lambs and kids frozen to death in a shepherd camp on a single cold night, for winter in the yeaning season of sheep and goats." Sometimes he would find droves of wild goats in deep snow, frozen to

research.

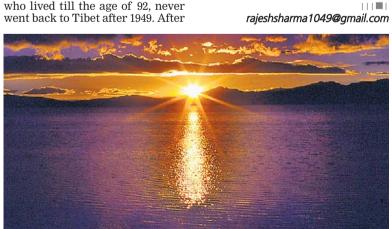
Dispelling Myths

region has been the subject of many myths, such as the existence of golden lotuses and pearls. Pranavananda was quick to dismiss their existence, calling them mythological, but added that "if someone wants to console himself by saving that they may have once existed millions of years back, there is no dispute with He also addressed articles that

appeared in the 1920s and '30s about the existence of Siddhas and Mahatmas in Tibet. "Most of the stories, gaining currency here, are mere exaggerations or misrepresentations, and are more of the nature of journalistic stunts than anything else," he wrote. "It may, however, be mentioned that the author had visited about 50 monasteries (i.e. almost all the monasteries of Western Tibet, and most of them in Ladakh) and met not less than 1,500 monks, both lamas and dabas, but he did not come across any great siddha or a yogi worth mentioning in the whole of Western Tibet."

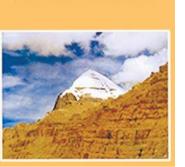
He added that there were many lamas in Tibet who were wellversed in scriptures and 'incantation performances.' "People, in general, are very superstitious. religious-minded and devotional. and mystic in temperament," he wrote. "The author did not meet any spiritually advanced lama or *yogi*, nor any monk 90 to 100 years old, though, some people claim to have seen sages like Vyasa and Asvatthama and other monks and Christian saints, thousands of years old with corporeal bodies. Personally, he would neither accept such credulous statements nor would force others to disbelieve them but would prefer to leave the matter to individual iudgement and discrimination." Pranavananda did, however,

believe that his guru Swami Jnanananda was an advanced soul. The Indian *sanyasi*-explorer,



Somesh Goyal

JOURNEY TO KAILASH-MANSAROVAR: PILGRIMS' HANDBOOK



Γibet became a part of the People's Republic of China in 1951, it anyway became difficult for Indians to visit Kailash and Mansarovar More than seven decades on. Pranavananda's book, which contains maps and photographs, remains one of the greatest works of non-fiction about the roof of the world. The sanyasi summed it up best with this passage, approach

Manasarovar where snow falls without clouds?" Such phenomena forms sufficient material for the ecstatic outburst of a poet.

Thus, the Kailas-Manas region engages the attention of any person, of any calling or profession, whether he be a poet or a painter, a physicist or a chemist, a botanist or a zoologist, a geologist or a climatologist, a geographer or a historian, a hunter or a sportsman, a skater or a skier, a physiologist or a psychologist, an ethnologist or a sociologist, a pilgrim or a tourist, a hermit or a householder, a clergyman or a tradesman, a treasurehunter or a spirit-hunter, a theist or an atheist, a scholar or a politician. young or old, man or woman. The book, first published in Hindi, was so well-received both, in India and abroad, that Swami Pranavananda was made a Fellow of the Royal Geographical Society in London.



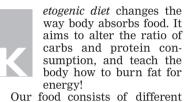
#LIFESTYLE

Cheat Code to Effective Weight Loss

Due to Ketosis, Ketones are produced which are antiinflammatory and anti-oxidative, which are very helpful for overall health. If you have a habit of munching every next hour, then it can be controlled with the help of Ketosis.



Software Engineer by qualification



nutrients. Carbohydrates break down into glucose, but it is not the only source of energy. When glucose levels become less, then our body breaks down fats, which is known as Ketosis. Our body goes into fat burn ing mode due to this process.

This metabolic state enabled ou ancestors to sustain energy levels and survive periods of famine.

Due to Ketosis, Ketones are produced which are anti-inflammatory and anti-oxidative, which are very helpful for overall health. If you have a habit of munching every next hour, then it can be controlled with the help of Ketosis.

Due to a growing interest in health and wellness trends, the Keto diet or ketogenic diet is being followed in the United States, Canada, Australia, United

Kingdom, Germany, India, South Africa, and Brazil.

decreased energy and mood swings.

Bread, pasta, rice, refined carbs.

beer, mixed fruit drinks like vodka

tonic, rum, cola, margarita, honey

and syrups, juices, sugary soda,

ketchup, barbecue sauce and other

condiments, glazed or honey-

baked ham, light or low fat mar-

garine, dried fruit or trail mix, low

fat diet foods (yogurt, mayonnaise,

salad dressings, peanut butter,

skim milk), potatoes, starchy veg-

etables, sweetened yogurt or dairy,

certain fresh fruits like mango,

banana, grapes, white chocolate,

milk chocolate

while on a Keto diet?

• Reduced risk of cardiovascular disease, diabetes, metabolic syndrome Improved levels of high-density lipoprotein, or 'good,' cholesterol

People choose Keto diet to lose weight. It helps people manage epilepsy, heart disease, certain brain disease, and even acne

Fun Facts

back to 1920s.

Keto is short form for Ketogenic

It was used to treat epileptic

It is sometimes made up of 80%

high fat and low carbohydrates.

You can be a vegetarian and still

• The origin of Keto Diet dates

Who should not do a Keto diet? Anyone with a condition in pancreas, liver, thyroid, or gallbladder should not do Keto fasting. People new to keto diet may feel upset stomach, dizziness,



It is not advisable for pregnan

Be careful while following a

Keto diet as you may revert to

binge-eat carbohydrates and end

up gaining weight more than

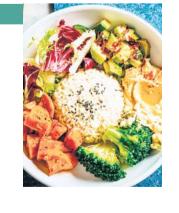
you had expected.

What should you avoid eating Precautions to be followed while shifting to Ketogenic diet

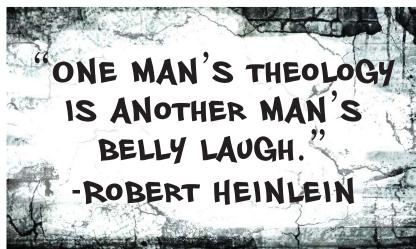
• **Dehydration:** As your body loses water weight, you might experience increased thirst and dry mouth. Dehydration can lead to other health complications, if you don't follow proper diet and nutrition. • Fatigue: Removing carbs can cause general tiredness and a decrease in exercise performance, especially at first. This is because your muscles' glycogen stores are reduced, which are the main fuel source

for high intensity exercise. • Bad breath: Smelly breath, which can smell fruity or like nail polish, is a common side effect of the keto diet. You can try brushing your teeth, staying hydrated, eating more protein, or waiting it out to

The keto diet is high in fat, moderate in protein, and very low in carbs. It does not aim to starve, but to nourish the body in a healthy way. Removing white sugar wheat rice refined flour from the diet shouldn't be a hassle with healthier options like cottage cheese, fresh greens, fruits, milk, and fish, available for selfmotivated people who wish to lose weight. For a more comprehensive understanding, look for vegan keto meals, vegetarian keto diet charts, or keto



THE WALL



BABY BLUES





By Rick Kirkman & Jerry Scott

WAIT. I WANT

TO SEE WHERE

THIS GOES.







