



International Choreographers Day

People have probably been moving to rhythms as long as there has been music. The earliest evidence that archaeologists have found for dancing dates back to at least 7000 BC and it's likely that dancing goes even further back than that. In most cultures, human beings have shown an innate desire to move their bodies in unique ways that have developed over time. Now, International Choreographers Day offers a chance for everyone to give credit and attention to these folks who have been creating dances, techniques and moves for many years.

#J'ADORE

Gorgeous Lipstick Shades

Be the talk of the town with these glamorous shades that will instantly glam up your winter.



Colonel Chhewang Rinchen.

The 1971 War got him his second Maha Vir Chakra. Many years later, General Arun Vaidya also a recipient of two Mahavir Chakra's set aside the rule book by promoting Major Rinchen to a Lieutenant Colonel when he was the Chief. His promotion had been held up as he had lost seniority for failing to pass the mandatory Promotion exam in time.

Lion of Ladakh



Maj Gen Jagatbir Singh VSM (RETD)

#BOOKWORM

Sumur village in Nubra Valley, next to the confluence of the Shyok and Nubra rivers North of the Khardung La Pass, the region remained isolated in the winter months. He was named Chhewang Rinchen which translates into 'Hero' by the Holy Lama Padma. A devout Buddhist he believed in the unadulterated submission to the Gods without fuss, though he never studied any religious scriptures. Being brought up in a rugged terrain, demanded an equally rugged life style.

Courage and Determination
Following operation 'Datta Chhak' which saw the revolt by Major Brown in Gigit, Pakistan under Major Aslam Khan (carrying the pseudo name Colonel Pasha) organised three forces Ibez, Tiger and Eskimo to head for Skardu and Leh; Gurez and Bandipora; and Kargil and Zoji La. As there was only 6 J&K Infantry of the State Forces deployed between Leh and Bhunji of which 50% were Muslim soldiers who joined Pakistan. Major Sher Jung Thapa moved the balance troops to Skardu while a column of 2 DOGRA under Major Prithi Chand walked to Leh from Srinagar on 16 February 1948 through heavy snow and blizzards, with undaunted courage and determination. Arriving at Leh on 08 March 1948, they soon lowered the Union Jack and raised the Indian flag at Karzo Palace on 13 March with the chanting of hymns by lamas and asked for local volunteers to join them, at 17 years Chhewang Rinchen was the



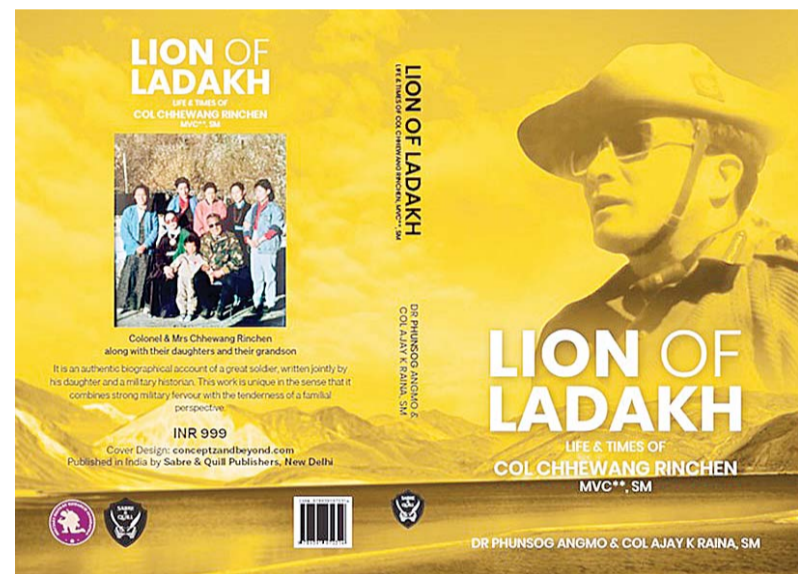
first volunteer. Soon Chhewang Rinchen moved to Nubra where he managed to gather twenty eight of his friends and relatives as volunteers and after undergoing thirteen days of training NUBRA GUARDS were born. After the fall of Kargil, Leh came under threat and the enemy soon reached Khamte; and Leh could have been taken without much friction; the book covers the heroic landing by Air Commodore Meher Singh at Leh on 24 May 1948 and the subsequent induction of 2/8 GORKHA RIFLES under Lieutenant Colonel HS Parab, and thereafter 2/4 GORKHA RIFLES. On 01 June 1948, Chhewang and his column set out on a nine day march over treacherous terrain crossing the Karakoram; with pieces of cloth tied to their feet as their shoes had given way and attacked an enemy position at Chumik La on 10 June, killing twenty enemy soldiers, keeping up the pressure they soon captured Dzongpola. By 12 July once the invaders had reached Nimu, literally at Leh's doorstep and it was

decided to pull back the troops from Nubra Valley, Chhewang, realising that this area would fall, organised the defence of Nubra Valley with local volunteers and soon marched to Skuru. On 25 August 1948, he was formally recruited into 7 J&K Militia as a Jamadar, since he was a non-metric he could not be made an officer. **Valuable Appreciation**
One of his major successes in September 1948, was the capture of Lama House, located at 6500 meters where taking advantage of bad weather and in an approach march lasting many days devoid of any path or track attacked the post through heavy snow captured the objective after killing ten enemy soldiers. In December 1948, he was instrumental in clearing 'Black Rock' with his 'Nonnos'. Surprisingly, when the first list of gallantry awards was announced his name was not in it but Colonel PN Kaul, the CO of the battalion ensured he was given his due and the MVC was pinned on him by Sheikh Abdullah the Prime Minister of J&K State in September 1952. An equally valuable appreciation came in from the enemy in Baltistan Par Ek Nazar Mohd Yusuf Ahidi wrote; "But for Commander Rinchen foiling our attacks we would have been masters of Ladakh". Of the 1962 Conflict. The authors state that; "there could be no better illustration of the kind of confusion that had set in than the fact that while vouching for ever lasting peace and friendship with China, the government had been



busy shaping and adopting policies that would make armed conflict with China simply inevitable. It was naive to imagine that Beijing would allow India to decide upon the international borders single handedly. **Probing and Patrolling**
Chhewang had been promoted to a Subedar in 7 J&K Militia when he was 25 years and in 1959 was deployed North of Batalik when a CRPF patrol was ambushed in Hot Springs. He then force marched all the way to Leh in just four days. Tasked to set up posts over a vast and difficult terrain along the Southern bank of Pangong Tso and carry out probing and patrolling, he saluted and said "Julley". Covering over 400 kms and crossing passes such as Chang La in peak winters in almost uncharted territory the 'Nonnos' successfully carried out their mission and in June 1960 Chhewang Rinzen was commissioned as a Second Lieutenant and posted to 14 J&K Militia, he would be the first officer from the region. One of his first tasks was to assist in construction of the airstrip at Thoise, which was completed in September 1960. He then carried out long range patrols under Major Sardul Singh Randhawa including crossing the Saser La to Daulat Beg Oldi (DBO) at heights over 6000 meters. In 1962 he was part of a patrol to Sumdo where they established a post at 4988 meters and reconnoitred a direct route between Sumdo and Daulat Beg Oldi. On one occasion they walked non-stop for eighteen hours through an unknown snow covered stretch as a result of which they were disoriented and all they had to eat was sattu and the water had to be extracted from ice, unknown to them they spent the night next to a Chinese Post! Such missions aimed to check the Chinese intrusions and then establish small posts opposite them though these had negligible defence potential. There is no doubt that the 'Nonnos' could outrun and outclimb any Chinese conscript. He was awarded a Sena medal for his brave actions during the war. During the 1965 War with Pakistan he was deployed in DBO as a Captain from where he marched to Partapur covering a distance which normally takes ten days in half the time taking no halts. He was therefore called the 'Lion of Nubra'. He conducted long

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Winter is all about looking rosy fresh, and we all know the perfect shade of lipstick can turn around your entire look and just brighten up your day! Rich scarlets, deep reds, maroons and creamy hot chocolate shades are the way to this winter. We're going to help you choose the right shades of lipsticks for you to flaunt this season! Read on!

Bobbi Brown Raisin
Who said subtlety doesn't go a long way? This gorgeous lipstick with red tinge will make you the talk of the town because that's how pretty it looks. Bobbi Brown is known for her semi-matte formulae that gives a beautiful sheen and not just a simple matte look. The creamy formula doesn't dry your lips and is a great choice for a longer wear!



Tone It Down

This exceptionally gorgeous lip colour is a matte finish liquid lipstick and is the hottest colour this season - the perfect warm brown shade that'll suit every skin tone. This will bring some much-needed colour and has superb staying power. It doesn't even smudge after heavy and oily meals, so yay, there's no need for touch-ups!

Go Bold

Soft Matte Lip Cream in the shade Budapest is a red-brown shade that goes on smoothly. The formula is extremely light and smells like cupcakes. Lovely ladies, try out this gorgeous shade this winter that'll glam you up instantly, and we highly recommend this shade for those misty, winter parties!



Pop It Up

One shade that has managed to transition from summer to winter is orange-red! You know - that bright colour that just pops out! While this colour was traditionally restricted to summer months, this winter is all about breaking the rules and orange shades have been accepted into winter makeup kits. When you swipe this one on, just make sure your makeup is minimal and neutral!



Go Brick Red

This bold and vibrant tint is for today's independent and self-assured woman and is a colour with just a hint of brown and no shimmer at all! This bright shade is a cult favourite and perfect for the dull winter months. It gives a pure matte finish along with good coverage - just a swipe is enough to brighten up your face!



THE WALL



BABY BLUES



ZITS



range patrols into Baltistan and though they planned to capture Turtuk and Chulunkha the plans were not executed due to the China factor. He then raised additional Nubra Guards and crossing Saser Brangsa La at an unbelievable pace on 25 September 1965 they arrived at the Tri Junction mainly due to his indefatigable spirit and unflagging stamina. **Tough Terrain**
The Chinese soon realised the difference between the Indian Army of 1962 and 1965. Colonel Kapur summed it up in his congratulatory message: 'I am proud of you and your brave 'Nonnos'. The frontiers of our country are safe in your brave hands'. His contributions were duly recognised but because of lack of actual combat he was only Mentioned-in-Despatches. In the Indo-Pak War of 1971 Major Rinchen was with NUBRA GUARDS part of 3 Infantry Division commanded by Major General (later Lieutenant General) SP Malhotra. They were tasked to capture Chulunka complex which entailed capturing Point 18402. In an extremely cold night he along with Major Thapa and Major Ahluwalia's troops stormed this formidable feature killing five Pakistani soldiers and capturing one by first light on 08 December



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1971. At Chulunka when pinned down by accurate and intense fire from MMG's when two brave 'Nonnos' crawled forward and silenced the enemy bunkers by lobbing grenades. Ultimately, they captured forty four Prisoners of War and then went on to seize Turtuk on 13 and Thang by 16 December 1971.

Ladakh is a tough terrain to operate in where soldiers battle not only the enemy but also the elements. After the ceasefire the Corps Commander Lieutenant General Sartaj Singh flew in to convey his congratulations to the troops. The 1971 War got him his second Maha Vir Chakra. Many years later, General Arun Vaidya, also a recipient of two Mahavir Chakra's set aside the rule book by promoting Major Rinchen to a Lieutenant Colonel when he was the Chief. His promotion had been held up as he had lost seniority for failing to pass the mandatory Promotion exam in time.

Befitting Tribute

Extraordinary feats by an ordinary person motivated by his love for his country and his uniform. The youngest ever recipient of the Mahavir Chakra for his role in the 1948 conflict with Pakistan, he remains one of only six service personnel to have been awarded the Mahavir Chakra twice for displaying inspiring leadership, indomitable courage, initiative and exceptional devotion to duty. He retired as a Colonel in 1984 and was appointed Honorary Colonel of the Ladakh Scouts. He breathed his last in 1997 at the age of 66 yrs.

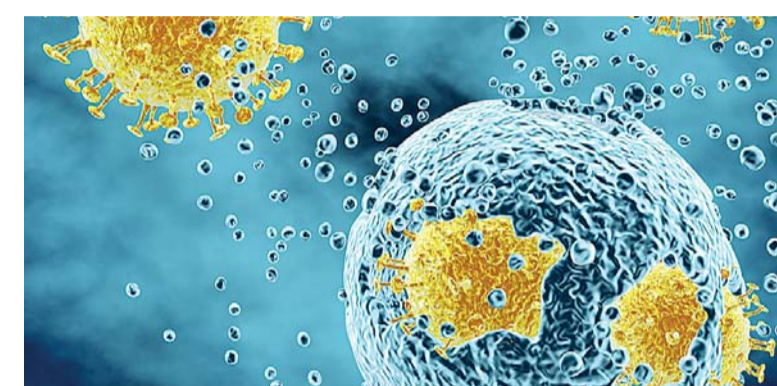
Incidentally, on 21 October 2019 the Defence Minister Shri Rajnath Singh inaugurated the Colonel Chhewang Rinchen Setu, India's highest altitude all-weather permanent bridge, in Eastern Ladakh. The 1400-ft long bridge on Shyok River at 14,650 ft is strategically located on the Darbuk-Shyok-DBO Road. It is indeed a befitting tribute to a soldier who had crisscrossed this area under challenging conditions.

Colonel Chhewang Rinchen will remain an inspiration for generations and what stood out is not only his physical courage and endurance but also the principles he lived by. The authors who include his daughter need to be complimented for bringing out the biography of a man who remains a defining figure in the annals of our military history.

writetoorbit@rashtradoot.com

#COVID-19 Durability of Antibody Response

Antibody levels naturally decline over time after an infection or after vaccination, but higher levels are thought to be more protective.



New research from the University Of Virginia School Of Medicine speaks to the benefits of a COVID-19 booster. The new findings shed light on how mRNA boosters - both Pfizer and Moderna - affect the durability of our antibodies to COVID-19. A booster, the researchers report. "These results fit with other recent reports and indicate that booster shots enhance the durability of vaccine-elicited antibodies," said senior researcher Jeffrey Wilson, MD, PhD, of UVA Health's Division of Asthma, Allergy and Immunology.

Because the frequency of COVID-19 infections in the community was relatively high when the boosters were being given, the authors also studied the effect of COVID-19 infection on antibody levels. The findings suggest that the "enhanced antibody durability" observed after booster vaccination was not explained by hybrid immunity, the researchers report in their paper. The new results are the latest from Wilson's team tracking the antibody response to the COVID-19 vaccines over time. The researchers previously found that after the primary vaccination series the antibodies generated by Pfizer's COVID-19 vaccine rose more slowly and declined more quickly than those generated by the Moderna vaccine. That study also found that older recipients of the Pfizer vaccine generated fewer antibodies than did younger recipients - but this wasn't the case for Moderna, where age did not appear to be a factor.

In the latest results, younger booster recipients initially generated more antibodies than did older recipients, but this difference disappeared with time. Wilson notes that this study adds to the accumulating evidence that boosters are an important part of protecting the community from COVID-19. "Although only about half of the U.S. population that is eligible for a booster has received one, it is increasingly clear that boosters enhance protection that is conferred by the primary series mRNA vaccines alone," he said.

Findings Published
The researchers have published their latest findings in the scientific journal Annals of Allergy, Asthma & Immunology. The team consisted of Samuel M. Allsworth, Behnam Keshavaz, Nathan E. Richards, Lisa J. Workman, Deborah D. Murphy, Michael R. Nelson, Thomas A.E. Platts-Mills and Wilson. The researchers reported no financial interests in the work.



By Jerry Scott & Jim Borgman