



Commonwealth Day

Every year, on the second Monday of March, 56 countries from around the world hold celebrations to commemorate Commonwealth Day. While this day was originally referred to as 'Empire Day' and had been celebrated on Queen Victoria's birthday on May 24th since 1904, Commonwealth Day wasn't established as such until 1977, when one of its member states, Canada, proposed to set second Monday of March as commonwealth day for all member states of the organization.

#BRAIN TEASERS

Train Your Mind

Best brain training apps that will challenge your working memory and improve your mental fitness.



The brain training apps are designed to improve your memory, thinking skills, focus and even your intelligence, with the ultimate goal of improving the performance of important everyday tasks.

People young and old both have been looking for brain training games to improve their mental functioning, improve response time, and logical skills.

New brain teaser apps show up every day in both the App Store and Google Play store with claims to improve memory and concentration, increase IQ or enhance other cognitive skills. Some brain exercise apps claim to boost IQ levels, positive effects on people with mental health issues such as dementia or bipolar disorder.

Here is a list of the best brain training apps that will challenge your working memory and improve your mental fitness.

Lumosity: Daily Brain Games (Android, iPhone, iPad)

Lumosity is the world's most popular brain training app used by over 100 million members worldwide. This popular brain games app offers 5-minute workouts designed on the basis of neuroscience research. This brain training app consists of science-based games designed to train, improve memory, speed, attention, flexibility, and problem-solving.

CogniFit - Brain Training (Android, iPhone, iPad)

CogniFit Brain Fitness is a brain training app designed to improve your cognitive skills and mental alertness. It offers a structured training program that measures overall mental fitness and health. It delivers the program in a game-like format to make sure that users will enjoy the training. Users can track progress and access insights about overall brain health. Competitive players can challenge friends, too.

It is based on accepted concepts of neuroplasticity and neuroscience. This memory training app could help sharpen your memory and improve focus and attention.

MentalUP Educational Games (Android, iPhone, iPad)

MentalUP Educational Games app is an effective way of mental development with more than 100 entertaining brain games.

Their memory games improves learning ability and concentration games develop attention skills. Their brain training games are easy to understand while challenging the skills which they are designed to stretch.

Each game begins with a



The army is a very hierarchal and status conscious organization and there is a well laid down pecking order. Having left the army fifty years ago as a lowly major, I make no claims nor expect to receive any special attention. But in mid-December, I was admitted to MH Jaipur with a bad bout of Asthma and spent three days in the ICU.



Crowded civil hospital covid ward.

Another Deeper Courage (...2)



Maj Chandrakant Singh VRC (Retd)
Military Historian

#STANDING TALL

Marwah was lucky to have got away with his life. He had a napalm bomb mistakenly dropped on him by our own Canberra bomber which fortunately missed him.

Recognition and Honour

The Canberra pilots thinking that they were attacking the Pakistanis then strafed his position, missing their target. The closest they got was the heel of his jungle boot, which a bullet ripped apart. A furious Tuffy Marwah threatened to shoot Pilot Officer Shaheed, who was attached to us as a forward air controller, as he did not contact the pilot of the Canberra and prevent him from shooting at our own troops. Amongst the others of the roughly seven hundred men, we had over thirty killed and one hundred and fifty wounded. Amongst the wounded, once a casualty reached the Regimental Aid Post and evacuated to the rear, not one man died. This speaks volumes about the quality of the care provided by our doctors and their supporting nurses and other staff.

A few years earlier in two successive years to commemorate the 1971 Victory, I along with my friends organised two music concerts, one in the Air Force Auditorium, Sardar Patel Marg and the other in

the Azad Bhawan ICCR to honour our medical services for their services to the war wounded. The concerts were attended by several cabinet ministers from India and Bangladesh, but the Guests of Honour were Lt Gen Ganjuly DGAFMS and his team of doctors and nurses. This was the first time that such recognition and honour was bestowed on the medical services and how happy and proud they were about it.

During the war what impressed me the most, besides the quality of care and treatment that I and others received from our doctors and nurses, was that they showed the same concern for the enemy wounded. I was wounded on the outskirts of Dacca towards the end of the war and as is the standard operating procedure, administered a dose of morphine and evacuated to the rear by a helicopter. When I regained my senses, I found myself in a field hospital and next to my bed was a badly wounded Pakistani soldier, who as coincidence would have it, was someone my own company had shot and captured a couple of days earlier. He, a common soldier and that too an enemy, was receiving the same care and treatment which I as an officer of the Indian Army was receiving.

He and I shared the same ward for a couple of days till I was sent off to MH Gauhathi for further treatment. During our conversation, he told me that it was hard for him to



Lt Gen Prem Bhagat, PVSM, VC.

believe that he and I were sharing the same ward and, receiving the same care and attention. Such a thing could never have happened in his own country. He said he had been told to believe that Hindustanis were kaffirs and demons, but now he knew that in reality, Hindustanis were better human beings than his own countrymen. This speaks very highly of our medical fraternity and their allegiance to their Hippocratic Oath.

Humanity

The army is a very hierarchal and status conscious organization and there is a well laid down pecking order. Having left the army fifty years ago as a lowly major, I make no claims nor expect to receive any special attention. But in mid-December, I was admitted to MH Jaipur with a bad bout of Asthma and spent three days in the ICU. For the first time in my life, I was treated and made to feel like a VIP even a serving general officer could not possibly have asked for more. Though, I felt I was a beneficiary of special attention, I noticed that in the ICU, the Commandant of the MH, Brig Nair, Cardiologist Col Jaychandra, Senior Medical Specialist Col Rishikanta and their team of doctors, nurses and nursing assistants were giving the same attention to all patients even though several of them were cantankerous old veterans like me, never satisfied with anything and being a nuisance to the nurses all the time.

Having seen and now written about their humanity, I turn to their courage. When Churchill speaking



Lt Gen BS Raju.

of the pilots of the RAF said: "Never has so much been owed by so many to so few" never would we have realized that this is more true for our doctors and nurses who have seen us through the worst time in human history when the entire planet was cloaked in death and depression. When everyone else retreated to the safety of isolation in their homes, the doctors and nurses were out caring for the sick and dying. Doing their duty at great



Indian army field hospital in turkey.

In the defence forces, we have a tradition, if a group or unit has done exceptionally well, their services are recognized by unit citations. Similar should be the case with our medical fraternity.

been our plight today if our soldiers and airmen facing the Chinese were also combating Corona in their ranks in Ladakh. Everyone would be aware how much it means to receive public recognition. Why grudge the same to the community which yearns for a pandemic. In fact, I will go one step further, after this crisis is over, let's go to the doctors, nurses, health workers and policemen who are everyday putting their lives and the lives of their near and dear ones on the line, and at a public function present our Vir Chakras to them!"

In the defence forces, we have a



MH Jaipur.

he goes on to criticise a serving Corps Commander, Lt Gen Raju GOC XV Corps based in Jaipur who has just arrived in Jaipur to take over as Army Commander of SW Command. The admiral criticised Gen Raju for his statement about Pakistan and China being capable of waging biological war. Times of India of 1 March carries the news of Gen Raju taking charge, and it also reports that it is now confirmed by the FBI and other US Government agencies that the origin of the virus was the Wuhan Biological Research Laboratory and that a deliberate attempt was made by the Chinese Government to mislead the public by planting false stories about its origins. Newspapers also carry an account of the statement by the Canadian Prime Minister Trudeau about Chinese attempts to interfere in the last two Canadian elections.

Just imagine what would have

tradition, if a group or unit has done exceptionally well, their services are recognized by unit citations. Similar should be the case with our medical fraternity, who should collectively be honoured with a Bharat Ratna. Modi has been known to break precedence, so why not all of us take up the case for the award to the doctors and nurses who have given humanity new hope and lease of life. Is anyone more deserving? I think not.

As an eighty year old in the evening of his life, I on my own behalf and that of all my fellow veterans, serving soldiers and countrymen offer my sincere thanks, salaams and pranams to all civil and military doctors, nurses and other health workers. My best wishes to the Armed Forces Medical Services on the occasion of their 25th Raising Day on 3 April 2023.

Concluded
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#J'ADORE

Find belts that will help you step up your accessories game.

Buckle Up!

Belts are the type of accessory that tends to go unnoticed. You may have an entire basket or drawer devoted to them at home, but more than likely they spend most of the time snaked together in a pile, coiled up rather than stretched around your waist. But no more! Breaking out a belt is the easiest way to add texture and intrigue to an everyday outfit.

That might mean cinching a pair of sleek black trousers with a coordinated leather style or accentuating the waist of a bodycon dress by way of a draped chain. Either way, a belt has the power to put a whole new spin on a look you've worn a million times.

Ahead, find belts that will help you step up your accessories game. In this case, embracing the look is a cinch.

Chain Belts

While a chain belt isn't necessarily the most practical iteration, it does serve a purpose as a glamorous add-on to both relaxed and dressy looks. Try layering a slouchy iteration over a sleek black dress-it's a simple combination with maximum impact.



Brown Leather Belts

A simple leather belt in brown is a staple to make sure you have on hand, especially if your style skews especially neutral. A brown belt has a softer touch than black and is great for mixing up with natural materials like a raffia bag or cork wedge sandals.



Crafty Belts

Whether crocheted or woven with thick yarns, belts exuding the handmade and artisanal will add a bit of that craft-core touch to your look. These styles aren't just for the modern-day bohemians; they look best when paired with a slick city look. It's all about the contrast.



Waist-Cinching Belts

If you like to accentuate your true waist, a belt that hits right at the midsection is a great way to draw the eye there. It can help to break up baggy outerwear or to rein in a bulky sweater or loose dress.



Classic Black Belts

There is no tried-and-true staple quite like a classic black belt. This piece is often overlooked, but designers have created a range of iterations that, while simple, have an elegance that will convince you to invest in them for your work wardrobe (and casual occasions too).

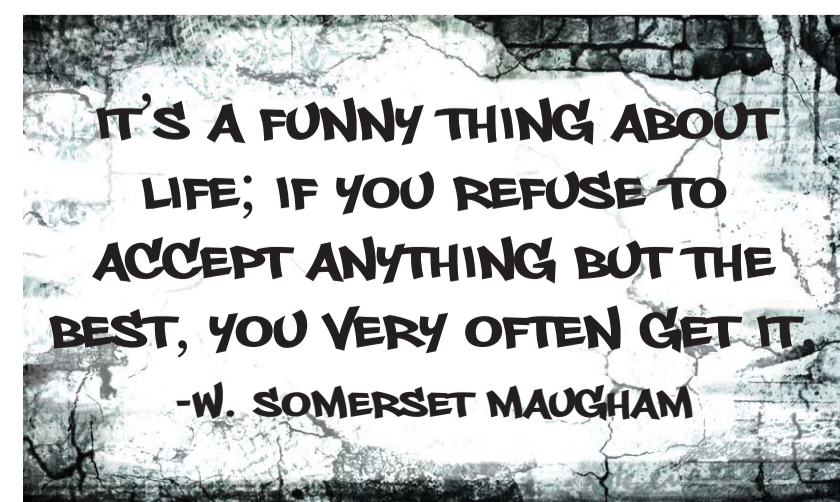


Utility-Inspired Belts

So you've already covered the fashion basics; now it's time to consider adding something with a little edge-perhaps something utilitarian inspired? Belts are meant to be practical, after all. Durable fabrics and textures and even belt bags are options worth considering. Better yet, spring for a style with a backpack or seat-belt-inspired buckle.

By Jerry Scott & Jim Borgman

THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS

