



## विचार बिन्दु

सच्चा पड़ौसी वह नहीं जो तुम्हारे साथ उसी गली में रहता है और बल्कि वह है जो तुम्हारे विचार स्तर पर रहता है। -रामतीर्थ

# मानवता की सफलता सामूहिक शक्ति में है, युद्ध के मैदान में नहीं - पीएम मोदी

## भा

रत का अपना संविधान है, जिसे भारत के लोगों द्वारा बनाया गया है और स्वयं को समर्पित किया। इसे संविधान सभा द्वारा 26 नवम्बर, 1949 को अंगीकार किया गया। यह संविधान 26 जनवरी, 1950 से पूर्ण रूपण लागू हुआ। भारत एक गणराज्य है। यह विश्व का सबसे बड़ा लोकतंत्र है।

भारत में सन् 1951-52 को पहली बार आम चुनाव हुये हैं। लोकसभा और विधान सभाओं के चुनाव एक साथ कराये गये थे। सन् 1967 में राज्य की विधान सभाओं पर्याप्त हुई थीं, उस समय तक यह व्यवस्था रही। एक देश-एक चुनाव होता रहा। 1967 के बाद अब यह स्थिति पैदा हो गई है कि देश में लोकसभा और विधान सभा के चुनाव कभी भी होते रहते हैं। हमारे देश में पंचायती वालोंका सम्बन्ध आदि का कार्यक्रम 5 वर्ष का है। कभी भी चुनाव होने के फलस्वरूप देश का विकास का बढ़ावा जाता है। शासन पर भी भारी दबाव लग जाता है। दीवाना ने अपनी नई योजनाओं की घोषणा नई बदलाव लगाया। चुनावों का खाता भी बढ़ाव जाता है। व्यवस्थाएं छोटी पट्टी जाती हैं। राजनीतिक गतिविधियां उलझ जाती हैं। नेतागण अपने क्षेत्र में काम न कर, चुनाव क्षेत्र में दिखाई देते हैं। व्यवस्थाएं शिथिल हो जाती हैं। दुर्भाग्य है आपनी कटुगा गरीबी हो जाती है। समरसता खो जाती है।

कई वर्षों से इस और सुधार के कदम उठाने की बातें उठती हैं और सुधार न होकर अव्यवस्थाएं अधिक पर्याप्त रही हैं।

वर्तमान में राजनीति में कटुता बढ़ रही है। नेतागण एक दूसरे की शक्ति नहीं देखना चाहते। सभी नेतागण यह तो मानते हैं कि चुनाव सुधारों की दिशा में कुछ योजनाएं बनायें। खर्च कम करने व समय की बढ़ावी की रोकीं, किन्तु स्थिति विगड़ती जा रही है।

विशेषज्ञों पर एक कांपें व बीचोंके के मध्य जो अविकास की लकड़ी खिंच रही है, वे बढ़ती जा रही हैं। मोटी गहरी राहगुलजी के मध्य संबंध इनमें कहु चुके हैं कि मोटीजी की प्रयोक्ता बात को, कार्य को, योजना को गहरगुलजी नकारते दिखाई देते हैं।

देश की राजनीति हारयाणा व जम्मू कश्मीर के चुनावों में फंसी हुई है और इसी समय बन नेशन बन इलेक्शन का नारा भाजपा ने दिया। दूसरी ओर राहगुलजी ने जाति जनगणना कराने को आरक्षण के लिये आसायक एपोण्डा निर्धारित कर दिया है।

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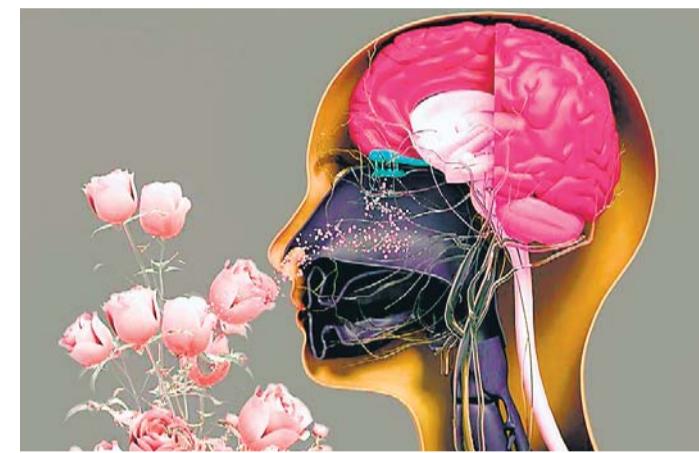
## World Tourism Day

ravel has been said to broaden the mind, exploring the world and seeing the broad vistas and cultures that the people of the world offer. Tourism can describe travel for pleasure, both foreign and domestic, and has been happening as long as mankind. World Tourism Day's opportunity to broad your own world a little, find a location you've always wanted to make time to visit, and finally, get around to making time to do it. So, find your inner traveller and get out there, and experience the places you've always wanted to see.

## #COVID-19

## Brain changes in people who lost sense of smell

Covid-19's direct impact on the olfactory system often leads to a more pronounced, and sometimes, longer-lasting loss of smell.



The symptoms of Long Covid, which has a lasting effect, continue to emerge. Now, a new study has shed light on apparent brain changes or neurological consequences of COVID-19, especially in those who lost their sense of smell, post-diagnosis. Published in *Scientific Reports*, the study found that those with anosmia (the loss of smell) during Covid-19 showed alterations in 'brain functionality and even physical structure during recovery. According to reports, this study is among the first to link Covid-19 related loss of smell to significant brain changes.

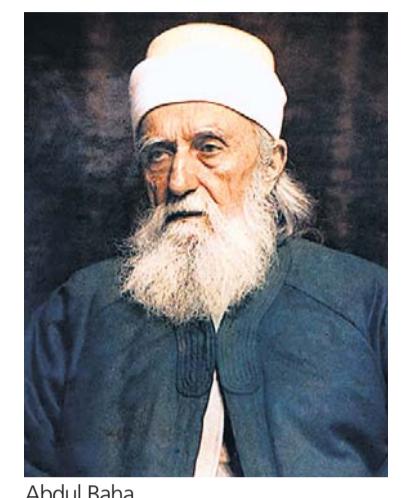
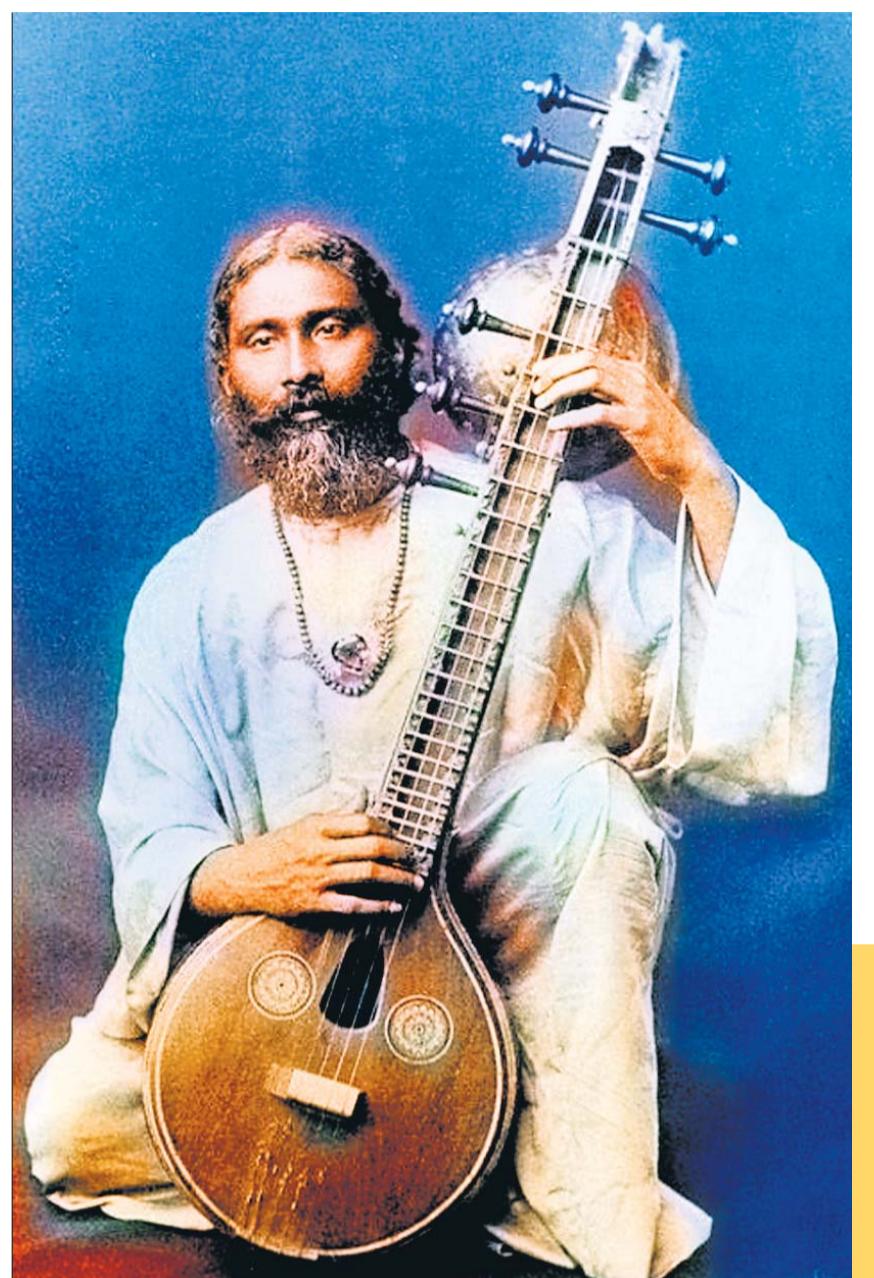
The August 2024 study tested this subject, given the early reports of neurological symptoms in patients affected by Covid-19. "We wanted to contribute from our unique perspective to understanding the potential damage caused by SARS-CoV-2 infection in the central nervous system. This led us to initiate this study, in which we evaluated recovered Covid-19 patients using structural and functional magnetic resonance imaging. At the same time, they performed decision-making and cognitive control tasks, as well as tracking their evolution with electroencephalography," the authors noted.

"Loss of smell in Covid-19 occurs due to the virus' impact on the olfactory system in the nasal passages," said Dr. Ravi Shekhar Jha, Pulmonologist, Director, Pulmonology, MD, MRCP, Fortis Hospital, Faridabad.

"Specifically, the SARS-CoV-2 virus targets cells in the upper part of the nasal cavity, where the olfactory neurons are located. These neurons are responsible for detecting smells and sending signals to the brain," explained Dr. Jha.

According to him, the virus infects supporting cells around the olfactory neurons, causing inflammation and disruption of normal function. "This inflammation can lead to a blockage of the nasal passages or direct damage to the cells that help detect smells, resulting in temporary or prolonged loss of smell," said Dr. Jha.

Unlike other respiratory infections, where congestion may block the sense of smell, Covid-19's direct impact on the olfactory system often leads to a more pronounced, and sometimes, longer-lasting



## The Sufi Hazrat Inayat Khan

Inayat Khan's grandfather, Maula Baksh Sholay Khan was a renowned Hindustani musician and Sufi. For sometime, he was a musician in the court of Maharajah Ram Singh II of Jaipur. In his childhood, he had come under the influence of a Brahmin in Kerala, who introduced him to Hindu philosophy and teachings, which he incorporated into his own Sufi beliefs.

## PART:2

answer this. Goethe, after studying the play, said, "If Heaven and Earth and everything else were to go by one name, I would name thee 'Shakuntala.'" Goethe understood that Shakuntala was the greatest literary and philosophical work of mankind and its message is as relevant today, as it was two thousand years ago, when it was first written by Kalidas.

In his lectures, he strongly emphasised the fundamental oneness of all religions. He was deeply concerned that many of the western religious traditions had lost knowledge of the 'science of the soul' and the prayer and meditation techniques necessary to develop higher consciousness in mankind. He drew inspiration from an earlier Sufi exponent from Andalusia in Spain, Ibn Arabi, and said, "Beware of confining yourself to a particular belief and denying yourself and denying all else. Be in yourself for all forms of belief, for God is too vast to be restricted to one belief or another."

These and other words of his echo the teachings of another Holy Master, Abdul Baha, the head of the Bahais. We do not know if he ever met Abdul Baha but we do know that he was travelling in the West at the same time as Abdul Baha was, and would definitely have come into contact with other Bahais, and in all, probably discussed matters concerning spirituality with them. Like the *Bahai House of Justice*, Inayat Khan set up centres of Universal Worship to show the people of different cultures the many common elements that they share in their religious traditions, and to create a sense of unity among them to read each other's scriptures and pray each other's prayers.

Putting all the evidence together, I am fully convinced that Inayat Khan was inspired by the teachings of Bahauddin and Abdul Baha, which he incorporated into his version of the Sufi tradition.

In 1914, Inayat Khan met Mahatma Gandhi and had long discussions with him. Finding the Mahatma's views to be in consonance with his own beliefs, he became an ardent admirer of Gandhi, which were transmitted to his own children.

Though Inayat Khan spent much time teaching his version of Sufism, he continued to give concerts, some of which were recorded and are still available. In many of his compositions, which are in Marwari, Gujarati and Braj Bhasa, he has incorporated traditional bhajans of Meera Bai and other Hindu saints. He authored several books, including *Musik and Spirituality*. His music is available on YouTube.

Although he travelled, India remained his permanent home. He died in 1927, and was buried in a quiet corner of bustling Old Delhi. Musical sessions are held at his graveside, every Friday.

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## #CLIMATE MODELS

## A record of the Earth's Temperature

A strong link between carbon dioxide and global temperatures.



Global temperature records go back less than two centuries. But that doesn't mean we have no idea what the world was doing before we started building thermometers. There are various things, tree rings, isotope ratios, and more, that registered temperatures in the past. Using these temperature proxies, we've managed to reconstruct thousands of years of our planet's climate.

But going back further is difficult. Fewer proxies get preserved over longer times, and samples get rarer. By the time we go back past a million years, it's difficult to find enough proxies from around the globe and the same time period to reconstruct a global temperature. There are a few exceptions, like the Paleocene-Eocene Thermal Maximum (PETM), a burst of sudden warming about 55 million years ago, but few others that old are nearly impossible to find.

Now, researchers have used a combination of proxy records and climate models to reconstruct the Earth's climate for the last half-billion years, providing a global record of temperatures, stretching all the way back to near the Cambrian explosion of complex life. The record shows that, with one apparent exception, carbon dioxide and global temperatures have been tightly linked, which is somewhat surprising, given the other changes that the Earth has experienced over this time.

**Past Climates**

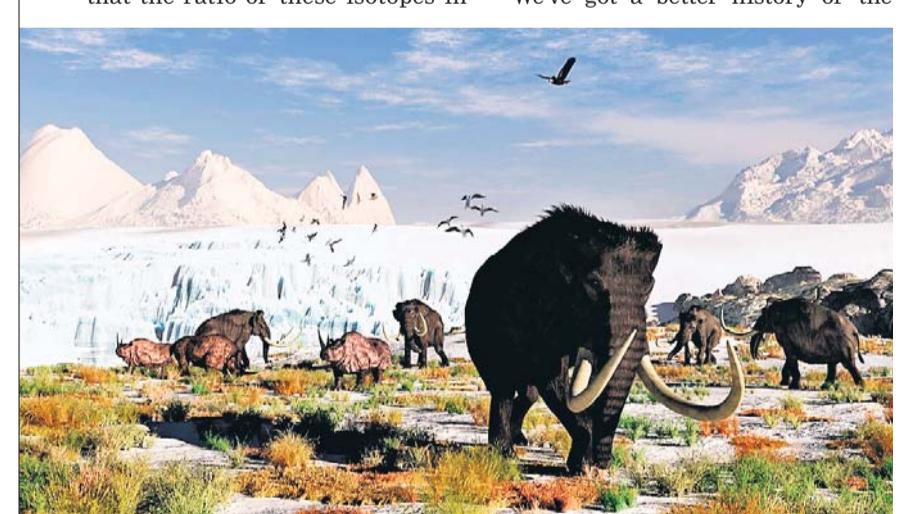
The work done here by an international team involves a combination of proxy data and climate models. While there are a number of land-based proxies, they tend to come with very large uncertainties. So, the researchers focused on a single type of oxygen isotope found in the shells of sea organisms. There are some questions regarding the accuracy of these, as using them requires that the ratio of these isotopes in

the oceans has remained constant over time. To compensate for that, the researchers used two methods of converting these proxies into temperatures. One method assumed that oxygen isotope ratios in seawater have remained constant; the second method used a slow, constant change over the time.

Climate models provide a way of converting these proxies, which typically come from a single geographic location, to a global temperature. By using details like the continental configuration and carbon dioxide levels, the models can estimate which reasonable global temperatures are consistent with the proxy data, meaning a specific temperature at a specific location on the globe. The researchers used an ensemble of climate models so that the results weren't dependent on any particular implementation of atmospheric physics.

The results, which the researchers call *PhanDA*, estimate global temperatures over the last 485 million years, going back to the end of the Cambrian, the period that saw the diversification of the major groups of present-day animal life.

So, what does PhanDA look like? One key feature is that it overlaps with the Cenozoic, which started with the mass extinction that ended all non-avian dinosaur lineages. We've got a better history of the



One thing that is clear from comparing this record with carbon dioxide is that there's a close correlation between the two. There are some exceptions, but the two tend to move in parallel throughout this entire period. The big exception is in the Cretaceous (a period dominated by dinosaurs), which saw a greenhouse climate develop, while carbon dioxide levels appeared to remain flat. We've known about this discrepancy for a while, but don't have a good explanation for it. The new research doesn't really change that situation.



Maj. Chandrakant Singh VrC (Retd)  
Military Historian

that I begin my account with this Rajasthan connection. Thanks to the initiative of HH Maharaj Gaj Singh of Jodhpur that this connection to India and Rajasthan, in particular, is being highlighted. Some years ago, *Baapji*, as HH Jodhpur is popularly addressed, in partnership with Joy and Faith Singh, started in Rajasthan, an International Folk Music Festival, which has now branched out to the *World Sufi Music Festival*, which is held every year in February at Nagaur and Jodhpur. This festival has a large international following and is a reminder that India is the last refuge and home of this Islamic tradition, much like it is for the Parsis, the Bahais and Bohras, who, too, persecuted in their home countries, have come to India and found a welcoming home.

The Sufis, particularly their music and core beliefs, have been persecuted as apostates in their original homelands, and now, the only working centres are in India, mainly in Rajasthan. So, for the discerning readers of Arbit, Rashtradoot, it is appropriate

some point in the future, this syncretic tradition will also become predominant in the Middle-East, displacing the fundamentalist Wahabis in Arabia and hardline Ayatollahs of Iran. This is very much possible and will do good to

remind ourselves and the world that both, the Wahabis and the Iranian Ayatollahs, have deep rooted connections with India. The founder of the Wahabis was close to Ibn Saud, who, with his help, was able to dominate most of the Arabian peninsula. The Turks, fearful of resurgence of Arab nationalism, used their proxies, the Egyptians, to invade Arabia and most of the Wahabis were forced to flee to India, where they set up seminaries in Deoband and Bareilly.

A descendant of one of them, Shah Abdul Ghani, returned to Arabia, when the Ottomans held on Arabia weakened and restarted the seminaries that had been shut down by the Turks. The Saudis acknowledge this and have helped to set up and patronise thousands of seminaries all over the world as affiliates of the Deoband Seminary. There are 600 Deobandi Seminaries in Britain alone. Another interesting and not often acknowledged fact is that most of the senior leaders of the *Talibani* are students of Deoband.

As for the Ayatollahs, the founder of the present dispensation in Iran is Ruhollah Khomeini, whose grandfather,

as an assistant to Ghulam Mohammed, the Pakistani Finance Minister and Prime Minister Liaquat Ali Khan. In 1975, he founded the *Abode of the Message*, which serves as the residential community of the Sufi Order International. He died in 2004 at the Sufi centre in Suresnes, France. On his death, the Dalai Lama wrote, "I have much admiration for him. His passing away is a loss to all believers and promoters of spirituality."

Syed Ahmad Musavi, had migrated from Kintoor in Barabanki district of UP. In Iran, he was known as Ahmad Hindi. In Iran, he settled in a town named Khomeya, hence the name Khomeini. Inayat Khan's grand-

father, Maula Baksh Sholay Khan was a renowned Hindustani musician and Sufi. For sometime, he was a musician in the court of Maharajah Ram Singh II of Jaipur. In his childhood, he had come under the influence of a Brahmin in Kerala, who introduced him to Hindu philosophy and teachings, which he incorporated into his own Sufi beliefs.

Inayat Khan was born in Baroda, where his father was a court musician and he, too, served in the Baroda Court. Later, he was

to migrate to Mysore and some other princely courts. On the advice of his music guru, Inayat Khan travelled to the West in 1910, taking his Sufi and music teachings. His master said to him, "Go to the Western World, my son, and unite East with West through the magic of your music." Obeying his master's command, Inayat set up the first Sufi centers in the US and Europe. One of his first stops was Moscow, where he composed and choreographed a ballet, *Shankuntala*, based on Kalidas's play. But why Shankuntala? I leave it to one of the greatest founding fathers of the Age of Enlightenment in Europe to

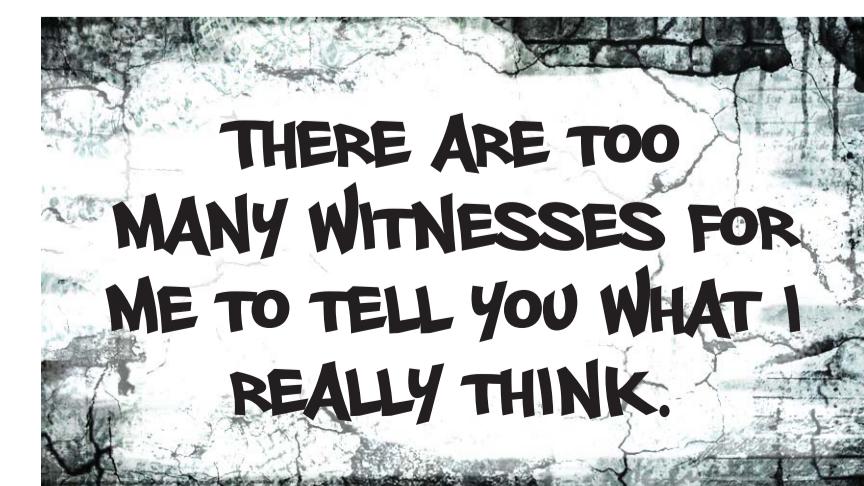
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A still from the Ballet, *Shakuntala*, performed at the Bolshoi Theatre.

## THE WALL



## BABY BLUES



Rick Kirkman & Jerry Scott



## ZITS



By Jerry Scott & Jim Borgman









