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Sports - The game changer for youth

Young minds are always blank slates; proper guidance can do miracles, and sports is one such activity. It is an awesome sight to see athletes as young as thirteen years old representing their countries in the Olympics and even winning medals. Generally speaking, sports have always been a stress reliever and motivator for all ages of people. In developed countries, with the kind of infrastructure they have and parents consistently encouraging their children to participate in at least one sport, the results are there for everyone to see. A special focus on youth and sports has also been the hallmark of Gol policy; "Kheloo India" is now a mission, and every school is supposed to encourage their students to participate in these sports competitions. Indoor stadiums for multiple games have been built in almost every district, and similarly, outfield grounds for outdoor games have given a tremendous impetus to sports activities; nothing of this magnitude has happened before. Emerging district players are chosen to represent the state/UT and, later, the national team. Many hidden gems have been discovered and have brought laurels to the country at many international events. The completion of 104 projects under JKIDFC and 117 projects under CAPEX and the participation of more than 60 lakh children and youth in sports activities are a testimony to the impetus Jammu and Kashmir's sports infrastructure has got under the LG administration. Academies have been established for young athletes in gymnastics, judo, football, and cricket to develop their talent early.

No longer are the days of stone pelting, shut-downs, and hartal calendars. Youth have realized reality and are no longer interested in subversive activities. Youth understand very well how political parties and terrorists have used them, on a journey towards a never-ending tunnel of darkness with no future at all. The scenario has changed now. Different schemes, 17 to be precise, are being pushed to make youth self-reliant in every aspect. More than six lakh young entrepreneurs have emerged in the last few years, a landmark achievement that has changed the lives of Jammu and Kashmir youth. From time to time, different tournaments are organized to let them participate, test their skills, encourage them, and mentor their exceptional talents. Facilities have been created specifically for individuals, and this is a boon for many potential medal prospects at the national level because otherwise, they would have to travel to Delhi or other places for routine practices. As a result of the encouragement of players on national days, the special recruitment campaigns targeted at them, and the help offered at every level, players have become more confident and have gone on to pursue sports as a career. The menace of drugs has already gripped Jammu and Kashmir, and these sports activities are time-tested deterrents against drug abuse.

There is always scope for improvement, and better management of sports infrastructure will be much appreciated. There are numerous complaints about sports infrastructure not being available to budding players due to various reasons. Non-functional generator sets at sports facilities are another matter highlighted in multiple districts that must be taken care of. We have very few grounds, especially in major cities; as such, any public event on these grounds must be avoided, and the creation of more open playing grounds must be explored as per the master plans of the respective cities. Cricket stadiums must be utilized, and efforts should be made to hoist at least IPL matches.

Dementia in India

Old age is a struggle, and it becomes a curse if it is associated with diseases that have an overall impact on not only the quality of life but even day-to-day work. Dementia is one such disease, and alarmingly, almost eight per cent of our elderly population is affected, as per the survey conducted on around 31,000 people. This percentage rises up to nineteen per cent for people over sixty in many countries and is a serious matter. Dementia results in loss of memory and impairment of thinking and judgement, which compromises daily routines. This is further complicated by the fact that India is grappling with other, more serious problems, the biggest of which is its population. While the prevalence of this disease is much higher in many developing countries, their infrastructure for older people and their scientific approach are much more advanced and efficient than our own. Practically, in India, this is taken as a normal routine, especially in rural India. As such, no medical advice is given, with the result that this aggravates with time. The net result is a miserable life for not only the patient but their entire family. There are few psychiatric centres to help diagnose the problem, and the recommended remedies. In developing countries, where there are Government old age homes to take care of the elderly, the general public spends their time helping them fight various ailments; playing tennis or other such games to overcome Parkinson's disease, playing chess and other focused mental involvement games to help out dementia patients is a routine affair. They call it a time donation, but anything of the sort is missing in India. Certain schools do take their students to homes for the specially-abled, but there is no planned or focused attempt to work something out for these kinds of patients. Increasingly, Indian society should consider giving back something tangible to society.

Mustang (Nepal)-India's window into Tibetan autonomous region?

Col Satish Singh Lalotra

The first step in good reporting is good snooping. -Matt Drudge.

The Asian landmass gaining ascendance by way of towering peaks of Himalayas, Karakorum, Hindu Kush, Hinduraj, Kuen lun & Mutztagh Ata reaches its pinnacle at the famous 'Pamir Knot', the epicenter of central Asia. If looked conversely from 'Pamir Knot' all these mountain ranges radiate in all directions taking into its fold countries like Kazakhstan, Uzbekistan, Tajikistan, Afghanistan, Pakistan, Turkmenistan, Nepal, part of India and off course the Chinese Turkestan. Incidentally this huge landmass also has the distinction of harbouring maximum number of 'Eight thousanders' peaks (more than 26,500 feet) in the world. Nestling in a remote corner of Nepal and abutting one of the 'Eight thousander' peak i.e 'Dhaulagiri' sits the northernmost area of Nepal going by the name -Mustang. From Mustang off late there have been emanating some very ominous as well as encouraging news for the Indian Geo-strategists having the potential of changing the way we engage our northern neighbour, China. Local media of Nepal at the end of February reported about the Nepalese government's preparation to allow India to set up a 'Buddhist college' in the restricted area of Mustang, which borders Tibet/China. On the contrary the Hindu kingdom has rubbished these reports made by the former PM of Nepal KP Sharma Oli much to the relief and discomfort of both India as well as the locals of Mustang respectively who have pinned high hopes on its southern neighbour to end their deliverance from ignorance & apathy.

'Mustang' a very uncommon name for a Nepali district is equally uncommon in its vitals when taken into account its USP. It is the same place where during the great 'Tibetan resistance movement' against the Chinese occupation in the late 50s/early 60s, thousands of 'Khampa rebels' armed and trained by the CIA to springboard into TAR (Tibetan autonomous region) for sabotage and raids congregated under the Tibetan controlled king. As per the former PM of Nepal this attempt of India to open a Buddhist college in the Mustang restricted area tantamount to turn the country into a playground for foreigners. Further he says that sovereignty of Nepal will be threatened by this act of India. As if this was enough, the former PM slammed the ruling party of betraying china by accepting India's proposal of opening an institution on Buddhist studies in this remote Himalayan region bordering TAR. The Nepalese reports claim that a handsome amount of about 700 million rupees has been set up for this unique institution by India. The above three statements emanating from a respected person in

the form of Nepali ex PM shows the level of obfuscation and subterfuge indulged and being fed into the psyches of the Nepali masses to turn the public opinion into his favour overlooking dangerous expediences of such actions at a later stage. It stands to logic that a thorough verification of facts concerning the vexed issue should have been done by the ex PM of Nepal before going on airwaves.

A reality check of the issue at hand throws such facts which may embarrass the high and mighty of Nepal to no end. It is primarily a request made by the 'Barha Gaun Mukti Chhetra rural municipality' -the local body of the Mustang restricted area that had sent the request to the Indian government via the Indian embassy in Kathmandu for the funds to construct which is yet to pass the muster, an entirely private request and

region, which is buffeted by the districts of Dolpa in the west, Manang in the east, and Myagdi / Kaski in the SW & SE. This area is called as Mustang district. Way back in the mid-50s & early 60s Mustang had shot up in prominence for being the cynosure of the eyes of Tibetan resistance fighters and spy agencies actively supported by the CIA/US covert agencies in terms of arms and ammunition training and logistics support to be parachuted deep into the Tibetan region. The Tibetan freedom fighters army also known as 'Chushi Gangdruk', many taken from eastern Tibetan region were allowed to set up their resistance bases in Mustang as stated above against the Chinese PLA. Surrounded by three sides by the Tibetan region, Mustang was run by an autonomous local king who was a Tibetan. The Tibetan fighters who had returned to India in



not from the Nepal government as such. Moreover it was the 'Mustang Sakya Buddha Sangh' that took the initiative to open the college, arrange the land for it and then requested the Indian side to do their bidding. Irrespective of the filibuster engaged by the ex PM of Nepal on the issue, there are some very strong lessons for the Indian Geo-Strategists and foreign policy experts to adopt to come up to the expectations reposed in them by the Indian countrymen. But before that the importance of Mustang in northern Nepal and how does it fill into the vacuum felt by the Indians to peep into TAR so as to ascertain the Chinese moves in one of the most opaque areas of the world.

A cursory look of Nepal's geographical map shows a thumb like portion jutting out from its northern boundary into the Tibetan autonomous

1959 along with HH Dalai Lama were joined by other fighters coming directly to Mustang from Tibet. Over the next several years Mustang fighter base became a thorn in the flesh of PLA so much so that China had to divert its traffic from the famous 'Tibetan highway' to another highway 180 kms away. In 1961 this resistance fighter base scored the biggest anti-communist intelligence coup since the Korean war, capturing over 1600 classified documents of the PLA from a PLA commander. In 1963, the Mustang fighters helped 5000 more Tibetans escape to India, Nepal, Bhutan or Sikkim. The last CIA airdrop into Tibet was in 1965; however since the fighter base couldn't meet the metrics of the spy agency of establishing more resistance bases in Tibet, the US financial support dried up over a period of time.

Be that as it may, though the role of Mustang base having dwindled over the period of time with reference to its formation; its relevance to India has grown all the more when seen in the light of Chinese hegemony across the Himalayas. All along the northern frontier/LAC the Chinese since the 1950s have increased their presence in terms of its vast road network, massive infra build up, and pushed its westward nibbling of territory. The above has resulted even in the notified grazing areas of our border villages being under the Chinese control thus leaving very little space for the Indian army /int agencies to snoop across the TAR to ascertain the Chinese intent. Under the Chinese state policy of making co-terminus the local cause of the border people of TAR with the national policy of redevelopment of Tibetan settlements and coaxing them to occupy these grazing areas along the LAC the Chinese have upped the ante. Conversely our border villages have earned the notoriety of being called as the 'Ghost villages' with max number of them all along our frontiers being vacated by the able bodied persons under the lure of a better life in the metros. This cartographical variation has led to the differing perceptions of the LAC leading the two Asian giants to hedge their fortunes and hence many face-offs in the bargain. Since the area in question is sparsely populated there is a dire need of 'Humanint' (Human intelligence) to overlap the already available int from highly technical sources to arrive at the latest picture of an evolving situation.

Since the changed dynamics owing to the 'Galwan valley clash' in May/June 2020, compounded with the GOI's orders of banning Chinese apps like the 'We Chat' the sole method of information/exchange of talk between the Tibetan diaspora living in India and their parents or relatives in TAR has been snapped. Whatever little info is getting across the Tibetan plateau is riding the airwaves of RFA (Radio free Asia) beamed from Washington, USA. Thus a sudden blackout of information incoming from TAR has made India hamstrung creating a big vacuum in the planning parameters. Though India in the past had patched up with the US/CIA to snoop around in the Tibetan plateau in the 60s, but the results were not concomitant to the efforts put in and hence abandoned. By way of planning to establish a Buddhist college right under the nose of the Chinese in Mustang restricted zone of Nepal India has gone upfront in its ruse cum alibi to achieve twin aims i.e to snoop around the forward limits of Mustang and even across the Nepalese border for Geo-strategic reasons as also to carry out direct and stated aim of Buddhist studies in the general area thus solidifying its image in the Himalayan kingdom of being a true neighbour.

(The writer is a retired army officer)

Stunt bikers triggering trouble

Dr. Satwant Singh Rissam

In the last decade, there has been an enormous development witnessed on the Narwal-Nagota bypass road on the outskirts of Jammu city. On the weekends, this road witness's large footfall of people visiting dhabas, restaurants, coffee shops, etc. opened along this highway. This thing has also pulled the bikers and local motorcycle clubs to adopt this bypass road as a favorite spot for cruising with their bikes. Slowly, this stretch of road invited stunt biker groups which have now created a bike-stunt menace all along this road. With stunts and speeding, these bikers take it as a weekly adventure activity by jumping lanes and grabbing the attention of others. Most teenagers are involved in this activity, and they are seen performing dangerous stunts with their costly sports bikes.

Such bikers have grown in numbers and are seen operating in groups. Stunt bikers can be seen standing on the seat and riding their bikes on rear wheels only. Bikers compete within groups to out-perform each other. They openly perform drifting, zigzag on this long stretch of road. Adding to this trend of dangerous biking is social media addiction in teenagers. These youngsters upload videos, of stunts like burnout, wheelie, and rolling stoppie, on personal social media accounts to grab attention. While such stunts are performed other

road users get scared and many times create a situation for a dangerous mishap. Many collisions caused by these bikers on this road go unreported because some of these stunt-performing bikers are riding bikes without their number plates to escape police action.

Jammu police are aware of this ongoing activity. And police have kept a check on this road and recently some stunt bikers were booked, and their bikes were also seized. Yet police are unable to deter this activity fully because of occasional monitoring done on this road. Some permanent steps should be taken to avoid this grouping of

dangerous stunt bikers and the situation will become better if a shift in the strategy is done by the police. Vigil in this area should be increased in a bid to prevent any unfortunate incident on this highway. Because for police single-handedly managing things is difficult so an initiative like 'community policing' can be of great help in tackling this issue. Locals residing in this area or having businesses or volunteers should be roped in to act as 'eyes' and 'ears' of police. These people can maintain a vigilant eye and inform the police on emergency numbers as soon as they notice stunt bikers' activity. This would become a perfect method to tackle this problem.

For those found involved in stunt biking a stern message should be given by imposing heavy challan. Further, to tighten grip on stunt biking and to get to the root of the problem, parents of stunt bikers should be counseled to stop their children from getting involved again in dangerous activities. Parents need to understand that the worst thing that can happen is their child's death or grievous injuries during stunt biking. And then there is nothing to be gained except regret. Also, action should be taken against the social media accounts of local youth who are highlighting these stunt bikers triggering trouble. Hitting the road every weekend for bike riding with the highest standards of safety makes every ride a perfect reason to celebrate. Surely, if steps are applied to break this dangerous routine, bike riding will have a new meaning and add zest to live this life.



Extramarital affairs among women

Prof. Rani Mughal

Falling in love feels good. Several happy chemicals in the brain create a sensation of euphoria that's akin to a hit of cocaine. In fact studies reveal that to be in love is more dangerous than having cocaine and a small area of the brain called amygdala stops working when one is in love. That is why to come out from such kind of relationship is like getting out of a drug addiction. As two individuals get to know each other, dopamine surges and stimulates oxytocin which is another love hormone associated with attachment and love. Dopamine reinforces pleasurable sensation that gears up the relationship. It may happen for someone known to you for years or it may take a jiffy or as some studies suggest, just 457 seconds to fall in love. Additionally there is no hard and fast rule for how long it takes to fall in love. Some after a single moment, others develop the feelings after months or even years of small gestures and togetherness. Let me word it this way that physiologically it just takes a 5th of a second for all your crazy neuro chemicals to fire at once and produce that in love feeling with the stages including building attraction and ultimately forming a romantic relationship. As days go by, months go by and time passes, physical attraction initially grows into a deeper and stronger emotional bonding. And once it is confirmed that two individuals are in love, they put too much equity on their relationship. They like to share even the smallest moments of their day with that person. They begin their day fantasising about their relationship and at times have trouble navigating their thoughts away from each other to focus on their goals and live a purposeful life. During the course insignificant thoughts pass through their minds and lovers become prisoners of their own thoughts. People may even notice when they observe their easily identified demeanour exhibiting a happier overall body gesture and radiance on their smiling faces.

But as the relationship progresses dopamine surges and stimulates more and more oxytocin inducing a desire in them to emotionally connect with the other person which ultimately leads to an increased longing for intimacy and affection. While at the same time their relationship with their significant other suffers and takes a back seat. They become increasingly deficient in their responsibilities to their families. Undoubtedly this aberration leads to estrangement from their significant other.

Marriage on the other hand is a pious and sacrosanct relation not only among the Indian culture but all major regions and cultures of the world. Societies world over preach the significance of fidelity in married life. Be that as it may, the surge of extra marital affairs is not only in India but world over for a variety of reasons. Here I am reminded of married American astronaut Lisa Nowak who became a subject of ridicule worldwide in 2007, when she wore a diaper on a 14 hour drive in an attempt to kidnap her ex boyfriend's current girlfriend.

One of the reasons for this surge is everyone is in search of contentment in an environment where people feel as if their lives are bobbing on a boat in the middle of a Black Sea. Feeling lost and hopeless, they wallow in emotions and give way to extra marital affairs no matter how morally reprehensible it is.

Now the question arises, are extramarital affairs entirely an emotional bargain?

For an average man to gravitate towards the fair sex for pleasure is fairly common. The majority of men flirt to feed their desire of being wanted and justify their behaviour with million excuses and unfortunately women get attracted to their charm and ruin their blissful marriage for a momentary attraction. But the life of their extramarital affair is not too long which may vary from a few months to a few years wherein none at all gets anything barring the feeling of being loved and wanted.

But in the case of women the basic instinct is

to love and care. They are more relationship driven and don't love in moderation. Additionally women get into such relationships due to their gullibility and sometimes because they want a shoulder to cry on since they don't get the desired love, admiration and understanding from their significant other making them vulnerable to fall prey to the bait by the opposite sex and their seductions before ending up in a quagmire. This is how the troubled marriage begins to have a third wheel in their pious and sacrosanct relationship.

Now a days to stay connected with the opposite sex is just a click away. Being in such a relationship has become effortless and maintaining the secrecy has never been easier due to availability of gadgets and various dating apps with little or no fear/trepidation that someone could spill the beans. However staying in touch constantly is a sure recipe for brewing trouble in one's marriage.

Some studies suggest that love in extramarital affairs blossom mostly in forced marriages, boredom, not having emotional attachment with your significant other, lack of appreciation and respect besides sexual incompatibility. The Institute Of Family Studies (IFS) data suggests that 20% men are unfaithful as compared to 13 percent women in their married lives. Economic independence gives them a positive outlook towards life in general and towards their lives which they don't want to waste in drudgery and dull ness. They seek excitement and thrill. They seek lust and intimacy equally and long to be touched and tantalised. Sexual alchemy, sexual emotions are the strongest human emotion and can make you vulnerable to a degree that you can not fathom at the beginning appears like redemption in the beginning turns ugly.

To cut to the chase, women or men for that matter, who are deeply in affairs rob themselves of their happiness and dignity. They open doors to their self destruction. It is not only a violation of the trust but also a betrayal of values. It is not because they were bad people but they had trouble having their

thoughts on track and ultimately your thoughts become your actions. Such people are to be treated with compassion like doctors treat their patients and their significant others must provide them the emotional support to give closure to their extramarital affair and have a new and legit beginning. Forgiveness is a cleansing concept and if it helps rebuild your life do that by all means. Because no matter what, flowers can bloom even after they have been stepped upon. They will blossom again.

The fact of the matter is that euphoric stage in relationships lasts from 6 months to 2 years at the most with few exceptions. But the affair that lasts for few months to few years cuts you deep. The scars are too deep and scars the partner who is being cheated upon. The pain caused by the third wheel to a happy family causes havoc in the life of your significant other. All such illicit relationships need culmination. May be seemingly difficult for many because to come out of a breakup is like getting out of drug addiction but once you loose emotional attachment to someone, you realize how ordinary they were and these were your naughty neuro chemicals that just multiplied in your blood stream and you felt in a certain way. And by the end of the day when you realize, it was only "your" love and "your" energy that made them so special, a considerable damage has already been done. Last but absolutely not the least a message for all the lovely ladies out there that if a man truly loves you, he will give you the title of being his wife or fiancé and not a mistress. And mark these words that every poor decision you make in your life, there is more emotion than mind to it. So just be mindful and don't plague yourself with the baggage of being a "homebreaker", "the other woman", "the 3rd wheel". Women need to reinvent themselves. Make your past a place of neither reference nor residence.

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(The views expressed by the authors are their personal)

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