

*Be not ashamed of thy virtues; honor's a good brooch to wear in a man's hat at all times*

*Ben Jonson*

## Army Wins in Pak Polls

The result of the general elections in Pakistan, held on Wednesday, was a foregone conclusion. It is the Pakistan Army which has won. Imran Khan and his Pakistan Tehreek-e-Insaf (PTI) were the Army's proxy. Over the past few weeks many winnable candidates of the Pakistan Muslim League (Nawaz) of the ousted and imprisoned former Prime Minister and of the Pakistan People's Party of Bilawal Bhutto switched sides and joined Imran's party under Army "persuasion". What is creditable for Nawaz Sharif is that even under extremely adverse circumstances (he was portrayed as friendly toward India and therefore anti-Pakistan), his party emerged as the second largest. Till the time of writing, the PML-N had won 69 seats. The PTI was, of course, well ahead of its principal rival by winning 110 seats. As usual, Imran resorted to high decibel anti-India histrionics during his campaign to establish his bona fides as a patriotic Pakistani. Another significant fact is that no known jihadi leader has been elected. As in the past, the Pakistani electorate rejected them.

What will be the likely impact of a government led by Imran Khan on Indo-Pak relations? Not much. War between two nuclear power countries is out of the question. The Pakistani brass has known it well that a nuclear misadventure against India will wipe out their country. As the Army will continue to call the shots as in the past, the situation in Kashmir will continue to be the same. What the elections have done is to remove a civil government which had fallen foul of the Army by one which will be the Army's civil face. What needs to be watched is whether and if so how far Imran Khan is able to change the global perception that Pakistan is a State that promotes terrorism. Also, whether he succeeds in improving relations with the United States. The second is contingent on the first.

What makes the future of democracy in Pakistan more dismal is that for the first time the judiciary has been taken on board by the Army. It is the army-judiciary collusion that sent Nawaz Sharif to jail and then to banning him from political activities for life. There is only one instance of army-judiciary collusion in the past – the sentencing to death of Zulfikar Ali Bhutto. It was condemned as judicial murder. Pakistan was a garrison State and continues to be one. For the Pakistani people, democracy is a distant dream.

# YOGA in a day, keeps Medicine Away

## REFLEX ACTION

Dr. S. Ganesan  
Uma Maheswari Astrologer

How much time we spend to consult a Doctor? Getting ready to travel time to reach the hospital and waiting time for our turn to meet the Doctor etc, takes hours of ours. Part of such duration if spent for physical activity at home itself, will keep your health in good condition. Regular, Yoga activity activates the different parts of our body, both internally and externally. Its contribution gradually nullifies the requirement of medicines. This health fact has been experiment by many patients suffering from BP, diabetics and other health problem.

YOGA is an invaluable gift of ancient Indian tradition. It embodies a way of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. By changing our lifestyle and creating consciousness, it can help us to deal with climate change.

Yoga is essentially spiritual discipline based on an extremely subtle science which focuses on bringing harmony between mind and body. It is an art and science for healthy living. The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". According to Yogic scriptures, the practice of yoga leads to the union of an individual consciousness with the universal consciousness. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. One who experiences this oneness of existence is said to be "in Yoga" and is termed as a yogi and who has attained a state of freedom, referred to as mukti, nirvana, kaivalya or moksha. "Yoga" also refers to an inner science comprising of a variety of methods through which human beings can achieve union between the body and mind to attain self-realization. The aim of Yoga practice (sadhana) is to overcome all kinds of sufferings that lead to a sense of freedom in every walk of life with holistic health, happiness and harmony.

The science of Yoga has its origin thousands of years ago, long before the first religion or belief systems were born. The seers and sages carried this powerful Yogic science to different parts of the world including Asia, the Middle East, northern Africa and South America. Interestingly, modern scholars have noted and marvelled at the close parallels found between ancient cultures across the globe. However, it was in India that the Yogic system found its fullest expression. Agastya, the saptarishi, who travelled across the Indian subcontinent, crafted this culture around a core Yogic way of life.

Yoga is widely considered as an "immortal cultural outcome" of the Indus Saraswati Valley Civilization dating back to 2700 BC and has proven itself to cater to both material and spiritual uplift of humanity. A number of seals and fossil remains of Indus Saraswati Valley Civilization with yogic motifs and figures performing yoga sadhana suggest the presence of yoga in ancient India. The seals and idols of mother Goddess are suggestive of Tantra Yoga. The presence of Yoga is also available in folk traditions, Darshanas, epics of Mahabharata including Bhagwadgita and Ramayana, theistic traditions of Shivas, Vaishnavas and Tantric traditions. Though Yoga was being practiced in

the pre-vedic period, the great sage Maharishi Patanjali systematized and codified the then existing Yogic practices, its meaning and its related knowledge through Patanjali's Yoga Sutra.

After Patanjali, many sages and Yoga masters contributed greatly for the preservation and development of the field through well documented practices and literature. Yoga has spread all over the world by the teachings of eminent Yoga masters from ancient times to the present date. Today, everybody has conviction about Yoga practices towards prevention of diseases, and promotion of health. Millions of people across the globe have benefited by the practice of Yoga and the practice of Yoga is blossoming and growing more vibrant with each passing day.

**Before the Practice of Yoga:**  
• Sautka means cleanliness - an important prerequisite for Yogic practice. It includes cleanliness of surroundings, body and mind.

• Practice should be performed in a calm and quiet atmosphere with a relaxed body and mind.

• Yogic practice should be done on an empty stomach or light stomach. Consume small amount of honey in lukewarm, water if you feel weak.

• Bladder and bowels should be empty before starting Yogic practices.

• A mattress, Yoga mat, durrie or folded blanket should be used for the practice.

• Light and comfortable cotton clothes are preferred to facilitate easy movement of the body.

• Yoga should not be performed in state of exhaustion, illness, in a hurry or in acute stress conditions.

• In case of chronic disease/pain/cardiic problems/pregnancy and menstruation, a physician or a Yoga therapist should be consulted prior to performing yogic practices.

**During the Practice of Yoga:**  
• Practice sessions should start with a prayer or invocation as it creates a conducive environment to relax the mind.

• Yogic practices should be performed slowly in a relaxed manner, with awareness of the body and breath.

• Do not hold the breath unless it is specially mentioned to do so during the practice.

• Breathing should be always through the nostrils unless instructed otherwise.

• Do not hold body tightly or jerk the body at any point of time.

• Perform the practices according to your own capacity.

• It takes some time to get good results, so persistent and

regular practice is very essential.  
• There are contra-indications/ limitations for each yoga practice and such contra-indications should always be kept in mind.

• Yoga session should end with meditation/deep silence/shantya patha.

**After Practice of Yoga:**  
• Bath may be taken 20-30 minutes after practice.

• Food may be consumed 20-30 minutes after practice.

Yoga is essentially a path to liberation from all the bondages. However, medical research in recent years has uncovered many physical and mental benefits that Yoga offers, corroborating the experiences of millions of practitioners. A small sampling of research shows that:

• Yoga is beneficial for physical fitness, musculoskeletal functioning and cardio-vascular health.

• It is beneficial in the management of diabetes, respiratory disorders, hypertension, hypotension and many lifestyle related disorders

• Yoga helps to reduce depression, fatigue, anxiety disorders and stress.

• Yoga regulates menopausal symptoms

In essence, Yoga is a process of creating body and mind that are stepping-stones, not hurdles, to an exuberant and fulfilling life.

**Hasanas**  
Yakassana (The Tree Posture)

Improves neuro-muscular coordination, balance, endurance and alertness. It tones up the leg muscles and rejuvenates the ligaments also.

**Pada-Hastassana** (The hands to feet posture)

Makes the spine flexible, improves digestion, prevents constipation and menstrual problems

**Artha Cakrasana** (The half wheel posture)

Artha cakrasana makes the spine flexible and strengthens the spinal nerves. Strengthens the neck muscles, and improves breathing capacity. Helps in cervical spondylitis

**Trikonasana** (The Triangle posture)

Prevents flat foot, strengthens calf, thigh and waist muscles, makes the spine flexible, and improves lungs capacity

**Bhadrasana** (The firm/auspicious posture)

Keeps the body firm and helps to stabilize the mind, keeps the knees and hip joints healthy, helps to relieve knee pain, acts on the abdominal organs and releases any tension in the abdomen, benefits women by relieving abdominal pain often experienced during menstruation.

**Vakrasana** (The spinal twist posture)

Helps to increase flexibility of the spine, helps to overcome constipation, dyspepsia, stimulates pancreas and helps in the management of diabetes

Yoga saves our time, money and also avoids side-effects of medicines. It relieves from medicine dependent life to normal healthy life. It develops our fitness and wellness for long period of life. Let us try ourselves to do yoga daily to keep ourself healthy and happy.

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Vehicular traffic moving slowly on a water logged area during rain, in Kolkata on Thursday

# BJP's calculations behind TT Bill

Is there politics behind the Triple Talaq Bill, which the Modi government is keen to push through in the ensuing Monsoon session? Will it be passed or sent to the select committee for further scrutiny or will it be buried? The Lok Sabha passed the Bill in December 2017, where the BJP has majority but it is difficult to get it through in Rajya Sabha where NDA does not have the numbers.

While the measure was allowed to sail through in Lok Sabha, the Congress-led opposition now wants the bill to be sent to select committee. The government obviously fears that if it went to the select committee it would undergo changes but there is clearly an absence of a reach-out in building a consensus.

The Triple Talaq bill is part of the BJP's political gambit ahead of 2019 polls. If the bill were passed, the government would tom-tom its success. If the Opposition blocks it, then the government would malign the Opposition parties as pseudo-secular and the real enemies of Muslim women. Either way, it is

a win-win situation for the BJP. The Congress does not want to be seen as playing a repressive role it had played three decades ago in Shah Bano case. Also the opposition cannot go beyond a limit, as it is a social reform bill, which is why even while stalling the bill, it played a lip service for need to end the practice of Triple Talaq.

The demand to send the bill to select committee has the support of parties like the Congress, AIADMK, Biju Janata Dal and TRS. Even the NDA allies like the Shiv Sena have opposed it. TDP, which has quit the alliance, also has joined them. The Left, the Trinamool Congress, the Samajwadi Party and the Bahujan Samaj Party are also opposed to it in its present form.

The proposed bill aims to outlaw the practice of Talaq-e-biddat making it a cognizable and non-bailable offence with a three-year jail term for erring Muslim husbands. Many political parties point out the flaws in the bill arguing that some of the provisions could be misused. While Congress, SP, BSP, Left parties, RJD and others argue that this is a religious

issue and should not be tinkered with, Modi government came out with an unambiguous position in public and in Supreme Court. The argument in favour of the bill is that making "Triple Talaq" an invalid practice under the civil code and has not really worked even after the Supreme Court rendered the practice as void in August 2017 and had asked the government to frame a law on it. After this only the government came up with this bill.

Why should the BJP bat for the Muslim women? Why should the secular parties like the Congress, Left and Samajwadi Party, oppose it? It is all vote bank politics, as every political party wants the Muslim votes. Even the BJP is looking for these plus votes it might need in 2019. Muslims have decisive presence in 90 districts, 100 Lok Sabha constituencies and 720 Assembly seats of India.

Traditionally, the Muslims have voted against the BJP and voted for secular parties. In the Modi regime, they have experienced several incidents of anti-Muslim communal violence, cow vigilantism and persecution in the garb of love jihad, which have created fear in the community.

Modi had pitchforked on the issue and used it during the 2017 Uttar Pradesh Assembly election by declaring that he, his government and his party are for the abolition of Triple Talaq. The BJP claims that it has got them some Muslim votes. He is also trying to get the backward Muslims on board.

Significantly, in his recent Azamgarh rally Modi said: "I want to ask if Congress is a party only for Muslim men or also for women? Is there a place of respect and dignity for Muslim women? They stop the Triple Talaq law, create

ruckus and don't allow the Parliament to function. Modi's attack on Congress is understandable. In the run-up to the 2019 elections, the BJP wants to isolate the Congress. Even Rahul Gandhi meeting some Muslim intellectuals recently has been portrayed as Muslim appeasement. The Congress has not been able to counter this although it tried to adopt a soft Hindutva stand in Gujarat and Karnataka Assembly campaigns.

Unfortunately, the Triple Talaq is not the only problem faced by Muslim women as the real problem is of their education and employment and overall empowerment. If they really care for their empowerment, Modi and the opposition should also think of measures to empower Muslim women. According to the Census 2011, 52 per cent are least educated among the Muslim women and only very few reach the graduation level (2.75 per cent). This vote bank politics and making it a gender issue alone will not help the Muslim women as much more needs to be done. Triple Talaq could only be the beginning. (IPA Service)

## FOCUS

Kalyani Shankar

**Conventional Crossword**

1	2	3	4	5	6
8	9	10	11		
13	14		15	16	17
18		20			
21	22	23			
24			26		

**ACROSS**  
1 Servant  
2 Pace  
3 Land measure  
4 Underused kid  
11 Refuse of grain  
12 No time  
13 Vestment  
14 Employ  
15 Nestlike fabric  
19 Bishop's headdress  
21 Corrosion  
23 Distributed cards  
24 Anger  
25 Commisive  
26 Old stringed instrument

**DOWN**  
1 Book of the Mass  
2 Sailor  
3 Rubber  
4 Female swan  
5 Scently  
10 First woman  
11 Continuum  
14 Pipe  
15 Firm  
16 Income established  
19 Central  
21 Edge  
22 Bishop's territory

**SUDOKU: 2266**

	9		7				4	
6		7	4					5
1				1	9	4	6	
	8	6	4		7			
3	9							6
8	7		5		3		8	1

**Yesterday's Solution 2265**

2	1	3	5	7	8	9	6	4
7	9	5	6	2	4	1	3	8
8	4	6	9	1	3	7	2	5
5	2	1	8	4	6	3	7	9
9	8	4	2	3	7	5	1	6
6	3	7	1	5	9	4	8	2
4	7	9	3	8	2	6	5	1
1	6	2	7	9	5	8	4	3
3	5	8	4	6	1	2	9	7

**Yesterday's Cross Word Solution 274**

V	E	R	B	S			C	U	P
E	M	B	E	R	E	V	I	L	L
E	M	B	E	R	E	V	I	L	L
R	A	L	V	E	G	A	N	O	A
S	A	L	V	E	G	A	N	O	A
S	A	L	V	E	G	A	N	O	A
A	B	E	T	O	P	O	R	E	S
M	O	V	E	L	A	L	T	A	R
M	O	V	E	L	A	L	T	A	R
N	O	R	T	H	O	R	N		

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