AUGUST 2023 EDITION

# P SITIVE DAY NEWSPAPER

# The Battlefield Chronicles — UNHEARD UNABASHED UNBURNT —



## Celebrating 76th Independence Day - Spelling Out The Unheard Events Of The 1971 Indo Pak War

This Independence Day let's look back at our ingenious win in the 1971 Indo Pak war. A war won by military tactics and strategies that involved cooperation with ground forces in Bangladesh. The war in Bangladesh began on December 3, 1971 when the Pakistani military launched a crackdown against Bengali civilians, students, intellectuals and armed personnel in East Pakistan (present-day Bangladesh) who were calling for greater autonomy and protesting against the ruling government. This crackdown known as Operation Searchlight led to widespread violence and atrocities against Hindus and Bengali elite. The conflict escalated into a full-scale civil war Pakistani military and Indian-backed Bengali forces. The most prominent of which was the Mukti Bahini who were trained and armed by the Indian army. The war officially ended December 16 1971, with India's victory and the establishment of an independent Bangladesh (formerly East Pakistan).

# THE BATTLE OF LONGEWALA

The Battle of Longewala (4-7 December 1971) was one of the first major engagements in the western sector during the Indo-Pakistani War of 1971, fought between assaulting Pakistani forces and Indian defenders at the Indian border post of Longewala, in the Thar Desert of Rajasthan. The battle was fought between 120 Indian soldiers accompanied by four Hunter fighter aircraft and 2,000-3,000 Pakistani soldiers accompanied by 30-40 tanks.



A company of the Indian Army's 23rd Battalion, Punjab Regiment, commanded by Major Kuldip Singh Chandpuri, was left with the choice of either attempting to hold out until reinforced, or fleeing on foot from a Pakistani motorized infantry force. They chose the former. Lacking the time to lay a prepared minefield, the Indian forces laid a hasty anti-tank minefield as the enemy advanced. The initial Pakistani attack stalled almost immediately when the infantry discovered the barbed wire which had not been spotted in the night, and interpreted it as signifying a minefield. The barbed wire was installed to prevent stray cattle from entering the area.

The attack had started at 12:30 am and the India army had been successful in stalling the Pakistani troops from taking position until dawn. In the morning, the Indian Air Force (IAF) was finally able to direct some HAL HF-24 Maruts and Hawker Hunter aircraft to assist the post; they were not outfitted with night-vision equipment, and so had to wait until dawn.

By noon the next day, the assault had ended completely, having cost Pakistan 36 tanks 22 of which were destroyed by aircraft fire, 12 by ground anti-tank fire, and 2 captured after being abandoned. The Longewala victory acted as a defining moment in the 1971 Indo Pak war.

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RECALLING IB71: THE INTRIGUE OF THE 1971 PLANE HIJACKING

NORTHWEST

This caused enrage and India decided to react to this horrendous move. They banned overflights of Pakistani aircraft over Indian territory exactly as planned. Pakistan reacted to India's decision by levying the hijackers and other NLF militants with conspiracy. This made the leader of the movement, Amanullah Khan, move to Britain. He established a new organisation called the Jammu and Kashmir Liberation Front.

> After the plane landed in Lahore, the Qureshis demanded the release

> > of 36 NLF prisoners lodged in Indian jails. However, the brothers

ORTHWEST

Back in January 1971, Ganga (an Indian Airlines domestic Fokker F27) was hijacked by two Kashmiri separatists while flying from Srinagar Airport to the Jammu-Satwari Airport. Hashim Qureshi and his cousin Ashraf Qureshi belonged to the National Liberation Front, and this was an attempt to retaliate against the government. The plane was diverted to land in Pakistan at the Lahore Airport. The passengers and the crew were released once the plane landed and the aircraft was burnt down. The crew was comprised of Indian RAW agents and the entire hijacking was orchestrated by the India government to block the Indian airspace so that Pakistan was unable to send air support to the East.

had to surrender The to the pressure aircraft from the airport authorities. stayed on the They ended up tarmac for releasing all the passengers and eighty hours, after the crew. which Hashim Qureshi burnt the aircraft thus eliminating any chance of finding incriminating evidence against Indian authorities which would point to the fact that the hijacking was staged."



# UNPARALLELED PROGRESSION OF HAPPENINGS

The aim was to prevent a Pakistani Brigade, of around 3000 soldiers, from retreating to Dhaka and reinforcing its defences. Blowing up the bridge to delay the Pakistani Army was easily possible, thanks to our close cooperation with Mukti Bahini.

But our Army, chasing the retreating Pakistani forces, also was in a hurry to reach and threaten Dhaka. So, instead of destroying the bridge, attacking the Pakistani troops trying to cross it was a better option. That required placing a big enough force at the bridge, stealthily and speedily.



## How?

By exploiting the characteristics of Air Power, 'Speed' and 'Reach', to drop our paratroopers near that bridge. Fifty-two airplanes, which amounted to almost the entire transport fleet of the IAF, took part in this paradrop.

Two of them dropped 'dummy' troops by parachutes far away from the actual Drop Zone (DZ). That's because, despite all precautions, it is



impossible to hide the gathering of so many planes and troops. With them, the other 50 planes flew towards Tangail.

So many unarmed planes, slow and heavy, over the enemy territory, would be completely indefensible against enemy fighters. But the IAF had already achieved complete Air Superiority. As the oft-repeated tenet of Air Power

says, "He who controls the air, controls everything on the surface below."

So, unlike the Pakistani Army at Longewala, the Indian Army had complete freedom of movement, without having to worry about enemy interference from the air.

This was the biggest paradrop after the World War II. It included some 700 paratroopers, in addition to artillery and engineers. The paradrop was planned for 4:30 pm, which was close to sunset time. The reason was to give the paratroopers enough light to touchdown safely and then get together under the cover of darkness.

As per eyewitness reports, parachutes filled the entire sky!

Our paratroopers assembled hurriedly and captured the bridge after defeating the Pakistani defenders.

After that, they dug in and took defensive positions, awaiting the Pakistani Brigade coming from Jamalpur.





The retreating Pakistani troops reached the bridge at midnight and were shocked to find Indian troops firing at them well inside their territory, barely 70 kilometres from the heart of their defences at Dhaka.

Our paratroopers completely routed the Pakistani Brigade. Many of their soldiers ran away into the fields; some died fighting and we took many prisoners.

And we achieved our aim of preventing reinforcements to Dhaka in a paradrop operation that was swift and shocking swift for us and shocking for the enemy!

This paradrop was one of the major contributors to the eventual Pakistani surrender in less than a week. P SITIVE DAY

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# Celebrating This National Sports Day With Accomplishments

India boasts a rich sporting heritage with a history dating back thousands of years, blending tradition, culture, and entertainment. Cricket, field hockey, kabaddi, badminton, wrestling, and boxing are among its popular sports. National Sports Day on August 29th, honoring Major Dhyan Chand, lauds sports heroes and their values of discipline, teamwork, and sportsmanship. PM Modi's optimism about India's international sports success adds to our pride. Join the journey of India's achievements!



- The Indian team raised the glory of the Tricolour by winning the Hockey Women's Junior Asia Cup for the first time.
- In a similar month, the men's hockey team also won the Junior Asia Cup.
- The Indian junior team also did wonders at the Junior Shooting World Cup and also secured the first position in this tournament.
- The Asian U20 Athletics Championship was also held this June and in this, India remained in the top three in medal tally among 45 participating countries.

There are many such sports and competitions where India is making her presence felt for the first time. For example, in the **long jump, Shrishankar Murali won a bronze** for the country in a prestigious event like the Paris Diamond League. This is India's first medal in this competition.

Also, there is one similar success that has been registered by our Under Seventeen Women Wrestling Team in **Kyrgyzstan**. Congratulations to all the athletes of the country, their parents, and coaches for their efforts.

Recently, **Khelo India University Games** was organized in Uttar Pradesh which shows that players are given a chance to play, learn and defeat the game. The youth have broken 11 records in these games... Punjab University, Amritsar's Guru Nanak Dev University, and Karnataka's Jain University have occupied the first three places in the medal tally.

In the event of the Khelo India University Games, Assam's Cotton University's **Anyatam Rajkumar** became the first Divyang athlete to participate.

**Nidhi Pawaiya** of Barkatullah University managed to win a gold medal in shot-put despite a serious knee injury in the Khelo India University Games.



Neeraj Chopra threw 88.67m as his first throw of the season in Diamond League, 2023 in men's javelin and won the prize.



Bhavani Devi is the first Indian fencer to win a medal in Asian Championships and made history.

**Shubham Bhandare** of Savitribai Phule Pune University who had suffered a disappointment in Bengaluru last year due to an ankle injury has become a gold medalist in the steeplechase this time.

Similarly, **Saraswati Kundu** of Burdwan University is the captain of her kabaddi team who crossed many difficulties to reach there.

Mirabai Chanu has emerged as the best weightlifting talent in India in decades. She has won medals at the Commonwealth Games, the Asian and World Championships, and the Olympics.

India's Cricket achievements shine, including World Cup victories and top ranks in five major ICC tournaments. Presently a global top-three contender, the Indian team's prowess promises more triumphs ahead.

The prime minister said many of the best-performing athletes are also getting a lot of help from the Target Olympics Podium Scheme (TOPS) Scheme. "The more our sportspersons play, the more they'll bloom," he added.



## India's Noteworthy Achievements in 2023: A Status Check Through August

As India celebrates its 77th independence this year, we have great achievements to celebrate along with the hard-fought freedom by our freedom fighters. India has been advanced in all fields including healthcare, education, technology, and in space research as well.

In India Today Conclave 2023, Prime Minister Narendra Modi addressed the accomplishments achieved by India in 2023 till far. It is a proud moment for all of us for being part of this developing and successful country. "India is now moving forward despite massive challenges. The world now agrees that this is India's moment," said The Prime Minister

#### Let's honour our achievements



Asia's modern largest helicopter factory has been inaugurated in Tumkuru, Karnataka. Not only that but Karnataka's newest airport at Shivamogga was also inaugurated. Large-scale solar projects and ambitious targets have placed India on a path toward a greener future. World's longest river cruise took place in our country itself. India has opened expressways to make road transportation easy. This year, Delhi-Mumbai and Banglore Mysore expressways have started.

It is a proud moment for India to achieve the milestone of 10 crore teleconsultations through e-Sanjeevani. Also, India has the milestone of providing 8 crore new tap water connections. **India got the order to make nearly 500 jets for Air India.** 

Improvements in healthcare and education have been central to India's development. Initiatives such as the National Health Mission have expanded access to healthcare services, reducing maternal and child mortality rates. The Right to Education Act has increased school enrollment and literacy rates across the country. IIT Dharwad campus has also taken place this year. "Padhega India tabhi toh Badhega India."

The Group of Twenty (G20) meeting of 2023 is going to take place in New Delhi, India. Talking about the statistics department, India has been elected as a member of the United Nations Statistical Commission (UNSC) after almost two decades which is our finer moment.

India's commitment to sustainable development is evident in its renewable energy efforts. The nation has made significant changes in harnessing solar and wind energy, aiming to become a global leader in clean energy production. India launched E20 fuel by blending 20% ethanol in petrol by 2025 which helps to lower the levels of carbon monoxide, hydrocarbons, and nitrogen oxides.

We are not ignoring our sports and entertainment sectors also. A victory moment to say that **India women's cricket team won the U-19 T-20 world cup.** We have secured the position in Junior Asia Cup for hockey also. India even celebrated the winning of 2 Oscar awards for RRR's 'Natu Natu' song.

Taking the economy into account, India introduced its first-ever historical green budget this year.

The country's democratic values continue to thrive, ensuring citizens' participation and representation in governance. **Unity in diversity** remains a cornerstone of India's national identity.

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People all over the world are more satisfied with their lives when they have a comfortable standard of living, a supportive social network, good health, latitude to choose their course in life, and a government they trust. But along with that, a happy country also tends to have universal health care, ample paid vacation time, and affordable child care. Jeffrey Sachs, a professor at Columbia University quoted that, "The ultimate goal of

politics and ethics should be human well-being."

#### World Happiness Report

The report uses data from interviews of more than 350,000 people in 95 countries, conducted by the polling company Gallup. The data is provided through self-reporting to Gallup World Poll, which measures "life satisfaction ratings and emotional well-being and captures important context that GDP (Gross Domestic Product) does not explain." Rankings are done on how people rate their own happiness on a 10-point scale.

#### 11th edition of the Report

The World Happiness Report, 2023 shows that "despite several overlapping crises, most populations around the world continue to be remarkably resilient." The main factors for the World Happiness Report by the United Nations Sustainable Development Solutions Network include

- Social support
- Income
- Health
- Freedom
- Generosity
- Integrity upheld

The report ranks global happiness basis survey data from people in over 150 countries. This year, the report ranked 136 countries. For the sixth year in a row, Finland has been crowned as the happiest nation, Denmark is at number two, followed by Iceland at number three.

People in Finland also tend to have realistic expectations for their lives. Finns are pros at keeping their happiness a secret. "We believe Finnish happiness stems from a close relationship with nature and our down-to-earth lifestyle," stated Heli Jimenez, senior director of international marketing at Business Finland, which is part of the Finnish Ministry of Employment and the Economy.

Perhaps to be happier in our own country, there is a lot we can learn from the Scandinavian way of life. Although not entirely possible and implementable in a country with a population such as ours we can surely try to be more mindful as citizens and create spaces where everyone feels accepted and welcome. A drive to increase green spaces in the city could be a great first step in improving mental well-being. Shirin Yoku' or forest bathing is a Japanese concept that talks about the benefits of a walk in the forest and the extent to which it helps our bodies relax and rejuvenate. The urban concrete jungles of our cities could certainly benefit from a park or two. Would you spring for more open spaces in your area?

## -The Monk Who Sold His Ferrari -- Robin Sharma

Renowned as both author and motivational speaker, Robin Sharma penned "The Monk Who Sold His Ferrari," a fable offering fresh insights into our habits. He stresses the pivotal role of managing daily habits in goal attainment. Beyond wealth or fame, the book underscores that true happiness and peace stem from valuable, positive habits. An ideal read for anyone seeking to enhance their daily routines.

The Monk Who Sold His Ferrari" follows Julian Mantle's journey from a discontented lawyer with fame, wealth, and family, to a transformed monk. It explores key virtues:

- Master Your Mind: The crux of life management lies in controlling the mind. Everything stems from it. Understanding your mind's needs and discerning right from wrong is vital.
- Follow Your Purpose: Life's meaning is purpose-driven. Finding and pursuing that purpose is essential, letting the universe handle the rest.
- **Practice Kaizen:** Embrace continuous improvement through small positive changes, as the Japanese concept of Kaizen suggests.
- Live with Discipline: Maintain skills and habits with discipline. Consistency even after achieving results is crucial.
- **Respect Your Time**: Value time by asking, "What if today were my last?" This steers you away from irrelevant tasks, ensuring present moments are fulfilling.
- Selflessly Serve Others: Kindness and humility can be expressed through selfless service, aligning with Mahatma Gandhi's wisdom: "Lose yourself in the service of others."
- Embrace the Present: Live in the now; the past detracts from your current

In Julian's words, "Live each day as and pursue your passions." This into a purposeful, fulfilling life. fretting about the future or dwelling on experience.

if it were your last. Learn, laugh, book offers profound insights

# Unveiling the History of Onam

A Cultural Extravaganza Onam, a vibrant and culturally rich festival celebrated in the southern Indian state of Kerala, has a captivating history that dates back centuries. With its roots deeply embedded in mythology and folklore, Onam is a time-honored celebration that brings people together in joyful harmony.

Legend has it that Onam commemorates the homecoming of the mythical King Mahabali, an iconic ruler known for his wisdom and benevolence. According to Hindu mythology, King Mahabali's reign was marked by a time of unparalleled prosperity and equality. His subjects lived in harmony, and there was an abundance of food and wealth for all. However, the gods grew envious of Mahabali's kingdom and sought Lord Vishnu's intervention. Vishnu, in the form of Vamana, approached Mahabali and requested three paces of land. Mahabali, known for his generosity, agreed.

> Vamana then covered the entire universe in three steps, pushing Mahabali into the netherworld. Touched by Mahabali's devotion and humility, Vishnu

granted him the boon to visit his kingdom and people once a year, which is celebrated as Onam.

The festival unfolds over ten days, with vibrant cultural displays and rituals that showcase Kerala's rich heritage. Floral rangolis, known as "pookalams," adorn the doorsteps, and intricate boat races called "Vallamkali" are held on Kerala's tranquil backwaters. The traditional dance of Kerala, "Thiruvathira Kali," is performed by women in graceful unison. Onam Sadhya, a sumptuous feast served on banana leaves, is a highlight of the festival, featuring an array of delectable dishes that represent the diverse flavors of Kerala.

Onam's history is a tapestry woven with threads of mythology, tradition, and unity. The festival's enduring appeal lies in its ability to transcend time and connect generations through shared rituals and celebrations. As families come together to honor King Mahabali's memory and relish the cultural extravaganza, Onam serves as a vibrant reminder of Kerala's rich history and the spirit of togetherness that defines this remarkable festival.

# The History of Raksha Bandhan: A Timeless Bond

Another tale harkens back to the Mahabharata epic. Lord Krishna's relationship with Draupadi is often cited as an early example of the bond between a brother and sister. When Draupadi tore a piece of cloth from her saree to bandage Krishna's finger, he vowed to protect her in times of distress. This incident exemplifies the timeless tradition of siblings' unwavering support for one another.

Over the years, Raksha Bandhan has evolved beyond gender boundaries. It celebrates not only the bond between biological brothers and sisters but also between friends, cousins, and even adoptive siblings. This inclusivity showcases the festival's adaptability and its ability to reflect changing societal dynamics.

In modern times, Raksha Bandhan continues to be a cherished occasion. With brands capitalizing on the holiday with emotive storytelling to lure siblings into buying their respective chocolates. Brand campaigns truly ride high when it comes to getting the most out of a cherished holiday



Raksha Bandhan, a cherished Hindu festival, has deep historical roots that signify the enduring bond between siblings. With origins dating back thousands of years, this festival's history is a testament to the values of love, protection, and unity.

The festival's name itself is indicative of its essence. "Raksha" translates to protection, while "Bandhan" means bond. Historically, this

occasion marked the expression of a sister's love and concern for her brother's safety, as he would vow to protect her in return.

Legend has it that in the ancient kingdom of Chittorgarh in India, Queen Karnavati sent a sacred thread to Emperor Humayun, seeking his assistance in safeguarding her kingdom against invaders. Touched by her gesture, Humayun rushed to her aid. This narrative illustrates the festival's deep-rooted association with protection and solidarity. एलावीएम 3

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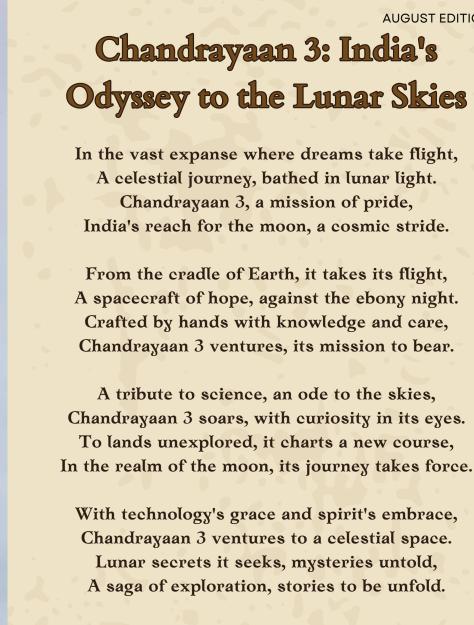
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Upon the lunar canvas, it softly lands, A gentle touch, on the moon's ancient sands. Instruments awaken, eager to reveal, The moon's hidden treasures, its stories to unseal.

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Craters and peaks, a landscape divine, Chandrayaan 3's sensors align. Images captured, data streams flow, A symphony of discovery, as the lunar tales grow.

As India's heart swells with pride anew, Chandrayaan 3 whispers, "Dreams do come true."

A nation united, its aspirations high, In the cosmic tapestry, we etch our sky.

So let it be known, this odyssey's quest, Chandrayaan 3's legacy, we shall attest. To the stars and beyond, our spirit takes flight, India's cosmic journey, a beacon of light.

# Discover Your Next Adventure: Book Recommendations for Every Reader

Are you in search of your next literary journey? Whether you're a devoted bibliophile or just looking for an enjoyable read, we've curated a list of captivating books across various genres that are sure to ignite your imagination and touch your heart. From tales of mystery and romance to thought-provoking non-fiction, here are some handpicked recommendations for your reading pleasure:

Fiction Enthusiasts: The Night Circus - Erin Morgenstern

Dive into a world of enchantment and magic with "The Night Circus." This captivating novel whisks you away to a mysterious circus that comes alive only after dark. Morgenstern's exquisite writing crafts a story of love, rivalry, and the boundless might of imagination.



## Historical Fiction: The Book Thief

- Markus Zusak

In the shadow of Nazi Germany, "The Book Thief" unfolds as a poignant tale, narrated by Death. Amidst the darkness, Liesel, a young girl, discovers courage and comfort in book theft. Zusak's lyrical writing and unforgettable characters make it essential reading.



## Romantic Souls: Pride and Prejudice

Immerse yourself in a timeless classic of wit, romance, and social insight. "Pride and Prejudice" traces Elizabeth Bennet's spirited journey through societal norms, misunderstandings, and the magnetic pull she shares with the enigmatic Mr. Darcy.



Explore the compelling memoir of ex-First Lady Michelle Obama. "Becoming" presents a candid, heartfelt tale tracing her path from Chicago's South Side to the White House. Her genuine reflections and openness connect with readers universally.



### Fantasy Devotees: Harry Potter and the Sorcerer's Stone

- J.K. Rowling

Begin an enchanting journey with the debut of the "Harry Potter" series. Accompany Harry in his discovery of magic, as he enters Hogwarts School of Witchcraft and Wizardry. Rowling's imaginative universe and relatable characters remain timeless favorites.



#### Thriller Lovers: Gone Girl - Gillian Flynn

Plunge into the world of psychological suspense with "Gone Girl." This bestseller leads you through a turbulent marriage's twists and turns, with Flynn's storytelling mastery keeping you guessing to the final page.

No matter your reading preference, there's a book waiting to transport you to new realms, spark your curiosity, and stir your emotions. So grab a cozy blanket, your favorite beverage, and one of these recommended reads – your next literary adventure awaits!

Happy reading!

# **DAILY Affirmations**

# Life is amazing and so am I.

Say these affirmations out loud to foster positivity. You can affirm at any time in the day but the preferable time is in the morning before you start the day.

I am worthy of all the good things life has to offer.



I am strong, capable, and

ready to seize the day.

I radiate **positivity** and attract positive experiences.

# **Mindful Exercises**



leep breathing

Sit in a quiet place and focus on your breathing. Inhale with good thoughts and imagine you are exhaling the tension and stress.



## Gratitude journaling

You can write two things you are grateful for each day. If you don't get time or can't make a habit to write, then at least speak and thank the universe for the same.



Mindful Walking

Go walking without any gadgets. Take time to feel the surroundings around you.



Visualization

Close your eyes and imagine yourself in a positive place. Imagine the details and get engaged with your senses.



Yoga

Take a few minutes out from your schedule and stretch your body or do some yoga. This exercise helps you to connect with your body, free your tension and promote relaxation.



**Digital** Detox

fix some time to disconnect yourself from digital devices. Use that time for deep and creative thinking.



## POSITIVE PLACE

## Smiling faces behind positive day newspaper



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