

Women on the frontline: A bold shift in India's border security strategy

The Indo-Tibetan Border Police (ITBP) decision to establish ten all-women border out-posts along the Line of Actual Control (LAC) with China marks a transformative moment in India's defence and security landscape. It is a step that combines symbolism with strategic practicality, signalling an evolving mindset about national security, gender roles and frontline eligibility at a time when India's northern borders demand heightened preparedness and innovation. Deploying women personnel at some of the world's most hostile and high-altitude frontiers is more than a gender-empowerment gesture—it reflects the growing confidence in the capability, endurance and operational skills of women officers in situations that test both physical toughness and mental resilience. The ITBP currently manages extremely challenging posts across Ladakh, Arunachal Pradesh and Himachal Pradesh, and women taking charge in such environments is a decisive break from long-held stereotypes that frontline military duty is exclusively a male domain. It boosts morale, sets new benchmarks for inclusivity, and strengthens the narrative that national defence requires contributions from all citizens, irrespective of gender.

Strategically, this initiative aligns with India's broader approach of forward deployment and infrastructure expansion along the LAC. The creation of women-led posts conveys a message of permanence and confidence, signalling that India's presence on its borders is not only militarily robust but socially grounded. It underscores that border management is not merely a tactical activity—it is also about creating sustainable, resilient communities and security structures in remote regions.

However, the success of this move will depend entirely on implementation. The posts selected, such as in rugged areas of Ladakh and Himachal Pradesh, pose formidable challenges including sub-zero temperatures, limited mobility, psychological strain and logistical complexities. Adequate infrastructure, advanced training, medical support and equal access to modern equipment are essential to ensure that the initiative does not become symbolic window-dressing but instead evolves into a fully operational model of efficiency.

If executed well, these women-led posts could become templates for future expansions along other borders and conflict zones. They can reshape the discourse on gender in defence, demonstrate operational effectiveness and strengthen India's long-term deterrence capability.

The ITBP's decision is bold, overdue and strategically sound. It represents a confident nation redefining its security paradigm—asserting that strength is not confined to gender, but built through diversity, determination and vision.

Children who are Connected to Apps like Facebook, Instagram, Snapchat and WhatsApp at a young age are becoming Disconnected from the Real World.



VIJAY GARG

In today's digital age, it's no surprise that social media has become a part of our lives. While these tools can be used for information, entertainment and education, they have also become a major threat to children's mental health. Children today, who are connected to apps like Facebook, Instagram, Snapchat and WhatsApp at a young age, are competing with the lives of others more than their own. Comparison is a new mindset is developing among children today and that is the race of comparison. Any child who gets more followers

or likes on social media is considered successful. A child who stays away from social media is called a loser. This thinking not only creates frustration, but also gives rise to negative emotions like ego and depression. Through social media, children are getting away from their reality. They are starting to believe in showing off in front of the camera instead of their real happiness. This mindset of showing off is weakening their mental strength. Parental responsibility. This time has brought a big challenge for parents. By giving mobile phones to children, they are unknowingly pushed into the world of dangerous content. Every parent should definitely set the necessary content safety settings on their children's phones. Also, they should talk openly with their children that the life shown on social media is not always real. Children need to be taught that in reality, progress is not important, but comparison.



Turning children towards their own self-development and happiness is the biggest measure for mental health. Need for change in school education. In today's schools, academic education is being imparted but there is a lack of mental education. Subjects like moral science have remained only at the textbook level. Children are not being taught how to be mentally strong, how to deal with jealousy, anger and stress

A new subject should be made mandatory in schools and that subject is the education of mental strength and positive thinking, through which children should be taught patience, self-confidence, mutual cooperation and self-control. This subject will give them the strength and ability to fight the challenges of life. The need to understand social responsibility. Not only parents and teachers

but the entire society should think responsibly on this issue. Social media platforms should also play their role and there is a need to set appropriate content and time limits for children. Similarly, counseling camps, workshops and digital detox programs etc. should be organized at the social level so that children understand the importance of their mental health. Use wisely. We must understand that the era of social media cannot be stopped but its wise use can certainly be taught. It is essential to explain to children that real happiness does not lie in likes or followers but in being satisfied with oneself. If we do not take care of the mental health of children today, tomorrow's society will be unbalanced and unsafe. Therefore, parents, teachers and school administrators should work together to ensure that every child is not only wise but also mentally strong.

Orange the World: Stop Violence Against Women



VINOD CHANDRASHEKHAR DIXIT

25th November is observed as International Day for the Elimination of Violence against Women to raise awareness around the world that women are subjected to rape, domestic violence and other forms of violence. The crime against women seem to be increasing at an alarming rate. Crime is endemic to the human condition, but a crime specifically directed at one sex is most despicable and unfortunately, the one that is punished least. It is found that the media exposure and all the legislation have little impact. Legislation introduced by the government is often merely tokenism. One would find that the problem before the majority of women in our country is not equality but survival. There is scarcely a day when cases of

rape or a dowry murder are not reported from different parts of the country.

The patri-patriarchy has rudely and gradually been brought down to earth. The scenario for women seems grim indeed and this will continue so long as the basic social and economic structures remain unchanged and the implementing and law and order agencies show indifference. The thinking of society has to change and parents must value their daughters on a par with their sons and should give them the same advantages and means of independence. The law which is implemented for this purpose must also demonstrate that it will come down with a heavy hand on offenders otherwise we can put an end to this problem. Despite the existing legislation to protect women's rights women hesitate to take any step because of their own weak social and economic status. The movement for improving women's status should form part of the struggle against all inequalities and injustices prevalent in society. I would like to point out that while laws alone cannot put an end to evils that are endemic in



the social structure, the government can at least make some attempt to take it's own enactments seriously. Every 7 minutes, a crime is committed against women. Every 26 minutes, a woman is molested. Every 34 minutes, a rape takes place. Every 42 minutes, a sexual harassment incident occurs. Every 43 minutes, a woman is kidnapped. Every 93 minutes, a woman is burnt to death over dowry. A shameful plight!!! The thinking of society has to change and parents must value their daughters on a par with their sons and should give them the same advantages and means of independence. It is rightly pointed out that "The subject of gender based

violence, especially against women is complex, multilayered." The crime is an epidemic to the human condition, but a crime specifically directed at one sex is most despicable and unfortunately, the one that is punished least. One would find that the problem before the majority of women in our country is not equality but survival. There is scarcely a day when cases of rape or a dowry murder are not reported from different parts of the country. Despite the existing legislation to protect women's rights women hesitate to take any step because of their own weak social and economic status. The movement for improving women's status should form part of the struggle against all inequalities and indignities prevalent in society. I would like to point out that while laws alone cannot put an end to evils that are endemic in the social structure, government should come out with much more evidence and urgency to check the indecent behaviour against women folks, and the need to chart out stern measures on the part of administrative authorities for curbing down such evils.

THE SCIENTIFIC IMPORTANCE OF GINGER



SURINDERPAL SINGH

Ginger (Zingiber officinale) has been largely being used as human medicine and cuisine since centuries ago yet modern science is researching to find new dimensions of its biological value. This aromatic rhizome, native to Southeast Asia, carries a rich profile of bioactive compounds, most notably gingerols, shogaols, paradols and zingerone—each contributing to its therapeutic potential. In an era where natural health interventions are gaining increasing scientific attention, ginger stands out as one of the most deeply researched botanicals. Its benefits extend across metabolic health, gastrointestinal function, anti-inflammatory pathways and even cancer biology. NUTRITIONAL AND PHYTOCHEMICAL FOUNDATION OF GINGER Ginger's medicinal capacity lies primarily in its phytochemical complexity. The most studied compounds include: Gingerols - potent anti-inflammatory and antioxidant molecules found in fresh ginger; 6-gingerol is the most prominent. Shogaols - formed from gingerols when ginger is dried or heated; often more concentrated and more

bioactive. Zingiberone - associated with antioxidant and digestive benefits. Essential oils - including zingerone and 8-bisabolene, contributing to antimicrobial and immunomodulatory properties. PROVEN HEALTH BENEFITS OF GINGER Anti-inflammatory and Antioxidant Effects Chronic inflammation contributes to many modern diseases, including cardiovascular disorders, metabolic syndromes and cancers. Ginger's gingerols and shogaols have been shown to inhibit pro-inflammatory cytokines and oxidative stress markers. Clinical trials indicate that ginger supplementation can reduce inflammation in conditions such as osteoarthritis, with effects comparable to non-steroidal anti-inflammatory drugs (NSAIDs) but without their side effects. Gastrointestinal Support Ginger is traditionally used to ease nausea, vomiting, indigestion and bloating. Evidence demonstrates that ginger: Enhances gastric emptying Reduces intestinal spasms Modulates serotonin receptors involved in nausea. It is particularly effective during pregnancy, post-operative recovery and chemotherapy-induced nausea. Metabolic and Cardiovascular Health Research has identified ginger's role in: Lowering fasting blood glucose and improving HbA1c in type 2 diabetics Reducing LDL cholesterol and triglycerides Supporting microcirculation

These benefits stem from improved glucose metabolism and reduced oxidative stress. Antimicrobial and Immune Support Ginger extracts exhibit antimicrobial properties against bacteria such as E. coli, Salmonella, and Staphylococcus aureus. It also modulates immune responses by enhancing macrophage activity and reducing inflammatory stress during infection. CAN GINGER PREVENT CANCER? A Scientific Perspective Ginger is frequently discussed in the context of cancer prevention, yet it is important to maintain scientific precision. Research does not claim that ginger cures cancer; instead, studies indicate that its compounds may create conditions that lower cancer risk or slow progression in laboratory models. Mechanisms Observed in Research Ginger's anticancer potential involves several biological mechanisms: Induction of apoptosis (programmed cell death) in cancerous cells Inhibition of angiogenesis, which restricts tumor blood supply Reduction of oxidative DNA damage Anti-inflammatory modulation of pathways linked to tumor formation Laboratory studies show promising effects against cancers of the colon, pancreas, breast, prostate and ovaries. Human Studies: What Is Known Human clinical evidence is still emerging. Early-stage trials suggest ginger can: Reduce biomarkers of colorectal inflammation

Lower oxidative stress markers linked to carcinogenesis However, ginger should be viewed as a preventive dietary component, not a therapeutic alternative to medical cancer treatment. GINGER AND ALKALINE WATER Scientific Explanation Alkaline water is defined by its pH level (>7.0), often achieved through minerals or plant infusions. While ginger itself is slightly acidic in its raw state, the process of infusing ginger in water leads to the release of alkaline-forming minerals such as potassium, magnesium and calcium. During metabolism, ginger breaks down into compounds that have alkaline-forming effects on the body. How Ginger Helps Create Alkaline Water When ginger is boiled or infused: Mineral ions are released into the water. Essential oils and gingerols shift the water's alkalizing effect. The resulting drink can raise urinary pH and reduce gastrointestinal acidity. This does not change blood pH (which remains tightly regulated), but it can support digestive comfort and reduce acid reflux. PRACTICAL WAYS TO USE GINGER Fresh Ginger Consumption Sliced or grated into meals. Added to soups, curries, and stir-fries. Incorporated into smoothies or herbal blends. Ginger Tea Simmering fresh or dried ginger enhances the release of gingerols and shogaols. Adding lemon or honey can enrich antioxidant and antimicrobial effects. Ginger Alkaline Water: Simple

Preparation Boiled Method Boil 1-2 liters of water. Add 8-10 thin slices of fresh ginger. Simmer for 10-15 minutes. Cool and drink throughout the day. Cold-Infusion Method Add 4-5 slices of ginger to a glass bottle. Refrigerate for 6-8 hours. Drink as a mild, refreshing alkaline infusion. Dried or Powdered Ginger Dried ginger has stronger concentrations of shogaols: Useful in teas, baking, or medicinal tonics. Often used in Ayurveda for respiratory and digestive conditions. Ginger Supplements Available as capsules or extracts, often standardized for 6-gingerol. Appropriate for individuals requiring consistent dosing, but should be taken under medical guidance. Ginger remains one of nature's most scientifically validated botanicals, bridging traditional wisdom and modern medicine. Its array of bioactive compounds provides anti-inflammatory, antioxidant, metabolic, antimicrobial and potential anticancer benefits. While ginger is not a cure for disease, its preventive and supportive roles in human health are both meaningful and well-documented. Whether consumed fresh, infused into alkaline water, brewed as tea, or used in supplements, ginger continues to stand out as a powerful, accessible, and widely applicable natural health resource. As research advances, ginger's role in preventive medicine and integrative healthcare is likely to grow even stronger.

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