



India's Space Programme - The Soft Power

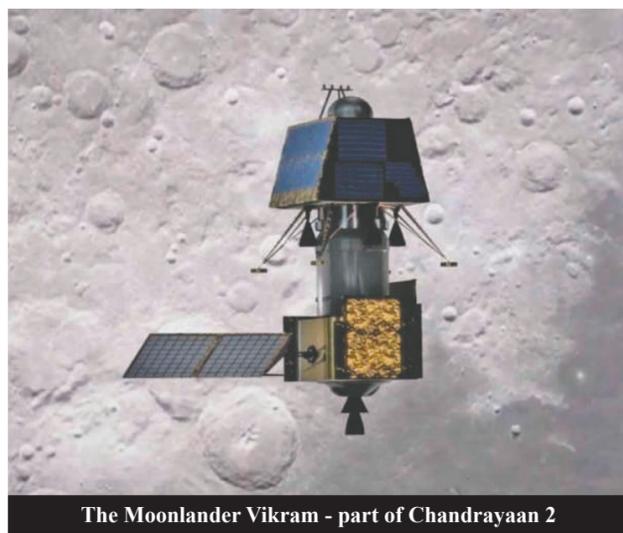
by Ajey Lele & Nivedita Das Kundu*

India successfully launched its second mission to Moon called Chandrayaan 2 on July 22, 2019. As per the plan the lander and rover system would land on the Moon's surface by Sept 7, 2019.

Chandrayaan 2 constitutes of the three units namely the Orbiter, the Lander and the Rover. The Orbiter would be positioned at altitude of 100 km above the Moon's surface and observe the lunar surface and take photographs. If India succeeds with the soft landing of their craft on the Moon's surface, then it would become the fourth country in the world to achieve this success.

Today, India is using space as an instrument for its foreign policy. Till date (starting from 2008) India has launched 13 satellites for Canada. Many countries of the world are looking at India for cost-effective option to launch their satellites.

During 2017, ISRO has launched a South Asia Satellite



The Moonlander Vikram - part of Chandrayaan 2

(GSAT-9), which is a geo-stationary communications and meteorology satellite to assist its neighbouring states. Also, there are various satellite projects which India has undertaken at the bilateral level with various countries including Russia, France and the US. In a sense, Indian Space Research Organisation (ISRO) is

demonstrating the ability to shape the preferences of others. Slowly, ISRO has emerged as a mechanism of attraction for the others.

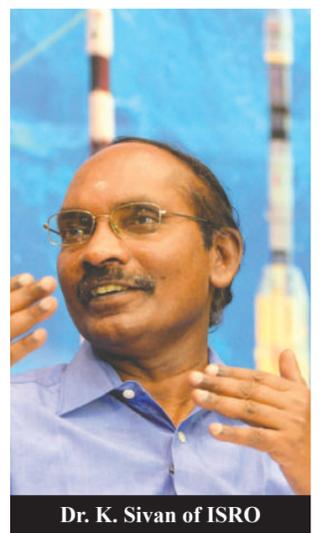
All these efforts allowing India to strategically locate itself as a focal point of some of global space activities and exploit the "Soft Power" potential of its space expertise. ISRO has

brought many laurels to India owing to their accomplishments in the space domain. Particularly, during last decade or so ISRO has very smartly demonstrated its technological prowess.

During 2008, they successfully undertook their first mission and this was followed by the mission to Mars in 2013. While during 2017, ISRO launched a total of 104 satellites in a single mission and created a world record. ISRO's various space projects are cost effective and cheapest by global standards and today ISRO also gets reconditioned for their frugal engineering.

Recently, it has been announced that Canada would be joining the US led project called Lunar Gateway that will see humans return to the moon and set the stage for further exploration to Mars. It is time that Canada also joins hands with other like-minded states like India for projects like the Moon exploration.

India is about to conclude its second mission to Moon. Canada



Dr. K. Sivan of ISRO

can join hands with India as a partner for its third or fourth mission to Moon.

This could help both India and Canada to develop a strong strategic connect.

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Low Carb Or Low Fat Is The Issue Before Dieticians

Bacon and black coffee for breakfast, or oatmeal and bananas?

If you're planning to try to lose weight in 2019, you're sure to find a fierce debate online and among friends and family about how best to do it. It seems like everyone has an opinion, and new fads emerge every year.

Two major studies last year provided more fuel for a particularly polarizing topic - the role carbs play in making us fat. The studies gave scientists some clues, but, like other nutrition studies, they can't say which diet - if any - is best for everyone.

That's not going to satisfy people who want black-and-white

answers, but nutrition research is extremely difficult and even the most respected studies come with big caveats. People are so different that it's all but impossible to conduct studies that show what really works over long periods of time. Before embarking on a weight loss plan for the new year, here's a look at some of what was learned last year.

It's no longer called the Atkins Diet, but the low-carb school of dieting has been enjoying a comeback. The idea is that the refined carbohydrates in foods like white bread are quickly converted into sugar in our bodies, leading to energy swings and hunger.

By cutting carbs, the claim is

that weight loss will be easier because your body will instead burn fat for fuel while feeling less hungry. A recent study seems to offer more support for low-carb proponents. But, like many studies, it tried to understand just one sliver of how the body works.

The study did not say people lost more weight on a low-carb diet - and didn't try to measure that. Meals and snacks were tightly controlled and continually adjusted so everyone's weights stayed stable.

David Ludwig, a lead author of the paper and researcher at Boston Children's Hospital, said it suggests limiting carbs could make it easier for people to keep

weight off once they've lost it. He said the approach might work best for those with diabetes or pre-diabetes.

For years people were advised to curb fats, which are found in foods including meat, nuts, eggs, butter and oil. Cutting fat was seen as a way to control weight, since a gram of fat has twice as many calories than the same amount of carbs or protein.

Many say the advice had the opposite effect by inadvertently giving us license to gobble up fat-free cookies, cakes and other foods that were instead full of the refined carbs and sugars now blamed for our wider waistlines.

Another big study this past year

found low-carb diets and low-fat diets were about equally as effective for weight loss. Results varied by individual, but after a year, people in both groups shed an average of 12 to 13 pounds.

Limiting processed foods could improve most diets by cutting down overall calories.

In the short term you can probably lose weight by eating only raw foods, or going vegan, or cutting out gluten, or following another diet plan that catches your eye. But what will work for you over the long term is a different question.

Diets often fail - they don't factor into account the many factors that drive us to eat.

How To Think Yourself Into Becoming A Fit Person

By Shaelyn Strachan, Ass. Professor, University of Manitoba

Many of us, aware of the benefits of exercise, try to stick to a routine, only to find our sneakers at the back of the closet when the weather doesn't co-operate, our routine is disrupted or we are short of time. One way to turn an exercise fling into a long-term commitment is to develop an exercise identity. An exercise identity is what we imagine when we think of an "exerciser." For most, this is someone who goes to the gym regularly or prioritizes their walk despite a busy schedule.

When we adopt an exercise identity, physical activity becomes a part of who we are and a powerful standard that can drive behaviour.

Research I conducted at the University of Manitoba and the University of Ottawa shows that the more adults identify with exercise or physical activity, the more they do it. Other researchers agree with the power of exercise identity and have described it as one of the largest psychological correlates of exercise.

WALK THE WALK

So how does an exercise identity help people develop an exercise habit?

Exercisers feel uncomfortable when they don't play the part and this discomfort can be motivating. Our research showed that people with a strong exercise identity who imagined not exercising for three weeks felt worse (more guilty), intended to get their exercise back on track and had more plans about how they would do this than people with a weaker exercise identity.

Identifying with exercise gives people an advantage. People with a strong exercise identity have plentiful and strong exercise plans and intentions. Their motivation to exercise also comes from quality sources - such as enjoyment or their values, rather than from guilt or pressure from others. Exercise confidence is also strong among people with a solid exercise identity and all these things help people get moving.

IMAGINE YOURSELF AS FIT

If you want to exercise more, start

viewing yourself as an exerciser. But if your routine looks more like a Netflix marathon than true participation, you may be skeptical about how you are going to convince yourself that you are an exerciser. Imagining yourself as one may help. Retirees who saw themselves in the future as a physically active person reported a stronger physical activity identity one month later.

In a follow-up study, retirees were instructed to imagine themselves as a physically active person which led to increases in physical activity identity four, eight and 12 weeks later.

However, because similar increases in identity were found among control participants, completing physical activity and identity measures may have been all it took to generate small increases in exercise identity.

FAKE IT UNTIL YOU MAKE IT

Even if you have a vivid imagination, you may need some behavioural proof that you are an exerciser. Fake it until you make it - simply start working out.

Inactive women increased their exercise identity after participating in 16 weeks of exercise. The identity increases occurred independent of how intensely or long the women exercised.

This means that you don't have to run 30 miles a week or break into a sweat to wear your exerciser badge. Some report that walking the dog or simply working physical activity into their daily lives (for example, get off the bus a few stops early) allows them to view themselves as an exerciser. Regardless of the exact exercise routine that allows you to call yourself an exerciser, consistency is key. The take home: find a fitness routine that fits your life and then stick to it.

EXERCISE IN A GROUP

Though walking the walk is a way to convince yourself that you are an exerciser, becoming one is actually about more than just exercise.

Working out in a group has also been shown build identity and promote behaviour so add other exercisers within your social circle. These efforts may feel contrived but they happen naturally.

COMMUNITY PARKS DAY

Saturday, September 14

10 am - 1 pm

Allan Kerbel Park (60 Brickyard Way)



Join us for a free BBQ, tree planting, information booths, and kids' crafts and activities.

