QUOTE **OF THE** DAY

THE VERY CONCEPT OF **OBJECTIVE TRUTH IS FADING OUT OF THE WORLD. LIES** WILL PASS INTO HISTORY.

GEORGE ORWELL

Iran's high-stakes game of chicken

When the bluff is called on world powers and red lines prove to be blurred lines, it becomes open season for rogue states



BARIA ALAMUDDIN

arack Obama's 2013 failure incalculable cost to civilian lives. enemies."

fare, with Tehran now boasting the capability to attack the critical electronic infrastructure of states around the world. So the unfortunate net impact could be to shift this conflict into indiscriminate attacks against a far broader spectrum of targets.

If the downed drone had been to police his own red lines an isolated incident, then perfollowing the gruesome haps Trump's incoherent musmurder of about 1,400 civilians ings that this was the act of a with chemical weapons is widely "loose and stupid" junior officer perceived as the moment when might have made some kind of the course of the Syrian conflict sense. However, that theory altered irretrievably. As Western was shot down in flames when credibility and relevance with- Islamic Revolutionary Guard ered and died, Russia established Corps (IRGC) commander Hositself as the dominant broker, us- sein Salami proclaimed: "The ing uncontested air power to al- downing of the American drone low shattered regime forces and is an open, clear and categor-Iranian proxies to regain control ical message... This is the way of core areas of Syria; with an the Iranian nation deals with its

In retrospect, Donald Trump's The IRGC and Iran's foreign dithering over whether to re- proxies have been unleashed spond to multiple Iranian prov- to test US resolve on multiple ocations - including the un- fronts. In recent weeks, there provoked shooting down of an have been attacks against six Commander Hossein Salami speaks at a p unmanned US military aircraft — oil tankers in the Gulf. Missiles ing the ayatollahs towards con- other American bases in Iraq, region on fire. solidating their regional dom- including Camp Taji (north of tack against Iranian nuclear in- the use of Iran-supplied cruise blink first. stallations, discovered in 2010, missiles. A car bomb in Kabul



may be the moment when Amer- have been fired at oil installa- regime does all this, then huican credibility became fatally tions in Basra, near the US Em- bristically declares that "firing undermined, further embolden- bassy in Baghdad, and against one bullet" at Iran will set the

The Islamic Republic habitinance, safe in the knowledge Baghdad) and a compound near ually expresses itself through that they could strike foreign Mosul. The Iran-backed Houthis violence, and its quasi-Mafioso targets with apparent impunity. have claimed a succession of messages don't get any clearer It is not yet clear whether a strikes deep into Saudi terri- than this: The regime is inviting reported US cyberattack against tory - one hitting the arrivals - daring - US retaliation. Teh-Iranian missile deployment sys- hall of a civilian airport, along ran's warmongers and ayatollahs tems had a significant impact. with attacks on oil pipelines - will be jubilant that they forced However, the Stuxnet virus at- with these forces now claiming the leader of the free world to

Iran is playing a high-stakes was a principal motivator behind that targeted American troops game. Sanctions are crushing the Iran's own shift into cyberwar- has been linked to Tehran. The life out of its economy. Ayatollah

Yoga: A science of peace and

icism, racial prejudices and ha- actions, and energy. tred. In the atmosphere of uncer- Creating a practice of non-viobody and spirit.

therefore, become a necessary and healthy. condition for man's survival.

Yoga believes

that peace

starts from

and can be

outward to

community

others and the

extended

within

mould one's behaviour, awaken sufferings facing the human race, potentials, perfect his attitudes offers a sound philosophy and and perception, set standards of different practices to bring to an social, emotional, mental and in- end to all sufferings. Yoga brings tellectual life and bring changes an end to all sufferings -physical,

achieve perfect health but also cient scriptures claim that yoga to achieve professional, personal, is practised to bring an end to all social and spiritual excellence kinds of sufferings.

Yoga believes that peace starts munity. When we suffer, we tend man suffering. Rather, holistic helping to transform the suffer- gle platform.

▼oday, the world is witness- to be more willing to inflict pain ing several problems like and misery upon others and ourterrorism, religious fanat- selves, whether through words,

tainty, distrust and fear caused lence towards oneself and others due to terrorism and religious allow each individual to gain a hatred, yoga seems to be the only stronger sense of well being, thus answer to restore peace in mind. reducing their negative impact on the world. The ultimate im-The International Day of Yoga pact is the realisation that we is being observed to bring har- can each contribute to creating a mony and peace for the humanity more peaceful, healthy global soacross the entire word. Peace has ciety by becoming more peaceful

Yoga is a science that tries to Yoga has a unique capability to understand the root cause of all in the outer and internal world. mental, emotional, social, pro-Yoga is practised not only to fessional and spiritual. The an-

The essence of humanity is Yoga is derived from a Sanskrit based on peace. Humility, gratword "yujir" meaning to yoke, itude; forgiveness, compassion, to bind, to unite. Here the word and honesty are virtuous qualiunion represents the best and ties of a peaceful and harmonithe highest union so that human ous life. Humility is cultivated being can live, move and act in in yoga by being noncompeti-Health, Harmony and Happi- tive and not seeking to create ness. It aims at the melodious the perfect posture, but to admit progress of the mind, body and fragility and taking care of your body and mind.



Yoga is a science of the self in relation to outer world.

Inner peace does not mean an individual compassion for hu- inner path of spirituality drop- technique. It is an agreemen from within and can be extended merely a state of inner being, man need, coupled with a sincere ping aside all rituals and rites, between the individual and the outward to others and the com- which ignores the reality of hu- attempt at identifying with and bringing all religions to one sin- universe. It is universal in its

peace is seen as encompassing ing of others. Yoga follows the

Yoga is a universal science and approach and applies to all hu