



How do you react to fear?

The most understood self-defence technique is the 'fight and flight' state of the mind. Hypnotherapist and motivational trainer, Reena Sharma, tells you about your mind and its effect on the body



People possess different self-defence mechanisms and it is good to understand how you respond to stress. The most understood self-defence technique is the 'fight and flight' state of the mind. If danger is sensed, the heart beats rapidly, breathing is faster and irregular, adrenalin pumps and you move into protective mode of fending off or evading the threat. This is our body's automatic, intuitive response preparing us to "fight" or "flee" from perceived attack. In terror, you might hit the peak of your endurance levels — such as running for your life, even with a fractured leg!

In the womb: In earlier generations, pregnant women were kept in pleasant environments to avoid encountering stressful situations which would put them in fight or flight mode. If birth was under stress, the baby could grow up meek and develop delusions and emotional distress later. If the mother was in flight mode, the baby could have problems dealing with emotions and could end up obese or insecure. But a mother in fight mode could also have a baby growing up lean, active and goal-oriented. Negative situations which prompt you to

run could develop a void in the child's life leading to harmful addictions, compulsive eating habits and other problems later. Research blames weight on excessive calories, but craving for food is an emotional response. This void eventually leads to other problems: anxiety, chronic disease, heart disease, emotional disorders and obesity.

Our responses: Thus, pay attention to signals that tell us whether we are in fight or flight mode and recognize if we respond physically such as complaining of muscle tension, upset stomach, sighing, racing heartbeat, headache, or shallow breathing, or respond emotionally and suffer anxiety, hopelessness, poor focus, depression, anger, sadness and fear. It is our response that can help us take stock of life and deal with stress.

In emotional jeopardy, the fight or flight response can also sharpen our senses and mental insight and make us alert, thus helping us deal with problems. But it could also make us agitated and over-reactive. By identifying triggers of our fight or flight response, we can monitor our responses and avoid reacting excessively. Sometimes we should just let thoughts breeze through our mind like a summer breeze through a window.

(Send in your feedback to st.wellness@timesgroup.com)

BJP barb on corruption swept aside by Sheila

'If I Say You're Corrupt, Will You Become One?'

TIMES NEWS NETWORK

New Delhi: Rattled by the BJP's demand for her resignation and slogans from the opposition benches in Delhi assembly alleging corruption, an agitated chief minister Sheila Dikshit said on Monday that the house was not the right forum for a discussion on the CAG report on city projects related to Commonwealth Games. Slamming the Opposition's attacks, she repeated again and again that the CAG hadn't indicted her.

"If I say you are corrupt, will you become corrupt? Who is Mr Malhotra? (VK Malhotra, leader of the opposition). Whatever he says cannot be the Bible or truth. Go and read the CAG report. It nowhere indicts the CM," Dikshit retorted when reporters asked her for her reaction to Malhotra's demand for a discussion on the findings. She said Malhotra should read the report and if he found anything amiss, he should go to the Public Accounts Committee of Parliament.

Asked if she was shying away from a discussion on corruption, the CM lashed out with — "A discussion cannot be held on allegations. The problem with BJP is that it does not want any constructive discussion. A discussion in context of the Shunglu and CAG report cannot be held as this is a case of implied corruption." The CM's remarks came on the first day of the monsoon session of the assembly. The house had unanimously resolved to fight corruption. "We resolve to uphold the sanctity of our Constitution, our parliamentary democracy and the right to have transparent governance for the benefit of all," the resolution reads.

Soon after the house convened, the BJP de-

manded a discussion on the findings of the Shunglu committee report and CAG report on irregularities in city infrastructure projects. BJP MLAs rushed into the well of the house waving pamphlets highlighting the findings of CAG and shouting anti-Dikshit slogans. However, Speaker Yoganand Shastri refused permission. When the house reassembled after two adjournments, the BJP attacked the government over the power tariff hike. The house was adjourned for the day.

While CM Sheila Dikshit harped on the fact that a Group of Ministers was looking into the Shunglu committee report and that the law did not allow them to discuss the CAG report as it was the mandate of the PAC to scrutinize its contents first, Malhotra retorted that Hazare's fast was an example of how there can be issues of public interest where the legislature can make way for debates. "Corruption is one such issue and thus the findings of CAG and the Shunglu Committee can be brought under the purview of debate in the Delhi assembly," he said.

Taking a dig at the CM, he suggested that she should take the lead in following the process of creating an anti-corruption mechanism that her son and East Delhi MP Sandeep Dikshit had joined by being party to the negotiations in breaking the impasse in the Anna issue. "How can a government that has rejected Delhi Lokayukta's recent orders - one involving urban development minister Raj Kumar Chauhan and the other involving the CM - talk of a strong Lok Pal and of bringing the CM under its ambit," said Malhotra. The CM demurred his claim saying that in Chauhan's case, the President had rejected the Lokayukta's recommendation as there was no corruption.



LOSING HER COOL

Students to back DTU stir from today

Manash Pratim Gohain | TNN

New Delhi: Teachers of the erstwhile Delhi College of Engineering (DCE), now Delhi Technological University (DTU), have decided to start a seven-day agitation from Tuesday to demand the removal of vice-chancellor P B Sharma. Students will also support the agitation.

In a letter to the Delhi chief

secretary, the DCE Teachers' Association (DCETA) said that despite repeated representation to the government to resolve the issue by August 10, nothing has been done to resolve the issue, which is why the teachers have been forced to agitate. It has been decided in a general body meet of DCETA that the teachers will sport black bands to work from Tuesday and will stage a dem-

onstration outside the main gate on September 6 and 7. Another teachers group under the aegis of University Forum for Democracy and Innovation (UFDI), which also includes the DTU teachers, has extended support to the agitation. The UFDI is also demanding an immediate recall of the suspension orders of teachers by the university administration.

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Speed limit on some roads revised

TIMES NEWS NETWORK

New Delhi: Traffic police on Monday issued an order to revise the maximum speed limit of various stretches in National Capital Territory (NCT) of Delhi, after finding that vehicles were being driven at high speeds on these roads thus endangering the lives of motorists as well as other commuters.

"Since it is necessary to regulate the speed of motor vehicles on the roads of NCT of Delhi for safety of motorists as well as other road users/commuters, under regulation 9(1) of Delhi Control of Vehicular and Other Traffic on Roads and Street Regulations, 1980, we have changed the speed limits of some stretches. The concerned civic road agencies maintaining the roads/areas shall erect the corresponding informatory signboards indicating the restrictions in the area for the guidance and convenience of all concerned," explained Sharat Sinha, deputy commissioner of police (traffic).

For private vehicles, including cars, jeeps, two wheelers among others, the speed bracket is 50-70 kmph

whereas for all transport vehicles including autorickshaws, the maximum limit is a uniform 40 kmph.

Inside residential areas and commercial markets, the maximum speed limit for private vehicles is 30 kmph and 40 kmph for transport vehicles, said the traffic police. For private vehicles, the speed limit is 70 kmph for flyovers such as NH-8, part of NH-10 and NH-1, DND, Salemgarh Bypass, Barapulla Nullah and Noida Toll Road. Parts of the Ring Road (from Ashram Chowk to Azadpur Flyover and Chandgi Ram Akhara to Ashram Chowk), Outer Ring Road (from Modi Mill Flyover upto Olaf Palme Marg-NH-8 and Mukarba crossing to Old Wazirabad Bridge), NH-24 and Pushta Road

Meanwhile, along Outer Ring Road from Janakpuri to Mukarba Chowk and Old Wazirabad Bridge to Timar Pur Light Signal, private vehicles have to remain with a speed limit of 50 kmph. Parts of the NH-1 and NH-10, NH-2, Barapulla Nullah from Fourth Avenue to Aurobindo Chowk as well as all areas between Ring Road and Outer Ring Road and the entire Trans Yamuna area have a maximum speed limit of 50 kmph.

DUSU polls: Nomination ends, voting on Sept 9

New Delhi: The Delhi University Students' Union (DUSU) polls entered the second phase with the end of nomination process on Monday. 269 students filed their nominations for the four DUSU posts.

While 79 students filed their nomination for the post of secretary, 77 students applied for the post of the president. For the position of vice president and joint secretary, 60 and 53 students filed their nominations respectively. 26 female candidates filed their nomination for the post of president this year. The vice chancellor of Delhi University, in a message to the students, said that students union is an important institution of the university and urged for a large participation. The last date for the withdrawal of nominations is 12 noon, September 1 and the final list of candidates eligible to contest the polls will be declared the same evening.

The voting is scheduled for September 9 and the counting will take place on September 10. TNN

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