Widening Horizon

Sooner or later, those who win are those who think they can!

Paul Tournier.

Because of limitations and restrictions related to COVID-19 Pandemic, *Widening Horizon* - **66** is restricted to 06 pages.

Vadodara, 1st January, 2021. Issue 66. Pages : 06

A quarterly News Letter from the people of GLPL and its Associates.

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News About us 2 — 26/11 - 59 hours of agony and horror - nation betrayed and savaged.

Miscellaneous 3 — Get Paid To Criticize Others!

Journey into antiquity! 6 — Eternal Birth Places!

Editorial

Dear GLPiter,

Twelve years, is that a very long time**?** Or November 26th is just another day and one of those fleeting ordinary moments of history**?** May be for you and me but not for the survivors and families of victims!

Amid shock, anger and horror that overtook Mumbai and all of us on this fateful day, the memory still evokes dread! Sharda Bhosale, the widow of martyred policeman Balasaheb Bhosale who was in the team that nabbed terrorist Kasab alive, could never come to terms and lead a normal life!

The length of the shadow of those 60 gruelling hours, even after these long twelve years, do not have any sign of diminishing! The bloody mayhem by 10 terrorists sponsored and heavily armed by Pakistan with deadly ammunition and religious fanaticism, left stains of fear and anger for ever! The murdered fellow citizens are still alive in our hearts, nothing is just fading away!

The mercenaries came from across the border and the rampage devastated not only Mumbai but the psyche of our entire nation!

The families of first three innocent fishermen murdered on 'Kuber' - have received their compensation only this year after knocking the doors of High Court for years! This insult to injury, how do they really digest**?**

Moshe Holtzberg, the Jewish child at Nariman House, found sobbing beside his parents' dead bodies, is in his teens now! His childhood is lost for ever!

To respond to this nightmare, there are incredible tales of courage, bravery and sense of duty of men and women who faced bullets from terrorists. We sadly lost many of our bravehearts who at the cost of their own lives, restricted the number of victims to 190 during these traumatic hours!

Do we still remember Hemant Karkare, Tukaram Omble or Major Sandeep Unnikrishnan amongst the host of others**?** Do we know about Vishnu Zende, who was the announcer at Chhatrapati Shivaji Terminus (CST) Local Station on November 26th, 2008**?** Just 50 meters away from terrorists, trying to find the origin of public announcement, he continued cautioning people to stay away and thus saved many precious lives!

The CST, Nariman House Complex, Leopold Cafe, Taj and Oberoi Hotels, and Cama Hospital were the prime targets of attack.

Even after this, the terror linked and blood stained Pakistani Military Establishment and Government never relented. Pakistan's Federal Minister Fawad Choudhry, in the National Assembly, recently said that Phulwama blast that killed 40 Central Reserve Police Force Personnel on February 14th 2019, was a great victory of Prime Minister Imran Khan and Pakistan should be proud of it!

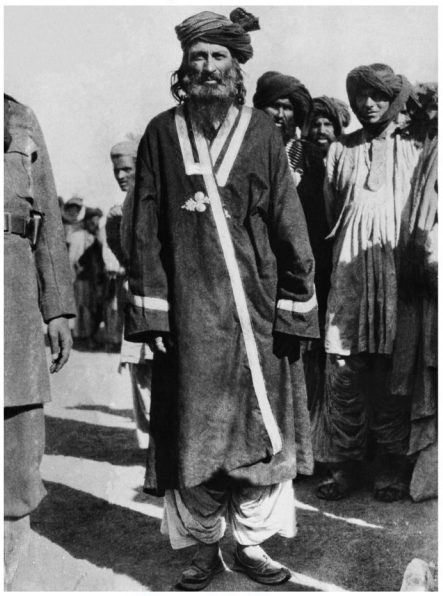
Is Mumbai Police adequately armed today to stave off any future attempt**?** During those gruelling hours, many of our bravehearts lost lives in absence deserving arms!

Mr. Ratan Tata, while restoring the face of Taj Hotel, 103 year old beautiful icon of Mumbai, also cleaned up our sense of humiliation! Mumbai became beacon of our hope!

We salute all of you, our proud fellow Indians!

Editorial Team

Omnipresent Tribal Rebel!



Mirza Ali Khan
(1897 – 16 April 1960).

Mirza Ali Khan better known as Faqir of Ipi is the man who did not recognise Pakistan. He is the man who caused the Royal Air Force to launch costly operations against him, ranging from "air bombing and sending in troops" to sending spies in an unsuccessful bid to end his resistance movement.

The Faqir resisted many things; from the British Raj to the creation of Pakistan. He demanded and then announced the creation of a Pukhtunistan of which he was appointed the president by a jirga held in North Waziristan Agency. Gurweek was the setting for Pukthunistan.

Yet he who prompted the British in 1936 to launch strikes targeting one man-only paralleled by the search for Osama bin Laden, in a treacherous rugged land, was quietly forgotten on his death anniversary on April 16. Even by his native tribes people.

He died a natural death in 1960, after years of being pursued by the British - the unpredictable omnipresent tribal dissident with many a follower.

The Faqir was a vehement tribal opponent to the Pakistan takeover of the British heritage. He allied himself with the Red Shirt leader Abdul Ghaffar Khan for an independent Pukhtunistan, thus transferring his old hatred of

Continued on page 3

News about us

Ganesh Sthpana at our campus on 22nd August, 2020.

Virtual Training session by Mr. Rabindranath Nandi, our Technical Director on 'Cleaning Validation' to our working associates on 18th September, 2020.

Annual General Meeting at AEKC on 25th September, 2020.

Operation Meeting at Acharya P.C. Ray on 26th September, 2020.

Training session by Dr. Kalrav Thakkar, on 'Good Hygiene Practice' to our working associates on 3rd Ocrober, 2020.

Board Meeting at Acharya P.C. Ray on 31st October, 2020.

Monthly Performance Evaluation Meeting at Acharya P. C. Ray on 7th November,2020.

Bonus distribution on the occasion of Diwali at our campus on 13th November, 2020.

Welcome to GLPL family

Name	Designation
Mr. Santosh Pandya	Head -Online sales.
Mr. Subhash Patel	Shift Engineer.
Mr. Jay Jaishwal	Electrical Engineer.
Mr. Indrajeet Solanki	Trainee Chemist-Stores.

Setback for our Civilizations! War, Terror and the Criminals !

An illustration depicting a Wiradjuri warrior, thought to be Windradyne (c1800 - 1829).

Wiradjuri station employees on the upper Bogan, most likely en route to church. Circa 1897.

Much is known about European settlement in the Central West of New South Wales, Australia, once the mountains were traversed in 1813 and the colonial wars against the Wiradujri were waged for eliminations of the natives altogether.

The initial relations between the new settlers and Wiradjuri were widely reported to be peaceful, with the Wiradjuri sharing their food and resources with the new arrivals. However a misunderstanding over a potato harvest reportedly tipped the squatters and Wiradjuri into all-out war.

Violence burned like a grassfire through Wiradjuri country and a struggle for control over land and women raged between European and Wiradjuri men.

Small pox decimated the Wiradjuri population, with many forced to flee the disease by escaping over the mountains, and massacres were commonplace.

In a bid to secure their safety, displaced Wiradjuri would seek refuge on the larger stations, establishing a pattern of fraught and often conflicting symbiotic relationships.

Native title historian Michael Bennett completed an Aboriginal heritage study for the Cabonne and Blayney Council local government areas to build a picture of Wiradjuri after European contact.

"As pastoralism spread throughout the west there were fewer and fewer places for Aboriginal people to live," Dr Bennett said.

CAN YOU IDENTIFY THIS PERSON ?

Send us the correct answer, write 5 sentences about him and win (the first correct answer) an award worth Rs. 250.00!

You must be aged between 8 & 12 and need not be related in some way or other with our working associates.

We wish our readers a Happy New Year, Happy Republic Day Celebrations, Holi, and Eid-mubarak !

Our people - our pride !

by S. K. Chattopadhyay.

I am very pleased to introduce Mr. Altaf Ahmad, our Marketing Executive at GLPL Head Quarter, Bahraich, Uttar Pradesh, India. Born to Mr. Dastgeer Ahmad & Mrs. Shakeela Begum, at Bahraich, UP, he successfully completed his studies with Degree in Science (Biology). Mr. Altaf also completed MA in English Literature. He also tried to do his D- Pharma, but could not complete it owing to unavoidable circumstances.

Mr. Altaf launched himself early into the field of Pharmaceutical Formulation Selling and he is associated with us for more than 02 years. Believed in strong leg-work and daily routine of Doctors' calls, Altaf soon got the foothold he needed most!

With this small taste of success and an impoverish background, Altaf never looked back & with relentless initiatives, he only progressed thereafter and gathered the necessary experience. As an appreciation to his hard earned success, GLPL recognised his potential and has awarded him time and again.

Altaf is happily married to Mrs. Pravin Jehan and the couple have got two beautiful children, Ms. Abish Jahan, daughter, aged 6 years and Master Ahab Ahmed, Son, aged 3 years.

A dreamer and working systematically towards his GOALS, Altaf wishes to become a Zonal Sales Manager in GLPL Marketing and Sales.

All of us in GLPL wish Mr. Altaf a happy family life and a meaningful Association with us for many more years to come! May God bless him and his wonderful family.

Letter to the Editor

The dastardly attack on Mumbai on November 26th, 2008 truly revealed many tales of bravery!

From personnel of armed forces to the announcer in CST, the nurses in Cama Hospital and staff of Taj Mahal Hotel, displayed unexpected and surprising qualities of leadership from the bottom!

The terrorists wanted to demolish our morale but we came out stronger representing true sprits of India!

Ashok Gupta, Patna.

Get Paid To Criticize Others!!
The Dilbert funda!

"I have a note from my doctor. I'm allergic to criticism!"

If there is one thing you should always seek in a job, it's the opportunity to criticize people who are more skilled than you are. This kind of work is both satisfying and easy.

Good jobs in this vein include newspaper and magazine columnist. If you're a young person who is accustomed to being selected last for teams, there are excellent jobs for you.

As you read this sentence, somewhere there is a columnist writing an article about how much this book sucks. As I type this sentence using the dominant word processing software on the planet Earth, a technology columnist is giving a speech about how bad it is. As the Secretary of Defence is poring through top-secret intelligence reports to figure out how to keep the planet safe, a writer is researching an important story about how the secretary pays his maid.

I think you can see who has the easier job in these examples.

The "Score" in Information-Based Organizations!

What can we say about the requirements of the information-based organizations? Several hundred musicians and their CEO, the Conductor, can play together because they all have the same score. Similarly, all the specialists in the hospital share a common mission; the care and cure of the sick. The diagnosis is their "score"; it dictates specific action for the X-ray lab, the dietitian, the physical therapist and the rest of the medical team. Information-based organizations, in other words, require clear, simple, common objectives and translate into particular actions.

Because the "players" in an information-based organization are specialists, they cannot be told how to do their work. There are probably few orchestra conductors who could coax even one note out of a French horn, let alone show that horn player how to do it! But the conductor can focus the horn player's skill and knowledge on the musicians' joint performance.

And this focus is what the leaders of an information-based business must be able to achieve.

Peter F. Drucker.

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Omnipresent Tribal Rebel!

the British to the new Pakistani authorities - regardless of the fact that they shared with him the same creed. In 1948 the Faqir succeeded at last in taking over Datta Khel. Although the Pakistani authorities did not want to and could not afford to imitate the British 'Forward Policy' on the Frontier, they carried on the tradition of air bombing in order to disperse the Faqir's lashkars. Apart from receiving constant encouragement and material help from the Kabul government, who referred to the Faqir of Ipi as the 'President of the National Assembly for Pukhtunistan', he increasingly became suspected of being in receipt of Soviet assistance - though this allegation still needs to be substantiated by hard evidence.

An article published in The Telegraph in November 2001 said, "More than 40,000 troops and £1.5 million in one year were expended on tracking the religious zealot who had called for a jihad against 'a war on Islam'."

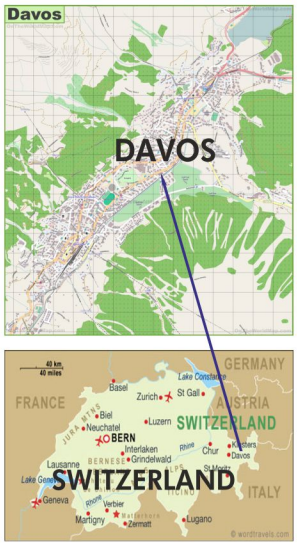
It could be said the Faqir did not lose against the British by spectacularly avoiding death at their hands, but the Faqir also never won a Pukhtunistan. Some of the reasons which can be attributed to his failure were using religion and an armed struggle that was not sustainable.

Faqir of Ipi was a Tori Khel-Wazir, born in 1891 in North Waziristan Agency. He received religious education in Bannu during his childhood. His sons, Gulzar Ali and Mir Zaman, were killed fighting British forces.

He survived in the shelter of caves where he developed asthma, which ultimately caused his death.

Haji Mirza Ali Khan al-Epi Faqir was a great fighter who created a tribal army, resisted British imperialism and struggled to give the Pashtun nation a separate sovereign state.

CITIES THAT BUILT NATIONS - DAVOS!



Davos is an Alpine town and a municipality in Davos region in the canton of Graubünden, Switzerland. It has a permanent population of 10,862 (2019). Davos is located on the river Landwasser, in the Rhaetian Alps, between the Plessur and Albula Range at 1,560 m (5,120 ft) above sea level.

The former Alpine resort village consists of two parts: Davos Dorf (literally: "Davos village") to the northeast towards Klosters and further down through the Prättigau to Landquart, and Davos Platz (literally: "place") to the southwest, which opens into the valley of the river Landwasser and eventually leads to Filisur.

During summer season the Flüela Pass leads south-east into the Lower Engadine.

Davos plays host to the World Economic Forum (WEF), an annual meeting of global political and business elites (often referred to simply as "Davos"), and has one of Switzerland's biggest ski resorts. At the end of every year it serves as the site of the annual Spengler Cup ice-hockey tournament, hosted by the HC Davos local hockey team.

The current settlement of the Davos area began in the High Middle Ages with the immigration of Rhaeto-Romans. The village of Davos is first mentioned in 1213 as Tavaus. From about 1280 the barons of Vaz allowed German-speaking Walser colonists to settle, and conceded them extensive self-administration rights, causing Davos to become the largest Walser settlement area in eastern Switzerland. Natives still speak a dialect that is atypical for Graubünden, showing similarities with German idioms of western parts of Switzerland, especially the Upper Valais.

Davos Lake.

Madrisa Land.

The Sertig Valley Dhapel.

Sports Centre.

Kirchner Museum.

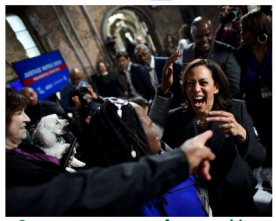
You made it to the top!

Kamala Devi Harris - will become first US-Vice President.

With her Mother (Center) and Sister (Right).

With Congressional Black Caucus women.

With her Husband.



Greets supporters after speaking at a town hall at the Eastern State Penitentiary in Philadelphia.

Kamala Devi Harris was born in Oakland, California, on October 20, 1964.Her mother, Shyamala Gopalan, a biologist whose work on the progesterone receptor gene stimulated advances in breast cancer research, had arrived in the U.S. from Tamil Nadu in India in 1958 as a 19-year-old graduate student in nutrition and endocrinology at the University of California, Berkeley; Gopalan received her PhD in 1964. Her father, Donald J. Harris, is a Stanford University professor emeritus of economics, who arrived in the U.S. from British Jamaica in 1961 for graduate study at UC Berkeley, receiving a PhD in economics in 1966. Along with her younger sister, Maya, Harris lived in Berkeley, California, briefly on Milvia Street in central Berkeley, then a duplex on Bancroft Way in West Berkeley, an area often called "the flatlands with a significant black population.

Kamala Devi Harris is an American politician and attorney, the junior United States senator from California, and the vice president-elect of the United States. A member of the Democratic Party, she will become vice president on January 20, 2021, alongside President-elect Joe Biden, having defeated incumbent president Donald Trump and vice president Mike Pence in the 2020 election. She will be the United States' first female vice president, the highest-ranking female elected official in U.S. history, and the first African American and first Asian American vice president.

As a senator, she has advocated for healthcare reform, federal de-scheduling of cannabis, a path to citizenship for undocumented immigrants, the DREAM Act, a ban on assault weapons, and progressive tax reform. She gained a national profile for her pointed questioning of Trump administration officials during Senate hearings, including Trump's second Supreme Court nominee Brett Kavanaugh, who was accused of sexual assault.

Harris ran for the 2020 Democratic presidential nomination and ended her campaign on December 3, 2019. She was announced as Biden's running mate on August 11, 2020. On November 7, 2020, the presidential election was called in favour of the Biden–Harris ticket.

Natural Solutions to Combat Covid Pandemic! (Part-2)

by Mr. Rathin Chattopadhyay.

With the rise of Turmeric's importance in the present Covid-19 afflicted world, it is important to understand its objective therapeutic benefits and how one can get the most out this highly revered spice.

Turmeric has highly potent anti-inflammatory, immuno-modulatory and anti-oxidant benefits that people of all ages can experience for better mind and body wellness. The problem with traditional household turmeric is that it is very poorly absorbed by the body owing to very low bio-availability. This arises the age-old problem of making Turmeric available in a form that the body can use, as simple Turmeric is unable to unlock its therapeutic benefits when simply taken with food.

Curcumin, another common name for Turmeric, contains bioactives called Curcuminoids that are responsible for its therapeutic benefits. Some of the common ways in which curcumin supplements boost bioavailability of the Curcuminoids is through patented delivery systems such as Ultrasol® Nano particles, Phytosome® suspensions between curcumin and phosphatidylcholine, or by the inclusion of Piperine from black pepper. Another advanced way is to use Tetrahydrocurcuminoids that are the pre-digested version of Curcuminoids, thus allowing us to bypass the rate limiting step of the conversion in the small intestines.

Viridio nutraceuticals will be launching a product named CurcuMax that will be taking care of the absorption and bioavailability by acting on 4 different pathways. Firstly by using an American patented curcumin variant called Curcumin C3 Reduct® which is standardised with the aforementioned 95% Tetrahydrocurcuminoids. Secondly, it is dissolved in a liquid suspension containing lecithin phospholipids that enables the curcumin to be more lipophilic, or "fat loving". Thirdly, the absorption is clinically boosted by 2000 times by the inclusion of Bioperine® (Black Pepper Extract, 95% Piperine). Put simply, it enables the curcumin to be present in a water soluble state for longer in the blood. This is crucial for optimal curcumin bioactive absorption. Lastly, it also has clinically dosed Gingever® which is a patented supercritical fluid ginger extract with 25% Gingerols. This patented ginger extract is highly synergistic in its mechanism of action with the curcumin and also enhances gastrointestinal emptying leading to faster curcumin absorption. 4 different pathways for a superior curcumin product that will have an edge to match your expectation of results. It will be available on Amazon India under the brand store of Viridio and also at their website www.viridio.in. Shortly it will also be available globally through online platforms in countries such as USA, Canada, UK, Australia, Hongkong and Dubai.

To be continued...

INDIA, you must be proud of him !

Dr. Haldhar Nag - a Poet and Writer.

Getting felicitated by Mr. Naveen Patnaik, Chief Minister of Odisha on 7th Apr 2016.

Union Minister Dharmendra Pradhan (centre) felicitates him (Second Left) in Bhubaneswar, Odisha.

Odia Swabhiman Pradarshani, a photo exhibition inaugurated by him.

Former President, Late Shri Pranab Mukherjee presenting the Padma Shri Award to him.

Nothing Shackles you down!

Dr. Haldhar Nag (born 31 March 1950) is a Sambalpuri poet and writer from Bargarh, Odisha, India. He is popularly known as "Lok kabi Ratna". He was awarded Padma Shri, the fourth highest civilian award of India by Government of India in 2016. He was born in a poor family of Ghens. He is best known for his work Kavyanjali, an anthology of English translation of Nag's selected poetry which was launched in 2 October 2016. Recently he released his 3rd volume of work on Kavyanjali. In 2019 Haldhar Nag was awarded Doctorate Degree by Sambalpur University.

Sambalpur University is coming up with a compilation of his writings - Haldhar Granthabali - which will be a part of its syllabus.

He was born in a poor family of Ghens in Bargarh district of Odisha. At a very small age, he lost his only financially capable father due to which he had to do work for his family. He had to drop his school when he was studying in class. He had to work as a local dishwasher in a sweetmeat shop to feed his family, realizing his condition village head took him to high-school and there he worked as a cook for more than 10 years. He also opened a small stationery shop nearby the school, that too by taking a loan of 1000.

Though he is an awardee of Padma Shree which is of the highest award in India, he lives a simple life with just a shop and hawker, as his main source of income. He also sells chhana and ghuguni (Indian snacks, especially in Odisha) on the street.

He is also known for his prolific memory, he can recall all his poems he had written till his last poetry known to people.

His poetry is now considered as a subject of research by five doctoral scholars. Sambalpur University has also compiled his works in a book called Haldar Granthabali-2. In the year 2017, he also received the Padma Shri, India's fourth highest civilian award, from Pranab Mukherjee for his contribution to Odia and Kosli language.

Eternal Birth Places!

How great people immortalized their birth places!

Guru Tegh Bahadur Ji (April 18, 1621 - November 24, 1675, revered by the Sikhs and Hindus as Protector of humanity), was the ninth of the Ten Gurus of Sikhism. He had become Guru on 16 April, 1664, following the footsteps of his grand-nephew and the eighth Guru, Guru Har Krishan Ji.

A poet, a thinker, and a warrior, Guru Teg Bahadur Ji carried forward the light of sanctity and divinity of Guru Nanak Dev Ji and the subsequent Sikh Gurus. His spiritual writings, detailing varied themes such as, the nature of God, human attachments, body, mind, sorrow, dignity, service, death, and deliverance, are registered in the form of 116 poetic hymns in the sacred scripture, the Sri Guru Granth Sahib Ji. To spread the message of Sikhism, the Guru travelled extensively through the Indian subcontinent, setting up several new preaching centers. He founded the town of Chak-Nanki in Punjab, later enlarged by the tenth Nanak, Guru Gobind Singh Ji, into the city of Sri Anandpur Sahib.

In May 1675, Guru Tegh Bahadur Ji was approached by Hindu Pandits from the Kashmir region, seeking the Guru's intercession against the forced conversions of Hindus to Islam by Aurangzeb. For supporting the Hindu Pandits by resisting these forced conversions, and for himself refusing to convert to Islam, Guru Teg Bahadur Ji was summoned to Delhi and publicly executed via beheading at the imperial capital of Delhi on the orders of tyrant and fanatic Aurangzeb. Today, Gurdwara Sis Ganj Sahib and Gurdwara Rakab Ganj Sahib stand at the sites of beheading and cremation of Guru Ji's body. Along with Guru Teg Bahadur Ji, three other Sikhs, Bhai Mati Das, Bhai Sati Das, and Bhai Dyal Das, were also executed.

Guru Ji was beheaded on 24 November 1675, Bhai Jaita consecrated Guru Ji's severed head to Anandpur Sahib where it was cremated by Guru Gobind Singh. A severe storm had come up after the execution and Bhai Lakhi Shah carried Guru Ji's body to his nearby house, which he then set on fire to conceal the cremation of his Guru's body. It is said that Bhai Jaita's own father volunteered to be beheaded to cover the loss of the Guru's body. Many of the Pandits became Sikhs, their leader Kirpa Ram was baptised as a Sikh and died fighting the Moghuls with Guru Gobind Singh's older sons.

Sri Guru Tegh Bahadur Sahib's sacrifice for the pandits of Kashmir has to be viewed in this background and context. He, being the Jagat Guru, belongs to all, the whole universe. The love and mercy of a Prophet, a Messiah, a Jagat Guru is impartial, it knows no difference. It showers like rain on all alike. When Pandits of Kashmir, subjected to untold persecution and tyranny, approached Sri Guru Tegh Bahadur Sahib for protection, the most compassionate Guru had shown an unexampled mercy characteristic of the House of Guru Nanak.

Guru Tegh Bahadur Ji had a versatile personality, a warrior, family man with social commitment and a preacher of great understanding and vision. His martyrdom broke the myth of Aurangzeb's religiosity. The achievements of Guru Tegh Bahadur are remarkable!

Guru Tegh Bahadur Ji - A poet, a thinker and a warrior.

Gurdwara Sri Guru Tegh Bahadur Sahib, Boro Bazar, Dhubri, Assam.

He was opposed to converting Kashmiri Pandits and other Hindus into Muslims by force.

Guru Gobind SIngh ji on the shaheedi of Guru Tegh Bahadur ji.

Edited, published and distributed free of cost on behalf of GLPL. Editorial team : Dr. J. J. Chaudhuri, Mr. Sufiyan God, Mr. Rathin Chattopadhyay, Mr. Jignesh Dalal and Mr. S. K. Chattopadhyay - Advisor. Literary contribution(s) may please be sent to Mr. Jignesh Dalal, Co-ordinator at GUJARAT LIQUI PHARMACAPS (P) LTD., Plot Nos. 662 - 666, GIDC, Waghodia, Vadodara - 391 760 Gujarat, India. Tele. Nos. + 91 - 2668 - 263156, 263315. Fax No. +91 - 2668 - 263657. E-mail : glpl@glplindia.co.in. Rights for selection, editing and rejection reserved strictly with the Editorial Team. Views expressed in this Issue are not necessarily those of the management of GLPL. Visit us at: www.glplsoftgels.com We thank you so much for taking time out and reading *Widening Horizon*.

GLPL - Art Division

One out of every two cancer patients is cured ! JUST ONE !