

Nationalism vs Appeasement

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The entire country is currently in election mode. On one hand, the Bharatiya Janata Party is trying to form the government at the Center for the third consecutive time, while on the other hand, the opposition parties are trying to stop the BJP. The INDIA alliance, which includes the Congress, is attacking the BJP and Prime Minister Narendra Modi. There are various parties in INDIA but Modi is mostly targeting Congress in his speeches. Although many issues are being discussed in the elections, the electoral scenario is dominated by Hindutva and nationalism of BJP and Muslim appeasement of

Congress. If BJP is talking about Hindutva and nationalism in the Lok Sabha elections, then this is nothing new for it. The issues of Hindutva and nationalism have become permanently associated with the BJP. Even though Congress has been alleging that BJP's Hindutva and nationalism are meant to win elections, it does not seem to have any impact on BJP and its supporting voters. Congress links BJP's Hindutva with religion whereas for BJP, Hindu is a symbol of culture. The Supreme Court has also said this. BJP's Hindutva includes every nationalist Indian. The party believes that identity as a Hindu is the cultural citizenship of every Indian. Hindu is not a religion, sect or creed. It is a cultural term. Thus, while BJP's stand is clear in this matter, Congress seems to be in a dilemma in this matter for the last ten years. Congress and its leaders are sometimes seen talking about taking Hindus along and

sometimes returning to their old appeasement policy. Sometimes Rahul Gandhi tries to show his soft attitude towards Hindutva by worshipping in temples, wearing sacred thread and calling himself a Brahmin, then after a short time he forgets it and starts trying to attract Muslim voters towards the party. Obviously, Congress is not able to give up Muslim appeasement. When Congress recently released its election manifesto, it came under attack from all BJP leaders including PM Modi, Amit Shah, JP Nadda, Rajnath Singh. Modi said that Congress has sunk so much in the quagmire of appeasement that it can never come out of it. The manifesto of Congress seems to be the manifesto of Muslim League. Every page of it smells of Muslim League. Amit Shah said that Congress is an appeasement party. Four generations of Congress kept appeasing. She wants to bring back Muslim Personal Law. In fact, Congress has

promised the minorities in its declaration that if Congress gets a chance, it will respect and maintain the rights given to religious minorities under the Constitution. The party will re-implement the Maulana Azad Scholarship for studies abroad and increase the number of scholarships. Like every citizen, Congress has talked about giving freedom of dress, food, language and personal laws to minorities and promoting reforms in personal laws. In response to this, BJP is also raising the issue of Sachar Committee report. BJP says who is responsible for the plight of Muslims mentioned in the Sachar Committee report? Congress government was in power for decades, but Congress never thought about the social and economic upliftment of Muslims. Congress has always been using Muslims only as a vote bank. Congress's love for Muslims is not reflected in this manifesto for the first time. His line has always been this. On one hand,

BJP's Hindutva includes all nationalist Indians, while Congress talks only about minorities. It is well known that Muslims have been a big vote bank of Congress since the beginning, which they got separated from over time and the party is trying to cultivate them again. This has been clear from the statements of party leaders from time to time. Everyone still remembers the statement of former Prime Minister Manmohan Singh in which Singh had said that Muslims have the first right on the country's budget. In the Gujarat Assembly elections, Congress candidate from Sidhpur seat Chandan Thakor had said that only Muslims can save the Congress. There are many such examples. It is fine if Congress keeps speaking for Muslims, but the party has made a big mistake by targeting Hindus. People have still not forgotten Congress leader P. Chidambaram's statement about saffron terrorism a decade and a half ago. By rejecting the

invitation for the consecration ceremony of Shri Ram Lala in Shri Ram temple, Congress has hit its own foot. Big leaders of Congress have been repeatedly explaining to their high command but the party is not taking any lesson from it. In the year 2014, after the crushing defeat of Congress in the Lok Sabha elections, senior leader A.K. Antony was entrusted with the responsibility of reviewing the defeat. Antony clearly said in the review report that the policy of Muslim appeasement adopted by Congress proved fatal for it. Surprisingly, Congress still could not understand the situation on the ground and continued on the path of appeasement. Congress should have left the policies of appeasement and inspired the minority communities to join the mainstream of national upliftment and nationalism. Besides, they should have been awakened on the issues of national equality, Ek Bharat - Shrestha Bharat, equal civil rights,

population control etc. so that their contribution in the upliftment of the nation and in solving the problems of the country would have been greater. But by not doing so, Congress always worked to divide the population of the country by promoting a p p e a s e m e n t . Unreasonable opposition to the Citizenship Amendment Act is also becoming a thorn in the side of Congress. The party has been ignoring all those voices in which emphasis was laid on taking Hindus along. Other regional and national parties have also been following the path of appeasement. On the contrary, BJP also won the 2019 Lok Sabha elections by following the path of Hindutva and nationalism and now once again it is in front of the public on these issues. That means BJP has not made any change in its stand. He is firm on his issues and ideology. Now Shri Ram temple has also been constructed. The issue of Uniform Civil Code is also attracting the common people. Voters

will definitely consider that where are the people who have ruled the country for most of the 75 years after independence, trying to take the country by playing the appeasement card? The people of the country will look at the sixteen years of BJP's rule (including the tenure of Atal government), in which the focus has been on the dream of national upliftment, developed India, best India, Vishwa Guru India. The big question is, which of Hindutva, nationalism and appeasement policy is going to have an impact? The question is also whether voters will vote in the name of nationalism, Hindutva and Modi or will Congress be successful in finding a new path with the help of Muslim appeasement? What the public is thinking will become clear on June 4.

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Decoding the Red and Green Flags in Relationships: The Rise of Awareness among Gen Z



"Whatever our souls are made of, his and mine are the same."
-Emily Brontë
In recent years, social media platforms have become a breeding ground for discussions about healthy relationships, sparking conversations about red flags, green flags, and more recently, beige flags. Among Gen Z, this fashion has gained significant momentum, as they seek to navigate the complexities of modern dating including love, lust and dhokha. Moreover, relationship coaches and gurus, storytellers or open mic performers facilitate it though old school philosophy of philosophers such as Plato, Aristotle and Sartre is way far different. When it comes to red and green flags in relationships, influencers often share their own experiences and opinions, which can influence how Gen Z categorizes certain behaviors. However, it is important to question the validity of the signs provided by these influencers and influencers in the media. Can anyone truly understand the depths of a person's heart and mind? Are there not individuals who hide red flags while showcasing green flags to deceive and victimize others? In the digital age, teenagers and techno-

savvy youth have a unique way of navigating relationships. With the rise of social media and online platforms, they are exposed to a world of connections and opportunities, often encountering both red flags and green flags along the way. Understanding these indicators can be crucial for maintaining healthy relationships and avoiding potential pitfalls. A red flag is basically a warning sign, indicating behaviors or characteristics within a relationship that may be potentially harmful or toxic as used by youngsters. These flags can be emotional, physical, or even social in nature. Examples include controlling behavior, excessive jealousy, being authoritative and aggressive in relationships, emotional manipulation, dishonesty, constant criticism and a lack of respect. Recognizing and acknowledging red flags is essential for maintaining a healthy and safe relationship and to avoid toxic relationships as we all know, people do suffer a lot because of wrong choices in close relationships and spoil their mental peace, physical health, money and at times life. Green flags, on the other hand, symbolize positive aspects and healthy behaviors in a relationship. These flags demonstrate traits that build trust, promote open communication, and foster mutual respect. They might include effective communication, support, empathy, and willingness to compromise. Paying attention to green flags can help individuals

identify and nurture relationships that are both fulfilling and nurturing. A licensed clinical psychologist and Founder of Couples Learn, an online psychology practice helping couples and individuals improve and change their patterns in love and relationships, Sarah Schewitz says: "A new relationship can feel like a traffic light—we're looking for signs from our partner that tell us to keep going, take things slowly, or hit the brakes. That's where green flags come in! Unlike red flags, which are glorified warning signs, green flags let you know when things are headed in a safe and healthy direction with your significant other." While the concept of red and green flags has gained significant popularity, the notion of beige flags has recently joined the clan for discourse. Beige flags represent behaviors or situations that are not inherently positive or negative, but rather depend on individual preferences or boundaries. It is important to understand and communicate personal needs and boundaries within a relationship, and beige flags provide an opportunity for self-reflection and communication. If we consider insights from Relationship Coaches and Gurus, Dr. Alexandra Solomon, a psychologist and author, emphasizes self-awareness and boundary-setting in relationships: "Recognizing and addressing red flags allows us to honor our intuition, while identifying green flags helps build a

foundation of trust. Beige flags remind us to prioritize personal boundaries, ensuring relationships align with our values and needs." Well-known for a philosophy of human relations, the French philosopher Jean-Paul Sartre asserted that conflict is an inherent feature of any social encounter. In his philosophical work, 'Being and Nothingness', Sartre argues that human relations alienate the self. So the basic thing what is required for any relation to grow is one need to understand the self and its needs. When you don't understand and value your inner self, you can't value and respect the relations as well. To ensure healthy relationships where one can refrain oneself from going through sufferings, pain and trauma as we see in our surroundings, schools, colleges and offices or at news channels and read in newspapers on daily basis, one needs to be aware enough choosing right person and building strong grounds for a relation. Author and relationship coach Mark Groves highlights the significance of individual growth within relationships and says, "Green flags can be seen as opportunities for personal growth and expression. They enable partners to feel supported and empowered, providing a strong foundation to build a healthy and loving relationship." Sarah emphasizes on the importance of active listening in the relations and to comfy each other

Dr Shalini Yadav

with physical presence and salubrious dialogue showing concern. John Bowlby, a psychologist argues in his Attachment Theory that love is rooted in attachment and the bonds between two people are based on a need for security and safety. Thus red flags alert can be taken into consideration when one doesn't feel safe and secure in the relationship. One needs to exert to make other partner feel safeguarded with him or her hence insecurities and dependence on online media for true relations too break most of the relations. Although the prevalence of social media platforms allows for constant connectivity and instant gratification, which can impact how relationships are formed and maintained yet lacks humane touch. Dating apps, online communities, and virtual platforms have become popular means of meeting new people and connecting with potential romantic interests. However, with this increased accessibility comes a unique set of challenges. Online dialogues and interactions seems too movielike and glossy, lack non-verbal cues and personal connections, making it easier to misinterpret intentions or hide true emotions, moreover portrays a nice picture of platonic bonding that is most of the time fake and deceptive. Additionally, the curated nature of social media often leads to portrayals of a 'perfect' life, making it difficult to discern what is real and

what is simply an illusion. Indian Actress and Model Sargun Mehta said, "aajkal ghoomte phirte ladke red flag hi hai, I think, ladke hi nhi, ladkiya bhi hai." She further told that we are in a time, in millennium, an era of Gen Z, where youth keeps swiping reels left and right, up and down and can't pay attention to one thing more than 3-4 seconds. In case if boyfriend or girlfriend is not responding soon, they too are easily replaceable for them and it takes very less time to swipe them off. According to her, relationships are not made with five good qualities and five bad qualities. Both genders have bad or good qualities; it is upto us how we accept each other, therefore, partners in relations need to turn their red flags into green to make their relations work. Building a solid foundation that includes face-to-face communication, maintaining personal boundaries, and understanding the difference between real-life and online personas is essential. It's important for young individuals to remember that the Internet is merely a tool for communication and should not replace genuine human connection, thus they need to strike a balance between online and offline world in context of close relations to value real world and authentic relations. When it comes to red flags and green flags, being aware, observant, and assertive is key. Recognizing warning signs such as excessive

secrecy, lack of transparency, or manipulative behavior is crucial. Trusting one's instincts and seeking guidance from trusted adults or mentors is important in navigating the complexities of relationships. 'Red Flags, Green Flags' by an internationally renowned psychologist and behavioural expert Dr Ali Fenwick is a book that can assist youth to handle pressure of fleeting infatuations to painful love relations, and nery parents' desires baggage at homes to assignments by cantankerous bosses at the offices that sucks blood, and lead towards serene and harmonious life. It can guide through the unhealthy and healthy social conduct. It also abets in improving emotional intelligence and learning how to understand one's own needs and expectations when it comes to relationship building and identifying green signals. However, it is important to note that categorizing behaviors as red or green flags is subjective and can vary depending on individual perspectives and experiences. What one person perceives as a potential danger zone (red flag), another person might view as acceptable or even righteous. Social media influencers may have personal biases that influence how they categorize behaviors, and their followers may adopt these categorizations without critically evaluating them. This can result in a lack of nuance and critical thinking regarding relationship dynamics. In case one need to observe one's conditions and relation

not according to what others take is but what he or she feels personally and how the relation is a supporting pillar or a hindrance in growth making life more troublesome. English novelist and poet George Eliot told what greater thing is there for two human souls in a relation is the feel that they are joined to strengthen each other. The philosopher Plato believed that true love is based on a deep connection between two people that is rooted in shared values and a common understanding of the world. Ultimately, it is essential for Gen Z (and anyone else) to form their own opinions and judgments based on their own values, beliefs, and experiences. While influencers can provide valuable insights and perspectives, it is important not to blindly adopt their categorizations as universal truths. As awareness and understanding of healthy relationships continue to evolve, the conversations around red flags, green flags, and beige flags have gained traction on social media, particularly among Gen Z. By recognizing and addressing red flags, embracing green flags, and respecting beige flags, individuals can foster relationships that are meaningful, fulfilling, and built on mutual trust and respect. Remember, relationships thrive when both partners prioritize open communication, personal growth, and the setting of boundaries.

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