



“Try not to become a man of success, but rather become a man of value.”

—Albert Einstein



# Remember the bravery Opposition, Accountability & the Politics of No-Confidence

**LALIT GARGG**

The Parliament is the most important institution of Indian democracy. It is not only the place where laws are made, but also the forum where serious deliberations take place on the direction and future of the nation. The fundamental principle of a democratic system is that both the ruling party and the opposition must perform their respective roles with responsibility, restraint, and dignity. However, the recent no-confidence motion brought by the opposition against the Speaker of the Lok Sabha, Om Birla, has once again raised a crucial question: Is the opposition truly serious about parliamentary traditions and democratic responsibilities, or are such moves merely a part of political maneuvering driven by narrow interests? A no-confidence motion against the Speaker of the Lok Sabha is considered a serious parliamentary step. It is not merely a tool of political protest; it requires solid arguments, substantial allegations, and broad support. However, the manner in which the opposition introduced the motion and subsequently demonstrated a lack of seriousness has raised serious questions about the entire process.

When the motion was rejected by voice vote, the opposition did not even demand a division of votes. Had the opposition truly been confident of its motion and believed that it had the support of the House, it would certainly have demanded a formal vote. The absence of such a demand clearly indicates that the opposition itself knew that the motion had little chance of being passed. An even more surprising situation emerged when the time came to discuss the motion. Instead of initiating a serious debate on the issue they themselves had raised, the opposition began demanding a discussion on the crisis in West Asia. Undoubtedly, the issue is important, but if the opposition had itself brought a no-confidence motion against the Speaker, it should have first engaged in a serious debate on that matter. The government also clarified that it was not opposed to discussions on international issues, but parliamentary proceedings must follow established rules and priorities. This entire episode indicates that the opposition—particularly the Indian National Congress—was not serious about the motion it had itself proposed. On this occasion, as on several others, it appeared to display a sense of irresponsibility and political immaturity.

In a democracy, the role of the opposition is extremely important. It reviews government policies, exposes shortcomings, and presents alternative perspectives. However, when the opposition confines itself merely to political accusations and disruptions, democratic discourse begins to weaken. At the same time, the ruling side must also reflect on why the opposition feels that its concerns are not being adequately heard. Both sides must move forward by maintaining trust, coordination, and mutual respect. The conduct of the Leader of the Opposition, Rahul Gandhi, has also frequently been discussed in the context of parliamentary decorum. It is true that as the leader of the opposition he has every right to criticize the government and present his views. However, this does not mean that parliamentary rules and traditions can be ignored. Parli-

mentary proceedings function under clearly defined rules and procedures, and it is the responsibility of every Member of Parliament to respect them. In recent times, Rahul Gandhi has repeatedly alleged, both inside and outside Parliament, that the Prime Minister has “surrendered” in trade negotiations with the United States. Such claims have been made on several platforms, yet concrete evidence to support them has not been presented. Similarly, he has accused the Election Commission of attempting to benefit the ruling party through special revisions of voter lists. Allegations of this nature raise questions about the credibility of democratic institutions, and when repeated without substantiated evi-

efforts have been made to enhance the productivity of parliamentary proceedings. He has focused on ensuring that members receive time-bound opportunities to speak, encouraging greater participation of young MPs, and strengthening the role of parliamentary committees. One of Om Birla's notable qualities is his calm, composed, and dialogue-oriented personality. He frequently engages with leaders from all parties in an effort to ensure the smooth functioning of the House. Even when the House has witnessed intense debates or disruptions, he has tried to carry forward the proceedings with patience and balance. For this reason, his tenure is often regarded as significant in terms of upholding parliamentary traditions

against the Speaker of the Lok Sabha appears to be another example of this trend. When the opposition itself does not pursue its motion with seriousness, it raises questions about its commitment to the democratic process.

In a democracy, disagreement is natural and indeed necessary. However, such disagreement must be expressed with responsibility and rationality. Both the ruling party and the opposition share the responsibility of ensuring that Parliament remains a platform for dialogue rather than confrontation. Only when serious debates take place, factual arguments are presented, and meaningful discussions occur on policies will democracy become stronger. Otherwise, mere political accusations and symbolic

**The conduct of the Leader of the Opposition, Rahul Gandhi, has also frequently been discussed in the context of parliamentary decorum. It is true that as the leader of the opposition he has every right to criticize the government and present his views. However, this does not mean that parliamentary rules and traditions can be ignored. Parliamentary proceedings function under clearly defined rules and procedures, and it is the responsibility of every Member of Parliament to respect them. In recent times, Rahul Gandhi has repeatedly alleged, both inside and outside Parliament, that the Prime Minister has “surrendered” in trade negotiations with the United States. Such claims have been made on several platforms, yet concrete evidence to support them has not been presented. Similarly, he has accused the Election Commission of attempting to benefit the ruling party through special revisions of voter lists. Allegations of this nature raise questions about the credibility of democratic institutions, and when repeated without substantiated evidence, they may harm the democratic culture itself. In this context, Union Home Minister Amit Shah stated in Parliament that Rahul Gandhi, who accuses the Speaker of not giving him opportunities to speak, had himself not participated in discussions on several important bills. He also mentioned that Rahul Gandhi's attendance in parliamentary sessions has often been relatively low, and that on several occasions he was abroad during crucial debates. These facts naturally raise an important question: if active participation in Parliament is limited, how can parliamentary debate become effective? As far as the Speaker of the Lok Sabha, Om Birla, is concerned, his tenure has been notable in several respects. He has consistently attempted to conduct the proceedings of the House in a balanced, disciplined, and rule-bound manner. Under his leadership, several efforts have been made to enhance the productivity of parliamentary proceedings.**



denance, they may harm the democratic culture itself. In this context, Union Home Minister Amit Shah stated in Parliament that Rahul Gandhi, who accuses the Speaker of not giving him opportunities to speak, had himself not participated in discussions on several important bills. He also mentioned that Rahul Gandhi's attendance in parliamentary sessions has often been relatively low, and that on several occasions he was abroad during crucial debates. These facts naturally raise an important question: if active participation in Parliament is limited, how can parliamentary debate become effective?

As far as the Speaker of the Lok Sabha, Om Birla, is concerned, his tenure has been notable in several respects. He has consistently attempted to conduct the proceedings of the House in a balanced, disciplined, and rule-bound manner. Under his leadership, several

and maintaining democratic equilibrium. Indian democracy is the largest democracy in the world. The aspirations, diversities, and ideas of nearly one and a half billion people find expression through Parliament. Democracy is not limited merely to elections; it is an ongoing process of dialogue, deliberation, and accountability. Parliament is the central platform of this democratic process. Therefore, it is expected that debates conducted there should be serious, fact-based, and dignified. Unfortunately, in recent years, disruptions and political accusations in Parliament have increased. At times, instead of serious discussions on important bills and policy issues, the atmosphere becomes dominated by political confrontation. This not only affects the dignity of Parliament but also raises concerns among citizens about whether their representatives are genuinely engaging with national issues. The no-confidence motion brought

gestures may weaken the credibility of democratic institutions. Today, the need of the hour is to place the dignity of Parliament and democratic values above all else. The Speaker of the Lok Sabha is regarded as a symbol of parliamentary neutrality and decorum, and unnecessary political confrontation with this institution is not a healthy sign for democracy. In a vast and diverse country like India, the success of democracy depends on how responsibly and maturely its political parties perform their duties. If the opposition fulfills its role with seriousness and constructive intent, and the ruling side demonstrates openness to dialogue, Indian democracy will not only grow stronger but will also present an ideal example to the world. This is the path that can safeguard parliamentary dignity, democratic values, and national interest alike.

# Yoga leading the way in Preventive Healthcare

**PRATAPRAO JADHAV**

Over the past decade, Yoga has evolved from being widely appreciated as a traditional wellness practice to being increasingly recognized as an evidence-based approach to health and well-being. Scientific research, digital innovation, and global collaboration are now helping us understand Yoga not only as India's cultural heritage but also as a powerful public health intervention.

The Morarji Desai National Institute of Yoga (MDNIY) has been designated as a WHO Collaborating Centre for Traditional Medicine (Yoga) and re-designated for the period 2025–2029, further reinforcing India's leadership in Yoga research. This recognition reflects the Institute's growing role in promoting evidence-based Yoga interventions for Non-Communicable Diseases (NCDs). Key partners in this endeavour include the Ministry of Ayush, AIIMS Delhi, Lady Hardinge Medical College, Central Council for Research in Unani Medicine, and Institute of Nuclear Medicine & Allied Sciences, Delhi.

Through these collaborations, the Centre is developing technical guidelines and advancing research on Yoga-based interventions for non-communicable diseases such as diabetes, obesity, and stress-related disorders. International organisa-

tions are also partnering in these efforts, further strengthening the scientific foundations of Yoga and demonstrating its potential as a scalable, cost-effective, and evidence-backed tool for preventive healthcare.

At the institutional level, MDNIY continues to strengthen the scientific foundations of Yoga. Through research laboratories in physiology, biochemistry, biomechanics, and psychology, the Institute examines the psycho-physiological and biochemical effects of Yoga, its role in ageing, and its impact on lifestyle-related disorders. This work reflects India's commitment to integrating traditional knowledge with modern scientific validation.

Digital platforms have further expanded Yoga's reach, bringing evidence-based practices directly into people's daily lives. Initiatives such as the m-Yoga mobile application and the Y-Break protocol demonstrate how Yoga can be delivered at scale while maintaining its authenticity and therapeutic value. The m-Yoga platform, developed in collaboration with the World Health Organization, has recorded over 1.1 lakh downloads, reflecting a growing interest in accessible digital wellness tools while the Workplace Yoga program Y-Break—a simple 5–10 minute Yoga Break during work hours—has already benefited over 33 lakh government officials.

Research findings and engagement analytics

from these initiatives are highly encouraging. Regular Y Break practices have been shown to reduce perceived stress by up to 40 percent within a few weeks. Studies also indicate improvements in mental alertness, emotional resilience, and decision-making, along with positive changes in physiological indicators such as cortisol levels.

Physical benefits include reduced neck, shoulder, and lower back discomfort, improved respiratory efficiency through breathing practices, and enhanced overall vitality—outcomes that are especially relevant in today's sedentary, screen-driven workplaces. Y-Break have also contributed to lower absenteeism, improved employee morale, and healthier work-life balance, underlining Yoga's potential to strengthen both individual and organisational well-being.

The importance of scientific validation was also emphasized during the National Conference on Naturopathy–2026, jointly organized by MDNIY and the Central Council for Research in Yoga & Naturopathy. Experts highlighted that rigorous research, interdisciplinary collaboration, and robust digital engagement are essential to integrating Yoga into modern healthcare systems and ensuring measurable health outcomes.

These developments reflect a significant shift in the global perception of Yoga. It is no longer viewed merely as a personal wellness practice but increasingly as a pathway for public health, skill

development, and wellness-based employment opportunities. By combining tradition with science and technology, Yoga is emerging as a driving force behind the Global Yoga Kranti and strengthening India's leadership in the international wellness sector.

As we approach 13 March, which marks the 100-day countdown to the upcoming International Day of Yoga on 21 June, it provides an opportunity to reflect on how Yoga continues to evolve—from an ancient practice to a globally recognized, evidence-based pathway to health and well-being. Let these hundred days serve as a gentle reminder to begin or renew daily Yoga practice and inspire our families, friends, and communities to embrace Yoga as a way of life.

By integrating Yoga into daily living, we not only strengthen individual health but also foster collective well-being, organisational efficiency, and societal harmony. Today, through research, technology, and international collaboration, India is taking the next decisive step—transforming the timeless wisdom of Yoga into a scientifically validated and universally accessible pathway for global health, balance, and well-being.

(The author is Union Minister of State (Independent Charge) for Ayush and Union Minister of State for Health & Family Welfare)

## THE EARTH NEWS

**SHIVANG SATYA GUPTA**

Owner, Printer, Publisher and Editor in Chief:  
earthnewsinbox@gmail.com

Editorial Team  
Devender Padha  
Sahil Rasgotra  
Akhil Mahajan

Neeraj Singh  
Advt. Manager. 99062-19474

Corporate Office:  
ESPA Vertex, F-30,  
Exchange Road, Jammu

Published at:  
106, New Rehari, Jammu

Printed at: JK Printing and Publications, Near Matador Stand, Sunjwan, Jammu.

Phone No: 6005458604,  
9419650048, 9419171888

e-mails: shivangsatyapal@gmail.com  
editor.earthnews@gmail.com,  
earthnews1adakh@gmail.com

## DISCLAIMER

The views expressed by authors are their own and the publication cannot be held responsible for them. All disputes are subject to exclusive jurisdiction of competent courts and forums in Jammu city.

Editor